Record-breaking attendance at CMC spring picnic

One hundred six smiling CMCers, family, and friends enjoyed hiking, socializing, eating, and meandering around our NC Arboretum on a perfect picnic day. A huge thank-you to organizers Les and Catherine Love for providing such a terrific day of fun!

Forty-plus hikers did one of two casual hikes. Carol and Ken Deal led their group around Lake Powatan. The wildflower hikers, led by Renate Rikkers and Bobbi Powers, spotted 31 different varieties of wildflowers.

The social hour was enhanced by the strumming of Tim Stambaugh, Sherman’s son, who drove all the way from Chapel Hill to entertain us. What a nice ambiance this provided. Thank you, Tim!

Bubba Q’s BBQ provided a simple but excellent buffet, again including the world’s best banana pudding.

Les Love introduced the evening’s program, featuring three hikers who have completed the entire Mountains-to-Sea Trail. Kate Dixon, Executive Director of Friends of the MST, then introduced the individual presenters. (Interesting note: 28 people have completed the MST during its history, versus 661 completers of the A.T. in 2011!)

Danny Bernstein was first up. In 35 minutes she led the audience through her 78-day adventure using narrative and slides to take us from Clingmans Dome to Jockey’s Ridge State Park. Danny measured the total ascent at 95,200 feet. She finished.

Scenes from the spring picnic: From top left, Ken Deal and Sherman Stambaugh hang the CMC sign; Tim Stambaugh playing during the social hour; Les Love (seated) talks with Sherman, Ken and Wayne Steinmetz.

Membership in CMC is what makes our club! Reasons for being a member include love of hiking, trail maintaining, the environment, and just plain keeping up with friends. It has been my pleasure since January to be the Chair of the Membership Committee. CMC is very important to me, and I feel fortunate to have stepped into this way of giving back to the club.

I thank Bruce Bente and Becky Smucker for being members of this committee, and of course Gale O’Neal for being the club’s database entry person—a huge job she does so well!

The change-over to the web-based membership system has meant that membership work is spread out throughout the year—an much better system! While the web-system isn’t bug-free, it’s getting better all the time, and Charlie Ferguson, Jim Ariail, Gale, and others have been wonderful at helping solve problems.

I work mainly with new members. When someone joins, they get an automatic email welcoming them to the club, and I get a copy of that email. Then I send them a welcome packet consisting of the current issue of Let’s Go, a CMC car decal, and a couple of our business cards. I try to do that within a few days of their joining.

I enjoy working with the new member to help troubleshoot any data problems. Sometimes I work with people wanting more information about what CMC is about. The interactions are always rewarding.

It’s interesting to note that as of this writing (5/9/12) we have members from 20 states, but of course the majority are North Carolinians. There are over 900 members, including 77 who have joined since the start of the year!

—Barbara Morgan
CMC members respond to survey; satisfied with club

by Marcia Bromberg

In order to better understand and serve our members, we invited all CMC members to participate in a survey and reviewed sign-up sheets for a year of club-sponsored hikes. The survey response was outstanding in terms of number and variety. The CMC is a member-driven organization and most members learned about the CMC from other members. Members keep up with the club mainly through Let’s Go and eNews or, to a lesser extent, through our website. And other than a few suggestions about types of hikes and suggestions for adding non-hiking activities, members are overwhelmingly satisfied with the club as it is. In fact, for the 38% of responders who wrote comments, the majority thanked the club and praised our trail and hiking information.

The vast majority of responders (3/4) were hikers. Our review of sign-up sheets showed that we served over 350 different hikers during a one-year period – about half of whom participated in multiple hikes. A number of survey responders don’t live in the area but either hike with us when they visit or plan to move here at some point. Sadly, some of our older members have given up hiking but still like to follow club activities.

Finally, a special word about our trail maintainers – section and crews. A quarter of the responders participate in one or both of these activities. A number of comments noted the quality of the trails the club maintains and the work of the maintainers. In fact, more than one suggested they get more recognition in the future. Noted!

Look for future eNews articles addressing some of the specific comments and ideas from survey results. Thanks again for taking time to participate!

Another great volunteer opportunity

If you have computer skills and would like to help CMC, this is a great opportunity for you. A volunteer is needed to troubleshoot, identify problems and help users with our website. This volunteer will act as a liaison with Nathan and Lynn Ebanks, the professional technical support team from Stratos, the company that built our new website.

Problems that can’t be solved in-house would be passed on to them by our new volunteer. If you have ever wondered what went on behind the scenes of our busy organization and would like to be in the loop, then contact Marcia Bromberg at president@carolinamountainclub.org.

Spring Social speakers aim to inspire

continued from page 1

ished the MST with a smile on her face and her feet wrapped in duct tape!

Next up was Sharon McCarthy from Charlotte, who hiked much of the trail with Danny but also hiked 12 days. She regaled us with some significant memories, accompanied by slides. Regarding the section through Linville Gorge with Danny, she said, “I had never seen Linville Gorge and after several days of hiking in the rain and fog, I still have not seen Linville Gorge!”

Last was speed hiker Matt Kirk, a teacher from Marion. He did the MST in 24 days, averaging 38 miles per day. His pack weighed 10 pounds or less and he multi-purposed. For instance, his tent doubled as a poncho! He also dined as much as possible at convenience stores along the way, consuming 4,000 calories each day.

Kate Dixon closed the evening by challenging each of us to consider doing the entire MST – as we lumbered to our feet stuffed with BBQ and banana pudding.

(‘Twas a very fine day indeed!)
TRAIL MAINTENANCE
All members are encouraged to participate in trail maintenance activities. Non-members are invited to try it a few times before deciding if they want to join the Club and be a regular part of a crew. We train and provide tools.

Below is a general schedule of work days. Exact plans often are not made until the last minute, so contact crew leaders for details. Crews marked with an * are currently seeking new members. MST and AT section maintainers work on their own schedule.

**Monday**
Barth Brooker, Barthb@bellsouth.net

**Monday Burnsville Crew**
John Whitehouse, johnwhitehouse@frontier.com

**Wednesday Waynesville West**
Larry Sobil, Isobil@bellsouth.net

**Thursday Asheville Crew**
Bill Falender, billfalender@hotmail.com

**Friday Asheville**
Skip Sheldon, shellhallia@bellsouth.net

**Friday Pisgah**
Pete (R) Petersen, roap@aol.com

**Wilderness Crew (Saturday bimonthly)**
Becky Smucker, bjsmucker@gmail.com

**Saturday quarterly**
Les Love, leslove@charter.net

**MST sections**
Barth Brooker, Barthb@bellsouth.net
Les Love, leslove@charter.net
Pete (A) Petersen, arpeterson11@morrissbb.net
Larry Sobil, Isobil@bellsouth.net

**AT sections**
Tim Carrigan, tim@newprisim.com

HIKE SCHEDULE
Third Quarter 2012

**Hike Ratings**

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All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted.

Hike cancellations are announced on the CMC outdoors at Gooseberry Knob with spectacular GSMNP on the Cataloochee Divide Trail, offers Picnic Lunch and Hike at The Swag 8:30 AM.

**Challenge Programs**

**SB6K** For hiking all 40 peaks above 6000’.
Contact Peter Barr, pjbar@unc.edu

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

**900M** For hiking every trail in GSMNP. Contact Dave Wetmore, dwetmore@citcom.net

**LTC** For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbar@unc.edu

**WC100** For hiking to the 100 best waterfalls in the mountains of WNC, SC and the Smokies. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

**WEDNESDAY HIKES**

Wednesday hikes submitted by Brenda Worley, 828-684-8656, clworley@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places as described in the schedule; start times vary. Times listed are departure times: arrive early.

**WEDNESDAY NO. W1203-142**
July 4
Jenny Miller Trail to AT to Fork Ridge Trail *8:30 AM* Hike 10.5, Drive 92, 3300 ft. ascent, Rated A-AA+ Tish Desjardins, cell: 828-380-1452, desraylet@aol.com

*Form carpools at Westgate, and meet leader at US 25/NC 208 intersection at 9:15 AM. We’ll hike up the Jenny Miller Trail to Bearwallow Gap and right on the AT to Andrew Johnson Mtn. Right on the Fork Ridge Trail down to FS 111 and a short walk to the cars. Topo: Greystone; also NatGeo map #782

**WEDNESDAY NO. W1203-1**
July 11
Picnic Lunch and Hike at The Swag *8:30 AM* Hike 3 to 6 depending on hike, Drive 90, Rated C-C to B-B Ashok Kudva, 828-698-7119, cell: 828-674-1374, ashok.kudva@att.net

The Swag Country Inn, a resort at the boundary of GSMNP on the Cataloochee Divide Trail, offers a Wednesday special picnic-style cookout lunch, outdoors at Gooseberry Knob with spectacular views. Under rainy conditions, umbrellas on picnic tables or indoor dining will be used for lunch. For lunch details, look up http://www.theswag.com/specialfood.htm. Contact Ashok Kudva (ashok.kudva@att.net, 828-698-7119) for sign-up and additional information. Advance reservations and credit card authorization for $40 each to The Swag Nature Trail. For those who do not wish to hike, the Swag will drive you to the picnic area from the parking lot!

**WEDNESDAY NO. W1203-49**
July 25
Big Creek – Walnut Bottom *8:00 AM*
Hike 10, Drive 110, 1500 ft. ascent, Rated A-B Danny Bernstein, 828-236-0192, danny@hikertoahiker.com

**900M** Follow the sight and sound of a spectacular mountain creek through a beautiful forest to Walnut Bottom. Features to be seen on this hike, which is on a wide roadbed, are the Midnight Hole, Mouse Creek Falls and several rapids. Bring wading shoes and bathing suits. Second meeting place: Pilot Truck Stop off I-40 at Exit 24 at 8:30AM, but call leader first. Topos: Cove Creek Gap, Luftee Knob; also NatGeo Map #317

**WEDNESDAY NO. W1203-276**
Aug. 1
Street Gap to Big Bald *8:30 AM*
Hike 8, Drive 80, 2600 ft. ascent, Rated B-A Paula Massey, 828-229-0226, cell: 828-989-0003, massey.paula@gmail.com

*Only meeting place: Rose’s parking lot (opposite McDonald’s) off Exit 19B of I-26 in Weaverville. This is an in-and-out hike on the Appalachian Trail, heading north. We will have panoramic views of the Blacks, Smokies and other ranges in WNC and TN from the higher elevations. Street Gap is not recommended for low-to-ground cars or large vans. I will let hikers know current road conditions after the scout. Topos: Sams Gap, Bald Creek

SUNDAY WORK DAY
For the Saturday MST Trail Building Work Days in 2012 meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40. The dates are September 8 and October 27. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (leslove@charter.net) to verify date.
P400 *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 10:40 AM. We will start by hiking a MST section that leads through a lush forest of spruce and birch where the forest floor is covered with mosses and ferns. We will stop for blueberry picking in areas that have yielded abundant berries in past years. Two-mile car shuttle. Topo: Sam Knob; also NatGeo map #780.

**WEDNESDAY NO. W1203-503 Aug. 15**

East Fork Pigeon River Swim Hike 8:30 AM
Hike 8.5, Drive 74, 1200 ft. ascent, Rated B-B
Barbara Morgan, 828-460-7066, barbel29@gmail.com
P400 Wilderness area, limit 10, so contact leader for reservation. The East Fork of the Pigeon River is a great place to be on a hot August day. We'll hike in the morning, and on our return, we'll have a chance to play in one of the many pools or just lounge on the rocks before heading back to our cars. Bring swimsuit, towel, etc. Second meeting place: Big East Fork parking area on US 276, north of BRP at 9:15 AM. Topo: Shining Rock; also NatGeo map #780.

**WEDNESDAY NO. W1203-765 Aug. 22**

South Mills River Swim Hike 8:30 AM
Hike 6.5, Drive 65, 1400 ft. ascent, Rated B-B
Greg Goodman, 828-684-9703, greggoodman@bellsouth.net
P400 *Form carpools at Westgate, and meet leader at Boyleston Baptist Church parking lot at 9:00 AM. We will hike along Vineyard Gap Trail to South Mills River Trail until we arrive at our lunch spot at the swimming hole in South Mills River. Bring bathing suit, river shoes, towel, etc. Topo: Pisgah Forest; also NatGeo map #780.

**WEDNESDAY NO. W1203-311 Aug. 29**

Panthertown Valley from East Entrance 8:30 AM
Hike 8, Drive 100, 1000 ft. ascent, Rated B-B
Jill Gottsman, cell: 828-545-5236, jill_gottsman@tws.org
WC100 *Form carpools at Westgate, make stop at Pisgah Forest Bi-Lo at 9:00 AM for additional hikers, and meet leader on NC 281 North at intersection with US 64 at 9:45AM. The intent is to enjoy a moderate hike and visit some of the beautiful waterfalls in Panthertown valley. A dip in the water is a possibility. Starting at Cold Mountain Gap trailhead, we will hike to and cross Greenland Creek, and up Big Green Mountain to enjoy the view. We will then hike down a steep trail to Granny Burrell Falls on Panthertown Creek. Then we pick up Panthertown Valley trail and hike by the old pine plantation, the sandbar pool, and to the Warden’s Falls via the Powerline trail. Our final stop will be Schoolhouse Falls before we pick up road switchbacks back to the Cold Mountain Gap trailhead and on to our cars. Topo: Big Ridge; also Guide to Panthertown map.

**WEDNESDAY NO. W1203-357 Sept. 5**

Pisgah Ridge Loop 8:30 AM
Hike 8.9, Drive 70, 2100 ft ascent, Rated B-AA
Stu English, 828-699-6296, stuben70@comporium.net
P400, WC100 *Form carpools at Westgate, and meet leader at BRP Cold Mtn. overlook at 9:10 AM. We’ll do a scenic circle of the entire Graveyard Fields area, using the Pisgah Ridge Trail and MST to lunch at a beautiful overlook. Then we’ll follow the Graveyard Ridge Trail, and then the MST to Skinny Dip Falls; then follow an unnamed trail back to parking lot. Possible blueberry sightings. Topo: Shining Rock, Sam Knob, also NatGeo map #780 and USFS Shining Rock & Middle Prong Wilderness map.

**WEDNESDAY NO. W1203-766 Sept. 12**

Green’s Lick to Ingles Field Gap 9:00 AM
Hike 8, Drive 8, 1100 ft. ascent, Rated B-B
Ken and Carol Deal, 828-281-4530, cnkdeal@charter.net
P400 *Only Meeting Place: Ingles Parking Lot on NC 191, across from Biltmore Square Mall. This hike is in the Bent Creek, Stradley Mountain area. The hike begins on the Side Hill Connector at the junction with FS 479 and climbs to Ingles Field Gap for lunch, using the Green’s Lick Trail among others. We will return to the cars by way of Little Hickory Top Trail and the Laurel Branch Road.

**WEDNESDAY NO. W1203-242 Sept. 19**

Sam Knob/Devil’s Courthouse Loop 8:30 AM
Hike 8.5, Drive 75, 1500 ft ascent, Rated B-B
Laura Frisbie, 828-337-5845, laurafrisbie@charter.net
SB6K, P400 From FS 816 we’ll ascend Sam Knob (6040 ft) with its 360 degree views, then hike through high meadows on the Flat Laurel Trail to South Mills River, and then to the MST to Skinny Dip Falls; then follow an unnamed trail back to parking lot. Possible blueberry sightings. Topo: Shining Rock, Sam Knob, also NatGeo map #780 and USFS Shining Rock & Middle Prong Wilderness map.

**WEDNESDAY NO. W1203-459 Sept. 26**

NC 128 to Greybeard Overlook 8:00 AM
Hike 8.8, Drive 80, 2000 ft ascent, Rated B-A
Jim Ariail, 828-505-0443, cell 828-778-8355, jmarail@yahoo.com
*Only meeting place: back parking lot of Folk Art Center. We will head up into cool old growth Balsam and Spruce forests south of Mt. Mitchell. This scenic hike has dramatic views and some rocky cliffs. Car shuttle. Topos: Mt. Mitchell, Montreat, MST Profiles pg 66-69, PNFS Toe River, Mt. Mitchell and Big Ivy Trail Maps.

**ALL DAY SATURDAY AND SUNDAY HIKES**

All-day hikes submitted by Bruce Bente, 828-692-0116, bbente@bellsouth.net. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in the schedule, and starting times may vary. *Times listed are departure times - arrive early.*

**SUNDAY NO. A1203-370 July 1**

South Mills River 8:00 AM (strenuous)
Hike 12.5, Drive 75, 1100 or 750 ft. ascent, Rated AA-B or AA-C
Sawako Jager, 828-687-2547, cell: 828-674-0407 and Bruce Bente, 828-692-0116, cell: 828-699-6296, bbente@bellsouth.net
P400 *Form carpools at Westgate, and meet leaders at Pisgah Ranger Station at 8:35 AM. This is another of the P400 hikes that is scheduled during a summer month because of its nine stream crossings. Plan to wear water shoes for the section between Cantrell Creek and Wolfe Ford. Two hiking poles are recommended for the stream crossings. The trail follows the old logging railroad grade, so look for old trestles at stream crossings. This hike will be done as a key swap. Topo: Pisgah Forest.

**SUNDAY NO. A1203-216 July 1**

AT: Sams Gap to Devil Fork Gap 8:15 AM (moderate)
Hike 8.5, Drive 90, 1400 ft. ascent, Rated B-B
Martyn Easton, cell: 828-228-0136, mceaston@me.com
This section of the AT features nice views into Tennessee from the ridge line, traversing a series of knobs along an unusual section of the TN-NC state line where Tennessee is east of N.C. and the southbound hiker is actually traveling north. Car shuttle. Topo: Sams Gap.

**SUNDAY NO. A1203-115 July 8**

Pigeon Gap – Bridges Camp Gap 8:30 AM
– E. Fork of Pigeon River
Hike 8.8, Drive 60, 1500 ft. ascent, Rated B-B
Paul Benson, 828-251-1909, pdbenson@charter.net
P400 *Wilderness hike, limited to ten hikers—call leader for reservation. We will follow the MST south from Pigeon Gap to Bridges Camp, then hike down to the East Fork of the Pigeon River for lunch and a leisurely swim at the E. Fork of the Pigeon River. After lunch it’s downhill all the way to the Big East parking area. Car shuttle. Second meeting place: Big East Fork small parking area on US 276 at 9:15 AM. Topo: Shining Rock; also NatGeo map #780.
The second of a series of car camping weekends will feature eight hikes into a cluster of nearby Mountain Treasures. The camporee will be in a reserved site at the Appletree Group Campground on the upper Nantahala River. Our campground permit has a 50-person limit. There will be a group barbeque supper Saturday night. Reservations are required for both. For details, go to the CMC website and look under “hiking” for “hiking – camporees”. The website gives driving directions, hike descriptions and plans for the barbeque. Any questions should be put to Ted or Jim.

SUNDAY NO. A1203-267  July 22
Horsepasture River  9:00 AM
Hike 5.5, Drive 105, 1000 ft. ascent, Rated C-B
Kathleen Hannigan, 828-230-4883, kathleen.hannigan@pmail.com
WC100  Swiming hike! Come to see the Gorges State Park area. We will hike upstream to hike alongside the Horsepasture River to see the waterfalls – Rainbow, Turtleback, Drift and Stairway. Several swimming breaks will be taken.  
Second meeting place: Pisgah Forest Bi-lo at 9:35 AM.  
Topo: Reid; Also Sierra Club guide to Jocasse Gorges

SUNDAY NO. A1203-367  July 28
Art Loeb, Grassy Cove Ridge to Bridges Camp Gap  *8:30 AM
Hike 8.5, Drive 65, 1650 ft. ascent, Rated B-A
Brenda Worley, 828-684-8656, clworley@bellsouth.net
P400. SB6k  *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 9:10 AM. Wilderness area, limit 10, so contact leader for reservation. Beginning with a climb up to Black Balsam (6214 ft.) we’ll follow the ridgeline to Tennent Mtn (6040 ft.) and Ivestor Gap. Then we’ll hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River. Two stream crossings, one or both of which will be wet. From there, we’ll hike to Skinny Dip Falls, and then end at Bridges Camp Gap. Car shuttle. Topo: Shining Rock; also NatGeo, map #780

SUNDAY NO. A1203-076  July 29
Craggy to Little Snowball  9:00 AM
Hike 7.2, Drive 40, 2600 ft. ascent, Rated B-AA
Heidi Swann, cell: 828-280-6527, myfriendheidi@gmail.com
LTC  From Bee Tree Gap, we’ll take the Snowball trail to High Rocks (Hawkhill Mtn.), with its views, and then on to the old lookout site atop Little Snowball, with its great views. Return via the same route. We will be joined by Corey Pine and another master herbalist from The Blue Ridge School of Herbal Medicine, who will share information and lore about the edible and medicinal plants which we’ll encounter on this hike.
Second meeting place: Craven Gap at 9:20 AM.  
Topo: Craggy Pinnacle; also USFS South Toe River, Mt. Mitchell & Big Ivy Trail Map

SUNDAY NO. A1203-762  Aug. 5
Mt. Cammerer from Davenport Gap  8:00 AM (strenuous)
Hike 11.6, Drive 114, 3000 ft. ascent, Rated A-AA+
Danny Bernstein, 828-236-0192, dannys@hikertohiker.com
900M, LTC  This hike follows the A.T. from Davenport Gap to the historic fire lookout atop Mt. Cammerer. Strenuous, but the payoffs are a good workout and superb views.  
Second meeting place: Pilot Truck Stop, I-40 at Exit 24 at 8:30 AM, but contact leader first. Topo: Waterville, Hartford; also NatGeo Map #317

SUNDAY NO. A1203-049  Aug. 5
Big Creek  8:30 AM (less strenuous)
Hike 10.4, Drive 110, 1300 ft. ascent, Rated A-B
Lenny Bernstein, 828-236-0192, lsbern@att.net
900M  Follow the sight and sound of a spectacular mountain stream through a beautiful forest to the Big Creek bridge just before campsite 37. Features to be enjoyed are the Midnight Hole, Mouse Creek Falls and several rapids. We’ll stop to enjoy a dip in the water on the way back.  
Second meeting place: Pilot Truck Stop, I-40 at Exit 24 at 9:00 AM, but call leader first. Topo: Waterville, Cove Creek Gap, Luftee Knob; also NatGeo Map #317

SUNDAY NO. A1203-255  Aug. 12
MST: NC 80 – Black Mtn. Campground  9:00 AM
Hike 8, Drive 90, 700 ft. ascent, Rated B-C
Laura Frisbie, 828-337-5845, laurafrisbie@charter.net
Expect good views as we hike south on the MST from Buck Creek Gap at NC 80 to Black Mtn. Campground, crossing a couple of times over the MST.  
Second meeting place: Craven Gap at 9:20 AM. Car shuttle. Topo: Old Fort, Celo; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map.

SATURDAY NO. A1203-242  Aug. 18
Sam Knob Loop  *10:00 AM
Hike 7.5, Drive 75, 1500 ft. ascent, Rated B-B
Bev MacDowell, 828-684-1000, bevmacdowell@charter.net
SB6k, P400  *First meeting place: BRP French Broad Overlook at MM 393.8. 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. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars.  
Second meeting place: BRP Cold Mtn. Overlook at 10:30 AM. Topo: Sam Knob; also NatGeo map #780

SUNDAY NO. A1203-368  Aug. 19
Bradley Creek & Riverside Stream Crossings  8:30 AM
Hike 8, Drive 70, 650 ft. ascent, Rated B-C
Tom Sanders, 828-252-6327, tsanders.avl@gmail.com
P400  Come and enjoy the water on a warm summer day. There are about 25 wet stream crossings, but the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. Plan to hike in shoes/boots that don’t mind getting soaked and use two hiking poles. Car shuttle.  
Second meeting place: Contact leader. Topos: Pisgah Forest, Dusmnore Mtn.; also Nat’l. Geo. map #780

SUNDAY NO. A1203-763  Aug. 25
Horse Creek to GreyStone Mtn.  9:30 AM
Hike 9.7, Drive 135, 2500 ft. ascent, Rated A-AA
Les and Catherine Love, 828-658-1489, leslove55@gmail.com
From the Horse Cove Rec. area in Tennessee, we’ll hike trail #22 (hike numbers are on NatGeo map #782) to Jennings Creek, right on #21 to Old Forge, then #195 up to Round Knob. Down #24 to complete the loop and #22 back out. Numerous small stream crossings and 16 crossings that could be wet feeters, if we’ve had rain. Optional 1.2 mi RT extra to Pete’s Branch Falls. Both boots and water shoes recommended. Also optional supper at Farmers Daughter. Topo: Greystone; also NatGeo map #782

SUNDAY NO. A1203-699  Aug. 26
Pisgah Loop II  *9:00 AM
Hike 7, Drive 70, 1500 ft. ascent, Rated B-A
Jan Onan, 828-698-3237, janonan@bellsouth.net
P400  *Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 9:40 AM. Swimming hike! This loop hike will go down the boundary trail to the MST, then past Skinny Dip Falls (swimming stop) and up to Second Falls (possible swimming), before returning to our cars. Possible blueberry sightings. Topos: Shining Rock, Sam Knob; also NatGeo, map #780 and USFS Shining Rock & Middle Prong Wilderness map

SUNDAY NO. A1203-231  Sept. 2
Cane River Gap to Point Misery  8:30 AM (strenuous)
Hike 10, Drive 60, 2800 ft. ascent, Rated A-AA
Carroll Koepplinger, 828-667-9723, carrollkoep@bellsouth.net
After a steep ascent to the ridgeline, we will enjoy one of the best views of the entire Black Mountain range and a hike along a narrow ridgeline trail. Topo: Mt. Mitchell
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 Bonnie Allen, 828-645-0357, bonnie@allencats.com. Driving distance is round-trip from Asheville. All hikes assemble at the far rear (north end) of Westgate Shopping Center near I-240 exit 3B unless otherwise noted. Some hikes will have second meeting places, and starting times may vary. Times listed are departure times – arrive early.

HALF-DAY NO. H1203-222
July 1
Montreat Loop #3
12:30 PM
Hike 5, Drive 40, 1300 ft. ascent, Rated C-B
Gail Lamb, 828-338-0443, glamb46@gmail.com
This moderate in-and-out hike takes Old Graybeard Trail to Pot Cove Gap, then follows a section of Old Trestle Road that was cleared just a couple of years ago. We will snack at Graybeard Falls and return by the same route. Second meeting place: Ingles parking lot off Exit 64 of I-40 at 12:50 PM. Topo: Montreat

HALF-DAY NO. H1203-243
July 8
Frying Pan Tower
*12:00 PM
Hike 4, Drive 40, 400 ft. ascent, Rated C-C
Bobbi Powers, 828-667-5419, bobbipowers@live.com
LTC, P400 *First meeting place at Ingles on NC 191, and meet leader at Pisgah Inn parking lot near convenience store at 12:30 PM. This is an easy in-and-out hike through a spectacular display of wildflowers to good views from the tower. Topo: Cruso; also NatGeo map #780 and MST Profiles book, pg. 40.

HALF-DAY NO. H1203-587
July 15
Catawba Falls
*1:00 PM
Hike 3, Drive 40, 800 ft. ascent, Rated C-C
Lee Silver, 828-668-7147, leesilver@aol.com
WC100 *Form carpool at Westgate, and meet leader at McDonalds off Exit 73 of I-40 at 1:30 PM. Hike to picturesque Catawba Falls and back. Possible optional hike extension to upper falls depending on trail improvements. Topo: Montreat

HALF-DAY NO. H1203-347
July 22
Twin Falls
12:30 PM
Hike 6, Drive 80, 1000 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845, laurafrisbie@gmail.com
P400 WC100 Hike through the woods partly along a stream to view an old beaver dam and two nice waterfalls. Second meeting place: Pisgah
For almost seven years, Danny Bernstein has been the eNews editor, supplying us with valuable information about all things pertaining to hiking in this area and important club news. Danny has decided to move on with her varied life and has found a very capable replacement in Kathy Kyle. Anyone who has been on an all-day Sunday hike knows Michael Cornn and Kathy Kyle; they are on virtually all of them. They met while hiking and are now married.

Kathy majored in English at NC State and worked as a reporter for the Transylvania Times in Brevard. She also taught elementary school in Hendersonville. Kathy works now as Basic Literacy Coordinator for the Blue Ridge Literacy Council in Henderson County. When asked why she decided to edit the eNews, she told us, “The recent death of my dad made me re-think what is important to me. CMC and the people in the club are important to me so helping with the newsletter is a way to show my gratitude. I enjoy reading hike reports, the news of the club and club members, and looking at the photographs. I’m looking forward to ensuring that continues.”

Danny will continue writing articles for the eNews. Welcome, Kathy, and thanks to both of you for carrying on the tradition of valued volunteering.

**Bi-Lo at 1:05 PM.** Topo: Pisgah Forest; also NatGeo map #780

**HALF-DAY NO. H1203-433 July 29**

**Mill Ridge Ramble**  *12:30 PM*

Hike 5, Drive 65, 500 ft. ascent, Rated C-C
Jorge Munoz, 828-658-6066, jorgemunoz1927@hotmail.com or Marcia Bromberg, 828-505-0471, cell: 828-674-1374, mwbrromberg@yahoo.com

*Only meeting place: Roses parking lot off Exit 18 of I-26 in Weaverville. A pleasant and gentle hike in the Mill Ridge area near Hot Springs. Includes a visit to an old family cemetery. Topo: Hot Springs

**HALF-DAY NO. H1203-114 Aug. 5**

**Mt. Mitchell to NC 128**  *12:30 PM*

Hike 4.7, Drive 40, 1300 ft. Descent, Rated C-C
Marcia Bromberg, 828-505-0471, mwbrromberg@yahoo.com

*Only meeting place--Lower parking lot of Folk Art Center. Beat the summer heat with a pleasant and gentle hike in the Mill Ridge area near Hot Springs. Includes a visit to an old family cemetery. Topo: Hot Springs

**HALF-DAY NO. H1203-628 Aug. 12**

**Big Ridge Overlook** to Beaver Dam Overlook  *1:00 PM*

Hike 4.4, Drive 80, 1150 ft. ascent, Rated C-B
Charlie Ferguson, 828-625-2677, ccf108@gmail.com

**P400 Form carpools at Westgate, and meet leader at the French Broad Overlook of the BRP at 1:10 PM.** This in-and-out hike along the MST near MM 403 of the Blue Ridge Parkway is a good one for beginners. It will feature some wildflowers and good views. Topo: Dusnamore Mountain

**HALF-DAY NO. H1203-325 Aug. 19**

**Ivestor Gap Blueberry Hike**  *11:00 AM*

Hike 5, Drive 70, 1100 ft. ascent, Rated C-B
Bonnie Allen, 828-645-0357, bonnie@allencats.com

**HALF-DAY NO. H1203-767 Sept. 9**

**Lookout Mountain**  *12:30 PM*

Hike 4.7, Drive 40, 1040 ft. ascent, Rated C-B
Karin Eckert, 828-593-8453, karigarden@yahoo.com

A hike up to Lookout Mountain via Lookout Rd., Rainbow Rd., Old Mitchell Toll Road and Hickory Ridge Trail. Return on Lookout Trail. Good views on way up and at top. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 12:50 PM.** Topo: Montreat

**HALF-DAY NO. H1203-464 Sept. 16**

**Balsam Gap to Greybeard Overlook**  *12:00 PM*

Hike 5, Drive 44, 1300 ft. ascent, Rated C-B
Nonmembers, call leader: Renate Rikkers, 828-298-9988, rerikkers@aol.com

*First meeting place: back parking lot of Folk Art Center. A short hike through a range of environments and landscapes, including rocky trail sections that require good foot wear and hiking poles for bad knees. This hike takes us from Alpine vegetation through old hemlock and lichen-covered oak forest, over open blueberry balds with long-range views, and finally through lovely beech forest and sweeping native grasses to the Greybeard Overlook. Short car shuttle.**

**Second meeting place: Craven Gap on BRP at 12:10 PM.** Topo: Montreat

**HALF-DAY NO. H1203-057 Sept. 23**

**Sam Knob**  *12:30 PM*

Hike 4, Drive 80, 900 ft. ascent, Rated C-C
Chris Allen, 828-645-0357, cpallen@gmail.com

**P400 Beginning at the Sam Knob parking lot at the end of FS 816, hike the Sam Knob trail up to the summit of Sam Knob with its two peaks and 360 degree views, including the other Balsam Mountains, Mt. Hardy, Little Sam and others. Back down and toward the junction with the Flat Laurel Creek Trail and take it back to the parking lot. Second meeting place: BRP Cold Mtn Overlook at 1:10 PM.** Topo: Sam Knob; also NatGeo map #780

**HALF-DAY NO. H1203-346 Sept. 30**

**Folk Art Center**

*Only meeting place: Back parking lot of Folk Art Center. A walk through pleasant woods and a nice overlook at the turn-around point.*
Hike leader responsibilities

If you are leading hikes for CMC, you are already giving back to the club. Without hike leaders we would not have a club. But our hiking committee would like you to consider some other responsibilities.

First of all, the hike sign-up sheet needs to be mailed back to the person of responsibility whose address is on the back of the sheet. All sign-up sheets are archived in the CMC collection at UNCA.

Second, if you scout a hike and find adverse trail conditions or anything else that might be an issue to a potential hiker, these need to be sent to hikereports@carolinamountainclub.org.

Last but not least, if you still have a minute after all this, we would really appreciate your writing and sending a report of your hike to hikereports@carolinamountainclub.org. Remember, those who can’t hike any more live these hikes vicariously, and in some cases the hike reports are the only way they can connect to the special places they used to hike and the friends they used to hike with.

If you have a picture, send it. If something funny happened on the hike, tell us about it. Remember you are in a hiking club that is almost 90 years old. We have archived access to what George Masa and Horace Kephart were doing in the 1930s. Years from now people will read about the fun we were having.

Hiking boots are recommended for all hikes. They should be broken in before its completion.

Hikers should obtain the leader’s permission if they wish to leave the hike ahead of the leader, or lag behind the sweep, without specific permission. All hikers are expected to follow the leader’s instructions. No one should get ahead of the leader, or lag behind the sweep, without specific permission. Hikers should obtain the leader’s permission if they wish to leave the hike before its completion.

CLOTHING AND EQUIPMENT: CMC’s website (www.carolinamountainclub.org, click on Hiking) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike. Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing — you’ll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

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

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

MEMBERSHIP: Everyone is eligible for CMC membership by completing a Membership Application Form and paying dues. Membership Application Forms are available on the Club website or by mail. Annual dues are $20 for individuals and $30 for families. Applications should be sent to Carolina Mountain Club, P.O. Box 68, Asheville, NC, 28802. Hikers are expected to join CMC after participating in a few hikes. Some trail maintenance activities are only open to members.

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