



# THIRD QUARTER 2012 Quarterly News Bulletin and Hike Schedule



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

## 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 on page 2



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.

## COUNCIL CORNER

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 com-

mittee, 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 – a 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!



On a May hike to Skinny Dip Falls, a CMC group takes a moment for a photograph.

## 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](mailto:president@carolinamountainclub.org).

## Spring Social speakers aim to inspire

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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 biked 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.

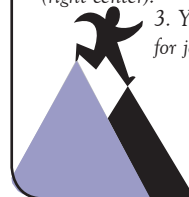
("Twas a very fine day indeed!")



Sharon McCarthy

### How to join the CMC

1. Go to [www.carolinamountainclub.org](http://www.carolinamountainclub.org)
2. Click on Join (top left) or Join CMC! (right center).



3. You will see instructions for joining online or via mail or ... write to us at CMC, PO Box 68, Asheville, NC 28802 and we'll mail you an application

## 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, lsobil@bellsouth.net

### Thursday Asheville Crew

Bill Falender, billfalender@hotmail.com

### Friday Asheville\*

Skip Sheldon, shelhalla@bellsouth.net

### Friday Pisgah

Pete (R) Petersen, roap@aol.com

### Wilderness Crew (Saturday bimonthly)\*

Becky Smucker, bjsmucker@gmail.com

### Saturday quarterly\*

Les Love, lesrlove@charter.net

### MST sections

Barth Brooker, barthb@bellsouth.net

Les Love, lesrlove@charter.net

Pete (A) Petersen,

arpetersen11@morrisbb.net

Larry Sobil, lsobil@bellsouth.net

### AT sections

Tim Carrigan, tim@newprisim.com

## HIKE SCHEDULE Third Quarter 2012

### Hike Ratings

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9-12 miles	A: 1,500-2,000 ft.
B: 6-9 miles	B: 1,000-1,500 ft.
C: Under 6 miles	C: Under 1,000 ft.

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 website in the "Breaking News Box." Hike Leaders will announce a cancellation or significant change at least a few hours before the hike meeting time. Hikers that do not have internet access or live hours away from the meeting place: call the hike leader to ensure that you are informed about hike changes.

If it's not possible for a hiker to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. Call or email the hike leader.

See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at [www.carolinamountainclub.org](http://www.carolinamountainclub.org).

## CHALLENGE PROGRAMS

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

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

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

**LTC** For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbarr@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, sue-jackfitz@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

### Jerry Miller Trail to

### 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 Jerry 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-i 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

## SATURDAY 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 (lesrlove@charter.net) to verify date.

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 are required for entry through their gated private road. *Since reservations are limited, contact the leader soon to give them an advance head count.*

Several hikes will be offered by CMC. Hikes include options of Hemphill Bald, Appalachian Highlanders Science Center at Purchase Knob, McKee Branch-Double Gap Loop and 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. W1203-460 July 18

### Pilot Mountain to Courthouse Falls

\*8:30 AM

Hike 9.1, Drive 60, 1300 ft ascent, Rated A-B

Brenda Worley, 828-684-8656,

cell: 828-606-7297, clworley@bellsouth.net

### P400, WC100 Form carpools at Westgate, and

### meet leader at Pisgah Ranger Station at 9:05

AM. This in-and-out hike begins with a short

bushwhack below Pilot Mountain and follows FS

140A through interesting forest to FS 140 and on to

Courthouse Falls. We will have lunch at beautiful

Courthouse Falls and return the same way. There is

one easy stream crossing which can be wet if there

has been a lot of rain close to the hike date. Topo:

Shining Rock, Sams Knob; also NatGeo Map #780

WEDNESDAY NO. W1203-049 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@hikertohiker.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, 2000 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

WEDNESDAY NO. W1203-369 **Aug. 8**  
**Buckeye Gap-Bearpen Gap** \*10:00 AM  
Hike 6, Drive 80, 1000 ft. ascent, Rated B-B  
Bruce Bente, 828-692-0116, cell: 828-699-6296,  
bbente@bellsouth.net

**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. W1203-053 **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,  
barbc129@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**  
**Pantherstown Valley**  
**from East Entrance** \*8:30 AM  
Hike 8, Drive 100, 1000 ft ascent, Rated B-B  
Jill Gottesman, cell: 828-545-5236,  
jill\_gottesman@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 Pantherstown 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 Pantherstown Creek. Then we pick up Pantherstown 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 Pantherstown 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, 828-883-2447,  
stuengo@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. Topos: 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,  
laurafrisbee@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 and Little Sam Trails and the MST via Devil's Courthouse. 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 9:10 AM.** Topo: Sam Knob, also NatGeo Map #780

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,  
jimariail@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 climbs. 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: 828-674-4067  
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,  
meeaston@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**  
- E. Fork of Pigeon River 8:30 AM  
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

WEEKEND NO. A1203-i                      **July 13-15**  
**Mountain Treasures Camporee #2**  
Ted Snyder, 864-638-3686,  
tedsnyderjr@bellsouth.net and Jim Reel,  
828-738-0751, cell: 828-443-2532,  
jimr57@yahoo.com

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@pgnmail.com

**WC100** Swimming 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 Jocassee Gorges

SATURDAY 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 Investor 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 (Hawkbill 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 Shane or 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,  
danny@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.** Topos: 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, lsberns@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.** Topos: 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 BRP. **Second meeting place: Craven Gap at 9:20 AM.** Car shuttle. Topos: 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, Dunsmore Mtn.; also Nat'l. Geo. map #780

SATURDAY NO. A1203-763                      **Aug. 25**  
**Horse Creek to Greystone Mtn.**                                      **8:30 AM**

Hike 9.7, Drive 135, 2500 ft. ascent, Rated A-AA  
Les and Catherine Love, 828-658-1489,  
lesrlove55@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 Koeppinger, 828-667-0723,  
carrollkoepp@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

SUNDAY NO. A1203-199 **Sept. 2**  
**Black Mtn. Campground to Green Knob** \*8:30 AM  
(moderate)

Hike 7, Drive 85, 2000 ft. ascent, Rated B-AA  
Chris Washburn, cell: 828-292-1791,  
cwashburn@caldwell-mem.org

**LTC** \*Form carpools at Westgate, and meet leader at trailhead adjacent to Black Mtn. Campground at 9:30 AM. Enjoy the beautiful woods as we climb Lost Cove Ridge on the Green Knob Trail from the Black Mtn. Campground to fantastic views and a first-class lunch spot atop Green Knob. After lunch it's all downhill. Topo: Old Fort; also USFS South Toe River, Mt. Mitchell & Big Ivy Trail Map

FRIDAY NO. A1203-252 **Sept. 7**  
**Horace Kephart Cabin Site** \*8:00 AM  
Hike 13, Drive 200, 2400 ft. ascent, Rated AA-AA  
Jim Reel, 828-738-0751, cell: 828-443-2537,  
jimr57@yahoo.com

**900M** \*Departure time is from Fontana Marina near Fontana Dam. No Asheville meeting place. This hike will be done in conjunction with the Horace Kephart Days celebration—see www.horacekephart.com for additional information. The hike date is one day before Kephart's 150th birthdate. A boat shuttle will be taken from Fontana Marina (\$15 per person), then hike the Hazel Creek and Jenkins Ridge Trails (old roads) followed by a 0.7 mile bushwhack to the site of Horace Kephart's cabin. Topos: Tuskegee, Thunderhead Mtn.; also NatGeo map #316.

SUNDAY NO. A1203-764 **Sept. 9**  
**Herrin Knob-Mt. Hardy-Green Knob** \*8:30 AM  
Hike 8.5, Drive 90, 1400 ft. ascent, Rated B-B  
Ashok Kudva, 828-698-7119, cell: 828-674-1374,  
ashok.kudva@att.net

**SB6K, P400** \*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. This new CMC hike starts from Courthouse Valley O/L on an unused trail, skirts around Herrin Knob to cross the BRP at Mt. Hardy Gap and then climbs to the summit of Mt. Hardy. Our descent is via a connector trail, MST and includes a 3-mile in-and-out hike along Fork Ridge to Green Knob (a different Green Knob!). Our snack and lunch spots on Mt. Hardy and Green Knob will feature 180 and 360 degree mountain views on a clear day. Car shuttle. Topos: Sam Knob, also NatGeo Map #780 and USFS Shining Rock & Middle Prong map

SATURDAY NO. A1203-139 **Sept. 15**  
**Mt. Mitchell to Black Mountain Campground** \*9:30 AM  
Hike 6.8, Drive 70, 300 ft. ascent, Rated B-C  
Marcia Bromberg, 828-505-0471,  
mwbromberg@yahoo.com  
\*Only meeting place: back parking lot of Folk

**Art Center.** This hike features 360 degree views from the Mt. Mitchell overlook before a pleasant 3700 foot descent on the MST to Black Mtn. campground. Car shuttle. Second meeting place: Contact leader. Topo: Mt. Mitchell

SUNDAY NO. A1203-680 **Sept. 16**  
**Lost Cove** \*8:30 AM

Hike 8, Drive 90, 1500 ft. ascent, Rated B-B  
Jake Blood, 828-284-6878,  
thebloods@hotmail.com and John Whitehouse,  
828-682-3217, johnwhitehouse@frontier.com  
(rescheduled from 4/28) \*Form carpools at Westgate at 8:30 AM, and meet leaders at Princes Creek General Store just off US 19E (Take Burnsville Exit 9 off I-26 then follow US 19/19E for 11.8 miles. Turn left onto Princes Creek Rd. You can see the store from there). We will hike to Lost Cove in northern Yancey County. Lost Cove, lost in time and geography, was settled pre-Civil War along the uncharted border of NC and TN in the Nolichucky River Gorge. Accessible only by foot, the settlement was abandoned in the 1950s. Several ruins and a cemetery remain which we will explore. Time permitting, we may extend the hike to the river. Topos: Hundale, Chestoa

SUNDAY NO. A1203-074 **Sept. 23**  
**Tanawha Trail** 8:00 AM

Hike 13.3, Drive 150, 2600 ft. ascent, Rated AA-AA  
Michael and Kathy Cornn, cell: 828-458-1281 or 828-458-1282, mcornn@aol.com  
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. Car shuttle. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** Topos: Grandfather Mtn., Valle Crucis; also NatGeo. maps #783 and #779

SATURDAY NO. A1203-244 **Sept. 29**  
**Firescald Knob** 8:30 AM

Hike 7, Drive 95, 1000 ft. ascent, Rated B-B  
Kayah Gaydish, 828-713-0591,  
kayita79@gmail.com  
From Jones Meadow, we will hike north on the original AT route, with a stop at Blackstock Cliffs, to our lunch spot at Jerry's Cabin. Our route back will follow the narrow and scenic Firescald Ridge relocation completed by CMC in 2003. Children are encouraged to hike, but must be accompanied by an adult. Topo: Greystone

SUNDAY NO. A1203-396 **Sept. 30**  
**Pilot Rock - Thompson Creek** \*9:00 AM

Hike 8.8, Drive 80, 2100 ft. ascent, Rated B-AA  
Charlie Ferguson, 828-625-2677,  
ccf108@gmail.com  
**P400** \*Form carpools at Westgate, and meet leader at Pisgah Ranger Station at 9:40 AM. We will climb 1500 feet in two miles up the well-

graded Pilot Rock trail, and eat lunch at Buck Springs Overlook. After lunch, we'll hike down the Thompson Creek trail. Expect great views along the way. Topos: Dunsmore Mtn., Cruso; also NatGeo map #780

## 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. H1203-043 **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, leehsilver@aol.com  
**WC100** \*Form carpools 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**

# Passing the torch

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.



Michael and Kathy

**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, 828-658-0606,  
jorgemunoz1927@hotmail.com or  
Marcia Bromberg, 828-505-0471,  
cell: 828-674-1374, mwbromberg@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,  
mwbromberg@yahoo.com

\***Only meeting place--Lower parking lot of Folk Art Center.** Beat the summer heat with a downhill hike from Mt. Mitchell to NC 128 (Mt. Mitchell Rd). Plenty of great views along the way and a pleasant waterfall for our snack break. Topos: Celso, Mt. Mitchell, Burnsville

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: Dunsmore 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

**P400, SB6K Wilderness area, limit 10; Contact leader for reservation.** Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. Optional hike to the top of 6000 ft Grassy Cove Top. Once we get to the blueberries, we plan on picking for 2 hours. Everyone should bring lunch, berry picking containers, hat and sunscreen. **Second meeting place: BRP Cold Mountain Overlook at 11:40 AM.** Topos: Sam Knob; Shining Rock; also NatGeo map #780.

HALF-DAY NO. H1203-522 **Aug. 26**  
**Vann Cliff**

**& Spring Creek Nature Trails** \*12:45 PM  
Hike 4, Drive 80, 1000 ft. ascent, Rated C-B  
Jack Dalton, 828-622-3794, jkdalton9@gmail.com

\***Form carpools at Westgate, and meet leader at Rocky Bluff Campground parking lot on NC 209 (about 2 miles south of Hot Springs) at 1:45 PM.** This is a joint hike with the Hot Springs Mountain Club. From the campground, the Vann Cliff Trail ascends to nice views, passes the fast moving Spring Creek and then returns to the campground. There is a possibility of a swim in Spring Creek on a hot August afternoon. Topo: Spring Creek

HALF-DAY NO. H1203-478 **Sept. 2**  
**Graveyard Ridge / MST Loop** \*12:00 PM

Hike 4.4, Drive 70, 875 ft. ascent, Rated C-C  
Stu English, 828-883-2447,  
stuengo@compodium.net

**P400 \*Form carpools at Westgate, and meet leader at BRP Cold Mtn. Overlook at 12:40 PM.** Beginning at the John Rock Overlook, we will hike the loop counter-clockwise and plan to spend a half-hour blueberry picking as we work our way back down from the ridge.

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,  
karingarden@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, ririkkers@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**

**to Haw Creek Overlook** \*1:00 PM  
Hike 5, Drive 0, 850 ft. ascent, Rated C-C  
Jim Ariail, 828-505-0443, jimariail@yahoo.com  
\***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](mailto: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](mailto: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 in the early days of the 21st century.

## Carolina Mountain Club

P.O. Box 68  
Asheville, NC 28802

## NEXT CMC COUNCIL MEETING

**When:** August 2, 2012  
**Where:** West Asheville Library meeting room  
**Time:** 6:00 - 9:00 PM  
**Info:** Call Marcia at 505-0471 if you would like to attend.  
All CMC members are welcome.

**HIKING INFORMATION:** CMC hikes are open to all and we welcome guests. Non-members need to call or email the hike leader to introduce themselves and find out more about the hike. All hikers are encouraged to call or e-mail the leader if they have questions about the hike or the location of the meeting place. Hikes may be canceled by the leader due to adverse weather or dangerous roads. Minors are welcome on CMC hikes, if accompanied by a responsible adult. Dogs are not allowed on CMC hikes.

Hikers will carpool from the meeting places to the trailhead and back. Passengers are expected to contribute 10 cents per mile towards the driver's operating expenses. Most CMC hikes do not require reservations. However, check the hiking schedule to determine whether a reservation is required, and if so, call or e-mail the leader to reserve your space.

Hike leaders have the right to reject participants who are not properly equipped for the hike or who are unlikely to be able to complete the hike. All hikers are expected to follow the leader's instructions. No one should get ahead of the leader, or lag behind the sweep, 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](http://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

Further  
information about  
regulations is available at [www.  
carolinamountainclub.org](http://www.carolinamountainclub.org)

on hikes or trail maintenance activities. Each participant agrees to hold harmless and free 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 Councilor for Conservation 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.

### CAROLINA MOUNTAIN CLUB OFFICERS

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