



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

The Life and Times of Lewis Blodgett

By Bobbi Powers

Wow! Lewis Blodgett has been a member of CMC for almost half his life. This diminutive nonagenarian with the piping voice joined CMC in 1972 with his late wife Jane, and is still active.

Lewis turned 90 on May 27 and enjoyed being part of the CMC's 90th Birthday Bash on June 8. Want to know more about Lewis? (The answer is, "Sure!") Read on:

Lewis has been a weather guy all his life. As a child in New York State, he walked everywhere and watched the weather, including the 1938 hurricane, which struck without warning near his home on eastern Long Island. (Ask Lewis about his storm tales!) When America entered World War II, he applied for and was accepted into the Army-Air Force weather program offered at Massachusetts Institute of Technology. After being commissioned a weather officer, he served in N. Africa, England, and Italy. He celebrated the war's end in Rome. After he mustered out, he enrolled in M.I.T. and earned a degree in Meteorology. After stints in Iceland (three years, during which time he learned a bit of the native tongue) and Washington, D.C., Lewis landed in Asheville in 1955 and worked at the

National Climatic Data Center the rest of his career. This was before personal computers, although the Center had room-size, state-of-the-art computers. My, how times have changed!

Lewis met the love of his life in 1955. He and Jane married in 1956, built the house in Oakley where he still lives, and had 4 children. He has 2 grandsons, one of whom is serving in Afghanistan. He has lived the American dream!

Lewis and Jane traveled abroad twice, to England and Ireland in 1982 and to Iceland in 2000. During the Iceland trip, he caught up with several Icelandic buddies he had worked with so many years ago.

Since childhood, and with Jane after they met, he has loved to go on long walks, observing the countryside, the people, and the weather. But mostly he has hiked in WNC and also led hikes for CMC. Lewis says he has no favorite hikes; any excuse to be outside suits him fine. He always told Alan Barton, hike scheduler at the time, to assign him and Jane any hike to fill in the schedule. Then they learned the hike before leading it. He's still doing 3-4 mile hikes.

His hiking at age 90 is not the only amazing thing. He volunteers at the Botanical Gardens once a week, picking up trash and pulling



Lewis Blodgett

weeds. He also goes out with the Friday Maintenance Crew, weather permitting. His daughter Daphne and son-in-law now maintain the section of the AT that he and his wife maintained for years and he goes out with them. Plus, he mows his lawn. Lewis and I sat on lawn chairs on his back patio looking out over the rock garden while we chatted. I can assure everyone – this is not a small lawn!

continued on page 7

COUNCIL CORNER

The trail maintenance area of the CMC is currently as active as ever. Attacking the annual tasks of the spring walk-thrus of the AT and MST have been augmented by continued work on extending the MST toward the Great Smoky Mountains National Park,



extending the reach of CMC's involvement into Chimney Rock State Park, and building new trail on Bearwallow Mountain and at Thrive, a non-profit in Laurel Park. Kayah Gadish has formed an additional crew, CMC's eighth, to attract younger CMC members to trail maintenance and, rather than work an assigned list of trails, will work in various areas where help is needed. Her crew will also plan periodic overnight assignments. Pete (A) Petersen has

been successful in obtaining grants from the Friends of the MST and the ATC that will allow us to purchase additional tools and safety equipment for the crews. Skip Shelton is coordinating preparation of a workshop on trail maintenance to be held at the ATC Biennial in Cullowhee this summer, and Dwayne Stutzman has been coordinating CMC's role in remediating the ATV damage that was incurred on Max Patch earlier this year.

– Pete (R) Petersen

April Showers at Spring Social

By Bobbi Powers

The Spring Social's usual theme song, John Denver's "Sunshine on My Shoulders," was usurped on April 27 by Gene Kelly's "Singin' in the Rain." Hikes were canceled as the rain was relentless, but brightness prevailed indoors at the Arboretum as smiles and laughter lit up the crowd.

Bubba's BBQ and Les Love (quietly assisted by Catherine) were in their usual places, with the former feeding us a good dinner and the latter, as emcee, setting the stage for an enlightening lesson/program about the Roadless Areas Rule.

Les introduced Ted Snyder, who is nationally renowned for working to conserve natural resources during his career as an attorney and into retirement. Ted was the Sierra Club's National President in the 1970s, but we know him best as instigator of the Mountain Treasures hikes and the Camporees.

Ted gave an impassioned overview of the Roadless Areas Rule as it affects the Nantahala and Pisgah National Forests. He said, "It's a big deal because it increases the roadless areas in these forests threefold ... roads fragment land ... this rule ensures no more roads and no more commercial timber cutting!"

Ted turned the microphone over to Brent Martin, Regional Director of the Wilderness Society, who spoke about the continuing fight to preserve the wilderness with the Forest Management Plan. Pisgah and Nantahala Forest have pre-



Trailbuilders at the dedication ceremony.

Ralph Turnberg trail dedication

On April 13, a new exercise trail was dedicated to the memory of Ralph Turnberg at Thrive, a facility for psychosocial rehabilitation in Laurel Park. This facility was formerly known as the Sixth Avenue Club. The trail, the idea of Thrive's Chris Dratz and Jim Kisner, was constructed over the winter by the Pisgah Friday trail maintenance crew of the Carolina Mountain Club. Ralph, a long-time member of the Pisgah Friday crew, had taken part in the work of building the trail but passed away shortly before its completion. Ralph was a key contributor to the Pisgah Friday

Crew on their weekly projects as was his wife, Nay Ann Brevard. Nay Ann is still a regular with the crew. As the trail was constructed on a steep slope, it required the inclusion of several switch-backs and the installation of a large number of steps. It also required the building of two bridges. The project took over 550 man-hours to complete by the volunteer crew. A sign designating the trail as the Ralph Turnberg Exercise Trail was constructed by Larry Schwake, a member of the crew, and installed at one of the trail entrances.

served more than 152,000 acres.

DJ Gerken spoke about the legal aspects of the Roadless Areas Rule, reiterating how hard-fought this has been. "You can get good things done in spite of lawyers," he chuckled. He explained that Pres. Clinton got the rule through at the end of his presidency on Jan. 12, 2001, but

George Bush suspended it. President Obama reinstated it this year.

Ted closed by saying the Forest Service hears both sides of this issue and is influenced by John Q. Public. Ted urged everyone to be vocal in support of the Roadless Areas Rule.

Ted, Brent and DJ are passionate about protecting our forest treasures, and we appreciate their talents and hard work on our behalf.



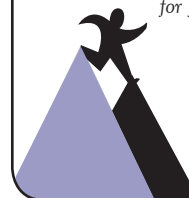
CMC members study the Roadless Areas Rule at the Spring Social. Photo by Danny Bernstein.

How to join the CMC

1. Go to 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, lesrlove55@gmail.com

Draft Crew*

Kayah Gadish, kayita79@gmail.com

MST sections

Barth Brooker, barthb@bellsouth.net

Les Love, lesrlove55@gmail.com

Pete (R) Petersen, roap@aol.com

Larry Sobil, lsobil@bellsouth.net

AT sections

Tim Carrigan, tim@newprisim.com

HIKE SCHEDULE Third Quarter 2013

Hike Ratings

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9-12 miles	A: 1,501-2,000 ft.
B: 6-9 miles	B: 1,001-1,500 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.

CHALLENGE PROGRAMS

SB6K For hiking all 40 peaks above 6000'. Contact Peter Barr, pjbarr@gmail.com

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, pjbarr@gmail.com

WC100 For hiking to the 100 best waterfalls in the mountains of WNC, SC and the Smokies. Contact Jack Fitzgerald, 828-685-2897, suejack-fitz@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. W1303-266 **Jul. 3**

MST Sequence Hike - NC 128 to Black Mountain Campground *8:00 AM

Hike 11, Drive 60, 1300 ft. ascent, Rated A-B
Barbara Morgan, 828-738-3395,
cell: 828-460-7066, barbc129@gmail.com

SB6K *Only Meeting Place: Folk Art Center back parking lot. We'll hike the MST, starting on NC 128 (Mt. Mitchell Rd.), cross over Mt. Mitchell, and descend to the Black Mountain Campground, completing the most eastern "leg" of the MST challenge. Gradual climb, followed by short steep climb, then long descent. Great 360 degree views. 20-mile car shuttle. Topo(s): Montreat, Mt. Mitchell, Celo

Wednesday No. W1303-367 **Jul. 10**

FS 816 to Bridges Camp Gap via Grassy Cove *8:30 AM

Hike 8.3, Drive 65, 1651 ft. ascent, Rated B-A

SATURDAY WORKDAY

For the Saturday MST Trail Building Workdays in 2013, meet at 8:30 at the Home Depot at the Enka-Candler Exit 44 off of I-40. Workdays are August 17 and October 19. As in the past, we will be back in Asheville by 3:00. Call Les Love at 828-658-1489 (lesrlove55@gmail.com) to verify date.

Laura Frisbie, cell: 828-337-5845,
laurafrisbie@gmail.com

P400, SB6K *Form carpools at Westgate and meet leader at BRP Cold Mountain Overlook at 9:10 AM. *Wilderness hike, limited to ten hikers—call leader for reservation.* A favorite hike of many that includes a gorgeous variety of environments.

Follow the ALT to Black Balsam and Tennesse Mtn, then descend to Investor Gap, turn right and hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River, then right onto Bridges Camp Trail to MST and Bridges Camp Gap. 3055' descent. Car shuttle. Topo(s): Shining Rock; also NatGeo map #780

Wednesday No. W1303-210 **Jul. 17**
FS 816 to Pigeon Gap 8:00 AM

Hike 10, Drive 70, 2170 ft. ascent, Rated A-AA
Vance Mann, cell: 828-273-7592,
hvancem@icloud.com

P400, WC100 An MST hike with great views on the backside of Graveyard Fields and of Looking Glass Rock and Skinny Dip Falls. Car shuttle. Topo(s): Shining Rock & Sam Knob; also MST Profiles, pp. 37-39

Wednesday **Jul. 24**
NO HIKE SCHEDULED DUE TO ATC BIENNIAL CONFERENCE THIS WEEK

Wednesday No. W1303-375 **Jul. 31**
Sams Gap to Rice Gap *9:00 AM

Hike 7.5, Drive 60, 1200 ft. ascent, Rated B-B
Paula Massey, 828-299-0226, cell: 828-989-0003,
massey.paula@gmail.com

***Only Meeting Place: Rose's parking lot off I-26 Exit 19B.** An in-and-out hike on the AT in the beautiful open forest from Sams Gap to Rice Gap, with a visit to Hog Back Ridge shelter built by CMC members. Topo(s): Sams Gap

Wednesday No. W1303-457 **Aug. 7**
Brown Gap to Max Patch and Return 8:30 AM

Hike 7, Drive 100, 1100 ft. ascent, Rated B-B
Stuart English, cell: 828-384-1759,
stuengo@comporium.net

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

Wednesday No. W1303-128 **Aug. 14**
Sam Knob Loop *8:30 AM

Hike 10, Drive 90, 1700 ft. ascent, Rated A-A
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
ashok.kudva@att.net

P400, SB6K *Form carpools at Westgate and meet leader at BRP Cold Mtn. Overlook at 9:10 AM. (Optional ascent of Chestnut Bald and Black Balsam available for SB6K peak-baggers.) We'll start at NC 215 and follow the MST, with

a side trip to Devil's Courthouse, cross FS 816 onto ALT. Then we'll loop back and ascend Sam Knob (6040 ft.) with its 360-degree views, return via the Flat Laurel Creek Trail to NC 215. The stream crossing at the end may be a wet crossing if it has rained recently. Pace will be moderate, but stronger hikers may go ahead per leader direction. One-mile car shuttle. Topo(s): Shining Rock & Sam Knob; also NatGeo map #780

Wednesday No. W1303-531 **Aug. 21**
Pisgah Inn to Beaverdam Overlook 8:30 AM
Hike 7.9, Drive 50, 1250 ft. ascent, Rated B-B
Keiko Merl, 828-298-7634, cell: 828-231-2126,
keikomerl@att.net

P400 Enjoy the mountain views along the MST from Pisgah Inn to the Beaverdam Overlook. After Little Pisgah Mtn, it's downhill almost all the way. **Second meeting place: Pisgah Inn parking lot near convenience store at 9:05 AM.** Topo(s): Cruso, Dunsmore Mt.; also MST Profiles book pg 42-45

Wednesday No. W1303-390 **Aug. 28**
MST from Woodfin Cascades Overlook to Grassy Mine Overlook 8:00 AM
Hike 12.8, Drive 74, 2200 ft. ascent,
Rated AA-AA
Steve Pierce, 828-724-4999, cell: 828-442-8482,
stevepierce@charter.net

This hike will cover the westernmost section of the MST challenge. The hike will begin at Woodfin Cascade Overlook on the BRP. Approximately 3 miles are on a road or the BRP until we pick up the MST near Balsam Gap. Most of the elevation gain is over a 7 mile stretch along the MST. For those wanting a shorter hike, there is the possibility of a short bushwhack to the BRP after 9 miles. **Second meeting place: Waynesville Rest Stop on US 23/74 at 8:30 AM, but call leader first.** Topo(s): Hazelwood

Wednesday No. W1303-314 **Sep. 4**
MST - Double Top to Balsam Gap 8:30 AM
Hike 10, Drive 90, 950 ft. ascent, Rated A-C
Brenda Worley, 828-684-8656,
cell: 828-606-7297, clworley@bellsouth.net

Have you ever wanted to hike that long MST ridge down to Balsam Gap? Here is your chance in the downhill direction, enjoying the views along the 2500 ft. descent. Car shuttle. **Second meeting place: Rest Stop beyond Waynesville on US 23/74 at 9:00 AM.** Topo(s): Hazelwood

Wednesday No. W1303-044 **Sep. 11**
Lost Cove & Gragg Prong 8:00 AM
Hike 6.8, Drive 75, 1950 ft. ascent, Rated B-A
Jill Gottesman, 828-587-9453,
cell: 828-587-9453, jill_gottesman@tws.org

WC100 This hike in the Wilson Creek area features spectacular waterfalls at Huntfish Falls and Gragg Prong. Several wet stream crossings. Bring appropriate shoes; poles will be helpful. **Second meeting place: Ingles parking lot off Exit 64 of**

I-40 at 8:20 AM. Topo(s): Grandfather Mtn.; also USFS Wilson Creek Map and NatGeo map #779

Wednesday No. W1303-193 **Sep. 18**
Bearpen Gap to NC 215 *9:00 AM
Hike 9, Drive 85, 1000 ft. ascent, Rated A-B
Tom Sanders, 828-252-6327,
tsanders.avl@gmail.com

P400, SB6K *Wilderness hike, limited to ten hikers—call leader for reservation. From Bearpen Gap we will access the MST and hike it around Mt Hardy and to NC 215. Exact mileage and ascent will be included in the scout report. Car shuttle. **Second meeting place: Cold Mountain Overlook at 9:40 AM.** Topo(s): Sams Knob

Wednesday No. W1303-806 **Sep. 25**
Shope Creek Loop *8:30 AM
Hike 7.2, 2200 ft. ascent, Rated B-AA
Jim Ariail, 828-505-0443, cell: 828-778-8355,
jimariail@yahoo.com

***Only Meeting Place: Oteen Ingles located on Tunnel Road across the street from the VA Hospital.** We hike across the base of the mountain along a stream, then take a trail that leads to the ridge line. The trail is steep near the top for a short distance. Then we hike along the ridgeline with beautiful views of the Riceville Valley. There is a rock scramble to Rocky Knob. Hiking poles highly recommended. We will border the Asheville watershed on one side and Riceville Valley on the other side. Driving distance from meeting place will be determined the day of the hike.

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 Saturday and Sunday hikes assemble at the far rear (north end) of Westgate Shopping Center at I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A1303-578 **Jul. 7**
Flat Laurel Creek, Little Sam Knob, MST Loop 9:00 AM
Hike 7.5, Drive 80, 1000 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com

This is a pleasant loop trail with views of Sam Knob, Fork Ridge and Flat Laurel Creek. We'll hike up the MST from NC 215 to the Devil's Courthouse connector trail for a side trip up to Devil's Courthouse for beautiful views. Then we'll follow the Little Sam Knob Trail to connect with the Flat Laurel Creek Trail, where we'll have views of Sam Knob and an opportunity to wade in the cool creek water. We'll return to NC 215 on the Flat Laurel Creek Trail and end with a short walk on the road to our cars. **Second meeting place: Gravel parking lot on NC 215 1/4 mile north**

of BRP at 9:50 AM. Topo(s): Sam Knob; also NatGeo map #780

Saturday No. A1303-343 **Jul. 13**
Mount Mitchell Loop via Commissary Ridge *10:00 AM
Hike 7, Drive 60, 1500 ft. ascent, Rated B-B
Barbara Morgan, 828-738-3395,
cell: 828-460-7066, barbc129@gmail.com
***Only Meeting Place: back parking lot of Folk Art Center.** We will hike from the Ranger Station to the summit, returning via the Camp Alice Road. Enjoy the view from the Mt. Mitchell observation platform. Bring rain gear for the usual afternoon shower. Topo(s): Mt Mitchell, Montreat; also NatGeo map #779 and USFS South Toe River map

Sunday No. A1303-113 **Jul. 14**
Cold Mountain *8:00 AM
Hike 10.4, Drive 70, 3400 ft. ascent,
Rated A-AA+

Lisa Hart, 828-450-6986, tiw.south@gmail.com
P400, SB6K *Wilderness hike, limited to ten hikers—call leader for reservation. From the BSA Daniel Boone Camp, we will climb and climb past laurel and rhododendron to Deep Gap, and then continue to the top of Cold Mountain for great views towards the BRP and Mt. Hardy. Topo(s): Waynesville, Cruso; also NatGeo map #780

Sunday **Jul. 21**
NO HIKE SCHEDULED DUE TO ATC BIENNIAL CONFERENCE THIS WEEK

Saturday No. A1303-210 **Jul. 27**
FS 816 (Black Balsam Rd.) to Pigeon Gap 8:00 AM
Hike 10, Drive 70, 2170 ft. ascent, Rated A-AA
Vance Mann, 828-273-7592,
hvancem@icloud.com
P400, WC100 An MST hike with great views on the back side of Graveyard Fields and of Looking Glass Rock and Skinny Dip Falls. Car shuttle. Topo(s): Shining Rock & Sam Knob; also NatGeo map #780 and MST Profiles, pp. 37-39

Sunday No. A1303-190 **Jul. 28**
MST: Mt. Mitchell to Balsam Gap 8:00 AM
Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A
Tom Sanders, 828-252-6327,
tsanders.avl@gmail.com

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

Sunday No. A1303-355 **Aug. 4**
Devil Fork Gap to Carmen 8:00 AM

Hike 10.7, Drive 95, 2400 ft. ascent, Rated A-AA
Janet Martin, cell: 502-494-9309,
jaykaymartin@msn.com

This horseshoe-shaped hike follows the AT for 8.8 scenic miles and features two shelters, a historic gravesite and Big Butt. The hike along the AT is mostly gently uphill with one steep ascent. Shortly after Jerry Cabin, the hike leaves the AT and descends steeply on Fork Ridge Trail towards Carmen. Car shuttle. Topo(s): Flag Pond, Greystone; also NatGeo. map #782

Sunday No. A1303-528 **Aug. 11**
Carmen – Allen Gap 8:00 AM

Hike 13.5, Drive 95, 3300 ft. ascent,
Rated AA-AA+
Don Gardner, 828-754-4067,
gardog3@bellsouth.net
and Chris Washburn, cell: 828-292-1791,
cwashburn@caldwell-mem.org

A strenuous hike with great payback. This AT hike features great views from the Firescald Knob relo, Blackstock Cliff and White Rock Cliffs, and the Camp Creek Bald fire tower. The Fork Ridge Trail will be used to access the AT from the Carmen area. Key swap. Topo(s): Greystone, Davy Crockett Lake, Hot Springs; also NatGeo. map #782

Saturday No. A1303-531 **Aug. 17**

Pisgah Inn to Stony Bald Overlook *10:00 AM
Hike 6.9, Drive 50, 1100 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
ashok.kudva@att.net

P400 *Only Meeting Place: Ingles parking lot across from Biltmore Square Mall on NC 191. Enjoy the mountain views along the MST from Pisgah Inn to the Stony Bald Overlook. After Little Pisgah Mtn, it's downhill almost all the way. Optional supper at Pisgah Inn after the hike, Car shuttle. Topo(s): Cruso, Dunsmore Mt.; also MST Profiles book, pg. 42-45

Sunday No. A1303-811 **Aug. 18**
Chestnut Ridge *8:30 AM

Hike 9.5, Drive 85, 3280 ft. ascent, Rated A-AA+
Dave Wetmore, cell: 828-577-0648,
dwetmore@citcom.net

P400 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:05 AM. This is a new hike, partially on established trails, partially on old roads and an old manway to make it interesting. From FS 140, we'll climb up Chestnut Ridge, walk alongside the BRP for a short distance and then descend on the ALT to Farlow Gap and down the hill to our cars. Topo(s): Sam Knob, Shining Rock; also NatGeo map #780

Sunday No. A1303-357 **Aug. 25**
Pisgah Ridge Loop *8:30 AM

Hike 7, Drive 70, 1540 ft. ascent, Rated B-A
Janet Onan, 828-698-3237, cell: 828-606-5188,
janonan@bellsouth.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, with a stop for swimming at one of the Yellowstone Falls and a little blueberry picking along the way. Topo(s): Shining Rock, Sam Knob; also NatGeo. map #780 and USFS Shining Rock & Middle Prong Wilderness map

Saturday No. A1303-314 **Aug. 31**
MST: Double Top to Balsam Gap 8:30 AM

Hike 10, Drive 90, 950 ft. ascent, Rated A-C
Brenda Worley, 828-684-8656,
clworley@bellsouth.net
Have you ever wanted to hike that long MST ridge down to Balsam Gap? Here is your chance in the downhill direction, enjoying the views along the way. Car shuttle. **Second meeting place: Rest stop beyond Waynesville on US 23/74 at 9:00 AM.** Topo(s): Hazelwood

Sunday No. A1303-809 **Sep. 1**
Brown Gap - Davenport Gap 8:00 AM

(strenuous)
Hike 12.5, Drive 115, 2400 ft. ascent,
Rated AA-AA
Carroll Koeplinger, 828-667-0723,
carrollkoepp@bellsouth.net
This is the southernmost AT section maintained by CMC. There will be good views from the summit of Snowbird Mtn. and an unusual portion of the AT when we road-walk for a mile under I-40 and across the Pigeon River. Car shuttle. **Second meeting place: Pilot Truck Stop off I-40 at Exit 24 at 8:30 AM, but call leader first.** Topo(s): Waterville; also ATC TN-NC map #4

Sunday No. A1303-044 **Sep. 1**
Lost Cove 8:00 AM

(moderate)
Hike 7.5, Drive 150, 1500 ft. ascent, Rated B-B
Les and Catherine Love, 828-658-1489,
lesrlove@charter.net

WC100 This hike in the Wilson Creek area features spectacular waterfalls and the best swimming anywhere. Two swimming holes, one on Gragg Prong and the other at Huntfish Falls. Bring your bathing suit. Be prepared for several wet-foot stream crossings. **Second meeting place: Parking lot adjacent to Ingles off I-40 at Exit 64 at 8:20 AM.** Topo(s): Grandfather Mtn.; also USFS Wilson Creek map and NatGeo. map #779

Sunday No. A1303-141 **Sep. 8**
Rock Jock Loop –

Linville Gorge (strenuous) *7:15 AM
Hike 10, Drive 120, 2500 ft. ascent, Rated A-AA
Martyn Easton, cell: 828-228-0136,
mneaston@me.com
***Form carpools at Westgate and meet leader at**

Loves in front of Subway off Exit 86 of I-40 at 8:00 AM. Wilderness hike, limited to ten hikers—call leader for reservation. Very technical hike. Begin with a steep descent into Linville Gorge via Pinch-In Trail. Hike upstream beside the Linville River to Conley Cove Trail, and return along western rim via Rock Jock Trail. Rock Jock is very difficult terrain, seldom used, and provides spectacular views. Topo(s): Ashford; also NatGeo map #779

Saturday No. A1303-423 **Sep. 14**
**Pilot Rock, Laurel Mtn.,
Slate Rock Creek Trails 9:00 AM**

Hike 7, Drive 90, 1450 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845,
laurafrisbie@charter.net
P400 We'll hike up the Pilot Rock Trail, with a stop at a great overlook, then up to a connector up to the Laurel Mtn. Trail. Our route will go downhill to Sassafras Gap, then turn steeply downhill to the Slate Rock Creek Trail, one of the gems of Pisgah Natl. Forest. Short car shuttle. Topo(s): Dunsmore Mtn.; also NatGeo map #780

Sunday No. A1303-250 **Sep. 15**
Douglas Falls-Locust Ridge Circuit 8:00 AM

Hike 9, Drive 60, 2200 ft. ascent, Rated A-AA
Jim Reel, 828-738-0751, cell: 828-443-2532,
jimr57@yahoo.com
SB6K After viewing Douglas Falls, we'll climb to and onto the MST to the BRP Greybeard Overlook (nice lunch stop with great view). For SB6K fans, a one-mile round trip side hike to Craggy Dome can be done during our lunch stop. We'll continue on MST through blueberry fields to Locust Ridge, then bushwhack down mostly open woods to cars. Short car shuttle. Topo(s): Montreat and Craggy Pinnacle; also NatGeo map #779

Sunday No. A1303-793 **Sep. 22**
Cowee Overlook

to Double Top Overlook 8:30 AM
Hike 8.7, Drive 90, 1400 ft. ascent, Rated B-B
Michael and Kathy Cornn, cell: 828-458-1281,
mccornn@aol.com

A moderate hike in a remote area of the MST. Hike at high altitude on a relatively flat roadbed through spruce forest. **Second meeting place: Rest stop beyond Waynesville on US 23/74 at 9:00 AM.** Topo(s): Sam Knob, Tuckaseegee, Hazelwood; also MST Profiles, pp. 24-27

Saturday No. A1303-047 **Sep. 28**
Iron Mtn. Gap

to Indian Grave Gap *7:45 AM
Hike 10.8, Drive 120, 2800 ft. ascent,
Rated A-AA+
Jeff McGurk, cell: 864-921-6469,
jbsbestfan@hotmail.com

**Although usually done as a key swap, this AT hike will be done as one-way with special arrangements, and a trail lunch will be provided at Beauty*

Spot. Hike limited to 15 people—contact leader for reservations. From Iron Mountain Gap we will hike several thousand feet up and over Unaka Mountain and then, after a short downhill, up to Beauty Spot for a leisurely lunch. After lunch, we will only have about 3-1/2 downhill miles to our cars. We should see the beginnings of fall leaf color and a nice view from Beauty Spot. Topo(s): Unaka Mtn, Little Bald Knob; also NatGeo map #783 and AT TN-NC map #2

Sunday No. A1303-810 **Sep. 29**

Kephart Prong -

Charlies Bunion, the hard way **8:00 AM**
Hike 14.2, Drive 140, 3600 ft. ascent,
Rated AA-AA+

Mike Knies, 828-628-6712, knies06@att.net

SB6K, 900M From the Kephart Prong trailhead, we will climb up to the AT via Sweat Heifer Trail, then follow the AT to Charlies Bunion, and descend via Dry Sluice and Grassy Branch Trails. Great views along the way. Optional side trip to Mt. Kephart and the Jumpoff. Topo(s): Smokemont, Clingmans Dome, Mt. Le Conte, Mt. Guyot; also NatGeo map #317

**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 Gail Lamb, 828-338-0443, glamb46@gmail.com and Lee Silver, 828-668-7147, leehsilver@aol.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. H1303-005 **Jul. 7**

Greybeard Overlook

to Bee Tree Gap ***12:30 PM**

Hike 4, Drive 40, 780 ft. ascent, Rated C-C

Joe Burchfield, 828-338-0433,

burchfield@niu.edu

SB6K ***Only Meeting Place: Back parking lot of Folk Art Center.** A short but occasionally difficult hike (many rock steps and one steep descent) in the Craggy Gardens section of the MST. The hike passes through a variety of high elevation ecosystems with long range views from the Craggy Gardens heath balds. Short car shuttle. Topo(s): Montreat; also Nat Geo map #779 and MST Trail Profiles book, pp. 60-61

Half-Day No. H1303-529 **Jul. 14**

Fletcher Fields

& Spencer Branch Short Version ***1:00 PM**

Hike 5, Drive 50, 400 ft. ascent, Rated C-C

Greg Goodman, 828-684-9703,

greggoodman@bellsouth.net

P400 ***Form carpools at Westgate and meet leader at North Mills Recreation Area at 1:30 PM.**

Follow Fletcher Field Trail to East Fork, in and out on Spencer Branch to Hendersonville Reservoir and back to cars. Topo(s): Dunsmore Mtn.; also NatGeo map #780

Half-Day No. H1303-813 **Jul. 21**

MST from Mills River Valley Overlook

to Bent Creek Gap ***1:00 PM**

Hike 5.2, Drive 20, 980 ft. ascent, Rated C-C

Bobbi Powers, 828-667-5419,

bobbipowers23@gmail.com

***First meeting place: Ingles on Brevard Rd. across from Biltmore Square Mall.** This hike follows the MST along George Vanderbilt's original Shut-in Trail. One steep uphill over Ferrin Knob. People with knee issues should note that this hike has a 1790-foot total descent. Hoping for Turk's Cap Lilies. Car shuttle. **Second meeting place: Bent Creek Gap on FS 479 at 1:20 PM.** Topo(s): Cruso, Dunsmore Mt; also MST Profiles, pp. 42-45

Half-Day No. H1303-463 **Jul. 28**

Big Ridge Overlook

to Elk Pasture Gap **12:30 PM**

Hike 4.4, Drive 50, 750 ft. ascent, Rated C-C

Bonnie Allen, 828-707-6115,

bonnie@allencats.com

P400 An in-and-out hike on part of the Shut-in Trail along the MST between two overlooks on the Parkway. Hoping to see Turk's Cap Lilies and other wildflowers in bloom. **Second meeting place: BRP Big Ridge Overlook (MM 403.6) at 1:00 PM.** Topo(s): Dunsmore Mtn.; also NatGeo map #780.

Half-Day No. H1303-068 **Aug. 4**

Walker Knob Overlook (Balsam Gap)

to Little Butt ***12:30 PM**

Hike 5, Drive 55, 1300 ft. ascent, Rated C-B

Russ and Heather Cooper, 828-484-9562,

cooper.hs@charter.net

***First meeting place: Craven Gap.** This moderate in-and-out hike will be at over 5000-foot elevation. There are three climbs: to Point Misery and Little Butt (steep) on the way out, and again on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. **Second meeting place: BRP Walker Knob Overlook (MM 360) at 1:00 PM.** Topo(s): Montreat, Mt. Mitchell; also South Toe River PNF map.

Half-Day No. H1303-405 **Aug. 11**

Pisgah Inn

to Mills River Valley Overlook ***12:30 PM**

Hike 4.6, Drive 50, 1070 ft. ascent, Rated C-B

Ashok Kudva, 828-698-7119, cell: 828-674-1374,

ashok.kudva@att.net

P400 ***First meeting place: Ingles parking lot across from Biltmore Mall on NC 191.** Enjoy the mountain views along the MST from Pisgah

Inn to the Mills River Valley Overlook. Visit the site of Vanderbilt's Buck Spring Lodge. After Little Pisgah Mountain, it's downhill almost all the way. 360 degree mountain vista at Mills River Valley Overlook This is the return portion of hike # 405. Optional dinner at Pisgah Inn after the hike. Car shuttle. **Second meeting place: BRP Mills River Valley Overlook (MM 404.5) at 12:45 PM, but call leader first.** Topo(s): Cruso, Dunsmore Mt.; also MST Profiles book, pp. 42-45

Half-Day No. H1303-665 **Aug. 18**

MST from NC 128 (Mt. Mitchell Road)

to Waterfall and back ***12:30 PM**

Hike 6, Drive 62, 500 ft. ascent, Rated C-C

Jorge Munoz, 828-658-0606,

jorgemunoz1927@hotmail.com

and Marcia Bromberg, 828-505-0471,

mwbromberg@yahoo.com

***Only Meeting Place: Back parking lot of Folk Art Center.** This is an in/out hike along a relatively flat section of the MST to a lovely waterfall. If we're lucky we may find some blueberries along the way. Topo(s): Montreat, Mt. Mitchell

Half-Day No. H1303-465 **Aug. 25**

Sam Knob Loop **12:30 PM**

Hike 5, Drive 70, 1200 ft. ascent, Rated C-B

Lee Belknap, 828-698-9394,

rivergypsy@sprintmail.com

P400, SB6K From the parking lot at the end of FS 816 off the Blue Ridge Parkway, we will take the Sam Knob Trail up Sam Knob to Flat Laurel Creek, then through a spruce forest to return. **Second meeting place: BRP Cold Mountain Overlook at 1:10 PM.** Topo(s): Sam Knob

Half-Day No. H1303-767 **Sep. 1**

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. A highlight of this hike is the spectacular view of the Seven Sisters from Lookout Rock. The return trail has a steep downhill section. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 12:50 PM.** Topo(s): Montreat

Half-Day No. H1303-112 **Sep. 8**

Black Balsam Loop **11:00 AM**

Hike 6, Drive 80, 800 ft. ascent, Rated B-C

Chris Allen, 828-645-0357, cell: (828) 707-6500,

chrisspallen@icloud.com

P400, SB6K From FS 816 off the Blue Ridge Parkway, the hike will follow the Mountains-to-Sea-Trail 1.5 miles to the intersection with the Graveyard Ridge Trail, which will take us to Ivestor Gap. The loop hike will return to the starting point via the Art Loeb Trail over Tennent Mountain and Black Balsam Knob. Bring your blueberry containers and expect to enjoy beauti

Mark Lindblad: MST Section Maintainer Extraordinaire

Les Love writes, "Mark Lindblad is an MST section maintainer and has the extremely difficult section from the Mt. Pisgah parking area to Hwy 151, Elk Pasture Gap. Last year he went out 16 times for a total of 78 hours, 67 of these hours doing the weed-eating. This is incredible and the section looks like a park now during the summer — he's had it for 2 seasons."

We talked to Mark recently about his maintenance work and his involvement with our club. His wife Anne is a distance runner and has set a record for complet-



Mark and Anne Lindblad

ing the SB6K Challenge.

"I got involved with the CMC through Jim Reel. He asked me if I would help weed-eat a tough section of the MST one weekend. I knew that section of trail very well from my trail running. I jumped at the chance and soon thereafter volunteered to take over this section.

"Prior to being members of the CMC, Anne and I have been avid ultra runners for many years. We continue to race ultra distances mostly on trails but we are scaling back the number of races as we get older. Many of our races are 50 miles and longer so we incorporate a lot of hiking in our races especially if the terrain is tough.

"I've seen many CMC volunteers out on the trails over the years. I've always wanted to volunteer and give back to the trails that I have so readily used for many years (I'm a native of WNC). I've always had the excuse that I was too busy to help out until Jim asked me. Once I finally got out there and spent an entire day doing trail maintenance, I felt a true sense of accomplishment and connection with this type of volunteer work. I'm always pretty eager to get out there and keep my section in good shape. I guess being an ultra runner that it was only meant to be that I maintain a pretty tough section on the MST. I call my section 'the mountain jungle' due to the steep terrain and tons of weed eating.

"Being a section maintainer, I can give back for all those years of personal trail use. I can be outside doing volunteer work. I can incorporate it into my training for ultra running by doing a long trail

run in the area. Then right after literally give every ounce of energy and sweat I have left for trail work. I actually think I'm in better shape than ever being a section maintainer. It is personally very gratifying work. I'd also like to see some younger maintainers get involved as well.

"I've had several hikers thank me as they pass through while I'm working. I had to hide under a rock ledge once as a t-storm came up on me rather quickly, quite scary. I had to confront some guys on mountain bikes who about ran into me one day while I was working. I had a stress fracture in my heel last summer from running. I had to wear a boot on my foot for several weeks. I put a plastic grocery bag over my boot and went out anyway and did some weed-eating. I've had my 13-year-old step-daughter Emma come along a couple times to help. Both times it rained; I hope she will come back...haha."

— Mark Lindblad

Lewis Blodgett

continued from page 1

I asked Lewis the secret of his long and healthy life. His reply was no-nonsense common sense: stay active, don't smoke, stick to an occasional alcoholic beverage, eat healthy, and trust in the Lord. As an adult, he has never been overnight in a hospital.

Lewis Blodgett is proof positive that interesting things come in small packages!

ful views. **Second meeting place: BRP Cold Mountain Overlook at 11:40 AM.** Topo(s): Shining Rock, Sam Knob

Half-Day No. H1303-812

Sep. 15

Three Walls of Looking Glass Rock*12:00 PM
Hike 4, Drive 80, 1200 ft. ascent, Rated C-B

Sawako Jager, 828-687-2547, Baiko70@aol.com
***Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 12:35 PM.** This new CMC hike will take you up close to Looking Glass Rock. We will hike three different in-and-out trails which are all located off FR 475B. Those trails are Slick Rock Falls, Sun Wall, and North Face. They are very popular with rock climbers but rarely visited by hikers, and we may see rock climbers in action. It is very cool that

you can get close to the different faces of Looking Glass Rock and actually touch it! **Second meeting place: Pisgah Ranger Station at 12:30 AM.** Topo(s): Pisgah Forest; also NatGeo map #780

Half-Day No. H1303-767

Sep. 22

Montreat Trestle Road,

Mt. Mitchell Toll Road Loop *11:40 AM

Hike 5, Drive 40, 1040 ft. ascent, Rated C-B

Renate Ridders, 828-298-9988,

reridders@gmail.com

***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 12:00 PM.** This hike will take us into the history of Montreat, with special focus on the building of the trestle railroad for logging, and the 21-mile long Mt. Mitchell auto toll road to encourage tourism,

between the years 1911-1914. Montreat resident Van Talmage is an ardent trail runner and history buff who will join us for the afternoon to tell some stories along the way. This modification of hike #767 will return via Rainbow Trail. Topo(s): Montreat

Half-Day No. H1303-346

Sep. 29

Folk Art Center

to Haw Creek Overlook

***12:30 PM**

Hike 5, Drive 15, 850 ft. ascent, Rated C-C

Jim Ariail, 828-505-0443, jimariail@yahoo.com.

***Only Meeting Place: Folk Art Center back parking lot.** This favorite moderate hike on the Mountains-to-Sea Trail rewards hikers with great views of the Haw Creek Valley. Topo(s): Oteen; also MST Profiles, pp. 54-55

Anne Baker named A.T. Community Ambassador

By Ashok Kudva

In March 2013, The Appalachian Trail Conservancy (ATC) awarded the recognition of A.T. Community Ambassador for Hot Springs to Anne Baker, a CMC member.

The Appalachian Trail Community™ program is designed to recognize communities that promote and protect the Trail. Towns, counties, and communities along the A.T.'s corridor are considered assets by A.T. hikers. The program serves to assist communities with local initiatives such as sustainable economic development through tourism and outdoor recreation, while preserving and protecting the A.T.



Anne Baker

A Madison County native, Anne has a double Bachelor's Degree in Journalism and Technical Photography from Appalachian State University. She graduated in May with her MA in English from Western Carolina University, where she also served as an instructor for the English Department.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: August 1, 2013
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, 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.

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