ATC biennial meeting

By Danny Bernstein

Thirteen CMC members attended the Appalachian Trail Conservancy Biennial meeting in Castleton, Vermont, in July, hosted by the Green Mountain Club.

First the numbers. In 2008, over 6,300 people volunteered for ATC, resulting in over 200,000 hours along the trail. ATC recorded 538 people who completed the A.T. CMC was recognized for 85 years as a club in 2008 and Sarah Davis was given an award for working on the A.T. for 25 years.

But the spirit of the outdoors, the A.T., and conservation was exhibited in the activities we attended based on our interest and serendipity. Howard McDonald attended workshops on privy construction in the rocky north. The highlight of the ATC for the Trekking Twins, Elrose and Sue, was the 72 miles they hiked with the AT Conference. Tish Desjardins co-led two hikes and rediscovered mud and fragrant balsam on the trails. I took a photography workshop and rediscovered settings on my camera I had long forgotten.

We stayed in the dorms at Castleton College and ate cafeteria food. That gave us the opportunity to bond with over 800 hikers up and down the A.T., from the huge Potomac ATC Trail Club in northern VA to the tiny but active Tidewater AT Club. Gerry McNabb had designed a huge display board to show CMC’s hiking and maintenance activities.

The next ATC Biennial Conference will be held in Emory, Virginia on July 1-8, 2010. Put it on your calendar.

On the AT between Cloudland Road and VT14, in an area that looks like a “plantation” of planted pine trees. Photo by Bruce Bente.

COUNCIL CORNER

Our Asheville Friday trail crew needs new members. If you are available several Fridays per month, enjoy being on the trail, like to use your muscles and your ingenuity, and would appreciate the camaraderie of the group, please consider contributing your time.

Although previously honed skills with tools are valued, the crew leaders, Piet Bodenhorst and Skip Sheldon, are experienced trail teachers and are happy to instruct you. The Club provides tools and organizational support.

CMC’s history with trail building and maintenance goes way back to the start-up of the Appalachian Trail in the 1930s. It continues today not only with the AT, but also with 140 miles of the Mountains-to-Sea Trail, many trails in the National Forest system and Wilderness areas, and several other trails in WNC.

Don’t delay! Become a part of this proud tradition by contacting crew leaders Piet Bodenhorst at pietboden@bellsouth.net, (828) 298-8371, or Skip Sheldon at shelhalla@bellsouth.net, (828) 891-3264.

Becky Smucker

Put Saturday, Oct. 24 on your calendar for the CMC annual dinner and meeting. It will be held at the Chariot in Hendersonville. The Social Hour will start at 5 PM and the catered dinner will be served at 6. There is an insert in this newsletter that may be filled out and sent with $25 for the dinner and the appropriate amount for membership renewal.

We are fortunate to have Ron Sullivan as the speaker for the evening. Ron is writing a book on the history of logging operations in the mountains. Ron is a hiker so he will be able to relate the logging operations to the trails we hike on.
Happy Fortieth: Art Loeb Trail

It is fitting that in this, the fortieth anniversary year of the Art Loeb Trail, a bike path is being opened that leads into downtown Brevard and connects with the existing ALT. It is even more fitting that the last link of this bike path into the Pisgah National Forest is over the original route planned for the ALT in 1969.

Art Loeb was an active member of the Carolina Mountain Club and Vice President of Ecusta Paper in Pisgah Forest. When he died, CMC proposed a scenic trail from Pisgah Forest to the Shining Rock Wilderness consisting of existing trails; many of which had been explored by Art Loeb. As Danny Bernstein relates in her book Hiking North Carolina’s Blue Ridge Heritage, “The Carolina Mountain Club’s proposal for the Art Loeb Trail’s entrance to the Pisgah National Forest began at US Highway 276 and 64, south of the Davidson River crossing.”

According to an old letter found by Joan Loeb Dickson, Art Loeb’s daughter, the Forest Service, CMC, and Ecusta Corporation, all wanted the trail to start directly across the highway from the mill where Art Loeb had worked. A landscape artist of the Forest Service designed the entrance plaque and Charlie Russell of Ecusta helped on the printing and mailing of invitations for the dedication ceremony. The original sign, being close to the highway and easily accessible was vandalized, causing the Forest Service to change their plans and begin the trail where it begins today, at the Davidson River Campground parking lot. Daniel Cobb, Brevard Planning Department, says the new bike path will be open by next spring. So in a way, the Art Loeb Trail has historically come full circle.

Women complete SB6K in six days, 13 hours

by Peter Barr

In June, CMCers Anne Lundblad, 42, of Swannanoa, Rebekah Trittipoe, 52, and Jenny Anderson, 35, both of Lynchburg, VA, simultaneously completed the SB6K challenge. However, their completion was a bit different from most; they ran all forty peaks in a single, continuous trek, finishing in a mere 6 days, 13 hours, and 31 minutes! This set a women’s SB6K speed record. Their route mirrored that of overall speed record holder Ted Keizer (known as “Cave Dog”), who ran SB6K in 2003.

Starting atop Clingmans Dome, they traversed the Smokies, Plotts, Great Balsams, Great Craggies, Blacks, and finished in the Roan Highlands on Grassy Ridge Bald less than seven days later. Their entire journey was over 260 miles and included over 60,000 ft. of elevation gain – more than twice the total of the height of Mt. Everest!
TRAIL MAINTENANCE
All members are encouraged to participate in our 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 the crew. We train and provide tools.

Below is a general schedule of work days. Exact plans often cannot be 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, bartb@bellsouth.net
Wednesday*
John Soldati, jr4152@bellsouth.net
Friday Asheville*
Piet Bodenhorst, pietboden@bellsouth.net
Friday Pisgah
Pete (R) Petersen, roap@aol.com
Saturday bimonthly*
Becky Smucker, bjsmucker@gmail.com
Saturday quarterly*
Les Love, lesrlove@charter.net
MST and AT sections*
Don Walton, donwalton@bellsouth.net

HIKE SCHEDULE
Fourth Quarter 2009

HIKE RATINGS
First Letter
AA: Over 12 miles
A: 9-12 miles
B: 6-9 miles
C: Under 6 miles
Second Letter
AA: Over 2,000 ft.
A: 1,500-2,000 ft.
B: 1,000-1,500 ft.
C: Under 1,000 ft.
Distance
Under 6 miles
6-9 miles
1,000-1,500 ft.
Over 2,000 ft.
Elevation Gain
600 ft.
1,500 ft.
2,000 ft.
2,500 ft.
3,000 ft.
4,000 ft.
5,000 ft.
6,000 ft.

WEDNESDAY HIKES
All-day hikes submitted by Ann Gleason 828-859-9387, gleason.amn@gmail.com. Driving distance is round-trip from Asheville. Hikes will assemble at Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in the hike listing. Please phone the hike leader if you are not sure of the meeting location.

WEDNESDAY NO. W0904-190 Oct. 7
MST: Mt. Mitchell to Balsam Gap * 8:00 AM
Hike 9.5, Drive: 80, 1700 ft. ascent, Rated A-A
Mary Beth Gwynn: 828-545-6487 (cell) or 828-254-2042 (home), mbgccmc@gmail.com
*Only meeting place will be the back parking lot of Folk Art Center. Please note: Much of the trail is on large moss covered rocks, lovely, but potentially slippery if wet. Appropriate shoes and perhaps poles are advised. This is a particularly beautiful section of the MST with spectacular views from our lunch spot. Shuttle: To: Mt. Mitchell, Montreat; also PNF South Toe River, Mt. Mitchell & Big Ivy Trail Map

WEDNESDAY NO. W0904-408 Oct. 14
Wolf Ford-Horse Cove Gap Loop * 8:30 AM
Hike 9, Drive 70, 1200 ft. ascent, Rated A-B
Greg Goodman, 828-684-9703, greggoodman@bellsouth.net
P400 *Meet at Westgate at 8:30 AM to form carpools, and meet leader at Pisgah Ranger Station at 9:05 AM. This hike takes the S. Mills River Trail to Wolf Ford, then goes left on Squirrel Gap Trail to the Horse Cove Trail to FS 5018 then back to Wolf Ford and cars. Topo: Pisgah Forest; also NatGeo map #780

WEDNESDAY NO. W0904-672 Oct. 21
Bee Tree Gap to Glassmine Falls O/L 9:00 AM
Hike 7, Drive 55, 1950 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116, bbente@bellsouth.net
Hike a scenic section of the MST with great views along the way. Car shuttle. Second meeting place: Craggy Gap at 9:20 AM. Topos: Craggy Pinnacle, Montreat, also MST Profiles, pg. 65-66

WEDNESDAY NO. W0904-397 Oct. 28
Bad Fork - Chestnut Cove Overlook 8:30 AM
Hike 9.5, Drive 80, 1300 ft. ascent, Rated A-B
Stuart English, 828-883-2447, stuengeo@citcom.net
P400 This in-and-out hike begins at the Trace Ridge Trailhead. We will hike up Bad Fork to the BRP (a steep 700 ft. ascent) to Bent Creek Gap, and then follow the MST to the Chestnut Cove Overlook to enjoy a beautiful view during lunch.
Second meeting place: Trace Ridge trailhead at 9:00 AM. Topo: Dunsmore Mtn.; also NatGeo map #780 and MST profiles, pgs. 55-56

WEDNESDAY NO. W0904-276 Nov. 4
Street Gap to Big Bald 8:30 AM
Hike 9, Drive 80, 2300 ft. ascent, Rated B-AA
Paula Massey, 828-299-0226, massey.paula@gmail.com
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 once we reach Big Bald as well as the Wolf Laurel area enroute. Topos: Sams Gap, Bald Creek

WEDNESDAY NO. W0904-673 Nov. 11
Coontree - Pink Beds * 8:30 AM
Hike 9.5, Drive 80, 2200 ft. ascent, Rated A-AA
Ashok Kudva, 828-698-7119, Cell: 828-674-1374, ashok.kudva@gmail.com

P400 *Meet at Westgate at 8:30 AM to form carpools, and meet leader at Pisgah Ranger Station at 9:05 AM. From the right branch of Coontree Loop we will climb up to and on Bennett Gap Trail to our lunch spot with a view of Looking Glass Rock. Proceeding on the Buckwheat Knob Trail to Club Gap, we will approach Rich Mountain and descend via Soapstone Ridge to Barnett Branch Trail. We will go over the Barnett Branch Boardwalk, recently built by CMC's Friday Pisgah crew, to the cars at the Pink Beds parking lot. Car shuttle. Topo: Pisgah Forest; also NatGeo map #780

WEDNESDAY NO. W0904-268 Nov. 18
Hospital Rock – Pretty Place – Rainbow Falls 8:00 AM
Hike 10, Drive 95, 2000 ft. ascent, Rated A-A
Brenda Worley, 828-684-8656, clworley@bellsouth.net

*Meet at Westgate at 8:00 AM to form carpools, and meet leader at Cracker Barrel at Exit 53 on I-26 at 8:30 AM or at Jones Gap State Park parking lot at 9:00 AM. We will hike up Hospital Rock Trail, then left to lunch at Pretty Place where you enjoy great views over the valley below. Continue on road, then climb down the escarpment on the Rainbow Falls Trail and back to the cars. Note: $2 fee entry fee per person at Jones Gap S.P. Topo: Standingstone Mtn.; also Mountain Bridge Wilderness map

WEDNESDAY NO. W0904-336 Nov. 25
Mt Cammerer from Big Creek 8:00 AM
Hike 12.2, Drive 110, 3300 ft. ascent, Rated AA-AA+

CHALLENGE PROGRAMS
SB6K For hiking all 40 peaks above 6000'. Contact Don Gardner, gardog3@bellsouth.net
P400 For hiking every trail in Pisgah Ranger District. Contact Don Gardner, gardog3@bellsouth.net
900M For hiking every trail in GSMNP. Contact John Gallemore, kelarco@aol.com
LTC For hiking all 24 lookout towers in WNC. Contact Don Gardner, gardog3@bellsouth.net
WC100 For hiking to the 100 best waterfalls in the mountains of WNC, SC and the Smokies. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

SATURDAY WORK DAY
Here is a great chance to learn what is involved in trail maintenance. We will meet on October 17 at the Moose Cafe at the Farmer's Market on Rt. 191 at 8AM for breakfast. We will return to Asheville around 3:30PM. Call Les Love at 828-658-1489 (lesrlove@charter.net) to verify date.

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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 east 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.

Alternates and other hiking activity in Western North Carolina. Check our website for weekly updates.

**SATURDAY NO. A0904-626**
**FULL MOON HIKE**
Oct. 3
Hike 2, Drive 75, 500 ft. Ascent, Rated C-C
*Meet at Westgate at 4:30 PM to set up carpool or drive to trailhead at FS 816 & MST.* Everyone enjoyed this hike when CMC did it last year. We’ll do a self-directed hike this year (no leader). Everyone is invited to gather on the summit of 6215 ft. Black Balsam to see the moon rise in the east and the sun set in the west, and enjoy the great views and autumn colors. The nearly full moon will rise at 6:39 PM, and the sun will set at 7:12 PM, so come early enough to enjoy both. Bring a flashlight for the hike back to your car. If you need directions, phone Bruce Bente at 692-0116.

**ALL DAY NO. A0904-082**
Oct. 4
*The Blacks Beyond 6000* (strenuous)
Hike 11.3, Drive 70-80, 3000 ft. (northbound) or 6000 ft. (southbound) ascent, Rated A-AA+
Don Gardner, 828-754-4067, gardog3@bellsouth.net (southbound) & Peter Barr, 704-941-9296, pbarr@unc.edu (northbound)

**SB6K, LTC** *Note earlier starting time. Key-swap hike. This is your chance to bag seven SB6K peaks on this very strenuous hike. The south-bound initial climb is 3100 ft., and there’s much more climbing in the ups and downs between peaks. North-binders get to go down the 3100 ft. The hike is great fun with incomparable views, but do not consider this unless you are in top shape. Bring extra water. Participants must phone a leader beforehand. Second meeting place: Phone a leader. Topos: Rosman, Shining Rock; also Nat’l. Geo. map #780

**ALL DAY NO. A0904-667**
Oct. 4
*Pink Beds – Pisgah Inn* (moderate)
Hike 8.2, Drive 85, 1700 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119, ashok.kudva@gmail.com

**ALL DAY NO. A0904-365**
Oct. 10
*Mt. Mitchell Ramble* (strenuous)
Hike 7, Drive 75, 1400 ft. ascent, Rated B-B
Tom Sanders, 828-252-6327, tommary.atvl@gmail.com

**ALL DAY NO. A0904-668**
Oct. 11
*Chunky Gal Trail, Deep Gap to Glade Gap* (moderate)
Hike 8, Drive 170, 1200 ft. ascent, Rated B-B
Brent Martin, 828-369-7084, brent_martin@tws.org
*Meet at Westgate at 8:00 AM to form carpools, and meet leader in Franklin at the Roller...
This moderate loop hike will stop for lunch. Little Sam Knob Trail, with views of Little Sam Knob and Sam Knob, connects to the MST. A one-mile side trip to Devils Courthouse will offer good views before we return on the MST to our cars. Second meeting place: BRP Cold Mtn. Overlook at 10:40 AM.

ALL DAY NO. A0904-142 Nov. 15
Jerry Miller Trail to AT to Fork Ridge Trail *8:00 AM
Hike 10.5, Drive 92, 3300 ft. ascent, Rated A-AA+
Tish Desjardins, 828-656-2191, desraylet@aol.com

*Meet at Westgate at 8:00 AM to form carpools, and meet leader at US25/NC208 intersection at 8:45 AM. *After the hike there will be a potluck supper in the nearby Bear River Community Lodge. Hikers are requested to contribute food for the supper. Food will be taken to a refrigerator before the hike. Please phone the leader to coordinate what food to bring. We’ll hike up the Jerry Miller Trail to Bearwallow Gap and right on the AT to Andrew Johnson Mountain. Right on the Fork Ridge Trail down to FS 111 and a short walk to the cars. Topo: Greystone; also NatGeo map #782

ALL DAY NO. A0904-489 Nov. 22
Bad Fork - Trace Ridge Loop *8:30 AM
Hike 8, Drive 60, 2000 ft. ascent, Rated B-A
Les and Catherine Love, 828-658-1489, lesrlove@charter.net

P400 *Note later start time. From the Trace Ridge parking area, we will hike a short distance along a gravel road to the Bad Fork Trail, which will take us to the BRP on a steep 800 ft. ascent. From the BRP, we will have a long, steady climb to Ferrin Knob, then down to Beaver Dam Overlook for lunch. After lunch, we continue down the Trace Ridge Trail Topo: Dunsmore Mtn; also Natl. Geo. PRD map # 780

ALL DAY NO. A0904-588 Nov. 29
Coontree Loop extended *9:00 AM
Hike 7, Drive 70, 1700 ft. ascent, Rated B-A
Marianne Newman, 828-257-2136, mariannem@att.net

P400 *Note later start time. We’ll hike the Coontree Loop, but extend it by including the Perry Cove and Bennett Gap trails, with a short road walk on FS 477 to connect the two. Second meeting place: Coontree Picnic area at 9:40 AM, but phone leader first. Topo: Shining Rock; also NatGeo map #780

ALL DAY NO. A0904-563 Dec. 6
Palmetto Trail: Poinsett Passage and Blue Wall Preserve *8:30 AM
(strenuous)
Hike 10, Drive 100, 1200 ft. or 2400 ascent, Rated A-B or A-AA
Charlie Ferguson, 828-625-2677, ccf10@gmail.com
and Ann Gleason, 828-859-9387, gleason.ann@gmail.com

*Meet at Westgate at 8:30 to form carpools, and meet leaders at Saluda Truck Stop, Texaco station at Exit 59 off I-26 at 9:10 AM. Come hike the Poinsett Passage of the Palmetto Trail. This stretch climbs along the NC/SC border and NW ridge of the Greenville water shed. The trail travels up and down the ridge through wilderness that had been closed to the public for decades, then descends to the Vaughn's Gap parking area behind Lake Lanier. Key swap. Topo: Saluda NatGeo map #780 and Bent Creek Trail Map

ALL DAY NO. A0904-278 Dec. 6
Kitsuma Peak *8:30 AM
(moderate)
Hike 9, Drive 60, 1700 ft. ascent, Rated A-A
Danny Bernstein, 828-236-0192, danny@hikertohiker.com

*Note later start time. This joint hike with the Carolina Berg Wanderers (Charlotte) will ascend Young's Ridge and offers great views of Greybeard, Green Knob and the Mt. Mitchell area. We will return on old US 70, now blocked off to traffic, where we will see the railroad and numerous tunnel portals. The hike is limited to 10 CMC and 10 Carolina Berg Wanderer hikers, so please contact leader to reserve your space.

Second meeting place: McDonald's parking lot at Exit 73 (NOT Exit 64) of I-40 at 9:00 AM. Topos: Old Fort, Black Mtn.

SATURDAY NO. A0904-423 Dec. 12
Pilot Rock, Laurel Mtn., Slate Rock Creek Trails *10:00 AM
Hike 7, Drive 90, 1450 ft. ascent, Rated B-B
Dave Wetmore, 828-884-7296, dvwetmore@citcom.net

P400 *Note later start time. Meet at Westgate at 10:00 AM to form carpools, and meet leader at Pisgah Ranger Station at 10:35 AM. We'll hike up the Slate Rock Creek Trail, one of the gems of Pisgah Nat’l. Forest, and then a connector up to the Laurel Mtn. Trail, which we'll follow for a while. We’ll turn downhill on the Pilot Rock Trail, stopping to enjoy the views along the way. Short car shuttle. Topo: Dunsmore Mtn.; also NatGeo map #780

ALL DAY NO. A0904-671 Dec. 13
Raven Cliff Falls/Naturaland Trust *8:00 AM
Hike 12, Drive 100, 2000 ft. ascent, Rated A-AA
Jeff McGurk, 864-801-1314, jbsbestfan@hotmail.com

*Meet at Westgate at 8:00 AM to form carpools, stop at Bi-Lo in Pisgah Forest at 8:35 AM to meet more hikers, and meet leader at Caesar’s at 9:00 AM. This new hike in Caesar’s Head State Park will go from US 276 to Raven Cliff Falls, then double back and follow the Foothills and Naturaland Trust trails back to US 276. There will be a cable crossing of Matthews Creek. Short car shuttle. Topos: Table Rock, Cleveland; also Mtn. Bridge Wilderness Area map

ALL DAY NO. A0904-589 Dec. 20
Shut-in Trail & Lake Powhatan loop *8:30 AM
Hike 9, Drive 15, 1600 ft. ascent, Rated A-A
Bob Hysko, 828-645-4626, rhysko@yahoo.com

P400 *Note later start time. This loop follows the Shut-In Trail south, then descends Sleepy Gap Trail, skirts Lake Powhatan and finishes with three miles on the Bent Creek Trail with a dirt road connecting parts of the trail.

Second meeting place: BRP French Broad Overlook at 8:45 AM. Topos: Asheville, Dunsmore Mtn., also NatGeo map #780 and Bent Creek Trail Map

SATURDAY NO. A0904-053 Dec. 26
East Fork Pigeon River *8:30 AM
Hike 7.5, Drive 74, 1200 ft. ascent, Rated B-B
Barbara Morgan, 828-738-3395, bcmorg@hughes.net

P400 Wilderness area, limit 10, so contact leader for reservation. A stroll along one of WNC’s most beautiful streams, the East Fork of the Pigeon River, which is often spectacular in the winter. We will ascend to Dark Prong for lunch and then return. Second meeting place: Big East parking area on US 276, north of BRP at 9:15 AM. Topo: Shining Rock; also NatGeo map #780

NO HIKE SCHEDULED—SEE YOU NEXT YEAR! Dec. 27

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 Lucy Prim, 32lucette@gmail.com, 828-693-6580. Driving distance is round-trip from Asheville. All hikes assemble at the east end of the Westgate Shopping Center near Exit 3B off I-240 UNLESS OTHERWISE NOTED. Some hikes will have second meeting places as described in hike listings.

HALF-DAY NO. H0904-615 Oct. 4
Black Balsam Loop via Graveyard Ridge Trail & ALT *12:30 PM
Hike 6, Drive 70, 1200 ft. ascent, Rated B-B
Nonmembers, call leader, Lucy Prim,
828-693-6580, 32lucette@gmail.com

P400 *Note early start time. Meet at Westgate at 12:30 PM to form carpools, and meet leader at Fish Hatchery parking lot at 1:00 PM. This moderate loop hike has lots to “C”: fall Color, Creeks, Chasms, and a Cool Cascade finale.

HALF-DAY NO. H0904-665 Oct. 11
MST from NC 128 (Mt. Mitchell Road) to a waterfall and back *12:30 PM
Hike 6, Drive 62, Rated C-C
Nonmembers, call leader, Marcia Bromberg,
828-505-0471, mwbrromberg@yahoo.com

*Note early start time. Single meeting place: lower parking lot at the Folk Art Center at 12:30 PM. A gentle hike along the MST to a lovely waterfall and return. We'll have fall views along the BRP on the drive up to the Mt. Mitchell Road where the hike begins.

HALF-DAY NO. H0904-465 Oct. 18
Sam Knob Loop *12:30 PM
Hike 5, Drive 70, 1200 ft. ascent, Rated C-B
Nonmembers, call leader, Chris Allen,
828-645-0357, chrispallen@me.com

P400, SB6K *Note early start time. There will be a variety of views, terrains and environments. 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 (6040 ft.) to Flat Laurel Creek, then through a spruce forest to return. Second meeting place: BRP Cold Mountain Overlook at M.P. 412 at 1:10 PM.

HALF-DAY NO. H0904-666 Oct. 25
Pink Beds – Barnett Branch – Cradle of Forestry Loop *12:30 PM
Hike 5.6, Drive 90, 550 ft. ascent, Rated C-C
Nonmembers, call leader, Ashok Kudva,
828-698-7119, ashok.kudva@gmail.com

P400 *Note early start time. Meet at Westgate at 12:30 PM to form carpools, and meet leader at the Pisgah Ranger Station at 1:10 PM. From the left branch of Pink Beds Loop Trail we will go over the Barnett Branch Boardwalk, built by the CMC Friday Pisgah Crew last fall. After climbing over the Barnett Branch Trail and Soapstone Ridge around Rich Mountain, we will descend on a forest service road to the Cradle of Forestry. We will visit a logging machine, a logging locomotive and logging history placards before returning to the cars.

HALF-DAY NO. H0904-062 Nov. 1
Daniel Ridge Loop Trail *12:15 PM
Hike 4, Drive 70, 800 ft. ascent, Rated C-C
Nonmembers, call leader, Bobbi Powers,
828-667-5419, bobbip@netzero.net

P400 *Note early start time. Meet at 12:15 PM at Westgate to form carpools, and meet leader at Fish Hatchery parking lot at 1:00 PM. This moderate loop hike has lots to “C”: fall Color, Creeks, Chasms, and a Cool Cascade finale.

HALF-DAY NO. H0904-101 Nov. 8
Lower Laurel River *1:00 PM
Hike 6 miles, Drive 60, Rated B-C
Nonmembers, call leader, Tom Sanders,
828-252-6327, tomary.avl@gmail.com

*Note early start time. This in-and-out hike near Hot Springs follows a beautiful rushing stream to
the historic logging camp at Runion.

HALF-DAY NO. H0904-325 Nov. 15
Tanyard Gap to Rich Mountain *12:30 PM
Hike 5, Drive 72, 1360 ft. Ascent, Rated C-B
Nonmembers, call leader, Jorge Munoz,
828-658-0606, jmunoz@buncombe.main.nc.us
*Note early start time. After a moderate climb
on the Appalachian Trail, we will be rewarded
with an outstanding view of the Hot Springs area
from the fire tower.

HALF-DAY NO. H0904-316 Nov. 22
Carl Sandburg Park *1:00 PM
Hike 5, Drive 60, Rated C-B
Nonmembers, call leader, Laura Stallard,
828-697-1579
*Note early start time. Meet at Westgate at
1:00 PM to form carpools, and meet leader
at parking lot of Carl Sandburg Park at 1:45
PM. Traverse the same trails that poet/biographer
Carl Sandburg enjoyed by climbing Big Grassy
Mountain behind his farmhouse.

HALF-DAY NO. H0904-490 Nov. 29
Craven Gap to Folk Art Center *1:00 PM
Hike 5.4, Drive 11, 750 ft. ascent Rated C-C
Nonmembers, call Renate Rikkers,
828-298-9988, rerikkers@aol.com
*Note early start time, and that the only meeting
place is the back parking lot of the Folk Art Center off the BRP. A pleasant hike along
the Mountains-to-Sea Trail, with a gradual 1640
ft. descent.

HALF-DAY NO. H0904-525 Dec. 6
DuPont Forest: Corn Mill Shoals
Parking Lot #2 *12:00 PM
Hike 4, Drive 94, Rated C-C
Nonmembers, call leader, Becky Elston,
828-749-1886, belston@cytechusa.com
*Note early start time. Meet at Westgate at
12:00 PM to form carpools. Meet leader at
Hooker Falls parking lot at 12:45 PM. A pleasant hike over several trails up and over the granite
slabs of Cedar Mountain with a break at the top of
Bridal Veil Falls.

HALF-DAY NO. H0904-295 Dec. 13
Pump Gap Loop *12:30 PM
Hike 5.5, Drive 80, 1200 ft. Ascent, Rated C-B
Nonmembers, call leader, Jorge Munoz,
828-658-0606, jmunoz@buncombe.main.nc.us
*Note early start time. From Silvermine trailhead in Hot Springs we will have a good climb to
the ridge. We will visit an old mountain cemetery,
cross the AT and return on Pump Gap Trail.

HALF-DAY NO. H0904-102 Dec. 20
Coontree Loop *12:30 PM
Hike 3.7, Drive 65, 1200 ft ascent, Rated C-B
Nonmembers, call leader, Lee Belknap,
828-698-9394, rivergypsy@sprintmail.com

Installing bear cables on the AT

By Howard McDonald
Trails Facilities Manager

Due to bear problems at some of our shelters on the AT in 2007, we decided to install aerial food storage cables (bear cables) at all of the shelters. We got a grant for AT license plate money to cover the costs of equipment and materials and started the installation in March 2008. We have finished putting up the cables at all of the shelters, the last one being at Hogback Ridge shelter.

Frustrated bears and some hikers playing Tarzan have caused some damage but we are fixing and strengthening the cables to prevent this from happening again. We have a very good system that the hikers like. They will last for many years. Our next step is to install similar cables at our most used camping spots along the AT.

HALF-DAY NO. H0904-499 Dec. 27
French Broad River Greenway 1:30 PM
Hike 3.5, Drive 5, Rated C-C
Nonmembers, call leader, Paula Robbins,
828-281-3253, paularww@bellsouth.net
Get a little exercise and work off those holiday treats while viewing Asheville’s newest greenway.
We will walk 3.5 miles from the Hominy Creek Park to the old French Broad River Park. Short car shuttle.

From the Biennial ATC Conference: Vermont used to be covered with dairy farms 100 years ago. Now many farms are abandoned and the fields are reverting to forest. In some places, the fields are used for hay and they have great views of the mountains nearby. The AT is routed around the perimeter of the field so as not to disturb harvesting machines when they cut the hay. Photo by Bruce Bente.
Lucy Prim wins second place in art show: The Carolina Mountain Land Conservancy held its first ever Juried Art Exhibit on July 18 at the Silver Fox Gallery in downtown Hendersonville. The show was juried by Patricia Cole-Ferullo. Lucy Prim, scheduler of the Half Day hikes, was awarded second place with a 16x21 watercolor titled “World’s Edge.” It was priced at $400. Twenty percent of the sale of the paintings benefits CMLC’s mission to save public land.

Hiking Information: CMC hikes are open to all and we welcome guests, but hikers are expected to join CMC after participating in a few hikes. Non-members need to call or e-mail 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.carolinamtnclub.org) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike. Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing—you’ll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

Responsibility for Safety: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant on hikes or trail maintenance activities. Each participant agrees to hold harmless and 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
P.O. Box 68
Asheville, NC 28802

Return Service Requested

NEXT CMC COUNCIL MEETING

When: Thursday, October 8, 2009
Where: Botanical Gardens meeting room
Time: 6:00 - 9:00 PM
Info: Call Becky at 828-298-5013 if you would like to attend. All CMC members are welcome.

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