

LET'S GO!

FOURTH QUARTER 2009
Quarterly News Bulletin
and Hike Schedule



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

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.



Piet Bodenhorst and Skip Sheldon of the Friday trail crew. Photo by Jeff Dektor.

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 shelhall@bellsouth.net, (828) 891-3264.

— Becky Smucker

CMC Annual Dinner Oct. 24

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.



Beginning of the Art Loeb Trail at the Davidson River Campground.



Bike path joining US 64.



From left, Trittipoe, Lundblad and Anderson in the Roan Highlands, at the summit of Grassy Ridge Bald, as they finish their run. Photo by Peter Barr.

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!

Time to Renew Membership!

This is a gentle reminder that all CMC membership dues need to be in by Jan. 1, 2010. Please fill out the application in this issue of *Let's Go* and send it, with your dues, to:

Carolina Mountain Club
P.O. Box 68
Asheville, NC 28802



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, barthb@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 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.

Contact the hike leader if you have questions or if the weather on the hike day is questionable.

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. Scouts typically take place one to six weeks before the scheduled date. Call or email the hike leader.

See the CMC website for more complete and timely information, including scout reports:
www.carolinamtnclub.org/Hiking/hikemenu.htm

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. 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

WEDNESDAY HIKES

All-day hikes submitted by Ann Gleason 828-859-9387, gleason.ann@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), mbgcmc@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. Car shuttle. Topos: 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: Craven 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

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.

Stuart English, 828-883-2447, stuengo@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+

Tish Dejardins, 828-656-2191,
desraylet@aol.com

900M, LTC *Meet at Westgate at 8:00 AM to form carpools, and meet leader at Big Creek Campground near Ranger Station at 9:00 AM. (Driving directions: I-26 E to I-40 W to exit 451 (TN); left under I-40 and follow to Big Creek campground and trailhead). A strenuous hike, but the payoffs are first class: great 360 degree views from the lookout tower. From Big Creek trailhead, follow the Chestnut Branch Trail, AT and side trail to the historic forest lookout atop Mt. Cammerer. Topos: Waterville, Hartford; also NatGeo map #229

WEDNESDAY NO. W0904-053 **Dec. 2**
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; 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

WEDNESDAY NO. W0904-492 **Dec. 9**
Cookie Hike, Bent Creek Ramble *8:30 AM
Hike 7, Drive 10, 1200 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. Moderate loop hike in the Bent Creek area. We will start from the parking area for Cold Knob Road (479H off Bent Creek Road beyond Lake Powhatan). Using a variety of short sections of trails, we will hike up to the MST, follow it past Sleepy Gap, and descend by the Stambaugh Trail to the Lake Powhatan picnic area for lunch and a cookie feast. Bring cookies to share with lunch. The afternoon walk back to the cars is approximately 2 miles. Topo: Asheville; also NatGeo map #780 and Bent Creek Trail Map.

ALTERNATE HIKE

WEDNESDAY NO. W0904-i **Dec. 9**
Cookie Hike, shorter version *10:00 AM
Hike 4, Drive 10, Rated C-C
Sherman Stambaugh, 828-254-1736

***ONLY MEETING PLACE: Ingles parking lot on NC 191 across from Biltmore Square Mall.** Starting from the Rice Pinnacle parking area, we will take the Hard Times Connector to the Lake Powhatan picnic area to meet the other group for lunch and to share cookies. After lunch we will return to the cars.

WEDNESDAY NO. W0904-479 **Dec. 16**
Kagel Mtn. *8:30 AM
Hike 9, Drive 80, 1100 ft. ascent, Rated B-B

Charlie Ferguson, 828-625-2677,
ccf108@gmail.com

P400 *Meet at Westgate at 8:30 AM to form carpools, and meet leader at Bi-Lo in Pisgah Forest at 9:05 AM. This loop hike will start from Catheys Creek Rd. and follow an overgrown forest road to the Art Loeb Trail, with lunch at the Butter Gap shelter. We'll return on another trail for variety. Nice winter views. Topos: Rosman, Shining Rock; also Nat'l. Geo. map #780

WEDNESDAY NO. W0904-345 **Dec. 23**
Seven Gaps and Seven Knobs *9:30 AM
Hike 6.5, Drive 25, 1100 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com

P400 *The only meeting place will be the Ingles parking lot on NC 191 across from Biltmore Shopping Center. A gentle winter hike along the "rim" of Bent Creek over seven knobs and seven gaps. Car shuttle.

WEDNESDAY NO. W0904-652 **Dec. 30**
Devil Fork Gap to Rocky Fork Rd. *9:00 AM
Hike 7, Drive 80, 1300 ft. ascent, Rated B-B
Don Walton, 828-654-9904,
donwalton@bellsouth.net

***Be prepared for possible wet stream crossings.** This hike ventures into the new Rocky Fork Tract purchase of 10,000 acres near Flag Pond, TN. The first three miles of this hike is on the AT to Flint Gap Shelter and on to Flint Gap and the entry into the Rocky Fork Tract. This route is also the path of a surprise attack on an Indian Camp in the early 1800s. Car shuttle. Topo: Flag Pond

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.

SATURDAY NO. A0904-626 **Oct. 3**
FULL MOON HIKE *4:30 PM

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 *7:30 AM

(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, pjbarr@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 southbound initial climb is 3100 ft., and there's much more climbing in the ups and downs between peaks. North-bounders 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: Celo, Mt. Mitchell; also PNF South Toe River, Mount Mitchell & Big Ivy Trail Map

ALL DAY NO. A0904-667 **Oct. 4**
Pink Beds - Pisgah Inn *9:00 AM

(moderate)
Hike 8.2, Drive 85, 1700 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119,
ashok.kudva@gmail.com

P400 *Note later starting time. Meet at Westgate at 9:00 AM to organize carpools for post-hike supper choice, and meet leader at Pisgah Convenience Store at 9:30 AM. From the left branch of the Pink Beds Loop we will take a short in and out on the Barnett Branch Boardwalk, recently built by CMC Friday Pisgah crew. We will proceed on the Barnett Branch trail, with a steep climb after we cross Yellow Gap Road, and pause at a waterfall. We'll connect with the Buck Spring/MST Trail up to the Pisgah Inn. Optional post-hike dinner at the Pisgah Inn. Car shuttle. Topos: Shining Rock, Cruso; also NatGeo map #780

SATURDAY NO. A0904-365 **Oct. 10**
Mt. Mitchell Ramble *10:00 AM

Hike 7, Drive 75, 1400 ft. ascent, Rated B-B
Tom Sanders, 828-252-6327,
tomary.avl@gmail.com

SB6K *Note later start time. We'll do a loop on several trails in the Mt. Mitchell area, including the Old Mt. Mitchell Trail, Camp Alice Road and the Commissary Ridge Trail. **Second meeting place: Craven Gap on BRP at 10:20 AM.** Topos: Mt. Mitchell, Montreat; also PNF South Toe River, Mt. Mitchell & Big Ivy Trail Maps

ALL DAY NO. A0904-668 **Oct. 11**
Chunky Gal Trail,

Deep Gap to Glade Gap *8:00 AM

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**

Mill shopping center, in front of K-Mart, on US 64 at 9:30 AM. A stop will be made at the rest stop beyond Waynesville on US 23/74 at 8:30 AM. Starting at Deep Gap, we'll hike 3 miles on the AT before turning onto the Chunky Gal Trail. We'll travel along the ridgeline with mountain views and old growth oak trees before descending to Glade Gap. Topos: Rainbow Springs, Shooting Creek; also NatGeo map #784

ALL DAY NO. A0904-265 **Oct. 18**
Panthertown Prowl *8:00 AM
 Hike 9.3, Drive 120, 2000 ft. ascent, Rated A-A
 Stu English, 828-883-2447, stuengo@citcom.net
***Meet at Westgate at 8:00 AM to form carpools, and meet leader at Bi-Lo in Pisgah Forest at 8:35 AM.** This moderate loop hike has everything: waterfalls, granite domes with impressive cliff, high altitude bogs; a lovely valley floor, great views from the tops of Little Green and Big Green Mountains and brilliant fall leaf color. Topo: Big Ridge

BACKPACK NO. B0904-188 **Oct. 23-25**
Clingmans Dome to Mings Mill *7:30 AM
 Hike 26, Drive 150, 5500 ft. ascent, 9000 ft. descent, Rated AA+-AA+
 Paul Benson, 828-251-1909, pdbenson@charter.net
SB6K, 900M *Note earlier start time. This two-night, three-day backpack will follow the MST from Clingmans Dome to Mings Mill near US 441. Stay at campsite #54 on Deep Creek the first night and #52 near Newton Bald the next night. The hike is strenuous and limited to experienced backpackers, limited to a group size of 8. Hikers must contact leader to reserve a space. ***Meeting places: Meet at Westgate at 7:30 AM; additional meeting places may be arranged with leader.** Topos: Clingmans Dome, Smokemont; also NatGeo map #229

SATURDAY NO. A0904-669 **Oct. 24**
MST: Buckeye Gap to NC 215 8:00 AM
 Hike 9, Drive 80, 1400 ft. ascent, Rated A-B
 Paul Dickens, 828-476-0010, psdicken@charter.net
 Starting at Buckeye Gap, we'll hike the MST to NC 215, with a side trip out Fork Ridge past Green Knob to overlooks of Middle Prong, Cold Mtn. and Shining Rock. *Wilderness area limited to ten hikers – call leader for reservation.* Car shuttle. **Second meeting place: BRP Cold Mtn. Overlook at M.P. 412 at 8:40 AM.** Topo: Sam Knob; also NatGeo map #780

ALL DAY NO. A0904-487 **Oct. 25**
Bent Creek Loop #9 *9:00 AM
 Hike 9, Drive 20, 1600 ft. ascent, Rated A-A
 Lenny Bernstein, 828-236-0192, lsberns@worldnet.att.net
P400 *Note later start time. This will be a moderate hike around Bent Creek, starting at the Hardtimes trailhead and scheduled when leaf col-

ors should be at their peak. A great close-in hike suitable for everyone. Topos: Dunsmore Mtn., Skyland; also NatGeo map #780

ALL DAY NO. A0904-670 **Nov. 1**
Goshen Prong / Huskey Gap *7:30 AM
(strenuous)
 Hike 15, Drive 220, 4700' descent, 800' ascent, Rated AA-B
 Janet Martin, 502-494-9309, jaykaymartin@msn.com
900M *Note earlier start time, and that this is the first day of EST. From Clingman's Dome, we'll follow the AT along a narrow ridge to access Goshen Prong Trail, which has a steep, rocky descent for its first mile. The steep descent will continue until Camp #23 at 3300 ft. The trail continues downhill to the Little River Trail, which we'll follow for a mile to Huskey Gap Trail. The significant drop of elevation on this hike will highlight the several zones of biodiversity in the park. **Second meeting place: Phone leader.** Topos: Clingmans Dome, Silers Bald, Gatlinburg; also NatGeo map #229

ALL DAY NO. A0904-273 **Nov. 1**
Boogerman Trail *8:30 AM
(moderate)
 Hike 7.5, Drive 90, 1100 ft. ascent, Rated B-B
 Danny Bernstein, 828-236-0192, danny@hikertohiker.com
900M *Note later start time, and that this is the first day of EST. A lush forest with giant old-growth trees, stone walls and a root cellar make this a favorite loop hike in the Cataloochee area of the Smokies. We'll cross Caldwell Fork ten times on bridges. **Second meeting place: Pilot truck stop at Exit 24 off I-40 at 9:00 AM.** Topos: Cove Creek Gap, Dellwood; also NatGeo map #229

ALL DAY NO. A0904-254 **Nov. 8**
Green Knob via Snooks Nose 8:00 AM
 Hike 9, Drive 65, 3600 ft. ascent, Rated A-AA+
 Carroll Koeplinger, 828-667-0723, carrollkoepp@bellsouth.net
 This strenuous trip from Curtis Creek climbs up, over, and above the Blue Ridge Parkway to the Green Knob fire tower. Great views along the way as well as at the lunch stop on the summit of Green Knob. **Second meeting place: Ingles parking lot adjacent to McDonalds at Exit 64 of I-40 at 8:20 AM.** Topo: Old Fort

SATURDAY No. A0904-578 **Nov. 14**
Flat Laurel Creek, Little Sam Knob, MST Loop *10:00 AM
 Hike 7.5, Drive 80, 1000 ft. ascent, Rated B-B
 Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com
P400 *Note later start time. This is a pleasant loop trail with views of Big Sam Knob, Fork Ridge and Flat Laurel Creek. We'll begin on the Flat Laurel Creek Trail, which ascends gradually until we are hiking next to the creek, where we



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 Bearallow 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, marianneln@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, ccf108@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

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, dwetmore@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 9.6, 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 Cold Mountain Overlook at 1:10 PM. Begin at FS 816, north on MST to Graveyard Ridge Trail. Left on Graveyard Ridge Trail to Investor Gap. Return on Art Loeb over Tennant Mtn. and Black Balsam.

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, mwbromberg@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, chrisspallen@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



Piet Bodenhorst holds the ladder while Jeff Dektor installs cables. Photos by Howard McDonald.

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.



Hiker uses cable at Roaring Fork shelter.

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 trail-head 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

P400 ***Note early start time. Meet at Westgate at 12:30 PM to form carpools, and meet leader at Pisgah Ranger Station on US 276 at 1:10 PM.** This loop hike is partially along a lovely creek, with views on Coontree Mountain ridge. Some steep areas.

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 five percent of the sale of the paintings benefits CMLC's mission to save public land.*

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.

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

Further
information about
regulations is available at
www.carolinamtnclub.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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