

LET'S GO!



FIRST QUARTER 2013
Quarterly News Bulletin
and Hike Schedule



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

Just another Saturday workday on the MST

By Stuart English

Saturday, October 27, was the last day in 2012 for our efforts extending the MST into the Smokies. According to Piet Bodenhorst, "The MST extension in the Western Carolina mountains has come to an end for this year. From

now until April the pieces are not accessible because the parkway will be closed. This year we concentrated in the Soco Gap to Wolf Laurel Gap (Heintooga Road) section and have about a quarter mile to finish. As we only work on building new MST

trail once all other maintenance obligations for the Friday or Saturday crews have been addressed, we estimate completion in a couple of years."

In September, suggestions were made to alter the route of the MST in Western North Carolina, bypassing the more than 30 miles of the MST that our club has built. The following is an excerpt from the CMC position on the route of the MST in WNC: *It is the position of the Carolina Mountain Club that the route of the MST remain as close to the original route as possible with the expectation that the trail will eventually be completed as planned.* In fact members of the CMC have identified a way to connect a missing section of the trail west of the Club's section using an existing gravel road.

But on that beautiful Saturday in October, even with Hurricane Sandy barreling down on us, a group of CMC members joined in and continued the work (as we have for years) to extend the trail over the original planned route.



Trail building on the MST.

COUNCIL CORNER

It's hard to imagine that my first year as CMC president is about to end. Serving as president has been a real eye-opener. First of all, I've found the position to be much more complex and time-consuming than I imagined. Kudos to all of those who have served as president before me for devoting so much energy to the Club.



I have also come to appreciate our trail builders and maintainers even more than I did before. As a hiker I've been thankful to them for

their diligence in keeping the trails in such good condition. But in addition to their hard work on the trail, they also work hard to ensure compliance with the many regulations that govern their work through contracts with the National Park Service, National Forest Service, NC State Parks and other organizations. A big THANK YOU to all maintainers for your continued service!

Hike scheduling is one of our most challenging volunteer positions. A special thanks to those who have served as schedulers and to our new schedulers for stepping up to the challenge. If you have ever led a hike or have considered leading one, please let our schedulers know that you want to help out. And thanks to all you hike leaders for providing the

Club's most critical service.

Finally, I have the privilege to serve with an amazing group of people who comprise the CMC Council. Every one of them takes his or her responsibilities seriously, bringing dedication to the club and a spirit of cooperation to the Council. Other Club members serve important roles on committees that support the Club's mission. Thanks to all of you who take time off from hiking to take care of the "business end" of the Club.

If you don't see yourself in any of the roles described above, it's because you haven't yet had an opportunity to volunteer for the CMC. It's not too late! Call or email me and I'll make sure that we'll find something for you to do that will make you feel better and will help the CMC be a better Club.

– Marcia Bromberg

All the [CMC] world's a stage, ...

By Bobbi Powers

The Setting: Pack Tavern's Century Room on a crisp November evening, 2012.

The Players: 120 CMC members and guests all gussied up and some almost unrecognizable in their finery. Included were six special guests who are superstars of the outdoor world: Don Walton, Friends of MST board member; Kevin Fitzgerald, Deputy Superintendent of Great Smoky Mountains National Park; Mark Wenger, Executive Director of ATC; Kristin Bail, NC Forest Supervisor; Holly Demuth, Director of Friends of the Smokies; and Carolyn Ward, Executive Director of Blue Ridge Parkway Foundation.

Opening scene: smiles, laughter, clinking glassware, festive mood, celebrating the 89th anniversary of our club.

Act I: Buffet lines waiting for an excellent, healthy dinner and scrumptious chocolate brownie with raspberry sauce. Sounds of happy dining.

Act II, sc. 1: Business meeting during which President Marcia Bromberg assured us the "club is strong with over 900 members." She reminded us that CMC began working on our section of the MST 30 years ago and that the club turns 90 next year. Marcia finished



CMC friends and guests, from left to right: Don Walton, Kevin Fitzgerald, Marcia Bromberg, Mark Wenger, Kristin Bail, Holly Demuth and Carolyn Ward.

by thanking all who volunteer with the club.

Sc. 2: Peter Barr's recognition of 19 members who completed Challenges during the year. (See article on page 8.)

Sc. 3: Barth Brooker (in the role of comedian) presented the club's most prestigious awards. (See article below.)

Act III: Our speaker for the evening, Mark Wenger, Executive Director of Appalachian Trail Conservancy, talked about the A.T. as a "respite for the soul and a reconnection with nature." He reminded us that the A.T. was the first multi-state trail in the world.

And with that, our CMC world applauded an excellent evening. *Fade to black. The end.*

Distinguished service winner; two win appreciation awards

The two awards CMC traditionally gives out are the Distinguished Service Award, for consistent and extraordinary contributions to the club during the years of membership, and the Award of Appreciation, for exceptional service during a calendar year.

Skip Sheldon received the Distinguished Service award for many years working and leading the Friday trail crew. He has an excellent insight into what has to be done on the trails. He is very skilled in the use of all the tools used on the trail, both powered and hand tools. He knows how to tackle the large jobs as well as the small jobs.



Skip Sheldon

He manages a crew that can approach 30 people in size. This means finding appropriate work for all members and helping them to develop the skill to maintain the trails.

Ted Snyder and Pete (Alan) Petersen both received Awards of Appreciation.

Ted Snyder took it on himself to organize camporees, provide barbecue for them, plan hikes, scout and lead hikes, and assure everything worked well. The camporees were very well received.

Pete Petersen had a very busy year coordinating all the trail maintenance functions. These included interfacing with the Forest Service,



Ted Snyder

Blue Ridge Parkway, AT Conservancy, and other groups concerning issues such as arranging sawyer certifications and keeping up with government requirements for working in the forests. He introduced new awards to be handed out to the trail maintainers. Pete made sure that he had frequent

m e e t i n g s for the trail crew leaders. Many of the functions are done by all Councilors for Maintenance, but this year was by far the most difficult we have had, with many new regulations being issued, disagreements on the path of the MST, an overhaul of the awards, and a new computer database for trail maintenance.



Pete Petersen

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

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 First 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: 1,500-2,000 ft.
B: 6-9 miles	B: 1,000-1,500 ft.
C: Under 6 miles	C: Under 1,000 ft.

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

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

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

See the Hike Schedule on the CMC website for

more complete and timely information, including scout reports, at www.carolinamountainclub.org.

CHALLENGE PROGRAMS

SB6K For hiking all 40 peaks above 6000'. Contact Peter Barr, pjbar@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, pjbar@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. W1301-511 **Jan. 2**
Florence Nature Preserve 9:00 AM
Hike 8, Drive 40, 1000 ft. ascent, Rated B-B
Keiko Merl, 828-298-7634,
keikomarl@bellsouth.net

Walk all the trails in the Florence Nature Preserve near Lake Lure area. This hike has easy loops with moderate climbs. Topo(s): Bat Cave, also Florence Nature Preserve Trail Map

Wednesday No. W1301-001 **Jan. 9**
Case Camp - Seniard Ridge Loop 8:30 AM
Hike 8, Drive 80, 1800 ft. ascent, Rated B-A
Mary Beth Gwynn, cell: 828-545-6487,
mbgwynn@gmail.com

P400, WC100 This loop hike is scheduled for our coldest month to see 50-ft. frozen cascades along the closed BRP. We'll do a two mile climb up to the MST and some gentle MST hiking before our lunch spot with great views of the mountains. After lunch, we'll hike downhill through beautiful woods on the Seniard Ridge trail. **Second meeting place:**

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. Tentative dates for Workdays are March 16, April 20, June 1, 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.

Pisgah Forest Bi-Lo at 9:05 AM. Note: call hike leader first if weather is iffy. Topo(s): Shining Rock; also pp. 36-39 of MST Trail Profiles book and Nat.Geo. map #780

Wednesday No. W1301-286 ***Jan. 16**
Sycamore Cove - Hickory Knob 9:00 AM
Hike 8.5, Drive 75, 2000 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
ashok.kudva@att.net

P400 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:35 AM. Sycamore Cove, with forest diversity and stream crossings, connects with old logging roads of Grassy Road, Thrift Cove and Black Mountain Trails. Winter views include the site of old Ecusta paper manufacturing plant (1939-2002), which once employed 2000 people, including the late CMC member Art Loeb. Includes a 0.2 mile walk on US 276 or a 1 mile car shuttle.

Wednesday No. W1301-498 ***Jan. 23**
High Windy and High Top 9:00 AM
Hike 7.6, Drive 40, 1900 ft. ascent, Rated B-A
Lee Silver, 828-668-7147, cell: 828-442-6549,
leehsilver@aol.com

***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 9:20 AM.** A fairly steep ascent on beautiful backwoods trails in the YMCA Blue Ridge Assembly area. High Windy is the former site of a lookout tower. We'll hike another mile to High Top for more views to the north and east. Back the same way we came. Topo(s): Black Mt; Blue Ridge Assy. Trails

Wednesday No. W1301-092 ***Jan. 30**
Heartbreak Ridge 8:00 AM
Hike 11.5, Drive 55, 2950 ft. ascent, Rated A-AA+
Rich Sampson, cell: 704-453-9059,
sampsom_r@bellsouth.net

***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** The trip is an almost steady climb of 2950 ft on good trail that we share with mountain bikes, starting 500 feet past Brookside Church and ending at the BRP. Great views from Bernard's Rock (named for Bernard Elias) looking down on the valley and the railroad tracks disappearing into the tunnels of the area from the first ridge. Great views of Greybeard, Rocky Knob and Blue Ridge Pinnacle as the trail follows the ridgeline for a large part of the hike. Topo(s): Old Fort, Montreat, NatGeo map #779 Linville Gorge Mt. Mitchell

Wednesday No. W1301-792 ***Feb. 6**
Bracken Mtn., Cat Gap 8:30 AM
to Fish Hatchery
Hike 8.1, Drive 62, 1750 ft. ascent, Rated B-A
Stuart English, cell: 828-384-1759,
stuengo@compodium.net

P400 *Form carpools at Westgate and meet leader at Pisgah Fish Hatchery at 9:15 AM. We will follow the Bracken Mountain Trail through the new preserve owned by the City of Brevard

to the Pisgah National Forest boundary, then follow FS475C to a junction with an old unmapped trail that connects to the Cat Gap Loop Trail. We will follow that to the Pisgah Fish Hatchery with a possible stop at the waterfall at Cedar Rock Creek. Car shuttle. Topo(s): Pisgah Forest; also NatGeo map #780

Wednesday No. W1301-676 **Feb. 13**
Dupont Forest: Hooker Falls P.L. #3
Forest Circular Hike 8:30 AM
Hike 9.5, Drive 95, 1200 ft. ascent, Rated B-B
Jay Bretz, 828-658-1220, jbretz1220@gmail.com
WC100 This hike takes in four waterfalls, three lakes, and two cemeteries in one wonderful place - Dupont Forest. Scenes from Last of the Mohicans were filmed here. If you haven't hiked in Dupont lately, you'll be pleasantly surprised at the improvements. **Second meeting place: Pisgah Forest Bi-Lo at 9:05 AM, but call leader first.** Topo(s): Standingstone Mountain; also Dupont State Forest map published by Friends of Dupont Forest

Wednesday No. W1301-280 **Feb. 20**
North Slope and Art Loeb Trails 8:30 AM
Hike 7.5, Drive 62, 1600 ft. ascent, Rated B-A
Ken and Carol Deal, 828-281-4530, cnkdeal@charter.net
P400 We start the hike at the Davidson River Campground and ascend gradually on the Art Loeb Trail to the North Slope Connector. We'll eat lunch at the intersection before we start down the connector to the North Slope Trail. Then we have a lovely, easy stroll along the river to the cars. **Second meeting place: Pisgah Ranger Station at 9:15 AM.** Topo(s): Pisgah Forest, Shining Rock; also NatGeo map #780

Wednesday No. W1301-278 **Feb. 27**
Kitsuma Peak and Old Rt. 70 8:30 AM
Hike 10, Drive 60, 1550 ft. ascent, Rated A-A
Danny Bernstein, 828-236-0192, danny@hikertohiker.com
Our hike up Young's Ridge offers great views of Greybeard, Green Knob and the Mt. Mitchell area. We will start from the picnic area near Old Fort. Also we'll enjoy a grandstand view of the Swannanoa valley from our lunch spot. We will return on old US 70, now blocked off to traffic and used as a biking and hiking trail, where we will see the railroad and numerous tunnel portals. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:50 AM.** Topo(s): Old Fort, Black Mountain

Wednesday No. W1301-142 ***Mar. 6**
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, cell: 828-380-1452,
desraylet@aol.com
***Form carpools at Westgate and meet leader**

at US 25/NC 208 intersection at 8:45 AM. We'll hike up the Jerry Miller Trail to Bearwallow Gap and right on the AT to Andrew Johnson Mtn. for lunch and exceptional views; right on the Fork Ridge Trail down to FS 111 and a short walk to the cars. Topo(s): Greystone; also NatGeo map #782

Wednesday No. W1301-374 ***Mar. 13**
Good Road to Bald Knob 8:30 AM
Hike 9.5, Drive 90, 2500 ft. ascent, Rated A-AA
Barbara Morgan, 828-738-3395,
barbc129@gmail.com
***Form carpools at Westgate and meet leader at Ingles parking lot of Exit 64 of I-40 at 8:50 AM.** Park on Good Road in McDowell County off US 221. Hike on MST to N Fork of Catawba River, cross bridge, and ascend to top of Bald Knob. A steep hike, but spectacular winter views. Return by same route. Topo(s): Little Switzerland

Wednesday No. W1301-629 **Mar. 20**
Rough Creek 9:00 AM
Hike 7.5, Drive 55, 1800 ft. ascent, Rated B-A
Bruce Bente, 828-692-0116,
bbente@bellsouth.net
This is a rarely used trail in the Canton Watershed. During this loop hike, we walk uphill in the morning, largely on old roads, to a ridge line with long distance views. Shortly after we start down, we'll have lunch on rocks overlooking a beautiful valley. After lunch we return downhill, crossing Rough Creek on a bridge. Topo(s): Canton

Wednesday No. W1301-589 **Mar. 27**
Shut-in Trail and
Lake Powhatan Loop 8:30 AM
Hike 8, Drive 15, 1500 ft. ascent, Rated B-B
Laura Frisbie, 828-337-5845,
laurafrisbie@charter.net
P400 This will be a shorter version of #589, a loop hike that follows the MST west, then descends on the Stambaugh Trail, skirts Lake Powhatan and finishes on the Bent Creek Trail. **Second meeting place: Ingles parking lot across from Biltmore Square Mall at 8:50 AM.** Topo(s): Asheville, Dunsmore Mtn., also NatGeo. map #780 and Bent Creek Trail Map

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.

Tuesday No. A1301-281 ***Jan. 1**
Green River Gamelands
***8:00 AM breakfast, 9:15 AM hike at Cracker**

Barrel (7:30 AM at Westgate)
Hike 8, Drive 70, 1500 ft. ascent, Rated B-B
Bruce Bente, 828-692-0116, cell: 828-699-6296,
bbente@bellsouth.net
***Form carpools at Westgate and meet leader at NE corner of Cracker Barrel parking lot in Hendersonville (I-26 Exit 53) at times above.** After breakfast, we'll do our traditional New Year's Day hike on a series of trails around the Green River Gamelands. We'll hike down to and along the Green River, with a late lunch at the big rocks on the Green River, and then hike up and out on the Pulliam Creek trail. Short car shuttle. Topo(s): Cliffield Mtn.; also Map of the Green River Gamelands Trails

Sunday No. A1301-286 ***Jan. 6**
Sycamore Cove - Hickory Knob 9:00 AM
Hike 8.5, Drive 75, 2000 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
ashok.kudva@att.net
P400 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:35 AM. Sycamore Cove, with forest diversity and stream crossings, connects with old logging roads of Grassy Road, Thrift Cove and Black Mountain Trails. Winter views include the site of old Ecusta paper manufacturing plant (1939-2002), which once employed 2000 people, including the late CMC member Art Loeb. One-mile car shuttle.

Saturday No. A1301-711 ***Jan. 12**
Asheville MST East 10:00 AM
Hike 8.3, Drive 15, 1200 ft. ascent, Rated B-B
Brenda Worley, 828-684-8656,
clworley@bellsouth.net
***Only Meeting Place: Back parking lot of Folk Art Center.** This pleasant hike along the MST around the eastern end of Asheville will start at the Folk Art Center and end at US 25. Car shuttle. Topo(s): Asheville, Oteen; also MST Trail Profiles, pp. 50-53

Sunday No. A1301-654 **Jan. 13**
Squirrel Gap, Cantrell Creek Loop 8:30 AM
Hike 10, Drive 55, 1600 ft. ascent, Rated A-A
Brent Martin, 828-587-9453, cell: 828-524-7400,
brent_martin@tws.org
P400 From the Turkey Pen trailhead we hike on these trails: S. Mills River, Pounding Mill, Squirrel Gap, Cantrell Creek, S. Mills River, back to the trailhead. Possible wet stream crossings on Cantrell Creek Trail if there has been recent rain. Topo(s): Pisgah Forest; also NatGeo map #780

Sunday No. A1301-093 **Jan. 20**
Graybeard Mountain 9:00 AM
Hike 11, Drive 35, 2800 ft. ascent, Rated A-AA
Les and Catherine Love, 828-658-1489,
lesrlove55@gmail.com
An exciting ridgetop manway along the middle mountain is our path to the summit. Return to Montreat via Walker Knob and Pot Cove Gap. There'll be good views, a delightful hike and

a good workout. The first mile is very steep. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 9:20 AM.** Topo(s): Montreat; also Montreat Trails Map

Saturday No. A1301-498 ***Jan. 26 High Windy and High Top 9:00 AM**

Hike 7.6, Drive 40, 1900 ft. ascent, Rated B-A Lee Silver, 828-668-7147, cell: 828-442-6549, mhsrunning@yahoo.com

***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 9:20 AM.** A fairly steep ascent on beautiful backwoods trails in the YMCA Blue Ridge Assembly area. High Windy is the former site of a lookout tower. We'll hike another mile to High Top for more views to the north and east. Back the same way we came. Topo(s): Black Mt; also Blue Ridge Assy. Trails map

Sunday No. A1301-254 **Jan. 27 Green Knob via Snooks Nose 8:00 AM**

Hike 9, Drive 65, 3600 ft. ascent, Rated A-AA+ Lisa Hart, 828-450-6986, tiw.south@gmail.com LTC This strenuous trip beginning at the Curtis Creek Campground climbs up to, 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. Expect this to be a challenging hike in wintertime, and snow is inevitable at the upper elevations. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** Topo(s): Old Fort

Sunday No. A1301-676 **Feb. 3 DuPont Forest: Hooker Falls P.L. #3 – Forest Circular Hike 8:30 AM (strenuous)**

Hike 9.5, Drive 95, 1200 ft. ascent, Rated A-B Jay Bretz, 828-658-1220, jbretz1220@gmail.com **WC100** This hike takes in four waterfalls, three lakes, and two cemeteries in one wonderful place - Dupont Forest. Scenes from Last of the Mohicans were filmed here. If you haven't hiked in Dupont lately, you'll be pleasantly surprised at the improvements. **Second meeting place: Pisgah Forest Bi-Lo at 9:05 AM, but contact leader first.** Topo(s): Standingstone Mountain; also Dupont State Forest map published by Friends of Dupont Forest

Sunday No. A1301-270 **Feb. 3 Cedar Rock Mtn. - John Rock Loop 9:00 AM (moderate)**

Hike 8, Drive 80, 2000 ft. ascent, Rated B-A Tom Sanders, 828-252-6327, tsanders.avl@gmail.com

P400 This trip features two of the spectacular bare rock faces in the Pisgah National Forest, with great views from both. Starting at the Fish Hatchery, we'll have our major climb up to Cat Gap and then on to Cedar Rock to enjoy the view during lunch. We'll return via John Rock. **Second meeting place: Pisgah Forest Bi-Lo at 9:30 AM.**

Topo(s): Shining Rock; also NatGeo map #780

Sunday No. A1301-092 ***Feb. 10 Heartbreak Ridge 8:00 AM**

Hike 11.5, Drive 55, 2950 ft. ascent, Rated A-AA Jim Reel, 828-738-0751, cell: 828-443-2532, jimr57@yahoo.com

***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 8:20 AM.** We will hike Heartbreak Ridge from Graphite to the Blue Ridge Parkway. We will stop along the way to enjoy the view to the southwest and the valley below from Bernard's Rock (named for Bernard Elias), enjoy lunch in a meadow at the top and return on the same trail. Expect good views of Greybeard, Rocky Knob and Blue Ridge Pinnacle as we follow the long ridge along the way up. Topo(s): Old Fort, Montreat

Saturday No. A1301-330 **Feb. 16 Raven Cliff Falls 10:00 AM**

Hike 7.5, Drive 95, 1450 ft. ascent, Rated B-B Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com

WC100 We'll do a pleasant walk to the pedestrian bridge over the top of a beautiful 250 ft. waterfall in Caesar's Head St. Park in S.C. The hike will follow the Raven Cliff Falls Trail and a portion of the Foothills Trail to the bridge, and return on the same trails. \$2 park fee. **Second meeting place: Pisgah Forest Bi-Lo at 10:35 AM.** Topo(s): Table Rock; also Mountain Bridge Wilderness Area trail map

Sunday No. A1301-592 ***Feb. 17 ALT – Butter Gap – Long Branch Loop 8:30 AM**

Hike 10, Drive 80, 1950 ft. ascent, Rated A-A Stu English, cell: 828-384-1759, stuengo@citcom.net

P400 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:05 AM. This hike will start at Gloucester Gap and follow the Art Loeb Trail over Chestnut Mtn. to Butter Gap. At the gap, we'll turn downhill onto the Butter Gap Trail, then the Long Branch Trail and Cemetery Loop past the McCall Cemetery. There will be a short side trip to a beautiful, but rarely visited waterfall. We'll finish with a short road walk back to the trailhead. Topo(s): Shining Rock; also NatGeo map #780

Saturday No. A1301-505 ***Feb. 23 The Other Cold Mtn. 8:30 AM**

Hike 8, Drive 120, 2200 ft. ascent, Rated B-AA Dave Wetmore, 828-884-7296, dwetmore@citcom.net

***Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 9:05 AM.** You may have climbed the Cold Mountain above Waynesville, but have you climbed the Cold Mountain above Panthertown Valley? This is a pleasant hike with good views of the Pisgah Ledge and at our lunch spot down into Panthertown Valley. Topo(s): Big

Ridge; also Panthertown Trail Map

Sunday No. A1301-236 **Feb. 24 Dupont Forest- Fawn Lake P.L. #1 - Three Lakes, one Waterfall and a Surprise 8:30 AM**

Hike 10, Drive 95, 1400 ft. ascent, Rated A-B Danny Bernstein, 828-236-0192, danny@hikertohiker.com

A moderate hike featuring beautiful lakes and a waterfall. We'll see Bridal Veil Falls, Lake Julia, Lake Dense and Fawn Lake, an old airstrip and a surprise feature. **Second meeting place: Pisgah Forest Bi-Lo at 9:05 AM.** Topo(s): Standingstone Mtn.; also Dupont Forest trail map

Sunday No. A1301-332 **Mar. 3 Foothills Trail: Upper and Lower Whitewater Falls 8:30 AM (strenuous)**

Hike 11.6, Drive 115, 2400 ft. ascent, Rated A-AA Don Gardner, 828-754-4067, cell: 828-493-1127, gardog3@bellsouth.net

WC100 Come to hike in the warm weather at the lower elevations! We'll hike part of the Foothills Trail in NC and SC, featuring two of the region's most stunning waterfalls. We will begin at the Upper Whitewater Falls parking lot, and hike to the footbridge over the Thompson River. We'll partially retrace our steps, then take the side trail to Lower Whitewater Falls, and finish at the Duke Power Co. Bad Creek parking lot. Short car shuttle. **Second meeting place: Pisgah Forest Bi-Lo at 9:05 AM.** Topo(s): Reid, Cashiers; also Foothills Trail map

Sunday No. A1301-530 **Mar. 3 Bent Creek #10: Stradley Mtn. via Rice Pinnacle 9:00 AM (moderate)**

Hike 8, Drive 25, 900 ft. ascent, Rated B-C Janet Martin, cell: 502-494-9309, jaykaymartin@msn.com

P400 This moderate loop hike features great views of Hominy Valley. We will climb to the eastern part of Stradley Mountain, have lunch at Ingles Field and return by Boyd Branch and Deer Lake Lodge Trail. Topo(s): Dunsmore Mtn.; also Bent Creek Trail map and NatGeo map #780

Sunday No. A1301-268 ***Mar. 10 Hospital Rock – Rainbow Falls 9:00 AM**

NOTE: First day of DST.

Hike 8, Drive 95, 2000 ft. ascent, Rated B-A Michael and Kathy Cornn, cell: 828-458-1281, mcorrn@aol.com

WC100 *Form carpools at Westgate and meet leader at Cracker Barrel at Exit 53 of I-26 at 9:30 AM. This is a challenging hike in Jones Gap State Park in S.C. Hiking up past Hospital Rock, we will enjoy a great view at lunchtime from Pretty Place. After lunch we will walk along a road for a short distance, then turn downhill past beautiful Rainbow Falls onto a trail down to the river and back to our cars. **NOTE: \$2/person parking fee**

at trailhead. Topo(s): Cleveland, Standingstone Mtn.; also Mountain Bridge Wilderness map

Saturday No. A1301-511 **Mar. 16**
Florence Nature Preserve **10:00 AM**
Hike 7, Drive 40, 800 ft. ascent, Rated B-C
Bev MacDowell, 828-684-1000, cell:
828-777-5806, bevmacdowellhappy@gmail.com
This hike will cover the trails in the 600-acre
Florence Nature Preserve in the Hickory Nut Gap
area. This hike begins at the new parking lot and
has easy loops with moderate climbs. **Second
meeting place: Florence Preserve parking lot
on US 74-A at 10:20 AM.** Topo(s): Bat Cave;
also Florence Nature Preserve Trail Map

Sunday No. A1301-420 ***Mar. 17**
Allen Gap to Tanyard Gap **8:00 AM**
Hike 8.8, Drive 80, 2100 ft. ascent, Rated B-AA
Tish Desjardins, cell: 828-380-1452,
desraylet@aol.com

LTC *Form carpools at Westgate and meet leader at parking lot on US 25 at intersection with NC 208 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. Great views from Rich Mtn. tower, a visit to Spring Mtn. shelter and one of the prettiest sections of the AT in our area highlight this pleasant early spring hike. Car shuttle. Topo(s): Hot Springs

Sunday No. A1301-278 **Mar. 24**
Kitsuma Peak & Old Rt. 70 **9:00 AM**
Hike 10, Drive 60, 1550 ft. ascent, Rated A-A
Lenny Bernstein, 828-236-0192, lsberns@att.net
Our hike up Young's Ridge offers great views of Greybeard, Green Knob and the Mt. Mitchell area. We will start from the picnic area near Old Fort. Also we'll enjoy a grandstand view of the Swannanoa valley from our lunch spot. We will return on old US 70, now blocked off to traffic and used as a biking and hiking trail, where we will see the railroad and numerous tunnel portals. Note: The last half of this hike is on pavement. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 9:20 AM.** Topo(s): Old Fort, Black Mtn.

Saturday No. A1301-256 ***Mar. 30**
Moore Cove Figure-8 Loop **10:00 AM**
Hike 7, Drive 70, 1000 ft. ascent, Rated B-B
Jan Onan, cell: 828-606-5188,
janonan@bellsouth.net

P400, WC100 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 10:35. This moderate double-loop trail follows two old USFS paths. There are a couple of short steep sections and two minor creek crossings. There is one good view of Looking Glass Rock, several waterfalls, and other views visible only when there are

no leaves on the trees. Topo(s): Shining Rock; also NatGeo. map #780

Sunday No. A1301-371 **Mar. 31**
Squirrel Gap-Horse Cove Gap **8:30 AM**
Hike 12, Drive 80, 1400 ft. ascent, Rated A-B
Carroll Koeplinger, 828-667-0723,
carrollkoepp@bellsouth.net

P400 This is another hike designed to cover lesser-used trails that are included in the P400 program. We will start from the Gauging Station, hike to Wolfe Ford and take the Squirrel Gap Trail, make a loop on the upper Cantrell Creek and Horse Cove Gap Trails, and then return via the Rigby cutoff. **Second meeting place: Pisgah Forest Bi-Lo at 9:05 AM.** Topo(s): Pisgah Forest

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. 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. H1301-320 ***Jan. 6**
Swannanoa River Stroll **12:30 PM**
to Old Farm School Rd.
Hike 5, Drive 12, 100 ft. ascent, Rated C-C
Bobbi Powers, 828-667-5419,
bobbipowers@live.com

***First meeting place: Back parking lot of Folk Art Center.** This in-out hike begins at Owen Park and follows the lovely Swannanoa River through Warren Wilson College. The return will feature an optional loop, led by Gale O'Neal, through lesser-known parts of the college property that add about .5 mile and 200 ft. ascent. **Second meeting place: Robert D. Owen Park at 12:50 PM.** Topo(s): Oteen; also Warren Wilson College Trails Map

Half-Day No. H1301-286 ***Jan. 13**
Sycamore Cove **11:30 AM**
Hike 5.5, Drive 75, 900 ft. ascent, Rated C-C
Ashok Kudva, 828-698-7119, cell: 828-674-1374,
ashok.kudva@att.net

P400 *Form carpools at Westgate and meet leader at Bi-Lo in Pisgah Forest at 12:00 PM. Forest diversity and stream crossings in Sycamore Cove connect with old logging roads of Grassy Road and Thrift Cove trails and 0.2 mile walk on US 276 or a 1 mile car shuttle. Topo(s): Pisgah Forest

Half-Day No. H1301-789 ***Jan. 20**
Hickory Branch **12:30 PM**
Hike 5, Drive 70, 1280 ft. ascent, Rated C-B
Lee Silver, 828-668-7147, cell: 828-442-6549,

leehsilver@aol.com

***Form carpools at Westgate and meet leader at Ingles parking lot off Exit 64 of I-40 at 12:50 PM. This is the first portion of hike #789.** This in-and-out hike is in the oldest section of Pisgah National Forest, the Curtis Creek area. The trail crosses Hickory Branch and climbs along the branch with beautiful waterfalls and cascades. The climb up to intersect with Buckeye Knob Trail has numerous switchbacks and increasingly good views of the Black Mountain Range. A side trip on Buckeye Knob Trail is an option once on the ridge line. Topo(s): Old Fort, Curtis Creek

Half-Day No. H1301-490 ***Jan. 27**
Craven Gap to Folk Art Center **12:30 PM**
Hike 5.4, Drive 10, 750 ft. ascent, Rated C-C
Renate Rikkers, 828-298-9988,
rerikkers@aol.com

***First meeting place: back parking lot of Folk Art Center.** An enjoyable section of the MST that's easy on the knees and a great hike for all seasons. It's a short car shuttle, and the trail allows keeping up a steady pace to stay warm. A snack stop at the Haw Creek Overlook presents the Haw Creek Valley below and offers long range views to the West. **Second meeting place: Craven Gap at 12:40 PM.** Topo(s): Oteen, Craggy Pinnacle

Half-Day No. H1301-172 ***Feb. 3**
John Rock Loop **12:30 PM**
Hike 5.7, Drive 73, 1300 ft. ascent, Rated C-B
Lee Belknap, 828-698-9394,
rivergypsy@sprintmail.com

P400, WC100 *Form carpools at Westgate and meet leader at Fish Hatchery parking lot, off FS 475 at 1:15 PM. This moderate loop hike, with good views from the top, starts at the Fish Hatchery parking lot. Note: In case of bad road conditions on US 276, then we'll meet at Bi-Lo in Pisgah Forest for an alternate hike.

Half-Day No. H1301-324 ***Feb. 10**
Bent Creek Loop # 4 **12:00 PM**
Hike 5, 600 ft. ascent, Rated C-C
Karin Eckert, 828 593-8453,
karingarden@yahoo.com

P400 *Only Meeting Place: **Hard Times Trail Head. Driving directions: NC 191 S towards NC Arboretum; right onto Wesley Branch Rd. to Hard Times Trail Head on left.** A pleasant moderate loop hike using parts of Homestead Trail, Small Creek Trail, Deerfield Loop, Pine Tree Loop and Explorer Loop. Topo(s): Skyland, Dunsmore Mountain

Half-Day No. H1301-511 ***Feb. 17**
Florence Nature Preserve **12:30 PM**
Hike 5, Drive 40, 1000 ft. ascent, Rated C-B
Joe Burchfield, 828-338-0443,
burchfield@niu.edu

***Form carpools at Westgate and meet leader at Fairview Food Lion on US Hwy 74-A (across from Fairview Elementary School) at 12:50**

Luncheon for Volunteers in the Parks

On October 12, the Friends of the Blue Ridge Parkway hosted the Annual Volunteers in the Parks (VIP) Luncheon at the Folk Art Center. CMC Maintenance crews and Section Maintainers were included in this for work done on the MST.

Pete Petersen gave awards to those who had accumulated a significant number of hours. The three highest awards are a fleece vest embroidered with a CMC logo, detailed maps of our sections of the A.T., and a blue rain jacket with a CMC logo.

The fleece vest is awarded to individuals who have worked over 2500 hours. The recipients are Bill Newton, Jack Fitzgerald, Barth Brooker, Neal Andreae, and Pete (A) Petersen.

The A.T. maps and book are awarded to individuals who have worked over 1,000 hours. The recipients are Jim Spicer, John Whitehouse, Dave Roberts, Jim Wright, Al Williams, and Stan Smith.

The blue CMC rain jacket is awarded for individuals that have worked over 500 hours. The recipients are Wayne Steinmetz, Roy Davis, Kayah Gaydish, Roger Woolsey, Rocko Smucker, Sue Hollinger, Bill Falender, and Ed Bragger.

Also at the event the Friends of the Blue Ridge Parkway awarded a grant to CMC for \$2,558 to purchase needed maintenance equipment



From left, Marcia Bromberg and Barth Brooker, receiving their tickets for prize drawing from a Parkway volunteer at the luncheon.

for the crews and for the Section Maintainers of the MST. The check was presented by Fernando Gracia of the Friends to Pete Petersen of the CMC.

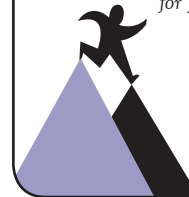
The Club's thanks go to the Friends for supporting our efforts.

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



PM. After a moderately steep climb from the parking area, an easy loop hike using several trails in the 600+ acre Florence Nature Preserve in Hickory Nut George. Should be good winter views from overlooks.

Half-Day No. H1301-686 ***Feb. 24**
Shope Creek Ramble 12:30 PM

Hike 5, Drive 25, 750 ft. ascent, Rated C-C
Gail Lamb, 828-338-0443,
galmb46@bellsouth.net

***Only Meeting Place: Folk Art Center back parking lot. Forest Service has completed the parking lot at Shope Creek.** This is a short ride for a winter walk in the woods, partly along Shope Creek in the Riceville Rd. area. It has been recently opened to hikers and has some unmarked trails, some of which are near, but not connecting to the Parkway. Possible wet stream crossing.
Topo(s): Craggy Pinnacle

Half-Day No. H1301-316 ***Mar. 3**
Carl Sandburg Home Historic Park 12:30 PM

Hike 5, Drive 60, 750 ft. ascent, Rated C-C
Sawako Jager, 828-687-2547, Baiko70@aol.com
***Form carpools at Westgate and meet leader at parking lot of Carl Sandburg Park at 1:15 PM.** Traverse the same trails that poet/biographer Carl Sandburg enjoyed by climbing Big Grassy

Mountain behind his farmhouse.

Half-Day No. H1301-182 **Mar. 10**
Green River Cove 12:00 PM

NOTE: First day of DST.

Hike 5.5, Drive 73, 400 ft. ascent, Rated C-C
Marcia Bromberg, 828-505-0471,
mwbromberg@yahoo.com

Hike Green River Cove trail from bridge to its intersection with the Pulliam Creek Trail, and return on same trail. Enjoy a warm spring hike with lots of wildflowers and views of the Green River. Although not a lot of altitude gain, there are several short steep uphill sections. **Second meeting place: Cracker Barrel, I-26 Exit 53 at 12:30 PM.** Topo(s): Cliffield Mountain

Half-Day No. H1301-553 **Mar. 17**
Montreat Loop #4 1:00 PM

Hike 5, Drive 40, 1000 ft. ascent, Rated C-B
Laura Frisbie, 828-337-5845,
laurafrisbie@gmail.com

This moderate hike ascends the Lookout Trail over Lookout Rock and then follows the East Ridge Trail to Sourwood Gap. Return will be by the Toll Road, the Buck Gap Trail, and the Old Trestle Road to the Lookout Trail. After a moderately steep ascent and a short rock scramble, we will follow the ridge trail over several knobs and

then return with an easy walk along the Toll and Trestle Roads. **Second meeting place: Ingles parking lot off Exit 64 of I-40 at 1:20 PM.** Topo(s): Montreat

Half-Day No. H1301-347 ***Mar. 24**
Twin Falls 12:00 PM

Hike 6, Drive 80, 1000 ft. ascent, Rated B-B
Stuart English, cell: 828-384-1759,
stuengo@comporium.net

P400, WC100 *Form carpools at Westgate and meet leader at Pisgah Forest Bi-Lo at 12:35 PM. Hike through the woods partly along a stream to view an old beaver dam and two nice waterfalls. Topo(s): Pisgah Forest; also NatGeo map #780

Half-Day No. H1301-101 ***Mar. 31**
Lower Big Laurel Creek 12:30 PM

Hike 6, Drive 50, 345 ft. ascent, Rated C-C
Karen Bartlett, 828-645-0291,
kbart0291@charter.net

***Form carpools at Westgate and meet leader at Rose's parking lot in Weaverville at 12:45 PM.** Level trail alongside the beautiful Laurel River, passing through the remnants of the town of Runion, a once-thriving logging community. Some early wildflowers may be present. Topo(s): Hot Springs

2012 Challenge finishers, including a second completer of all four challenge programs

Thirteen hikers completed a total of 17 CMC hiking challenge programs in 2012. Seven hikers completed the Pisgah 400 (P400) challenge — the most ever to complete P400 in a year, and the first time ever that South Beyond 6000 (SB6K) did not lead in number of challenge completers.

Those completing P400 include Charles Tisdale, Beth Ann Cushman, John Park, Sawako Jager, Bill Ramer, Ed Hauschild, and Yuir Eliashovsky. Sawako Jager becomes only the second hiker ever to complete all four of CMC's challenges, joining Jack Fitzgerald, who completed them last year.

Six hikers completed the SB6K challenge: Richard Robillard, Glara Burge, Rick Shortt, Sharon McCarthy, Bill Otto, and Ann Hendrickson. This year's most industrious hiking challengers, Bill Otto and Ann Hendrickson, also completed the Lookout Tower Challenge (LTC) and Waterfall Challenge 100 (WC100).

This marks the first time that three of CMC's hiking challenge programs have been completed by a hiker in one year.

Special recognition also goes to Bob Hysko, who completed the Smokies 900 challenge this year.

Carolina Mountain Club

P.O. Box 68
Asheville, NC 28802

NEXT CMC COUNCIL MEETING

When: February 7, 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.

CAROLINA MOUNTAIN CLUB OFFICERS

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Vice-President: Don Gardner, 828-754-4067, gardog3@bellsouth.net

Secretary: Stuart English, 828-883-2447, stuengo@comporium.net

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Councilor for Education: Jim Spicer, 828-891-1026, js15@earthlink.net

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Editor: Stuart English, 828-883-2447, stuengo@comporium.net

Deadline next issue: February 15, 2013