

Kyle/Cornn and Blue Ridge Literacy Council

We ran an article recently about various CMC members who volunteered with community agencies. Many Henderson County hikers volunteer their time and skills at the Blue Ridge Literacy Council. Here they teach others how to read or speak English. Recently we learned that fellow hiker and CMC member Kathy Kyle/Cornn has become Volunteer Coordinator for the council. Somehow this seems very appropriate.

Hikers who volunteer their time at the council include Ted Connors, Jack Fitzgerald, Bruce Bente, Lucy Prim and Rusty Breeding. These volunteer tutors have helped adults who did not learn to read in a regular school setting and those who are immigrants whose native language is not English. According to the National Assessment of Adult Literacy, 45 percent of the adult population in Henderson County functions at non-literate and low-literate levels. These CMC hikers are making a difference on and off the trail. Who knows? Maybe their students will become hikers as well.

To volunteer at the Literacy Council, contact Kathy Kyle/Cornn at 696-3811.

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

Return Service Requested

NEXT CMC COUNCIL MEETING

When: Thursday, August 6, 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.carolinamtclub.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 OFFICERS

President: Becky Smucker, 298-5013, bsmucker@charter.net
Vice-President: Barth Brooker, 299-0298, barthb@bellsouth.net
Secretary: Kathleen Hannigan, 298-4591, kathleen.hannigan@pgnmail.com
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Councilor for Membership: Ashok Kudva, 698-7119, ashok.kudva@mchsi.com
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Further information about regulations is available at www.carolinamtclub.org



THIRD QUARTER 2009
Quarterly News Bulletin
and Hike Schedule



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

COUNCIL CORNER

The CMC needs hike leaders. Currently we have about 75 leaders. As the membership of CMC increases (now over 1000) we will gradually add more hikes.



More hikes means more hike leaders.

Those that become hike leaders are those that are the most enthusiastic and energetic hikers - they often like to lead difficult hikes. Many hikers prefer more moderate or easy hikes. We need leaders that like moderate and easy hikes for our Wednesday and Half-Day Sunday hikes. If you attend CMC hikes please consider leading hikes occasionally.

The Hiking Committee provides all the training and support needed to lead hikes. Most of the training is one on one. We will step the new leader through the whole process, from choosing a hike, scouting it, leading it and sending people home. The Education Committee assists in providing navigation and first aid training. The Hiking Committee or other experienced leaders will provide whatever support is needed during the training and whenever needed for the duration of the hike leader's "career."

Even if you don't consider yourself a leader, leading a CMC hike is easy to train for and a rewarding way to contribute back to the club and the community of outdoor enthusiasts. Please let a CMC hike leader or the Hiking Committee know of your interest in leading hikes. Charlie Ferguson ccf108@gmail.com.

- Charlie Ferguson

HAPPY BIRTHDAY GSMNP

On Friday, April 24, 2009 three CMC members, Danny Bernstein, Gerry McNabb and Janet Martin, attended the 75th Anniversary Governors' Proclamation Ceremony on Clingmans Dome.

It was an invitation-only affair and CMC was invited to present a proclamation hon-

oring the park for its 75th anniversary. The Communications Committee created the text and designed the CMC proclamation. Becky Smucker, our President, signed it.

The proclamation will be stored in the Smokies Park archives. Another copy will be stored with the rest of our CMC material at UNCA.

CAROLINA MOUNTAIN CLUB

Hike -- Make Friends -- Save Trails

PROCLAMATION

The Great Smoky Mountains National Park was born seventy-five years ago. Now this land preserved for all future generations is a wealth of cultural heritage, recreation opportunities, and biological diversity. Its 800 miles of trails with numerous backcountry campsites and shelters provide a diversified and welcoming place to hike and backpack.

The Carolina Mountain Club, established in 1923 in Asheville, was an early proponent of the creation of the Great Smoky Mountains National Park. Among the strongest advocates for the park were three early members of the Club: Dr. Chase Ambler, Horace Kephart, and George Masa.

Dr. Chase Ambler is considered the Western North Carolina father of the movement which eventually established the Great Smoky Mountains National Park. Horace Kephart, author of *Our Southern Highlanders*, wrote many articles in favor of preserving the Smokies. George Masa's exquisite photographs illustrated the value of the land that needed to be saved. In their honor, three peaks in the park bear their names: Mt Kephart (1931), Mt. Ambler (1953), and Masa Knob (1961).

Through the years, the Carolina Mountain Club has sponsored many hikes in the park. In many cases, newcomers to the area do their first hike in the park with CMC. The Club remains actively involved in issues related to the preservation of the Great Smoky Mountains National Park.

This year, as the Great Smoky Mountains National Park celebrates its 75th anniversary, I urge all hikers to recognize the importance of the Smokies and enjoy its wonderful hiking trails.

Now, therefore, I, Becky Smucker, President of the Carolina Mountain Club, proclaim that we applaud the Great Smoky Mountains National Park on its 75th anniversary.

Proclaimed in Asheville, North Carolina on this the 24th day of April, 2009.



Becky Smucker, President, 2009

ATC biennial meetings

The next Appalachian Trail Conservancy (ATC) biennial meeting will be held at Castleton State College in Castleton, Vt., from Friday, July 17 to Friday, July 24. 600-800 ATC members from all over the country are expected to attend at least part of the meeting, which will feature hikes, workshops, excursions and entertainment, as well as the formal ATC business meetings. All of the events except hiking will be held on the first four days of the meeting, July 17-20. Hikes will be held every day starting on Saturday, July 18. It's a great opportunity to learn more about ATC and meet other people interested in the AT. For a complete schedule of events and housing and registration information, see the meeting website (www.vermont2009.org), or the March-April issue of *A.T. Journeys*. At least a dozen CMC members have said that they plan to attend. If you'd like to join them and are interested in carpooling, contact Becky Smucker, CMC President.

The ATC's 2013 biennial meeting will be held at Western Carolina University in Cullowhee. CMC has been chosen as the host club for this event. We'll share responsibility for planning and presenting the meeting with the four other clubs in the ATC's Southern Region and with ATC staff. While 2013 is a long way off, work on the meeting will start in the next few months. Lenny Bernstein has been selected as Chair of the Steering Committee for the meeting, and CMC will have two additional members on Steering Committee. If you think you might be interested in this activity, contact Lenny (236-0192, Lsberns@att.net). No special expertise is needed, just a willingness to work hard.

How to join the Carolina Mountain Club

1. Go to www.carolinamtclub.org
2. Click on "How to Join" (upper left corner)
3. Print out the "CMC Application Form"
4. Fill it out, Write a check for your dues
5. Mail to CMC, PO Box 68, Asheville NC 28802 or ... write to us and we'll mail you an application.



Martha K. Mason's first place photo in the annual Photo Contest, held during the Spring Social.

Spring Social and Photo Contest

When Sherman Stanbaugh came up with the idea for the Spring Social, he thought it would be an opportunity for many CMC members who did not hike that much any more to have another chance to get together. This year, just like the last two, proved his idea to be an excellent one.

There were many familiar faces at the Arboretum on a warm, sunny April 25, and many were faces we do not see enough but were glad to see again. 100 gathered to enjoy Bubba's BBQ and each other's company.

After the meal, the entertainment was the Photo Contest. Gerry McNabb let the

audience judge the contest this time by seeing the photos three different times and voting the last time.

First place went to Martha K. Mason for a dramatic shot of hikers during a CMC moonlight hike. Ted Connors took second place with a stark picture of two hikers in the fog. Ashok Kudva won third place with a striking picture of afternoon clouds around Looking Glass Rock. Beth Ann Kushman and Stuart English were first and second runners up, respectively. There were 37 pictures on display and, just like this event, they were all winners.



Ted Connors' second place photograph of two hikers near a barren tree.



Ashok Kudva's third place photo of afternoon clouds around Looking Glass Rock.

Awards Committee seeks nominations

Each year CMC recognizes outstanding contributions to the Club with two awards. The Distinguished Service Award recognizes service to the Club over at least a five year period. The Award of Appreciation recognizes a truly outstanding contribution to the Club over a shorter period of time, as little as a year. The Awards Committee is seeking nominations for both

awards. If you know of someone who you think should receive an award, please send details of their contribution to Lenny Bernstein, Chair of the Awards Committee, by September 1. You can either use the form on the CMC website or send Lenny an e-mail (Lsberns@att.net). Please be as specific as you can about the nature of the member's contributions to CMC.

Hike 4.5 miles, Drive 44, 700 ft ascent, Rated C-C
Nonmembers, call leader, Laura Frisbie, 828-545-2262, laurafrisbie@charter.net
***Note early start time. Meet at Westgate at 1:00 PM to form carpools and meet leader at Pisgah Inn parking lot at 1:30 PM.** View beautiful scenery from the top of Mt. Pisgah on this in-and-out hike. Join leader for dinner at Pisgah Inn.

HALF-DAY NO. H0903-602 **Aug. 16**
North Carolina Arboretum *12:30 PM
Hike 4, Drive 15, 300 ft. ascent, Rated C-C
Non-members, call leader, Laura Stallard, 828-697-1579
***Note early start time. Meet at Westgate at 12:30 PM to form carpools, and meet leader at Ingles parking lot on NC 191 across from Biltmore Square Mall at 12:45 PM to carpool with those who have an Arboretum membership.** This easy 4-mile hike will be mostly in the shade. Those who wish a longer hike can easily add extra loops from the 10 miles of Arboretum trails.

HALF-DAY NO. H0903-070 **Aug. 23**
Mt. Mitchell Loop *12:30 PM
Hike 5, Drive 60, 1500 ft. ascent, Rated C-B
Nonmembers, call leader, Lee Belknap, 828-698-9394, riverygypsy@sprintmail.com
***Note early start time.** Starting at Stepps Gap Ranger Station we will use the Camp Alice and Mt Mitchell Trails to create a scenic loop in this rugged high country.

HALF-DAY NO. H0903-297 **Aug. 30**
Sams Gap South *1:00 PM
Hike 5, Drive 60, Rated C-B
Nonmembers, call Gail Lamb, 828-350-0450, galmb46@bellsouth.net
***Note early start time.** A moderate in-and-out hike from Sams Gap to the Hogback Ridge Shelter and return along the Appalachian Trail off the new portion of I-26.

HALF-DAY NO. H0903-009 **Sept. 6**
Ox Creek Road to Rattlesnake Lodge *1:00 PM

Hike 4.4, Drive 30, Rated C-C
Nonmembers, call leader, Jim Ariail, 828-505-0443, jimariail@yahoo.com
***Note early start time.** This in-and-out hike along the MST will feature the historic Rattlesnake Lodge site. **Second meeting place: Folk Art Center lower parking lot at 1:15 PM.**

HALF-DAY No. H0903-533 **Sept. 13**
MST: Pisgah Ledges Section *12:30 PM
Hike 5.2, Drive 70, 1540 ft. ascent, Rated C-B
Nonmembers, call leader, Tom Joyce, 828-885-2152, tominbrevard@webtv.net
P400 *Note early start time. Meet at Westgate at 12:30 PM to form carpools, and meet leader at Cold Mountain Overlook (BRP M.P. 412) at 1:05 PM. Car shuttle. This will be a pleasant fall ramble along the MST from Bridges Camp Gap to Pigeon Gap and the Cold Mountain Overlook. Highlight of the hike will be a fairly steep ascent to 5056 ft Green Knob, one of the best viewpoints on the MST.

HALF-DAY NO. H0903-478 **Sept. 20**
Graveyard Ridge/MST Loop *12:30 PM
Hike 4.4, Drive 70, 875 ft ascent, Rated C-C
Nonmembers, call leader, Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com
P400 *Note early start time. Beginning at Graveyard Fields parking lot, we shall hike the loop counter-clockwise. We shall leave half an hour for blueberry picking as we work our way back down from the ridge. **Second meeting place: Cold Mountain Overlook (BRP M.P. 412) at 1:05 PM.**

HALF-DAY NO. H0903-656 **Sept. 20**
Mushrooms in Our Woods *1:00 PM
Renate Rikkers, 828-298-9988, rerikkers@aol.com

Theme Hike *Note early start time. Group limit of 20—Please E-mail leader to sign up. There is an amazing diversity of mushrooms and fungi in this Appalachian region, with several hundred species identified. As hikers, we may notice their many shapes and colors in passing but rarely stop to take a closer look. This walk will take us off trail to forage and identify some of what's growing, which may range from good edibles to deadly poisonous. Since the appearance of mushrooms is weather dependent, Renate will scout out a good location close to the hike date.

HALF-DAY No. H0903-035 **Sept. 27**
Looking Glass Rock *12:30 PM
Hike 5.8, Drive 70, 1800 ft. ascent, Rated B-B
Nonmembers, call Kathleen Hudson, 828-698-5208, kathudson47@gmail.com
P400 *Note early start time. Meet at Westgate at 12:30 PM to form carpools, and meet hike leader at the Pisgah Ranger Station on US 276 at 1:05 PM. A moderately difficult well-graded trail leads to the top of this mountain with beautiful views along the way. In-and-out hike.

Barth Brooker, 828-299-0298, barthb@bellsouth.net

SB6K We'll follow the MST, with exceptional views, and over the trail-building and rock-work achievements of the CMC. Spectacular scenery from our lunch spot on a rocky outcropping. Topos: Mt. Mitchell, Montreat; also PNF South Toe River, Mt. Mitchell & Big Ivy Trail Map

ALL DAY NO. A0903-660 **Sept. 6 Chimney Tops from Newfound Gap 8:00 AM (strenuous)**
Hike 10.4, Drive 140, 3250 ft. ascent, Rated A-AA+
Jeff McGurk, 864-801-1314, jbsbestfan@hotmail.com

900M An in-and-out hike on the AT from Newfound Gap to Indian Gap, and then follow the Road Prong and Chimney Tops trails. Spectacular views, steep climbs and wet feet from the many stream crossings. **Second meeting place: Maggie Valley Town Hall at 8:30 AM, but call leader first.** Topos: Clingman's Dome, Mt. Le Conte; also NatGeo map #229

ALL DAY NO. A0903-469 **Sept. 6 MST: Craggy Gardens to Bull Gap *8:30 AM (moderate)**
Hike 7.6, Drive 40, 1400 ft. ascent, Rated B-B
Ashok Kudva, 828-698-7119, ashok.kudva@mchsi.com
***Note later start time.** This pleasant MST hike will start at the Craggy Gardens Visitor Center and feature Lane Pinnacle and the Rattlesnake Lodge site. Car shuttle. **Second meeting place: Craven Gap at 8:50 AM.** Topos: Montreat, Craggy Pinnacle; also MST Trail Profiles, pg. 63-65

ALL DAY NO. A0903-396 **Sept. 13 Pilot Rock – Mt. Pisgah – Thompson Creek *8:00 AM**
Hike 11, Drive 80, 3000 ft. ascent, Rated A-AA
Charlie Ferguson, 828-625-2677, ccf108@gmail.com
P400 *Meet at Westgate at 8:00 AM to form carpools, and meet leader at Pisgah Ranger Station at 8:40 AM. Hike up the Pilot Rock and Mt. Pisgah trails to lunch on the Mt. Pisgah summit, and then down Thompson Creek trail. Topos: Dunsmore Mtn., Cruso; also NatGeo map #780

SATURDAY No. A0903-615 **Sept. 19 Black Balsam Loop via Graveyard Ridge Trail & ALT *10:00 AM**
Hike 6, drive 70, 1200 ft. ascent, Rated B-B
Marcia Bromberg, 828-505-0471, mwbromberg@yahoo.com
P400 *Note later start time. 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 and Black Balsam. We'll stop at Investor Gap for possible late blueberries. **Second meeting place: Cold Mtn. Overlook**

(BRP M.P. 412) at 10:35 AM. Topos: Sam Knob, Shining Rock; also Nat'l. Geo. PRD map #780

ALL DAY NO. A0903-211 **Sept. 20 MST: Pigeon Gap to NC 151 *8:00 AM**
Hike 10.7 Drive 50, 1980 ft. ascent, Rated A-A
Stuart English, 828-883-2447, stuengo@citcom.net
P400 *Meet at Westgate at 8:00 AM to form carpools, and meet leader at Cold Mtn. Overlook (BRP M.P. 412) at 8:35 AM. Hike the MST past the Pisgah Inn, over the top of Little Pisgah Mountain, and down to Elk Pasture Gap.. Car shuttle. Topos: Shining Rock, Pisgah Forest; also NatGeo map #780 and MST Profiles, pg. 52-54

SATURDAY NO. A0903-329 **Sept. 26 Blackrock Mtn. via Fisher Creek Trail *8:00 AM**
Hike 10.8, Drive 96, 3000 ft. ascent, Rated A-AA+
Cindy McJunkin, 828-712-9646, mcjfive@aol.com
SB6K *Meet at Westgate at 8:00 AM to form carpools, and meet leader at rest area on US 23/74 near Waynesville at 8:30 AM. Starting at the end of Fisher Creek Rd. east of Sylva, climb to the summit of Blackrock Mtn., mostly on steep and rocky logging roads. Next hike over Yellowface Mtn. and finish at the Waterrock Knob parking lot. Car shuttle. Topo: Sylva North

ALL DAY NO. A0903-074 **Sept. 27 Tanawha Trail 8:00 AM***
Hike 13.3, Drive 150, 2600 ft. ascent, Rated AA-AA
Jim Reel, 828-738-0751, jimr57@yahoo.com
***Meet at Westgate at 8:00 AM, stop at second meeting place in Ingles parking lot adjacent to McDonald's at Exit 64 of I-40 at 8:20 AM, and meet leader at Beacon Heights overlook at 9:30 AM.** Follow MST north Topos: Grandfather Mtn., Valle Crucis; also NatGeo maps #779 and #783

HALF-DAY SUNDAY HIKES

Newcomers are welcome, but nonmembers 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 listings.

HALF-DAY NO. H0903-173 **July 5 Courthouse Falls via Summey Cove *12:30 PM**
Hike 5.4, Drive 80, 1,143 ft. ascent, Rated C-B
Nonmembers, call leader, Stuart English, 828-883-2447, stuengo@citcom.net
***Note early start time. Meet at Westgate at 12:30 PM to form carpools, and meet hike**

leader at Pisgah Forest Bi-Lo at 1:10 PM. Starts at the Summey Cove trailhead on Rt 215 above Balsam Grove and goes 2.2 miles to FS 140, with a side trip to Courthouse Falls. Then 3.1 miles on FS140 back to NC 215. Short car shuttle.

HALF-DAY NO. H0903-349 **July 12 Buck Spring Trail *1:00 PM**
Hike 6.2, Drive 50, Rated B-C
Nonmembers, call leader, Lucy Prim, 828-693-6580, 32lucette@gmail.com
***Note early start time. Meet at Westgate at 1:00 PM to form carpools, and meet hike leader at second meeting place: Pisgah Inn parking lot near convenience store at 1:30 PM.** This pleasant down-hill hike starts at the Pisgah Inn and ends at US. 276, with a car shuttle.

HALF-DAY NO. H0903-463 **July 19 Big Ridge Overlook to Elk Pasture Gap *1:30 PM**
Hike 4.4, Drive 50, 600 ft. ascent, Rated C-C
Nonmembers, please call leader, Paula Robbins, 828-281-3253, paularww@bellsouth.net
P400 *Note early start time. Meet at Westgate at 1:30 PM to form carpools, and meet leader at BRP French Broad River Overlook at M.P. 393 at 1:45 PM. See the Turk's Cap Lilies in bloom.

HALF-DAY NO. H0903-655 **July 26 Looking Glass Overlook to Big East Fork Parking Lot on US 276 *12:15 PM**
Hike 5.5, Drive 70, 1000 ft descent, Rated C-C
Nonmembers, please call leader, Bobbi Powers, 828-667-5419, bobbip@netzero.net
***Note early start time. Wilderness area hike, limited to ten hikers. Call leader for reservation.** Starting at Looking Glass Falls Overlook (MP 417) on the MST, downhill-all-the-way, then to the Big East Fork Trail via the Bridges Camp Gap Trail. The hike goes through the Wilderness, along the East Fork of the Pigeon River with its awesome boulders and rapids and a special swimming hole where, weather permitting, we will stop for a swim. **Second meeting place: Cold Mountain Overlook (BRP M.P. 412) at 12:50 PM.** Car shuttle.

HALF-DAY NO. H0903-573 **Aug. 2 Devil's Courthouse from FS 816 *12:00 PM**
Hike 5, Drive 75, Rated C-C
Nonmembers, call leader, Becky Elston, 828-749-1886, 828-606-0583, belson@cytechusa.com
P400 *Note early start time. Meet at 12:00 PM at Westgate to form carpools, and meet leader at Cold Mountain Overlook (BRP M.P. 412) at 12:35 PM. The hike will differ slightly from #573 but will be nice and cool at 5000 feet and afford great views from Devil's Courthouse. Topo Sams Knob

HALF-DAY NO. H0903-436 **Aug. 9 Mt. Pisgah from the Pisgah Inn *1:00 PM**

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, leslove@charter.net

MST and AT sections*

Don Walton, donwalton@bellsouth.net

HIKE SCHEDULE Third 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

Wednesday hikes submitted by Charlie Ferguson, ccf108@gmail.com. Driving distance is round-trip from Asheville. All Wednesday hikes assemble at Westgate Shopping Center near I-240 exit 3B UNLESS OTHERWISE NOTED. Some hikes will have second meeting places (*) as described in the schedule, and start times vary.

WEDNESDAY NO. W0903-471 **July 1 Wagon Road Gap, MST to Big East Fork *8:00 AM**
Hike 9, Drive 95, 1500 ft. ascent, Rated A-A
Tom Sanders, 828-252-6327, tomary.avl@gmail.com

P400 Starting at Wagon Road Gap, we will follow the MST south to the connector to the Big East Fork Trail and follow that down to US 276. Short car shuttle. *Wilderness area hike, limited to ten hikers—call leader for reservation.* **Second meeting place: Cold Mtn. overlook (BRP M.P. 412) at 8:35 AM.** Topo: Shining Rock; also NatGeo map #780

WEDNESDAY NO. W0903-507 **July 8 Little Paint Creek *8:30 AM**
Hike 8.5, Drive 78, 1800 ft. ascent, Rated B-A
Brenda Worley, 828-684-8656, clworley@bellsouth.net

From Allen Gap, we will climb on the AT to Deep Gap to connect with Little Paint Creek Trail. We will proceed along, through and across the creek under Buzzard Roost Ridge to reach Paint Creek Trail (#10), fording the creek several times, to finally reach Little Paint Creek campground. The creek crossings can be a challenge – wet boots and socks or water shoes – take your pick. Hiking poles recommended. 10-mile car shuttle. **Second meeting place: Allen Gap at 9:20 AM.** Topo: Hot Springs; also NatGeo map #782

WEDNESDAY NO. W0903-654 **July 15 Squirrel Gap, Cantrell Creek Loop *8:30 AM**
Hike 10, Drive 55, 1600 ft. ascent, Rated A-A
Greg Goodman, 828-684-9703, greggoodman@bellsouth.net

P400 *Meet at Westgate at 8:30 AM to form carpools and meet leader at Boylston Baptist Church on NC 280 at 9:00 AM. 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. Wet stream crossings. Hiking shoes are required and wading shoes are recommended. Topo: Pisgah Forest; also NatGeo map #780

WEDNESDAY NO. W0903-343 **July 22 Mount Mitchell Loop via Commissary Ridge *9:00 AM**
Hike 7, Drive 60, 1500 ft. ascent, Rated B-B
Lee Silver, 828-668-7147, leehsilver@aol.com
SB6K *Only meeting place: lower parking lot Folk Art Center on BRP. We will hike from the ranger station to the summit, returning via the

Camp Alice Road to the ranger station. Topos: Mt Mitchell, Montreat; also USFS South Toe River map

WEDNESDAY NO. W0903-405 **July 29 Mills River Overlook to Pisgah Inn, and return 8:30 AM**
Hike 9.2, Drive 30, 2000 ft. ascent, Rated A-A
Barbara Morgan, 828-738-3395, bcmorg@hughes.net
P400 We will start at the BRP Mills River Overlook and follow the MST across Little Pisgah, past the site of the old Buck Spring Lodge, to the Pisgah Inn. There are two steep climbs. We'll retrace our steps back to the Mills River Overlook after lunch. Topo: Dunsmore Mtn., Cruso; also MST Trail Profiles, pg. 53-54 and NatlGeo map #780

WEDNESDAY NO. W0903-560 **Aug. 5 Rube Rock/Groundhog Creek Loop 8:00 AM**
Hike 9, Drive 100, 1900 ft. ascent, Rated A-A
Stuart English, 828-883-2447, stuengo@citcom.net

A loop hike located in the Harmon Den area of Pisgah Nat'l. Forest. Start at Brown Gap, south on the AT to Rube Rock Trail; descend into the Pigeon River Gorge. Then climb the Groundhog Creek Trail to the AT and back to Brown Gap. **Second meeting place: Pilot Truck Stop off I-40 at Exit 24 at 8:30 AM, but call leader first.** Topo: Waterville, also USFS Harmon Den map.

WEDNESDAY NO. W0903-612 **Aug. 12 Hump Mountain/ Yellow Mountain Area *8:30 AM**
Hike 9, Drive 140, 2400 ft. ascent, Rated B-AA
Adrian Lotherington, 828-484-9132, jaloth@charter.net

***ONLY MEETING PLACE: Rose's car park, across from McDonald's at the US 25/70 Weaverville Exit #19 at 8:30 AM.** We will hike from Roaring Creek Road to Yellow Mountain Gap, joining the AT, along an open ridge to Little Hump Mtn., and on to Hump Mtn. where we will have lunch on a grassy bald at 5587 ft. We will return to Yellow Mtn. Gap and take the Over Mountain Victory Loop back to the car park. Topos: Carvers Gap, White Rocks Mtn.; also NatGeo map #783

WEDNESDAY NO. W0903-142 **Aug. 19 Jerry Miller Trail to AT to Fork Ridge Trail *8:00 AM**
Hike 10.5, Drive 92, 3300 ft. ascent, Rated A-AA
Barth Brooker, 828-299-0298, barthb@bellsouth.net

SATURDAY WORK DAY

Here is a great chance to learn about trail maintenance. We'll meet on Aug. 22 at the Moose Cafe at the Farmer's Market on Rt. 191 at 8AM for breakfast and return to Asheville around 3:30 PM. Call Les Love at 828-658-1489 (leslove@charter.net) to verify date.

Up the Jerry Miller Trail to Bearwallow gap and right on the AT to Andrew Johnson Mtn. Right on the Fork Ridge Trail down to road 111 and a short walk to the cars. **Second meeting place: Jerry Miller Trailhead near Carmen at 9:00 AM.** Topo: Greystone; also NatGeo map #782

WEDNESDAY NO. W0903-247 **Aug. 26**
Ivestor Gap Blueberry Hike *8:30 AM (easy)

Hike 5, Drive 65, 500 ft. ascent, Rated C-C
Bonnie Allen, 828-645-0357

P400, SB6K Our traditional hike to the picking fields of Grassy Cove Top in the Shining Rock Wilderness. While others are picking blueberries, there is an optional hike to the top of 6000 ft Grassy Cove Top (more blueberries). Everyone should bring berry picking containers (milk jugs), hat and sunscreen. **Wilderness area hike limited to 10 people. Call leader for reservation.* **Second meeting place: Cold Mtn. Overlook (BRP M.P. 412) at 9:05 AM.** Topo: Sam Knob; also NatGeo map #780

WEDNESDAY NO. W0903-489 **Aug. 26**
Bad Fork - Trace Ridge Loop *8:30 AM (moderate)

Hike 8, Drive 60, 2000 ft. ascent, Rated B-A
Ashok Kudva, 828-698-7119,
ashok.kudva@mchsi.com

P400 *Meet at Westgate at 8:30 AM to form carpools; meet leader at N. Mills River Recreation parking lot at 9:00 AM. From the Trace Ridge parking area, we will hike 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 climb to Ferrin Knob. Down to Beaver Dam Overlook for lunch. Then down the Trace Ridge Trail. Topo: Dunsmore Mtn; also NatGeo map # 780

WEDNESDAY NO. W0903-526 **Sept. 2**
Down the Incline 9:00 AM

Hike 8, Drive 80, 1350 ft. ascent, Rated B-B
Charlie Ferguson, 828-625-2677,
ccf108@gmail.com

P400 Some off-trail; historic. Follow MST north; Buckeye Gap trail (old logging RR); bushwhack down old incline; Haywood Gap Trail; follow MST north, back to parking lot. *Wilderness area, limit 10; call leader for reservation.* **Second meeting place: Cold Mountain Overlook BRP at 9:40 AM.** Topo: Sam Knob; also USFS Shining Rock map and NatGeo map #780

WEDNESDAY NO. W0903-214 **Sept. 9**
**Kimsey Creek Trail/
Standing Indian Circuit** *8:00 AM (strenuous)

Hike 11, Drive 170, 2800 ft. ascent, Rated A-AA
Brent Martin, 828-369-7084,
brent_martin@twos.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. The hike is known for its beautiful forest, rushing streams and excellent vistas. We'll hike up the Kimsey Creek Trail to the AT, and the AT to our lunch spot, Standing Indian – the highest mountain on the AT south of the Great Smoky Mountains. Topo: Rainbow Springs

WEDNESDAY NO. W0903-420 **Sept. 9**
Tanyard Gap to Allen Gap *8:30 AM (moderate)

Hike 8.8, Drive 80, 2100 ft. ascent, Rated B-AA
Tish Desjardins, 828-656-2191,
desraylet@aol.com

*Meet at Westgate at 8:30 AM to form carpools, and meet leader at parking lot on US 25 at intersection with NC 208 at 9:10 AM. 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 hike. Car shuttle. Topo: Hot Springs

WEDNESDAY NO. W0903-132 **Sept. 16**
**Mt. Mitchell from
Black Mtn. Campground** *8:00 AM (strenuous)

Hike 12, Drive 103, 3600 ft. ascent,
Rated A-AA+
Rich Sampson, 704-453-9059,
richsmpson360@gmail.com

SB6K, LTC *Meet at Westgate at 8:00 AM to form carpools, and meet leader at Mt. Mitchell overlook (MP 350) on the Blue Ridge Parkway at 8:45 AM. From the Black Mountain Campground ascend by MST to Mt. Mitchell and return. Topos: Celo, Mt. Mitchell, Burnsville; also USFS South Toe River map

WEDNESDAY NO. W0903-476 **Sept. 16**
**South Mills River, Mullinax Trail
and Laurel Creek Trail** *8:30 AM (moderate)

Hike 8.6, Drive 50, 1200 ft. ascent, Rated B-B
Ruben Marshall, 828-299-1497

P400 South Mills River to Mullinax Trail, to Laurel Branch Trail, then to Bradley Branch, then back by Pea Gap to trailend. Creek crossings – bring water shoes and hiking poles. **Second meeting place: Boylston Baptist Church parking lot at 9:00 AM.** Topo: Pisgah Forest

WEDNESDAY NO. W0903-357 **Sept. 23**
Pisgah Ridge Loop 9:00 AM

Hike 7.5, Drive 70, 1500 ft. ascent, Rated B-B
Joe Burchfield, 828-298-8413,
burchfield@niu.edu

P400 We'll do a scenic circle of the entire Graveyard Fields area, using the Pisgah Ridge Trail and MST to lunch at a beautiful overlook. Then the Graveyard Ridge Trail, with a side trip to one of the Yellowstone Falls. Possible blueberry sightings. **Second meeting place: Cold Mtn. overlook on BRP at 9:35 AM.** Topos: Shining

Rock, Sam Knob; also NatGeo map #780 and USFS Shining Rock map



WEDNESDAY NO. W0903-287 **Sept. 30**
Montreat Ridge hike *8:10 AM

Hike 11, Drive 40, 2800 ft. ascent, Rated A-AA
Ames Tryon, 828-669-3805, tryonaf@charter.net

*Meet at Westgate at 8:10 AM to form carpools, and meet leader at Ingles parking lot adjacent to McDonald's at Exit 64 of I-40 at 8:30 AM. We will ascend up the Rainbow trail and connect with the Tressle Road to the East Ridge Trail, then descending to the Old Trestle Road to the Old Road up to the Greybeard Trail. Then the Greybeard Summit along the West Ridge Trail and back along the West Ridge Trail to Stomping Knob. The hike is strenuous but gradual except for the 500 ft. ascent up the Rainbow Trail. Topo: Montreat

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 as described in hike listings.

ALL DAY NO. A0903-337 **July 5**
Shining Rock from Black Balsam *8:30 AM (strenuous)

Hike 11, Drive 65, 1500 ft. ascent, Rated A-A
Lenny Bernstein, 828-236-0192,
lsberns@worldnet.att.net

SB6K, P400 *Note later start time. In honor of the 40th Anniversary of the Art Loeb Trail, we'll take the ALT from FS 816 to Shining Rock (6040 ft.), over Black Balsam (6214 ft.), Tennent Mtn. (6040 ft.) and Grassy Cove Top (6040 ft.) along the way. This will be your chance to bag four SB6K peaks while enjoying beautiful views covering the area from Pilot Mtn. to Cold Mtn. We'll return via the Ivestor Gap Trail to get a different perspective on the same area. *Wilderness area hike limited to 10 people; contact hike leader to reserve your place.* **Second meeting place: Cold Mtn. Overlook (BRP M.P. 412) at 9:05 AM.** Topos: Shining Rock, Sam Knob; also NatGeo map #780

ALL DAY NO. A0903-657 **July 5**
Carvers Gap – Yellow Gap 8:00 AM (moderate)

Hike 8, Drive 130-140, 2300 ft. (SB), 1100 ft. (NB) ascent, Rated B-AA (SB) or B-B (NB)
Bruce Bente, 828-692-0116,
bbente@bellsouth.net and Carroll Koeppinger, 828-667-0723, carrollkoepp@bellsouth.net

SB6K Key swap hike. From Carvers Gap, the NB direction will hike north on the AT through open meadows with spectacular 360° views and many Gray's Lilies in bloom, with a side trip over Grassy Ridge Bald (6160 ft.) to a scenic lunch spot. After returning to the AT we'll follow it north past the AT shelter barn, and turn downhill to our cars at the end of Roaring Creek Rd. **Second meeting place: Burnsville McDonalds at 8:40 AM.** Topos: Carvers Gap, White Rocks Mtn.; also NatGeo map #783

SATURDAY NO. A0903-658 **July 11**
Gabes Mtn. –

Maddron Bald Trails *10:00 AM
Hike 7.8, Drive 150, 1400 ft. ascent, Rated B-B
Janet Martin, 502-494-9309,
jaykaymartin@msn.com

900M *Note later start time. This hike is on a mostly gentle trail from Cosby Campground in GSMNP through dense laurel and rhododendron with a short, steep side trip to the bottom of Hen Wallow Falls. Then we'll continue westward and turn right onto the Maddron Bald Trail to our cars. Car shuttle. Topos: Hartford, Luftee Knob; also NatGeo map #229

ALL DAY NO. A0903-473 **July 12**
Mt. Mitchell –

Maple Camp Bald loop *8:30 AM
Hike 8.5, Drive 70, 1600 ft. ascent, Rated B-A
Bob Hysko, 828-645-4626, rhysko@yahoo.com

SB6K *Note later start time. We'll do a moderate loop with great views, starting at Mt. Mitchell, following the MST, Mt. Mitchell and Buncombe Horse Range Trails to Maple Camp Bald. After lunch, take the Big Tom Gap Trail #191-A up to the Crest Trail, and return via Big Tom and Mt. Craig. **Second meeting place: Craven Gap at 8:50 AM.** Topo: Mt. Mitchell; also PNF South Toe River, Mt. Mitchell & Big Ivy trail map

ALL DAY NO. A0903-120 **July 19**
Charlies Bunion – Kephart Prong 8:00 AM

Hike 10.2, Drive 140, 1500 ft. ascent, Rated A-B
Michael & Kathy Cornn, 828-698-3672,
mccorn@aol.com

900M An outstanding rock outcrop along the AT and stunning views are the highlights of the trip. From Newfound Gap, hike 4 miles to our lunch spot at Charlies Bunion, then hike the Dry Sluice Gap, Grassy Branch and Kephart Prong Trails down to US 441. This hike has 2800 ft. of descent. Car shuttle. **Second meeting place: Maggie Valley Town Hall at 8:30 AM, but call leader first.** Topos: Clingman's Dome, Mt. Guyot, Smokemont; also NatGeo map #229

SATURDAY No. A0903-405 **July 25**
Mills River Overlook

Hike 9.2, Drive 30, 2000 ft. ascent, Rated A-A
Barbara Morgan, 828-738-3395,
bcmorg@hughes.net

P400 *Note later start time. Start at the BRP Mills River Overlook (M.P. 404.5) and follow the MST to the Pisgah Inn, then retrace our steps back to our cars after lunch. There are two steep climbs, with switchbacks. Topos: Dunsmore Mtn., Cruso; also MST Trail Profiles, pg. 53-54 and NatGeo map #780

ALL DAY NO. A0903-659 **July 26**
Elk Park – Yellow Mtn. Gap 8:00 AM

Hike 8, Drive 140-150, 2000 ft. (NB), 2400 ft. (SB) ascent, Rated B-AA
Tom Sanders, 828-252-6327,
tomary.avl@gmail.com and Steve Bowers,
828-273-1117, farawaysteve@yahoo.com

Key swap hike. SB: From Elk Park, climb Hump Mtn. to a junction with the AT, then follow the AT, and hike down to our cars at the end of Roaring Creek Rd. **Second meeting place: Burnsville McDonalds at 8:40 AM.** Topos: Carvers Gap, White Rocks Mtn.; also NatGeo map #783

ALL DAY NO. W0903-214 **Aug. 2**
Kimsey Creek Trail –

Standing Indian Circuit *8:00 AM
Hike 11, Drive 170, 2800 ft. ascent, Rated A-AA
Brent Martin, 828-369-7084,
brent_martin@twos.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. We'll hike this great spring flower hike in the summer for a change, going up the Kimsey Creek Trail to and up the AT to our lunch spot, Standing Indian. At 5498 ft., it is the highest mountain on the AT south of the Great Smoky Mountains. Topo: Rainbow Springs

ALL DAY NO. A0903-652 **Aug. 2**
Devil Fork Gap to Rocky Fork Rd. *9:00 AM (moderate)

Hike 7, Drive 80, 1300 ft. ascent, Rated B-B
Don Walton, 828-654-9904,
donwalton@bellsouth.net

*Note later start time. This new CMC hike ventures into the new Rocky Fork Tract purchase of 10,000 acres near Flag Pond, TN. The first three miles of this one way hike is on the AT to Flint Gap and entry into the Rocky Fork Tract. Car shuttle. Topo: Flag Pond

ALL DAY NO. A0903-068 **Aug. 9**
Big Butt from BRP *9:00 AM

Hike 7, Drive 55, 2200 ft. ascent, Rated B-AA
Ruben Marshall, 828-299-1497

*Note later start time. **Only meeting place is Folk Art Center, back parking lot.** We will take the Big Butt trail from Balsam Gap on the BRP, following the ridgeline to Big Butt (Yeates Knob), a short bushwhack at just under 6000 ft., and return via the same route. Lunch at Point Misery with views of the Black Mtns. Topos: Montreat,

Mt. Mitchell; also South Toe River PNF map

SATURDAY NO. A0903-369 **Aug. 15**

**Buckeye Gap – Gage Bald –
Bear Pen Gap** *10:00 AM

Hike 8, Drive 80, 1200 ft. ascent, Rated B-B
Kathleen Hudson, 828-698-5208,
mtstish1325@gmail.com

P400 *Note later start time. Meet at Westgate to form carpools, and meet leader at Cold Mtn. Overlook (BRP M.P. 412) at 10:35 AM. We will hike the MST to Wet Camp Gap, and then follow a side trail to Gage Bald, stopping to pick blueberries along the way. Short car shuttle. Topo: Sam Knob; also NatGeo map #780

ALL DAY NO. A0903-267 **Aug. 16**
Horsepasture River 8:00 AM

Hike 8, Drive 105, 2000 ft. ascent, Rated B-A
Kathleen Hannigan, 828-230-4883,
kathleen.hannigan@pgnmail.com

Swimming hike! Come to see the newly reopened Gorges State Park area. We'll hike down alongside the Horsepasture River past the waterfalls – Drift, Turtleback, Rainbow, Stairway, and Windy. One or more swimming breaks will be taken. **Second meeting place: Bi-Lo side parking lot in Pisgah Forest at 8:35 AM.** Topo: Reid; also Sierra Club guide to Jocassee Gorges.

ALL DAY NO. A0903-527 **Aug. 23**
Chatooga River & Ellicott Rock *8:00 AM

Hike 8.5, Drive 150, 950 ft. ascent, Rated B-C
Dave Wetmore, 828-884-7296,
dwetmore@citcom.net

*Meet at Westgate at 8:00 AM to form carpools, and meet leader at the Bi-Lo side parking lot in Pisgah Forest at 8:35 AM. Come stand where 3 states join! View an 1811 boundary marker between Georgia and North Carolina that settled the Walton War but still rankles many Georgians. To really see the markers you'll have to get knee deep in the river, so come prepared. Topo: Tamassee; also NatGeo map #785

SATURDAY NO. A0903-357 **Aug. 29**
Pisgah Ridge Loop *8:30 AM

Hike 7.5, Drive 70, 1000 ft. ascent, Rated B-B
Janet Onan, 828-698-3237,
janonan@bellsouth.net

P400 *Note later start time. Meet at Westgate at 8:30 AM to form carpools, and meet leader at Cold Mtn. overlook (BRP M.P. 412) at 9:05 AM. We'll do a scenic circle of the Graveyard Fields area, using the Pisgah Ridge Trail and MST. After the Graveyard Ridge Trail, we'll stop for swimming at one of the Yellowstone Falls. Topos: Shining Rock, Sam Knob; also NatGeo map #780 and USFS Shining Rock & Middle Prong Wilderness map

ALL DAY NO. A0903-190 **Aug. 30**
MST: Mt. Mitchell to Balsam Gap 8:00 AM

Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A