

# LET'S GO!



## THIRD QUARTER 2021 Quarterly Hike Schedule



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

### 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. MST and AT section maintainers work on their own schedule.

#### Burnsville Monday Crew

John Whitehouse, johnwhitehouse@ccvn.com

#### Art Leob Monday Crew

Rich Evans, richard.erman.evans@gmail.com

#### Waynesville Wednesday Crew

Chris Werbylo, jcw402@aol.com

Vance Waggener, vance.waggener@yahoo.com

#### Thursday Crew

Todd Eveland, pepsitodd1@gmail.com

Ken Hummel, Kenhummel60@gmail.com

#### Asheville Friday crew

Paul Curtin, pmcurtin@hotmail.com

Chris Werbylo, jcw402@aol.com

#### Pisgah Friday Crew

Don Cooper, dncpr47@gmail.com

#### Wilderness Response Crew

Vance Waggener, vance.waggener@yahoo.com

Richard Figura, rafigura107@gmail.com

#### Quarterly Saturday Crew

Les Love, lesrlove55@gmail.com

#### AT Maintainers

Paul Curtin,

ATsupervisor@carolinamountainclub.org

#### Remote Overnight Crew

Paul Curtin, pmcurtin@hotmail.com

Rich Evans, richard.erman.evans@gmail.com

#### MST Maintainers

##### Oconaluftee River to Old Bald

Larry Sobil, lsobil@bellsouth.net

##### Old Bald to Hwy 215

Robert Bolt, otherob@inbox.com

##### Hwy 215 to Big Ridge O/L

Todd Eveland, pepsitodd1@gmail.com

##### Big Ridge O/L to BRP Visitor Center

Les Love, lesrlove55@gmail.com

##### BRP Visitor Ctr to Greybeard O/L

John Busse, jfbusse@hotmail.com

##### Greybeard O/L to Black Mtn Campground

John Whitehouse, johnwhitehouse@ccvn.com

### HIKE SCHEDULE Third Quarter 2021

#### Hike Ratings

##### First Letter

##### Distance

**AA:** Over 12 miles

**A:** 9.1-12 miles

**B:** 6.1-9 miles

**C:** Up to 6 miles

##### Second Letter

##### Elevation Gain

**AA:** Over 2,000 ft.

**A:** 1,501-2,000 ft.

**B:** 1,001-1,500 ft.

**C:** 1,000 ft. or less

If it's not possible to go on the regularly scheduled hike, it may be possible to accompany the leader when the hike is scouted. 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. 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. See the Hike Schedule on the CMC website for more complete and timely information, including scout reports, at www.carolinamountainclub.org.

### CHALLENGE PROGRAMS

**A.T.-MST** For hiking the 228 miles of the A.T. and MST on CMC maintained sections. Contact ATMST@CarolinaMountainClub.com

**FH100** For hiking all 100 trails in the "100 Favorite Trails of the Smokies and Carolina Blue Ridge." Contact Steve Pierce, stevepierce50@gmail.com

**LTC** For hiking all 24 lookout towers in WNC. Contact Peter Barr, pjbarr@gmail.com

**P400** For hiking every trail in Pisgah Ranger District. Contact P400@CarolinaMountainClub.org

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

**WC100** For hiking to the 100 best waterfalls in the area. Contact Jack Fitzgerald, 828-685-2897, suejackfitz@bellsouth.net

**YPC** For hiking eight different Land Management areas with youth 17 and under. Contact Kay Shurtleff at kshurtleff@msn.com

**900M** For hiking every trail in GSMNP. Contact Steve Pierce, stevepierce50@gmail.com

### ALL-DAY WEDNESDAY HIKES

Wednesday hikes submitted by Daisy Karasek, 828-505-2036, daisytk@yahoo.com. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places as described in the schedule; start times vary. **Times listed are departure times – arrive early.**

Wednesday No. W2103-614 **July 7**  
**Cheoah Bald from Stecoah Gap 8:00 AM**

Hike 11, Drive 170, 3100 ft. ascent,

Rated A-AA+, **AT-MST**

Thomas Butler, 361-484-3381,  
tom3381@outlook.com

**First Meeting Place:** Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Haywood County Rest Area 19500 Great Smoky Mtn Expy (US 23/74) Waynesville NC at 8:30 AM.

We will hike on the Appalachian Trail in and out from Stecoah Gap to Cheoah Bald, a federally-inventoried roadless area. The views from Cheoah are some of the best in this region. We'll have a chance to see the location for the proposed Corridor K four-lane highway and tunnel, which may radically change the appearance through Stecoah Gap. This hike is #7 of the 100 Favorite Trails.

Topo(s): Hewitt

Wednesday No. W2103-267 **July 7**  
**Horsepasture River 9:00 AM**

Hike 8, Drive 60, 1000 ft. ascent, Rated B-C,

**WC100**

Marie Chamberlin, 678-492-6718,  
marie.m.chamberlin@gmail.com and  
Kay Haskell, 610-613-4858,

### SATURDAY WORKDAYS

The Quarterly Saturday Trail Maintenance Workdays in 2021 are August 14 and October 9. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love for details and where to meet.

lesrlove55@gmail.com | 828-658-1489

HaskellKM@gmail.com

**Only Meeting Place:** Pisgah Forest Walmart Parking (back of center aisles close to Taco Bell). Swimming hike! Driving distance from Asheville is 105 miles round trip. Come to see the Gorges State Park area. We will hike upstream alongside the Horsepasture River to see the waterfalls – Rainbow, Turtleback, Drift and Stairway. Several swimming breaks will be taken. This hike is #13 of the 100 Favorite Trails.

Topo(s): Reid

Wednesday No. W2103-705                      **July 14**  
**Laurel Mtn. - Pilot Cove**                      **8:30 AM**  
Hike 8.5, Drive 55, 1670 ft. ascent, Rated B-A, **P400**

Henry Kassell, 845-656-5528,  
hkassell@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

**Second Meeting Place:** Ingles on NC 280 in Mills River in front of gas pumps at 9:00 AM. We will hike up Laurel Mountain Trail to Sassafras Gap, then down a connector trail to the Slate Rock Creek Trail. We will then cross the creek and ascend on Pilot Cove Trail, turn left and descend to FS 1206. CAR SHUTTLE. Topo(s): Dunsmore Mtn.

Wednesday No. W2103-798                      **July 14**  
**North Mills River Trail and more**                      **8:30 AM**  
Hike 8.1, Drive 50, 800 ft. ascent, Rated B-C, **P400**

Sallye Sanders, 208-550-2070,  
sallye\_sanders@yahoo.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Ingles on NC 191/280 SE corner of the parking lot near the No. Mills River Rd entrance at 8:45 AM.

This is a modification of the original loop hike, with the addition of in-and-out segments on the Wash Creek Trail and Yellow Gap Trail. We will cross the North Mills River ten times. Normally the water is less than 2 feet deep, but water levels rise drastically after a hard rain. Hiking poles are recommended. Wear old boots or old sneakers with good traction that you don't mind getting soaking wet, with moisture-wicking socks, or bring appropriate footwear (creek/wading shoes, sports sandals and a towel) to change. Let's have summer fun and keep cool doing it! Topo(s): Dunsmore Mtn.

Wednesday No. W2103-504                      **July 21**  
**Lane Pinnacle from Bull Gap**                      **8:00 AM**  
Hike 10.4, Drive 16, 2900 ft. ascent, Rated A-AA, **AT-MST**

Karen Scharmann, 312-241-3329,  
Schultz.KarenJ@gmail.com and  
Ken Scharmann, 847-772-4693,

Ksruns@comcast.net

**Only Meeting Place:** Back parking lot of Folk Art Center. This hike on the MST from Bull Gap includes a climb through a system of switchbacks leading past the Rattlesnake Lodge site, and further ascents to Rich Knob and Wolfden Knob before arrival at our lunch spot (just past Lane Pinnacle) with incredible views. We will return to our cars at Bull Gap via the same trail. This hike meets/exceeds the requirements of #83 of the 100 Favorite Trails.

Topo(s): Craggy Pinnacle

Wednesday No. W2103-368                      **July 21**  
**Bradley Creek and**  
**Riverside Stream Crossings**                      **9:00 AM**  
Hike 8.7, Drive 50, 650 ft. ascent, Rated B-C, **P400**

Carroll Koeplinger, 828-667-0723,  
cell: 828-231-9444, cakoep29@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

**Second Meeting Place:** Ingles on NC 191/280 SE corner of the parking lot near the No. Mills River Rd entrance at 9:30 AM.

Come and enjoy the water on a warm summer day. There are about 25 wet stream crossings, but the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. Plan to hike in shoes/boots that you don't mind getting soaked and use two hiking poles. CAR SHUTTLE.

Topo(s): Pisgah Forest

Wednesday No. W2103-190                      **July 28**  
**Mt. Mitchell to Balsam Gap**  
**via Blackstock Knob**                      **8:00 AM**  
Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A, **AT-MST, SB6K**

Randy Fluharty, 828-423-9030,  
rfluharty54@gmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center. This is one of the really great sections of the MST and includes two SB6K peaks. The first part of the hike features exceptional views south from the Black Mtns., while the second part showcases the trail-building and rock-work achievements of the CMC. See spectacular scenery from our lunch spot on a rocky outcropping. CAR SHUTTLE.

Topo(s): Mt. Mitchell

Wednesday No. W2103-242                      **Aug. 4**  
**Sam Knob - Devils Courthouse**                      **8:00 AM**  
Hike 9, Drive 60, 1800 ft. ascent, Rated B-A, **P400, SB6K**

Thomas Butler, 361-484-3381,  
tom3381@outlook.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** end of FS 816 (Black Balsam Knob Road) parking area at 8:45 AM.

This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend 6040-ft. Sam Knob with its 360-degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails to reach Devils Courthouse. We then continue on the MST, cross FS 816 and go up to the summit of 6214-ft. Black Balsam Knob, before returning to our cars. This hike is #53 of the 100 Favorite Trails. Topo(s): Sam Knob

Wednesday No. W2103-534                      **Aug. 4**  
**Turkey Pen, Pounding Mill,**  
**Mullinax Loop**                      **8:30 AM**  
Hike 7, Drive 20, 1200 ft. ascent, Rated B-B, **P400**

Bob Levy, 828-670-1611, cell: 240-604-5000,  
rlevy@cato.org

**Only Meeting Place:** Ingles on NC 280 in Mills River in front of gas pumps. Driving distance from Asheville is 50 miles round trip. We'll cross the S. Mills River footbridge, then do a loop on the scenic Pounding Mill and Mullinax trails.

Topo(s): Pisgah Forest

Wednesday No. W2103-939                      **Aug. 11**  
**Little East Fork to Shining Rock**                      **8:00 AM**  
Hike 12.1, Drive 55, 2600 ft. ascent, Rated AA-AA

Brenda Worley, 828-684-8656,  
cell: 828-606-7297, bjdworley@gmail.com

**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. We will hike up the Little East Fork Creek Trail to Shining Rock and return. Plan on deep forest views, rushing water and a great hiking day in the woods on this challenging hike. We will cross Little East Fork Creek midway up, but plenty of rocks provide ample coverage for the crossing. We will continue up a steep section and intersect the Art Loeb Trail and continue to our lunch spot at Shining Rock. We will return on the same trail to our cars. Topo(s): Shining Rock

Wednesday No. W2103-295                      **Aug. 11**  
**Lovers Leap and Pump Gap Loop**                      **9:00 AM**  
Hike 5.1, Drive 66, 1100 ft. ascent, Rated C-B  
George Shepherd, 405-596-2632,  
shepherdgeorge@att.net

**First Meeting Place:** 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26.

**Second Meeting Place:** NOC parking area off US 25 along the French Broad River at 9:30 AM.

We will head north on the A.T. along the French Broad River, then climb up to Lovers Leap for great views. We continue on the A.T. along the ridge above Hot Springs to Pump Gap, where we will go down the Pump Gap Trail to Silvermine Campground and back to the parking area. This hike is #41 of the 100 Favorite Trails. Topo(s): Hot Springs

Wednesday No. W2103-129 **Aug. 18**  
**Four 6,000-ft. Peaks via Art Loeb Trail,**  
**Shining Rock Ledge 8:00 AM**  
Hike 11, Drive 65, 1600 ft. ascent, Rated A-A,  
**P400, SB6K**  
Henry Kassell, 845-656-5528,  
hkassell@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

**Second Meeting Place:** Intersection of FS 816 and Art Loeb Trail at 9:00 AM.

*Wilderness hike, limited to ten hikers, contact leader for reservation.* This is a variation of Hike #129. We will follow the Art Loeb Trail over Black Balsam, Tennent Mountain and Grassy Cove Top to Shining Rock. We will return via Shining Rock Ledge on the Investor Gap Trail.

Topo(s): Shining Rock

Wednesday No. W2103-592 **Aug. 25**  
**Butter Gap - Long Branch Loop 9:00 AM**  
Hike 10, 1950 ft. ascent, Rated A-A, **P400**  
Richard Sampson, 704-453-9059,  
richsamps360@gmail.com

**Only Meeting Place:** Pisgah Forest Fish Hatchery off FS 475. Driving distance from Asheville is 70 miles round trip. 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. This hike is #58 of the 100 Favorite Trails.

Topo(s): Shining Rock

Wednesday No. W2103-451 **Aug. 25**  
**MST Sleepy Gap**  
**to Bent Creek Gap 9:00 AM**  
Hike 7.6, Drive 25, 1200 ft. ascent, Rated B-B,  
**AT-MST**

Carroll Koeplinger, 828-667-0723, cell: 828-231-9444, cakoep29@gmail.com

**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. This is a variation of Hike #451. From Sleepy Gap, we will ascend Truckwheel Mountain via a series of switchbacks and then descend to Chestnut Cove. From there, we will make our way to Bent Creek Gap on gentle grades. We will return on the same trail.

Topo(s): Dunsmore Mtn.

Wednesday No. W2103-218 **Sept. 1**  
**Cataloochee Divide**  
**to Purchase Knob 8:00 AM**  
Hike 10, Drive 80, 1900 ft. ascent, Rated A-A,  
**900M**

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

**Only Meeting Place:** Home Depot off Exit 44 of I-40. This shorter version of #218 will be

an in-and-out hike from Cove Creek Rd. to the intersection with McKee Branch Trail and will include a loop through the Science Center and past Ferguson Cabin. Great views along the way. This is #36 of the 100 Favorite Trails.

Topo(s): Bunches Bald, Cove Creek Gap

Wednesday No. W2103-464 **Sept. 1**  
**Balsam Gap**  
**to Greybeard Overlook 9:00 AM**  
Hike 7.4, Drive 90, 2000 ft. ascent, Rated B-A,  
**AT-MST**

Steve Pierce, 828-442-8482,  
stevepierce50@gmail.com

**Only Meeting Place:** BRP Walker Knob Overlook at MM 360.

We will hike through a range of environments and landscapes, including rocky trail sections that require good footwear and hiking poles. This hike takes us from alpine vegetation through old hemlock and lichen-covered oak forest, over open blueberry balds with long-range views, and finally through lovely beech forest and sweeping native grasses to the Greybeard Overlook. We return to our cars on the same trail. This hike is #85 of the 100 Favorite Trails.

Topo(s): Montreat

Wednesday No. W2103-907 **Sept. 8**  
**Wildcat Rock Trail**  
**to Bearwallow Mountain 8:00 AM**  
Hike 10, Drive 20, 2300 ft. ascent, Rated A-AA  
Donna Lanning, 828-684-7083,  
cell: 828-606-7956, dblanking@bellsouth.net

**First Meeting Place:** Ingles on US 74-A I-1/2 miles south of I-40 Exit 53. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Upper Hickory Nut Gorge Trailhead (Florence Nature Preserve) at 8:15 AM.

This is a new variation and extension of the Wildcat Rock Trail hike. The trail goes around an apple orchard and crosses Hickory Creek on a wooden bridge before beginning the ascent. We will climb 100 log steps to reach the 100-foot Little Bearwallow Falls at about one mile. After viewing the waterfall, we will climb more than 130 rock steps as we ascend the side of the cliff line on our way to the Wildcat Rock Overlook Trail, where we will enjoy great views. We will then continue on to the top of Bearwallow Mountain for lunch, returning the same way.

Topo(s): Bat Cave

Wednesday No. W2103-095 **Sept. 15**  
**Hemphill Bald from Polls Gap 8:30 AM**  
Hike 9.5, Drive 85, 1760 ft. ascent, Rated A-A,  
**900M**

Steve Pierce, 828-442-8482,  
stevepierce50@gmail.com

**Only Meeting Place:** Maggie Valley Post Office. We will hike from Polls Gap to our scenic lunch spot at Hemphill Bald in the GSMNP, with outstanding views. The return route will be

via the same trail. This hike is #37 of the 100 Favorite Trails.

Topo(s): Dellwood

Wednesday No. W2103-170 **Sept. 15**  
**Butter Gap Trail 9:00 AM**  
Hike 7, 1000 ft. ascent, Rated B-C, **P400**  
Bob Levy, 828-670-1611, cell: 240-604-5000,  
rlevy@cato.org

**Only Meeting Place:** Pisgah Forest Fish Hatchery off FS 475. Driving distance from Asheville is 70 miles round trip. From the Fish Hatchery parking lot, we will follow the Cat Gap Trail to its junction with the Butter Gap Trail for the in-and-out hike along Grogan Creek.

Topo(s): Shining Rock

Wednesday No. W2103-847 **Sept. 22**  
**Pinnacle 9:00 AM**  
Hike 8, Drive 40, 2500 ft. ascent, Rated B-AA  
Danny Bernstein, 828-450-0747,  
dannyhiker@gmail.com

**Only Meeting Place:** Haywood County Rest Area 19500 Great Smoky Mtn Expy (US 23/74) Waynesville NC. Driving distance from Asheville is 96 miles round trip. This hike is from the Fisher Creek Recreation Area near Sylva. We will ascend on the West Fork and Pinnacle Trails to the great views from the Pinnacle. Our return will be via the East Fork Trail. This hike is #15 of the 100 Favorite Trails. You must be a CMC member. No guests.

Topo(s): Sylva North

Wednesday No. W2103-101 **Sept. 22**  
**Lower Big Laurel Creek 9:30 AM**  
Hike 7.5, Drive 56, 350 ft. ascent, Rated B-C  
Judy Magura, 828-606-1490,  
quilter290@gmail.com and Jim Magura,  
828-606-3989, jqs290@gmail.com

**First Meeting Place:** 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26.

**Second Meeting Place:** US 25/NC 208 intersection at 10:00 AM.

Hike along a beautiful stream with whitewater, big rocks and surrounding high cliffs to the French Broad River. Interesting flora. Parts of the trail are rocky – hiking boots/shoes are recommended. Our lunch destination is the sawmill town of Runion with its intriguing ruins. This hike is #43 of the 100 Favorite Trails.

Topo(s): Hot Springs

Wednesday No. W2103-940 **Sept. 29**  
**Panthertown Mountain Vistas 8:30 AM**  
Hike 10.9, Drive 96, 3600 ft. ascent,  
Rated A-AA+

Chuck Mills, 240-385-4879,  
chckmills@icloud.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Pisgah Forest Walmart

Parking (back of center aisles close to Taco Bell) at 9:00 AM.

This hike will explore four of the five big vistas in Panthertown Valley. We start at the Cold Mountain parking area and hike to the top of Little Green Mountain and its beautiful view of the valley at Tranquility Point. From there we will hike over to the top of Big Green Mountain for a different view of cliff tops and to have lunch. After lunch we will bushwhack down a faint but steep manway over to Salt Rock Overlook. Then we ascend Black Rock Mountain for its view looking back toward Little Green Mountain. Along the way we will walk behind Schoolhouse Falls and visit Warden Falls. If the water levels aren't too high, we will bushwhack from Warden Falls to Jawbone Falls via another manway, then cross the river and head back to our cars. There will be one wet creek crossing and maybe another at the bottom of Jawbone Falls. Limit of 10 hikers. Topo(s): Big Ridge

Wednesday No. W2103-068 **Sept. 29**  
**Big Butt from Balsam Gap**  
**(Walker Knob Overlook) 8:30 AM**

Hike 6, Drive 45, 1650 ft. ascent, Rated C-A  
Karen Lachow, 703-395-5879,  
heyk127@hotmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center. This moderate in-and-out hike will be at over 5000-foot elevation. We'll take the Big Butt Trail from Balsam Gap (Walker Knob) on the BRP and ascend to Point Misery, Little Butt and then to Big Butt, at just under 6000 ft. We will stop on the way back at Little Butt for lunch. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. This hike is #86 of the 100 Favorite Trails.

Topo(s): Montreat

## ALL-DAY WEEKEND HIKES

All-day hikes submitted by Karen Lachow, 703-395-5879, heyk127@hotmail.com. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round trip from the first meeting place. All hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary.

Sunday No. A2103-794 **July 4**  
**MST: Cowee Access**  
**to Haywood Gap 8:30 AM**

Hike 8.5, Drive 90, 1500 ft. ascent, Rated B-B  
Kathy Cornn/Kyle, 828-458-1282,  
katherinenkyle@gmail.com and Michael Cornn,  
828-458-1281, mwcornn@gmail.com

**Only Meeting Place:** Home Depot off Exit 44

of I-40. We will start at the spectacular Cowee Overlook on the Blue Ridge Parkway and hike downhill through a beautiful spruce forest approximately 1/2 mile to the MST. Once on the MST we will walk east approximately 8 miles to the Parkway crossing at Haywood Gap. This hike can be considered as moderate since much of the distance is easy walking on an old roadbed. Almost all of this hike is above 5,000 ft., so it should feel great on a hot July day. CAR SHUTTLE.

Topo(s): Sam Knob

Sunday No. A2103-337 **July 11**  
**Shining Rock**

**from Black Balsam #1 8:00 AM**  
Hike 11, Drive 65, 1500 ft. ascent, Rated A-B,  
**P400, SB6K**

Kathy Cornn/Kyle, 828-458-1282,  
katherinenkyle@gmail.com and Michael Cornn,  
828-458-1281, mwcornn@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

**Second Meeting Place:** BRP Cold Mountain Overlook at MM 412 at 8:30 AM.

*Wilderness hike, limited to ten hikers, contact leader for reservation.* We will take the ALT from FS 816 to Shining Rock (6040 ft.), climbing 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 Investor Gap Trail to get a different perspective on the same area. This hike is #49 of the 100 Favorite Trails.

Topo(s): Sam Knob

Saturday No. A2103-534 **July 17**

**Turkey Pen, Pounding Mill,**  
**Mullinax Loop 10:00 AM**

Hike 7, 1200 ft. ascent, Rated B-B, **P400**  
Bruce Bente, 828-692-0116, cell: 828-699-6296,  
bbente@bellsouth.net

**Only Meeting Place:** Turkey Pen parking lot. Driving distance from Asheville is 50 miles round trip. We'll follow an interesting manway to the S. Mills River footbridge, then do a loop on the scenic Pounding Mill and Mullinax Trails.

Topo(s): Pisgah Forest

Sunday No. A2103-516 **July 18**  
**Lakeshore Loop 8:00 AM**

Hike 10.3, Drive 145, 1600 ft. ascent,  
Rated A-A, **900M**

Thomas Butler, 361-484-3381,  
tom3381@outlook.com

**First Meeting Place:** Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Rest area beyond Waynesville on US 23/74 at 8:30 AM.

We will start at the tunnel at the end of Lakeshore

Drive and hike Lakeshore, White Oak Branch, Forney Creek, and Goldmine Trails. Learn the history of the infamous Road to Nowhere, settlement and logging along Forney Creek and the development of Lake Fontana. We will visit some old home and farm sites and discuss the way of life of the pre-GSMNP inhabitants and may visit some cemeteries. This is hike #19 of the 100 Favorite Trails.

Topo(s): Noland Creek

Sunday No. A2103-667 **July 25**  
**Pink Beds to Pisgah Inn 8:30 AM**

Hike 8.2, Drive 50, 1700 ft. ascent, Rated B-A,  
**P400**

Henry Kassell, 845-656-5528,  
hkassell@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

**Second Meeting Place:** Pisgah Inn parking lot near convenience store at 9:00 AM - but contact leader first.

From one branch of the Pink Beds Loop, we will go over the Barnett Branch boardwalk, built by the CMC Friday Pisgah crew. We will proceed on the Barnett Branch Trail, cross Yellow Gap Road, and after a short, steep climb, pause at a waterfall. We'll connect with the Buck Spring/MST up to the Pisgah Inn. Option to do hike in reverse. CAR SHUTTLE.

Topo(s): Cruso, Shining Rock

Saturday No. A2103-451 **July 31**  
**MST Sleepy Gap**

**to Bent Creek Gap 9:00 AM**  
Hike 7.6, Drive 25, 1200 ft. ascent, Rated B-B,

**AT-MST**

Carroll Koepplinger, 828-667-0723,  
cell: 828-231-9444, cakoep29@gmail.com

**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. This is a variation of Hike #451. From Sleepy Gap, we will ascend Truckwheel Mountain via a series of switchbacks and then descend to Chestnut Cove. From there, we will make our way to Bent Creek Gap on gentle grades, and return on the same trail.

Topo(s): Dunsmore Mtn.

Sunday No. A2103-044 **Aug. 1**  
**Huntfish Falls and Gragg Prong 8:00 AM**

Hike 8.5, Drive 150, 1500 ft. ascent, Rated B-B,  
**WC100**

Les Love, 828-230-1861,  
lesrlove55@gmail.com and Catherine Love,  
828-658-1489, catmllove2@gmail.com

**First Meeting Place:** River Ridge Market Place behind CVS off Exit 53B of I-40.

**Second Meeting Place:** Ingles off Exit 64 of I-40 (Black Mountain) at 8:15 AM.

This hike in the Wilson Creek area features spectacular waterfalls and the best swimming anywhere, with two swimming holes, one on Gragg Prong and the other at Huntfish Falls.



Bring your bathing suit. Be prepared for several wet-feet stream crossings.  
Topo(s): Wilson Creek Map

Saturday No. A2103-203 **Aug. 7**  
**Tanyard Gap to Lovers Leap** **8:00 AM**  
Hike 8.3, Drive 70, 790 ft. ascent, Rated B-C,  
**AT-MST**

Brenda Worley, 828-684-8656,  
cell: 828-606-7297, bjdworley@gmail.com  
and Tish Desjardins, 828-380-1452,  
desraylet@aol.com

**Only Meeting Place:** 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. This is a shorter version of #203. We will take the A.T. south from Tanyard Gap in the Hot Springs area to Lover's Leap and return. Expect a moderate hike through beautiful woods and views from Lover's Leap. This hike is being offered as a local event during the A.T. Vista 2021 weekend.  
Topo(s): Hot Springs

Sunday No. A2103-119 **Aug. 8**  
**Charlies Bunion**  
**from Newfound Gap** **8:00 AM**  
Hike 8, Drive 135, 2400 ft. ascent, Rated B-AA,  
**SB6K, 900M**

Thomas Butler, 361-484-3381,  
tom3381@outlook.com

**First Meeting Place:** Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Maggie Valley Post Office at 8:30 AM.

This scenic in-and-out hike will follow the A.T. from Newfound Gap to a spectacular lunch spot at Charlies Bunion. After lunch we'll do a side trip to Mt. Kephart and the Jumpoff. This hike is #27 of the 100 Favorite Trails. It is being offered as a local event during the A.T. Vista 2021 weekend.

Topo(s): Clingmans Dome

Saturday No. A2103-193 **Aug. 14**  
**Haywood Gap to NC 215** **10:00 AM**  
Hike 6.5, Drive 85, 600 ft. ascent, Rated B-C,  
**P400, SB6K**

Marcia Bromberg, 828-505-0471,  
cell: 860-798-9905, mwbromberg@yahoo.com

**Only Meeting Place:** Home Depot off Exit 44 of I-40. *Wilderness hike, limited to ten hikers, contact leader for reservation.* We'll hike along a lovely MST section amid fragrant balsams in the high country and have lunch on the beautiful Fork Ridge Meadow with views of surrounding mountains, including Mt. Hardy. CAR SHUTTLE.

Topo(s): Sam Knob

Sunday No. A2103-373 **Aug. 15**  
**Yellow Mountain** **8:00 AM**  
Hike 12.3, Drive 125, 3050 ft. ascent,  
Rated AA-AA+, **LTC**  
Thomas Butler, 361-484-3381,

tom3381@outlook.com

**First Meeting Place:** Home Depot off Exit 44 of I-40. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Rest area beyond Waynesville on US 23/74 at 8:30 AM.

We'll hike in the Cowee Mtns. on a heavily forested, high-altitude trail that ascends four peaks going in and three on the way back. Views from the Yellow Mtn. observation tower are great – a fine lunch spot. Strenuous but rewarding. This hike is #9 of the 100 Favorite Trails.

Topo(s): Glenville, Highlands

Sunday No. A2103-213 **Aug. 22**  
**Blue Ridge Pinnacle, Rocky Knob**  
**and Graybeard from the BRP** **8:30 AM**

Hike 6.3, Drive 65, 2000 ft. ascent, Rated B-A  
Henry Kassell, 845-656-5528,  
hkassell@gmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center. We'll take a short climb on a maintained trail to see 360-degree views from Blue Ridge Pinnacle. After a short backtrack, the hike switches to manways and follows ridgelines to Rocky Knob and Graybeard for more 360-degree views. A side trip to Walker Knob is a possible addition. The return trip will backtrack and then switch to an old logging road for the last part of the hike.

Topo(s): Montreat, Mt. Mitchell

Saturday No. A2103-459 **Aug. 28**  
**NC 128 to Graybeard Overlook** **8:00 AM**  
Hike 8.1, Drive 55, 1900 ft. ascent, Rated B-A,  
**AT-MST, SB6K**

Susan Hutson, 336-406-9279,  
picassue48@gmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center.

This is a beautiful hike through spruce and mixed deciduous forest with mossy rocks and spectacular views from parts of the trail along narrow ridges. The trail ascends near Potato Knob and over Blackstock Knob before descending steeply to Walker Knob Overlook. After crossing the Blue Ridge Parkway, we will hike to Graybeard Overlook. This section is not as steep, but neither is it flat. There are spectacular views from the knife-like ridges, including views of Mt. Mitchell and the Asheville watershed. We should be able to hear the flute-like songs of the high-elevation thrushes (veery and hermit thrush). CAR SHUTTLE.

Topo(s): Montreat, Mt. Mitchell

Sunday No. A2103-368 **Aug. 29**  
**Bradley Creek**  
**and Riverside Stream Crossings** **9:00 AM**

Hike 8.7, 650 ft. ascent, Rated B-C, **P400**  
Carroll Koeplinger, 828-667-0723,  
cell: 828-231-9444, cakoep29@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

**Second Meeting Place:** Ingles on NC 191/280 SE corner of the parking lot near the No. Mills River Rd. entrance at 9:30 AM.

Come and enjoy the water on a warm summer day. There are about 25 wet stream crossings, but the terrain is almost level and you will enjoy the beauty of the streams and the diverse flora nearby. Plan to hike in shoes/boots that you don't mind getting soaked and use two hiking poles. CAR SHUTTLE.

Topo(s): Pisgah Forest

Sunday No. A2103-068 **Sept. 5**  
**Big Butt from Balsam Gap**  
**(Walker Knob Overlook)** **8:30 AM**

Hike 6, Drive 45, 1650 ft. ascent, Rated C-A  
Karen Lachow, 703-395-5879,  
heyk127@hotmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center.

This moderate in-and-out hike will be at over 5000-ft. elevation. We'll take the Big Butt Trail from Balsam Gap (Walker Knob) on the BRP and ascend to Point Misery, Little Butt and then to Big Butt, at just under 6000 ft. We will stop on the way back at Little Butt for lunch. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. This hike is #86 of the 100 Favorite Trails.

Topo(s): Montreat

Saturday No. A2103-632 **Sept. 11**  
**Cantrell Lodge from Turkey Pen** **9:30 AM**  
Hike 8.5, Drive 55, 700 ft. ascent, Rated B-C,  
**P400**

Lorraine Bernhardt, 828-699-8857,  
lsbernhardt50@gmail.com

**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.

**Second Meeting Place:** Ingles on NC 191/280 (Mills River) by gas pumps at 9:45 AM. Form carpools and meet leader at second meeting place. This in-and-out hike begins at the Turkey Pen parking area and follows the South Mills River Trail to the Cantrell Lodge, following an old logging railroad grade. On the way, we'll cross three pedestrian bridges and see a couple of unusual Carsonite signs. We'll learn more about the history of this historic lodge and area. This hike is #64 of the 100 Favorite Trails.

Topo(s): Pisgah Forest

Sunday No. A2103-095 **Sept. 12**  
**Hemphill Bald from Polls Gap** **9:00 AM**  
Hike 9.5, Drive 30, 1760 ft. ascent, Rated A-A,  
**900M**

Danny Bernstein, 828-450-0747,  
dannyhiker@gmail.com

**Only Meeting Place:** Maggie Valley Post Office. Driving distance from Asheville is 85 miles round trip. We will hike from Polls Gap to our scenic lunch spot at Hemphill Bald in the GSMNP, with outstanding views. The return route will be via the same trail. On the drive back, we'll stop at

the Masonic Marker. This hike is #37 of the 100 Favorite Trails. You must be a paid-up CMC member. No guests.

Topo(s): Dellwood

Sunday No. A2103-938 **Sept. 19**

**Waterrock Knob to The Pinnacle via Blackrock Mtn. 8:00 AM**

Hike 9.2, Drive 90, 1558 ft. ascent, Rated A-A, **SB6K**

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

**Only Meeting Place:** Home Depot off Exit 44 of I-40. This hike will begin from the Waterrock Knob lower parking lot and continue along a rough trail, passing Yellow Face and mega rock formations, and on to the spectacular view from Blackrock Mtn. From there we will descend a bit and then hike out to even more spectacular views of craggy Pinnacle Park. We will then backtrack a short distance before descending steeply to our vehicles at the Fisher Creek Trailhead. 30-MINUTE SHUTTLE.

Topo(s): Sylva North

Saturday No. A2103-504 **Sept. 25**

**Lane Pinnacle from Bull Gap 8:00 AM**

Hike 10.4, Drive 30, 2900 ft. ascent,

Rated A-AA, **AT-MST**

Judy Magura, 828-606-1490,

quilter290@gmail.com and Jim Magura,

828-606-3989, jqs290@gmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center. This hike on the MST from Bull Gap includes a gentle climb through a system of switchbacks leading past the Rattlesnake Lodge site, and further ascents to Rich Knob and Wolfden Knob before arrival at our lunch spot just past Lane Pinnacle with incredible views. We will return to our cars via the same trail. This hike meets/exceeds the requirements of #83 of the 100 Favorite Trails.

Topo(s): Craggy Pinnacle

Sunday No. A2103-907 **Sept. 26**

**Wildcat Rock Trail to Bearwallow Mountain 8:00 AM**

Hike 10, Drive 20, 2300 ft. ascent, Rated A-AA

Donna Lanning, 828-684-7083,

cell: 828-606-7956, dblanning@bellsouth.net

**First Meeting Place:** Ingles on US 74-A 1-1/2 miles south of I-40 Exit 53. Form carpools and meet leader at second meeting place.

**Second Meeting Place:** Upper Hickory Nut Gorge Trailhead (Florence Nature Preserve) at 8:15 AM.

This is a new variation and extension of the Wildcat Rock Trail hike. The trail goes around an apple orchard and crosses Hickory Creek on a wooden bridge before beginning the ascent. We will climb 100 log steps to reach the 100-ft. Little Bearwallow Falls at about 1 mile. After viewing the waterfall, we will climb more than 130 rock stairs as we ascend the side of the cliff line on our way to the Wildcat Rock Overlook Trail, where we will enjoy great views. We will then continue on to the top of Bearwallow Mountain for lunch, returning the same way.

Topo(s): Bat Cave

## 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 Lee Silver, 828-668-7147, mhsrunning@yahoo.com. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** Driving distance is round trip from the first meeting place. Hikes assemble at the location described for that hike. Some hikes will have second meeting places, and starting times may vary. **Times listed are departure times – arrive early.**

Sunday No. H2103-285 **July 4**

**Lane Pinnacle 12:45 PM**

Hike 5, Drive 60, 1200 ft. ascent, Rated C-B,

**AT-MST**

Lee Silver, 828-668-7147, cell: 828-442-6549,

mhsrunning@yahoo.com

**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 10 hikers, contact hike leader via email for reservations. This is a great in-and-out and up-and-down hike on a high ridge with excellent views. After a short climb of this high-altitude ridge, we can enjoy four lovely viewpoints. We'll take the MST trail from Bee Tree Gap to Lane Pinnacle and return. The climbs are short but quite steep. We will proceed at a moderate pace.

Sunday No. H2103-070 **July 11**

**Mt. Mitchell Loop 12:30 PM**

Hike 4.2, Drive 60, 1100 ft. ascent, Rated C-B

Barbara Morgan, 828-460-7066,

barbe129@gmail.com

**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 15 hikers, contact hike leader via email for reservations. Starting at Steps Gap Ranger Station, we will use the Camp Alice and Mt. Mitchell Trails to create a scenic loop in this rugged high country.

Topo(s): Mt. Mitchell

Sunday No. H2103-068 **July 18**

**Little Butt from Walker Knob Overlook 9:30 AM**

Hike 4.5, Drive 44, 1300 ft. ascent, Rated C-B

Dick Zimmerer, 828-785-9593,

dd1zz@yahoo.com

**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 10 hikers. Contact hike leader via email for reservations. Form carpools (if fully vaccinated) and drive to Walker Knob Overlook (formerly Balsam Gap) at BRP MM 360. (If not vaccinated, please meet at FAC but drive alone to the trailhead.) This moderate in-and-out hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. There are fairly steep climbs to Point Misery and Little Butt (steep with 310 steps) on the way in, and then again on the return. So if you have knee issues, this is probably not the hike for you! Other than that, it's a good summer hike, especially since the trail is at over 5000 feet and runs perpendicular to the Parkway and therefore one quickly gets away from the traffic (read Harleys) noise.

Topo(s): Montreat

Sunday No. H2103-463 **July 25**

**Big Ridge Overlook to Elk Pasture Gap 12:00 PM**

Hike 4.4, Drive 40, 750 ft. ascent, Rated C-C,

**AT-MST, P400**

Carroll Koeplinger, 828-667-0723,

cell: 828-231-9444, cakoep29@gmail.com

**Only Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26. Limit of 15 hikers, contact hike leader via email for reservations. An in-and-out hike on part of the Shut-in Trail along the MST between two overlooks on the Parkway.

Topo(s): Dunsmore Mtn.

Sunday No. H2103-655 **Aug. 1**

**Looking Glass Overlook to Big East Fork 9:30 AM**

Hike 5.5, 100 ft. ascent, Rated C-C, *Wilderness hike, limited to ten hikers, contact leader for reservation.* **P400**

Bobbi Powers, 828-667-5419,

bobbipowers23@gmail.com

**Only Meeting Place:** BRP Cold Mountain Overlook at MM 412. Driving distance from Asheville is 60 miles round trip. This downhill-all-the-way hike (1300-ft. descent) begins at Looking Glass Rock Overlook and connects with the Big East Fork Trail via Bridges Camp Gap Trail. Rushing waters, magnificent boulders, and tricky rock hops are highlights. Weather permitting, we will stop for swimming/wading. CAR SHUTTLE.

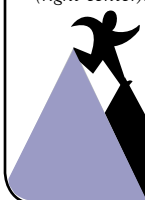
Topo(s): Shining Rock

### How to join the CMC

1. Go to [www.carolinamountainclub.org](http://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



Sunday No. H2103-815 **Aug. 8**  
**Sams Gap northbound to Street Gap** **9:30 AM**  
Hike 4.6, Drive 60, 1200 ft. ascent, Rated C-B, **AT-MST**  
Linda Blue, 828-296-7537, cell: 828-273-6696, lgblue@bellsouth.net  
**Only Meeting Place:** 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Limit of 15 hikers, contact hike leader via email for reservations. This is a pleasant section of the Appalachian Trail. After a somewhat strenuous uphill at the start of this hike, the trail levels off on a ridge that runs along the NC-TN border. We should still have nice views and hopefully some late season wildflowers.  
Topo(s): Sams Gap

Sunday No. H2103-665 **Aug. 15**  
**NC 128 - Waterfall** **12:00 PM**  
Hike 6, Drive 62, 500 ft. ascent, Rated C-C  
Carroll Koepplinger, 828-667-0723, cell: 828-231-9444, cakoep29@gmail.com  
**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 15 hikers, contact hike leader via email for reservations. A gentle hike along the MST to a small but lovely waterfall and return. We'll have views along the BRP on the drive up to Mt. Mitchell Road, where the hike begins.  
Topo(s): Montreat, Mt. Mitchell

Sunday No. H2103-247 **Aug. 22**  
**Investor Gap Blueberry Hike** **10:00 AM**  
Hike 5, Drive 65, 500 ft. ascent, Rated C-C, *Wilderness hike, limited to ten hikers, contact leader for reservation.* **P400, SB6K**  
Ted Altman, 513-532-7766, tedaltman2@gmail.com  
**First Meeting Place:** Asheville Outlets parking lot behind Waffle House off Exit 33 of I-26.  
**Second Meeting Place:** Cold Mountain Overlook (BRP MM 412) at 10:30 AM.  
Contact hike leader for reservations via email. This is 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. Once we get to the blueberries, we plan on picking for 2 hours. Everyone should bring berry-picking containers, hat and sunscreen. If there are no blueberries we will all hike to the top of Grassy Cove Top.  
Topo(s): Shining Rock

Sunday No. H2103-314 **Aug. 29**  
**Grassy Ridge Mine Overlook towards Old Bald** **10:00 AM**  
Hike 6, Drive 90, 900 ft. ascent, Rated C-C, **AT-MST**  
Marcia Bromberg, 828-505-0471, cell: 860-798-9905, mwbromberg@yahoo.com  
**Only Meeting Place:** Home Depot off Exit 44 of I-40. Limit of 15 hikers. Contact hike leader via

email for reservations. This seldom-used section of the MST is a pleasant hike along a ridge line. There are great views at the beginning of the hike and limited views along the way. The whole hike is above 5,000 ft., so the temperature should be more comfortable than at lower elevations. The highlights of this hike are the interesting trees, rocks and mosses.  
Topo(s): Hazelwood

Sunday No. H2103-002 **Sept. 5**  
**NC 128 to Balsam Gap** **10:00 AM**  
Hike 5, Drive 60, 1300 ft. ascent, Rated C-B, **AT-MST, SB6K**  
Dennis Bass, 828-367-7792, cell: 828-367-8619, dbass3607@gmail.com  
**Only Meeting Place:** Back parking lot of Folk Art Center. Limit of 12 hikers, contact hike leader via email for reservations. This shuttle hike in the high country on the MST near Mount Mitchell features great views, rocky climbs, spruce forests and 6320-ft. Blackstock Knob. Because of limited trailhead parking, we will have to carpool.  
Topo(s): Montreat

Sunday No. H2103-295 **Sept. 12**  
**Pump Gap Loop** **10:00 AM**  
Hike 5.1, Drive 66, 1100 ft. ascent, Rated C-B  
Judy Magura, 828-606-1490, quilter290@gmail.com and Jim Magura, 828-606-3989, jqs290@gmail.com  
**Only Meeting Place:** 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Limit of 15 hikers, contact hike leader via email for reservations. A variation on hike #295, this loop hike begins north on the A.T. with a climb to Lover's Leap, where we will stop for the view and photos! We will continue on the A.T. along a ridge above Hot Springs until it intersects with the Pump Gap Trail. This will take us back to our starting point, passing Silvermine Campground. This is hike #41 of the 100 Favorite Trails.  
Topo(s): Hot Springs

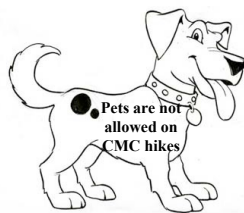
Sunday No. H2103-172 **Sept. 19**  
**John Rock Loop Hike** **12:00 PM**  
Hike 5.7, Drive 60, 1300 ft. ascent, Rated C-B, **P400, WC100**  
Lee Belknap, 828-698-9394, cell: 828-674-3631, rivergyppy@sprintmail.com  
**Only Meeting Place:** Pisgah Forest Fish Hatchery off FS 475. Driving distance from Asheville is 60 miles round trip. Limit of 15 hikers, contact hike leader via email for reservations. This moderate loop hike, with good views from John Rock, starts at the Fish Hatchery parking lot.  
Topo(s): Shining Rock

Sunday No. H2103-062 **Sept. 26**  
**Daniel Ridge Loop Trail** **12:00 PM**  
Hike 4.2, 800 ft. ascent, Rated C-C, **P400, WC100**

Daisy Teng Karasek, 828-505-2036, cell: 408-887-3666, daisytk@yahoo.com  
**Only Meeting Place:** Pisgah Forest Fish Hatchery off FS 475. Limit of 15 hikers, contact hike leader via email for reservations. Driving distance from Asheville is 65 miles round trip. This moderate loop hike has lots to "C": Creeks, Chasms, end-of-season Color, and a Cool Cascade finale. This hike is #55 of the 100 Favorite Trails.  
Topo(s): Shining Rock

## NEXT CMC COUNCIL MEETING

**When:** August 10, 2021  
**Where:** Please check Breaking News in August  
**Time:** 6:00 - 9:00 PM  
**Info:** Call Debby at 404-731-3119 if you would like to attend. All CMC members are welcome.



Further information about regulations is available at [www.carolinamountainclub.org](http://www.carolinamountainclub.org)

**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. **Due to COVID-19, all hikes have a limit of 15 hikers unless stated otherwise. Contact leader for reservation.** 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. Pets are not allowed on CMC hikes. 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](http://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 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 joining and paying dues. To join online or by paper application, go to [www.carolinamountainclub.org](http://www.carolinamountainclub.org) and click on the green Join button just below the Member Login. Choose either Join CMC online or CMC application form (pdf). Don't have internet access? Mail a note to the CMC address requesting an application form be mailed to you. Annual dues are \$20 for individuals and \$30 for families. 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:* Debby Jones, 404-731-3119, [president@carolinamountainclub.org](mailto:president@carolinamountainclub.org)  
*Vice-President:* Tom Weaver, 828-785-3646, [cmcvp@carolinamountainclub.org](mailto:cmcvp@carolinamountainclub.org)  
*Secretary:* Karen Lachow, 703-395-5879, [secretary@carolinamountainclub.org](mailto:secretary@carolinamountainclub.org)  
*Treasurer:* George Bauernfeind, 502-724-5714, [treasurer@carolinamountainclub.org](mailto:treasurer@carolinamountainclub.org)

#### *Immediate Past President:*

Randy Fluharty, 828-253-1626, [pastpresident@carolinamountainclub.org](mailto:pastpresident@carolinamountainclub.org)  
*Councilor for Communications:*  
Stuart English, 828-384-4870, [communications@carolinamountainclub.org](mailto:communications@carolinamountainclub.org)

#### *Councilor for Conservation:*

Mike Fisher, 781-883-6938, [conservation@carolinamountainclub.org](mailto:conservation@carolinamountainclub.org)  
*Councilor for Education and Community Outreach:*

Jan Onan, 828-606-5188, [education@carolinamountainclub.org](mailto:education@carolinamountainclub.org)  
*Councilor for Hiking:*

Brenda Worley, 828-684-8656, [hiking@carolinamountainclub.org](mailto:hiking@carolinamountainclub.org)  
*Councilor for Membership:*

Lynn Saul, 704-451-5268, [membership@carolinamountainclub.org](mailto:membership@carolinamountainclub.org)  
*Councilor for Trail Maintenance:*

Todd Eveland, 847-341-1536, [TrailsMtc@carolinamountainclub.org](mailto:TrailsMtc@carolinamountainclub.org)  
*Councilor for Technology:*

Judy Magura, 828-606-1490, [hikingtech@gmail.com](mailto:hikingtech@gmail.com)  
*Councilor at Large:*

Sarah Broughton, 828-564-3662, [CouncilorLarge\\_2@carolinamountainclub.org](mailto:CouncilorLarge_2@carolinamountainclub.org)  
*Councilor at Large:*

Chris Koebelin, 518-372-4130, [CouncilorLarge@carolinamountainclub.org](mailto:CouncilorLarge@carolinamountainclub.org)