



THIRD QUARTER 2025 Quarterly Hike Schedule



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

HIKE RATINGS

First Letter Distance	Second Letter Elevation Gain
AA: Over 12 miles	AA: Over 2,000 ft.
A: 9.1-12 miles	A: 1,501-2,000 ft.
B: 6.1-9 miles	B: 1,001-1,500 ft.
C: Up to 6 miles	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: 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 at www.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@icloud.com

Art Leob Monday Crew

Madison Evans,
madison.evans2023@gmail.com
Dan Sanford, sanford.danielj@gmail.com

Waynesville Wednesday Crew

Chris Werbylo, jcw402@aol.com

Asheville Thursday Crew

Dale Gerhardt, patchwrk18@gmail.com
Ken Hummel, kenhummel60@gmail.com
David Pizzolato, pizzolato957@gmail.com

Asheville Friday crew

Paul Curtin, pmcurtin@hotmail.com
Chris Werbylo, jcw402@aol.com

Pisgah Friday Crew

Don Cooper, dncpr47@gmail.com
Robert Bolt, otherob@inbox.com

Quarterly Saturday Crew

Les Love, lesrlove55@gmail.com
Chris Werbylo, jcw402@aol.com

Free Rangers Crew

John Busse, jfbusse@hotmail.com

Remote Overnight Crew

Paul Curtin, pmcurtin@hotmail.com

Section Rovers Crew

Jan Onan, janonan59@gmail.com
Madison Evans,
madison.evans2023@gmail.com
Dale Gerhardt, patchwrk18@gmail.com

Wilderness Response Crew

Paul Dickens, psdicken@gmail.com

AT Section Maintainers Supervisor

Paul Curtin, pmcurtin@hotmail.com

MST Maintainers (South to North)

Oconaluftee River to Old Bald
Chris Werbylo, jcw402@aol.com
Old Bald to Hwy 215

Robert Bolt, otherob@inbox.com

Hwy 215 to Big Ridge O/L

Joseph Bange, joseph.bange@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@icloud.com

Secondary Trails Maintainers Supervisor

Les Love, lesrlove55@gmail.com

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 LTC@carolinamountainclub.org

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

SB6K For hiking all 40 peaks above 6000'. Contact SB6K@carolinamountainclub.org

WC100 For hiking to the 100 best waterfalls in the area. Contact w100@carolinamountainclub.org

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

LEISURE HIKEs

Leisure hikes are designed to provide more hiking opportunities for beginners, youth, or anyone else looking for a shorter, slower-paced CMC hike. The hikes are open to CMC members as well as families and newcomers. Please contact the hike leader to reserve your space. If you have questions or are interested in leading a Leisure hike, please contact Jeff Wilcox at education@carolinamountainclub.org.

Saturday No. L2503-0028 **July 19**

Pisgah Inn to Elk Pasture Gap 9:00 AM

Hike 3.2, Drive 35, 360 ft. ascent, Rated C-C, **AT-MST, P400**

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

First Meeting Place: Food Lion - 35 Westridge Market Pl. Candler.

NEXT CMC

COUNCIL MEETING

When: Tuesday, Aug. 19, noon-4 p.m.
Where: Reynolds Village YMCA, 3rd floor conference room
Info: Call Les at 828-230-1861 if you would like to attend. All CMC members are welcome.

SATURDAY WORKDAYS

The remaining Quarterly Saturday Trail Maintenance Workdays for 2025 are August 16 and September 27. We meet at 8:30 and return to Asheville by 3:00. Contact Les Love (lesrlove55@gmail.com, 828-230-1861) or Chris Werbylo (jcw402@aol.com) for details and where to meet.

Second Meeting Place: Pisgah Inn parking lot near convenience store at 9:30 AM - but contact leader first.

Contact the leader for reservation. In this version of CMC hike #0028, we'll start from the Pisgah Inn and hike along the MST to Elk Pasture Gap (with a short car shuttle), where there should be Turks cap lilies, black cohosh and other wildflowers in bloom.

Topo(s): Dunsmore Mtn.

Saturday No. L2503-0392 **Aug. 2**
Oconaluftee River Trail **9:00 AM**
Hike 3.2, Drive 98, 50 ft. ascent, Rated C-C,
900M

Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

Second Meeting Place: Maggie Valley Post Office at 9:30 AM - but contact leader first.

Contact leader by email for reservation. In this shortened version of CMC hike #0932, we will drive to the Oconoluftee Visitor Center in GSMNP. From there, we will take a scenic, leisurely, out-and-back hike along the river. Afterwards, hikers will have the option to explore the Visitor Center and walk through the Mountain Farm Museum, viewing exhibitions and displays to learn about Appalachian farming practices and Cherokee legend and culture. Note: A parking pass for each vehicle is required in GSMNP. For more info: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

Saturday No. L2503-0637 **Aug. 16**
Folk Art Center
to Swannanoa River **9:30 AM**

Hike 2.7, 312 ft. ascent, Rated C-C
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. We will meet and start at the Folk Art Center, hiking south to the Swannanoa River and back. At the river, we'll be able to see the high water marks from Hurricane Helene flooding as well as how much the area has been cleaned up by volunteers and government agencies.

Topo(s): Asheville

Saturday No. L2503-0030 **Sept. 6**
Pisgah Inn to Buck Spring Gap **9:00 AM**
Hike 3.2, Drive 35, 790 ft. ascent, Rated C-C,
AT-MST

Barton Paschal, 828-545-6795,
bartonpaschal@gmail.com

Only Meeting Place: Food Lion - 35 Westridge Market Pl. Candler.

Contact leader for reservation. This is an in-and-out version of CMC Hike #0030 (with a twist). We will begin the hike at the Pisgah Inn and follow the MST to the Buck Spring

Gap overlook, where we will take in views of the Smokies, Shining Rock, and to the east, Bearwallow Mountain. The leader will provide historical information about the Buck Spring Lodge, Vanderbilt's Pisgah Motor Road, and the former site of Honeymoon Cottage. The hike will include a short 1/4-mile detour along the Pilot Rock Trail to the top of Little Bald and its own panoramic view of Pisgah Inn, Cedar Rock Mountain, Looking Glass Rock, Clawhammer Mtn, and even more peaks further in the distance.

Topo(s): Dunsmore Mtn.

Saturday No. L2503-0867 **Sept. 20**
Hooker Falls P.L. #5 -
Hooker, Triple & High Falls **8:30 AM**
Hike 5, Drive 55, 500 ft. ascent, Rated C-C,
WC100

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

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM - but contact leader first.

From the Hooker Falls Access Area in DuPont State Recreational Forest, we will walk down to Hooker Falls, passing a cemetery on the way. Then we'll cross the bridge and a climb a steep but short hill to Triple Falls and a stroll to High Falls. Back at Hooker Falls and our cars, we will then drive to Lake Imaging Access area for a short stroll to Lake Imaging and back.

Topo(s): Standingstone Mtn.

WEDNESDAY HIKES

Wednesday hikes submitted by Judy Magura, 828-606-1490, quilter290@gmail.com. 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. W2503-0205 **July 2**
Waterrock Knob from Soco Gap **8:00 AM**
Hike 9, Drive 65, 1950 ft. ascent, Rated B-A,
AT-MST, SB6K

Marie Chamberlin, 678-492-6718,
marie.m.chamberlin@gmail.com

First Meeting Place: Home Depot off Exit 44 of I-40.

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

No need to pre-register. Just show up at one of the two meeting places ready to hike. This hike starts from Soco Gap with an elevation of 4400 feet and heads steadily up to Waterrock Knob at close to 6400 feet. We will enjoy the view as we eat our lunch at the top. This section of the MST was completed by CMC in 2016.

Expect to be impressed by the work that went into building this trail. We will visit Howard's Bridge, Piet's Place and some big oak, spruce and maple trees, and return on the same trail.
Topo(s): Hazelwood

Wednesday No. W2503-1005 **July 2**
Holmes Educational

State Forest #2 **9:00 AM**
Hike 6, Drive 75, 1000 ft. ascent, Rated C-C
Danny Bernstein, 828-450-0747,
dannyhiker@gmail.com

Only Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Contact leader via email for reservation. Lovely walk through Holmes State Forest. The first mile or so on Wildcat Rock Trail has a steep climb. It is a well-maintained trail with smooth switchbacks and a pond at the top. Hopefully there will be summer flowers and we will take the time to identify them. Once back down, we will stop at the Forest Demonstration Trail and Talking Tree Trail, featuring forest education. We will also visit the visitor center at the end.

Wednesday No. W2503-0203 **July 9**
Tanyard Gap to Lovers Leap **8:30 AM**

Hike 9.5, Drive 60, 2300 ft. ascent,
Rated A-AA, **AT-MST**
Kay Haskell, 610-613-4858,
HaskellKM@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact leader for reservation. Limit of 11 hikers. We will do a variation of hike #0203. We will hike the A.T. past Lovers Leap and down to the French Broad River in Hot Springs. Car shuttle.
Topo(s): Hot Springs

Wednesday No. W2503-0583 **July 9**
Cedar Rock Mtn. and Kagle Mtns.

From Catheys Creek Rd. **8:30 AM**
Hike 7, Drive 80, 1700 ft. ascent, Rated B-A,
P400

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

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

Contact leader via email to make reservation. This hike takes the shortest way to the summit of Cedar Rock Mtn. and its magnificent views. From the summit, we'll go down the south ridge to and across the ALT; we'll stay in the woods on the ridgeline and climb to the summit of Kagle Mtn., then down to an old road back to Catheys Creek Rd. Although not particularly dangerous, there will be some scrambling over bare rock. The slopes are gradual and no climbing skills are needed, just a tolerance for heights. The cross-country part is largely gentle

slopes through open country.
Topo(s): Pisgah Forest

Wednesday No. W2503-0531 **July 16**
Pisgah Inn to Mills River Overlook **8:30 AM**
Hike 4.5, Drive 50, 650 ft. ascent, Rated C-C,
AT-MST, P400

Brenda Worley, 828-684-8656,
cell: 828-606-7297, bjdworley@gmail.com
Only Meeting Place: Tanger Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Contact leader for reservation. Because the
Blue Ridge Parkway is still closed, this is a
variation of hike #0531. We will leave a car(s)
at Elk Pasture Gap and begin the hike at the
Pisgah Inn. We will continue to the Mills River
Overlook and then return to Elk Pasture Gap.
We expect to see beautiful summer wildflowers
along the route, such as Turk's cap lilies, black
cohosh, among others. Short car shuttle.
Topo(s): Dunsmore Mtn.

Wednesday No. W2503-0244 **July 23**
Firescald Knob, Jerry Cabin **8:30 AM**
Hike 8, Drive 95, 1600 ft. ascent, Rated B-A,
AT-MST

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com
Only Meeting Place: Publix at 165 Weaver
Blvd. Weaverville; lower end of parking lot off
Exit 19 of I-26. Contact leader via email for
reservation. From Jones Meadow, we will hike
north on the A.T. over the scenic and narrow
Firescald Knob relocation completed by CMC
in 2003, to our lunch spot at Jerry Cabin. Our
route back will follow the original A.T. route,
with a stop at Blackstack Cliffs for the view.
Topo(s): Greystone

Wednesday No. W2503-0120 **Aug. 6**
Charlies Bunion, Kephart Prong,
with Mt. Kephart **9:00 AM**

Hike 11, Drive 130, 1500 ft. ascent, Rated A-B,
SB6K, 900M
Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com
First Meeting Place: Home Depot off Exit 44
of I-40.

Second Meeting Place: Maggie Valley Post
Office at 9:30 AM - but contact leader first.
Contact leader by email for reservation. An out-
standing rock outcrop along the A.T. and stun-
ning views are the highlights of our trip. From
Newfound Gap, we'll hike four miles to our
lunch spot at Charlies Bunion, then hike Dry
Sluice Gap, Grassy Branch and Kephart Prong
Trails down to US 441. Note that this hike
has 2800 ft. of descent. Car shuttle. NOTE: A
parking pass for each vehicle is required in the
GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.
Topo(s): Clingmans Dome

Wednesday No. W2503-0479 **Aug. 13**
Kagle Mtn. **9:00 AM**
Hike 9.2, Drive 80, 1255 ft. ascent, Rated A-B,
P400

Henry Kassell, 845-656-5528,
hkassell@gmail.com
First Meeting Place: Asheville Outlets park-
ing lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Pisgah Forest Walmart
parking (back of center aisles close to Taco
Bell) at 9:30 AM.
Contact leader by email for reservation. Follow
Kagle Mtn. Rd. (FS 5361) to end; follow trail
on L side to Art Loeb Trail; L onto ALT, and
follow to Butter Gap Shelter; 100' past shelter,
L onto no-name trail, and follow to intersection
with FS 5361; R onto FS 5361 to trailhead.
Topo(s): Rosman

Wednesday No. W2503-0652 **Aug. 20**
A.T. - Devil Fork Gap
to Flint Gap near the entrance **8:15 AM**
to Rocky Fork Tract
Hike 8, Drive 80, 1300 ft. ascent, Rated B-B,
AT-MST

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com
Only Meeting Place: Publix at 165 Weaver
Blvd. Weaverville; lower end of parking lot
off Exit 19 of I-26. Contact leaders to make
reservation. This is a variation of hike #0652
that includes a nice section of the A.T. The first
three miles of this hike requires an ascent up to
the Flint Gap Shelter. We will continue past the
shelter onto the Rocky Fork Tract boundary.
With good weather at our lunch break, we will
enjoy long-range views of Tennessee far below
the trail. After lunch, we'll return and descend
to our cars. As a follow-up, later this year we
plan to lead an additional connecting section
of the A.T.
Topo(s): Flag Pond

Wednesday No. W2503-0987 **Aug. 20**
Buck Spring to Turkey Spring
Gap Loop via Laurel Mountain **9:00 AM**
Hike 3.2, Drive 60, 650 ft. ascent, Rated C-C
Bev MacDowell, 828-777-5806,
bevmacdowellhappy@gmail.com

First Meeting Place: Tanger Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Pisgah Forest Walmart
parking (back of center aisles close to Taco
Bell) at 9:30 AM.
Contact leader via email for reservation. Limit
of 12 hikers. Form carpools and meet leader at
second meeting place. This loop hike is from
Buck Spring, where we will explore the site of
the Vanderbilt lodge, to Turkey Spring Gap via
Laurel Mountain Trail, returning via Pilot Rock
Trail and the MST.

Wednesday No. W2503-0492 **Aug. 27**
Cold Knob #1 - Bent Creek Ramble
to MST past Sleepy Gap **8:30 AM**
Hike 7, Drive 10, 300 ft. ascent, Rated B-C,
P400

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com
Only Meeting Place: Tanger Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Contact leader via email for reservation. Uphill
on FS 479H; R onto Explorer Loop; R onto
Chestnut Cove and unnamed trail to MST; L
onto MST; L onto Stambaugh Trail; L onto
Deerfield Connector; R onto to Small Creek;
Lunch at Campground; L onto Homestead;
L onto Pine Tree Loop; R onto Explorer
Connector; R onto Explorer Loop; R onto FS
479H to trailhead.
Topo(s): Asheville, Skyland

Saturday No. W2503-0935 **Aug. 30**
Smokemont to Cabin Flats **8:00 AM**
Hike 10.5, Drive 100, 963 ft. ascent,
Rated A-C, **900M**
Eva Blinder, 828-275-6447,
ejb5711@gmail.com

First Meeting Place: Home Depot off Exit 44
of I-40.
Second Meeting Place: Maggie Valley Post
Office at 8:30 AM - but contact leader first.
Contact leader via email for reservation. Begin
hike at the Bradley Fork trailhead at the upper
end of Smokemont Campground. Hike 4.1
miles on the Bradley Fork Trail within sight
and sound of Bradley Fork. At the junction
with the Cabin Flats Trail, Bradley Fork makes
a hard right. Take the Cabin Flats Trail 1.1
miles to Campsite #49 on Bradley Fork. After a
stream-side lunch at the campsite, we return on
the same trails. Optional side trip to Chasteen
Creek Cascades on return. NOTE: A parking
pass for each vehicle is required in the GSMNP.
For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.
Topo(s): Smokemont

Wednesday No. W2503-1006 **Sept. 3**
Kenilworth and Downtown
Urban Hike **9:00 AM**

Hike 7, 500 ft. ascent, Rated B-C
Virginia Bower, 828-273-2486,
clabbergirl57@gmail.com
Only Meeting Place: Kenilworth Park,
Wyoming Ave., Asheville. Contact leader for
reservation. This is a new hike for the club.
Hike lovely Kenilworth neighborhood up to
Beaucatcher Heights and down into down-
town Asheville, where we'll wind our way
around town and back to Biltmore Ave., back
to Kenilworth neighborhood, and back to our
cars. We can stop for coffee and a snack for
those so inclined.

Wednesday No. W2503-1007 **Sept. 10**
Winding Stair Gap
to Siler Bald via the A.T. **8:15 AM**
 Hike 8.9, Drive 150, 1811 ft. ascent,
 Rated B-A, **AT-MST**
 Sharon Smith, 704-877-7804,
 waltersharon204@gmail.com
Only Meeting Place: Home Depot off Exit
 44 of I-40. Contact leader via email for res-
 ervation. Form carpools and meet leader at
 the trailhead. Enjoy this in-and-out hike near
 Franklin, NC. Generally considered a chal-
 lenging route, it takes an average 4-1/2 hours
 to complete. This is a popular trail for hiking,
 camping and backpacking. We may see a few
 southbound thru hikers. The trail is blazed and
 easy to follow.

Wednesday No. W2503-0216 **Sept. 17**
Sams Gap to Devil Fork Gap
on the A.T. **8:00 AM**
 Hike 9, Drive 80, 1900 ft. ascent, Rated B-A,
AT-MST
 Brenda Worley, 828-684-8656,
 cell: 828-606-7297, bjdworley@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS
 parking lot) off Exit 25 of I-26.
Second Meeting Place: Publix at 165 Weaver
 Blvd., Weaverville; lower end of parking lot off
 Exit 19 of I-26 at 8:15 AM.
 Contact leader via email for reservation. This
 section of the A.T. features nice views into
 Tennessee from the ridgeline, traversing a
 series of knobs along an unusual section of
 the TN-NC state line where Tennessee is east
 of N.C. and the southbound hiker is actually
 traveling north. Car shuttle.
 Topo(s): Sams Gap

Wednesday No. W2503-0047 **Sept. 24**
Indian Grave Gap
to Iron Mountain Gap **7:30 AM**
 Hike 10.8, Drive 103, 2800 ft. ascent,
 Rated A-AA, **AT-MST**
 Diane Saccone, 703-283-1068,
 grdngrl54@gmail.com
First Meeting Place: 160 Zillicoa St. (USFS
 parking lot) off Exit 25 of I-26.
Second Meeting Place: Publix at 165 Weaver
 Blvd., Weaverville; lower end of parking lot off
 Exit 19 of I-26 at 7:45 AM.
 Contact leader for reservation. Form carpools
 and meet leader at the second meeting place.
 The first two miles is a climb of about 1000 feet
 where we arrive at Beauty Spot. We will take
 in the views and then will continue north on
 the A.T. From Beauty Spot the trail meanders
 downhill for a couple of miles before arriv-
 ing at Deep Gap/Beauty Spot Gap (elevation
 4100 feet). From there, the ascent onto Unaka
 is about another 1100 feet elevation gain in
 the last 1.5 mile, with quite a few switchbacks
 on rocky terrain. The summit is covered in a
 magnificent, somewhat eerie, and very dense

evergreen forest with an abundance of moss.
 Depending upon where we would like to have
 our lunch, we can remain in the forest for lunch
 or traverse back to Beauty Spot where we can
 lunch with a 360-degree view. At Beauty Spot,
 we will take one last gander and then travel
 back on the A.T.
 Topo(s): Unicoi

Wednesday No. W2503-0903 **Sept. 24**
Cataloochee and Little Cataloochee
via Little Cataloochee Trail **8:00 AM**
 Hike 9.5, Drive 80, 1850 ft. ascent, Rated A-A,
900M
 Mike Knies, 828-253-6114, knies06@att.net
Only Meeting Place: Home Depot off Exit 44
 of I-40. Contact leader via email for reserva-
 tion. We will follow Pretty Hollow Trail for 0.8
 miles, turn right and follow Little Cataloochee
 Trail to the Cook cabin, then on to the Little
 Cataloochee Baptist Church and its cemetery.
 We will stop there for lunch and maybe con-
 tinue a short distance afterwards to visit the
 Hannah cabin before returning to the trailhead.
 We will learn about the lives of the families of
 Cataloochee and Little Cataloochee by visiting
 their homesites. The lovely Cataloochee Valley
 is known for its thriving elk herds, and hope-
 fully we'll see some on the way. The trail to
 Davidson Gap has been reconstructed by Trails
 Forever. This hike is #32 of the 100 Favorite
 Trails. NOTE: A parking pass for each vehicle
 is required in the GSMNP. For more informa-
 tion: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.
 Topo(s): Cove Creek Gap

ALL-DAY WEEKEND HIKES

All-day hikes submitted by Karen Lachow,
 703-395-5879, heyk127@hotmail.com.
 Driving distance is round trip from the first
 meeting place. All hikes assemble at the loca-
 tion described for that hike. Some hikes will
 have second meeting places, and starting times
 may vary.

Sunday No. A2503-0894 **July 6**
Mount Pisgah Ramble **8:00 AM**
 Hike 9.5, Drive 27, 2500 ft. ascent,
 Rated A-AA, **AT-MST, P400**
 Marie Chamberlin, 678-492-6718,
 marie.m.chamberlin@gmail.com
Only Meeting Place: Food Lion - 35 Westridge
 Market Pl., Candler. Contact leader by email
 for reservation. This CMC hike in Pisgah
 National Forest will start at Elk Pasture Gap
 and loop through the high country around Mt.
 Pisgah, a welcome place to be on a hot day. We
 will hike on the MST from Elk Pasture Gap to
 the top of Mt. Pisgah, passing Little Pisgah on
 the way. The rebuilt platform on Mt. Pisgah

offers fabulous views on a clear day. The
 Campground Connector leads to the Pisgah Inn
 and we will enjoy lunch on the grass behind the
 inn, admiring the view. After lunch the MST
 returns us to Elk Pasture Gap with a side trip
 up to the top of Little Bald.
 Topo(s): Dunsmore Mtn.

Saturday No. A2503-0295 **July 12**
Pump Gap - Lovers Leap Loop **9:30 AM**
 Hike 6, Drive 80, 1200 ft. ascent, Rated C-B,
AT-MST
 Kay Haskell, 610-613-4858,
 HaskellKM@gmail.com
Only Meeting Place: 160 Zillicoa St. (USFS
 parking lot) off Exit 25 of I-26. Contact leader
 by email for reservation. Limit of 11 hikers. We
 will start at the Silvermine trailhead taking the
 marked bypass to Pump Gap Loop. At the gap
 we'll turn right onto the A.T. After taking in the
 view from the overlook at Lovers Leap, we'll
 continue down to the path along the French
 Broad River, then turn right on Silvermine
 Road to the parked cars. This hike fills the
 requirement for #41 of the 100 Favorite Trails.
 Topo(s): Hot Springs

Sunday No. A2503-0868 **July 13**
Woodfin Cascades
to Waterrock Knob **8:00 AM**
 Hike 9.8, Drive 65, 2264 ft. ascent,
 Rated A-AA, **AT-MST, SB6K**
 Donna Lanning, 828-606-7956,
 dblanning@bellsouth.net
Only Meeting Place: Home Depot off Exit
 44 of I-40. Contact leader by email for reser-
 vation. Limit of 12 hikers. This variation of
 Hike #868 starts from the Woodfin Cascades
 Overlook on the Blue Ridge Parkway. We will
 hike on the MST for 4.8 miles and then take
 the steep path just above the Visitor Center to
 Waterrock Knob for cooler temperatures and
 awe-inspiring views. This trail goes through
 varied forest types and terrain that starts off
 evenly graded, then becomes rocky, with roots
 in areas and then some steep grades. We will
 return via the same route. This hike is #38 of
 the 100 Favorite Trails.
 Topo(s): Hazelwood, Sylva North

Sunday No. A2503-0367 **July 20**
Art Loeb to Bridges Camp Gap
via Grassy Cove **8:00 AM**
 Hike 8.3, Drive 65, 1400 ft. ascent, Rated B-B,
Wilderness hike, limited to ten hikers, contact
leader for reservation. **P400, SB6K, WC100**
 Henry Kassell, 845-656-5528,
 hkassell@gmail.com
First Meeting Place: Home Depot off Exit 44
 of I-40.
Second Meeting Place: BRP Cold Mountain
 Overlook at MM 412 at 8:45 AM - but contact
 leader first.
 Contact leader by email for reservation. This is

a favorite hike of many that includes a gorgeous variety of environments and high elevation. Starting on the Art Loeb Trail from FS 816 we'll hike to Black Balsam Knob, then follow the ridgeline to Tennesse Mountain. After taking in the views, we descend to Ivestor Gap, then turn right and hike down Grassy Cove Ridge to the Big East Fork of the Pigeon River. From there we will turn right onto Bridges Camp Trail to the MST and Bridges Camp Gap. Note: Two water crossings could be wet. There is a 3000-ft. descent. Car shuttle.

Topo(s): Shining Rock

Saturday A2503-0565 **July 26**
Chattooga River 8:30 AM

Hike 10, Drive 120, 1000 ft. ascent, Rated A-C
Suzanne Engelmann, 864-232-8001,
engel.sj77@gmail.com

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

Contact leader by email or call for reservation and driving directions. Form carpools and meet leader at the trailhead at 10:00 am. We will hike down to the Chattooga River on the Walhalla Fish Hatchery Road and the Foothills trail alongside East Fork Creek, stopping at King Creek Falls before hiking to the Chattooga River. Next, we will hike two miles along the beautiful Chattooga River and visit Spoonauger Falls. Our lunch spot will be at a pretty white beach. After lunch, we'll hike uphill on the Foothills Trail to our cars. Time will be allowed for swimming and relaxing. This will be a full day hike/outing, returning to Asheville by dark. The hike is expected to be between 8-10 miles. Leader will post the actual miles in the scout report.

Topo(s): Tamassee

Sunday No. A2503-0062 **July 27**
Daniel Ridge Loop Trail

and Shuck Falls Extension 8:00 AM
Hike 10, Drive 70, 1700 ft. ascent, Rated A-A,
P400, WC100

Sara Basile, 828-407-8051,
saraebasile@gmail.com

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact leader by email for reservation. Limit of 12 hikers. Form carpools and meet leader at second meeting place. We'll climb gradually on the Daniel Ridge Loop along a stream with small waterfalls. Then we'll add a bit of the Farlow Gap Trail to Shuck Falls and back. Our final descent will take the other leg of the Daniel Ridge Loop, where we will see yet another waterfall shortly before the end of our hike. This hike is #54 & #55 of the 100 Favorite Trails.

Topo(s): Shining Rock

Sunday No. A2503-0246 **Aug. 3**
Coffee Pot Mtn. Loop 8:30 AM

Hike 8.4, Drive 50, 1400 ft. ascent, Rated B-B,
P400

Kelly O'Rourke, 434-249-5176,
kellyleann@comcast.net

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

Second Meeting Place: Ingles on NC 191/280 at N end of parking lot in front of Pardee Urgent Care (Mills River) at 8:45 AM.

Contact the leader by email for reservation. Form carpools and meet leader at the second meeting place. On this moderate hike, we'll circle Coffee Pot Mtn. by hiking Trace Ridge Trail to Beaver Dam Gap on the BRP and returning on the Spencer Branch and Fletcher Creek Trails, with a stop to look at the Hendersonville reservoir and dam. This hike is #73 of the 100 Favorite Trails.

Topo(s): Dunsmore Mtn.

Saturday No. A2503-0314 **Aug. 9**
Grassy Ridge Mine Overlook

to Red Rock Road 9:00 AM
Hike 6.6, Drive 90, 300 ft. ascent, Rated B-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. Contact leader by email for reservation. Limit of 15 hikers. Have you ever wanted to hike that long Mountain-to-Sea Trail ridge from the Grassy Ridge Mine Overlook down to Balsam Gap? Here is your chance in the downhill direction, enjoying the views along the way. This part of the MST does not stray far from the Blue Ridge Parkway but still gives the illusion of being an "off the grid" walk in the high elevation forests with cooler temperatures. NOTE: With an 1800-ft. descent and rocky steps, hiking poles are highly recommended. Car shuttle.
Topo(s): Hazelwood

Sunday No. A2503-0097 **Aug. 10**
Cat Gap - Long Branch -

Cemetery Loop 8:30 AM
Hike 10, Drive 60, 1200 ft. ascent, Rated A-B,

P400

Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 9:00 AM.

Contact leader by email for reservation. Highlights of this trip, which begins and ends at the Pisgah Forest Fish Hatchery, are the McCall family cemetery and Long Branch Waterfall. This is a gentle walk through pretty woods beside a beautiful stream. There are a couple of water crossings that can be wet if it has rained recently.

Topo(s): Shining Rock

Sunday No. A2503-0044 **Aug. 17**
Huntfish Falls & Gragg Prong 8:30 AM

Hike 8.5, Drive 114, 1500 ft. ascent, Rated B-B,
WC100

Les Love, 828-230-1861,
leslove55@gmail.com and Catherine Love,
828-658-1489, catmlove2@gmail.com

Only Meeting Place: Ingles off Exit 64 of I-40 (Black Mountain). Contact leader by email for reservation. This hike in the Wilson Creek area of Pisgah National Forest features spectacular waterfalls and the best swimming anywhere, with two swimming holes, one on Gragg Prong and the other at Huntfish Falls. Be prepared for several wet-feet stream crossings. Bring your bathing suit and water shoes if you prefer.

Topo(s): Wilson Creek Map

Saturday No. A2503-0375 **Aug. 23**
Sams Gap to Rice Gap 8:30 AM

Hike 7.5, Drive 40, 1800 ft. ascent, Rated B-A,
AT-MST

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

Only Meeting Place: Publix at 165 Weaver Blvd., Weaverville; lower end of parking lot off Exit 19 of I-26. Contact leaders by email for reservation. An in-and-out hike on the Appalachian Trail from Sams Gap to Rice Gap with a visit to the Hogback Ridge shelter, built by CMC members. A peaceful hike in the beautiful open forest, this hike travels along the NC/TN border between Pisgah and Cherokee Forests. Expect cooler temperatures in high elevation. We will hope to see late summer wildflowers.

Topo(s): Sams Gap

Sunday No. A2503-0408 **Aug. 24**
Wolf Ford - Horse Cove Gap loop 8:00 AM

Hike 11, Drive 70, 1200 ft. ascent, Rated A-B,
P400

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

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

How to join the CMC

1. Go to www.carolinamountainclub.org
2. Click on **Join** (top left) or **Join CMC!** (right center).

3. You will see instructions for joining online or via mail.

or ... write to us at
CMC, PO Box 68,
Asheville, NC 28802
and we'll mail you an application



Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact leader by email for reservation. This variation of hike #0408 in Pisgah National Forest will follow S. Mills River Rd. to the concrete bridge for one mile. Before the bridge we will enter a manway to cross Billy Branch and follow the Rigby Cutoff to the Squirrel Gap Trail. We will follow Squirrel Gap to Horse Cove and then take FS 5016 back to Wolf Ford Rd. and our cars. Note possible wet crossing of Billy Branch. Water shoes would be helpful. Topo(s): Pisgah Forest

Sunday No. A2503-0101 **Aug. 31**
Laurel River Trail 8:30 AM

Hike 7.5, Drive 60, 350 ft. ascent, Rated B-C
Lorraine Bernhardt, 828-699-8857,
lsbernhardt50@gmail.com

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact leader by email for reservation. Hike along the beautiful Laurel River near Hot Springs, with white-water, big rocks, and surrounding high cliffs to the French Broad River. Interesting flora, as over 250 species of vascular plants have been identified along this trail. Not much elevation change but parts of the trail are rocky – hiking boots/shoes are recommended. Return via the same trail. This hike is #43 of the 100 Favorite Trails.

Topo(s): Hot Springs

Sunday No. A2503-0471 **Sept. 7**
Wagon Road Gap to Bridges Camp Gap to Big East Fork 8:00 AM

Hike 9.4, Drive 42, 1500 ft. ascent, Rated A-B, *Wilderness hike, limited to ten hikers, contact leader for reservation. AT-MST, P400*

Sara Basile, 828-407-8051,
saraebasile@gmail.com

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact leader via email for reservation. Form carpools and meet the hike leader at second meeting place. We will follow the MST south from Pigeon Gap to Bridges Camp Gap, then hike down to the East Fork of the Pigeon River for lunch and a leisurely swim. After lunch, it's downhill all the way to the Big East Fork parking area. Portions of the trail that were washed out will require a few rock scrambles along the way. Car shuttle.

Topo(s): Shining Rock

Saturday No. A2503-0932 **Sept. 13**
Oconoluftee, Mingus Creek and Cemeteries 9:30 AM
Hike 7.2, Drive 98, 800 ft. ascent, Rated B-C, 900M

Bruce Bente, 828-692-0116,
cell: 828-567-9443, bbente@bellsouth.net

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact leader by email for reservation. Starting at the parking lot of Mingus Mill, we will hike a portion of the Mingus Creek Trail (CMC hike #0896) and take a side trail to visit both Mingus and African-American cemeteries. Driving a short distance to the Oconaluftee Visitor Center in GSMNP, we will walk through the Mountain Farm Museum and continue along the Oconaluftee River. We will take time to view exhibits and displays to learn about Appalachian farming practices and Cherokee legend and culture. Both hikes are in-and-out. This hike is a combination of 100 Favorite Trails #16 and #17. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

Sunday No. A2503-0437 **Sept. 14**
Slate Rock Creek, Pilot Cove 8:00 AM

Hike 7.2, Drive 60, 1350 ft. ascent, Rated B-B, P400

Kristen Friedman, 203-253-0813,
Kristenwho62@yahoo.com

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

Second Meeting Place: Ingles on NC 191/280 at N end of parking lot in front of Pardee Urgent Care (Mills River) at 8:15 AM.

Contact leader via email for reservation. Form carpools and meet the hike leader at the second meeting place. Due to limited trailhead parking, the limit is 15 hikers. The hike will start at Slate Rock Creek trailhead and proceed up cascading Slate Rock drainage cove to a great viewing spot on Slate Rock. Expect beautiful views of Pilot Cove, Pilot Rock, Pink Beds, and beyond. After reaching the Pilot Cove trailhead, we will walk 1.7 miles on Yellow Gap Road back to our cars.

Topo(s): Shining Rock

Sunday No. A2503-0265 **Sept. 21**
Panthertown West Entrance 8:00 AM

Hike 9.3, Drive 115, 2000 ft. ascent, Rated A-A, WC100

Karen Lachow, 703-395-5879,
heyk127@hotmail.com

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

Second Meeting Place: Pisgah Forest Walmart parking (back of center aisles close to Taco Bell) at 8:30 AM.

Contact leader by email for reservation. Limit of 12 hikers. This loop hike on the Panthertown Trails of Nantahala National Forest has everything: waterfalls, granite domes with impressive cliffs, high-altitude bogs, a lovely valley floor, and great views from the top of Little Green Mountain. We will visit three waterfalls (Warden's, Schoolhouse, and Granny Burrell),

have lunch at Tranquility Point, and see the phenomenal Great Wall of granite. This will be a full day; expect a late return to Asheville. Topo(s): Big Ridge

Saturday No. A2503-0898 **Sept. 27**
Haywood Gap to NC 215 on MST 8:00 AM

Hike 7, Drive 70, 1900 ft. ascent, Rated B-A, *Wilderness hike, limited to ten hikers, contact leader for reservation. P400*

Connie Corn, 828-684-1202,
cell: 828-674-0248, cornconnie@yahoo.com

First Meeting Place: Food Lion - 35 Westridge Market Pl., Candler.

Second Meeting Place: Gravel parking lot on NC 215 1/4 mile north of BRP at 9:00 AM - but contact leader first.

Contact leader by email for reservation. This shorter version of hike #0898 is a beautiful hike in high elevation on the MST through the Middle Prong Wilderness in the Pisgah National Forest. We will follow the MST north (east) from Haywood Gap to NC 215. Possible short side trip to Fork Ridge Meadows. Car shuttle.

Topo(s): Sam Knob

Sunday No. A2503-0861 **Sept. 28**
Big and Little Cataloochee

via Dug Roads and Hall Branch 8:00 AM
Hike 6, Drive 95, 1935 ft. ascent, Rated C-A, 900M

Mike Knies, 828-253-6114, knies06@att.net

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact leader by email for reservation. This CMC hike will walk the "dug roads", originally built in the 1850s. See unrestored farm sites, a restored log cabin, the old apple house, an old church, and tourists looking for elk. The trail starts across from the church in Big Cataloochee, goes across Noland Mountain to Little Cataloochee and then back across and down Hall Branch to end at the Group Campsite. The entire hike is on abandoned but fairly open trails except for a short bit at the end. Short car shuttle. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.

Topo(s): Cove Creek Gap

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. 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. H2503-0685 **July 6**
North Slope Trail Extended **10:00 AM**
Hike 5.4, Drive 47, 700 ft. ascent, Rated C-C,
P400

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

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

Second Meeting Place: Pisgah Forest Walmart
parking (back of center aisles close to Taco Bell)
at 10:30 AM.

Contact leader for reservation. We will go along
the Exercise Trail at the Ranger Station, cross
US 276 to the Davidson River Campground,
walk along the river with a stop at the historic
English Chapel and the English family cem-
etery, and then take the North Slope Loop Trail
and return to the cars through the campground.
Topo(s): Pisgah Forest

Sunday No. H2503-0547 **July 13**
Waterrock Knob - Balsam Gap **10:30 AM**
Hike 5.5, Drive 80, 500 ft. ascent, Rated C-C,
SB6K

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

First Meeting Place: Home Depot off Exit 44
of I-40.

Second Meeting Place: Rest area beyond
Waynesville on US 23/74 at 11:00 AM - but
contact leader first.

Contact leader for reservation. Limit of 15
hikers. This is a shorter version of hike #0547.
We'll hike down approximately 5.5 miles and
2000', including a short on-road segment. We'll
have lots of beautiful views and maybe even
some late wildflowers. This is hike #3 of the
MST Great Day Hikes. Car shuttle.

Topo(s): Hazelwood, Sylva North

Sunday No. H2503-0717 **July 20**
Sunburst to Waterfalls **10:00 AM**
Hike 6.2, Drive 54, 700 ft. ascent, Rated B-C,
P400

Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

Only Meeting Place: Home Depot off Exit 44
of I-40. Contact leader via email for reservation.
We will walk mostly on a scenic Forest Service
road with 2 side trips on trails. Highlights:
waterfalls, cool rock formations.

Topo(s): Sam Knob, Waynesville

Sunday No. H2503-0318 **July 27**
East Fork of Pigeon River **10:30 AM**
Hike 5, Drive 75, 600 ft. ascent, Rated C-C,
*Wilderness hike, limited to ten hikers, contact
leader for reservation. P400*

Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

Only Meeting Place: Tanger Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Contact leader for reservation. This in-and-out

hike starts at the Big East Fork parking lot and
goes towards the headwaters of the Pigeon
River. The river is crystal clear and we will have
opportunities to go down to the river and play at
one of the swimming holes—bring a swim suit
if interested.

Topo(s): Shining Rock

Sunday No. H2503-0587 **Aug. 3**
Catawba Falls **9:00 AM**
Hike 3.6, Drive 40, 800 ft. ascent, Rated C-C,
WC100

Karen Schultz, 312-241-3329,
schultz.karenj@gmail.com

Only Meeting Place: Ingles off Exit 64 of I-40
(Black Mountain). Contact leader by email for
reservation. Catawba Falls reopened to the pub-
lic in summer 2024, following more than two
years of repairs. The new loop trail has beauti-
ful bridges, boardwalks, and a staircase (on the
River Trail) with 580 stairs leading to the lower
falls viewing platform. We will take the Ridge
Trail up to the edge of the Upper Falls viewing
platform before crossing the river and heading
down the River Trail and the 580 steps! The
views of the falls follow us all the way down!
Topo(s): Black Mtn.

Sunday No. H2503-0325 **Aug. 10**
Tanyard Gap to Rich Mountain **10:00 AM**
Hike 5.5, Drive 61, 1350 ft. ascent, Rated C-B,
AT-MST, LTC

Lee Belknap, 828-674-3631,
rivergypsy@sprintmail.com

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

Second Meeting Place: Corner of US 25/70 &
NC 208 at 10:30 AM.

Contact leader for reservation. This moderate
in-and-out hike features great views from the
Rich Mountain fire tower near Hot Springs. We
follow the A.T. north from Tanyard Gap, then
take a short side trail to the fire tower, and return
via the A.T.

Topo(s): Hot Springs

Sunday No. H2503-0512 **Aug. 17**
Pisgah Inn to Big Ridge Overlook **10:00 AM**
Hike 5.7, Drive 34, 800 ft. ascent, Rated C-C,
AT-MST, P400

Dennis Bass, 828-367-7792,
cell: 828-367-8619, dbass3607@gmail.com

Only Meeting Place: Tanger Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Hike on the MST from the Pisgah Inn, with a
brief stop to view the Buck Spring Lodge site,
continuing over Little Pisgah Mountain down
to the Big Ridge Overlook on the Blue Ridge
Parkway. 1500 ft. descent, occasionally very
steep. Poles recommended. Car shuttle.

Topo(s): Cruso

Sunday No. H2503-0997 **Aug. 24**
Biltmore Lake #2 **9:00 AM**

Hike 6.2, Drive 10, 725 ft. ascent, Rated B-C
Kris Medic, 812-371-1031,
krismedic@sbcglobal.net

Only Meeting Place: East end of Enka-Candler
Public Library parking lot 1404 Sand Hill Rd.,
Candler. Contact leader by email for reservation.
Limit of 10 hikers. Beginning at the trailhead
behind the Enka-Candler Library, we'll follow
private Biltmore Lake community trails such
as the Lake Loop and the Appalachian Morning
Trail to old logging roads on Scott Mountain, in a
section now protected by Southern Appalachian
Highlands Conservancy. We'll enjoy long-range
mountain and lake views as we walk the moun-
tainside, then descend to complete the Lake
Loop, returning to the trailhead. This hike
includes brief neighborhood sidewalk and street
connections between well-maintained trails, as
well as some Enka area history. Virtually all of
the climbing in this hike takes place in the first
third of the distance.

Sunday No. H2503-0043 **Aug. 31**
Frying Pan Tower **10:00 AM**
Hike 4.1, Drive 30, 1000 ft. ascent, Rated C-C,
P400, LTC

Bobbi Powers, 828-667-5419,
bobbipowers23@gmail.com

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

Second Meeting Place: Pisgah Inn parking lot
near convenience store at 10:30 AM - but con-
tact leader first.

Contact leader via email for reservation. This in-
and-out hike begins at the Pisgah Campground.
We will hike the rocky Frying Pan Tower Trail
to its intersection with the 7/10-mi. gravel road
to the tower. At this time of year we should see
late summer wildflowers and have great views
from the tower if the day is clear.

Topo(s): Cruso

Sunday No. 1004 **Sept. 7**
Cold Knob #2 - Explorer Loop
and Chestnut Cove **10:00 AM**
Hike 5.4, Drive 10, 700 ft. ascent, Rated C-C,
P400

Carroll Koeplinger, 828-231-9444,
cakoep29@gmail.com

Only Meeting Place: Tanger Outlets parking
lot behind Waffle House off Exit 33 of I-26.
Contact leader by email for reservation. No limit
on the number of hikers. The hike will begin at
the Explorer Loop parking area off Bent Creek
Rd. We will begin the hike on the upper portion
of the Explorer Loop, take the Sleepy Gap Trail
to South Ridge Rd., then take Chestnut Cove
Trail back to the Explorer Loop, retrace a por-
tion of the trail and continue on to complete the
balance of the Explorer Loop Trail.

Sunday No. H2503-0951 **Sept. 14**
Deep Creek Waterfalls Loop **10:00 AM**
Hike 6, Drive 124, 915 ft. ascent, Rated C-C,

WC100, 900M

Karen Lachow, 703-395-5879,
heyk127@hotmail.com

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact leader via email for reservation. Limit of 15 hikers. This lovely hike is a loop beginning from Deep Creek Campground entrance of GSMNP. We will hike along the water and visit 3 waterfalls, following the Deep Creek Trail, Juney Whank Falls Loop Trail, Loop Trail and Indian Creek Trail. Trails are very well-maintained by the NPS, with impressive bridges over all the creek crossings. Deep Creek is located near Bryson City, over an hour's drive each way. Expect a late afternoon return to Asheville. This hike meets the requirements of hike #18 of the 100 Favorite Trails. NOTE: A parking pass for each vehicle is required in the GSMNP. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.



Sunday No. H2503-0316

Carl Sandburg

Nat'l. Historic Park

Sept. 21

10:00 AM

Hike 4, Drive 60, 600 ft. ascent, Rated C-C

Judy Magura, 828-606-1490,
quilter290@gmail.com and Jim Magura,
828-606-3989, jqs290@gmail.com

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

Second Meeting Place: Carl Sandburg parking lot at 11:00 AM.

Contact leader via email for reservation. Traverse the same trails that poet/author Carl Sandburg enjoyed. Hike to overlook on Big Glassy Mountain for lunch. Return via same

route, but turn at barn trail. After hike, you may opt to tour on your own by visiting the goats in the barn or touring Carl Sandburg's historic

house for a small fee.

Topo(s): Hendersonville

Sunday No. H2503-0978

Biltmore Estate Ramble

Sept. 28

10:00 AM

Hike 6. Drive 10, 500 ft. ascent, Rated C-C

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

Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Passholders Only. Contact leader via email for reservation. This 6-mile loop hike will start at Antler Hill Village. We will hike the Lagoon Trail past the Lagoon. Then we will cross the road and hike the Deer Park Trail to the House and snack in the courtyard. We will then hike down past the Bass Pond and take a connector trail back to Deer Park Trail and back to Antler Hill.

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

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. Some CMC hikes require reservations. Check the hiking schedule to determine whether a reservation is required, and if so, call or e-mail the leader to reserve your space.

Hike leaders have the right to reject participants who are not properly equipped for the hike or who are unlikely to be able to complete the hike. All hikers are expected to follow the leader's instructions. No one should get ahead of the leader, or lag behind the sweep, without specific permission. Hikers should obtain the leader's permission if they wish to leave the hike before its completion.

CLOTHING AND EQUIPMENT: CMC's website (www.carolinamountainclub.org, click on Hiking) has a full list of day hiking needs. Most critical are water, footwear, rain gear and a first aid kit. Carry at least two quarts of liquid (water, Gatorade, juice) for a full day hike, no matter what time of year. Hiking boots are recommended for all hikes. They should be broken in before the hike. Weather changes quickly in the mountains. Even if there is no sign of rain in the morning, you need to be prepared for an afternoon shower. Your first aid kit should include any personal medication, including allergy medication, if needed. Wear layered clothing – you'll want to take layers off during a strenuous climb or as the day proceeds, then put them back on in cooler conditions.

RESPONSIBILITY FOR SAFETY: Each CMC member and guest agrees to accept personal responsibility for his or her own safety and for the safety of accompanying minors. The Club cannot ensure the safety of any participant 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 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: Les Love, president@carolinamountainclub.org

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Secretary: Eva Blinder, secretary@carolinamountainclub.org

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