

LET'S GO!



THIRD QUARTER 2026 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 A.T. section maintainers work on their own schedule.

Burnsville Monday Crew

John Whitehouse,
johnwhitehouse@icloud.com

Art Leob Monday Crew

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

Wilderness Response Crew

Paul Dickens, psdicken@gmail.com

A.T. 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

Available

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 Marie Chamberlin at marie.m.chamberlin@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

TRAIL RUNNING HIKES

Trail Running hikes submitted by Karen Lachow. Trail Running hikes are designed to provide opportunities for experienced trail runners to join a group on unpaved forest and mountain trails with varied terrain. Hikes assemble at the location and time described for that hike. Driving distance is roundtrip from the first meeting place. Please contact the hike leader to reserve your space.

Sunday No. R2603-0004 **Aug. 30**

Graybeard Overlook to Glassmine

Falls Overlook on the MST

8:00 AM

Hike 4.6, Drive 55, 950 ft. ascent, Rated C-C,

AT-MST

Paul Scalese, 570-878-5465,
pscalese15@gmail.com and John Ribes,
843-412-9925, Johnribes@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact the hike leaders for reservation. This group trail run will be starting at the Graybeard Mountain Overlook on the Blue Ridge Parkway and do an out-and-back on the MST to the Glassmine Falls Overlook. Photo/

NEXT CMC

COUNCIL MEETING

When: Tuesday, August 18, noon-4 p.m.

Where: Reynolds Village YMCA, 3rd floor conference room

Info: Contact Karen at president@carolinamountainclub.org if you would like to attend. All CMC members are welcome to attend.

SATURDAY WORKDAYS

Remaining Quarterly Saturday Trail Maintenance Workdays for 2026 are August 15th and September 26th. 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.

snack break will be at the craggy rocky area with sweeping views of the Black Mountains, just after the turnaround point. Participants are assumed to have prior trail running experience. Runners should be prepared with proper hydration, layering and footwear with good traction. Group will start the run promptly at 9:00am. Topo(s): Montreat

LEISURE HIKES

Leisure hikes submitted by Jeff Wilcox. 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.

Saturday No. L2603-0203 **July 18**
Hot Springs to Lovers Leap **10:00 AM**
 Hike 2.3, Drive 70, 500 ft. ascent, Rated C-C,
AT-MST
 Philip Walton, 925-324-3805,
 fourlo.at@gmail.com

Only Meeting Place: Parking lot behind Big Pillow Brewery in Hot Springs. Contact the leader by email for reservation. This shortened version of CMC hike #203 starts from the downtown Hot Springs parking lot and then crosses and follows the French Broad River on the Appalachian Trail. As we pass the USGS stream gauge, we'll try to estimate how far above our head the water was on September 27, 2024 (over 22'). From there, the trail makes a short (less than half mile) but steep uphill to Lovers Leap. We'll take it slowly, with time for resting and photos of the beautiful valley below before returning to town on the Lovers Leap Loop Trail. The last part of this hike includes a walk along Main Street to the Hot Springs Welcome Center to check out the historic displays as well as the original 1938 Walnut Mountain Appalachian Trail shelter that was disassembled and reconstructed by the CMC in 2025.

Topo(s): Hot Springs

Saturday No. L2603-0116 **Aug. 1**
Craggy Pinnacle and
Craggy Gardens **10:00 AM**
 Hike 3, Drive 40, 750 ft. ascent, Rated C-C,
AT-MST
 Les Love, 828-230-1861,
 lesrlove55@gmail.com and Catherine Love,
 catmlove2@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact leader by email for reservation. This is a two-part hike. First, we'll drive to the Craggy Pinnacle parking lot at MM 364 for a 1.6-mile roundtrip hike to the overlook. From there, we'll drive back to the Craggy Gardens Visitor Center and Overlook and hike a 1.4-mile roundtrip loop through Craggy

Gardens on the MST and Craggy Gardens trails. Hopefully it's a clear day with beautiful photo opportunities. Be sure to bring a jacket or sweatshirt for this higher-elevation hike.

Topo(s): Montreat

Saturday No. L2603-0346 **Aug. 15**
Folk Art Center to
Haw Creek Overlook **10:00 AM**
 Hike 2.8, Drive 2, 525 ft. ascent, Rated C-C,
AT-MST

Jeff Wilcox, 828-989-8755, jwilcox@unca.edu
Only Meeting Place: Back parking lot of Folk Art Center. This favorite moderate hike on the Mountains-to-Sea Trail rewards hikers with great views of the Haw Creek Valley. From the back parking lot of the Folk Art Center, we'll carpool a short distance north to the MST crossing of the BRP and hike from there.

Topo(s): Oteen

Saturday No. L2603-1021 **Sept. 19**
Around Ferrin Knob **10:00 AM**
 Hike 3, Drive 10, 600 ft. ascent, Rated C-C
 Bruce Bente, cell: 828-567-9443,
 bcb28791@gmail.com

Only Meeting Place: BRP French Broad Overlook at MM 393.8. Contact leader via email for reservation. This new CMC hike will begin at BRP Beaverdam Gap Overlook and end at Bent Creek Gap. Instead of following the MST over Ferrin Knob, we will hike around it, hike to a nearby knob on the Boundary Trail and back, then join the MST to Bent Creek Gap. This will be a pleasant walk through the woods with little elevation gain. Some rock reinforcements suggest that portions may have been the original route of the Shut-in Trail. Car shuttle. Topo(s): Dunsmore Mtn.

WEDNESDAY HIKES

Wednesday hikes submitted by Judy Magura. 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. W2603-0226 **July 1**
Chasteen Creek to Hughes Ridge **8:00 AM**
 Hike 12.6, Drive 105, 3000 ft. ascent,
 Rated AA-A, 900M
 Jim Ervin, 828-444-4134,
 ervingarden@bellsouth.net
First Meeting Place: Food Lion - 35 Westridge Market Pl. Candler.

Second Meeting Place: Maggie Valley Post Office at 8:30 AM - but contact leader first. Contact leader via email for reservation. This loop hike starts in the Smokemont Campground of the Great Smoky Mountains National Park and goes along scenic Chasteen Creek up to the

crest of Hughes Ridge. From that point, it follows a fairly level course. Although the mileage is long, the park trails are well graded. 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. W2603-0068 **July 8**
Big Butt from
Walker Knob Overlook **8:30 AM**
 Hike 6, Drive 45, 1300 ft. ascent, Rated C-B
 Virginia Bower, 828-273-2486,
 clabbergirl57@gmail.com

First Meeting Place: Back parking lot of Folk Art Center. Form carpools and meet hike leader at the hike trailhead.

Second Meeting Place: BRP Walker Knob Overlook at MM 360 at 9:00 AM - but contact leader first.

Contact hike leader for reservation. This moderate in-and-out hike will be at over 5000 feet elevation. There are three climbs: to Point Misery and Little Butt (steep) on the way in, and to Point Misery on the return. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. If we are lucky, we'll find some Turks cap lilies in bloom.

Topo(s): Montreat

Wednesday No. W2603-0428 **July 15**
Cane River Gap to Little Butt **8:30 AM**
 Hike 7.5, Drive 39, 2200 ft. ascent,
 Rated B-AA
 Brenda Worley, 828-606-7297,
 bjdworley@gmail.com

Only Meeting Place: Publix at 165 Weaver Blvd. Weaverville lower end of parking lot off Exit 19 of I-26. Contact the leader via email for reservation. This is a summer hike where we should see lots of Turks cap lilies. This hike begins with a 1200-ft. ascent to the ridgeline, then continues along the top of the ridge with a few gradual ups-and-downs. After Big Butt, we'll follow the narrow ridgeline with good views to our lunch spot at Little Butt, which has a great view of the Black Mtns. range across the valley. Return via the same route.

Topo(s): Mt. Mitchell

Wednesday No. W2603-0611 **July 22**
Big Ivy - Walker Ridge Loop **8:00 AM**
 Hike 8, Drive 35, 1700 ft. ascent, Rated B-A
 Marie Chamberlin, 678-492-6718,
 marie.m.chamberlin@gmail.com

First Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Form carpools and meet leader at second meeting place.

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. Limit of 12 hikers. On this variation of hike #0611,

we'll begin by hiking down the steep Staire Creek Trail from FS 63, then up the Walker Creek Trail and across the road to continue up on the Perkins Trail to the Laurel Gap Trail. After a 2-mile stroll on this meadow-like trail we'll head downhill on the Bear Pen Trail to return to our cars. These trails are rocky and steep in spots. There are several stream crossings on this hike. We walk near lovely creeks on some of the trails.

Topo(s): Barnardsville

Wednesday No. W2603-0052 **July 22**
Picnic Lunch and

Hikes at The Swag 10:15 AM

Hike 3, Drive 90, Rated C-C

Bev MacDowell, 828-777-5806,

bevmacdowellhappy@gmail.com

Only Meeting Place: Food Lion - 35 Westridge Market Pl. Candler. Limit of 12 hikers. Contact leader via mail/text for reservation. This is a Bucket List experience at Gooseberry Knob at The Swag gourmet chef grill. Lunch is at noon. Dine at 5000' with panoramic views and hike to Purchase Knob via access to Swag trails. Return to cars post-hike. Hikers must be diners. The price is \$89, including gratuity. Dine rain or shine. Bring your payment with you to pay at the Swag. Cancellations must be filled or you will be responsible for payment. Typically, a wait list!

Topo(s): Dellwood

Wednesday No. W2603-0794 **July 29**
MST: Cowee Access

to Haywood Gap 8:30 AM

Hike 8.5, Drive 90, 1500 ft. ascent, Rated B-B,

AT-MST

Henry Kassell, 845-656-5528,

hkassell@gmail.com

Only Meeting Place: Food Lion - 35 Westridge Market Pl. Candler. Contact leader by email for reservation. We will start at the spectacular Cowee Overlook on the Blue Ridge Parkway and hike steeply downhill through a beautiful spruce forest approximately 1/2 mile to the MST. Left onto the MST for approximately 8 miles to the parkway crossing at Haywood Gap. Car shuttle.

Topo(s): Sam Knob

Wednesday No. W2603-0119 **Aug. 5**
Charlies Bunion from

Newfound Gap and return 8:00 AM

Hike 8, Drive 135, 2400 ft. ascent,

Rated B-AA, **SB6K, 900M**

Thomas Butler, 361-484-3381,

butler.tom3381@gmail.com

First Meeting Place: Food Lion - 35 Westridge Market Pl. Candler. Form carpools and meet leader at second meeting place.

Second Meeting Place: Maggie Valley Post Office at 8:30 AM - but contact leader first.

Contact leader by email for reservation. This

scenic in-and-out hike will follow the A.T. from Newfound Gap to a spectacular lunch spot at Charlies Bunion. This hike is #27 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>.

Topo(s): Clingmans Dome

Wednesday No. W2603-0394 **Aug. 12**

Cataloochee and

Little Cataloochee 8:30 AM

Hike 7.2, Drive 95, 1500 ft. ascent, Rated B-B, **900M**

George Shepherd, 405-596-2632,

Gsshepherd620@gmail.com

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

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 9:00 AM.

Contact leader by email for reservation. This is a variation of hike #0394. The trailhead is near the school (past the church) on Cataloochee Rd. The hike begins up Pretty Hollow Gap Trail, then turns right in 0.8 mi. onto Little Cataloochee Trail. After going over Davidson Gap, the trail goes past the Cooke cabin and apple house. The turn-around point will be at Cataloochee Baptist Church and its historic cemetery. This will be done as a history hike with information on Big Cataloochee & Little Cataloochee. The church we will visit was built in 1889. There is a rich history of residents and their farms prior to the creation of the National Park. 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

Wednesday No. W2603-0370 **Aug. 12**
South Mills River 8:30 AM

Hike 12, Drive 75, 1100 ft. ascent, Rated A-B,

P400, WC100

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 - but contact leader first.

Contact leader by email for reservation. This is another of the P400 hikes that is scheduled during a summer month because of its fourteen stream crossings. This hike starts at the Gauging Station and ends at the Turkey Pen parking area. It is a long hike but except for two climbs it is entirely flat. Water shoes and hiking poles are recommended. Sturdy shoes are needed for the first 3 miles and the last half mile. Because it is a shuttle hike, I estimate being back in Asheville around 6pm.

Topo(s): Pisgah Forest

Wednesday No. W2603-0101 **Aug. 19**

Laurel River Trail

8:00 AM

Hike 7.5, Drive 60, 350 ft. ascent, Rated B-C

Judy Magura, 828-579-0321,

quilter290@gmail.com and Jim Magura,

828-579-1099, 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 by email for reservation. Hike along the beautiful Laurel River near Hot Springs, with whitewater, 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 and have poison ivy - hiking boots/shoes and long pants are recommended. Return via the same trail. This hike is #43 of the 100 Favorite Trails.

Topo(s): Hot Springs

Wednesday No. W2603-0242 **Aug. 26**

Sam Knob - Devils Courthouse 8:00 AM

Hike 8.3, Drive 60, 1500 ft. ascent, Rated B-B,

P400, SB6K

Brenda Worley, 828-606-7297,

bjdworley@gmail.com

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

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

Contact hike leader by email for reservation. This hike in the cool high elevations is perfect for a hot summer day. From FS 816 we will ascend Sam Knob (6040 ft.) with its 360-degree views, then hike through high meadows on the Flat Laurel and Little Sam Trails. We then return via the MST across FS 816 and up to the summit of Black Balsam (6214 ft.), then down to our cars.

Topo(s): Sam Knob

Wednesday No. W2603-0270 **Sept. 2**

Cedar Rock Mountain

and John Rock

8:00 AM

Hike 8, Drive 80, 2000 ft. ascent, Rated B-A,

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. Form carpools and meet leader at the second meeting place.

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

Contact leader by email for reservation. With ongoing construction at the Fish Hatchery, parking can be limited, so fewer cars is better. This hike features two of the spectacular bare rock faces in the Pisgah National Forest, with great views from both. Starting at the Fish

Hatchery, we'll have our major climb up to Cat Gap and then on to Cedar Rock to enjoy the view during lunch. We'll return via John Rock. Topo(s): Shining Rock

Wednesday No. W2603-0343 **Sept. 9**
Mount Mitchell Loop
via Commissary Ridge **8:30 AM**
Hike 7, Drive 65, 1500 ft. ascent, Rated B-B,
SB6K

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

Only Meeting Place: Back parking lot of Folk Art Center. Contact leader via email for reservation. We will hike from the Ranger Station at Stepps Gap to the summit via the Old Mitchell Trail where we'll enjoy the view from the observation platform. Hiking down from the summit, we will take the Mt. Mitchell Trail/MST through moss-covered pine forest and return on the Commissary Ridge Trail. Expect grand views, beautiful forest scenery and (hopefully) flush toilets. This hike is #88 of the 100 Favorite Trails.

Topo(s): Mt. Mitchell

Wednesday No. W2603-0236 **Sept. 16**
Fawn Lake P.L. #1 - Three Lakes **8:30 AM**
Hike 9, Drive 73, 1400 ft. ascent, Rated B-B,
WC100

Danny Bernstein, 828-450-0747,
dannyhiker@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 - but contact leader first.

Contact leader by email for reservation and let her know which meeting place you will use. A moderate hike featuring beautiful lakes and a waterfall. We'll see Bridal Veil Falls, Lake Julia, Lake Dense and Fawn Lake.

Topo(s): Standingstone Mtn.

Wednesday No. W2603-0985 **Sept. 23**
MST to Green Knob
and Fork Ridge Meadow **8:30 AM**
Hike 6.8, Drive 70, 1797 ft. ascent, Rated B-A,
Wilderness hike, limited to ten hikers, contact leader for reservation. AT-MST
Brenda Worley, 828-606-7297,
bjdworley@gmail.com

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

Second Meeting Place: BRP Cold Mountain Overlook at MM 412 at 9:00 AM.

Contact leader by email for reservation. This trail is in the Middle Prong Wilderness Area. We will hike from Rough Butt Bald Overlook to the MST to Green Knob and return on an unnamed trail to Fork Ridge Meadow, which takes us back to the MST and return to our cars. We will not do Mt. Hardy on the way up. From Green Knob we will have a spectacular view

of the Flat Laurel Creek valley and Sam Knob. The scenic Fork Ridge Meadow is filled with blooming goldenrod in September-October.

Wednesday No. W2603-0736 **Sept. 30**
Cove Creek Gap -
Gooseberry Knob **8:00 AM**

Hike 11.7, Drive 65, 2450 ft. ascent,
Rated A-AA, **900M**

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

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

Second Meeting Place: Pilot Truck Stop off Exit 24 of I-40 at 8:30 AM.

Contact leader via email for reservation. Follow Cataloochee Divide Trail to Gooseberry Knob, then reverse direction to trailhead. Although lengthy, the hike is generally moderate and follows the Cataloochee Divide, with good views into the Smokies year-round, seasonal features of wildflowers in spring, foliage color in fall, cooler weather than at lower elevations in summer.

Topo(s): Cove Creek Gap, Dellwood

ALL-DAY WEEKEND HIKES

All-day weekend hikes submitted by Karen Lachow. 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. A2603-0190 **July 5**
Mt. Mitchell to Walker Knob
via Blackstock Knob **8:30 AM**
Hike 9.5, Drive 70, 1600 ft. ascent, Rated A-A,
AT-MST, SB6K

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

Only Meeting Place: Back parking lot of Folk Art Center. Form carpools and meet leaders at Walker Knob at 9:00 am.

Contact hike leaders for reservation. 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. We'll hope to see blooming Turk's cap lilies and see spectacular scenery from our lunch spot on a rocky outcropping. NOTE: Leaders may be camping at Mt. Mitchell Campground, so they will meet the group at Walker Knob at 9:00 am to drop off cars for the car shuttle.

Topo(s): Mt. Mitchell

Saturday No. A2603-0531 **July 11**
Pisgah Inn to Big Ridge Overlook Wildflower
Hike on the MST **9:00 AM**
Hike 6, Drive 50, 1040 ft. ascent, Rated C-B,
AT-MST, P400

Brenda Worley, 828-606-7297,
bjdworley@gmail.com

First Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Form carpools and meet the leader at Big Ridge O/L (MM 403.6) at 9:30am to set up the shuttle.

Second Meeting Place: BRP Big Ridge Overlook at MM 403.6 at 9:30 AM.

Contact leader by email for reservation. Limit of 10 hikers. Enjoy the mountain views along the MST from Pisgah Inn to the Big Ridge Overlook. After Little Pisgah Mountain, it's downhill almost all the way. We will expect to see blooming Turk's cap lilies and black cohosh, among other summer wildflowers. Approximate 5-mile car shuttle.

Topo(s): Dunsmore Mtn.

Sunday No. A2603-0578 **July 12**
Flat Laurel Creek, Little
Sam Knob, MST Loop **8:00 AM**
Hike 7.7, Drive 60, 1000 ft. ascent, Rated B-C,
AT-MST

Donna Lanning, 828-606-7956,
dblanning@bellsouth.net

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

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

Contact hike leader by email for reservation. Limit of 12 hikers. This is a pleasant loop trail in the Pisgah Ranger District with views of Sam Knob, Fork Ridge, and Flat Laurel Creek. We'll be hiking in a counterclockwise direction, up the MST with a side trip to Devils Courthouse, down the Little Sam Trail and then a gentle return on the Flat Laurel Creek Trail. At times it feels like you're in an ancient forest. We'll end with a half-mile walk on NC 215 to our cars.

Topo(s): Sam Knob

Sunday No. A2603-0068 **July 19**
Big Butt from
Walker Knob Overlook **8:30 AM**

Hike 6, Drive 45, 1650 ft. ascent, Rated C-A
Lorraine Bernhardt, 828-699-8857,
lsbernhardt50@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact leader for reservation. This moderate in-and-out hike will be at over 5000 feet elevation. We'll take the Big Butt Trail and ascend to Point Misery, Little Butt and then to Big Butt, at just under 6000 ft. The hike goes through a northern hardwood/spruce forest with excellent views of the Black Mountains. We'll hope to see an abundance of blooming

Turk's cap lilies and perhaps a few ripe wild blueberries. This hike is #86 of the 100 Favorite Trails.

Topo(s): Montreat

Saturday No. A2603-0242 **July 25**
Sam Knob - Devils Courthouse 8:30 AM
Hike 8.4, Drive 60, 1800 ft. ascent, Rated B-A, **P400, SB6K**

Judy Magura, 828-579-0321,
quilter290@gmail.com and Jim Magura,
828-579-1099, 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. This hike in the cool high elevations is perfect for a hot summer day. We will park along the side of FS 816 where the MST crosses and we will hike up to Black Balsam Knob, a SB6K peak, then down to a parking lot and over to Sam Knob. After we ascend Sam Knob with its 360-degree views, we will return via the same trail. We will continue the hike through high meadows on the Flat Laurel and Little Sam Trails. If the timing works out, we can have lunch and dangle our feet in the creek. After lunch, we will take a side trail to Devils Courthouse and then back to the MST. We will return via the MST to FS 816 and our cars. This hike is #53 of the 100 Favorite Trails.

Topo(s): Sam Knob

Sunday No. A2603-0117 **July 26**
Craggy Dome from Walker Knob Overlook 8:00 AM
Hike 8.5, Drive 45, 2300 ft. ascent, Rated B-AA, **SB6K**

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

Only Meeting Place: Back parking lot of Folk Art Center. Contact leader by email for reservation. Limit of 12 hikers. We will hike the MST over a section with great views to Graybeard Overlook for our lunch stop. Hikers wishing to peakbag Craggy Dome (at 6080 ft.) may hike up and back at this time. The climb up Craggy Dome will be on a rough, unmaintained trail and will add another mile of hiking and 400 feet of ascent. We return to our cars on the same trail. This fills the requirement for both the SB6K and hike #85 of the 100 Favorite Trails.

Topo(s): Montreat

Sunday No. A2603-0941

Standing Indian Loop

Hike 9.6, Drive 160, 1400 ft. ascent, Rated A-B
Thomas Butler, 361-484-3381,
butler.tom3381@gmail.com

First Meeting Place: Food Lion - 35 Westridge Market Pl. Candler. Form carpools and meet leader at second meeting place.

Second Meeting Place: Waynesville Publix parking lot east end off Exit 102 of US 23/74 at 8:30 AM.

Contact leader by email for reservation. This hike will begin at the Backcountry Information Center of Standing Indian Campground. We will hike alongside the scenic Nantahala River, then turn uphill along and occasionally crossing Park Creek to Penland Gap. We'll return on the ridgeline on Park Ridge Trail. There are several minor creek crossings on the Park Creek section, one of which may require a shallow step in water if there has been heavy rain.

Friday No. A2603-0775

Camporee 2026 at

Appletree Group Campground 9:00 AM
Rated C-C, Jeff Wilcox, 828-989-8755,
jwilcox@unca.edu

Gather with other CMC members August 7-9, for a weekend of fun and fellowship at the Appletree Campground (2425 Junaluska Rd., Topton, NC). We have a large group site reserved with a fire pit, covered pavilion, running water (flush toilets) and a bathhouse (warm showers!). We plan to offer a variety of hikes (and lengths) on Saturday and Sunday along the Bartram Trail (which runs through the campground) and nearby A.T. The cost is \$10/person to offset the cost of the group site (regardless of how many nights you plan to camp). To reserve your spot, or if you can lead a hike, please contact Jeff Wilcox at 828-989-8755 or jwilcox@unca.edu. If you'd like to join us but aren't quite up to camping, there are several cabin/Airbnb options in the area, as well as a few hotels in nearby Andrews (about 20 minutes away).

Saturday No. A2603-0369

Buckeye Gap (Rough Butt O/L) - Bearpen Gap

Hike 6, Drive 80, 600 ft. ascent, Rated C-C, **AT-MST, P400**

Marcia Bromberg, 860-798-9905,
mwbromberg@yahoo.com

Only Meeting Place: Food Lion - 35 Westridge Market Pl. Candler. Contact leader by email for reservation. Limit of 12 hikers. Hike way up high to escape the August heat. This hike includes deep woods, great views and late summer wildflowers, with a side trip to the end of Charlie's Bald and blueberry picking. There is a section with steep, rocky downhill steps so hiking poles are recommended. Two-mile car shuttle. Topo(s): Sam Knob

Aug. 2

8:00 AM

Sunday No. A2603-0249

Buckeye Gap Trail and Sunburst 8:00 AM

Hike 9, Drive 70, 400 ft. ascent, Rated B-C, *Wilderness hike, limited to ten hikers, contact leader for reservation. P400*

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

Only Meeting Place: Home Depot off Exit 44 of I-40. Contact leader by email for reservation. This variation of hike #0249 will be a full traverse of the Buckeye Gap Trail with a 2200 foot descent. We'll hike the Buckeye Gap Trail downhill in the Middle Prong Wilderness to the river crossing. We'll cross over the river to the continuation of the Haywood Gap Trail and then hike out to Sunburst. Note: This hike can be tougher than it appears, with a steep downhill and a wet crossing of the Middle Prong. Hiking poles are recommended. Car Shuttle.

Topo(s): Sam Knob

Sunday No. A2603-0267

Horsepasture River

Hike 8, Drive 60, 1000 ft. ascent, Rated B-C, **WC100**

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. 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 8:30 AM.

Contact leader by email for reservation. 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. This is as good as it gets, all top-rated waterfalls and all entirely different. Several swimming breaks will be taken. This hike is #13 of the 100 Favorite Trails.

Topo(s): Reid

Saturday No. A2603-0343

Mount Mitchell Loop

via Commissary Ridge 8:30 AM

Hike 7, Drive 65, 1500 ft. ascent, Rated B-B, **SB6K**

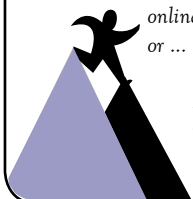
Judy Magura, 828-579-0321,
quilter290@gmail.com and Jim Magura,
828-579-1099, jqs290@gmail.com

Only Meeting Place: Back parking lot of Folk Art Center. Contact leader via email for reservation. We will hike from the Ranger Station at Stepps Gap to the Mt. Mitchell summit via the Old Mitchell Trail, where we'll enjoy the view from the observation platform. Hiking down from the summit, we will take the Mt. Mitchell Trail/MST through moss-covered pine forest and return on the Commissary Ridge Trail. Expect grand views, beautiful forest scenery and (hopefully) flush toilets. This hike is #88 of the 100 Favorite Trails. Topo(s): Mt. Mitchell

How to join the CMC

1. Go to www.carolinamountainclub.org
2. Click **Join CMC** (on the top menu).
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. A2603-0203 **Aug. 23**
Tanyard Gap to Lovers Leap and Return **8:00 AM**
 Hike 8.5, Drive 60, 2200 ft. ascent, Rated B-AA, **AT-MST**
 Victor Zona, 248-767-2651, victor.zona@sbcglobal.net
Only Meeting Place: 160 Zillicoa St. (USFS parking lot) off Exit 25 of I-26. Contact leader by email for reservation. Limit of 10 hikers. This hike will be a moderate loop in the Hot Springs area. Starting from Tanyard Gap, we will follow the Appalachian Trail southbound to the intersection with the Lovers Leap Trail and proceed to the old Silvermine Group Camp. Continuing on the Pump Gap Trail, we'll then head back to the A.T. to return to our cars.
 Topo(s): Hot Springs

Sunday No. A2603-0241 **Aug. 30**
Mt. Kephart via Sweat Heifer Creek Trail **8:00 AM**
 Hike 12.8, Drive 140, 2000 ft. ascent, Rated AA-AA, **SB6K, 900M**
 Jim Ervin, 828-444-4134, ervingarden@bellsouth.net
First Meeting Place: Food Lion - 35 Westridge Market Pl. Candler.
Second Meeting Place: Maggie Valley Post Office at 8:30 AM - but contact leader first. Contact the hike leader by email for reservation. Limit of 10 hikers. This hike is designed to visit two of the best scenic overlooks in the Smokies, The Jumpoff and Charlies Bunion, and to climb Mt. Kephart (6217 ft.). From Newfound Gap, we will hike on the A.T. to Mt. Kephart and The Jumpoff, and from there to Charlies Bunion. After lunch, we will return via the A.T., and then down the Sweat Heifer Creek and Kephart Prong Trails. Car shuttle. Note: A parking pass for each vehicle is required in GSMNP. For more info: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.
 Topo(s): Mt Le Conte, Mt. Guyot, Smokemont

Sunday No. A2603-064 **Sept. 6**
Graybeard Overlook to Walker Knob Overlook on the MST **8:00 AM**
AT-MST
 Eva Blinder, 828-275-6447, ejb5711@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Contact leader by email for reservation. This is a modification of hike #0464. We will start from Graybeard Overlook and hike on the MST towards Walker Knob Overlook. We will hike through a range of environments and landscapes, including rocky trail sections that require good footwear and hiking poles. We will go through a lovely beech forest and sweeping native grasses, over open blueberry balds with long-range views, and alpine vegetation through old hemlock and lichen-covered

oak forest. We will return on the same trail. This hike is #85 of the 100 Favorite Trails.
 Topo(s): Montreat

Saturday No. A2603-0256 **Sept. 12**
Moore Cove Falls **9:30 AM**
 Hike 7, Drive 65, 1050 ft. ascent, Rated B-B, **P400, WC100**
 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 10:00 AM.
 Contact leader by email for reservation. This moderate double-loop trail follows two overgrown USFS paths. Expect a lot of scrambling over blowdowns, a couple of short, steep sections and two minor creek crossings. There is one good view of Looking Glass Rock and several waterfalls.
 Topo(s): Shining Rock

Sunday No. A2603-0488 **Sept. 13**
Gabes Mountain Trail **8:00 AM**
 Hike 8.3, Drive 130, 1800 ft. ascent, Rated B-A, **900M**
 Karen Lachow, 703-395-5879, heyk127@hotmail.com
First Meeting Place: Food Lion - 35 Westridge Market Pl. Candler.
Second Meeting Place: Canton Park-n-Ride lot off Exit 33 of I-40 at 8:15 AM.
 Contact leader by email for reservation. Limit of 12 hikers. This hike will follow a mostly gentle trail from the Cosby Campground to Maddron Bald trailhead through open old-growth forest. Added attractions are a short, steep side trip to the bottom of Hen Wallow Falls, lunch at a shady, streamside campsite and a visit to the restored Baxter cabin. Four-mile car shuttle. This hike is in the Smokies and all cars require a parking pass. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.
 Topo(s): Luftee Knob, Mt. Guyot

Sunday No. A2603-0642 **Sept. 20**
Smokemont Loop **8:30 AM**
 Hike 8, Drive 110, 1300 ft. ascent, Rated B-B, **900M**
 Danny Bernstein, 828-450-0747, dannyhiker@gmail.com
Only Meeting Place: Food Lion - 35 Westridge Market Pl. Candler. Contact leader for reservation. We will hike the Smokemont Loop Trail in the Great Smoky Mountains National Park. We will go clockwise, starting in the Smokemont Campground and climbing steadily up Richland Mountain before descending to Bradley Fork. The Bradley Fork Trail follows the water along an old roadbed. We will take an in-and-out detour up the Chasteen Creek Trail to the cas-

cade before returning and continuing down the Bradley Fork Trail to the cars at Smokemont. This hike is #28 of the 100 Favorite Trails. This hike is in the Smokies and all cars require a parking pass. For more information: <https://www.nps.gov/grsm/planyourvisit/fees.htm>.
 Topo(s): Smokemont

Saturday No. A2603-0002 **Sept. 26**
NC 128 to Walker Knob Overlook on the MST **8:30 AM**
 Hike 5, Drive 60, 1500 ft. ascent, Rated C-B, **AT-MST, SB6K**
 Becky Smucker, 828-231-2198, bjsmucker@gmail.com
Only Meeting Place: Back parking lot of Folk Art Center. Contact leader by email for reservation. This hike in the high country on the Mountains-to-Sea-Trail near Mount Mitchell features great views, rocky climbs, spruce forests and 6320-ft. Blackstock Knob. The hike has difficult downhill, and challenging footwork due to storm damage, but there are wide-open views that are new. If the weather is in our favor, we will first drive to the Mt. Mitchell summit parking and do the steep, paved quarter-mile hike to the observation deck for 360-degree views. Car shuttle.
 Topo(s): Montreat

Sunday No. A2603-0938 **Sept. 27**
Waterrock Knob to The Pinnacle **8:00 AM**
 Hike 9, Drive 90, 1500 ft. ascent, Rated B-B, **SB6K**
 Mike Knies, 828-253-6114, knies06@att.net
First Meeting Place: Food Lion - 35 Westridge Market Pl. Candler.
Second Meeting Place: Haywood County Rest Area 19500 Great Smoky Mtn. Expy. (US 23/74) Waynesville NC at 8:30 AM - but contact leader first.
 Contact leader by email for reservation. 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. We will descend 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 car shuttle.

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. 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. H2603-0297 **July 5**
Sams Gap South **10:00 AM**
 Hike 5, Drive 60, 1100 ft. ascent, Rated C-B,
AT-MST
 Lee Silver, 828-442-6549,
 mhsrunning@yahoo.com
First Meeting Place: 160 Zillico St. (USFS
 parking lot) off Exit 25 of I-26.
Second Meeting Place: Sams Gap on old US
 23 at 10:15 AM - but contact leader first.
 Contact leader for reservation. Limit of 12 hik-
 ers. A moderate in-and-out hike from Sams Gap
 to the Hogback Ridge Shelter along the A.T.,
 and return via the same route.
 Topo(s): Sams Gap

Sunday No. H2603-0665 **July 12**
NC 128 – Waterfall **10:00 AM**
 Hike 6.5, Drive 62, 500 ft. ascent, Rated B-C
 Judy Magura, 828-579-0321,
 quilter290@gmail.com and Jim Magura,
 828-579-1099, jqs290@gmail.com
Only Meeting Place: Back parking lot of Folk
 Art Center. Contact leader via email for reserva-
 tion. 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. H2603-0815 **July 19**
Sams Gap to
Street Gap on the A.T. **9:00 AM**
 Hike 5.5, Drive 60, 1200 ft. ascent, Rated C-B,
AT-MST
 Judy Magura, 828-579-0321,
 quilter290@gmail.com and Jim Magura,
 828-579-1099, 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 reser-
 vation. This in-and-out hike follows a pleasant
 section of the Appalachian Trail. After a some-
 what strenuous uphill at the start of this hike,
 the trail levels off on a ridge that runs along the
 NC-TN border. We should have nice views.
 Topo(s): Sams Gap

Sunday No. H2603-0422 **July 26**
Mill Ridge to Hurricane **10:00 AM**
 Hike 6, Drive 70, 300 ft. ascent, Rated C-C
 Philip Walton, 925-324-3805,
 fourlo.at@gmail.com
First Meeting Place: Publix at 165 Weaver
 Blvd. Weaverville lower end of parking lot off
 Exit 19 of I-26. Form carpools and meet leader
 at second meeting place.
Second Meeting Place: Mill Ridge trailhead
 (over bridge at Tanyard Gap; go 1/2 mile on
 gravel road) at 10:45 AM.
 Contacting hike leader for a reservation is
 optional but appreciated. This shorter variation
 of hike #422 will start at Mill Ridge trailhead
 and follow the A.T. past a small, old mill pond.

Take the first junction with Pump Gap and head
 south(ish)/left on Pump Gap Trail. Take the spur
 from Pump Gap down to Big Laurel Creek.
 This first portion is nearly all downhill. Next
 we will ford Big Laurel Creek! It may be knee
 deep. Bring your flip flops! It's a chance to cool
 down! After a break there to enjoy the creek
 and possibly the French Broad River, we will
 work our way over to Laurel Creek Trail and
 up a slight uphill to Hurricane along Big Laurel
 Creek. Car shuttle.

Sunday No. H2603-0094 **Aug. 2**
Vineyard Gap Trail **10:30 AM**
 Hike 5, Drive 36, 864 ft. ascent, Rated C-C,
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: Mills River Ingles
 (back corner toward Asheville) at 10:45 AM -
 but contact leader first.
 We will hike the Vineyard Gap Trail in a loop
 counterclockwise from Turkey Pen. When we
 reach the river we will stay on the east side for
 our return, finishing with a steep climb to the
 cars.
 Topo(s): Pisgah Forest

Sunday No. H2603-0615 **Aug. 9**
Graveyard Fields and Upper Falls **8:15 AM**
 Hike 5, Drive 70, 700 ft. ascent, Rated C-C,
AT-MST, P400
 Marielle DeJong, cell 828-553-7027,
 maredejong4@gmail.com
First Meeting Place: Tanger Outlets parking lot
 behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Graveyard Fields park-
 ing lot at BRP MM 418.8 at 9:00 AM - but
 contact leader first.
 Contact hike leader via email for reserva-
 tion. Limit of 10 hikers. This is a variation of
 hike #0615. This hike will meander through
 Graveyard Fields, a high-elevation valley. We
 will begin on the Blue Ridge Parkway and
 hike into the Pisgah Ranger District of Pisgah
 National Forest. Highlights will include beauti-
 ful views and a visit to Upper Falls. The terrain
 on this shorter hike will likely be wet and rocky.
 Topo(s): Sam Knob, Shining Rock

Sunday No. H2603-0347 **Aug. 16**
Twin Falls **11:00 AM**
 Hike 6, Drive 80, 1000 ft. ascent, Rated C-C,
 P400, WC100
 Lee Belknap, cell 828-674-3631, rivergypsy@
 sprintmail.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 11:30 AM - but contact leader first.
 Contact hike leader via email for reservation.

Limit of 15 hikers. This is a moderate hike
 to two tall, side-by-side, waterfalls in Pisgah
 National Forest. If the first bridge is complete,
 we'll start at the Avery Creek trailhead and fol-
 low along beautiful Avery Creek with its water-
 falls to the Buckhorn Gap Trail. Otherwise we'll
 start at the Buckhorn Gap trailhead. We'll hike
 to the Twin Falls Bypass to view the two water-
 falls. From there we'll continue higher up the
 Buckhorn Gap Trail and work our way over to
 the Clawhammer Cove Trail. On the way down
 we'll stop and look at Clawhammer Cove Falls
 and then return to the Avery Creek trailhead.
 Topo(s): Pisgah Forest

Sunday No. H2603-0369 **Aug. 23**
Buckeye Gap (Rough Butt O/L) -
Bearpen Gap **10:00 AM**
 Hike 5, Drive 50, 850 ft. ascent, Rated C-C,
AT-MST, P400
 Connie Corn, 828-674-0248,
 cornconnie@yahoo.com
First Meeting Place: Tanger Outlets parking lot
 behind Waffle House off Exit 33 of I-26.
Second Meeting Place: Rough Butt Bald
 Overlook at 10:45 AM - but contact leader first.
 Contact hike leader via email for reservation.
 Limit of 10 hikers. This high-altitude MST
 hike starts at Rough Butt Bald O/L, following
 blue-blaze trail to Buckeye Gap, turning left on
 the MST to Haywood Gap. After crossing the
 BRP and entering Nantahala NF, we will follow
 the MST through deep green forest, then down
 a steep, rocky 1/2-mile section (poles recom-
 mended). Where MST turns to right, we will
 follow the trail to the left to Wet Camp Gap, a
 meadow, hopefully with wildflowers & blueber-
 ries. We will then return on the same trail to the
 MST and continue to Bearpen Gap Trail on the
 right to complete the hike at Bearpen Gap O/L.
 Car shuttle.
 Topo(s): Sam Knob

Sunday No. H2603-0168 **Aug. 30**
Pink Beds Loop **9:30 AM**
 Hike 5.3, Drive 80, 350 ft. ascent, Rated C-C,
P400
 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: Pink Beds parking lot
 just north of the Cradle of Forestry on US 276
 at 10:15 AM - but contact leader first.
 Contact hike leader via email for reservation.
 This regional favorite includes numerous board-
 walks over and around beaver habitat through a
 beautiful forest. This is an easy and popular hike
 with negligible elevation change. This hike is
 #67 of the 100 Favorite Trails.
 Topo(s): Shining Rock

Sunday No. H2603-0463 **Sept. 6**
Big Ridge Overlook to

Elk Pasture Gap and Return 10:00 AM
Hike 4.4, Drive 50, 750 ft. ascent, Rated C-C,
AT-MST, P400

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

Only Meeting Place: Tanger Outlets parking lot behind Waffle House off Exit 33 of I-26. Contact hike leader via email for reservation. Limit of 15 hikers. 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. H2603-0578 **Sept. 13**

**Flat Laurel Creek,
Little Sam Knob, MST Loop 9:30 AM**

Hike 5, Drive 80, 300 ft. ascent, Rated C-C,
AT-MST

Marcia Bromberg, 860-798-9905,
mwbromberg@yahoo.com

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

Second Meeting Place: Cold Mountain Overlook BRP at 10:00 AM - but contact leader first.

Contact hike leader for reservation. Limit of

15 hikers. This shorter version of hike #0578 begins on the MST as it crosses FS 816. We hike along the MST for 2 miles, enjoying the conifer forest and views along the way. The Little Sam Knob Trail will take us down to the Flat Laurel Creek Trail and a return to the FS 816 parking lot. Along the way we may see the carnivorous Sun Dews and other fall wildflowers. We end with a 1/3-mile road walk back to the cars.

Topo(s): Sam Knob

Sunday No. H2603-0325 **Sept. 20**

Tanyard Gap to Rich Mountain 10:00 AM

Hike 5.5, Drive 61, 1350 ft. ascent, Rated C-B,
AT-MST, LTC

Lee Silver, 828-442-6549,
mhsrunning@yahoo.com

Only Meeting Place: 160 Zillico St. (USFS parking lot) off Exit 25 of I-26. Contact hike leader for reservation. Limit of 10 hikers. 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. H2603-0349 **Sept. 27**
MST from US 276

toward Pisgah Inn 9:30 AM

Hike 5.1, Drive 50, 580 ft. ascent, Rated C-C,
AT-MST, P400

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: BRP Cold Mountain Overlook at MM 412 at 10:00 AM - but contact leader first.

Contact leader via email for reservation. Limit of 10 hikers. This shorter version of hike #349 will cover a section of the MST that should include both late summer wildflowers + early fall colors. There are several rock-hop stream crossings before our lunch stop at a scenic boulder-surrounded stream. We will return via the same route.

Topo(s): Cruso, Shining Rock

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. 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: Karen Schultz, president@carolinamountainclub.org

Vice-President: Paul Curtin, cmcvp@carolinamountainclub.org

Secretary: Eva Blinder, secretary@carolinamountainclub.org

Treasurer: Michel Claes, treasurer@carolinamountainclub.org

Immediate Past President: Les Love, pastpresident@carolinamountainclub.org

Vice Treasurer: George Bauernfeind, treasurer@carolinamountainclub.org

Assistant Treasurer: Marie Chamberlain, treasurer@carolinamountainclub.org

Councilor for Marketing & Communications:

David Huff, communications@carolinamountainclub.org

Councilor for Conservation:

Jed Thorn, conservation@carolinamountainclub.org

Councilor for Hiking:

Karen Lachow, hiking@carolinamountainclub.org

Councilor for Membership:

Alessia Farley, membership@carolinamountainclub.org

Councilor for Trail Maintenance:

Glen Hess, TrailsMtc@carolinamountainclub.org

Councilor for Preparedness:

Nicolas Nouvel, councilorforpreparednes@carolinamountainclub.org

Councilor at Large:

Adrianne Chang, counciloratl@carolinamountainclub.org

Councilor at Large:

Jim Ervin, counciloratl@carolinamountainclub.org

Councilor at Large:

John Ribes, counciloratl@carolinamountainclub.org