Trekking New Zealand’s Great Walks
AMC-NH Chapter Dinner Program
Saturday, August 15 at RiverWoods, Exeter

You are invited to a special dinner program with spectacular photos: Trekking the Great Walks of New Zealand. In 1908, The Spectator magazine called the 33.5 mile Milford Track through Fiordland National Park “the finest walk in the world.” One hundred years later, knowledgeable hikers still agree. This park of jaw-dropping beauty combines a rare combination of rain forest, rushing rivers and glacially carved alpine heights that yields vistas to make you think you’ve stepped into a picture postcard.

Speaker Sam Jamke, NH Chapter Past Chair, will share her adventures on a 2007 Major Excursion to New Zealand where she backpacked three of that country’s Great Walks. Sam did a similar slide show at a NH Chapter dinner in Concord in April of 2008. Since we had to turn away about 40 people, she is repeating the show. Sam and fellow Major Excursions leader, John Lisker, are leading a similar trip in February of 2010.

A member of the AMC since 1983, Sam has led numerous day and weekend hiking trips and is a hike leader and workshop instructor for the AMC NH Chapter. She is a hike leader at the AMC August Camp and led the 8-day AMC-NH Chapter Presidential Range Traverse in 2007. Sam has hiked all of the New England Hundred Highest summits in winter and the ADK 46ers in three seasons.

Deadline to register is August 8th. See page 10 for the registration form, menu and directions to RiverWoods.
Who’s Who in AMC-NH

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AMC-NH Chapter Website  www.amc-nh.org
Address changes and membership renewals:
AMC Member Services, 5 Joy Street, Boston, MA 02108
617-523-0636 or www.outdoors.org/membercenter

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Submitting Articles & Photos

Members are welcome to submit articles or photos to newsletter@amc-nh.org. Articles may be submitted as MS Word docs. They may be edited at the discretion of the editor to meet space and style requirements.

Photos must be high resolution: 300 DPI when sized to about three inches wide. If you set your camera to the highest or best quality setting, this will produce a high resolution image. Lower resolution images may look sharp on your camera or computer screen, but do not work in print. Please save the image as a JPG file. The image must not include a date stamp or caption embedded in the photo. Please include separately as text caption, the names of the people in the photo, where it was taken and the photographer. Email photos and text as attachments to newsletter@amc-nh.org.

Publication is on a space-available basis at the discretion of the editor. While Mountain Passages does not pay for submissions, a byline or photo credit is given.

Advise in Mountain Passages

The AMC NH Chapter membership is over 10,000 strong. Members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking. If you have a product or service that New Hampshire AMC members would benefit from, consider advertising in Mountain Passages, published six times a year!

Display ad rate: $12 per square inch (4 sq. inch min.)
Classified ad rate: $1 per word (20 word minimum)

Email newsletter@amc-nh.org for a rate sheet. The AMC-NH Chapter reserves the right to refuse ads that are not related to the mission of the AMC (outdoor adventure, education and conservation).

For more information, or to place an ad, email newsletter@amc-nh.org.

Moving?

Contact AMC Member Services for address changes or membership renewals. To update your membership information, visit www.outdoors.org/membership or call 617-523-0636 Ext 0.

Please note: Member address updates cannot be handled by AMC-NH officers or committee chairs.
Notes from the Chair

Though I realize that this month’s notes will have somewhat of a negative tone, I feel that I must bring forth an issue which has increasingly become a problem for our volunteer trip leaders. For the vast majority of the participants who honor their commitments to attend trips for which they have registered, there is no need to read further.

This ‘Notes’ is directed toward a small but growing number of people who are sometimes referred to by our activity leaders as “no-shows”—people who sign up for an activity but don’t show up. (It might be extended to also include those who cancel on short notice.)

There are lots of valid reasons that can prevent someone from attending, and some of these do come up at the last minute. There are also some events that are not impacted by someone not being able to make it.

That said, it seems that the no-show trend has grown over the years. I have seen this as a trip leader for more than 20 years. Most of our activities are free and some are easy to sign up for. People may feel that not showing up is okay. It’s not! The impact of not showing up could include any or all of the following:

• Other fellow outdoor enthusiasts may have been turned away because the trip was full. (They could have taken your spot had the trip leader known you weren’t coming.)

• The trip is canceled at the meeting spot when not enough people show up. (Some trips have a required minimum number of participants.)

• The trip leader may become discouraged and decide to stop leading trips.

A recent impact on one leader (me) happened at our May 2009 Chapter Activity Day (CAD). This event is held at Cardigan Lodge and has a schedule that is designed to let people try two or three different activities in one day. People do have to sign up for activities for CAD in advance.

The weather this year was cool and cloudy, but not raining. Twenty percent of the people were a no-show, which impacted many of the leaders and activities. Since I was scheduled to do a paddle demonstration on the small pond in front of the lodge, I planned to have a selection of boats and gear to show people and let them try it out. I have done this in previous years, and it seemed to be well received. I spent about four hours on Friday loading six boats and a lot of gear, books, and other material into my truck for Saturday’s demo.

Saturday morning I was up early and on the road at 5:30. As the morning registration progressed, it looked like we were going to have a high number of no-shows. When I checked the list of registered attendees I discovered that none of the people for paddling showed up. I guess you could say that the good news was that I had several hours of free time to explore Cardigan, but I didn’t see it that way.

The above example was Chapter Activity Day, but the issue is more widespread. AMC trip leaders are seeing more and more no-shows on regular trips, training sessions and other events.

Please do not be a no-show. If you are not sure you will go, either do not sign up or ask the leader if it is okay to be a “maybe.” On some activities this is fine.

Paul Berry, Chair
AMC-NH

By-Laws News

Membership to Vote on New Club By-Laws

A new set of Club-wide by-laws is being proposed and the membership will vote whether or not to approve them. All AMC members will receive a ballot in early July (households with a family membership will receive two) and will have until around August 12 to return them.

The proposed by-laws were written independently of the current document and some revisions were made after receiving feedback from several chapters. They would replace, rather than simply amend, the existing by-laws.

The Executive Committee has been discussing the proposal and many of us believe that there are significant issues to consider before voting.

Copies of the current and proposed by-laws, comparisons and commentary on the changes that would result are available on the NH Chapter website at amc-nh.org/bylaws. You can also address questions to members of the Executive Committee (See contact information in the Who’s Who section on page 2.)
I know it’s July and summer has just gotten underway, but in reality there are only about 8 or 10 weeks of summer if you want to count a couple weeks either side of July or August. September will be here before you know it and you’ll wonder where summer went. Come Columbus Day, winter weather returns to the higher summits. One can expect winter-like conditions in the White Mountains from this time forward, and these conditions will last well into May or June, depending on the snow year.

Many of you will be hanging up your boots and packs in wait for next summer, but why? You are about to miss the most marvelous hiking season of all—WINTER! That’s right, I said winter. Why limit yourself to just a few short months when, with a little teaching and experience you could enjoy the sport year round! Find out what it’s like to hike without bugs, low humidity, fewer people, healthier air, and spectacular views not offered during the summer months.

Unlike during July and August, I’ve yet to become a feast for the bugs in December or January! Also unlike July and August the air quality and clarity greatly improves, especially after Columbus Day. The days get shorter and the air clean, clear, and crisp. At dawn, ground-hugging fog glistens in rainbow colors as the sun rises and a hint of white frost paints the undergrowth and grasses. Then one day, you find yourself engulfed in a crystalline forest exhal- ing tiny white clouds, hearing a crunch with every step, and you suddenly notice the scenery is ab- solutely breath-taking! You have entered a true winter wonderland!

There is nothing like being in a rime-covered spruce forest or being above tree line on a clear, crisp, deep- blue-skied winter’s day with all things shrouded in crystalline white, where it seems as though you could reach out and touch every peak...

There is nothing like being in a rime-covered spruce forest or being above tree line on a clear, crisp, deep- blue-skied winter’s day with all things shrouded in crystalline white, where it seems as though you could reach out and touch every peak—and the views, they go on forever! If you haven’t been there it’s impossible to describe with mere words. If you have, then you know what I’m talking about and can probably skip the rest of this article.

If you would like to experience it and think you have what it takes to tackle winter hiking, then I invite you to apply for the AMC-NH Chapter Winter Hiking Series (WHS). The WHS was founded with the goal of teaching safe winter practices and demonstrating the gear and skills needed to safely hike the mountains of the Northeast during the winter months. It is geared toward those who have a considerable amount of experience during the three seasons and who now want to push the envelope just a little. Enjoying this season may bring danger if you are not properly educated or prepared. That is where the Chapter WHS comes in.

The staff of experienced winter hiking instructors will impart to you the knowledge and skills you’ll need to safely hike during the winter months, particularly climbing the 4,000 footers. The class size is small, the cost minimal, and the fun, priceless. Let us help open a door into a totally new world! Winter is truly the best time of year for hiking. It poses great challenges while at the same time being awesome fun. You will make incredible friendships, meet like-minded people, and form bonds with one another, which in some cases, will last for a life time. This is because in winter we depend upon each other, look out for one another, bond with each other and become a trusting team with a winning attitude—while remembering that Mother Nature rules!

The WHS is comprised of a mandatory lecture and hiking weekend, which, this year, falls on October 24 & 25. After the first weekend there are five additional

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*Think Snow!*  
~ by Bob Humphrey

![Image](image.jpg)

*Courtesy: AMC Photo Files*
Think Snow!
Continued from page 4

hikes. Each of these are day hikes which get progressively more difficult as we approach December. All hikes are scheduled for Saturdays with the possibility of deferring to Sunday in the case of foul weather. If you apply and are accepted we expect you to participate in all of the hikes. These hikes become an open classroom so the learning doesn’t stop after the first weekend. You can expect expert advice and instruction on each of these hikes.

This year’s schedule has us hiking October 25 to Slide Peak on Mt. Washington; October 31 to Mt. Flume; November 14 to Mt. Liberty; November 21 to Mt. Moosilauke; December 5 to Mts. Eisenhower and Clinton; and the grand finale, Franconia Ridge to Mts. Lincoln and Lafayette on December 19.

The staff of experienced winter hiking instructors will impart to you the knowledge and skills you’ll need to safely hike during the winter months, particularly climbing the 4,000 footers.

Class size is limited to 20. This series has become quite popular and will fill fast, so don’t miss your chance, apply early! Some people have already been accepted so there are less than 20 spaces available! If you apply, do not expect immediate acceptance due to the large number of applications, which could slow the processing and response time.

The registration fee is $75 which is nonrefundable once accepted. Please do not send the registration fee until you are accepted.

For more information and an application call, email, or send a “SASE” to Bob Humphrey, 19 Gould Rd. Warner, NH 03278, 603-456-3708 (7-9 p.m. only please), or at bobh@mcttelecom.com. (Email is preferred and a valid email address is required if you participate in the series.)

The Winter Hiking Series is brought to you by the AMC NH Chapter Education Committee. Instructors include Jen Gross, Stacie Tate, Lou Caron, Bill Darcy, Norm Michaels, and Bob Humphrey.

Explore the beautiful Berkshires during peak foliage season!

- Enjoy great hikes, bike rides, and paddles
- Climb cliffs, climbing walls, ropes courses
- Visit Noble View Outdoor Center
- Bring the kids! Family activities
- Contra dance, socials and campfires, music, new friends

...and much more, with your host, the Berkshire Chapter

Becket-Chimney Corners • Becket, Massachusetts • October 16-18, 2009

Everyone is Welcome! Register Now!
Visit www.amcberkshire.org/gathering • amcfg2009@gmail.com
Or call Christine Fogarty at 978.857.7078
AMC NH Chapter
Fall Hut Night
Sat. Sept. 12 Galehead Hut

This special night is exclusively for the great people of the NH Chapter. Come on out and visit old friends and meet some new friends.

We will ascend to the hut where we have reserved 25 bunks for Saturday night, Sept. 12. The social hour will begin at 4 p.m. with wine and snacks.

Cost is $90 and includes the social hour, Saturday night dinner, Sunday morning breakfast, tip for the croo, and a wonderful bunk with blankets. That is a $13 savings to you!

Galehead Hut is located on the shoulder of South Twin Mtn. It’s a great time of year to catch the change of seasons and foliage in the mountains. Be sure to bring warm clothing and rain gear. A sleeping bag and clothes to relax in are a good idea. We will have NH Chapter trip leaders available for a group-led hike to the hut if you are interested. Otherwise, consult your AMC Guidebook for trail details.

Registration: Send your application and check, or for more information and an application, contact Tim Kennedy at 603-635-2517 or takhike@comcast.net; 109 Garland Drive, Pelham, NH 03076.

A brief history of the hut:
• Completed in 1932 as part of legendary hut manager Joe Dodge’s plan to make all of the huts a day’s hike apart.
• Constructed with logs from trees growing nearby.
• Used the space under the porch instead of a refrigerator to keep perishable food cold.
• Gained a temporary 360 degree view when the Hurricane of 1938 flattened the surrounding trees.
• Nicknamed “Ghoul” because of its distinction as the home of a human skull known as “Daid Haid,” which used to be kept on a shelf in the dining room. Brought back to the hut from a Pemigewasset logging camp in the late 1930s by hut master Huck Sharp, the skull was a favorite raiding item until it appeared in the punch at Ann Dodge’s (Joe Dodge’s daughter) wedding in 1953. Believing the action to be inappropriate, Hutman Brooks Van Everen got rid of it.
The Waterfall
~by Rachel Pifer

I stand on the edge of a cliff and gaze down,
What do I see?
I see a clear river cascading over the cold granite rocks
Rushing down the path
To a pond, sitting peacefully in the valley,
Surrounded by colorful birch trees.

Night falls,
I hear the rain pounding on the roof.

Morning dawns,
I stand on the edge of a cliff and gaze down,
What do I see?
I see a clear river, powerfully cascading over the rocks,
Energized by the rain the night before.
I stand on the edge of a cliff and close my eyes,
What do I feel?
I feel the frigid air wrapping around my arms
Making my hair stand up like an afraid cat
And goosebumps run down my legs in a mad dash for warmth.
I stand on the edge of a cliff and reach down,
What do I touch?
I touch the ice cold water,
It feels as though I am sticking my hand into a bucket of ice.
Before I depart from this beautiful sight,
I gaze across the valley and see
Colorful maples and birches blazing up the mountain
Like an enormous forest fire.
I am sad to depart from this peaceful and beautiful place.

Rachel wrote this poem about Zealand Falls in the fall of 2006 while a 7th grader participating in “A Mountain Classroom” with her school.

NH Waterfalls

If you’re inspired, visit some of the many waterfalls in New Hampshire. Some are accessible through mountain trails, while others are a short walk from your car. Here’s just a sample of the many waterfalls to explore in NH:

Acworth Gorge
Agassiz Basin & Indian Leap
Ammonoosuc Falls
Arethusa Falls
Bath Falls
Beaver Brook Cascade
Beebe River Falls
Beecher’s and Pearl Cascades
Beede and Bearcamp Falls
Brickett Falls
Bridal Veil Falls
Campton Falls
Cascade Brook Falls
Cascading Falls
Champney and Pitcher Falls
Cold Brook Falls
Crystal Cascade
Crystal Falls
Diana’s Bath
Dixville Flume
Dryad and Giant Falls
Ellen’s Falls
Flume Cascade & Silver Cascade
Garfield Falls
Gibbs Falls
Glen Ellis Falls
Jackson Falls
Paradise Falls
Profile Falls
Pulpit Falls
Purgatory Falls
Roaring Falls
Rocky Gorge
Sabbaday Falls
Silver Cascade
Thompson Falls
Welton Falls
Winneweta Falls
Zealand Falls

AMC-NH Excursions Committee By-Laws

New Excursions Committee by-laws were unanimously adopted at the recent Excursions Committee meeting. The by-laws specify several officer positions: Co-chairs, Treasurer, Secretary and Workshop Director. A Nominating Committee, consisting of Eric Savage, Wes Tucker and Anne Gwynne, has been tasked with assembling a slate of nominees for a vote at the next Excursions Committee meeting, which is to be held concurrently with the Committee’s annual potluck picnic on Sunday, August 16.

For more information contact David Ross at excursions@amc-nh.org.
In this issue we’d like to get back to basics, and talk about tents and where to use them in our area. We are not going to attempt to give ratings of specific tents or to cover every possible camping site, but rather give you an overview of the subject and a place to start your research.

**Tents.** Whenever you buy a piece of gear, ask yourself what its intended use will be. Are you going to a state park for a week or two with the kids and grandkids? Are you going solo in the backcountry, hiking far and fast? Clearly, the tent for one scenario will be very different than for the other.

For the purposes of this article, let’s limit ourselves to tents that can be used for backpacking. Now we still have choices to make: free-standing vs. non, one door vs. two doors, what size, what shape, etc.

If you plan to pitch a tent in a wooded area or in a place where it’s easy to drive stakes into the ground, a non-free-standing tent could be a good choice. These tents are lighter, feature for feature, than free-standing tents because they require fewer and lighter poles, and they tend to be a little less-expensive.

It seems that manufacturers are putting more effort into designing free-standing tents, which can easily be moved around and don’t need to be staked out.

**Compare two free-standing North Face tents, the Tadpole 23 and the Roadrunner 23.** One has 27 sq. ft. of floor space in a trapezoidal shape, with a single door; the other has 35 sq. ft. in a rectangle with two doors. The former weighs 5 lbs. 1 oz. with poles and rain fly, the other 6 lbs. 11 oz.

**Is the extra size worth the extra weight?**

If you’ve ever spent a day waiting out inclement weather in the intimate confines of a Tadpole-sized tent with a non-intimate buddy, you may be willing to pop for the larger tent and split the ounces between you! Remember that you pay in dollars and weight for any bells and whistles.

**Where to Camp.** Here again you ask yourself what you plan to do. Many state, county and national parks are perfect for a long stay with the family, with amenities like showers, grocery stores and entertainment close at hand. Bring your bicycles for getting around, a gas grill for the burgers and you’re in business.

If you’d like to go further afield but still have a few amenities, like a privy, you may choose to carry your lightweight tent to a designated camping area, such as we have in the White Mountain National Forest, the Green Mountain NF, or along trails such as the Monadnock-Sunapee Greenway.

Here, you can sometimes put your tent on a wooden platform (no stakes needed), and avail yourself of the nearby water source (you have to treat the water to make it safe), fellow campers, and the all-important privvy. Sometimes a small fee is required to camp.

If you are ready for wilderness camping, it’s not always easy to find a suitable spot that is also legal. Legal sites are at least 200 feet from a trail and water source, below treeline except with feet of snow cover, level, and large enough so that you do not have to cut any trees to pitch your tent.

Wherever you decide to camp, remember to practice the Leave No Trace philosophy. Carry out what you carry in. (In the wilderness this means toilet paper, too). Don’t change the nature of the land, by clearing trees or plants, or building fire rings where none exist. Try to leave the area better than when you found it.

Above all, have fun! Be prepared, know your abilities and those of your group. Feel free to email us at trail-food@comcast.net if you would like more ideas and opinions.
AMC Fall Gathering
Oct. 16-18
The 2009 AMC Fall Gathering will be held in the beautiful Berkshire Mountains of western Massachusetts Oct. 16 to 18—peak fall foliage season!

Hosted by the Berkshire Chapter at Becket-Chimney Corners in Becket, MA, the event will run from Friday afternoon through Sunday afternoon. Hikes, bike rides, paddles, cliff/wall climbing, rope courses, workshops and presentations, contra-dancing, campfires, socials—you’ll find it all! Bring the family—the program is especially “kid-friendly.”

For more information visit amcberkshire.org/gathering, or email amcfg2009@gmail.com.

Get AMC-NH Chapter Activities Sent to Inbox!
AMC’s new online activity digest allows members to sign up for a weekly, bi-monthly, or monthly email summary of upcoming chapter activities and advance notice trips. Members can sign up for as many as three digests, and select chapters, committees, activities, and regions of interest. Members can sign up through the AMC Member Center at outdoors.org/membercenter.

Appalachian Trail Festival
July 17 - 24 at Castleton State College, Vermont

Vermont’s Green Mountain Club will host the Appalachian Trail Conservancy’s 37th Biennial Gathering, a week of celebrating and learning about the 2,170-mile Appalachian Trail (AT).

In southern Vermont, the AT follows the ridge of the Green Mountains for more than one hundred miles over Glastonbury, Stratton and Bromley Mountains and Killington Peak.

The Appalachian Trail Festival features hikes, including 138 miles of the AT in Vermont, more than 50 workshops, and the membership meeting of the Appalachian Trail Conservancy.

For those less interested in hiking, there will be excursions, bike trips, and a number of family-friendly events suitable for all ages. This biennial festival is the nation’s largest gathering of hikers and hiking advocates.

For more information visit Vermont2009.org.
AMC-NH Chapter Dinner Program  
Saturday, August 15

Trekking New Zealand’s Great Walks  
Guest Speaker: Sam Jamke, past AMC-NH Chapter Chair  
RiverWoods at Exeter, 7 RiverWoods Drive, Exeter, NH

6:30 p.m. social hour with appetizers  
7:15 p.m. dinner followed by the program

For questions or additional information,  
call Janice Bremer, Hospitality Co-Chair, at 603-672-9626 (6:30 to 8:30 p.m. only).

Menu: Garden salad; Grilled chicken & penne pasta with grape tomatoes, black olives, sweet yellow peppers in a garlic basil butter sauce; Vegetarian lasagna; assorted breads; cookies; coffee and tea.  
NOTE: alcoholic beverages will not be available. However, you may bring your own bottle of wine.

Directions from the west: Take Route 101 East to Exit 11, which is Route 108, Stratham/Exeter. At the foot of the ramp, turn right onto Route 108 South (Portsmouth Avenue). Follow Route 108 for one mile to the signal light. Turn right onto Route 111 and pass over a short bridge. Turn right at the immediate intersection and proceed to the Bandstand in the center of Exeter.

At the Bandstand, take a sharp left, still on Route 111 West. Continue 1.5 miles to the Exeter Inn (red brick building on left). At this point, keep right at the “Y” intersection and continue on Route 111 West for 1.8 miles to a yellow blinking light. Turn left onto RiverWoods Drive, pass two houses on the right, and turn right at the RiverWoods sign.

For directions from other locations, please visit the RiverWood website: http://www.riverwoodsnc.org/contact Directions.cfm

Registration Form  
AMC-NH Chapter Dinner  
Saturday, August 15  
$25 Members and $28 Non-Members

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Total Enclosed: $ 

Please send Registration Form and your check payable to AMC-NH Chapter to:  
Janice Bremer, 50 Quarry Circle, Milford, NH 03055  
Registrations must be received by August 8.  
You will not receive a confirmation.

New!  
Convenient online registration!  
Go to amc-nh.org to register and pay by credit card online!
Support the AMC NH Chapter
In Honor or Memory of a Loved One or Friend

If you’d like to memorialize someone, or would otherwise like to further the AMC NH Chapter’s general, conservation, education or recreational efforts, please consider sending a tax-deductible gift for general or specific Chapter uses. You may also designate a specific use or committee within the NH Chapter, if you prefer.

Honor a loved one or friend. A gift to the AMC NH Chapter is a wonderful way to honor a friend’s birthday, peak-bagging milestone, the birth of a child, or a marriage. It can also be a meaningful way to mark the passing of a friend or family member who loved the outdoor experiences they enjoyed with AMC NH.

Matching Gifts. Perhaps you can also garner a matching employer contribution. Ask your personnel office for the matching gift form, and send it along with your contribution or membership dues.

To make a donation, send a check designated for the NH Chapter to Appalachian Mountain Club, Development Office, 5 Joy Street, Boston, MA 02108-1490. If you are making a donation in honor or memory of an individual, include that information with your donation.

The AMC will acknowledge receipt of your deductible contribution and send the funds to the NH Chapter.

Please contact NH Chapter Treasurer Mitch Manseau at treasurer@amc-nh.org, or call 603-744-2332 for further information.

Thank you!

Membership in a Bottle
The Perfect Gift for your favorite outdoors person!

Specially designed AMC Nalgene® Bottle with Gift Card
• Single membership $50
• Family membership $75
• $10 Gift Certificate good toward AMC workshops, books, and lodging!

Call Bob at 603-456-3708.

Available to new members only.

Make the most of Your AMC membership!

New!
Get a weekly digest of upcoming chapter activities sent to your email inbox!

• Create and update your member profile
• Change your address or chapter affiliation
• Manage your e-mail preferences, including e-delivery of chapter newsletters
• Get program and discount opportunities for new, individual, and family members
• Subscribe to Appalachia, the longest-running journal of mountaineering and conservation with articles on mountain exploration, ecology, and conservation; analysis of accidents in the White Mountains; poetry, book notes and more.

Register today!
outdoors.org/membercenter
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