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The AMC Website’s New Look Read more.

Volunteer for AMC NH!
The Nominating Committee is seeking nominees for the Executive Committee (ExComm). Positions open for the coming year include Webmaster and Newsletter Editor. We are also looking for potential co-chairs for Excursions, Mountaineering, Trails and Membership as well as people interested in helping out with Conservation and Hospitality. If interested, or if you have questions, contact the Chair or Vice Chair via email or phone; chair@amc-nh.org, 603-772-6259; vicechair@amc-nh.org, 603-778-1077. New ExComm members will take office after the NH Annual Meeting on Oct. 2, at which all officers and chairs will be elected.
Join us for Greenleaf Hut Night September 11!

A Traditional NH Chapter Hut Night

Hut Nights are a special tradition for NH Chapter members and we look forward to a memorable evening at one of our favorite huts. We have reserved a limited number of bunks at a special rate of $89.50 per person.

On the morning of September 11th you are welcome to join us for a group hike to the hut. Upon arrival we will check in, select our bunks, and unpack our gear. Tripsters will then be free to relax around the hut or take a hike to the summit of Mount Lafayette (5,260 ft.) for the annual "Flags on the 48."

In the evening, we will gather for a wine and cheese reception followed by hearty dinner prepared and served by the Greenleaf Hut Crew. After-dinner we'll take a short hike to enjoy the sunset from a new perspective.

On the morning of September 12, we'll enjoy breakfast by the crew before saying goodbye and heading out for our hiking adventures. Greenleaf provides a great starting point for some special hikes and your options include a traverse across the Franconia Ridge.

About “Flags on the 48”:

Flags on the 48 is an annual memorial hike to each of New Hampshire’s 4,000-foot summits in memory of those who lost their lives on September 11, 2001.

The first hike was an informal and spontaneous memorial by a group of six hikers who raised a large American flag on the summit of Mount Liberty the first Saturday after the 9/11 attacks. The tribute has grown significantly each year since it began in 2001.

Today, hundreds of hikers are involved and they hike to the summits before noon to pay tribute by flying the American flag for two hours. Each summit group has its own special tribute with photos, peaceful music, and quiet conversation with passing hikers.

How to Reserve Your Space

1. Call the AMC Reservations Line at 603-466-2727 (Mon-Sat, 9 am to 5 pm).
2. Tell them you are with NH Chapter 9/11 Hut Night (Group Number 144905).
3. You will be asked to provide contact info, food allergy, and vegetarian requests.
4. Reservations are first come, first serve and deadline to book is August 23.

Advertising Coordinator Wanted

Volunteer(s) needed for Mountain Passages.
- Contact businesses throughout NH to advertise in the print and electronic editions of Mountain Passages.
- Invoice advertisers for payment in advance and follow up as needed.
- Communicate all details as needed to ensure timely inclusion of ads in newsletter.
- Submit a revenue report each issue.

To apply, send an email to newsletter@amc-nh.org.
What Goes into a Trail?

By Richie Holstein

We hike, ski, and cycle our trails. We’re certainly aware of them in the moment, but do we think of what goes into creating and maintaining them? It’s easy to guess at the hard work, but there’s more than that.

Trails exist to limit human impact on the outdoors and to make travel reasonable. What goes into trail creation first is definition of a need, then exploration and planning. We try for paths that work with the land to avoid or reduce erosion—those that are less steep or have switchbacks. Route planning means finding good stream crossings and avoiding travel in areas likely to erode or become damaged. We look for more width for ski and bike trails. If there’s a view, we want a way to reach it.

But we mostly improve existing trails or maintain them in good condition. Pre-hiking and planning are critical as we figure what needs to be done, how to do it, the tools and equipment needed, and how many people can be involved. What will stop erosion here? How can we provide better footing? What will encourage people to stay on the trail? What will leave this trail more natural? Winter trails need imagination; just think of an elevated trail and lowered branches!

Finally, we watch people use a trail. Do they step or ski or ride where we expect them to? Has our work made the trail better for them? Is the result likely to last? Does it protect the area all around?

Join us on a trailwork day! Have fun, learn what we actually do, and accomplish a task where you can see the good you’ve done. And the next time you hike that trail, you can point to your work and say, “Some of ME went into that trail!”

For further info you can contact me at 603-472-2526, richienh@alumni.brandeis.edu; the NH Chapter Trail Crew chair, Bill Darcy at 603-224-0709, bill_shearer@hotmail.com; or check out the trail crew’s web page at http://amc-nh.org/committee/trailcrew.

Upcoming Educational Opportunities

Map & Compass Training
Sat., Oct. 2. We will cover the same material as in the June class. Class size is limited, so sign up early.

You will need a protractor type compass such as the Suunto M3. You will also need some form of eye protection—sunglasses, prescription glasses, or safety glasses and a small day pack with a lunch, water, trail snacks, and rain gear. Long sleeve shirts and long pants are recommended.

For more information or to register contact Bob Humphrey 456-3708 (7-9 p.m. ONLY PLEASE) or send an email to bobh@mcttelecom.com.

Annual NH Chapter Winter Hiking Series
Sat. & Sun., Oct. 23 & 24. The application process begins in July. Don’t be left out — apply early as space is limited to 20 participants. This weekend-long event takes place at AMC’s Pinkham Notch facility. Saturday is devoted to lectures on gear, safety, hydration and winter foods, layering systems, emergency gear, and group dynamics. On Sunday, we’ll be hiking out of Pinkham, destination TBD. Attendance on the first weekend is mandatory for participating in the series.

Following the first weekend there will be day hikes combined with instruction on the following dates: 10/30, 11/13, 11/20, 12/4, & 12/18. Cost for this class is $70, which is nonrefundable. This series has become very popular, so we encourage you to apply early.

For more information or to register contact Bob Humphrey 456-3708 (7 to 9 p.m. ONLY PLEASE) or send an email to bobh@mcttelecom.com.
An Overnight Backpacking Adventure

By Anne Gwynne

The “Becoming an Outdoors-Woman” (BOW) program of the New Hampshire Fish & Game Department offers a chance for women to learn outdoor skills in a fun, supportive environment in company with their peers. “Beyond BOW” allows women to take their skills to the next level, and this year was the first time that a backpacking trip was offered.

Our first meeting in April was held in conjunction with the AMC-NH Chapter Education Committee. We met at Bob Humphrey’s house to learn about the gear we would need for the trip and the options the participants had for purchasing, renting or borrowing equipment. We also discussed the plan, which was a short hike to Moose Mountain shelter, along the Appalachian Trail near Etna, NH.

The trip was scheduled for the weekend of May 8-9, and the weather was as bad as it could be. We could deal with winter snow, or thundershowers and summer temperatures, but instead we had steady, unrelenting rain and temps in the low 40s.

The contingent of four from central NH drove to Etna and met up with a North Country group of two. Driving rain at the meet-up place meant that nobody was willing to get out of the car—we conversed through slightly cracked side windows! Decision: postpone the hike. This was not supposed to be a death march or an exercise in warding off hypothermia. It was meant to be FUN!

Two weekends later some of the group met again for the backpack. There were a few participants who couldn’t make the rescheduled event, or perhaps were scared off, but for this weekend the weather forecast was spectacular.

When we arrived at the trailhead parking area after a short misadventure thanks to the local highway department, there were no other vehicles in the lot. Peace and solitude were promised for our weekend get-away!

Our group had a relaxed hike to South Moose Mtn., admiring wildflowers such as trillium, lady’s slipper and bunchberry. The novice backpackers did well, and were thrilled to be out in the wild on their own, completely self-sufficient within our little group. We viewed the remains of an old airplane crash on the mountain, and then went off to our campsite, where we set up our tents.

There are bears in New Hampshire, although sometimes we forget that fact. We located a good area to hang our food, and Ms. Spearchucker, one of the participants, easily tossed the rope over a tree branch 20 feet above the ground.

With our tents set up, we started filtering water for cooking. Our dreams of solitude were rudely interrupted by the arrival of a hike leader and three teenagers from inner-city Boston, part of a group of ten kids and three adults. They were on the second day of a three-day wilderness learning event, and, we soon learned, the kids were having a miserable time. Bugs; darkness; too much quiet; all this equaled a threatening and alien environment.

We corralled our food out of the way of the voracious teen-agers, who arrived piecemeal over the next two hours. Since our tents were placed on the direct route to the water source, we had plenty of contact.

Fortunately, the sounds of busy teens gradually faded; perhaps the kids toned it down or perhaps our hearing was affected by the three liters of wine the five of us shared… Whatever the reason, we mellowed out and enjoyed our meal of homemade spaghetti and sauce, with cheesecake for dessert.

Tired out by our 2.5 mile hike and the excitement of the day, we hit the sack at sunset, and were up at sunrise. A quick breakfast of instant oatmeal and coffee was followed by an equally quick breaking of camp and hike back to our cars. We refrained from waking our neighbors with a chorus of “hi ho, hi ho” as we hiked through their campsite.
Our novice backpackers had their first experience in carrying a big pack over rough terrain. They had to learn to pace themselves, because even on a short trip like this, it’s possible to over-exert and get injured. They had a chance to select tent sites and to learn about bear bag setup, water filtration and cooking on a small camp stove. Finally, they learned that the Wilderness Experience is not for everyone, and it’s all about the journey, not the destination.

For more information about BOW, visit [www.nhbow.com](http://www.nhbow.com).

**Wilderness Rules**

*By David Ross*

If you’re like me, getting out into the woods and mountains is a way of escaping the everyday “stuff” that clogs up my life. When I first started hiking, I was unaware that certain rules apply to federally-designated Wilderness areas, such as the Pemigewasset and Sandwich Mountain Wildernesses.

To summarize, any hike in the six designated Wildernesses in the White Mountain National Forest (WMNF) and elsewhere are required to have no more than 10 people including leaders. This applies to any group, not just AMC-led hikes, and violation is subject to a fine by WMNF rangers.

The purpose of the limitation is to minimize the impact upon the environment and upon other users of the wilderness. As an example, imagine you are hiking by yourself and have to pass a group of 20 people. It is not only an annoyance but it destroys the solitude that you hoped to find by hiking in a wilderness area.

You may think that splitting a large group into two sub-groups, separated by 10 or 15 minutes, would be a solution. Well, I’m no lawyer, and maybe you would be okay legally, but you certainly would violate the spirit of the law. We all know that a short time gap between groups has a way of decreasing to a zero time gap very quickly. No, the only solution is to limit your group size to ten, and to run another trip to an entirely different destination, if you have that many participants. The following week, the groups could exchange destinations.

[Wilderness areas in New Hampshire](http://www.nhbow.com). The areas are also clearly marked on the maps included with the AMC White Mountain Guide. Remember, the wilderness is there for all to enjoy, and “the rules are the rules.”

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**AMC’s 2010 Fall Gathering**

*Sponsored by the Worcester Chapter*

October 15-17, 2010

Prindle Pond Conference Center Hilltop, Charlton, MA

Join us for this club-wide event hosted by the Worcester chapter at Prindle Pond Conference Center Hilltop in Charlton, MA.

- Explore Central Massachusetts by hiking, cycling, paddling, rock climbing and more.
- Family-oriented activities will be offered so bring your children and grandchildren!
- Enjoy the camaraderie of fellow AMC members in the evening starting with a social hour followed by lively entertainment and a bonfire to wrap it all up!

Everyone is welcome! We’ll see you there with boots on!

Room packages available, including meals, activities, and registration fee. Register by September 30, 2010.

See [www.amcfallgathering2010.com](http://www.amcfallgathering2010.com) for more information and to register.
AMC’s Annual Meeting

Annual Meeting will be held on Saturday, January 29, 2011, at the Sheraton Four Points, Norwood Hotel & Conference Center, Norwood, MA. This event is open to everyone and will include exciting workshops, an AMC Showcase highlighting AMC Chapters and destinations, volunteer awards, as well as AMC’s 135th Business Meeting. At night, we will have the opportunity to enjoy dinner and a fantastic keynote speaker. Questions regarding the 2011 Annual Meeting can be directed to Cindy Martell, Event Coordinator, at 617-391-6603 or cmartell@outdoors.org. Stay tuned for registration info and more details at: www.outdoors.org/annualmeeting

Phyllis Bowden is the widow of NH Chapter hike leader, Bill Bowden, who passed away suddenly in September of 2007. She wrote this poem, which touches on her memories of Bill, who introduced her to Monson Village in Milford, an historically significant property belonging to the Society for the Protection of New Hampshire Forests. Learn more about Monson Village.

Bill was an active, respected and beloved NH Chapter hike leader and workshop instructor for many years right up to his untimely passing. He was known affectionately as Bushwhack Bill because of his penchant for going off trail in search of obscure summits to add to his list of conquests. Phyllis still resides in Nashua and reports she finds herself busier than ever since her recent retirement.

AMC Website’s New Look

In September, AMC’s website, www.outdoors.org, will have a new look, making it an even better planning resource for all your outdoor adventures. Members will find a one-click search for all AMC activities, including chapter trips, guided programs, major excursions, and volunteer opportunities. Access to AMC’s Member Center will be streamlined, with personalized reminders about upcoming chapter events, renewals, and member deals, based on your member profile. You can also check lodging availability, current conditions, and the latest AMC blog posts right on the homepage.

Monson Memories

People of the distant past,
People of the recent past,
People of today,
All in Monson’s memory.

Those who settled,
Those who visited,
Those who now are there,
Monson remembers.

I remember:
My first visit,
Bill leading the way,
Buildings, trees, stone walls, cellar holes, markers, silence, peace,
Basking in the companionship of husband and nature.

I return alone,
Remembering Bill.
Receiving nature’s soothing embrace,
Reflecting on life, the earth, the universe.

With sister and brother,
Finding peace, companionship, sunshine, a small snake,
Feeling calm by the waters,
Family, Monson and life.

Another day, alone,
Selecting a new path,
Seeing fallen, moss-grown tree trunks along the muddy way,
Savoring spring, the sights, the silence, the beauty.

Later, a friend comes,
With me leading the way,
Wandering, teaching, sharing, enjoying,
Wonderful memories.

Monson memories:
My memories,
Monson’s memories,
Our memories.

The promise of
Memories to make,
Memories to share,
Memories to keep.

–Phyllis Bowden
AMC-NH Executive Committee

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Eric Savage  
603-772-6259

Vice Chair  
Karen Thurston  
603-778-1077

Treasurer  
Kathy Ratcliffe  
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Dave Passios  
978-582-7476

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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