**OUR MISSION**

The Appalachian Mountain Club is the nation’s oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.

VOLUME 44, NUMBER 4
JULY-AUGUST 2018

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**On the Trails: Let There Be Rock!**

**BY RICHIE HOLSTEIN**

In the last issue of Mountain Passages this column discussed rock work in general terms. Now we present a more detailed description of a real project to give a better idea of what’s involved. The New Hampshire Chapter runs three weekend schools a year at Cardigan Lodge, two in the winter and one in the spring. Spring school features an Intro to Trail Work workshop, and this year we used the workshop to install a rock waterbar to correct a long-standing problem: barely a minute’s walk from the lodge, the Holt-Manning Trail regularly gets flooded by runoff from the Back 80 Trail.

Because the workshop is instructional and includes people who have never done trail work before, we first created a simple earthen dip to direct one small flow away from the trail. In choosing the dip, we considered location, shape, dispersal, and convenience. Dips are easy to construct and usually easy to clean. Unfortunately, dips also fill with debris and can be trampled down by hikers, and just don’t last without a lot of maintenance.

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**Off the Beaten Track; Alternative Hiking Suggestions**

**BY WANDA RICE AND BOB MCLAUGHLIN**

We all have hiked popular trails where we are seldom out of sight or hearing of other hikers. The cars parked along I-93 in Franconia Notch on summer weekends pay silent testimony to the number of hikers climbing the Franconia Ridge via Falling Waters or Old Bridle Path. Sometimes, hiking a trail with others is fine and even enjoyable, and other times we all would prefer solitude in the wilderness.

In this, the first of a planned series, we suggest hiking alternatives for those times when you are looking for a quieter hike. This article provides a list and brief description of the trails, but you should always carefully review detailed information about any trail you are considering, be prepared and carry your 10 Essentials.

**Alternative hikes in the Mt. Cardigan area**

Great views can be had with not a lot of other people on Orange Mountain. This is 5.6 miles round trip with 1600’ of elevation gain. From Cardigan Lodge, take the Holt, Cathedral Forest,
Rock water bars can last almost indefinitely but are hard work to construct. About 20 yards below the dip, a second stream enters the Back 80 with a lot more water. An old earthen dip at this location had been trampled into obscurity. When it functioned at all, it just moved water a few feet further down. Combined, the two failures led to the flooding.

We were fortunate that Cardigan is the site of an old farm, and the farmer had courteously left us many rocks from the fields right at our site. We planned where we would place the rocks, how we would shape the water bar, where the water would disperse once it was off the trail, and how trail users would pass over the rocks.

To move the rocks, we used up to six 18 lb. rock bars and the occasional pick-mattrock for each rock. Sometimes we were able to use the bars to just push a rock to the water bar. Other times we used a couple of bars as rails over which we pushed the rock. And when we were lucky, we could just rock ‘n roll to get a rock where we needed it!

But nearby doesn’t count by itself. A hole is dug so that the rock is not too high above the treadway, a flat side becomes the area where people walk, that flat side is level, another flat side channels the water, and the rock is angled to overlap a bit of the rock just downstream. Sometimes the rock doesn’t quite cooperate, and it takes a lot of pushing, twisting, shoving, and the occasional sledge hammer to get it where we need it.

With the water off the trail, we dug a simple ditch to channel it to an existing water bar on Holt-Manning. All the rain, flooding from runoff, and pounding by six pairs of boots left the treadway around the new water bar a muddy, mucky mess by the end of the weekend. (So were we!) But even with that, we could see real improvement downhill in the now-dry Holt-Manning Trail. Would you like to learn more about keeping our trails in great shape? Get in touch with us via trailsnh@amc-nh.org to learn what’s involved and to get involved!
OFF THE BEATEN TRACK, FROM PAGE 1

Vistamont and Skyland Trails. A great way to experience Mt. Cardigan is to take the Manning Trail rather than the more popular, shorter Holt-Clark Cutoff to the Clark Trail. Loop up Manning and down the shorter route for 5.7 miles and 1950’ of elevation gain.

You can find more information about these hikes in AMC’s Southern New Hampshire Trail Guide

**Great moderate hikes**

**Mt. Tecumseh from Tripoli Road on the Mt. Tecumseh Trail**

Mt. Tecumseh is a classic entry level 4000-footer. Rather than take the very popular route from the Waterville Valley ski area, try the quiet side and access the trail from Tripoli Road (closed in winter). While views are highly restricted from the Tecumseh summit, the hike and the summit rock are great fun. Of course, if you are considering climbing the 48, Tecumseh is essential. From the parking lot to the summit is 3.1 miles with a little over 2000’ of elevation gain.

**Flat Mountain Pond**

Flat Mountain Pond is a gem in the Sandwich Range Wilderness. There are a couple ways to get there. One is via the Flat Mountain Pond Trail from Whiteface Intervale Road (off Route 113A). This route is 5.5 miles from the parking lot to the Flat Mountain Pond Shelter. The other route is via the Bennett Street Trail off Bennett Street (off Route 113A) which is 4.5 miles to the shelter. Enjoy the views of the pond while lunching at the shelter and either head back the way you came or out via the other trail if you were able to spot a car at the other trail head.

You can find more information about these hikes in AMC’s White Mountain Guide.

**An Alternative to the Crowded Routes; Lafayette via Greenleaf or Skookumchuck Trails**

Dying to get up to Mt. Lafayette, but don’t want to deal with the crowds on the Old Bridle Path or Falling Waters or face the Franconia Notch parking problems? Check out the Greenleaf Trail. Parking for this trail is near the Cannon Mountain Tram and the trailhead is next to the on ramp for the Tram exit off I-93. A lovely hike with few people, it is 2.7 miles to Greenleaf Hut with 2300’ elevation gain and 3.8 miles to the summit of Mt. Lafayette with 3400’ of elevation gain. As an added bonus, you will be treated to a unique view of the Cannon rock face as the Greenleaf Trail passes below Eagle Cliff.

For a slightly longer route to the same summit, try the Skookumchuck Trail at 5.1 miles to the summit which leaves from a parking lot on Route 3 just past exit 35 from I-93.

You can find more information about these hikes in AMC’s White Mountain Guide.

**The Forest Society Reservation Challenge**

Thanks to Sam Jamke, for suggesting the Forest Society’s (SPNHF) Reservation Challenge as an approach for discovering new and wondrous places to explore. Detail of the Challenge can be found at https://forest-society.org/challenge.

We’re always looking for new ideas. Suggestions for hikes and new areas to explore should be sent to newsletternh@amc-nh.org.

As a final reminder, wherever you hike, always research your route before hiking and carry your 10 Essentials.

Adult Volunteer Vacations:

Looking for an exciting vacation opportunity where you can give back to some of the northeast’s most iconic locations? Join an AMC Volunteer Trail Crew in the White Mountains or Cardigan Mountain in NH, or Baxter Park, Acadia National Park, or the 100 Mile Wilderness Area of ME. These crews are open to all 18 and older and can match any experience level. These crews are an excellent way to have fun, meet new people, and give something back to the places you love. Check out the full list of programming and sign up today! https://www.outdoors.org/volunteer/volunteer-trails/adult-crews-full-list

2018 AMC Teen Trail Crews: Sign up for an AMC Teen Trail Crew this summer! We have a variety of crews still available from the Delaware Water Gap to northern Maine. Sign up for a week-long crew or one of our 2-Week programs. We have base camp and backcountry crews to choose from and can match up any experience level or interest. These volunteer trail crews also qualify for community service and provide up to 40 hours of service per-week! Check out he full list of programs and sign up today! https://www.outdoors.org/volunteer/volunteer-trails/teen-crews-full-list

**Teens Wilderness Adventures:** Sign up for an AMC Teen Wilderness Adventure! Are they interested in spending time on the water this summer? We have many different paddling programs, including multi-sport, canoeing, and whitewater kayaking! Visit https://activities.outdoors.org/search/?act=13&aud=2 for more information.

**AMC 20s & 30s Leadership Training and Trail Stewardship Weekend (September 21-23, 2018 AMC Corman Harriman Outdoor Center, NY):**

Want to brush up on your outdoor leadership skills and connect with other outdoor enthusiasts in their 20s & 30s? Take the first step to become a trip leader for your local AMC Chapter! AMC is hosting a Leadership Training designed for 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC Young Members (YM) from across the region and learn important leadership skills that will set them on the path to becoming trip leaders for local AMC Chapters. AMC is also offering a separate 20s & 30s Trail Stewardship programs at the Corman Harriman Outdoor Center this weekend. If you’re interested in learning trail work skills and networking with other 20s & 30s, this weekend is for you! Registration will be open June 15, 2018 – September 7, 2018 or until filled. To register, call AMC Reservations at 603-466-2727. Questions? Email Marielle – marielle.pd@gmail.com

Upcoming AMC Events:
An Interview with Denise and Emma Carter

Denise Carter, an active leader for the New Hampshire Chapter, has been making the time to introduce her granddaughter, Emma and Emma’s younger brother Quinn, to the joys and adventures of the New Hampshire outdoors. Their first camping trip was when Emma was only 5 years old, and it has become an annual event since then. Emma is now 13 and Denise and Emma plan another camping trip this summer.

In this first of a two-part article, Denise and Emma share their thoughts and reactions to camping and the outdoors. In the second article, that should appear in the September/October issue, we will follow up with Denise and Emma and find out how their planned camping trip turned out.

**Question:** Denise, what are your memories about how you were first introduced to the outdoors?

**Denise:** I was first introduced to the outdoors at a camp my grandfather owned on the Piscataquog River near Goffstown, NH in the 1950s and 1960s. My family spent time there in the summer with my grandparents, aunts, uncles and cousins. I particularly remember fishing, boating and swinging from a rope swing. I vividly remember toasting marshmallows and playing parlor games around a blazing campfire in the twilight and into the night.

**Question:** Denise, except for the time at your grandfather’s camp, were you able to spend time in the woods when you were Emma’s age? If yes, can you describe some of your memories.

**Denise:** Absolutely! When I was young, we lived on a dead-end road (Essex St. in Manchester), and I used to pick blueberries on the side of a hill not far from our house (not exactly the woods, but part of my outdoor experience). We used to walk through the woods to get to our local swimming pool and there were plenty of woods to explore at my grandfather’s camp. When I was Emma’s age my parents would take us to Wellington State Park where we swam, picnicked, climbed trees and hiked the peninsula nature trail.

**Question:** Denise, what do you like the most about camping?

**Denise:** Being outdoors and waking up to the trees every morning!

**Question:** Emma, what have you enjoyed the most about camping with your grandmother?

**Emma:** I haven't gone camping ever without her. She has given me this unique experience.

**Question:** Denise, how do you think your experience was different from Emma’s?

**Denise:** I think there were two major factors that influenced my experience growing up that made it different from Emma’s:
- the world seemed to be a safer place and “free range parenting” was more common allowing children to explore more freely than today; and
- unlike the technology that is available to kids today, a portable radio was the most sophisticated electronic device I ever owned.

I was fortunate to have grown up in a world that allowed me to move about relatively freely. Being outdoors was my number one source of entertainment.

**Question:** Denise, why do you think it is important to introduce Emma to the outdoors?

**Denise:** I think that if Emma experiences the wonders of nature at her age she will come to understand how important it is to keep the outdoors clean and untouched.

**Question:** Emma, what are you looking forward to during the August camping trip?

**Emma:** I haven't gone camping ever without her. She has given me this unique experience.

**Question:** Denise, how do you think your experience was different from Emma’s?

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**Question:** Emma, what are you looking forward to during the August camping trip?
By: Jamie Gillon

On April 21, the New Hampshire Fish and Game Department held their annual Discover NH Wild Day in Concord. This event featured a variety of exhibitors and vendors from different conservation and recreation organizations. The event was reported to have over 10,000 attendees, with the vast majority being families with children.

The Appalachian Mountain Club New Hampshire Chapter was well represented with about ten volunteers representing the Membership, Excursions, Paddling, Biking and Trails Committees. Hundreds of people came through our exhibit, where people got to try on backpacks, sit in kayaks and tents as well as pick up literature about our club and chapter. The attendees had varying levels of familiarity with us, including many who had not previously heard of the organization. The highlight was definitely the trail tools quiz, put together by our Trails Co-Chairs, Richie and Bill. Hundreds of people took the quiz throughout the day.

All in all, it was a great outreach event, and we already plan to be back next year.

Emma: This year I am bringing a close friend, and I look forward to sharing this experience with her.

Question: Emma, what can you think of that would make it even better?

Emma: My brother not coming! It would be independence and freedom for me to do this on my own.

Denise: When Emma comes of age, I hope she will remember the fun times she had in the woods with her grandmother and that she will want to share the same experiences with her children and her grandchildren. I also hope it will strengthen our relationship and will be a common bond that will help to keep us connected.

We expect to continue this story in the next edition of Mountain Passages. In the meantime, enjoy the outdoors with your kids and grandkids if you have them!

The AMC Volunteers at NH Wild Day 2018. Photo credit Jamie Gillon.

The AMC 2018 Fall Hiking Week will be held at Woodward’s Resort, Lincoln, NH (http://www.woodwardsresort.com/) from Friday, September 28th to Friday, October 5th. Join us for the weekend, a few days, or for the full week. There are several guided hikes each day from easy to challenging. Last year we offered a total of 38 hikes over the week. All hikes are led by AMC volunteer leaders. All meals are included, as well as afternoon tea & cookies, and pre-dinner social hour snacks/appetizers. Social hour is a time for all FHW participants to socialize, review the day’s events, and hear about the evening program and the next day’s plans.

Resort amenities include an outdoor pool, an indoor heated pool, jacuzzi, and free Wi-Fi. Evening entertainment is provided daily.

For registration information, a tentative hike schedule when it becomes available, and any other information, please visit our website www.fallhikingweek.org. Like us on Facebook: https://www.facebook.com/AMCFallHikingWeek. Registration deadline is August 31.

The AMC Volunteers at NH Wild Day 2018. Photo credit Jamie Gillon.
Sunday, February 4th started out as a promising day. Weather was cloudy and snowy, in the 20s, perfect conditions for ice climbing. Ben Greene, Co-Chair of the NH Chapter’s Mountaineering Committee, and his friend Jason Graver were visiting Don Mellor for a weekend in NY’s Adirondacks.

They were looking forward to attempting an ice climbing route on Poke-O-Moonshine Mountain called “Positive Thinking.” Ben was still in his sleeping bag, slowly waking up. Then, just before 7:00 am, Don Mellor burst into the room. He’d received a call from New York Forest Rangers. A seriously injured hiker was stranded on a ridgeline and experienced winter climbers were needed to help with a rescue. Don asked Ben and Jason if they wanted to be involved. “How can you say no?” Ben recalls. Within twenty minutes, they were packed up and headed out.

The background: Just before 1:00 pm on Saturday, February 3rd, an experienced hiker lost his footing on ice and slid over a 10-foot cliff and broke his leg. His companion had managed to drag him to a sheltered area in the col between Basin and Saddleback, two 4000 footers in the Adirondacks’ Great Range. Once they reached comparative safety, the companion called 911.

The first rangers reached the pair at 4:45 am on Sunday and stabilized the injured hiker, who was suffering from the cold in addition to the leg injury. Then, they were faced with the task of figuring out how to get the hiker out. He was stranded on the col between two high peaks, and, following the route the rangers had taken to reach him, it was a challenging 5-mile snowshoe trek followed by 6-mile snowmobile ride to the nearest accessible road. High winds and cloud cover prevented a helicopter rescue.

This is where Ben, Jason and Don came in. They were part of a team of 34 forest rangers and 12 volunteers. Ben says that when he arrived at the rescue staging area at Lower Ausable Lake, the parking area was crowded with snowmobiles and trucks; it seemed like every ranger in the area was involved.

Ben and his group spent the next 5 hours hiking up and over the peak of Basin Mountain (4,827 feet) to get to the injured hiker. They were in 3 feet of snow, post-holing up to their waists and tripping over snowshoes. They finally reached the injured hiker at 3:00 pm. Early favorable weather conditions turned into a moody, stormy day. The weather fell to the upper teens and above the tree line wind whipped. The task ahead of them was not simple: transport an immobile hiker in a litter over the same ground that had taken them 5 hours of difficult winter hiking.

Fortunately, two of the volunteers, Keven Mackenzie and Adam Crofoot, were intimately familiar with the terrain and were able to identify a stream bed that had been opened up by a slide during Hurricane Irene. Following this more direct route, the team was able to carry the hiker down the streambed instead of back up and over the mountain.

While an easier route, this route was still far from easy and involved serious off-trail work. Some of the volunteers went ahead to cut a path while the rest of the volunteers worked in teams to relay the litter down thousands of feet. They finally reached the bottom of the incline, but the journey wasn’t over; they still had to drag the litter through the frozen creek bed, over logs and rocks.

They eventually reached the Adirondack Mountain Club’s John’s Brook Lodge, which was still 3.5 miles from the Garden parking area and the nearest paved road. However, the trail from the Lodge to the Garden is relatively flat, well maintained and wide. A team of forest rangers took over and were able to get the injured hiker on an ATV and out to the road, where they finally reached an ambulance. Ben and his group were able to warm up and refuel in John’s Brook Lodge before hiking out at 12:30 am Monday morning.

After Ben and his fellow rescuers got home at 2:30 am, they were too tired to even think about attempting Positive Thinking on Poke-O-Moonshine this trip. But they knew there would be other days. Due to the skills they had developed and their tireless efforts in the freezing temperatures over extremely difficult terrain, an injured hiker is down, receiving medical care, and extremely grateful for their help.

Ben is quick to point out how expert and accomplished his fellow rescuers were. Don Mellor has over 40 years of experience and has written several guidebooks on climbing in the Adirondacks. Don, in turn, describes Ben as among the “most professional and most experienced climbers.”

Ben Greene began rock and ice climbing in 2011. He took courses with the AMC and soon began giving back and helping others learn to climb. He is co-chair of the AMC NH Mountaineering Committee and a member of the new Monadnock Climbers Association, a group formed to help develop relationships between local landowners and climbers to ensure access for all.

He advises anyone who is interested in climbing to take beginner courses with the AMC where they will meet other people who are welcoming and want to get others involved. With climbers, climbing is not just an activity, but is a community. He advises everyone who heads outside to take responsibility for themselves and for their group, and for the rescuers who might have to come to their assistance. “Weigh all your choices for how they will impact others and not just yourself.”
Winter is never far; Sign up for the 2018/2019 Winter Hiking Series

BY LARRY YETTER

Did you start hiking this Spring only to hit a lot of ice and have to turn around unprepared? Are you interested in hiking all year? If so, the NH Chapter is offering the Winter Hiking Series (WHS) again this year. This is a great course for those experienced 3 season hikers who wish to expand their hiking into the winter season. The series includes an opening weekend at Highland Center which includes a day of classroom training and a hike. The series continues with four additional hikes spread 2-3 weeks apart with the final hike in January. The series is taught by highly experienced NH Chapter Excursion leaders who possess extensive skills and experience. The Instructor-to-participant ratio is high so that participants have good access to Instructors throughout the series.

Many winter hikers proclaim winter to be the best hiking season. The views are amazing with snow and ice-covered trees and mountain tops. The rocks that we clamber over in the summer are now covered with snow and a nice snow shoe path is created. The black flies, mosquitoes and ticks are all gone. All that being said however, doesn't mean that winter hiking is easy and certainly not without risk. The series will teach you about the gear and clothing needed to safely tackle the NH 4,000 footers in the winter. We will also discuss nutrition, hydration, body heat management, group emergency/survival gear as well as trip planning and weather. Our goal of the series is to ensure that every graduate of the series has the knowledge to begin safely hiking the 4,000 footers in the winter.

The cost of the series is $299 for members which includes 2 nights lodging at Highland Center with 2 dinners, 2 breakfasts, 2 lunches, a manual and exemplary instruction. The opening weekend is November 9th to 11th. Hikes are scheduled for Dec 1st, Dec 15th, Dec 29th and January 12th. All hikes are scheduled for Saturdays but could be moved to Sunday if weather warrants a change of date.

The WHS is geared toward those having gathered a considerable amount of experience during the three seasons who now want to push the envelope, just a little, and enjoy a season packed with beauty and excitement for those that are properly prepared. The experienced staff of WHS instructors will impart the knowledge and skills needed to safely hike in winter. You will make incredible friends, meet like-minded people, and form a bond with one another, which in some cases, will last for a life time. We urge you to apply today. If accepted you will be amazed by the camaraderie, fun, challenges, and true beauty winter hiking can bring! This series has become quite popular and will fill fast, class size is limited to 24, so don't miss your chance, apply early today!

If you are interested, please contact Larry Yetter at Larry@texloom.com or 603 554 8284 for more information.

Although isolated, Mount Isolation has a tremendous winter view, making it well worth the hike. Photo credit Larry Yetter.

A WHS group enjoying the beauty of Franconia Ridge on their last WHS hike. Photo credit Larry Yetter.
'Mountain Passages' is only the beginning...

From hiking to biking, AMC’s New Hampshire chapter has it all. Visit our website at amc-nh.org and read more about us and our many year-round events.

The AMC-New Hampshire Chapter’s Annual Meeting for 2018 will be held on Saturday, October 20, 2018 at the Grappone Conference Center, 70 Constitution Avenue, Concord, NH.

The Social Hour begins at 5:30 pm (appetizers and cash bar), with a buffet dinner at 6:30 pm. A brief business meeting and presentations to the Chapter’s 25-Year and 50-Year members will follow dinner.

Our Featured Speaker will be the incredible adventurer, Wendy Booker. Wendy, who was diagnosed with relapsing-remitting multiple sclerosis in 1998, refused to let the disease define her. Instead, she has responded by establishing goals that would challenge anyone, including completing marathons, reaching the poles and taking on the world’s highest summits. As Wendy has said: “My mission is always to educate, motivate and challenge anyone facing an obstacle in life to push through and climb on — the view from the top is breathtaking.” We expect Wendy will be a truly inspirational speaker.

Online registration will be open at www.amc-nh.org starting in August 2018. Mail-in registration will also be available. If you have any questions, contact Debbie Marcus at programsnh@amc-nh.org.

Debbie Marcus and Susan Newhall, Co-Chairs of AMC NH Programs

From now until September 30, 2018 - Speak Up for Land and Water Conservation Fund!

The Land and Water Conservation Fund (LWCF) is a visionary and bipartisan federal funding program for protecting our nation’s most special places. From Sterling Forest in the New York Highlands, to White Cap Mountain in Maine, to the Appalachian National Scenic Trail, LWCF has funded the protection of some of our most iconic landscapes and trails in the Northeast.

In December of 2015, after briefly allowing the LWCF to expire, Congress reauthorized the Land and Water Conservation Fund for three years. Now the clock is ticking down once more, with just 3 months to go until LWCF expires again in September 2018. As a leader within the nationwide LWCF Coalition, AMC is calling on our elected officials to permanently reauthorize LWCF and provide full and permanent funding to unleash the true promise of this critically important conservation and recreation program.

AMC Voices are Needed! You can learn more at https://www.outdoors.org/conservation/land-water/land-water-conservation-fund, and make your voice heard at http://www.outdoors.org/articles/blogs/conservation/savelwcf/. We will also be keeping our #SaveLWCF webpage up to date with current news, events and ways to get involved.