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**Hiking Dinner Program: April 12, 2014**

**Trekking Patagonia with Sam Jamke**

**BY PAUL AND MARIE BERRY**

Join us for a wonderful evening with Ruth “Sam” Jamke, Appalachian Mountain Club Adventure Travel Leader, as she takes us to Patagonia.

Sam first went to Patagonia in 2008 to work on building and repairing trails in Chile’s Torres del Paine National Park with a California-based non-profit, Conservation Volunteers International Program. She resolved to return there to experience more hiking in the region.

In 2012, she realized that objective by leading an AMC Adventure Travel excursion to Argentine and Chilean Patagonia. It was a spectacular hiking and backpacking adventure that included trekking in Los Glaciares National Park in Argentina and Torres del Paine.

The group eased into the outdoor experience with a tour of the Perito Moreno Glacier while staying in El Calafate, Argentina. They then traveled to El Chaltén, Argentina, for three days of hiking in the area near Monte Fitz Roy and Cerro Torre before heading to Puerto Natales, Chile. There, they enjoyed a rest day before beginning a five-day, four-night backpack of the famed “W” route in Torres del Paine National Park. Staying in the Park’s refugios with all meals provided and hot showers available, they experienced the breathtaking scenery and fierce winds for which the area is famous.

A catamaran trip ended the backpack and the trippers returned to Puerto Natales for a night and then went on to Punta Arenas on the Straits of Magellan, from where Ernest Shackleton launched the...
Join us on June 7, 2014 for Zealand Falls Hut Night

An Easy-to-Hike Hut

Hut Nights are one of our favorite NH Chapter traditions and we look forward to an enjoyable evening at this easy-to-hike hut. We have reserved a limited number of bunks at a special rate of $98.50 per person.

On the morning of June 7th 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 Zealand (4,260’ elev).

In the evening, we will gather for our famously fun wine and cheese happy hour followed by a hearty dinner prepared and served by the Zealand Falls Hut Crew. After-dinner we’ll relax on the Zealand “porch” or kick back in the hut to swap trail stories with our fellow hikers.

On the morning of June 8th, we’ll enjoy breakfast by the crew before saying goodbye and heading out for our hiking adventures. Zealand provides a great starting point for some great hikes and your options include a Bonds Traverse or a trip to Mount Hale.

Start Your Weekend Early!

If you’d like to get a jump start on your weekend, we have reserved the Highland Center’s Shapleigh House for the evening of June 6th. This is a great way to meet the trip leaders and catch up with fellow hikers over dinner. Space is limited and rates are $44 bed & breakfast or $65 dinner, bed, and breakfast.

About Zealand Falls Hut:

Zealand Falls Hut is perched at the edge of the Pemigewasset Wilderness and borders the magical Whitewall Brook, whose cascading waters fill chutes and pools. The hut is most commonly reached by the Zealand Trail, a relatively short and easy hike of 2.8 miles and 650’ elevation gain with hardwoods, conifers, beaver ponds, and streams. It is not unusual to spot a moose on the way to the hut.

The hut was built in 1931 by a team led by Joe Dodge and was an early adopter of alternative energy sources. A U.S. Department of Energy grant funded the installation of a 1 kilowatt hydroelectric system in 1980-1981. Solar and wind power have since been added, making it the hut with the greatest variety of green technologies.

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 June 7th Hut Night (Group Number 235935).
3. Let them know if you’d also like to spend the night of June 6th at Shapleigh.
4. You will be asked to provide contact info, food allergy, and vegetarian requests.
5. Reservations are first come, first serve and deadline to book is May 16th.

Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts

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For questions, or to submit ad: Advertising@amc-nh.org
Please send ads as color PDF or jpeg high-resolution files, at correct size. Ads will appear in color in on-line version and black and white in print version.

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Photo by: Herb Swanson, Courtesy of AMC

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.

Mountain Passages

Volume 40, No. 2
March-April 2014

Mountain Passages is published six times a year by the New Hampshire Chapter of the Appalachian Mountain Club.

Submissions. Members may submit articles or photos (hi-res jpeg) to newsletter@amc-nh.org. Articles may be edited at the discretion of the editor to meet space and style requirements.

Publications is on a space-available basis. While Mountain Passages does not pay for submissions, a byline or photo credit is given.

Advertising. The AMC NH Chapter members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking and more.

For information and the 2014 Ad Rate Sheet, send an email to newsletter@amc-nh.org.

We reserve the right to refuse any submission, photo or advertising that is not consistent with the mission of the AMC.

Address Changes. Address changes or other changes to your membership must be made through AMC Member Services at 5 Joy St. Boston, MA 02108; 800-372-1758; outdoors.org/membercenter

Please note: Member address updates cannot be handled by AMC-NH officers, committee chairs, or the newsletter editor.

Mountain Passages Online. If you’re receiving Mountain Passages through the mail, please consider signing up to get the electronic version instead.

You will get added resources not available to print subscribers: direct links to emails, forms and online information, color photos, online registration forms.

To sign up, go to www.outdoors.org/membercenter and set your AMC-NH Chapter newsletter preference to online.

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include:

is plenty of great food to fuel when you’re not learning, there lectures, and discussions. And with instruction, field exercises, three-season backcountry travel all levels. Most every aspect of workshops offers instruction in corner. Are you prepared?

Going On

Annual Spring School: April 25–April 27, 2014

Great Vittles and A Whole Lotta Learnin’ Going On

BY RICK SILVERBERG

The spring and summer hiking seasons are just around the corner. Are you prepared?

Come join us at AMC NH’s Annual Spring School at Cardigan Lodge April 25–27, 2014 and see first-hand how we combine fun learning with good food.

This cluster of weekend-long workshops offers instruction in safe mountain travel to hikers of all levels. Most every aspect of three-season backcountry travel is covered. The weekend is filled with instruction, field exercises, lectures, and discussions. And when you’re not learning, there is plenty of great food to fuel you back up! Workshop offerings include:

Mountain Hiking and Outdoor Safety: Beginner and intermediate classes. Instruction in general mountain safety, equipment, route finding, map and compass, off trail navigation, weather, trip planning, nutrition, emergencies in the mountain environment.

Map and Compass: Everything you always wanted to know but were afraid to ask. This session will be a small group of eight participants and two instructors who will spend the weekend together reviewing and learning the details of map and compass, culminating in field exercises and off-trail navigating with the compass on a bushwhack route.

How to Stay out for the Night with Just You, a Daypack and Day Hiking Equipment in an Emergency: This group of up to eight participants and two instructors will be housed in Cardigan Lodge Friday night. Saturday includes instruction on how to make do, adapt, stay safe and survive the night in an emergency with your day hike equipment only. This group will spend the night out on Saturday in a simulation of an emergency shelter they learn to construct, without tent or sleeping bag.

Backpacking: Beginner and intermediate Classes. Instruction in backpacking equipment, camp site selection, route finding, map & compass, weather, trip planning, cooking, and emergencies. For those who want take their skills beyond day hiking. Plan to spend Friday and Saturday night outdoors and provide for your own backpacking equipment.

Leadership and Mountain Skills: For those who have good three-season hiking skills and wish to enhance them to run trips of their own. Exercises in planning, organizing, and conducting trips with emphasis on leadership techniques and group dynamics. Plus the basics of accident scene management, medical considerations, and off-trail navigation. This course is also for those with potential and desire to become Trip Leaders for the AMC NH chapter.

Not sure which class is right for you? Just contact our Work-ship Directors beforehand to see which of the following works best for you. Workshop Director Rick Silverberg can be reached at (603) 225-5921 from 7:10-30 p.m. and Workshop Director Bob Humphrey can be reached at (603) 456-3708 from 7–10 p.m.

Annual Spring School at Cardigan Lodge is for any adult who wants to learn and have a great time! It begins at 7:30 p.m. Friday and ends Sunday at 4:30 p.m. Cost: $145 for AMC members and $165 for nonmembers and includes lodging, excellent meals, materials, and instruction. Visit amc_registration.ccntr.org for more information or to register online. Or send a business size, self-addressed stamped envelope and your telephone number to the Registrar: Larry Yetter 15 Westgate Rd, Mont Vernon, NH 03057. If you register by paper application include your check made out to AMC NH chapter. You must be 18 years or older to attend.

MCHUGH, FROM PAGE 1

to Lakes Hut the most. Great views and relatively good treadway.

What is the hardest part of the hike? The second day from Greenleaf Hut to Galehead Hut is the most strenuous. It is the second day of the hike so participants have not developed a hiking rhythm yet, and the route is much harder than expected. There are lots of ups and downs and the trail is rough.

The easiest? The hike from Mizpah Hut to Lakes Hut. We pull into Lakes by noon and have the option to hike up to Mount Washington in the afternoon.

On average, how many participants are there? Up to a few years ago the PRH was always full with 21 participants, but we have had less in the past few years. Last year we had 18 participants.

How much training is required? Participants don’t necessarily have to be experienced White Mountain hikers, but they need to be in “hiking shape.” The primary reason some participants have dropped out over the years is that they were not in shape.

What’s the best way to train? Hiking elevation is the best training, but many participants live in flat areas like Florida and have to make adaptations. Stair steppers, stadiums, etc. are good ways to strengthen leg muscles, and bike riding, running, etc. are good ways to build up cardiovascular endurance.

Your favorite hike snack? Snickers bar.

Favorite healthy food? This is a weak area for me!

Brussels sprouts or cauliflower? Yeah!

Favorite “bad” food? One of the reasons I hike is to stop on the way home to consume grease and salt!

If you could have dinner with one person, living or dead, it would be… Being a history teacher, I’d like to dine with Abraham Lincoln.

Who was your favorite teacher? My junior year history teacher turned me on to history, and I have never looked back.

What is it about the outdoors that the unconverted need to know? The mountains are truly awe inspiring. One will never forget that first view from the top of a mountain.

What is it about the Presidential Range Hike that the unconverted need to know? For many, it is the trip of a lifetime where that first view from the top of a mountain.

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What is it about the Presidential Range Hike that the unconverted need to know? For many, it is the trip of a lifetime where fond memories and friendships are formed.

When you lead a hike and say, “Almost there,” are you almost there? Generally, yes. However, leaders have a bank of “lies” and I believe that “Almost there” is Leader Lie #24 along with #15: “It’s around the next bend.”

To sign up for the Presidential Range Hike—and you know you want to—go to Page 7 for more information.
Mountaineering: April 2014

Glacier Travel and Crevasse Rescue Workshops

BY JIM KENT

Winter is finally here, but have you made your plans for summer climbs on glaciated peaks? What about training for those trips? That’s where we can help!

AMC’s New Hampshire chapter is again offering two workshops in April to help you prepare for such adventures. As in prior years, we are honored to have support and sponsorship from Sterling Rope for these workshops.

The “Introduction to Glacier Travel” Workshop is a one-day program designed to familiarize participants with the glaciated mountaineering environment, and the training to become a functioning member of a roped team for glacier travel. The workshop will be held April 12, 2014 at Gunstock Recreation Area.

The morning starts with instructor introductions followed by group sessions that cover the mountain environment, dressing for success, basic knots, and a discussion about roped travel and the mechanics of clipping in. Safety is continually stressed, so the fundamental climbing equipment is thoroughly reviewed, from the harness and helmets, to the ropes and knots we use.

Instructor-led group sessions include hands-on practice for the knot-work, including working with prussic loops which are provided. After the instructors demonstrate how to divide a rope for various team sizes (3 to 5 team members), we break into small teams for individualized team training.

The remainder of the day is spent in the field learning the skills needed to function efficiently as a roped climbing team. These instructor led teams review and practice roping up, properly tying prussic loops, crampon and ice axe techniques, self and team belay, self and team arrest, and learning to ascend and descend as a team. For some participants, the rhythm of traveling smoothly as a team is an entirely new experience.

Highly anticipated is the opportunity to learn and practice self arrest, and our training site at Gunstock Mountain provides the terrain necessary for practicing these critical skills. We also discuss, demonstrate and practice the rope handling skills you will need to know for safe glacier travel. The Gunstock ski slopes provide the perfect terrain for participants to practice all these skills, and after spending all day on the slopes, we recap the day as a group.

Our “Crevasse Rescue Workshop” on April 19-20 is an intense two-day, weekend program that builds on the fundamentals covered in the one-day Glacier Travel Introduction program.

The workshop begins with instructor introductions and team assignments, and a quick review of most of the topics covered in the group sessions in the introduction workshop. This approach allows our returning participants to “warm up” to the weekend program without being overwhelmed. Each team is assigned two instructors, and with ropes, snow pickets, and rescue pulleys in hand, teams head for the slopes for a full day of training.

Paddling: April 2014

Paddlers Spring Whitewater School

BY PAUL AND MARIE BERRY

The Paddlers Spring Whitewater School provides Class II whitewater instruction for flatwater and quickwater paddlers in kayaks, tandem canoes or solo canoes.

You’ll learn the skills and proper preparation to paddle Class II whitewater so that you are comfortable and can have fun paddling whitewater. You’ll also learn the basic skills of river reading and maneuvering through whitewater as well as basic safety and rescue procedures. Instructors will review and help you improve your basic paddling strokes, plus how to perform a ferry, eddy turn, peel out, and other river maneuvers.

Pool/information sessions will be held in Nashua. The remaining instruction takes place in Henniker and at area rivers selected according to appropriate river levels and difficulty.

AMC NH Paddlers Spring Whitewater School will be held April 26-27, 2014 with a mandatory pool/info session Saturday April 12, 2014 and Saturday April 19, 2014. (You must attend either session in order to attend the two-day Paddlers Spring Whitewater School.) Cost: $100 for active AMC leaders, $125 for AMC members, and $160 for non-members.

Email wwschool@nhamcpaddlers.org, call Paul Berry at (603) 423-1192 or go to our website at www.nhamcpaddlers.org for more information or for an application.
Ruined In Utah:

Ranger Ron Volunteers for the National Park Service

New Hampshire AMC member Ron Janowitz spent last fall volunteering for the National Park Service at Natural Bridges National Monument. Some of his observations and reflections follow:

As I tended to my bucket list prior to retiring, one item near the top was “volunteer with the National Park Service.” Using the website Volunteer.gov I found a listing for a Visitor Service Specialist at Natural Bridges. After several email exchanges and a phone interview, I was hired. I later learned that my outdoor leadership experience with AMC gave me the edge in getting the job. Overall, within the National Park Service there are 25 applicants for every volunteer job. I also learned there are far more volunteers than paid employees.

After driving cross-country and visiting family and friends along the way, I arrived at Natural Bridges on September 30, the day before the federal government shutdown. The Park was closed for ten days until the governor of Utah “loaned” the federal government funds to reopen the parks in his state. During that 10-day period I had a chance to explore and learn about my park, which turned out to be quite helpful. Once the park re-opened, I was more knowledgeable about the trails, history and geology, and able to convey that information to the park visitors.

Natural Bridges is a small park in the southeast corner of Utah. It is relatively unknown and has far fewer visitors than its big Utah brothers like Zion and Bryce. The Park has three massive bridges at the bottoms of steep canyons. Teddy Roosevelt declared it a Monument in 1908. Some visitors stay at the campground within the park and spend several days viewing the bridges, hiking the trails, and visiting ruins and ancient rock art sites. One can visit all the bridges on a full-day loop hike. Most folks, however, drive the nine-mile loop road, walk a few hundred feet to the lookout of each bridge and eagerly drive on to the next park on their itinerary.

There are at least nine Ancestral Puebloan ruins within the Park. Only one appears on the map given to visitors. I had the opportunity to visit all the sites during my stay, some of which involved steep scrambles on slickrock. These earliest Americans vacated their dwellings about 750 years ago after an extended drought. They were the ancestors of modern Hopi and other tribes. We were told not to reveal the location of the ruins, except for the one on the map.

On most days I spent the morning at the Visitor Center collecting park entrance fees, talking to visitors about the bridges and hiking trails, selling books and maps, and representing the National Park Service. On many days we had far more foreign visitors than U.S. citizens. In the afternoon, wearing my park uniform, I would hike the various trails, interact with visitors and answer their questions.

I worked four consecutive days and had three days off. Taking advantage of my strategic location, on my off days I hiked in Arches National Park, Canyonlands, and many remote and rugged canyons on Bureau of Land Management lands. I visited countless ruins and rock art sites, each unique in their own way. I also spent two days visiting the Hopi Reservation in northern Arizona, which turned out to be one of the highlights of my entire stay in the area.

Natural Bridges is 40 miles from the nearest town and grocery store, and 120 miles from Moab and Cortez, where one can find a real supermarket. The Park is off the grid. Electricity is provided by a large solar array with a diesel generator backup. Volunteers must provide their own housing at most parks. Because Natural Bridges is so remote, the National Park Service provides housing for its volunteers. I occupied a nice three-bedroom house that I shared with one seasonal employee.

Although I was able to cross this item off my bucket list, I plan to volunteer at another National Park in the future.

If you want to read more about Ron’s experience, you can visit his blog at UtahRon.blogspot.com

Hiking: Sept. 20-28, 2014

And Speaking of Utah…

If you have not traveled with the AMC’s Adventure Travel Program yet, you are missing out on a lot of fun. There are lots of wonderful and extravagant places to explore, and this year’s September trip is one that everyone should experience at least once in a lifetime.

Our adventure, called “Utah Canyons Sampler,” will be held Sept. 20-28, 2014 and takes us to southern Utah to Zion National Park and Bryce Canyon National Park, and the Grand Staircase Escalante National Monument.

This trip includes famous hikes such as The Narrows, Angel’s Landing and Observation Point as well as some lesser known but equally beautiful hikes, particularly in the Escalante area. Our agenda also includes an education rich in the history and geology of this iconic American region.

We invite you to visit http://snebulos.mit.edu/major-excursions/trips/1433.pdf for more information. We look forward to hearing from you and hope to see you in Utah!

Marianne Page (AMC New Hampshire Chapter) and Jan Schnabel (AMC Connecticut Chapter), Your Utah Adventure Travel Co-Leaders

Ruined In Utah: Ranger Ron Volunteers for the National Park Service

FEATURES
Get Ready to ‘Bike New Hampshire’

BY GENE HARDING

Even though we still have the cold and snow with us, it is time to start thinking about the coming biking season.

AMC NH’s Biking Committee has selected the theme for the coming season: Bike New Hampshire. We will be offering a wider variety of bike rides to help us meet your biking interests. We will begin the season with some introductory rides on rails trails and lightly traveled roads at slower speeds and shorter distances for families and people who are new to biking, have not ridden for some time or are not used to riding in groups. We will follow these up with rides at faster paces and for longer distances on both roads and rail trails. Some of these rides are for riders who want to combine biking with hiking, and some are for longer trails with some overnight excursions for riders who want to combine camping with biking. A second effort this season will be to develop a series of rides that will enable bikers to “Ride Across New Hampshire” from the Atlantic Ocean to Vermont.

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In order to accomplish these New Hampshire-centric undertakings, we will need to add more Bike Ride Leaders and volunteers to our committee. We gladly welcome Bike Ride Leaders and volunteersug from all parts of New Hampshire, but we are especially interested in new leaders in the northern and southwestern areas of the state.

Our first Bike Ride Leader training will be Saturday May 3, 2014 at 8:30 a.m. at Cardigan Lodge in Alexandria.

Gene Harding is chair of AMC NH’s Biking Committee.

PAST EVENTS

What on snow are these people doing?

Why, preparing a nice Sunday breakfast, of course! Welcome to AMC’s Beginner Backpacking at the Cardigan Winter Workshop held Jan. 31-Feb. 2, 2014. Participants from three different AMC chapters shared the common goal of learning skills and techniques for spending two nights camping in the outdoors in the beautiful New Hampshire woods. The instructors for this group were Bill Warren (NH Chapter Vice Chair) and Janis Stokes, who taught the group the basics of winter survival, snowshoeing, mountaineering, leadership, freezer bag cooking and staying warm, along with having fun in a cold environment. A warmer weather workshop will be held April 25-27. See story on Page 3.

December 27, 2014 – January 10, 2015

Adventure Travel Trip to Thailand!

Culture, coral and cooking await you during an upcoming Adventure Travel Trip to Thailand, December 27, 2014-January 10, 2015. Lots of cultural trekking and day hiking to Chiang Mai, Bangkok, Similan Islands and Doi Inthanon national parks. Visit the unique hill tribe people, elephants, cultural sites, cooking class and coral reef snorkeling. $2,950 + airfare, which is approximately $2,500. In country transportation, lodging, fees, and most meals are included. Contact Jon Christensen at jlcnpsla@netscape.net or Andrea Deaton Christensen at andrea.deaton@gmail.com or (267) 738-8048.

GLACIER, FROM PAGE 4

Part of Saturday is used to reinforce what the participants “think they know.” We do this as a practical exercise by having the participants demonstrate properly dividing the rope, clipping in and then the entire team must check each other to ensure they are safely prepared to start climbing. All of these fundamentals are reviewed, as needed. Ascending the slope as a team re-establishes the rhythm needed to move efficiently. Instructors frequently establish a route using wands, something which helps to simulate that real world experience.

We introduce a running belay and the techniques used for safely passing your clip-in knot across the belay anchor. We also review self arrest to reinforce those skills. Repetition of all these skills is designed to increase confidence and establish the foundation necessary for safely building snow anchors, followed by crevasse rescue hauling systems. Our instructors review the most common snow anchors, including improvisation techniques, and then demonstrate building several. Participants practice building their own and testing them.

The instructors explain and demonstrate the need for and construction of hauling systems and the anchors required to support them. All team members practice all the aspects of the anchor building and hauling activities which includes the rescue of a fallen climber, typically one of the instructors. The hauling systems we cover range from the simplest “heave-ho” to complex mechanical advantage using multiple pulleys and improvisation techniques. If there is sufficient time, a dynamic “un-scripted” rescue scenario is practiced by the team, and anything can happen! At the end of the day, everyone descends to “base camp” for a group recap and review.

Introduction to Glacier Travel workshop will be held April 12, 2014 at Gunstock Recreation Area. Registration begins at 7:30 a.m. Cost: $25 for AMC members and $30 for nonmembers.

Glacier Travel & Crevasse Rescue workshop will be held April 19-20, 2014 at Gunstock Recreation Area. Registration begins at 7:30 a.m. Cost: $50 for AMC members and $60 for nonmembers.

Email Workshop Director Jim Kent at jimkent@comcast.net for more information.

Jim Kent is co-chair of AMC NH’s Mountaineering Committee.
Registration for ‘Trekk ing Patagonia’ with AMC’s Sam Jamke
SATURDAY, APRIL 12, 2014
Makris Lobster & Steak House • Route 106, Concord, NH 03301 • (603) 225-7665

PATAGONIA FROM PAGE 1

rescue of his men stranded on the famed but ill-fated voyage of the Endurance.

Sam will share beautiful photos of scenery and wildlife, along with some stories from the two trips, and will be glad to answer any and all questions about the area and the logistics of running a trip to this faraway paradise. Sam will have just returned from her third trip to this area in March of 2014, so there are sure to be some tales from that trip as well.

Sam has been a member of AMC since 1983 and is a past chair of the New Hampshire Chapter, a hike leader for the New Hampshire Chapter and AMC’s August Camp, an information volunteer and a member of the Club’s Board of Directors. Sam has hiked the 115 Northeast 4,000 footers and has hiked all of the New England Hundred Highest summits in winter. She began leading AMC Adventure Travel excursions in 2008 and recent destinations besides Patagonia include Ireland, Scotland, the Canadian Rockies, Death Valley and Nevada, and New Zealand.

This promises to be a wonderful evening of delicious food, interesting stories and congenial company. Reserve your seat early to avoid disappointment! (Clip and mail the form above with your payment, or if you don’t want to slice and dice this lovely issue of Mountain Passages, go to http://amc-nh.org/store/index.php to order your ticket online.)

Note to Self:
Sign Up for the Presidential Range Hike

There’s still time to sign up for the 48th Annual Presidential Range Hike to be held July 12-20, 2014.

The hike includes more than 50 miles of scenic trails in White Mountain National Forest--many on the Appalachian Trail--and climbing at least a dozen 4,000+ footers including Mt. Washington. Daily hikes range from 5 to 10 miles with a variety of hiking options each day. There will be four highly experienced AMC-NH Chapter Leaders on hand and a maximum of 21 hikers, so register early.

The $880 cost for members ($925 for non-members) includes 8 nights of lodging and meals at AMC huts, gratuities, trail snacks and in-hike transportation. A deposit $440 is required ($25 nonrefundable). Visit the PRH website at http://www.amcnhprh.org/ or contact Leader John McHugh at (603) 382-6685 or limchugh@comcast.net for more information.

AMC NH EXECUTIVE COMMITTEE

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