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For info/application: John McHugh, (603-382-6685) or ljmchugh@comcast.net

AMC Luncheon in Portsmouth
Trekking Patagonia with Sam Jamke

Pease Golf Course Grille 28
Saturday, June 8, 2013
Social hour 1:00, Luncheon 2:00

Spend a few hours at Market Square Day in Portsmouth, enjoy a round of golf, or some sightseeing on the beautiful New Hampshire seacoast and . . .

Join us for a wonderful afternoon with Sam Jamke, Appalachian Mountain Club Adventure Travel Leader. AMC member and volunteer leader, Sam first journeyed to Patagonia in 2008 with a California-based non-profit, Conservation Volunteers International Program to work on building and repairing trails in Chile's Torres del Paine National Park. Sam resolved to return to Patagonia
2013 Biking Season

Looking Forward to an Exciting Biking Season!

By Gene Harding

Since the New Hampshire Chapter AMC started a biking committee more than two years ago, I have had the opportunity to discover and ride on new Bike Rail Trails with many of you. I have found the rail trails offer several advantages for biking. The rail trails are great for family rides, offering no highway traffic and most have nice scenery and opportunities to view wild life. The trails are also good in some weather that would not seem ideal for biking. The rail trails tend to be shaded much of the way, and protected from the wind, and not heavily traveled on the holidays.

A great opportunity has presented itself for us as bike riders to open-up rail trails in New Hampshire and New England. With the help of an intern, Roger Scholl at AMC Club Headquarters in Boston has created an extensive list of rail trails in New England. This list was compiled in an office, not in the field.

I would like to ask anyone who loves to ride to join me, our NH Chapter Biking Committee and our bike ride leaders in exploring these trails to add to the good work that has been done.

There are 46 rail trails on the list and of these 15 are over nine miles long. From this list we know the length of the trail and their location by county, but we need to determine the trails’ starting and ending points, parking availability, trail surfaces and more.

We will soon be posting the list on the NH web site, along with a brief on information we would like to add to improve the data base and make it more useable. We realize some riders only have a street bike and cannot ride the unpaved trails. We are asking if one or more of these trails is near where you live—and you can ride the trail—that you gather the information we want to add to our listing.


Volcano Hiking in Washington
With AMC Adventure Travel
Mt. St. Helens, Mt. Rainier, Mt. Adams
September 6–15, 2013

Contact Leader Ron Janowitz for details:
Ron@RonJanowitz.com

May 10-12

Young Members Weekend

By John Green

The Young Members Chapters from all states are invited to participate in an Inter-Chapter weekend at the Cardigan Lodge in NH on the weekend of May 10th. The group is working on leading several hikes and a map and compass course, along with a chance for some post-hike meals and discussions. We are comprised of young adults in their 20s and 30s (in body or spirit) who enjoy hiking, climbing, camping, conservation, kayaking and many other outdoor activities! Join us—see below for details or reserve through the AMC at 603-466-2727, use group# 221546.
http://activities.outdoors.org/search/index.cfm/action/details/id/67906
https://www.facebook.com/events/595701290459161/
John Green, jogrt22@gmail.com

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. Publication 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 2013 Ad Rate Sheet, send an email to newsletter@amc-nh.org.

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

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someday to experience more hiking in the region and, in 
2012, she realized that ob-
jective by leading an AMC 
Adventure Travel excursion to 
Argentine and Chilean Patago-
nia. It was a spectacular hiking 
and backpacking adventure 
that included trekking in Los 
Glaciares National Park in 
Argentina and Torres del Paine 
National Park in Chile. 

The gr
oup 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. Here 
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 fa-
mous. A catamaran trip ended 
the backpack and the trippers 
returned to Puerto Natales for 
a night before continuing to 
Punta Arenas on the Straits of 
Magellan, from where Ernest 
Shackleton launched the 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 far-
away paradise.

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and enjoying the Market 
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the link to learn about Mar-
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http://www. 
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Plan a memorable day of 
fun in Portsmouth, NH!

ABOUT THE PRESENTER

Sam Jamke has been a member 
of the 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 vol-
unteer and a member of the Club’s 
Board of Directors. Sam has hiked 
the 115 Northeast 4,000 foot-
ers and has hiked all of the New 
England Hundred Highest sum-
mits 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.

AMC August Camp

If you would like to go hiking in Washington State’s 
North Cascades, AMC’s August Camp still has a few spots 
open this summer. See www.augustcamp.org for details 
about this fun “summer camp for grownups!”

—Sam Jamke, August Camp Committee, member & hike 
leader, 603-472-2536

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TREKKING, FROM PAGE 1
Bicycling from Oregon to Montana—
An Encounter with the Law

DAVID S. ROSS

My buddy Jim and I were already ten hours into the hardest day of bicycling we had ever experienced when we saw the flashing blue lights of a deputy sheriff’s SUV, as he motioned for us to pull over and stop.

Jim and I are avid cyclists but neither of us had ever done an extended self-supported tour. Last winter we came up with an idea to cycle part of the “Lewis & Clark Route,” from the coast of Oregon to Montana. We would do an approximate retracing of the path the Corps of Discovery took in 1805 and 1806, aided by the excellent cycling maps provided by the Adventure Cycling Association (www.adventurecycling.org).

A WET BEGINNING

The end of June found us in Astoria, OR, a small city near the mouth of the mighty Columbia River. In the winter of 1805-6, Lewis and Clark wintered at “Fort Clatsop,” now a National Historical Park, trading with the Indians, hunting, boiling water to make salt, and generally surviving until the weather grew warm enough for them to head back to the United States, some 2000 trackless miles to the east.

Fortunately for us, the weather was warm, but a fine rain made our first couple of days damp and a bit discouraging. I thought to myself that in a week we could be begging for rain; little did I know how prophetic that would be!

We cycled west from Astoria to the actual seashore, where we performed a ritual dipping of wheels in the Pacific.

The following day we headed southeast toward Portland. Rather than follow the industrial and heavily-trafficked river route, we were advised to head inland. Despite the much hillier terrain, we were glad we did: during the 60 mile day, only a few dozen cars passed us, and the scenery was beautiful. We met some interesting characters along the way, discovered a great bike path with a ten-mile downhill stretch, and made it through Portland the easy way: on public transportation. Okay, so we cheated a little!

The days passed, and we progressed into the spectacular Gorge of the Columbia. The weather grew warm and sunny, the espresso and the beer were good, and the traffic was light on our path along Historic US Route 30, paralleling busy I-84 on the Oregon side of the river.

Once we passed Hood River, we realized there is an unmarked but tangible line separating western Oregon/Washington from eastern, and the temperate climate was quickly supplanted by desert. It was baking, with daily highs of 95 to 100 degrees.

Fortunately Jim and I are both early risers, and we fell into a routine of setting-off on our bikes as soon as it was light enough to be safe, usually around 5:30 a.m., making our next stopping place by midday, before the sun became unbearable. We poured water over our heads and used sunscreen liberally. One day we found a great campsite along the river, grassy and shady, with free hot showers; we spent most of the day relaxing and talking with other campers. One couple we met were Dutch; they were headed west on the same route, finishing-up a cross-USA tour they had started a few years before.

HEAT AND HEADWINDS

We followed the Columbia for days, riding along both banks of the river, waving at the many freight trains, riding on two-lane roads, getting scared by the huge trucks passing us, (and then almost becoming used to them) riding (legally) on the busy I-84, and crossing a frightening metal-grated bridge where we had to ride along with the vehicles, since there was no shoulder at all. It turned-out bicycling across the bridge was illegal, and the toll-taker threatened to call the police if we ever tried to cross again! No worries, we never intended to cross again.

Eventually, the river turned north and we continued east, into the Palouse, a wheat-growing area of sharp hills, beautiful in its own way, and not flat. The heat continued, and for a while we opted for air-conditioned motels instead of sweltering in our tents.

One particular day we had started-out early under a nice overcast sky, which held temperatures down to a reasonable level. We photographed each other riding under spacious skies, past amber waves of grain. All was well until the sun broke through and the headwinds kicked up.

It may be difficult for a non-cyclist to appreciate the effects of a 5 or 10 mph headwind on the physical and psychological performance of a bike rider. Hills, no matter how steep, always have an end. Headwinds never seem to end. Used to averaging eleven or twelve mph with 40 pounds of gear on our bikes, we were reduced to an insufferable six mph, under a blazing sun with air temperatures of 100 degrees and the dryness of a desert.

We ran low on water; we stopped and replenished at one of the rare houses along the road.

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Please send ads as color PDF or jpeg high-resolution files, at correct size. Ads will appear in color in on-line version and b&w in print version. We can lay out your ad for a nominal fee.

Mail check for advertising to: Appalachian Mountain Club
C/o Ron Janowitz, 88 W Haven Rd., Manchester, NH 03104

We reserve the right to refuse ads that are not related to the mission of AMC. We do not provide proofs and accept no liability for errors beyond the cost of the ad.
We ran low again, and needed to get into the shade. We saw trees in a pasture.

Managing to open a primitive barbed-wire gate, we relaxed in the shade for an hour. Our pulses and body temperatures came down to normal. But as we went on our way, we couldn’t close the gate completely, so we did the best we could, remounted the bikes and rode on.

Six miles up the road we saw the flashing blue lights. Jim said, “I bet he’s going to offer us a ride into town.” That wasn’t to be.

“Step over here, in front of the cruiser,” said the Deputy. “Everything is being recorded. Did you enter a pasture a few miles back? When you left the pasture, did you properly secure the gate?”

We owned-up to the fact we hadn’t been able to properly loop the two strands of barbed wire around the gate. Turns out, the landowner had driven by and noticed our bikes while we were in the pasture, and later, noticed that the gate was not securely closed. Worried that her cows could have wandered onto the highway and caused an accident, she called the sheriff.

“Boys, around here, when a gate’s closed, you leave it closed,” he said. “When a gate’s open, you leave it open. Let’s see your driver licenses.”

We were contrite, and the deputy was satisfied that no harm was done or intended and he let us go on our way. One of my foolish daydreams is to be given a speeding ticket while cycling; getting a summons for failing to close a gate would have been an acceptable substitute, but I decided not to push my luck. I don’t think Jim saw the humor in it, at the time.

In all, we covered nearly 800 miles in two weeks of cycling. We had no further run-ins with the law and managed to return with clean records and a few good yarns.

I’ve been asked if I would do it again, and my answer is “Yes, in a different locale.” In fact, a few weeks later Anne, Trudi, Marty and I took a wonderful cycling trip around Lac St-Jean in Quebec, but that’s a story for another time.

I’m glad I cycled through the countryside that Lewis & Clark traversed so many years ago, but there are many other trips to do and other scenery to see. As with any adventure, I was outside of my comfort zone many times; dealing with that discomfort, overcoming it, and being able to see humor in some of the direst events—that’s what makes adventure traveling so satisfying and fun.

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Pot Luck Participants Learn Photography Skills

On March 16, nearly 50 people gathered at the Pilgrim Church in Nashua to share some great home cooking and learn how to improve their photography skills. Paul Hopkins, hike leader, Chapter Conservation Chair, and serious amateur photographer gave a presentation that was jam-packed with tips and illustrated with his beautiful outdoor photography.

Paul began with a summary of the types of camera equipment available today and explaining the advantages of each. He also showed us how to properly frame a photograph for maximum impact, discussed the use of a polarizing filter to avoid glare on a sunny day and, finally, talked about some innovative uses of the flash to create better effects in photography and to manipulate the background of a photograph.

Those in attendance left with lots and lots of notes and plenty of ideas for taking better photographs. We also learned to be patient and to take pictures under different conditions and lighting. The difference between “ho-hum” and “spectacular” could be a matter of waiting just a few more minutes for the light to change!

Many thanks to Paul for sharing his knowledge with us! Those who missed this great evening can sign-up for one of Paul’s photo hikes where he will generously share his tips with the hikers along the way.

—Marie and Paul Berry, Programs Co-Chairs

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Introduction to the Conservation Corner—Earth Day

BY TONY SCHMIDT

On April 22nd we celebrated the 43rd anniversary of Earth Day. But do we know what it is, and do we know why it is important? Earth Day was proposed by activist John McConnell at the 1969 UNESCO Conference as a holiday to celebrate the Earth. He decided March 21, the spring equinox, was an appropriate date. A month later, Senator Gaylord Nelson of Wisconsin, outraged by the destruction from the 1969 Santa Barbara oil spill, established a second Earth Day on April 22nd as an environmental “teach-in.” His attempt was to raise public awareness of environmental concerns. Senator Nelson’s stick, and was eventually adopted internationally some years later.

The first Earth Day in 1970 was celebrated months before the inception of the U.S. Environmental Protection Agency. At the time, Americans were driving gas-guzzling, V8-powered automobiles and industry was belching-out smoke and sludge with little legal consequence. The awareness brought on by Earth Day helped bring the Earth’s deteriorating environment to the public’s eye. Eventually, laws like the Clean Air Act, the Endangered Species Act and the Safe Water Drinking Act were promulgated, in part due to the awareness raised by the Earth Day movement.

The 80’s saw the discovery of the diminishing ozone layer. Once again, with help of the awareness that was brought about by Earth Day activities, the U.S. signed the Montreal Protocol which began to phase-out the use of ozone-destroying chemicals.

By the 20th anniversary of Earth Day, the environmental degradation seen in 1970 had by most measures, begun to be reversed. Additionally, 1990 marked the first international observance of Earth Day. As the new millennium approached, concerns over atmospheric carbon and global climate change were at the forefront of Earth Day activities... concerns that have increased in the intervening years.

With the 43rd anniversary of Earth Day behind us and with climate change on many of our minds, I introduce “The Conservation Corner,” a recurring column that will discuss local conservation issues, but primarily focus on the effects of climate change and strategies to minimize our individual contributions.

Look for future columns to describe human activities that contribute to greenhouse gas emission and the impacts of climate change on our outdoor activities such as hiking, paddling and skiing.

I welcome any feedback and comments to Tony Schmidt at amc.nh.conservation.corner@gmail.com.

Mountain layers across the Pemigewasset Wilderness
AMC-NH Chapter Luncheon Program • Saturday, June 8, 2013

Pease Golf Course—Grille 28
200 Grafton Drive (Pease Tradeport)
Portsmouth, NH 03801 • 603-766-6466

1 pm social hour (cash bar and appetizers)
2 pm luncheon followed by the program
$32 Members / $37 Non-members

**MENU:** Chopped, layered salad with house dressing. Plated entrée, choice of Teriyaki Chicken, Baked Haddock, Sliced Sirloin (vegetarian plate available upon request – see registration form), baby red potatoes, fresh vegetable, rolls and butter, assorted dessert pastries, coffee, tea, fountain soda.

**LOCATION:** Conveniently located in the Pease Tradeport at the Route 33 “back entrance” near Exit 3 off Route I-95, Grill 28 is situated within the Pease Golf Course Clubhouse. Easily accessible to Portsmouth and the seacoast.

For questions or additional information, call Marie and Paul Berry 603-423-1192 or email programsnh@amc-nh.org

To register, use this form or go to our website and follow the links amc-nh.org

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**Please send registration form and your check payable to AMC-NH Chapter to: Marie Berry, PO Box 805, Merrimack, NH 03054**

_We expect this to fill-up fast! All registrations must be received by May 25._

If you would like confirmation of your reservation, please send email to the programs address above.

Or enclose a stamped, self-addressed envelope with your registration. Confirmation will then be sent to you.

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