Weekend Calendar
What are you doing this weekend? AMC-NH is always planning something. Our weekend calendar has all this weekend’s trip listing, social events and workshops in one convenient place. It’s just one click away at amc-nh.org and outdoors.org/about/calendar or see AMC Outdoors magazine.

Did you Know?
Registration is open for AMC’s 135th Annual Meeting. Join us on Saturday January 29, 2011 in Norwood MA for workshops, volunteer awards and much more! Stay for dinner and keynote speaker Dr. Char Miller: US Forest Service history expert and award winner author. The event is open to everyone, but space is limited. Go to outdoors.org for more information.

The New Hampshire Chapter Annual Winter Workshops 2011
Workshop #1: Jan. 21,22,23 2011
Workshop #2: Feb 25,26,27 2011
Just because its winter it doesn’t mean you have to hang up your backpack until spring. Come to Cardigan Lodge and learn how to go out and explore the NH wilds this winter safely and with confidence.

An Adirondack Cycle Tour
Want to join me on a tour of the Adirondacks?” my friend and cycling buddy Matt asks just before Labor Day. “We’ll do about 140 miles in two days, one circuit of the Adirondack 540 Race, a qualifier for the Race Across America.”

AMC To Host New Audubon Christmas Bird Count
Bretton Woods, N.H. -- The Appalachian Mountain Club (AMC) invites all outdoors enthusiasts throughout the region to participate in the National Audubon Society’s 111-year-old winter tradition, the Annual Christmas Bird Count (CBC), to be held on Saturday, Dec. 18 at the AMC’s Highland Center at Crawford Notch.

Biking New Hampshire
Hello to all bikers! What a great summer for biking! I was able to ride several of New Hampshire’s Rail Trails this summer and enjoyed them all.

Introduction to Ice Climbing
Interested in trying ice climbing? This introductory clinic is coordinated with the IME climbing school in North Conway.

Avalanche Hazard Awareness
Pinkham Notch, December 18-19
The NH Chapter Mountaineering Committee is again offering an introductory avalanche class at Pinkham Notch for winter recreationalists. Knowledge of snow stability is critical for safe winter mountain travel.
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Just because its winter it doesn't mean you have to hang up your backpack until spring. Come to Cardigan Lodge and learn how to go out and explore the NH wilds this winter safely and with confidence. Both workshops are designed to teach what you need to know for safe travel in the winter mountains. Both sessions offer the same curriculum, except as noted below.

Classes are offered that cover most every aspect of winter backcountry travel & safety. The weekend is filled with field exercises, lectures, & group discussions. Please choose only one per workshop. Your time will be divided between your individual class & activities for the entire workshop. Plan to spend extensive time outdoors. And when you're not learning, there is plenty of great food to fuel you back up! If you are not sure which class to pick, just give us a call and ask one of our Workshop Directors (contact info below).

A. Introduction to Winter Wilderness Travel: Instruction in general mountain safety, clothing, & equipment, nutrition, risk management & trip planning. Includes introduction to snowshoeing and map & compass. Intended for individuals with limited experience who would like to start winter activities safely. Anticipate hiking as much as three miles at a slow pace with occasional uphill grades.

B. Intermediate Winter Wilderness Travel: Instruction in snowshoeing, route finding (map & compass) as well as general mountain safety, clothing & equipment, nutrition, risk management & trip planning. Intended for individuals with extensive 3-season experience in the outdoors but limited winter experience. Anticipate hiking/snowshoeing up to 5 miles at a mod/slow pace with sustained uphill grades.

C: Advanced Winter Wilderness Travel: Instruction is offered in winter travel on steep terrain & above tree line. Subjects covered include snowshoeing on mountain terrain, use of crampons, dressing for extreme weather conditions, off-trail navigation & risk management. Intended for individuals with winter experience in the outdoors who are interested in climbing NE tallest mountains safely. Anticipate hiking 6+ miles at a mod/fast pace, steep terrain, & significant exposure to wind.
D: Back Country Ski Touring 101
Want to expand your horizons beyond the golf courses and touring centers? Come learn how to explore the winter back woods on skis. We will cover how to travel efficiently on the ungroomed trails over rolling terrain and how to control speed by turning and stopping on modest hills. And we will address general back country safety. Expect to be outdoors playing in the snow on skis for 3-4 hours each day and ski 2-4 miles. Be prepared to ski with a day pack.

E: Intermediate Back Country Ski Touring
Ready to explore the wilderness for the day and go where you want with confidence? Spend the day in the woods to improve your skills including turning, stopping, climbing, trip planning and navigation. We’ll be outdoors for about 5 hours each day skiing and learning on various terrain with your full day pack.

F: Down Mountain Backcountry Skiing
Tired of the crowded lift served areas? Leave them behind and explore the solitude of the backcountry. This course is intended (designed) for the down mountain skier who wants to jump the gap from the lift served area and “side” country to the backcountry. This is not a learn to telemark clinic but how to apply backcountry skiing skills to the backcountry on down-mountain trails. Strategies for skiing on backcountry terrain in New England "Powdah" (less than optimum snow conditions) will be reviewed. Be prepared to spend 4 to 6 hours per day outside, on skis and to ski with a pack on down mountain trails. This is not just for telemark skiers, backcountry skills and strategies for the AT skier will also be reviewed!

G: Leadership & Mountain Skills: This section is for those who have mastered the basics of winter hiking and or BC skiing. Exercises in planning, organizing, and expediting a trip. Emphasizing leadership techniques and group dynamics. A review of the basics, accident scene management, medical considerations and off trail navigation. This class is also for people with potential and desire to become trip leaders for the NH Chapter Excursions or SKI Committees. Proficiency on snowshoes is a prerequisite.

H: Introduction to Winter Backpacking: For those that have mastered the basics of 3-season backpacking skills. Instruction in general winter mountain safety, snowshoeing, equipment, proper camp site selection and set up, cooking, trail finding, map & compass, off trail navigation, weather, trip planning, nutrition, emergency situations. Students will need winter clothing, a 20° below zero or lower sleeping bag, and foam pad.
Tents can be provided if needed. This group will participate in indoor lectures and evening programs, sleeping outside Friday & Saturday night, prepare one meal outdoors. **This class will only be offered in workshop 1.**

**I: Intermediate Winter Backpacking:** Same as the Introduction to Winter Backpacking, except this group will be spending more time outdoors. Students will sleep outside both Friday & Saturday night and prepare 2 meals outdoors. This class will only be offered for workshop #2.

These workshop will begin promptly at 7:30 p.m. Friday evening and ends Sunday afternoon at ~ 4 p.m. Cost $130.00 (AMC members), $150.00 (nonmembers), includes lodging, excellent meals, materials, and instruction.

For further information, go to our web site (amc-nh.org) and to register online go to AMC registration.ccntr.org or send a business size self addressed stamped envelope to the Registrar: Lynda Caine, 64 South Bow Rd., Hookset, NH 03106. Send check or money with completed application or pay on line. You must be 18 years or older to attend. For more information please contact Director Rick Silverberg (603-225-5921, 7-10:30 p.m.)

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**An Adirondack Cycle Tour**

**David S. Ross**

"Want to join me on a tour of the Adirondacks?" my friend and cycling buddy Matt asks just before Labor Day. "We'll do about 140 miles in two days, one circuit of the Adirondack 540 Race, a qualifier for the Race Across America."

I am enthusiastic at the idea. A new Surly touring bike with panniers needs some field testing, beyond the commuting I do around home. Our route starts in Ticonderoga, where we'll leave the car, north along Lake Champlain to Westport, Elizabethtown, Keene, Jay and Wilmington. That's the first day. Next day we cycle to Lake Placid, return through Keene and Keene Valley to North Hudson and back to the car.

The start at 8 o'clock is not too auspicious—the day shows signs of heat and humidity—but we feel good enough to add on 15 miles or so to visit the old British fort at Crown Point, which we have to ourselves on this weekday morning.

By noon the temperature is 95 and the humidity is fogging my glasses. There is no shade. The profile of the route is up and down, up and down. I pull over and lie on someone's lawn in the shade.

"You know, we can call it right here," says Matt. "We can turn around and head back to the car."

My ego won't let me follow that good advice, so we slog on. I slog on; Matt is feeling good, no problems.

"I hate this stupid bike," I grumble to myself as I grind up one hill after another at 7 mph, watching Matt disappear into the distance. "This is it for New York State; I'm never coming back here."

Funny thing, I never felt that way about my racing bike.

Eventually I settle into a rhythm, go into survival mode. Food in the belly helps. Food almost always helps.

Hours later, the sun low in the sky, the temperature now a brisk 88 degrees, we pull into our motel. Seventy miles, four thousand feet of climbing: like hiking Mt. Jefferson from Route 2. We meet another touring cyclist, from Québec, who started in Toronto 5 days earlier and cycled from Buffalo along the Erie Canal. "Beautiful but kind of boring," he says. I know what he means. No hills. The following day is more of the same. We take a break in Lake Placid, the only prosperous-looking town in the region, and then have a miles-long climb and a screaming descent into Keene, definitely the most enjoyable part of the trip for me.

Somewhere north of the hamlet of North Hudson, I hit two potholes at 20 mph, and one of my Kevlar-belted, flat-proof tires goes flat.

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AMC To Host New Audubon Christmas Bird Count

Dec. 18 2010

All Birders and Nature Enthusiasts are invited

Bretton Woods, N.H. -- The Appalachian Mountain Club (AMC) invites all outdoors enthusiasts throughout the region to participate in the National Audubon Society’s 111-year-old winter tradition, the Annual Christmas Bird Count (CBC), to be held on Saturday, Dec. 18 at the AMC’s Highland Center at Crawford Notch.

The event is open to all. The CBC provides a way to get out and have fun birding and contribute important data that will affect bird and nature conservation. A holiday season tradition, the event is open to birders of all skill levels. Participants can make a weekend of it and enjoy the hospitality, activities, and learning opportunities provided at the Highland Center. AMC has created a special lodging-and-events package for event participants.

The CBC began over a century ago when 27 conservationists in 25 localities, led by scientist and writer Frank Chapman, changed the course of ornithological history. On Christmas Day 1890, the small group posed an alternative to the “side hunt,” a Christmas Day activity in which teams competed to see who could shoot the most birds and small mammals. Instead Chapman proposed to identify, count and, record all the birds they saw, founding what is now considered to be the world’s most significant citizen-based conservation effort and a more than century old institution. Now more than 2,000 individual counts will occur throughout the Americas from Dec.14, 2010 to Jan. 5, 2011. With its 134-year history of promoting the protection, enjoyment and stewardship of the mountains, forests, waters, and trails of the Appalachian region, and its longstanding dedication to conservation, AMC is pleased to host this Christmas Bird Count at the Highland Center at Crawford Notch for a fifth year. The CBC circle is 15 miles in diameter, centered on the AMC Highland Center in Crawford Notch, N.H. Within the circle are the water habitats of Saco and Ammonoosuc lakes as well as bogs, swamps, beaver dams and rivers. The circle also includes the hardwood forests, boreal forests, and alpine areas of the Presidential Range. Unique to this area is the old growth forest near Gibbs Brook.

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Matt is somewhere ahead of me, his cell phone dead. Not normally a problem, but then I discover that my spare tube won’t fit. Seems I had taken an extra dose of stupid pills when I mistakenly put it in my kit.

I start walking, pushing the bike. Stop at one house then another, offering to pay for a ride to the next road junction, where I think Matt will be. Everyone is either just about to head in the opposite direction, or has to babysit the grandkids.

I keep walking, my thumb out. A Statie zooms by without slowing. “Isn’t it illegal to hitchhike? Why didn’t he stop?” Pickups roar by without a second glance.

Three miles and an hour later, a tiny Ford Ranger pickup pulls over. I’ve got a ride. “Hallelujah!” The last time I successfully hitch-hiked was 1963 in Wisconsin, but I had an attractive woman with me, not a bicycle. Immediately another vehicle stops: “You broke down?” he asks the pickup driver. He wouldn’t have stopped for me.

Space is at a premium in the bed—seems this was yard-sale bargain day—but the bike fits in, and I fit in with my two new friends, glad that there’s no floor-mounted stick shift between my legs.

“When you see someone pushing a bicycle along the road, you know there’s a problem, he’s not a bum,” the man says. “That’s right,” the woman says, “you don’t see bums wearing those little rear-view mirror doohickeys on their glasses.”

Twelve lonely miles down the road, there’s Matt, spread-eagled under a tree. He is shocked when I climb out of the truck. My friends have decided that they will drive 40 miles out of their way to take me back to the car. They refuse any money for gas, drop me at the car, and drive off.

It’s easily an hour or so later when I return to find Matt maybe 10 miles from where I last saw him. He’s ready to be done. We’re both starving: bad planning on our part, not realizing that there would be nothing, not even a convenience store, for 30 miles.

We fill our bellies with salt and grease at a joint in Ticonderoga, then head back to New Hampshire. I learned a couple of things from this ride, not the least being that there are some people willing to be nice to strangers. I hope I’ll have the chance to help someone else out.
Continued from page 5...

Also within the circle are portions of the Pemigewasset and Presidential Range-Dry River Wilderness areas. Bird species tallied in the past have included Evening Grosbeak, White Winged Crossbill, Cedar Waxwing, Northern Shrike, Black Backed Woodpecker, Pileated Woodpecker, Pine Grosbeak, Pine Siskin, and Common Redpoll. CBC participants will have the opportunity to start the day at the AMC Highland Center with a warm and hearty breakfast, spend the day in the field with friends and fellow birders, and enjoy a post-event reception, dinner and a night’s stay. CBC participants can choose to take advantage of any or all of those options.

Apart from its attraction as a social and competitive event, CBC produces valuable scientific data. Now in its 111th year the CBC is larger than ever, expanding its geographical range and accumulating information about winter distributions of various birds. It is vital in monitoring the status of resident and migratory bird populations across the Western Hemisphere. The data have become a crucial part of the U.S. government’s natural history monitoring database. Data submitted, for example, has helped ornithologists understand the magnitude of the effects of the West Nile Virus on regional bird populations. (Count results from past years are available at www.audubon.org/bird/cbc.) National Audubon’s CBC director Geoff LeBaron states, “Backed with over a century of participation and collected data...the CBC has evolved into a powerful and important tool, one probably inconceivable to any of the 27 participants on the first Christmas Bird Count. With continual growing environmental pressures, it seems likely that today’s participants cannot possibly fathom the value of their efforts in the next century.”

Lodging rates starting at $59, call for more information or to make a reservation. 603-278-4453.

Founded in 1876, the Appalachian Mountain Club is the oldest conservation and recreation organization in the United States. With more than 100,000 members, advocates, and supporters, the nonprofit AMC encourages people to experience, learn about, appreciate, and understand the natural world because successful conservation depends on active engagement with the outdoors.

For more information, please contact:
Sara Delucia, AMC Highland Center (603) 278-4453, ext. 3827
Rob Burbank, AMC Public Affairs Director (603) 466-2721, ext. 8155

Biking New Hampshire

Hello to all bikers! What a great summer for biking! I was able to ride several of New Hampshire’s Rail Trails this summer and enjoyed them all. Most of my other riding was along the coast from Portsmouth to Ipswich on Rt 1A and to Plum Island.

The Rail Trails I rode this summer, started with the Nashua River Trail about 12 miles long and paved and included the Northern Rail Trail which Don Avery of AMC member from Lebanon introduced me to. This trail goes from Lebanon to Grafton (about 23 miles), and we found it again from Franklin to Potters Place (about 12 miles). I also rode the Sugar River Rail Trail from Claremont to Newport (about 12 miles).

Looking at the September issue of AMC Outdoors, it seems that other chapters are doing more bike rides than we do in the NH chapter. I would once again ask if there are members who would like to help me form a Biking Committee to certify Bike Ride Leaders, and promote more Bike rides in New Hampshire. If you are interested, please contact me by email, Gene37h@aol.com.

Thanks to all and safe biking
Gene Harding
Avalanche Hazard Awareness
Pinkham Notch, December 18-19

The NH Chapter Mountaineering Committee is again offering an introductory avalanche class at Pinkham Notch for winter recreationalists. Knowledge of snow stability is critical for safe winter mountain travel. Further, leaders who 'know snow' can execute adventurous ski, snowshoe, and climbing trips with added insight for their participants. Therefore, this course is highly recommended for ALL winter climbers, hikers, and skiers. The workshop will be taught by experienced Mtn. Comm. instructors. It is similar to a Level-one Course and will teach skills essential for safe travel in avalanche country. You will learn to recognize avy terrain and learn why the snow slides. We will also cover route finding, rescue, and human factors that affect decision making. It is an ideal course for those new to travel in avalanche terrain and a great review for anyone who has some experience or prior training. Participants will engage in both classroom instruction and extensive field activities. Cost $75 includes avy equipment use, but not meals and lodging at Pinkham Notch. Contact Jed Eliades (643-4556, je2@dartmouth.edu) for more information and to register.

Introduction to Ice Climbing
Saturday January 22, 2011

Interested in trying ice climbing? This introductory clinic is coordinated with the IME climbing school in North Conway. Suited for those with no ice climbing experience or those who wish to refresh their skills. Climbing harness and belay experience required but all ice climbing equipment provided. $75/members, $100/non-members. Late cancellations will receive refunds only if there are replacements on a wait list.

Leader: Tom Meredith 603-449-0957 or wundermere@gmail.com