AMC-NH Chapter Annual Meeting and Dinner Program
Sat., Oct. 2 at the Mountain Edge Resort & Spa at Sunapee
Business Meeting followed by our guest speaker, Jack Holmes presenting a Galapagos Photo Safari. Read more.

Registration Deadline:
September 25.
Register Online Now!

Notes from the Chair
Summer is coming to a close, and for the chapter, this is a time of looking both forward and back. Read more.

Elections to be Held at Annual Meeting
In accordance with the by-laws of the chapter, the election of officers and committee chairs for 2010-2011 will take place at the Annual Meeting on October 2, 2010. Read more.

NH Chapter Annual Winter Hiking Series
The AMC-NH Chapter Education Committee presents the 11th annual Winter Hiking Series (WHS). This series is designed for experienced three-season hikers who want to advance into the winter season. Read more.

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Upcoming Educational Opportunities
Map & Compass and Winter Hiking Series Coming this Fall. Read more.

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Remembering Summer By Ron Janowitz
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The AMC Website's New Look Read more.

AMC’s Annual Meeting
Annual Meeting will be held on Sat., Jan. 29, 2011, at the Sheraton Four Points, Norwood Hotel & Conference Center, Norwood, MA. Read more.
Advertising Coordinator Wanted

Volunteer(s) needed for Mountain Passages.

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

To apply, send an email to newsletter@amc-nh.org.

AMC-NH Chapter Annual Meeting and Dinner Program
Sat., Oct. 2
Mountain Edge Resort & Spa at Sunapee

Galapagos Photo Safari
“...far away places with strange sounding names are calling, calling me.”

Long ago Jack Holmes, our guest speaker, heard this song and it has remained with him ever since. He has been a traveling photographer for almost five decades; 50 states, 7 Canadian provinces, and over 30 countries.

You are invited to enjoy Jack’s captivating Galapagos Slide Show as he travels with his camera, up close and personal, with iguanas, sea lions, hawks, blue-footed boobies, albatross, and more.

The Galapagos Islands straddle the equator in the Pacific Ocean, 600 miles off the Ecuador coast. All plants and animals arrived by the currents of air or ocean. Darwin visited on the HMS Beagle in 1835. Finches were a key species for his work on the “Origin of Species.” Darwin marveled at the fierce looking iguana. Their ancestors would have arrived on debris floats, probably from the Ecuador mainland. The current two species coexist—one eating only marine algae while the other feeds on land plants.

Visits to the Galapagos National Park require a National Guide, who will accompany you all the time. Efficient travel usually involves a cruise. Carefully chosen tours booked in advance will have English-speaking guides and dependable craft. The number of boats in the harbor, the number of launches on the beach, and the number of people on the land is under quota. You must remain on the trail. “You can’t touch any animal but they can touch you if they want.” Usually they ignore you, even when you are close. As one guide noted you “are a paparazzi.”

With very few predators, the animals and birds are very tame and approachable. This makes viewing and photography easy and enjoyable. Islands, and the waters near them, have plants and wildlife that are suited to the microenvironment. Albatross are on islands that have updrafts so they can become airborne. Sea lions need low-lying beaches and rocks at the water edge. Hawks are predators of marine and land iguanas. Cacti are very tall and sharp needled. The volcanic highlands of Isla Santa Cruz, where giant land tortoise wander wild, is often misted by a drizzly fog called garua.

Prior to the program, there will be a short business meeting to elect officers and committee chairs for the coming year.

There will be opportunities for a gentle hike or a paddle in the Sunapee area prior to the dinner program. If you would like to make this a day-long event by participating in the Sunapee SP/Lake Solitude hike visit: http://trips.outdoors.org/index.cfm/method/search.fullview/tripid/28232/preview/preview/. For the Grafton Pond paddle go to: http://trips.outdoors.org/index.cfm/method/search.fullview/tripid/28154/preview/preview. There may be additional activities planned; check twww.amc-nh.org for updates.

If you are interested in making this event a weekend or over-night stay you can check out the many amenities of this Adirondack style Mountain Edge Resort & Spa at www.mountainedgeresort.com (1-877-468-3343). In addition, the Best Western Hotel/Sunapee is just across the road. See www.sunapeelakelodge.com (603-763-2010).
Notes from the Chair

Summer is coming to a close, and for the chapter, this is a time of looking both forward and back. This is captured most concretely in our preparations for the Annual Meeting at the beginning of October. Each of the chapter committees will have a chance to look back over the past year as we assemble our Annual Report. My work with the Nominating Committee, to put together the slate of officers and committee chairs that will be voted in at the meeting, will be an opportunity to think about the coming year and encourage new volunteers to get involved.

In June, I attended the annual Chapters Retreat, where chairs, vice-chairs and others from all twelve chapters get together to discuss topics of club-wide interest. We also have time to talk about challenges we face in our chapters and to share ideas, programs and events that are working for us. As always, I came away from this weekend appreciating the strength and commitment of the volunteers in our chapter, but also with many ideas from other chapters that I will ask the Executive Committee and others to think about in the coming year.

Fortunately, this will be nothing new, as we have dedicated a large portion of each of our monthly meetings over the past year to brainstorming sessions on a number of topics. Several sessions have been particularly focused on the possibilities and challenges of the internet. The chapter and club are taking advantage of the ability to connect with people online, including the online trip listings and the wonderful work that Kim Rexford has done on our website. But we also have to contend with the impact of other virtual venues for people looking to get outdoors. The key, I think, is to consider what makes club membership different and more meaningful than just meeting up for a hike or a paddle.

As I was talking and listening at the Chapters Retreat, I kept thinking back to the simplest statement of the club’s mission: conservation, recreation, education. While we do a good job integrating conservation and education into our recreation, I want to think about how we can continue, and increase, our focus on those objectives, which are what really distinguish us. In particular, one of our next brainstorming sessions will involve conservation and the role of our Conservation Committee. But this is not a discussion limited to the Executive Committee; we want to hear your ideas and expectations about what conservation means to our members and what you think we could be doing about it.

One of the other things we provide that is hard to duplicate online is a face-to-face community that embraces many different activities. And while I could go on about that (in a future column, perhaps), for now, I will simply encourage you to take advantage of such an opportunity at our Annual Meeting. This year, in addition to trying out a new location near Mount Sunapee, we are expanding the event by planning a variety of activities during the day that take advantage of what the area has to offer. There will be a wonderful program at the dinner itself, but we hope you will also enjoy an opportunity to get outdoors and recreate before the meeting. See the Annual Meeting Notice for more details.

See you out there!
Eric L. Savage, NH Chapter Chair

Wanna Swap Your Skis?

The Ski Committee would like to work with a couple of local ski swaps this year to increase our exposure, get more people involved with different aspects of the sport (downhill, XC, BC, AT, board,...), and raise some funds. We need to hear from readers about contacts for ski swaps and volunteers for staffing them. Please get in touch with Tony Schmidt, skinhamc@gmail.com, 603-726-7256, or Richie Holstein, richienh@comcast.net, 603-472-2526, with suggestions for places and contact people. Please also let us know if you can help the day of the swap. Evangelize your sport!
Upcoming Educational Opportunities

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

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

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

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

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

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

AMC’s Annual Meeting

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

AMC Website’s New Look

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

By Ron Janowitz

Osprey, blue heron, beaver, deer, and a horseshoe crab were all seen at the Seacoast Summer Solstice Celebration on June 19 at The Great Bay Discovery Center in Greenland, NH. About 50 people attended this summer-welcoming celebration under cloudless, azure skies. Technically known by the lengthy name “Great Bay National Estuarine Research Reserve,” this conservation area is home to countless waterfowl, land and sea animals and rare vegetation. The Great Bay estuary, where fresh river water meets tidally-driven sea water some 15 miles from the Atlantic Ocean, supports diverse and abundant life in many forms.

After a delicious catered lunch, one of the Great Bay naturalists gave a fascinating presentation about horseshoe crabs, which come to the shoreline during high tide to mate during this time of the year. Fossils reveal that these crabs have been around for 500 million years. We learned that each female crab lays thousands of eggs each season. Relatively few eggs survive to become adult crabs.

After the presentation, some people went for a stroll along the boardwalk alongside the Great Bay in search of sea birds and other animal life. Others went for a two mile walk along the Sweet Trail with a naturalist who provided insight into the delicate balance of life in these wooded uplands. While still others went for an evening kayak cruise to explore the shoreline and play in the tidal waters. Reluctantly, the kayakers returned to the launch area as the sun settled into the western sky.

If you want to visit this unique area, go to www.greatbay.org for directions and other helpful information.

AMC’s 2010 Fall Gathering

Sponsored by the Worcester Chapter

October 15-17, 2010

Prindle Pond Conference Center Hilltop, Charlton, MA

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

• Explore Central Massachusetts by hiking, cycling, paddling, rock climbing and more.

• Family-oriented activities will be offered so bring your children and grandchildren!

• Enjoy the camaraderie of fellow AMC members in the evening starting with a social hour followed by lively entertainment and a bonfire to wrap it all up!

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

Room packages available, including meals, activities, and registration fee. Register by September 30, 2010. See www.amcfallgathering2010.com for more information and to register.
NH Chapter Annual Winter Hiking Series

The AMC-NH Chapter Education Committee presents the 11th annual Winter Hiking Series (WHS). This series is designed for experienced three-season hikers who want to advance into the winter season. **This is not a beginner hiking course;** it is intended for those who can demonstrate considerable three-season skills. Applicants must have climbed a number of four-thousand-footers in the New England, or their equivalent. Considerable experience in the White Mountains is preferred.

We will teach the basics of safe winter travel and give you informed choices for winter gear. Topics include gear, body heat management, energy management, footwear (boots/crampons/snowshoes), nutrition, winter clothing (layering), and other topics.

The WHS has become very popular. Since we have room for only 20 participants, we recommend you apply early to ensure a spot.

There is an application process that interested participants must complete. It is recommended you give us detailed information of your hiking experience. Vague or incomplete applications will not be considered. We collect all applications and make participant selections by mid-September.

The WHS starts Oct. 23 with a weekend long session that takes place at the AMC's Pinkham Notch facility. Sat., Oct. 23 is dedicated to lecture on winter gear, winter clothing, and safety topics. Attendance at this first weekend event is mandatory for participation in the series. The WHS will run from Oct. 24 thru Dec. 18. The nonrefundable registration fee is $70. Sessions include 10/23 lecture & 10/24 hike to Boot Spur. Lodging and meals can be obtained for this weekend, but are not included in the $70 registration fee. After the first weekend we will have five additional day hikes. These hikes will include Mt. Flume, 10/30; Mts. Kinsman (N&S), 11/13; Mt. Moosilauke, 11/20; Mts. Eisenhower & Clinton, 12/4; and Mts. Lincoln & Lafayette, 12/18. These sessions will be day hikes combined with instruction.

For more information and an application send an email (preferred) or a SASE to Bob Humphrey (bobh@mcttelecom.com), 19 Gould Rd., Warner, NH. 03278, 603-456-3708 (7-9 p.m. only please). Please note that we do not return phone calls, except those that are local to Warner. (We are volunteers and do not get reimbursed for phone expenses.) If you do not reach me by phone, please keep trying. Thank you.
AMC – NH Chapter Annual Meeting and Dinner Program
Saturday, October 2
Galapagos Photo Safari
Guest Speaker: Jack Holmes, Traveling Photographer

6 p.m. social hour (cash bar and appetizers)
7 p.m. dinner followed by the program

Menu: Served, plated entrée of one-half Free Range Roasted Chicken, Roasted Potatoes, Fresh Corn, Gravy for each table. Blueberry Bread Pudding with Godiva Chocolate and Whipped Cream for Dessert. Vegetarian plate available upon advance request—see registration form.

Directions: Mountain Edge Resort and Spa (www.mountainedgeresort.com) is located on Route 103 in Newbury, NH 1/4 mile east of the Mount Sunapee traffic circle across from Best Western Sunapee Lake Lodge. Enter parking area off Rte.103 at the Rosewood (red) Barn and General Store directly across from Digby’s Tavern.

For questions or additional information call
Janice Bremer, Hospitality Co-Chair at 603-672-9626 (until 8:30 p.m. only).

Registration Form
AMC-NH Chapter Annual Meeting & Dinner Program
Sat., October 2, 2010
$25 Members: $28 Non-Members

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Please send Registration Form and your check payable to AMC-NH Chapter to:
Janice Bremer, 50 Quarry Circle, Milford, NH 03055

All registrations must be received by Sat. Sept. 25.
You will not receive a confirmation.

NEW! NEW! NEW!
Convenient online registration! Go to amc-nh.org to register and pay online!
Let Those Good Times Roll!

By David Ross

There are many of you out there for whom summer is “peak” peak-bagging season, and the prime time to get in the boat and explore rivers, lakes and the seacoast. I enjoy those activities too, but for me, summer mainly means bicycling.

I am a very unskilled mountain biker; boy, do I hate seeing those rocks coming up toward my face in slow motion as I topple over. I could use a mountain tricycle!

For me, cycling means out on the road, hills and all, getting the heart-rate up to warp speed, going fast for several hours at a time. Central New Hampshire, where I live, is a great place to cycle: the roads are not too heavily-trafficked, there’s a variety of terrain, and interesting towns and villages are easy to get to.

After spending several months on the same routes, though, even New Hampshire gets a little redundant. So, I counted myself fortunate to be invited to go along with two friends to the 2010 edition of the Bon Ton Roulet cycling event, held in the Finger Lakes region of upstate New York.

Bon Ton Roulet—at first I thought it was going to be in New Orleans, not New York, since that phrase is one you see all over the Crescent City. But nothing could have more different terrain than the flat floodplains of south Louisiana! The event is a highly-organized, multi-day tour for up to 600 cyclists, riding up to 500 miles in 7 days, and climbing as much as 30,000 feet in that distance. It sounds daunting, and it’s not for beginner cyclists, but it’s well within the capabilities of someone who can bike 50 to 70 miles per day.

My friends and I left NH pulling a small closed trailer with our bikes and duffels. It’s one thing to ride in the rain, quite another to expose a bike to 600 miles of rain and dirt on the back or top of a car going 65 mph. The trailer also offered security for our steeds while we stopped along the way for fuel and food. We pulled into Auburn, at the head of Owasco Lake in plenty of time and pick up our registration packets, complete with spiffy polo shirt. The next morning, despite some threatening weather, we headed off on our adventure.

The eleven Finger Lakes were formed by glacial action, and so they are long and narrow, as you’d expect from the name, and they lie in very steep-sided depressions, which you wouldn’t necessarily expect. Cycling north-south it is possible to maintain a relatively constant elevation, but east-west travel necessitates long climbs out of each lake valley, up to a flat plateau, and a screaming descent down into the next valley.

The organizers of our tour made certain that each day we had the opportunity to experience both the highs and the lows of the area. We usually started the day at lake-level, cycled near the shore for a time, then climbed up to the fields, farms and vineyards overlooking the lake, where we were treated to spectacular views.

Each day’s route included two rest stops, usually sponsored by a local organization like the YMCA, with plenty of food and a shady area to relax and mingle. Lunch was on our own, but dinners and breakfasts were included in the price of the tour, and we never went hungry.

Speaking of routes, there was a long and a short option each day, averaging 70 and 50 miles respectively. The three of us mixed it up, often doing part of the long route and part of the short. On our layover day in Watkins Glen, we went off on our own, to explore sights of the region. Many people went for boat rides on Seneca Lake, or did other non-cycling activities.

Lodging was conveniently provided on the playing fields of the various colleges and schools we stayed at. Yes, we camped out in a tent city, although you could arrange for home stays or B & Bs if you needed more comfort.

All in all, the scenery and the cycling were spectacular. It was a great change from the forests of New Hampshire, and there was plenty of opportunity along the routes to wine-taste and even beer-taste. The sag wagons stopped at designated wineries each day to pick up any wine we had bought and paid for, eliminating the need to lug heavy bottles on the bike.

Our final day of cycling offered a short route of 36 miles, with only 2200 feet of climbing, getting us back to the parking lot in Auburn by mid-morning. We had plenty of time to load and drive back to New Hampshire in time for dinner. For more information, visit www.bontonroulet.com.
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 2010 Ad Rate Sheet, send an email to newsletter@amc-nh.org. Deadline for the September/October issue of Mountain Passages is October 1, 2010.

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.

AMC-NH Chapter Website www.amc-nh.org
Address changes and membership renewals:
AMC Member Services, 5 Joy Street, Boston, MA 02108
617-523-0636 or www.outdoors.org/membercenter

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