In our continuing series of articles profiling the activity committees of the New Hampshire Chapter of the Appalachian Mountain Club, we have now reached the Excursions Committee.

The Excursions Committee is one of the oldest, if not the oldest, committee of the NH Chapter. In fact, it is so old, we don’t know when it really started. Originally it was named Excursions because this generic name permitted Excursions to lead all types of trips such as hiking, backpacking, biking, mountaineering, skiing, etc. As the other committees were formed the scope of the Excursions Committee was limited, but its unusual name persists. That said, while our focus now is on hiking and backpacking, Excursions still has the right to do other outdoor activities not covered by other committees.

Excursions has almost 100 trip leaders on its roster and they are active in many different ways supporting our various activities. The most common activity for Excursions is a day hike. On many weekends in the peak periods of the year, you can see two or three hikes listed by our trip leaders. In addition to day hikes, you often see multi-day trips to hike mountains in Maine or Vermont or backpacking trips.

Excursions has several strong subcommittees including Family Group and Over 55 Group. Both of these groups offer many activities each year. The Family Group provides several hut trips each year as well as a very popular Cardigan Family weekend each November. They also

**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.

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**Skiing the Pacific Northwest in Summer And boy was it ever fun!**

MARGARET BRUMSTED

When AMC-NH Ski Leader Casy Calver sent out an invitation to ski some volcanoes in the Pacific Northwest in late June, I fired back my "include me in" reply so fast the burn marks are still etched onto my keyboard.

“Hell yes, who doesn’t want to ski in the summer?” This was bucket-list worthy. The co-conspirators turned out to be Casy and Christina Park (AMC-NH Ski Leader-in-Training), both awesome skiers with a wealth of knowledge and experience.

Photo by: Margaret Brumsted. A local shows off on a kicker, Illumination Rock, Mt Hood.
In this column, we have consistently tried to come up with suggestions for hikes which will be less crowded but just as enjoyable as the more popular hikes. While not all of these hikes will lead you to the top of a mountain, many of them will. They just won’t be one of the 48 high peaks!

In this edition, we introduce an entire new thru hiking trail system, which is still growing, the Cohos Trail. We also suggest some other hikes which are great for fall foliage.

Cohos Trail

The Cohos Trail starts in familiar territory running from Crawford Notch to the Canadian border. So, the southern part of the trail running through the Presidentials is definitely not a “trail less travelled.” However, as the trail heads north it progresses into increasingly wild and less frequented terrain.

Because the Cohos Trail is still a work in progress, it will require more research to plan out a manageable day hike. But the rewards can be spectacular! For example, following the Starr King Trail to the Pliny Range, or the Kilkenny Ridge Trail to The Horn on a good day will be nothing short of wonderful. Alternatively, if you want to venture further north, the trails to the Percy Peaks will be a challenge rewarded by spectacular views. More manageable is the Dixville Notch Loop. There are also many trails to waterfalls, meadows, lakes and bogs. The choices seem unlimited, and don’t expect to share the trails with many others.

For more information, The Cohos Trail Association has published a useful guidebook that can be purchased on their website or on Amazon.com. Many of the trails are also described in the AMC’s White Mountain Guide (30th Edition).

Spotlight on Society for Protection of New Hampshire Forests Properties Moose Mountains Reservation, between Middleton and Brookfield, NH

This area in the Lakes Region was formerly farmed and logged, but the area has now returned to forest and was acquired by the Society about 10 years ago. It now is open for public hiking on eight miles of trail. The trails offer walks through the woodlands perfect for an autumn day, and viewpoints including one on the North Trail to the north encompassing Mt Chocorua, Mt. Washington, and the White Mountains.

As you are hiking in this area, look for the traces of past occupation. There are cellar holes, abandoned gardens, old road ways and two old cemeteries to explore. Beyond hiking, Moose Mountains Reservation provides a glimpse of life up to 200 years ago.

The trails in the Moose Mountains Reservation are also described in the AMC’s Southern New Hampshire Trail Guide (4th Edition). For more information, visit the Society’s website at https://forestsociety.org/property/moose-mountains-reservation

Fall Foliage Hikes

What hike is not great for fall foliage you may ask? This is New Hampshire after all!

However, in my opinion, some hikes show off the wonders of the fall foliage better than others. For example, while a hike on the Presidentials or the Franconia Ridge is spectacular in any season, the fall foliage becomes a pastel blur stretching from the shoulders of the mountain to the distant horizon. Climbing through a hardwood or mixed forest to a
host a Staying Found workshop each year. We are thankful for Heather Layton who leads this very active Group.

The Over 55 Group is not necessarily an age description but instead is designed for hikers that desire a more comfortable paced hike while enjoying the sights around them. Check out one of the many hikes they list each month, many of them are on weekdays. Patty Anderson and Kathy Rockwood are doing a great job managing this subcommittee.

Excursions sponsors an annual Winter Hiking Series (Larry Yetter, Director) in which 9 trip leaders teach aspiring winter hikers how to safely hike in the winter. This series is very popular and fills each year sometimes creating new friendships that last a lifetime.

Our largest events are the workshops that are held at Cardigan lodge each year. We have two winter workshops and one spring workshop as well as a one day class 3 leadership training class in the fall. In the winter we team up with the Skiing committee and offer skiing sessions as well as winter wilderness travel, backpacking and leadership sessions. In the spring, the sessions focus on hiking, backpacking, leadership and the ever popular, “Everything you always wanted to know about Map and Compass” session. All three of these workshops are run by our volunteer trip leaders including manning the kitchen. Rick Silverberg has been directing these workshops for over 36 years.

Excursions recognizes the importance of leadership training and has a strong leadership training program. Our trainers have been involved in cross chapter leadership training.

Map and Compass workshops as well as GPS and Gaia workshops are presented by our trip leaders throughout the year. The Presidential Range Hike held each January has been hosted by Excursions for the past 15 or more years. This, however was handed off to the Boston Chapter for future years. Thanks to John McHugh and his co-leads for leading this large hike for the past 10 years.

Beth Zimmer and Larry Yetter are the current Excursion Committee Co-Chairs and one of their priorities this year has been to expand the training to our trip leaders. In 2019, a Wildlife Tracking seminar and a tree identification hike was held for trip leaders. In addition, several trip leaders went out on a cold winter day to test their emergency winter gear, some-
As the sun starting sinking, tourists (me) and some amazing urban Portlandians, wide-eyed of hippie/dirtbag skiers, riders/amazing undercast. The scene parted and we were treated wards our objective, the clouds surrounding by clouds, past the top of the highest lift and headed off slightly west, crossing the Zig Zag Glacier.

As we made our way towards our objective, the clouds parted and we were treated to spectacular views and an amazing undercast. The scene at Illumination Rock was a mix of hippie/dirtbag skiers, riders/urban Portlandians, wide-eyed tourists (me) and some amazing aerialists! Pure fun!

As the sun starting sinking, the party revved up, the views got even better and the tricks pulled by the kids flying off the kicker they had built, more outrageous. With the setting sun behind us we skied down in

Photo by: Casy Calver. Mt Adams, Washington, June 23. the partially set up snow around 9 p.m. and celebrated at a Government Camp (that’s the actual name of a town!) establishment.

Because there were only three of us, and no testosterone involved the next day, rather than pounding on our chests and dragging our tired bodies up another peak, we opted for a rest and play day as PNW tourists. We booked two nights at a motel in Hood River, which is convenient to lots of things. Casy had especially wanted to visit her friends, the resident sturgeons, at the Bonneville Fish Hatchery. They were very happy to see her and receive her hugs. The hatchery is a great side trip, along with the many great hiking trails to waterfalls and beautiful views of the Columbia River Gorge.

Watching the amazing kite sailors and wind surfers in the gorge near Hood River completed our day of rest and relaxation. The next day’s objective was Mt. Adams: Time to stop messing around and get serious. Adams, in the Cascade Range of Washington, is the second-highest peak in the state (after Rainier) at 12,276’ and is known for delivering a big-mountain experience without major objective hazards like crevasses. For the price of a permit and many thousands of feet of hiking and skinning, it delivers incredible moderate ski descents, as well as the iconic Southwest Chutes, an approximately 4,000’ line considered by many to be one of the top ski descents in the world.

After a trip to the grocery store for provisions (think donuts and cucumbers, a refreshing treat for the summertime skier) and packing and repacking, we were ready. June 23 was to be a very long day, an alpine-start sort of day, this means that you get going before any reasonable person would think of ever getting out bed. Being new to this scale of backcountry skiing, I was feeling nervous anticipation mixed with tremendous excitement. Mt. Adams came into view, along the twisting gravel road to the Cold Springs Trailhead

Photo by: Casy Calver. Margaret drops a knee descending Mt Hood the evening of June 21 with Mt Jefferson in the distance.

and it looked massive. I realized that this would be nothing like the “epic tours” I had done on Cardigan, Moosilauke or even Oakes Gulf on Mt. Washington back in N.H.

The plan was to take the South Climb route from the Cold Springs Campground (elev. 5,555’) to Lunch Counter (9,400’) on up to Pikers Peak (11,600’) then descend the Southwest Chutes and traverse back to the climbing route. However, the mountain had other plans for us. As expected, we hiked several miles to snowline, with our skis on our backs, but once reached, the snow was so sun cupped that skinning was not possible: The going was very slow.

The major issue was cloud cover. We were socked in, which meant that visibility was severely limited and the snow never had a chance to warm up and soften. Time for plan B.

We gathered for a vote and decided to make it to Lunch Counter and check out the moderate snowfields above the Crescent Glacier, where even if the snow was hard, we would be able to ski it without risking a long sliding fall. After giving us the cold shoulder all morning, the clouds began to part as we approached Lunch Counter, affording us views of our descent line.

Photo by: Christina Park. Casy descends the Crescent Glacier on Mt Adams, June 23.
thing that normally is only carried in the pack, and never used. It is our belief that training our trip leaders will bring value to future hike participants when our trip leaders share their knowledge with the hikers.

Check out the AMC NH Activity Calendar for our Excursions activities. Each of our trip leaders enjoy hiking with our members while promoting safety and a sense of responsibility for the outdoors. Please feel welcome because you are!

**One Day Class 3 Leader Training**

*October 12, 2019 8:30 a.m. - 4:30 p.m.*

**RICK SILVERBERG**

Are you interested in becoming a leader for hikes and walks at lower elevations in three seasons? If you are, this course is for you. This session will allow you to become a class 3 leader for NH chapter. The course includes exercises in group dynamics, trip planning and logistics, participant screening, communication, handling difficult behaviors, and how to post your trip for approval. It will give you outdoor practice in leading. This training is a good introduction to leading hikes and has been of interest to those who are thinking of becoming trip leaders for the first time.

Up to 7 Participants will work in a small group with two instructors to understand the methods for planning and leading trips to smaller mountains or natural areas and the seashore. The group members will use different learning techniques to try out and understand the many roles of the leader and how to apply these to outings. Come prepared to spend the day outdoors learning by doing.

Bring your pack for a fall day hike, hiking clothes, boots and a trail lunch. Morning snacks, maps and instructional materials will be provided. Training in Alexandria NH near Cardigan Lodge Instructors Rick Silverberg and Bob Humphery. $30 for AMC members $35 for non-members. Call (603)225-5921 with questions between 7-10:00 p.m. Register at https://amcnhexcursions.regfox.com/class-3-leadership-2019

**TRAILS LESS TRAVELLED, FROM PAGE 2**

Photo by: Bob McLaughlin. A perfect October day on Hedgehog; View toward Chocura.

lower summit is when the fall foliage can really be seen in all of its glory.

When choosing a fall foliage hike, look for a shorter mountain surrounded by hardwood or mixed hardwood/conifer forest. Here are a few of my favorites.

**UNH Trail or Potash Mountain Trails.** Both of these trails begin at a Downes Brook parking area off the Kancamagus Highway. The UNH Trail climbs to the ledges on Hedgehog Mountain and offers a pleasant 4.7 mile hike that requires about 3 hours, or more if you choose to linger on the ledges like I do. The views are spectacular!

The Potash Mountain Trail is shorter, coming in at a little less than 2 miles and can be completed in less than 2 hours. But, it offers multiple viewpoints from ledges.

Either hike is a great alternative for the fall.

**Moosilauke Trails.** In addition to the trails to the summit, Mt Moosilauke offers a variety of alternatives to explore. For example, the Al Merrill offers a lightly used path that is primarily wooded, but also has a viewpoint worth seeing. Of course, the open summit of Moosilauke is always worth the visit. While most of the trails ultimately lead to the summit, there are so many alternatives you can expect to find quieter destinations.

Know any other Trail Less Traveled?

We are always looking for suggestions for Trails Less Travelled. I live in Lincoln, and am most familiar with the northern half of the state. Please send any recommendations to newsletternh@amc-nh.org. Thank you.
Hiking the Terrifying 25 in N.H.’s White Mountains
Patricia Herr, Alexandra Herr and Sage Herr

Thursday, September 19 at 7:00 p.m.
Nashua Public Library, 2 Court Street, Nashua, NH 03060

DEBBIE MARCUS
Author Patricia Ellis Herr, Up: A Mother and Daughter’s Peakbagging Adventure, and daughters Alexandra (16) and Sage (14) created “The Terrifying 25” list mainly for their amusement since they greatly enjoy trails with boulder scrambles, rock slides, ladders and boulder caves. Many other hikers appear to love these trails, too! Finishers of “The Terrifying 25” earn a patch designed by Alexandra.

Come and learn about some of the more interesting and gnarly White Mountain trails for intrepid hikers. “The Terrifying 25” trails will have you shaking your head, asking, “Are you sure that’s the trail? Really?”

The Terrifying 25

Finished your NH 48 list? Looking for a new list to complete? What about The Terrifying 25?

This list was created by Patricia Ellis Herr and her daughters to include what they consider the gnarliest trails to be found in New Hampshire. The list and its options are summarized in the accompanying text box. What do you think, did they leave anything out?

DEPARTMENT OF THE CHAIR

As described in the Notes from the Chair in our last issue, the New Hampshire Chapter is seeking additional members of the volunteer team to help keep all of the activities of the Chapter organized and running smoothly. In response, we have been able to fill most of the gaps. But, we still need a volunteer for the Programs Committee.

Debbie Marcus, who has chaired the Programs Committee, has agreed to take on the role of Secretary. Therefore, the need for help on Programs is even greater. Programs gets involved with all the other committees and supports their activities. Programs also schedules interesting speakers and programs at area libraries, and handles the details and hospitality of our Chapter’s Annual Meeting. The Programs Committee needs your help in executing the plans. Why not give it a try?
DORIA HARRIS

Need an incentive to get out and explore? September 28 is National Public Lands Day which is free-free day for all federal public lands and many state parks. We encourage you to visit a park by bike whether nearby or far away. We’re going to!

On September 28, join our bike ride from Cornish, N.H. to Windsor, Vt. We’ll visit New Hampshire’s only national park, Saint-Gaudens National Historic Site: home and gardens of the 19th-century sculptor Augustus Saint-Gaudens on a hill overlooking the Connecticut River.

Exploring Art and Industry Along the Connecticut River by Bike

In honor of the day, the Parks Service sponsors a day-long event with artists demonstrating different sculptural techniques, including bronze casting.

After visiting Saint-Gaudens, we will pedal across the Cornish-Windsor covered bridge and visit the American Precision Museum in Windsor, Vt. which has one of the largest collections of 18th- and 19th-century machine tools in the country.

The museum is located in the 1846 Robbins and Lawrence Factory, which was the first U.S. factory to produce precision interchangeable parts.

This type of production made this region of the Connecticut River Valley one of the most important manufacturing regions in the country in the 19th century.

Come ride with us and see the history of our country through the arts and manufacturing activities in the Connecticut River Valley. See the AMC activities calendar for details at: http://amc-nh.org/calendar/activities.php

Volunteer for Conservation with the Environmental Voter Project

Wednesday, September 11, 12:00 p.m. and Thursday, September 12, 7:00 p.m.

Looking for a way to get engaged with conservation action? Help increase voter turnout to push environmental issues to the top of the political agenda by joining the AMC and Environmental Voter Project (EVP) for a volunteer training webinar.

Polls show voters consistently rank environmental issues among their lowest concerns in every election. This is a huge problem. Politicians listen to voters, and if environmental issues are a low priority for voters, they will be a low priority for policy makers. Yet polls also show that tens of millions of Americans strongly prioritize progressive environmental policies — the real problem is that these people do not vote. Indeed, even in recent nation-wide elections, over 15 million individually identifiable environmentalists have stayed at home on Election Day. Therefore, the key to getting powerful environmental policies in place might not be to persuade more Americans to be environmentalists: It may be as simple as getting more of our existing environmentalists to vote.

EVP is a non-partisan non-profit that uses data analytics to identify non-voting environmentalists and then apply the latest behavioral science to turn them into more consistent voters. EVP is turning out environmental voters across Massachusetts, Pennsylvania, Georgia, Colorado, Florida, and Nevada for crucial municipal and statewide elections in 2019 and getting ready for the 2020 presidential election.

During the webinar, volunteers will be trained in texting and phone banking environmental voters using EVP’s unique messaging. This is not an effort to tell voters who to vote for. Last year, AMC asked its membership to sign the EVP pledge to vote and had great success in increasing the voter turnout within the AMC. This is an additional volunteer opportunity to help put environmental issues on the forefront of priorities among elected officials.

The webinars will take place on Wednesday, September 11 at 12:00 p.m. and Thursday, September 12 at 7:00 p.m. Sign up for the September 11 webinar and the September 12th webinar with this URL: activities.outdoors.org/search/?keywords=webinar

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AMC NH EXECUTIVE COMMITTEE

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Address changes and membership renewals: AMC Member Services 10 City Square, Boston MA 02129 617-523-0636 or www.outdoors.org/membercenter

Photo by: Doria Harris.
Taking a rest before crossing the Cornish-Windsor Bridge.
Appalachian Mountain Club
NH Chapter
PO Box 1348
Lincoln, NH 03251

‘Mountain Passages’ is only the beginning...

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

Looking for a fall getaway? Look no further than AMC’s 2019 Fall Gathering, hosted this year by the Southeastern Massachusetts Chapter!

Discover where the locals hike, bike, and paddle on Cape Cod—join us a weekend of outdoor fun at Camp Burgess, which boasts nearly 300 acres of forests, meadows, trails, and freshwater ponds, and offers activities like ziplining, a climbing wall, volleyball, and more!

The fall is a great time to visit the Cape—the leaves start to change, the air turns crisp, and the summer crowds disappear. At this event, you’ll be able to explore the best the Cape has to offer—we’re planning a wide variety of hikes, bike rides, and paddles (weather permitting). The weekend will also include live music, yoga, and campfires.

The event is filling up quickly, so register while space lasts! For more information, visit outdoors.org/fallgathering

You’re invited to Fall Gathering 2019!

When: October 18-20, 2019
Where: Camp Burgess, Sandwich, MA

Fall Meeting of the NH Chapter
Saturday, October 26, 2019
Grappone Center, Concord, NH

You don’t want to miss this opportunity to enjoy the companionship of your fellow Chapter members, and a great dinner. Also, we will have a world class after dinner speaker, Marty Basch, author of seven outdoor adventure books, a long-time outdoor adventure syndicated columnist, and a popular newspaper, radio, television, and website contributor. Hope to see you there!

Marty Basch; Our Featured Speaker.