

Mountain P A S S A G E S

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**NEW HAMPSHIRE
CHAPTER**
YOUR CONNECTION TO THE OUTDOORS

Spring has sprung...finally!

It didn't look like it would ever happen, but winter is gone. Join AMC's New Hampshire for an activity or two that does not involve snow or ice or skis or snowshoes. Among the offerings:

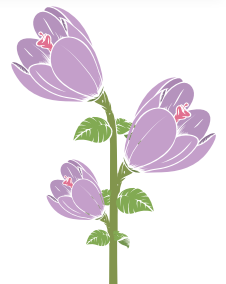
MAY 12, 2015 • TUESDAY EVENINGS RUMNEY ROCK CLIMBING

You could spend Tuesday evenings watching them sing it out on "The Voice" or you could do a little rock climbing in Rumney. Beginners are welcome, though previous belay experience is necessary. You must have own harness, carabiner, belay device, climbing shoes and helmet.

Questions? Contact Leader Valerio Viti at [valerio.viti\(at\)ansys.com](mailto:valerio.viti(at)ansys.com) or Bob Bair at (603) 736-3329 for more information.

MAY 13, 2015 • TRAIL COOKING & FUEL FOR YOUR BODY

AMC NH Vice Chair Bill Warren will teach a class on outdoor nutrition, trail cooking and fueling up on day hikes. Fuel for your body is more than lots of calories. Warren will show you how to prepare foods that make your legs move and your brain work. It is about a blend of carbohydrates, fats and protein along with good nutrition. It's about eating well while leaving no trace with your trail food. The class will be held on Wednesday, May 13 from 7-9 p.m. at the Concord Library, 45 Green Street, Concord.



UPCOMING EVENTS, TO PAGE 2

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.

VOLUME 41, NUMBER 3

MAY - JUNE 2015

Hard work pays off for AMC NH Ski Committee with recognition of Cardigan Mountain Ski School

BY TONY SCHMIDT

Since its inception in the fall of 2007, the AMC NH Chapter Ski Committee has been promoting winter back country travel on skis and snowboards through education and back country ski tours. In the process, they have encouraged ski leaders to pursue training and professional certification through the Professional Ski Instructors of America (PSIA).

As a result of the dedication and commitment of committee instructors and trip leaders to train-

ing and continual improvement, the committee applied to the Eastern Division of PSIA to become a PSIA-certified ski school. Their hard work paid off. The application was approved and Cardigan Mountain Ski School is now a nationally recognized mountain ski school.

What this means for the skiers of the New Hampshire Chapter is that when you take any "learn to ski" or "ski improvement" clinic, you will receive the same instructional standards as you would expect from a ski resort or touring center. In addition, when you attend a backcountry

SKI SCHOOL, TO PAGE 2



UPCOMING EVENTS

B2B Rides will reacquaint you to the joys of biking

BY DORIA HARRIS

Remember that care-free feeling of riding your bike around the neighborhood when you were a kid? You just hopped on and cruised. Maybe the destination was your friend's house, the local park or candy store, or maybe there was no destination or purpose at all.

You just rode for the fun of it.

If that free-feeling has been replaced by a sense that riding a bike is difficult or complex but you'd like to get back to the fun, then get that bike out, and come join us for our B2B (Back to Bik-

ing) rides.

We'll start our rides by getting riders reacquainted with their bikes. We'll practice shifting, braking and bike handling skills and then go out for a short cruise to apply what we've learned. These AMC-led rides are free and open to AMC members and non-members.

We won't go far, we won't go fast, but we will have fun!

Look for posted B2B rides on our website at amc-nh.org and come ride with us!

Doria Harris is co-chair of AMC NH's Biking Committee.

SKI SCHOOL, FROM PAGE 1

ski trip led by one of the ski committee's instructors, you will have access to nationally accredited instructional skills "on the trail" to assist you with backcountry techniques as you go.

This is a great accomplishment for the committee, Chapter and the Club as a whole. Thanks go to all of the commit-

tee's volunteer trip leaders/instructors for their commitment to the nationally recognized standards.

If you have any questions, comments, or would like to sign up for the ski school's regular email newsletter, contact Tony Schmidt or Valerio Viti at [skinh\(at\)amc-nh.org](mailto:skinh(at)amc-nh.org) for more information.

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Jan/Feb	December 1	1/8 page	3.5" w x 2.5" h \$100
Mar/Apr	February 1	1/4 page	3.5" w x 5" h \$160
May/Jun	April 1	1/2 page	7.5" w x 5" h \$250
July/Aug	June 1	20% Discount for advertising in six consecutive issues, with prepayment	
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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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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.

UPCOMING EVENTS, FROM PAGE 1

MAY 16, 2015 • HIKING SMARTS MOUNTAIN

Join AMC Leader John McHugh on a 7.6-mile loop to Smarts Mountain. It's a good summer warm-up hike with great views from a fire tower peak. Contact John at (603) 382-6685 (7-9 p.m.) or email him at [ljmchugh\(at\)comcast.net](mailto:ljmchugh(at)comcast.net) to register (required) or for more information. Registration is required for this activity. See contact above.

MAY 16, 2015 • TIDAL SQUAMSCOTT RIVER PADDLE

Paddlers are invited for a leisurely, scenic paddle on the tidal Squamscott River into Exeter on Saturday, May 16, 2015. While the tide turns, paddlers can stop for a meal or stroll the shops of Exeter. Contact Leader John D. Pilla at (603) 891-2224 (9 a.m.-8 p.m.) or email [jaydpii\(at\)yahoo.com](mailto:jaydpii(at)yahoo.com) for more information or to register (required).

MAY 22-MAY 25, 2015 • INTER-CHAPTER YOUNG MEMBERS WEEKEND

The twenty- and thirty-somethings will gather Memorial Weekend at the Carter Notch Hut for a weekend of fun hiking with Young Members from all over the Northeast from Friday, May 22 to Monday, May 25, 2015.

The hut is 3.8 miles with 1,900 feet of elevation gain via the Nineteen Mile Brook Trail and offers intermediate to more advanced hiking depending on how far you want to hike. Besides hiking, the weekend includes YM's famous group burrito dinner on Saturday night with everyone bringing a part of the dinner up to the hut. The hut is self-service this time of year and with kitchen access.

The cost is \$29.43/35.97 per person member/non member for Friday night and \$43.60/53.41 per person member/non member to stay on Saturday night and also on Sunday night. Tax is included. Call the AMC reserva-

MOUNTAIN PASSAGES

Volume 41, No. 3
May/June 2015

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 jpegs) 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. Contact Mountain Passages for reprint permission.

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'll 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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UPCOMING EVENTS

tion line at (603) 466-2727 to reserve a spot. The Group Number is 286203. The name is listed as AMC Maine Chapter/Keats. Registration is required.

Email Leader Sarah Keats at [slkski\(at\)gmail.com](mailto:slkski(at)gmail.com) or co-Leader Nick Montecalvo at [nicholas.j.montecalvo\(at\)gmail.com](mailto:nicholas.j.montecalvo(at)gmail.com) for more information.

MAY 25, 2015 • EXETER RIVER FLATWATER PADDLE

Spend Monday, May 25,

2015 paddling along the lazy Exeter River, a long, winding, slow-moving stream. The views include tall trees, hanging moss, a great variety of plant life in the water and on the shore. There might even be ducks, heron, beaver and songbirds. Contact Leader John D. Pilla at (603) 891-2224 (9 a.m.-8 p.m.) or co-Leader Cindy Telley at (603) 315-0275 (5 p.m.-9 p.m.) for more information.

JULY 11-19, 2015 • 49TH ANNUAL PRESIDENTIAL RANGE HIKE

The 49th Annual Presidential Range Hike will be held Saturday, July 11 to Sunday, July 19, 2015. Described as “a strenuous and wonderful group hike,” PRH includes 15,000 feet elevation gain, about 50 miles, 8 nights lodging and meals at AMC huts, gratuities, trail snacks and in-hike transportation. The daily hikes are

5-10 miles a day with a variety of hiking options each day. There will be four AMC New Hampshire Chapter leaders and a maximum of 21 hikers. The cost is \$880 for AMC members and \$925 for non-members.

Visit the PRH website at amcnhrh.org or contact co-Leader John McHugh at [ljmchugh\(at\)comcast.net](mailto:ljmchugh(at)comcast.net) or (603) 382-6685 for more information.

June 6-7, 2015

Mizpah Hut Night: Ideal for exploring the Southern Presidentials

BY KAREN THURSTON

Hut Nights are a long-standing tradition for the New

Hampshire chapter and we look forward to a memorable evening at this easy-to-hike hut. We have reserved a limited

number of bunks at a special rate of \$98.50 for NH Chapter Members.

On the morning of June 6 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 join us for a group hike to the summit of Mount Jackson (4,052' elev).

In the evening, we will gather for wine, cheese, and good times on “the lawn” followed by a hearty dinner prepared and served by the Mizpah Hut Crew. After-dinner we'll relax in the hut with new friends and swap trail stories with our fellow hikers.

On the morning of June 7, we'll enjoy breakfast by the crew before saying goodbye and heading out for our hiking adventures. Mizpah provides a great starting point for some great hikes and your options include a traverse across the Southern Presi's.

Mizpah means “pillar in the wilderness,” an apt name for this hut nestled in the boreal forest on the southern flank of Mount Pierce. It is most com-

monly reached via the Crawford Path and Mizpah Cutoff, a moderate 2.6 mile hike that takes about two hours and gains 1,900 feet in elevation.

Jump start your weekend by joining us at the Highland Center on Friday evening! We'll have an afternoon warm-up hike around Ammonoosuc Lake followed by happy hour and dinner in the lodge's dining room. The Highland Center has a variety of lodging options and we've reserved the entire Shapleigh Bunk House for our group.

How to Reserve Your Space

1. Call the AMC Reservations Line at (603) 466-2727 (Monday-Saturday, 9 a.m.-5 p.m.)
2. Tell them you are with NH Chapter June 6 Hut Night (Group Number 263455).
3. You will be asked to provide contact info, food allergy and vegetarian requests.
4. Reservations are first come, first serve and deadline to book is May 22, 2015.
5. Questions? Call Karen Thurston (Hut Night Trip Leader) at (603) 770-1980.



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Oh, the places you'll go again and again... and why

BY RUTH ("SAM") JAMKE

As a volunteer leader for AMC's Adventure Travel program, I recently returned from my fourth trip to Patagonia (the far South American geographical region, not the clothing store) and had a great group and fantastic time. We did day hikes in and around Los Glaciares National Park in Argentina, visited and/or trekked on three glaciers in Argentina and Chile and backpacked the famous "W" route in Torres del Paine National Park in Chile.

We also experienced the very different culture and cuisine of the area, saw critters found nowhere else (rheas, Andean condors, guanaco), and had the opportunity to try out our very limited Spanish language skills. I cannot convey in words the beauty of this area. You can't help but be awed by the views, the terrain and the wind! (On my second trip, I was blown off my feet and broke a bone in my hand!)

Folks often ask me why I lead trips to the same area several times, instead of going somewhere new. They are aware that my fourth AMC trip to New Zealand is coming next year and that I have led three hiking trips to Death Valley and the Las Vegas area, as well as the four Patagonia adventures.

The obvious reason is that I love these special places, but it is more than that. Each time I go, the places become more familiar and I can share my local knowledge and experience with new trippers. Even though each trip is similar in itinerary, each is unique because I experience the trip through new eyes. It is a great thrill to see the awe on people's faces the first time they

see a herd of guanaco (llama-like critters) or a flock of nandhu (huge ostrich-like birds), see a glacier calve or glimpse Monte Fitz Roy from Laguna de los Tres.



Each time I have returned to Argentine and Chilean Patagonia, I see something new, something I can add to an itinerary or store in my memory. This year we discovered a wonderful new natural history museum in El Calafate. Not only did we see incredibly restored remains of extinct animals, but we also got to sample yerba maté, a very uniquely Argentinian type of hot brew, in the museum's café. Maté is unlike any other tea and it is served unlike any tea available elsewhere: in a container made from a gourd filled with the tea blend and sipped through a filtering straw called a bombilla. It is traditional for people to share one vessel and pass it around.

Visit AMC Adventure Travel at activities.outdoors.org if you would like to visit exotic places with like-minded travelers.

Ruth ("Sam") Jamke is AMC's Regional Director for New Hampshire and Maine.

AMC NH's Young Members *wants you!*

My name is Jamie Gillon, and I just stepped up to be the Co-Chair of AMC NH's Young Members Group. Young Members are in their 20s and 30s but all are welcome.

I have been active with AMC on and off for about 10 years. I am in the process

I am looking forward to helping the group thrive and become even more active by increasing the number of annual YM events.

We have a variety of outdoor and social activities throughout the year, with several marquee annual events, including:

MAY 3:

Annual Spring Dinner, featuring a presentation on climbing Mount Everest by Jake St. Pierre of Concord

MAY 22-24:

Inter-chapter Hut weekend at Carter Notch Hut, hosted by the Maine Young Members

JUNE 27-28:

Squam Lake Camping Weekend

AUGUST 14-16:

Barnes Field Camping Weekend

Osceola Vista Camping weekend: September, TBD

Fall Cabin weekend: November, TBD

of becoming a Class 2 leader and have been active in the Adopt-a-Trail Program for about five years. In addition to hiking, I also flat water kayak, mountain bike and enjoy most physical activities inside and out.

Please join us for some or all of these great activities. For details and more information about these events, go to: amc-nh.org or join our facebook group at facebook.com/groups/AMC.NH.YoungMembers/



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Notes from the Chair

BY WAYNE GOERTEL

When I moved to New Hampshire many years ago, several new coworkers suggested I head up to Lincoln to drive along beautiful NH Route 112 toward Conway. They called this the “Kancamagus” (rhymes with Angus) Highway. This (mis)pronunciation was reaffirmed by many sources, and remained unchecked until a visit to the White Mountain Visitor Center in Lincoln.

There, I noticed a pin with the phonetic pronunciation of the highway. The careful look was instructive: no second n and it does not rhyme with Angus! The pins are no longer for sale, sadly, but mine still serves as a reminder to reassess first impressions.

I’ve found that reassessing has become increasingly impor-

tant in everyday life. Online advertisers, various organizations and our peers encourage us over social media to affirm our support for entities, candidates and issues based on scant information, promotional bias and catchy taglines. Too many folks click a “Like” or “upvote” button, or repost, with just a most cursory understanding of the underlying issues. The peer pressure can be a bit unsettling.

You’ve likely heard of “greenwashing,” product positioning or other advertising that’s appealing to customers looking for “natural” products. Unfortunately, such claims often do not hold up under close scrutiny. As members of an outdoor recreation and conservation organization and, more broadly, as citizens of a representative government, it is critical for us to be diligent information consumers. Does a proposi-

tion sound too good to be true, look superficial or one-sided? Who would it profit? Be suspicious, dig deeper, and consider other perspectives.

For instance, consider corn ethanol, mandated by federal law (the Federal Renewable Fuel Standard) to be mixed in at least 10% into gasoline. Its advocates allege it to be a green product, locally grown fuel that’s better for the environment and good for our country’s economy. Its detractors note that petrochemicals are used in unsustainable farming practices to grow corn, transformed by chemical processes into this alternate fuel. They urge consideration

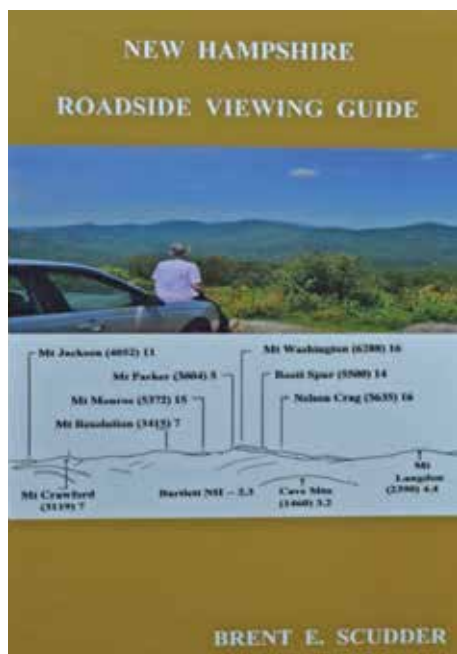


Wayne Goertel, AMC New Hampshire's Chapter Chair.

tional than gasoline (i.e. lower MPG), and ethanol-blended gasoline has many troubling properties that cause engine problems and even engine fires. I’d like to have the choice to purchase gasoline without it.

Energy policy and conservation topics are really big and multi-faceted, and impact every

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of the full spectrum of production issues from changes in land use, water scarcity, food versus fuel resource contention, and that burning ethanol basically trades one set of pollutants for another.

It’s less debated that the ethanol mandate is a big gift for Big Agriculture, and the product has many downsides for engines. Jay Leno, a voracious automobile enthusiast, summarized this well in a recent Autoweek article titled, “Jay Leno Hates Ethanol” (3/5/2015). Ethanol fuel has less energy po-

one of us. It’s worth looking beyond our usual media sources and what pops up online as sponsored content. Even your online search results may be customized based on online behavior tracking, hiding results others see. You may find that exploring the information road less traveled strengthens some convictions and questions others. What wouldn’t you want to know?

See you outdoors!
-Wayne

New 'Mountain Passages' editor



Brett Billings has joined the "Mountain Passages" staff as editor, starting with the June-July 2015 issue.

Brett is a Community Outreach Worker for the Mayhew Program in Bristol, where he works with about 30 young men from the Lakes Region during the school year. In the summer, he leads backpacking, canoeing and biking trips for participants who are in years 3 through 6

of the program.

Previously, he studied English and environmental science at Lafayette College in Easton, PA, where he edited the student newspaper, played rugby, acted and directed in College Theater, served as a lifeguard and taught swimming.

He replaces Michelle O'Donnell, who is stepping down for family reasons.

Public meeting on NH wildlife action plan May 12 at AMC Highland Center



A public input session on New Hampshire's "Wildlife Action Plan," will be held on Tuesday, May 12 from 2-4:30 p.m. at AMC's Highland Center in Crawford Notch.

New Hampshire Fish & Game, in collaboration with other agencies and organizations, is updating the NH Wildlife Action Plan and invites all who work in or enjoy the outdoors—including biologists, land use experts, land protection advocates, hunters, fishermen,

birders, paddlers, snowmobilers and skiers—to weigh in on the plan.

The State's Wildlife Action Plan is a blueprint that guides state agencies, conservation organizations, towns and others in their efforts to protect wildlife species and manage wildlife habitats. Visit wildlife.state.nh.us/Wildlife/action-plan.html for more information and to register online. Registration is required.

July 17-18 MWOBS seeking Seek the Peakers

Looking for a way to hike to the summit of Mount Washington minus tricky trails?

The Mount Washington Observatory's annual Seek the Peak fundraiser will be held Friday, July 17 to Saturday, July 18, with the actual race on the Mount Washington Auto Road

on Saturday. The event is a fundraiser for the Mount Washington Observatory. Registrants are asked to raise a minimum of \$200 as part of their participation. Visit SeekthePeak.org for more information and to register.

Volunteer opportunities abound

Are you looking to volunteer and share some of your time? The New Hampshire Chapter of AMC is looking for folks who are interested in protecting our beautiful outdoor environment, creating valuable programs for our children and supporting the efforts of all our volunteers.

There are openings in membership, trails, publications, website development, programs and officers at the Chapter level. Our activity

committees (hiking, paddling, skiing, mountaineering, bicycling), along with Young members and Conservation/Education are always looking for volunteers to help our members enjoy the beautiful New Hampshire outdoors.

If this sounds like an opportunity you would like to explore, contact Chapter Vice Chair Bill Warren at [vicechairnh\(at\)amc-nh.org](mailto:vicechairnh(at)amc-nh.org) for more information.

Sunday, August 2nd



200 "MULES" WANTED To Assist Adaptive Athletes Up Mt. Washington's 8 Mile Auto Road

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A day of wild, winter fun in the 'heart of the Pemi'

BY SCOTT TAYLOR

"A trip to the heart of the Pemi is a chance to see the White Mountains at their wildest."

*-David Goodman
Author, Classic Backcountry Skiing*

On Saturday, March 7, 2015, eight hearty souls skied away from the warmth of their cars into single-digit temperatures to discover that very experience as they headed through the Pemigewasset Wilderness bound for Lincoln Woods, nearly 21 miles south on the classic "Pemi Ski-Thru" ski tour.

The group consisted of Co-Leader Tim Linehan, Jen Golec, Sean Mulligan (who returned despite the nearly 2-day epic in 2013!), Dale Kierstead, Vince Pelote, Ken Dolkart, Karl Steady and me. We left the Zealand Winter Trailhead just after



8 a.m. with the expectation of finishing late that evening by the glow of headlamps. The sound of cold snow squeaking under our skis brought a smile to my face.

Before even reaching the turnoff for Zealand Hut, the gray skies yielded to an ominous black cloud which briefly offered a bit of a snowsquall. Short-lived, we soon were graced by blue skies and sunshine. It was pretty, but it offered little in the way of warming temperatures. The

trail to Zealand was well-traveled and snow conditions were good for skiing. In fact, a couple with fat-tire mountain bikes were able to pedal the entire way to the Hut and we were able to follow their tracks along the trail.

Snowshoe traffic magically stopped at the turn to the Hut. From there we had nice snow and ski tracks out through Zealand Notch. Rested and refueled on the far side, we readied for the challenge of Thoreau Falls Trail.

Thoreau Falls Trail is not intended as a ski trail. It is located entirely within the Pemigewasset Wilderness,

and as such is maintained as a wilderness trail, meaning minimal blazing and maintenance. Hurricane Irene caused much damage/bank erosion along the North Fork, resulting in some high water relocations to the trail, resulting in steep



climbs up away from the river and logging railbed. It becomes the route of choice primarily because it still retains a bridge

PEMI SKI TRIP, TO PAGE 8

July 18-Aug. 15, 2015

August Camp 2015 in Central Cascade Mountains

BY RUTH ("SAM")
JAMKE

Studded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be for August Camp, which runs July 18-August 15, 2015.

Base camp is near Santiam Pass (elevation 4,800') where

the Pacific Crest Trail traverses Route 20. Major hiking destinations are in the Deschutes and Willamette National Forests and the Three Sisters, Mount Washington and Mount Jefferson Wilderness Areas.

This full service tent village accommodates 64 campers each week and offers multiple hikes each day for all levels of ability. Delicious home-cooked meals and trail lunches

are provided, plus great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between Camp and the Portland International Airport (PDX) and to and from daily activities is provided.

While weeks 2 and 3 are currently full, there is still space in weeks 1 and 4. Visit augustcamp.org for the application and camper information forms as well as

detailed August Camp information.

Questions about August Camp? Contact Sam Jamke at regionaldirectornh@amc-nh.org for more information. *Ruth ("Sam") Jamke is AMC's Regional Director for New Hampshire and Maine.*

*But wait, there's more!
Visit AMC NH's website at amc-nh.org for a complete list of activities and events.*

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'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.

PEMI SKI TRIP, FROM PAGE 7

across the river at the south end of the trail. An endangered species in the designated wilderness, it would be sad to see this one vanish, too.

A ski bushwhack is necessary to reach the old railbed from the top of the Falls. Just another segment of the adventure! We were not the first group through this season. Another group had been successful the week before. The two snowstorms in the past week had partially obscured their track, but it was still partially visible which aided our navigation.

Route-finding accomplished, the midpoint of the trip was reached by mid-afternoon. Deep in the Pemi tracks of moose, fisher, grouse and potentially bobcat were plentiful in the deep snowpack. Sunlight rapidly faded as it dropped behind Franconia Ridge to the west. Temperatures hovered either side of 20 degrees.

Breakfast was many hours and miles ago, lunch was burning off quickly.

Two steep climbs and several miles of kick and glide (mostly kick, less glide) brought us to the bridge and the junction of Thoreau Falls Trail and the Wilderness Trail. The bridge carried an ominous Forest Service sign: "Limit 1 person at a time." The last time I saw such a sign was on the now-removed suspension bridge. Does a similar fate await this crossing?

We passed a couple of winter campers set up for the night. They claimed they had just finished the bacon-wrapped shrimp, so we are left to fend for ourselves. Time for dinner and headlamps! A warm swig from the "silver bullet" was a refreshing charge of warmth and calories as daylight faded to darkness. Time for that extra layer as tired bodies felt the night chill. Six-plus miles to go!

We formed a funny string of bobbing lights moving westward down the trail. A brief puzzlement at the former suspension bridge site (headlamps limit one's perspective of surroundings) then we were back on course towards Lincoln Woods on the Cedar Brook and East Side Trails. The winter woods are beautiful. At night they are magically surreal.

We reached the boundary of mere daytrippers. We saw that no one had completed the Cedar Brook Trail this day. Soon our group reached the Franconia Brook campsite. The light from a single lantern was visible at one of the sites. Home stretch!

The ski out to the Lincoln Woods Trailhead went quickly. It had been a long day, but our group was energized again. We covered the nearly three miles



in just an hour, arriving back where we had started at 10 p.m.

The day's statistics: 21 miles in less than 14 hours!

This tour posed challenges of stamina, navigation and mental preparedness. Our group was up to the task and was rewarded with experiencing the "wildest of the White Mountains" in the heart of the Pemi. Thanks for coming along!

Trip Leader Scott Taylor is a member of AMC New Hampshire's Ski Committee and a veteran of multiple ski-thru adventures.