

Mountain P A S S A G E S

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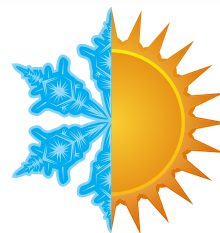
Think Snow This Summer

BOB HUMPHREY

The Excursions Committee invites you to apply for the NH Chapter Winter Hiking Series (WHS), an annual series that takes place from late October thru December. This series has become quite popular and will fill fast. Class size is limited to 20, so apply today!

The WHS provides a unique and comprehensive learning experience unlike any other offered in the Northeast, founded to teach safe winter practices and demonstrate the gear and skills needed to hike 4,000-foot (or higher) peaks during the winter months. The experienced WHS staff gear the series toward those who have gathered considerable experience during the three seasons and want to push the envelope, just a little, to enjoy a season filled with beauty and excitement ... yet wrought with danger without the proper gear or preparation.

The WHS is comprised of a mandatory lecture and hiking weekend, followed by four additional day hikes, which grow progressively more difficult. All hikes are scheduled for Saturdays with the possibility of deferring to Sunday in case of bad weather.



The series gets underway on a Saturday morning in late October or early November at Pinkham Notch Visitor Center with a full day lecture covering topics on winter gear (snowshoes, crampons, winter boots, poles, etc.), body heat management (layering systems), winter nutrition, winter hydration, group dynamics and emergency gear and situations. A happy hour and buffet-style dinner follow Saturday's lecture.

THINK SNOW, 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 4
JULY - AUGUST 2015

September 12-13, 2015 Madison Hut Night

KAREN THURSTON

NH Chapter Nights are a special tradition for our members and we look forward to a special evening at our oldest hut at a special rate of \$98.50 per person

As the oldest hut in AMC's White Mountain Hut System, Madison Spring Hut has sheltered hundreds of thousands of hikers and is a welcome sight at the end of a long hike. The hut is nestled

in the alpine tundra at 4,800 feet between Mounts Madison and Adams and is usually approached via the Valley Way Trail.

We've also reserved the Shapleigh Bunk House at the Highland Center for Friday night at a group rate of \$67.00 plus tax. This rate includes dinner, breakfast, and lodging. What a great way to start the weekend! To reserve your spot, please call AMC Reservations by Friday, August 28th at 603-466-2727 and give them Group #263469. Questions? Call Karen Thurston at (603) 770-1980.



THINK SNOW, FROM PAGE 1

Early on Sunday morning, participants and instructors prepare for the first hike of the series. While a lecture on winter gear, safety and group dynamics can be beneficial, the organizers feel a “real-world, hands-on” approach to various terrains and conditions, in conjunction with lecture, is the ideal way for participants to safely learn about winter hiking.

We urge you to apply today. If accepted you will be amazed by the spectacular

returns to the higher summits, and winter-like conditions can be expected in the White Mountains well into May.

So why do hikers limit themselves to just a few short months? With a little education and experience, they could enjoy the sport year round. There is nothing like being in rime covered spruce or being above tree line on a clear, crisp, deep, blue-skied day, with all things shrouded a crystalline white, where it seems as though you could reach and touch each peak.



beauty of winter in the mountains. You will truly be “walking in a winter wonderland!”

Calendars may currently read July, but in reality, there are only about 10 to 12 weeks of summer. Come Columbus Day, a mere 14 weeks away, winter

The WHS is sponsored by the NH Chapter Excursions Committee. For more information and an application please contact Bob Humphrey, preferably by email, at: bobh@mctelecom.com or by phone: 603-456-3708

Adopt A Trail At Cardigan

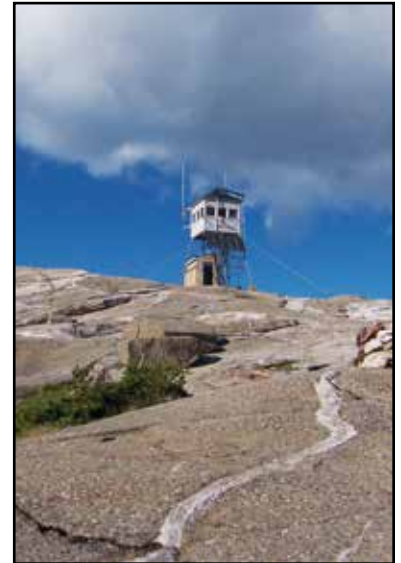
LARRY YETTER AND
RICHIE HOLSTEIN

Are you interested in working on a trail this summer? Late last year, AMC incorporated the east side trails on Mount Cardigan into its Adopt-a-Trail program. Both hiking and ski trails will now be maintained primarily by individuals, and main responsibilities include managing proper drainage and brush back growth.

Cardigan Lodge and the surrounding trails are special for the Chapter, with many outings and workshops held there each year. The AMC-NH Chapter encourages as many of our members as possible to adopt a trail. Beyond the drainage and brushing mentioned above, adopters must take training and work on their trail at least three times a year. You may clear small blowdowns, blaze the trail, and coordinate work with other AMC trail activities.

See <http://www.outdoors.org/conservation/trails/volunteer/index.cfm> for more

information on the responsibilities and a list of orphaned trails. If interested, contact either NH Chapter Vice-Chair Bill Warren or NH Chapter Trail Crew Chair Richie Holstein.



Is trail adoption too big a step? Try volunteering at a Cardigan Lodge Weekend Work Party: the next one is September 4 to 6. Visit outdoors.org for more details, <http://activities.outdoors.org/search/index.cfm?action/details/id/81977>

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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	
Sep/Oct	August 1		
Nov/Dec	October 1		

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MOUNTAIN PASSAGES

Volume 41, No. 4
July/August 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.

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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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August 22, 2015 Family Group Celebrates 35 Years

SUZI HOLSTEIN

Several generations of youngsters have grown up hiking with the NH Chapter Family Group. These “alums,” some of whom now have families of their own, are scattered across the country. All, kids, parents and grandparents alike, have fond memories of the outdoors and friends they made hiking with the Family Group.

Past and present Family Group participants are welcome to hike, swim at the falls, hang out, and have a cookout

at Cardigan Lodge on Saturday, August 22, 2015 for the 35th Family Group Reunion.

“By ourselves it was like pulling teeth to get our three-year-old daughter up a trail,” Jessie and John Foley say, “but she loved it when there were other kids.” What worked for the Foleys, when they founded the Family Group in 1980, still works today: kids like to hike with other kids

Since that first hike on April 4, 1980, up Rattlesnake Mountain (in the snow!), dozens of other parent volunteers have lead hundreds of

Family Group trips, committed to getting kids and parents enjoying the outdoors together. Over the years, the trips evolved to include hikes for all ages as well as hut trips, backpacking, camping, biking and even cultural trips such as a Tanglewood weekend. But the perennial favorite remains the November weekend at Cardigan Lodge, where new members are “initiated” in the gummy worm ceremony. Don’t ask ... remember, it’s all about kids!

For the August 22 hike and reunion, two campsites

at Cardigan Lodge have been reserved. If you would like to spend the night, a few folks can camp on these sites, or other campsites or bunks in the lodge can be reserved by contacting AMC Reservations.

Registration is required for this activity. CL: Wanda Rice, 603-432-7840 (call before 9pm), wandarice603@gmail.com or CL: Suzi Holstein 603-472-2526 (call before 10pm) srlholstein@comcast.net.

Check out www.outdoors.org for other Family Group activities.

Rio Bravo Del Norte: The Great Unknown And The Lower Canyons

GWEN HUNTER

February 2015, with 72 inches of snow in Boston, six intrepid adventurers left for Texas. Our destination: Big Bend National Park (BBNP) and the Rio Grande. Our objective: paddle 190 miles from Terlingua Creek on the western edge of BBNP to John’s Marina at Dryden Crossing in 16 days. This section of the Rio Grande has no dams and the water runs freely. Here it has the special designation of being a Wild and Scenic river <http://www.nps.gov/rigr/playourvisit/wildscenic.htm>

This river features all the best of the desert southwest: ravines, twisting slot canyons, fortress-like bluffs, hot springs and sporty rapids. Here, the Rio Grande separates the US and Mexico, so, while we carried passports, only a group permit from BBNP was needed. Then we were off to Terlingua, TX to meet with the outfitter who provided van transportation to and from the river.

Our first glimpse of the

river showed us a slow stream, but the current soon picked up as we entered Mariscal Canyon, headed for Rock Pile rapid. The river narrowed here and spectacular, 1,500-foot canyon walls

derness canoe trip, where we traveled with camping gear and dehydrated meals. Camp was set by late afternoon most days, and we took turns preparing a hot meal for group dinners.

traditionally traveled freely back and forth across the river for trade and farming. The only remaining open border crossing is at Boquillas, a struggling Mexican community at



towered above us. Three rapids in Lower Canyon, Hot Springs and Upper and Lower Madison all needed to be portaged, but Rock Pile and Tight Squeeze were lots of fun for this group of experienced paddlers.

This was a typical wil-

This allowed time for an evening walk and there were some spectacular sunsets. We camped on both the US and Mexican side of the river. This valley has had human habitation long before the Spanish explorers entered Mexico. People have

the head of Boquillas Canyon which depends on tourism from the campground at BBNP for commerce.

On day five, the group stopped at Rio Grande Village campground to camp and
RIO BRAVO DEL NORTE, TO PAGE 5

July 21, 2015 Concord-Area Paddling

PAUL BERRY

Learn about Paddling in and near Concord NH on Tuesday, July 21, 2015 at 6 p.m. at the Concord Public Library auditorium, 45 Green Street, Concord. The program is free and open to all. No registration is required. Presenters will show local places to paddle

kayaks, canoes and paddle boards in Concord and nearby. The presentation will include calm places like Turkey Pond (pictured) as well as whitewater sections. Information will be available about equipment, rentals and trips.

Visit www.concordpubliclibrary.net, call the library at 603 225 8670, or contact AMC NH's Paul Berry at (603) 603

423 1192 or paulberryamctrip@aol.com for more information. AMC NH Programs and the Concord Public Library. This event is co-sponsored by



October 3, 2015

Leadership Training

Excursions Leadership Training for Class 3 .

A single day of training for leading to lower mountains October 3, 2015.

This training is also for Young Members and Over 55 Activities.

The Excursions Committee will be offering leadership training for those that would like to lead class 3 trips. (See trip leader class 3 descriptions for full information).

This is a chance to do some leading without having the extensive experience required for leading trips to mountain tops and four season hiking. Come find out the joys of leading your own mini-adventures for those interested in less demanding activities.

The course is a single day-long event. People interested in leading Young Members, Over55, or Family Group events are also encouraged to attend.

Training will be comprised of inside discussion in small groups and field exercises in trip planning and logistics, screening participants, choosing required gear and explaining to participants what gear is required for the trip.

This training is one component of the requirements for becoming approved as a class 3 trip leader for the NH Chapter Excursions or Young Members Groups. Other components include the mentoring process and several prerequisites.

WHEN: Saturday, October 3, 2015

The session will began at 8:30 am and end at 4:30 pm.

WHERE: Held in Warner, NH
at the home of Bob Humphrey.

INSTRUCTORS: Bob Humphrey & Rick Silverberg

COST: \$35 AMC members, \$40 non-members
Payment of fee is required with pre-registration.
Fee covers morning snacks and training materials.

REGISTER ON-LINE:

http://AMC_registration.ccnr.org.

Or call Bob Humphrey at (603) 456-3708. Space is limited.

Bring a trail lunch and gear for a day of hiking on moderate trails. (4-5 miles at a moderate pace.)

Hash Browns With Eggs, Sausage & Pepper

DAVID ROSS

These proportions serve 4. 1 dried serving = 5 oz

1. Grate then drain in colander, pressing out moisture:
 - 10 medium baking potatoes (about 4.5 lbs)
 - 2 large onions
2. In a heavy iron pot or Dutch oven heat 2 Tbsp olive oil and sauté the potatoes and onions for 10 minutes
 - Add at this point diced red bell pepper for color (color is important!)
3. Stir in and sauté:
 - 1 patty of hot Italian sausage, diced
 - 2 cloves garlic chopped fine
 - 1-2 tsp salt
4. Preheat oven to 350 degrees. Oil or Pam a 10 x 13 inch casserole dish
5. Stir into the potato/sausage mixture
 - 8 eggs beaten
 - ½ cup finely grated Parmesan or Asiago cheese
 - 4 drops of Tabasco or other hot sauce (optional)
6. Spread the mixture in the casserole, bake for 45 minutes or until golden brown.
7. Cool. Spread the cooled mixture on dehydrator trays, dehydrate for 4.5 hours at 145 degrees if your machine has a temperature control. There should be no moist clumps in the mixture. If you find a few among all the dry, crunchy material, break them up and continue dehydrating.
8. Check for any moist areas and cool completely. Package in double Zip-lock bags. Freeze if there will be appreciable time before you use the food.
9. To rehydrate, simply cover with ½ inch of water in your backpacking pot, boil, stir, and serve.

RIO BRAVO DEL NORTE, FROM PAGE 3

resupply drinking water. Here, we meet one of those wonderful National Park volunteers who helped us transport our gear to the group campsite in his pickup. Thankfully, the park campground was the most civilization we would see in 16 days. But tonight it was phone calls home, hot showers and more cheese from the camp store. Next stop for drinking water would be day ten at Hot Springs Rapid.

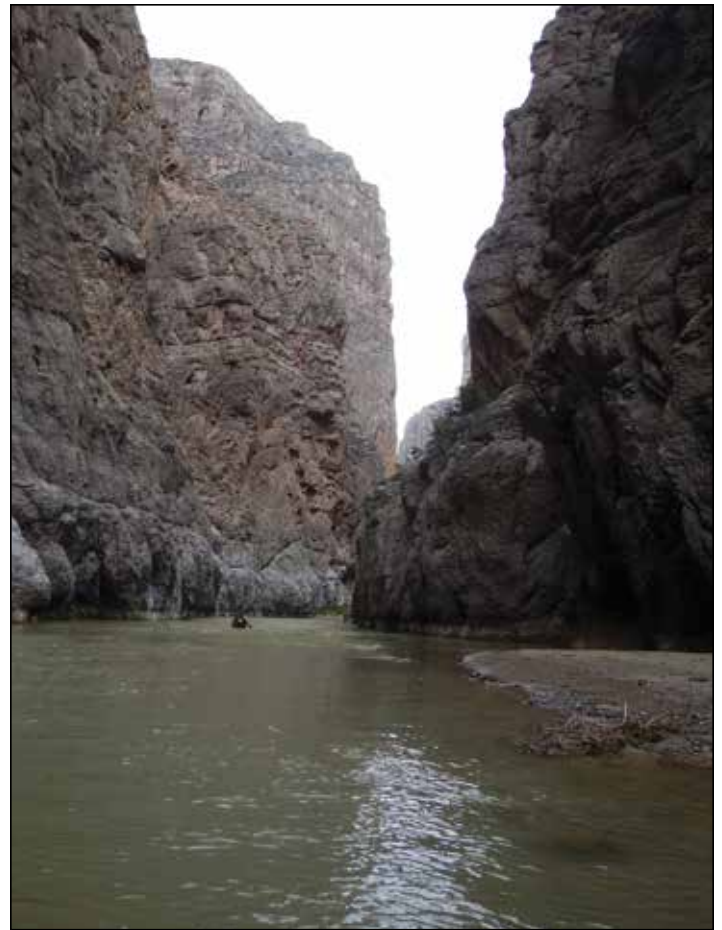
We did not drink the water from the Rio Grande. It is a muddy river used for farming and commerce both above and below where we paddled. While the BBNP side of the river is undeveloped because of the park designation, the Mexican side shows signs of habitation. Where the river enters into valleys, cattle and wild horses roam freely. On the Mexican side primitive fencing is erected to allow cattle to water but not cross the river, presumably because owners could not cross to the US to bring them back.

By the time we reached Panther rapid at Panther Gulch we saw the only group of other paddlers we would see on the trip. They were a teaching group from National Outdoor Leadership School NOLS with 2 instructors and 18 students. Us ole folk were pleased to see so many young people interested

in learning to lead trips in the outdoors. We soon would meet again as we were all taking out the same day.

Further on, San Francisco Rapids proved challenging as storms had carried much gravel down the wash and changed the course of the river. Here the river has a rapid with a 90 degree turn at the face of a stone cliff. Run it if you can and make sure your gear is in dry bags. Once we passed Arroyo Agva Verde rapid the river calmed and we had a leisurely, if cold, paddle to the take out where we made hot soup and a campfire to keep warm while we waited for pickup.

After the paddle, a few of us spent time in BBNP to do some hiking. It was wonderful to see all three eco systems of the park. On the Rio Grande we saw horses and cattle roaming freely. We saw old sites where the candelilla plant was once harvested to make wax for household products. Turtles and birds were too numerous to count. In the Chihuahuan Desert, BBNP we camped among cottonwood trees and visited areas that once grew cotton. Cacti, yucca, stool and ocotillo all grow abundantly in this area. Back near the river, we were able to hike into Santa Elena Canyon and see that the invasive river cane which troubled us in the Lower Canyon does not grow on the 1,600-foot



steep walls. Traveling north in BBNP, the Chisos Mountains offered us some spectacular hiking of 6,000-foot mountains which form a circle around the Basin campground. Here the pinon pine grows and we hoped to see black bear, mountain lion or javelin from a safe distance.

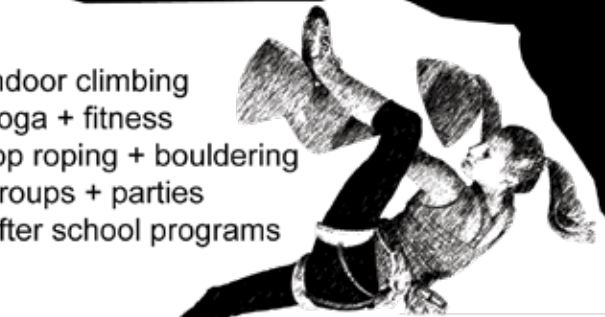
If you go, there is good information on the web site for Big Bend National Park <http://www.nps.gov/rigr/planyourvisit/permitsandreservations.htm>


We also used two river guides by Louis Aulbach ; The Great Unknown of the Rio Grande and The Lower Canyons of the Rio Grande.

There are pictures of the trip at this web site you can enjoy. <https://plus.google.com/photos/107383013375816110539/albums/6128010502160092673?authkey=CJf3wZSatMCZSg>

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Writers Wanted for 'Mountain Passages'



If you would like to write about your experience in New Hampshire's great outdoors as an AMC-New Hampshire member for Mountain Passages, we'd love to hear from you. We don't pay, but you will have the thrill of seeing your name in print plus the even bigger thrill of getting others to say, "I want to experience that, too!" Send your stories (150-250 words max) to [newsletter\(at\)amc-nh.org](mailto:newsletter(at)amc-nh.org). Deadlines are June 1, August 1, October 1, December 1, February 1 and April 1.

Notes From the Chair

Essential Outdoor Gear

WAYNE GOERTEL

When going outdoors for any significant distance or isolation, what is the essential outdoor gear? Mountaineering: The Freedom of the Hills (Mountaineers Books, 2010) recommends ten essentials: navigation, extra clothing, extra food and drink, illumination, sun protection, first aid, fire starter and emergency shelter, and tools -including a pocket-knife.

Some people are surprised to see pocketknife on that list. Mountaineering notes, “knives are so useful in first aid, food preparation, repairs, and climbing that every party member needs to carry one.” How else will you whittle wood shavings for starting fire, or branches for marshmallow sticks?

There are many types and

sizes, blades that fold into a handle or fixed blades that do not. Folding knives with other folding tools comprise a “multi-tool” like the famous Swiss Army or Leatherman-style knives. Practically, folding knives are easiest to pack, and many of those benefit from a locking mechanism to prevent an open blade from accidentally closing on your fingers. You may opt for a lighter knife in your daypack, and a heavier one that has more uses for camping.

A sharp, sturdy blade is essential. A serrated blade can better cut some materials, but requires more effort to sharpen than a straight blade. Additional multi-tool components that are useful include pliers, scissors,

NOTES FROM THE CHAIR,
TO PAGE 7



Wayne Goertel, AMC New Hampshire's Chapter Chair.

2015 FALL GATHERING

YMCA Camp Chingachgook • Lake George, New York
Hosted by the Mohawk Hudson Chapter
October 16-18, 2015



Join us for a weekend on scenic Lake George in the Adirondacks! Choose from a variety of activities including cycling local bike paths, paddling the coves, hiking summits, relaxing by the lake, and much more. Start planning your fall adventure at outdoors.org/fallgathering today!

**NOTES FROM THE CHAIR,
FROM PAGE 6**

screwdrivers, a saw blade, and can and bottle openers ... even a corkscrew.

I think it's important to realize that a pocketknife is just another tool, and the safe use of any tool depends on the mindset and skill of its user. The safe use of a knife is to cut away from you, so an inadvertent slip doesn't injure you. Ensure others are a safe distance away during use. Like your household cutlery, keep it out of reach of children. A sharp knife is safer than a dull one, as it's less likely to slip and requires less force to do its job. Knives should be kept clean, dry and sharp. Keep them off the ground to avoid dirt and moisture and out of fire to prevent heat from drawing temper out of steel.

Finally, be aware of various

legal restrictions. Knife laws vary state by state, and even differ in some municipalities. Such laws on objects are ostensibly for safety reasons, segregating certain features by an alleged "bad" primary purpose. A knife I bring hiking in New Hampshire can, in another state, be considered "too long", or have a "dangerous feature" like one-handed operation. I'm skeptical such laws accomplish more than snaring honest, law-abiding folks, but it's important to be aware of them nonetheless. The establishment and later repeal of knife language in New Hampshire RSA 159:16 is a fascinating case study.

Be prepared for your next excursion: each of these ten "essentials" deserves a careful look.

See you outdoors!
Wayne

UPCOMING EVENTS

July 21, 2015

**Concord-Area
Paddling**

August 22, 2015

**Family Group
Celebrates 35 Years**

September 12-13, 2015

Madison Hut Night

October 3, 2015

Leadership Training

Orienteering Challenge At Cardigan

BOB HUMPHREY

Members of the NH Chapter Excursions committee have developed a challenging orienteering course at Cardigan. The course is comprised of six canisters located in various places throughout the forest surrounding Cardigan Lodge. Canisters are positioned approximately two or three tenths of a mile from each other and basically form a big circle starting and ending at Cardigan Lodge.

The object of the course

is to hit each target to obtain information and the bearing for the next. Each canister has a laminated card inside with instructions. The canisters are painted safety orange, made of two inch PVC Piping, about a foot long, and mounted to a tree. Orange surveyor's tape has been tied to trees about 50 feet to either side of each target to aid in finding it.

The course has a built in safety net: if those attempting the course are unable to successfully navigate to any one of the canisters they will shortly

hit a trail and be able to navigate safely back to the lodge. Information about the course and a laminated map can be obtained at the Lodge. Please make sure to return the map so that others might enjoy the challenge and to let the caretaker know you and your party have returned safely. We strongly advise people not to attempt this course alone! Remember you will be bushwhacking and not on a trail so finding you will be difficult should the need arise.

The course is very chal-

lenging. You'd be surprised how difficult it is to follow an almost perfectly straight line through the woods to each target. Remember each target is only 24 square inches, or about the size of a backpacking thermos. Those attempting it should have good map and compass skills! Good luck and enjoy!

For a map of the course and information see the caretaker at the lodge or contact Bob Humphrey at bobh@mcttelecom.com

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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.

Summer Paddling Series

JOHN D PILLA

As you start planning to make the best of our treasured summer months, we encourage you to consider a mid-week evening get-away from the harried workweek. Take a break and join paddlers of all levels, especially beginners, in a slow-paced, recreational paddle that provides a short respite sure to revitalize your senses.

NH AMC Paddlers offers you one to two hours of relaxed paddling on local ponds, lakes and quiet rivers on Wednesday evenings, from mid-June through late August. All are welcome. These paddles are designed and suitable for beginners

with little or no experience.

No gear? No problem! You can rent a recreational kayak and equipment (PFD and paddle) for just \$10.00 for the evening. Trips are scheduled

throughout southern and south central New Hampshire and northern Massachusetts, and we bring the boats and gear to the meet location. Many of us who have participated in

this weekly retreat with nature sometimes gather afterward at a local ice cream spot to finish our summer pleasures during final sunset in good company and conversation. Forget your troubles for a while and come to one, or all, of our scheduled Wednesday Evening Recreational Paddles.

Enjoy what just might become the best part of your work week ... whether you have paddling experience or not. It's also a great way to try out a variety of boats before you buy your first one. Keep an eye on the posted online schedule at activities.outdoors.org, our nhamcpaddlers.org trip listing, or on the NH AMC Paddlers Meet-Up group.

