



Mountain P A S S A G E S

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October 24, 2015 AMC-NH Annual Dinner

Featuring: Barb Audin, Himalayan Health Care Volunteer

LU ANN LAQUERRE

AMC-NH Chapter Programs Committee is pleased to announce the guest speaker for the 2015 Annual Meeting, Barb Audin.

Barb lives in Sudbury Massachusetts with her husband Curt who and has three grown children. She has worked for Brigham and Women's in Boston for thirty years and has a specialty certification in PeriAnesthesia Nursing. Her husband Curt who is also a nurse, works at Mass General and is a member of MGH emergency disaster medical care team. Their experience in the medical world has allowed them to travel to areas of natural disasters and provide relief.

Barb will be sharing her humanitarian efforts as she traveled to Nepal with Himalayan Health Care, providing basic primary care to villages in the foothills of the Himalayan Mountains, north of Kathmandu. She will share the conflicts these

people endure and the role Himalayan Health provides for relief to those villagers and the training they provide for primary care. Barb and Curt have also traveled with Partners in Health after



AMC-NH ANNUAL DINNER, TO PAGE 3 

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 5

SEPTEMBER - OCTOBER 2015

Young Members Update

JAMIE GILLON

New Hampshire Young Members (YM) are in the midst of a long run of weekend events co-hosted with the Maine Young Members. YM already had a successful hut event at Carter Notch, as well as camping events at Squam and Rangely Lakes.

Currently, YM is gearing up for camping weekends at the Adirondacks and Osceola Vista in September. Looking forward to fall, YM will be having cabin weekends at both Moosilauke Ravine Lodge and the Highland Center. If you haven't been, these weekends typically feature at least one hike or paddle led by AMC leaders,

YOUNG MEMBERS UPDATE, TO PAGE 3 

Recipe For Shrimp Jambalaya

DAVID ROSS

- Shrimp Jambalaya
- Paul Prudhomme's Louisiana Kitchen

Seasoning Mix:

- 2 whole bay leaves
- 1 ½ tsp Kosher salt
- 1 ½ tsp ground cayenne pepper
- 1 ½ tsp dried oregano leaves
- Several vigorous grinds of the pepper mill
- ¾ tsp dried thyme leaves
- 3 Tbsp chicken fat (substitute lard or vegetable shortening)
- 4 oz of prosciutto, diced fine
- 4 oz of smoked sausage (I used Hillshire Kielbasa), diced fine
- 1 ½ cups chopped onions

In a 4 or 6-quart saucepan, melt the fat over medium heat, and sauté the prosciutto and sausage until crisp, stirring frequently. Add the onions, celery and bell peppers, sautéing until tender but firm, about 5 min.

Add the chicken, raise the heat to high, cook 1 min, stirring constantly. Reduce heat to medium, add the seasoning mix and the garlic, cook 3 min stirring constantly and scraping the bottom of the pan.

- 1 cup chopped celery
- ¾ cup chopped green peppers
- ½ cup chopped red peppers
- ½ cup uncooked chicken, cut in bite-sized pieces
- 2 cloves minced garlic
- 4 medium tomatoes, peeled and chopped, or substitute canned
- ¾ cup tomato sauce
- 1 can of chicken broth
- ½ cup chopped green onions
- 2 cups uncooked rice
- ½ pound peeled medium shrimp
- 2 cans of oysters and their broth

Add the tomatoes, cook until the chicken is tender, about 5 to 8 min, stirring frequently. Add the tomato sauce, cook 7 min stirring often. Stir in the chicken broth, bring to a boil and stir in the green onions, cook for another 2 min.

Add the rice, shrimp and oysters, stir well, remove from heat.

Transfer to an ungreased 8 by 12 baking pan, cover with foil and bake at 350 degrees until the rice is tender but still

crunchy, about 30 to 40 min
Takes 6 hours to dehydrate; spread on parchment paper-covered trays until liquid is dried.

9.3 oz served 2 of us in Grand Canyon in '08 generously

This takes a while to rehydrate, especially the sausage and chicken. Best to start the process while hiking to your campsite, by adding water to the plastic bag. At the campsite, continue the rehydration process.

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MOUNTAIN PASSAGES

Volume 41, No. 5
September/October 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.

Editor: Brett J. Billings
bretjbillings(at)gmail.com

Graphic Design: Jessica Clifford,
Graphic Designer, Artist &
Photographer.
jess.amcnews(at)gmail.com

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ISSUE	DEADLINE	AD SIZE	PRICE (per issue)
Jan/Feb	December 1	1/8 page	3.5" w x 2.5" h \$100
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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		
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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.

 **YOUNG MEMBERS UPDATE, FROM PAGE 1**

hikes that members organize on their own, a large group meal and plenty of socializing around the fire.

YM hopes you can join them on one of these marquee events. They also have smaller scale social events offered monthly in the Seacoast, Manchester and Lakes Regions, as

well as day hikes offered periodically throughout the state.

The best place to learn what Young Members in New Hampshire are up to is to join them on Facebook, or look up our events on outdoors.org. <https://www.facebook.com/groups/AMC.NH.YoungMembers/edit/>

Corrections And Clarifications

The date that preceded the September Hut Night article was incorrect and is actually **September 12-13, 2015.**

 **AMC-NH ANNUAL DINNER, FROM PAGE 1**

the devastating earthquake in Haiti.

Barb is currently an AMC four-season leader, leading trips throughout the Whites and is an instructor for the Winter Hiking Series. She has hiked a lot of ground, the NEHH, winter 48 as well as hiked in Europe, Iceland and the American West.

As hikers, we see she has taken that love to the next level and is impacting lives in an even bigger way. Please join us for an evening that will no doubt impact you and support one of our own.

AMC-NH's Annual Dinner will be held Saturday, October 24 at the Grappone Conference Center, 70 Constitution Avenue, Concord, NH.

The social hour begins at 5:30 p.m. (appetizers and cash bar) with dinner at 6:30 p.m. The menu will include a buffet dinner, soup of the day, tossed salad, Minnesota turkey and wild rice salad, English cut prime rib with red wine

deemi-glaze, or Shaker-style pecan-cruste chicken, roasted potatoes, vegetable and chef's dessert display, rolls, coffee and assorted herbal teas. Vegetarian or gluten free plates available upon advance request. A brief business meeting and the featured speaker will follow dinner.

Register at www.amc-nh.org or, see mail in registration form listed below.

For more information contact Terri Wilson after 7:00 pm at 334-787-2426 or send an email to programsnh@amc-nh.org.



48 Over 70

RON JANOWITZ

What is 48 Over 70?

a) The blood pressure of a dead moose, b) the number of ice cream flavors at Ben and Jerry's on I-70, or c) an award patch for septuagenarians and older who have hiked all 48 of NH's 4000-footers?

for "older" hikers was in order. Dick and Andy O'Brien came up with the idea of an award patch for those over the age of 70 who climb all 48 of New Hampshire's 4000-footers. They started joking about what a patch might look like to poke fun at elderly hikers like themselves. Dick, a graphic artist, came up with a design using the universal symbol of

a hiker, but using a walker instead of a hiking pole. Another hiker friend, Judy Leoni, had 25 patches embroidered.

Dick created an application form similar to the one used by AMC's 4000 Footer Club. Any 4K hiker over the age of 70 can request an application from Dick at widhu@my-fairpoint.net. So far 19 patches have been awarded, celebrating the fact that you're



In 2011, Dick Widhu, a 60-something hiker with Carl Rosenthal's "Wednesday Group" thought that some recognition

never too old to climb mountains! Three of those awards have been for climbing all 48 in winter.



2015 Annual Meeting Registration Form or Register Online at www.amc-nh.org
Guest Speaker Himalayan Health Care Volunteer, Barbara Audin
Saturday October 24, 2015 • \$39.00 Members: \$44 Non-members

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Name _____ Phone# _____

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of Vegetarian meals _____ # of Gluten Free meals _____

Please send registration and your check payable to **AMC-NH Chapter** to:
Terri Wilson PO Box 787, Lebanon, NH 03766
All Registrations must be received by **Friday, October 9, 2015**

June Hut Night At Mizpah

RON JANOWITZ

Twenty hearty and hungry souls devoured one hut, three 4000-foot peaks and vast quantities of delicious food during our annual June Hut Weekend. On Saturday, under cloudy skies, the group slowly ascended the Crawford Path to Mizpah Hut. The skies cleared in the afternoon, but the winds gained ferocity, as some folks climbed Mts. Pierce and Eisenhower, while a smaller group hiked to Mt. Jackson.

The conquering hikers returned to enjoy a traditional cheese, chocolate and wine happy hour on the sunny rocks outside the hut. The Mizpah “croo” prepared a fantastic dinner including quinoa chile and boreal salad. Without the wind on Sunday morning, the smaller group ascended Mts. Pierce and Eisenhower, while the larger

group made their way to Mt. Jackson. With wide smiles and a few sore muscles, everyone safely returned to the parking

lot for the drive home.

June and September Hut nights are a NH Chapter tradition. You can join the fun next

year. Look for the announcement in this newsletter.



Photo by Paul Hopkins - Grand Images

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

WAYNE GOERTEL

Autumn is a favorite time of year for getting outdoors for many activities. The crisp air is a refreshing change from heavy, humid weather, and permits clear views of fall foliage. Overnight frost brings a welcome reduction in bugs and seasonal allergies.

September marks the start of fall hunting, with several season dates for various species and equipment over the next months. Familiarity with hunting varies widely, and I know some people may treat the sport with apprehension. With wild spaces increasingly challenged by development and population growth, I feel it is important for outdoor recreationists of all interests to develop a shared awareness for the benefit of conservation.

U.S. Fish and Wildlife Service statistics indicate about 60,000 people yearly participate in hunting in New Hampshire. Hunting has broad economic impact, with over \$61 million spent by hunters in 2011. The 2014 NH Wildlife Harvest Summary reports that excise taxes on firearms and archery

equipment “are distributed to state agencies like the N.H. Fish and Game Department to conduct research, restore and manage wildlife populations, purchase habitat, conduct hunter education programs and create opportunities for hunting and other wildlife-associated recreation.” Hunting license fees help fund important programs, including Fish and Game’s search and rescue mandate---the majority of whose missions are for hikers and climbers.

My father enjoyed hunting for many of the same reasons I enjoy hiking: the spiritual renewal of the outdoors, camaraderie of friends and family and utilizing different skills and equipment. The fresh game he brought home put me in touch with food origins much more than a Styrofoam container of processed meat from a supermarket. Our family’s deep freezer included venison, pheasant and wild turkey, and my mother was skilled at preparing this varied and typically leaner fare.

Contrast wild food to a large-scale US industrial example: Cattle confined in

lots are fed taxpayer-subsidized, petro-chemically fertilized, genetically modified corn to fatten them cheaply and quickly, and are prone to infection with these vast changes in diet and environment from the historically grazed pasture grasses. Consumer Reports (July, 2015) noted that about 80 percent of U.S. antibiotics use is on farms “mostly to make livestock grow faster and to prevent (not treat) disease.” This overuse is a leading concern for the development of antibiotic-resistant bacteria! Hunting is a way to obtain truly and naturally nutritious food, and for some, it is an important way to also afford it.

Some folks have safety concerns about being outdoors during hunting season, hearing an unfamiliar hunting firearm discharge in the distance. Statistically, hunting accidents are rare, though seem an extraordinary news subject, like the occasional hiking or skiing fatality or hiker rescue. In the decade prior to 2013, New Hampshire had four hunting-related fatalities, whereas 2013 alone saw 135 driving fatalities. Hunter education programs have excellent safety content, and my personal experience confirms hunters are thoughtful and safety conscious.



Wayne Goertel, AMC New Hampshire's, Chapter Chair.

I am much more concerned with encountering distracted, inebriated or inept drivers en route to a trailhead than any chance of a hunting accident after I get there, but I still take precautions. Dressing brightly is a good strategy year-round for outdoor enthusiasts, and wearing blaze/fluorescent orange apparel (hats, vests, jackets) during hunting season is proven to decrease hunting incidents.

See you outdoors!
Wayne

Hiking In The Fall

PAUL BERRY

Learn about Hiking In the Fall on Wednesday, September 23 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 some of the many nearby places to hike in the fall and talk about Fall hiking in general.

Hikes can mean short walks or longer with significant

elevation gain and exposure. There are many great hikes near Concord and throughout New Hampshire.

Visit www.concordpubliclibrary.net, call the library at 603.225.8670, or contact AMC NH’s Paul Berry at 603.423.1192 or paulberryamctrip@aol.com for more information. This event is co-sponsored by AMC NH Programs and the Concord Public Library.



Zealand Trail Oct 2, 2012

Leadership Trainings

RICK SILVERBERG

AMC NH Chapter Winter School: A Hiking, Skiing & Leadership Workshops Jan. 29- Jan. 31. and or February 26 – Feb. 28, 2016 Instruction in safe Winter mountain travel for experienced 3-season hikers Cardigan Lodge, Alexandria, NH Winter is no reason to stay inside.

The Winter outing season is all around us, are you prepared?

This workshop offers instruction in safe Winter mountain travel to experienced 3-season hikers. Among the many available classes, most every aspect of winter backcountry travel is covered. The weekend is filled with instruction, field exercises, lectures, and discussions. And when you're not learning, there is plenty of great food to fuel you back up!

Just because it's winter it doesn't mean you have to hang up your backpack until spring. Learn how to go out and explore the NH wilds this winter safely and with confidence. Once again this winter, the NH Chapter will sponsor two training workshops. They're designed to teach you what you need to know for safe travel in the winter mountains; what to wear, what to take, how to use it, how to get there, how to get back, and how to plan for the unplanned. Both workshops will offer the same curriculum, except as noted below. All sections include extensive time outdoors.

The NH Chapter Annual Winter Workshop, # 1, will be held on Jan 29- Jan.31, 2016 Repeated As Winter Workshop, # 2, will be held on Feb. 26 – Feb 28 2016. The weekends are

loaded with learning, fun and great food from Friday night until Sunday afternoon and are conducted at the Cardigan Lodge.

A variety of instructional groups are offered that cover most every aspect winter backcountry travel and safety. The weekend is filled with instruction, field exercises, lectures, and group discussions. Your time will be divided between your individual class and activities for the entire workshop. When you're not learning, there is plenty of great food to fuel you back up!

Choose from one of the following classes. If you are not sure which class is right for you, just give us a call and ask one of our Workshop Directors. Once you've found a class, just go to his link to sign up. www.AMC_registration.ccnr.org

A. INTRODUCTION TO WINTER WILDERNESS TRAVEL:

Instruction in general mountain safety, clothing, & equipment, nutrition, risk management & trip planning. Instruction includes an introduction to snowshoeing as well as map & compass. This workshop section is intended for individuals with limited experience in the New England outdoors who would like to start winter activities safely. Anticipate hiking as much as three miles at a slow pace with occasional uphill grades.

B. INTERMEDIATE SNOW SHOEING:

Instruction in snowshoeing, route finding (map & compass) as well as general mountain safety, clothing & equipment, nutrition, risk management & trip planning. This workshop section is intended for indi-

AMC NH Chapter Winter School: Hiking, Skiing & Leadership Workshops

Winter Workshop # 1

Jan. 29 – Jan. 31, 2016

Winter Workshop, # 2

Feb. 26 – Feb. 28, 2016

viduals with extensive 3-season experience in the New England outdoors, but limited winter experience, who would like to get into more winter activities safely. Anticipate hiking/snowshoeing up to five miles at a moderate / slow pace with sustained uphill grades.

C: BACK COUNTRY SKI TOURING 101:

Want to expand your horizons beyond the golf courses and touring centers? Come learn how to explore the winter back woods on skis. We will cover how to travel efficiently on the ungroomed trails over rolling terrain and how to control speed by turning and stopping on modest hills. And we will address general back country safety. Expect to be outdoors playing in the snow on skis for 3-4 hours each day and ski 2-4 miles. Be prepared to ski with a day pack.

D: INTERMEDIATE BACK COUNTRY SKI TOURING:

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

E: ADVANCED WINTER WILDERNESS TRAVEL:

Instruction offered in winter travel on steep terrain and above treeline. Subjects covered include snowshoeing on mountain terrain, use of crampons, dressing for extreme weather conditions, off-trail navigation and risk management. Intended for individuals with winter experience in the outdoors interested in climbing NE mountains safely. Anticipate hiking 6+ miles at moderate/fast

pace, steep terrain, and significant exposure to wind.

F: DOWN MOUNTAIN BACKCOUNTRY SKIING:

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

H: LEADERSHIP AND MOUNTAIN SKILLS:

This section is for those who have mastered the basics of winter hiking. Exercises in planning, organizing, and expediting a trip with emphasis on leadership techniques and group dynamics. A review of the basics, accident scene management, medical considerations and off trail navigation. This section is also for people with potential and desire to become trip leaders for the NH Chapter Excursions Committee.



NOTE: proficiency on snowshoes is a prerequisite.

I. BEGINNER WINTER BACKPACKING: WINTER SCHOOL 1 ONLY

For those that have mastered the basics of 3-season backpacking skills. Instruction (will cover as many of these topics as possible) in general winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how & what to cook, trail finding, map & compass, off trail navigation, weather, trip planning, nutrition, emergency situations. Warning: All participants must have proper winter clothing, a winter sleeping bag that has a rating of 20° below zero or lower, a winter foam pad and a winter backpacking tent. Tents will be provided if needed. This group will participate in indoor lectures and evening programs, sleeping outside Fri. & Sat. night, prepare 1 meal outdoors.

J: INTERMEDIATE WINTER BACKPACKING: WINTER SCHOOL 2 ONLY

For those that have mastered the basics of 3-season backpacking skills. Instruction (will cover as many of these topics as possible) in general winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how & what to cook, trail finding, map & compass, off trail navigation, weather, trip planning, nutrition, emergency situations. Warning: All participants must have proper winter clothing, a winter sleeping bag that has a rating of 20° below zero or lower, a winter foam pad and a winter backpacking tent. Tents will be provided if needed. This group will participate in indoor lectures and evening programs, sleeping outside Fri. & Sat. night, prepare 1 meal outdoors. This group will be spending most time outdoors, will sleep outside both Fri. & Sat. night, prepare

2 meals outdoors.

The workshops will begin promptly at 7:30 P.M. Friday evening and end Sunday afternoon at approximately 4 P.M. This is a school for everyone who wants to learn and have a great time. Cost \$155.00 (AMC members), \$175.00 (nonmembers), includes lodging, excellent meals, materials, and instruction.

APPLICATION:

On-line Application:
Please apply via our on-line application to ensure the accuracy and priority of your application. You may access the eb app at AMC_registration.ccntr.org (If the link doesn't work then type or paste “amc_registration.ccntr.org” into the address line of your browser.) If this is your first time using our online registration form, you must first create an account. Otherwise, login with your password.

WRITTEN APPLICATION:

For those unable or unwilling to do the on-line application you may download the application here (PDF).

Once you have your application, fill it out and send it with your payment to the registrar. You must be 18 years or older to attend.

Workshop Director: Rick Silverberg Synergyc@Aol.com
603 2255921

Co leader Bob Humphery
603 456 3708

AMC NH EXECUTIVE COMMITTEE

Chapter Chair chairnh@amc-nh.org
Wayne Goertel
Vice Chair vicechairnh@amc-nh.org
Bill Warren
Treasurer treasurernh@amc-nh.org
Rick Desmarais
Secretary secretarynh@amc-nh.org
Beth Zimmer
Biking bikenh@amc-nh.org
Gene Harding, Doria Harris
Conservation & Education conservationnh@amc-nh.org
Paul Hopkins, Eric Savage
Excursions excursionsnh@amc-nh.org
Kevin Rooney, David Ross
Membership membershipnh@amc-nh.org
Marianne Page

Mountaineering mountaineeringnh@amc-nh.org
Joe Dorsheimer, Tom Sintros
Newsletter newsletternh@amc-nh.org
Ron Janowitz, Editor
Brett J. Billings, Editor
Jessica Clifford, Design & Layout
Paddling paddlingnh@amc-nh.org
John Pilla, Paul Berry
Programs programsnh@amc-nh.org
Lu Ann Laquerre
Skiing skinh@amc-nh.org
Tony Schmidt
Valerio Viti
Trails trailsnh@amc-nh.org
Richie Holstein

Website webchairnh@amc-nh.org
Open
Young Members youngmembersnh@amc-nh.org
John Meltzer
Past Chapter Chair pastchairnh@amc-nh.org
Karen Thurston
Regional Dir. NH/ME regionaldirectornh@amc-nh.org
Ruth "Sam" Jamke
AMC NH Chapter [website: www.amc-nh.org](http://www.amc-nh.org)

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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.

Biking My New Hampshire

Three Cemeteries and a Castle Ride: A 20-mile paved and gravel road ride in the Monadnock region

DORIA HARRIS

We started this AMC-led ride in Lyndeborough and almost immediately left pavement for the promising mysteries of a gravel road. We climbed along a stream and saw a beautifully made stone dam and abandoned cider mill foundation. We passed one of the three cemeteries on this route then

continued through wetlands abundant with red wing black-birds, frogs and turtles.

As the road dipped down towards another brook we could see old cellar holes in the woods, more echoes of the past. Riding along a ridge past another cemetery a view of the Monadnock Mountains appeared in the distance. A few miles later the dirt road narrowed to a

single lane and descended to the Second NH Turnpike. We rode on pavement for a few miles before returning to the fun of the gravel road.

We rode along a stream and woods before coming out to more wetlands with blue herons and views of the mountains again. Here we passed our third cemetery, small and overgrown atop a knoll. As we rolled

down a hill and broke out of the woods to our right we saw a castle, a tower and a trebuchet! But all too soon the ride was over, and we were left with the mystery of the castle and the stone structures of our region's past.

For posting of future rides go to: amc-nh.org/calendar/ activities

AMC-NH Media Team

The AMC-NH Chapter newsletter and communications team members hiked Mt. Garfield this past July. Despite a morning threat of rain, the team had a great day out on the

trails, with a post-lunch appearance by the sun. Pictured, left to right, Jessica Clifford, Brett Billings, Brian Morin Ron Janowitz.

