

Mountain P A S S A G E S

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Wednesday, November 18, 6:00 pm Concord Public Library



A Monson Center Ski Trip Review

EMILIE ANN PHILLIPS

Many famous ski trails are in the White Mountains, but there is good skiing in southern New Hampshire too. This past winter, I led a trip to the historic Monson Center Townsite in Milford. The Society for the Protection of NH Forests owns the land. The area is high on a hill and seems to collect more snow than surroundings. Most of the 269 acres has no vehicle traffic, only snowshoeing and cross country skiing. There is one snowmobile trail

that bisects the property.

Monson was a very early European settlement in New Hampshire. For some reason, after 20 some years, people gave up and moved away, splitting the land between four neighbor-



A MONSON CENTER SKI TRIP REVIEW, 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 6
NOVEMBER - DECEMBER 2015

Notes from the Past Chair

WAYNE GOERTEL

The New Hampshire Chapter of the Appalachian Mountain Club has enjoyed another year of success in supporting AMC's exceptional mission of outdoor recreation and conservation advocacy through the hard work of dedicated volunteers and active Chapter members. Our Chapter is com-

prised of over 13,000 members of the AMC, the Club's second largest Chapter, and has a roster of over 200 volunteer activity leaders.

My term as Chapter Chair concluded this past October, and I'm thankful to have had the opportunity to serve in that role. It has been a tremendous privilege to collaborate with such an exceptional group of volunteers. The NH

Chapter has been a source of friendship and camaraderie for years, and working with our Executive Committee and many event leaders and participants has been rewarding.

Bill Warren is taking over the position as Chapter Chair, and the New Hampshire Chapter couldn't be in better hands. Bill has always been active outdoors, getting an early start

NOTES FROM THE PAST CHAIR, TO PAGE 3 

 A MONSON CENTER SKI TRIP REVIEW, FROM PAGE 1

ing towns. All that is left is one restored house and a bunch of cellar holes. The Gould house is open for tours some weekends and the cellar holes all have plaques with information about

in my pulk. The first quarter mile from the parking lot to the Gould house follows an old road. We arrived at about the same time as a large snowmobile charity ride. We waited for them

meanders through the woods, eventually reaching a swamp. Part of the group paused at the bench overlook for snack while the more energetic folks ventured out onto the frozen over swamp. After our break, we turned south on the other old

has an open gap. Several people helped carry the pulk across and everyone else crossed one way or another. I led us straight back along the road to the Gould house. There are more trails which descend to the east, but they are too steep for a beginner cross country ski trip, and they have an even more difficult stream crossing.

Back at the house, we climbed up a little knoll with benches to enjoy lunch in the sun. The snow was so deep, the granite bench tops barely peeked out. After lunch and shared treats, most people headed home. A few of us stuck around to explore some trails that aren't on the official map. We had to use our map and compass skills several times, but we found some great downhill powder runs for the cross country skis.

For more information, including a trail map, see the forest society website: <https://www.forestsociety.org/property/monson-center>



the inhabitants.

We met at the well plowed parking lot. There were ten of us, including one family with a child and my toddler riding

to pass, and then we turned left across the fields into untracked snow. With all the fresh snow, we missed a bunch of the plaques. This part of the trail

road. This time we spotted more of the historic plaques including the old pound. The one tricky spot on this trail is where it crosses a stream. There is a remnant of a rock bridge, but it

SPECIAL UPCOMING EVENTS
PAGES 4 & 8

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MOUNTAIN PASSAGES

Volume 41, No. 6
November/December 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.

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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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NOTES FROM THE PAST CHAIR, FROM PAGE 1

with his family as role models. He likes to hike, backpack, bicycle, snowshoe, ski (cross-country and “retro-downhill”), kayak, sail ... you get the idea. He humorously notes, “As a kid, being punished meant having to stay indoors.” Bill has been a NH Chapter AMC member since 1995, took courses with us for winter backpacking and leadership and is an active trip leader and instructor.

Bill most recently served as Vice Chair and Treasurer, and he’s made numerous contribu-

tions to our Chapter and Club in those roles. Some of these include helping us with better fiscal budgeting and reporting, increased programs for our members (especially small programs), stronger leader recognition, and most recently, recruiting some fantastic people to help lead our committees.


I hope you’ve been able to join us in the past year for outdoor adventure. We will continue to deliver fun trips with the best leaders, and we look forward to seeing you in the great NH outdoors!



Wayne Goertel, Past NH Chapter Chair

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A Season of Biking with AMC NH Chapter

DORIA HARRIS

In 2015 the AMC NH Chapter Bike Committee offered a variety of programs:

Bike Touring Program: We presented talks on traveling by bike and held a workshop on aspects of bike touring from how to plan to what to pack. We offered a biking overnight where participants could experience traveling by bike.

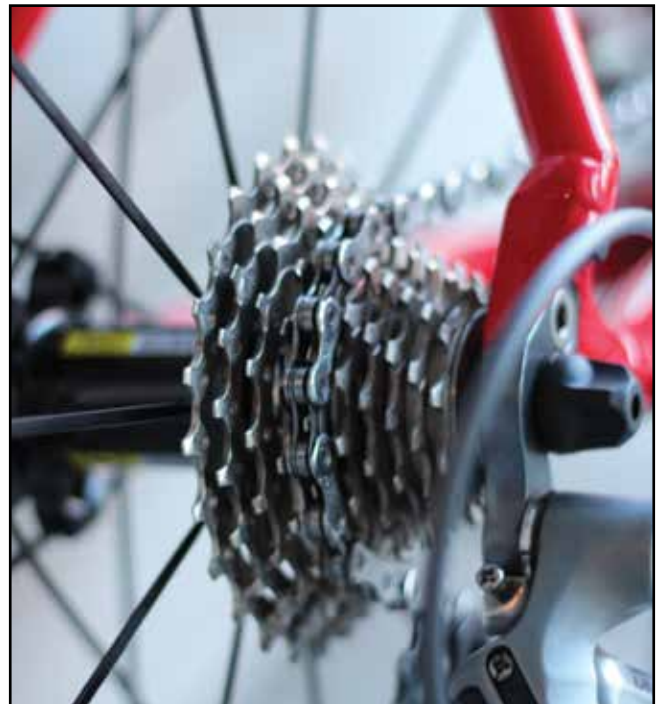
Two Bike Challenges: The first was 15 Covered Bridges in 2015. This challenged bike riders to go on a ride of at least ten miles and ride to or through 15 of New Hampshire’s covered bridges in 2015. The second challenge was to ride a total of 100 miles of AMC NH Chapter-led bike rides in 2015. We had several riders meet these challenges and discover parts of NH new to them.

Back to Biking Program: which involved a riding workshop for riders to improve their overall biking skills and become more comfortable on a bike.

Bike My NH Rides: which were rides that our leaders offered in their local areas. Rides were offered from the Atlantic coast to the Connecticut River, some as short as ten miles, some as long as 40 miles, some on pavement, some on gravel and some on trails.

As the 2015 biking season comes to a close, we look forward to planning future biking activities for 2016. Please contact us at amcnhbike@gmail.com and let us know what kind of biking you’d like to do with AMC-NH in 2016.

Get Outdoors! Come discover New Hampshire by bike in 2016 with AMC.





July 16 - August 13, 2016

August Camp 2016 Hikes (Bikes and Kayaks) the Olympic Peninsula

SAM JAMKE

A brand new site for August Camp, just outside the Olympic National Park, lies on the shore of Lake Leland in Quilcene, Washington, in the foothills of the Olympic Range.

Besides great hiking each day in and around the park, opportunities abound for sea kayaking, biking, beach walks, boat tours and other activities unique to the area. Hikes are offered at every level each day, all your meals are provided, as well as transport from/to the airport (Seattle-Tacoma) and to/from daily activities—all you need to do is get yourself to the airport! Large two-person tents with cots, shower stalls for your sunshowers, chemical toilets and handwashing stations make “roughing it” easy. Experienced and

well-trained volunteers lead the daily hikes and other trips. Nightly campfires, ranger talks and (optional) sing-alongs make for great camaraderie. Since this is a new and exciting location for August Camp, we expect to fill quickly. Our dates are July 16 to August 13—you may join us for one or two weeks, starting any Saturday. Watch our web site (www.augustcamp.org) for details and application materials around the end of November and our ads, which will appear in the Nov-Dec and Jan-Feb issues of *Outdoors* magazine. Registration opens January 1, 2016. Questions? Email Sam Jamke, August Camp Committee Chair, and hike leader: samjamke@myfairpoint.net

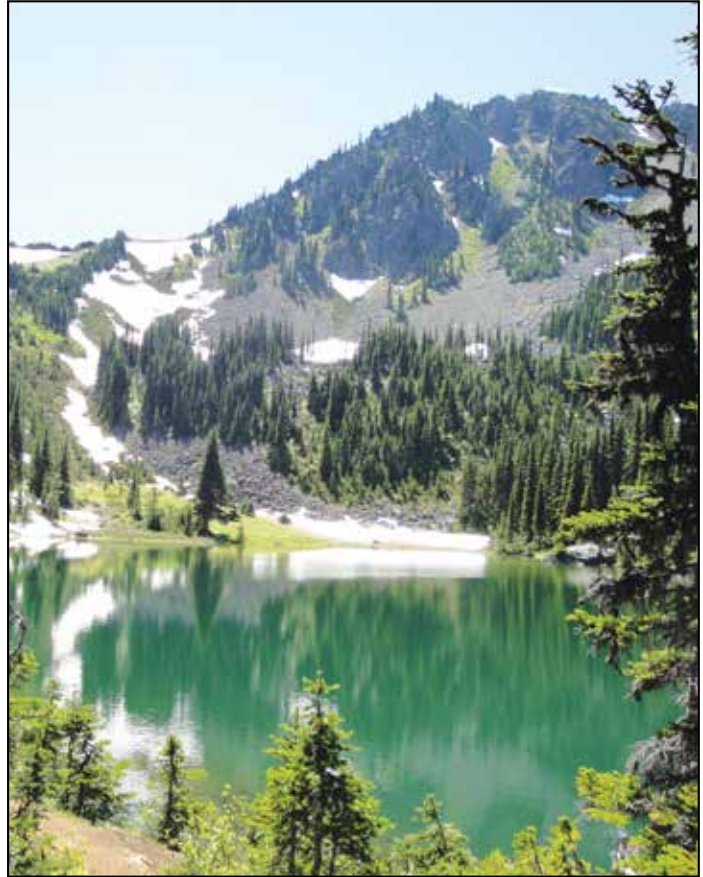


Photo: M. Tsolomitis



Photo: M. Tsolomitis

⚡ AMC NH Chapter Winter School: Hiking, Skiing and Leadership Workshops

Instruction in Safe Winter Mountain Travel for Experienced Three-Season Hikers

RICK SILVERBERG

Just because it's winter doesn't mean you have to hang up your backpack. Learn how to explore the NH wilds this winter safely and confidently. Again this winter, the NH Chapter will sponsor two training workshops, designed to teach 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 offer the same curriculum, except as noted below. All sections include extensive time outdoors.

The NH Chapter Annual Winter School #1 will be Friday-Sunday, January 29-31, 2016 then repeated as Winter School #2 on Friday-Sunday, February 26-28, 2016

The weekends are loaded with instruction, field exercises, lectures, group discussions, fun and great food at the Cardigan Lodge. A variety of instructional groups are offered that cover most every aspect of winter backpacking travel and safety. Time will be divided between individual classes and large-group activities.

Choose from one of the following classes. If unsure which class to choose, give one of the workshop directors a call. Sign up online: <http://amcnh.registration.qilan.com>

A: Introduction to Winter Wilderness Travel

Instruction in general mountain safety, clothing and equipment, nutrition, risk management

and trip planning. Instruction includes an introduction to snowshoeing as well as map and 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 and compass) as well as general mountain safety, clothing and equipment, nutrition, risk management and trip planning. This workshop section is intended for individuals with extensive three-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 to slow pace with sustained uphill grades.

E: Advanced Winter Wilderness Travel

Instruction offered in winter travel on steep terrain and above tree line. 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 New England mountains safely. Anticipate hiking six or more miles at moderate to fast paces, steep terrain and significant exposure to wind.

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 who have mastered the basics of three-season backpacking skills. Instruction will cover (as many of these topics as possible) general winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how and what to cook, trail finding, map and compass, off-trail navigation, weather, trip planning, nutrition and emergency situations. WARNING: All participants must have proper winter clothing, a winter sleeping bag that has a rating of 20 degrees 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 and Sat night and prepare one meal outdoors.

J: Intermediate Winter Backpacking

(Winter School #2 only)

For those who have mastered the basics of three-season backpacking skills. Instruction will cover (as many of these topics as possible) general winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how and what to cook, trail finding, map and compass, off trail navigation, weather, trip planning, nutrition and emergency situations. WARNING: All participants must have proper winter clothing, a winter sleeping bag that has a rating of 20 degrees 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, will be spending most time outdoors, will sleep outside both Friday and Saturday nights and prepare two meals outdoors.

Cardigan Mountain Ski School has now become an official Professional Ski Instructors of America (PSIA) school. Most of our ski instructors hold PSIA certifications and now official PSIA events can be held at the school

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 un-groomed trails over rolling terrain and how to control speed by turning and stopping on modest hills. And we will address general backcountry

WINTER SCHOOL, TO PAGE 7 ⚡



Hiking the Hadrian's Wall Path A Ten-Day Sojourn in Northern England

DAVID ROSS

Northern England: what do you think of when you hear those words? Perhaps coal mines, depressed cities, strange accents unintelligible to Americans and rain, rain, rain?

This past August, Anne Gwynne and I joined our fellow AMC friends Steve and Beth Zimmer for a ten-day walk of about 100 miles across the country, from Newcastle-upon-Tyne, known for its heavy coal and railroading industry, to Bowness-on-Solway, known for not too much, except being near the place where King Edward I died of dysentery in 1307.

So who was Hadrian, and why does he have a wall named after him? A Roman emperor of the 2nd century AD, he actually visited Britain, and caused an 85-mile long wall to be erected to keep out the barbarians living in what is now Scotland. Much of the wall still exists, nearly 2000 years later, and it and its associated forts and milecastles were the attraction for our walk.

Not that we needed this

inducement. Walking anywhere in the British Isles is a delight, with smooth trails, sometimes even paved with large stones, an absence of roots and rocks that are normal for our White Mountains here in New Hampshire, and gentle elevation gains and losses. Some years ago Anne and I and four other friends walked Wainwright's Coast to Coast Path, a 200 mile route through three National Parks somewhat to the south of our journey this time.

The four of us met up in Whitley Bay, on the North Sea just east of Newcastle, and an easy Metro ride to Wallsend, where the official path starts—although there is no wall to see anymore. We carried day packs with the all-important rain gear, water and snacks—most of the ten essentials, although I don't think we carried fire-starters! The nice thing about Britain is that you can easily hire a company to carry your luggage from B&B to B&B. In fact, the same company made all our accommodation reservations for us.

After walking through Newcastle along the re-

imagined and cleaned up area along the River Tyne, we finally reached soft footing and open country on the second day. We averaged about 10 miles per day; our longest was 14 miles, and one day we did short mileage, not progressing along the path, so that we could view the remains of a famous archaeological dig at Vindolanda Roman Fort.

We found people to be uniformly friendly and helpful, and eager to talk with us. Many had been to the US, although for the most part the attraction was New York City or Florida, understandably. The food was perfectly fine—not France, not Italy, but a heck of a lot better than it was twenty years ago. And the ale was terrific! By the

way, it's served at cellar temperature, which is not "warm" as many Americans think.

The countryside was quintessentially English—few trees, resulting in long vistas across gently rolling green and golden fields, with many stone walls typical of northern England. The Roman history was well-presented and artifacts were to be found in nearly every church or village. In fact, many churches are built of stones scavenged from Hadrian's Wall in the years after the Romans withdrew from Britain.

Oh, and the rain. Well, we were a trifle disappointed. I think I counted a total of 20 minutes of rain over the ten days of hiking!



Family Camp

The NH Chapter Family Group "alums" and current hiking families gathered at Cardigan on August 22 to celebrate 35 years of family hikes and activities.



Photo: Suzi Holstein



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⊕ WINTER SCHOOL, FROM PAGE 5 safety. Expect to be outdoors playing in the snow on skis for three to four hours each day and ski two to four 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 five hours each day, skiing and learning on various terrains with your full-day pack.

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 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 frontcountry/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 four to six 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 alpine touring skier will also be reviewed.

Workshops begin promptly at 7:30 pm Friday evening and end Sunday afternoon at approximately 4:00 pm. Cost \$155.00 (AMC members), \$175.00 (non-members), includes lodging, excellent meals, materials and instruction. You must be 18 years or older to attend.

On-line Application: Please apply via our on-line application to ensure the accuracy and priority of your application. If

this is your first time using our online registration form, you must first create an account. Otherwise, login with your password. You may access the eb app at <http://amcnh.registration.qilan.com>

Written Application: You may download the application from http://amc-nh.org/committee/excursions/application_winter_school.pdf

Once you have your application, fill it out and send it with your payment to the registrar.

Workshop Director: Rick Silverberg; Synergyc@aol.com; 603-225-5921

Co-Leader: Bob Humphrey; 603-456-3708



Conservation Corner

LINDA MOORE

Folks often speak of bears hibernating in winter, when, technically, they don't!

Along with a few other animals, bears get lumped into this category because they become inactive when temps drop and the sun is low. In fact, they go into torpor. Hibernation is a long-term drop in respiration and heart-rate that is difficult to wake from. Torpor doesn't quite measure up to that.

It means shorter periods of reduced temperature, a week, day or even only several

hours, and the animal can be woken relatively easily. The true hibernators are bats, woodchucks and jumping mice (meadow and woodland). They enter a state very near death: heart and breath rates dropping drastically. The woodchuck's rates drop from 105 to a mere four beats per minute and its body temp drops from roughly 104 to 38 degrees, being the most adept hibernator in New Hampshire.

Chipmunks are also considered hibernators as their temp and heart rate drop significantly and stay this way for a longer period, but they

will wake on warm days to run about, eat and eliminate.

Skunks and raccoons are deep sleepers but only during very cold or stormy periods. They will den for the winter in groups and remain active between naps.

Other animals choose to deal with the long cold winters in different ways. They will grow thicker fur and adapt their eating habits to what is available: like the fox changing from berries, seeds and insects during summer to small animals in winter.

As for our friend the bear, it does indeed do more

than sleep but can be woken in order to flee or defend itself. Bears will lose up to 50 percent of their body weight, not eating or eliminating during their long rest. Heart rates slow minimally, but respiration does drop significantly: from 40 to about ten breaths per minute.

Although the odds are slim you will encounter one, stay aware hiking in winter. Startling a bear can be a rude awakening indeed!

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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.

SPECIAL UPCOMING EVENT

Intro to Winter Hiking

PAUL BERRY

Hooked on hiking? Find out how to get out there year round. Allison Driscoll of trailtosummit.com will be at Concord Public Library on Wednesday, November 18 at 6:00 pm to talk about the basics of heat management and clothing options, skills preparation, gear requirements, physical conditioning, nutrition, safety and more. Allison will give you an inside look into her own experience hiking New Hampshire's highest peaks in winter. This event is part of our AMC-NH and Concord library partner series.

Join us in the library auditorium at 45 Green St, Con-

cord, NH. Registration is not required.
For more information contact Paul Berry 603-423-1192.

Wednesday, November 18, 6:00 pm
Concord Public Library



Photo: Berry