

Mountain P A S S A G E S

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Friday, April 29 – Sunday, May 1, 2016

AMC NH Chapter Excursions Spring School



Our renowned weekend workshops, covering most every aspect of safe three-season backcountry travel, are designed for hikers of all levels!

RICK SILVERBERG

Choose from one of seven available workshop sessions, each filled with field exercises, instruction, lectures and discussions. If you're not sure which class is right for you, ask our workshop directors (contact info below). Choose from one of the following workshops:

BASICS OF HIKING/OUTDOOR SAFETY:

Beginner and intermediate. Instruction in general mountain safety, equipment, route finding, map and compass, off-trail navigation, weather,

trip planning, nutrition and emergencies in the mountain environment.

BACKPACKING:

Beginner and intermediate. For those who want to take their skills beyond day hiking and learn how to spend the night outdoors, instruction will be offered regarding backpacking equipment, campsite selection, route finding, map and compass, weather, trip planning, cooking and emergencies. Participants will need to provide their own backpacking equipment. (We can

SPRING EXCURSIONS SCHOOL, 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 42, NUMBER 2
MARCH-APRIL 2016

Notes From The Chair Indirect Benefits to our Members

BILL WARREN

The NH Chapter of the AMC is managed by a group of volunteers commonly known as Excomm. This group is comprised of the officers and chairs of the following committees: hiking, skiing, paddling, mountaineering, biking, trails, young members, programs, conservation/education, newsletter, website and membership. These volunteers are constantly asking how we can make things better for you, the members of the NH

Chapter.

We offer a number of opportunities that provide direct member benefits. One is a discounted program called Hut Night. The Chapter underwrites part of the cost. There is a Wednesday night paddle in the summer. The Chapter offers low cost kayak rentals. Other direct benefits include programs on topics of interest, this newsletter and the website. At the Club level, members can obtain various discounts on lodging, books

NOTES FROM THE CHAIR, TO PAGE 4 



Bicycle Touring Workshop and Bike Overnight

HIEL LINDQUIST

The NH Chapter Bike Committee is offering two bike touring workshops this spring. The workshops will include a slide show followed by a discussion concerning the various forms of touring, equipment needed, planning and other touring details. We will also have bicycle touring equipment on display. The workshops will be held at two indoors locations. The first has been scheduled for Wednesday evening, May 4, in Keene, NH. The second is being planned for the Nashua area in late April. The workshops are free and open to all.

The committee will also lead an introductory bike overnight during a weekend in June. On the bike overnight, you will provide the bike and touring gear and we will provide the leaders to guide you to a local destination and back again. We will also provide an opportunity to learn about bike touring along the way. We will leave from Peterborough, NH and ride approximately 20 miles over rolling terrain to our "camping spot" for the night. Tent camping will be avail-



able. (An indoor option may be available at the participant's expense.) We will return the following morning, allowing time for first and second breakfasts! Just as if we were on a long tour, we will be riding rain or shine.

To help us plan for the

workshops and bike overnight, we request that interested cyclists pre-register. To register or

for details concerning the workshops or tour, send an email to amcnhbike@gmail.com.

Advertise Here to Reach 10,000 Environmentally Active Outdoor Enthusiasts

ISSUE	DEADLINE	AD SIZE	PRICE (per issue)
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/June	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		

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.

Mail check for advertising to:
Appalachian Mountain Club
c/o Ron Janowitz, 88 W Haven Rd., Manchester, NH 03104

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.

MOUNTAIN PASSAGES

Volume 42, No. 2
March/April 2016

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

SPRING EXCURSIONS SCHOOL, FROM PAGE 1

occasionally assist those who do not own a tent: Contact instructor.)

LEADERSHIP AND MOUNTAIN SKILLS:

For those who have good three-season hiking skills and wish to enhance them, and/or wish to run trips of their own. Exercises will include planning, organizing and conducting trips with an emphasis on leadership techniques and group dynamics. Also covered will be accident scene management, medical considerations and off-trail navigation. This course is also designed for those who may desire to become an AMC NH

Chapter Volunteer Trip Leader.

MAP AND COMPASS:

Covering everything you wanted, or needed, to know about map and compass use, this workshop will be a small group of eight participants and two instructors who will spend the weekend together reviewing and learning the details of map and compass skills, culminating in field exercises that will include off-trail (bushwhack) navigating.

HOW TO STAY OUT FOR THE NIGHT WITH JUST YOUR DAY PACK:

This workshop will focus on handling day hiking and trailside emergencies, utilizing

the contents of what is in your hiking day pack. This workshop will be a small group of up to eight participants and two instructors. The session will be filled with instruction on how to "make do," adapt and build shelters, as well as stay safe and survive the night in an emergency with only your day hike equipment. This group will spend Saturday night out in a simulation of an emergency overnight stay without tents or sleeping bags.

TRAIL WORK INSTRUCTION:

Learn how to perform basic trail work, such as cleaning water bars, painting blazes, brushing and replacing signs.

ALL WORKSHOPS

are for any adult who wants to learn and have a great time. Our weekend begins Friday evening at 7:30 p.m. and ends Sunday afternoon at 4:30 p.m. Cost is \$155 for members and \$175 for non-members, and includes lodging, excellent meals, materials and instruction.

For Registration go to <https://AMCNH.registration.qilan.com>
For questions, contact Director Rick Silverberg 603-225-5921 evenings between 7:00 and 9:00 p.m. or synergyc@aol.com
Bob Humphrey 603-456-3708 evenings after 6:30 p.m. bobh@mcctelecom.com

SPECIAL UPCOMING EVENT
PAGE 8

50th Annual July 16-24, 2016

50th annual Presidential Range Hike

JOHN MCHUGH

Hike over 50 miles of scenic trails in the White Mountain National Forest, including many on the Appalachian Trail. Climb at least a dozen peaks over 4000 ft. including Mt. Washington. A strenuous and wonderful group hike with 15,000 feet elevation gain. Daily hikes of five to ten miles; four NH Chapter Leaders; and a maximum 21 hikers. Offering a variety of hiking options each day. \$920 for members (\$970 non-members) includes eight nights lodging and meals at AMC huts, gratuities, trail snacks, in-hike transportation.

Go to the PRH website at <http://www.amcnhprh.org/> for more details. Deposit \$460 (\$25 non refund). Register early! For information or application, contact John McHugh, 603-382-6685, ljmchugh@comcast.net



 **NOTES FROM THE CHAIR,
FROM PAGE 1**

and gifts, along with the use of the Club website and the magazine *Outdoors*.

What else can we do?

Maybe the most important benefits we provide you are indirect. The AMC developed a plan called Vision 2020. It has five pillars. The fifth pillar is Excellence in Outdoor Leadership. Here in NH, we take our leadership skills seriously, and our leaders provide members with numerous outdoor activities along with small programs about the outdoors. Our leaders, who are all volunteers (we are never paid), provided 425 activities in 2015. The activities include one day outings along with instructional workshops on bike repair, glacier travel, avalanche awareness, white water school, winter hiking, winter and summer backpacking, map and compass, backcountry skiing and leadership. Why do our leaders do all of this? They do it to share what they love doing and the places they love doing it. If all goes well, they hope you continue to enjoy these activities and stay connected to the outdoors. If you have never been to one of these programs, you owe it to yourself to go. The volunteer leaders providing these programs are well trained and great resources. They are there for you.

The aspect I find most interesting in our NH Chapter leadership is how often participants in these activities soon make the decision to become a leader themselves: They are inspired, and want to join the ranks of the NH leadership. Each activity committee has developed individual requirements for the path to leadership. Many leaders will tell you the process of becoming a leader was exciting, fun and motivating. Currently we have over 250 activity leaders.



We are developing curriculum to deliver additional, ongoing training for our leaders. Most of this effort is directed toward skills necessary

to ensure a safe, organized outing. The skills the leaders offer on land or on water are exceptional and are willingly shared with participants.



**These benefits are available for the asking.
Go to our website www.AMC-NH.org and see a
complete listing of available activities.
Check often, as new ones are constantly being added.
New Hampshire awaits your next adventure with
leaders ready when you are. We are your
connection to the outdoors.**

**If you would like to suggest a trip or activity,
contact either a committee chair or me.**

bill.warren@staggs-warren.com

Conservation Corner

On the Trails

RICHIE HOLSTEIN
PAUL HOPKINS

Where do your feet like to go when you hike? For most people it's on established trails: Obvious, dry and easily walked paths to your destination. Trails should be wide enough to comfortably accommodate a hiker, but minimally impact the surrounding land. While our paths will start out that way,



water and thousands of hiking boots lead to change and damage.

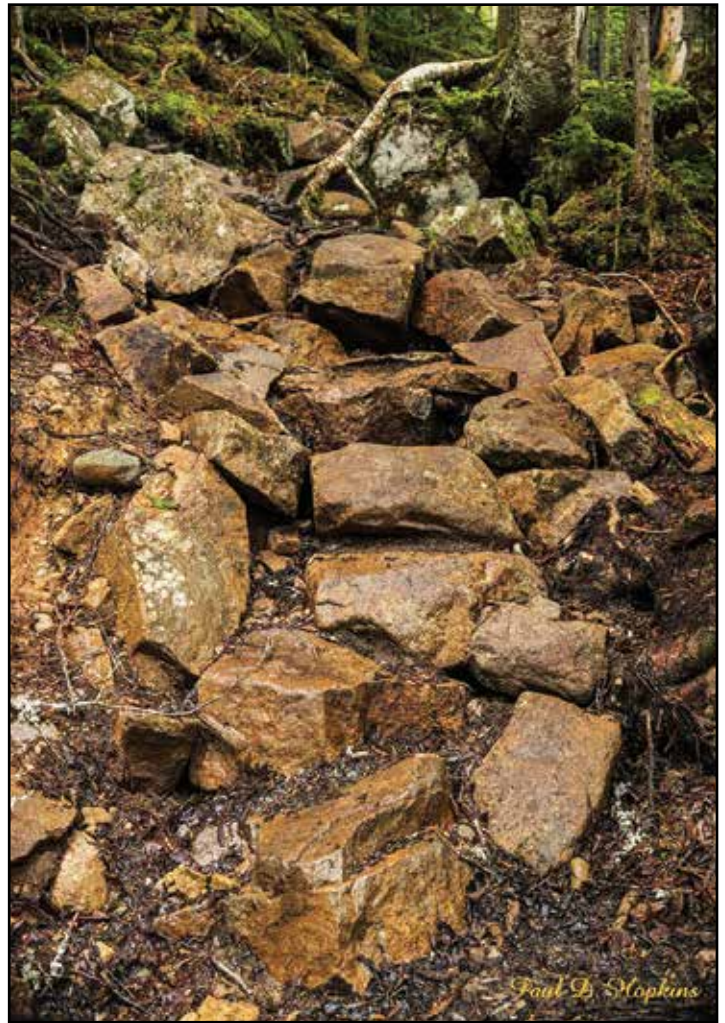
Often, the first indication of treadway wear is a slight depression. That's to be expected, as soil compresses. A trail with little slope and not much soil depth for the water to percolate will often have puddles along the trail following snow melt or rain. With more slope, water will run down the trail as a stream.

Even when wearing waterproof boots, hikers often walk around puddles. You've seen it before: Either a narrow strip of mud alongside the puddle or a whole new path bypassing a length of trail. Neither is stable, and the trail continues to widen over time.

Water coursing down a trail scours the soil leaving a rocky, rutted route that makes walking

tricky and can lead to injured hikers. Potato-sized rocks litter the ground. Larger rocks begin to come loose, and those rock steps we labor so hard to create can be undermined and fall.

In more extreme situations, such as Hurricane Irene in 2011, and Sandy in 2012, entire sections of trail can be wiped out. The photo shows what happened when Walker Brook decided that the lower



section of the Bridle Path would make a great new stream bed: It moved rocks of several hundred pounds and dug a pothole over three feet deep!

We most commonly use dips, water bars and ditches to control water flow. Dips and water bars move water already on the trail off to the side and into the woods where it will disperse and sink in. A ditch alongside a trail keeps water from entering in the first place. Dips are shaped soil, easiest to build, but needing more maintenance and rebuilding. Water bars use logs or rock for a more durable barrier. Water bars may feed into a ditch, and a ditch may cross a trail as a water bar.



Ditches often catch water seeping in from a slope to the side.

All water control measures need periodic maintenance, sometimes two or three times a year. We scoop out silt and rocks that clog them, reshape them to be more effective and make sure that water won't flow back onto the trail. Occasion-

ally, logs are replaced or rocks reset.

Would you like to learn more about water control and keeping our trails in great shape? Get in touch with us via trailsnh@amc-nh.org to learn what's involved and to get involved!

UPCOMING EVENTS

Saturday, April 2, 2016 9:30 a.m. to 12:00 p.m.

Annual AMC NH Family Group Staying Found Workshop

Hosted by: The Society for the Protection of New Hampshire Forests, and The Appalachian Mountain Club's New Hampshire Chapter Family Group.

This **FREE** workshop is an educational program with a presentation by New England K-9 Search & Rescue for kids (approximately ages 4-10) and their families. Learn how to avoid getting lost and what to do if you become lost.

WANDA RICE

This program teaches children how to stay safe in situations where they are separated from a group or find themselves lost off the trail. When that happens, there are several things that children

can be taught to improve their chances of safely reuniting with their group.

Children need to know how to be safe in the woods, and parents need to be sure that every outing is appropriate for the child's ability and interest level, while respecting the abilities and limitations of

each person.

Bring your kids, and learn the basics of staying found in this free workshop! This program is designed for four to ten-year-olds, but all are welcome. There is no cost, and there are no materials

tection of NH Forests Conservation Center is located at 54 Portsmouth Street, Concord, NH. Pre-registration is required. Please contact: Wanda Rice at 603-432-7840 (before 8:00 p.m.) or wandarice603@gmail.com

Saturday, May 7, 2016

Annual AMC NH Family Group Spring Hut Night

WANDA RICE

By popular demand, this year we will hike in to Lonesome Lake Hut to spend the night on Saturday, May 7, 2016. The cost will be \$40 for kids and \$45 for adults. This will be during self-service season, so we will be carrying in group food ourselves. Everyone will need to bring a sleeping bag as well. This is an easy 1.5-mile hike, appropriate for kids with some (but not extensive) hiking experience. What better gift to

Mom on Mother's Day than hiking and enjoying the outdoors and beautiful scenery! We promise to get you out in plenty of time on Sunday to enjoy other Mother's Day activities. Registration required: Payment in advance. Contact Leader Wanda Rice at wandarice603@gmail.com or 603-432-7840.


*Happy
Mother's Day!*



New Solar Array at Appalachian Mountain Club's Cardigan Lodge Advances Sustainability Efforts

PRESS RELEASE

The AMC has moved one step closer to the goal of dramatically reducing its carbon footprint with the installation in December of 240 solar electric modules and seven inverters outside AMC's Cardigan Lodge

in Alexandria. The 73.2-kilowatt, fixed ground mount is located next to the lodge, which is adjacent to Cardigan Mountain State Forest.

The grid-tied array, which has an expected lifespan of 40 years, was installed by ReVision Energy and is owned and oper-

ated by IGS Solar. The system was financed through a Power Purchase Agreement (PPA), which allows AMC to buy "green" solar power from an investor at a lower cost than "brown" electricity from the utility grid.

The array is expected to generate approximately 87,000 kilowatt hours of solar electricity each year, which is equivalent to offsetting the carbon dioxide emissions from 157 barrels of oil or the carbon sequestered by 15 acres of pine or fir forests.

Through group net metering (also known as virtual net metering), Three Mile Island Camp on Lake Winnepesaukee also benefits from the solar array at Cardigan Lodge. When the array at Cardigan produces more electricity than needed, excess power will be fed to the utility grid. AMC will receive a credit for the excess. AMC plans to share a portion of the credit with Three Mile Island Camp.

This new effort will help AMC achieve its organizational goal of reducing its total carbon footprint by 80 percent by 2050. "The solar array is an important step in the effort to



reach that goal by replacing carbon-emitting systems with sustainable, renewable energy systems," said Paul Cunha, AMC's Vice President of Outdoor Operations.

Jack Ruderman, Director of Community Solar Initiatives at ReVision Energy, says the company is actively seeking interested organizations to form future partnerships. "The PPA is a powerful and innovative tool that allows towns, schools and non-profit organizations to install state-of-the-art renewable energy systems at no upfront cost that will generate clean energy and produce cost savings for decades and decades."



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How can we help you and your business in 2016?

Give us a call!
603.447.6622

MWV Economic Council
53 Technology Lane
Conway, NH 03818
www.mwvec.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.

SPECIAL UPCOMING EVENT

Saturday, April 16, 2016

WILD New Hampshire Day

LU ANN LAQUERRE

Ready to celebrate Spring? Come and visit the AMC NH Chapter exhibit at the Discover WILD New Hampshire Day on Saturday, April 16, 2016 from 10 a.m. to 3 p.m. on the grounds of the NH Hampshire Fish and Game Department, 11 Hazen Drive, Concord. This popular, and free, community event is a fun way for the whole family to explore New Hampshire's wildlife resources and legacy of outdoor traditions. A fun family day, featuring live animals, big fish, hands-on activities and exhibits by outdoor and environmental groups. Whether you like to hike, bike, paddle, camp, climb, go on

family hikes or participate in trail maintenance, come discover how much AMC has to offer. Visit www.wildnh.com for more information.

