











Mountain P A S S A G E S

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Winter is just around the corner, consider Winter Hiking Series in 2017

LARRY YETTER

Did you start hiking this Spring only to hit a lot of ice and have to turn around unprepared? Are you interested in hiking all year around instead of just in the summer? If so, the NH Chapter is offering the Winter Hiking Series (WHS) again this year. This is a great course for those experienced three-season hikers who wish to expand their hiking into the winter season.

The series includes an opening weekend at Highland Center which includes a day of classroom training and a hike. The series continues with four additional hikes spread two to three weeks apart with the final hike in January. The series is taught by highly experienced NH Chapter Excursion leaders who possess extensive

skills and experience. There is a high instructor-to-participant ratio so that participants have good access to instructors throughout the series.

Many winter hikers proclaim winter to be the best hiking season. The views are amazing with snow and ice covered trees and mountain



Photo courtesy of Larry Yetter.

WINTER HIKING SERIES, 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.

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JULY-AUGUST 2017

The Winter Hiking Series Leads to New Adventures

SARAH HUNTER

In the pre-dawn hours of Christmas morning, my boys are leaving their warm beds, not to creep downstairs to check their stockings, but to don their hiking clothes and collect their pillows to prepare for the trek to Grafton Notch State Park. I'm making fried egg and cheese sandwiches for the ride and my husband is loading the car with our packs. Whether this is cruel and unusual

punishment or the beginning of a cherished family memory remains to be seen.

My husband and I debated the merits of this two days ago, when the forecast called for clouds on Christmas Eve, the day we planned to hike to Table Rock, a viewpoint on the Appalachian Trail heading up Baldpate Mountain. We thought that the boys would prefer to hike on a clear day and when we approached them with the choice of

WHS LEADS TO NEW ADVENTURES, TO PAGE 4 

Conservation Corner

Adventures En Plein Air

JESSICA FLIGG

My mom and I have been a hiking duo for the past five or six years. We have had a great time hiking the 4000 footers and just enjoying time out in the forests and wilderness areas of the White Mountains.

We have never been fast hikers. We always take advantage of the time out on one of our adventures as a chance to disconnect and refresh, whether it be a day hike or a backpacking trip. I am an artist who mainly focuses on Plein Air painting (painting in the open air). I use our time out in the woods as studio time. I complete various paintings and studies of our surroundings. Sometimes of the mountain top vistas, but more often of some trail side scene or a glimpse of what lies ahead of us.

I truly believe that spending a night or two out in the back country together will create a bond that will last a lifetime. Our duo has

grown with the years to include some wonderful people and dog companions. One who has always wanted to live a life of adventure, One who loves getting out on adventures just as much as us, and another that is willing to try anything at least once. The dog companions, well, they are just happy to be with us.

We have hiked with many people over the years and each

CONSERVATION CORNER, 
TO PAGE 8



On Mt Eisenhower.

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Registration opens July 1 for your fall weekend in New Hampshire's White Mountains.

Join fellow AMC members for a great time at the 2017 AMC Fall Gathering in the heart of New Hampshire. Plan your getaway weekend this fall and join this annual AMC October event—a great time to be in the White Mountains!

Come to...

- Launch and Paddle from the host camp
- Hike Mount Chocorua or other White Mountain greats
- Enjoy hearty meals and great company
- Celebrate Autumn's splendor
- Get away and enjoy the great outdoors...

Check it out at www.outdoors.org/fallgathering.

Join fellow AMC members for a great time at the 2017 AMC Fall Gathering in the heart of New Hampshire. This year's Fall Gathering is hosted by our very own New Hampshire Chapter. Come show the rest of AMC what our Chapter is all about, and get a chance to meet members from across the region! October is a great time to get away and enjoy the great outdoors in New Hampshire.

Come to...

- Launch and Paddle from the host camp
- Hike Mount Chocorua or other White Mountain greats
- Enjoy hearty meals and great company
- Celebrate Autumn's splendor
- Get away and enjoy the great outdoors...

Check it out at www.outdoors.org/fallgathering

MOUNTAIN PASSAGES

Volume 43, No. 4
July/August 2017

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

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

❄️ FROM PAGE 1, WINTER HIKING SERIES

tops. The rocks that we clamber over in the summer are now covered with snow and a nice snow shoe path is created. The black flies, mosquitos and ticks are all gone. All that being said however, doesn't mean that winter hiking is easy and certainly not without risk. The series will teach you about the gear and clothing needed to safely tackle the NH 4,000 footers in the winter. We will also discuss nutrition, hydration, body heat management, group emergency/survival gear as well as trip planning and weather. Our goal of the series is to ensure that every graduate of the series has the knowledge to begin safely hiking the 4,000 footers in the winter.

The cost of the series is \$299 for members which includes 2 nights lodging at Highland Center with two dinners, two breakfasts, one

lunch, a manual and exemplary instruction. The opening weekend is November 3 to 5. Hikes are scheduled for November 18, December 2 and 16 and January 6. All hikes are scheduled for Saturdays but could be moved to Sunday if weather warrants a change of date.

The WHS is geared toward those having gathered a considerable amount of experience during the three seasons who now want to push the envelope, just a little, and enjoy a season packed with beauty and excitement for those that are properly prepared. The experienced staff of WHS instructors will impart the knowledge and skills needed to safely hike in winter.

You will make

incredible friends, meet like-minded people, and form a bond with one another, which in some cases, will last for a life time.

We urge you to apply today. If accepted you will be amazed by the camaraderie, fun, challenges, and true beauty winter hiking can bring!

This series has become quite popular and will fill fast, class size is limited to 24, so don't miss your chance, apply early today!

If you are interested, please contact Larry Yetter at Larry@texloom.com or (603) 554-8284 for more information and an application.



Photo courtesy of Larry Yetter.

🚴 Get Off the Pavement and Refresh Your Riding

DORIA HARRIS

Cycling less? Don't like busy roads? Bored with rail trails?

Refresh your enthusiasm on some of our state's unpaved, low traffic volume, backroads. No mountain bike skills or special equipment is needed -

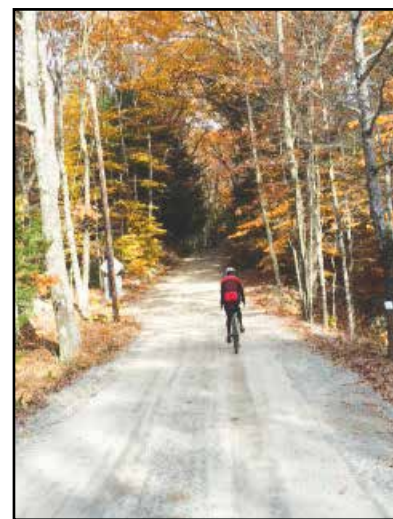
many of these gravel roads are smooth enough to be ridden on your road bike, although wider tires with lower air pressure will further smooth out the ride. These quiet roads provide miles of great scenery, hints of New England history and some terrific wildlife sightings.

While biking these back-

roads in the Monadnock Region I have discovered old cellar holes, an abandoned 18th century graveyard and several old cider mill sites. As for wildlife, wow! On these quiet, intimate roads, I've seen moose, deer, turkey, blue heron, red-tailed hawk, coyote, fox, fisher cat, turtles, black bear, raccoon, bobcat, bald eagle, and mountain lion!

(Yes, I know it's been said they don't exist, but my neighbor's wildlife camera and my sighting says otherwise.)

Next time you go out for a ride, try the "road less traveled." Go down that dirt road, see what you discover. AMC will be offering some gravel road rides this season, check out our offerings on our AMC NH Activities Calendar.



Cyclist on a gravel road in East Washington, N.H.

See: <http://amc-nh.org/calendar/activities.php>

Interested in sharing your biking enthusiasm with others? Consider becoming an AMC Bike Leader, drop us a line at: amcnhbike@gmail.com



Riding gravel in Hancock, N.H.

FROM PAGE 1, WHS LEADS TO NEW ADVENTURES

hiking in socked-in conditions on Christmas Eve, or under blue sky on Christmas Day, they choose the latter with little hesitation. So it was decided. If they're blaming anyone for this early morning, they can start with the folks at Down East Magazine for featuring snowshoe hikes in Acadia in their February 2015 issue. "Climb Cadillac Mountain in the winter and you'll feel you've achieved something," is the line that particularly resonated with me, along with the accompanying photos. That article, written by Andrew Vietze, sparked what would later become a full-fledged obsession with winter hiking.

When I couldn't fit a trip to Acadia into my schedule that winter I put my plans on hold, but kept the magazine in a prominent location in our home, so that my winter hiking dream would continue to be nourished, if only in my imagination. The next summer I was back on the trail, and as I enjoyed the views I couldn't help but wonder what I was missing in the winter. If not for the AMC, I would still be wondering.

The real culprits behind this Christmas morning hike are the organizers of the AMC's

NH Chapter winter hiking series. In the summer of 2016 I was flirting with the idea of signing up for this class. I had even gone so far as to download the application, but my experience was a bit sparse – under "Please describe your winter hiking experience," I indicated that I had read *Not Without Peril*, *Into Thin Air*, and *Touching the Void* in hopes that my literary proficiency could make up for my lack of experience. That half-finished application may have continued to sit on my desktop if not for a phone conversation with AMC trip leader, Dan Heon. Dan encouraged me to send in the application and, with the recommendation of several hike leaders, I was admitted to the series.

My family was baffled by my desire to hike high peaks in the winter, but they supported me as I headed off to the Highland Center for the initial weekend of training and hiking. The hike that weekend was socked in, but it was a treat to see the first snow of the season. I sent photos home and my husband and boys were a bit jealous that I had been among snow-laden trees as they raked the lawn. I hiked six more peaks in November and early Decem-

ber - some with the winter hiking series and some with other friends - and each time I returned home my family was more intrigued. As I had hoped, their interest was piqued and they all admitted that they'd like to give winter hiking a try. On Christmas morning, geared up with winter hiking boots, Microspikes, winter gaiters, and snowshoes, and armed with everything I had learned from the winter hiking series, we were ready.

As we drove down Route 26 that morning, it was impossible not to notice the wind.

Every so often we were startled by a loud bang – the sound of a stray branch being hurled against the side of the car. The wind chill was -5 degrees. We wondered aloud how many other cars would be at the trailhead. We guessed two. There were none. Despite the conditions and the comfort of the warm car, we rallied, bundled up, and soon we were in the safety of the trees, sheltered from the wind. Our boys quickly took the lead. They're faster hikers than we are, in every season.

When they arrived at the overlook and took in the snowy scene - the view from Table Rock truly is spectacular, as

the sign indicates - they were hooked. Cloaked in snow, Grafton Notch was a site to behold. Our Christmas morning hike would be the start of many more winter hiking adventures.

Throughout that 2016-17 winter, I witnessed breathtaking landscapes that no lens can truly capture, made more beautiful, perhaps, by the fact that I had arrived at each place on my own power. I met new friends who have continued to challenge me.

WHS LEADS TO NEW ADVENTURES, TO PAGE 5



My 12-year-old, breaking trail up Little Bigelow. Photo courtesy of Sarah Hunter.



My 14-year-old, breaking trail to the summit of Mount Liberty. Photo courtesy of Sarah Hunter.



Sarah's 14-Year-old son, on Baldpate's East Peak. Photo courtesy of Bill Brook.

 FROM PAGE 4, WHS LEADS TO NEW ADVENTURES

Most importantly, though, my quest inspired my twelve- and 14-year-old sons, and together we've shared many miraculous moments on the trail. I'm grateful for the winter hiking series

for preparing me to confidently and safely trek into the snow up high peaks. It's allowed my family to embark on adventures that we never before thought possible.



Heading down Cadillac Mountain. Photo courtesy of Sarah Hunter.



Snow-cloaked trees on Baldpate's East Peak. Photo courtesy of Caleb Hunter.



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Stay Up To Date On Issues Affecting the Outdoors with AMC this Summer

PRESS RELEASE—Reports on national and state issues affecting the outdoors we enjoy, and where our Chapters are leading trips, are all over the news these days. AMC are helpful resources to learn how the latest developments may impact the lands, rivers and trails you use, the air we breathe even at the highest peaks, and how you can join the conversation and take action. Most of the outdoor activities in natural areas we enjoy in our region are in places that are available and beautiful because people organized and spoke up in support of protecting the lands, forests and river put-ins that we use throughout the year. Air quality has improved for hiker health, but we have further to go and we have the challenges of addressing climate change impacts. Often, protection takes federal and state funding. And ongoing protections of our high quality recreational experiences and landscapes takes ongoing vigilance.

As you head out this summer for adventure and renewal, and especially if you lead trips where others have a chance to learn about the place you're exploring, check out AMC's Conservation Blog at <http://www.outdoors.org/articles/blogs/conservation/> to learn the latest news on issues like the Northern Pass Transmission Line, the impacts of federal budget cuts and fun developments like the latest "urban bird city" to be named in our region.

To go one step further, take action at AMC's Conservation Action Center at and sign up to receive updates directly. Also, don't forget to touch base with your Chapter Conservation Chair who may have local conservation information on your Chapter website, or have access to other conservation resources that you can use such as Leave No Trace cards and contacts with partner organizations that may be hosting park, trail or river clean-ups for example.

Notes From The Chair

Leave No Trace, the gateway to conservation

BILL WARREN

I am amazed when hiking through the White Mountains how little trash I encounter along the trail. Most people subscribe to the principals of Leave No Trace (LNT) and if they bring it with them they bring it back or “pack it in, pack it out.”

The general exception to this is when hiking along very popular and well known trails. I find bits and pieces of trash all along the trail. These are the places you find people new to the adventures provided by getting outdoors. I think there is a belief, “they will pick it up”. Who are they? This is everyone’s playground and we all need to leave it as we found it or even better.

The NH Chapter Paddling Committee sponsors an annual trash patrol. They volunteer to go out in their canoes and kayaks and pick up trash along the shores and in the water. They not only find the typical trash, they find tires, toilets and lawnmowers. I cannot imagine a time when I thought of tossing these into any of our waterways. Kudos to the paddlers for helping make things better.

The principals of Leave No Trace are quite simple. It is my belief these principals are the gateway to conservation. Once learned and subscribed to, these principals open our thoughts to conservation issues including those on very grand scales. It is a door we all need to step through.

I have included the principals and a brief comment of LNT for you. If you want to learn more go to www.LNT.org

I hope you can incorporate these principals into you time outdoors. They are worth the effort for everyone.

• **Plan Ahead and Prepare**—The importance of this is to go outdoors and have a great time but know where you are going, let someone know where you will be, how long it will take, and bring the gear with you that you will need to have a great time.

• **Travel and camp on durable surfaces**—This is most important when you are in the fragile alpine zones. Those beautiful little flowers may take many years to come back if damaged.

• **Dispose of waste properly**—This is about human waste. Either bag it and carry it out or dig a small cat hole 6-8” deep and cover it when done. Everything else is strictly, “Pack it in, pack it out.”

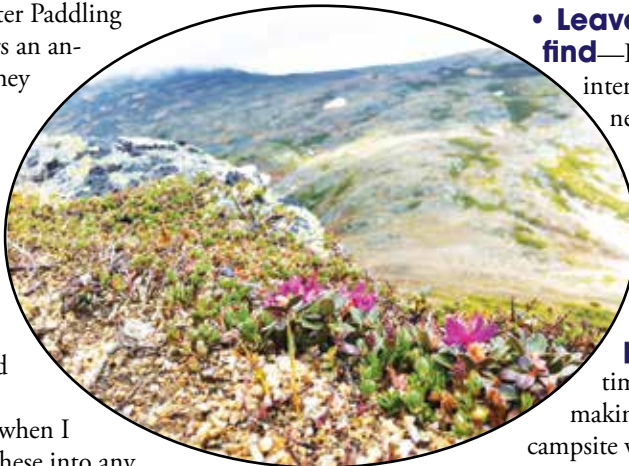
• **Leave what you find**—If you find something interesting leave it. The next person seeing it will enjoy it as much as you.

• **Minimize campfire impacts**—The only time I would consider making a campfire is in a campsite with a fire pit or in case of emergency. The impact

on the forest of gathering and burning wood can be significant.

• **Respect wildlife**—It is called wildlife for a reason. It is OK to observe the wildlife you encounter from a distance. Leave them alone and do not feed them. This is especially true of our black bears. There is a saying a fed bear is a dead bear. When a bear becomes a problem the ultimate solution has become to eliminate the bear.

• **Be considerate of other visitors**—Whenever I go out to play my plan never includes other people making loud noises or having them do things to impede my experience, nor for me to do similar things to them.



SAVE THE DATE!

AMC NH Chapter Annual Dinner Meeting
Honoring 25 and 50 year AMC NH Chapter members

SATURDAY OCTOBER 28, 2017
CONCORD, NH

Speaker Jake St. Pierre
Climber, Mountaineer, Certified Personal Trainer
Bear Grylls Survival Academy Instructor
“Trips to Mt. Everest Base Camp”



Want to give back to the AMC? Consider volunteering with the New Hampshire Chapter!

The New Hampshire Chapter is searching for volunteers to take on the following roles within the Executive Committee:

**Membership Co-Chair
Newsletter Editor
Web Co-Chair**

And we have volunteer opportunities within various committees including:

**Excursions
Paddling
Mountaineering
Ski
Bike**

**Programs
Conservation/Education
Young Members
Trails**

Please contact Chapter Chair Bill Warren if you have any interest in volunteering:
bill.warren@staggs-warren.com

New Bridge on Metacomet-Monadnock Trail

PRESS RELEASE—Trail season is off to a great start on the Metacomet-Monadnock trail with the successful construction of a new bridge at Gap Mountain in Troy, New Hampshire. This project was the result of a successful partnership between AMC's Berkshire Chapter and the Society for the Protection of New Hampshire Forests (SPNHF).

Volunteers recruited by both organizations worked over

a series of three days to haul in material, prepare the site and construct the bridge. The project was led by the experienced and long-time leader for AMC, Mike Zlogar, while funding was provided by SPNHF.

To learn about more volunteer opportunities on the Metacomet-Monadnock trail, or its partner trail the New England National Scenic Trail, please contact Bridget Likely at blikely@outdoors.org.



Volunteers stand on the newly completed bridge on the Metacomet-Monadnock trail in Troy, N.H.

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Rick Desmarais
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Doria Harris, Hiel Lindquist
Conservation & Education conservationnh@amc-nh.org
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Kevin Rooney, Beth Zimmer
Membership membershipnh@amc-nh.org
Jen Fairchild

Mountaineering mountaineeringnh@amc-nh.org
Michele Beadle, Johanna Hunter
Newsletter newsletternh@amc-nh.org
Brett Billings, Editor
Jessica Clifford, Design & Layout
Paddling paddlingnh@amc-nh.org
Joe O'Neil, Mike Hocoavar
Programs programsh@amc-nh.org
Lu Ann Laquerre, Teri Wilson, Debbie Marcus
Skiing skinh@amc-nh.org
Paul Pinkham, Valerio Viti
Trails trailsh@amc-nh.org
Richie Holstein, Bill Foster, Denise Carter
Communications communicationsh@amc-nh.org
Kathy Ellis, Chris Vaughan

Web Committee webchairnh@amc-nh.org
Paul Berry
Young Members youngmembersnh@amc-nh.org
Jamie Gillon, Ann Hudnall
Past Chapter Chair pastchairnh@amc-nh.org
Wayne Goertel
Regional Dir. NH/ME regionaldirectornh@amc-nh.org
John Mullins
AMC NH Chapter website: www.amc-nh.org

Address changes and membership renewals:
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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.

CONSERVATION CORNER, FROM PAGE 2

person brings different skills and perspectives to our hikes. Although there is some distance now between some of us, whenever we get together the bond still resonates. It is always a blessing when we spend time

together and each moment is one to be cherished and an opportunity to make a wonderful memory.

In recent years my mom has suffered some knee injuries due to osteoarthritis which makes these times seem all that more special. We don't always

set our sights on the high peaks now, but this has opened up a whole new world of possibilities. Trails that I had never considered before have been at times even more rewarding than our chase for the high peaks. They are the trails less traveled filled with surprises and unique views of the mountains that

so many of us love. Our trail mileage has shortened and our time spent in the woods has lengthened. This allows more time for painting and enjoying

time together soaking in the beauty that surrounds us.

Next time you go out for a hike try to slow down a bit and pick a different trail. Maybe one that runs along a river or one that brings you deep into the wilderness. Surround yourself in the woods, breathe deep, and be thankful for where you are and who you are with.



Plein air painting.



Shelter while painting.

Browse my gallery at www.jessica-fligg-artist.weebly.com for more plein air views.

The Conservation and Education Committee invites our readers to submit articles relating to their outdoor experience(s) that they would be willing to share. Contact us at conservationnh@amc-nh.org and we'll help you get it published.