

# Mountain P A S S A G E S

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## Bicycle Travel is the Way to GO!

BY HIEL LINDQUST,  
AMC-NH BIKE COMMITTEE

Unlike other travel, one of the more appealing things about traveling by bicycle is the travel itself.

If you travel by bus, plane, or train, you pack a suitcase, buy a ticket, drive to the terminal or station, endure the waiting and boarding process, and sit while you travel to your destination. Then once you get there, you do the whole thing in reverse. Travel by car can be little better. While you can choose a scenic route and take multiple rest stops and visit special places along the way, most of us just load up the car, get on the interstate and follow our GPS to our destination. The time spent in the “getting there” and the “returning from” is something to be endured. Travel is focused on the destination and your

transportation is one of the prices you pay.

Travel by bicycle is done for reasons other than arriving at a destination. It is for the simplicity of the travel, for exploring new locations, and meeting new people. You engage with the world on each passing day, an opportunity that we don't often have. And think of the food! Traveling by bicycle burns lots of calories and provides many opportunities to stop and indulge, like at the little ice cream stand up ahead!

People who have traveled by bicycle, especially for long distances, will tell you it has changed their lives and their view of the landscape. Whether the trip involves one or two nights, or a week, or longer, you will enter a world where travel is as important as your destination, and maybe more important than your destination!

The options are as varied as our landscapes. Your tour may wander through cool forest

BICYCLE TRAVEL, TO PAGE 4 

## 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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MAY-JUNE 2018



## What's In Your Pack? The Ten Essentials Revisited

BY BOB MCLAUGHLIN

The coming of spring for most of us means looking forward to days on the trails. Whether you are hiking to a lake or along a brook, or summiting a 4000 footer, it is important to carry a pack and the ten essentials that you may need on the trail. That said, you can adjust the ten essentials to match the demands of your hike. A short hike along a frequented trail may require less than a day long hike. I find it is easier to think of this by category, rather than the traditional “must have” packing list.

### TEN ESSENTIALS

1. Navigation
2. Hydration
3. Nutrition
4. Fire
5. Light
6. Personal Care/First Aid
7. Repair Kit
8. Insulation
9. Sun & Insect Protection
10. Emergency Shelter

WHAT'S IN YOUR PACK, TO PAGE 3 



# 2018 20s & 30s Wednesday Night Hiking Series & Squam Camping Weekend

BY JAMIE CULLINANE,  
CO-CHAIR 20'S & 30'S

The 20's & 30's group is ready to welcome the Spring with lots of activities and socials! We are excited to announce that the Wednesday Night Hiking series is back for 2018, and will be expanding beyond Central NH to the Seacoast and Merrimack Valley. Join us for a series of evening hikes in Central New Hampshire and in the seacoast area weeknights throughout the summer months from May to August. These relaxed pace hikes are a great chance to get outside on a weeknight to meet other outdoor enthusiasts from the area, and a good way to keep in hiking shape between bigger weekend adventures. All the hikes will be about two hours in duration. We'll have dinner at the summit and be out of the woods around sunset. The first Wednesday Night Hike will be on May 23rd to Oak Hill in Concord, NH. See our activities

page on our website for our full list of hikes.

We will be kicking off our camping season at Squam Lake! Join us June 22nd - 24th for a great weekend of camping, hiking, swimming, kayaking and much more. We have reserved two lake front sites located in the Chamberlain Reynolds Memorial Forest in Holderness, NH. This location offers opportunities for kayaking, paddle boarding, hiking or just good old relaxation at one of the beaches. We will be posting additional activities, such as hikes, separately on [outdoors.org](http://outdoors.org) so stay tuned! This will be a great weekend to enjoy the outdoors. The cost is \$20 for members and \$22 for non-members which includes the campsite for the weekend, food is not included for this trip. There are limited spots available so contact the host as soon as possible to reserve your spot.

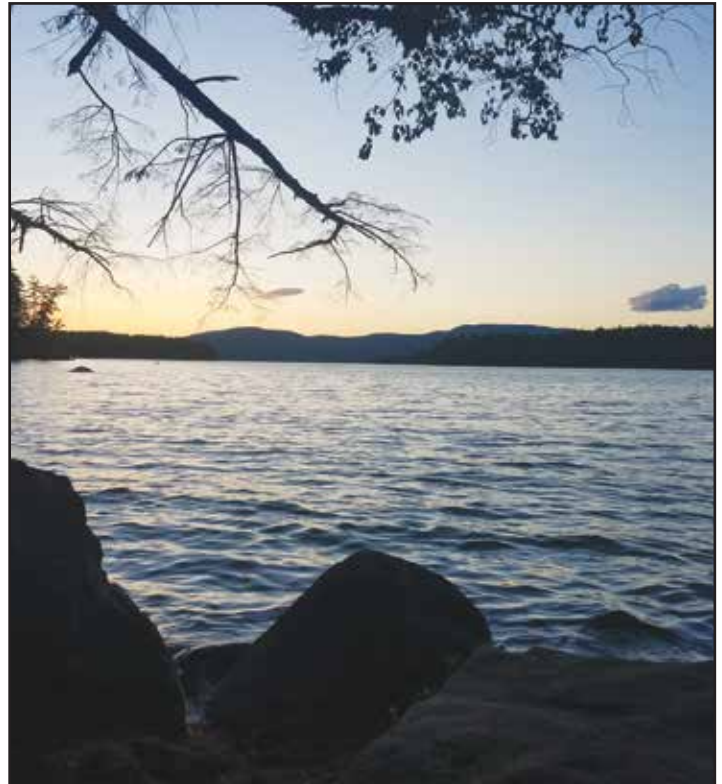


Photo submitted by Kathy Ellis – Squam Lake sunset from the campsite at Chamberlain Reynolds Memorial Forest. To stay up-to-date for all the upcoming 20's & 30's group events, join our FaceBook Group "AMC Maine/NH Young Members" and follow us on Instagram at @amcnewhampshire.

## — UPCOMING EVENTS — SEE PAGE 6

### 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
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For questions, or to submit ad: [Advertising@amc-nh.org](mailto:Advertising@amc-nh.org)  
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## MOUNTAIN PASSAGES

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May/June 2018

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](mailto: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](mailto:newsletter@amc-nh.org).

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1758; [outdoors.org/membercenter](http://outdoors.org/membercenter)

Please note: Member address updates cannot be handled by AMC-NH officers, committee chairs, or the newsletter editor.

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You'll get added resources not available to print subscribers: direct links to emails, forms and online information, color photos, online registration forms.

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## FROM PAGE 1, WHAT'S IN YOUR PACK

You can adjust the specific items you pack by how demanding the hike will be, but make sure you have at least one item from each category.

**1. NAVIGATION (Map and compass/GPS):** In recent years, more and more hikers are relying on a dedicated GPS unit or the GPS functions in our cell phones. However, as powerful as they are, these units have limitations. A map and compass can help you identify not only where you are, but will give you a wider field of view to determine how far you have to go, and where you can find campsites, water, and an emergency exit route in case of need.

**2. HYDRATION (Water and a way to purify it):** Insufficient water can lead to fatigue and muscle cramping or worse. The water requirements of individuals vary, but as a rule of thumb, plan on consuming at least a liter of water for every two hours on the trail. Carry at least two liters of water with you, and stop to drink often. Water, however, is heavy. Each liter of water weighs about 2.2 pounds, and the amount of water you would need for an eight hour hike would bring the total up to a whopping 9 pounds if you drank only a half-liter an hour. One solution is to bring along a method for treating water in the backcountry, such as a purification filter or a chemical additive. If you use a chemical additive remember that cold temperatures reduce the effectiveness of a water treatment method, and that longer treatment times will be required. Filters do not have this limitation, but can clog.

**3. NUTRITION (Extra food):** Hiking is not the time to try to reduce your calorie intake. Always pack sufficient food to fuel your body on the hike. At the same time, you should avoid eating too much at one time. When on a day long

hike, I usually plan on an early lunch and then a late lunch with snacks along the way. Fruit juices are a valuable easily assimilated energy source, and also aid in hydration. Finally, you should consider bringing extra food in case you get lost, suffer an injury, or simply have a longer day than originally planned. Extra food will help keep up energy and improve your attitude.

**4. FIRE (Lighter/matches/fire starter):** While you may never need them, the warmth of a fire and a hot drink can help prevent hypothermia if you get cold on the trail, are injured or ever have to spend an unexpected night in the woods. You can also use fires to signal for help if you get lost or are injured. I always carry a butane lighter. It is light and works dry or wet.

**5. LIGHT (Flashlight/headlamp):** Every hiker should have a flashlight or headlamp to use if they are delayed and have to hike out in the dark. Carry extra batteries too. Remember in colder temperatures batteries will die more quickly. I always carry at least two light sources. It is much easier to change batteries after dark if you are able to see what you are doing.

**6. PERSONAL CARE/ FIRST AID (Toilet Kit/First Aid Kit/Signaling):** You should always carry at least a rudimentary first aid kit that includes bandages, tweezers, and a nail clipper. Don't forget medicines if you will need them. Prepackaged first-aid kits are available, but you should consider their size and weight when choosing one for a daypack. While not strictly part of a packing list, consider taking a first-aid class to learn how to respond to injuries on the trail. In addition, your pack should always have a toilet kit consisting of a pocket pack of tissues, maybe toilet wipes, and one or more zip-lock bags to pack out used paper and

packaging. It is also advisable to include a whistle and possibly a metal mirror for signaling and calling for help.

**7. REPAIR KIT:** You should always carry a simple repair kit to address malfunctioning gear. Duct tape and twist ties are essential, and a needle and dental floss can be invaluable in making repairs. In addition to rolls, duct tape is sold in a flat pack about the size of a playing card which is much easier to pack. Also, a Swiss army knife or multi tool can be a life saver. Over the years, I have used duct tape to repair a hiking boot when the sole separated when I was on Franconia Ridge between Flume and Liberty, and twist ties to repair a broken pack strap. In addition, a length of nylon cord can be a life saver. Also, do not forget an extra boot lace or two, and a patch kit for your water bladder if you carry one.

**8. INSULATION (Waterproof/wind gear and extra clothing):** Dressing in layers allows you to adapt for changing weather and activity levels. Remember temperatures are usually much lower and winds stronger on mountain tops and ridgelines. As a general rule, in addition to your base layers, carry or wear at least a hat, a fleece layer and a wind proof/moisture resistant outer layer. Also, consider what you would need to stay warm if you ever have to spend an unplanned night in the woods. Avoid cotton, but be aware that synthetics, which have clearly superior insulating properties especially when wet, can present burn hazards if they ever catch on fire or get hot enough to melt.

**9. SUN & INSECT PROTECTION (Sunscreen, sunglasses, lip balm, and bug repellent):** A hat and sunscreen and lip balm can help to prevent sunburn. Sunglasses protect your eyes from glare and

sun damage. Mosquito, black fly, and tick repellents can help control these nuisances. When the flies or mosquitos get really bad, head nets are the ultimate defense although they clearly have their disadvantages. Small pump spray bottles of insect repellent are available and sunscreen can be transferred to a smaller bottle to save room and weight in a pack.

**10. EMERGENCY SHELTER (Tarp, bivy sack or emergency blanket):** Small prepackaged Mylar emergency blankets and "sleeping bags" are available that can fit in any pack. In cooler weather, for longer hikes, it may make sense to carry a light weight sleeping bag. With rope, an emergency blanket can be rigged into a shelter.

Carrying The Ten Essentials will not guarantee that you will always have everything you will need in the backcountry. However, carrying something from each category on the list will help prevent problems and allow you to help yourself or others in need.

Each hike and each group is different. You should check the trail conditions and the weather before you start out. Your plans should include contingencies for bad weather, injury or illness, or slower than anticipated travel time. Make sure someone knows exactly where you are going, and when you plan to return.

If you are prepared, you will enjoy your hike more fully and be better able to respond to any emergencies that may arise.

Happy and safe trails!



roads, or follow a river upstream to its source, or climb a high mountain pass. There are no rules. The route and the destination are up to you! Each day on the road is its own adventure, and not just a price to be paid to get somewhere.

Just as hikers have the Appalachian Trail, the Long Trail and the Pacific Crest Trail, among many others, in the United States a transcontinental trip is the ultimate challenge. For example, tell someone you are planning to bicycle across the USA and you may receive the reply, "wow, travel from the Pacific to the Atlantic, that's a really long way." However, the viewpoint of the touring bicyclist is vastly different. Each day is part of the adventure and the destination becomes a much less important part of the goal. Traveling by bicycle, you can leave an ocean beach in the Pacific Northwest, enjoy 90 days of "destinations" and travel adventures, and then, one day, you

arrive at a beach on the Atlantic Ocean in Maine. The trip was the destination, and it was full of wonder and adventures, and of course some serious work. An adventure of a lifetime!

Whether it is a weekend outing or an epic adventure, bike touring can be a life changing experience! Interested?

If you would like to learn more or get involved, the AMC NH Bike Committee will be holding a free bicycle touring workshop in Bow, NH on the evening of May 9. You can register on the AMC-NH.org website on the bike activities page (click the "Bike" link under "Groups" on the left side of the webpage). At the workshop we will provide lots of information to get you started and answer questions such as:

- *Do I need to get in shape, and how do I do it?*
- *How far can I ride?*
- *What type of bike do I need?*

- *Where do I stay?*
- *What if it rains?, and*
- *Is it safe?*

Following the workshop, if you are ready to take the next step, there will be a bike overnight for beginners the weekend of June 2-3.

*See you on the road!*



*On the Road.*  
Photo credit: Doria Harris.



*Bike Touring Group.*  
Photo credit: Hiel Lindquist.



## Bicycle Touring Workshop and Bike Overnight 2018

BY HIEL LINDQUIST

Join us to learn about touring by bicycle and get started on your own Adventure by Bike.

The AMC NH Chapter Bike Committee is offering a Bike Touring Workshop which will cover trip planning, equipment, how to pack, and day-to-day life on the road. The workshop is free and open to the public. Registration is required.

Following the workshop an introductory Bike Overnight is being offered so the participant can gain experience and apply what they learned. The Bike Overnight is offered the weekend of June

2-3. The overnight will originate in Peterborough, NH. The Bike Overnight is free but each rider is responsible for their own campsite fees and food.



To register or for details send an email to [NHamcbikegroup@gmail.com](mailto:NHamcbikegroup@gmail.com) Bike Touring Workshop:

**MAY 9, 2018 7:00-8:45 PM**

**Bow Public Library,  
509 South St., Bow, NH**



# SheJumps Cardigan Mountain - March 17, 2018

BY MARGARET BRUMSTED

On Saturday, March 17th, 13 enthusiastic women and one lonely male (I really mean one awesome male) gathered for a day of skiing and learning at Cardigan Lodge. AMC-NH ski leader Casy Calver led the group and was joined by primary co-leader and trip mentee Margaret Brumsted, co-leaders Matt Schraut and Jillian Willard and New Hampshire SheJumps representative Jaimee Rondeau. The event was a combined effort between AMC-NH Skiers and SheJumps, which is a national organization dedicated to increasing the participation of women and girls in outdoor activities. The objective was to help participants learn the skills and safety measures to transition from resort skiing to backcountry skiing.

We began our day in the cozy Cardigan library with introductions and the agenda for the day. Jaimee answered questions about SheJumps and we immediately transitioned into backcountry skiing. Topics included backcountry ethics, safety issues, clothing, and a discussion of what you should carry in your pack.

Next, we geared up, skins on, packs shouldered and headed to the Dukes practice slope, where some tactics for efficient skinning was discussed. Up was the easy part, the down part; not so easy, as the Dukes revealed itself to be a sun kissed ice crusted disaster area! Nevertheless, our team was game and learned some very useful strategies for descending a trail in less than ideal (meaning the usual here in New England) conditions.

After lunch in the lodge, we turned our attention to the large map of Cardigan and to planning out the afternoon excursion. We offered two options and arranged our tribe into two groups. One group, led by Jillian and Matt, decided to ascend the Alexandria Ski Trail and ski down the Alexandria to the Kimball Trail. After studying the map, group number two, led by Casy and Margaret, set their sights on climbing and

ascending the Kimball Trail. The afternoon conditions were stellar, soft powdery snow on the Alexandria and Kimball ski trails. There were big smiles at the end of the trail when both groups arrived back at the lodge. All agreed the day was an enormous success, with a good mix of on and off snow instruction and the opportunity to spend the day with so many like-minded women!!



*Enthusiastic Group at SheJumps Cardigan Outing. Photo credit: Jaimee Rondeau.*



## Mountain Leadership School - Learn to Lead

BY SUSANNAH HATCH

Mountain Leadership School is the AMC's most comprehensive outdoor leadership development program. MLS uses a learn-by-doing approach to teach the interpersonal and technical skills needed to lead and stay safe in the backcountry. Instructors are experienced outdoor leaders who keep the content relevant to today's challenges. The program is applicable whether you hike solo, with friends, or lead trips. Topics include: leadership styles, group dynamics, accident scene

management, trip planning, and map & compass.

We're excited to offer three formats this year: standard, advanced, and Women's only. All courses are based out of the AMC Highland Center, and are 5 days with 4 days in the backcountry. June 2018 sessions enrolling now. More information: [www.outdoors.org/mls](http://www.outdoors.org/mls)

To register, call AMC Reservations at (603) 466-2727. Scholarships are available for Chapter members! E-mail [leadership@outdoors.org](mailto:leadership@outdoors.org) for an application.



*MLS Participants on Bondcliff.*



## Teen Wilderness Adventure & Advocacy Program

BY SUSANNAH HATCH

Get out in the wilderness – then learn how to protect it! In partnership with The Wilder-

ness Society, AMC is excited to launch a new Teen Wilderness Adventure and Advocacy Program. The program will take place July 15 - July 28, 2018.

The program will combine wilderness backpacking in the White Mountains and a canoe adventure in New Hampshire's Lakes Region with learning

about our public lands and developing advocacy skills. The advocacy training will culminate with a visit to Beacon Hill in Boston.



# Upcoming Events

There are many events scheduled for the coming months. See the Chapter's website (<http://amc-nh.org>) for more information. Most of the events can accommodate limited numbers of participants. So, register quickly if you are interested. Some of the programs are already filled to capacity.

Date	Description	Leader(s)
<b>BIKING</b>		
5/09/18	Bicycle Touring Workshop	Hiel Linguist
5/16/18	Seacoast Bike Ride	Herb Kingsbury
5/19/18	General Bicycle Maintenance Workshop	Hiel Linguist
6/02/18	Bike Overnight	Hiel Linguist
6/12/18	Beginner Ride to Clough State Park	Denise Carter
6/19/18	15 Mile Evening Ride, Contoocook to Warner	Denise Carter
<b>HIKING</b>		
5/02/18	Mt. Agamenticus hike	Herb Kingsbury
5/06/18	Haunted Hike Series: Madame Sherri's Forest/Mt Wantiastiquet	Jamie Gillon & Sam Jamke
5/12/18	Family Lonesome Lake Hut Hike/Overnight - Mother's Day Weekend	Heather Layton, Terri Wilson, Debbie Marcus, & Lora Claus
5/12/18	Mt. Tremont 3371' (52 WAV)	Cathryn MacDonald & Lu Ann Laquerre
5/12/18	The Horn, The Bulge & Mt. Cabot	Dirgny Perdigon & Darrell Hamilton
5/19/18	North and South Kinsman	Katharine Vaughan & Darrell Hamilton
5/19/18	Mt. Mondadnock 3165'	Cathryn MacDonald & Patty Anderson
5/19/18	Shelburne Moriah Mountain	Dirgny Perdigon & Lu Ann Laquerre
5/23/18	20's, 30's & Young at Heart Wednesday Night Hike: Oak Hill	Jamie Gillon
5/26/18	Smart Mountain	Dirgny Perdigon & Terri Wilson
6/02/18	Back Country Navigation with Garmin GPS Handhelds	Beth Zimmer & L: Larry Yetter
6/02/18	Mt. Garfield	Veronique Roy & Wanda Rice
6/08/18	Inter Chapter Backpack Trip-Mount Greylock State Reservation	Dirgny Perdigon & Leslie Carlson
6/09/18	NH Chapter Zealand Falls Hut Night	Mark Heslin
6/13/18	20's, 30's, & Young at Heart Wednesday Night Hike: Stratham Hill	Chris Higgins
6/16/18	Mt. Jefferson	Leon Tokatlian
6/21/18	3 Day Trip to Baxter State Park	Brian Tausendfreund
6/29/18	Backpacking in the Pemigewasset Wilderness - the Art and Joy!	Beth Zimmer & Larry Yetter
6/30/18	NH Family Group Hut Trip: Lakes of the Clouds	Wanda Rice & Terri Wilson
7/07/18	Back Country Navigation with Gaia GPS app for Smartphones	Beth Zimmer, & Philip Werner
7/07/18	Mt. Jefferson 5716'	Cathryn MacDonald & Rick Desmarais
7/08/18	Haunted Hike Series: Bridal Veil Falls	Jamie Gillon & Ann Hudnall
7/11/18	20'S, 30'S & Young at Heart Wednesday Night Hike: Mt Rowe	Jamie Gillon & Kara LaSalle
7/14/18	52nd Annual Presidential Range Hike	John McHugh
7/21/18	Mt. Chocorua	Kathy Ellis & Kara LaSalle
7/21/18	Franconia Ridge Loop; Little Haystack, Lincoln and Lafayette	Cathryn MacDonald & Katharine Vaughan
7/21/18	South and North Kinsman	Veronique Roy & Larry Yetter
7/25/18	20's, 30's & Young at Heart Wednesday Night Hike: Blue Job	Chris Higgins
7/29/18	Bushwhack the Six Pack (Trail-less Peaks of NEHH) in Maine	Larry Yetter
<b>PADDLING</b>		
5/04/18	Bogs River Lows lake Adirondacks ( 25 -30 miles)	Joseph O'Neil
5/05/18	Introduction to White Water Paddling	Paul Berry
5/12/18	Pemigewasset Bristol section	Joseph O'Neil
5/25/18	East Branch Penobscot River	Joseph O'Neil
6/09/18	Pemi Thornton to Campton	Joseph O'Neil
7/03/18	Kayak Rolling Individual Tutoring	Bill Voss
7/04/18	Le Verendrye Circuit 34	Joseph O'Neil
7/06/18	Intro/intermediate Sea Kayaking at Knubble Bay	Robin Temple Diamond & Roscoe Diamond
7/10/18	Kayak Rolling Individual Tutoring - CONTINUATION	Bill Voss
7/14/18	Lower Winni Low water	Joseph O'Neil
7/17/18	Kayak Rolling Individual Tutoring - CONTINUATION	Bill Voss
7/24/18	Kayak Rolling Individual Tutoring - CONTINUATION	Bill Voss
7/31/18	Kayak Rolling Individual Tutoring - CONTINUATION	Bill Voss



# On the Trail: Rocks and Hard Places!

BY RICHIE HOLSTEIN

Editor's Note: How often have you been hiking and, coming to a steep section of the trail, been grateful to find carefully constructed rock stairs to ease your ascent. It is so much better than the scramble or mud slough that you otherwise would have to endure. I for one have wondered at the technique and effort that went into constructing these stairs. In this short article, Richie Holstein of the Trails Committee provides an insight into the approach they take in constructing the



*Rock Staircase.*  
Provided by: Bernadette Cassidy.

stairs and rock waterbars. *Enjoy and learn!*

**[An occasional column from the AMC-NH Trails Committee]**

Trail workers primarily use rocks in two situations, rock steps and rock water bars. In both cases the structure's durability offsets the construction difficulty.

Placing even a single rock involves technical skill as well as sweat. What purpose will it serve? Where is it to go? What other materials will need to be around it? Where is there

a rock suitably sized and shaped? How can one move the rock safely with minimal visual and environmental impact?

A rock step must be absolutely steady and provide good footing. Rocks will be bigger and heavier than one can lift by hand — often hundreds of pounds. That makes it less likely they will be dislodged by water, either flowing or frost heaves. A reasonably broad flat surface, not too smooth, works for the top of a step.

Creating a staircase adds complexity beyond placing multiple individuals. Rocks need to be fitted in sequence, bottom to top, and hikers, who often think footing will be better



*Rock Waterbar.*  
Provided by: Alex DeLucia

on dirt, kept to the true path. Often that involves placing smaller and unappealing rocks called riprap, along the sides of the trail. The rise of the step and the distance to the next step should allow comfortable walking for most adults. Rock water bars need to be effective but not obtrusive. It may be easy for a hiker to step over one, but bikers and skiers will have a hard time crossing a mini-mountain in the middle of a trail! Rocks should be placed with a minimal height above the trail, but with several inches visible facing uphill. Ideally each

should overlap slightly the one just below it. That can prevent water from working its way between the rocks yet allow a smooth flow across them. Like any other structure to control water, they need periodic cleaning to remove debris and silt. The next time you see a series of rock steps or a rock water bar consider the thought and planning and work that went into them!

Would you like to learn more about rock work and keeping our trails in great shape? Get in touch with us via [trailsnh@amc-nh.org](mailto:trailsnh@amc-nh.org) to learn what's involved.

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NH Chapter  
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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](http://amc-nh.org) and read more about us and our many year-round events.



# 2018 Fall Gathering- October 12-14, 2018

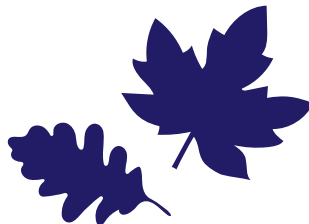
*Camp Woodstock, Woodstock, CT, Hosted by the Connecticut Chapter*

BY SUSANNAH HATCH

Be A Kid Again... Come to Fall Gathering in northeast Connecticut for a weekend of fun, friendship, and adventure. On the shores of Black Pond, Camp Woodstock offers heated cabins, unheated yurts, and a campsite with parking close by. The surrounding hills and dales offer the perfect setting for numerous hiking, biking and paddling activities led by experienced local leaders. At camp, there will be informative talks and activities for all, including archery, arts and crafts, a rock climbing wall, etc. Tours of nearby wineries, antique shops and historic landmarks are leisurely daytime alternatives.

A live band performance will round out the day on Saturday. Come and enjoy this beautiful, autumn getaway. You'll be glad you did!

Register at  
[outdoors.org/fallgathering](http://outdoors.org/fallgathering)  
Registration opens  
July 1<sup>st</sup>!



*Autumn Paddling in Connecticut  
Photo credit: Steve Gartska.*