











# Mountain P A S S A G E S

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*July 13-August 10*



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CHAPTER**  
YOUR CONNECTION TO THE OUTDOORS

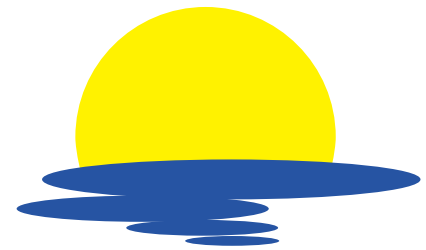


## 20s & 30s Squam Lake Camping Weekend *Overcoming Self-Doubt, A Personal Perspective*

BY JAMIE CULLINANE

On June 22nd to June 24th I hosted the 20's & 30's Squam Camping weekend at Squam Lake in Holderness, NH. Believe it or not, this was actually my very first camping weekend with AMC ever! I decided to host the weekend after just recently deciding to take over as Co-Chair for the 20's & 30's Committee; I guess I wanted to jump right into the role and embrace the experience. Everything was completely new to me, but I trusted I had the skills for the position and the ability to plan events--I could totally do this.

Planning the camping weekend, handling the reservations, tracking the RSVPs and taking care of other logistics seemed easy at first, and I had help. But, as the weekend loomed, the nervousness kicked in. This was my first AMC event,



and especially as Co-Chair, I wanted everything to go perfectly. I'd heard about this weekend before, although I had never had the opportunity to attend. I felt like I had to live up to the high standards set previous hosts, and as the time approached, those standards looked higher and higher.

SQUAM LAKE CAMPING, 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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SEPTEMBER-OCTOBER 2018



## Off the Beaten Track; Other Trails Less Traveled

BY WANDA RICE AND BOB MCLAUGHLIN

This is the second in a continuing series of articles dedicated to finding and exploring hiking trails in New Hampshire that are often overlooked, but that are worth visiting.

While we all love the high peaks and popular destinations, such as Monadnock, Cardigan, Chocorua and the Moats, these destinations are frequently being loved to death, particularly on summer and autumn weekends. Help reduce the

crowds and explore new and interesting places! You may even find that you prefer these "off the beaten track" trails.

**Interesting Trails near Squam Lake:** There are some nice, quiet trails in the Squam Lake area. One of us, Wanda, recently adopted a couple of the trails: the Prescott Trail and Old Mountain Road. These trails can be turned into some nice loops that include great views from Mount Livermore by combining them with the Crawford-Ridgepole Trail and Old Highway. There are a

OFF THE BEATEN TRACK, TO PAGE 4 



# Adventure Travel Leadership Training

*November 2-4, 2018 – Charlton, MA*

Ever thought about taking your leadership skills to different parts of the world? Become an AMC Adventure Travel Leader! This workshop provides important training to people who have AMC chapter leader-

ship experience to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Emphasis is on planning, marketing, trip management, people skills, risk

management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips.

For more information and to download an application visit

<https://www.outdoors.org/outdoor-activities/adventure-travel/become-a-leader>.

Questions?  
Contact Nancy Holland  
(nholland@outdoors.org).



*On the trail in Alaska. Photo credit AMC.*

**See page 6 for more Leadership Training!**

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ISSUE	DEADLINE	AD SIZE	PRICE (per issue)
Jan/Feb	December 1	1/8 page	3.5" w x 2.5" h \$100
Mar/Apr	February 1	1/4 page	3.5" w x 5" h \$160
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We reserve the right to refuse ads that are not related to the mission of AMC. We do not provide proofs and accept no liability for errors beyond the cost of the ad.

## MOUNTAIN PASSAGES

Volume 44, No. 5  
September/October 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. 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 10 City Square, Boston, MA 02129; 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](http://www.outdoors.org/membercenter) and set your AMC-NH Chapter newsletter preference to online.

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 SQUAM LAKE CAMPING,  
FROM PAGE 1

I started to question myself: Am I outdoorsy enough? Will I compare to previous hosts?

This self-doubt stayed with me right up until the weekend came.

The weather forecast leading up to the weekend was looking more and more grim with each passing day and my perspective changed from “everything needs to go as planned” to “we’ll make the most of it.” But just days before the weekend (and by days, I mean the Thursday before) people began to reach out notifying me that they were no longer able to attend, and the panic began. No one was going to come! The weekend would be a disaster! I had failed!

Just as I was envisioning my epic downfall, the last minute RSVPs rolled in, including a few “I hope I am not too late” notes. When all was said and done, we were almost back up to our original attendance numbers. I could breathe again, everything was fine.

Friday, June 22nd, and the weekend was finally here. Check-in at the campground was at 12:00 pm, being the person I am, I arrived in Holder-ness at 10:30 am. I had never been to this campground before so I wanted to familiarize myself with the area before attendees arrived. Pulling up to the Chamberlin Reynolds Memorial Forest parking lot and once again, an all too familiar feeling set in--sheer and utter panic. There were two fire trucks, an ambulance and two police cars blocking the entrance. I was really hoping I was in the wrong place, maybe I took a wrong turn--something, anything! I spoke with emergency personnel and they advised me that they had a “police situation” and that this area may be blocked off for quite some time.

I expressed my concern to one of the police officers about

my camping weekend but he was obviously dealing with a much bigger situation (of course). He pretended not to hear me and walked away.

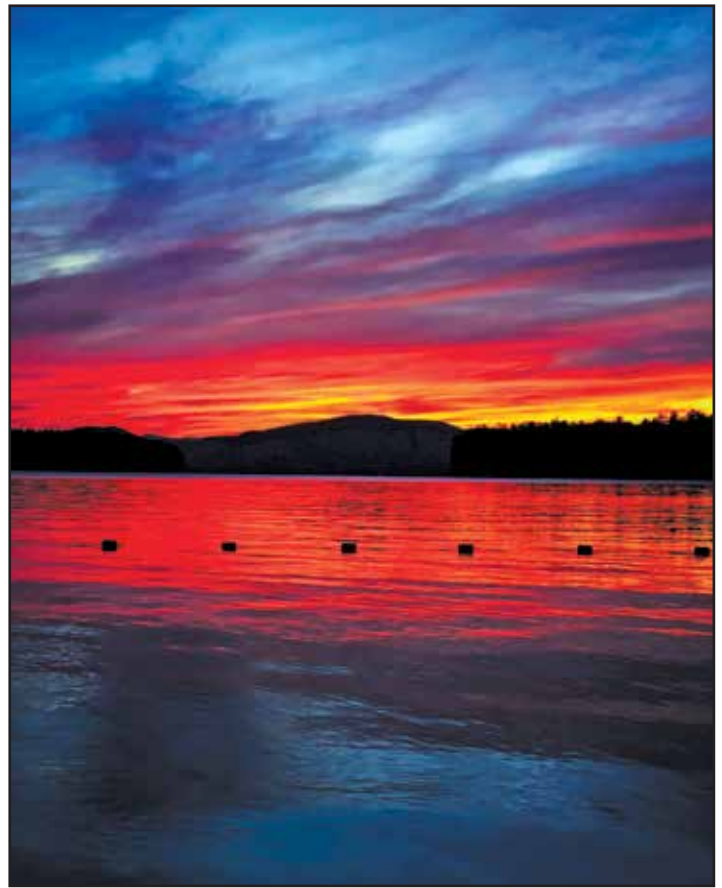
I knew I had plenty of time before anyone arrived so I tried to calm down and went into town to run errands and get some last minute items. In truth, I really didn’t need anything, I was already over prepared, and I was just trying to keep myself from imploding.

When I arrived back at the parking lot at 12:30, there was not one emergency vehicle in sight. It was like nothing ever happened, thank goodness. I could go back to being somewhat calm.

Once settled on my platform I was waiting for others to arrive and got familiar with the camp site. Slowly at first, and then more and more, the other participants arrived. The weekend was off, and things were beginning to look good!

The weather that first day was the best it was going to be all weekend. We had the most amazing sunset I had ever seen over the lake Friday night. I looked through the trees and saw dark red in the sky, when I went down to the beach the entire sky was on fire and the reflection off the lake was nothing short of amazing. It was a good sign!

I felt so much better at this point and knew the weekend was going to be great, and honestly, there was nothing else I could do at this point other than to try and enjoy it. Saturday started out promising with Chelsea Tweed (my fellow Co-chair) showing us an easy trail muffin recipe. All the hikes were able to go out with no rain. It was not until the afternoon that the rain arrived. Some of us were still hiking, and some of us were hiding out at the Common Man enjoying food and warm drinks. But rain can only last so long, and we were



*Spectacular Sunset over Squam Lake on the first night.  
Photo credit Jamie Cullinane.*

able to end the weekend with a nice campfire Saturday night, heating up leftover Common Man pizza over the fire and just enjoying the company of others.

After reflecting on everything I realized it was never about the weather being perfect or me being a good host. It was about the people who came. All of the people together is what makes these weekends a success and exactly why I joined AMC in the first place. Meeting new people who love the outdoors as much as I do and who don’t let a little rain or killer squirrels stop them from having a good time. I also learned that being a host does not mean you need to have endless knowledge about camping or insane outdoor survival skills (I don’t know why I thought this would come into play) but it is about how much you care and how much you love being in the outdoors.

At the end of the day, I

know I am doing the best I can, and that is good enough. Just like everyone else in the 20s and 30s group, I am building a career, holding down a full-time job, finishing school, and participating in my other volunteer efforts. It can sometimes be hard for us young members to balance everything at once. For me at least, the AMC helps achieve a balance I can live with. I know people see our efforts, they see how hard we are trying and they appreciate it. They really do, and that is what matters.

Thanks to everyone for making my first weekend hosting one to remember! Particularly, a big thank you to Chelsea Tweed, my co-host, and Katie Vaughan and Kathy Ellis, the previous Squam hosts, for some wonderful insights! Next time, I won’t panic at all—Okay, maybe just once or . . .

## OFF THE BEATEN TRACK, FROM PAGE 1

couple ways to do a loop.

One way is to start at the parking lot for the Cotton Mountain Trail on route 113 and follow the Crawford-Ridgepole Trail over Mount Livermore to Old Mountain Road, then return on Old Highway. Another involves parking near the end of Burleigh Farm Road. The folks at Squam Lakes Association assure us that the landowners at the end of the road do not mind hikers accessing the trails this way. Just be considerate and do not block any driveways or roads when parking.

Depending on the loop chosen, the length of the hike is about 3 or 4 miles. Either way, the grades are relatively gentle with numerous switchbacks as you near the summit of Mount Livermore. The hikes are through formerly farmed land that has been reclaimed by the forest, and signs of past occupation of the land can be seen on the hikes. Of particular interest is an old 19th century cemetery off the side of the Old Highway Trail.

On two recent weekday walks, neither of us saw any other hikers on these loops.

The trail descriptions can be found in the White Mountain Guide. The Squam Lakes Association has very nice waterproof maps available at their office on Route 3/25 on the south side of the lake or you can create and print yourself a useful map on [www.caltopo.com](http://www.caltopo.com).

**Lower Peaks in the White Mountains:** Even on beautiful weekend days when the trails to the high peaks and other popular mountains are crowded, it is usually possible to find peace and solitude on the lower peaks and the trails leading to them. Just because these peaks are lower doesn't necessarily mean that many of them do not have spectacular views of their own. Indeed, many experienced mountain explorers have found that some of the most impressive views come from looking up at higher peaks instead of always looking down.

Wonderful examples of lower peaks worth a visit are Mount Tremont and Owl's Cliff in the Carrigain and Moat region between the Kancamagus Highway (Route 112) and Route 302. For a true solitary wilderness experience, approach from the Kanc on the Sawyer Pond Trail to the Brunel Trail.

This route requires wading across the Swift at a sandy ford and should only be attempted when water flow is relatively low. Another southern approach can be made following the Rob Brook Trail from Bear Notch Road but it is on a cross country ski trail and can be very wet. Also, you should bear in mind that the trails from the south are lightly used and may be obscure at times. A shorter, more frequently followed approach from the north is along the Mount Tremont Trail starting on Route 302.

Another lower peak worth visiting is Middle Sugarloaf off the Zealand Road. While this peak gets more traffic, it is much less busy than the popular high peaks. It is also a great hike to introduce children to the joys of hiking. The trail is manageable and the hike to the top takes only about an hour. At the top there are open ledges that would be perfect for a picnic. At the bottom, there is a pleasant stream to cool off and play after the hike is complete.

Trail descriptions can be found in the White Mountain Guide.

**Cross Country Ski Trails:**  
Extensive networks of cross

country ski trails are present throughout New Hampshire. While you may think of these trails primarily when snow is on the ground, they can provide great places to find solitude in warmer weather. In choosing appropriate ski trails to use for hiking, it is important to consider whether a particular trail will be too wet for a pleasant hike. Frequently, cross country trails are routed through marshy areas which are frozen solid in the winter, but which can be unpleasant slogs when the snow turns to mud. If you review a trail map combined with a topological map before setting out you should be able to plan a route that avoids low points with wet ground. If you pick a good route, and it really isn't hard, you will find a pleasant quiet alternative for even the busiest summer day.

Finally, when you venture out, be sure to carry a pack with the ten essentials. You should follow this rule for any hike, but it is even more critical when you are exploring off the beaten track. See the May/June 2018 issue of Mountain Passages for a refresher. Back issues of Mountain Passages are available online at <https://amc-nh.org/members/MP/index.php>.



## AMC Outreach: Lincoln-Woodstock National Night Out

Sam Jamke, Denise Carter and Bob McLaughlin staffed the AMC/New Hampshire Chapter Table at the National Night Out held in Lincoln, NH on August 7. This was our first time there and despite reduced attendance due to a thunderstorm early in the evening, our table attracted interest and we were able to spread the word about the AMC.

Brochures, back issues of Mountain Passages, and other materials were available. We were pleased by the interest of the visitors to our table and enjoyed introducing them to the Appalachian Mountain Club and the New Hampshire Chapter. All in all, it was a worthwhile outreach event!



AMC at Lincoln-Woodstock National Night Out. Photo credit Bob McLaughlin.





## AMC-NH Chapter's Annual Meeting 2018

The AMC-New Hampshire Chapter's Annual Meeting for 2018 will be held on Saturday, October 20, 2018 at the Grap-pone Conference Center, 70 Constitution Avenue, Concord, NH.

The Social Hour begins at 5:30 pm (appetizers and cash bar), with a buffet dinner at 6:30 pm. A brief business meeting and presentations to the Chapter's 25-Year and 50-Year members will follow dinner.

Our Featured Speaker will

be the incredible adventurer, Wendy Booker. Wendy, who was diagnosed with relapsing-remitting multiple sclerosis in 1998, refused to let the disease define her. Instead, she has responded by establishing goals that would challenge anyone, including completing marathons, reaching the poles and taking on the world's highest summits. As Wendy has said: "My mission is always to educate, motivate and challenge anyone facing an obstacle in life

to push through and climb on – the view from the top is breathtaking." We expect Wendy will be a truly inspirational speaker.

Cost is \$40 for AMC Members, \$45 for Non Members. Mail your check made payable to AMC NH to Debbie Marcus, P.O. Box 63, Quechee, VT 05059. Please provide your name, address, email, and phone number. Online registration will be available starting Sept 1, 2018



*Our featured speaker, Wendy Booker.*

*Photo credit Wendy Booker.*



*Wendy on Everest. Photo credit Wendy Booker.*



## Registration for the 2018 Fall Gathering is OPEN!

Remember the Connecticut Chapter is hosting AMC's Fall Gathering at Black Pond, Camp Woodstock on the weekend of October 12-14. Registration is open and registrations are speeding along at quite an impressive pace. This is one of AMC's largest and best events

event each year, and it is hosted by a different chapter every year. It is worth the trip to Connecticut! For more information, visit the fall gathering website: [www.outdoors.org/fallgathering](http://www.outdoors.org/fallgathering)





## Leadership Training: One Day Class 3 Leader Training

**Activity: Leadership Training**  
**Status: OPEN**

This training is for those interested in becoming leaders for hikes and walks at lower elevations. This session will allow you to become a class 3 leader for NH chapter. Training will include exercises in group dynamics, trip planning and logistics, and outdoor practice in leading. Up to 8 participants will work in a small group with two instruc-

tors to understand the method for planning and leading trips to smaller mountains or natural areas and the seashore. The group members will use different learning techniques to try out and understand the many roles of leader and how to apply these techniques to outings. This training is particularly suited for those wishing to get started as trip leaders.

Time spent on “hands

on” outside learning experiences will be maximized.

**Related Website(s):**

<http://amcnh.registration.qilan.com/>

**Date(s):** Sept 15, 2018 (Sat)

**Fee:** AMC Member \$30.00;

**Non-Member:** \$35.00

**Location:** AMC Cardigan Lodge, Alexandria, NH

**Offered By:**

New Hampshire Chapter

**Registrar:** Rick Silverberg

603-225-5921

(best time to call: 7-10 pm)  
[synergyc@aol.com](mailto:synergyc@aol.com)

**Leader:** Rick Silverberg  
603-225-5921

(best time to call: 7:00 pm -10:30 pm Tuesday and Friday evening)

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

[bobh@mcttelecom.com](mailto:bobh@mcttelecom.com)



## Stand up for Maine!

BY KAITLYN BERNARD – MAINE POLICY MANAGER

Here in New England, much of our energy infrastructure is regional. States have varying energy demands and independently set targets and renewable energy goals. Recently, Massachusetts put out a request for proposals to bring additional renewable energy to the state.

Central Maine Power’s “New England Clean Energy Connect (NECEC)” proposal was selected through that process. The proposal from Central Maine Power includes a transmission line project through Maine to transport HydroQuebec hydropower from Quebec to Massachusetts. The proposed line would include 53.5 miles of a new 150-foot-wide cleared corridor through undeveloped forest. The remaining 91.5 miles would be co-located within existing transmission corridors but would entail widening of the corridor and/or the installation of taller towers in many areas.

The Appalachian Mountain Club (AMC) is opposed to the New England Clean Energy Connect (NECEC) transmission line as currently proposed. AMC has four primary con-

cerns with this project:

- The significant scenic impact to the Kennebec Gorge, a nationally significant whitewater boating area whose value is recognized in a wide range of state laws and policies.
- The increased scenic impact to the Appalachian Trail.
- The fragmenting impact of the new corridor through undeveloped forest of high ecological value and conservation interest.
- The lack of evidence that the project will provide real greenhouse gas reduction benefits.

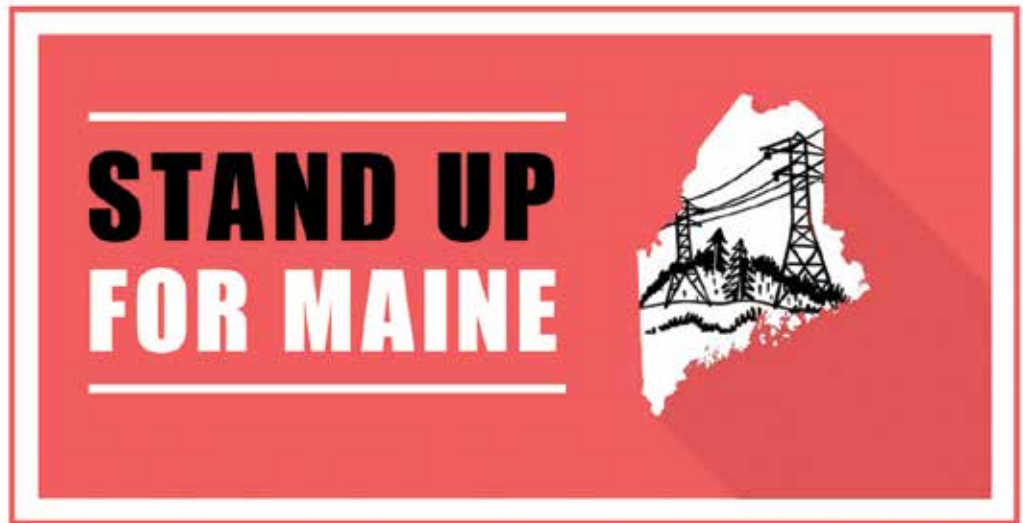
You can read our full position on our website.

AMC strongly believes that

we need to transition away from a fossil fuel-based economy and address climate change impacts. These efforts require a variety of tools, including increased energy efficiency and the development of new renewable energy sources. Technological advances and new market tools offer cost effective alternatives to the current large scale energy generation and long distance transmission model with its large environmental footprint. The impacts of this project and lack of evidence that it is generating new renewable energy resources are concerning. We are more interested in exploring new models including distrib-

uted energy and local renewable generation that would eliminate the need for a 145 mile transmission line.

AMC is closely following this issue and will alert interested members when there are opportunities to weigh in. We expect opportunities for public comment to be scheduled later this fall. If you would like to stay in the loop, please join AMC’s Conservation Action Network or get in touch with AMC’s Maine Policy Manager Kaitlyn Bernard ([kbernard@outdoors.org](mailto:kbernard@outdoors.org)).







# Ski Trail Work Days

BY VALERIO VITI

**Cardigan Mountain:** Come and join the NH Ski, NH Trail and the Boston Ski groups for a fun day of work on the fabulous Mt Cardigan ski trails! See what it takes to keep these ski trails open and in tip-top shape for everybody to enjoy. The answer: really not that much! We need to clear blowdowns and cut back new growth to prepare the trails for this winter.

Work tools are provided, but if you have a pair of loppers that you like or a hand saw that you revere, feel free to bring them along! We will split into 5-6 different work groups plus a chainsaw team and work on different trails. At the end of the

day, you get a delicious meal, compliments of the NH and Boston AMC chapters!

It is a great way to kick off the ski season, mingle with old ski friends and meet new ones. No discrimination allowed!! Mingle with everybody and anybody! Fans of Alpine, Telemark, snowboarding, light back country skiing, or velvety cross-country are all welcome! Just keep in mind this will be on Sunday November 4th, 9am-4pm, so we will be wearing hiking boots! Come prepared for the weather, as it will be a rain or shine event!

**Pinkham Notch:** But wait, if you are interested in trail work, there are more opportunities!!



*This trail crew is primed. The work should be done in no time!  
Photo credit Valerio Viti.*

NH Ski and Trails Committees will be coordinating work projects on the ski trails near Pinkham Notch Visitors Center during weekends in the month of October. We'll be chopping hobblesh and clearing blow downs to prepare some

of our favorite back-country ski trails for the upcoming winter season. We will also coordinate with Granite Backcountry Alliance to assist with work on their "downhill back country" glades depending on need. Tools will be provided. We've arranged for reduced cost lodging at Joe Dodge Lodge for those who assist at the October 19-21 weekend; this is a planned multi-day "event", but "day trippers" are encouraged to join in as their schedules permit.

For more information, keep an eye on the NH Ski Committee website, <https://amc-nh.org/committee/ski>, or drop Valerio an email to be added on the ski committee email list, [valerio.viti@gmail.com](mailto:valerio.viti@gmail.com). You can also check out the listings on the Ski Committee web page at <https://amc-nh.org/committee/ski> for details and leader contact information.



*It is not all work! The crew takes a break and enjoys the view. Photo credit Valerio Viti.*

## AMC NH EXECUTIVE COMMITTEE

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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.



## August Camp 2019- Mount Rainier National Park

*July 13 to August 10*

Since 1887, just eleven years after its founding, the Appalachian Mountain Club has been sponsoring August Camp. While August Camp originally was held at different sites in New England, in 1940 August Camp was held in Keene Valley in New York's Adirondack Mountains. Starting in 1956, August Camp was held further afield. That year the Camp was held in Aspen, Colorado. In recent years, various iconic locations in the west have been the venues selected for August Camp. In 2018, Camp was held in Washington's North Cascades, based at a site near Concrete, WA, right on the Skagit River.

In 2019 the site of August Camp will be Packwood, WA, just south of Mount Rainier Na-

tional Park, where much of the hiking will be. Only 64 campers can attend at any time, but August Camp runs for 4 weeks and most people attend for one week or two.

Want to participate in this summer camp for adults? It is easy. Just bring your personal items (e.g., clothing and toilet items), backpack, sleeping and hiking gear, and we do all the rest. Meals and van transportation from/to the designated airport and daily activities are included. However, you need to register, and register in time. In 2018, the available spots were all claimed before the end of January. Registration opens January 2, 2019. For more information, visit [www.augustcamp.org](http://www.augustcamp.org).



*Mount Rainier--August Camp 2019.  
Photo credit Public Domain--National Parks Service.*