

# Mountain P A S S A G E S

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Ski Calender



## Introduction to the New Hampshire Chapter

BY BOB McLAUGHLIN

Most of you who are reading this newsletter are members of the New Hampshire Chapter of the Appalachian Mountain Club. Many of you may know that the New Hampshire Chapter is the second largest chapter in the AMC with 14,575 members at last count. But, how many of you know what the Chapter really is and what it does?

First, the boring part. The Chapter is managed by the Executive Committee headed by four officers: our Chair, our Vice Chair, our Treasurer, and our Secretary. Frank Miller has served as our Chair in 2018 and Rick Silverberg as our Vice Chair. Wanda Rice has served as our Secretary and Kerry Landry has recently stepped up as Treasurer.


The remainder of the Executive Committee

is made up of the Chairs of the various committees. Six of these committees take care of the administrative issues involved in running the Chapter. These are Membership, Programs, Communications, Website, Newsletter, and Conservation/Education.

Another seven committees focus on outdoor activities:

- Bike;
- Excursions (Hiking);
- Mountaineering (Climbing);
- Paddling;
- Skiing;
- Trails; and
- 20s & 30s.

Starting in this issue, and continuing in future issues, we will be highlighting one of these “outdoor activity” committees in each

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## 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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## Skiing, Snowshoeing & Leadership Workshops *2019 Winter School Feb 1-2 and/or Feb 23-25*

BY RICK SILVERBERG

The winter outing season is coming, are you prepared?

Just because it is winter, you don't have to hang up your backpack until spring. Learn how to go out and explore the NH wilds this winter safely and with confidence.

Once again this winter, the NH Chapter will sponsor two training workshops designed to teach you what you need to know for safe travel in the winter mountains; what to wear, what to take, how to use it, how to get there, how

to get back, and how to plan for the unplanned. The Winter School is an annual New Hampshire Chapter program that offers instruction in safe winter mountain travel to experienced 3-season hikers focusing on backcountry skiing and backcountry snowshoeing. Among the many available classes, almost every aspect of winter backcountry travel is covered. The weekend is filled with instruction, field exercises, lectures, and discussions. And, when you are not learning, there will be plenty of great food to fuel you back up!

Both workshops will offer the same curricu-

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**INTRODUCTION TO THE NH CHAPTER, FROM PAGE 1**

issue. This issue, the focus is on Mountaineering.

Hundreds of our Chapter members have participated in activities sponsored by our committees last year, but that means thousands have not. Don't be shy! Our committees are always looking for new participants and you will be welcome.

If you want to get more involved, just sign up for a program. Or, if you are interested in helping out on the administrative stuff, let one of the committee chairs know and we will help you find a good way to contribute.

The New Hampshire Chapter is a great organization, but it is only great because of the people who take the time to participate and contribute. It is fun and rewarding. Give it a shot!



# Focus On: The Mountaineering Committee

BY KATHLEEN UPTON AND BEN GREENE

The Mountaineering Committee, or as they sometimes prefer to say, the Mountaineering Group, is made up of Chapter members who enjoy technical climbing (that is, with harnesses and ropes, and all the rest of the climbing equipment) on rock faces and ice on crags and cliffs in New Hampshire, Maine and Massachusetts.

Mountaineering offers technical climbing trips throughout each season involving the use of ropes, harnesses, helmets, shoes, and ice tools. These trips require the participants to have some experience climbing to join.

Mountaineering also offers numerous workshops and clinics for new climbers, and experienced climbers who want to



*Climbing a crag in Acadia National Park. Photo credit Kathleen Upton.*

brush up their skills. We have spare equipment, including harnesses, helmets, crampons, ice tools, and shoes, which we can loan to participants. Our goal is to make sure that everyone who participates has the equipment and skills needed to be safe.

Mountaineering had an active and safe year in 2017-2018. The Mountaineering calendar is separated into three sections: ice climbing, glacier travel preparations and rock climbing.

Mountaineering facilitates rock and ice climbing trips to crags and cliffs in New Hamp-

shire, Maine and Massachusetts to suit all levels of mountaineers, as well as some backcountry adventures which might include skiing and multi-day/overnight trips. Introduction to Rock Climbing, Gym to Crag, Ice and Crevasse Rescue, Top Rope Site Management, Introduction to Traditional Leading, Anchors, and Ice Climbing are some examples of workshops available.

Some of our favorite climbing opportunities are in Marlow, Franconia Notch, Sunapee, Rumney and Lincoln. Toby Burgess and Kathleen Upton facilitated a new climbers clinic at Lost Horizon off the Kancamagus in Bartlett, NH, in October with a group of participants from the AMC Fall Gathering. All climbers were first time outdoors climbers, and they enjoyed the adventure of the short, steep hike, and the views of the fall foliage from the top of the cliffs they climbed.

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*Fall Gathering Group at Lost Horizon. Photo credit Kathleen Upton.*

## 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  
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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

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November/December 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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## MOUNTAINEERING COMMITTEE , FROM PAGE 2

A Tuesday nights at Rumney Rocks climbing series was offered depending on the weather and the availability of leaders. This has been an ongoing introductory opportunity for several years spearheaded by Valerio Viti, Basil Huckabee and Toby Burgess. In addition, weekly indoor climbing sessions were offered at Evolution Climbing Gym in Concord when the weather did not permit outdoor rock climbing and throughout the winter months.

Although there are no glaciers in New England, we also provide training on glacier travel and safety. For example, last year we offered Introduction to Glacier Travel (April 7, 2018) and Glacier Travel & Crevasse Rescue Workshops (April 14-15, 2018) at the Gunstock Ski Area. Thank you, Gunstock!

We are continuing to sponsor our leaders for recognized certifications including



*Photo credit Ben Greene.*

AMGA (American Mountain Guides Association) SPI (Single Pitch Instructor) credentials. The certifications benefit the entire Mountaineering Group through leader-to-leader training, methodology review and implementation of current best practices. Leaders from the Mountaineering Committee continue to collaborate with the Ski Committee for ski mountaineering activities combining ski and climbing disciplines.

One of our Co-Chairs, Ben Greene, facilitated Introduction to Ice Climbing clinics in Keene, NH on January 23, 2018 and February 10, 2018, and TRSM I on June 23rd, July 14th, and July 21st. He collaborated with the 20's & 30's committee to lead a joint rock climbing and barbeque in Marlow.

Bottom line, our object is to have fun doing the things we love to do! We are eager to introduce new participants to the rewards of technical climbing.

Are you interested? If you have experience in technical climbing, reach out to one of our leaders and come on one of our trips. If you are new to the activity, sign up for one of our beginner level workshops. The two day workshop, Introduction to Rock Climbing, is ideal. Watch our online calendar or contact one of our leaders to learn about upcoming activities.

Visit our webpage at [www.amc-nh.org](http://www.amc-nh.org) to learn more.

## Website Update

BY MAX McCLASKIE

This year the Website Committee began work on a new website for the chapter. We will be using a content management system called Word Press to allow easier updates on the website and more flexibility with the look and feel. In addition, the

Website Committee is working with each of the other committees to train them on how to use Word Press. This will allow committee chairs to maintain their pages and keep them up to date as easily as possible. We expect the new website to be fully functioning and live by the end of 2018!



## Wildlife Around Us

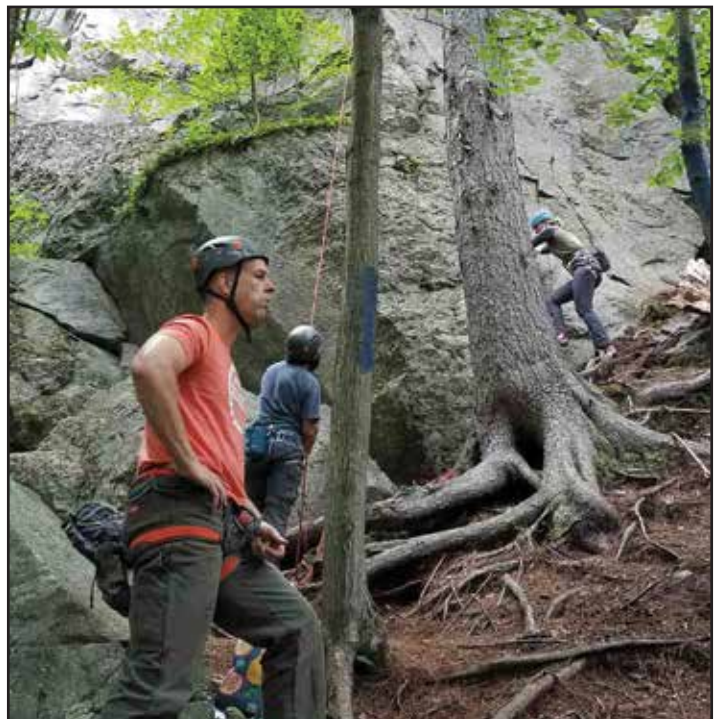
BY BOB McLAUGHLIN

One of the noteworthy birds of the New Hampshire summits is the aggressive, inquisitive grey colored jay. Whether it is swooping down to make off with some of our lunch or perching on an out stretched hand for the reward of a raisin or a piece of bread, this bird is a favorite of children and adults alike!

But, what is its name? The scientific name, *Perisoreus Canadensis*, just doesn't roll off the tongue. For a common name, up

until this year, the correct answer would have been Gray Jay. However, the powers that be in the American Ornithological Society, have now decreed it is the Gray Jay no more. From now on, the proper name is the Canada Jay.

However, whatever you call it, Canada Jay, Grey Jay, Camp Robber or even Whisky Jack, this bird is an entertaining and welcome sight on our summits. Just be careful with your food! The Canada Jay seems to think any unguarded morsel is fair game.



*AMC NH Volunteer Leaders Toby Burgess and Valerio Viti and five others enjoy Bastille Day at Lincoln Crags. Photo credit Valerio Viti.*



# AMC August Camp (or, What I Did This Summer)

BY TOM FORD, DELAWARE VALLEY CHAPTER

My wife, Maureen, got me hooked on August Camp. 2018 was her tenth straight August Camp. The process begins right after New Year's Day each year, when registration for the next Camp opens. There is always enthusiasm about the next Camp location – a new location brings the first-timer's eagerness, a repeat locale offers the opportunity to re-live favorite hikes, or choose new ones passed over last time.

Amazon, eBay, and Craigslist seem to be constantly open on our PCs. Starting in about February, our mail carrier regularly trudges oversized packages, bulging with hiking and camping gear, clothing, and accessories, up the long path from the mailbox to our porch. In about April, Maureen's huge

ditty bag is plopped over in a corner of the bedroom, slowly gaining bulk each week as items dedicated to August Camp arrive or are dug out of closets. Maureen has begun her annual re-stocking for August Camp.

Four years ago, I decided to join her – the excitement was contagious. I looked forward to learning what all of the fuss was about, and to meeting those people I kept hearing about between Camps. But first, I needed to learn what a solar shower was and how it worked. (Thankfully, it was much better than the big tin can with holes poked in the bottom that I initially imagined.) So, that year I got my own ditty bag and, as the mail carrier lugged even more packages up our path, filled it.

Over the next few months, we completed registration and information forms; airline

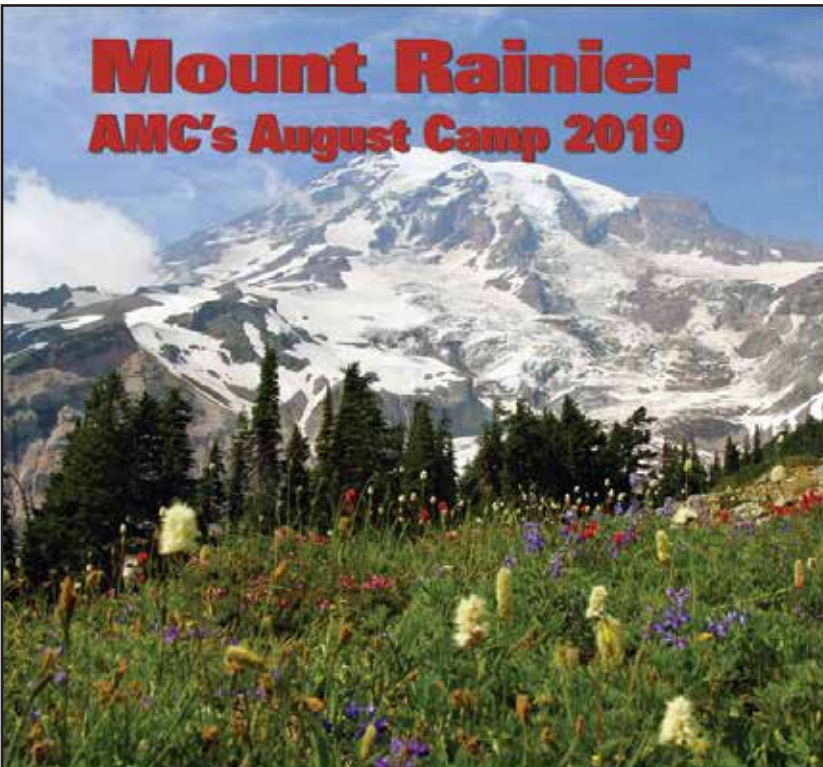
schedules and prices were studied and reexamined; and our ditty bags and backpacks were crammed full.

Before we knew it, it was July. After a rushed day of travel, we found ourselves at the designated meet-up location – in a corner of the baggage claim area of the airport. There, our transportation coordinator hopefully asked if either of us were drivers, masking the disappointment that we weren't. Eventually drivers, vans, and campers were matched for the trip out to the remote Camp location. On the way, the perfect gas-up spot had been scouted, to ensure availability of gas, lunch, and wine and beer – all the Camp necessities (not necessarily in that order). When we arrived at Camp, a large-brimmed hat with sunglasses perched over an easy smile was seated at a table in the

shade. Our registrar checked us off on her clipboard, handed us our name tags, and bid us good out to select our tent home for the week. It was not possible to take a direct route to find a tent. Every few steps, greetings of recognition pulled us off the path, followed by hugs and an exchange of updates on the year since the last Camp. (Sometimes Maureen would even remember to introduce me.)

Look around the Camp on the first day and see that scene repeat over and over and over again. Many Camp friends see each other only one week, once every year. But the greetings are warm, the friendships sincere, and the week spent in one another's company treasured. By the end of that week, friendships are forged, reaffirmed, and deepened by

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## Mount Rainier AMC's August Camp 2019

**Experience magnificent Mount Rainier National Park!** See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy to challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states.

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

**July 13 through August 10.** Attend one week or two. Detailed information and registration will be posted at [augustcamp.org](http://augustcamp.org) by early December. Camp filled by mid-January last year, so don't miss out! Registration opens January 2, 2019.

- Week 1: July 13 – July 20
- Week 2: July 20 – July 27
- Week 3: July 27 – Aug. 3
- Week 4: Aug. 3 – Aug. 10

**One Week: \$975 members; \$1150 non-members.**

*Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, [augustcamp.org](http://augustcamp.org).*

**Questions?**

**Ask Lois Rothenberger at [ACregistrar@comcast.net](mailto:ACregistrar@comcast.net)**

[augustcamp.org](http://augustcamp.org)



Photos by Kathy Kelly-Borowski, August Camp 2014

 **AMC AUGUST CAMP,  
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shared hours in the silence of old growth forests, among the wildflowers skirting the edge of snow packs, at happy hours outside tents, and around the nightly campfires.

I began to understand why Maureen and other veterans call August Camp “Adult Day Camp”. Our basic needs are all taken care of by the “croo” – tents and cots are set up and waiting for us, solar shower stalls constructed, the mess tent ready, porta-potties strategically staged throughout the Camp. All we have to do is get up every morning and get out in the mountains every day.

With the bare necessities taken care of, our job is to enjoy ourselves and the company of our five dozen fellow campers. It may only be one week together, but it could seem like a month – in a good way. Each day is a long one in shared company – from the 6:15 am bugle to the 10 pm quiet hours. Without the distractions of cell service, news, or TV, campers can share their stories, experiences, and interests without being interrupted by text messages!

Everyone arrives at Camp pretty much the same way – fly in, van out to Camp. And we are pretty much all dressed the same way – for a week

of Camping (not glamping!) Without the scrubs, pinstriped suits, BMWs, pickup trucks, or all that other stuff we leave back east, it would be a challenge to figure out who did what as we sit around the campfire – that is, if we care.

Campers are brought together by their singular love of the out of doors. It is a very leveling environment, where our daily grind persona is shed and replaced by that kid at camp, eager for new friends and new experiences (only with more wine). August Camp is a place where we can push ourselves to reach that “A” hike summit with the 360°-views, encouraging one another to tackle the next switchback, or enjoy the wildflowers, rapid rivers, and towering falls of a “C” hike.

Regardless of the path chosen for that day, we each end it with the same sense of accomplishment and appreciation of the experience. We look forward to the daily reports of the other hikes and the descriptions of the options for tomorrow’s path. And we do it all in the company of dozens of others who appreciate it as much as we.

When the last hike is done, we load our ditty bags with the grimy clothing and gear, and fill our minds and hearts with the great moments and friendships we’ve started or built that week.



*View of Mount Rainier; Site of the 2019 August Camp.  
Photo credit Patrick DeMichele.*

The hugs are a little tighter, and farewells even more sincere, than the hugs and greetings on that first Saturday. And, before the trip home is over, we have already scheduled a reminder for January 2 – when registration for the next August Camp opens. Because we couldn’t imagine missing out on the next chance to escape to reality at AMC August Camp.

August Camp 2019 is located in Packwood, Washington, just south of Mount Rainier National Park, where much of the hiking will take place. Check out [www.august-camp.org](http://www.august-camp.org) for info. Sign up early as camp filled by the end of January in 2018.



*On the trail in Mount Rainier National Park. We are certainly not in Kansas anymore! Photo credit Kathy Kelly Borowski.*



*Approaching a Waterfall in Mount Rainier National Park.  
Photo credit Kathy Kelly Borowski.*



# 2018/19 AMC NH Skiers calendar

Date/locations are tentative! Please check with leaders and online at: <https://activities.outdoors.org>  
 Questions? [skinh@amc-nh.org](mailto:skinh@amc-nh.org)

Blue writing is for midweek trips

Trip	Social
Clinic	Trail work

Date	Event	Where	Activity	Style	Level	Leaders
Sat 10/20/2018 Sun 10/21/2018	AMC Ski trail workday: Avalanche brook and others	Pinkham notch NH	Trailwork	Trail work	All	Tim, Al
Sat 10/27/2018 Sun 10/28/2018	GBA/AMC NH Trail maintenance	Baldface NH	Trailwork	Trail work	All	Nik
Sun 11/4/2018	Cardigan ski trail workday and ski swap	Cardigan NH	Trailwork	Trail work	All	Valerio, Richie
Sat 12/29/2018	Ascutney	Brownsville VT	Trip	Cross Country	Int	Janis, Jed
Sun 12/30/2018	Mt Washington, Sherburne trail	Pinkham Notch NH	Trip	BC downmountain	All	JR, Aaron
Sun 1/13/2019	Lower Nanamocomuck	Kancamagus NH	Trip	Touring/XC	All	Grigory, Darrell, Aaron
Mon 1/14/2019	Intro to Light BC, Skins and Scales, series	Lebanon NH	Clinic	Light BC/ BC downmountain	All	Valerio, Casy, Erik/Nik
Mon 1/14/2019	Livermore Road	Waterville Valley NH	Trip	Light BC	Int/Adv	Thor, Tim
Sat 1/19/2019	Wildcat Valley Trail	Pinkham Notch NH	Trip	Light BC	Int/Adv	Sean, Scott
Sat 1/19/2019 Sun 1/20/2019	Avalanche awareness class	Pinkham Notch NH	Clinic	Avalanche workshop	All	Marty, Casy Matt, Thor
Sun 1/20/2019	Greeley Pond, South	Waterville Valley NH	Trip	Light BC	All	Margaret, Janis
Sat 1/26/2019	Crescent Ridge: GBA glades series, I	Randolph NH	Trip	BC downmountain	All	Nik, Casy
Sat 1/26/2019	Zealand Notch	Zealand notch NH	Trip	Light BC	All	Janis, Emilie
Sun 1/27/2019	Moosilauke - Al Merrill loop	Warren NH	Trip	Light BC	All	Grigory, Jed, Aaron
Mon 1/28/2019 Tue 1/29/2019 Wed 1/30/2019	Craftsbury Xcountry extravaganza	Craftsbury VT	Trip	Xcountry trip	All	Tim, Al, Janis
Sat 2/2/2019 Sun 2/3/2019	Winter School I: Ski classes for Intro/Interm/Adv BC skiing	Cardigan NH	Clinic	Workshop	All	Scott et al.
Sat 2/2/2019	Greeley Ponds from Kancamagus	Kancamagus NH	Trip	Light BC	Int/Adv	Thor, Emilie
Sat 2/2/2019	Lake Morey, nordic ice skating	Lake Morey VT	Trip	Nordic Ice Skating	All	Janis, Erik ?
Sat 2/9/2019	Camel's Hump	Huntington VT	Trip	BC downmountain	Int/Adv	Christina, Valerio
Sun 2/10/2019	Sandwich Notch/Smarts Brook	Waterville Valley NH	Trip	Light BC	Int	Joel, Tim
Sat 2/9/2019	Cog Railway	Bretton woods NH	Trip	BC downmountain	All	Tyson, Aaron
Fri 2/8/2019	Evening ski social at Storrs Hill	Lebanon NH	Social	Resort downmtn	All	Valerio, Erik
Sat 2/9/2019	Blueberry Hill	Brandon Gap VT	Trip	XC resort	All	Jen,
Sun 2/10/2019	Pawtuckaway	Warren NH	Trip	Light BC	All	Darrel, Emilie
Fri 2/15/2019 Sat 2/16/2019	Doublehead overnight	Jackson NH	Trip	BC downmountain	All	Jen, Ted
Sat 2/16/2019	Cardigan - Ladies' Resort to Backcountry	Cardigan NH	Clinic	BC downmountain	Beg/Int	Casy, Margaret
Sat 2/16/2019	Brandon Gap glades	Brandon VT	Trip	BC downmountain	All	Nik, Dave A.
Sun 2/17/2019	Kancamagus Brook - Livermore Gap	Kancamagus NH	Trip	Light BC	0	Matt S. , Brian G.
Sat 2/23/2019 Sun 2/24/2019	Winter School II: Ski classes for Intro/Interm/Adv BC skiing	Cardigan NH	Clinic	Workshop	All	Scott et al.
Sat 2/23/2019	Moosalamoo Nat Rec Area	Ripton VT	Trip	Light BC	All	Erik, Jen
Sat 3/2/2019	Brandon Gap	Brandon VT	Trip	BC downmountain	All	Matt,
Sat 3/2/2019	Thunderbolt	Mt Greylock MA	Trip	BC downmountain	All	JR, O
Sat 3/2/2019	Baldface - GBA glades series, II	Chatham NH	Trip	BC downmountain	All	Nik,
Sat 3/2/2019 Sun 3/3/2019	Adirondacks weekend	Adirondacks NY	Trip	BC downmountain	Adv	Dave, Jen
Sun 3/3/2019	Bolton-Trapp traverse	Bolton VT	Trip	Light BC	Int/Adv	Joel, Thor, Tim
Sat 3/9/2019	Bartlett Mtn - GBA glades series, III	Bartlett NH	Trip	BC downmountain	Int/Adv	Nik,
Sat 3/9/2019	North Conway - Ladies' Resort to BC	North Conway NH	Clinic	BC downmountain	All	Margaret, Casy
Sat 3/9/2019	Moosilauke, Carriage Road	Warren NH	Trip	BC downmountain	Int/Adv	Paul, Thor
Sat 3/9/2019	Cedar Brook	Waterville Valley NH	Trip	Light BC	All	Joel, Emilie
Sun 3/10/2019	Cardigan Mtn, Alexandria and glades	Alexandria NH	Trip	BC downmountain	Int/Adv	Tyson,
Sat 3/16/2019	Mt Washington, Cog Railway	Bretton Woods NH	Trip	BC downmountain	Beg/Int	Matt, Brian
Sat 3/16/2019	Moose Mtn	Hanover NH	Trip	Light BC	All	Jed, Valerio, Casy/Erik
Sat 3/16/2019 Sun 3/17/2019	Pemigewasset wilderness overnight	Pemigewasset NH	Trip	Light BC	Adv	Sean, Scott, Janis
Sun 3/17/2019	Pisgah State Park	Pisgah NH	Trip	Light BC	All	Darrell, Joel
Sat 3/23/2019	Gulf of Slides Ski Trail	Pinkham Notch NH	Trip	BC downmountain	Int/Adv	Tim, Becca
Sun 3/24/2019	Avalanche Brook	Pinkham Notch NH	Trip	Light BC	Int/Adv	Tim, Al
Sat 3/30/2019	Crescent Ridge	Randolph NH	Trip	BC downmountain	All	Tyson, Erik
Sat 3/30/2019	Big Jay	Jay Peak VT	Trip	BC downmountain	Adv	Dave, Valerio, Casy
Sat 4/6/2019	Ammonoosuc/Monroe Brook	Bretton woods NH	Trip	BC downmountain	Adv	Tyson, Thor
Sun 4/7/2019	TBD					
Sat 4/13/2019	TBD					
Sun 4/14/2019	TBD					
Sat 4/20/2019	Tuckerman Ravine	Pinkham Notch NH	Trip	BC downmountain	Adv	JR, Nik, Dave
Sun 4/21/2019	Oakes Gulf	Bretton Woods NH	Trip	BC downmountain	Adv	JR, Nik

Valerio, Thor, Paul, October 2018



## WORKSHOPS, FROM PAGE 1

lum, except as noted below. All sections include extensive time outdoors. The weekends are loaded with learning, fun and great food from Friday night until Sunday afternoon and are conducted at the AMC Cardigan Lodge, Alexandria, NH. A variety of instructional groups are offered that cover almost every aspect of winter backcountry travel and safety. The weekend is filled with instruction, field exercises, lectures, and group discussions. Your time will be divided between your individual class and activities for the entire workshop.

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

### **The following programs are offered:**

#### *A. Introduction to Winter Wilderness Travel:*

Instruction in general mountain safety, clothing, and equipment, nutrition, risk management and trip planning. Instruction includes an introduction to snowshoeing as well as map and compass. This workshop section is intended for individuals with little or no winter experience in the New England outdoors who would like to start winter activities safely. Anticipate hiking as much as three miles at a slow pace with occasional uphill grades.

#### *B. Intermediate Snow Shoeing:*

Instruction in snowshoeing, route finding (map and compass) as well as general mountain safety, clothing and equipment, nutrition, risk management and trip planning. This workshop section is intended for individuals with extensive 3-season experience in the New England outdoors, but limited winter experience, who would like to get into more winter activities safely. Anticipate hiking/snowshoeing up to five miles at a moderate/slow pace with sustained uphill grades.

#### *E. Advanced Winter Wilderness Travel:*

Instruction offered in winter travel on steep terrain and above treeline. Subjects covered include snowshoeing on mountain terrain, use of crampons, dressing for extreme weather conditions, off-trail navigation and risk management. This section is intended for individuals with winter experience in the outdoors interested in climbing NE mountains safely. Anticipate hiking 6+ miles at moderate/fast pace, steep terrain, and significant exposure to wind.

#### *H. Leadership and Mountain Skills:*

This section is for those who have mastered the basics of winter hiking. Exercises in planning, organizing, and expediting a trip with emphasis on leadership techniques and group dynamics. A review of the basics, accident scene management, medical considerations and off trail navigation. This

section is also for people with potential and desire to become trip leaders for the NH Chapter Excursions Committee.

NOTE: proficiency on snowshoes is a prerequisite.

#### *I. Beginner Winter Backpacking: Winter School 1 only*

For those that have mastered the basics of 3-season backpacking skills. Instruction will cover as many of these topics as possible: general winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how and what to cook, trail finding, map and compass, off trail navigation, weather, trip planning, nutrition, and emergency situations. Warning: All participants must have proper winter clothing, a winter sleeping bag that has a rating of 20 below zero or lower, and a winter foam pad. A winter backpacking tent is required, and tents will be provided if needed. This group will participate in indoor lectures and evening programs, sleeping outside Friday and Saturday night, and preparing one meal outdoors.

#### *J. Intermediate Winter Backpacking: Winter school 2 only*

For those that have mastered the basics of 3-season backpacking skills. Instruction will cover as many of these topics as possible: general winter mountain safety, snowshoeing, equipment, proper camp site selection, how to erect a tent in winter, how and what to cook, trail finding, map and compass, off trail navigation, weather, trip planning,

nutrition, and emergency situations. Warning: All participants must have proper winter clothing, a winter sleeping bag that has a rating of 20 below zero or lower, and a winter foam pad. A winter backpacking tent is required, and tents will be provided if needed. This group will participate in indoor lectures and evening programs, but will spend most of its time outdoors sleeping outside Friday and Saturday night, and preparing two meals outdoors.

#### *C. Back Country Ski Touring 101:*

Want to expand your horizons beyond the golf courses and touring centers? Come learn how to explore the winter backwoods on skis. We will cover how to travel efficiently on the ungroomed trails over rolling terrain and how to control speed by turning and stopping on modest hills. We also will address general back country safety. Expect to be outdoors playing in the snow on skis for 3-4 hours each day and to ski 2-4 miles. Be prepared to ski with a day pack.

#### *D. Intermediate Back Country Ski Touring:*

Ready to explore the wilderness for the day and go where you want with confidence? Spend the day in the woods to improve your skills including turning, stopping, climbing, trip planning and navigation. We'll be outdoors for about 5 hours each day skiing and learning on various terrain with your full

WORKSHOPS, TO PAGE 8 

## AMC NH EXECUTIVE COMMITTEE

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www.outdoors.org/membercenter



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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.

### WORKSHOPS, FROM PAGE 7

day pack.

#### *F. Down Mountain*

#### *Backcountry Skiing:*

Tired of the crowded lift served areas? Leave them behind and explore the solitude of the backcountry. This course is intended (designed) for the down mountain skier who wants to jump the gap from the lift served area and side country to the backcountry. This is not a "learn to Telemark" clinic, but how to apply your front-country/lift-serve skiing skills to the backcountry on down-mountain trails. Strategies for skiing on backcountry terrain in New England "Powdah" (less than optimum snow conditions) will be reviewed. Be prepared to spend 4 to 6 hours per day outside on skis and to ski with a

pack on down mountain trails. This is not just for telemark skiers, backcountry skills and strategies for the AT skier will also be reviewed!



*A beautiful day to be out and on our snowshoes! Photo credit John McHugh.*

The workshops will begin promptly at 7:30 P.M. Friday evening and end Sunday afternoon at approximately 4 P.M. This is a school for everyone who wants to learn and have a great time.

The NH Chapter Annual Winter Workshop, # 1, will be

held on February 1-3, 2019. Winter Workshop, # 2, will be held on February 23-25, 2019.

Cost \$170.00 (AMC members), \$190.00 (nonmembers), includes lodging, excellent meals, materials, and instruction.

If you are not sure which class is right for you, just give us a call and ask one of our Workshop Directors.

#### **Skiing, Important Note:**

If you are looking at a skiing class, check out the Ski Committee recommendations online at [www.amc-nh.org](http://www.amc-nh.org) to be sure you pick the right class for you and to answer some of your questions. Also, you need to confirm that you have the proper equipment for the classes.

#### **Application:**

##### *On-line Application:*

Please apply via our on-line application to ensure the accuracy and priority of your

application. You may access our website at:

[amc-nh.registration.qilan.com](http://amc-nh.registration.qilan.com). If this is your first time using our online registration form, you must first create an account. Otherwise, login with your password.

##### *Written Application:*

For those unable or unwilling to do the on-line application you may download the application at [https://amc-nh.org/committee/excursions/application\\_winter\\_school\\_2017.pdf](https://amc-nh.org/committee/excursions/application_winter_school_2017.pdf). Once you have your application, fill it out and send it with your payment to the address listed at the end of document.

If you have any questions, you can contact:

-Workshop Director:

Rick Silverberg

[Synergyc@aol.com](mailto:Synergyc@aol.com)

(603) 225-5921

-Co leader: Bob Humphrey

(603) 456-3708