

# Mountain P A S S A G E S

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**NEW HAMPSHIRE  
CHAPTER**  
YOUR CONNECTION TO THE OUTDOORS



## Notes from the Chair

RICK SILVERBERG, CHAIRMAN OF THE  
EXECUTIVE COMMITTEE,  
NEW HAMPSHIRE CHAPTER OF  
APPALACHIAN MOUNTAIN CLUB

AMC is one of the oldest conservation organizations in the country. New Hampshire Chapter of AMC is the second-largest chapter with over 14,500 members. Each year the New Hampshire Chapter offers educational sessions for our members and the general public. Last year our Chapter offered over 65 training events and hundreds of trips or outings.

Have you ever wondered how we run all the activities the Chapter develops and presents? It is very much of a team effort. Chapter activities are developed, managed, and run by committees made up by volunteers. A huge thank you to all the current committee chairs and members.



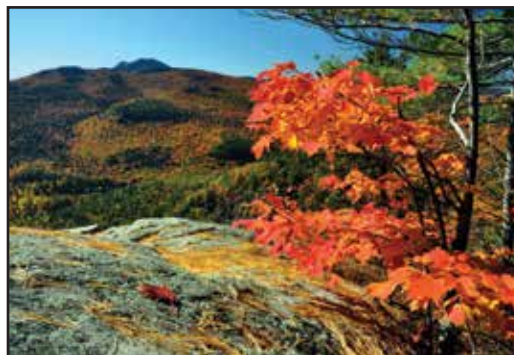
Photo by: Rick Silverberg.

NOTES FROM THE CHAIR, TO PAGE 2 

## 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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Mid October is a great time to hike the Boulders Loop. With the shorter days, shorter hikes are more manageable and the view from the ledge is spectacular. Photo by: Bob McLaughlin.



## Trails Less Travelled

BOB MCLAUGHLIN & WANDA RICE

Now that hiking season is in full swing, it seems like a great time to reintroduce the Trail Less Travelled series. In this series, we seek to suggest destinations which are not as frequently visited to encourage our readers to explore new areas and avoid the overcrowding on some of the better known and popular hiking trails.

TRAILS LESS TRAVELLED, TO PAGE 6 

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

You are probably familiar with many of these committees because of the outdoor activities they run; these include Excursion, Skiing, Mountaineering, Paddling, Biking and Trails. Other committees focus on Conservation Education, Activities for special age groups, the 20 & 30s committee, and committees that take care of big Chapter-wide functions like Membership (welcoming new members), and Programs (organizing the annual meeting, special dinner meetings, and

assisting other committees with their events.)

Finally, the Executive Committee of the Chapter runs the business part of the Chapter and includes the Chair, the Vice Chair, the Secretary, and the Treasurer. This Team and all the other officers and special sub committees provide the services for members and the general public. Everyone is a volunteer serving without compensation. Thanks go to a lot of people for this great team effort.

We are currently seeking additional members of this volunteer team to help keep all

of the activities of the Chapter organized and running smoothly. That's where you can come in.

First, the Executive Committee is looking for a new Secretary to start in October. The Secretary is responsible for drafting the meeting minutes, maintaining the minutes and other Chapter records, compiling the Chapter's Annual Report, and handling various administrative tasks required for the smooth running of the Chapter. Are you interested?

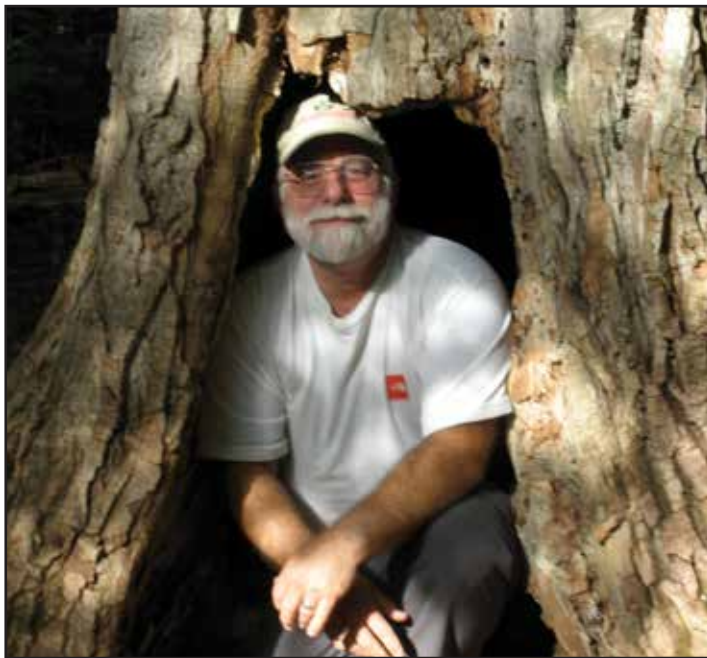
Second, several of the Committees indicated they're looking for additional members or co-chairs including:

- Programs committee;
- Conservation education;
- Bicycling; and
- 20 and 30 somethings.

Finally, we are looking for a new webmaster to maintain and manage the Chapter's website and to complete the work to migrate to a new Word Press website. Our existing Webmaster, Max McClaskie is leaving New Hampshire and has reluctantly indicated he must bow out. Thank you Max for all that you have done!

In conclusion, if you have a few extra hours per month to help join in running of the Chapter planning and or activities than we are looking for you to get involved with any of these positions.

Please contact Chapter Chair Rick Silverberg (603) 455-9119 or [chairnh@amc-nh.org](mailto:chairnh@amc-nh.org).



*Photo by: Judy Silverberg.*

**Go to page 5 to read  
about Wildlife Around Us;  
Vernal Pools; The Last Act  
and more!**

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**MOUNTAIN PASSAGES**  
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July/August 2019

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.

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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.

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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## Winter Hiking Series in 2019

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, you might be interested in the NH Chapter's Winter Hiking Series (WHS) which will be offered again this year.

While it may seem early to be considering winter hiking, it is never too early to sign up for the Winter Hiking Series. This series has proven very popular and the available slots can be full before the first snowflake flies.

The WHS is geared toward those who have a considerable amount of experience during the three seasons and 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.

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 a



*Winter Undercast. Photo by Larry Yetter.*

few 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 tops. The rocks that we clamber over in the summer are now covered with snow and a nice snowshoe path is created. The black flies, mosquitos and ticks are all gone.

All that being said, winter hiking is not easy and certainly not without risk. The series will teach you about the gear and clothing needed to safely tackle the high peaks in the winter. We will also discuss nutrition, hydration, body heat manage-

ment, group emergency/survival gear, trip planning and weather. Our goal for the series is to ensure that every graduate of the series has the knowledge and skills to begin safely hiking the 4,000 footers in the winter.

The cost of the series is \$315 for members which includes 2 nights lodging at Highland Center with 2 dinners, 2 breakfasts, 2 lunches, a manual and exemplary instruction. The opening weekend is November 8th to 10th. Hikes are scheduled for November 23rd, December 7th, December 21st and January 4th. All hikes are scheduled for Saturdays, but could be moved to Sunday if weather warrants a change of date.



### 20s & 30s Harriman Takeover

The 20s & 30s are taking over the AMC Corman Harriman Outdoor Center in New York's beautiful Hudson Valley—you won't want to miss out! The weekend (July 12 to 14, 2019) will include fun outdoor activities (hikes, swimming, paddling, biking, etc.), workshops, good food, live music, and a campfire. The event will also include a meeting for 20s & 30s leaders from across the region, so

if you're interested in getting involved as a volunteer, this is a great way to learn about how it all works. Of course, people of any and all ages are welcome to participate in this event! Time is running short, so sign up, and bring a friend! Spots fill quickly, so claim yours soon! More info and registration is available on the AMC website ([www.outdoors.org](http://www.outdoors.org)).





## WINTER HIKING SERIES IN 2019, FROM PAGE 3

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

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 [yetter95@gmail.com](mailto:yetter95@gmail.com) or (603) 554-8284 for more information. Online applications are also available.



*Where are the summer crowds? One of the joys of winter hiking! Photo by Larry Yetter.*



*Bluebird sky; A perfect Winter day in the mountains. Photo by Larry Yetter.*



## Leave No Trace

We all know the phrase "Leave No Trace," and have some vague idea that it is what we want to do. But, how many of us know and understand the fundamental principles of "Leave No Trace?"

Leave No Trace is actually a branded trademark of the Center for Outdoor Ethics.

The AMC Highland Center and the AMC Pinkham Notch Visitor Center participate with the Leave No Trace Traveling Trainers and will be sponsoring outreach events July 4 to 5 at Highland Center and July 6 to 7 at Pinkham Notch. If you are in the area, stop by and learn more.

Leave No Trace espouses the Leave No Trace Seven Principles:

1. Plan Ahead & Prepare
2. Travel & Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts

6. Respect Wildlife, and
7. Be Considerate of Other Visitors.

Visit the Leave No Trace website at [www.LNT.org](http://www.LNT.org) for more information.

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# Wildlife Around Us; Vernal Pools; The Last Act

BOB MCLAUGHLIN

In the last two issues of Mountain Passages, we have introduced vernal pools found in the woodlands throughout New Hampshire. In the March/April issue, we described how vernal pools form with snow melt and the characteristics that make them unique and critical to the ecosystems. In the May/June issue, we introduced some of the residents of the vernal pools including fairy shrimp, wood frogs and mole salamanders. In this issue, we will discuss the last phase in the lifecycle of the vernal pools as the pool slowly dries up and disappears, and how the residents prepare to survive to the next season.

As described in the first article, vernal pools form in the same spot every spring, are not connected to another waterbody, and last for several months every year, but always disappear before winter. Typically, the vernal pools are drying up now in early or mid-summer. The exact date when the vernal pools dry depends on the weather. In cool wet springs, such as this year, the pools can last longer, but in warm dry springs the life span of the pools can be quite short. The residents of the vernal pools have had to figure out how to survive in both situations.

## Frogs & Salamanders

For amphibian species, such as frogs and salamanders, the math is rather simple. Following breeding, the eggs must hatch and the larva develop to adults before the vernal pools dry. Speed is of critical importance. Once hatched, wood frogs require 60 to 70 days for tadpoles to mature to frogs that can leave the pond. Larva of the blue spotted Jefferson salamander require about the same time to mature, while the spotted salamander can require as much as 100 days for the larva to mature.

If the vernal pool dries before they mature, the tadpoles and the larva will die. However, the adults will live to breed in future springs and the species will continue.

If you ever come across a drying vernal pool filled with tadpoles or salamander larva, don't succumb to temptation and try to move them to another water body. First, moving the tadpoles or larva risks spreading disease or parasites to a new pool. Second, the tadpoles and larva may not be able to survive in the new water body. Finally, as discussed in another article in this issue, moving the tadpoles and larva would be inconsistent with the Leave No Trace principles.

## Fairy Shrimp

Fairy shrimp have a different strategy for surviving in vernal pools. The fairy shrimp appear in the vernal pools soon after the spring thaw and are active until the water temperature reaches about 60° F or 15° C. Following breeding, the female fairy shrimp carries a sac containing the fertilized eggs. The adult fairy shrimp do not survive the drying of the vernal pool, but when the female dies, she releases the eggs. The eggs are drought resistant and survive in the soil in the bed of the vernal pool until the pool is flooded during the next spring. When the spring does arrive, only a portion of the eggs hatch. If a spring is short and dry, the fairy shrimp may not have a successful breeding year, but the eggs that did not hatch that year will be available to continue the population in the next year.

## Spire Snails

Yet another strategy is followed by spire shaped snails and the flat spire snails. In the spring when the vernal pool floods, the adults emerge from the mud on the bottom of the vernal pool for breeding. Small clusters of jelly like eggs are laid on vegetation on the bottom of the pools. Once the eggs hatch, the new snails join the adults feeding in the vernal pond. When the vernal pool dries in the summer, the snails burrow into the mud in the bottom

of the pool and wait through the summer, fall and winter to emerge when the pool floods again the next spring.



Examples of Spire Snails.


## Conclusion

Once you have been introduced to vernal pools when they are full, it is interesting to revisit them in the late summer when they are drying or when the vernal pools ultimately are dry. You will be able to identify the site of the vernal pools by looking for a depressed area with the matted stained leaf litter and limited vegetation. Another indicator will be finding snail shells among the leaves. You may also notice silt or water stains on tree trunks and buttressed trunks or stilt roots. Except for these subtle indications, the dry bed of the vernal pool looks unremarkable.

However, as you are standing in the clearing where the vernal pool once was, it is interesting to recall the intricate survival strategies used by the species that make the vernal pool their home, and to contemplate the amazing wildlife around us.

*In the Trails Less Travelled article starting on page 1, we discuss two hikes in Waterville Valley. Another interesting hike in the Waterville Valley area is to East Pond from Tripoli Road. An attractive loop can be followed to East Pond and then to Little East Pond and back. Photo by: Bob McLaughlin.*



 TRAILS LESS TRAVELLED,  
TO PAGE 1

This installment suggests some hikes in the Waterville Valley area, the Moat Mountain area and the Castle in the Clouds property in Moultonborough in the Lakes region.



*Tumbling streams and attractive cascades make hiking more interesting, and offer great spots to stop for a break. Photo by: Bob McLaughlin.*

### Waterville Valley

Wanda suggests a couple off the beaten path trails in the Waterville Valley. Both start from the big Livermore parking lot on Livermore Road

The first leads to Goodrich Rock, one of the largest known erratics in New Hampshire. The hike starts on the Livermore Road trail and after 0.3 mile continues on to Greeley Pond Trail for another 0.9 mile to the Goodrich Rock Trail. Goodrich Rock is another 0.7 miles up the trail. As you climb, you will be treated to a very interesting collection of boulders concluding at Goodrich Rock itself. A yellow blaze trail leads to a ladder to the top of Goodrich Rock. Use extreme caution on the ladder, but if you climb it, you will be rewarded with a view to the Sandwich Mountains from the flat top of Goodrich Rock. Out and back, 4 miles round trip. Would be a good family hike.

A second trail is longer and follows Livermore Trail to Kettles Path to Irene's Path

to Livermore Trail and back. Along the way, the trail provides access to a viewpoint on The Scaur and access to the Waterville Valley Flume (not to be confused with the The Flume in Franconia Notch). Irene's Path rejoins the Livermore Trail near the Flume, much further

up than you left it. You then continue to your starting point being treated to some lovely cascades along the way. The entire loop is about 9-10 miles.

**CAUTION:** When planning this hike, make certain you are using the most current guidebook and maps. The AMC White Mountain Guide 30th Edition is a good choice. The trails in this region were severely damaged by Hurricane Irene in 2011 and trails were rerouted or closed and others, notably Irene's Path, were added. In addition to these hikes, the Livermore Road trail network contains many other trails less taken to choose from. Explore these alternatives.

### Moat Mountain Area

While Moat Mountain is well known, it has many fewer hikers than the Franconia and Presidential Ranges and offers a spectacular alternative when you want to enjoy a quieter ridge walk. Moat Mountain has three distinct summits: North Moat, Middle Moat and South Moat. Access to South Moat is

easiest from Dugway Road off the Kancamagus Highway or Passaconaway Road from North Conway. Access from the north is by either the Moat Mountain Trail or the Red Ridge Trail from the Diana's Bath area. You can do an interesting loop by combining the northern portion of the Moat Mountain Trail with the Red Ridge Trail and then cool off at Diana's Bath. Probably not as quiet as some of our other options, but still a trail less followed.

Nearby off the Kancamagus, is another trail which is frequently overlooked, The Boulder Loop Trail. This 3.1 mile trail offers a lot of variety. A great 180 view from a ledge at the top, a pleasant climb through open woodlands and opportunity to observe recovery of the forest from a wildfire that swept through a few years ago. This can be a perfect alternative for a day when you are looking for a hike that will take a couple of hours.

### Castle in the Clouds Conservation Area

Finally, another area to explore is the conservation area surrounding the restored Lucknow Mansion in Moulton-

borough. Bob and his daughter discovered the area when they climbed Mt Roberts while working on the 52 With A View climbing list. During this hike they met only 2 other people, and were treated to horses prancing in the meadows when they returned to the trail head.

Since then, they have returned to visit the mansion and to explore over 30 miles of hiking trails on the 5381 acre conservation area. The views over the lake region are spectacular and the trails worth exploring. The Lakes Region Conservation Trust publishes a useful Hiking Trails Map that includes the Castle in the Clouds Conservation Area and the Red Hills Conservation Area. While many people come to visit the mansion, you can be virtually sure of having the trails to yourself. For more information you can visit [www.castleintheclouds.org/](http://www.castleintheclouds.org/).



*While not above tree line, the Moat Mountain Traverse offers great views and less crowded ridge walk. Photo by: Bob McLaughlin.*





# Discover where the locals hike, bike, and paddle on Cape Cod at Fall Gathering 2019

*Save the dates: October 18-20th, 2019!*



*Camper at the Lake at Camp Burgess.*

Come join the Southeastern Massachusetts Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. At this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you!

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful Camp Burgess in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake, spotless cabins (many with lake views), indoor washrooms and shower facilities, and a bounty of on-

site recreational opportunities including zip line, climbing wall, and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best "the Cape" has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to

have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.

One-night, two-night, or single-day options will be available along with delicious and healthful meals in the camp's expansive dining/meeting facility. Please save the date for FG 2019 and visit [www.outdoors.org/fallgathering](http://www.outdoors.org/fallgathering) for more details! Registration opens July 1, 2019.



## Save the Date: Fall Meeting *Saturday, October 26, 2019* Grappone Center, Concord, NH

You don't want to miss this opportunity to enjoy the companionship of your fellow Chapter members, and a great dinner. Also, we will have a world class after dinner speaker, Marty Basch, author of

seven outdoor adventure books, a long-time outdoor adventure syndicated columnist, and a popular newspaper, radio, television, and website contributor. Hope to see you there!



*Our Featured Speaker: Marty Basch.*

### 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.



## Adventure Travel trip to Death Valley in March, 2020

LARRY YETTER

Take your next Adventure with AMC in Death Valley!

Join Larry Yetter and Dan Stone (NH and Boston Chapter leaders) on an Adventure Travel trip to Death Valley. The March 27 to April 5, 2020 trip will explore the canyons and peaks of Death Valley as well as beautiful red rock areas near Las Vegas, NV. The trip will visit the lowest point in the US, hike to over 9,000 foot Wildrose Peak and will also spend time exploring old mining towns. Trip Cost \$2,050. For details visit [www.outdoors.org/adventure-travel](http://www.outdoors.org/adventure-travel) or contact Dan Stone, [Danstone987@gmail.com](mailto:Danstone987@gmail.com) or Larry Yetter, [Yetter95@gmail.com](mailto:Yetter95@gmail.com).



*Golden Canyon in Death Valley. Photo by: Bill Wheeler, Jr.*