



MOUNTAIN PASSAGES



NEW HAMPSHIRE CHAPTER
YOUR CONNECTION TO THE OUTDOORS

Highlights...

-  Lost Places in the Whites..... 1
-  Get into the Outdoors..... 1
-  Editor's Notes..... 2
-  Music at the Highland Center..... 2
-  The Madison Spring Hut: Almost 100 Years..... 4
-  Keeping Those Mosquitos and Black Flies at Bay..... 10
-  20s and 30s: We're Back!..... 12
-  Hiking Above the Treeline..... 13
-  Cardigan All Access Trail..... 16
-  Where in the Whites?..... 17
-  Winter Hiking Coming Soon..... 18

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.

VOLUME 48, NUMBER 2
SUMMER 2022

Lost Places in the Whites: Livermore

BY: BOB MCLAUGHLIN

Guidebooks can direct you to Livermore Mountain, Livermore Pass, Livermore Road and Livermore Trail. There is a big parking area in Waterville Valley at the Livermore Trailhead. But what is Livermore?

If you look at a map of the towns in New Hampshire, some list Livermore as a town tucked between Lincoln and Thornton, Waterville Valley, Albany, Bartlett, Hart's Location and Bethlehem, while others list the same area as "unincorporated." What's going on?

Well, the answer is Livermore was a town in the White Mountains, but it is no more.

Livermore was the proverbial company town. So, its history really began with the creation of Grafton County Lumber Company in 1874.

The Company was incorporated by three members of the family of Daniel Saunders of Lawrence, Massachusetts, and two other men. One year later, the same men incorporated the Sawyer River Railroad. The Saunders family though was the driving force behind the town and the railroad.

LOST PLACES TO PAGE 7

Get Into the Outdoors with the New Hampshire Chapter!

As we all know too well, everything came to a screeching halt in the beginning of 2020 with spread of Covid-19 in New Hampshire, the United States and the world. We were all sheltering in place or venturing into the outdoors only by ourselves or with our family and closest friends. The group activities typically sponsored by the New Hampshire Chapter were right out!

Things were a little better in 2021. The first doses of Covid vaccines were administered in the end of 2020, and there were signs the that the Covid pandemic might be coming under control. The Chapter slowly started planned activities, but as we all know there were ups and downs and some disappointments.

As we start the season for warm weather activities in 2022, we are hopeful that we can restart Chapter programs and still stay safe. Leaders will follow AMC guidelines and may establish standards for activities to assure that they are safe and that all participants will feel safe.

We expect anyone who participates in the activities to comply with the leader's requirements even if they may think they are unnecessary.

This is not the summer of 2019, but if everyone cooperates, we can have a great time together!

Editor's Notes

Summer has arrived and we are all eager to get into the woods and/or out on the water!

While our alternatives have been limited for the last couple of years, this year Chapter activities really are starting up again. This issue has an article by Lucretia Witte describing what the young members are up to and a second article describing the plans of Excursions, Paddling and Mountaineering.

An article by Andrea Miller describes the music series planned at the Highland Center in Crawford Notch. You can attend these concerts for free or, if you have the time, volunteer to help out in putting them on. Check out Andrea's article for details!

Also in this issue, you will find an article by Frances Richardson describing her father's experiences in the high-country huts over 90 years ago. We included a transcription of the log her father wrote during his first visit to the Whites in 1924 in our Winter 2021 issue, and the article in this issue continues the story to describe his experiences as hut master and the expansion of Madison Spring Hut.

You also will find an article describing the growth and eventual death of the Town of Livermore in the Whites, and where you can find it remains.

While the warmer weather is welcome and brings great opportunities for outdoor activity, it does have its downsides. Last year we ran an article about ticks in the Summer Issue. This year we turn to black flies and mosquitos. Be sure to read this article if you would like to avoid becoming lunch for these voracious pests.

We also have another reprint of a 2006 article from *Mountain Passages* by Mr. Trail Etiquette Guy. This article focuses on our rare and threatened alpine vegetation and a plea to stay on designated trails when hiking above the treeline.

While it might seem early, we also have the announcement of the Winter Hiking Series. Registration opens on July 15 and it fills up quickly.

We have a report from Richie Holstein on the progress of the new "All Persons, All Access Trail" at Cardigan. The trail has been in the planning stage for some time, but it is coming together and should be opening in August. They are still looking for volunteers to help make it happen. Check out Richie's article for details.

This issue also includes a request for volunteers to help keep the Chapter running. We particularly need a candidate for Treasurer and leadership for the Bicycling Committee.

Where in the Whites? is back with another mystery photo. See if you can figure out what the mountains are and where the photographer was standing when it was taken.

Finally, this is the first issue of our new graphics designer, Bill Covino. There is a brief article introducing Bill, but the masterful layout of this issue is Bill's best introduction. Welcome Bill!

Summer is a great time of year to be outdoors! Make the most of it!

We hope you enjoy this issue. If you have any suggestions or comments, you can send an email to MntnPassages@gmail.com.

Music at Highland Center

BY: ANDREA MILLER,
LYNDA COHEN PERFORMING ARTS SERIES, AMC

Four music concerts are planned this summer at AMC's Highland Center in Crawford Notch in the New Hampshire White Mountains. These concerts are all part of the Lynda Cohen Performing Arts Series and are designed to be family friendly events. The performing arts series seeks to create a genuine sense of connection to stewardship and conservation through a celebration of the natural world and performing arts. Concerts will start at 7:00 pm and wrap up about 9:00 pm.

THE FOUR CONCERTS PLANNED ARE:

- July 9th features Bennett and Perkins w/Taylor Whiteside
<http://www.bennettandperkins.com/>;
- July 23rd features Twisted Pine
<https://www.twistedpineband.com/>
- August 6th features the Gawler Family Band
<https://www.facebook.com/GawlerFamilyBand>; and
- August 20th features Beg, Steal or Borrow,
<https://www.begstealorborrowvt.com/>



Photographer: Chris Thayer

*What could be better than music
under the stars at the Highland Center!*

LYNDA COHEN PERFORMING ARTS SERIES at CRAWFORD NOTCH

Music in the Mountains

FREE OUTDOOR CONCERTS

A New Way to Enjoy the Outdoors with AMC
Join us at these free summer evening performances, featuring renowned local and regional bluegrass, folk, roots and Americana artists.

Pack your lawn chairs, blankets and picnic baskets and listen to music under the starry skies of Crawford Notch, New Hampshire.

BE OUTDOORS
APPALACHIAN MOUNTAIN CLUB
AMC Highland Center - Route 302 - Bretton Woods, NH

Free Admission - Register in Advance
<http://amcmusic.eventbrite.com/>







The concerts are free to all, but space is limited and reservations are required. To register go to <http://amcmusic/eventbrite.com>.

The concerts will happen rain or shine. Be prepared with clothes for an outdoor event in summer mountain weather (i.e., it could be windy, rainy, chilly, buggy, etc.).

We hope you can make it!

VOLUNTEERS NEEDED

In addition to attending the concerts, please consider volunteering to help out in putting the concerts on! We need your help!

Volunteers will work with AMC staff to support set-up, operation, and clean-up of these fun, outdoor music events.

You can volunteer for two day (Saturday afternoon to Sunday morning) or for Saturday only.

If you volunteer for both days, you will be expected to arrive by 3:00 pm, and following introductions to AMC staff and other volunteers and an orientation, the work will begin. Responsibilities will include helping with the final set up of the concert space (arranging lighting, setting out signage, and arranging supplies), welcoming concert goers and checking ID's, managing parking, distributing AMC information, and assisting with food and beverage sales and garbage management. After the concert ends at 9:00 pm, volunteers will help to clean up and secure concert operations. We hope to wrap up by 9:30 pm. On Sunday morning, after breakfast, we will take down concert area fencing and store it while performing a final sweep of the grounds for trash (from 8:00-9:00 am).

If your time is more limited, you can volunteer to work only on the event. If this is your choice, you can arrive at 4:30 pm and be free and go home or crash in the lodge by 9:30 pm. Otherwise, duties and activities will be the same for all volunteers.

Volunteers will be provided a night's lodging and food at Highland Center on the night of the event and the following morning at no charge.

You can volunteer for one or more concerts or the entire series. We expect it will be fun and an opportunity to support AMC activities. Also, it will be great way to meet like-minded people and work together!

All are welcome, until we reach volunteer capacity.

THIS SPACE AVAILABLE

Mountain Passages is the quarterly newsletter of the New Hampshire Chapter of the Appalachian Mountain Club. It is not the newsletter of the Executive Committee or the newsletter staff. We are always looking for new ideas and new materials.

If you have an idea for an article and want to know if we would be interested don't hesitate to contact us. If you have an article, you have written please send it to us for consideration. Think about:

- How-to articles;
- Profiles or remembrances of members;
- Historical articles linked to hiking or the woods;
- Recipes (especially outdoor eats or pre- and post-activity eats and drinks); and
- Articles about special places in New Hampshire.

In fact, if you can think of any other articles related to the Chapter or the goals and programs of the AMC, they will be welcome. If your time is limited, don't hesitate to send a rough draft. I will be more than happy to work with you.

We publish on a quarterly schedule and try to match the articles in each issue to its season. Our next issue is fall, but we are interested in articles related to other seasons even though we may hold them until they will be timely.

You can reach us at MntnPassages@gmail.com.

MOUNTAIN PASSAGES

**Volume 48, No. 2
Summer 2022**

Mountain Passages is published four times a year by the New Hampshire Chapter of the Appalachian Mountain Club.

Submissions. Members may submit articles or photos (hi-res jpegs) to MntnPassages@gmail.com. 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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For information and the Ad Rate Sheet, send an email to MntnPassages@gmail.com.

We reserve the right to refuse any submission, photo or advertising that is not consistent with the mission of the AMC.

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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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To sign up, go to www.outdoors.org/membercenter and set your AMC-NH Chapter newsletter preference to online.

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Graphic Design: Bill Covino



Tales from the Whites; Madison Spring Hut about 100 Years Ago

BY: FRANCES WOODARD RICHARDSON

The Winter 2021-22 Issue of *Mountain Passages* contained the log compiled by my father, Rod Woodard, during his first trip to the White Mountains almost 100 years ago. This article continues his story working for the Appalachian Mountain Club.

After graduation from Wentworth Institute, there was little work in Boston for a mechanic or woodworker during the depression, so Rodney Woodard headed back to the mountains he had discovered four years earlier.

Initially, Rod was offered a job packing supplies for the huts. However, he was unable to carry the heavy loads, and Joe Dodge asked, "Can you cook?" That is how Rod came to Madison Spring Hut in 1928. Rod ultimately became the Hut Master for Madison Spring Hut following Bart Getchell and Bob Jackson.



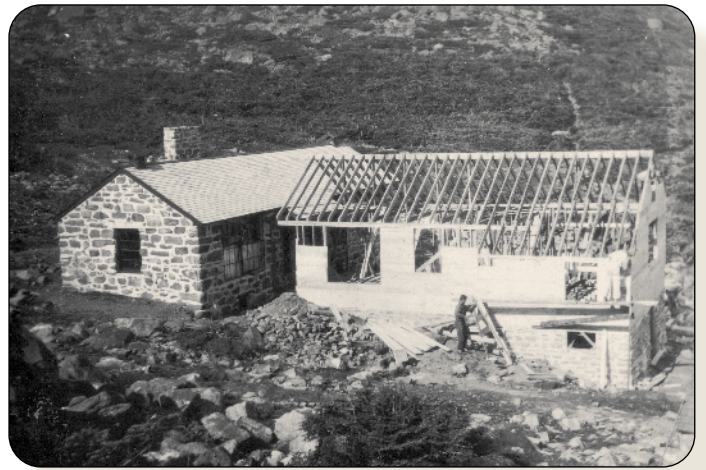
Madison Spring Hut before 1929 consisted of three buildings designated as Hut #1, Hut #2, and Hut #3.

AMC Postcard from collection of F.W. Richardson

Madison Spring Hut was the first of the AMC Huts. In 1928, Madison Spring Hut consisted of three stone buildings located in the depression between Mt. Madison and Mt. Adams. Construction on Hut #1 began on August 21, 1888, using plans drawn by J. F. Eaton and was completed in 1889 at a cost of about Eight Hundred Dollars. In 1906, Hut #1 was enlarged to accommodate women.

Hut #2 was constructed in 1911 and opened in 1912. It had two rooms, a dining/kitchen room, and a room for the caretaker. One end was built into the side of Mt. Madison.

Hut #3 was built in 1922 as a dormitory to accommodate thirty-six men and twenty-four women. In 1929, Rodney Woodard was Hut Master when a T-shape addition was constructed on Hut #3 for a kitchen/dining room and a room for the Hut Master.



Hut #3 was originally constructed in 1922 as a dormitory to accommodate 36 men and 24 women. In 1929 the hut was expanded to add a kitchen and dining area and a bedroom for the Hut Master. These photos show the stages of the construction and the finished hut.

Photos above from the collection of F.W. Richardson

Hut #1 had been vandalized presumably by people who came to pick cranberries after the hut closed for the winter. So, as a part of the construction in 1929, Hut #1 was torn down and the stones were used to build the addition to Hut #3.

In addition to reclaiming the stone, Rod salvaged some of the wood from Hut #1 and made furniture for the Hut Master's quarters in the new Hut. He said, "They were going to burn it all, but I saved a board and carried it home." He carved a pie-shaped plaque with the seal of the AMC set against a background of mountains. Rod was even then a skilled wood carver and developed this skill further as he aged. The plaque carved from the wood salvaged from Hut #1 was donated to the Club for the archives.

During the construction, Rod cooked for the carpenters and masons who stayed in Hut #2. To aid in transporting the building material for the construction at Madison Spring Hut, it was decided to purchase burros. Rod helped build a corral with a roof for the

and shelves. The lightning hit the telephone line and came in as a ball of fire. Rod had a pan of sugar in his hand which went all over him when he fell on the floor. The men from the other hut came over and found Rod, and helped him up. Rod said, "I found two spots on the side of my hip where I had been leaning against the counter." It was quite a shock that everyone had that day, but Rod probably had the worst of it!

After wintering in Brockton, Massachusetts, Rod returned to Pinkham Notch in the Spring of 1930. While at home Rod designed and built a wooden pack board from White Ash called "the Freighter" to make carrying loads easier. Subsequently, he sold the Freighter to the Crew and others. The original pack board was donated to the AMC Archives in 2010. and served the meals and manages the hut."



Burros used to haul construction materials were stabled near Appalachia Trailhead.

Photo from the collection of F.W. Richardson



While it would be unlikely today, Burros were essential for hauling construction materials in 1929.

Photo from the collection of F.W. Richardson

burros in Randolph, NH, in a field between the Valley Way and the Airline Trails up by Colebrook Falls. Forty burros were bought for Five to Twenty-five Dollars each from Roswell, New Mexico, and they arrived on May 16, 1929. Cleo Smith, a fifty-six-year-old redhead from Maine, was hired as a "mule skinner" to tend the burros and load the beasts.

The burros could do a lot of work. For example, fifteen burros carried fourteen hundred and nineteen (1419) pounds up to Madison Spring Hut in three and a half hours on June 22, 1929. In addition to carrying heavy loads, burros carried bulky items such as window frames and rafters. Imagine the struggle if men would have to carry these items up from Appalachia to Madison Spring Hut.

However, burros also could be stubborn. Sometimes a burro would get halfway up, and wouldn't go any further. He would be left there for two or three days and finally, he would finish the ascent.

After construction was completed, the burros were kept for a few years but the stable was gradually reduced to about a dozen.

A telephone line had been installed from the Ravine House to Madison Spring Hut in 1915. One day during the summer of 1929, a severe thunderstorm developed. Most of the crew was sitting on the iron bunk beds in the bunkhouse waiting for the storm to pass, but Rod was baking a cake in Hut #2 which had zinc counters

Rodney always focused on the needs of the guests in the Hut first. Most of the time his concern and attention were simply acknowledged and that was enough. Sometimes, guests did more. For example, W. B. Butterfield wrote a thank you letter: "It was a pleasure to spend the night of August 19 in the Madison Spring Hut near Mt. Madison. Mr. R. D. Woodard should be highly complimented on the very efficient and excellent manner he prepared and served the meals and manages the hut."

What a nice compliment!

In 1931, Rod left Madison Spring Hut to become the Assistant Hut Master to Joe Dodge. His duties included going to each hut to make regular inspections. As Rod later described it, "I was walking all summer." As an example, records from an inspection tour in 1934 recorded Rod's observations:

- "Lonesome Lake Hut - Good meals, Hut dirty, No work outside;
- "Greenleaf Hut - Hut in fine shape, Much work done outside, Good meals;'
- "Galehead Hut- Clean, Good food, Much work done outside;
- "Zealand Hut - Fair food, No fresh meat; No work done outside;



A string of burros could haul over half a ton from the valley to the construction site at Madison Spring Hut in under four hours and do it over and over.

Photo from the collection of F.W. Richardson

"The other Huts were in good shape and the boys were trying to do their best." Rod confessed, "I'm afraid I was kind of easy on the fellows in the huts....I didn't find too much fault. If I saw something drastically wrong or if the fellows weren't keeping up to their job, I'd say something about it."

Madison Spring Hut was rebuilt in 1941. More recently, the Hut was rebuilt again. In an article in the September/October 2010 issue of the AMC OUTDOORS magazine, Rob Burbank described upgrading of the Madison Spring Hut completed in 2011. The renovation improved the common areas and upgrade the alternative energy and waste systems. The 1929 structure with the stone walls would remain with the bunkhouse having the same capacity, but improvements would be made. The new structure would be situated on the same site as the original Hut. The newest building is "designed to preserve and honor the integrity of the building."

For more information on the history of the Madison Spring Hut, you can consult the following sources that I used in compiling this article:

- Chronicles of the White Mountains, by Fredrick W. Kilbourne, Published May, 1916
- Appalachia, Evolutions of the AMC Hut, by Dean Peabody, Jr. December, 1931 Vol XVIII Number 4
- Appalachia, Log of a Hill Jack, by Joe Dodge June 1932 Vol. XIX Number 1
- Boston Evening Transcript; June, 27, 1929
- AMC Outdoors; September/October, 2010
- An Interview given by Rodney D. Woodard, October, 1974 with Chris Stewart.



Burro carrying rafters.

Photo from the collection of F.W. Richardson



Burro carrying window.

Photo from the collection of F.W. Richardson



Madison Spring Hut as it looks today.

AMC Photograph

In 1877, construction of the Sawyer River Railroad began with the laying of two miles of rail to the site of the village of Livermore. The current Sawyer River Road follows at least part of the route of the Sawyer River Railroad.

By 1878, two mills had been constructed in the village and about a half square mile had been cleared. By 1880 there were 18 buildings in the village and 103 residents. A quarter of the residents worked in the mills but most of the rest were apparently wives and children. There were also a few residents engaged in other activities, such as running a charcoal kiln, but most of the population depended on the mills run by the Saunders family. The Saunders family owned everything in the village and about a third of the land making up the Town.

While Livermore was built as a logging town, it reportedly was a logging town with a difference. Unlike the other Timber Barons in the Whites, the Saunders family sought to maintain their woodlands by following sustainable harvesting techniques similar to current practices in New Hampshire. In fact, reportedly the Saunders were able to harvest marketable timber from the same areas three times in about 40 years and there were still virgin trees standing. Very different from the strip cutting practiced by others.

The Town of Livermore was incorporated in 1876.

Although a company town, Livermore was a real New Hampshire town with town meetings, town government, a school, and in 1881 a post office. Of course, there was also the mill, an engine house, and ice house, a black smith shop, a winter boarding house, a store and storehouse and a large barn. The Saunders family also constructed a large mansion on a rise that they occupied for part of each year.

From a population of 103 in 1880, Livermore grew to 191 in 1900. In addition to the permanent population, many (likely hundreds) of temporary workers were involved in logging and running the railroad. No doubt, the village was bustling.

The footprint of the town itself has a strange fat "C" shaped area mostly running across ridgelines. It stretches across the White Mountains from a few miles south of Franconia Notch to the southern end of Crawford Notch. While definitely a long thin shape for a town, if you look at the map, it is a smaller stretch than the current road network would suggest. Its shape is due to the fact that the Town of Lincoln encompassed the upper drainage of the Pemigewasset River including the East Branch and Livermore was boxed in by the other earlier towns to the east and south.



Livermore was a thriving community in the late 19th and early 20th centuries. These photos starting at the top and going down show the village school house, a view down the main street, and the residents posing on main street with the Saunders mansion behind them on the rise.

Photos above from the collection of the Bartlett Historical Society



Thus, the Town ran from the area around East Pond off Tripoli Road across the top of Loon Mountain across the Kancamagus Pass to the southern end of Crawford Notch. Mount Carrigain and Mount Osceola are both in the footprint of Livermore.

1900 marked the zenith of the village. By 1910, the population had slipped from 191 to 64. After a rebound in 1920 to 98, the decline continued to 23 in 1930 and to 4 in 1940. The post office closed in 1931.

Why did Livermore die? There were a number of reasons.

Fires repeatedly destroyed the mill. The first mill burned down 1876, and was rebuilt. In 1909, the mill again burned down with much of the rest of the town, and they were again rebuilt, but probably not as extensively. In 1918, the mill burned down again, and was reconstructed.

Changed management also was a factor. As noted above, the Saunders family, particularly Daniel Saunders and his son, C.G. Saunders were the driving force behind Livermore, the railroad, and the lumbering operations. However, after Daniel's death in 1917 and C.G.'s death the following year, operations were turned over to

a family friend who apparently had limited experience and proved less effective at running the interlocking operations.

The coup de grace came when in 1927 extensive flooding destroyed much of the town and the railroad on which it relied.

In 1928, the mill closed for good and discussions began with the federal government about selling its land. In 1934, the heirs of the Saunders and the government agreed to a price of \$9.00 an acre and the transfer to the government was completed in December 1936. The State of New Hampshire finally revoked the town charter in 1951. Livermore was gone.

In addition to the timbering and milling that occurred in the eastern end of Livermore, there was another separate operation that was started in the western end of the town.

The Livermore Tripoli Company attempted to extract a diatomaceous earth known as tripoli in area around East Pond off of the Tripoli Road. This effort was sponsored by Charles B. Henry, the son of James E Henry, the Timber Baron who logged the Pemigewasset Wilderness from his base in Lincoln.



If you visit the site of Livermore village today, all that remains are the foundations and items that were not removed. This picture shows the foundation of the powerhouse.
 Photographer: Erin Paul Donovan (www.scenicnh.com)

This picture shows the foundation of the mill.
 Photographer: Erin Paul Donovan (www.scenicnh.com)

The process used dredged sand from East Pond and the tripoli was separated in the mill. The process was not financially successful and the project was abandoned and the company dissolved in 1919.

However, the Henry family retained the land for years apparently hoping someday to successfully extract the mineral from East Pond's sands. Only after the death of Charles' daughter Katherine was the sale of the property to the Forest Service finalized in 1994. I have hiked to East Pond more than once and never saw the signs of the work of the Livermore Tripoli Company. However, I plan to return this summer to see if I simply overlooked the clues.

While it is easy to overlook the traces of the Livermore Tripoli Company, the remains of Livermore village are more obvious if you only stop to look through the trees lining the road the next time you are driving down Sawyer River Road. The ruins of Livermore Village are located about 2 miles down Sawyer River Road from Route 302. You will see the remains of foundations on the side of the road, but there is more to explore. The last buildings were destroyed in 1965, but the foundations and many artifacts remain.

If you are interested in the history, it can be a good outing by itself, but you can also add it to trip to Mount Carrigain or Sawyer Pond or any of the other places you can get to off Sawyer River Road.

If you visit the remains of Livermore, please respect the site and leave it as you find it for future explorers. It is the right thing to do. In addition, the site is protected by law, as are all other historic sites in the national forest, and damaging the site or removing the artifacts is a crime.

Learn and respect the remains of the past!
 Happy Exploring!

If you are interested in learning more about Livermore, the Bartlett Historical Society has an extensive online archive (www.bartletthistory.org/bartletthistory/livermore.html), there is a shorter Wikipedia article and Rick Russack authored a detailed summary on the WhiteMountainHistory.org website. You can find more with your favorite search engine.

Finally, Erin Paul Donovan has an impressive collection of photographs of New Hampshire wild areas on his website (www.scenicnh.com) that includes photographs of the ruins of Livermore. Erin Paul graciously permitted us to use two of his photos of Livermore in this article. Thank you, Erin Paul!

Livermore is gone but clearly not forgotten!

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Outdoor Tips: Keeping Mosquitos and Black Flies at Bay

BY BOB MCLAUGHLIN

Spring has arrived in New Hampshire and summer is beginning! The snow has melted at least in most places, and the trails are getting less muddy. Life is good! Or is it?

The bugs are back and as bad as ever. Last year, we ran article about ticks and how to deal with them in the summer issue of *Mountain Passages*. It is time to cover the other major pests of this time of year: mosquitos and black flies.

First the good news! While mosquitos can transmit diseases, such as malaria (not in New Hampshire), West Nile Virus (WNV), Eastern Equine Encephalitis Virus (EEEV) and Jamestown Canyon Virus (JCV), these diseases are significantly less common than the diseases spread by ticks. Black flies on the other hand are not known to spread any human diseases in the United States.

However, if the risk of disease is less or nonexistent, there is no doubt that mosquitos and black flies are nuisances or worse! In this article we will explore how to avoid and repel mosquitos and black flies and at the same time enjoy the outdoors.

Mosquitos

Mosquitos are attracted to carbon dioxide, such as in our breath, and then home in on their targets by sight. While we cannot stop breathing, we can reduce our desirability by choosing our clothing. First, it has long been recognized that mosquitos (as well as black flies) are attracted to people wearing darker clothes. Presumably this is because most of their other victims are dark colored.



While bear and deer cannot change their coats, we can. If you want to limit the attention of mosquitos (and black flies), dress in lighter colors. Second, recent research indicates that at least some mosquito species are attracted to red. So, you may want to avoid red in your clothing even though there is not much you can do about the red tones in your skin.

Finally, you can make it harder for mosquitos to reach your skin. Long sleeves and long pants can help. Woven cloth provides a more effective barrier than does spandex and other lightweight materials which mosquitos can bite through. However, while denim and cotton cloth can effectively prevent mosquito bites, they are not a good choice for hiking or other outdoor activities because they tend to get wet and are hard or impossible to dry in the field. Remember the adage "Cotton Kills."

Another piece of clothing that I find really helps is a hat. Just wearing a hat can discourage mosquitos as well as black flies. Applying repellent to the hat can improve your chances of keeping the biting pests away. We discuss repellents later in this article.

When all else fails, head nets and net jackets provide the ultimate protection. While I find them uncomfortable to wear, others swear by them. For example, Richie Holstein spends a lot of time in the spring building and maintaining trails as well as enjoying them, and in the process exposes himself to the mosquitos and black flies. As Richie puts it, "I'm a walking drink menu for insects. Neither DEET or picaridin make much of a difference. A head net is a lifesaver. A bug jacket is not wonderfully comfortable but works. Mosquitos cannot reach through the double layer of net and shirt."

I always carry a head net in my pack even if I hardly ever use it. But if you attract mosquitos and black flies more than I do, or if you object to using chemical repellents, you may find that a head net and bug jacket is the perfect solution for you.

In addition to choosing your clothing, consider the timing your outdoor activities. Unless you visit their favorite haunts, mosquitos are most active and annoying at the end of the day and early night and to a lesser extent at the beginning of the day. During the midday, you should be able to avoid troublesome mosquitos although it is always possible to find a mosquito at any time particularly if you are near a body of still shallow water.

Mosquitos also may be more active on humid cloudy days particularly if there is no wind. Mosquitos are not good fliers and if there is an appreciable wind, they are not likely to be able to home in on you. As an aside, when you are at home a fan blowing on you or your group may be effective at avoiding troublesome mosquitos.

Finally, to avoid mosquitos, consider use of mosquito repellents.

Mosquito repellents, unless exempted, are registered pesticides regulated by the U.S. Environmental Protection Agency (EPA) and the State of New Hampshire. In registering mosquito repellents, EPA considers the risks and benefits, including efficacy of the repellent. Products that are exempt from registration are considered to present no more than minimal risk but have not been evaluated for their efficacy as repellents.

While it is your choice, I always look for registered mosquito repellents. You can identify registered products because the labels will contain a text that reads "EPA Reg. No." and "EPA Est No" followed by a "number" in numerals and sometimes alphabet letters. EPA has also begun a program to label registered mosquito repellents with icons that indicate the pests controlled and how long the control is effective.

The two most common active ingredients in registered mosquito repellents are DEET and picaridin. Both are effective at repelling mosquitos.

For maximum repellency, look for DEET products that contain at least 20% active ingredient, but avoid any that contain more than 30% active ingredient. There are higher concentration products available, but they are no more effective and can present additional hazards. DEET irritates your eyes and at very high concentrations may even cause blindness. Also, you should avoid getting DEET on synthetic clothing or camping equipment.

Picaridin is a newer repellent and appears to be effective at repelling mosquitos at lower concentrations than DEET, although it is less effective at repelling ticks. Picaridin's major advantage is it does not damage clothing or equipment. Picaridin also is odorless and not greasy.

You may want to try both repellents to determine which one you prefer. However, if you want to enjoy the outdoors in the spring, summer and fall, you probably will want to use a mosquito repellent.

Black Flies

Clothing and timing of outings that work for mosquitos will also work well for black flies. If anything, black flies are even pickier than mosquitos with regard to timing. You are unlikely to encounter black flies in the earliest hours of the morning, during mid-day or after dark. However, watch out if you are doing anything outdoors between the time when the sun is high enough to clear the hills until about 11:00 am and at the end of the day. If you are outdoors at those times in the spring, you will likely have a horde of black flies as company.



Unlike mosquitos which can breed in any stationary water, black flies breed and frequent only flowing water and may require fast running streams. During black fly season, you may want to avoid trails that run along streams. Not easy in New Hampshire but possible if you search.

One good thing about black flies is their stay with us is fairly brief. I used to say black fly season ran from Memorial Day to the 4th of July, but the flies seem to be expanding their turf. That said, biting black flies are still limited from late spring until early summer. In a large part, this is due to the reproductive pattern of black flies.

All black flies lay their eggs in streams in the fall but use two strategies for reproduction: first, one type over winters as an egg and only develops into larvae in the spring; and second, other species hatch in the fall and overwinter as larvae. The species that over winter as larvae emerge first in the spring, to be followed by a second wave when the species that over winter as eggs emerge. Additional waves may follow if conditions favor midseason generations. Ultimately, black flies depend on cold running water for reproduction and as the water warms in the summer, the black fly season comes to an end.

Of the 40 species of black flies that occur in New Hampshire only 4 are attracted to humans, and none are attracted exclusively to humans. Of these 4, only 2 actually bite humans. This explains the hordes of black flies swarming around our heads but never landing.

Another good thing about our black flies is they are not fast fliers. If you are running or even walking at a fast pace, you are unlikely to be bothered by black flies. But, if you stop or even slow down to a slow walk, you may be a black fly's lunch. If you hike in areas other than New Hampshire, you might find that a walking pace is not enough. I know from experience that you cannot walk fast enough to avoid black flies in the Adirondack High Peaks Region. So, if you venture afield, be prepared!

Unfortunately, available repellents are less effective on black flies. Some sources suggest that the repellency may simply not last as long, but to me, it seems that repellency is over as soon as the repellent is applied. However, as with mosquitos, an individual's appeal to black flies depends on their individual skin chemistry.

We all have about 300 different chemicals on our skin and each has an effect on the insects seeking to drink our blood. There is no reliable data saying how an individual will fare, but there is no question there are differences and these differences can be extreme. I used to joke that the best mosquito and black fly repellent for me was to hike with my wife and daughters, but it was true!

As another war story, I was staying with a friend at Johns Brook Lodge in the Adirondacks in the spring and among the other guests at the Lodge were three sisters. After our first day of hiking, my friend and I and two of the three sisters had a few black fly bites and nothing worse than a few itchy spots. The third sister on the other hand, was covered head to toe with bites and severely swollen with an allergic reaction. Her hiking days were over for that trip and required a couple days of rest and a lot of Benadryl before she was ready to hike the 3.5 miles to their car.

The moral of the story is each person has their own susceptibility and sensitivity to black fly bites. You should be aware of this and take the appropriate precautions if you don't want to become a victim of the black fly.

Conclusions and Recommendations

As a final thought, remember that black flies and even mosquitos are not all bad.

The presence of black flies is an indication that the streams they are breeding in are clean and unpolluted. In addition, because the black fly larvae attach to rocks and live as filter-feeders they help keep the streams clean by removing detritus and small particles in the water. Black flies are also a major source of food for fish, amphibians and birds.

Mosquitos are also a significant food source for fish, amphibians and birds. However, mosquitos will breed in any quiet or slow-moving water that is not actually toxic. That said, there is work to try to identify chemicals in the mosquito saliva that may have pharmaceutical use.

Finally, while you will need to take precautions, don't let the mosquitos and black flies keep you from enjoying all that the New Hampshire outdoors offers in this wonderful season. There are ways you can experience the outdoors and keep the mosquitos and black flies at bay!





20s & 30s; We're Back!

BY: LUCRETIA WITTE

After two years of sheltering in place and local solo outings during Covid, we are ready to come together outdoors for the fun we have all missed. There will be precautions, and activities will be designed to minimize risk, but it will be so much better! The 20s & 30s or “Young Members” Committee Chairs, myself and Selene Berube, look forward to seeing you all. Come out and see old friends and meet new ones!

By the time you are reading this, we have held our first weekend outing camping at Cardigan on June 17-19 for the last weekend of the spring. We had a good turnout and while there were black flies, cool temperature, clouds and a few showers we had a great time. The group campsite at the base of Mount Cardigan was only a 10-minute walk from the AMC Cardigan Lodge in Alexandria, NH. The campsites were hike-in/pack-in, pack-out but for those who weren't ultralight hikers, there were wheelbarrows to help transport heavy items. Campsites included a fire pit, bear box and compostable toilet. We had a great time hiking and, for the really brave or foolish, swimming.

Our next planned activity will be the interchapter weekend at Noble View in the Berkshires on the weekend of August 12-14. We decided to take the lead on bringing chapters together, and with the advice of Penny Miller at AMC Central we chose the Noble View Campground for its accessible location. We've reserved the entirety of the Noble View campground and cabins for the weekend. Noble View was originally purchased by AMC's Berkshire Chapter in 1931, and is a peaceful, pristine mountaintop location that overlooks the Pioneer Valley with 360 acres of woodlands, trails, and abandoned farm fields to explore. To learn more about Noble View and see the trail map, go here: <https://www.outdoors.org/destinations/massachusetts-and-new-hampshire/noble-view/>

There will be campsites available that accommodate 4 people and two tents each. You can camp or enjoy the luxury of cabins with electricity and lighting. The campsites and the cabins do not have running water, but there is a central shared bathhouse with showers and dishwashing sinks and a shared campfire ring. Visit our page on the Chapter website for more information.

In another two weeks, on August 26-28 we will be sponsoring a camping trip to Barnes Field Campsite near Gorham, NH. The campsite is in a mixed hardwood, spruce and pine forest in Pinkham Notch at the base of the Presidential and the Moriah Ranges.

Needless to say, there will be great options for hikes. However, the campsite will be close to the Peabody River and Culhane Brook for fishing or water fun and the area is noted for bird watching. Also, there will be other local options for fun and entertainment plus food and supplies.



A happy group of Young Members at this winter's learn to ski social.

Our next planned trip will be to Squam Lake for camping on the weekend of 9/30-10/2. Foliage should be at peak on this weekend and whether we have clear weather or rain, it will be spectacular. We will be camping, paddling and hiking in one of New Hampshire's most beautiful locations. Shoutout to Briana Krol, who organized this weekend and the Cardigan weekend. See Activities Database Online for more info.

Our final outing will be on the weekend of October 29-31 at Highland Center in Crawford Notch. It will be late fall, and while most of the leaves will be down, it will be lovely. This will be our one “indoor” weekend, but there will be great opportunities to get into the woods before winter sets in again.

Selene and I, as new Young Members chairs, have had a variety of advisory board meetings with young members throughout NH to help mobilize folks and learn what kind of events people want to do. We hold these meeting via Zoom every other month and any young member is welcome. We post details of upcoming events on our Facebook page and if you are interested you can write to AMCNH2030@gmail.com to be included. Some fun events that have happened as a result of these meetups have been socials, new leaders beginning training, and local collaborations with gear shops and bookstores. We would always love to have new young members on our advisory board and think this is an important part of learning what events to offer.

We think we have put together a great slate of activities but are always looking for more ideas. *All we need is you!*

For more information or to make reservations, go to the 20s & 30s page on the Chapter website (www.amcnh.org/committees/20s-30s/) or www.outdoors.org or send an email to AMCNH2030@gmail.com



BY: MR. TRAIL ETIQUETTE GUY

Reprinted from Mountain Passages July/August 2006

I once saw a book titled, "All I Really Need to Know I Learned in Kindergarten." The same thing could be said about hiking above treeline, because it's all about staying inside the lines and connecting the dots. I'm sure most of you are aware that as you climb higher up in our mountains, the trees get shorter and shorter, transitioning into what we call "krummholz", and then just disappear entirely. It's that region where the trees dare not grow that's the subject today.

When you leave the trees below, it can seem like you're entering an alien world. And in a sense, you are. It isn't a world alien to our planet, but it is alien to our latitude. Most researchers agree that ecosystems found on our higher summits are remnants of how things looked about 10,000 years ago. As the mile high ice age glaciers retreated from our environs, . . . these plants flourished in the cold, scoured rock landscape left behind. Heck, it was just like back home!

But alas, it would not endure. As the climate warmed, plants from the south that were spared by the glaciers moved north, and pushed the arctic vegetation up into the highest elevations. It was here that they found a home where they could survive, but the larger competing plants couldn't. This is what we now call the alpine zone. It is here that generations of alpine flora have survived and thrived, isolated on their islands in the sky.

My personal favorite alpine plant is the diapensia. Granted, the name doesn't exactly roll off the tongue. It's easier if you remember it as the "Diet Pepsi" plant. Diapensia is one tough plant. It grows in densely packed mounds usually 10-24 inches around. Their tiny leaves are thick and waxy to conserve moisture. They pack tightly together to form a nearly solid aerodynamic

Mountain Passages
The Newsletter of the New Hampshire Chapter of the AMC

Volume 32, Number 6 July/August 2006

In memoriam – Bernice Johnson

The NH Chapter Executive Committee is saddened by the recent loss of long time Hospitality Chair, Bernice Johnson, who succumbed to cancer on April 30th of this year. Bernice, who was nominated to AMC membership in 1957 by Helen D. Cole and Elizabeth McLane, has served on our NH executive committee since 1967. Bernice has been "Ms. Hospitality" for the NH Chapter for all of the nearly 40 years she served us, though the job title changed over the years. Bernice proudly celebrated her 86th birthday in March of this year.

Bernice was active in the chapter as recently as last December and will be sorely missed by all whose lives she touched. While she is famous for hounding dinner program attendees to turn in their badges so the Chapter did not waste money on buying new ones each month, her dedication to the club did not end with hospitality. With nearly 50 years of volunteer experience under her belt, Bernice was very supportive of the Chapter's efforts to recruit young members and sternly told our YM chairs that they had "many years of volunteering" ahead of them! She has been an info volunteer for the Club, and served as Chapter membership and hospitality chair. She hiked, camped and shared with all those she met her enthusiasm for the outdoors and conservation. The AMC was not Bernice's only cause, and she volunteered for other organizations as well, including

Bernice Johnson was always smiling through her dedicated service to the AMC.

the Cottage Hospital in which she spent her last days. In typical Bernice style, while she was hospitalized earlier in the year, she was so bored that she got her doctor's permission to work in the gift shop while a patient! In 2003, Bernice staffed the Hikes Desk at the Appalachian Trail Conference's biennial meeting in Waterville Valley, which our chapter hosted. Her energy and unselfish, giving nature have inspired many.

Bernice generally brought
Continued on Page 2

Contents

In memoriam – Bernice Johnson	1
Who's Who in New Hampshire	2
Hiking Above Treeline: Coloring Inside the Lines	3
Annual Hut Night #2	5
Conservation in Action!	5
Trip report—Escalante	9
Views to Amuse	10
Upcoming Events	10
September Dinner and Program	11

Page 1

mound that sheds the howling winds. But the masterstroke is that they contain a special pigment that absorbs UV radiation and converts it to heat. With this built-in furnace, they can extend their growing season by melting the snow around them in the spring.

Ingenious! This gives them an edge over other alpine plants and is one of the first to bloom each year. Each May, delicate white flowers extend about an inch above the mound to wave in the breeze. But life in the alpine zone is hard and slow. The growing season is incredibly short; only 6 weeks or so. Consequently, the plants take an incredibly long time to grow. A mound of diapensia about the size of a dinner plate is probably 60 years old!

Diapensia is not particularly rare as alpine plants go. But there are many other plants that are extremely rare. Some only exist in the White Mountains.

Probably the most famous is the dwarf cinquefoil, a tiny flower found only on Mt. Washington and Franconia Ridge; great efforts have been expended to ensure its survival. Not the least of which was to relocate a section of the historic Crawford Path to protect a colony.

This brings me to what this article is supposed to be about after all: Hiking above treeline. It's plants like diapensia and dwarf cinquefoil that make this environment so wonderful and unique. So why would we want to damage what makes it so special by being careless? I think the ancient philosopher Spike Jones put it best when he sang, "You always hurt the one you love." Over millennia, alpine plants have adapted to screaming winds and killer cold. But as tough as they are, they haven't had that same luxury of time to adapt to the crush of a Vibram soled boot. As I said before, the alpine growing season is exceedingly short. One careless step could undo decades of growth. And it seems that the main source of damage is hikers who have trouble staying on the trails.





Here is a Taste of What is Planned.

EXCURSIONS

Excursions is the hiking committee of the NH Chapter.

Our volunteer Trip Leaders lead trips to many places in northern New England, some that may be familiar and many that will be completely new to you. We'll take you to the tallest peaks of the Presidential Range and to the smaller ones, like Willard and Major. We don't just go to the White Mountains! We have plenty of hikes planned in southern NH.

Excursions has a full slate of activities planned.

We have planned hikes to the 4000 footers. We have already hiked to Tecumseh, Hale, Moriah, and Jefferson this year. But, there are more 4000-footer hikes planned including Moosilauke, Adams, the Hancocks, Whiteface, Carter Dome and the Osceolas.

If you are interested in shorter less challenging hikes, we have you covered there too! So far, we have hiked through Madam Sherri Forest to the summit of Mt Wantasquit to catch the mountain laurels at their peak. We have also restarted the Wednesday Night Hike Series. For the rest of the summer, we plan hikes to Monson Center where we can see signs of a village abandoned in 1770, and to the Oak Hill fire tower in Concord. Based on interest, more Wednesday Night Hikes may be scheduled. Another more leisurely hike is planned to Greeley Pond from the south during the Labor Day weekend.

We also have two weekend outings planned.

On Labor Day weekend, we will sponsor a car camping weekend at Osceola Vista Campground in Waterville Valley. This will be a great way to get in the mountains on the long weekend without the parking headaches. You will be able to go off on your own or join in organized hikes which will include challenging hikes on the Waterville Valley Skyline Loop and more relaxed outings along the spectacular Waterville Valley cascades to Mt Snow or to Greeley Ponds from the south. It should be a great time!

In the end of September, the second annual "Over 55 Weekend" will be held at Cardigan Lodge. There will be entertainment and planned hikes. You can also head out on your own. Foliage should be at or near its peak and the weekend will be a great time to reconnect with old friends or make new ones. Finally, even though it is billed as "over 55," anyone who is older than 18 is welcome!

We have also sponsored two training sessions. A Map & Compass Workshop was held in Meredith on June 10 and a Children's Safety in the Woods program was held on June 11 in Hollis. Keep a look out for more.

For more information, check out our page on the Chapter website (www.amcnh.org/committees/excursions-hiking/). You can also find planned hikes and other activities on the AMC activities database on outdoors.org by searching "New Hampshire Chapter" and "Excursions." If you see something you are interested in, register. Participation is limited and activities can fill up quickly.

PADDLING

The NH Chapter Paddlers are people who enjoy life on and off the water. Like other AMC activity committees, the paddlers are outdoor enthusiasts with an interest in paddling as well as a concern for protecting and conserving our waterways. Paddling trips for all skill levels and moods are offered from early March until late October and beyond. There are still a lot of activities planned!

The best way to find out what we are doing is to check our webpage at (www.amcnh.org/committees/paddling/) and the AMC activities database searching for "New Hampshire Chapter" and "Paddling."

We are planning three weekend outings this summer.

First, we will sponsor the Knubble Bay Training Weekend at the Knubble Bay AMC Camp in Georgetown, Maine on July 8 to 10. This will be a sea kayak training weekend for new and experienced paddlers. Candidates will be screened by the trip leaders before they will be registered. Both dry land and on the water training will be

provided. Participants are expected to have appropriate kayaks for the ocean (at least 14.5 feet) and provide personal floatation devices and wet suits and spray jackets. If you don't have the equipment, a local shop provides rentals and can even deliver the equipment directly to Knubble Bay.

Our second weekend is planned from Thursday August 18 to Sunday August 21 at Winslow Park & Campground in Freeport, Maine. This is another sea kayak weekend and participants are expected to be level 2+ and capable of paddling in 1-2 foot seas with 1-4 knot winds.

Finally, we will hold our Labor Day Paddler's Camping trip at Clear Stream Campground in Errol, NH. There are many paddling options nearby ranging from flat water to Class 3 whitewater. We will be posting volunteer lead paddling trips in the near future.

MOUNTAINEERING

The NH AMC Mountaineering Committee sponsors workshops and trips to suit all levels of climbers. In the summer we focus on rock climbing and sponsor trips to crags and cliffs primarily in New Hampshire, and occasionally in Vermont, Maine, and Massachusetts. Our focus is on technical climbing and participants need to have the skills to climb safely.

Don't know much about technical climbing? No worries! Before you head out on one of our trips, we offer many training opportunities to make sure you are prepared and have the skills required. Together with other AMC chapters, we offer gym and field training for beginners and experienced climbers. Private climbing schools are also available and our leaders can provide guidance.

There are a lot of trips offered when you have the skills. Visit our page on the Chapter website for more information. www.amcnh.org/committees/mountaineering/

In our above-treeline areas, we, as a society have decided to sacrifice narrow ribbons of land to use as hiking trails. They allow us access to these wonderful regions, while restricting our impact to the trails. But for this to work, we hikers have to fulfill our side of the bargain by staying on the trails. That can be a lot to ask of someone in this phenomenal landscape. You might think you're in "The Sound of Music." But please suppress the urge to go running and twirling across the alpine fields (you can still sing if you want). In the European Alps, you can actually do that because they've been grazing cattle there for centuries. Our "alpine" areas are quite different. So, the key to protecting them is to stay on the trail.

When hiking down low, it's usually pretty obvious when you've strayed from the trail because of all the trees. But above treeline, it's quite easy to stray from the treadways if you don't pay close attention. Maintainers have done their best to make it clear where trails are, but there is only so much they can do. Their primary tools are scree walls and cairns. "Scree" is just a fancy word for small rocks. When the trail edges are lined with low walls of scree, it defines the trail without being intrusive. A "cairn" is a fancy word for mounds of rocks. They range from basic 1-foot piles, to intricately constructed 7 footers. They're used to mark the trail and are placed at regular intervals to help you find it even in low visibility. So, like I said before, it's all about staying inside the lines and connecting the dots.



A patch of dispensia blooming on Eisenhower in June

Photographer: Debbie Marcus

If you just hike between the lines of the scree walls, and connect the dots made by the cairns, that's all we ask. It's a pretty simple in concept, but not so simple in practice. Without regular maintenance, scree walls get kicked out of place and lose effectiveness. Even when in perfect condition, hikers who don't understand their purpose will still step over them and wander off-trail. Cairns are a bit harder, but can still be dismantled by the ignorant. So, for it to work, the system relies on the cooperation of informed hikers... like you! This doesn't mean that you're a prisoner of the trails.

Of course, there will be times that you will need to step off them; to let other hikers pass, or to get that perfect photo. In these cases, your rule should be to only walk on the rocks so you'll be less likely to disturb the vegetation.

This should be done as little as possible and be careful to limit your steps only to rocks. Even walking on unvegetated soil should be avoided.

This rock hopping can be a bit tricky. The lichen covered rocks off-trail can be very slippery and are often unstable. Our above treeline zones are rare, wonderful, and sometimes otherworldly places. They can both inspire and challenge us. But when we visit them, we must take great care to keep them the way they are. If we want to ensure that they remain inspiring and challenging for generations to come, we all need to stay between the lines and connect the dots.



Coming Soon to Cardigan: An All Persons, All Access Trail

BY: RICHIE HOLSTEIN



The new All Persons, All Access Trail at Cardigan should be open in August.

A long-term dream to have an all persons, all access trail on Mount Cardigan is finally coming to fruition. The plan calls for a loop trail with features to accommodate people with mobility challenges as well as individuals with developmental disabilities. What has been the Upper Nature Trail will connect to about 0.4 mile of trail from the lodge parking lot. The entire length is just under a mile and the trail will be enhanced with gentler grades and a surface to make it easier for all individuals to navigate. There will be stations to rest and enjoy things of interest. Not just people with disabilities, but cross-country skiers and snowshoers will find this a great beginner trail. Families with small children will easily walk the loop and find things to keep the children engaged.



The NH Chapter Crew who is helping to make the All Access Trail happen! From left to right, Pam Johnston, Prudie Taylor, Heather Blease (on ground), Bill Foster, Frank Miller, and John Thompson.

Photographer: Richie Holstein

A pro crew led by Ellie Pelletier (formerly the crew leader for the Andrew Norkin bridge further up the trail) is responsible for most of the work. Volunteers will play a vital part, supplementing the pro crew. While the pro crew began work creating the new surface and cutting trees so the roots may be easily dug out, volunteers opened the corridor from the lodge to enable trucks to deliver construction materials. Volunteers will be responsible for removing and disassembling several old bog bridges and three longer bridges, allowing them to be easily hauled out. They will also be responsible for “swamping in” sections of the old trail no longer needed, often using the stumps of the trees that they have dug out. This should all be complete come August!

Funding has come from a Recreational Trails Program (RTP) grant, from matching grants by the AMC-NH Chapter and the Robert M. Stillings Fund, and from many generous individuals. Volunteer hours will count towards the RTP matching requirements as will additional directed gifts to AMC.



Heather Blease hard at work disassembling a log bridge.

Photographer: Richie Holstein

We can use your help! So far we’ve cleared the way to deliver construction materials and removed the decayed old bog bridges. Official volunteer work days will appear in the VOLUNTEER OPPORTUNITIES section of the Activities Database on outdoors.org. There will be notices in the Hike with AMC-NH group on Meetup and through other media, though all registration must be via the Activities Database. Contact the three co-chairs of the NH Chapter Trails Committee at trailsnh@amcnh.org for more information.



The corridor for the new trail is ready for surfacing.

Photographer: Richie Holstein

Where In The Whites?

Where was the photographer and what mountains appear in the photo?
Be as specific as possible!



Photographer: Bob McLaughlin



Last issue's mystery photo was taken at a viewpoint on Irene's Path in Waterville Valley and shows Mt Osceola.

Photographer: Bob McLaughlin

In the Spring 2020 issue of *Mountain Passages*, we introduced a new photo identification contest, Where in the Whites?. We asked readers to guess where the photo was taken and what mountains were in the photo. We promised to print the names of the first 10 respondents with the correct answer.

Last month's photo is reprinted here. It is a view of Mt Osceola taken from the viewpoint on Irene's Path in Waterville Valley. This photo was another challenge and only three readers got the peak and the trail completely right:

- Ian Ayer
- Laura Soule and
- Jon McCarthy.

Another reader, Rich Gould named the peak but indicated it was taken from the Flume Brook Trail. Because Irene's Path replaced the Flume Brook Trail following Hurricane Irene and runs close or in the same track, I consider Rich's answer to be correct as well.

We have to wait and see if this issue's photo is easier!

Identify the mountains in the photo and where it was taken. Be as specific as possible! Take a guess and submit your answers to WitWamcnh@gmail.com.

We look forward to getting your submissions.

❄ Winter is Just Around the Corner, Consider Winter Hiking Series in 2022

Did you start hiking this Spring only to hit a lot of ice and have to turn around unprepared? Are you interested in hiking all year around instead of just in the summer? If so, the NH Chapter is offering the Winter Hiking Series (WHS) again this year. This is a great course for those experienced 3 season hikers who wish to expand their hiking into the winter season. The series includes an opening weekend at Highland Center which includes a day of classroom training and a hike. The series continues with four additional hikes spread a 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 however, doesn't mean that winter hiking is easy and certainly not without risk. The series will teach you about the gear and clothing needed to safely tackle the NH 4,000 footers in the winter. We will also discuss nutrition, hydration, body heat management, group emergency/survival gear as well as trip planning and weather. Our goal of the series is to ensure that every graduate of the series has the knowledge to begin safely hiking the 4,000 footers in the winter.

The cost of the series is \$340 for members which includes 2 nights lodging at Highland Center with 2 dinners, 2 breakfasts, 1 lunch, a manual and exemplary instruction. The opening weekend is November 11th to 13th. Hikes are scheduled for Dec 3th, Dec 17th, January 7th, and January 14th. Four hikes are scheduled for Saturdays but could be moved to Sunday if weather warrants a change of date.

Photos, both taken by Larry Yetter



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

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

We urge you to apply. Registration begins on July 15, 2022. If accepted you will be amazed by the camaraderie, fun, challenges, and true beauty winter hiking can bring!

If you are interested, please contact Larry Yetter at yetter95@gmail.com or Wanda Rice at wandarice603@gmail.com for more information

To apply, go to <https://amcnhexcursions.regfox.com/2022-winter-hiking-series>





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NH Chapter
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Permit No. 417

'Mountain Passages' is only the beginning...

From hiking to biking, AMC's New Hampshire chapter has it all. Visit our website at amcnh.org and read more about us and our many year-round events.

Help Wanted: Volunteer Opportunities

TREASURER:

The NH Chapter has an opening for a volunteer treasurer. As treasurer you will be a member of the Executive Committee and be responsible for all the Chapter's financial matters.

- Duties - Pay bills, receive payments, prepare monthly financial reports, assemble budget, prepare annual audit docs for AMC
- Time commitment - approximately four hours per month (more during budget and audit season). Attend one Zoom or in person meeting per month.
- Use on-line version of QuickBooks
- Interact with other AMC volunteers

Current treasurer will train to assure a smooth transition. If you have the time, some financial background, and want to help the Chapter, please contact:
Ron Janowitz (RJ) TreasurerNH@gmail.com or 603-625-9848)

BICYCLING COMMITTEE CHAIRS:

If you are interested in biking with like-minded members of the New Hampshire Chapter, you may have noticed that there are no trips listed. The group used to be so active! What's up?

Well, the answer is easy, there are no chairs of the Bicycling Committee to sponsor the trips. You can solve this problem!

We are looking for members who are interested in Biking to step forward and resurrect the committee. If you want to have Chapter sponsored Bike Trips, we depend on you to volunteer. It really isn't a lot of work, but your participation can make it happen.

Welcome Aboard

BILL COVINO:

OUR NEW GRAPHIC DESIGNER

With this issue, Bill Covino has joined our team as graphic designer for *Mountain Passages*, the quarterly newsletter of the New Hampshire



Chapter of the Appalachian Mountain Club. Over the past several years Bill has worked with various AMC team members in designing and producing AMC branded clothing items, logos and incentives/giveaways for the organization. As Bill expresses it: "I welcome the opportunity to work with the people of the AMC, enabling the public to enjoy, explore and learn more about the amazing natural resources available to us here in New

England." Bill is an avid alpine skier and traveler and enjoys sea kayaking, photography, and his dogs. As a professional art director Bill brings thirty plus years of experience from the corporate, higher education, medical and high-tech arenas. He clearly is ready for the "challenges" of *Mountain Passages*!

Welcome Bill!