

MOUNTAIN PASSAGES

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

AMC August Camp—A History

BY: BOB McLAUGHLIN

In this issue, Joe D'Amore provides his impressions and recollections of this year's August Camp held at Sandy, Oregon at the base of Mt Hood. August Camp seems to be a regular part of AMC activities, but how did it start?

The AMC was founded in 1876 and the first August Camp was held at Katahdin Lake, Maine only 11 years later in 1887. The second August Camp was held two years later also in Maine. From 1889 on, August Camp has been held annually with very few exceptions. Until 1990, all August Camps were held in the northeast (New Hampshire, Maine or New York State). In 1990, August Camp was held at Glacier National Park in Montana, and since then with a few exceptions August Camp has been held at various locations in the western United States or Canada. A list of the location of all August Camps is posted at the AMC website (www.augustcamp.org/history).

The challenges presented by August Camps varied considerably. For example, the 1919 August Camp was held at Chimney Pond at 3000 feet at the base of Katahdin and campers had to hike for two full days to reach the campsite. The campsite was described as a "stunted arctic forest, solemn and mysterious, never till now disturbed by man." In contrast, the 1925 August Camp was held at Kidney Pond near Katahdin at a private camp where campers slept on spring beds with mattresses and ate in a dining hall with dishes and had a Steinway piano and two bowling alleys for entertainment.

Elizabeth Roberts in her article August Camp Reviewed (Appalachia Vol XXIV pages 75, 83 (June 1942) summarized the first 47 August Camps as "twenty-seven camps have been held in New Hampshire, eighteen in Maine, and two in New York. Eleven camps have been placed on or near sizable lakes, and the others in open fields or clearings near the mountains, most of them on mountain streams."

But August Camps don't just happen. Elizabeth Roberts' article described what was required in 1942:

The first task is to find a suitable location. Mr. Alfred H. Edgerly, who has probably scouted more August Camps than any other individual gives the following suggestions:

1. Determine what particular region you would like to visit, where you may find enough good climbing and possibly canoeing for a two weeks' program.
2. After poring over maps and reading everything you can find, get into correspondence with a local guide or leading citizen.
3. Make a visit to the region, preferably a year before camp takes place.
4. Get the scout to conduct you to one or more places which seem to answer your requirements.

These requirements are:

- (1) High, reasonably level ground, above the level of drenching valley fogs wherever possible.
- (2) Abundance of pure water, close at hand.
- (3) Bathing facilities, if they are to be found in a natural state; otherwise, plan for the erection of a dam sufficient to provide a pool.

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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Notes from the Editor

It has been a cool rainy summer ending with a week of heat and sun. The weather since then has been more pleasant, if not completely dry, and the black flies are finally gone! Despite the weather, I hope you have been able to make the most of the season. However, as we move through September, the days are getting shorter and the leaves are beginning to change. It is not too late to get out and enjoy the beauty all around us.

In this issue of *Mountain Passages*, we continue our review of the development of trails in the White Mountains by considering development of the first trail network, the trails of Waterville Valley. It is an interesting history and an interesting trail network to visit.

We also start an examination of the Nineteenth Century artists who sought to capture the beauty of the White Mountains. It is a joy to be able to live in a location that inspired so much great art!

We also have a report and free-verse poem from Joe D'Amore concerning his experiences at this year's August Camp held at the base of Mt Hood. Accompanying Joe's article, we have included a brief history of August Camp, a long-standing tradition of the AMC.

In Chapter news, Richie Holstein has a report on the completion and dedication of the Cardigan All Persons, All Access Trail. Shandi Elliott has a preview of the October Chapter Annual Meeting and the plans for the Programs Committee. Tim Jones provides a summary of the recent activities of the Paddling Committee and a recap of the Labor Day Paddlers' Gathering.

Finally, Christine McLaughlin has an article outlining the biology behind the changing leaves that make fall so spectacular in New Hampshire.

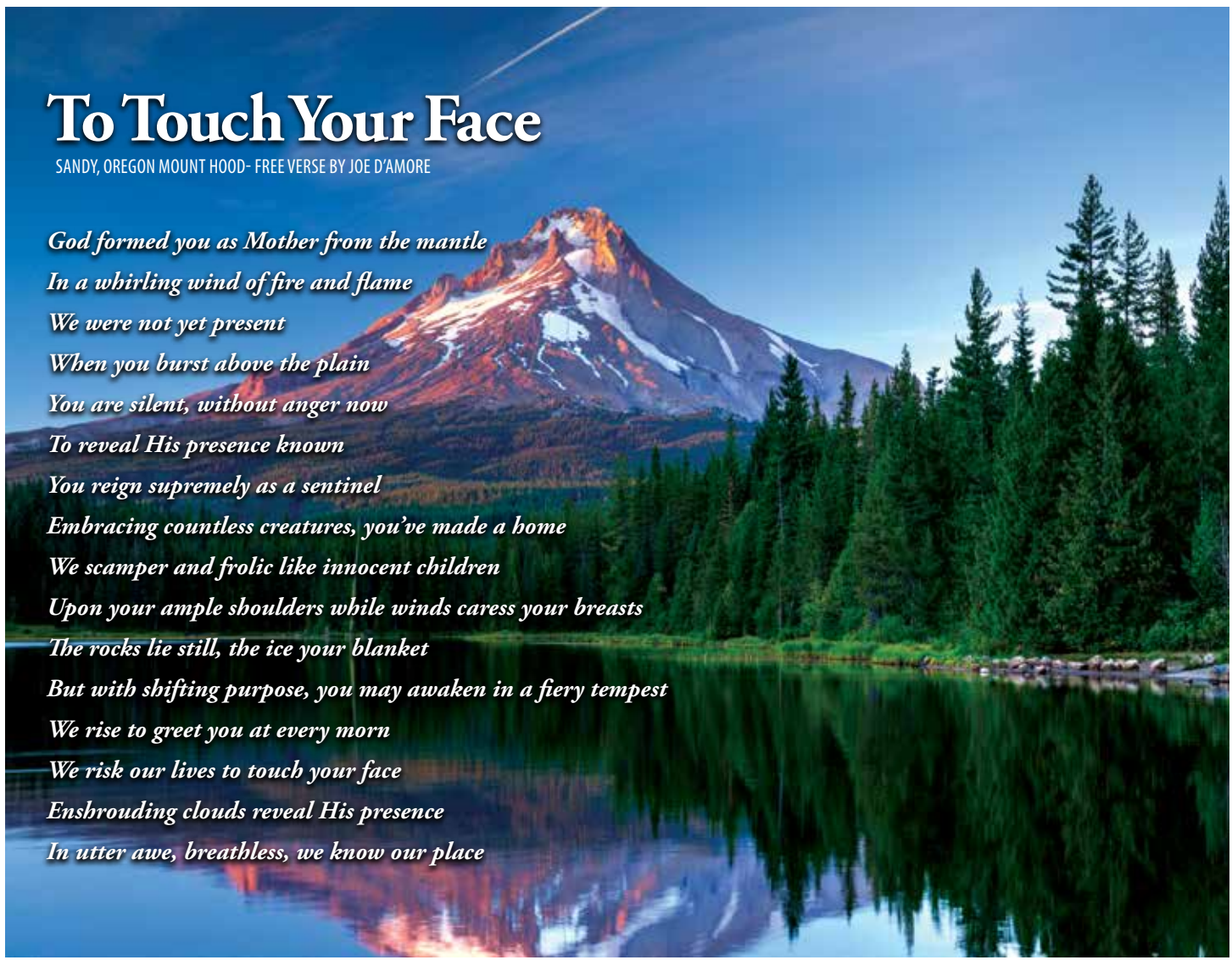
I hope you enjoy this issue and find something to stimulate your enjoyment of the outdoors. Comments and suggestions are welcome.

If you are interested in getting involved in *Mountain Passages*, I am seeking a coeditor to work with me in putting it all together. See the Help Wanted article for more information.

ERRATA: In the article about development of White Mountain Guides in the summer issue, we described the contributions of Louis Cutter in developing the exemplary trail maps used in the AMC Guide. Unfortunately, we misspelled his name as Cutler. We apologize for this error.

To Touch Your Face

SANDY, OREGON MOUNT HOOD- FREE VERSE BY JOE D'AMORE



*God formed you as Mother from the mantle
In a whirling wind of fire and flame
We were not yet present
When you burst above the plain
You are silent, without anger now
To reveal His presence known
You reign supremely as a sentinel
Embracing countless creatures, you've made a home
We scamper and frolic like innocent children
Upon your ample shoulders while winds caress your breasts
The rocks lie still, the ice your blanket
But with shifting purpose, you may awaken in a fiery tempest
We rise to greet you at every morn
We risk our lives to touch your face
Enshrouding clouds reveal His presence
In utter awe, breathless, we know our place*

- (4) *Protection against the strongest force of prevailing storm winds.*
- (5) *Reasonable accessibility for cars and trucks with equipment.*
- (6) *Reasonably accessible sources of supply.*
- (7) *Available wood, ice and milk supply. Wood and ice have to be ordered, and cut by a local man the autumn before.*

Clearly, changes have taken place since 1942, but organizing an August Camp today continues to require extensive planning and preparation. Smooth organization of an August Camp cannot happen by itself. While campers may not see the preparation for an August Camp, they enjoy the benefits that flow from the preparation. Thank you to all the people who make August Camp work as well as it does.

As the AMC website promises:

August Camp continues to be a place where we live in a simple manner, close to mountains and streams. Many of the same traditions are carried on. "Follies" – the impromptu performances at the end of each session – is still a forum for camp stories, skits and jokes. Nightly campfires are still the place to plan for the next day's hiking. The croo person overlooking the lunch tent will forever be known as "the cookie monster."

If you are interested, 2024 August Camp is planned to be held in the Central Cascades in Sisters, Oregon. There will be four week-long sessions with the first beginning on Saturday, July 20 and the last ending on Saturday, August 17. Check out the AMC website (www.augustcamp.org) for more information.

A Personal Report from AMC August Camp 2023

BY: JOSEPH D'AMORE

Though experiences will vary for each camper at an AMC August Camp depending on interest and abilities, there are ample opportunities to craft a collection of adventures.

My focus this year was to discover old-growth forests and trails that lead to waterfalls. Additionally, I wanted to view Mount Hood, the Columbia River Gorge and the area's distinctive topography from a variety of angles and heights.

My hikes fulfilled all of my goals with truly breathtaking impact. I had the opportunity to lead a small group from Timberline Lodge at 6,000 feet elevation towards the 11,700 feet summit of Mount Hood by taking the Pacific Crest Trail. After 45 minutes we had travelled a half mile and were able to stand on snow fields with the summit just 3.1 miles away.

The forests were varied, ranging from newer growth that seemed to be struggling with long periods of hot weather, to damp, dark, deep passages in old growth forests. It was stunning to enter a forest that was re-generating after a fire in 2018. There were tall blackened trees in a deep gorge intermixed with sparkling green flora. Yet, despite the astounding recovery, the distinctive smoky smell lingered. Most striking of all was a haze from the humidity which created the illusion that the fire was still smoldering!

All the waterfalls were stunning and on one hike there were cathedral height basalt rock cliffs. Most hikes were never far from rushing rivers, streams, and cascades.

We also took a white-water rafting excursion on the De Chutes River in Maupin, Oregon. The river originates from Little Lava Lake in the De Chutes National Forest. Here we entered a different world that was meso-desert-like. The entire 12-mile river gorge segment we travelled was sharply scaled on two sides by rusty colored volcanic rock with sharp edges and deep furrows. At one point, we landed and walked a 1/4 mile away from the river along a tributary which was created by glacial melt from Mt. Hood. Here two rivers met, the Mt Hood River and De Chutes River. Our goal was to reach flumes where the hardest of our group "surfed" – butt down, knees slightly bent and hands across the chest.

As a reprieve each afternoon, a few of us frequented a local "watering hole." Not far from the camp, there was a lovely forest walk to a splendid and expansive grey sand beach. The beach was outlined with a cascading river and pools for cooling after a day of hiking. This was also a favorite spot for fisherman who frequented and shared the site with us.

All told, August Camp offered stunning beauty, a remarkable demonstration of nature's power to regenerate and inspiring vistas. That and sharing these experiences with other hikers who we had just met and who were fast becoming friends on a very special and durable level.

A truly memorable experience!



Left: Mt Hood Sandy Oregon- A view of Mt Hood.

Photographer: Joe D'Amore

Right: MT HOOD Joe D'Amore on a snowfield in August

Annual Meeting

BY: SHANDI ELLIOTT

AMC's New Hampshire Chapter Annual Meeting will take place on Saturday, October 22 at the Grappone Conference Center in Concord, NH from 6-9 pm. Doors open at 6, there will be a buffet style dinner and a business meeting where we will be electing the slate of officers for the next year. Valerio Viti will be stepping down as chair and Selene Berube has been nominated as our new chair. Registration is \$25 for AMC members, \$35 for non-members and will open September 10. The guest speaker will be

Philip J. Carcia who is a hiker, runner, and media creator who has logged over 25,000 miles on some of the most iconic trail networks in North America. Some notable accomplishments of Philip: NH48x21, WM Dirittissismx5, calendar day Presi/Pemi '21, calendar day Kancamagus Highway yo-yo '22, NH48 Single year grid 18/19, Single Season White Mtn Guide '22. You can check him out at www.findingphilip.com and on Instagram @findingphilip.

Please join us for the 102nd annual meeting!

Of the AMC NH Chapter on October 21, 2023 at the Grappone Conference Center in Concord from 6-9 p.m.

Philip J. Carcia will be our guest speaker. Philip is a hiker, runner, and content creator who has logged more than 25,000 miles on some of the most iconic trail networks in North America.

For those of you celebrating your 25th and 50th anniversary of AMC membership, dinner is on us, for you and a guest. Thanks for your continuing support."

Register at:

<https://amcnhexcursions.regfox.com/amc-nh-chapter-2023-annual-dinner-meeting>



Chapter Chairs, past, present and future; left to right: Rick Silverberg, Past Chair; Selene Berube, nominee for Chair, and Valerio Viti, current Chair.

Landscape Artists in the White Mountains in the 1800's

BY: BOB McLAUGHLIN

In the 19th Century, American landscape artists came into their own. These early artists focused on romantic portrayals of dramatic landscapes, and the White Mountains provided exactly the type of landscape they were seeking. Unlike the European romantic landscape artists of the period, American landscape artists avoided representations of mythical figures or classical ruins and focused on dramatic portrayals of nature featuring dramatic geographic features including mountains, cliff faces and waterfalls painted with lush colors and dramatic atmospheric effects. In fact, features in their paintings appear to glow. To a large extent, American landscape art represented a rejection of the industrial revolution and urban blight and sought to recapture a bucolic world that was passing away.

Three examples of Thomas Cole's early White Mountain Paintings



*Top: **View in the White Mountains** (1827) part of the collection of the Wadsworth Atheneum Museum of Art*

*Lower Left: **Peace at Sunset (Evening in the White Mountains)** (1827) part of the collection of the Fine Arts Museum of San Francisco*

*Lower Right: **Autumn Twilight, View of Conway Peak (Mount Chocorua), New Hampshire** (1834) part of the collection of the NY Historical Society*

Thomas Cole

The first of the American landscape artists of note was Thomas Cole (1801-1848). Cole was born in Bolton le Moor, England, and emigrated with his family in 1818 to the United States. After working for a brief time as a designer for calico prints and an engraver, Cole was introduced to oil painting by an itinerant portrait painter named Stein who lent him an instructional book. Cole was sold on oil painting.

Cole moved to Philadelphia in 1822 where he worked at perfecting his drawing and took classes at the Pennsylvania Academy of Fine Arts. In 1825, Cole moved with his family to Catskill, New York in where he took an extended sketching tour up the Hudson River valley and into the Catskill Mountains. In 1828, Cole visited New Hampshire on a trip recommended by a patron, Daniel Wadsworth. On this trip Cole sketched and climbed Chocorua. Cole returned the next year, and later in life described the experience as: "[I]n the mountains of New Hampshire there is a union of the picturesque, the sublime, and the magnificent; there the bare peaks of granite, broken and desolate, cradle the clouds; while the [valleys] and broad bases of mountains rest under the shadow of noble and varied forests." While most of Cole's landscapes portrayed the the Hudson River valley and the Catskills, and he is recognized as the founder of the Hudson River School of landscape painting, his visits to the White Mountains resulted in some notable paintings.

In addition to painting the White Mountains, Thomas Cole also painted the lakes region south of the Whites.



*Top: **View on Lake Winnepiseogee [sic]** (1828) part of the collection of the Wadsworth Atheneum*

*Bottom: **Lake Winnepesaukee** (1827) part of the collection of the Albany Institute of History & Art*

Consistent with typical practice in the early Nineteenth Century, Thomas Cole sketched in black and white (pencil, pen and ink or charcoal) in the field and made notes and then used these sketches and notes and his recollections to paint in his studio. This approach allowed him to accurately depict structures of the mountains, cliffs, trees, streams and lakes and other physical elements in the landscape,

Thomas Cole in his later paintings reflected the increased domestication of the wilderness.



Top: A View of the Mountain Pass called the Notch of the White Mountains (Crawford Notch) (1839) shows the clearing of the forests to make way for a farm and stumps of the trees that were cut while capturing the wilderness beyond. This painting is part of the collection of the National Gallery of Art.

Left: The Hunter's Return (1845) part of the collection of the Amon Carter Museum of American Art.

Bottom: Home in the Woods (1847) part of the collection of the Reynolda House, Museum of Art.

but also encouraged the use of exaggerated color and atmospheric effects that appealed to the art collectors of the time. Cole also used the sketches as source material for multiple paintings.

Thomas Cole and the other painters of the Hudson River School were greatly influenced by developing attitudes about wilderness in the early nineteenth century. Together with the poets and novelists of the Romantic Period, the painters portrayed the beauty of wild places in contrast to representations in the prior periods that considered wilderness to be frightening and dangerous or even evil. Instead of a source of evil, Cole tried to portray the beauty of the wilderness as the gift of a beneficent God.

As time went by and the impact of man on the wilderness became more apparent, Thomas Cole reflected the change in his paintings. For example, in his 1827 painting, Peace at Sunset, a deer is represented on a ledge but there is no sign of humankind or their works, while in the 1839 A View of the Mountain Pass called the Notch of the White Mountains the foreground is occupied by a cleared field with stumps and further back two structures are apparent together with a mounted horseman. By 1845 the subject of the painting The Hunter's Return is a prosperous small farm and a group of men returning from a successful hunt with the landscape reduced to picturesque background. A little later, in 1847, the primary subject in Cole's Home in the Woods is a cabin and the mountains are relegated to a distant backdrop.

Thomas Cole also produced many allegorical paintings departing from but greatly influenced by his landscape paintings.



Top: The Voyage of Life was a four part series of allegorical paintings by Thomas Cole originally completed in 1840 in which the voyager is accompanied by his guardian angel throughout life. The panels are Childhood, Youth, Manhood, and Old Age. Two versions of the paintings exist; the 1840 version is part of the collection of the Munson-Williams Arts Institute and the 1842 version is in the National Gallery.

Above: The Titan's Goblet (1833) is part of the collection of the Metropolitan Museum of Art. This painting is particularly enigmatic and has been described a "defying explanation" by the Metropolitan Museum.

Thomas Cole was drawn to allegorical paintings as well as landscapes and he created series of allegorical landscape paintings such as *The Course of Empire* which represented the same landscape as it was developed, at the height of development and in ruins, or *The Voyage of Life* which represents a figure traveling through a landscape in a boat as a young man, in his maturity and as an old man. A study of Cole's work demonstrates the cross influences of his landscape and allegorical paintings.

Thomas Cole's home and studio in Catskill, NY, which he named Cedar Grove, is listed as a National Historical Location and is open to the public. (www.thomascole.org)

Albert Bierstadt

Albert Bierstadt (1830-1902) was a member of the second generation of the Hudson River School who painted the White Mountains. Bierstadt was born in Prussia but his family emigrated to Massachusetts when he was one year old. His brothers, Edward and Charles were noted early photographers, but Albert was drawn to oil painting. Bierstadt painted many scenes of the White Mountains but is probably best recognized for his paintings of Yosemite valley and the Rockies.

Bierstadt was drawn to the grandeur of the White Mountains as was Cole. However, he avoided the allegorical allusions that Cole embraced and his choice of color was more restrained and realistic particularly in his later paintings. Bierstadt was drawn to the ridges of Franconia Notch and it is easy to recognize in many of his paintings the familiar view of the Notch that drivers on I-93 can enjoy while driving through Franconia Notch.

Albert Bierstadt's early work was similar to the paintings of Thomas Cole.



*Top: **Mount Lafayette, Franconia Notch** (1862) The color and light of the painting is very reminiscent of Cole's work.*

*Left: **The Emerald Pool, Pinkham Notch** (1870) uses lush colors and romantic color typical of Cole's paintings.*

*Right: **Echo Lake, Franconia Notch** (1861)*

The artists discussed in this article typically sketched their subjects in the field but returned to their studios to create their paintings. The paintings of Cole and Bierstadt reflect the sentiment of the 1800s which glorified the wild beauty of the American landscape and man's place in it. Landscapes portrayed a pastoral setting in which people and the environment coexist, but the landscape dominates. The American landscape painters relied on the drama of the landscape itself particularly the White Mountain landscape. The style valued a realistic and detailed portrayal of nature although it is frequently highly idealized and over dramatized.

Bierstadt painted Eagle's Cliff from Lafayette Place multiple times.



*Top: **Eagle Cliff from Lafayette Place, Franconia Notch***

*Bottom: **Eagle Cliff from Lafayette Place***

While the term "Hudson River School" was coined to disparage the artists of the movement, it came to be a badge of honor which hid the breadth of the artists fields of work. Specifically, while the roots of the school were in the Hudson Valley of New York many significant paintings by the artists were set in other locales including the White Mountains.

It is interesting to study their paintings of the White Mountains and compare them to the same viewpoints today. Next time you visit the locations represented in these paintings, I suspect knowing the paintings will give you an even greater appreciation of the beauty you experience.

If you are interested in studying these paintings, they are available on the Chapter website on the Mountain Passages page or you might visit the White Mountain Artists website (<https://www.whitemountainart.com/>)

We will continue the story of painters in the White Mountains in the Winter Issue.

Where in the Whites?

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



In the Spring 2020 Edition 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 from Imp Face looking south to the shoulder of Carter, Wildcat and the Presidentials. It is one of the truly spectacular views in the White Mountains. The seven readers to properly identify the photo are:

- John Gutowski
- Loretta Boyne
- Mike Sullivan
- Dave Zimmerman
- Alan Cooper
- Larry Cook, and
- Mark Swasey

We will have to wait and see how much of a challenge this issue’s photo is!

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. By the way, Wit and WitW are not names, it is the initials of the first three words in Where in the Whites.

We look forward to seeing your submissions.

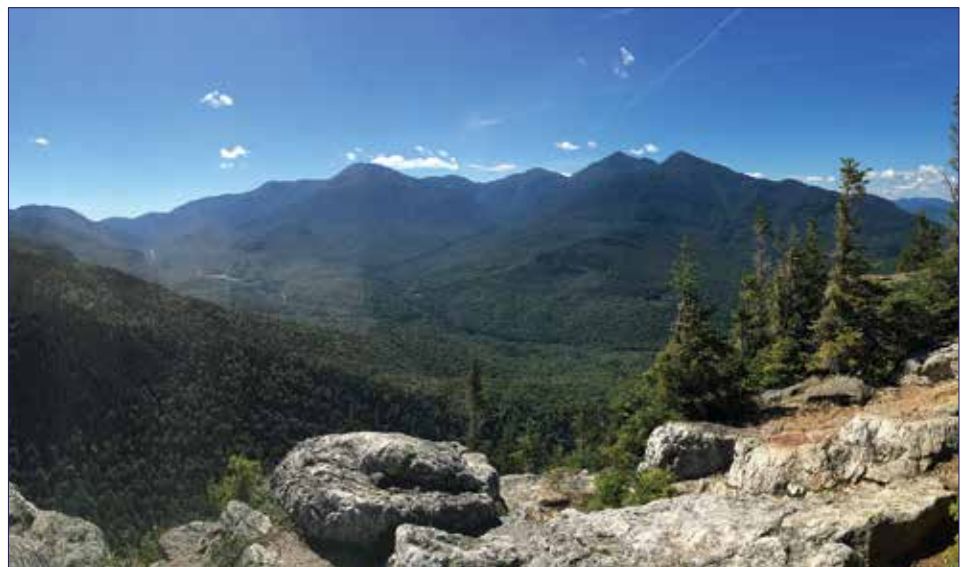


Photo by Bob McLaughlin

Changing Colors

BY: CHRISTINE MCLAUGHLIN



*The color of foliage in the Fall depends on the differing biology of the pigments in the trees' leaves, but can leave you breathless.
Photograph by Bob McLaughlin*

Have you ever wondered about why or how the leaves change in the fall? What makes them turn the colors they do? In this article, I will briefly explain the 'behind the scenes' processes that give us the wonderful colorful display we enjoy every year.

First, a little introduction into how plants turn sunlight and carbon dioxide into energy to fuel themselves and to grow and incidentally to provide food for animals. All green plants use a process called photosynthesis, and all green parts of a plant contain a unique 'powerhouse' called a chloroplast in their cells. The chloroplast contains chlorophyll, and is where photosynthesis, the process by which green plants transform light energy into chemical energy, occurs. During photosynthesis in the leaves of green plants, including deciduous trees, light energy is captured and used to convert water, carbon dioxide, and minerals into oxygen and sugars. A side note: leaves appear green for most of the year to us because the light waves absorbed in this process include all wavelengths of visible light except green, leaving that reflected wavelength to be seen by our eyes.

Two main types of trees are in the woods in temperate zones such as our New Hampshire forests. Those are deciduous trees, that lose their leaves in the fall to survive the cold winters, and coniferous trees, that have needles (leaves) that can stay on the tree year-round. Not all deciduous trees show the stunning displays of color that we expect in the fall. Why do some trees go from green to gold, red, purple, and orange and others simply go brown or fade before falling? The answer is that in the leaves of the showy trees, such as maples, sumac and birch, there are many molecules other than chlorophyll that are used by the plant to assist with growth or photosynthesis as accessory pigments. Two of these pigment molecules are anthocyanins and carotenoids. During the height of photosynthesis in the summer, these pigments are mostly hidden by the dominant green chlorophyll. However, with lower light levels and cooler temperatures of autumn, photosynthesis slows, and chlorophyll in cells starts to break down. The other pigments that were masked before become visible in the leaves! In trees that do not display vivid fall colors, secondary or auxiliary pigments are less prominent or completely missing, so when the chlorophyll fades, the only color that remains is that of the pigment-less cells.

Anthocyanins are a type of flavonoid pigment found in many plant leaves as well as other plant parts such as stems and flowers. The color they display changes with the pH of the cell's vacuole where it is stored. Red color is from acidic (low pH) conditions, and blue and purple is from more alkaline, or basic conditions (with a high pH). Intense light and low temperatures, such as a sunny late September day, favor the development of anthocyanin pigments. Often an excess of sugar exists in leaves when anthocyanins are abundant. This extra sugar is moved from the leaves and stored to tide the tree over winter when it isn't photosynthesizing. This is why anyone who has left a car parked under a maple tree in fall will often find droplets of sap on their vehicles, and why fall woodlands often smell sweet.

Carotenoids are a group of yellow, orange, or red pigments. There are two major types: carotenes, and xanthophylls. In the leaves of green plants, carotenoids serve as accessory pigments in photosynthesis, trapping solar energy and passing it to chlorophyll, the primary photosynthetic pigment. They also protect cells by absorbing excess light waves that otherwise could damage the plant. These pigments are at high levels year-round but are only seen once the chlorophyll in cells starts to decline. I hope you can take a little extra enjoyment out of the fall colors this year, with a little more insight into the biology behind what you see!



Photo by Bob McLaughlin

New Hampshire Paddlers; View from the Gathering

BY TIM JONES AND THE AMC NH PADDLERS



*White water fun at the Labor Day Paddlers' Gathering.
Photo by Caitlin Lemaire*



*Pot-Luck Supper at the Labor Day Paddlers' Gathering.
Photo by Bill James*

AMC NH Paddlers has had a very busy spring and summer! Between April 1 and Labor Day, our amazing trip leaders posted 80 trips or events, including:

- seven “Loon Paddles” offered in conjunction with the Loon Preservation Committee
- two “Introduction to Whitewater” events giving 24 new paddlers a chance to try the sport
- two Swiftwater Rescue Practice sessions
- an introduction to River canoeing
- a couple of Sea Kayaking weekends in Maine
- several multi-day wilderness canoe trips in Maine and New York
- lots and lots of recreational, sea kayaking, canoeing and whitewater day trips.

On Labor Day weekend (September 1-4), 35 campers (plus a number of other paddlers who joined us just for the paddling and Potluck) converged at Clear Stream Campground in Errol, New Hampshire for a long weekend of camping, gorging at the amazing Saturday-night Potluck, and enjoying flatwater and whitewater paddling trips galore. This year we had absolutely perfect weather—sun, comfortable temperatures and no rain. Campground owner Mark Dickson makes this event possible every year by allowing AMC NH Paddlers to reserve 5 contiguous campsites along the beautiful Clear Stream.

This event used to be just a gathering of whitewater paddlers, but in recent years, we’ve offered more and more flatwater trips to bring in more paddlers. This year, we had at least one flatwater and one Class 2 Whitewater trip each day (Friday-through Monday), plus Class 3 Whitewater trips on the Magalloway River on Saturday and Sunday.

Here’s a sampling of what participants had to say about the weekend:

“I laughed more this weekend than I have in a while. I actually feel like I may have met some people my age who I would genuinely enjoy hanging out with again. I definitely see a difference between my first trip a few years ago and this year. Way more young people. I think the first trip I went on there were about 5-7 people my age? Amazing!”

“The Paddlers’ weekend was a great gathering, with many different paddling types/skill levels. It was easy to find a trip that worked for me and them, and when we were all back at the campsite, it just felt like a gathering of like-minded people without any cliques or bad vibes. I think it’s probably just the nature of the people.”

“Lots of generous, kind and very interesting people were there to paddle with, eat with and totally laugh and enjoy for a few days.”

“The potluck was more diverse than other years! Lots of non-meat options for our veggies/vegans. I heard that that was really appreciated by that group of eaters. I liked the “rolling” potluck style, it didn’t really have a beginning or an end, it just was.”

“The best part of the Paddlers Weekend in Errol for me was the people and the great conversations I had with them. Paddling a river or Lake Umbagog together with others is a natural opening to chat with folks about the wildlife, their life and their thoughts on the universe. We did an evening paddle and watched the full orange moon rise and then suddenly saw a whole row of satellites in the sky. Turns out they are up there for our internet, who knew? An AMC leader with us did!”

Continued on page 15

Cardigan All Persons, All Access Trail

BY: RICHIE HOLSTEIN

The Fall 2021 issue of *Mountain Passages* had an article about plans for an all persons trail near Cardigan Lodge. Now, in Fall 2023 that trail has been dedicated and opened to the public.

the revised treadway from both ends of the trail towards the middle, cutting back trees and other vegetation to make the trail wide enough, and laying material to solidify and smooth the trail and to provide drainage.

As summer progressed it became clear that only about half the trail could be completed in 2022. Despite putting in several culverts, places which had been wet along the old trail remained soggy. We found springs we never knew existed! The unfinished middle of trail was ill-suited for travel and roped off: "Roots and rocks and various trees will snag your snowshoes and wreck your skis." Only one of three rest area picnic tables was in place.



*Ray and Gail DeLucia enjoying one of the picnic areas on the completed trail.
Photo by Richie Holstein*

The Upper Nature Trail

The idea for the trail first came about in 2016 during the NH Chapter's annual Family Group Weekend at Cardigan. The Upper Nature Trail had always been an easy hike, but more than ever we played hopscotch over puddles and walked the plank over decayed bog bridges. After three years of informal conversations, 2019 saw a written proposal sent to AMC. In 2020 AMC's Director of Trails, the late Andrew Norkin, and Alex DeLucia, then Trails Volunteer Programs Manager, scouted the Upper Nature Trail to begin scoping out the project. By 2021 the proposal to transform the trail was solid enough to have a hike for donors up to Cardigan's summit.

The All Persons Trail Takes Shape

A Recreational Trails Program grant, donations from the NH Chapter, private donations, and internal funding from AMC got the project started in the summer of 2022. To begin the summer pro crew and volunteers dismantled and removed a couple dozen bog bridges and four bridges across streams. The pro crew began clearing



The old bog bridges

The first replacement bridges needed equipment called a griphoist to lift and move the underlying supports for the bridges. Those supports, stringers, were originally meant for saltwater docks and are about 15" thick. They should last 30 years! The streams flow is unimpeded because the stringers completely span the water.



What a difference: the new bridge.

Completing the Trail

Things looked pretty bleak when we returned this past spring. There were several blowdowns. Fortunately, the blow down missed the new bridges. Snow melt left puddles in places we knew were wet areas. One stream had overflowed its bank and washed out about 20 yards of trail. Only two of four bridges were complete. It was time to get to work!



- 1) Griphoist helps position a stringer
- 2) Boulder Rest Area
- 3) Team takes apart a bog bridge
- 4) Standing water from snowmelt
- 5) Nancy Ritger & Frank Miller attach the first storyboard
- 6) We replaced the decaying plank walkway

Repairing the damage took priority. Volunteers got rid of the blowdowns while the pro crew began putting in French drains and more culverts while resurfacing the treadway. Altogether it took 500 tons of surfacing materials to complete the trail. With those tasks done, attention turned to joining the two ends of the trail and adding the final picnic table and rest area.

Now the new trail needed amenities: parking and toilet facilities. Off the side of the Holt-Manning Trail an area which had been used as a landing and for storage of construction materials became the new parking lot. It's reserved for handicap tagged vehicles. An accessible toilet is at the back.

Signs, signs, everywhere signs! Not only are there new directional signs for the trail, but there's a storyboard sequence for kids. The story is scheduled to change twice yearly.

People have been walking the new trail since August, but the formal dedication took place September 22. Several senior AMC staff, including Nicole Zussman, AMC President and CEO, were there to celebrate and share in the barbeque to follow.

"[The] Appalachian Mountain Club strives to be an inclusive outdoor organization, committed to increasing access to and engagement with the outdoors for all people." Walk, ski, roll – enjoy the new trail!

Tales of the Trails-Waterville Valley

BY: BOB MCLAUGHLIN

We started this series in the Spring issue of *Mountain Passages* with a review of the history of Crawford Path, a single path that runs from the height of land in Crawford Notch to the summit of Mount Washington. In the summer issue, we followed up with a description of the development of multiple trails on the Franconia Range. In this issue we consider the development of the trail network in Waterville Valley.

Where Crawford Path is the longest continuously used foot path in North America, the Waterville Valley trails represent the first trail network in the United States, and spawned one of the first volunteer trail enhancement and preservation organizations.

established by Ebenezer Swazey at "Swazeytown" and Frank and Rebekah Blanchard at Beckeytown (named for Rebekah). Although these farmsteads were abandoned by the 1850s, the names still remain. Nathaniel and Joseph Greeley were also among the earliest settlers acquiring over 1000 acres.

As with the other trails we have examined, the Waterville Vally trail system is the product of nineteenth century inn keeper's attempt to provide entertainment and adventure for their guests. In Waterville Valley, the hotelier was Nathaniel Greeley. Nathaniel Greeley and his brother, Joseph moved to Waterville Valley with the

With the influx of guests, Nathaniel Greeley realized he needed to keep them entertained. Initially, Greeley followed other innkeepers in the White Mountains, and built paths to the prominent peaks surrounding Waterville Valley. In the 1850s, a bridle path was cut to the summit of Osceola, a footpath was cut to the top of Tecumseh which at that time was a bare summit with spectacular views. Another path was cut up Welch and another connected Tecumseh and Welch. In addition, he cut shorter trails to points of interest in the valley, including Cascade Brook and Greeley Ponds at the headwaters of the Mad River.



The 1898 AMC Snowshoe Outing in Waterville Valley.



The Elliott Hotel in Waterville Valley in 1896.



The railroad never came to Waterville Valley, inn keepers ran stages from the stations to their hotels.

Waterville Valley lies in the southern portion of the White Mountain region. Waterville Valley is a 10 mile long and about 6 mile wide dead-end valley bordered by mountains including six 4000 footers. The Mad River, a tributary of the Pemigewasset, runs from its source at the Greeley Ponds through the length of the valley. Waterville Valley is the name of the resort town nestled in the valley, but in this article we will be referring to the larger geographical area that includes land in adjacent towns of Sandwich, Thornton, and Campton as well as the unincorporated area which was once the town of Livermore.

Waterville Valley was first settled in 1829. The earliest residents included William Beard, William Snow (memorialized in Snow's Mountain) and Arnold Drake (memorialized in Drakes Brook). Later, farms were

intention of starting a farm around 1830. Unfortunately, the property they acquired did not prove suitable for farming. Joseph quickly became discouraged and abandoned Waterville Valley and resettled in New York State. Nathaniel stayed and as early as 1835 took in boarders to make ends meet. Initially, Nathaniel's boarders came to Waterville Valley for its clear air as a good place to convalesce, but word spread, and fishermen began to visit. In 1853, the railroad reached Plymouth about 20 miles distant and Greeley organized a stage to meet the trains and bring guests to Waterville Valley, Greeley's resort became a major tourist destination. Waterville Valley was seen as a more relaxed alternative to the other resort areas in the Crawford and Franconia Notches.

Finally, in the 1860s three long bridle paths were built from Waterville Valley to adjacent valleys. One bridle path ran about 30 miles through Mad River Notch to the Pemigewasset Wilderness to Crawford Notch. It was claimed that a good horseman could ride from Greeley's inn to the summit of Mt Washington in a single day. The second path passed south through the gap between Sandwich Dome and the Tripityramids passed Flat Mountain to arrive at the settlements of Whiteface, Sandwich and Tamworth. Finally, the third bridle path which was not complete until the 1870s was cut to Woodstock. The trail to Crawford Notch and the path south have been obliterated, although the path south has continued as a bushwhack known as "Lost Pass." The third path survives as Tripoli Road.

While many of these original paths have been lost, what sets the Waterville Valley trails apart is that they were designed as a true network of interconnecting trails that Greeley's guests of varying abilities could enjoy. Waterville Valley may be the first true trail network built in the United States. In 1876, Moses Switzer devoted 23 pages of his guidebook *The White Mountains: A Handbook for Travelers* to the trails in the



Guests on the porch of the Elliott Hotel in 1896.

Waterville Valley region. For more information on Switzer's Guide see the article on development of guides to the White Mountains that appeared in the Summer Issue of *Mountain Passages*.

Greeley's hotel was the source of the development in the summer resort in Waterville Valley. Many visitors chose to return year after year to enjoy the hiking or "tramping," and some of these repeat visitors chose to build their own cottages in the vicinity of the hotel. The Appalachian Mountain Club was created in 1876, and many charter members of the Club were summer residents of Waterville Valley. In 1879, the AMC held its eighth Field Meeting in Waterville Valley.

Following the sale of the hotel to the Elliott family, the hotel became known as the Elliott Hotel. In 1892 and again in 1898, the AMC held snowshoe outings based at the Elliott Hotel. In 1908, and again in 1953, the AMC August Camp was held in Waterville Valley.

Another thing that distinguishes the Waterville Valley trail system was that it fostered the development of an early trail maintenance group and developed a cadre of men that were responsible for development of trails throughout the White Mountains. In 1888, a group of summer visitors formed the Waterville Athletic and Improvement Association (WAIA) which continues to maintain the Waterville Valley trails to



Hikers or Trappers in Waterville Valley in 1896. Note the jackets and ties and long dresses.

this day although it is now known as the WVAIA to be consistent with the revised town name of Waterville Valley.

Among the many notable members of the WAIA, the most notable were probably the Goodrichs, Arthur L. Goodrich, and his sons Nathaniel L. and Hubert B. Goodrich. In 1892, Arthur wrote *The Waterville Valley*, a 29-page history and guide to the trails of the Waterville Valley. The original guidebook is available for download without charge on Google Books and the Library of Congress. Subsequent editions were published 1904 and 1916. The 1916 edition is available on the Library of Congress website.

In addition to authoring guidebooks, the Goodrichs were active in trail creation and maintenance. For example, the Goodrichs are responsible for the trails to Goodrich Rock (named for them after they discovered the huge erratic), the Scaur and the Kettles.

Nathaniel together with Charles W. Blood and Paul R. Jenks were active in trail maintenance and development in Waterville Valley, and subsequently throughout the White Mountains.

These three men became known as the "Old Masters" of White Mountain trail building responsible for trails outside of Waterville Valley including the Webster Cliff Trail, the Garfield Ridge Trail, the Mahosuc Trail, the Wildcat Ridge Trail, and the Twinway. Reflecting their experience with the unified trail system in Waterville Valley, in the early Twentieth Century the trail builders sought to build a unified trail system throughout the Whites.

Unfortunately, much of the original Waterville Valley trails system was destroyed by logging and subsequent development of the Waterville Valley ski resort. However, some of the original trails continue to exist. Notable among these are the Cascades Path, the Elephant Rock trail, and the trail to Goodrich Rock. Even after logging in Waterville Valley had come to an end, weather events could destroy the old trails. For example, Irene's Path had to be constructed in 2014 to replace the older Flume Brook Trail which had been severely damaged by Tropical Storm Irene.

While the original trail system is mostly gone, a wonderful trail network still exists in Waterville Valley that is largely based on the cross-country skiing trails that in many cases run along the paths of the original trails. It is a trail system that is worthy of attention of any hiker who wishes to avoid the crowds thronging to the Crawford Notch and Franconia Notch trails.

If you are interested in learning more about Waterville Valley, I recommend: Steven D Smith; *The Waterville Valley Guidebook* Christopher Johnson; *This Grand & Magnificent Place*; and Laura and Guy Waterman; *Forest and Crag* Mike Dickerman; *White Mountains Hiking History; Trailblazers of the Granite State* (American Chronicles).

The Labor Day Paddlers Gathering 2024 is already posted:
<https://activities.outdoors.org/search/index.cfm/action/details/id/146283>.
See you there!

"In other conversations I found out that one of our Leaders came to the US as a computer programmer, now has dual citizenship. Another Leader teaches high school students at risk. He gives his mother credit for showing him how to be kind and helpful and work to help others. One other Leader shared how his love of adrenalin sports brought him to white water paddling when he realized he didn't have the time to safely continue to fly gliders and how he hopes to get his daughter interested in white water."

"This was my first AMC event and it was a big workout for someone who is not very athletic and who hasn't done much since February of 2020. I did the Flatwater paddles Friday, Saturday and Sunday. Great to be outside in awesome weather and I appreciated that others didn't get too far ahead of the slow poke. Great campground, great pot luck, and not too many bugs!"

"When I signed up for the paddlers gathering my only whitewater experience was an Introduction To Whitewater I took with the AMC NH Paddlers back in May. Despite the months since, I was determined to try putting those skills to use again. There were flatwater paddles too, of course, but as I left home early Friday morning, I made the choice to leave my flatwater boat behind; I had a goal and I was going to stick to it. My first whitewater paddle in over three months was the Mollidgewock section of the Androscoggin on Saturday, a trip that was created just for me when I couldn't make the initial "warmup" paddle on Friday. I was a little nervous going into it, but I was quickly reminded exactly why I wanted to paddle whitewater again. The excitement and thrill of navigating rapids is an experience I haven't felt anywhere else. When we finished that paddle, we met up with the other whitewater group of the day on the shorter but more challenging Errol rapids. Like riding a rollercoaster for the first time I was nervous for the first run, but after that first ride I immediately joined with the others to shuttle my boat up for a second. I went into my second day paddle, on the Pontook section of the Androscoggin, with a new sense of confidence. That paddle was my favorite of the weekend. The mix of whitewater felt well within my skill level thanks to the previous day's practice, and the group I was in paused regularly as everyone had fun playing and practicing skills in the different rapids."

"To get the full scope of the paddlers weekend it would be impossible to not also talk about the campground experience. When I arrived on Friday I had only met a few of the people before, but the general feeling the entire time was as if I was camping with a big group of friends. It didn't matter that I was relatively new to paddling with AMC NH Paddlers, we were all there to have a good time together. Friday night was quiet as people arrived. Most of the flatwater and some of the whitewater paddlers went to Lake Umbagog (five minutes away) for a sunset paddle while those of us that stayed behind had a nice evening chatting around the campfire, greeting people as they arrived and helping set up after a long drive. Saturday evening was a complete change from Friday; everyone had different ideas for how best to bring a food to share camping and it created a chaotic but amazing spread; easily one of the best potlucks I've ever attended. As the sunlight faded, we moved from eating around the picnic tables to eating s'mores around the campfire. I'm not sure anyone went to bed that night with space in their stomach for more food. Between the exciting trips on the river and the great time at the campsites there's no doubt in my mind that I'll be back for next year's Paddlers' Gathering, and I'm also sure I'll be going on many other AMC paddles between now and then."

"I led the Friday night Sunset/Moonlight Paddle up the Androscoggin into the Floating Island National Natural Landmark, within the Umbagog National Wildlife Preserve. Saw an eagle and a heron. Hard to catch wildlife with 12 boats and 14 people! Sunset at 7:25pm, Moonrise at 8:25pm but didn't see the moon until about 8:35. Clear skies and were able to watch both the sunset and the moonrise. In the interim, we paddled in darkness and witnessed the Starlink satellites pass overhead. Once the moon rose a bit, we were able to see with the reflected moon light on the water. A very unique trip. Would do it again. The group was great!"

"Three days, five paddles, multitudes of friends, perfect weather, amazing water, delicious food. How could it get better than that?"

"For me, this weekend was all about connections. Getting to know fellow paddlers, reacquainting with old friends, exploring and rejoicing in my connections with nature. I wallowed in the camaraderie of paddlers of all ages and backgrounds and marveled at the breadth and width of this paddling community."

MOUNTAIN PASSAGES

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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.

Program Committee Plans

BY: SHANDI ELLIOTT

The New Hampshire Chapter's Programs Committee has big plans for the future. We will have a speaker/presenter every month, and are working out the logistics of neutral venues and days/times that will work best. We expect to publish our schedule soon, but we will start out with Ty Gagne and a panel in November. Ty's presentation will be followed by Carey Kish and his beer hiking talk. After that we are planning programs with Ken MacGray author of *AMC White Mountain Guide, New Hampshire's 52 With a*

View; A Hiker's Guide, and *AMC's Southern New Hampshire Trail Guide*. Following this we expect to present many other authors of books about hiking and the outdoors including Matt Landry, Keith Gentili, Dan Szcheny. Finally, we are planning a program with Stash Rasin who runs *Inside the Line; The Catskills Podcast* and Mel Elam and Floki, Bobby O'Donnell, Rebecca Sperry. Speaking of podcasts, I recently recorded an episode on *Hikes and Mics* podcast with Ivan which will be coming out in the next month! Things have been busy!

Help Wanted

Mountain Passages Coeditor

Mountain Passages is seeking a coeditor to take on some of the work involved in putting out the New Hampshire Chapter's quarterly newsletter. Writing, editing and developing the printed newsletter is an interesting and rewarding contribution to the Chapter. A Coeditor will be able to advance their interests, and can be involved with every aspect of the

Chapter's activities. Bob McLaughlin, the editor for the last five years will work with the Coeditor for at least a year and would then turn over the editorial reins remaining available as a contributor to the newsletter. Layout and graphic design will continue to be the responsibility of Bill Covino. This a great opportunity to be more involved in the Chapter, to develop skills, and make a real contribution.

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