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Mountain PASSAGES

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Artists of the White Mountains: Contemporary Artists

BY: BOB MCLAUGHLIN

Starting in the Fall 2023 Issue of *Mountain Passages* and continuing in the next two issues, we presented an overview of the great artists who painted the White Mountains in the 19th and early 20th centuries. It is a virtual “hall of fame” including artists from Thomas Cole to Winslow Homer.

In this issue, we continue our review with three artists currently painting in the Whites. For this issue, we chose to highlight the work of Becky Fullerton, Molly Mundy, and Erik Koepfel. Each of these artists have their own artistic vision but all share a love of the White Mountains. I hope you enjoy meeting them at least as much as I did.

Becky Fullerton

In the Spring Issue of *Mountain Passages*, we profiled Becky Fullerton, the AMC Archivist based at the Highland Center in Crawford Notch. In that article we noted that Becky was also an accomplished artist and promised a follow up article on that side of her many interests. Both sides spring from the same source. Becky has a passion for the forests and mountains of New England. When not painting the region's wild scenery in her studio or en plein air, or working at Highland Center, she is likely hiking, running on

Continued on page 3

OUR MISSION

The Appalachian Mountain Club is the nation's oldest outdoor recreation and conservation organization, and promotes the protection, enjoyment, and understanding of the mountains, forests, waters and trails of the Appalachian region. AMC has more than 100,000 members, 16,000 volunteers, 450 full-time and seasonal staff. The New Hampshire Chapter is the second largest of the 12 Chapters within the Club.

VOLUME 50, NUMBER 2
SUMMER 2024



Becky Fullerton; *Born of Earth Robed of Sky*

Notes from the Editor

Mountain Passages began its existence 50 years ago in the dark ages of a pre-internet world as a “newsletter”, mostly a printed calendar for AMC-NH activities with the occasional solicitation for an annual dinner or money. Over the years the scope of the publication was broadened, and most recently Bob McLaughlin repositioned *Mountain Passages* as a window on New Hampshire history and life generally focused on the outdoors, consistent with AMC interests. Until recently he was mostly a one person operation producing entertaining and sophisticated features reflecting his diverse interests and experiences. More recently *Mountain Passages* has become something of a platform for the broader AMC-NH community to share and feature in writing about the diverse interests, insights and information of the broad AMC-NH community.

Eight writers contribute to this issue. Bob completes his series on NH artists highlighting three current NH artists. Diana Moore expounds on the opportunities and logistics for “Kayak Camping in Northern New England.” Eric Pospesil and I trace the “discovery” of Lonesome Lake and the history of its cabins. Being summer, we not surprisingly have a Section highlighting “Excursion (hiking)” activities. Excursion Group leaders Jamie Gillon and John Williams answer a few questions about the Excursion program at AMC-NH. John then highlights New Hampshire’s wealth of “long trails” for multi-day trips. Joe D’Amore continues his accounts of becoming an excursion Leader with a description of the SOLO program. Bob explains how weather limits the season for Lakes of the Clouds Hut. And Wanda Rice

advises that it is not too early to start thinking about next year’s cold weather activities at “Winter School”.

Going forward we welcome contributions from AMC-NH members interested in publishing on a topic (subject to editorial review.) Please send your submissions to mntnpassages@gmail.com

Bill Covino has been an unheralded (but not unrecognized) longtime contributor to *Mountain Passages* responsible for the look and feel of *Mountain Passages* in recent years. He has been an essential contributor and important asset to the evolution of *Mountain Passages*. This will be Bill’s last issue. The entire AMC-NH chapter thanks him for his tireless service to AMC-NH.

Finally, after 50 years of paper publication, we have begun considering whether the time has come to transition *Mountain Passages* to an all digital format. Our print readership has been steadily declining and costs just as steadily increasing. It has been suggested that our print readers really depend on receiving their issues in their mailboxes. We have no way of measuring how prevalent this feeling is, but invite our readers to comment and share their feelings about transitioning to an online-only version of *Mountain Passages*. Please let us know what you think by sending emails with your comments to mntnpassages@gmail.com .
- Ham Mehlman

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Mountain Passages Volume 50, No. 2 Summer 2024

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.

Advertising. The AMC NH Chapter members enjoy the outdoors year-round by hiking, paddling, skiing, backpacking, climbing and biking and more.

For information and the Ad Rate Sheet, send an email to 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.

Mountain Passages Online. If you’re receiving Mountain Passages through the mail, please consider signing up to get the electronic version instead. You’ll get added resources not available to print subscribers: direct links to emails, forms and online information, color photos, online registration forms.

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

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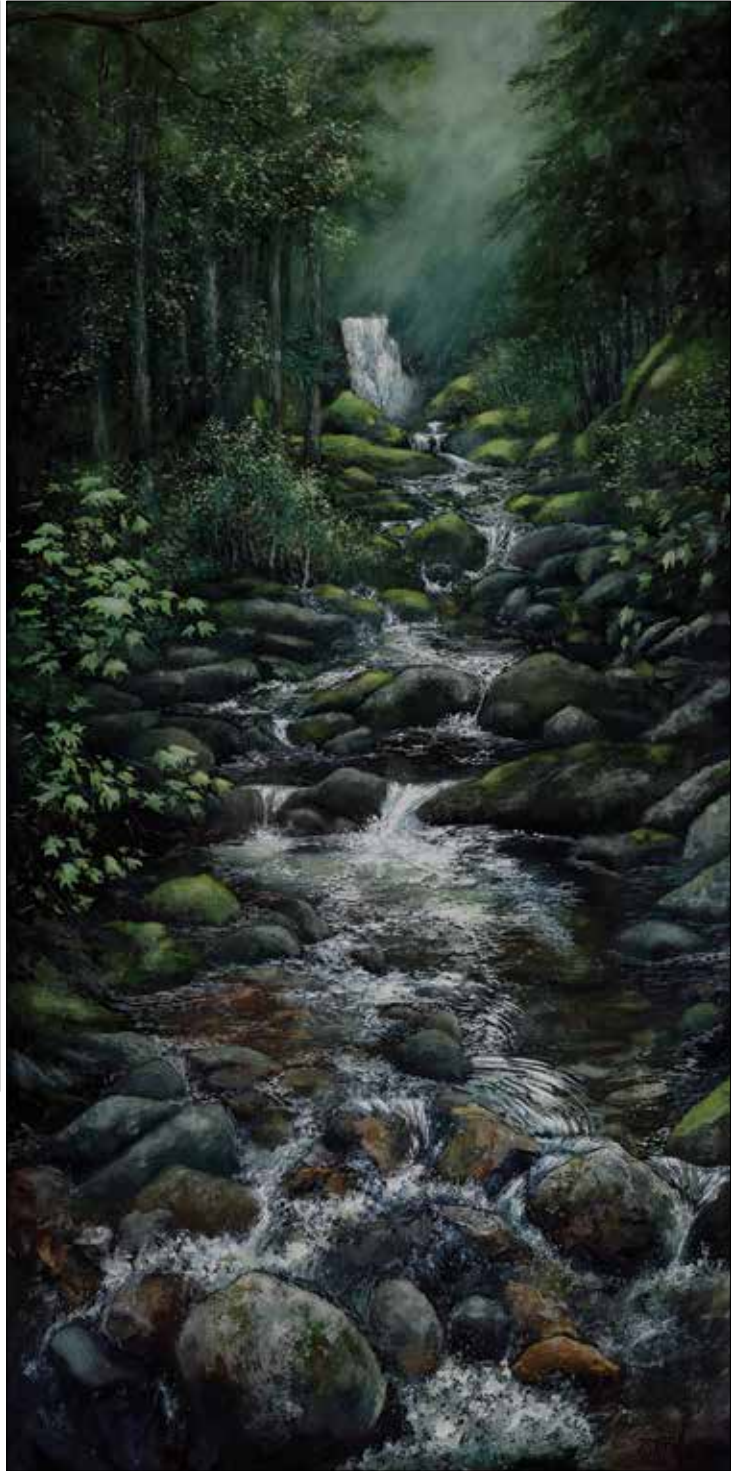


Top: Becky Fullerton; A Burst of Sunlight
Lower: Becky Fullerton; Ice Cold in Summer
Right: Becky Fullerton; Cold Brook Falls

a trail, or out on a lake or river in a kayak. The grandeur of alpine summits, the intricacy of intertwining limbs in the deep woods, and sparkle of rushing water down a mountain stream inspire and inform her painting process.

Becky specializes in landscape painting in the realist and impressionist traditions. She has been painting in oils and watercolors for over twenty-five years. Her focus is landscape painting in the mountains of New England, particularly here in the White Mountains of New Hampshire and Maine. Each year she hikes in the backcountry, taking in the dramatic scenery of the wilderness, sketching, painting, and taking photographs for later reference.

She is always trying to capture the special atmosphere unique to this area with its changeable weather, steep trails, and seemingly limitless views as a way to promote the unique and fragile beauty of places that deserve conservation.



Becky's home is in Bethlehem, New Hampshire, on the edge of the White Mountain National Forest. Originally from Vermont, Becky grew up in southern New Hampshire. After a long spell of living in Boston, Becky returned to the Granite State in 2018 to pursue her career as an Archivist and to live among the mountains she aspires to capture ever more authentically in paint. Becky holds a Bachelor's degree in Studio Art and Art History from Hartwick College, as well as a Master's degree in Museum Studies from the Harvard Extension School. Having known Becky for years, I was only introduced to her art work when it

was highlighted in an article in *Forest Notes*, the magazine of the Society for the Protection of New Hampshire Forests in their Summer 2023 Issue. Becky has been the subject of articles in numerous other publications and maintains her own website at <https://rmfullerton.com>

Becky graciously agreed to answer a few questions. Here are the questions and her answers in her own words

1. What scenes in the White Mountains tend to inspire you to paint? Intimate woodland scenes, streams, lakes or vast vistas? What draws you to these subjects?

There are a few types of scenes in the White Mountains that really inspire me to paint. I love a big, open summit or ridgeline scene. But there has to be some distinguishing element to it, like the extreme slanting light at day's start or end. Or perhaps there are dramatic clouds piling up for a storm, sunken in the valleys to form an undercast sea, or whipping by in shreds ahead of a weather front. Showing what's happening in the sky is a great way to add motion to what can seem like a still landscape. I'm drawn to the look and feel of weather moving over the mountains, and I could honestly watch cloud shadows slide over a forested slope for hours. Additionally, I enjoy painting brooks and streams spilling over rocks in the forest. There is an incredible amount of detail and intricacy to be found there, and I love the challenge of trying to express moving, sparkling water in two-dimensional paint.

2. As you indicate above, you primarily paint in oils, but less commonly paint in watercolor (both transparent and gouache). How do you decide which medium is the best for a particular painting?

It often feels to me like brighter, sunnier scenes are more suited to a watercolor treatment. The white base of watercolor paper lends itself to exaggerating the stark, washed-out light of rocks under the midday sun or a pristine snow slope. Painting layers in oils, on the other hand, helps me achieve more solidity and mass in my subjects. I find it way easier to depict things like clouds and dense foliage in oils. So, if the painting is a huge, wooded hillside with rain showers sweeping through, I'd go with oils. Then again, I often paint the same scene in both mediums, using watercolor as a sort of practice round to flesh out an idea.

3. Do you consider yourself an Archivist who paints or a painter who supports herself by being an Archivist?

I guess I would just put a slash between Artist/Archivist and call them even. Growing up I had doubts about a full-time artist career being a viable option for me. I loved history and therefore chose art history as a dual major to studio art in college, intending to go into museums while continuing to paint on my own time. It has only been in the last decade or so that painting moved from being a hobby to being part of my livelihood. Now I'm working toward having both archives and art completely balanced. I wouldn't want to give up either one. They both need equal space in my life.

4. When you paint outdoors, en plein air, are you primarily sketching or are you trying for a completed painting? What medium do you use for painting outdoors?

I don't think I've ever completely finished a painting outdoors! The time just flies by and the light changes so quickly. The hope when I begin is that everything will go well, and I end up with a solid

framework to build on back in the studio. If it all starts to go sideways, I can just call it a sketch and start in on something else. If I'm way out on a trail somewhere, I will pack a small watercolor kit to use in a sketchbook or on small sheets of paper. If a painting location is under about a half mile or so, I will carry a box with oil painting materials out for a full session. However, I am thinking about hiking my full oil kit out to one of the huts this summer for a few days of short hikes to different beauty spots. Fingers crossed for a less rainy summer!

5. Are your paintings currently on display?

Where can our readers go to see more of your work?

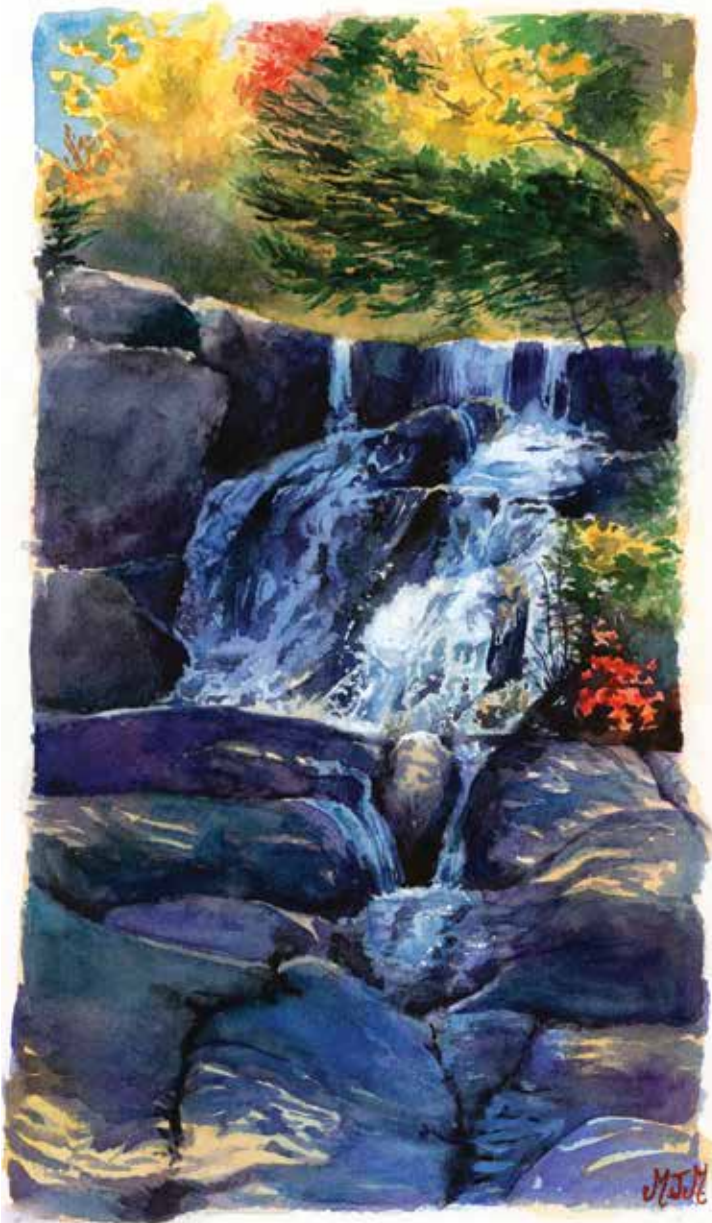
Through the end of June, I have a large selection of watercolors and oils on display at the Pope Memorial Library in North Conway, NH. I also always have work in two area galleries. One is The Gallery at WREN: Women's Rural Entrepreneurial Network on Main Street in Bethlehem, NH, and the other is Jackson Art Gallery & Studio just off Route 16 in Jackson, NH. During one fun, in-person fair coming up, I'll be bringing just about every finished painting in the studio to Art in the Park at the North Conway Community Center on August 3rd and 4th. And of course, you can visit my website at rmfullerton.com to see current work and read up on what I'm up to in the studio.



Molly Munday: Last Snow

Molly Munday

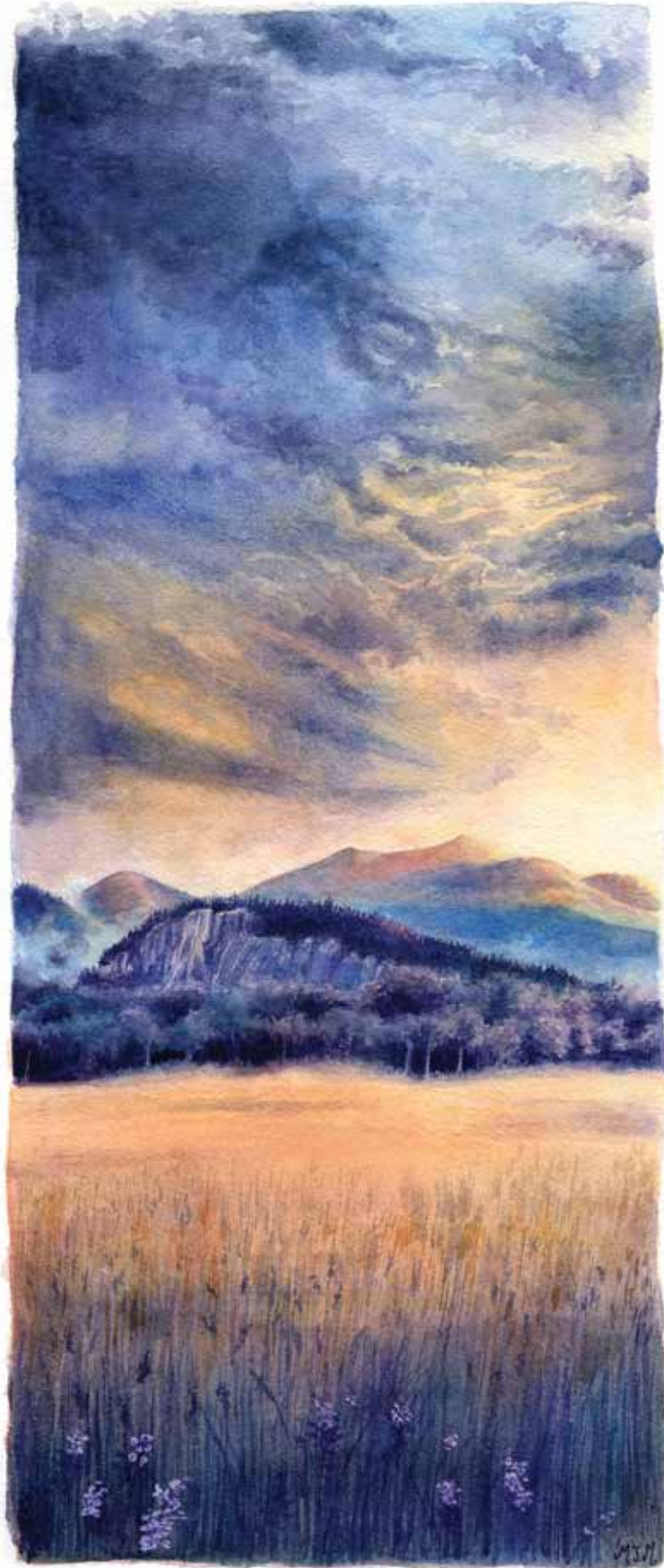
Molly grew up in Lyme, New Hampshire, in a family that valued time spent outside. Molly recalls she was painting and drawing right from the start, and was lucky to have parents who nurtured her artistic interests and who made time to take Molly and her siblings to the mountains for camping and hiking trips. Molly graduated from Massachusetts College of Art and Design in 2014 with degrees in Illustration and Art History. While in college Molly started working as a Teen Trail crew leader for the AMC, and after graduating she dove headfirst into a life of seasonal work in the outdoors — generally doing trail work during the summers and often working in the AMC



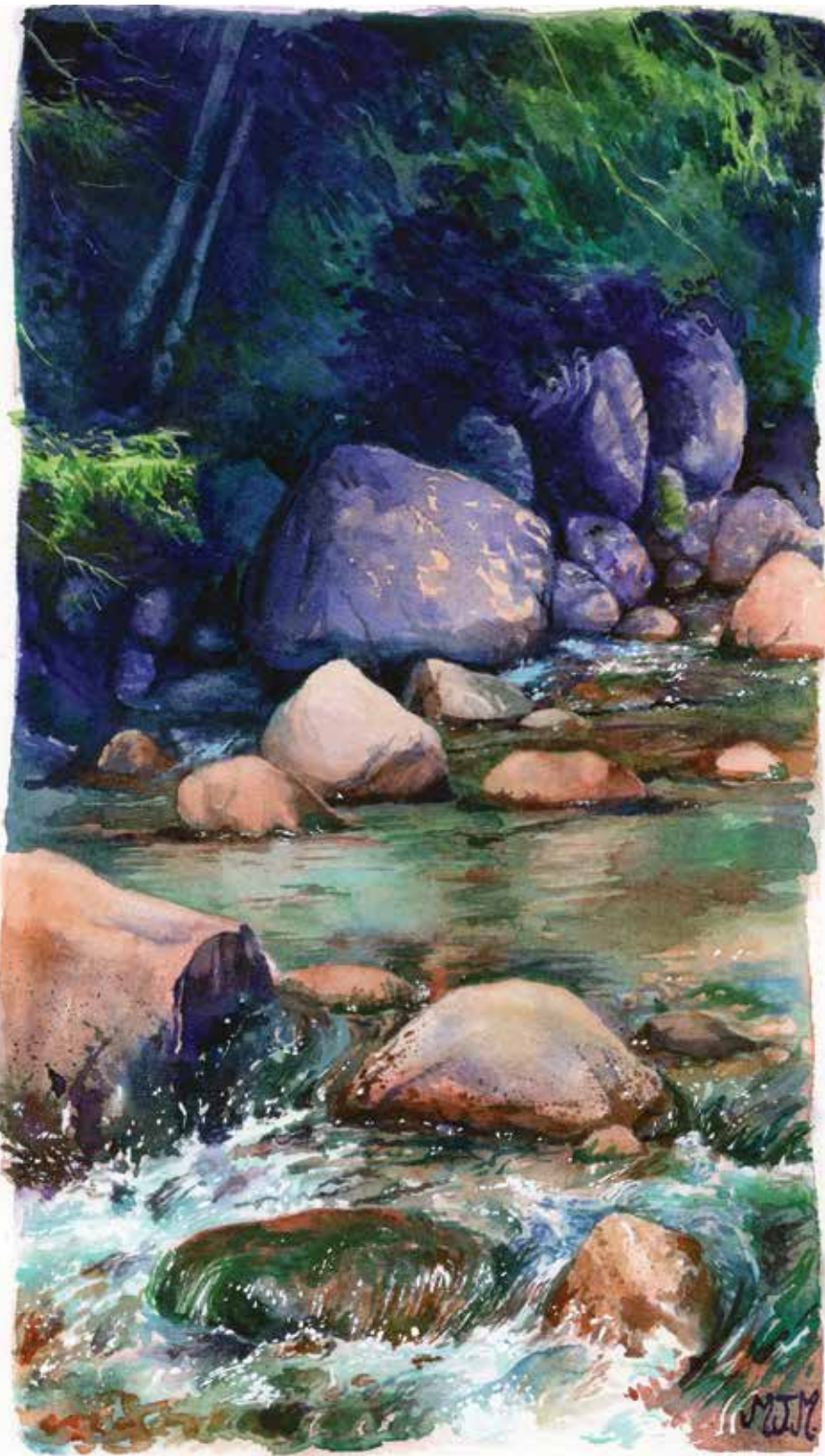
Molly Mundy: Zealand Falls

huts in the fall and winter. She spent time in the Adirondacks, the Berkshires, the Green Mountains, and of course, plenty of time here in the White Mountains. Molly's time working in the northeast was interspersed with travel (out West, or international) whenever she could fit it in and afford it.

Throughout this time Molly continued painting and drawing — bringing her sketchbook and watercolors on trail projects in the backcountry, and experimenting with frozen paint while winter hut caretaking. After working seasonally and traveling for several years, Molly's love for these mountains drew her to settle here. In addition to making art, Molly also works as a rock climbing guide, does construction work, and ski patrols part time at Wildcat Mountain. Although Molly now calls Jackson, New Hampshire home, she still seeks to prioritize travel and adventure, and continues to look for ways to incorporate these values into her life. As Molly puts it, "Watercolor painting is one of the many ways that I connect to a place, both at home and while adventuring."



Molly Mundy: Cathedral after a Storm



Molly Mundy: Ellis River Morning

When she is not painting, Molly is often rock climbing, running, hiking, skiing, or sitting by a river. Moving through or within a landscape in a variety of ways informs her work. Molly states, “It is important to me to experience a landscape fully - to truly be in it. I love watercolor painting for its effervescence and translucence and the way it continues to challenge me in new ways.” When Molly paints outside she finds that her focus narrows, and her awareness of her surroundings is heightened. Molly sees her work as a way to capture an experience or a feeling, and hopefully make it available to others in some way. Molly says

that her paintings are intimate representations of the natural world because this is how she experiences it. As Molly says, “I want my artwork to pull people in - to feel close and personal in some way. I hope that my work can compel others to engage with the landscape on an emotional level, and to notice it in a new way.” You can see more of Molly’s work at www.molly-mundy.com, or on instagram @mundymolly.

Molly graciously agreed to answer a few questions. Here are the questions and her answers in her own words

- 1. As an amateur painter, I have always found transparent watercolor a very challenging medium particularly as you get into detailed representation, but I really love working in watercolor. Your paintings are detailed and spectacularly lovely. Can you share how you achieve this?**

Thank you! I think that my excitement for detail, and the ways that I achieve it varies painting to painting. Sometimes there are specific details that I really want to focus on, or pull out of the view. Often letting the white of the paper show through, or preserving light areas to achieve contrast can allow for details to pop out. I try to visualize this at the start of a painting so that I can plan. Watercolor is really about finding a balance between planning carefully and letting go of control. And then just an understanding of how the paint works that I've developed over the years. Often details that appear to be done with a tiny brush in my paintings, such as distant trees or rocks, or leaves, are actually done in larger, scrubby, dry-brushed strokes with an angled brush or a calligraphy brush.

- 2. The paintings you suggested to accompany this article are split evenly between vistas and more intimate woodland scenes. Does this reflect the scope of your entire corpus of work or do you tend to favor one subject over the other?**

I tend to like a balance between vistas and closer, more intimate scenes. I often gravitate to the smaller, tighter views because I think that people tend to overlook those moments in favor of the sweeping vistas, and I like my paintings to serve as reminders of the beauty of those small moments that can happen when you pause in the woods, or even in your yard, or on your porch, and really notice what's around you. At the same time, there are places and landmarks that are really special to me, and that I know many other people also really connect with, and sometimes those can only be conveyed through a more distant, complete view of that place.

3. Are your paintings currently on display?

Where can our readers go to see more of your work?

Yes! I have work hanging at the Jackson Art Studio and Gallery in Jackson, New Hampshire. And at The Three Sisters Gallery in Gorham, New Hampshire. I'll also be showing work this summer at a number of outdoor shows and events. People can find out more about those by following my social media or subscribing to my email newsletter through my website.

Erik Koepfel

Erik Koepfel was born in Oregon in 1980, and spent his childhood moving with his family through many of the most beautiful landscapes of North America from the Rocky Mountains, to Southern California, to the Appalachians. At the age of ten, Erik's family settled in the White Mountains of New Hampshire. From an early age Erik drew obsessively from nature, and began to develop a love for the



Above: Erik Koepfel Mt. Washington from the Intervale 10 x 16in. Oil on panel.

Right: Erik Koepfel Autumn in Pinkham Notch 36x29in. Oil on canvas Framed

expressive potentials of traditional representation. Erik received his formal training from the Rhode Island School of Design followed by the New York Academy of Art, and an annual apprenticeship in Wiscasset, Maine with his professor and friend, Seaver Leslie. After copying extensively from the Italian Masters, Erik developed a body of work that has been exhibited and collected internationally, and represented across the United States. Koepfel's mastery of traditional techniques has led him to become one of very

few contemporary artists whose work is regularly exhibited with historic masters of the 19th and early 20th Centuries. He has hung beside Thomas Cole, Winslow Homer, Edgar Degas, John Frederick Kensett, and George Inness, and has had the distinguished honor of entering collections including artists of this caliber. *American Artist*, *PleinAir Magazine*, and other respected publications have covered his progress. Erik maintains a website at <https://www.erikkoepfel.com>.

As Erik puts it,

In the act of painting, I have sought to discover that highest knowledge of Beauty, poetic and philosophical, that has been the common thread between all of the Great Masters of Art. I have spent hours staring at the finest masterpieces in museums worldwide in an effort to decipher that meditative effect that distinguishes greatness from proficiency, and have made the creation of that sentiment my central goal as an artist. Following this path has led me to study deeply the sciences of philosophy, design, linear perspective, anatomy, color, optics, architecture, botany, light and atmosphere with respect to their purposes in art, and I have built a foundation of consistent formal principles that work in harmony to illuminate meaning in painting. As my subject, I have chosen the universal human condition in this world, and have sought wherever possible to discard the sociopolitical fashions of contemporary culture in favor of those enduring sentiments that we all encounter in life. It is my belief that to experience the Beauty of our existence here in this magnificent landscape is the best way to happiness. My intention as an artist is to share that Beauty.

Erik graciously agreed to answer a few questions. Here are the questions and his answers in his own words

1. Looking at the paintings you provided for this article, I am initially struck by similarity to the lush romantic paintings by masters such as Thomas Cole, Albert Bierstadt, Benjamin Champney, and Edward Hill. On closer examination, at greater magnification, it seems there are more distinct brush strokes that suggest a more contemporary approach. Can you explain what appeals to you most about this approach to painting the White Mountains?





Above: Erik Koepfel Mt. Washington from the Intervale 10 x 16 inches. Oil on panel
 Right: Erik Koppel The Old Man on the Mountain 18x14in. Oil on panel



I think if you compared my work with the historical artists in person that you would see that your impression is incorrect. Although each artist has some part of their own manner, my methods are entirely consistent with the methods of the 19th century artists. This has been asserted by numerous authorities among 19th century art dealers, historians, and museum curators. It should also be noted that the difference with what people call a “contemporary approach” is as much ideological as method. The closest bond that I feel with the old artists is in the manner of approaching the landscape as a poet and philosopher. These artists weren’t just copying mountains. By trying to understand the beauty of scenery, they were trying to further understand the beauty of life, thus trying to do Good for themselves, and for the society that they lived in. I believe that experience in nature enriches the human soul, and that experiencing inspired paintings can further enhance the viewer’s understanding of their place in nature. I don’t know if I’m succeeding in this or not. It’s up to the viewer to decide.

2. The paintings you provided for this article all portray sweeping vistas. Is painting vistas your primary interest or do you also enjoy painting more intimate woodland scenes?

I love to paint beautiful scenery, and will happily paint whatever inspires in nature. I often paint the bed of a stream or a spot in the woods as well as vistas. I’m interested in places that have something striking about them. Sometimes that comes from the place itself, and sometimes from the way the light reveals it.

3. Are your paintings currently on display? Where can our readers go to see more of your work?

The Jackson Historical Society and Museum of White Mountain Art is a great place to see my work in the White Mountains. I have a huge painting there, “Autumn in the White Mountains,”

78x135in., Oil on canvas, that is the centerpiece of their collection. I also have several other pieces on permanent display, and a few are generally available for sale. Other places in New Hampshire to see my work are The Art Place in Wolfeboro, Four Square Gallery in Stratham, Ceres Gallery in Portsmouth, and the beautiful gallery at the New Hampshire Antique Coop in Milford. In the cities, I work with The Guild of Boston Artists on Newbury St., and Rehs Galleries in N.Y.C. I’m also regularly exhibiting around the country. So your readers can easily keep in touch by subscribing to my newsletter on my website www.ErikKoepfel.com

I think this article will complete our review of the artists of the White Mountains. If you are interested in learning more or seeing better images of the artists’ paintings, visit our webpage at www.amcnh.org/newsletter.

KAYAK CAMPING IN NORTHERN NEW ENGLAND

BY: DIANA MOORE



Night on Richardson Lake

Kayaks on Richardson Lake

Photos courtesy of Diana Moore and Huiyeng Chang

Northern New England is a paddler's paradise with its pristine lakes, winding rivers, and dramatic coastline. There are countless opportunities for kayaking of any variety from sea kayaking, whitewater, or recreational touring. In the summer months, I tend to step back from hiking the high peaks and focus on more mellow outdoor experiences. I have always enjoyed camping overnight in the woods or by the water, and I love being on the water in my kayak. Zen for me is floating down a river or paddling around a lake quietly and unobtrusively observing loons and other wildlife — capturing beautiful photos of water flora and other plants that grow along the water's edge. So several years ago, when my girlfriend at the time suggested kayak camping, combining two of the things I loved, it was an easy yes. Our backyard here in Northern New England affords numerous opportunities for such excursions, from remote wilderness trips to more accessible family-friendly paddles.

What is Kayak Camping?

Kayak camping is simply camping while using a kayak as your primary mode of transportation. This can involve paddling to a campsite on a lake or river, or it can involve paddling to a remote island. You can pack more things than you would on a backpacking trip but far less than if you were car camping. Everything must fit in your kayak preferably in dry bags to protect it from the water. Decisions must be made such as leaving behind your nice car camping stove to bring along the Jetboil instead. You don't want the kayak to be too heavy, because your route to the remote campsite could be several miles. It may be an effort to get to the site, but once you are there, the payoff is so worth it. Many lakes and waterways in Northern New England and the Adirondacks have remote campsites, which are primitive — so no facilities except perhaps an outhouse —

but your neighbors are far from you, and you will likely not hear or see a soul while at your campsite, except the occasional passerby on the water. It's peaceful and quiet, and truly a chance to commune with Nature and enjoy the natural wonders of our environment.

Here are a few of the best kayak camping destinations in Northern New England:

- **Richardson Lakes, Maine:** Richardson Lake, a picturesque body of water nestled in the heart of Maine, captivates all who lay eyes upon it. Surrounded by lush forests and rolling hills, this pristine lake offers a serene escape with its crystal-clear waters that mirror the blue sky above, creating a breathtaking panorama that changes with the seasons. South Arm Campground offers traditional car camping as well as remote campsites, accessible only by boat. There is a lot to offer here for the outdoor adventurer or simply time with family connecting with nature.
- **Umbagog Lake, New Hampshire & Maine:** Umbagog Lake straddles the border of New Hampshire and Maine near Errol, NH. Umbagog Lake is surrounded by the Umbagog National Wildlife Refuge, which protects over 12,000 acres of forest and wetlands. Umbagog Lake State Park Campground, similar to South Arm Campground, offers traditional car camping options as well as remote campsites accessible only by boat.

- **Allagash Wilderness Waterway, Maine:** This classic Maine paddling route offers a chance to experience the state's remote interior. The waterway is 92-miles in length flowing in northern Maine. It is one of the longest canoe trails in the United States and is known for its remote beauty and pristine waters. It is part of the Allagash Wilderness, a 200,000-acre protected area that is managed by the Bureau of Land Management. The waterway offers a variety of camping opportunities from primitive campsites to more developed campgrounds. There are also several lodges and cabins located along the waterway. It is a challenging but rewarding experience. The waterway is dotted with numerous rapids and waterfalls, which can be dangerous for inexperienced paddlers. Despite the challenges, the Allagash Wilderness Waterway is a truly special place offering a unique opportunity to experience the beauty of the Maine wilderness.



Sunset on Richardson Lake. Photo courtesy of Diana Moore

Gear Needed for Kayak Camping

The gear you need for kayak camping will depend on the location and duration of your trip. Kayaks can quickly become quite heavy if you pack too much. While it is luxury backpacking, since you can pack more than you would into a backpack — too many luxuries can complicate your trip to the remote campsite. The luxuries I have generally brought are: a queen-size inflatable mattress, a two-person sleeping bag, a Jackery for power, a bit more clothing (water clothes, dry land, and sleeping), and real food for cooking, not the typical freeze-dried backpacking fare.

Essential gear includes:

- **Kayak:** Choose a kayak that is stable and comfortable to paddle. The larger the kayak, the more stuff you can haul, but you also have to have the strength to paddle it. You also want to consider the type of water you will be paddling through. A whitewater kayak might not be the best choice for this sort of adventure.
- **Paddle:** You will also need a paddle that is the right length for your height and arm length.
- **PFD (Personal Flotation Device):** A life jacket is required by law in most areas.
- **Map & Compass/GPS:** Make sure you know where you are going and how to get there. Be prepared in case you lose your way.
- **Tent:** Bring a tent that is waterproof and lightweight. A backpacking tent would be appropriate to keep your kayak load lighter.
- **Sleeping bag:** You will need a sleeping bag that is rated for the temperature range in which you'll be camping.
- **Sleeping pad:** A sleeping pad will help to insulate you from the cold ground.
- **Cookware:** Bring cookware to cook and eat your meals. You can bring more here than with backpacking, but don't go overboard.
- **Food:** You will need to bring food that is lightweight and easy to prepare. Some people choose backpacking fare, while others enjoy cooking something more elaborate. Just keep in mind weight, space, and associated tools needed.
- **Water:** You will need plenty of water to stay hydrated, especially if you're paddling in the summer, however, water is heavy. Many kayak campers opt to bring a filtration system and containers, which are light when empty.
- **First-aid kit:** Things happen, so be prepared as you would on the trail or car camping.

- **Folding Saw/Ax:** Something that can cut wood is helpful. Most sites do not allow you to cut live wood, but you can burn dead-wood in the fire ring provided. Please remember to douse your fire and follow proper fire safety protocols to protect our natural places.
- **Small Trash Bag:** Carry in and carry out. Please leave no trace.
- **Appropriate Clothing:** Pack for the weather. Raingear, camp shoes, hat, and layers. Bring something warm for cool nights.
- **Other Items:** Flashlight, toilet paper, matches/lighter/firestarters, lamp, small towel, tarp, rope, bug spray, sunscreen, knife.

How to Plan a Kayak Camping Trip

I've kayak camped in places that were shorter paddles and others that were longer. Part of the planning process is determining what you are capable of paddling with a heavier boat, as well as the capabilities of the members of your group.

Here are some things to consider:

- **Location:** Choose a location that is appropriate for your skill level and experience. If you're a beginner, you may want to start with a short trip on a calm lake or river.
- **Duration:** Consider the duration of your trip. A weekend trip is a good option for beginners.
- **Weather:** Check the weather forecast before you go. You don't want to get caught in a storm while you're out on the water.
- **Wind speed:** You can check this with the weather, but strong winds can make paddling much more difficult and/or unsafe.
- **Packing:** Pack light and only bring the essential gear.
- **Safety:** Always let someone know where you're going and when you expect to be back.

Just like selecting a campsite for car camping, you can use a map provided by the campground to see how far remote sites are from the put-in. If it is your first time, consider a site within a mile. Once you have the experience of paddling a loaded kayak, you will know how much more you could do on a later trip. Be safe and have fun out there!

Diana Moore is an AMC New Hampshire Chapter hike leader and paddling leader and a state ambassador for LGBT Outdoors. She has an MFA in creative writing and a PhD in educational technology. She is a perpetual student of nature — including plants, trees and local wildlife, and an avid environmentalist with the deep-seated desire to protect the natural world and all the beauty, secrets, and natural cures she holds.

The Story of Lonesome Lake and its Hut – 150 Years of Preservation in the Making

BY HAM MEHLMAN AND ERIC POSPESIL



Watercolor of first cabin built in 1876 likely painted by William Bridge in late 1870s. Cannon is in background. Courtesy of Pam Mehlman.

In 1882, Samuel Adams Drake wrote of the nobility of alpine lakes hidden on high among the White Mountains in New Hampshire. From a ridge on Mt. Lafayette, likely near the current site of the AMC Greenleaf Hut, Drake spied one such body of water across Franconia Notch on the flanks of Cannon Mountain which he noted in particular for its size and pristine state. At the time this lake was known to few and the private retreat of “one”: “...some distance beyond the Eagle Lakes, as they are called, and higher, I caught, underneath a wooded ridge of Cannon, the sparkle of one hidden among the summits on the opposite side of the Notch... In its dark setting of the thickest and blackest forests this lake blazed like one of the enormous diamonds which our forefathers so firmly believed existed among these mountains. They called this water – only to be discovered by getting above it – Lonesome Lake, and in summer it is the chosen retreat of one well known to American literature, whom the mountains know, and who knows them.”

The “one” would be William Cowper Prime (1825-1905). Prime is remembered as a renaissance figure with many interests: a graduate (1843) and later First Chair of the Art History Department at Princeton, a lawyer, Editor-in-Chief of the *Journal of Commerce* (still in print today!), an archeologist, a founder and first Vice President of the Metropolitan Museum in New York, a noted author on travel and art, and a multitude of other preoccupations such as numismatics. But fishing, particularly for trout, was his favorite avocation. In his 1873 publication *I Go A-Fishing* he waxed, “The angler, I think, dreams of

his favourite (sic) sport oftener than other men of theirs. There is a peculiar excitement in it...(it) enriches mind and body...gratifies the most refined tastes...becomes a passion unless the pursuer guard his enthusiasm and ‘moderate’ his desires.... I have known that there is no better way in which I could find rest.”

Prime lived on 23rd St on the Lower East Side of Manhattan but as a fisherman and a nature lover he was infatuated with all aspects of “Notch life”. “The grandeur of evening in the Notch is beyond all words – nay, is beyond human ability to appreciate. There are higher mountains, deeper ravines, more precipitous cliffs in the world, but nowhere in my wanderings have I found such lights as the departing sun leaves in the White Hills of New Hampshire,” Prime effused in *I Go A-Fishing*. Jeffrey Wallner in his playfully entitled 1978 article “Butterflies and Trout” published in *Historical New Hampshire* concluded, “In short, Prime seemed satisfied with the leisure life of Franconia summers. Whenever possible he would rise early and with his fishing companion, William Bridges [sic], climb by a path only they knew to the shore of Lake Moran (an earlier name for Lonesome Lake), high up on the side of Cannon Mountain. There were trout to be caught, of course, but more importantly there was solitude and serenity unknown around busy Profile House. In the hot summers this high country was cool.” Prime would add in *Among Northern Hills* (1895), “With all respect to the 19th century, let an angler record his detestation of the telegraph. Why should we be annoyed in the mountains with the voices of the city?” Probably the same

sentiment prevails today. Prime, his wife Mary Trumbull until her death in 1873 and a coterie of friends and servants would return to the area every summer for the remainder of his life, first to a suite on the third floor of the elegant Profile House and later to Gale Cottage, a house he built in 1887 on the Gale River about three miles north of the Notch.

Not all of Prime's coterie shared his passion for the Notch. His brother Samuel decried Franconia as "a struggling village where the mercury falls lower in winter and rises higher in summer than any other place in the country." For Samuel there was nothing to do other than "playing cards and lounging on the porch."

Today, a scratched and faded plaque near the Visitor's Cabin at Lafayette Place Campground (see photo) in Franconia Notch State Park, the trailhead for the Lonesome Lake Trail, commemorates Prime as a "world traveler, writer and fly fisherman with a beard like Aaron's, who first came to this region in 1859, (and) discovered the lake and its trout." Given that the lake (elevation 2,730 ft.) can be seen from any number of vantage points along Franconia Ridge and summit of Cannon Mountain, all terrain traversed by this time, it is doubtful that Prime truly "discovered" Lonesome Lake. But the plaque appropriately acknowledges Prime and his colleague William F. Bridge (incorrectly referred to as "Bridges" on the plaque) for their stewardship in preserving the pristine beauty of the lake and its surrounds.

When Prime first "discovered" the lake is unknown. Prime describes "a certain wild lake known only to a few of us. From the road to the lake side was an hour and a half. [sic] chiefly up the side of the mountain. The lake was like a picture – calm, serene place, waiting for us... Dupont and myself, who have for many years fished these waters together..." suggesting that they learned of the lake sometime in the 1860's. On maps even as late as 1890 the lake was variously called Tamarack Pond and Lake Moran. But at least by 1881 some maps and literature were referring to it as "Lonesome Lake," a name chosen by Prime for reasons unknown.

On August 28, 1875, Prime purchased Lot 15 in the 10th range in Lincoln, NH, from Stephen M. Hanson for \$100. Lot 15 included a slice of the northeast corner of Lonesome Lake. In 1876 he built a log cabin on the shore of this corner of the lake under the "brow" of Cannon Mountain. Several years later, in 1878, Prime purchased two additional lots (15 and 16 in the 11th range) from Daniel Saunders of Lawrence MA, for "\$1.00 and other good considerations." Lot 15 in the 11th range includes the rest of the lake – Prime now owned the entire lake. All told, Prime accumulated about 519 acres, including the 12-acre lake. The western and southern edges of Prime's land would later define boundaries of the current Franconia Notch State Park (see map).

Between 1876 and 1899 Prime and his colleague William F. Bridge, an artist and author friend from New York, expanded the camp's infrastructure to include a second cabin (attached to the first), a barn and a boat house. Prime left no doubt that Bridge was a partner in their adventures to Lonesome Lake in 1899 selling to Bridge "the undivided half part of all the lands which have heretofore been conveyed to me and by any person or persons and of which the title stands in my name and which are situate and lie in the town of Lincoln in Grafton County in the State of New Hampshire westerly of the Pemigewasset Valley, which lands include the lake known as Lonesome Lake and the cabins, barns, boat house and all the buildings and all the appurtenances, and also the undivided half

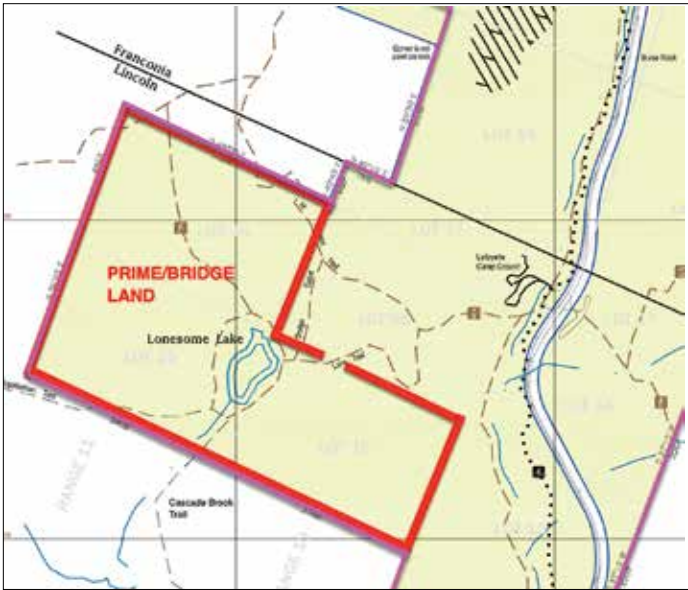


William Prime's great, great, great niece standing next to plaque commemorating William Prime and William Bridge stewardship of Lonesome lake.

of all furniture and contents of said cabins." The price was "\$1.00 and other good and sufficient considerations." He adds, "The reason for this deed at this late date being the fact that from the first purchase made of the property down to this date, the said Bridge and myself have regularly made all purchases of land and paid therefor in equal sums half by me and half by the other, and have in like manner shared all expenses for improvements and have always regarded ourselves as owner of everything in equal undivided halves." The date of the indenture was 1899, probably written in New York: The date of record in New Hampshire is 1908, three years after Prime's death!

Prime leaves little doubt of his desire to preserve Lonesome Lake and surrounding land in its "primeval" state. In *Among the Northern Hills* in discussing the "primeval" forest that he navigates on the way to the lake he sermonizes: "No axe of lumberman has, hitherto, desecrated this forest sanctuary.... I would not have the woodman's axe touch any tree on this mountain for any money.... The forest can take care of itself, but is jealous of interference. It is not a park, nor does it resemble a park. The one is mere nature, the other is art. The natural forest is a world of innumerable creatures, animate and inanimate, who have from time immemorial lived in community. You can never tame the wildness of those people.... No; there is no science of forestry which can preserve the solemnity and beauty of the primeval forest. The only law to be enforced from generation to generation is, 'let it alone.'"

Prime's sentiments reflected the emerging 19th century preservation/conservation movements elevating the sanctity of nature and natural environments. The development of a wealthy upper middle class made time for "leisure activity." Prime would send a weekly column – "The Lonesome Lake Papers" – to *The Journal of Commerce*, presumably via train once they descended from the Lake, his own version of remote work, but essentially, he and his class could escape putrid conditions in the cities for months at a time, usually summer months. People started to see and write about benefits of outdoor environments. Philosophers such Ralph Waldo Emerson, Henry David Thoreau, Margaret Fuller and others wrote of finding deep spiritual enlightenment from nature in their Transcendental ruminations. Medical doctors prioritized fresh air and open spaces for medicinal benefit. These trends developed against a backdrop of rapidly



Prime-Bridge land outlined against current boundaries of Franconia Notch State Park (light lime). Note that Cascade Brook Trail runs mostly outside of the Park boundaries, the land protected by Profile House.

Fishing on Lonesome Lake. Courtesy of AMC archives.

expanding cities with poor or nonexistent sanitation, roads soiled with horse and human excrement and coal soot darkening skies and lungs. Art schools, literature and the field of photography featured landscape visions both romantic and natural, essentially advertisements of the day for the intrigues of nature. (For a review of 19th century landscape painting and schools in New Hampshire see Bob McLaughlin's series of articles in the last three issues of *Mountain Passages*.) And an expanding network of train tracks enabled easy access to spots previously too remote for people to visit, including Franconia Notch. By the end of the 19th century, initiatives to conserve and promote nature abound both in intellectual and political forums.

Prime dies in 1905. Per his will he “give[s], devise[s] and bequest[s] to my ever faithful friend and companion William F. Bridge... all my right, title and interest in and to any and all lands, tenements, cabins or houses in the Town of Lincoln, State of New Hampshire, which I own or to which I have any claim or title, and in particular all that lake, cabin and surrounding forest property known as Lonesome Lake; and the lands thereabouts...” Per the executor of Prime’s will the cabins and furnishings are “worn out in use” by 1905 suggesting that Prime and Bridge did not visit the Lake in their later years. Whether by prior agreement with Prime or on his own volition, Bridge, who dies in 1911, later entrusts their friend Charles Greenleaf and his Profile House to preserve the Lake in its “primeval” condition. Ownership of the Lonesome Lake and surrounding land... passes to the Profile and Flume Hotel Company, which, in total by this time, has accumulated approximately 6,000 acres extending seven miles on either side of the Daniel Webster Highway through Franconia Notch. In 1922 Frank Abbott & Son purchased The Profile and Flume Hotel Company from Charles Greenleaf only to have Profile House burn to the ground in a dramatic inferno in 1923. The Abbotts ultimately throw in the towel on rebuilding but appreciate the desire to preserve the natural state of the Notch. The fire triggers a remarkably far-reaching effort to establish Franconia Notch State Park Reservation and Park “to preserve Franconia Notch... as a forest reservation and state park,” including the three original Prime lots with Lonesome Lake. Certainly, in the context of the era, the campaign – “Sawed or be Saved” – to preserve Franconia Notch through public ownership successfully saved the Notch from logging saws and development. But credit too that private ownership and interests protected the Notch for 75 years prior to the State and SPNHF (Society for Protection of New Hampshire Forests) stepping in.



Plan for current Lonesome Lake “camp” completed in 1964. Courtesy of AMC archives.

The state wasn’t in the mountain hut business, but AMC was. Per Joe Dodge, AMC’s indomitable hut master and field marshal in the Whites: “The state had fixed ‘em up a bit for us, but running ‘em kind of all separate didn’t make much sense.” At the invitation of John Foster, New Hampshire State Forester, in December 1928, the AMC Council approved “taking over and operating the camp



Lonesome Lake Hut c. 1950s. Courtesy of AMC archives

now located on Lonesome Lake” under a lease with the State. AMC’s financial statements suggest that there was no actual cost to AMC under the lease. But by 1962 the records show AMC paying \$5.00 per year under the lease terms current at the time. Then ensued a lot of discussion of a trail network to access the Lake and connect to surrounding terrain, apparently a far more controversial subject than taking over the old and dilapidated lake camp. Apparently, maintenance liability was an issue. The council ultimately approved assuming the management of the existing Lonesome Lake Trail “zigzagging” its way 1,000 feet up from Lafayette Place to the lake camp out of fear that the State would let it erode away. In the early 1920’s, the Abbotts had operated donkey rides up the trail, but the trail saw little use in the years after the 1923 hotel fire and was eroding badly. Per the 1929 AMC council minutes, the council “authorized an expenditure of \$100.00 to be used repairing the trail. Two members of the New Hampshire state road gang were prevailed upon to put in a couple of days’ work cleaning out the water bars, and as the expense of this work was only \$8.00 the balance of \$92.00 has been retained in the Club Treasury.” Labor was cheap in 1929. The “Trail” committee also suggested that “it would be wise to clear the old logging road running from Lonesome Lake down Cascade Brook to the Whitehouse Bridge Trail enabling access from the lower end of the Notch. In 1930, the AMC Council decided to connect Lonesome Lake to the Kinsman Ridge Trail. In a humorous tribute to William Prime’s sister-in-law, Annie Trumbull Slosson, a force of her own as an entomologist and avid butterfly collector, AMC built the “Fishin’ Jimmy” trail. The trail owes its name to Slosson’s very popular novel of the same name. Her character Jimmy was based on the exploits and mannerisms of Prime’s longtime caretaker of the cabins, Jimmy.

The AMC would keep the two Prime/Bridge log cabins standing until 1962. The boathouse and barn were eventually removed. In 1962, the cabins, having sections over 89 years old at this point, were beyond repair, with sagging beams bruising more than one noggin. The State under AMC’s direction built and paid for a new camp across the lake on the southwest shore. “Patterned after the Carter Notch complex [the camp] consist of three buildings. There are two bunkhouses, each subdivided into four sections of 6-4-4-6 bunks. The main octagon building contains the kitchen, a circular service bar, and dining area. A low wing extends on one side to provide crew room and guest toilet facilities.” Construction for the first time relied on a “whirlybird” instead of burros for materials and supplies and forebode the retirement of the burros across the whole network of huts. The camp accommodated up to 40 hikers (capacity is 48 today with the addition of a small staff house). The new Lonesome Lake Hut opened in 1964. The remaining vestiges of the old cabins were dismantled and burned. In 1978, the state agreed to turn over ownership of the Lonesome Lake Hut, along with its maintenance, acknowledging formally what had been reality since they first asked AMC to manage Lonesome Lake Hut. It took two years to complete the transfer of the quitclaim deed. AMC now operates the building under a “special lease permit”, the value of which has sparked a few disputes in the ensuing years with various threats bandied about.

This history raises a question of just how “virgin” are the forests around Lonesome Lake? In *“Among Northern Hills”* (1893) Prime describes the landscape as “primeval”: “Both road and bridlepath go through primeval forest. No axe of lumberman has, hitherto, desecrated this forest sanctuary.” Assuming that Prime first visits the Lake in 1860’s, knowing that the forest has been untouched since he purchased the land in 1876 and that the elevation and weather in the



William Prime with beard on left, a caretaker standing behind the punt and William Bridge fashionably attired, holding a rod. Based on the likeness the gentleman seated in front is likely General George McClellan, a close friend of Prime's, indicating that the photo dates to prior to 1885, the year of McClellan's death. Courtesy of Mike Dickerman".

Notch slow growth, we have to assume the land around the path and lake would have been untouched for 60-100 years prior to Prime's concluding that "no axe of lumberman has, hitherto, desecrated." This dates the age of the current growth to as far back as 1760-1800 excepting for destruction from brutal weather which regularly assaults the lake even somewhat protected by ridges to the west and north. But is it possible there is true old growth (primary) forest in this area as Prime suggests? According to Wikipedia "The Food and Agricultural Organization of the United Nations defines 'primary forests' as naturally regenerated forests of native tree species where there are no clearly visible indications of human activity, and the ecological process are not significantly disturbed" – lands that have never been logged. Franconia was first chartered in 1764 and Lincoln established in 1782. This suggests that the window for logging would have been pretty short to not be noted by Prime. And yet Arthur Comey in an AMC meeting in 1930 talks of turning a "logging road" up Cascade Brook into a hiking (and skiing) trail.

Not surprising, as much of the White Mountain terrain was heavily lumbered. Nearby Lincoln certainly was a logging town but most active after 1850 and principally exploiting the East Branch of the Pemigewasset River east and south of the Notch. Extensive clear-cutting of the White Mountains mostly occurred over the roughly 100 years from 1850-1950. Per an exhibit from the Museum of the White Mountains: "After the Civil War, logging railroads penetrated previously inaccessible mountain regions. A more significant change, however, was the development of a new chemical process that enabled papermakers to make paper from softwood trees. Suddenly softwoods, especially high-altitude spruce, became valuable. Large-scale logging operations clear-cut huge swaths along steep mountain slopes." Prime certainly would have noticed signs of lumbering around the lake from any activities during this period. Walking the Cascade Brook Trail today, remnants of Comey's logging road are evident particularly up to the junction where the trail splits from the banks of Cascade Brook, about three quarters of the way to the lake. From here it still shows signs of being an old road both in grade and width although heavily

eroded. However, evidence of the apparent road stops short of the lake. Perhaps 500 feet distance from the lake and 150 feet lower in elevation the trail becomes a steep single track with no signs of diverging from a previous road. Perhaps it is no coincidence that this point is where the road would cross onto Land owned by Prime. Most of the Cascade Brook Trail up to this point tracks through land that was not owned and protected by the Profile House or Prime and later Franconia Notch State Park and undoubtedly was logged as was so much of the terrain in the area. In *I Go A-Fishing* in 1873, Prime describes Cascade Brook as "one of the finest brooks in America for scenery, as well as small trout." It seems unlikely that the nature-loving Prime would make such a claim if the area was scarred by extensive logging. It is most likely then that Arthur Comey's "logging road" dates to the late 19th or early 20th century to access the land south of the lake. Perhaps then, Prime's claim that "No axe of lumberman has, hitherto, desecrated this forest sanctuary" is correct, the area around Lonesome Lake and the "bridlepath" leading up to it had escaped the saw.

This article relied on many reference sources. Perhaps the most comprehensive include: Jeffrey S. Wallner's article, "*Butterflies and Trout: Annie Trumbull Slosson and W.C. Prime in Franconia*" published in the June 1978 issue of *Historic New Hampshire*; Samuel Adams Drake's 1882 volume *The Heart of the White Mountains: Their Legend and Scenery*, published by Harper and Brothers; William C Prime's books *I Go A-Fishing* published in 1873 and *Among Northern Hills* published in 1895 both available through Google Books online. The Newton Collection at the Museum of the White Mountains in Plymouth, NH and the AMC archives have troves of pertinent documents. Thanks to David Krause with the New Hampshire Department of Natural and Cultural Resources for providing period maps of the 1928 purchase and of Franconia Notch State Park today.

Eric Pospesil is a land surveyor for Smith and Pospesil, based in Franconia.

SUMMER HIKING SPECIAL

Q&A with Jamie Gillon and John Williams co-chairs of AMC-NH Excursion (Hiking) Committee

Jamie and John manage an extensive Excursion program for AMC-NH with over 100 publicized and private trips annually. They agreed to answer a few questions for Mountain Passages:

- **Why an AMC hike? What makes AMC hikes special?**
Well qualified leaders and a great group of fellow hikers that you'd otherwise never meet. Hike leaders are experienced hikers and past participants on chapter hiking trips. Training involves a weekend long workshop that covers gear, group dynamics, planning, participant screening and accident scene management. After completion, leader trainees run hikes with experienced leaders who evaluates them.
- **How many people are involved with the AMC-NH excursion team? How can members get involved?** We have over 90 leaders and leaders in training. If you want to volunteer or get involved please contact Jamie Gillon or John Williams at excursionsnh@amc-nh.org.
- **How do you decide what hikes/trips to sponsor?**
Once someone becomes a leader, they largely plan their own trips.

- **How long is the hiking season for activities?**
Year round.
- **Are the hikes open to the general public or AMC members? Does AMC charge for its hikes?** We generally do not charge for day hikes, but do charge if the event is overnight or if there is some sort of equipment rental. Hikes are generally open to everyone.
- **Do you have some favorite hikes/trips to recommend?**
The winter and spring workshops at Cardigan Lodge.
- **What is the web link to find out more about the available hikes and schedule?**
www.outdoors.org/activities
- **What are your biggest issues in a given year?**
The biggest issue is coordinating a large group of people. To lessen the load, we have a handful of sub-committees, including "Over 55," "Leader Enrichment," "Family Group" and "Leadership Review Board" that focus on topics like leader review, and leader recognition.

Becoming a Hike Leader- 2nd Part in a Series

BY: JOE D'AMORE

Nestled in the embrace of Mount Washington, along the Cascades of Ellis River just behind the Pinkham Notch/AMC Center, I attended a definitive prerequisite to leadership at the Joe Dodge Center.

The course, which has operated since 1974, has evolved into a highly engaging two day format where our instructor Amanda Fisher-Katz-Keohane taught a practical applications course including CPR. Amanda is certified as a Wilderness EMT, a consummate teacher and experienced outdoor leader.

The program known as Wilderness First Aid is delivered by Stonehearth Open Learning Opportunities (SOLO) of Madison, NH. The SOLO course, which was first called Mountain Rescue Seminar and then Backcountry Medicine, was launched by founders Frank Hubbell, DO, and his wife Lee Frizzell. Frank and Lee are genuine pioneers in this field and continue to refine, develop and share best practices.

WFA/SOLO is recognized by the American Camping Association as a requirement for camp counselors and hike leaders of all varieties. For more advanced hike leaders such as expedition/multi-day level mountaineering, the course is popular. The course is also much sought after for those pursuing SOLO's Wilderness First Responder and Wilderness Emergency Medical Technician certification programs.

Anyone can avail themselves of this program. You do not need to be on a track to be a leader or technician to gain the skills and knowledge offered by the course.

From 8:30-4:30 the two days were filled with outstanding instruction. The application of course content through field exercises for assisting outdoor enthusiasts who find themselves in a compromised state and far from a hospital or a clinic was engaging. Oftentimes, our instructor shared her experiences and added practical advice for helping others in difficult outdoor conditions according to WFA/SOLO operating principles.

This was my first WFA course in my quest to become an all season, Class 3 hike leader. The course is often repeated by experienced outdoor leaders and enthusiasts.

Many reading this are involved in a variety of activities with some focused on just one activity such as hiking, climbing, skiing, kayaking, canoeing, or sailing. The WFA applies to all of these and works from the altruistic principle of the "Good Samaritan".

As I continue this series I will share other experiences in the hopes of encouraging many of you to consider wilderness leadership with AMC!

For more information about WFA/SOLO please contact them at WFA/SOLO, p. 603-447-6711
email: info@soloschools.com

**Feel free to contact me
about leadership development
- Joe D'Amore**

Long Trails of New Hampshire

BY: JOHN WILLIAMS



Hikers on the Wapack Trail Outing in April, 2024: From left to Right: Mark Sullivan, Ginny Travers, Sue McMaster, Terri Desautels, Nancy Bernard, Jon Randall, Tom Briggs, John Williams, Wanda Rice; Photographer: John Williams
Inset photo: View from Table Rock on the Cobos Trail is as spectacular as they come. The hiker on the rock is Jon Randall; Photographer: John Williams.

Is it time to consider a different venue for hiking in the New Hampshire woods? Many of us enjoy day hikes to our favorite trails and views, or hike the 48 - 4K's but are looking for something fresh to do. New Hampshire is blessed with a number of long-distance trails which are often overlooked. These are typically quiet, less traveled places to explore off the beaten path. Some of these trails offer camping opportunities for overnight thru hiking and backpacking options; some do not allow camping.

If backpacking, it is essential to respect private and public landowners who allow trails to pass across their lands, and to only camp in designated sites. Abuse of trail rules and etiquette and failure to abide by "leave no trace" principles can spoil the future opportunities for all others.

Here are some options:

Appalachian Trail: The Appalachian Trail (AT) is likely the first long trail which comes to mind for many. The AT within New Hampshire is 162 miles long, and enters New Hampshire by crossing the Connecticut River from Vermont into Hanover, NH. The southern end of the trail passes over some classic NH countryside and numerous mid-level peaks which are worthwhile. When the trail approaches Mt. Moosilauke, it enters the White Mountain region passing over some of the greatest 4K summits. It is not forgiving to thru hikers from the south or section hikers, often limiting daily mileage with its ruggedness and elevation gains. The New Hampshire section finishes with an equally challenging ridge northbound ("nobo") on the Mahoosuc Range as it crosses into Maine for a continued challenge over steep, rocky terrain. If you would like to hike the entire NH section, keep in mind that the "nobo" bubble of hikers occurs in the summer months adding a daily stream of hikers and potentially filling shelters beyond capacity.

Wapack Trail: Southern New Hampshire hosts the shortest long trail on my list, the Wapack Trail. AMC New Hampshire led an April hike of the Wapack in three sections. Friends of the Wapack provide the following description of the trail: "The Wapack Trail is a 21.5-mile hiking trail that runs north-south over a half-dozen small mountains, none taller than 2,300 feet, from Mt. Watatic in Ashburnham, Mass., to North Pack Monadnock in Greenfield, N.H. The Wapack Trail runs alongside ponds and wetlands, through dark woods and open blueberry fields, past stone walls and cellar holes, and across ledges and summits with fine views of Boston and the hills of Vermont. The Wapack Trail passes through both public lands and private lands, and has six trailheads with parking. For those with a love of long-distance hiking, it connects with the Midstate Trail in Massachusetts at the southern end."

Monadnock-Sunapee-Greenway Trail: Another southern trail is the Monadnock-Sunapee-Greenway (MSG) Trail, also known as the MSG. The MSG runs south-north and is 48 miles long starting at (you guessed it) Mt. Monadnock and ending at...Mt. Sunapee. This trail also passes over public land, conservation lands, and private lands. It offers views, wild blueberries, remote streams, wetlands, ponds and lakes. Trail maps and guides for the MSG are available from the website, and from the Washington General Store. Camping is allowed in designated areas, but no fires are allowed. The southern end of the MSG connects to the Metacomet-Monadnock Trail (M-M) which provides a southern link south across the border into Massachusetts. The M-M is an 18 mile hiking trail route that has been in existence for over half a century. The M-M passes through four communities in New Hampshire, and extends from the MA/NH State line to the summit of Mt. Monadnock in Jaffrey, NH. The M-M connects with the New England

(Scenic) Trail which travels 235 miles south through Massachusetts and Connecticut and terminates at Long Island Sound. The New England Trail was designated as a National Scenic Trail in December of 2023, which opens opportunities for federal recreational funding.

Sunapee-Ragged-Kearsarge Trail: The Sunapee-Ragged-Kearsarge Trail (SRK) is in southern NH and has a long circle route which connects the primary named mountains. The trail organization provides a breakdown of the SRK trail into 14 sections which vary from 3.2 to 8.4 miles in length. A number of the trail sections have distances of travel on roads, the road walks can be less appealing to some hikers. The SRK website sells trail maps and guide books. From the SRK website: “The SRK Greenway is a 75-mile loop of hiking trails in central New Hampshire. The Greenway Trail System circles the Lake Sunapee area and connects Sunapee, Ragged, and Kearsarge Mountains. The Greenway’s mission is to create and maintain a forever green, great circle of trail corridors and conserved lands providing walkers with minimally-developed access to the mountains, lakes, vistas and historical sites of the Lake Sunapee Region.”

The Cohos Trail: The Cohos Trail also runs south to north and starts at the Davis Path in Crawford notch running to the northern terminus at the Rt. 3 border crossing with Canada. Much of the trail is located in the great north woods region which is a section of New Hampshire many have not explored. The trail length was recently shortened from 170 miles to around 160 miles by resolving a long section of road walks and cutting new trails thru mostly public lands between Coleman State Park and Pittsburg, NH. The Cohos Trail website offers printed and digital maps and guide books. One observation, while hiking the Cohos Trail in sections, is that overnight shelters are not always located near water. So plan ahead. Don’t miss the opportunity to enjoy a Cohos Trail Ale while in Colebrook at the Coos Brewery, a hiker favorite :-). From the Cohos Trail Association: “The Cohos Trail runs from southern Crawford Notch in the White Mountain National Forest through the Great North Woods to the Canadian border at far-flung Pittsburg, NH.

Hearty souls can then continue on Sentier Frontalier’s trails to Mount Megantic or Mount Gosford in the Eastern Townships of Quebec, Canada. This network is the only international trail system in New Hampshire and the second international pathway in the East.



John Williams, Geo, and Jon Randall at the halfway point of Monadnock-Sunappe-Greenway Trail. Photographer: John Williams.

There are many day hike opportunities along the full length of the Cohos Trail and a great deal of remote territory to explore where you may meet more moose than humans.... The trail encompasses nearly 40 peaks including the tallest in the Northeast, passes through three major river watersheds, reaches New Hampshire’s highest cliffs, saddles up to numerous waterfalls and major wildlife bogs and marshes, and drifts through a million

acres of forest. Thru hikers have completed the trail in as little as nine days. Some take two weeks. Most do not complete the trail all at once in a thru-hike but walk it in sections.”

The Wantastiquet-Monadnock Trail: The Wantastiquet-Monadnock Trail (WMT) is another adventure for your consideration. The trail travels 50 miles from Mt. Monadnock westward to Mt. Wantastiquet by the Connecticut River at the border with Vermont. From the WMT Coalition: “The 50 mile Wantastiquet-Monadnock Hiking Trail (WMT) can now be hiked over its whole length from Mt. Wantastiquet (across the river from Brattleboro, VT) to Mt. Monadnock. Well-known public lands along the trail include the Wantastiquet, Bear Mt., Pisgah and Monadnock State Parks, the Horatio Colony Preserve, the Cheshire Rail Trail, and the Forest Society’s Gap Mountain and Monadnock Reservations as well as the Madame Sherri Forest. An overnight shelter can be found off the trail just west of Pisgah Park and three tent sites are in the process of development.... The WMT is the culmination of 25 years of planning, negotiations and trail building begun by members of the Chesterfield Conservation Commission and the Friends of Pisgah Park. The completed trail was introduced at a community event in Keene in April, 2018, and with a series of 9 section hikes that same year.”

The (Cross) Rivendell: The (Cross) Rivendell Trail runs 36 miles (approximately 12 miles within New Hampshire) and connects the four towns of the Rivendell Interstate School district in Vermont and New Hampshire. Starting at Flagpole Hill in Vershire, VT, it passes by Westshire Elementary School in West Fairlee, Samuel Morey Elementary in Fairlee and Rivendell Academy in Orford, NH on its way to join the Appalachian Trail at the top of Mt. Cube.

NH Long Trails	Region	Miles	Camping	Website
AT, NH	White Mountains	162	Yes	https://appalachiantrail.org/
COHOS	Great North	160	Yes	https://www.cohostrail.org/
MSG	Southern, NH	48	Yes	https://www.msgtc.org/
Rivendale	Western NH	12-36	No	https://rivendelltrail.squarespace.com/
SRK	Sunapee Region	75	No	https://www.srkg.org/
Wapack	Southern, NH	21	No	https://wapack.org/
WMT	Southwest, NH	50	Limited	https://wmtcoalition.org/

AMC-NH Winter Hiking Series

BY: WANDA RICE



Above: Winter Hiking Series group descending the Ammonoosuc Ravine Trail; Photograph by Andrew Collins.

Right: Mount Moosilauke View; Photograph by Andrew Collins

While it may seem premature to be thinking about winter when summer has just begun, it really is not too early. Registration for the AMC-NH Chapter's Winter Hiking Series opens on August 1.

The goal of this program is to provide participants with the knowledge and training to safely day-hike the higher mountains of the Northeast during winter conditions. It is designed for those people who have sufficient, recent and relevant experience hiking Northeast 4000 footers in spring through fall and wish to take their hiking to the next level to experience what many consider the best season of all. The series is taught by experienced volunteer AMC-NH trip leaders.

The series starts with an instructional weekend that is followed by four hikes of increasing difficulty starting with Mount Pierce and finishing with Mounts Lincoln and Lafayette (weather permitting of course).

For more information, visit amcnh.org and find the "Winter Hiking Series" under the Education & Training tab.

Here's what some of our graduates have to say about the program:

"The WHS was an incredible adventure. It gave me knowledge about equipment, safety, clothing, and introduced me to wonderful leaders who take winter hiking as serious as it is. It's the most beautiful time to be in the mountains. It's exhilarating and fun. But it can be treacherous if you are not prepared. The leaders shared such valuable information in the classroom setting as well as on the trails.

"We had some wonderful hikes although a couple in windy, snowy weather with very limited views of Mt. Moosilauke and Mt. Liberty. I still consider them both favorite hikes of mine. At times the weather was a challenge but we had such a great group of hikers experiencing it together. We put our winter skills knowledge into practice with the encouragement of the leaders. It always felt like quite an accomplishment, finishing a long cold day together! The WHS is also a great way to make new hiking friends!" - Nancy

"The instructors were incredibly knowledgeable and supportive to newbie questions. Taking the WHS really transformed my life! I discovered a new passion and amazing folks who shared this passion. Now I have a weekly hiking group that I regularly hike with. So thankful for all the instructors and the opportunity to take this class!" - Wendy

"Winter hiking enjoyably and safely requires knowledge and practice. The WHS gave me enough of both to join bigger winter adventures and get into the mountains at what is now my favorite time of year. The progressively building hikes of the program took me up mountains in conditions I would have never considered before... always feeling safe. The final hike across Franconia ridge was amazing." - Geoffrey

"I loved the winter hiking series. I learned a ton about how to be prepared, what gear to carry, how to use it, when to turn back, and when to stay home. I also met so many amazing people and love seeing their adventures. I got so much more out of the experience than I expected. Highly recommend it!" - Beth

"Winter hiking in the Whites is one of the most incredible experiences of my life. The scenery in winter is spectacular. It can end in tragedy though, if you are not prepared. After taking WHS I feel as though I have enough knowledge and skill to winter hike safely. The instructors are all very experienced and knowledgeable and we all had a great time hiking together. I now have friends from WHS and we'll continue to hike together. I highly recommend the WHS program." - Nick

"I would strongly encourage anyone who is interested in pursuing the higher peaks or more remote wilderness areas during winter conditions to get proper education and training. The Winter Hiking Series offered by the AMC's NH Chapter is a great program." - David (NH 48 Grid and Winter 67 finisher).

Lakes of the Clouds Hut; Why does it close so darn early in the fall?

BY BOB MCLAUGHLIN



While this photo was taken three years after the events described in this article, it amply demonstrates that the September freeze in 1915 was not a unique event. This photo was taken on September 30, 1918. Photo from AMC Archives

Why does Lakes of the Clouds Hut close in mid-September when all the other huts stay open? That is a question many have asked while planning a late summer hike in the Presidentials. Well, the official answer is the hut is at 5030 ft. and is subject to extreme weather conditions. But, while true enough, this is not really a satisfying answer without more.

The hut log book from Lakes of the Clouds first year in operation, 1915, provides some examples of what “extreme weather” can be. You can see a copy of the original handwritten log book on our webpage (www.amcnh.org/newsletter) and this article uses a transcribed version.

In 1915, Lakes of the Clouds Hut did not close on September 21 as it will this year. The log book entries for September 21, 1915 follow:

[Tuesday,] September 21, 1915: Equinoctial storm broke last night and it has rained all day with strong SE wind. Started a party of three from Crawford's at 11 AM—trio of gentlemen & one lady. They were unprepared for rain so we tied them up securely in oil cloth to cover head and shoulders. There are five left in camp; those ladies & two gentlemen. We are being taken first class care of by George J Stellings—caretaker. If clear weather comes three to Randolph & two go on over the range to the Madison Huts.

[Wednesday,] September 22, 1915: After a night of fierce wind that made the Northeastern windows heave & buckle till we thanked Heaven for thick glass & steel frames—We awake to find the temperature at 20° above zero and whole mountainside covered with frost. The rain had stopped but the wind still

keeps up its hurricane force from the NW. By ten o'clock we got occasional glimpses thru the clouds of the valley below smiling & peaceful—with wonderful cloud shadows on the mountain sides—Everything outside is covered with ice streamers & ribbons & nobody can venture far from the house because then an extra heavy gust threatens to upset the equilibrium completely. We are speculating as to how long this state of affairs will last. So, we can complete our trips—just at present wisdom dictates our not venturing too far from the safety & comfort of the Lake of the Clouds Hut.

Because there are no further entries in the log book for a few days it appears the folks trapped in Lakes of the Clouds Hut were rewarded with acceptable weather and continued their hikes. However, just three days later another storm roared in:

Saturday September 25, 1915: Arrives 5 pm Party of Five (2 ladies) from Crystal Cascade up Tuckerman's over Cone in wild gale of wind.

Rising Storm Barometer 25.15 Ther 34°

Mt W Summit House Closed Today

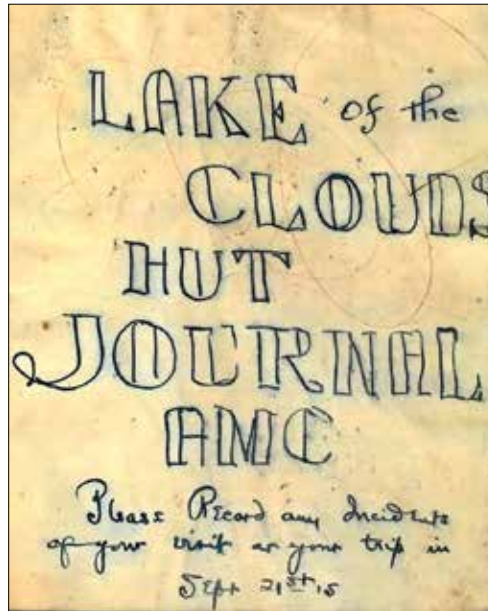
Sunday September 26, 1915: After Wild West Gale with fog—Rain sets in 9 AM. Slashing rain all day still; 3:30 pm—Barometer falls to 23.80". 3:30 to 4:30 pm glorious SUN-BURSTS—then sudden deluge of rain with arctic gale changing to sleet by nightfall—Night of sleet blizzard as on mid Ocean in the ROARING FORTIES.

Monday September 27, 1915: Roaring Hurricane—Ther. 9AM 18° above zero Bar. 24.20 wind stings like bird shot on cheek and brow and chin. Tis death for tender feet at 1000 paces from our roof & our cook stove. One of our party snaked a live mouse out of the woodbox by the tail which we promptly can for fresh meat on the trail. NOTA BENE: We are a bunch of optimists and our Party motto is; Cheer Up! The Worst Is Yet To Come! Our Two Ladies report that they slept warm last night having been rolled up together in 25 blankets into a mountain of mummy.

Barometer at 1:30 PM 24.30—Ther. 24 Our Ladies are both shocking Smokers though they pretend tis only frosted breath they are puffing. We are all smoking frost flower tobacco. As food supply is limited, we plan 2 frugal meals for today. Program of the day Fog and Dry Blizzard. One can see a bore shot up the snow clad mountain slopes—no more! 6 PM The gale rises to a hurricane which continues without one instant's lull all night. Fog thicker than yesterday.

Tuesday, September 28, 1915: Storm even more fierce—Only Good God can live out of doors in it, but nothing mortal. [Thermometer 20°; Barometer 24.25]. The Blast

stabs like a bayonet charge or a saber rush of Cossacks. Oh, We have had a Hell of a Night! as the parrot exclaimed in the morning after passing the night in the same room with a monkey—we find good skating this morning on the Lakes of the Clouds. The window panes are so heavily glazed & crusted with frost & sleet that the room is dimly lighted even at 9 AM. It will not scratch off or thaw off. At 10:30 AM our ladies spring and burst from their huge grey cocoons to the table demolish each her one Fried egg, 2 wheat cakes, & one flapjack and a mug of coffee and crawl back into their grey chrysalis again—(We are all on fixed rations and have not had a drop or a crumb since 5:40 PM last eve[ning])—11:30 AM temperature of room at 15 ft from the stove is 39°. We still have enough charcoal, if used sparingly to keep us from freezing for a week.



12 O'Clock Noon. Outdoor Temperature 25° above zero, and still the Wild Gale roars on like a crazed hurricane off Cape Horn—What is its velocity?—Heaven Alone Knows! Only it knocks the wind right out one's body and blows you like a last year's leaf toward Boot's Spur. Here we lie in our bunks, 6 Jonny Shmokers, all puffing frost-incense and wondering if Old Blow Hard will howl till May.

2 PM temperature outside 28° on the south side of the hut.

3 PM temperature outside 27° Wind Roar still Wilder and Crazier Gale cuts like a scymeter[sic]. Fog shuts in Closer and Closer. You can see scarcely 20 feet before your nose. The ghostly fog soft as

owlets wings and white as eider down and deathly cold, folds us in its deadly bosom for the night—The Fourth Night!

5 PM Barometer 24.18—The thermometer 30° The Gale mounts and maddens into a Ultra Blizzard Ferocity with the fall of malignant night and phantom fingernails of the sleet beat a ghostly tattoo on the panes and evilly beckon us to come out to our graves in the snow, whispering eerily: "We'll tuck you in for a long, long sleep!"

Evening—The cold strikes into our blood and so we all seven circle round and round, each beating the backs of the one in front of him, as we dance on the concrete floor of our hut. At 7 PM we take our dinner-supper, the second and last meal of the day. We consumed 2 cans soup, 2 cans peas, and Mug of Cocoa each, and bread which our two ladies made. This for 7 grown up people after a fast of 26 hours save for one meal.

Wednesday, September 29, 1915: Barometer at 8:30 AM 24.35 Thermometer +28° at 8:30 AM; Thermometer inside +33°

All night till 4 AM the gale roared like a maniac this[sic]. But at 4 this morning brief lulls would now and then occur long enough to count 6. The Fog still shuts us in, at 8:30 this AM the hitherto dense fog begins to faintly glow as if the sun might, later, gleam through.

10 AM Breakfast for 7 grown ups: 1 fried egg and a tiny bit of bacon, bread and a griddle cake and mug coffee.

11:15 AM Barometer 24.42 Thermometer 28° above. Fog settles down again. Wind still high & sharp but roars less or not at all.—It has blown all along from practically the same quarter, viz:--NW shifting to North at times.

The ground is covered with glare of ice two inches thick obliterating trails for the tenderfoot—Snow is 8 inches deep. 1 PM The Fog again shines golden bright for a while but does not lift or recede nor does the Sun peep through even for a single moment.

Barometer at 4 PM 24.45 Thermometer 30°

Barometer at 5 PM 24.50 Thermometer 32°

Barometer at 6 PM 24.50 Thermometer 32°

The roar of the gale again is loud.

6 PM For 4 days and 4 nights we have now been held by the Fog-Spell of the Great Spirit of the old Warbraves high up in His cloudy Home on the Mighty Indian Mountain nor do wonder that his dusky worshippers dared not set foot in his lofty sanctuary—O dread Manitou release six presumptuous tenderfoot palefaces, snow-bound, blizzard-bound, cloud-bound Children of the Pave[ment].

8 PM Barometer 24.52 Thermometer 32°

September 30, 1915: 5:30 AM Lo, the AlpenGlow on Washington On Lafayette! And seas of ice flock fill the vales while over-head laughs a Fleckless Heaven—Our Cabin is all thatched & walled with eagle plumes of ice 26 inches long.

7:00 AM Bar. 24.70

[Signatures]

All leave for Washington Top at 7 AM

Considering these tales of the opening year, is it surprising the Club thinks it better to close Lakes of the Clouds early? They also provide cautionary tales for anyone considering a hike in the Presidentials in the fall. Check the weather report while you are planning and again when you are just about to depart. Hiking in the Presidentials in the fall can be heavenly or hellish, if hell is cold and windy. Pick your time carefully and do not be hesitant to change your plans if conditions call for a change.

The mountains will always be there if you are there to climb them!

Editor's Note:

Editor's Note: The quoted text from the logbook has been transcribed to the best of our ability from the hand written Lake of the Clouds Hut Journal, which can be seen on the *Mountain Passages* webpage. We recognize that some of the statements of the authors are in questionable taste, but in an effort to reflect the experience of the authors in 1915, we have decided to report the journal exactly as written.

Safe Hiking Tips

AMC posts a guide to hiking safely on its website at

<https://www.outdoors.org/resources/amc-outdoors/outdoor-resources/a-beginners-guide-to-hiking-in-the-white-mountains/>

An abridged version appears here

- **Be prepared with knowledge and gear before you start your hike:** Learn about the terrain, conditions, and local weather of where you'll be hiking in advance.
- **Hike with the 10 Essentials,** know how to use the gear you're bringing, and make sure it works beforehand.
- **Remember to bring extra layers** and be prepared for a variety of weather conditions.
- **Leave your hiking plan with someone else:** Let a reliable family member or friend know where you plan to hike, what trails you plan to take, and what time they should expect you back.
- **If you hike with a group, stay together (the entire time):** Be sure everyone understands your hiking plan in advance and is comfortable with and prepared for the task.
- **Know when to turn back and cut your hike short:** Turn back if: you experience bad weather; you encounter a trail feature that you didn't expect, like a river crossing that is much larger than you thought; you or someone in your group is too tired to complete the hike; or you are running out of daylight and do not have time to complete the hike before it gets dark.
- **Consider purchasing a Hike Safe card:** If you get injured or lost in the backcountry and need to be rescued, having a Hike Safe card will exempt you from reimbursing the cost of your rescue. Your purchase also helps support New Hampshire Fish and Game's Search and Rescue Fund.

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 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 below. It is a view looking north from the Jennings Peak in the Sandwich Range. In the foreground, Noon Peak is on the left and Flat Mountain is in the center extending to the right. Further in the distance in the center is Snow’s Mountain and beyond that from left to right you can see the Tripyramids, the Hancocks and Mt Kan-camagus. In the extreme distance on the left Franconia Ridge is visible. Unlike other recent ‘Where in the Whites?’ photos, only two

readers properly identified the location where this photo was taken. The correct answers came from:

Lorretta Boyne, 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 above and where the photo was taken. Be as specific as possible! Take a guess and submit your answers to WitWamcnh@gmail.com. By the way, Wit and Wi tW are not names, they are the initials of the first three or four words in Where in the Whites?

We look forward to seeing your submissions.



View from Jennings Peak in the Sandwich Range looking north. Photo by Bob McLaughlin



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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.

New Hampshire Wilderness Reflections

This section will hopefully serve to stimulate your imagination and stir your passions to write about your experiences in the wilderness, whether a walk in the forest, scaling a mountain, backpacking, kayaking or anything else that can be done in nature.

Do you have an idea for a poem or a completed poem or reflection? How about a special photo that brings out the beauty and aura of nature? What about a drawing or painting or other artwork?

Please send your contribution to me along with a suggested title. I will support you by editing content and suggesting formats so you can be published in *Mountain Passages*:

Joe D'Amore
Co-Editor, *Mountain Passages*
damorecos@gmail.com

Feel free also to join the FaceBook Group: NH Wilderness Reflections <https://www.facebook.com/groups/1163003101789242> to make connections with other creative people who are excited about sharing their experiences with others.

Let's celebrate the gift of nature and our interactions with it!

Volunteer Graphic Designer Needed

Description: Graphic Designer needed to layout and produce AMC NH quarterly newsletter - *Mountain Passages*. Graphic Designer will be a member of and work closely with the editorial team. *Mountain Passages* may switch to exclusively digital distribution going forward but may need to coordinate printed publication for

at least the next two issues. Time requirements: 4 issues per year, 25-30 hours per issue.

Desktop publishing software experience: Adobe InDesign, Adobe Photoshop, Adobe Illustrator, and Acrobat.

Contact: Bob McLaughlin at MNTNpassages@gmail.com