

BOOTPRINTS

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View back on the Knife Edge from S. Baxter Peak (Katahdin, ME) – RMorgan

Katahdin 8/1/03

By Gary Tompkins

The day began early even for the staunchest morning person. But, knowing that Baxter State Park closes the gate when the trailhead parking lot reaches capacity, (often within an hour of opening) we were determined to be at the front of the line. Thus, we agreed to rise at 2:50AM for the 5AM gate opening. With anticipation of the adventure ahead we piled into two cars and soon were speeding northward from Hidden Springs Campground to the southern entrance for Baxter.

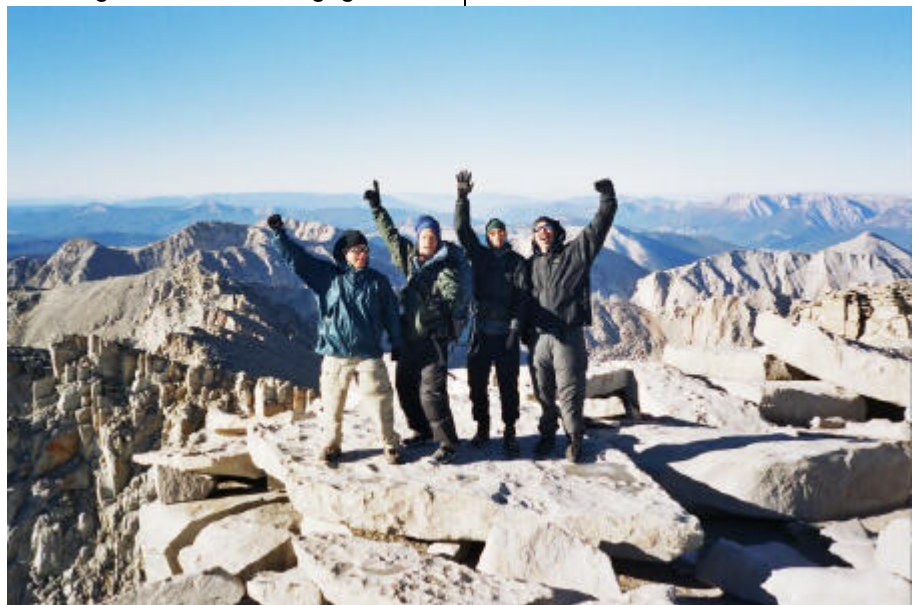
We arrived at the Togue Pond Gatehouse shortly before 4AM to find that we were the third and fourth cars in line. Hurrah!!! Our place at the Roaring Brook trailhead was now assured! As we were waiting for the gate to open we ate breakfast and listened to the sounds of loons calling on the nearby pond, while the silhouettes of bats danced against the background of the pre-dawn sky. Other vehicles began to queue behind us, and eventually a ranger drove up to unlock the gate. Imagine our surprise as we checked-in when, instead of the expected Maine "ayuh", we were

greeted with a warm southern "Y'all doin' some hikin' today?" When the ranger explained that she was originally from Georgia we came to a consensus that she must have grown tired of working the Springer Mountain end of the AT, and so decided to try the Katahdin end for a spell.

While signing the register at Roaring Brook we engaged the

merits of the various routes. He recommended that we proceed up the Helon Taylor Trail, then over Knife Edge to Baxter Peak, and descend via the Saddle Trail. Since this was a Class II day with showers and thundershowers predicated for the afternoon he reasoned that this route would put us back below treeline before any bad weather moved in. So, in a quick group huddle, we not only decided to follow the ranger's advice, but also heartily congratulated ourselves for our astute wisdom in heeding his recommendation.

We hit the trail before 7:00 and after a scant distance on the Chimney Pond Trail we turned left onto the Helon Taylor Trail and began ascending. The sky was a brilliant blue, and the rising sun was to our backs as we passed through a mixed hardwood-conifer forest with the trail edged with the greatest profusion of bunchberry imaginable. As the trees became more stunted we could appreciate the Helon



ranger in a conversation on the Taylor trail's reputation for great

PVHC on the Summit of Mount Whitney, CA – August 22, 2003
Highest point in the lower 48 states at 14,494 feet.

(left to right: Mike Carrier, Rick Briggs, Ed Laroche, and John Klebes)



views. Clear of the trees by 3300' we paused frequently to snap photos. We did a lot of work surmounting boulders of all shapes and sizes, but as we continued to gain elevation we were rewarded with stunning views of Katahdin's renowned glacial cirques. Eventually we reached Pamola Peak (4919') where we paused to snap more photos, drink in more views, and more water.

As we started the famous Knife Edge we came to The Chimney, a precipitous rocky col between Pamola Peak and Chimney Peak. We made our way carefully and slowly, using whatever handholds we could find, to climb down into its throat. Then, with equal care, we pulled our way up and out the

opposite side onto the rock tower called Chimney Peak (4910'). By this time we were actually grateful that the sky had become overcast and breezy as it helped to keep the temperature cool. The Knife Edge Trail is aptly named, for it is thin and sharp, only a few feet wide, dropping nearly straight down on the north side, and a little less steeply on the south side. Like a serrated blade it is indented with constant ups-and-downs as it ascends toward South Peak (5240') and ultimately Baxter Peak (5267'). While working the Edge toward Baxter we talked to a number of hikers who came from distant places, including Australia, England, Colorado, and Arizona.

Juliana was the first of us to reach Baxter Peak. The rest of us were close behind, and we soon gathered together around the summit cairn and sign for photos. Since it was lunchtime (we timed that right) we rested, ate, and enjoyed awe-inspiring views in every direction. Eventually, we started down across the Tableland toward the Saddle. Like the other trails on Katahdin it was entirely rocks and boulders, although much smaller than those on the peaks. Then we turned eastward down the Saddle Trail, which itself is an old rockslide, to reach Chimney Pond.

From Chimney Pond it was a magnificent and humbling sight to gaze up at the great mass of Katahdin towering above. From this spot was a panoramic view that

encompassed almost all the distance we had come. The trip back to Roaring Brook was a comparatively modest descent, and it sure felt funny walking on progressively level ground. With Al and Juliana in the lead, and Bob and I taking up the rear, we arrived at the Roaring Brook ranger's cabin to sign-off the trail register. The same ranger from the morning was still on duty now, so we took the opportunity to thank him for sharing his advice. Perhaps sensing our vulnerability at this point, he tried to convince us that the Park staff went to considerable effort to haul all those rocks up onto Katahdin. It would have been fun to linger and swap yarns with him, but the lure of hot showers back at the campground, and pizza in "downtown" Millinocket took precedence.

The next day was showery and we hiked around several of the ponds in BSP successfully looking for moose aided by Al's fluency in moose-speak. That evening Al and Heather prepared a great dinner for our deserving appetites. The following morning Bob and Al, and Heather and Chris departed back to MA, while Gini, Juliana, and I went into BSP again, this time to hike to the summit of North Brother. In all, this was an excellent weekend in a beautiful wilderness setting. We discovered that BSP holds many great hiking opportunities beyond the main attraction of Katahdin.

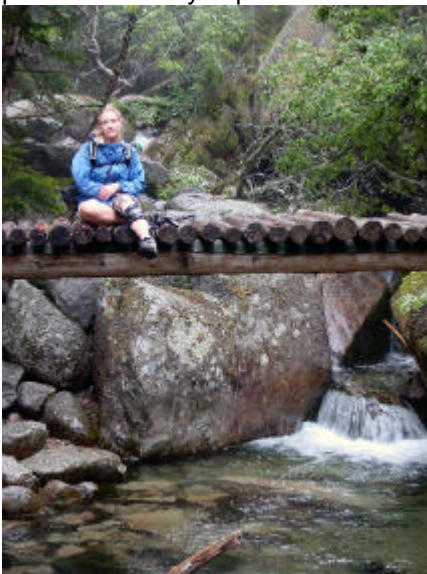
Barton Cove Canoe / Kayak

By Joe Zawrotny

What looked to be an absolutely gorgeous weekend of weather and friends ended up as quite an adventure. This article started as a



warning to club-members about Norm Plante the "S'mores Stealer", but then he was one-upped by Ed Laroche's attempt to perform the old



Heather at Katahdin Stream Falls

wrestling move called the "Super Fly" on a boulder. Guess who won.

It all started Saturday morning as Norm, Dave and I waited for the very late Ann-Marie at Brooks. Apparently she had problems keeping her kayak on the roof of the car. In hindsight, this was a sign. Needless to say we did not recognize the sign and piled into our cars for Barton's Cove.

Barton's Cove is located just above the Turner's Falls Dam and is run by North East Utilities. They rent Kayaks and Canoes and maintain a few beautiful campsites and picnic areas here on the Connecticut River. The staff there assisted us with our boats and gear then shuttled Dave, Marsha, Ann-Marie, Lea, Stephanie, Norm and I fourteen miles up river.

After loading our gear (then saying a prayer that the boats would still float) we departed Pauchaug for the first five miles. This was a pleasant uneventful paddle. We arrived at Munn's Ferry to find a pristine riverside campsite that included a shelter, picnic table, fire ring supplied with firewood, hibachi and composting toilets. What more could anyone ask for?

We proceeded to light our first bag of charcoal and started cooking the feast. Unlike backpacking, we were able to carry quite a loot into camp. The hamburgers, hotdogs and veggie burgers were good, but Marsha supplied us with corn on the cob, baked potatoes and roasted garlic. Ann-Marie brought along the sour cream, butter and cheese. I can only sum it up by wife's comment when I came home, "You guys ate much better than I did!"

As night fell the true Norm came out. He proceeded to teach us all a card game called "99". Apparently this game is usually played with each player wagering fifty dollars. Norm took the game to heart as

though we actually had the money down. Stephanie proceeded to kick our collective tails on the first go around.

few miles into the planned nine mile trip. Heather and I made it there first. All was fine until we realized we had waiting for half an hour

before even spotting anyone from our group coming down the river. As they got closer we noticed something odd. The group was towing an empty canoe and short two people. There had to be a story behind this one, we



Seeing we had a warm fire going at this point Ann-Marie pulled out S'mores ingredients for dessert. Everything was going fine until I had a marshmallow toasted to perfection. When I turned around to place my hot morsel on the gram crackers and chocolate that was laid out on the picnic table (as we all were doing) I found the "top" gram cracker was missing. Upon investigation we found Norm making his own s'mores using our tops. Guess reaching into the bag and getting his own was too much for tired Norm. He had already asked Ann-Marie to be his Mommy and make his food for him and was disappointed when she turned him down. Club-members beware... keep your S'mores close when Norm is around.

We played a second round of 99 until midnight and Lea took her turn at beating up on us. I guess you could say Norm was contributing to the degradation of the club's youth by teaching the teenagers how to play this game so well. At one point I remember Norm even whispering to Lea "Get Ann-Marie, she is not really your mother you know!"

Anyway, we had some great laughs that night and capped it off by hiking up the bank to view Mars and the brilliant display of stars.

On Sunday, after another feast for breakfast, we were joined by Heather, John, Ed, Shelia, Sybil and Martin. We planned to stop at Riverview picnic area for lunch a

thought.

Apparently our adventurous group found a rope swing to play with. As the story was told to us, there was a knot in that rope and a warning that in order to clear the boulder on the down swing you had to hold your hands on or above that knot. Ed, being the energetic guy he is, decided to give it a shot. I understand the first time he enjoyed a very successful splashdown. I guess the second time he was a bit LOWER on the rope. Let's just say "he fought the rock and the rock won". There was a bit of confusion after that, something about a lot of blood, a motor boat ride back to Barton's Cove and even an ambulance ride. Unless I'm mistaken the ambulance ride was a P.V.H.C. first. Thankfully after six stitches and some rest Ed is going to be fine.

The rest of the group managed to return to Barton's Cove without further incident. This was a beautiful stretch of river and camp sites. I know I will be returning. I would recommend it to anyone with the following warning: Watch your Smokes at all times (which begs the question, "when does a S'mores actually become a S'mores?") and stay away from rope swings (especially when you just returned from a strenuous hiking trip)!



A Special Guest at a Special Park

By Heather Wyman

When I first asked the Executive Board to allow Mark Lavoie, Executive Director of Stanley Park in Westfield, Ma, to hold a clinic for our August monthly meeting, little did I know what to expect. Perhaps a discussion on the illustrious black squirrels and a little follow-up hike on the following weekend to get a closer look at these populous rodents perhaps? Well, Mark blew my expectations out of the water giving a thorough idea of the great opportunities that the park holds not only for animal lovers, such as myself, but to the hiker, the botanist, and the canoeist alike.

Moreover, Mark invited noted Master Naturalist, and Assistant Professor of Environmental Science at Berkshire Community College, Thomas Tynning to co-lead that little hike with me. Although his

specialties include Amphibian Biology, Herpetology, Field Entomology, Field Ornithology- i.e. frogs, snakes, lizards- he was prepared to identify almost every living thing our group of 23 encountered in the park Wildlife Sanctuary where we hiked an easy-going 4- mile loop. Quite different from the natural history tours he leads to the Galapagos Islands, Venezuela, the Amazon River Basin, and more, the species of mushrooms, plants, and other wildlife we encountered were no challenge. Fortunately, we were not to encounter Tom's focus of graduate work- the Timber Rattlesnake.

It was a beautiful day and a beautiful hike. To contact Mark Lavoie, or for more information on the park, including a trail map, go to www.stanleypark.org, or to contact Thomas, you may E-mail him at ttynning@berkshire.rr.com.
- Heather Wyman



Windjammer Adventure

By Laura Aubrey-Cook

This is the only way to explore the Real Caribbean. I stepped aboard a three hundred foot sailing schooner with only one hundred passengers and forty-five crew, for an adventure of a lifetime. Our four masted vessel the S.S. Legacy, is a beautiful sailing ship from a bygone era. Her homeport is St. Thomas, one of the U.S. Virgin islands and our itinerary was loose and weather dependent. Our goal: to sail to four other smaller islands for sun, fun, snorkeling and so much more.... To reach our starting destination, we experienced on time flights and smooth transfers and soon arrive at the docks just in time for dinner. The check-in procedure moved quickly as we settled into our cabins, stowing our gear away.



Dinner was wonderful and the welcome aboard party that followed was complete with dancing and a live island band! Reggae music (steel drum) at its best!

I awoke the next morning to the smell of "sticky buns" and hot coffee and found the ship was preparing to set sail. Last minute arrivals hadn't taken advantage of the stowaway night which allows you to board the ship the night before, get settled in your cabin and meet other fellow "jammers". A full breakfast follows, served by friendly island staff whose love for sailing the tall ships is apparent. Captain's story time informed everyone as to the offerings at Water Island, which we set a course for immediately. Water Island was the perfect way to start this adventure with a deserted beach and snorkeling right off the ship. Water Island was just three hours away. We arrive and it's just another day in paradise. The beach just a short swim as I jumped off "The plank" and begin to circle the area looking for unusual marine life. The turquoise water was calm and through my mask I could see the ocean bottom so clearly it appeared so close, yet we are anchored in sixty feet of water.

A great day exploring the island, followed by snacks and swizzles late afternoon back on board our ship. Dinner was served in two sittings and offered several choices: local Wahoo, a tasty fish, London broil or Baked chicken with family style side dishes. Wine was served with dinner and dessert topped off a terrific meal.

We set sail for our next stop in the U.S. Virgin Islands, which was St. John. This island offered something for everyone. Incredible snorkeling, dozens of hiking trails leading to white sugar beaches, and enough shopping for any visitor in need of retail therapy. I snorkeled most of the day and saw for the first time, cuttlefish. There were five of them swimming in a row. They resemble squid and are capable of changing their color to blend in with their surroundings. There were also angelfish everywhere and the visibility of the water further than one could imagine. The island was

very friendly and yes, my cell phone was working as I called home to check in. I am told that a blizzard had just hit the northeast of the United States - 14 inches of snow! I was elated, to miss yet another snowstorm in the winter of 2002/2003. After dinner, everyone returned to the island of St. John to meet at Duffy's Love Shack. This was a local bar and dance club serving exotic mixtures of the area's famous rums. I returned to the ship early because I wanted to get up early to watch the sunrise.

The third day of the cruise, we crossed over to the British Virgin Islands to Jost Van Dyke. A quiet island with a beautiful beach that seem to stretch on and on. The smaller launches from the "Legacy" brought us to the shore where we walked a short distance towards the sparsely populated main beach. Just a handful of locals and other beachcombers and our ship's passengers spread out to explore this lovely island. Another opportunity to snorkel and see starfish, schools of "jacks" and even a passing hawksbill turtle. Temperatures ranged from the mid to low 80's and a sea breeze kept us from feeling any humidity. A wonderful dinner awaited us and I soon began to plan how I could hire the chef away and persuade him to return to the states with me and cook for my family. The evening sunset was extraordinary and stars were so many, only to be topped by a full new moon.

The fourth day of the cruise we chose an option to scuba dive and dove the "Wreck of the Rhone" just off the coast of Virgin Gorda. The two dives we did in the area were beautiful and I captured much of it on film. We finished shortly after lunch and headed for the "Baths" located on Virgin Gorda. The "Baths" is a marine sanctuary and a preserved park open to the public. Besides snorkeling and swimming you could spend hours following the many passageways among the rocks, many of them could be explored by foot or by fin. I realize by this time that I enjoy "island time" and wonder how I could work the crazy schedule of the mainland.

We reach the ship about 5pm and a wine & cheese party is in progress, as the Legacy sets sail for our last tiny island to explore. I later fell asleep right after dinner hoping to make the most of our last day in the British Virgin Islands.

Day five and Norman island awaited us. The island was uninhabited except for a bar & grill called "Pirates" where the local barkeep travels by motorboat each day to open for business. The bay was filled with a dozen small yachts moored, while its inhabitants stopped to enjoy a hearty lunch and explore this little island retreat. We took the first launch in and set out for the hiking trail that goes up to the highest point of the island for an incredible view. Surprise! We find a helipad, which is where and how all the supplies are delivered to this island. We chose to kayak today along the bay and out to the point of the island. The water was calm and navigating easy and effortless. We passed the moored yachts and I wondered what it would be like to live on one for the entire winter season. Hey, I can dream can't I? As night's end approached we are motoring back towards Legacy's homeport back in the U. S. Virgins Island of St. Thomas.

The sixth day of our cruise, (seventh, counting stowaway night) we arrived back in St. Thomas and prepared to disembark for the airport after another scrumptious breakfast. The chef flatly turned down my offer to come back to the mainland and cook for my family and me. He loves his job on the "Legacy" and has been cooking for her guests and crew for more than ten years. I finished packing and solemnly enjoy my last few moments of "Island time" and stepped down the gangway towards a waiting taxicab. Oh well, back to the mainland I tell myself. I have my photo collection and some very happy memories. If you would like to know more about Windjammer Cruises please feel free to contact me at 413 562-7431. AHOY MATEYS!

Join us in Dominica

Wilderness Experiences Unlimited & Westfield Water Sports

Come join us for an adventure to the beautiful island of Dominica. (Availability: 6 slots)

Located just south of Guadeloupe and north of Martinique in the West Indies of the Caribbean. This island is known as "The Hiker's Paradise" with over 300 waterfalls on the island (sounds like a place to bring kayaks next year). There are numerous trails with varying difficulty from adventurous to easy for you to choose from. We will stay at the Castle Comfort Lodge located along the ocean where snorkeling and SCUBA diving are at their best. The resort has a swimming pool and outdoor hot tub as well as kayaks available for your use.

Scott Cook will be leading this trip and offer open water check out dives for new divers and an advanced SCUBA course for those who are interested.

The trip includes 2 boat dives daily and unlimited shore diving right at the lodge. A daily breakfast buffet is included as well as a 3 course dinner for the nights we are at the lodge. (Lunches are optional) A 25 minute walk takes you to town or just minutes in a taxi. We will be departing from Bradley airport, connect in San Juan and then on to Dominica. You are welcome to secure your own airline tickets or we can arrange them for you.

An afternoon whale watch is also included where it is common to see Sperm Whales and Pilot Whales in abundance. Often Spinner and Spotted Dolphins will follow the boats out to various sites.

For more info call Laura at 413-562-7431. (Space is limited)

Cost: \$970.00 for divers
\$770.00 Non-Divers
\$630.00 R/T Airfare

Dates: October 16-23, 2003
Thursday to Thursday

Call 413-562-7431 or e-mail us at adventures@weu.com and ask about Dominica.

Thanks, Safe Adventures.
T. Scott Cook www.weu.com

THE KEY HYPNOSIS

by Elaine Adele Aubrey

{Editor's note: Elaine, Laurie Cooks' Mom, wrote this article on her experiences with "Key Hypnosis" and thought it might be very useful to club members overcoming issues with hiking on difficult terrain, fear of heights, or helping with motivation and stress reduction. Thanks Elaine for an interesting article!}

"Hypnosis is NOT taking control of your mind. I don't do hypnosis TO a person. The client is awake at all times. All hypnosis is self-hypnosis. I teach self-hypnosis so they can work with themselves when alone. I can't be with them all the time."

That's what Hypno-Therapist Julie Ann Kibe of The Key Hypnosis in Southwick does for clients who want to give up smoking, lose weight, or handle stress. Other clients see her for panic attacks, pain management, self-esteem issues and learning difficulties as well as creativity and sports-related problems. She said, "Hypnosis gives you the ability to take control of your own life."

Hypnosis works with the subconscious mind and Kibe offered an example of both the subconscious mind and the conscious mind working together but separately.

She said, "Suppose you found a child lost in the woods who was deaf, could not read lips and spoke a foreign language. You know you can't leave her in the woods. She's signing you and you don't understand. You're talking to her but she doesn't understand you. You must take her out of the woods.

"If you try to grab her, she will panic. So here's a child who speaks only in pictures and an adult who speaks only in words. Can you imagine the fight you would have in the car? She will bite and hit and kick because you two cannot communicate.

"But what if you drew a picture of a policeman and pointed to the little girl and then pointed to the policeman? What would she think now? She wants to go home and you want to take her there. By drawing a picture of the policeman a

battle was halted. And now the girl can be saved.

"That's why the subconscious mind will fight you when you want for instance, to stop smoking or overeating. The subconscious mind doesn't understand what you're asking of it. What hypnosis does is sign language to the subconscious mind so it understands what you want. Hence, halting the battle."

In May of 2002, the author of this article went to Kibe to lose weight. "I was worried about my health, always felt tired and generally not well. I had quit smoking when young but spent the next 30 years going from one diet to another, losing the weight, regaining it plus more. I was desperate.

"At my first session with Kibe, it felt like we just talked for two hours. I was so at ease. I never felt hypnosis was happening. I was alert and absorbed every word she said. Through hypnosis, she made my subconscious mind aware of what foods do to my body using images to create pictures in my subconscious mind. Kibe told me, 'Now you can make a more educated choice with your food.' I was aware later that I was hypnotized.

"I discovered I was a carbohydrate addict. Through hypnosis, food was not as important any more. I ate only when I was hungry. I easily stayed away from foods I shouldn't eat and it was easy to choose what to eat. I had no urges or cravings so I didn't overeat. I forgot the carbohydrates, and threw away the bathroom scale. I didn't measure or weigh food. I ate out at restaurants and parties. Within two months I lost 20 pounds. By September I lost another 15 pounds. After six sessions I was healthier, my energy level had never been so high and I regained my self-esteem. I am now in control of my weight. The battle was over."

Was I an unusual case? Kibe says no. A person has to truly want hypnosis but there are no guarantees. Hypnosis cannot cure anything, but it can enhance the body's self-healing abilities. She said, "All hypnosis is self-hypnosis. You have the power to do it

yourself. You just don't know how. You have to be shown."

Kibe has many success stories in weight management and other areas. She helps clients quit smoking through the use self-hypnosis. The urge to smoke can come at any time so a person who knows how to deal with those urges is more apt to reach their goal.

Stress is another area Kibe works in because stress comes from various problems such as divorce, a problem child, difficulty sleeping, or even fear of public speaking. A therapist or doctor is recommended when hypnosis is not the answer.

"Panic and anxiety can effect a person's life dramatically," said Kibe, "it involves everyday things - riding in an elevator, air travel, crowds." These kinds of problems can usually be helped with two sessions.

"Hypnosis does not eliminate fear," she said, "it reduces it and manages it so it doesn't hinder life. If you want something bad enough, if something is truly wanted, that will determine how fast hypnosis will make it happen."

Helping clients with pain management involves creating mental pictures to reduce pain to a manageable level. The subconscious mind doesn't understand words, only pictures. It will give you what you ask, if it understands what you're asking for.

As for people with learning difficulties such as bad study habits, or poor memory, it means a person has pictures of failing when they need pictures of succeeding. The subconscious mind thinks in pictures and never forgets. The conscious mind only understands words and will forget.

Kibe became interested in hypnosis because of her mother's



PVHC just short of the summit. *Mt. Whitney is the ridgeline just going off the page to the right. We stopped here, in the thin air at sunrise, to put on sunglasses. The trail follows along behind the spires for the final two miles and has views peaking out between the "windows" in the spires.*

terminal illness. When she visited her mother at the hospital, a hypnotist in training there gave free hypnosis to the terminally ill to help them deal with their pain. "It helped my mother so much," she said, "and I have continued my education in hypnosis ever since."

Kibe is a Master Level Advanced Board Certified Hypno-Therapist. She is a member of the National Guild of Hypnotists, and the Hypnodyne Foundation where she also earned her certificate to teach hypnosis. Kibe has been working full-time professionally for seven years. Sessions are by appointment only. She is located at 526 Highway, Southwick, telephone (413) 667-2256 or 1-800 362-0562.

Before you criticize someone, walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes!

- *Quoted in The Sisterhood of the Traveling Pants by Ann Brashares*

New PVHC T-SHIRTS ARE IN!!

This years T-shirts are dark blue with an embroidered gold bootprint logo and white lettering. The shirts are made with dri-release performance fabric with freshguard treatment especially designed for outside activities. They will be available before and after club meetings and the hike planning meetings while supplies last. Cost is \$20.00 for short sleeve, and \$22.00 for long sleeve. Payment by checks preferred, made out to PVHC.

PVHC Mailbox



Amsterdam to
Switzerland

Hello Everyone,

It is time for my three week update. I am in Geneva, Switzerland and I leave for Chamonix, France tomorrow.

from August 2- August 22, 2003

Laurie and I spent 2 days in Amsterdam with Nadine, a friend of Laurie's. Nadine took great care of us. We took a ride to Delft, the place they make Delft china, a canal ride in Amsterdam, ate ristaafel and toured Anne Frank's house that she hid in during WWII.

Spent my first night in a sleeper train that took us to Berlin arriving about 6:30 am. We stayed in a terrific hostel in East Berlin, took a seven hour city walk with a great guide name Boris, and visited many historic sites. We spent 3 nights in Berlin.

From Berlin we went to Leipzig where the hostel was by the train station and had a bar across the street. This means I didn't get much sleep for 2 nights especially because it was so hot. Leipzig is a place where Bach lived and was a cantor for many years at the St. Thomas church.

Our next stop was Koblenz where we had to take a chairlift to the hostel which was part of an old fortress. We were there because the next day we caught a boat to cruise down the Rhine and spent the night in Frankfurt.

The next morning we caught the 8:00 bus to take the Romantic Road trip which is where they go through all the medieval villages and get glimpses at the castles. We stopped in Rothenburg for the night and stayed in a nice B&B.

Rothenburg is very nice with cafes and shops along the cobblestone lanes and has a wall around the old part of town. We took a humorous walk with the night watchman.

We hopped back on the bus the next afternoon and continued on. It was long and I was tired of looking out the bus window. The bus took us into Munich where we spent 3 nights. We took a walking tour one day and went to Dachau which was a location of a Nazi concentration camp.

From Germany, we went to Austria and spent 2 nights in a campground in Salzburg and 3 nights in Innsbruck. If Salzburg sounds familiar, it might be because of the Sound of Music. The movie takes place there and many parts were filmed there. We watched the movie while at the campground.

One day we took a train to Berchtesgarn in Germany to see Eagle's Nest which was Hitler's summer hideaway, high on the mountain tops. It had a beautiful view but I wasn't impressed with the rest of it. We also took a salt

mine tour which was fun. We put on Miner's clothes, took the tram through the tunnels into the mountain and down wooden chutes to get down deep in the ground.

While we were in Innsbruck, we did a couple of hikes. It had been 5 weeks since I have had my boots on. I needed to break my feet and legs in again, because I'm going to be hiking while in Chamonix. Mt. Blanc, the highest mountain in Europe is right outside there.

My friends Eva and Mary Ann made it safe and sound to Geneva. Jack and Jim, friends of Eva also came in on a later flight.

Just want to let you know that the "y"s and "z"s are reversed on the keyboards in Germany, so you will have to excuse my typing. I didn't want to take the time to correct. hope all is well with everyone.

Love,
Shari

Check out the website at www.geocities.com/hikearoundtheworld/ The latest of pictures have been developed and are out there for your viewing.

go to www.photoworks.com
Name uturnshari
Password hikearoundtheworld

Membership Directories

Each year, at the holiday party, we distribute a club membership directory. There is a limited number of extra copies still available. If any new members would like a copy, while supplies last, let me know. I would be happy to drop one in the mail to you. Contact John Klebes at 413.786.3620 or klebes@aol.com

Shelter Construction Project

PVHC will be volunteering to help build an Adirondack Style Lean-to Shelter with the Trustees of the Reservations this Fall. The shelter, providing backpacking opportunities on both the M-M trail and Tully Loop Trail, will be a great project to associate with the PVHC. The plan is to locate the shelter on a small overlook immediately to the west of Falls Brook and just to the north of the trail. Easy access is provided to the site from the west following the Tully Trail and the relocated M & M trail section from Rt 32 to Falls Brook. This is near the beautiful and remote Royalton Falls. The shelter will be listed in the new MM Trail Guide and is expected to eventually have a composting toilet facility as well.

Upcoming Hikes And Activities:

NEW YORK CITY TRIP (Sat, Sept 13th) - Still some openings!

-Yes, it's time again, for that popular NYC trip: so convenient (we charter a bus; you just pay \$30 round-trip!); so much fun; so memorable!

We meet at 7am..we get back, close to midnite!...

-If interested, write out a check for \$30 pp, addressed to Jane Glushik (fellow trip-leader), and send to her- or give it to me (Gary Dolgoff), at the Sept club-meeting...

Questions? Feel free to call Gary Dolgoff, at 413-584-8564, up till 10:30pm...

World's Largest Tag Sale

Oct 4-5, 2003 -- Adirondacks, New York State

Here is an opportunity to see the edge of the Adirondacks in fall foliage season and shop for bargains at the same time. Two of us went last year and it was a lot of fun. We started out early in the morning and got back to our car around 6pm. This is not for the faint hearted. You need good walking shoes and if you want to do more than look something to carry all the loot in.. As for sustenance during the day the offerings are more than the North Country usually offers. It will seem like Northampton with the food choices.

If you only want to hike away from the bargains we will be close to the High Peaks area. There are two hikes I would recommend for Saturday. Either the Tongue Mountain area or Giant, which gets you up to some lovely views. Sunday we will a hike in the area and head for home. The plan is for car camping Friday and Saturday nights. The air is brisk at night at this time of the year and makes for wonderful sleeping so you probably won't hear the bears. I will make reservations for camping depending on how many would like to go.

Bartholomew's cobble

PVHC's Trail Maintenance Day at Bartholomew's Cobble will be Saturday, October 25th. Meet at Westfield Friendlies by Mass Pike at 7:45am (leaving at 8:00am sharp) LIGHT WORK DAY SMALL HIKE AND POSSIBLE ICE CREAM STOP. Cobble will provide a lite lunch. Any questions call Frank Kamlowski at 568-0859.

Frank Kamlowski

Mt. Tom Hiking and Halloween Party

Saturday, Nov 1st

A full day of activities is planned:

11:00am - Brickyard Brook Conservation Area Hike (1-1/2 miles).

12:00 Noon - Lunch at Bill's, provided by Bill for all those who say they are coming by the 30th.

1:00pm hike up Mt. Tom

5:00pm Happy Hour, BYOB, nibbles, clothing change (costumes encouraged, and or use Bill's large supply of unusual attar.)

6:00pm Pot Luck Dinner & Games.

All activities take place at Bill's house, 395 East Street. Pick and choose your events. Contact Bill Burgart for more information. (413) 527-9080

NORTHAMPTON DINNER & WALKS...A MONTHLY TRADITION; A GREAT TIME!!

-Combine an affordable, and tasty restaurant in bustling 'Noho', the company of your fellow 'clubbies'- with a nice 3-mile 'journey thru downtown Northampton, the bucolic Smith College grounds..and the quiet streets, beyond!

'Welcome aboard'!

Questions? Call Gary Dolgoff

LEADING &/OR CO-LEADING...COULD IT BE FOR YOU? (Probably!)

-Whether you fancy 'hard-rock hiking' (the 'difficult, strenuous stuff); some easier hikes &/or walks- or, a 'social event' (museum visit, live music, etc) combined with a walk/hike...try it out!!! Questions? Call Gary Dolgoff (413-584-8564)....

Important Notice

The following memberships are up for renewal:

September Renewals:

Nancy Canata
George Cannon
Kathleen Cronin
Dick & Sue Forrest
Steve Fratoni
Susan Guzik
Barry & AnnMarie Higgins
Maryann Hogan
Donna Jago
Kathy Kearns
Donald Leis
Daniel & Harriert Madar
Jim Mc Nerney
Sheila Messer
Bill Nickerson
Marty & Meg Schoenemann
Karen Siemering

October Renewals:

Suzanne Allen
Rachel Bellenoit
Dennis Bergeron
Donna Blanchard
Dona Burdick
Laurie Cabana
April Carlson
Beth Case
Anne Eason
Clark Fenn
Donna Fleury
Barbara Graf
Nancy Karella
Alaine Massery
Peter Monbouquette
Al & Martha Roman
Dave Rotondo
Nel Sachsenmaier
Martha Sienkiewicz
Chris & Nancy Sullivan
Michael Taniwha
Bruce Tingle
Paula Wilke
Sue Ziff & Family

Please renew early, and renew by mail. (*Make checks payable to PVHC*) Mail your renewal with your name and any address or phone number changes to:

Pioneer Valley Hiking Club
c/o Wilderness Experiences
P.O. Box 265
Southwick, MA 01077

(Dues are \$25 member, \$40 family, and \$15 for students)

Pioneer Valley Hiking Club Officers & Committees

John Klebes, President (413) 786-3620
Ann Marie Visconti, Vice President (413) 547-2729
Heather Wyman, Secretary (413) 562-8575
Kimberly Bruneau, Treasurer (413) 569-1970
Scott Cook, *Wilderness Experiences Unlimited*
Ray Tibbetts, Founder

Standing Committee Chairs

Hike Planning Coordinator: *Dick & Sue Forest*
Backpacking Coordinator: *Ed Laroche & Mike Rattelle*
Trail Maintenance: *AnnMarie Visconti, Ed Laroche
& Rob Schechtman*
PVHC Web Page Editor: *Dick Forrest*
PVHC Email List: *John Klebes*
Quartermaster: *Jack Leary*
Bootprints Editor: *John Klebes*

Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: klebes@aol.com (Email) or by USmail to John Klebes, 157 Thalia Drive, Feeding Hills, MA 01030.

IMPORTANT NOTICES

- ✂✂ Next Club Meetings:
October 7, 2003, 7pm at **FBC**
- ✂✂ November 4, 2003, 7pm at **FBC**

- ✂✂ Next Hike Planning Meeting:
October 14, 2003, 7pm at **WEU**

- ✂✂ Deadline for Submissions for next BootPrints is: October 27, 2003

FBC – First Baptist Church, West Springfield
WEU – Wilderness Experiences Unlimited

*** Check out our web page at:

<http://www.geocities.com/pvhcweb>

Join the PVHC Email List by sending a message to: pvhc2000@hotmail.com

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