

BOOTPRINTS

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The Experience Of Becoming A One'r

By Paul Kozikowski

It has been quite some time since my last car camping experience. As near as I can remember the last time was in the White Mountains in the summer of 1976. This past weekend was the first time for me to experience the Adirondack Mountain Wilderness area. The Adirondack Loj campground at Heart Lake is located just south of Lake Placid. The tent sites are spacious, and each had a fire pit and picnic table. I will always remember how abundant and bold the wildlife was in this area. The red squirrels had no problems rummaging through any package within a few feet from you. Animals such as chipmunks, snowshoe hares, and robins could be approached within three feet, not just at the camp but also on the trails. It was the first time for me to hear the chilling call of a raven as they flew overhead. Numerous hiking trails started right from the campground, or within a short car drive away. Hot showers were available to freshen up after a day hike. People were friendly and very helpful, as I remember from the camping experiences so long ago. The best part was the very few bugs there were to contend with. I never had to use bug spray once while there.

Returning from having dinner at The Dancing Bear Restaurant in Lake Placid with four others, 21 hikers gathered that Friday evening and talked about the hikes that they were interested in doing the following day. My goal was to hike at least one, maybe two, 4000-foot plus peaks. I choose to join with four other hikers to hike to the summit of Wright Peek, which has an elevation of 4587 feet. If there was time, Algonquin Peek at a summit elevation of 5114 feet would be included.



Photo by Paul Kozikowski

Proceeding up to Wright Peek, the trail conditions changed becoming steeper with a few sections requiring hand hold climbs.

The following morning was a bit chilly, as you could see your breath when you exhaled. After I ate my granola blueberry cereal for breakfast, we hoisted our backpacks and headed out to start this out-and-back hike, with an elevation gain of 2523 feet and total distance of 9.64 miles in front of us. The woods were simply beautiful, and a number of Wood Thrushes sang their wonderful melodies as we progressed on our gradual ascent. Soon the woods became quiet and brief glimpses of distant mountains

would tease us through the trees. Near the 4000-foot level, in the Alpine Zone, the trees became much shorter and more views along the way caused us to pause with excitement. We had now reached a trail junction. To the left was the trail to Wright Peak, at a distance of 0.4 miles, and straight ahead was the trail to Algonquin Peek, at a distance of 0.5 miles with more peaks beyond. It was here that we decided to take a well-deserved break to recharge and have lunch. After talking things over, we decided to head up to Wright.



Photo by Paul Kozikowski

Proceeding up to Wright Peek, the trail conditions changed becoming steeper with a few sections requiring hand hold climbs. There were no more trees to obstruct the views. The arctic-alpine flowers were wonderful to see, and a sign cautioned us to stay on the trail so as not to kill the plant life. Reaching the summit with its 360-degree views was a sight to behold. It was so amazing to accompany Fritz and Chuck to the top. Chuck will be 77 later in the month. They were real troupers and an inspiration to many of the young hikers that had passed us. Hikers like to share information and it was so nice to hear that those that had passed us mentioned to others on the trail that Fritz and Chuck

were taking Wright on and shared that with us when we caught up to them later on.



Photo by Paul Kozikowski

Before leaving the summit a few of us visited the site of a B-47 plane crash that occurred in 1962. Pieces of the plane are still present, and a memorial plaque commemorates the lives of the crew in service to this country.

Descending back to the trail junction and reviewing the time, we decided not to include Algonquin Peak. We didn't want to be late for dinner at the campground, so we placed this mountain on next year's bucket list.

We truly enjoyed revisiting the car camping experience and especially the majestic Adirondack Mountains. I now have 45 more summits to go to become a member of the 46er Club. I wonder how long it will take me to complete them. I can't wait to return there again. Ann, thank you so much for your hard work and making the weekend so much fun. I'm truly glad that you shared the Adirondacks bug with me.

Mount Moriah

By Meg Schoenemann

On a wonderfully clear, dry and sunny day, eight PVHCers left the Briarcliff Motel at 7:00 am under the capable leadership of Dick Forrest, to conquer Mt Moriah. I had hiked this mountain before, back in 1988. My hiking journal didn't reveal anything terrible about that hike; and believe me, I would have documented anything that diminished my enjoyment, so I was a very happy hiker. We sat in traffic for a bit on Rte. 16 while the crazy runners filled the parking area for the annual Mt. Washington Road Race. We all agreed, better them than us. Instead, we put a 20+-lb. pack on our backs to climb the mountains instead. Hmmm ð

The Carter-Moriah Trail started out very smoothly, with leaves and pine needles cushioning our footfalls. This was most welcome at the end of the hike when our feet were feeling the distance. The trail then turns into a section of slabs which were not hard to ascend but were a little

trickier on the way down, as you had to slow your forward momentum with baby steps. It was a good thing it was dry or it would have been very difficult, if not downright dangerous, to try to come down those in the rain.

After the slabs there seemed to be A LOT of ridge type ups and downs, and a bit more climbing, but there were never any sustained steep climbs up rocks. THAT was nice. And there was usually a flatter section in between the ups/downs to stretch your legs. Along the way we stopped to rest at Mt. Surprise; though we weren't sure it was really Mt. Surprise until Paul's GPS told us it was after we had moved on. The views were spectacular on the way up. and at the summit especially. You could see well into VT and ME. We were looking right at the Presidential Range and could see the Auto Road winding up the northwestern flank of Mt. Washington, which was mostly OUT of the clouds!

We were very happy to see the sign pointing to the summit and enjoyed our bug free lunch (thanks to the very blustery wind). The summit is a rounded mound of open rock, which drops off abruptly on the western side. It was a great view for our efforts, which is what I DID remember from 1988.

We took our time going down, and finished back at the cars without any major mishaps, or losing our allotted 10% or less, at about 4:00pm. Paul's GPS told us we covered 10 miles and a total of 4600 feet of elevation gain. That's a lot of downs on the way up, and ups on the way down, for a mountain that is 4,049 feet high! On the way back down Rte. 16, the Auto Road parking lot was now full of Mini Coopers! The runners had vacated and the minis now had their turn at conquering the mountain. Not too sure I'd want to go up and down Mt. Washington in one of those either. It was a great hike and a great group of people. Thanks Dick!

Texas Caviar

By Paul Kozikowski

1 can Black-eyed peas
1 can Shoe-peg corn
1 jar chopped pimentos
1 can black beans

Drain and rinse above 4 ingredients.

1 red onion . chopped
1 jar (can) Jalapeno peppers . chopped
2-3 stalks of celery . chopped

1 cup olive oil
½ cup apple cider vinegar
1 cup sugar

Heat the above three ingredients over low heat until the sugar dissolves.

Mix all ingredients and marinate for 24 hours in your refrigerator.

Drain and serve.

(Will keep for up to 2 weeks in the refrigerator.)

UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Morning Hike . various locations
- Every Tues (MA) Tuesday evening hikes with Carol
- Every Wed. (MA) Wednesday evening hikes with Marcia
- Every Thur. (MA) Morning hike
- Sept. 6 (MA) Boston Harbor Islands (\$)
- Sept. 12-14 (MA) Cape Cod Camping Bike Trip
- Sept. 13 (CT) Hidden Valley Preserve
- Sept. 20 (NH) Cannon Mtn.
- Sept. 27 (VT) Madame Sherrie Forest
- Sept. 28 (MA) Glen Falls/Mill River Trail *Family Hike*
- Oct. 4 (MA) M & M Sections 18 and 19
- Oct 11 Mt. Sugarloaf & Mike's Maze-\$ Family Hike*
- Oct. 18 (NY) Minnewaska State Park Preserve
- Oct. 24 (MA) Ashley Reservoir Moonlight Hike
- Oct. 25 (MA) New trails of Fitzgerald Lake
- Nov. 8 (MA) Notchview-Windsor Jams
- Nov. 16 (MA) Quabbin
- Dec 13 Holiday Party at Pueblo



IMPORTANT NOTICES

- ❑ Next Club Meetings:
October 7, 2014, 7 pm at **FBC**
November 4, 2014, 7 pm at **FBC**
- ❑ Deadline for submissions to the next BootPrints is October 20th, 2014

FBC - First Baptist Church, 337 Piper Road, West Springfield

**** Check out our web page at:**
www.pioneervalleyhikingclub.org

Members may join the PVHC Email List by sending a message to:
pvhc.hikingclub@gmail.com

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