



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

Ups and Downs on the M and M Trail

by Jeanne Kaiser

On Saturday, May 2nd, Lori Tisdell and I led our final section hike of the old M and M Trail. This adventure spanned 114 miles over two years, with, at least, 50 different hikers and about 15 different varieties of candy M&M's. The last hike was a big one - a 9-mile trip up and down Gap Mountain, and then up and down Mt. Monadnock. It was a great pleasure to lead this hike with Lori for the club. Here is my opinion are some of the highlights—and a few lowlights.



Best mountain - Mt. Monadnock. I know it's the obvious choice, but it is really hard to surpass those views at the top. We were lucky enough to climb it on a crystal clear day where we could see a still snow-capped Mt. Washington in the distance.

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Sawyer Pond - Easy and Relaxing

by Al Goodhind

Sawyer Pond can be approached from either the Kancamagus Highway or from Route 302. We chose the easier approach from Route 302. After a 3.5 mile drive in from Route 302, we parked 7 cars at the trailhead. The group consisted of 19 of us, from beginner to experienced hikers. After crossing the footbridge across the Sawyer River, the trail easily climbs to a more level area. The group naturally spread out along the trail as we made our way to Sawyer Pond. I had estimated about 1.5 miles, but after arriving at the pond, Paul's GPS indicated that it was closer to 2 miles.

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Lake Champlain on the bike route



Campground at North Beach

August Bike/Hike/Camping Trip: 8/28-8/30

by Shari Cox

There will be a trip to Burlington, VT to hike, bike and camp for the weekend. I have reservations at North Beach in Burlington. The site is a group site with fire pit, benches and grill. This has the bike path on one side and the beach on the other.

The plan is to bike on the Burlington bike trail, take a 5 minute (\$) ferry across the causeway, and continue onto South Hero. The trail has a combination of dirt, gravel, and road. We will be on trail and roads. We will stop for lunch, either bring your own or eat at the lunch spot. (burgers, hot dogs, BLT's and ice cream) The route will be flat and hilly and is about 34 miles. You will have great views of Lake Champlain. If you aren't up to doing 34 miles, you can bike to the ferry and return back to the campsite and maybe continue on the trail into downtown Burlington.

The hike will be either Camel's Hump or Mount Hunger. Camel's Hump is a VT 4000'er. So this may be on your peakbagger's list.

Please send me a deposit of \$20.00. Shari Cox, 223 Gifford Street, Springfield, MA. This trip will have a limit. Please contact me for more details.

Mt. Washington & Mt. Monroe - White Mt. Sampler

by Lori Tisdell



See *Mt. Washington & Mt. Monroe* continued on page 5



The culmination of an M and M Trail journey at the destination of Mt. Monadnock

M and M Trail continued from page 1

Worst mountain - Mt. Lincoln, located in the middle of Section 10, it's an unpleasant spot and a bit of an insult to our sixteenth president. Big ugly building and power lines on the peak were made even more unpleasant by the hail storm that hit when we arrived.

Best revelation - Buffam Falls, on Section 11. Neither Lori nor I had ever been there, even though the location is well within the PVHC hiking radius. A beautiful set of waterfalls and cascades along the side of the trail. Great way to end a hike.

Second best revelation - None of the hikers on this section could remember ever being to Gap Mountain, but it is worth the trip. Fairly easy to climb and a great view of Mt. Monadnock.

Most exasperating section - I've blocked the section number from my mind, but if you were there, you would remember it. It was the one where the blazes were blacked out so all 20+ hikers spread out through the woods searching for faint blazes. We resembled people dredging a lake when someone goes missing. It wasn't easy, but we found our way eventually, although not without a few frayed tempers

Biggest surprise - the 8.5 mile Section 17, which, in reality, is a 12-mile Section 17. And you don't even get to the climb until mile 10. Our hikers took the extra 3.5 miles with good humor, and we had a wonderful time on this hike with great scenery and views. Luckily, one hiker supplemented our M and M's with some Snickers bars.

Best après hike spot - the Leverett Village Co-op - clean bathrooms, a wide variety of snacks, picnic tables in the shade - what more can a hiker ask for?

Best section - can't choose. So many great sections, including our adopted Sections 1 and 2.

M and M Trail continued on page 4



M and M Trail *continued from page 3*

Worst section - sorry section 3, it's you, with your abandoned tires and other junk piles, thorny bushes and general lack of appealing scenery.

And finally-the M &M's:

Best M&M's - very close race between pretzel and peanut butter among the hikers. Raspberry, mint, and almond also had their partisans. Who knew there were so many varieties?

Worst M&M's - birthday cake, like eating a handful of chemicals. Close second, white chocolate candy corn, even the name is distasteful.

Thanks to everyone who joined us on this series. As always, the best part about PVHC hiking is the hikers. Possibly coming up - the NET (new M and M) in Connecticut.

-- Jeanne Kaiser

Sawyer Pond *continued from page 1*

The trail is easy to follow, but rocky footing demanded your attention, especially at some of the little stream crossings. From time to time the scent of balsam permeated the air.

On the way we saw bear, moose, bobcat, giraffe, elephant and zebra...oh wait, I am getting confused with my trip to the zoo. Sorry! Unfortunately we did not see any wildlife on this hike. Once we arrived at the pond we proceeded to the lakeside lean-to shelter. Two guys from Washington, D.C., were there and had camped there the night before. I asked their permission to let our group come and view the shelter. They were very accommodating. Rather than using sleeping bags, they had strung two hammocks across the shelter opening. I had never seen that done at a shelter before. One of them had taken a swim and said it was great. I thought: "Thanks, but perhaps another time." The shelter had a large fire pit providing the perfect setting for a great outdoor experience. The site also included 6 tent platforms and a latrine.



*"From time to time the
scent of balsam permeated
the air."*

~ Al Goodhind

Sawyer Pond continued on page 5



Sawyer Pond *continued from page 4*

We lingered about 20 minutes before heading back. Paul's calculations confirmed that our speed on the way was 2.5 mph. We kept the same pace on the way back; however, the group was more spread out on the way back than on the way in. Everyone arrived back at the trail head about 10:30 a.m. After freshening up, we drove to the Mt. Washington Hotel for lunch.

The group arrived at the hotel just before the 11:30 a.m. opening of Stickney's, the hotel's downstairs restaurant. Timing was perfect as the group was seated on the outside patio. With such a beautiful sunny day we were able to easily see Mt. Washington's clear summit. The Cog Railway track was also easily visible. Lunch options included delicious sandwiches, as well as the always favorite lobster mac-n-cheese. Service was impeccable as we took in the relaxing ambience of the place. And just as we were finishing, Bob Morgan's group arrived. They, fortuitously, were also able to get seated on the patio.

Sawyer Pond is just right for an easy hike with little effort or elevation (@300'). Wish we could have spent more time as it was so relaxing. I'm looking forward to returning in a few years.

-- Al Goodhind

Mt. Washington & Mt. Monroe *continued from page 2*

A little over a year ago my daughter Jos and I were in the White Mountains for a mother-daughter Mother's Day weekend. It was Jos' first time in the Whites. I had wanted to introduce her to the place that I ran off to every other weekend. I hoped she would see the beauty, challenge, wonder and sheer awesomeness of the mountains that I have climbed and understand, at least a little, and why I am drawn back to them over and over again. And why I felt compelled to hike the Forty-Eight. My diabolical plan succeeded all too well!

As Jos and I climbed higher and higher up the Tuckerman Ravine Trail on that beautiful sunlit May Day, Jos too became enthralled. As we reached tree line, I saw the Carter-Wildcat Range behind Jos and told her to turn around - and that's all it took. She was sucked in. We sat in the bowl and watched the skiers whizzing down the headwall, all the while seeing a snow-covered Mt Washington rise high above. After a

See *Mt. Washington & Mt. Monroe* continued on page 6



A kaleidoscope of White Admiral butterflies at Sawyer Pond



Mother/daughter bonding in the White Mountains

Mt. Washington & Mt. Monroe *continued from page 5*

while Jos turned to me and said, "I want to hike that next year!" I said if she worked hard and prepared for it I would take her to Mt. Washington. I'd wanted to redo my 2010 hike almost from the time I first hiked it, so it was a new goal for the both of us.

One of the best perks was Jos hiking the last few of my 48ers with me. The strong bond we share grew even stronger with this new common love. Jos hiked three and was now talking about doing the 48. My thought was "Oh no! I have to do them all again!" Anyway, she worked hard and I kept my end of the deal, and put Washington, as well as Monroe, on the schedule for the White Mt Sampler. So that's how I came to lead this particular hike this year.

Al Goodhind arranged for another beautiful hiking day this year. We had perfect conditions for the 18 of us that signed on for the hike. This was way too many hikers to keep track of, so with Jeanne's advice (so wise), I split us up into three groups of six. Rick Briggs had a group, as well as Jeanne Kaiser, and me. This worked out very well. One group decided to hike Washington, a group of three Monroe, and a group and a half, Monroe and Washington. So we had three hikes in one!

I'd forgotten how breathtaking Ammonoosuc Ravine Trail is - stunning indeed, especially after the Gem Pool when the ledges, slabs, waterfalls, and wildflowers began. I hadn't remembered. The first time I hiked it I was a newbie and still uncertain on rock and slab and was laser-focused on my footing. When I got to the top I never wanted to hike it again. This time when I got to the top I wanted to hike it all over again. It was the first time on this trail for most of the hikers. It was a joy to watch them all see this for the first time. And it was a wonderful feeling seeing Jos so sure and strong make her way up this trail. We all gathered together at Lakes of the Clouds Hut and decided what each person was doing. Rick's group elected to head up Washington so we said goodbye and see you at dinner!

The rest of us headed over to Monroe. Here's the thing about Monroe - just do the damn thing if you're at the hut! It takes 20 minutes to get to the summit, has wonderful views and is so much more peaceful than the circus on Washington. I had to persuade a few of the ladies to go, but when they realized the effort involved, no one regretted their decision. When the photos were done we said good bye to Jeanne, Lorraine and Lori, who were continuing on over South Monroe and Franklin and heading down Edmands Path.

The remaining nine hikers, all ladies, picked up our packs at Lakes and headed up the rocky cone of Washington. We watched the hut and lakes recede while we rose higher up the mountain on a stunning day of far-reaching views, with cloud layers high above. We made our way up, stopping often to enjoy the views, take photos and immerse ourselves in the day. Since the first time I hiked this exact hike five years ago, I've said there's nothing like a beautiful day above treeline. No reason to rush, it will end all too soon.

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Mt. Washington & Mt. Monroe continued from page 6

And then we were there. As I greeted each of the ladies as they reached the summit, I felt a well of emotion rise up. One by one we high-fived, hugged and cried a few tears - Jos, Gina, Angela, Deb, Cheryl, Kathy, Sandy, Eunice and myself. Then it was the circus and time to wait. Of the hour we spent on top, at least half was spent waiting - for a summit photo, rest room and water. I did find a quiet place on the observation deck that I had completely missed the first time around. Then it was time to leave the summit. The marvelous thing was that we still had plenty of time above tree line! We headed down the Gulfside Trail all the while knowing the dreaded Jewell Trail was ahead of us. Again we took our time, enjoying the views, taking photos, chatting and generally having a grand time. Mt Clay and the Northern Presidentials dominate this side of Washington, along with the deep well of the Great Gulf and beyond.

I hadn't remembered how rocky these trails are. Huh. Well, Jos and Gina had fun rock hopping down the trail, if not the rest of us. We continued on seeing the trees get closer and closer. The rocks gave way to dirt, and before we knew it, we were back in the trees. The trail moderates here, though there's still a ways to go, but much easier on the feet for sure. And then 10 ½ hours later, we were done, tired but happy hikers.

When my daughter said she wanted to hike the 48, I was a bit dismayed that I had just finished and would "have" to do them all over again. This hike reminded me why I hiked the 48 - it was the hike that brought me all the wonders that the mountains have to offer, and started me on a journey that brought more rewards than I could ever have imagined. After hiking Washington and Monroe again, I'm excitedly making plans once more to hike the Whites. Now I'm thinking, "Wow, I'm gonna hike them all over again!" So thanks to Jos for bringing it all back to me!

-- Lori Tisdell

A Peakbagger – No Apologies

by Dick Forrest

For many years as a PVHC member, I had "no" interest in peakbagging, that is, keeping track of the different peaks that I have climbed. But I've changed my tune. Now, I relish bagging peaks. I guess that I changed my tune after seeing that I had actually climbed quite a few peaks in the Adirondacks over the years.

Ann Mundy was instrumental in taking club members to the Adirondacks, and she did it twice a year, for many years. (Now, it's once a year.) I started to keep track of my Adirondack climbs after many years of going with Ann and PVHC to the Adirondacks. As many of you know, and was written about in the last issue of *Bootprints*, Ann became a ADK 46er because she was inspired by her sister-in-law, who was an ADK 46er. At one point, one year, several years ago, I was also inspired by Ann and others that I'd met to

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Peakbagger *continued from page 7*

climb all 46 high peaks in the Adirondacks to become an ADK 46er. The spring, summer, and fall of that year, I climbed 28 Adirondack high peaks to complete my 46 total high peaks - I was hooked on peak bagging.

One question that frequently comes to my mind: Should we set goals as hikers, or not? (How do you feel about it as a PVHC member?) After receiving my ADK 46er number, my 46er Certificate of Accomplishment, a 46er patch, and buying ADK 46er clothing, I felt a sense of accomplishment, as part of an elite club, and it felt good. It made me want to complete more hiking lists.

So, similar to the Adirondacks, I had climbed many different peaks in the White Mountains over the years. Al Goodhind, like Ann Mundy, had taken PVHC up to the White Mountains on the annual White Mountain Sampler weekend, actually over a longer period of time. Again, when other club members were working on their White Mountain lists, they also inspired me to climb all 48-4,000 footers in the White Mountains. Why not join them in another celebration? So, after achieving all 48 summits and reporting that to the White Mountain "4,000 Footer Club," I was eligible to earn another certificate and patch from a different hiking organization. Again, the achievement felt good.

Guess what, (surprise, surprise), I'm working on another list. Actually two lists: the "67 Highest in New England" (comprised of all 4,000 footers and above in New England) and "The Northeast 111" (you actually have to climb 115 peaks) (comprised of the "67 Highest in New England", the 46 high peaks in the Adirondacks and the two 4,000 footers in the Catskills). At least three of us are on track to achieve the "67 Highest in New England" and the "Northeast 111" this year.

There are other hiking lists: Several members of our hiking club have already achieved the "67 Highest in New England" award. At least four members have completed the "Winter 48" in the Whites. A couple of members have achieved the "100 Highest in New England" award. And one PVHC member is a member of the Catskill 3500 Club. The most decorated hiking club member is John Klebes, who has completed all of the above lists, and is a Triple Crowner, to boot. (The Triple Crown includes having completed the Appalachian Trail, the Pacific Crest Trail, and the Continental Divide Trail.)

Yes, I'm an unapologetic, confirmed peakbagger, and proud of it. I also acknowledge and am proud of the accomplishments of other PVHC club members who have achieved their hiking goals. And if it involves a patch and an award, so be it; and if not, we can all be proud of less lofty accomplishments.

-- Dick Forrest

Important Membership Renewal Notices

The following memberships are up for renewal:

July Renewals

Karen Abert
 Kathleen Bauer
 Rick Briggs
 Elizabeth Case
 Pam Chandler
 Robert Church
 Tina Garde
 Debie Garlick
 Jeanne Kaiser
 Marcia Kelly
 Sarah Kiritsis
 Jettie McCollough
 Joel Meginsky
 Jennifer Parker
 Norm Plante
 Janet Platosz
 Darlene Renaud
 Fred Riotte
 Robert & Lisa (Frigo)
 Schechtman
 Sandy Segó
 Garrett & Mary Westcott

August Renewals

Harry Allen
 Hedy Beaudry
 Marie Bienvenue & Albert
 Gagliarducci
 Richard D'Amato
 Thomas Eaton & Donna Crabtree
 Connie Fogarty & Bill Nickerson
 Dick & Sue Forrest
 Gabriela Horvay
 Andrea Kalifa
 Adrienne Lacey
 Sandy Lemanski
 Mike Mastroianni
 Bert McDonald
 Ann Mundy
 Robert Pomeroy
 Russell Seelig
 Chuck & Fritz Tiernan
 Jack Urekew
 Ann Marie Visconti
 Heather Wyman
 Carole Zambito
 Marge Ziencina

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
 PO Box 225
 West Springfield MA 01090-0225
 (Dues are \$25 member, \$40 family, and \$15 for students)

Pioneer Valley Hiking Club Officers

Chip Pray, President
 Marcia Kelly, Vice President
 Lori Tisdell, Secretary
 Paul Kozikowski, Treasurer
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jeanne Kaiser & Chip Pray
 Backpacking Coordinator: Rick Briggs
 Trail Maintenance: Chip Pray & Rob Schechtman
 Club Website Editor: Dick Forrest
 Non-Member E-mail Coordinator: Rob Schechtman
 Club E-mail Coordinator: Chip Pray
 Quartermaster: Mike Carrier
Bootprints Newsletter Editor: Dick Forrest

Bootprints is a publication of the Pioneer Valley Hiking Club. Please email your story/event contributions to Dick Forrest at: dforrest@charter.net.

WELCOME NEW MEMBERS

May

Anita Easter
 Erin Squires

June

John Boyd
 Rachel Davis
 Robert Duclos
 Jeff McAuslin
 Sarah Shapiro
 Jim & Peggy Tibbitt
 Lisa Troy
 Carol Wood



UPCOMING EVENTS AND THE USUALS

- Every Mon. (MA) Morning Hike – various locations
- Every Tues. (MA) Tuesday evening hikes
- Every Wed. (MA) Wednesday evening hikes with Marcia
- Every Thurs. (MA) Morning hike
- July 11 (MA) Mt. Norwottuck
- July 17-19 (NY) Adirondack Heart Lake Camping
- July 18 (MA) Mt. Toby/Sunderland Caves
- July 25 (MA,CT,NY) Tri-State Hike
- Aug. 1 (MA) Lake Wyola Picnic
- Aug. 8 (MA) Pocumtuck Ridge & Tree Hug
- Aug. 15 (CT) AT Sec. 5
- Aug. 23 (MA) Club Picnic

IMPORTANT NOTICES

Next Club Meetings:
 August 4, 2015, 7 pm at **FBC**
 September 1, 2015, 7 pm at **FBC**

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

Deadline for submissions to the next *Footprints* is September 20th, 2015

**** 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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