

# PIONEER VALLEY HIKING CLUB QUARTERLY NEWSLETTER

## THE BACKPACKER NEWS

Volume 1, Issue 4

July 1st, 1993



### WHAT'S NEW!

**RENEWALS!** Is it time to renew your membership? If so never fear. We will be sending you a renewal form in the mail for you to fill out and return. You may even have received one already. If you have, please fill it out as soon as you can and return it, so that we can get your new membership card to you.

**ATTENTION:** The Club is growing, and going through some growing pains in the process. Ed Lizotte wishes to personally apologize for any problems that any member has experienced recently. The Executive Committee is working on fixing these problems. The Executive Committee does need your support to make the club better. If there is some place that you would like to go on a hike, please let the Executive Committee know as soon as possible so that we can get it into the program for the hikes and overnights. You will see, as a result of input, that the club will be going on at least one overnight per month during July - September. Also, the hikes will be getting a little more demanding in regards to either difficulty or distance travelled. Also, there will be a first aid course that will be offered sometime in the month of September for those members

for receiving the newsletter will be at the Club Meeting. After the meeting, those members who did not receive the newsletter at the meeting will receive it in the mail. This policy is to cut down on the cost of mailing out the newsletter.

desiring certification in Basic First Aid. In the month of August on the 22nd while at Mt. Greylock, Ed Lizotte will conduct a detailed Map and Compass Seminar for the Club Membership. So as you can see, the Club is growing and we will be doing more. From the beginning of the Club, it has always been a Club of the Membership. We need to know what you want to do, and we can make anything happen.

### POLICY CHANGE!!!

Beginning with the July Quarterly Newsletter, the policy



### WHAT'S HAPPENING AT THE TRAILHEAD!?

#### TRAIL MAINTENANCE

Much work was done by the fearless members of the club who ventured into the wilds of

### CALENDAR OF EVENTS JULY - SEPTEMBER

JULY 1993	AUGUST 1993	SEPT 1993
July 6: Club Meeting	August 3: Club Meeting	Sept 7: Club Meeting
July 10: Club Picnic	August 8: Craig Mtn Hike	Sept 11: Pisgah State Park Hike
July 11: Northfield Hike	August 13-15: Smarts Mountain Overnight	Sept 18/19: Conway State Forest Hike
July 16-18: Cheney Brook Overnight	August 13: Leominster State Forest Hike	Sept 24-26: East Mountain Overnight
July 24: Purgatory Chasam Hike	August 21-22: Mt. Greylock Overnight	

Beartown State Forest to mark, and clear our trail. There is still much that has to be done. We are in the process planning some additional work during the months of July through September, a separate letter on this is forthcoming.

### HIKE INFORMATION

Our Hike information section has a new format. From now on the hikes will be described using the following format:

**HIKE:**  
**DISTANCE:**  
**TIME TO MEET:**  
**DESCRIPTION:**  
**LOCATION OF TRAILHEAD:**  
**ADDITIONAL INFORMATION:**

It is hoped that with this format some of the more recent problems with the hikes will be minimized or eliminated.

**HIKE: NORTHFIELD**  
**DISTANCE:** 7.7 Miles  
**TIME TO MEET:** 7:30AM  
**DESCRIPTION:** A moderate loop hike around the Northfield reservoir.  
**LOCATION OF TRAILHEAD:** Take Route 91 North to the Greenfield, Route 2 exit. Take Route 2 East to Route 63 North, follow Route 63 North to Northfield, and follow the signs to the Northfield Visitors Center. The trailhead is located in the vicinity of the Visitors Center.  
**ADDITIONAL INFORMATION:** This hike is detailed in the 50 Hikes in Massachusetts Guidebook.

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Accept the challenges that life throws at you. You only go around once in this lifetime, so do not miss out on an opportunity to be more than you thought you could be!

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### Western Mass. Outdoor Adventures

Ray Tibbetts has all the information concerning Trips, and courses that Western Mass. Outdoor Adventures is offering this Spring thru Fall. If you are interested in any of the trips or courses see Ray.



The Mount Katahdin Trip is all set for August. If you want the opportunity to climb to the top of one of the most majestic mountains on the east coast. You can make installments for the trip or any of the trips for that matter, registration should be made before July 1st to secure your seat.

Other backpacking trips during the season are:  
**MAINE'S 100 MILES** September 16th - 20th

**OVERNIGHT CANOE TRIPS:** August 7th - 8th and September 4th - 6th.

Also being offered this year is a Teen Adventure Week. This is a 7 day trip into the woods for teenagers 15-19. Backpacking, survival, group dynamics, and a whole lot more. So if you know of a teen who is board with the same ol' humdrum this is the summer camp experience of a lifetime.

Don't forget Rock Climbing. W.M.O.A has expanded their Rock Climbing Program. They now can take you from beginner through intermediate to advance programs. Also, for the shy, they now have private guided lessons. So if you want to get vertical, they got the program for you.

Again, see Ray for information. Also, it would be a good idea to register early. There was a lot of interest in the trips and courses during the Camping Show!

**HIKE: CHENEY BROOK**  
**OVERNIGHT**  
**DISTANCE:** 3 Miles/3 Hours  
**TIME TO MEET:** 7:00AM  
**DESCRIPTION:** Easy backpack to a remote Beaver Pod/Bog. This area is teeming with wildlife both day and night. This is a great little overnight to break into the backpacking season.  
**LOCATION OF TRAILHEAD:** The Kancamagus Highway is the access to this trip. Drive east from Lincoln. At 4.7 miles you cross the Pemigewasset River's East Branch and pass the Lincoln Woods Trail on your left. Another 3 miles brings you to a parking area on your right bordering Hancock Branch. A sign identifies it as "Otter Rocks Rest Area, White Mountain National Forest".  
**ADDITIONAL INFORMATION:** Knowledge of map and compass is needed for this trip as there is no real "blazed" trail to follow. You will be following "Pine Brook South East to the convergence of Cheney

Brook then you will travel South and West to the Bog. This hike is # 47 in the 50 Hikes in New Hampshire Guide Book. You will need to either treat or filter your drinking water. Topographic Map and Guide will be available at Backpacking ETC. for use by the trip organizer. Also, you will want to ensure that you have your Muskol with you.

**HIKE: PURGATORY CHASAM**  
**DISTANCE:** 3-4 Miles  
**TIME TO MEET:** 8:00AM  
**DESCRIPTION:** This is an easy hike to one of New England's wilderness wonders. This has been called the Grand Canyon of New England.  
**LOCATION OF TRAILHEAD:** To reach Purgatory Chasam, take Route 20 East to Route 146. Take Route 146 South to Sutton Mass. Purgatory Chasam is on Route 146 in Sutton.

### **ADDITIONAL**

**INFORMATION:** There is no trail map available for this area as of now. Trip organizer should contact the Park Supervisor at (508) 234-3733 for more information. Make sure to bring your camera and some film.

### **HIKE: CRAG MOUNTAIN HIKE**

**DISTANCE:** 4-6 Miles

**TIME TO MEET:** 8:00AM

**DESCRIPTION:** This is a moderate to difficult hike. Hiking time is about 5 hours not including stopping for lunch and the occasional respite.

**LOCATION OF TRAILHEAD:** This hike is in the 50 Hikes in Massachusetts Guide book. The reach the trailhead

### **ADDITIONAL**

**INFORMATION:** If you plan on going on the overnight to Smarts Mountain, this would be a good hike to practice with your full backpack, and the gear that you will take with you, and start working on your leg muscles and your endurance.

### **HIKE: SMARTS MOUNTAIN OVERNIGHT**

**DISTANCE:** 7.25 Miles

**TIME TO MEET:** 6:00AM

**DESCRIPTION:** This is a moderate overnight hike that has an overall vertical rise of 2800 feet. A portion of the trail follows the Appalachian Trail from the parking area to the summit of Smarts Mountain. There are tent platforms and a shelter for the overnight camp near the unused steel tower near the summit of Smarts Mtn.. Water is available along the AT vicinity of the camp.

**LOCATION OF TRAILHEAD:** To reach the trailhead drive East

## **SWAP SHOP TIDBITS OF BACKPACKING INFORMATION**

There is no doubt that one of the most important considerations that you must plan for on any trip (day or overnight) is water. Our bodies are made up of approximately 90% water. So it stands to reason, that it requires a great deal of water to keep us going. In today's world, one has to be very cautious about where you get drinking water while on a wilderness trip. To safeguard you, the backpacking industry has numerous items from chemicals to filters, on the market to help you from getting sick on the trail to a foul water source. In this edition we will discuss WATER filters.

### **ESSENTIAL ELEMENTS OF WATER FILTERS:**

1. Should filter down to at least .1 Micron. This will ensure that all micro-organisms (Giardia) are filtered out.
2. Should be easy to maintain in the field. You should be able to disassemble the filter in the field to make minor repairs or to do simple maintenance on the filter should the need arise.
3. Should be easy to use. You shouldn't have to go into contortions to fill your water bottle from a stream. The better water filters come with tubing long enough for you to squat or stand to fill your bottles.
4. Pay attention to the amount that the filter filters in a minute. If it takes a minute to filter 1/2 pint, you will be pumping for a while to get a gallon of water to cook with, and drink that evening!
5. The filter should be reasonably durable. It should be able to take a little bit of a beating in your pack.
6. Look at how much water the filter will filter before you will have to change the main filter element, and then find out how much the filter element is. A better filter will treat about 500 - 1000 gallons of water. Also, see if the filter has a maintenance kit. It may be beneficial to take the maintenance kit along with you on your trip, Murphy is everywhere.
7. Look closely at the product. Make sure that you are getting a filter that is designed for the FIELD. There are some filters that are designed for the traveller. These filters will only work for water that has already gone through a processing system.
8. Lastly, your filter will last only as long as you take care of it. There are usually maintenance instructions that come with all filters. You need to ensure that you follow them after EVERY use, or you may find yourself in need of water, with no way to treat it.

from Lyme off N.H 10 on the road to Lyme Center. Beyond that village continue past the entrance to the Dartmouth Skyway for 1.6 miles to parking near a bridge over Grant Brook. You are 3 miles from Lyme Center. Park, organize gear, and off you go.

**ADDITIONAL INFORMATION:** You will need to take a tent with you in the event that the tent platforms and shelter are full. You will need to treat your water or filter it.

**HIKE: MOUNT GREYLOCK  
OVERNIGHT**

**DISTANCE:** 7.4 Miles

**TIME TO MEET:** 7:00AM

**DESCRIPTION:** This is a moderate hike. It is a 7.4 mile loop that will take us from where the AT crosses Route 8 in Adams Mass to the South to the Summit of Greylock, then around the summit back to the north along a different trail back to the AT and north to the parking area.

**LOCATION OF TRAILHEAD:** On a side road in Adams Mass where the AT crosses Route 8.

**ADDITIONAL INFORMATION:** You will need to bring a tent. The plan is to stay at the new shelter near the summit, but it may be filled. The summit is the only sure place for water. The people at bascom lodge can tell you where to get your water. It is from a faucet in back of the lodge. Ed Lizotte will meet everyone who is interested in the Map and Compass Seminar at the parking lot at the summit at 9:00AM. The seminar will last from 9:00AM until 12:00AM. This will give the backpackers enough time to make the second leg of the loop back to the parking area where they started.

**HIKE: PISGAH STATE PARK**

**HIKE**

**DISTANCE:** 10 Miles

**TIME TO MEET:** 6:00AM

**DESCRIPTION:** This is a moderate hike, and if you plan on going, you should prepare for it. There is a net vertical rise of 1640 feet along the trail. It has numerous ups and downs. The hiking time is about 6 hours (slightly slower than 2 miles per hour). This hike is hike #2 in the 50 Hikes in New Hampshire Guide book.

**LOCATION OF TRAILHEAD:**

To reach the trailhead travel North from Northfield MA along Route 63. You will travel to Chesterfield NH passing Hinsdale NH. You will turn east off of Route 63 at Chesterfield. Use the stone church, town hall, and the post office as landmarks. The way to the park begins with the Old Chesterfield Road opposite the post office. After driving a short distance, turn right onto Horseshoe Road, which soon becomes gravel and winds up and down through the woods. About 1.75 miles from the village you reach the parking area at the memorial to Chief Justice Harlan F. Stone.

**ADDITIONAL**

**INFORMATION:** You will need to bring something to treat or filter your water. Water is plentiful, but unreliable.

**HIKE: EAST MOUNTAIN  
OVERNIGHT**

**DISTANCE:** 14.6

**TIME TO MEET:** 6:30AM

**DESCRIPTION:** This is a moderate trip, and will be good for any member who is planning on going to Mount Marcy in October.

**LOCATION OF TRAILHEAD:**

The trailhead is located on Route 2 in North Adams where the

Appalachian Trail crosses Route 2. Follow the AT North to Seths Brook Shelter.

**ADDITIONAL**

**INFORMATION:** Trail information is detailed the AMC Vermont Guide Book. See Ray for a detailed packing list. Meet at the Friendly's on Route 2 in Greenfield at 6:30 AM.