BOOTPRINTS

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Mt. Katahdin Labor Day Hike, Roaring Brook Trailhead -Photo by Klebes

Musings about Maine: The Katahdin Trip

Labor Day weekend twenty-one club members traveled seven and a half to eight hours to Baxter State Park in northern Maine. Originally, Eva Kealey organized a trip to Katahdin to celebrate the accomplishment of her good friend and fellow PVHCer, Shari Cox, on completing the entire Appalachian Trail. Since Shari is pressed for time to finish the trail this year and was only as far as Mt. Washington in the White Mountains, she understandably opted not to join the club, but to continue hiking the AT over Labor Day weekend. So we needed other reasons to go to Katahdin. Some in the group wanted to complete all of the highest peaks in New England this year (of which Katahdin is Maine's highest), an undertaking spearheaded by John Klebes. Others wanted to go over the famous Knife's Edge. Some wanted to traverse more difficult routes on the mountain; others desired easier ways up and down. This was my fifth trip to Katahdin. I wanted to hike on different trails than the ones I had previously hiked on.

My hike was rated the easiest of

three designated hikes. Though, in the language of Michael Lanza, who writes for Backpacker magazine and who spoke at one of our club meetings, all three were "real butt kickers." I led a butt kicker up the Abol Trail starting from the Abol Campground, the shortest and most direct route to the top of Katahdin. The Abol Trail is only 2.8 miles long. It's a fairly easy 1.3 miles through the woods to the slide area. That's where it starts to get hairy. The next mile and a half on the Abol Slide were straight up, filled with loose gravel and boulders. (Last year, Rob Schechtman and Bryan Goodwin ate a lot of dirt coming down this trail in ninety-degree heat with no water.) Closer to the top of the trail are larger boulders that require a bit of rock climbing skill, but nothing too technical. The top of the trail flattens onto a plateau or tableland. That's where the Abol intersects with the white-blazed Hunt Trail (the AT) at Thoreau



Baxter Peak, Katahdin's Summit from the Knife Edge -Photo by Klebes

Spring. At that point, it's another 1.0 mile on the Hunt Trail to the summit, which is called Baxter Peak. Starting from the bottom of Abol, it took most of us a grueling six hours to reach the top.

After running into the club members on top who came up the Cathedral Trail and spending a little time relaxing with them, the five of us descended 5.2 miles down the Hunt Trail to the Katahdin Stream Campground. The top of the trail has exceptionally big boulders to climb on and around and it's quite steep. Angela Orlich complained that "this isn't mountain climbing. this is rock climbing." I had to agree with her. And in places it was tough rock climbing. On one section of the upper trail, handholds made out of steel rods were hammered into the rock to help hikers negotiate tricky spots. Overall, the Hunt Trail has so much rock to climb on that you get tired of climbing on it, and it's tediously arduous. That is, at least, going down the trail. Most of us wondered when it would end. From the start of our descent, we found out five and a half hours later.

I learned a few things from the hikers who came with Sue and me. Bryan Goodwin hiked faster up and down the mountain than the rest of us. He waited a long time for us at both the top and bottom of the mountain. Marcia Kelly was aware of her limitations. She wisely got a head start descending Katahdin after decided she against summiting. With the exception of Bryan, she just barely beat us down the mountain. Angela Orlich, who stayed with Sue and me all day and said that she spent so much time with us that she felt like she was part of our family, was a trip. She wins the Miss Congeniality Award for our day on the mountain. She talked to practically every one on the trail that day, and learned most of their names. One more thing about Angela: I needed to scold her from jumping off a steep rock face. After a scarv incident when I thought Angela had hurt herself but assured us that she was only "in shock." I sternly advised her to do "no more jumping."

Eva Kealey did a tremendous job of organizing the weekend. Most of us spent two nights in a cabin at Big Moose Inn just outside the park, although several club members decided to tent. Our dinner on Saturday night at the inn was first class. Since we were staying outside the park and since the park service has limited parking inside the park, we executed a flawless plan to make sure that we got inside the park for Sunday, the day of our climb. And lastly, Sue and I played the license plate game on the way up and back from the weekend. Out of twenty-eight state plates that we sighted, one stood out: Hawaii. In Maine? Go figure.

- Dick Forest -

A Different Road"

Baxter State Forest – Labor Day

VHC members set off for a prearranged long weekend to climb Mt. Katahdin, ME. Mike Gross and I had also signed up for the trip, however, we took a "different road". Originally, Shari-U-Turn-Cox, was to join the group. This plan changed as Labor Day approached. Since Shari was not going to join us, Mike and I decided to climb other peaks in Baxter State Park.

Many people only think of Mt. Katahdin

"The tops of mountains are among the

unfinished parts of the globe, whither it

is a slight insult to the gods to climb

and pry into their secrets, and try their

effect on our humanity. Only daring

and insolent men, perchance, go there.

Simple races, as savages, do not climb

mountains - their tops are sacred and

mysterious tracts never visited by

them...." Henry David Thoreau

(Contributed to Bootprints by M&M)

when thev go to Baxter State Forest. This beautiful area offers much SO more to climb. Mike and I arrived at our camp area

Pray's Big Eddy on Friday afternoon. We set up camp including hanging a large tarp between trees over the picnic table. One thing we can never control, only prepare for in New England, is weather. Labor Day weekend was not the most beautiful of weekends. It rained each night we camped.

Turned out to be a good test of how well the rain fly worked.

Saturday we arose and set out for a "warm up hike" to Gulf Hagas at the Katahdin Ironworks. On our drive into the Ironworks we came upon a young Moose having breakfast in a fresh water bog. She didn't seem to mind us watching and posed for pictures. The hike was about 8 miles through a wooded canyon area with a small river, which descended over 5-6 waterfalls. Each was unique and beautiful. A group of brave 20 year olds were compelled to swim and dive in one of the falls, named Buttermilk Falls. The air temp was about 50°F. We watched in awe. On the drive back out we came upon two more full-grown Moose. They were coming out onto the road then quickly turned back into the Three Moose, beautiful woods. waterfalls, woodland trails, all in one day make special memories.

Cooler temperatures and rain once again Saturday night made us wonder about our hike for Sunday. We woke about 4am. It was foggy, dark but not raining. We set off for the gate at Baxter. We arrived about 5am and waited in line. We had no problem getting into the park. Had we decided to climb Mt. Katahdin we could have done so.

We had set our destination for

Slide Dam
parking area.
In route we
came upon
some familiar
faces at Abol
parking area.
Dick and Sue
Forest and
company.

They were quite surprised that we had no

difficulty getting into the park at such a late arrival time as 5am. We wished them a good hike as they started off for the trailhead for Mt. Katahdin.

We continued up the road to Slide Dam. Arriving we set up our stove and joined the other early birds having a parking lot breakfast before hiking. The sun rose but it

was not sunny. A fog hung around the mountains. About 8am we set off on our trek. Destination #1 North Brother, elevation 4140 ft., route taken - Slide Dam Trail. The trail started woody but soon became rocky and steep. Had to watch your footing due to the wet conditions. We did get a light mist but no real rain.

It was about 45°-50° F. The top of North Brother offered little views as the fog cloud still socked in the top. There was a cool breeze so we did not terry long but continued along for Destination #2 South Brother, elevation 3920 ft., route Coe Trail down North Brother than up to South Brother. South Brother offered the reward of views. panorama of North Brother, Mt. Coe, and a number of other peaks in the area including a view of the backside of Mt. Katahdin. The fog cloud had lifted and sun began to shine. However, the wind was gusting and cold so we donned layers to prevent chilling. It was nice to see the sun. We lunched and left for our final peak Coe Mt., elevation 3700+, continuing on the Coe Mt. Trail. Down South Brother and then up to Coe Mt. It continued to be clear. We had beautiful views of the peaks of Baxter. Behind us North and South Brother and Mt. Katahdin. The top of which was still in the clouds. We looked down between those mountains to see a pristine area known as the Klondike of Maine. It was a beautiful wilderness, which must be full of free wildlife that has not experienced human impact. We also viewed some incredible rockslide areas on the sides of the mountains.

Time came to leave this peace and head back down. We continued along the Coe Trail, which would intersect with the Slide Dam Trail. As we hiked down through winding woods trail I heard Mike say "Oh Shit" as he rounded a corner. I responded, "I don't think I want to look". I turned the corner to find an open mountainside of sear, flat, wet rock face going nearly straight down. I couldn't believe this was the route down. I was terrified

of falling and not stopping until I hit We trekked slowly and bottom. cautiously, Placing each foot and pole with care. I did slip once and Mike caught me. Had the rock surface been dry it would have made the way down a little less You learn to find your risky. courage by meeting your challenges. This was one for me. Once down the slide we traversed back and forth across a stream until we again joined the Slide Dam Trail

and back to the parking lot.

We had covered 10.6 miles, enjoyed the changeable weather, the trail conditions, and the beauty and wonder that mountains in the north country, and Baxter State Forest in particular, has to offer. Next year we hope to return entering through the North Gate of the park and try Black Cat Mt. and the Traveler.

Happy Trails M&M (Mike and Monica)



September 10th Mount Monadnock Hike - Photo by Dave Zawrotny



PVHC at the Summit of Mount Monadnock - Photo by Dave Zawrotny

Northampton Woods Walk and Social

October 17th. approximately 12 of us met in front of Thornes' Market in Northampton, for what was touted- and turned out to be- a wonderful day. The group (including a few curious 'guests'), walked through forests (with a river running alongside it), through the hallowed grounds of Smith College (with its' accompanying flowers of many types. statues with inspiring inscriptions, past Paradise pond, and into a fantastic Greenhouse)all within a mile and a half of downtown Northampton! After all that, everyone but three of us leftremaining was myself, my co-leader (the lively Jane Glushik), and Dave Keith. We spent the afternoongoing to an Italian-style coffee house, wandering the interesting shops of Northampton (including one that has interesting- and affordable- artifacts from around the world, for sale); visited a local art museum- ate out at a nice restaurant- and capped it off with a fun (tho 'wacky') movie named 'Nurse Betty'. We shared many a good laugh, and, as is typical of 'gatherings', enjoyed the comfort and 'fun value', of our fellow PVHCers! For those of you looking for a good 'social time', COME- to these events! (Methinks you'll be glad you did)!

-Gary Dolgoff-

Join the PVHC Email Network

he Pioneer Valley Hiking Club Email List keeps growing and growing. It's a great way to hear about last minute schedule changes, outdoor related news, and network with your PVHC friends. If you have a computer and don't have email there are many free email services available. If you want to join our growing email distribution list send Cripps email an bakpak@javanet.com or 786-0335.



Recreational Geocaching

hat is a Geocacher? The brainchild of David Ulmer (Beavercreek. Oregon), geocaching is best described as a GPS treasure hunt game. Using the latest hiker technology gadget, the GPS (Global Positioning System) Receiver, an ordinary person can accurately measure the coordinates of your location. A GPS Receiver is about the size of a cell phone, costs about \$100, and uses a network of space satellites to tell you longitude and latitude. Join the fun and become a Geocacher Treasure Hunter.

The rules of the game are simple. A person hides a container of items and posts the coordinates on the Geocaching Internet site for others to find. When someone else finds the stash, they must 1) take something, 2) leave something, and 3) write in the logbook.

David's first stash consisted of a covered 5-gallon plastic bucket buried partially in the ground. In it he placed such items as software disks, a can of beans, and a slingshot. He then published the idea and location on the Internet and within days some people had actually visited his treasure chest.

Soon others started to follow and now the game has evolved into a phenomenon. worldwide Recreational Geocaching gives local people the chance to guide others to their favorite local spots by just publishing some coordinates. Once found you can share in the treasure. Just be sure to leave your own contribution to the next person. If you are interested in joining the quest for treasure visit the web-site at http://www.geocaching.com/

- John Klebes -

(Based on a article written in GPS World Magazine, Vol11-8)

Indoor Ice Climbing?

ard to believe but coming this fall to dozens of health clubs and sportsoriented specialty stores is the latest thing in indoor ice climbing walls. The Manufacturer, Entre Prises, has created an artificial ice material made of a two-inch thick plastic foam. The aquablue Dry ice has the consistency of stiff toffee, and it quickly mends itself after you remove your ice ax, leaving a smooth surface for the The next climber. material can be sculpted into indoor climbing walls to give the feel of climbing on ice minus the frostbitten fingers that is. (Heard on a local radio news show)

Trail Side Recipe

- John Klebes -

- Contributed by Monica Kendra

Pasta & Sausage

1lb Penna pasta
2tbs olive oil
1lb garlic turkey sausage
or hot sausage (sliced or
removed form casing into
small pieces)

1 head of broccoli – cut up 1/2 lb mushrooms – sliced

1 onion chopped

1-2 cloves of fresh garlic minced

Cook pasta in boiling water for 10 minutes or al dente. Drain and place in large bowl (oven proof) Turn oven on to warm. Place olive oil in frying pan over med to med high heat. Sauté' vegetables. Cook until tender/crisp about 5 minutes. Place in bowl with pasta and place in warm oven. Then cook sausage in frying pan until done; no longer pink throughout. Add sausage to vegetable/pasta. Mix thoroughly. Serve with freshly grated Parmesan cheese.

Eat & enjoy.



ANNAPURNA

"A Woman's Place" by Arlene Blum

ry to take yourself back twenty-two years to 1978. It was a period in time when making a major climb in Nepal was beyond imagination for most people, let alone a group of women. High tech clothing and equipment did not exist. If this climb did happen, it was certainly men who were participating, as women were not strong enough and would disrupt the harmony of a climbing team. The very thought of women doing this was unheard of and it would not be easy for them to get financial support to fund a climb. At this point in time women had only been legally running in the Boston Marathon for about ten years.

Arlene Blum, the author, was the driving force behind this group. Her first daunting task was to raise \$80,000 and secure the approval of the American Alpine Club. Through her efforts a ten member climbing team, two photographers and a base camp manager all headed to Katmandu in September of '78. They were known as the American Women's Himalayan Expedition.

Having finally arrived in Nepal the next series of challenges begins. A huge effort was needed to organize food, clothing, camping and climbing equipment and then they had to deal with the Sherpas, who were skeptical and uninterested in working for women. It is thrilling to watch this journey unfold. While there was success for one team reaching the summit, there was terrible tragedy as both members of the second team to attempt the summit fell to their deaths. It is filled with stories of challenge and courage, mental support and an overwhelming determination to be the first female team to summit Annapurna I.

Whether you scale the high mountains of the world or hike the gently rolling hills, this book will take you on a very real and dramatic adventure. While it is a story about a team of women, it is a worthwhile read for anyone who likes to climb or hike. Visit Arlene at her e-mail address: arlene@arleneblum.com. The book is available on line. When this mission began the group sold T-shirts to raise money. The shirts are conversation starters. They read, "a woman's place is on top.....Annapurna".

- Suzie Gauss -



"One woman's story of hiking the Appalachian Trail" by Adrienne Hall

his new book, copyright 2000 by the AMC, follows Adrienne Hall's 1996 northbound journey on the 2100 mile Appalachian Trail. Adrienne's ability to capture the feelings and trials of her journey enchanted me from the start as I read about her and her boyfriend Craig's More than a book adventures.

Hiking Fact:

"¾ of the

population of the

United States lives

within a day's drive

of the Appalachian

Trail."

about hiking this is a book about what you feel inside during the thru-hiker experience.

How it feels to become sick of the trail, watching and interacting with

people, the good and the bad days, as well as the confidence in one's own abilities that grows within. I'll have to confess to skipping forward to peek at the candid trail photos in the center of the book from time to time and wishing I were on the trail.

Adrienne and Craig started their trek on Valentines Day as the thirteenth and fourteenth thru-hikers of 1996 to sign in at Amicalola State Park in Georgia. Many of their difficulties can be attributed to the cold and snowstorms thev encountered as early starters on the trail. Interspaced within her story are side stories about the wolf reintroduction experiments in the Smokies, efforts to curb cell towers encroaching on the AT, the history of the creation of Baxter State Park, and the effects of man on wildlife and fauna.

The sentimental among us will be moved by the description of Craig's proposal to Adrienne atop Saddleback Mountain in Maine. Saddleback Mountain's glacially polished bedrock sweeps across its 4116-foot summit making it one of the most spectacular spots on the entire AT, "2nd only to Katahdin" says Adrienne. Providing the first view of Katahdin 200 miles north, above treeline, and with its alpine pond it was the perfect quiet and isolated mountain for a proposal.

Anyone wishing to feel a little of the magic of hiking the AT would be well entertained.

- John Klebes -

Holiday Party

Join the PVHC for our annual Holiday Party. Good Food, Good Friends, and Lots of Fun. This year the Holiday Party will be chaired by

Wayne Rodrigues and Sue Ziff. If you haven't done so you need to call them and signup. You will be given all the details when you call. Members are free but if you want to bring a guest there is an additional fee. You are encouraged to contribute one food item to the menu. Signing-up is important for us

to have a good count for food courses we are buying.

Wayne Rodrigues: (413) 572.2511 or Sue Ziff: (413) 525.4146

UPCOMING HIKES AND EVENTS

Nov 18-19, 2000

Grey Knob Cabin Backpacking on Mt. Adams in the Whites

Join us as we take the Lowe's Path, 3.5 miles to either Grey Knob Cabin at treeline, or the Crag Camp on the edge of King Ravine, depending on availability. In the morning, weather permitting, we will attempt the summit of Mt. Adams, 2nd highest peak in the northeast. Summit attempt is optional, overnight fee at the camps is \$8.00, and winter camping clothing and equipment is required. Call hike coordinators for details.

-John Klebes & Mike Rattelle

December 10, 2000

Jessie Gerard Trail

A Day Hike through "Peoples State Forrest". The Jessie Gerard Trail begins at the site of an old Indian settlement known Barkhamsted Lighthouse climbs to an overlook by way of 299 stone steps. Lightly challenging climbs, pleasant forest surroundings. magnificent and from overlooks. views two Chaugham Lookout provides wide panoramic views and Veeder Boulders will provide an interesting diversion. An easy/moderate 3.5 miles round trip.

- John Klebes & Ann Marie Visconti

January 6, 2000

Norman Rockwell Museum (And Lunch) Outing!

"Norman Rockwell's paintings evoke feelings of joy, laughter, pride in country, family, and community". So says the 'opening' in the Museum brochure, and I believe it! Come with us to Stockbridge, Mass. on January 6th. Join Gary Dolgoff, Jane Glushik, and your fellow PVHCers. Admission is \$9.00, but worth it, to see 'the world's largest collection of original art by America's favorite illustrator'! Those who wish, may join the group for lunch as well.

-Gary Dolgoff-

January 13-14, 2000

Remington Lodge An Adult Getaway

Picture your self curled up by a nice warm fire with you best girl, guy, or friend with a warm cup of hot chocolate, surrounded by good friends.!!! WELL, this could be you

at the next "Remington Lodge weekend" on the evening of January 13 2000. Once again we have the "Lodge" booked for another fun filled time. The cost per individual is still \$50.00. This includes 1 night lodging and 3 meals. Starting with sat. noon a "bag" or pickup lunch at the Lodge. A wonderful evening meal served to you family style, and an all you can eat breakfast on Sunday morning.

Saturday night has been a night for sharing good times with friends over an assortment of fun games. Still not sure?? WELL the weekend also includes hiking, snowshoeing, cross-country skiing, just to name a few things, the rest is up to you. This is open to 36 individuals only, so don't YOU miss out.

For more information on this once a year special time call TERRY or SANDY @ 786-0335 or bakpak@javanet.com

Costa Rica Easter Week, April 14 – 21, 2001

Cost - Probably not too much above \$1200 depending on airfare

Itinerary: 2 choices:

Day 8 Travel to San Jose HOME

Option A	Option B
Day 1 Travel night in San J	ose Day 1 Travel night in San Jose
Day 2 Travel to Mt. by bus	Day 2 Travel to volcano, hike,camp
Day 3 Hike up mountain - 0	Chirripo Day 3 Travel to Monteverde
(Spend night in hut)	(Explore town, butterfly farm, dinner)
Day 4 Explore top, glacial la	akes Day 4 Hike rainforest, canopy tour
Day 5 Hike down, night in h	notel Day 5 Travel to Manuel Antonio
Day 6 Travel to Manuel Ant	onio Day 6 Day in Manuel Antonio
Day 7 Day in Manual Anton	io Day 7 Travel San Jose

I can plan for either, depending on what those interested in coming would like. If we climb the mountain, which is a 7000 peak, that will be the trip. The other way would be a sampling of the country and the hiking would not be strenuous, I will have photos at meeting and further information. Will need to be definite and collect deposit in January. Costa Rica is a beautiful country, stable politically and is currently doing much to protect their environment.

Day 8 HOME

For more information contact Marcia Kelly at (413) 256.1063

Congratulations
Shari (U-Turn) Cox
completed her AT
thru-hike on October 2^{nd.}

Well Done Shari!



Jay Sylvain

E-Hiking

Internet Sites - Maps

Topozone.com is a free web site that will give you topographical maps of almost anywhere in the United States. When you log on you will then give a location, specifically a town or city. Once the topo for that location comes up you can then click on the map for a more detailed map of the area you are looking for. If you have a color printer, you will be able to print the map to look like a regular USGS topo map.

Check out Yahoo.com and then click on Yahoo maps. This map program is also free and will give you door-todoor directions. These directions are very accurate; I have used them hundreds of times and have only found a couple of errors. You will find this site very useful in pre-planning a hike by giving direction to a location you may want to visit after the hike. It will be valuable for personal use as well.

Internet Tip

When you go online your movement through the Internet is recorded in your temporary Internet file. If you go online allot you should dump this or clear it at least once a week or once a month if you are not a heavy user. To dump these files you need to go to START - PROGRAMS - WINDOWS EXPLORER -WINDOWS FOLDER - TEMPORARY INTERNET FILES. Highlight all the files then hit delete. Do not forget to empty your trash bin also. That's where these files will go to.

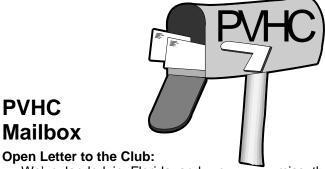


DAYPACKS FOR SALE:

Two daypacks for sale: 1 for \$10.00 2nd with Frame - \$20.00

Contact Monica at (413) 536.6611

PVHC Mailbox



We've landed in Florida and we miss the club very much. Our new address is Ray and Sandy Tibbetts 220 Rocket Ln. #6 W. Melbourne, Fl 32904. Tel: (321) 951-9577, E-mail: raymondtibbetts@aol.com

I would like to keep in touch with everyone. We are renting for a while to see if we like it down here plus our house in Westfield has not sold yet. I hear from people that the club is doing fine. So far so good, we do miss everyone.

Your Friends,

Ray & Sandy

(Editors Note: Ray Tibbetts is the clubs founder and owner of PVHC's original home at Backpacking, Ect.)

Letter to the Editor:

PVHC HOLIDAY 'DANCING **PARTY** (AND EXTRAVAGANZA')?

Yep, it's coming up again, in December- our annual Holiday party! And- being as we are a 'social' hiking club- wouldn't it be great, to have a 'dancing segment'. as a part of the event? Well- it can only happen, if those reading this- 'PIPE UP' If you agree that it would be FUN to dance with your fellow Club members- let your voice, proudly be heard! We welcome you to 'Speak Out'; at the November (and/or December) meetings; on the intranet; emailing our Club officers; etc.! Remember what we always say- it's your Club, too- all of you! (Godspeed)...

-Gary Dolgoff-

Consumer Notice: PUR Water Purifiers

PUR has issued a consumer advisory on potential problems with the StopTop accessory carbon cartridge that comes packaged with the PUR Explorer, Voyager, and Scout microbiological water purifiers. Testing has revealed the stoptop could interfere with the purifier's ability to kill viruses. This situation does not affect the purifier's ability to remove cysts and bacteria.

Owners of PUR water purifiers may still use them, but for full anti-virus effectiveness they advise consumers to follow usage instructions under the owners manual section on: "How to handle difficult or extreme water conditions". They have a StopTop update kit currently being tested by the EPA. Contact PUR for more information.

- John Klebes -

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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:December 5, 2000, 7pm at WEUJanuary 2, 2001, 7pm at WEU
- Next Hike Planning Meeting:
 December 12, 2000, 7pm at WEU
- □ Deadline for Submissions for next BootPrints is: December 26, 2000
- □ SPECIAL NOTE: Have you signed up for the Holiday Party? See inside for details.

***Join the PVHC Email List by sending a message to Terry at bakpak@javanet.com.



A publication of the

Pioneer Valley Hiking Club c/o Wilderness Experiences Unlimited, Inc. 526 College Highway Southwick, MA 01077

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