

BOOTPRINTS

Volume 18, Issue 4

July 2014

MEMORIAL DAY WEEKEND BACKPACK IN VT

By Cindy Hibert

This past Memorial Day weekend was my 3rd backpack in VT along the Appalachian Trail (AT) / Long Trail (LT). Hiking the AT in VT is definitely more challenging than MA and CT. Trail segments are very long, so day packs are out and backpacks are required; i.e., 10 lbs. or so turns into 35+ lbs., and elevations can be over 4,000 feet.

Six of us headed off early on Friday, May 23rd, for VT. The forecast was for rain, much better than last year this time when we had to cancel the trip when VT got 10+ of snow. Lori Tisdell, Shari Cox, John Fortune, and I headed up in two cars and met two women, Tammy from Philadelphia and Kristen from Boston, who signed up through the AMC, at the 1st car spot on Route 11. By 10:45 we were on the trail, with a little rain keeping us company. After 2 miles, with the sun peeking out, we came to a turn-off to White Rocks cliffs. So we dropped our packs by a grouping of 25 or so cairns and headed off to the cliffs.



Photo by Cindy Hibert

The trillium, painted red, were abundant, as were many other wildflowers. Early afternoon, a light rain started up so we decided we would likely overnight in the shelter by Little Rock Pond. We passed the camping area and made it to the castle of a shelter about 4:00 and, more importantly, just before the sky let loose. The downpour lasted for hours. We were so happy to be in the shelter with a great picnic table under cover and lots of pegs to hang our things on. After an assortment of dinners,

guacamole (from Lori), salami (from John), chocolate (from Cindy), and wine, and then three games of ~~Wh~~ Hell, we headed to bed. The water was a few inches deep outside the shelter and it was still raining hard. At this point we assumed that Rick Briggs, who was supposed to meet up with us, would overnight in his car and join us in the morning. Oh no, not Rick. The howling started around 10:00 and Rick showed up a couple minutes later. Unbelievable!



Photo by Cindy Hibert

Survey: How many of you would backpack in the dark, in the pouring rain, for about 6 miles? Rick had started up one trail and came to a roaring non-crossable river (though he tried a few options, unsuccessfully). He turned around only to try a different trail. He was very happy with his rain gear and waterproof boots!

The next day started out dry, that is, without any rain falling. The ground was still saturated and muddy, with lots of large puddles for us to deal with. Unfortunately, Lori was not feeling well, so it was decided that she could drive Rick's car, from the alternate location where he had parked it, to where her car was (at the first car spot), and then leave his keys in Kristen's car. Car-spotting has its advantages. After 2 miles and saying goodbye to Lori, we started our hike to Baker Peak and Griffith Pond. Such a beautiful spot. Since it looked as if we were in for more rain, we decided to head to the shelter, which is perched on the bank of a lovely stream. Tammy and Kristen pitched their tents on the nearby platform while the rest of us joined a couple other backpackers in the shelter. John and Kristen went back to the pond for a swim. About 4:00 the rain started again. We huddled in the shelter and played cards and *See Memorial Day continued on page 2*

Memorial Day continued from page 1

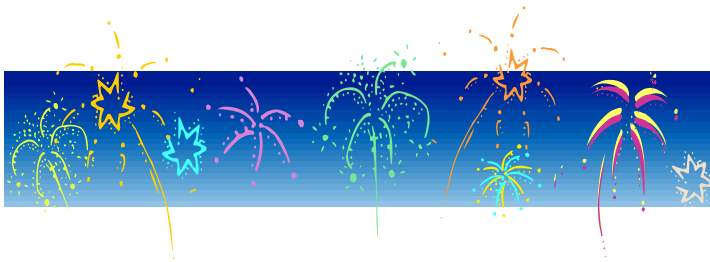
sipped on wine. The picnic table was not under the shelter. The rain let up around 5:30, so we headed out for dinner and then an evening walk to the pond.

Survey: Would you prefer to sleep in the shelter amongst your fellow hikers . which can be rather cozy with assorted nightly noises and aromas! . or in your own private tent?

Between games of Oh Hell and many survey questions, we laughed and amazed each other with our skills and answers!

We headed out early on the sunny third day for our 8.9 mile hike over Peru Peak, Styles Peak, and Bromley Mountain, gaining a total of 2,500 feet in elevation. We arrived at Bromley around noon and lunched and relaxed in the sun for about an hour. Our overnight spot was about 1 mile down the trail, so we would be deciding whether to stay overnight and head out in the morning or hike out and head home. The majority vote (aka survey) was to head out and home.

After 3 days, lots of rain and bright sunshine, wet feet, 26.5 miles and around 7,000 feet of elevation gain, we picked up the cars and headed home to our warm showers and dry beds. Oh, how I love the outdoors and hiking with my friends!



GARY'S HIKING ADVENTURE (White Mountains Weekend)...

By Gary Dolgoff

So, my wife Cindy & I, come up 'most every year to the PVHC White Mtns Weekend...put on by the affable Al Goodhind, it's a gr-reat! time- mixing a variety of wondrous hike-options, with a healthy dose of socializing, laughter, and overall 'comraderie, to beat the band'...

Approximately 50 PVHCers arrive on Friday (this year, the 20th of June) in the town of North Conway, New Hampshire, nestled in the Whites (some members arrive early, &/or stay a bit later- Cindy & I got there on Thursday, which gave us a chance to hike Arathusa Falls [a 3-mile roundtrip hike, featuring the biggest waterfall in NH!]- some members arrive reeeal early- such as the 'ultra-hikers' Karen & Al, who got to town Sunday, & proceeded to hike (from what I've heard), at least 50 miles!)- laughing, hiking, talking- that's our PVHC group!...

Friday evening, Al describes all of the hike-options, and then each participant says which hike he or she is 'into', going on, (hikes range from Al's moderate-to-easy option, to pretty hard hikes, to 'reeeal tough ones!)

My wife Cindy chose Al's outing (which included a visit to the Mt Washington hotel for lunch after the hike- and then for those who wished...Al would escort them to additional waterfalls, interesting inns, etc...)- he had 22 willing participants on the hike!...

I chose a harder-workout one, led by Lori Tisdell...this one involved an elevation-gain of 2100 feet, a 7.5 mile hike (with an option of going an additional 1000 feet in 7/10 of a mile- several participants did that as well, but not I...)

Although my pace was slower than most of the hikers in this group, I was made to feel welcome, and not feeling that I was putting anyone out...(I always make sure, tho- not to attend a hike, wherein I'll be MUCH slower than the group- when I'm in doubt as to whether I should attend a hike, I call the hike-leader, go over with her/him, & let them make the leader make the final call...) The feeling was constantly friendly, and fun- the scenery was terrific, with streams going over boulders throughout much of the outing- and after going up close to 2000 feet, it was another World! of beautiful bodies of water, & great views...I truly felt, 'away from it all'...and the company, couldn't be better!...(and 'especialy, special thanks'- to Tina Garde, and to Carol Vanderheiden- whose kind companionship throughout much of the hike, kept this hiker 'slogging thru the quite rocky trail'...)

Truth to tell, tho- I felt that I should've been able to do this hike with somewhat less effort- but, I haven't been hiking much lately, sooo- I 'paid the price'...

(Brenda Doucette, said it well, when I mentioned this- she said that hiking endurance, etc- 'is cumulative'...so, I'm hoping that Cindy & I will be able to 'get out more', on these splendid hikes with our fellow PVHCers)...

And of course, a SPECIAL thanks to Al Goodhind, who has been leading this yearly White Mountain Weekend, for over 10 years...'HATS OFF', to you Al!!...

WHITE MOUNTAINS SAMPLER

By Al Goodhind

Zealand Falls Hut hike

This hike gave the group the opportunity to see an AMC hut. When we arrived at the trail head parking was at a premium. Our group of 5 cars took the last of the parking spaces. This is why it is important to leave early. Twenty three hikers began the trek at 8:00 am. Conditions were great.

It was warm enough to hike in a shirt. Many in the group began shedding layers as we went along. The trail follows an old railroad grade. There are several small brook crossings where careful footing was needed. Everyone helped each other across. The group spread out naturally as the hike progressed. Every 20 minutes the group stopped to allow everyone to gather for a break. With an abundance of beaver activity I noticed the changes over the years in the landscape or should I
See Sampler continued on page 3

Sampler continued from page 2

say "waterscape." The bridges over the water have grown higher and longer due to the increasing water levels. Several ponds have been created adding a beauty all its own. Many stopped for photo ops of the mountains and the ponds.

At the Ethan Pond Trail/Twinway junction the trail to the hut bears right for .3 miles. The climb then begins. Rock steps provide access to the Zealand Hut. After about a four-story hump you reach the hut. The sunny clear day provided fantastic views. The hut was a welcomed respite to the group. Leftover coffee cake from the "hut croo" was available for the taking. A few steps from the hut was Zealand Falls. Many of us sat on the rocks and had a snack while the waters were rushing around us. After a half hour we headed back. The hike back was just as enjoyable.

As we headed back a steady stream of day hikers and backpackers were heading for the hut. We reached the parking lot in about two hours.

Post-hike activities

Following the hike we had lunch at Stickney's at the Mt. Washington Hotel. The hotel was very busy but the staff was great and seated 24 of our group on the outdoor patio. From here we could view the summit of Mt. Washington while dining on delicious cuisine. Then we visited the Notchland Inn in Hart's Location (NH's smallest town) twelve miles down the road. This beautiful inn provides a wonderful ambience. We were able to see four different rooms and all of the common rooms. Hummingbirds were everywhere as there were numerous feeders around the inn and the gardens.

Then it was on to Jackson Falls in Jackson. The rolling cascade flows to the center of town. One can sit in the pools of water or in the gentle falls. At this time of year it is too cold! Next stop Glen Ellis Falls. This 70 foot drop is impressive. Located on Rte 16 just short of the AMC Headquarters in Pinkham Notch, the falls create a thunderous roar. One can walk down the steps to the base and catch the spray in the face.

Some of the group then went to Cathedral Ledge. The road to the top provides a panoramic view of the Mt. Washington valley. This premier rock climbing spot was crowded with visitors. One can see Mt. Cranmore ski area across the valley. Just below is Echo Lake State Park. This is a popular swimming spot complete with picnic tables, grills and bathrooms.

It was a long day filled with activities. I would not have it any other way. There is a lot to see and do in the Whites and I am looking forward to next year. Thanks again to all my hike leaders. You are the ones that make this happen.

Galehead Hut Backpack

By Heather Wyman

On May 17-18 2014 I led an exciting family backpacking trip to the White Mountain National Forest with 12 Scouts and fathers (AMC members as well) meeting Karen and Al from the PVHC at Galehead Hut.

Planning the trip was tricky because originally, 21 people were paid or scheduled to hike, and some of the group needed to cancel last minute, including one parking lot casualty due to a stomach bug. Thanks goes to Lori Tisdell of the PVHC, who just finished her Culinary degree at HCC, who helped design a working menu of dinner and breakfast foods for the self-serve hut. Muah!

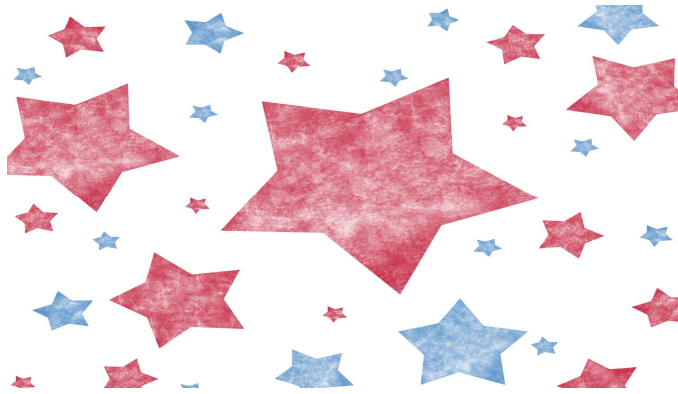
The original plan included parking at the Gale River Trail Head on Saturday, summiting Galehead, sleeping over at the hut, going over to Garfield and out the Garfield Ridge trail to a spotted car on Sunday for a 13.5 mile loop. This became problematic as the road to the trailhead(s) were still closed on Monday of the week we were to hike. The road walks would have added an additional 3.5+ miles to the hike, so I reformulated the plan meeting with the other adult leaders to see what their thoughts were, and we agreed to keep our trip limited to GaleHead hut, Galehead summit, and South Twin summit on Sunday for those that wanted to. Traction was required to attend the trip, and it was necessary for South Twin.



Photo by Heather Wyman

Fortunately, with help from the White Mountain National Forest Service, we were advised on Thursday that the road would be open for our weekend. Keeping to "Plan B", we trepidatiously prepared for a hike to the hut in 90% chance of rain, which became 100% sunshine. Al and Karen, already at the hut, advised us that the previous day/night was wrought with chilling rain and viscous wind. A delicious dinner of mexican-style chicken wraps with beans and rice with cornbread and chocolate chip cookies for dessert was prepared by the kids at the hut with little guidance from the hut caretaker, JD.

The heavy flowing Gale River crossings on Saturday were quite a challenge, but not dangerous, and looked almost like docile puddles on Sunday. There was little evidence of the evil snow monorails described from a hike to Galehead two weeks earlier until we were halfway up South Twin. Great company, great hike!



2014 PVHC WHITE MOUNTAIN SAMPLER – FLASH FROM THE PAST EVEN BETTER

Since 2004, Allison, Kathy and I have been planning and hiking 4,000 footer summits as part of the White Mountain Sampler (although Allison had to skip one year due to an injury but she helped plan the hike anyway). The first sampler hike we did together in 2004 was so enjoyable despite rain and hypothermic conditions, we decided to do it again. Climb up to Lake of the Clouds Hut and traverse the summits of Monroe, Eisenhower, and Pierce.

Ten years ago, there were the three of us and Bob Morgan on the hike. This year Bob led a separate hike and we were joined by 5 other hikers. Eva Kealey, Fred Riotte, Beth Wildcat Mountaingoat+Case, Shari Cox, and Paula Velsen (a friend of a club member). By the way, I think that Paula gets the prize for traveling the furthest distance to join a hike. from Holland (she was completing a three week visit to the United States). Eva Kealey and Fred Riotte added all 3 new peaks to their 48 footers list while Wildcat Beth Case (who was on our Webster-Jackson-Pierce hike last year) added Monroe and Eisenhower to her 48 footer list. As time has progressed, Allison, Kathy, and I have started having later start times for hikes. Thus, while we started somewhere around 7:00 or so ten years ago, we didn't start hiking till almost 8:30 this year. talk about letting people sleep in!!!!

We were blessed with a bit of chilly hiking conditions along with beautiful skies. While Mount Washington was in the clouds on the ascent of Ammonousic Ravine Trail and Mount Monroe, there was no rain this year. not a drop. No hypothermic conditions and everyone was prepared for whatever conditions we could reasonably not anticipate. The Gem Pool and water falls were gorgeous. and rain free!!!! At the Lake of the Clouds Hut, we enjoyed a nice snack and warm drinks as well as the facilities and replenished our water supplies. Then, after a 45+ minute break, we headed out.

This year, Mt Washington looked gorgeous even though it was in the clouds while we were on Monroe. But, as we were descending Monroe heading towards Franklin and Eisenhower, the clouds lifted off Mt. Washington and

largely stayed off the summits for the rest of the hike. Winds were a bit stiff but not as strong or cold as Chip's Eisenhower hike on Friday.

The alpine blossoms were still visible and added to the pleasantness of the hike. As we lingered on the summits and enjoyed a pleasant pace on the trails (one must take photos!!), when we reached Mt. Pierce, the time was approaching 4:00 p.m.; thus we decided to forego a trip to the Mitzpah Hut and descended Crawford Path to the cars. It was an enjoyable hike. and an opportunity to enjoy views we did not experience 10 years ago.

Congratulations to all on the hike and especially to the Eva, Beth, and Fred for adding to your peak bagging totals.

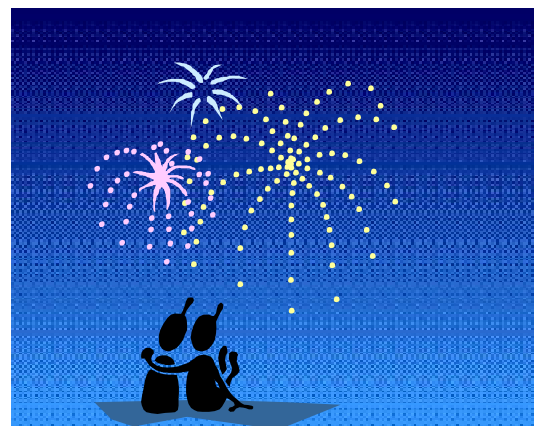
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Photo by Heather Wyman



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Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story/event contributions to the editor at: marie_babbitt@hotmail.com.



WELCOME NEW MEMBERS

<u>May</u>	<u>June</u>
Lorraine Baron Christine Plasse-Brown Deena Gilbert Vicki Haggerty Tom Lake Jeffrey Patnaude & Bonnie Collins Jeffery & Christine Sagalyn Martha Sullivan Peter Tomb	Diane Berg Lucila Bruno Valerie Carman Richard L. Fitzgerald Beth Ouellette Donald Weld Mary Ann & Peter Wilcox

Important Notice

The following memberships are up for renewal:

July Renewals:

Karen Abert
 Kathleen Bauer
 Rick Briggs
 Elizabeth Case
 Pam Chandler
 Robert Church
 Laury Frazier
 Tina Garde
 Debie Garlick
 Mary Hazlett
 Jeanne Kaiser
 Marcia Kelly
 Jettie McCollough
 Joel Meginsky
 Mary Millimet
 Norm Plante
 Janet Platosz
 Fred Riotte
 Robert & Lisa (Frigo) Schechtman
 Sandy Segoo
 Brenda Sturmer
 Michael Taniwha

August Renewals:

Harry Allen
 Hedy Beaudry
 Marie Bienvenue
 Rema Boscov
 Richard D'Amato
 Thomas Eaton
 Connie Fogarty & Bill Nickerson
 Dick & Sue Forrest
 Gabriela Horvay
 Charlotte Lee
 Sandy Lemanski
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 Ann Mundy
 Russell Seelig
 Chuck & Fritz Tiernan
 Jane Toomey
 Jack Urekew
 Ann Marie Visconti
 Mary Walters
 Jamin Wright
 Heather Wyman
 Carole Zambito

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)



Photo by Lori Tisdell

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 Thurs (MA) Morning hike
- July 5 Tristate
- July 13 (CT) Bike ride
- July 18-20 (NY) Heart Lake Adirondack-car camping
- July 26 (MA) M and M Sec. 15
- Aug 2 (MA) Lake Wyola Picnic
- Aug. 9 (MA) Clark Museum-\$
- Aug. 10 (MA) Quabbin
- Aug. 16 (MA) M and M end of 15, part of 16
- Aug. 23 (MA) Alander Mtn . Bash Bish Falls
- Aug. 24 **(MA) CLUB PICNIC**
- Aug. 30-Sep.1(VT) AT Backpack
- Aug. 30 CT NET Mustache (Provided) Hike
- Sept. 6 (MA) Boston Harbor Islands-\$
- Sept. 12-14. (MA) Cape Cod Camping Bike Trip
- Sept. 20 (NH) Cannon Mtn



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IMPORTANT NOTICES

- ❑ Next Club Meetings:
August 5, 2014, 7 pm at **FBC**
September 2, 2014, 7 pm at **FBC**
- ❑ Deadline for submissions to the next BootPrints is August 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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