



Bootprints

The Bimonthly Newsletter of the
Pioneer Valley Hiking Club

President's Corner:

Spending PVHC Funds

by President Lori Tisdell

Be prepared – there is a lot to unpack here on members' responses to the question of spending funds. There was lots of feedback, many suggestions, and a few long emails.

At the September meeting we discussed how to spend some of the funds we have in the PVHC checking account. There are several reasons we are looking at spending down some funds. As we go above \$10,000 the club goes into another tax bracket. And though it is very unlikely we would have to pay taxes; we'd prefer not to have to file a return and all that entails. We are currently in the process of working on getting a definitive answer – thanks Steve Dane. Also, we have the money – why not spend some of it on worthy causes that would benefit the club, its members, and the trails we use so often?

I subsequently sent out an email with a list of the suggestions made at the meeting asking all PVHC members for feedback and more suggestions. There were a lot of respondents. Which was great, as clearly many of you are invested (ha ha) in where the club monies are going and want a voice in how they are spent. I did not respond directly to each email except to answer specific questions and to thank everyone for their input. I will respond below to many of the questions, suggestions that were well-received, and those that were suggested but were unworkable, already tried and/or against the club bylaws.

There were four suggestions that had the most feedback with double digit approval votes. The suggestion that received the highest endorsement from members was spending for maintenance equipment and projects, followed by lunch at EB's (restaurant) with some suggesting a \$300 limit
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“Many people liked the idea of donating to the conservation areas we use and supporting them so we and future generations will continue to enjoy them.”

~ President Lori Tisdell

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(seems reasonable). This was closely followed by donations to outdoor conservation groups. Many people liked the idea of donating to the conservation areas we use and supporting them so we and future generations will continue to enjoy them. Two voted against it and thought this went against our bylaws, but it does not. In fact, we have on a rare occasion in the past donated to conservation organizations. A couple of people did note as long as it wasn’t a donation to AMC. No argument there.

In regard to other maintenance spending there was a suggestion we have an annual budget. The board actually did that last year. Also, build a shelter on the NET Sections 1 or 2 that we maintain. And build a storage shed at the Rising Corner trailhead for the lawn mower and some maintenance tools. This last idea will definitely be discussed for feasibility.

Rounding out the top five most popular suggestions was spikes for leaders to lend out. Interestingly, opposing this idea was the top third not in favor of implementing. The main arguments opposing were that it could be difficult to manage, which leaders would get the spikes and people should be responsible for buying their own. Those in favor thought it would be good for safety reasons and members who are trying out winter hiking could do so safely before purchasing their own. It was pointed out that we had some equipment for club members to borrow in the past but was rarely taken advantage of. To offset that issue, some hike leaders (those who lead regular hikes) would have them to lend out at their hikes. In the past, members had to contact the quartermaster and arrange to borrow and then return the equipment. In that safety vein, there was a suggestion for hike leaders to also have a few orange vests to lend out during hunting season. Though orange vests, bandannas, and the like, are very inexpensive and all members who hike during hunting season should have some blaze orange.

The next top suggestions which had more than a single vote were work on shelters (6), no charge for holiday party (6), continued reduction in club dues (4), pay for food for club sanctioned trips that required it with \$200 limit (3), suspend all dues for a year (2), pay 10% of a club

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President's Corner *continued from page 2*

sanctioned trip with a limit of \$200 (2).

The top opposed suggestion was not in favor of suspending dues (9), followed by not spending monies on club trips (8), then the opposing view about spikes (7), and conservation group donations (2). Rounding out with a single vote each was don't spend any reserve monies and don't spend \$2000 on the holiday party.

There were many other ideas with a single vote. One suggestion was free renewal for board members and leaders - with requirements. Bylaw #7 states "The P.V.H.C. does not sanction profiting from club events." This refers to the trip's members lead for the club. But it could also be read as profiting from leading hikes and/or serving on the board. Clearly, this needs more discussion.

Purchasing guidebooks and maps was on the list. We had done that in the past and virtually no one ever used them in the last 10 or so years. With the advent of hiking and trail apps and so many easily accessible hiking and trail websites on the Internet, they were no longer used. In fact, we gave away most of the library we had as it was outdated.

Sponsor an Eagle Scout project. This is a great suggestion and deserves further discussion. We would need a liaison with the scouts and look at the project and what it would entail. We have an Eagle Scout project, a pollinator garden, located at the Rising Corner trailhead.

Permanently lower annual dues. Our dues are already among the lowest for any hiking club that requires paid membership. Though we currently have an excess, do we want to skirt the edge of not having enough in the future? In the last year we took in \$7155 in dues and paid out \$5819 in expenses. As stated above, having the funds to pay administrative costs, maintain trails, fund projects and benefits to club members for the annual dues we pay is a small price to pay.

Hike leader gifts or appreciation party. That is certainly something to discuss. We used to have more awards at the holiday party – certificates
See *President's Corner continued on page 4*

"There were many other ideas with a single vote."

~ President Lori Tisdell



“PVHC social events and social portions of some events were on some members’ minds.”

~ President Lori

Tisdell

President’s Corner continued from page 3

and checks to leaders who led various “Most” hikes. We haven’t done that in several years but maybe we could segue into a different kind of “reward” for leading.

PVHC social events and social portions of some events were on some members’ minds. They suggested paying for snacks for the meetings, food for the spring hiking kickoff annual event, and increasing the budget for both the holiday party and picnic to fully fund both. There was a suggestion to have one fully paid banquet event a year, no picnics, and have officer elections at that event. However, bylaw #11 states “P.V.H.C. will provide for its members an annual Club Picnic and Holiday Party.” We could change that bylaw, but both these social functions seem to be quite popular with the membership. Regarding fully funding a picnic and a holiday party: We did that a few times in the past but many members were disappointed to not be able to bring something to share and so we continued that tradition. Having officer elections at large social gatherings would certainly have more people voting than at a monthly meeting! Maybe something to think about.

Under the heading of scholarships. There were proposals to offer a scholarship, amount to be determined, to a member-related student pursuing environmental studies. Pay for members to take CPR/First Aid course. PVHC does reimburse “up to \$50 for those active Club members, who have participated in at least 12 hikes within the past year, who wish to partake in pre-approved leadership or outdoor skill training courses that directly benefit the good of the Club.” And one more to have a scholarship fund to help needy members with financing a club trip. This could get sticky – how do we decide who is deserving and how do they prove they are needy.

Finally, there were two suggestions for either paying for clinics or offering an honorarium. A few funded clinics a year would certainly expand our options.

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President's Corner *continued from page 4*

All of the above suggestions and ideas are up for discussion. Clearly though, there was a predominant theme running through the leading suggestions – trail maintenance and all of its aspects. Members wanted good equipment, tools, adding to the sections PVHC maintains and trail conservation...and rewarding those who volunteered with EB's wings!

--President Lori Tisdell

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The Cape Cod Trip of 2023: Notes From an Occasional Hiker

by Jacqueline Sheehan

Deb Bombard and Cheryl Stevens were the leaders of the Cape Cod hiking trip October 16-20. They are known for their well-researched Wednesday hikes as well as their recent treks along the Portugal Camino. Cheryl said, "We thought six or seven people might join up. We never expected fifty people to sign up."

Because so many people signed up, they recruited additional leaders for each of the three hiking days. On Tuesday, there were two hiking trips (Pamet Cranberry Bog Trail, led by John Fortune, and The Great Island Trail, led by Deb and Cheryl) and one bike ride along the National Seashore, led by Betty Lempke. On Wednesday, a small but hearty group made the long ferry ride to Nantucket under the guidance of Lori Tisdell. Two hiking trips were offered: (Eagle Point Trail, led by Christine Pinney and Wellfleet Bay Wildlife Sanctuary with Deb and Cheryl), and two bikes trips (Historic Harwich with Meg Schoenemann, and Province Lands with Betty Lempke.) On Thursday, a spontaneous group headed at out 6 AM for a sunrise walk on the beach, one more hiking trip hit Nickerson State Park with Deb and Cheryl and the bikers rode to Nickerson Park and Crosby Beach with Betty Lempke.

*"I can only report on the
three trips that I took
and will count on others
to fill in the gaps."
~ Jacqueline Sheehan*

I can only report on the three trips that I took and will count on others to fill in the gaps. Although I've been a member of the PVHC for years, this was the first multiple day trip that I've taken. I travel internationally with writing groups, where I am frequently the most ardent hiker. Writers are not generally robust hikers, so in that world I am at the top of the heap in terms of hikers. But much like students who were at the top of their high school class and are suddenly at the bottom when they go to MIT, PVHC was a lot like hiker's MIT. I had a lot to learn.

Day one, The Great Island Trail:

The weather reports predicted occasional showers, but we were greeted by a hefty downpour moments before our departure from The Cove
See *Cape Cod Trip* continued on page 7

Cape Cod Trip *continued from page 6*

Motel. Rain gear was wisely stashed in our packs and off we went in carpool style. This was a beautiful location near Wellfleet, edged by the Atlantic on one side and dunes and piney woods on the other.

One rule of PVHC that I truly like is the frequent head count that leaders take at the start of the hike, at all rest stops, at several other places in between, and at the end. There was a movie that stayed with me; *Open Water*, 2003, about a vacationing couple on a scuba diving expedition who are accidently left behind in shark-infested water. It did not end well for them. But rest assured, no one will ever be left behind in PVHC hikes (or in shark-infested waters.) We were vigorously counted.

Despite the beauty of this 7-mile hike, we were tempted to rename it the Gross, Stinky, Ghastly Pre-Halloween Hike due to the number of very large dead creatures that had washed ashore. The first was the carcass of a dolphin or a maybe-dolphin a few feet from the sandy trail. Next were several dead sunfish that were the size of truck tires giving off an eye-watering stench. While sunfish in the ocean can grow to even larger sizes, I had never seen any this large. Or this smelly. This sent our minds on a hunt for explanations: climate change, bacterial infections, high tides, or just bum luck.

We stopped for a snack in a piney overlook and I began to see how prepared other hikers were. I was clearly the least geared-up hiker. I gleaned two immediate tips:

Tip 1: For easy access to your smart phone for photos or map reading, attach a clever little shoulder strap pocket. No more squeezing my phone out of my back pocket where there is not room for anything else. I ordered that evening from:
www.gossamergear.com

Tip 2: Bring something waterproof to sit on.

Tip 3: In this balmy fall season, bring a rain jacket, but make it a light one. Mine was too bulky and cumbersome for the three different rain squalls that required digging it in and out of my pack. See *Cape Cod Trip continued on page 8*

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“Let the fast walkers go ahead, dawdle a bit before the slower walkers come along, and there you have it, a place to feel what I was after, a communion with water, sky, sand, mist, and very fat gulls.”

~ Jacqueline Sheehan

Cape Cod Trip *continued from page 7*

Tip 4: You can have a heart attack 4 weeks ago and still hike 7 miles. I am astounded by this.

These tips aren't news to most PVHC members, but if you are an occasional hiker like me, take heed.

We were a chatty group discussing old hikes, dogs and cats of the past and present, trips on all continents and the ups and downs of life. I discovered that if I wanted a moment or two of quiet contemplation that the middle of the pack was the place to be. Let the fast walkers go ahead, dawdle a bit before the slower walkers come along, and there you have it, a place to feel what I was after, a communion with water, sky, sand, mist, and very fat gulls. The clouds were breathtaking, silver and majestic over the ocean.

After the hike, Dick offered to take a few of us to the Monastery at the Church of Transfiguration where his sister is in residence as a nun. If you have not seen this stunning church, put it on your schedule for your next trip to the Cape. If you call ahead, they can arrange for a docent to give you a tour. <https://www.churchofthetransfiguration.org/> As we were leaving, one hiker mused, “My religion is nature and being kind.” This struck a chord with me and I had to agree.

Tip 5: If sand gets your shoes and rubs a big toe raw from a 7-mile hike, apply moleskin. After hearing Cheryl's horror stories of blisters on their first Camino trip, I worried that my agitated toe would turn into a blister the next day, so I texted Cheryl for help. It turns out that she had moleskin and it is miraculous. I wore it on Day Two and my toe couldn't have been happier. It is next on my shopping list.

Day two, Eagle Point Trail

My body was stiff and unhappy in the morning. I stretched and did a quickie version of yoga to convince my body that more hiking was a

See Cape Cod Trip continued on page 9

Cape Cod Trip *continued from page 8*

good idea. My good friend, Ibuprofen, also helped. Apparently I hadn't been walking as much as I had believed. Delusion can be so gratifying. Chris led a five-mile hike along gently rolling hills close to fresh water ponds. It was a trail that was a favorite of horseback riders and there was plenty of evidence left behind. "Horse poop to the right. Look left. A fresh pile in the middle," we called to each other as we each stepped around the horse pies. We did not see one bit of wildlife until I spotted a beautiful yellow and black Eastern Box turtle. We were so desperate for wildlife that we surrounded it like a Paparazzi sighting of Beyoncé and photographed the heck out of it.

Day three, Nickerson State Park.

So many of us signed up for the Nickerson State Park five-mile hike that we decided to break up into two groups, the fast group and the slow group. The fast group dashed off in one direction and those of us in the slower group (renamed the Lingering Group) headed off in the opposite direction. This worked well for those of us who wanted to search the trees for birds, take lots of pictures and marvel over all the mushrooms. Amanita mushrooms were everywhere, growing out of the sand beneath the pine trees. We met up with the fast group on one of the many beautiful beaches until the two groups went their separate ways again.

Tip 6: Pack more food. Always pack more food. Even though I thought I'd brought enough food in my little cooler, it wasn't enough for the four and five-hour hikes. I made several trips to a local Stop and Shop for more supplies. They had great sandwiches, made fresh every day, for just five dollars.

This was such a successful expedition that plans are already under way for next year. The location suited the interests of hikers, bikers, and casual wanderers in places like Provincetown. The warm, welcoming company could not have been better.

--Jacqueline Sheehan

"Horse poop to the right. Look left. A fresh pile in the middle,' we called to each other as we each stepped around the horse pies."

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The Superior Hiking Trail

by John "PaPa Smurf" Klebes

"The SHT in Northeastern Minnesota follows the rocky ridges overlooking Lake Superior's north shore for most of it's length."

~ PaPa Smurf

"The official northern terminus of the SHT starts with this magnificent view overlooking the USA-Canada border."

~ PaPa Smurf

It's the year of my 64th birthday and the itch to get out on another long distance trail was needing scratching.... Having finally recovered somewhat from plantar fasciitis inflammation on my foot I wanted to test out my ability to get back on a long distance hike without overwhelming myself. The 310-mile long Superior Hiking Trail (SHT) seemed to be the perfect distance for a 3-week hike.

The SHT in Northeastern Minnesota follows the rocky ridges overlooking Lake Superior's north shore for most of it's length. It includes boreal forests, the Sawtooth Mountains, babbling brooks, plentiful waterfalls, and lots and lots of wildlife.

Starting out on August 29th (my birthday!), I made my way to the northern terminus of the SHT. The northern terminus of the trail starts in an extremely remote spot called the 270-degree overlook, near the Canadian-USA border overlooking the Boundary Waters Wilderness.

My timing was determined by the availability of a bus that runs only on Tuesdays from Duluth Minnesota to Grand Marais. From there I got a ride from a friend to the trailhead another hour northwest, just in time to set up camp at dusk a mile or so from the start of the trail.

Part 1 on the SHT

The beginning of my adventure starts with an out and back hike to the 270-degree overlook. The official northern terminus of the SHT starts with this magnificent view overlooking the USA-Canada border. It looks down on the Boundary Waters Canoe Area Wilderness at the Pigeon River. This spot is also the eastern terminus of the Border Route Trail (BRT) and both the BRT and SHT trails connect together as part of the route of the 4,800 mile North Country Trail (NCT).

I saw lots of signs of moose and bear, and even heard what I think was movement of a moose pushing through the trees ahead to keep out of sight. After returning south from the well-worn path to the
See *The SHT continued on page 11*

The SHT continued from page 10



overlook the trail became somewhat overgrown and the cool temperatures covered the brush in dew. This would be a wet legs and feet in the morning. The first day included Rosebush Ridge (1829 feet), the highest elevation on the trail, but don't let the number fool you. There's a lot of ups and downs on the SHT.

While wild camping is discouraged there is an abundance of nice campsites established along the trail to choose from. Usually at ponds, lakes, and river sites they each having a fire pit, simple bench, and open-air pit toilet. I would not share a campsite or see other hikers until I hit the Labor Day weekend crowds later in the week.

Some of the features ahead included the spectacular Devil's Kettle Vista and dropping down to the shoreline of Lake Superior for a wonderful 1.5 mile section of rocky beach line called the "Lake Walk." It was too early to stop but the campsites on the beach looked very inviting.

At one point I hiked off the trail a mile to check out the Hungry Hippie Hostel. It's Labor Day so no rooms but I had a nice shower and sat in the sun and charged my batteries before heading back to the trail and camping at Durfee Creek. Lot's of Labor Day hiker company in camp.

See *The SHT continued on page 12*

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~ PaPa Smurf



The SHT continued from page 11

Next I crossed Wildflower Hill, which as one would expect was covered in wildflowers, and had a great ridge-walk view of Lake Superior! There were lots of outlooks, including Barrier Falls and the Devil Track River, and great views from Pincushion Mountain's wide flat rock summit overlooking Lake Superior.



On day 5, while hiking to the Cascade River, I was distracted by the many waterfalls and ended up on the Cascade River Loop trail. Looking at the map I decided to keep on the trail instead backtracking 1/4 mile as it hugged the amazing river's gorge and paralleled the main SHT. It basically makes an up and back loop from Cascade River State Park on both sides of the river. This, of course, required me to ford the river to rejoin the main SHT. And we all know I love river fording challenges. After reconnecting to the SHT I made the climb to Lookout Mountain.

Next the trail crosses over the Lutsen Ski Area. I have only been here in winter but I had seen the signs for the SHT and NCT from the top of the lifts while skiing. This time I was hoping to grab a beer at the summit chalet. I hiked over a spur trail to the base of the Lutsen Ski Area Gondola but at \$29 I opted to hike over to the top tomorrow for a beer instead of paying for a ride. Instead, I dry camped at a wonderful campsite at the top of Mystery Mountain.

The next morning I hiked over a mile long spur trail that hugged the
See *The SHT continued on page 13*

"This, of course, required me to ford the river to rejoin the main SHT. And we all know I love river fording challenges."

~ PaPa Smurf

The SHT *continued from page 12*

side of Moose mountain that leads to the top of the Lutsen ski gondola Chalet. The trail cuts across three of the famous Lutsen double diamond runs Adrenalin, Freefall and The Plunge and includes some sketchy rocky trail. Of course, I took it to get a burger and beer!

Later that day I took several bonus side-hikes over the famous Oberg Mountain Loop and Leveaux Mountain. I was so happy to get in all the side hikes before the rain. Made it to camp around 4:45pm, setup my tent, and the rain drops started falling as I was getting water. Jumped into my tent and stayed dry through what was very heavy rain most of the night. Had hard salami and cheese tortilla roll-ups as a nice cold dinner to avoid cooking in the rain.

As I headed farther south the sights got better and better as I crossed the Sawtooth Mountain Range of Minnesota. Lots and lots of side hikes, rocks, and overlooks such as Cedar Overlook, Britten Peak, Ted Tofte Overlook, and the spur trail to the summit of Carlton Peak.

As many know I don't like to miss any side-hikes or overlooks so I did head out to Mediocre Overlook. All I can say is it's a long side trail to a very mediocre view if you can even call it that! Sometimes my side excursions don't pan out. LoL. The amazing waterfalls, gorges, and potholes of Temperance River State Park made up for it.

At the wayside near Lake Superior the trail loops back to the other side of the Temperance River and returns upward toward the ridge-line. I popped off the trail and hitched a ride into Tofte to resupply. First stop, the Tofte Grocery Store, next an outfitter next door that had fuel for the stove, and finally a nice dinner at the Blue Fin Restaurant overlooking Lake Superior.

Fully resupplied for the next leg of my adventure I headed out for six more days toward Two Harbors for my last resupply.

Part 2 on the SHT

The terrain changed as I hiked alongside Boney's Meadow with lots of creeks and ponds. The colors of fall are starting to turn. A detour
See *The SHT continued on page 14*



PaPa Smurf

“As I headed farther south the sights got better and better as I crossed the Sawtooth Mountain Range of Minnesota.”

~ PaPa Smurf



The SHT continued from page 13

over to Caribou Falls presented another grand side hike! At the end of the day I came to a sign for overlooked overlook. I was tired but didn't want to miss any side views so I took the spur trail. I certainly should have overlooked this one. Overgrown with no views and a long way for nothing. LoL.

On day 10 I got word that there are several hundred people doing a 100-mile race on the SHT from Gooseberry State Park to Lutsen. That's smack in the middle of where I'm hiking today. Luckily I was able to camp just a few minutes before the lead runners started passing through. For the next 6-8 hours I had headlamps dancing off my tent walls as they ran by throughout the night.

The next few days would be some of the best views of the hike from Wolf Ridge and Fantasia and Tettegouche State Park. Rocky summit views, glacial erratic boulders, the fall colors from Sawmill Dome and the Lime Squeezer. Raven and Wolf Lakes were wonderful and the challenging spur trail out to Fantasia Overlook spectacular.

At High Falls in Tettegouche State Park I made a very wet but not too deep water crossing as the High Falls bridge was damaged a few years ago.



The trail around the ridge above Bean & Bear Lake is spectacular. The first lake looks like a bear and the second one like a bean. Ha! Ha! Lots of views overlooking Silver and Beaver Bays. You could see barges in the bays carrying Taconite Pellets (a low grade iron ore rock), as well hiking under a train tracks carrying pellets to the harbor.

“The trail around the ridge above Bean & Bear Lake is spectacular.

The first lake looks like a bear and the second one like a bean.”

~ PaPa Smurf

Next the trail climbed and descended a section of both sides of the Split Rock River with a number of excellent campsites. The bridge
See *The SHT continued on page 15*

The SHT continued from page 14



was out over the Split Rock River. I heard a lot of people hiked a long detour down to the visitor station of Split Rock Lighthouse State Park. It was an easy ford but I hear it changes rapidly when it rains. Climbing up the bank was difficult though. The namesake Split-Rock rock formation was a treat.

Following the trail through Broadleaf Ridge, Gooseberry Falls State Park and past Mike's Rock vista had me walking in the rain. There were miles of new sections of trail that were covered in a thick, clay-like layer of soil. For erosion control? Bad idea. This stuff was like greased pig fat. Slippery as heck. Camping at Crow Valley on my first day of hiking in some rain in the afternoon.

The rain swelled the rivers and the next day, after packing up a wet tent, I had several wet stream crossings around Silver Creek. One had some huge boulders to help cross but most were underwater due to the heavy rain. It looked like a slippery nightmare so I opted for the deeper wet-footed crossing.

At Reeves Road Trailhead I hitched a ride into Two Harbors for my second and last resupply. I had originally planned to resupply and hitch back to trail. I had plenty of time. But having a wet tent, shoes, and gear I had already mentally decided to see if I could get a hotel to shower and recharge. It is my birthday hike after all. Having already thought about it, it was hard to just get back on the trail.

I found a room at the Viking Motel where I showered and cleaned clothes. Then, hiker that I am, ended up walking to the Castle Danger Brewery for a beer. Then through Paul Van Hoven Park and the Ore
See *The SHT* continued on page 16

“There were miles of new sections of trail that were covered in a thick, clay-like layer of soil. For erosion control? Bad idea.”

~ PaPa Smurf



“The trail south from Two Harbors to Duluth was a mix of green tunnel, single and dual tracks, snowmobile/ATV trails, and managed forest.”

~ PaPa Smurf

The SHT continued from page 15

Docks, Agate Bay Beach, and a walk along the Two Harbors waterfront to the lighthouse and a river walk. Finally ended up at the Black Woods Grill for dinner. Bonus 6 miles of walking!

Part 3 to the Wisconsin Border

The trail south from Two Harbors to Duluth was a mix of green tunnel, single and dual tracks, snowmobile/ATV trails, and managed forest. At one point I came to a railroad underpass where there were huge piles of Taconite Pellets (low grade iron ore pellets) that had spilled off the trains as they went over.



Took a little over a mile side trail out to Bagley Nature Area Pay Camping Field that is part of the University of Minnesota in Duluth. My first pay for use campsite site. There are no campsites within the last 50 miles through Duluth so you need to exit the trail to find paid accommodations at hotels or public campgrounds.

They say don't miss the urban Duluth section of the SHT and they are right. Absolutely wonderful trail through central and western Duluth. The trail drops down to the shoreline at Leif Erickson Park and the Rose Garden where it follows the Lake Walk and past Canal Park and the famous aerial lift bridge.

As you leave the waterfront you cross the railway tracks and interstate on this major footbridge before climbing steeply up the rocky escarpments onto the ridge above Duluth. You end up hiking right through a hobo encampment but they were friendly enough.

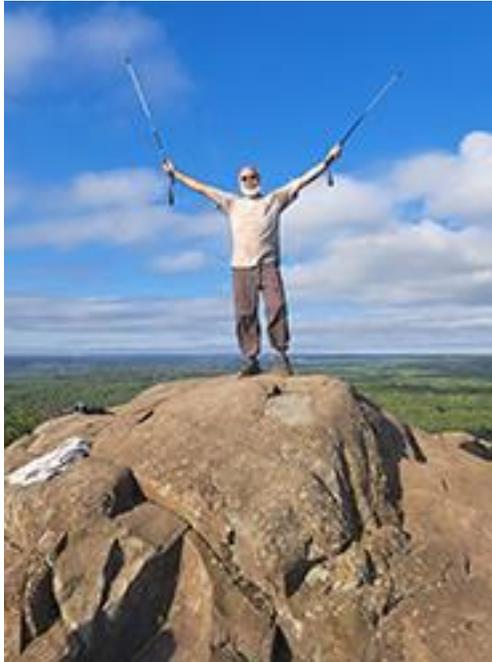
Next you pass through a number of parks via different trails and rural roads including: Enger Park, Lincoln Park, Lyman Park, Brewer Park and the Peace Ridge and Oneota Park. A steep climb leads to the The Peace Bell in the Japanese Garden.

See *The SHT* continued on page 17

The SHT continued from page 16

Just south of Duluth I detoured along the ridgeline trail to the Spirit Mountain Ski Area Campground north of the SHT where a refreshing shower was had tonight! The SHT did an amazing job threading the trail through the city of Duluth on park trails and backways. Just fantastic!

My last full day on trail climbed over Ely's Peak, the St. Louis River and Jay Cooke State Park. Lots of people on the side loop trail out to Larry's Lookout & Ely's Peak. Then it drops down to the Grand Portage of the St. Louis River where it follows along the bank of this amazing riverway.



“The SHT did an amazing job threading the trail through the city of Duluth on park trails and backways. Just fantastic!”

~ PaPa Smurf

The grand feature of the day was hiking into Jay Cooke State Park where you cross the St. Louis River on the famous swinging Bridge. Views of spectacular waterfalls, cascades, and rocks and potholes abound as I followed along the river.

My original plan was to camp at Jay Cooke State Park but I got there with extra time and it was so exciting walking along the St Louis riverway. I decided to hike on past the backcountry campsite to camp at Red River Valley. The last campsite on the SHT and 0.3 miles from the Wisconsin border and the Southern Terminus.

On my last day I hiked out to the southern terminus for a picture before hiking north again a few miles to a trail crossing where I could hitch a ride to the bus station. A local bus got me all the way to the central bus station in Duluth. My bus back to the church-cabin in the Upper Peninsula didn't leave till late, so I got to spend the day around Canal park enjoying the sunshine along the lake and enjoying a beer, lunch, and dinner. The bus got me back to Wakefield, MI, around 10pm. A few mile walk to the church-cabin turned into another sort of adventure as the night sky lit up with the glowing northern lights. A fitting end to my Superior Hiking Trail Thru-hike Adventure!

--PaPa Smurf (SoBo SHT)

Smurfy advice for the trail...

Mapping and Navigation Apps

by John "PaPa Smurf" Klebes

When I first started hiking I would always bring my trusty film camera to capture memories and share my adventures with others. Long gone are the days when we would hesitate to take a picture due to the limited amount of film and cost. The transition from film to digital and the advent of the smartphone have changed our needs over the years. No longer do I take a camera for pictures, cellphone for emergencies, and separate GPS and mp3 players. Smartphones have come to reliably replace all four as well as act as a spare compass and flashlight. But one of the hardest transitions for me was to move away from my dedicated GPS.

Today's apps are much more user-friendly than our old dedicated GPS units and with improved satellite reception and portable battery chargers the advantages of dedicated GPS units are very minimal. If you have not already; it's time to embrace the latest mapping and navigation apps for smartphones.

The advantages of mapping and navigation apps on your phone are many. Number one is the ability of the app and associated app community to create inspiration. You can use it to find and discover great hikes and sites to see in your own backyard community or across the globe. Whenever I'm heading to a new area I do a search for "best hikes near me". Additionally it's so easy to see exactly where you are on the map should you get disoriented as well as a many performance tracking features to map your route, retrace your steps and estimate escape routes. As a planning tool most apps provide the ability to put your own route together, track your actual hiking with statistics, just like a fitness tracker, and estimate time and distance of alternative routes. But mostly its value is in finding and sharing maps and hike plans that others have put together so you can explore a hike with confidence that you haven't done before. Easily finding the trail-head and following a track.

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~ PaPa Smurf

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FarOut

For long distance hiking my favorite app is “FarOut.” Originally called Guthook this was once the go to app for the PCT. Over the years it expanded to other trails and now supports an ever expanding library of hiking, biking and paddling routes. While each map-set does have a cost it provides not only detailed maps but information on water sources, resupply points, campsites, and section/day-hike parking lots and alternative routes and loops. If you do a lot of day hikes on popular trails, such as the Appalachian Trail, it may be worth it to purchase the map-set for your phone. Some of the current offerings also include the NET (New England Trail), LT (Long Trail), the Tully Trail, and Connecticut River Paddler’s Trail, which are all in the New England area.

Gaia GPS

This is a full featured GPS application and the holy grail of apps as far as I’m aware. Unfortunately it does come with a yearly cost for the full featured offline version. You need to have the paid version to download and use maps when you are off-line and away from cell-phone coverage. But the free version can be used if you leave the app open once a map is loaded when you do have coverage. It’s a great app for planning your own routes or sharing and/or downloading other hikes that people may create and share online. It’s also great at allowing people to email you a GPS track and open it directly from your email on your phone.

Avenza Maps

The Avenza app is free. Maps are available for free or purchase from the in-app store. Because it can use geo-tagged PDF files as maps it’s very easy for content providers to take an existing map and add it to the library. It’s also fairly popular with local, state, and national See *Mapping and Nav Apps* continued on page 20

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parks. I always check here first to see if there is a free map for the hiking area I am currently interested in. As examples of free maps in our area I see that they list: Taconic State Park, Grafton Lake State Park, Sleeping Giant, Bash Bish Falls, and Cape Cod as some of the free available maps. I recently hiked the whole Superior Hiking Trail using a paid map-set on Avenza. It's one downside is that it really just puts a dot at your current location on the map. It does not work interactively as the map is just a background image. So, it's only as good as the original PDF map that was used to make it.

AllTrails

While I don't personally have a lot of experience with AllTrails it does appear to be one of the most popular hiking apps out there. It has over 20 million users and an extensive library of searchable popular trails. I have used Google Search to find hikes and many times AllTrails comes up with the most local trails for a given area and it's an excellence source to find new hikes. Since I have only used the free version I can't comment on how well the offline paid verse works but it appears very popular.

PeakVisor

While not technically a navigation app I'm including this one in the mix just because it's neat. This app recognizes your location and when you point it at a nearby peak it will tell you what peak it is. It has a library of 1 million mountain peaks and helps answer that common question, "what peak is that in the distance?"

Google Maps

While Google doesn't reliably have all hiking trails it does include many popular trails in busy park areas and many trail-heads. It also is
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“So for hiking and traveling I always try and make sure I have downloaded driving maps for the states I travel most in - just in case I don’t have cell coverage when I need it the most.”

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free and you can download maps for use off-line. Remember, you may not have cellphone coverage at remote trailheads and trails. It’s a good backup and I recommend you download the states you hike in for off-line use. If it’s a popular area it may have the trails marked. Be sure to switch the view to topo map to get elevation details. It’s handy even if the map doesn’t have your trail on it because it will at least show you where you are in relationships to existing roads and geographic features. Also, it’s very common to forget how to drive back from a remote trailhead and if you don’t download the maps ahead of time you can’t get Google Maps to work until you get back to cellphone coverage area. So for hiking and traveling I always try and make sure I have downloaded driving maps for the states I travel most in - just in case I don’t have cell coverage when I need it the most.

Komoot

I first used Komoot in Europe hiking in the Bavarian Alps. While not as well-known in the USA it has an extensive map set and trail community that also covers the USA. It’s rapidly competing against AllTrails and is definitely worth having as well. It also has extensive support for cycling routes. You can use it free and it works well with shared maps from other users. But again you need to get the paid version if you want to create your own routes or download offline maps other than those that are shared with you by a paid user. It’s becoming one of our favorite map apps.

Community Input

One of the best features of all these apps is the ability to integrate the user community. Updates, trail changes, and exchanging new See *Mapping and Nav Apps continued on page 23*

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maps and routes within an apps user community helps you to discover new areas.

While this introduction to some of the apps is certainly not exclusive I hope it helps get you to try a few and experience them yourself. They help you to discover new places, track and navigate with confidence, and even explore new hiking friends through online communities associated with the apps. I'd suggest you load the free versions and try them out. If you find yourself using one often then upgrade to the paid version or purchase the mapset for the areas you are interested in.

If you have a favorite app that I missed feel free to email me. We can add a footnote to the column to share any hiker friendly user app suggestions in our bi-monthly newsletter.

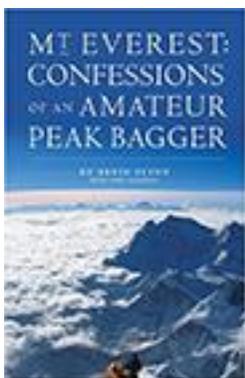
--PaPa Smurf

(If you have a suggestion for future topics or a hike-related question you would like covered in this column send a note to:

john.klebes@gmail.com)

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*"A peak bagger bags peaks usually because the peaks are on a list. Once you've bagged a peak you can cross that peak off your list."
~ Dick Forrest*

Book Review by Dick Forrest:

Mt. Everest: Confessions of an Amateur Peak Bagger

by Kevin Flynn with Gary Falleson

This book about climbing Mt. Everest has the most intriguing book title. Why? I consider myself an amateur peak bagger, and a couple of people in PVHC, indeed, call me, "Peakbagger." A peak bagger bags peaks usually because the peaks are on a list. Once you've bagged a peak you can cross that peak off your list. However, "Peak bagger" is often considered a pejorative term.

Published in 2006, it's obvious that Kevin Flynn, a partner in a successful ad agency from Rochester, New York, writes much of this book from a journal. The chapters are very short - there are 69 of them - and short chapters make the book easier to read.

Kevin started dating his future wife, Maggie, in 1989, and very soon in the relationship asked her if she wanted to go backpacking in the Adirondacks. She had never been backpacking before but she immediately said yes. Kevin took her to Mts. Macomb, South Dix, and East Dix (since renamed Grace Peak, after Grace Hudowalski, longtime historian of the ADK (Adirondack) 46ers), three trail-less peaks in the Dix Range, at the time. After doing about 20 or so peaks Maggie said that she might as well become a 46er. (For me, after 18 peaks, I thought the same thing. For my wife, Sue, after doing half of them with me, 23 peaks, she was encouraged by friends to finish, and she did so with my help and others in PVHC.)

Kevin started his mountaineering adventures slowly. Before attempting Mt. Everest in his mid-40's, he previously attempted Mt. McKinley/ Denali but the weather prevented his team from summiting in 1992, but the next year he summited the mountain. He also made two attempts on Aconcagua and made it on the second attempt. He also climbed Mt. Kilimanjaro in 1998, climbed Mt. Rainier, became an ADK 46er, and did numerous winter climbs in the Whites. So he was well on his way to achieving all of the Seven Summits.

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Peak Bagger continued from page 23

One of the more amusing stories in this book was getting "FWA." FWA is short for: Full Wife Approval. His wife, Maggie, let him go climb Mt. Everest on 4 conditions: 1) That he tell her everything, 2) He needed to train like a man-possessed, 3) He had to upgrade his gear, and 4) He had to come home. Despite these stipulations, she cried at the airport as he left on his journey to climb Mt. Everest.

What's great about this book is that Kevin does tell the story about Mt. Everest in a way that tells it all from beginning to end. He made two attempts on the mountain. The first attempt was unsuccessful, but he made it all the way up to Camp 4, which is the last camp before the summit. His problem was that he arrived there behind the rest of his expedition members and was told by the expedition leader that it was too late for him to attempt a summit try. It became a major disappointment for Kevin.

Kevin's second attempt was successful. However, if the Sherpa assigned to help him get to the summit hadn't been with him, he probably would never have made it and may well have died on the mountain. Coming down the Hillary Step, close to the top of the mountain, Kevin got entangled in ropes and "went ass over teakettle." Too weak to right himself, Kevin got bailed out by his Sherpa, who cut some ropes, untangled him, and then righted him onto his feet. He was diagnosed at Base Camp, when he returned, to have pneumonia and maybe some HAPE (High Altitude Pulmonary Edema). That explained his weakness coming down from the summit, as well as his constant coughing on the descent.

At Base Camp the doctors gave him four liters of IV fluids for dehydration, and a potent cocktail of drugs: Ceftriaxone, Combivent, Servent, Nifedipine, OTC cough syrup, Diamox, Zithromax, and Codeine. The doctors at Base Camp assessed his condition and determined that he should be flown out by helicopter to a clinic in Kathmandu. So he was flown to Kathmandu from Base Camp. At the clinic the doctor assessed that he had some fluid in his right lung and gave him two pills for the next two days of Zithromax and some cough suppressants. The doctor told him the doctors gave him good medications on the mountain and that he was well on his way to recovery. See *Peak Bagger* continued on page 25

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**Peak Bagger** *continued from page 24*

In the aftermath of summiting Mt. Everest and getting back home, among other things, Kevin was asked in May of 2005 to give the commencement speech to Finger Lakes Community College in Canandaigua, New York. (My godfather, Colonel John Ray, lived in the Rochester, New York, area at one time, and taught psychology at that school.) During the commencement address, Kevin quoted Howard Thurman, an African American author, theologian and civil rights leader who said: "Don't just ask what the world needs. Ask what makes you come alive and then go and do it, because what the world needs is people who have come alive."

--Dick Forrest



Future Events in 2023 and 2024

2023

November 25-26 - (VT) Taft Lodge/Mt. Mansfield, led by Karen Markham

December 9 - (MA) PVHC Annual Holiday Party - organized by Karen Markham, Al Roman, and Lani Giguere

2024

October 21-25 - (MA) Orleans, MA - organized by Cheryl Stevens & Debbie Bombard

PVHC 2022-2023 Executive Board



Left to Right: Lori Tisdell, President; Erin Squires, Vice President; Peggy Tibbitt, Treasurer; Lani Giguere, Secretary

Important Membership Renewal Notices

The following memberships are up for renewal:

Nov Renewals

Marie Babbitt
 Leslie Barone
 Karen Chafee
 Terry L. Champiney
 John DellaTorre
 Susan DeTorrice
 Maribeth Erb & Mary Finn
 Lynn Gebo
 Richard Harris
 Tracy Harrity
 Serges LaRiviere
 Sandy Lemanski
 Julie, Robert, Joann, Val
 Marcus
 Barbara Pearson
 Jill Pendleton
 Vearle Sayer
 Chuck Serafin
 Carolyn Smith
 Martha Spiro

Dec Renewals

Brenda Cortese
 Tibor Flothmann III
 Karen Lemoine
 Teri McElwain
 Mary & Kate Moriarty
 Dan O'Brien
 Michael & Nancy Olbrych
 David Pierrepont & Teresa
 Murphy
 Suzanne Roberts
 Scott Smith & Jennifer
 Hunter
 Michelle & Ben Sullivan
 Ann Van Dyke
 Patricia Watson
 Steve & Michelle Wolf
 Loretta Yargeau

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:

Peggy Tibbitt
 413 South Gulf Rd.
 Belchertown, MA 01007
 (Dues are: \$20 individual member, \$35 family, and \$10 for students)

Pioneer Valley Hiking Club Officers

Lori Tisdell, President
 Erin Squires, Vice President
 Peggy Tibbitt, Treasurer
 Lani Giguere, Secretary
 Ray Tibbetts, Founder

Standing Committee Chairs

Hike Schedule: Jos Brannan & Lori Tisdell
 Backpacking Advisor: Rick Briggs
 Trail Maintenance: Chip Pray & Rob Schechtman
 Club Website Editor: Dick Forrest
 Non-Member E-mail Coordinator: Rob Schechtman
 Club E-mail Coordinator: Lori Tisdell
 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

Sept

Cindy Cary
 Debbie & John May
 Sarah Piazza
 Kate & Taal Shafar
 Paul & Kathleen Tonelli

Oct

Fran Appleby
 Nellie Boucher
 Diane Jacoby & Wayne Dorman
 Debra Longo & Don Nadeau
 Jim McNerney



UPCOMING EVENTS AND THE USUALS

- Mondays Morning hike
- Tuesdays Morning hike, evening hike
- Wednesdays Morning hike
- Thursdays Morning hike
- Fridays
- Saturdays Morning hike
- Sundays Morning hike
- Nov 7 (MA) Club Meeting
- Dec 5 (MA) Club Meeting

- PVHC <https://teamup.com/ksz8qkbizhndt3qjt7>
- Schedule of Events

IMPORTANT NOTICES

Next Club Meetings

Nov 7, 7 p.m. at **ROC**
 Dec 5, 7 p.m. at **ROC**

ROC - Red Oak Church, 337 Piper Road, West Springfield

Deadline for submissions to the next *Footprints* is December 20, 2023

**** Check out our club website at:**
www.pioneervalleyhikingclub.org

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



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