

BOOTPRINTS

Volume 11 Issue 4

July 2007

NH – 48 Peaks

Two More Club Members Complete the New Hampshire 48 Peaks! Congratulations to Richard Harris and Tom Pedersen!



Mt. Carrigan – Richard Harris

On separate hikes, during the past two months, Richard Harris and Tom Pedersen completed the 48 peaks in New Hampshire that are over 4,000 feet.

On May 5, 2007, Richard Harris, joined by John Klebes, Shari Cox, Rick Briggs, Allison Cook, and Bob Morgan hiked Mt. Carrigan in very snowy conditions. Five of us (Rick Briggs joined us on the trail on Saturday) stayed at the Shapleigh Bunk House in Crawford Notch on Friday, May 4th, so that we could get a reasonably early start the next morning.

Since the Forest Service had not opened the road to the trailhead, the normally 10-mile hike became a 14-mile hike. But, the road walk was pleasant as the road was dry and easily traversed. The five of us that started out together elected to do a bushwhack around the stream crossings on the way in as we had read that the streams were high (Rick Briggs elected to traverse the streams, so we did the same on the way out).

Shortly after leaving the road and beginning the hike on Signal Ridge Trail, the bare ground began giving way to occasional spots of snow and melted snow. Half way from the trailhead to the summit, the snow became much deeper (as much as 4 feet) and Allison and Richard switched from bare boots to snowshoes (Richard had new snowshoes he had to try out). The others continued to bareboot and posthole their way up towards the summit. Shari Cox required assistance to extricate herself from one of

{NH 48 Peaks - continued on page 2 }



White Mountains Sampler – The Difficult Hike

By Richard Harris

As part of Al Goodhind's White Mountain Sampler, I offered to lead a difficult hike. Even though I have reached the summit of all 48 of the 4,000-foot peaks of New Hampshire, I still want to help others reach the summits – that is part of what being in this club is about, helping others enjoy the outdoors.

This year's difficult hike was a 12-mile traverse that included 3,900 feet of elevation gain and crossed over three 4,000-foot summits (Galehead, South Twin, and North Twin). Having done these summits in different times of the year, this traverse, especially North Twin (did this one with Bob, Shari, and Laurie in subzero temps in February 2006), gave me a real appreciation for the differences which a change of season can mean for trail conditions.

Nine of us (Norma C., Bob Morgan, Carol V., Allison Cook, Kathleen Damon, Bert McDonald, Beth Case, Mike Carrier, and myself) set out from the motel around 6:20 a.m. for the 1+ hour drive to the trailhead.

Between 7:30 and 7:45, we set out from the Trailhead and proceeded to what was cautioned as being a difficult hike due to the prospect of difficult water crossings and the elevation gain.

The weather was ideal for the hike. Mild temperatures and no rain. The water crossings on Gale River Trail were a breeze. Richard doubted Bob when Bob said that we had traversed the difficult water crossings – Richard was prepared for challenging crossings with the prospect of having to wade through waist high water and had told everyone to bring water shoes and changes in socks, etc. due to the reports of high water. He was, in short, anticipating a John Klebes water crossing. That was not to be on this trip.

{Sampler –continued on page 2 }



PVHC Trail Maintenance Work at the Falls Brook Shelter Trails –May 12





{NH 48 Peaks - Continued from page 1}

the posthole – Rick Briggs took a small scoop and spent a bit of time digging out Shari's foot.

Signal Ridge was spotty with snow, but offered terrific views of the looming summit and the lower valleys.

The day was gorgeous – could not have picked a better day to complete the list of 48.



We reached the summit by early afternoon. The wind was gusty, but the sun and sky were wonderful. The summit offered terrific views from atop the tower, which even Richard climbed (he does not like towers).

After celebrating Richard's completion of the 48 summits and enjoying a bit of lunch, we headed back towards the trailhead and the cars. The descent was a bit faster as there was some sliding down portions of the trail. Richard and Allison were last in coming down the summit and slopes. As they approached the last and deepest of the water crossings, John Klebes showed them how to get across the stream without getting



their boots wet. However, at that point (slightly over 2 miles to the cars and less than a quarter mile to the access road), Richard and Allison proceeded to take the shortest, most direct, but wettest route across (well, through) the stream.

Once back at the cars, we celebrated again with some Belgian chocolates before heading home and stopping for dinner – remember, this is the hiking, camera, and eating club. We all had a good time and great views.

A word of thanks.

I could not have completed the quest for the 4,000-foot summits of New Hampshire without the help and support of the numerous members of the club. Some of you that helped me were on some of these hikes – Allison, Kathleen, Shari, Laurie, Bob, Tom, Rick, John, Juliana, Rob, (I hope I did not forget anyone). But, many of you helped, even though we have never hiked in the Whites together. Whether it is learning from you on my first hike with the club on Mt. Tekoa, or hiking in Robinson State Forest, Poet's Seat, the Mount Holyoke Range, etc., I have learned about friends, things to do and not to do, the right clothing to wear or wrong clothing not to wear (Ed and John), etc. – the things that are necessary to achieve any goal of this nature. I want to thank all of you for helping me.

~Richard Harris

Mt. Moriah – Tom Pedersen

Tom Pedersen took a different approach to completing the 4,000 footers of New Hampshire. Whereas Richard took 5 years to complete all of the 48, Tom did the 48 in 52 weeks. He completed the last 6 in a 3-day backpacking traverse of the Wildcat-Carter-Moriah ridge beginning on Wednesday, June 13, 2007 and completing the traverse on Friday, June 15, 2007.

Tom hiked up the Wildcat Trail from Pinkham Notch, traversed the Wildcats on June 13th, and stayed at the Carter Notch Hut. On the second day, Tom hiked over Carter Dome and Mt. Height (not a 4,000 footer – but reported to have the best views in the White Mountains) before proceeding over South, Middle, and North Carter before camping at the Imp Tent site. He finished his traverse with a hike up Mt. Moriah and descending to Gorham, NH where he then hitchhiked back to Pinkham Notch.

Tom reported seeing few people on the trail. However, he also reported (and his pictures testify) to seeing wonderful views all along the trail. The photos from the morning at Imp tent site, makes one want to backpack the ridge. Of course, "fair weather" Tom had wonderful weather for the entire hike.

He considered joining the Sampler and hiking Saturday, but decided Friday evening that he was "hiked out" for a few days. I am sure we will seem him on another trail soon.

Congratulations Tom.

~Richard Harris



{Sampler – continued from page 1}

The trail up to the Galehead Hut was terrific. The footing was excellent, so much so, that one unnamed participant who was worried about the hike, told Richard that this was no more difficult than Monadnock. He noted that we had not climbed South Twin yet.

After reaching the hut, the hike leader reminded all that we still needed to hike up to the summit of Galehead – one person responded, "this isn't the summit?" After a little water and prodding, we hiked the half-mile up to the Summit of Galehead and returned to the hut for lunch and some rest. After a 30-45 minute lunch break (too long for this type of hike), we set out in groups for South Twin with Richard leading from the rear.

The sky was beautiful on South Twin – the only one of the 3 summits that was above treeline. After enjoying the views and taking some more nutrition, the last group began to leave the summit when the weather gods gave encouragement - there was a rumble of thunder – so we hiked off the exposed ridge a bit faster.

The hike was very enjoyable. Most of the participants have already indicated they would more than likely do the 4,000 footer hike which Richard will lead in the 2008 Sampler.

Most of us went to the Flatbread Pizza to use the coupons, which Al had arranged for us. That was a terrific way to cap off a very enjoyable day in the White Mountains.

Note: Despite rumors to the contrary, there were no serious injuries nor did anyone have to be carried down the mountain. We all hiked out safe and sound.

Al, thanks for a terrific Sampler Event!!! Looking forward to next year.

~Richard Harris



Mount Holyoke Range Traverse

By Richard Harris

As a prelude to the difficult White Mountain Sampler hikes, I always like to do a hike in the Mount Holyoke Range that would be difficult. Usually, this only involves a traverse of the Seven Sisters. This year, the “tune up” hike was a traverse of the entire Mount Holyoke Range from Harris Mountain Road to Route 47 with the option of only doing half the route.

On Saturday, June 9th, eleven of us (Norma Cassila, Lisa Frigo, Rick Briggs, Allison Cook, Beth Case, Margaret Trombley, Carol V., Bob Morgan, Bert McDonald, Juliana V., and Richard Harris) met at different locations but set out from Harris Mountain Road around 9:00 a.m. heading west toward the Notch and then the Summit House. Several people questioned the hike leader’s wisdom of doing the Seven Sisters after the relatively easier part of the hike. He merely reminded participants that this was a “tune up” for the Sampler hike.

The weather forecast was iffy and we set out in a slight drizzle. The moisture in the air made the temperature and conditions pleasant for hiking – although the normally terrific views were not present on this hike. Without John Klebes on this hike, no one was geocaching and with the weather conditions being poor, there was no reason to take a long break along the trek.

The week before the hike, a group of 70+ volunteers had reconstructed the ascent up Long Mountain. The previously deteriorating wooden steps were replaced with substantial rocks, which made very nice steps for the relatively steep slope.

After reaching the Notch Visitor’s Center around 11:20, the group had a lunch break and took time to refill their water bottles. Three of the group indicated they could not do the rest of the hike as they had prior commitments in the early afternoon and a fourth member indicated he had done the Seven Sisters so much that he was tired of them and proceeded to retrace the hike back to Harris Mountain Road.

So, seven of us continued around noontime along the route towards the

Summit House. Again, the weather had not improved appreciably, so the normally enjoyable views on Bare Mountain and Mount Hitchcock were not available. Thus, the hike leader saw no reason to lolly gag around. Therefore, after a very brief few moments to catch our breaths, he said, “let’s go”. We descended Mt. Hitchcock and began tackling the Severn Sisters.

The rain stopped and the sun began heating the trail, but the clouds did not disappear. Thus, the views were still absent. Seeing nothing to photograph, the hike leader continued the conditioning hike until we reached the Summit House around 2:20. This was quite surprising given the length of the hike and the fact that the other 6 hikers did not throw him off the mountain.

After a nice respite at the Summit House, we hiked down the Half-Way House Trail (though the leader preferred the M-M Trail) as a substantial majority of the hikers preferred not to descend the M-M Trail.

All had a nice time. Several of the group met at Atkins Farm for ice cream afterwards.

~Richard Harris



Monroe Skyline in Vermont

By Richard Harris

Having completed the 48 summits of New Hampshire on May 5th, Richard Harris thought it would be a nice idea to hike two (Mount Abraham and Mount Ellen) of the 4,000-foot summits of Vermont. This 11.5-mile (or 12-mile – depends on the book that is referenced) hike would also provide a conditioning hike for the Sampler hike, which he had planned for June.

Allison Cook’s sister graciously opened her house to us for the Friday night. She provided ample space and snacks for the eleven hikers (John Klebes, Rick Briggs, Shari Cox, Tom Pedersen, Norma Cassila, Norm Plante, Bob Morgan, Allison Cook, Beth Case, Bert McDonald, and Richard Harris) that elected to do this rigorous traverse.

As there were several hikers who indicated a desire to have breakfast before the hike, we left around 6:20 Saturday morning for a local breakfast spot, which was quite good. That resulted in arriving at the trailhead around 8:00 a.m. The weather forecast was a mixed bag with a 30%-40% chance of showers during the day.

The weather was nice as we began the hike up Mt. Abraham. We were cautious as to what conditions would await us – would we encounter deep snow or have slabs of ice or would the weather turn on us – we were appreciative of the fact that “fair weather” Tom was hiking with us).

The views on Mt. Abraham were nice. Along the ridgeline there were pockets of snow – some participants report deep postholing as a frequent occurrence; however, others reported less significant postholing. It was noted that those who had hiked Mt. Carrigan two weeks earlier did not complain about postholing on the Monroe Skyline – everything is relative.

As we continued along the ridge, the sky became a bit more cloudy. However, only a few periods of showers were encountered as we crossed over Mt. Ellen and began the off and on and steady decent north. The guidebook mentioned one ladder on the descent; Richard Harris (who does not like ladders) noted two such ladders although the second one was very minor.



Generally, most of the hike participants enjoyed the hike and noted that it was as billed. One such participant stated that having this hike, “we can take any hike Richard can throw at us”. Richard is still trying to discern what was meant by that evaluation – he took it to mean that the person thought the hike was enjoyable and lived up to her expectations.

~Richard Harris



Kayaking Adventures with Marcia!

This year Marcia has been treating the club to weekly opportunities to kayak the local areas. Pictures from Lake Warner in North Hadley.

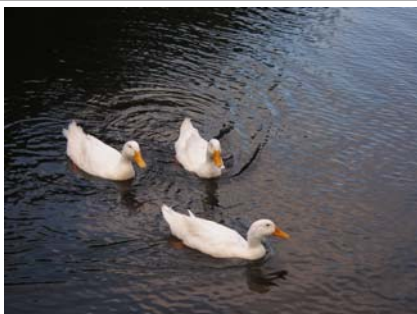


The old AT meets the new on a 36-mile Solstice Death March

Year 5 of the famed Annual Solstice DEATH MARCH! It all started in 2003 with the Presidential Traverse hike on the solstice. Then in 2004 we followed with the Devil's Path in the Catskills. 2005 brought us to the Franconia Notch/ Pemi Loop in a day. In 2006 we did a 2-day traverse of the 50-mile Monadnock-Sunapee-Greenway. This year three tired hikers, Ed Laroche, Rick Briggs & John Klebes, on June 16th completed the full 36-mile loop connecting the old section of the Appalachian Trail, now called the Mohawk trail, with the new relocation of the AT in Connecticut. Waking at 3:00am from our bivouac near the Mohawk State Park Shelter we were on the trail by 4:00am and finished by 8:20pm. Great weather, long ups and downs and great company. Anyone ready to join us next year?



Norm's Adventures with "A Walk in Forest Park" Hikes



Mt Holyoke 19 June 2007

Lead by Carol Vanderheiden

~Photo's and plant research by Steve Fraton



Lots of camera problems, poor lighting, and ugly weather on the horizon. But nothing stops the PVHC!!! ~Steve Fraton



Pretty poison: *Solanum dulcamara*
(Common names: Bittersweet nightshade, Climbing nightshade, European bittersweet, Woody nightshade, Fellenwort)

INVASIVE PLANT and poisonous.

The fruit and leaves of this plant are toxic, making it a threat to some animals and people. This plant is also an alternate host for the Colorado potato beetle, which threatens other *solanaceous* crops (potatoes, peppers).

Solanum dulcamara is found in thickets, edges of agricultural fields, on the banks of lakes and streams and other disturbed areas. Though it can succeed in fairly dry soil, it grows best in moist situations and can tolerate a fair amount of shade.

This plant is native to most of Europe, North Africa and eastern Asia. It is distributed throughout most of the United States with the exception of extreme southern states. This plant has been reported from all New England states.



The exact time of introduction of this plant into New England is unknown. It is known to have been cultivated in Europe since 1561. This plant was likely intentionally introduced into the United States from Europe as an ornamental or perhaps for medicinal reasons. It was becoming widespread by the late 1800s.



Sambucus pubens (or *Sambucus racemosa* ssp. *pubens*)
Common names Red Elder or Red Elderberry.

The red fruit is inedible when raw with a disagreeably bitter taste. Other parts of the plant can have toxic effects in humans but other mammals and birds will use them as food if necessary.

In moister soil, the more familiar *Sambucus nigra* (American Elderberry or Black Elderberry) can be found. These produce black berries that are also somewhat toxic when raw however they can be made into preserves and wines well known for their medicinal effects. A local farmer once told me that early pioneers would chose their home building site a short distance from a Black Elderberry knowing that the plant's moisture needs meant that a hand dug well would find water no more than 10 feet below.

Rosa carolina (I think??? There is a lot of natural hybridization in native roses.)



Common name: Carolina Rose but also native to Massachusetts. The colony near the top of Mount Holyoke is in a typical dry, open woodland habit for this species. The fragrant flowers are followed by a fruit that ripens from dull green to bright red.

References:

Online plant guide:
National Plant Data Center (NPDC)
<http://npdc.usda.gov/>

Guides for many things natural:
National Wildlife Federation
<http://www.enature.com/fieldguides/>

For the plants we don't want to see:
Invasive Plant Atlas of New England (IPANE)
<http://nbii-nin.ciesin.columbia.edu/ipane/index.htm>

And if you are buying plants for the garden:
Massachusetts Prohibited Plant List
www.mass.gov/agr/farmproducts/proposed_prohibited_plant_list_v12-12-05.htm

Upcoming Events

NORTH STAR CANOE/KAYAK TRIP SATURDAY, AUGUST 4, 2007

GENERAL INFORMATION

The canoe/kayak trip is 12 miles long, about 4 hours on moving flat water, making it suitable for people of all ages and canoeing abilities. We will pass under the famous Cornish-Windsor Covered Bridge, the longest in the nation at 460 feet and the longest two-span wooden bridge in the world. Islands along the way offer a wonderful opportunity to picnic, swim, or just plain relax. We will also have a great view of Mt. Ascutney.

WHERE TO MEET

This is a fun day trip to Cornish, N.H., off of RT 91 at the Ascutney exit 8. We will meet at Brook's Pharmacy in Holyoke at 7:30 a.m. and will return in the evening.

RESERVATIONS

Rentals are \$32 per person, whether in a 2-person canoe or a single kayak. Money must be paid by the July meeting or shortly thereafter as we need to finalize our reservations. Make checks payable to Richard Forrest and indicate how many people and whether you want a canoe or a kayak. Pass in the checks at the July meeting or send to Dick at 642 Prospect St., East Longmeadow, MA 01028. Please put your phone number on the check in case we need to relay any further information.

WHAT TO BRING

Canvas shoes (sandals or aqua shoes), suitable clothing (bathing suit, rain jacket and pants in case it's cool, lunch, water, towel, sunglasses, sun screen, hat, camera (in plastic bag).

COME AND HAVE FUN,

Dick & Sue Forrest 413-525-3288

July 13-20, 2007

All Invited!

187 hikes to 94 destinations and 70 workshops on trail and nature topics are on the agenda for July 13-20, 2007, when the NY-NJ Trail Conference welcomes the hiking community, family, and friends to the biennial meeting of the Appalachian Trail Conservancy (ATC) on the campus of Ramapo College in northern New Jersey.

Club, trails, and outings leaders: Join us and encourage others to attend this exciting event. There will be opportunities to learn new leadership skills, trail building and maintenance techniques, trail ecology, and more! Join hikes throughout our region. Meet hikers from all over.

Come for the day, the weekend, or the entire week. Attendance is open to all; membership in the Trail Conference or ATC not required. Complete details are available at www.Ramapo2007.org. Non-hike excursions to points of historic, environmental, and cultural interest in our region, workshops on history, nature, and arts & crafts, and entertainment make this event suitable for families and groups that include both hikers and non-hikers. Register on line until June 30 and on site beginning July 13.

For Sale:

12 Cu. Ft. GE Upright Freezer, white, 5 years old in excellent condition. \$200.00 or B. O. 536-6611

Mike & Monica



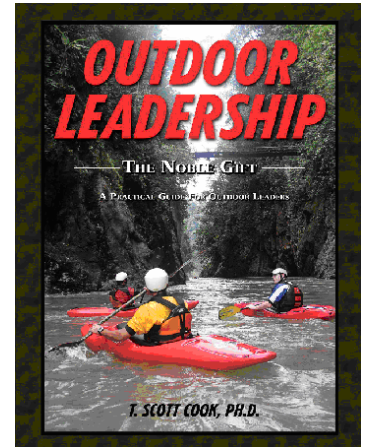
Congratulations to club member Scott Cook on the release of his new book!

"Outdoor Leadership: The Noble Gift"

by Taylor Scott Cook Ph.D

Packed with advice garnered from Dr. Cook's real-life experiences, The Noble Gift offers crucial leadership skills and concepts for outdoors-lovers everywhere.

About the Author: Dr. T. Scott Cook is the founder of Wilderness Experiences Unlimited, Westfield Water Sports and The Outdoor Wilderness Leaders (OWL's). He teaches in the Movement Science Department at Westfield State College as a professor in the outdoor recreational leadership program. Visit his website at www.weu.com or e-mail him at adventures@weu.com.



"A wealth of valuable advice and practical techniques for learning and improving leadership skills. The section that includes sample health and accident forms and team building tips is worth the price of the book alone." —Kenneth C. Ricci, author of Management by Trust

To order call 413-569-1287 or e-mail adventures@weu.com
"Outdoor Leadership: The Noble Gift" / Taylor Scott Cook Ph.D. 207 pages of valuable advice and practical techniques. \$24.95

Important Notice

The following memberships are up for renewal:

July Renewals:

Scott Aschenbach
Rick Briggs
Robert Church
Donna Delisle-Mitchell & Family
Donna & Wayne English
Allan Fontaine
Elaine Furtak
Jeanne Kaiser
Marcia Kelly
Elizabeth McHale
Norm Plante
Robert & Lisa Schechtman

August Renewals:

Harry Allen
Marie Bienvenue
Meg Eakin
Mary Fisher
Connie Fogarty
David Keith
John D. Leary, Jr.
Bert McDonald
Ann Mundy
James O'Donnell
Gail Schoonover
Russell Seelig
Ann Marie & Leah Visconti
Heather Wyman & Family

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
c/o Shari Cox
223 Gifford Street
Springfield, MA 01118

(Dues are \$25 member, \$40 family, and \$15 for students)



**Annual PVHC Club Picnic
Sunday September 16, 2007
Northfield Mtn (Riverview Picnic Area)**

12 noon - 6 PM

We are providing the main course, drinks (water, soda, tea & coffee) and the place to be. Please bring a dish to share.

All are encouraged to think GREEN and help out the environment by bringing your own plate, cup and utensils. Paper/plastic goods will be available for those that would like them.

You can socialize with old friends and new, hike a little and thanks to Frank Kamilowski take a ride on the Connecticut River for ~\$9pp. Pay Frank at the July or August meeting.

Make it easier for the organizers and sign up to help for a short time (sign up sheets will be at the next few meetings)

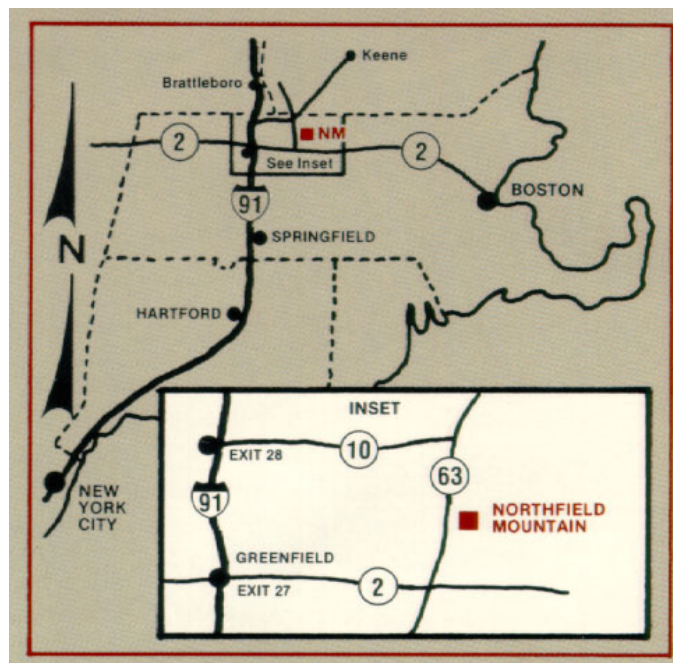


*There's a song in the canyon below me
And a song in the pines overhead,
As the sunlight crawls down from the snowline
And rustles the deer from his bed.
With mountains of green all around me
And mountains of white up above
And mountains of blue down the ski-line,
I follow the trail that I love.*

~ Charles Badger Clark (1883-1957)
poet laureate of South Dakota

**Annual PVHC Club Picnic
Sunday September 16, 2007**

12 noon - 6 PM



Directions to Northfield Mountain

99 Millers Falls Road (Route 63)
Northfield, MA 01360
(413) 659-3714 or (800) 859-2960

**Northfield Mtn. (Riverview Picnic Area) is located on
Route 63, two miles north of Route 2, in Northfield, MA.**

TRAVELING NORTH ON I-91:

1. Travel Route 91 North to Exit 27.
2. Travel Route 2 East for seven miles.
3. Turn left onto Route 63 North. Travel two miles. Turn left onto Ferry Road following signs for the Riverview Picnic Pavilion.

TRAVELING SOUTH ON I-91:

1. Travel Route 91 South to Exit 28.
2. Turn left onto Route 10 North for five miles (heading toward Northfield).
3. Turn right onto Route 63 South for five miles. Turn left onto Ferry Road following signs for the Riverview Picnic Pavilion.

TRAVELING FROM THE EAST:

1. Take Route 2 West. Approximately 6.5 miles after the Erving Paper Mill, take a right onto Route 63 North.
2. Follow Route 63 for 2 miles. Turn left onto Ferry Road.

TRAVELING FROM THE WEST:

1. Take Route 2 East to Greenfield. Travel on Route 2 East/Route 91 north, getting off at Exit 27. Continue on Route 2 East for approximately 8 miles to Route 63 North.
2. Turn left onto Route 63 North. Follow Route 63 for 2 miles. Turn left onto Ferry Road and the Riverview Picnic Pavilion

Pioneer Valley Hiking Club Officers & Committees

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 Marcia Kelly, Vice President (413) 256-1063
 Gail Carrier, Secretary (413) 331-0338
 Shari Cox, Treasurer (413) 796-1326
 Scott Cook, Wilderness Experiences Unlimited
 Ray Tibbetts, Founder

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Bootprints is a publication of the Pioneer Valley Hiking Club. Send your story contributions to the editor at: j.klebes@ieee.org (Email) or by USmail to John Klebes, P.O. Box 51385, Indian Orchard, MA 01151.

IMPORTANT NOTICES

- ❑ Next Club Meetings:
 Aug 6, 2007, 7pm at **FBC**
 Sep 4, 2007, 7pm at **FBC**
- ❑ Deadline for Submissions for next BootPrints is: Aug 20, 2007

Annual PVHC Club Picnic Sunday September 16, 2007

FBC – First Baptist Church, West Springfield

*** Check out our web page at:
<http://www.geocities.com/pvhcweb>

Members may join the PVHC Email List by sending a

fold here



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