



FOOTNOTES



VOLUME 46

June 2024 - August 2024

NUMBER 2

OTTAUQUECHEE SECTION
of the
GREEN MOUNTAIN CLUB

IF YOU WOULD LIKE TO RECEIVE THE FOOTNOTES IN AN E-VERSION RATHER THAN BY MAIL,
PLEASE LET HEINZ TREBITZ KNOW at heinztrebitz@gmail.com

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UVO Workday

On Saturday, May 11, 14 UVO section volunteers and two GMC staff members showed up for the Herculean task of relocating a section of our A.T. Thanks to the hard work of so many people, we were able to complete the entire job, right down to the blazing of the new section. It is now open for use. I don't think anyone, at least not those knowledgeable in such matters, expected us to complete the work in one day!

This was indeed a challenging project of trail BUILDING: construction of a switchback to avoid what has become an unstable rock staircase. Our trail stewardship duties call for trail MAINTENANCE, and that's hard enough.

It was a satisfying and productive day and we learned some skills that will increase our confidence and sense of ownership of our section of the AT.

Rest up. There are always more opportunities to improve the hiking experience.

Photo: Lynn Fisher

Bob Hagen



Spring Wildflowers on the Mt Tom trails in Marsh Billings Rockefeller National Historic Park

Iris Berezin, Kathy Astrauckas, and Lynne Miller joined Leader Debbie Marcus on a spring wildflower hike in Woodstock on May 10, 2024. On an overcast day with peeks of sun, we hiked from the Prosper Road trailhead, through mature hardwoods with tiny, fresh, spring-green leaves. The myriad trails of the Mt Tom network are a surprisingly excellent place to see our region's Spring Ephemeral wildflowers. These are wildflowers of the forest. They emerge quickly in early spring, flower, and go to seed before the trees fully leaf out and shade the forest floor.

In the early 1800's, a good deal of Vermont's forests were cut to establish farms and especially Merino sheep pastures. Eventually the sheep craze died down and the Great Flood of 1927 and the Great Depression of the 1930's led to changes in Vermont's agricultural and economic landscape as cleared farmlands slowly returned to forests. Wildflowers take a very long time to recover after their preferred habitat is disturbed. But in

Central Vermont, wildflowers of the forest have recovered well, and we are fortunate to have several easily accessed places to enjoy spring's glorious show. Even Woodstock's Mt Tom and surrounding forested hills, shown in 1926 photos denuded of trees, are now host to many species. This May 10, 2024, we identified 23.

Our leisurely paced hike, with frequent stops to identify flowers, included the Red Pine Loop, The Larch Loop, the south summit of Mt Tom, and, finally, a circuit around beautiful Pogue Pond. We counted more than 30 turtles of all sizes relaxing on various half submerged logs. Jelly-like masses of frogs' eggs were observed in the vernal pool nearby (likely Wood Frogs, since they usually occupy that pool). In the shallows of the Pogue foot long solitary fish patrolled circular cleared gravel areas all along the shore. The Park's website identify these as Large Mouth Bass. Several ducks also graced the pond, including an amiable pair of Mallards who went "bottoms-up" along our route.

If you missed this year's wildflower walk, save the date for next year, 5/9/25.

A list of the 23 identified flowers, and a picture gallery can be obtained from the author.

Debbie Marcus



Photos: Jack in the Pulpit, Early Saxifrage

UVO SECTION SUMMER ACTIVITIES, JUNE – AUGUST 2024

*** = Easy on the knees.

Don't forget, if conditions don't seem good for scheduled outing, call leader for "Plan B": change in venue, mode of travel, or both!

BACKCOUNTRY ETIQUETTE: NO CELL PHONE USE EXCEPT IN EMERGENCY

June 1 Sat	Hike	Appalachian Trail, Norwich, VT. Come explore our newly adopted stretch of the AT from Cossingham Road to Elm Street. ~ 2.5 miles, short ups & downs, mostly gentle w/ steeper downhill near end. Moderate. Car spot.	Inge/ Heinz Trebitz 802-785-2129
June 4 Tues	UVO Qtrly & Planning Meeting	Planning mtg for Fall (September - November) outings. 7:00 p.m. via Zoom, because it works so well. Call or email Kathy Astraukas ahead w/ ideas if you can't join us. kabh@myfairpoint.net	Kathy Astraukas 802-785-4311
June 8 Sat	Hike	Ragged Mountain (2,225'), Danbury, NH. SRK Greenway from New Canada Rd. to Proctor Academy (Wilmot, Danbury, Andover, NH). Trail over Ragged Mtn; expansive views. 6.1 mi, 1400' climb, 5 hrs. Moderate. Car spot.	Tom McCleary 802-295-7592 cell 802-356-0890
June 12 Wed	Bike Ride	Cornish, NH Loop. Park & start at Cornish Wildlife Mgmt Area on Rte 12A just N. of Windsor-Cornish covered bridge. 20 mi. and 8 right-hand turns take you through lovely Plainfield & Cornish countryside; long downhill back to starting point. Moderate.	Inge/Heinz Trebitz 802-785-2129
June 15 Sat	GMC Annual Mtg.	Green Mountain Club's 114 th Annual Meeting at Club Headquarters in Waterbury, VT. Hear about GMC's progress over the last year & plans for the upcoming hiking season. Take a hike! Always fun. Info & registration: https://www.greenmountainclub.org/members/annual-meeting/	GMC HQ 802-244-7037
June 18 Tues	Board Walk ***	Eshqua Bog, Woodstock/Hartland, VT. View the magnificent lady slippers. Short walk. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
June 19 Wed	Hike	Machu Picchu of the Upper Valley, Pomfret, VT. Impressive & well-preserved farm foundations hidden near the Appalachian Trail. 2.4 mi, 435' climb. Some steep grades, some gentle old woods road. Easy - Moderate.	Dick Andrews 802-885-3201
June 21 Fri	Hike	Black Mtn (2830'), East Haverhill, NH. Chippewa Tr. Steep, w/ many incredible views, esp. summit view toward Moosilauke. Tipping Rock. Side trip to historic lime kilns. Possible sighting of lady slippers flowers. 3.8 mi, 1550' climb. Some very steep sections. Moderate - Strenuous.	Iris Berezin 802-295-2294
June 24 Mon	Road Walk (mostly dirt)	2 nd Day of Summer! Plainfield, NH. River Road on the Ferry Road end, Freeman Road (hills & views), short stretch on NH-12A to return to cars. River Road is flat with some possibility of seeing wildflowers. 5 - 6 mi. Mostly dirt road. Moderate.	Iris Berezin 802-295-2294
June 25 Tues	Hike	Underhill, VT. Loop on shoulder of Mount Mansfield (no summit): Butler Lodge Tr to Butler Lodge (max elevation 3000'), Wallace Cut-off, LT South to Taylor Lodge, return via Clara Bow Tr, LT North, Nebraska Notch Tr. to parking lot. 7.5 mi, 1,600' climb. Rough, rocky trail. Strenuous w/rock scrambles and ladders on Clara Bow, which can easily be avoided by staying on LT. kpmhoneill@gmail.com	Patrick O'Neill 802-291-3208
June 25 Tues	Hike ***	Pine Park, Hanover, NH. Dirt trails running parallel to the Connecticut River. 1 mile out and back, some ups and downs. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
June 26 Wed	Bike Ride	Lamoille Rail Trail, Morrisville, VT. Northern part from Oxbow Park in Morrisville; we can bike to Community Center trail head in Cambridge, VT (16 mi. w/ car spot) or from Morrisville to Long Trail crossing & return (~ 20 mi).	Inge/ Heinz Trebitz 802-785-2129
July 1 Mon	Registration Deadline	Last chance for Great Camp Sagamore Program Aug. 25 – 29. Check with leader Lynne Miller for sign-up availability. sret340@gmail.com	Lynne Miller 603-643-6194
July 2 Tues	Hike	Worcester Range, Middlesex, VT: Middlesex Tr to summit of Mt Hunger (3,539'), return via White Rocks, Bob Kemp, Middlesex Tr. 6.3 mi, 1,700' climb. Strenuous w /rock scrambles. kpmhoneill@gmail.com	Patrick O'Neill 802-291-3208
July 2 Tues	Hike ***	Lebanon, NH. Rough dirt trail to the famous but little-known Tipping Rock. About 1 mile round trip. Very slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
July 8 Mon	Hike	Killington Peak (4235'), Killington, VT. Bucklin Tr from Brewers Corner, out & back. Great view fr summit! Historic CCC-era Cooper Lodge. 7.5 mi, 2450' climb. Mod – Strenuous, esp. for final steep scramble (0.2 mi) to summit. Will descend more gently from summit via a loop to top of gondola & across top of ski trails (more views!). pmrobertson50@gmail.com	Phil Robertson 802-457-7357
July 9 Tues	Hike ***	Northern Rail Trail, Enfield, NH. From the railroad station in Enfield to the Mascoma dam. 1.5 mi round trip. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
July 10 Wed	Hike	White Rocks Cliff top (2400'), Wallingford VT. Out-&-back via the Long Trail from VT-140. 4.4 mi, 1500' climb. Expansive vista west. May visit Greenwall Shelter (adds 0.4 mi). Moderate.	Dick Andrews 802-885-3201

July 13 Sat	Hike	Mount Equinox (3825'), Manchester VT. Blue Summit Tr to wonderful views of southern VT. Interesting summit visitor's center with displays on local history & the Carthusian monks. 6 mi, steady climb, 2,730 ft. climb. Strenuous.	Tom Kahl 207-692-7495
July 15 Mon	Hike + Swim	Bridal Veil Falls, Franconia, NH. Coppermine Trail, Coppermine Shelter. Bette Davis history, gorgeous falls, pool for taking a dip! 5 mi, 1200' climb. Gradual, steady elev. gain. Footing can be rough, but there's nothing steep. Moderate.	Kathy Astraukas/Bob Hagen 802-785-4311
July 16 Tues	Hike	Mt. Cardigan (3155'). Loop from AMC Cardigan Lodge, Alexandria, NH (the east side). Up Manning Tr to Firescrew Mtn, across Mowgli's Tr to summit of Cardigan, return via Clark Tr & Woodland Tr. 6.2 mi, 1910' climb, w/ rock scrambles. Strenuous. kpmhoneill@gmail.com	Patrick O'Neill 802-291-3208
July 16 Tues	Walk ***	Tiger Town Road, West Hartford, VT. About 1.5 mi, mostly gentle downhill. Car spot. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
July 19 Fri	Hike	Wright's Mtn (1882'), Bradford, VT. Network of trails, many named for the people involved in developing the area. Cabin/lookout at summit w/ views of VT; return w/ view of NH. Side trip to Devil's Den possible if group wants. 5+ mi. Moderate; hilly.	Iris Berezin 802-295-2294
July 20 Sat	Paddle + Swim	Lake Tarleton, Piermont, NH. 334 acre clear lake; will circumnavigate the lake. Swimming possible. Public boat launch.	Inge/ Heinz Trebitz 802-785-2129
July 23 Tues	Hike + Swim	Mt. Moosilauke (4802'), Benton, NH. From Dartmouth Coll. Ravine Lodge up Gorge Brk Tr to open exposed summit(s); views!!! Down Carriage Rd. & Snapper Tr. Swimming hole near end. 8.5 mi, ~ 2400' climb. Strenuous.	Wendy Jackson 203-297-5144
July 23 Tues	Hike ***	Quimby Mountain Road near West Hartford, VT. Flat dirt road. Car spot. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
July 26 Fri	Hike	Section 5 loop, Quechee, VT. Different tree types, a stream, foundation, stonewalls, ledges. Interpretive signs: info on geology, area's early inhabitants, remnants of settlements. 3 hours. Moderate.	Iris Berezin 802-295-2294
July 27 Sat	Hike	Braintree Mountain Forest Trail Network, Randolph, VT. Out-and-back to summit of Braintree Mtn. (3030'). ~ 4 mi, 1200' climb. Moderate.	Tom McCleary 802-295-7592 cell 802-356-0890
July 30 Tues	Hike	Baker Peak (2,835'), & Griffith Lake, Mount Tabor, VT. Loop via Baker Peak Tr, Baker Peak bypass, LT South to Griffith Lake, return via Lake Trail to parking lot. 8.3 mi, 2,000' climb w/rock scrambles. Strenuous. kpmhoneill@gmail.com	Patrick O'Neill 802-291-3208
July 30 Tues	Walk ***	River Road, White River Jct, VT. Out-and-back. 1 – 1.5 mi, some gentle ups & downs. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
Aug 1 Thurs	Hike	Butterfield Pond, Wilmot NH. (1320'). Lollipop loop to pond, around pond, return. Short side trail to old mill site. 2.0 mi, 400' climb. Short but some rough footing. Moderate.	Dick Andrews 802-885-3201
Aug 2 Fri	Hike	Brookmead Conservation Area, Norwich, VT. Loop of 3+ miles, ~ 1000' elevation gain. Moderate.	Iris Berezin 802-295-2294
Aug 5 Mon	Hike	Pico Peak (3957'), Town of Killington, VT. Out and back from Sherburne Pass, on Sherburne Pass Trail (former LT/AT); final part at top via ski trails instead of passing Pico Camp shelter. Good views. 5.8 mi, 2077' climb. Moderate. pmrobertson50@gmail.com	Phil Robertson 802-457-7357
Aug 6 Tues	Walk ***	Hartford, VT. Gentle paths around the Maxfield playing fields off US-5. 1+ mi. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
Aug 8 Thurs	Hike	Fairlee Palisades to Morey Mtn., Fairlee, VT. Beautiful views of CT River across to NH. Starting at Upper Valley Ambulance, up Palisades Trail (paralleling I-91, & very steep); follow ridge to viewpoint overlooking Connecticut river & into NH; down Morey Mtn. Trail. Return on paved Lake Morey Road, a favorite walking route. 4 - 5 mi. Moderate.	Inge/ Heinz Trebitz 802-785-2129
Aug 9 Fri	Hike + Swim	Mount Pisgah (2751'), West Burke VT. Explore VT's Northeast Kingdom with dramatic views of Lake Willoughby. Up and down South Trail with side trip to North Trail vistas. 5 mi, 1,450 ft. Moderate. Then swim in glacial Lake Willoughby.	Tom Kahl 207-692-7495
Aug 13 Tues	Hike	Mt. Abraham (4006') & Mt. Lincoln, Lincoln, VT. Long Tr north from Lincoln Gap Rd. Part of Monroe Skyline. Rare alpine zone plants, great views, old plane crash site, lookout platform on Mt. Abe. 6.8 mi, 1700' climb. Moderate – Strenuous. pmrobertson50@gmail.com	Phil Robertson 802-457-7357
Aug 13 Tues	Hike ***	Wilder, VT. Along the Connecticut River & through wooded area from Wilder Picnic Area to Wilder Dam/boat launch and back. About 1 mile. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017

2024 Summer Activities - continued from Insert (Pages 3 & 4)

Aug 14 Wed	Bike Ride	Lamoille Valley Rail Trail. Meet & start at Joe's Pond, West Danville, VT, off Rt.2; end in St. Johnsbury off Rt.5 near I-91 Exit 20. 17 beautiful miles, not paved but smooth. Hybrid bikes recommended. Moderate. Car spot required.	Inge/ Heinz Trebitz 802-785-2129
Aug 16 Fri	Hike	Blueberry Mtn (2662'), Glenclyff, NH. Out and back. 5.2 mi round trip, 1300' climb. Fabulous views from ledges. Moderate.	Iris Berezin 802-295-2294
Aug 18 Sun	Paddle	Long Pond, Benton, NH. Beautiful wilderness area to explore: interesting little islands on narrow & modest sized dammed pond. Easy paddle, surrounded by mountains, picnic area at boat launch. Swimming possible.	Annie Janeway 413-374-0988 ajaneway@gmail.com
Aug 20 Tues	Hike ***	Norwich, VT. Flat trails on Huntley Meadows via Beaver Meadow Road New Bridge. About 1.5 mi. Slow pace. Easy, easy on the knees. ***	Inge Brown 802-280-8017
Aug 21 Wed	Hike	Griffith Lake, Peru VT. Pretty & remote. From the north via Old Job Trail, an old woods road (wet in spots). Possible dip in the lake. 7.2 mi, 600' climb. Moderate.	Dick Andrews 802-885-3201
Aug 25-29 Sun-Thurs	Multi-Day. Adventure	Trip to Great Camp Sagamore. Hiking, paddling, history and culture of Adirondacks.	Lynne Miller 603-643-6194
Aug 27 Tues	Hike ***	Wilder, VT. From the former Brookside Nursing Home over meadows & through woods to US-5. About 1.5 mi, fairly flat. Slow pace. Easy, easy on the knees. *** Car spot.	Inge Brown 802-280-8017



Photo: Duncan Love

Keep Your Distance –

Report and Lesson from Biking on the Lamoille Rail Trail.

The first bike ride in Spring: It's all gentle down hill between West Danville and St. Johnsbury. The trail is smooth, allowing an average speed of 8 mph. Also, room enough to ride side by side, chatting away happily.

Inge is the last rider in the group. On a stretch with a steep wooded embankment she has to veer left to avoid crashing into the rider ahead who makes an unexpected move. The front wheel of *Inge's* bike crosses the line between the trail and the edge, and down she goes for some thirty feet. She does it in style, just like a side slip on skis, and when she finally comes to a stop she is still on the bike, leaning against the slope, a little bruised and somewhat shocked but otherwise unharmed. She crawls up the slope on her own and makes it back to the trail, shaking in disbelief. *Annie* retrieves the bike – hard work. Despite a flat tire on *Heinz's* bike we arrive safely at the parking lot in St. Johnsbury.

Lesson learned: just as with a car on the road, you need distance to avoid colliding with the rider or some obstacle in front of you. At 8 mph you move 12 feet per second, roughly two bike lengths. Four bike lengths would be a safe distance. Should you ride side by side? Your choice is between being social or having a safe bike ride.

Heinz Trebitz

OTTAUQUECHEE FOOTNOTES

Upper Valley Ottauquechee Section
Of the ©Green Mountain Club
<https://uppervalleygmc.org>

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AN INVITATION TO JOIN THE GREEN MOUNTAIN CLUB

Who are we? Founded in 1910, the Green Mountain Club was established "to make the Vermont mountains play larger part in the lives of people". To meet that goal, the club constructed the 272-mile Long Trail (LT). The GMC is responsible for developing policies and programs aimed at preservation, maintenance, and proper use of hiking trails for the benefit of the people of Vermont.

What is the Upper Valley Ottauquechee Section? Our section, one of 14 chapters of the GMC, is located in and around the Upper Valley. We schedule activities all year round for those who enjoy the outdoors, including hikes, bike trips, canoe outings, cross country skiing and snow shoe hikes. The "UVO" Section is responsible for the maintenance of 46 miles of the Appalachian Trail (AT) between Maine Junction at Willard Pass near Killington and the Connecticut River at Norwich, VT, including four trail shelters.

We invite you to join! If you wish to participate in our activities, meet friendly, outdoors loving people and contribute to the maintenance and quality of Vermont's hiking trail system, the Upper Valley Ottauquechee Section welcomes you.. Through the quarterly GMC Long Trail News and the "UVO"Section Footnotes you will get information about section and main club activities and issues of interest. For more information, call Iris Berezin at 802-295-2294.

For membership, fill out the application below and send to Green Mountain Club, 4711 Waterbury-Stowe Road, Waterbury Center, VT 05677, attRick Dugan/Membership. Please enclose a check, payable to the Green Mountain Club.

APPLICATION FOR MEMBERSHIP

I (we)wish to join the Ottauquechee Section of the Green Mountain Club.

A check for \$_____ is enclosed.

Name(s)_____Date_____

Address_____

Telephone #:

E-mail: _____

Dues per year are \$ 45.- for adults and \$ 60.- for families