

# The Connecticut Section Of The Green Mountain Club

## The Trail Talk

VOL. XXXVIII NO. IV

January 2010



### New Members

James Fritz  
Ellington, CT/

Gary S. Richards  
East Hartford, CT

Michael Shaw  
Waterford, CT

Sven Englund  
New Canaan, CT

Robert E. Marra  
West Haven, CT

### Donations.

Daniel Zelterman  
Hamden, CT

Lora Miller  
New Britain, CT



### Mattabesett Trail November 29, 2009

On a beautiful sunny late-November day, our group of 8 GMCers and 1 Yankee Pedaler gathered at the Seven Falls parking area in Middletown. We regrouped into three cars and drove to the Brooks Road parking area. As we gathered at Brooks Road and prepared to head south, we were approached by a woman from the Chester Hiking Club who was looking for feedback on the next section north on the Mattabesett, specifically whether it would be suitable for her group of relatively novice hikers. We were able to tell her that the northern section might be a little rough for novices and she should probably stick to the easier Reservoir Loop trails, which could be hiked in an hour and a half or so.

Once we had rendered our assistance, our group of 9 began to head south into the woods towards Seven Falls. We started by passing through a grove of mountain laurel that arched over the trail like a protective canopy. We ascended a steep slope, shuffling through the dried leaves, and after about half an hour stopped to catch our breath. At that point the leader decided to do a quick census, ever mindful of the rule that one is permitted to lose no more than 10% of the participants on a given hike. The head count started at one and ended at eleven. Hmm. An INCREASE in the number of hikers had not been anticipated and indeed is not addressed in our informal bylaws, according to past president Ken Williamson. One of the women then asked the leader if she was "Linda". That was when we realized that we had picked up two of the novice hikers from the Chester Hiking Club, who had gone south instead of north! Once we assured Madeline and Keith that we would give them a ride back to their car, they decided that they would continue to the end of our hike with us. It was a bit longer than they had planned, but we had food to share (brownies) and they felt they could handle it.

And on we went. Like much of the Mattabesett, this section had its share of ups and downs, including several steep scrambles through crevices in the huge glacial erratics. We bypassed the gentler options (the Bear Hill loop and the Seven Falls loop) in favor of the main trail. The lunch stop was at a high rocky ledge called the Chinese Wall, from which we could see the Connecticut River. After lunch we descended steeply and switched back under the wall and continued through the woods. As we neared the end of the hike, we had to cross Bible rock Brook several times by climbing over large rocks, and finally faced even more large glacial erratics. We finished up at the Seven Falls trailhead after approximately 5.7 miles.

Lora Miller



### Club Information

<http://www.conngmc.com>

#### Officers & Executive Committee

**Carol Langley—President**

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Laurene Sorensen, Reporter to the Long Trail News

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Please direct all inquiries regarding the Club to the President:

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The Trail Talk is published four times a year in January, April, July and October. Activity schedules are included in each issue. Reports of activities and articles must be sent to the editor no later than the tenth day of the month of the publication. Send articles to:

Dick Krompegal

142 Churchill Drive

Newington, CT 06111-4003

(860) 667-4205, [rkrompy@aol.com](mailto:rkrompy@aol.com)

### Membership

When filling out the form to join or renew, circle the Connecticut Section on the application to receive, at no extra charge, the Connecticut Section's newsletter and activity schedule.

#### Dues:

Individual Adult \$ 40.00

Family \$ 50.00

Senior (70 or older) or Limited Income \$ 22.00

Nonprofit or Youth Group \$ 50.00

Business or Corporation \$150.00

Send annual dues to:

The Green Mountain Club

4711 Waterbury-Stowe Road

Waterbury Center, VT 05677-9904

(802) 244-7037, <http://www.greenmountainclub.org>

### Connecticut Section Of The GMC

Post & Receive Messages, Photos, Other Activities

[http://groups.yahoo.com/group/ct\\_green\\_mountain\\_club/](http://groups.yahoo.com/group/ct_green_mountain_club/)

### White Dot and Tunxis Trails

Saturday, Oct. 7, 2009

The White Dot Trail is the longest of the five color-coded trails of the Tunxis Trail system in the Burlington Region. These trails meander through the Sessions Woods Wildlife Management Area and the Nassahegan State Forest. The White Dot Trail crosses many brooks, through stone walls, passes by the Bristol Reservoir and skirts Johnnycake Mountain. There is little significant elevation change and the trail is a gentle one. The challenge is in its length of nine miles.

The hike itself was uneventful until we reached the section where it crossed Johnnycake Mountain Road and ascended to a plateau. The old bandstand was no longer there. Developers have divided up the entire area, roughed-in a few roads and house lots have been laid out. A few apples still clung to a lone apple tree, possibly its last harvest. We enjoyed the view and wondered how long it will be until the trail is rerouted or dissolved altogether. With the fences long gone, two stiles remained along this portion of trail, one still sporting a blaze. A few of us climbed over them anyhow.

After our long hike on the White Dot Trail we arrived at the junction with the blue-blazed Tunxis Trail. Here we hiked a mere 0.3 mile, passing the fish hatchery, to our cars on Rt. 4.

*Hikers: Mary O'Neill, Polly Silva, Don Hagstrom,*

*Bill Falconer, Jim Fritz*

*Leader: Sarah O'Hare*



Saturday March 27, 2010

The Connecticut Section

Of The

Green Mountain Club

Annual Dinner and Meeting

At The Grange Hall.

Cheshire Connecticut.

See the reservation form

in this newsletter.

## The Trail Talk

### Penwood State Park Saturday November 7, 2009

A chilly start to our morning's hike but we quickly warmed as we stepped onto the Metacomet Trail. We followed the loop trail suggested in 50 Hikes in Connecticut by GMC's Dave Hardy. His map and trail description, however, made no mention of a short side trail on our ascent to the trap rock ridge. This spur trail led us to a garden of cairns and whimsical stone structures. After our own rock additions we continued along the ridge and made our way to Lake Louise. Then it was on to the Pinnacle, a scenic lookout, where we made an extended stop, enjoying the view and the sun's warmth.

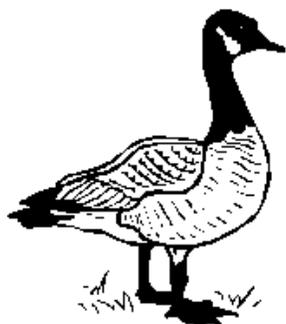
Our return was on the yellow-blazed trail. Alec, Dick Hart's grandson, led the way watching for the faded blazes. We arrived back at our cars at noon time, leaving the afternoon for other pleasures or, for many of us, autumn yard chores.

*Hikers: Jack Sanga, Bill Falconer, Kevin Vann, Jim Fritz,  
Don Hagstrom, Dick Hart, Alec Dwyer, George Jackson  
Leader: Sarah O'Hare*



### James L. Goodwin State Forest Saturday December 5, 2009

A light rain welcomed us as we arrived at the James L. Goodwin State Forest. With the season's first wintry mix expected in the early afternoon we wasted no time in starting out. The park offered several trail loop options. We began our morning's hike on the Yellow Trail which led to and around Brown Hill Pond, where Canada Geese were the only signs of life. Upon completing this loop we picked up the Red Trail following to its terminus at the northern end of Pine Acres Pond. With the light rain continuing, this was an opportunity to shorten the hike by following the White Trail (soon to be known as the Pine Acres Lake View Trail) south to the parking area. All wanted to forge ahead so we stayed



the course, following the White Trail north. Dave explored the new white/blue relocation while the rest of us remained on the original main trail.

The newly created Connecticut Conservation Corps (CCC), modeled after the Civilian Conservation Corps of yester year, completed various projects in the Goodwin State

Forest, especially here on the White Trail. Two relocations had been formed and many bridges and boardwalks had been replaced. Their hard work for improving the trail were much appreciated.

We turned south onto the blue-blazed Natchaug Trail at the southern end of Black Spruce Pond. With just two miles to go we quickened our pace as the rain continued and the temperature dropped. A deer bounded across the trail, most likely disturbed by our presence rather than a hunter's, for hunting is not allowed in the Goodwin State Forest. It wasn't long until we were back to our cars and on our way home before the wintry weather arrived.

*Hikers: Regina Chatel, David Chatel, Therese Cody,  
Bill Falconer, Don Hagstrom  
Leader: Sarah O'Hare*



### New Hampshire North and South Kinsman, Nov 13-15, 2009

2009 seems to have been the year for hikes in the rain. This hike was no exception and Hurricane Ida happened to be the weather selection for this weekend. Actually it started out sunny on Friday. As we headed up Cascade Brook Trail towards Lonesome Lake Hut, it was quite warm and sunny. We stopped along the way to enjoy 3 beautiful waterfalls. Jim and Mandy arrived at the hut about the same time as Grace who had taken the Lonesome Lake trail to join us. After securing our bunks, we hiked around Lonesome Lake. It was peaceful and tranquil to just relax and enjoy the lake. Later the sky would fill with shades of pink as we enjoy a nice sunset.



## The Trail Talk

We were the only ones at the hut on Friday night. We enjoyed having the huge dining area to ourselves. Grace learned to play Rummy and we enjoyed the warmth of the woodstove. Knowing that the forecast for Saturday was rain, that would worsen during the day, we decided to hit the trail early in the am.

After a quick breakfast, we headed out early to the Fishin Jimmy Trail. There was already a light steady rain. The trail was twisting and winding with lots of roots and rocks. There was very little on the trail that was flat, it was up and down with some interesting steps built into the rock and log staircases. We took it slow and steady. We reached North Kinsman first. There was no view, just fog. We continued down and then back up to bag South Kinsman. Our summit pictures show a wet but happy bunch. Unfortunately we needed to repeat our trip over North Kinsman to get back to the hut. Three peaks but only credit for two on the list. The rain was picking up so we did not dally at the summits. A solo hiker, Mike, joined us on the descent. We chatted and tried to recruit another member for the club. We were back to the hut by 1:30pm. After a quick lunch, Grace departed for home. Jim grabbed a nap and Mandy found 2 recruits for Scrabble. By afternoon, it was pouring buckets so we were happy to have done our hike early. After visiting with other hikers and another game of Rummy, we hit the sack. Unlike Friday night, it was a full house on Sat night at the hut.

On Sunday we gave a brief thought to doing another hike but with wet gear and the rain still coming, we decided to hike out and head home. We took the Lonesome Lake Trail out. By the time we reached the car, the sun had come out. Maybe that's a sign that there will be sunshine for our hikes in 2010.

*Hikers: Mandy Brink, Grace King, Jim Moore*



## Lincoln Gap – Cooley Glen Trail July 24 -26, 2009

At 10:15 Don Hagstrom and Kevin Van met me at the Skylight Pond Trail parking. Backs and bodies packed into my car off we went taking USFS Rd. 59 – 54 which led us to Lincoln Gap. Parking around 11:30 we started the trail under beautiful blue skies which was a rarity this summer. Only a short distance on the trail and we encountered the great Vermont MUD – black, swishy, oozing consistency that was ready to suck in your boots up to your ankles. We took a short lunch break at Sunset Ledges and were able to see Mt. Marcy in N.Y.

The trail took us gently up Mt. Grant 3623 ft. through switch backs and each time we had hoped to see a view but that did not happen. Reaching the top we took a short break on some rocks only to watch the dark clouds and rain move in again.

Down into the valley we hiked. Suddenly we hear voices the first sign of life out here on this trail, we are at the shelter.

Two guys had taken over the shelter and told us there were tent sites down the trail a bit. All we found was mud sites no tent sites so back to the shelter Kevin and I went. Don had found a small dry knoll which he very carefully perched his tent. We arrived back at the shelter much to the dismay of the other two hikers – but soon we were all talking and others were arriving so they moved in also. We saved one spot for Don because the weather report was not good. This shelter is small holding only 6 people 4 of which were thru hikers and lots of wet gear. By 8:30 my lights were out. At 10:00 I awoke to thunder and pouring rain.

In the morning when I awoke with plans to find a tree there was a flood of water in front of the shelter. Crocs on my feet and pole in my hand I waded through the water, just as I was returning I hear Don yelling, I can't believe this. Don couldn't get out of his tent it had water all around it. Thinking quickly I broke off a branch and made a paddle so he could get to dry land. Hiker rescued, now to have breakfast and plan the day.

The young couple who came in after us looked at Grandma Carol, Grandpa Don and Uncle Kevin and said the trail was really bad south of the shelter and thought we should take a side trail out to be safe. They were looking at us like we had escaped from a Nursing Home – Lordy Lordy we must have been a site. We had bigger packs than they did for our two nights than they did for their whole hike.



## The Trail Talk

We took their advice since we found out that Kevin had packed in around 50 lbs. Down the side trail we traveled through a fine mist and wet branches. Reaching a stream which was running like a river from last night's rain we suddenly lost the trail – Don went a head and found some slippery rocks so he took a tumble. I crossed in another place that looked safer and just as I reached the other side crash down I went. Then it was Kevin's turn – let's get out of here the rocks were so slippery from the mist. Finally we reached a nice dry path which led us to a camping area off USFS Rd. 201. Kevin set up his tent so he would have some flesh left on his bones when Don and I returned to retrieve him.

Down the road we hiked about 6.5 miles to the Sky Light Pond Trail – we made great time. While we kept moving the bugs didn't bother us but the minute we stopped for a snack they were in our faces. Gear back in the car and truck we drove down Rte. 100 to Rte 30 where we stopped for Pizza. We did not want to go home yet so the group went to Grout Pond.

A very smoky fire was made to keep the bugs away but before Mother Nature pulled the curtain on the day all three tents were occupied. Morning gives us renewed energy so we set out to hike the lake trail planning to reach the rocks. After  $\frac{3}{4}$  of a mile down the trail the whole area is flooded. I looked at Don and Kevin and said "I surrender" So we finished up this wet soggy weekend with a hot breakfast at Dot's.

Next fall we will try this one again. Please join us for our next adventure Grandma Carol Grandpa Don and Uncle Kevin.



### North West Cabin Peak Baggers Expedition January 1 -3, 2010

The weatherman as usual had painted a dismal picture for the weekend but the sun rose on New Year's Day. Henry & I met Sandra Hassan, her granddaughter Shelby and son-in-law at the commuter lot in Canton. As we got closer to the northwest hills of Salisbury dark clouds hung over the mountains.

The road had been plowed but there was blowing snow as we made our journey to the cabin. Packs on our backs and sleds loaded with the weekend's food supply and whatever else we packed were pulled along the snowy path. The cabin was stone cold while Henry made a repair to the stove door. The rest of the group went outside to gather wood for the inside kindling and wood for the outside fire in the evening. Lunch time behind us we gathered our outdoor gear and headed for the B-Line Trail which would take us up to Bear Mt. The snow was probably around 6 inches and we were breaking trail. The trail had some steep climbs but we all made it to the top. By this time the wind was really blowing for a short break and photos then it was back on the trail. We hiked out on the AT south and then followed the Bog Trail back to the cabin.

Sandra made a great vegetable soup which we all enjoyed with rolls and salad. Beer and water were the beverages of your choice. We kept pots of water on the stove which made steam and I believe added to the heat in the cabin. Shelby offered to do the dishes, so the adults went out and got the fire going so we could toast S'mores. It was as cold a night but the warmth of the fire and the stories of Neil's days as a Boy Scout in the wilds of Connecticut made the time pass quickly. Soon it was the backpacker's Midnight hour and we all turned in and snuggled in our sleeping bags. The temperature downstairs was 62 degrees and the upstairs was 45 degrees. Not too bad. If you get up at night you must put a log on to keep the fire going. My first wake up call was 3:30 and the fire was just coals so I added a few logs and we had a fire going again.

In the morning the temperature was just above Zero and the wind was really blowing and it was snowing. Plans were to be about and about and enjoy the winter weather. Dressed like Eskimos we started up Bear Mt. Rd. and hiked to the old jeep road where we had to consult the map and compass because the turn we were making just didn't seem right. Assured that we were going in the right direction the group headed to Brace Mt. On the top of the mountain we could barely stand straight the wind was gusting at around 50 miles per hour time to move on. After signing in the log book we followed the red trail which would take us up and over Mt. Frissell 2453 ft. the highest point in CT. Finding a place to eat lunch



## The Trail Talk

became a bit of a challenge Henry and Neil took care of that a broke a branch that was hanging so we could all sit down. Not for long though the wind was incredible and the finger tips became numb in minutes. Hand warmers in mittens I started out first which the group catching up just as I past the Tri-State marker. The trail went up even steeper than the trail to Bear Mt. in places the only way to climb was on all fours. Now the fun begins going down. The side of the mountain had ice with a snow covering there was no way to get down other than to BUTT Toboggan. Shelby was having a ball yelling as she slid down the mountain. Henry and Neil assisted Sandra and I in some places, one assist almost ended in a mishap. Henry had braced his foot to stop me from a slide but instead it turned me around so that I was sliding down the trail head first. An unseen hand reached out and stopped me just as I landed up against a tree. We were sure glad to reach the bottom.



One last climb over Round Top and we would be back in the cabin. Round Top had the best views and gave us a sense of accomplishment of our day of hiking. We had left at 9:30 and arrived back at the cabin at 4:00 a full day. We had probably burned 2,500 – 3,000 calories to stay warm so getting dinner on the table was a top priority. We were able to get the temperature up in the 70's. Pasta, salad and rolls were served refueling our bodies. Plans had been to build a fire and do popcorn outside but the wind was really howling so we did our popcorn on Henry's camp stove in the comfort of the cabin.

Sunday it is still snowing so we decided to pack it in and start to dig out the cars. We spent an hour in the parking trying to get out. We finally had to tie my car to Neil's Jeep to pull me out. The road was not plowed so I followed in the tracks that Neil made.

We had a great weekend sorry that you missed it. Next year I will reserve the cabin again for the GMC. Shelby is 11 years old and never complained once – this was her first outdoor adventure. Hats off to Shelby!!!!

*Peak Baggers: Henry Smith, Sandra Hassan,  
Neil and Shelby Caron, Carol A. Langley*

To see pictures of recent activities, changes to the current published schedule or unpublished events and other messages

join the CT GMC groups site at -

[http://groups.yahoo.com/group/CT\\_Green\\_Mountain\\_Club/](http://groups.yahoo.com/group/CT_Green_Mountain_Club/)

**The Trail Talk**

Reservation Form  
**GMC Connecticut Section  
Annual Dinner, Meeting and Guest Speaker**

Non-members and guests are welcome!  
Saturday, March 27, 2010  
Cheshire Grange Hall  
44 Wallingford Road, Cheshire, CT

Schedule:

- 5:00 pm Social Hour
- 6:00 pm Dinner – the famous Grange roast beef dinner (vegetarian lasagna available as an option)
- 7:00 pm Annual Business Meeting
- 7:30 pm Presentation –

**Allen Freeman  
will present a photo/musical montage of his 2009 Appalachian  
Trail Thru-hike**

Price: for dinner & presentation, \$13.00 per person

Please return the reservation form below and payment, checks made payable to  
“CT Section GMC” by March 15 to:

Jim Robertson  
720 Hopewell Road  
South Glastonbury, CT 06073  
Phone: 860-633-7279 home, 860-519-8310 mobile; email: [jrobert685@aol.com](mailto:jrobert685@aol.com)

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Phone: 860-633-7279 home, 860-519-8310 mobile; email: [jrobert685@aol.com](mailto:jrobert685@aol.com)

Name	Roast Beef or Veg. Lasagna?	Phone Number	E-mail Address
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total Enclosed = No. of persons \_\_\_\_\_ x \$13.00 per person = \$ \_\_\_\_\_

Saturday March 27, 2010  
The Connecticut Section  
Of The  
Green Mountain Club  
Annual Dinner and Meeting  
At The Grange Hall.  
Cheshire Connecticut.  
See the reservation form  
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# The Trail Talk

The Green Mountain Club  
Richard Krompegal  
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