

# The Trail Talk

VOL. XXXVIII NO. IV

October 2007



## The President's Message

### Second Century Campaign

The CT Section is well on its way to meeting the Second Century Campaign goal of \$100,000, as of today we have received \$70,600 in pledges. Our section started off the campaign with a \$1,000 donation from the club. I would at this time like to challenge all members who have not made a pledge to meet or beat this \$1,000 donation. It can be \$1,000 pledge for the next five years equally for a full pledge of \$5,000, or a \$1,000 pledge with payments of \$200 for the next five years.

If you have not been contacted by a volunteer from the Green Mountain Club and would like to do your part please contact me at 860-621-2860 or at my e-mail address [cosmical14@yahoo.com](mailto:cosmical14@yahoo.com).

### Winter Activities

As we all know weather in New England can be quite unpredictable during the winter months. All of our activity leaders list a contact phone number or E-mail address. Please do not show up for an activity assuming that the leader will show. If a leader has not received any calls or e-mails they can make the call as whether to show or not show. Please check with your activity leaders especially during the winter months and use carpooling whenever possible, there are many commuter lots available to us in the state of CT.

Let's play it safe in the woods and enjoy the great schedule our leaders have planned for us—WEAR BRIGHT COLORS – ORANGE BLAZE – RED!!!

*Carol A. Langley*



## Backpacking Trip: Appalachian Trail from Caratunk to Monson, Maine July 20—23, 2007

Four of us (Sarah, Dave, Andy, and Dan) met at Ben and Jerry's (where else?!) in front of L.L. Bean in Freeport and discussed the merits of staying there for the whole weekend. Instead, we drove on to Monson and had a grand dinner at Lake Shore Inn (highly recommended!) behind the laundromat. Much Black Fly Lager was consumed along with many jalapeño peppers. A sound night's sleep was accompanied by heavy rain outside. On Friday morning we were joined by Don at a breakfast, expertly prepared by Buddy who served in the dual roles of both our cook and driver to the Caratunk trailhead. (Buddy also suggested that this section of the AT could easily be done as a series of day-hikes which we later realized might not have been such a bad idea after all.)

At the trailhead we detoured to the ferry (i.e. canoe) across the Kennebec River in order to claim an authentic, complete section hike. We went into the wet woods at about 11 am on Friday. Dan pointed out a crutch hanging high up in a tree at an unmarked trail junction and wondered about its significance. River crossings were frequent and often wet experiences. The Maine AT does not have bridges. A short six-mile day ended at the Pleasant Pond Lean-to. And a pleasant pond it was! Sarah used her sweetest possible voice to make friends with a mean old porcupine but was rebuffed for her efforts. So much for sociable natives. Tents. Heavy rain all night. (6 miles)

Saturday morning we left camp at 8 AM and immediately faced a wet, steep, rocky climb up Pleasant Mountain. (Not at all pleasant.) It was cold and windy at the top but it was clear enough for a great view of our mother planet. The long climb down over wet slippery rocks had many steep, large steps and several of us needed to perform some bottom sliding maneuvers. Exhausting. Most unpleasant. By 5 PM we had all mustered at Moxie Pond Road. There was brief talk about calling Buddy and bailing out. Even the promise of more Ben & Jerry's did not offer much appeal at that point so we all decided to press on. After all, it was only three miles to the

**Club Information**

<http://www.conngmc.com>

**Officers & Executive Committee**

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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:

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**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	\$ 35.00
Family	\$ 45.00
Senior (70 or older) or Limited Income	\$ 20.00
Nonprofit or Youth Group	\$ 50.00
Business or Corporation	\$125.00

Send annual dues to:

The Green Mountain Club

4711 Waterbury-Stowe Road

Waterbury Center, VT 05677

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

**Connecticut Section Of The GMC Message board**

Post & Receive Messages, Current Photos,

Other Current Activities

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

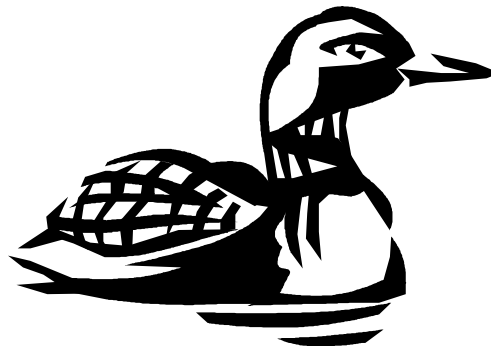
shelter. And another major river crossing. We all found extra reserves of energy in our packs (and elsewhere) and sprinted the three easy miles to Bald Mountain Lean-to. We set up camp along a cheerful brook. (9 miles)

On Sunday the weather was very much in our favor. We left camp after 8 AM and climbed Moxie Bald Mountain. Don and Dan split off to walk the bypass. Great views in all directions were experienced during this wonderful mountain day. We had lunch at the Moxie Bald lean-to, refilled water bottles, and experienced leaches up close and personal. Sarah and Dan were lagging the faster group of Andy, Don, and Dave but slow and steady sometimes wins: At a road crossing, a pickup truck stopped and Juanita and Bill offered ham sandwiches and apples to the two stragglers. Trail magic!

Several more river crossings and many miles later we were in the same situation as the previous day: 5 PM and 3 more miles to the shelter. Well, it worked well for us yesterday, right? So we all agreed to press on. Big mistake. The trail along the river canyon included numerous steep roller-coaster climbs and drops of about 50 feet that left us all exhausted by the time we arrived at the Horseshoe Canyon lean-to. It was late and was soon dark. Dinner was by flashlight. But this was our last night out and we were in good spirits about that. A father-daughter pair of hikers had brought along a guitar. He and Sarah played and made us all forget our long day. (13 LONG miles)

On Monday we woke and were back on the trail early. But there was no rush during this short day. The trail was fairly level and we were already old pros at river crossings. Sarah waited anxiously at every road we came to lest Juanita and Bill happen to drive by. (Sorry Sarah, it is only magic when you don’t expect it.) We were back at the laundromat by 1 PM. Coin-operated showers never felt so good. More Black Fly Stout, too. A grand time was had by all. (35 miles total)

*Sarah O’Hare, Dave Koerber, Andy Gagner, Don Murphy  
Leader: Dan Zelterman*



**Metacomet/Monadnock Trail  
Sections 11 and 12  
September 1, 2007**

This delightful walk starts on a dirt service road which ascends Mt. Lincoln to a lookout tower. The tower is covered with microwave and asundry antennae. Section 11 then meanders thru sassafras and hardwood forest along summer dried streams. Old bog bridges are in fair shape and held our weight. After crossing a gravel road, the trail follows a brook, which showed signs of an old mill. At the halfway point we crossed Amherst Road where there is limited parking. A white pine forest is next with a deep bed of old needles rendering a fine pine fragrance. A few more bog bridges led us to a series of cascades in Buffam Brook. Near lunchtime a red object caught our eyes. On investigating, it was the roof of the outlet shed in the Amherst reservoir. Time for lunch and hiking tales while sitting on the dam. Amethyst and Buffam brooks are in a valley with a great rock escarpment on the west side. This section ends on North Valley Road with parking available.

A steep climb under power lines is the start of section 12. The orange blazed Robert Frost Trail joins the M&M for the rest of the section. Another steep climb brings us to a large rock outcropping on Mt. Orient. The view is spectacular of U.MASS and Amherst buildings. To the south, the Seven Sisters Range, which we had previously hiked, looked imposing. Being dazzled we followed a trail down which became the trail up. A re-climb was in order and the Frost blazes were relied on from here north on a ridge. Extensive foresting has not affected the trails but showed undergrowth devastation to retrieve the larger trees. A slow descent to Heatherstone Brook marks this section's halfway point. Swamp land and footbridges brings us to Poverty Mt. A tote road leads to dirt Pratt Corner Road where we leave the Robert Frost trail. Shortly, we turn onto Cushman Road and



L - R Jan Howard, Dave Wells, Bill Falconer,  
Sarah O'Hare, Don Hagstrom

find our vehicle in the trailhead parking area.

The traditional Sarah cookies were enjoyed. Bill did not fall. Don was the yak-packer. Dave introduced us to a new hiker named Jan. Wild turkeys and snakes made up the wildlife. As we proceed to Mt Monadnock the trailheads are getting further north. We have covered 53 mile and are halfway to the summit.

Hikers: Sarah O'Hare, Don Hagstrom, Dave Wells,  
Jan Howard  
Leader: Bill Falconer



**Nantucket Biking / Hostel Trip  
Sept. 14-16th, 2007**

Carol and Karen started out early on Friday to enjoy the beach. The rest of us met them at the hostel on Friday evening. We stopped at the Maze for some pizza. Mandy got her first lesson in playing pool. We visited awhile at the hostel, snacked and then Mandy whomped Jack at a game of Scrabble. Jack had the whole men's dorm to himself on Friday night with warnings to listen for the ghost. No ghost was heard, he slept soundly. There was a fierce rainstorm Friday night with buckets of water pouring from the sky.

On Saturday, some of us were up early and some of us slept in. Jack was out for a bike ride at 7am and got soaked. It was still pouring buckets. Our first and most important order for the morning was to FIND THE FUDGE SHOP. After a bagel breakfast, we headed out in a very light drizzle to the village. We successfully tasted several types of fudge before purchasing some for a snack later. After a coffee stop to warm ourselves, we headed out of town. Carol and Karen spent the day in the village. The rest of us headed out to Sconset village, happy that the rain had stopped. We checked out the airport to see if it looked like the set from Wings, the TV show, from a few years back. We had a nice lunch at the sandwich shop in Sconset. It was Sandy and Heather's first trip to Nantucket so we took them to the Sankaty lighthouse. The wind was blowing pretty well ,adding a bit of challenge to the otherwise flat riding. We munched on some grapes growing off the bike path and then headed back to the hostel. Heather and Mandy managed to be fugitives of the law when they were stopped by the police for riding on the road instead of the bike path. Oh well, it was such a good conversation we didn't even notice that there was a bike path. We biked about 25 miles for the day.

Dinner was with the group so we headed back to the hostel to cook. After throwing some food in the oven we went to the beach to watch the sunset. We enjoyed a nice dinner together as a group and invited another hostel guest from England and



## The Trail Talk

the hostel host, Joe, to join us. As in the past, the girls cooked and the guys cleaned up. This wasn't such a good deal for Jack, the token guy on the trip. I think next year when we go back to MV he will be recruiting for some male company to help wash dishes. We wandered to the beach where the night sky was so clear and beautiful. We could see the Big Dipper and the Milky Way. The surf was pounding and there was that awareness of how awesome it all is, the night sky, the ocean and how lucky we are to have this place to go to enjoy mother nature.

Mandy whomped Jack once again in Scrabble and then we all retired for the night. A big group of bikers had arrived on Saturday so Jack was not alone in the dorm the second night. It's my understanding that he had quite the chorus of snoring to help him off to sleep.

Sunday we arose to beautiful sunshine. After a leisurely breakfast together, we broke off in our different plans for the day, Carol and Karen to the beach, Heather and Sandy off to the shops and Mandy and Jack to the ferry. It was a good time and we hope to recruit everyone back next year for Martha's Vineyard.

*Nantucket participants: Carol Langley, Karen Palumbo,  
Sandy Hussan, Heather Hussan, Jack Sanga  
Leader: Mandy Brink*



### Kid Gore Picnic Table Project August 10 – 12, 2007

We had been toying with the idea for several years of getting a picnic table for The Kid Gore Shelter. One would have to know the shelter is located in a remote area of the national forest in Vermont to appreciate that this is not a simple task. Through many E-mails and discussions we found a person in New Hampshire, George Roy, who would build one for us at a reasonable cost, \$100.00, probably his cost. Jim Robertson and I met George at Jim's mother's house in Brattleboro VT, then stored it there until we could make arrangements to haul it into the shelter.

In Vermont, after doing some fishing Thursday evening and Friday morning, I met Jim with the unassembled picnic table in the bed of his pickup truck. Joining us were Bill Brodnitzki and Andy Gagner. We then all drove up a not maintained dirt forest service road to get closer to the shelter. The road was so rough it took one hour to drive the seven plus miles but we made it to within 1 ¼ mile of the shelter. We all grabbed some boards, in addition to our normal gear, then backpacked the boards uphill to the shelter leaving the assembled top in the bed of the truck to disassemble then carry up the next morning. Later Dave Chatel arrived with some good natured

comments of why we left him the heavy top. He carried the whole top to near the shelter, dropping it to get the next morning.

That's That. Time to eat and rest.

Jim brought his battery powered drill with him. We assembled the table with the screws with no problem – with one exception on my part of the sequence in which the pieces should be put together. The Table Looked Great. There are pictures of the table –

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

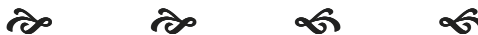
We did other work on the tent area, cleaning around the shelter then called it quits. We all left Saturday afternoon – a short trip for one of these maintenance trips.

### Great Job And Many Thanks

*Andy Gagner, Bill Brodnitzki, Jim Robertson, Dave Chatel  
and Mrs. Robertson for letting us store the table at her home.  
Dick Krompegal*



**Seated: Bill Brodnitzki. L - R David Chatel,  
Dick Krompegal, Andy Gagner, Jim Robertson.**



### Those Who Wander Are Not Necessarily Lost



### Long Trail maintenance September 28 – 30, 2007

On previous trips this year we inspected and worked the Connecticut Section of the Long Trail. It was in good shape and didn't need any further attention this year so it was decided we would work around the Kid Gore Shelter doing some necessary odds and ends. Frank Maine and I met Friday morning then backpacked up to the shelter in some minor drizzle and a few sprinkles. Later Mandy Brink, Peter Finch and Jack Sanga arrived. Kind of damp so we didn't do too much work. A couple from Missouri spent the night with us and for a while we had an interesting conversation with two young men from Israel.

Saturday morning Frank hiked back down the hill to get his chain saw while the four of us split up into two groups working about a mile north and about a mile south of the shelter on the Long Trail. Back at the shelter we again split up into two groups. Frank & I took down then cut up a good sized rotting tree next to the shelter. Many years ago we cleared a field in front of the shelter giving a great view for many miles. However, it needs constant attention clearing the new growth – a boring, tedious, no-brainer, boring, labor intense and, did I mention boring, job but necessary if we are going to have a view. Mandy, Peter and Jack worked on that boring job. Later we all worked on the boring vista job.

Allen Freeman arrived after getting in his "Long Run" preparing for a marathon – a 21 mile "Long Run". He wanted to have his "Long Run" in the cleaner, quieter surroundings. On and off we worked on tent sites around the shelter, leveling, removing rocks, etc. The tent sites probably would have some rocks left and not as level except for Mandy's constant comments: just a little more. We spent the evening with a fire and swapping stories.

Sunday morning we cleaned all the tools and put them back under the shelter, swept the shelter and outhouse, cleaned the area then headed for home.

#### Great Job

*Mandy Brink, Frank Maine, Jack Sanga,  
Peter Finch and Allen Freeman  
Dick Krompegal*



### Ashuwillticook Rail Trail July 12, 2007

We met at the visitors parking area in Adams, MA and readied our bikes for the trip. We had wonderful summer weather for a pleasant ride with beautiful varied terrain to view including a long stretch along the Cheshire (MA) Reservoir. The leader reminded the riders that this was a ride, not a race.

We headed south at a leisurely pace, on the Rail Trail climbing a mild grade under the cool shade of hardwoods and along the Hoosac River. After a couple miles the trail leveled to open fields and bogs before crossing Rt. 8 to travel along both Cheshire Reservoirs with views of the lakes and mountains to the west. There were very few others using the trail



that morning and other than a few "hello"s and "passing on the left" we had it mostly to ourselves. At the Pittsfield end of the trail we rested and made pit stops and prepared for our return trip.

Thoughts of ice cream along the trail had to wait until we reached Cheshire, where the Appalachian Trail crosses and a small road side convenience store offered ice cream bars for those that had the itch. The trail traffic picked up as we approached mid day but still no issues with crowding, just remembering trail etiquette and keeping to the right.

About 3 ½ hours after we began, we rolled back into Adams on a long gentle downhill run where we stopped at the old Railroad Station which now serves as a trail side pub serving outside lunches with tables directly adjacent to the trail.

Total mileage was about 22 miles but having seen earlier life as a railroad bed there were no elevation changes over 3%. Mother Nature couldn't have provided a more pleasant day and everyone seemed to enjoy the ride.

*Riders: Rosemary Miller, Sandra Hassan & Maria Rocco.  
Leader: Dave Koerber*



**Long Trail, Vermont  
Division 3  
Oct. 5-7, 2006**

With water in short supply here in CT it was expected to be scarce up in Vermont, too. Therefore, we three arrived with enough water to get us through the first day and a half of this four day trek. We began at Mad Tom Notch and headed south. This was Bill's first backpacking trek in 15 years and Woody had been spending more time on the dance floor than the trail. And so our start was taken at a slow pace this first day as we adjusted to heavy packs and very warm temperatures. Our first night's stop-over was at the new Bromley Shelter. How grand it was! Spacious and comfortable with many benches and a table, all under cover. The new privy was proudly shown off by Woody for he helped build it.

Saturday morning was going to be another very warm day. Therefore, an early start time was in the plan, but my companions were not as eager to move on out as early as I would have liked. (Gentlemen, you are sooooo slow!). By noon the temps had risen into the 80's, more like a day in August than October. We stopped for a long break at the summit of Spruce Peak where Woody pointed out many of the distant peaks. Our water supply was definitely getting low at this point and our hopes for replenishing our bottles soared as we approached Spruce Peak Shelter for it reportedly had a reliable piped spring. No water - not a drop! Discouraged and miserably hot, we stopped for a long break while on the spur trail. I promptly fell asleep and had to be poked and prodded to get moving again. Our next opportunity for water would be at the end of the day where we were certain we could get it at Bourn Brook.



Arriving at Prospect Rock we stopped for a group photo with our backdrop of a view of Mt. Equinox and Manchester Center. Continuing on with our sights set on either a water source or the spur trail to the William B. Douglas Shelter, we came upon both as we entered the northern part of the Lye Brook Wilderness. And hoping we wouldn't have to retrace our steps back to the brook we quickened our pace to the shelter. To our joy and relief there was water in the spring. And more water! Lots of it! For down through the woods was a brook - a relief for our tired feet. Refreshed, we prepared our evening meals watching the clouds roll in and hearing thunder in the distance. Soon rain came, spoiling any plans for a fire and the Jiffy Pop popcorn that Bill brought along.

Sunday morning brought peeks of sun through the clouds and cooler temperatures. Once again I had hoped for an earlier start (Guys, you are so very, very slow!). The plan was to

hike the short 5.5 miles to Stratton Pond Shelter but after arriving at lunchtime and realizing there was a very long afternoon and evening ahead with little to occupy ourselves we tossed around various options on what to do. It was then decided to turn the four day trek into three. I took the high road up and over Stratton Mountain (to complete the section) and my companions took the low road by way of Stratton Pond Trail. The ascent up the north side of the mountain was glorious! What a pretty section of trail! Approaching the summit, happy voices could be heard and as I stepped out of the woods at the fire tower I was stunned at the amount of people there. Most had come up on the gondola to climb the fire tower. I had a chat with Jeanne and Hugh Joudry, the caretakers of Stratton Mountain. Bill and Woody, meanwhile, had given me an hour head start and spent their time sharing stories with a section hiker from Nebraska. With the lack of water an issue they most generously gave the hiker several bottles of their water. Our timing was perfect for meeting up at Kelley Stand Road for we all arrived within minutes of each other. What a delightful and memorable backpacking trek this was. We all look forward to hiking the next section next year. Bill, bring the Jiffy Pop!

*Trekkers: Donald (Woody) Woodbridge, William Falconer  
Leader: Sarah O'Hare*



**M&M Trail Hike  
Section 8**

This section was previously cancelled due to elements. For those that waffled this time, it was a perfect hiking day. With the cars staged we left the Notch Visitor Center at ten. The M&M and Robert Frost trails entwine frequently along with various other spurs. A vigorous steep ascent brings you to the summit of Mt Norwottuck at 1106 feet. We shared 360 degree views with a lady from Seattle and her daughter. The Amherst, Hampshire and UMASS campuses dominate the valley. Mt Greylock and Mt Monadnock were clearly visible on the horizon. A steep descent through a rock crevice reveals the famous "horse caves". The trail descends slowly then rises to Rattlesnake Knob at 787 feet. Again the vistas were great with a view easterly of Long Mountain at the end of this section. Old steel posts with Amherst and Granby town boundary markers can be found along the ridge. The trail has many ups and downs, some steeper than others. It's a popular section as evidenced by the number of hikers coming and going on the many intersecting spurs. The trails are well marked but switchbacks occur often and can lead one astray momentarily. A trail log tucked away in a tree box had some humorous entries. We added ours "hiking today is better than raking leaves".

Lunch break was just before the ascent of Long Mountain.



## The Trail Talk

The now famous Sarah Cookies topped off this near perfect day. From a vista at about 900 feet we could see most of the 53 miles of the M&M covered so far. A final steep climb to the summit of Long Mt had little viewing through stunted trees. The steep descent has its hidden ups and downs and some stone and wooden stairways to aid hikers. The final 300 yards are on a slight downhill with the welcoming trailhead in sight. The views with clear skies were great even if the colors were a week away. Sadly section 8 was completed.

*Hiker: Sarah O'Hare  
Leader: Bill Falconer*



### Note – Deer Hunting Seasons

During hunting seasons, hikers SHOULD WEAR Orange Blaze and NOT WEAR articles of WHITE clothing (don't look like a deer).

Connecticut  
Archery 9/15 – 12/31  
Rifle/Shotgun 11/14 – 12/4  
Rifle/Shotgun (Landowner) 11/1-12/31

Massachusetts  
Archery 10/15 – 11/24  
Shotgun 11/26 – 12/8  
Muzzleloader/Black Powder 12/10 – 12/31

Vermont  
Archery 10/6 – 10/28  
Youth Weekend 11/3-11/4  
Rifle 11/10 – 11/25  
Muzzleloader/Archery 12/1-12/9



**Saturday March 29, 2008  
The CTGMC ANNUAL DINNER  
AND MEETING.  
Cheshire Grange Hall.  
Cheshire, Connecticut  
Details In The Next Trail Talk.**



### We Would Like To Hear From You! For CTGMC Members!

It is more and more common for newsletters, like this one, to be E-mailed as a PDF file rather than to mail a hard copy. Not everyone, but more & more are receiving and reading information in front of a computer. E-mailing this letter would save our club printing and postage cost as well as volunteer time assembling the letters. However, not everyone has a computer or fast download. Paper copies will continue to be printed and mailed to those who want them, to post on bulletin boards, and to hand out on the trail. If you would like to state your preference to receive a hard copy or E-mailed please E-mail –

[gmconnecticut@yahoo.com](mailto:gmconnecticut@yahoo.com) .. .. .

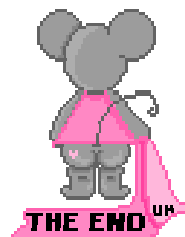
Or if you would like to have an open discussion, become a member then post a message at -

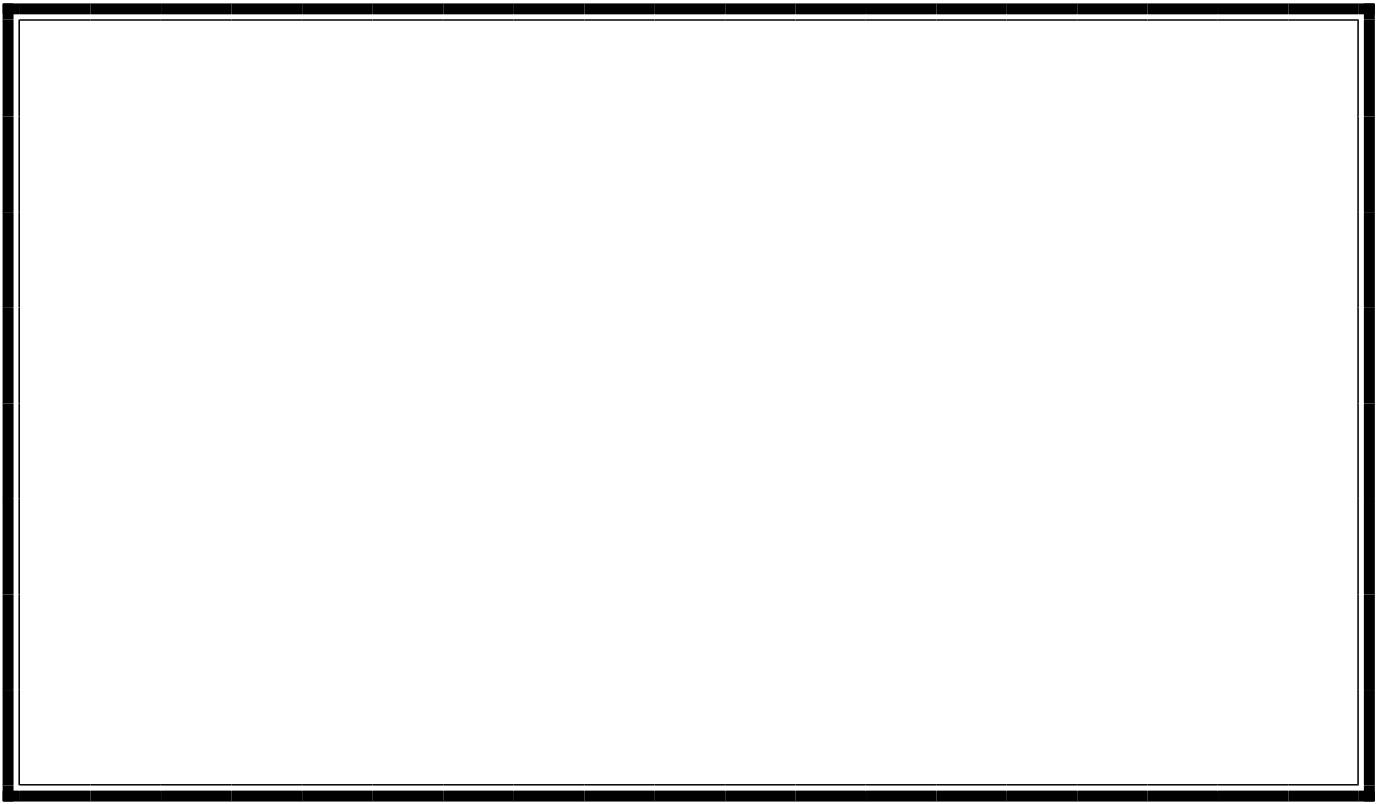
[http://groups.yahoo.com/group/  
CT\\_Green\\_Mountain\\_Club/](http://groups.yahoo.com/group/CT_Green_Mountain_Club/)



Annual Meeting at the Hildene Estate in Manchester Center, VT on June 9, 2007.

Jim Robertson, Gerry Brodnitzki, Bill Brodnitzki, Doreen Scott, Sarah O'Hare, Laurene Sorensen, Jack Sanga, Carol Langley, Henry Smith





**The Trail Talk**

