

Connecticut Section of the Green Mountain Club

Volume XXXXIV Issue III

Editor: Carol A. Langley

July 2013 – Sept. 2013

PRESIDENT'S MESSAGE

I would like to express a big thank you to all who attended and worked the Annual Meeting at Stratton Mt. on June 7-9, 2013. Bill Falconer, Dick Hart, Holly & Andy Hood, Sarah O'Hare, Jim Robertson, Laurene Sorensen, Kevin Vann, Karen & Dave Wells. Yes, we had rain but also lots of fun. All planned activities were held. Some of us soaked in the hot tub on Friday evening.

On Friday evening we had a great slide presentation by Jeanne & Hugh Joudry about their life on Stratton Mountain as caretakers. If you get a chance this season please hike up Stratton Mt. to say hello to these wonderful folks who have been on the mountain forever.

Sat. evening we took a walk through time on the Long Trail with Dave Lacy, who is a Green mountain National Forest, archaeologist.

Next year's Annual Meeting will be hosted by the Killington Section on June 13-15, 2014. Save the date, location to be announced.

Our activity schedule is filled with some great trips, look forward to having you join us. Remember to call or e-mail, don't just show up and be disappointed because of a change of plans.

Let's get out and play,

Carol A. Langley

Club Information
<http://www.conngmc.com>
Officers & Executive Committee

Connecticut Section of the GMC

Post & Receive Messages, Photos, Other Activities
http://groups.yahoo.com/group/ct_green_mountain_club/

Carol A. Langley - President
(860) 621-2860, cosmical14@yahoo.com

Dick Hart, 1st Vice President, Trails & Shelters
(203) 484-9925, ihike@sbcglobal.net

Mandy Brink, 2nd Vice President of Activities
trekeragb@sbcglobal.net

Laurene Sorensen, Director
(401) 965-6724, laurenesorensen@gmail.com

Andrew J. Hood, Alt Director
(860)-646-2753, andrew.hood@snet.net

Kevin T. Burke, Secretary
(203)-729-1603, burke-kevin@sbcglobal.net

Marianne Valley, Treasurer
m_valley@att.net

Please direct all inquiries regarding the Club to the President.

The Trail Talk is published four times a year, Winter, Spring, Summer and Fall. 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:

Carol A. Langley
67 Pondview Drive
Southington, CT 06489
(860) 621-2860, cosmical14@yahoo.com

WELCOME NEW MEMBERS

John P. Carbo
Ann & Charles Giardino
Walter Klein
Harold C. Tarbox
William K. Tredway

SEE YOU ON THE TRAIL!!

TRAIL TALK – if you are presently receiving your newsletter in the mail and would like to receive an electronic mailing please e-mail me. I will gladly add your name to our list.

Thanks, Carol

Week Day Sunshine Hikers & Backpackers a new group has formed. Unscheduled activities, there is usually a 24 hour notice sent via e-mail. If you are interested please contact Carol Langley at cosmical14@yahoo.com or 860-621-2860. Thank You!

GOOGLE CALENDAR

If you would like to be added to this site please subscribe to site listed below.

Ct-gmc-activity-reminders+subscribe@googlegroups.com

Allen Freeman will be posting our activities to this site. Please contact him with any questions:

allen@allenf.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>

**Chatfield Hollow State Park
Sunday, March 3, 2013**

Chatfield Hollow State Park in Killingworth hosts approximately 20 miles of trail. The paved Park Road, running parallel with Chatfield Hollow Brook, bisects the park. We began our hike on the west side. Several inches of snow made the rocky Chimney Trail quite challenging as we descended through the Indian Caves. The group was assured that this was to be the hardest part of our hike. However, the hike was an arduous one for the several inches of icy snow made for uneven footing. Snow shoes weren't really necessary but may have helped in some areas. It was a slow and tiring trudge through the woods. At the boardwalk, enough snow had melted to give our stride a break. As would be expected, the swamp was quiet this winter's day. Along the Deep Woods Trail we observed recent deer activity although we saw no deer. We then turned onto the West Crest Trail and followed it to the unplowed Park Road. Here, there were picnic tables by a pond, just the right place and the right time for lunch.

After lunch the plan was to explore the eastern part of the park. At this point several of our group decided to head home. The remaining hikers picked up the Ridge Trail and were pleasantly surprised to find that the terrain here had undergone significant melting. It was a welcome break for our feet. After missing a turn to continue with the original mapped out plan, we just followed the Ridge Trail to its end and then explored the Covered Bridge Trail and the Nature Trail. We estimated that we hiked approximately five miles.

Hikers: Jim Fritz, Kevin Vann, Melanie and Bob Michaud, Carol Langley, Don Hagstrom
Leader: Sarah O'Hare

**Peoples State Forest
March 17, 2013**

The day was beautiful for a hike - clear and sunny, a bit on the cold side and windy. Coming from lower elevations or southerly parts of Connecticut we were surprised by the amount of snow on the trails and in the woods. Everyone had come prepared, however, with micro-spikes for the icy conditions.

At the first overlook we were treated to seeing a bald eagle as it glided below our vantage point. Following the Farmington River it was headed north in the direction of the town of Riverton. Later in the day a couple of deer showed themselves to several of the group toward the front of the line. Seeing the deer put life to the numerous sign and tracks we had been seeing all through the hike.

At lunchtime a lively discussion left us rolling in laughter as several in the group provided hilarious stories about their pets and farm animals and lust as well as human birthing.

Near the end of the hike we reached the Beaver Brook crossing. Although a bridge is available the pre-bridge cable is still in place and Sarah, Mandy and Dave chose the challenge of crossing on the cable. Everyone reached the opposite side without falling in the brook.

Hikers: Mandy Brink, Carol Langley, Kevin Burke, Bob and Mel Michaud, Sarah O'Hare, George Jackson. Leader: Dave Wells

(See photo of Dave Wells on next page)



AT in PA from Pen Mar Rd to Boiling Springs April 11-15, 2013

Carol and Kathy talked about taking an extra day to hike to break up the long mile days. I had to be back to work on Tues so I had to keep to the schedule. I departed from them on Saturday morning from the Quarry Gap Shelter, stopping at the Birch Run Shelter for lunch and then headed to the Tom Run Shelter. Despite the early arrival, of 3:15 the three shelters were already taken. I set up my tent and visited with a group of women who were out for the weekend. They later invited me to their campfire. As it turns out, they were from York, PA where I had gone to nursing school so it was fun to hear about all the changes in that town since I had left.

On Sunday I was up early and arrived at the Pine Grove SP General Store at 10am. I had a wonderful breakfast there, a delicious ice cream sandwich. I wanted to see the Appalachian Trail museum in the worse way but wasn't sure I wanted to hang around till the opening at noon. To my delight, the museum curator decided to open early. I took an extra hour there, walked around the Pine Grove furnace and enjoyed the park. I had stalled long enough and finally hit the trail to Tagg Run Shelter. I arrived there at 3pm with very sore feet. I'm not sure what caused the breakdown but it sure didn't make me very happy. There was no one at the shelter and I started

praying real hard that someone would show up. I was not keen on spending the night alone there. I heard a few hikers on the trail but no one coming to the shelter. I had dinner and headed to bed as soon as it was too dark to read.

Monday I was up at the crack of dawn. I had a 12 mile day and a drive back to CT before my day would be over. I had no watch but I am guessing it was about 6:30 am when I hit the trail. My feet felt better and I doctored them a bit. I was moving fast and was very pleased with my feet when BOOM, I hit the ridge of White Rock. That was the end of my speed and my feet. The last stretch into Boiling Springs was a god-sent as it's a 2 miles flat stretch through pastures and a good relief to my burning feet. I was happy to pull into the AT conference building at 1:30 and surprised to see Carol in her car reading. They had come off the trail early but she was kind enough to hang around to be sure I got out of the woods safely. I headed home to CT, stopping only once for some gas and my usual reward, an ice cream cone.

Mandy Brink

Metacomet Trail May 5, 2013

Although no one called or showed up at the meeting place it was too good a day not to be out on a walk. With no second car to spot for a thru hike we walked it as an out and back. We followed the feeder trail up to the ridge and connected to the Metacomet Trail and took it north for 2-3 miles, returning the same way. Along the way we were treated to lots of wildflowers: Red Trillium, False Solomon's Seal, Marsh Marigold, Jack-in-the-Pulpit, Bloodroot, Pussytoes, Red Columbine, Early Saxifrage and Celandine Poppy and birds, mostly out of sight or rather we could not see them, letting us know they were there: Black and White Warbler, Ovenbird, Black Throated Green Warbler, Black Throated Blue Warbler, Northern Waterthrush, Eastern Phoebe, and Red Bellied Woodpecker.

Hiker: Karen Wells Leader: Dave Wells

Shenipsit Trail May 23, 20013

This section of the Shenipsit Trail from Valley Falls Park north to I-84 follows through the Belding Wildlife Management Area. It was a morning of watching for flora and fauna and we weren't disappointed. Although a little too soon for the Mountain Laurel to be in bloom, they were loaded with buds promising a good showing in June. The trail passes a pond and over a dam before reaching the Tankerhoosen River. This riparian habitat is home to a large sampling of hardwood trees. Bill explained how to identify the various trees. It was interesting to learn that the Shagbark Hickory is used as a shelter for bats. None of us wanted to go peeking under the long, loose bark in search of sleeping bats!

Eventually, the trail veered away from the river where we began to hear the loud hum of I-84. We soon found ourselves walking parallel to the highway until we reached the Walker Reservoir. Here a Great Blue Heron took to flight, allowing us to admire its impressive wingspan. After a short road walk we made it to the end of the section. As we turned to retrace our steps it began to rain lightly. We took immediate refuge at a convenient picnic table under some pines. An early lunch at the reservoir's edge enabled us to observe a flock of Canada Geese and their goslings.

With a renewed spring in our step we began our return trek. Much to our delight we spied a few Pink Lady Slippers nestled in the undergrowth. Ross spent a few moments focusing his camera on the wild flowers. We couldn't understand how we missed them earlier in the morning. We certainly didn't miss all the Wild Geraniums, Jack-in-the-Pulpits, Bluets and the few other wild flowers. Our return hike was shortened as we turned onto the yellow-blazed Belding Path. It reconnected with the Shenipsit Trail a mere half mile from Valley Falls. This 6 mile hike, despite the gloomy, gray sky, brightened our day.

Hikers: Don Hagstrom, George Jackson, Bill Falconer, Ross Lanius. L. Sarah O'Hare

Bray Lake, Mt. Nonotuck MA. Hike May 30, 2013

A third of the way into MA is Holyoke home of Volleyball and MT Tom State Reservation. The entrance is on RT 5 across from the Dinosaur Footprint Park on the Connecticut River. When you leave the directions at home, where would you get info, from locals at a Dunkin Doughnut.

The \$2 entrance fee was not enforced and the guard shack was shuttered. Lake Bray is at the foot of the mountain range which has picnic and sanitary facilities in the parking area. Trail maps were not found at the information kiosk but our leader, Mr. Capp or Bill Falconer had one from previous hikes. Surprise!! The entire park road system has been resurfaced since last year. Uphill Bill didn't disappoint, as the Tea Bag Trail meanders uphill for a half mile before meeting the famous M&M trail. Along the way is a spectacular waterfall splashing over black basalt in a hemlock and laurel forest. Lady slippers and a variety of bugs abound. It's that time of year to switch from winter to spring items (like bug spray) in your pack. The trail north on the M&M continues uphill to Dry Knoll Peak with views of the Easthampton MA valley. Many Eastern Newts, known as red efts, in their land form, crossed the trail. Oak galls and young sassafras were observed.

The final climb to Mt Nonotuck Peak is home to a WW2 lookout tower and the Eyrie House Ruins. Spectacular vistas from here reveal the entire Ox Bow area of the CT River, Interstate 91 and the city of Northampton MA. A convention of flies, gnats and whatever forced a retreat to Dry Knoll where we had lunch with a view. A Red Tailed Hawk swooped from close by and tantalized us with its' soaring abilities.

The return to Tea Bag intersection is downhill. Then a last climb is steady to Goat Peak with views from a lookout tower in all directions which was bypassed due to the influx of flying creatures. The trail descends on a rocky footpath into the shade of hemlocks and white pines. We left the

M&M after reaching the park road and reenter the forest where it's really downhill from here on the Keystone Trail. This trail drops lower and lower snaking its' way around glacially smoothed outcrops of bedrock. Somehow the banter and chatter lends to the mystique of the event and passes time. Crossing a brook into a hemlock forest, we meet the Keystone Extension Trail which winds its' way down on a wet but passable path. The trail ends as Lake Bray comes into view. Walking north by the lake thru a picnic area we finally arrive in the parking area and our cars. This 5 plus mile hike was cut short by a half mile around the opposite side of the lake. Bill Heath relishes ice cream to celebrate his birthday. A little venue called Nick's Nest is located on RT 5 near the entrance to I-91 where we topped of the hike with smoothies.

Thanks for a great day!!!

Hike Leader: Bill Falconer

Happy Hikers: Sarah O'Hare, Carol Langley, George Jackson, Don Hagstrom, Bill Heath

Maryland AT Trip April 25-29, 2013

We all met at the Pen Mar Rd on Thursday. Dan and Gabby hiked in from Warner Gap Rd where they had staged their car as they had to hike out on Sunday. We drove to Harpers Ferry where our first stop was the Appalachian Trail Conference Center. After a nice dinner, we studied our maps in anticipation of our hiking weekend.

On Friday morning we took our time leaving Harpers Ferry. It is a charming small town full of history. We took time to walk around the historic areas and to visit the museum with all the history about John Brown. The AT starts along the B&O Canal which in itself is very interesting. It is a three mile flat warm up with lots of flowers and wildlife. We saw a beaver and a log with 21 turtles basking in the sun. There were a abundance of Virginia Blue Bells in bloom. A volunteer for the area stopped and told us about

the Paw-Paw fruit also known as the West Virginia banana.

Our first climb for the day was over the Weverton Cliff with a beautiful view of the Potomac River. It was a clear sunny day so the river was especially pretty. We stopped at the Ed Garvey shelter for lunch. What a neat shelter with a special loft to climb in the back. It would have been fun to stay there for the night but we tallied onward to the Crampton Gap shelter. We had a nice stop in Gathland State Park, reading much of the history of the Civil War and about the Gath family. We arrived at the Crampton shelter around dinner time. The tent sites were more inviting than the small shelter so we set up camp and had a nice dinner together. The evening ended with a nice campfire which we shared with a father and son who were staying in the shelter.

Saturday was another sunny day. This section has a wonderful campground, Dahlgrens campground, complete with nice tent sites and a shower house. Kathy and Carol decided to spend the night here while the rest of us pressed onward to the Pine Knob shelter. On this section of trail, you pass through Washington State Park, again a wonderful stop for us history buffs. We had a wonderful lunch then spent some time in the museum there. This park contains the first ever built Washington Monument. After climbing the monument, getting some pictures and enjoying the views, we headed for our final destination of the day. The shelter was full so we again took some tent sites. Dan cooked us up a fabulous dinner. Some late hikers came in so we invited them to join us for dinner and had an evening of sharing stories of past hikes. We were pretty tired so as soon as it was dark, we headed to bed.

Sunday there was a change in weather. We had heard rain was coming so we high tailed it out early while it was still clear. We had a blast climbing around the rocks at Annapolis Rocks. It had incredible views as well as fun challenging rocks to climb. Gabby and I had a lot of fun scrambling on the most challenging rocks. Gabby was our token child for the trip. At age 9, she did

fantastic, hiking big mile days with no complaints. We played all kinds of games, sang all kinds of songs and happily hiked along. We made another stop at Black Rock for the view before stopping at the Cowall Shelter for lunch. The rain started, we donned some rain gear and hiked onward. Dan and Gabby had to leave on Sunday so we dropped them at their car at Warner Gap Rd. It was raining hard when we reach Dan's car. Tom and I were a bit envious as we looked ahead to a big uphill in the rain as Dan and Gabby pulled away in that dry car. We hiked on to the Raven Rock shelter. This is a new shelter, quite spacious with a nice covered area for the picnic tables. It drizzled off and on but for the most part the heavy rain stopped long enough for us to enjoy the evening without getting soaked once we changed into our dry clothes. It was cold and damp so we climbed into our warm bags early.

On Monday it was still raining. We only had 5 miles out to the car so we got started early. This section of trail had some brutal rocks, go figure as we headed close to the PA border. The bigger disappointment for the day was that it was completely foggy when we reached High Rocks so there was no beautiful view that we had heard about from Dan. We took this area slow as the rocks were wet and slippery. Once we arrived at our car, we loaded up and headed back down to Harpers Ferry. We stopped again at the AT conference center, changed into dry clothes and then sadly it was time to head home. Carol and Kathy were going to take an extra day for hiking but the weather pushed them onward so that they finished later in the day on Monday also.

I would like to say that the Maryland AT is a delightful section of trail. Harpers Ferry as well as the state parks made each day really interesting and fun. I would recommend this section to anyone looking to go do a great section on a long weekend. The Potomac Appalachian Mountain club does a wonderful job with their shelters, many which are new, spacious and have nice covered picnic areas for cooking. Miles hiked for the weekend was somewhere around 42 miles.

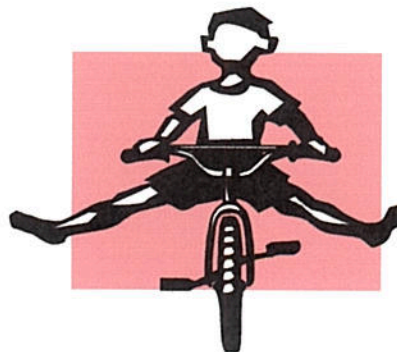
Hikers: Mandy Brink, Tom Kreider, Dan and Gabby Stone, Carol Langley and Kathy Astrauckas

Rails/Trails Bike Ride June 12, 2013

A beautiful late spring day greeted four bikers at 9:30 sharp we headed north from Farmington to Simsbury. A stiff breeze was with us all the way. The trail has a canopy of Oak, Maple & Birch, their branches swayed in the wind with their leaves playing a beautiful symphony.

After 2.5 miles we stopped at a rest area that had a privy, picnic table and a shelter with two chairs. Now the race was on "the boys" who joined me were all about speed and shifting gears. It was too nice of a day to be in a hurry so I pedaled along at my pace enjoying the wild flowers and the birds singing.

What is that up ahead, the boys waiting for me, guess they needed a break. Plans were to stop at the commuter lot ahead for lunch. There were not benches so it was curbside seating. Bill went in search of food and what did he find but a cherry pie, just what he needed a little sugar to speed back to Farmington. They made the parking lot in record time and were waiting to load up my bike. 15 miles we biked. Bikers: Don Hagstrom, Bill Heath, George Jackson, Carol A. Langley



JOIN THE CONNECTICUT SECTION OF THE GREEN MOUNTAIN CLUB

The Connecticut Section offers a wide range of outdoor activities all year around: Hiking, backpacking, canoeing, snowshoeing and work parties in VT to maintain our section of the Long Trail. Members will receive Trail Talk our section newsletter and The Long Trail News, a quarterly publication of the Green Mountain Club, published four times a year, and discounts on GMC items such as books and shirts, etc.

ANNUAL DUES		NAME: _____
Individual	\$40.00	ADDRESS: _____
Family	\$50.00	_____
Senior/Student/ Limited Income	\$22.00	PHONE: _____
Lifetime Membership	\$1000	E-MAIL: _____

Please make checks payable to the Green Mountain Club. Mail your payment with form to:
Green Mountain Club, 4711 Waterbury-Stowe Rd., Waterbury Center, VT. 05677



Carol A. Langley
67 Pondview Drive
Southington, CT 06489