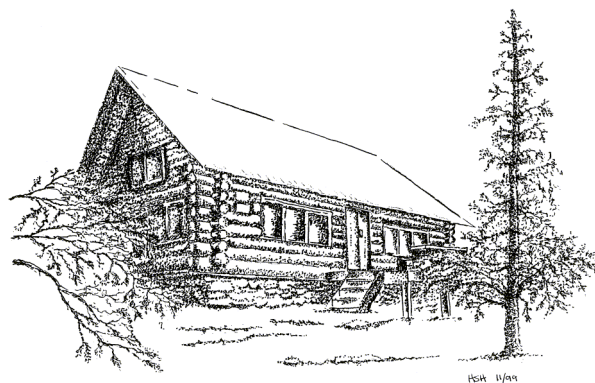


RIDGE LINES



GREEN MOUNTAIN CLUB
BURLINGTON SECTION

www.gmcburlington.org

Winter 2011 - 2012

TWO EVENTS YOU SHOULDN'T MISS!!

Annual Meeting, Potluck, Program, Conversation, Camaraderie

The Burlington Section of the Green Mountain Club will hold its annual meeting on Saturday, January 21, 2012. Enjoy a delicious supper and relaxed conversation with others who share your love of the outdoors! Then participate in making important decisions for the Club. Finally, sit back and relax for an exciting program about hiking, biking, paddling or camping in beautiful locations.*

5:00 – 5:45 Socializing

5:45 – 6:45 Dinner

6:45 – 7:45 Business Meeting

7:45 – 8:00 Break (and set-up for speaker)

8:00 - Program*

9:00 - Q & A

Faith United Methodist Church
899 Dorset Street
South Burlington

Please RSVP so we can make sure we have enough lasagna! See the form on the back of this newsletter.

* At publication time, the program for the Annual Meeting wasn't finalized. Members will soon receive a postcard with details. In addition, our website (<http://gmcburlington.org>) will have the latest information as soon as it becomes available.

Snowshoe Festival

Saturday, February 4, 2012 - 8:30AM to 3PM - GMC Visitor Center, Waterbury Center

This year's festival will feature a full schedule of beginner, intermediate, and advanced snowshoe trips as featured in the GMC book *Snowshoeing in Vermont: A Guide to the Best Winter Hikes*. After a day of snowshoeing, igloo-building, scavenger hunts and other outdoor activities, come into the Visitor Center for a **winter party from 3:00-5:00** with live music, food, and a chance to win great raffle prizes. Full-day admission is \$8.00 for members, \$10.00 for nonmembers, and free for kids under 12. Admission includes snowshoe demos so you can try out different brands and types. Nonmembers who join GMC on the day of the event will receive the membership discount as well as a free Snowshoe book.

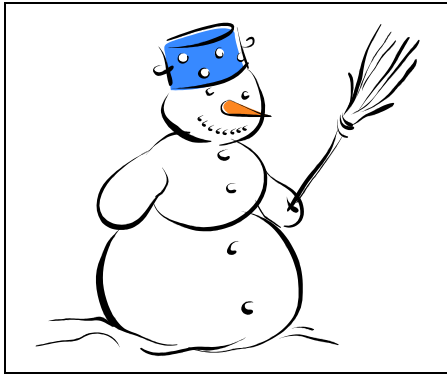
Also in this issue:

Safe and Sensible Winter Hiking - pages 2, 3 and 4

Outings and Activities - pages 5 - 7

GMC on the Web - page 7

Welcome to New Members - page 7



SAFE AND SENSIBLE WINTER HIKING

Vermont is gorgeous in the winter. The trails are snow-packed and quiet. The air is crisp. There are no leaves on the trees to screen the views. But along with the beauty comes some risks. If you prepare for the risks, you can hike and backpack safely all winter long. Here are some tips from seasoned winter hikers (reprinted from past winter issues of *Ridge Lines*).

Before heading out

Dress in the **Three W's**. Wear a layer like polypro that will **Wick** moisture away from your skin. Wear a **Warming** layer like wool or fleece. Wear or carry a layer that will protect you against **Wet**. (A waterproof shell could literally save your life if it starts raining, sleeting or snowing.) If you know that you'll be working hard and sweating, carry an extra layer of warmth to put on when you stop to rest.

Leave cotton clothing and blue jeans at home. Cotton provides almost no protection from wind, and when it gets wet you might as well be wandering around out there naked.

Consider the possibility that you might be stranded on the trail overnight. Make sure your pack has extra clothes, including hats and gloves.

Clothes that are too tight can reduce circulation and increase the possibility of frostbite, especially on your hands or feet.

People who have been frostbitten before are much more likely to suffer a repeat injury. If you've ever experienced frostbite, you should be even more careful on winter outings.

Don't count on your summer hiking boots. Wear insulated boots designed for winter hiking.

It gets dark early in the cold months. Bring a sturdy flashlight or a headlamp. Even better, bring both!

Smart hikers carry a small, lightweight first-aid kit on every outing.

Along the trail

Wind can pack snow against tree trunks and completely cover up the blazes you need to help you stay on the right trail. A good map, a compass and maybe a GPS unit can save you from the frightening experience of being lost on a mountain in the cold.

High-calorie snacks (gorp, chocolate, cheese, peanut butter) maintain energy and can help avoid hypothermia and frostbite. Carry some even for short winter outings.

It's easy to remember to drink lots of water when it's hot outside – but you need to stay hydrated in winter also. Drinking cool liquids tends to lower your body temperature, so carry a thermos of something hot. Your liquid will stay warm longer if you wrap your water bottle or thermos in a wool sock before putting it in your pack.

If you're using a hydration pack, blow into the tubing after drinking. Otherwise, the water might freeze even with insulation around it. Also, keep the mouthpiece inside your jacket in very cold temperatures.

- continued on next page -

SAFE AND SENSIBLE WINTER HIKING – Along the trail - cont.

If you wander off a well-used trail, you run the risk of falling into a spruce trap. A few years ago, Burlington Section member Len Carpenter told *Ridge Lines* readers how to get yourself out.

A spruce trap occurs when deep snow hides a cavity between buried branches. A person on snowshoes comes along, steps on what looks like solid snow and instantly sinks in, sometimes up to his or her neck. (In general, skiers don't fall into spruce traps because their skis spread their weight over a larger area.) It's **very difficult** to get out of a spruce trap on your own. **Here are Len's suggestions:**

First – Don't panic! Stay calm. Take the time to think and plan how you're going to get out.

Second - Don't thrash around. Don't move your feet or try to get your snowshoes out. Struggling to free your snowshoes will only get them more tangled up in the buried branches and is likely to result in you going deeper and deeper in the hole.

Third – If there's a tree trunk nearby, you might be able to use it to pull yourself up. Most times, though, you'll have to do two things to get yourself out. 1 - Use your hands and ski poles to dig all around you, making a wider and wider opening. (If the ground is sloped, head downhill when you're digging.) 2 – Take your poles and lay them on the snow in an X in front of you. If they hold, use them to pull yourself up. (After you've dug away a lot of the snow around you, you might be able to hook your snowshoes with the end of a pole and use them for digging and to support you as you crawl out. However, don't focus on your snowshoes until you've worked out a logical escape route.)

Staying overnight in the winter

To keep warm in your sleeping bag on a winter backpacking adventure, beat the bag up for at least a minute before getting in each night. In the morning, turn the bag inside out as soon as you get up to help get rid of moisture.

Put anything you don't want to freeze in your sleeping bag with you for the night (toothpaste, sunscreen, pen, etc.).

Don't use your cooking stove in your tent unless you have very good ventilation.

If you have to leave your boots out overnight, open the laces and tongue. That way, if your boots freeze, you can still get your feet into them in the morning.

If you have enough fuel and water, boil water and put it in your water bottle. Put the hot water bottle in your sleeping bag to keep you warm. Just make sure the lid is screwed on tight!

Recognizing trouble

Watch out for The Umbles! Be concerned if someone starts mumbling, fumbling or stumbling.

Watch for shivering that the person can't stop voluntarily.

Experienced winter hikers advise stopping, making eye contact with the "umbling" person, and asking very clearly, "Can you feel your toes? Try it now. Tell me. Can you feel your fingers?" (Don't just ask, "Are you OK?") If the person hesitates *at all*, you should stop and deal with the situation immediately.

First responders say that experienced hikers can be the least willing to admit they're in trouble. If you think your experienced friend needs help, you might have to be strong, stern and stubborn!

SAFE AND SENSIBLE WINTER HIKING – cont.

What to do if someone is hypothermic

If you can, call 911 for professional help.

1. Reduce heat loss.

- Move the person out of the cold. Get to a warm, dry location if possible. If that's not possible, shield the person from cold and wind.
- Remove wet clothing. Cut it away if that's the only way to avoid excessive movement.
- Cover the person. Use layers of dry clothing (and blankets if available) to warm the person. Cover the person's head, leaving only the face exposed.
- Insulate the person's body from the cold ground. If you're outside, lay the person on his or her back on a blanket or a mat of dry clothing. If possible, wrap the person in a space blanket to hold in body heat.

2. Add fuel and fluids.

- Provide a warm, nonalcoholic, noncaffeinated beverage **IF** the affected person is alert and able to swallow. (Don't try to get liquids into an unconscious person.)
- If the hypothermic person is alert, encourage him or her to heat something with sugars and/or fats.

3. Add heat.

- Get the person near a fire or other external heat source.
- If the hypothermic person can't stop shivering after getting dry and having something warm to drink, share your body heat. Get him or her into a sleeping bag, in dry clothing, with a fellow hiker who has also changed into dry clothes. (Experts advise against the old naked-to-naked thing. Hypothermic people need to stay encased in a shell of insulation and warmth provided by clothing, blankets, sleeping bags, etc.)
- Apply warm, dry compresses. Use a first-aid warm compress (a plastic fluid-filled bag that warms up when squeezed) or a makeshift compress of warm water in a plastic bottle. Apply warmth only to the neck, chest or groin. (Heat applied to the arms and legs forces cold blood back toward the heart, lungs and brain, causing the core body temperature to drop.) **Be gentle.** Don't massage or rub the person. **DON'T APPLY DIRECT HEAT.** Don't use hot water on the person's skin. Extreme heat can damage the skin or might even trigger an irregular heartbeat.

The above recommendations were taken from various resources. They're intended as broad guidelines only. Classes such as SOLO provide invaluable instruction and practice in dealing with outdoor emergencies.

EXECUTIVE COMMITTEE

| | |
|---|--|
| President - Phil Hazen 355-7181 | Website - Ted Albers 985-9064 |
| Vice President - Kelley Christie 999-7839 | Education – Taylor Christie 999-7839 |
| Secretary - Linda Evans 899-3006 | Trails - Pam Gillis 879-1457 |
| Treasurer - Joel Tilley 865-9220 | Trails - John Sharp 862-3941 |
| Membership - Dot Myer 863-2433 | Shelters - Linda Evans 899-3006 |
| Special Programs - open | Ridge Lines - Maeve Kim 899-4327 |
| Outings - Paul Houchens 658-1321 | Ridge Lines - Valerie Wilkins 899-5127 |
| Outings - Kelley Christie 999-7839 | Director - Ted Albers 985-9064 |

Section Outings

Winter 2011 - 2012

Unless otherwise specified, call the trip leader to sign up, find out what equipment you'll need, and learn about any changes. Check with trip leader before bringing your pet along. Human guests are always welcome. Trip leaders often arrange carpooling. If you ride along in someone else's car, we recommend reimbursing the driver at the rate of 10 cents a mile.

December 2011

12/3 (Sat) **Belvedere Mountain** We'll follow the Long Trail from the Route 118 crossing north to Belvedere, and return. Moderate hike, moderate pace, 6 miles, 2000' elevation gain. Group limit 10. Contact leader by 12/1. Richard Larsen, 878-6828 or larsen007@aol.com

12/4 (Sun) **Taylor Lodge** This is a great hike at any time of year. We'll hike to the lodge, have lunch, then decide if we want to go through a cave on the way back. Moderate, 5 miles. Group limit 10. Contact leader by 12/2. Kathy Adams, 399-8687 or hikeradams@hotmail.com

12/10 (Sat) **Burnt Rock Mountain** We will follow the LT north from RT 17 to the summit of Burnt Rock Mountain then return south to the Hedgehog Brook Trail and descend east to the parking lot in North Fayston. Moderate hike, moderate pace, 9.6 miles, 1700' elevation gain. Group limit 12. Contact leader by 12/9. Peter Cottrell, 879-0755 and pcottrel@myfairpoint.net

12/11 (Sun) **Birch Glenn** Easy hike at a relaxed pace. Last year, huge bear tracks were seen on this hike. Dot Myer, 863-2433 or dotmyer@myfairpoint.net

12/17 (Sat) **Camels Hump via the Burrows Trail** Depending on the weather, we will either hike or snowshoe to the top of Camels Hump from the Huntington side. Moderate hike, moderate pace, 4.8 miles, 1950' elevation gain. Group limit 12. Sheri Larsen, 878-6828 or larsen007@aol.com

12/18 (Sun) **To Be Determined** Contact leader for details. David Hathaway, David.Hathaway.78@gmail.com or 899-9982.

12/24 (Sat) **To Be Determined** Contact leader for details. Call Linda Evans at 899-3006.

January 2012

1/1 (Sun) **Camels Hump via Burrows Trail** Celebrate New Year's Day with a hike up Camels Hump. Moderate to difficult, 5 miles, 2200' vertical. Snowshoes probably required. Ice grippers (crampons, microspikes, etc) needed for the summit area. Contact leader by 12/30. Rich Larsen, larsen007@aol.com

1/7 (Sat) **Davis Neighborhood-Laraway Mountain Loop** We'll park on Coddling Hollow Road and continue on it to the Davis Neighborhood Trail, and then on to Corliss Camp. We'll then loop around on the Long Trail, crossing Laraway Mountain and passing spectacular icicles. Moderate to difficult terrain, moderate pace, 10 mile loop, 1500' elevation gain. E-mail leader by 1/5. Darryl Smith, dsmith.vt.us@gmail.com

1/8 (Sun) **Mystery Outing** Contact leader for details. Wolfgang Hokenmaier, 862-5302 or hogges@gmx.net

1/14 (Sat) **Mt. Ellen via Jerusalem Trail** Difficult, 6.8 miles. Robynn Albert, robynnalbert@hotmail.com

1/15 (Sun) **Snowshoe Camels Hump** We will hike 4.8 miles roundtrip on the Burrows Trail. Moderate to difficult depending on conditions. Call Carlene Squires at 434-2533 or email at carlene@gmavt.net

1/21 (Sat) **Snake Mountain Snowshoe** We'll follow a trail to the top of the mountain where there is an old hotel site and an excellent view of the Champlain Valley. We should be able to see the new Champlain Bridge. We'll go back down by an old carriage road. Easy to moderate, about 3.6 miles, 900' ascent. Dot Myer, dotmyer@myfairpoint.net

1/28 (Sat) **Adirondack Surprise** Contact the leader to find out the details of this wonderful trip. Robynn Albert, robynnalbert@hotmail.com

February 2012 Outings

Feb 3-5 (Fri-Sun) **Adirondack Ski and Snowshoe Weekend** Two nights in the Weizel Cabin near Lake Placid, New York. If you are one of the lucky ones to sign up early for this annual GMC/Burlington Ski Club trip, you know this is one bargain not to be missed. Come play in the snow with some of your newest or oldest best friends, eat and drink and relax to your heart's content. Call early for details and to get on the list. Linda Evans, 899-3006.

2/11 (Sat) **Wampahoofus and Rock Garden Loop** We'll head up the Frost and Maple Ridge Trails to the Wampahoofus Trail and Butler Lodge. We'll return on the Rock Garden Trail, and down the way we came up. Difficult terrain, moderate pace, 4.2 mile loop, 2100' elevation gain. E-mail leader by 2/9. Darryl Smith, dsmith.vt.us@gmail.com

2/12 (Sun) **Taylor Lodge** From the Stevensville trailhead we'll follow Nebraska Notch Trail and the Long Trail to reach Taylor Lodge, and return. Easy hike, moderate pace, 4.4 miles, 600' elevation gain. Group limit 10. Contact leader for time. David Hathaway, 899-9982, David.Hathaway.78@gmail.com

2/18 (Sat) **Mt. Mansfield Grand Loop** With snow depths approaching 200 inches at the stake, it will be a winter wonderland on top with great photo ops. Up the Sunset Ridge Trail and south on the ridge, turn right at the Forehead and head to the Maple Ridge Trail. Difficult hike, moderate pace, 10 miles, 3500' elevation gain. Group limit 10. Contact leader for meeting time and place. Phil Hazen, philhazen@comcast.net or 355-7181.

2/25 (Sat) **Snowshoe Smugglers Notch from Jeffersonville** We'll snowshoe from the end of the open road near Smugglers Notch ski area to the top of Smugglers Notch, and beyond if there is time and interest. We'll go back the same way. Starting on the Jeffersonville side means less climbing and fewer skiers than going from Stowe. Easy to moderate, 4-5 miles, depending on how far we go. Dot Myer, dotmyer@myfairpoint.net

2/26 (Sun) **LaPlatte River Marsh Natural Area** Snowshoe the LaPlatte River Marsh Natural area, the Shelburne Bay Clarke Trail and perhaps some of the Ti-Haul Trail, all in Shelburne. Total distance to be determined by the group but will be 4 to 6 miles, mostly flat at a leisurely pace. This is a chance to get familiar with the walks around Shelburne Bay. Meet at the public boat launch, Shelburne Bay, on Bay Road at 9:00 AM. On Google Maps, search for *1135 Bay Road, Shelburne, Vermont 05482*. The boat launch is 1/2 mile east of the entrance to Shelburne Farms (which is at the intersection of Harbor Road and Bay Road). Group limit 5. Contact Ted Albers ted@ted-albers.net

March 2012

3/3 (Sat) **Mt. Abraham via Battell Trail** Depending on the weather conditions, we'll hike or snowshoe to the top of Mt. Abraham. The views from the top in winter can be really lovely. If it's icy, crampons or microspikes and poles may be necessary. Difficult hike, moderate pace, approx. 6 miles round trip, 2500' elevation gain. Contact leader by 3/1. Sheri Larsen, 878-6828 or larsen007@aol.com

3/4 (Sun) **Butler Lodge** From the Stevensville trailhead we'll follow Butler Lodge Trail to Butler Lodge. If we're ambitious, we may continue up the Wampahoofus Trail to the Forehead of Mt. Mansfield. Moderate hike, moderate pace, 3.6 miles, 1500' elevation gain. Group limit 10. Contact leader by 3/2. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

3/10 (Sat) **Hedgehog Brook Trail to Burnt Rock Mountain** We'll head up the Hedgehog Brook Trail to Burnt Rock Mountain and its expansive views. This is a 4-5 hour trip. Moderate terrain, moderate pace, 5.2 miles, 2100' elevation gain. E-mail leader by 3/8. Darryl Smith, dsmith.vt.us@gmail.com

March 2012 Outings – cont.

3/11 (Sun) **Camels Hump Snowshoe** Up and down the Burrows Trail with crisp clear views for miles. Difficult hike, moderate pace, 7 miles, 2400' elevation gain. Group limit 10. Contact leader for meeting time and place. Kathy Adams, 399-8687 or hikeradams@hotmail.com

3/17 (Sat) **Mt Hunger and The Reservoir** Snowshoe up this smooth white carpeted rocky trail like it was just an easy stroll. Return via a visit to Waterbury Reservoir. Moderate hike, moderate pace, 4.4 miles, 2500' elevation gain. Group limit 10. Contact leader for meeting time and place. Phil Hazen, 355-7181 or philhazen@comcast.net

3/18 (Sun) **Butler Lodge, Wampahoofus, Maple Ridge Loop** We will snowshoe from the Stevensville trailhead near Underhill Center to Butler Lodge on the south side of Mt. Mansfield. From Butler Lodge we'll climb the Maple Ridge on the Wampahoofus Trail and then descend via the Maple Ridge and Frost Trails. This snowshoe trip features an interesting, little-used trail on Mt. Mansfield and outstanding views from the ridge. Moderate hike, moderate pace, 5.1 miles, 2200' elevation gain. Contact leader in advance. Peter Cottrell, 879-0755 or pcottrel@myfairpoint.net

3/24 (Sat) **Stowe Pinnacle** This is a relatively short but steep hike to a bald open summit which, on a clear day, offers views of the Green Mountains and the Worcester Range. Moderate, 2.8 miles. Group limit 8. Suzanne Daningburg, suzannedaningburg@yahoo.ca

3/31 (Sat) **Easy Family Hike or Snowshoe** Goodbye Winter...Hello Spring! Bring your dogs and family and enjoy the views of Lake Champlain framed by the Adirondack Mountains as we ring in a new season. Easy hike, easy pace, 2.1 miles, 871' elevation gain. Group limit 10 people, 4 dogs. Contact leader by 3/28. Kelley Christie, 999-7839 or kelleymchristie@gmail.com

Have you visited the Burlington Section's website recently?

You can get information about upcoming activities and read articles from past issues of *Ridge Lines*, of course – but there are also many reports from past trips along with scores of gorgeous photos of Vermont's mountains, lakes and trails.

Go to <http://gmc Burlington.org/> to read the complete reports that include these intriguing comments:

What could a few steep spots with a rope possibly do to us seasoned folks?

Heidi decided to lick a frog.

Thunder lightning and very large hail stones...We all give Lynda credit for saving our lives.

I think we were the most fashionable in our bright orange vests.

GMC's YouTube Instructional Video Channel - This great channel includes segments on winter hiking and map and compass use. Go to <http://www.youtube.com/greenmountainclub>

NEW MEMBERS The following people have joined the Burlington Section since the September issue of *Ridge Lines*: Lawrence Barber, Nancy Blasberg, Jonathan Bean. Mark Colgan, Annie Coppock, Brian Culmo, Rene Delarosa, Ellen Duane, Charles Elioseff, Sarah Forbes, Rebecca Harvey, Daniel Hellen, Greta Irwin, Timothy Kelley, Jean Kennedy, Jeff Kinney, Lynn Maley, Katie Mumbauer, Ann Murray, Jamews Nakos, Timothy Nitz, Parminder Padgett, Sherm Roose, Deborah Rubin, Geoffrey Smith, Jason Storer, Ken and Ann Sturm, Elizabeth Toth, Patrick Towbin, Arthur Warwick, Barb Zimmerman

WELCOME!

Ridge Lines
GMC BURLINGTON SECTION

Green Mountain Club
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Burlington Section Annual Meeting and Dinner

| | |
|---|--|
| <p>Monday January 21, 2012 United Methodist Church West Street, South Burlington <i>Please RSVP at gmcevents@hotmail.com</i> Or send the following form along with a check made out to GMC Burlington Section to: Maeve Kim PO Box 1086 Jericho VT 05465</p> | <p><i>(last name)</i> A-G Dessert H-S Salad T-Z Beverage* <i>*Alcoholic beverages aren't permitted on church property.</i> Adults - \$5.00 Children under 12 - \$3.00</p> |
| <p>Socializing starts at 5:00, dinner at 5:45. <u>Bring your own plate, eating utensils, and mug.</u> Lasagna and garlic bread will be served, plus potluck extras. <i>When planning your potluck dish, please bring enough for 3-4 people.</i></p> | |

Name(s) _____

Number of Adults _____ Number of Children _____

Total Enclosed _____