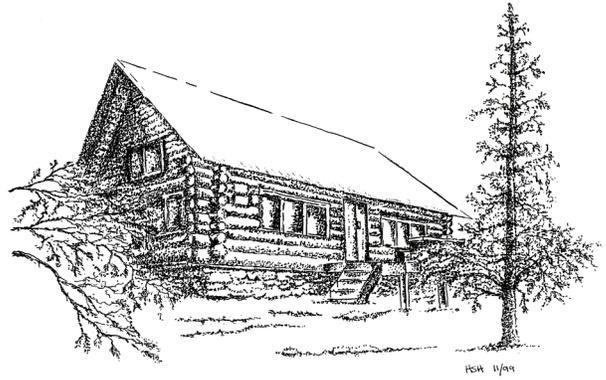


# RIDGE LINES



GREEN MOUNTAIN CLUB  
BURLINGTON SECTION

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Summer 2014

## SUMMER READING!!

There's not much news to share with our readers right now.

- It's too late in the year to publish our annual suggestions about low elevation hikes for mud season.
- Our spring trail maintenance hikes are finished.
- It's too early to carry suggestions about safe hiking during fall hunting seasons.
- It's much too early to mention safety during winter hikes.
- The Section's Annual Meeting and Taylor Series event are over.

### *What to do????*

We decided to take our cue from summer TV: **RERUNS!**

This issue has several articles from past issues, some reprinted at the request of readers and some at the whim of the editor. In addition, we have one brand-new piece of mail, a response to our question about favorite hikes.

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In the March issue of Ridge Lines, we asked:

## **WHAT TRAIL, HIKE OR MOUNTAIN IS SPECIAL TO YOU?**

We got a response from Charles "Pete" Davis of Crested Butte, Colorado. Pete lived in Vermont for many years. He wrote, "I have never been quite sure, but I think that I have been a member of the Burlington Section of GMC continuously since the late 50's".

Here are some of Pete's favorite hiking memories:

*In the early 1980's I started organizing a group hike to go up the Burrows Trail to the top of Camels Hump for lunch on my June 12 birthdays. We did this every year except when the weather was nasty, until we moved to Colorado. Nearly 20 people went with me on my 60th birthday, June 12, 1992. Other than on birthdays, I think I have hiked to the top of Camels Hump at least 40 or 50 times, which may be an under-estimate. Although I have hiked up several different trails, the Burrows Trail was always my favorite.*

*In the late 1960's, I learned when to pick Blueberries on the Sunset Ridge Trail and would take small groups of adults and my two older girls up there. A Blueberry Pie for dinner that night was always a favorite.*

In the late 1950's, Pete became a neighbor of Sherm Rutter. Sherm invited Pete to go with him and his young son to one of the famous Oyster Stew parties at Taylor Cabin. Pete continued going to the mid-winter events for several years. He didn't have snowshoes for his first Oyster Stew party, so he hiked to the cabin on skis with skins. "When I realized that there was a steep descent to the cabin, I turned the skins around and safely went down the trail."

*Some background:* The annual Oyster Stew Suppers were a GMC tradition that started when Don Remick, a UVM senior and member of the Burlington Section Outing Committee, suggested that there should be a new and crazy activity, "like eating oysters on the mountain". Others thought Don's whimsical suggestion sounded like a great idea. Participants hiked up the mountain on icy winter nights carrying the ingredients for oyster stew, which was made fresh on Taylor Cabin's woodstove. Those who didn't pack in oysters, butter and cream carried homemade pies in their backpacks, with lots of oakum to keep the pies from tipping over during the hike. While everyone waited for the oyster stew to cook, they made good use of their time by packing the oakum into the chinks between the logs in the walls.

Taylor Cabin burned to the ground in 1977, possibly because a departing hiker had left an unattended fire going in the wood stove. Taylor Lodge was built on the site, featuring an open front porch with an enclosed bunkroom, but no wood stove.

### **SHARE YOUR FAVORITE HIKING MEMORIES**

Ridge Lines is looking for articles, stories, memories or interview information about places in Vermont that bring delight, solace or peace. If you have a special trail or shelter or lookout or mountain or vista, share your memories of that special place with our readers. You can send a written piece to [maevulus@surfglobal.net](mailto:maevulus@surfglobal.net) – or e-mail or call Maeve (899-4327) to set up a time for a phone interview.

# WHAT'S A WAMPAHOOFUS??



**On the side of Mt. Mansfield is a rocky “footpath in the wilderness” named the Wampahoofus Trail. Did you ever wonder about the origins of the name?**

Here’s an article reprinted from the October 2004 issue of *Ridge Lines*.

## **The Wampahoofus: A Sad Evolutionary Tale**

**By Maeve Kim**

My dad was a native Vermonter who was a Long Trail end-to-ender and hiked every side trail around Mt. Mansfield many, many times. He used to tell the following story about the legendary wampahoofus, the namesake of the beautiful trail on the flanks of Mansfield.

The wampahoofus was a large mammal, now extinct, that some say resembled a moose-gnu hybrid. Its worldwide range was limited to part of Mt. Mansfield, usually between 2600 and 3200 feet up.

Like many large mammals, the males and females didn’t have much to do with each other except during the period of the year devoted to courtship and mating. The rest of the year, the males wandered around Mt. Mansfield in a clockwise direction, grazing and enjoying the scenery, never descending into the valleys, never climbing to the very highest elevations. Females spent a few months a year in the higher reaches of Nebraska Notch, nursing their calves. (My dad’s great-grandfather recalled coming across five of the ungainly cows, each caring for one nursing calf. Quite a sight.) Most of the year, though, the females walked around Mansfield at a high level, although never on the ridgeline. Unlike the male, the female wampahoofus always went around the mountain in a counterclockwise direction. When males and females met at the wrong time of the year, they passed each other without a second look. At the right time of year, of course, they mated.

Now, after hundreds of generations of walking laterally across a slope, the legs of the wampahoofus adapted. The males, who went around the mountain in a clockwise direction, developed shorter right legs than left legs. The females, after eons of counterclockwise perambulation, began to grow shorter left legs than right legs.

This unusual evolutionary adaptation worked fine for many generations – but unfortunately, the uneven leg gene appeared to be dominant. The males’ right legs kept getting shorter and shorter, as did the females’ left legs. Eventually, when a couple met to mate, things just didn’t fit. The wampahoofus died out. Vermont – and the world – lost a truly unique creature.

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Since the above article was published, further research has revealed that the Wampahoofus belongs to a family of animals found in many parts of the world. They’re called *sidehill gougers* or *sidehill dodgers* in the United States, *dahu* in the Alps, and *tamarro* in the Pyrenees. In some places, they are believed to lay eggs, making them the only egg-laying ruminant in history.

Want to hike the Wampahoofus Trail? Climb the Butler Lodge Trail from the Stevensville Trailhead in Underhill Center. Follow the trail around the back of the Lodge. Pass the start of the Rock Garden Trail, and you’ll soon be traversing the haunts of the wondrous beast.

## MUSINGS AT THE END OF A LONG DAY'S HIKE

Did you ever write in a shelter log? Shelter logs contain a rich mixture of philosophy, whining, humor and whimsy. In 2006, we mined old logs from Taft, Taylor and Butler Lodges. Here are some snippets.

Coming down the Forehead on the LT was nice ... if you like sheer terror!! I haven't done this hike in 35 years. I must have been braver *or dumber* back then!

*Thru-hikers smell bad.*

She came up the mountain my girlfriend. She's coming down my fiancée.

*We were the first ones to break through the spider webs as we made our way up the trail. We're truly in the wild.*

*Ya gotta love Deet.*

The full moon was shining on the deck as the clouds that had hovered over Mansfield all day cleared out to the west. I could see the mountain emerging from the surrounding fog. Food forgotten, I stood spellbound. Then stars popped into view in the black blanket of the sky. After a few minutes, the clouds swept back in. I'd experienced a brief, mystical window, a hole in the clouds for my eyes.

The winds tore at our backpacks with ferocity – but MAN PREVAILED OVER THE ELEMENTS!

I predict I'm going to become a famous writer soon. Or I'll win an Olympic medal in TaeKwon-do. But for now, I'm going to sit here and finish my Nutella sandwich.

**I am happy like the raven coasting in the wind currents.**

*Fell asleep under a moon shadow and awoke to pink sun. Clouds blanketing the Worcester Range, sipping green tea, sitting in the rocker. Does life get any better?*

Sometimes taking the wrong trail can be a good thing, leading to ponds and crazy caves. Life can be like that. Sometimes you take the wrong path but it turns out for the best.

**Fellow hikers beware! During the night some critter walked off with my toothbrush.**

After coming up to the mountains from "real life" in the valley, for the first day my mind is still trotting along at a brisk clip, full of the semi-delusional chatter that tends to keep us occupied in our daily lives. After a day, my mind adjusts to the schedule of the woods: sunrise, hunger, work, sunset.

*In the woods there is peace. Here, we are free to be ourselves. There is the peace of beauty, untouched and mysterious. Everything around you is older than you are, and it will be here when you are gone. There is the peace of quiet.*

Nothing warms the soul like a cup of hot brew and a good friend talking the day away.

*Last night I played solitaire. I won without cheating.*

**Today was *off* the meter!**

## Section Outings

### Summer 2014

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.

#### June

6/1 (Sun) **Duck Brook** A very short hike on a LT section that will soon become a side trail. We'll probably see late spring wildflowers, possibly including ladyslippers and lilies. Lunch at Duck Brook shelter with time to hike down to the brook. This shelter was one of Roy Buchanan's last hikes. Moderate hike, slow pace, 2 miles round trip. Dot Myer, 863-2433 or dotmyer@myfairpoint.net

6/7 (Sat) **Paddle Missisquoi National Wildlife Refuge** The Refuge is just north of Swanton and it's an ideal place for quiet water paddling and wildlife viewing. Trip will be approximately 3-4 hours at a moderate pace. Bring water, lunch, hat, sunscreen, and wear appropriate clothing. PFD is mandatory. Kayaks and canoes welcome. For meeting time and place, contact Russ Kinaman at russkin34@comcast.net or 879-6666.

6/8 (Sun) **Mount Mansfield Loop** We'll climb to the ridgeline via Halfway House Trail, head north on the ridge to the summit (aka the Chin), and return via Sunset Ridge. Difficult, fast pace, about 8 miles, 3000' of climbing. Contact leader by 6/6. Rich Larsen, larsen007@aol.com or 878-6828.

6/14 (Sat) **Mt. Ethan Allen** Come along and enjoy a hike to the top of this less frequently visited neighbor of Camels Hump. 5.5 miles round trip, 1800' elevation gain. Lee Wrigley at leewrigley@myfairpoint.net (preferred) or 318-6281.

6/15 (Sun) **Battell Trail to Mt Abraham** This hike climbs steadily, meets up with the Long Trail, and soon reaches Battell Shelter. From there, .8 of a mile gets us to the summit of Mt. Abe after a few steep ascents, and we'll be rewarded with a fine panorama of landscapes. We'll return the same way. Moderate pace, 6 miles round trip. Group limit 10. Dogs are welcome. Carlene Squires, 434-2533 or carlene@gmavt.net

6/21 (Sat) **Worcester Range, Skyline Trail** We'll climb the Middlesex Trail to the summit of Mt. Hunger, then follow the Skyline Trail to Mt. Worcester, then return on the Worcester Mountain Trail. Difficult, ~ 11 miles, ~ 3000' elevation gain. Contact leader by 6/19. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

6/21 (Sat) **Paddle LaPlatte River Delta and/or Shelburne Bay** Depending on the wind, we'll either paddle up the LaPlatte River for 2-3 hours or paddle from the Shelburne Bay fishing access around Shelburne Point for 3-4 hours. Lots of wildlife on the LaPlatte River. Moderate pace. Bring water, lunch, hat, sunscreen, and wear appropriate clothing. PFD is mandatory. Kayaks and canoes welcome. For details, contact Russ Kinaman at 879-6666 or russkin34@comcast.net

6/22 (Sun) **Mansfield Loop** From Underhill State Park we'll head up Sunset Ridge to the Mansfield Chin, then follow the ridge to the Forehead and return via Maple Ridge and the CCC road. Difficult hike, moderate pace, 9 miles, about 2600' elevation gain. Contact leader in advance. Wes Volk, wesvolk@gmail.com or 355-4135.

6/28 (Sat) **Bamforth Ridge Trail** From the Winooski River, we'll hike up the Bamforth Ridge Trail, go the summit, then head down the Monroe Trail where we left our vehicle(s). Difficult hike, moderate pace, 8.6 miles, 3600' elevation gain. Contact leader in advance. Wes Volk, wesvolk@gmail.com or 355-4135.

#### July

7/12 (Sat) **Mystery Outing** Contact leader for details. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

7/13 (Sun) **Belvidere via the LT** Moderate hike, moderate to strong pace, 5.6 miles, 2100' vertical. Contact leader by 7/12. Rich Larsen, 878-6828

7/20 (Sun) **Mystery Paddle** Contact leader for details. Russ Kinaman, 879-6666 or russkin34@comcast.net

## August

8/2 (Sat) **Camels Hump** Start at the north end of the Long Trail on Duxbury Road, up the Bamforth Ridge Trail, and down Monroe Trail (if we have a vehicle to do a point to point). Difficult hike, moderate pace, 11 mi., 3400' elevation gain. Contact leader for details. Wes Volk, 355-4135 or wesvolk@gmail.com

8/3 (Sun) **Elmore Mountain Hike and Swim** Elmore Mountain has excellent views. On a good day you can see from Jay Peak to Lincoln, as well as the Worcester Range, Waterbury Reservoir, the Lamoille Valley, and some peaks in the Northeast Kingdom. The trail up varies, with some steep and rocky parts. Moderate difficulty, slow pace, 4.2 mi. 1450' ascent. After the hike on a hot August day, a swim in Lake Elmore in the Elmore State Park will be welcome! Park entrance fee. Dot Myer, 863-2433 or dotmyer@myfairpoint.net

8/9 (Sat) **Mystery Paddle** Contact leader for details. Russ Kinaman, 879-6666 or russkin34@comcast.net

8/10 (Sun) **Biking in Shelburne and Charlotte** We'll meet at the Shelburne Bay boat launch and ride on the Bay Park Trail north to Harbor Road, then continue to its end at the Shelburne Shipyard (8 miles round trip). We'll return on Harbor Road, cut through Davis Park and take trails to Bostwick Road, where we'll ride to Charlotte Beach and return (16 miles round trip.) Easy terrain at a moderate pace, 24 miles. Group limit 5. Contact leader by 8/9. Ted Albers, 557-7009 or ted@ted-albers.net

8/16 (Sat) **Mansfield Loop** From Underhill State Park we'll head up Sunset Ridge to the Mansfield Chin, then follow the ridge to the Forehead and return via Maple Ridge and the CCC road. Difficult hike, moderate pace, 9 mi., 2600' elevation gain. Wes Volk, 355-4135 or wesvolk@gmail.com

8/23 (Sat) **Mt. Hunger/White Rocks Loop from Middlesex** We'll hike up Mt. Hunger from the Middlesex (east) side of the mountain. This trail goes up pretty steadily with a few scrambles near the top. From the top of Mt. Hunger, we'll go down the west side of the mountain a short ways and take the trail over to White Rocks. From White Rocks, we'll loop back to the trail we started on and return to the trailhead. Estimated hiking time is 5 hours, including lunch. Moderate/difficult hike, moderate to strong pace, 6 mi., 1900' elevation gain to Mt. Hunger and an additional 570' to the top of White Rocks. Group limit 10. Sheri Larsen, 878-6828 or larsen007@aol.com

8/24 (Sun) **App Gap to Carse Road** We begin the hike on Route 17 on the Long Trail in Appalachian Gap and hike over Baby Stark Mt. and Molly Stark Mt. to Birch Glen Shelter. Then we'll take the Beane Trail to Carse Road. Dogs are welcome. Bring lunch, water and rain gear. Moderate hike, 4.1 miles. Carlene Squires, carlene@gmavt.net

8/31 (Sun) **Mystery Outing** Contact leader for details. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

## September

9/6 (Sat) **Paddle Waterbury Reservoir** We'll spend approximately 3-4 hours paddling to the end of the Reservoir and back at a moderate pace, stopping along the way to stretch and for lunch. Water should still be warm for swimming. Bring water, lunch, hat, sunscreen, and wear appropriate clothing. PFD mandatory. For place and time of put-in, contact Russ Kinaman, 879-6666 or russkin34@comcast.net

9/7 (Sun) **Wind Gap, Beaver Ponds, and Allis Trail** This hike gives two very different views of Camels Hump, and passes a fast flowing brook (with a good bridge), beaver ponds, and Montclair Glen Lodge. The trail starts at the Camels Hump parking lot in Huntington (with a slightly longer version if people prefer). Moderate difficulty, slow pace, approx. 4.5 mi. Dot Myer, 863-2433 or dotmyer@myfairpoint.net

9/7 (Sun) **Mystery Outing** Contact leader for details. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

9/13 (Sat) **Paddle Green River Reservoir** We'll spend approximately 4 hours paddling around this Reservoir northwest of Morrisville. Fall colors should be starting and the loons will still be around. Moderate pace with stops to stretch and for lunch. Bring water, lunch, hat, sunscreen, and wear appropriate clothing. PFD mandatory. For place and time of put-in, contact Russ Kinaman, 879-6666 or russkin34@comcast.net

## September - continued

9/13 (Sat) **Emily Proctor Trail** From South Lincoln Road, we'll enter the parking lot/camp site and then take Emily Proctor Trail for about 1 mile until we cross the beautiful brook! Then we follow the recent blazes. (Yes! There are old blazes that take you off the trail.) Somewhat of a view at the top, past a shelter. Moderate hike at a moderate pace, 7 mi., 2600' elevation gain. Wes Volk, 355-4135 or wesvolk@gmail.com

9/21 (Sun) **LaPlatte River Paddle** We'll paddle around the Laplatte River in Shelburne and see if we can spot the braves working on their lodges. If there is not enough water in the upper river, we'll retreat for a nice paddle in Shelburne Bay. Length and duration to be determined by group but we'll be finished by 11am. Bring your canoe or kayak and meet at the public boat launch in Shelburne Bay on Bay Road at 9:00 AM. On Google Maps, search for: "1135 Bay Road, Shelburne, Vermont 05482." The boat launch is ½ mile east of the entrance to Shelburne Farms (at Harbor Road and Bay Road.) Contact leader by 9/20. Ted Albers, 557-7009 or ted@ted-albers.net

9/28 (Sun) **Mansfield Loop** From the Stevensville Road trailhead/parking lot, we'll hike up Butler Lodge Trail and Wampahoofus Trail to the forehead for a total of 2.8 mi. then travel the ridge for 1.8 mi. We'll backtrack to Maple Ridge and then Frost Trail. Fantastic hike if you have the endurance! Difficult hike, moderate pace, 10 mi., 2500' elevation gain. Wes Volk, 355-4135 or wesvolk@gmail.com

9/28 (Sun) **Mystery Outing** Contact leader for details. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

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## YUMMY TRAIL FOOD

Are you planning to do some backpacking this summer? Here are recipes for a hearty breakfast and supper, the first from Sue Girouard and the second from Deb Brown. (Both recipes are reprinted from the January 2005 issue of *Ridge Lines*.)

### **Breakfast to Keep You Hiking All Day**

At home, make single-serving bags of the following ingredients:

½ cup or so old-fashioned oatmeal (Old fashioned oatmeal takes a little longer but doesn't get "gluey" like the quick kind.)

1 T. or so chopped walnuts or almonds

1 T. or so raisins or "craisins" or other dried fruit

1 T. or so brown sugar

pinch of salt if desired

On the trail, dump contents of bag into just under 1 cup of water. Bring to a boil and cook 4-5 minutes, stirring occasionally.

### **Spirals with Pesto and Sun-dried Tomatoes - Tasty, healthy, one dirty pot, and no fork required!**

At home, put spoon-sized pasta in a bag (about 4 ounces per person) and add sun-dried tomatoes, dried toasted pine nuts, onion flakes, dried broccoli, and dried mushrooms (or any similar combination). If you don't like big chunks of the tomatoes, slice into smaller pieces first.

In two smaller bags, put some pesto (dried, fresh or in a tube) and some parmesan cheese. Parmesan cheese keeps much better than moister cheeses like cheddar.

Adding olive oil will give you more flavor and calories. If you want to bring some, use a small (1oz) Nalgene bottle or buy some little foil packages of oil at a deli or salad bar.

Put the two smaller bags and the olive oil container inside the pasta bag so all elements of the dinner are together. You might also want to stick a clove of garlic in the bag!

On the trail, slice up the garlic and sauté it briefly in olive oil. Then add only the amount of water you need to cook the pasta & veggies (about 400 ml per serving).

Dump in the contents of the pasta bag and boil about 2-3 minutes. (If your stove is a "blow torch" model, you may need to hold the pot a few inches above the flame.)

Turn off the stove and cover. Your dinner will finish cooking by itself, and you'll save fuel.

When you're ready to eat, pour any extra liquid into your mug for a yummy broth.

Stir the pesto and cheese into the pasta, plus salt and pepper if needed.

*Ridge Lines*

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