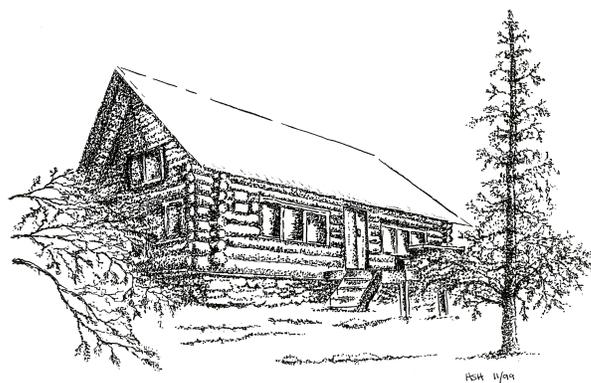


RIDGE LINES

GREEN MOUNTAIN CLUB
BURLINGTON SECTION
Winter 2016-2017



www.gmcburlington.org
gmc@gmcburlington.org
802-557-7009

WINTER

A GREAT TIME FOR OUTDOORS FUN!

- See pages 5-7 for over two dozen outdoor outings and adventures: hiking, snowshoeing, cross-country skiing, overnight backpacking, and even winter bird-watching.
- See page 3 for snowshoeing locations close to Burlington.
- See page 4 for safety tips: frostbite, hypothermia, backwoods drinking water.

A GREAT TIME FOR FASCINATING PROGRAMS!

- Come to the Burlington Section Annual Meeting for food, conversation, and inspiration. See page 2 for information and page 8 to preregister.
- Hear stories and see photos about hiking along the former border between East and West Germany – page 2.
- Hear stories and see photos from a trip to Patagonia and the Atacama Desert (South America) – page 2.
- Hear stories and see photos about hiking in parts of Italy, Slovenia and Slovakia – page 2.

Want to save the GMC some expense? And save a tree or two?

Many Burlington Section members have already chosen to receive *Ridge Lines* electronically instead of getting paper copies in the mail. They are reducing paper use and, at the same time, helping the Section to trim expenses. If you'd like to start getting your newsletter as an on-line PDF only, just send us your name, at gmc@gmcburlington.org. Each quarter, you'll get an email message letting you know when the latest issue is posted online and where you can read it or download and print it.

ANNUAL MEETING

The Burlington Section of the Green Mountain Club will hold its annual meeting on Saturday, **January 28, 2017**. Enjoy a delicious supper with lasagna, garlic bread, coffee and tea - plus potluck appetizers, salads, beverages and desserts.

After supper we'll have a short business meeting during which you can participate in making important decisions for the Club. Then we'll all enjoy an exciting program about the beauty of wilderness.

We'll meet at the Faith United Methodist Church at 899 Dorset Street, South Burlington. Sign-in and socializing starts at 5:00, dinner at 5:45. The business meeting will run from 6:45 to 7:30. After a brief pause to rearrange seating, our evening's program will start at 7:45. There will be time for questions after the approximately 45-minute presentation. Adults ~~\$10~~, students and children free. Adults \$8

Go to page 8 to find what you can bring as a potluck contribution. RSVP and pre-register by sending the form on page 8 or by e-mailing events@gmcburlington.org

Legacies of the Iron Curtain A Natural History of the Former Border between East and West Germany

A native of northern Germany, Kerstin Lange first came to Vermont in 1995 to work as a caretaker on Mount Mansfield. She has long been interested in the relationships between humans and landscapes and the processes that shape the land. In recent years, she has turned her attention to the 900-mile long former border between East and West Germany. For this program, Kerstin will give an illustrated variation of her talk "From Death Strip to Green Belt", about the space that once was the border between East and West Germany. Find out how one of the world's deadliest borders was transformed into the world's most bizarre-shaped nature preserve. Kerstin will talk about the remarkable transformation of this militarized zone into a natural green belt and will weave in stories about the Greens and about connecting with the outdoors and nature. This will be an entertaining and meaningful talk, so much more than just a travelogue.

TAYLOR SERIES

From the GMC website: *For more than 100 years, the Long Trail has inspired Vermonters to seek adventure in the Green Mountains and beyond. The James P. Taylor Outdoor Adventure Series, named after the man who first envisioned the Long Trail, brings such adventures to you through stories, photographs and videos. Join us for inspiring presentations that will transport you to mountains and waterways near and far as we celebrate twenty-three years of the Taylor Series - a great way to spend an evening!*

We're pleased to announce two upcoming Taylor Series events.

On Friday **December 16, 2016**, join us at 7PM at GMC Headquarters on Route 100 in Waterbury Center for a slideshow presentation by Sheri and Rich Larsen about their recent trip to Patagonia (at the southernmost tip of South America) and the Atacama Desert.

Rich and Sheri will also share pictures and stories on Friday **March 3, 2017**, 7PM in the Richmond Free Library (201 Bridge Street Richmond VT). The program is titled "Day Hiking in the Dolomites, Julian Alps and Tatra Mountains". Europe has many interesting hiking destinations. In two separate trips to Europe, the Larsens hiked in the well-known Dolomite Mountains in northeast Italy as well as the lesser-known Julian Alps in northwest Slovenia and the Tatra Mountains in southern Poland and northern Slovakia. In their presentation, the Larsens will discuss the logistics of day-hiking on their own in these three mountain ranges and show slides from some of their favorite hikes in each region.

Admission for Taylor Series events is \$5 for GMC members and \$8 for non-members, with kids 12 and under for free. Buy tickets at the door. All proceeds benefit GMC sections and GMC Education Programs.

Snowshoeing Close to Home

We're all hoping that winter 2016-2017 brings more snow than last year! Maybe we can send encouraging vibes if we all start thinking about winter fun. Here are a few recommendations of local trails that are good for snowshoeing and sometimes for cross-country skiing. These areas aren't groomed for winter use but they're used enough so there's usually a packed surface.

The **Winooski Valley Park District** has 16 parks with beautiful and scenic trails, each just a short drive for most Burlington Section members. (Go to www.wvpd.org and click on Parks.)

- Colchester Pond near Essex Center – There's a trail around this 182-acre pond that goes through old farmland and forest. Take your lunch and rest at a rocky ledge high above the pond, with the resident ravens circling overhead.
- Woodside Natural Area near St. Mike's and the Fanny Allen Hospital – A one-mile loop takes you through woods, by a beaver pond and along the Winooski River.
- Ethan Allen Homestead in the north end of Burlington has many acres along the Winooski and through open fields.
- Macrae Farm in Colchester has cross-country ski trails that traverse floodplains and meadows.

In the Essex/Underhill/Jericho area, there are paths around **Indian Brook Reservoir** and behind the **Old Red Mill** in Jericho. **Mills Riverside Park** has extensive trails through fields and forests and is often enjoyed by snowshoers and cross-country skiers. **Mobbs Farm** on Fitzsimonds Road in Jericho Center has many miles of wooded trails and open vistas.

Red Rocks in South Burlington has trails through woods and along the shore of Lake Champlain. This is a great place to walk any time of the year. In winter the trails are good for skiing or snowshoeing.

In South Burlington, **Wheeler Nature Park** has beautiful trails through forests and fields. Turn off Dorset Street onto Swift Street Extension. Veterans Memorial Park is on the left, and the parking lot for Wheeler Nature Park is on the right.

Bay Road in Shelburne has three diverse trails. Across the road from the large fishing access parking lot, you can walk through woods, marshes and open land on either the **LaPlatte River Natural Area** trail or the **Ti-Haul Trail**. Both are flat and easy. From the nearby parking lot at **Shelburne Bay Park**, you have a choice of relatively flat trails along the lake or through the woods, or you can choose the steep (but short) Allen Hill Trail. - **Section President Ted Albers will lead a ramble on 12/11 that would be a great introduction to these trails!**

Shelburne Farms has acres and acres of beauty, with many trails that are good for skiing or snowshoeing. Park at the Visitor Center and go inside to check in before starting to walk.

Mud Pond Conservation Area and **Mud Pond Country Park** in Williston are great places to feel away from it all, just a few miles from Tafts Corners. The Conservation Area features a short trail through woods to a peat marsh and pond. Across the street is the Country Park, 79 acres of forested trails for a variety of nonmotorized travel.

Five Tree Hill Country Park, also in Williston, features a short hiking trail that can be linked to the Mud Pond area trails to make a 4.5-mile hike.

The Colchester **Causeway** is an old railroad bed extends that across Lake Champlain almost all the way to South Hero. Windy but beautiful!

Maps and directions for these hikes can be found on-line by going to the Local Motion Trail Finder.

Snowshoeing in Vermont: A Guide to the Best Winter Hikes (2nd Edition) is available through GMC (at the hiker center in Waterbury or on-line at greenmountainclub.org) and is invaluable. The first chapter gives tips about equipment, clothing, winter safety and snowshoeing with a group. Then there are descriptions of hikes in the Northeast Kingdom, North Central VT, the Champlain Valley, Mt. Mansfield and Stowe, the Worcester Range and Waterbury, Camels Hump, central VT and southern VT. Interspersed are descriptions of "Short and Sweet" hikes suitable for beginners or young children.

Some Winter Safety Tips

The best way to deal with hypothermia and frostbite is to prevent them! Stay well hydrated, well fed, and dry.

Dress like an onion and remember the Three W's. Always dress in layers. Start with a layer like wool or polypro that will **W**ick moisture away from your skin. Wear a **W**arming layer like fleece. Wear a layer that will protect you against **W**et. Your top layer should be a waterproof and windproof shell made of breathable material to help keep your moisture level down. (It's nearly impossible to stay warm if you're wet!) You should also carry an extra warm layer to put on as soon as you stop for a rest, especially if you get sweaty.

Add and remove layers depending on your activity level.

Plan ahead for possible emergencies. Make sure your pack has extra clothes, including hats and gloves, in case you or someone else in the group becomes wet from sweat, melting snow, or an accidental fall into a stream. And don't forget a flashlight or headlamp; it gets dark early in the winter!

Put the summer hiking boots away. Felt-lined pac boots might be okay for lower elevation snowshoe travel. For higher elevation travel, you might do better with plastic mountaineering or "double" boots.

Fuel your body. Bring plenty of high-calorie snacks like gorp, chocolate, cheese, and peanut butter.

Hydrate. We sometimes don't feel like drinking when it's cold, but our bodies need liquid! A good way to get liquid and sugar and keep warm at the same time is to bring along a thermos of hot chocolate or hot Tang. Avoid caffeine, which dehydrates.

During your hike, watch For the Umbles! Warning signs for **hypothermia** are mumbling, fumbling, and stumbling. If a member of your group starts having trouble with fine motor skills such as zipping a jacket, or if they start slurring their speech, or if they can't walk in a straight line, start treatment for hypothermia at once. Get the person dry. Warm the person's trunk first (not the hands and feet) by wrapping him or her in warm clothing. Give warm fluids. (There's a lot more info on-line about treatment for hypothermia.)

Like hypothermia, it's better to prevent **frostbite** than to treat it. Protect the skin from wind and wet. Avoid clothes that cut off circulation. Check in with fellow hikers often. (Several years ago, Burlington Section Member Frank Gibney recommended looking folks in the eye and asking, "Can you feel your toes and fingers?" If there's any hesitation at all, stop and deal with the situation immediately. Frank led a trek up Mount Kilimanjaro, so he should know!) Remember that people who have been frostbitten before are much more likely to suffer a repeat injury.

Drinking Water

If your fun this winter includes an overnight hike, be sure you think about the water you'll be drinking and using for cooking, brushing your teeth, etc. Vermont's high country streams might look crystal clean, but you shouldn't consider them safe to drink. You'll be better off just assuming that every body of water has some microscopic organisms that can hardly wait to get inside your intestines and make you miserable. One of these, giardia (or giardiasis) is one of the most common causes of waterborne disease in the United States – and it's **nasty**. Giardia can cause abdominal cramps, bloating, nausea and diarrhea that can last over six weeks.

The Center for Disease Control (CDC) recommends avoiding untreated water from lakes, rivers, springs, ponds, streams and shallow wells. If you have to rely on water from one of these sources, treat it first. The CDC says to bring the water to a rolling boil for at least 1 minute but many other sources recommend five minutes, longer at altitudes greater than 6500 feet. Alternatively, you can use a commercial filter with an absolute pore size of 1 micron or smaller.

If you can't use any of these methods, you can use iodine or chlorine tablets. However, the CDC warns that using chemicals might be less effective than boiling or filtering because the amount of chemical to use depends on the temperature, pH and cloudiness of the water. Iodine and chlorine also affect the flavor of the water.

Section Outings

Winter 2016-2017

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 2016

12/3 (Sat) **Devil's Gulch** A 3.8 mile loop on the Long Trail that passes a lake and a gulch. Moderate snowshoe. 3.8 miles. Rose Scavatto, rose.scavatto@gmail.com.

12/4 (Sun) **Sterling Pond** We'll hike to Sterling Pond from the top of Smugglers Notch (if 108 is open) or from the winter parking in Stowe on 108 (if it's closed). Easy or difficult hike / snowshoe, depending on whether 108 is closed. Kim Farone, kfarone@yahoo.com.

12/10 (Sat) **Mansfield via Laura Cowles Trail** From the Underhill State Park, we'll climb to the summit of Mt. Mansfield via the Laura Cowles Trail. Difficult hike / snowshoe. 5.5 miles, 2550' elevation gain. Peter Hewitt, phewitt21@mac.com.

12/11 (Sun) **Shelburne Bay Walk** We'll walk the Shelburne Bay Park trail to its end (which includes small Allan Hill) and walk back via a bike path, then continue across Bay Road and walk through the LaPlatte River Natural Area returning on the Ti-Haul trail. Dogs allowed. You are all invited to my house for hot chocolate afterwards if it's a chilly day. Easy, walk, 3 to 4 miles. Ted Albers, ted@ted-albers.net.

12/17 (Sat) **Hunger and White Rocks** To Waterbury we go, as all holiday shopping will be complete (right!) and who wants to fight those crowds! Group can decide what summit we'll hit first. Difficult hike / snowshoe. Strong pace, 6 miles. Robynn Albert, robynnalbert@hotmail.com.

12/18 (Sun) **Not-Quite-Solstice Hike** We'll meet at the Stevensville trailhead in mid-afternoon to arrive at Butler Lodge to watch the sun setting over the Adirondacks. Eating chocolate mandatory; singing carols optional. Moderate hike / snowshoe (hiking down by headlamp). 3.2 miles, 1500' elevation gain. Mary Lou Recor, mlrecor@myfairpoint.net or 660-2834.

12/24 (Sat) **Christmas Eve Birding!** Let's walk a dirt road in Addison County looking for Snow Buntings, Horned Larks, Rough-legged Hawks and maybe other raptors, and then stand by the shores of Lake Champlain with a few spotting scopes and ogle diving ducks, loons and grebes. Maeve Kim, 899-4327 or maevulus@surfglobal.net

12/31 (Sat) **Mansfield Ridge** From Underhill State Park we'll head up Sunset Ridge to the Mansfield Chin (summit), then follow the ridge to the Forehead and return via Maple Ridge Trail and the CCC road. Difficult hike / snowshoe. Moderate to strong pace, 9 miles, 2600' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

January 2017

1/7 (Sat) **Moderate Mystery Trip** Destination to be decided – but it's sure to be great! Contact trip leader for more information. Moderate. Wes Volk, wesvolk@gmail.com or 355-4135.

1/8 (Sun) **Butler Lodge via Nebraska Notch** Starting from Stevensville, we'll hike the Nebraska Notch Trail to the Long Trail, then follow it to Butler Lodge and return along the Butler Lodge Trail. Moderate snowshoe. Moderate to strong pace, 6.2 miles, 1700' elevation gain. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

1/14 (Sat) **Camels Hump via Forest City Trail** We'll ascend the Forest City trail from the Burrows trailhead, hit the summit, then down Burrows. Difficult snowshoe. Strong pace. 6 miles. 2400' elevation gain. Robynn Albert, robynnalbert@hotmail.com.

1/21 (Sat) **Lonesome Lake in Franconia, NH** Head over to the White Mountains for the day. The Lonesome Lake Trail is a heavily trafficked loop trail near Lincoln NH that features a lake. We'll stop by and check out the AMC Lonesome Lake hut and have lunch! The platforms just outside the hut are great for a view of Lafayette, Little Haystack and Lincoln Mtn. Range. After lunch we'll walk around the lake and head back down the trail. Moderate snowshoe. 3.1 miles. 950' elevation gain. Kim Farone, kfarone@yahoo.com.

January 2017 – cont.

1/28 (Sat) **Stowe Pinnacle** For beginners or those wishing to do something on the smaller side. Great views of Stowe Village! Easy to moderate snowshoe. Strong pace, 3 miles. Robynn Albert, robynnalbert@hotmail.com.

1/29 (Sun) **Duxbury Window** Let's recover from Saturday night's Annual Meeting by taking a hike up to the Duxbury Window. This Long Trail hike starts at the LT trail head on Duxbury Road near the Winooski River at the lowest point on the LT. The trail follows Bamforth Ridge, one of the flanks of Camels Hump. Your Section President guarantees winter-like weather and great views (or no views if that's the case) or your money back. Easy to moderate snowshoe. 3.2 miles, 950' elevation gain. Ted Albers, ted@ted-albers.net.

February

2/4 (Sat) **Easy Mystery trip** Contact trip leader for more information. Wes Volk, 355-4135 or wesvolk@gmail.com

2/5 (Sun) **Burnt Rock via Hedgehog Brook Trail** We'll snowshoe up the Hedgehog Brook Trail to 360-degree views atop Burnt Rock Mountain. Moderate snowshoe. Moderate pace, 5.2 miles, 2100' elevation gain. Lindsay Pokorak, lpokorak@gmail.com.

2/11 (Sat) **Adirondack Surprise!** As I sit here writing this description, we're having a mid-October 80 degree day in VT! So February seems far, far away ... but I know it'll be here soon enough! If you're interested in this across the pond outing, high peak TBD, let me know. Count on a 15 hour day from A to B with eats and libations planned post-hike with a fireplace to boot! I'll decide on a peak as the date draws closer or maybe let the group choose between a few options. Difficult snowshoe, strong pace, 8-10 miles. Robynn Albert, robynnalbert@hotmail.com.

2/12 (Sun) **Laplatte Snowshoe** Use snowshoes or microspikes on the LaPlatte River Marsh Natural area (which should be frozen solid) then the Shelburne Bay Clarke Trail and perhaps some of the Ti-Haul Trail, all in Shelburne. Total distance to be determined by the group depending on the trails we take but will be between four and six miles, mostly flat. This is a chance to get familiar with the walks around Shelburne Bay and the LaPlatte. Birders bring your binoculars - we'll try to tread lightly so we don't scare off and possible sightings! Easy snowshoe. Ted Albers, ted@ted-albers.net.

2/19 (Sun) **Hunger Mt.** This trail climbs the east side of Hunger Mountain. This is an awesome semi-challenging mountain in the Worcester Range. Be prepared for a bit of scrambling up some boulders towards the wide open summit. Make sure to have your microspikes handy. The summit offers great views of Mt. Mansfield, Camels Hump, much of the Greens and on a good day the Presidentials. Moderate snowshoe, 5.8 miles, 1900' elevation gain. Kim Farone, kfarone@yahoo.com.

2/25 (Sat) **Camels Hump Loop** We'll take Forest City Trail to Montclair Glen Lodge, then climb the Long Trail to the Camels Hump summit and return along the Burrows Trail. Difficult snowshoe, moderate to strong pace, 6 miles, 2400' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

2/26 (Sun) **Belvidere Mt.** Starting at the trailhead on Rt. 118, we'll hike up the Long Trail to Belvidere Saddle and then take the spur trail to the top. The trail up is rough and steep in places, especially with snowshoes, but the views on top are lovely. If the fire tower isn't too icy, we can climb up for even better views. Snowshoes and spikes are required. Estimated hiking time is 4.5 to 5 hours, including lunch. Moderate to difficult snowshoe, moderate to strong pace, 5.6 miles, 2140' elevation gain. Group limit 12. Contact leader by 2/24. Sheri Larsen, larsen007@aol.com or 878-6828.

March

3/4 (Sat) **Cantilever Rock** From the winter parking area for the Underhill State Park we'll head up the Sunset Ridge Trail and take the spur to Cantilever Rock. Moderate snowshoe. Moderate pace, 6 miles, 1600' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

3/11 (Sat) **Moderate to Difficult Mystery Trip** Contact trip leader for more information. Wes Volk, wesvolk@gmail.com or 355-4135.

3/12 (Sun) **Mt Elmore** Mount Elmore moderately trafficked out and back trail located near Wolcott, VT that features a lake view. There is also a fire tower at the summit for a better view of the Lake. Moderate snowshoe, 4.3 miles, 1250' elevation gain. Kim Farone, kfarone@yahoo.com.

March – cont.

3/18 (Sat) **Mt. Hunger & The Reservoir** A post-St Patrick's Day ascent of Mt. Hunger, followed by a side trip to The Reservoir in Waterbury. Moderate snowshoe, 4.5 miles, 2250' elevation gain. Phil Hazen, 355-7181 or philhazen@comcast.net.

3/19 (Sun) **Stowe Pinnacle** Stowe Pinnacle Trail is a moderately trafficked out-and-back trail located near Stowe. Views of Mt. Hunger and Camels Hump. Trail starts out fairly flat, then a section of steep approaching the Hogback Trail junction and for a short distance after, then the trail levels out until just before the rock summit. Easy to moderate snowshoe, 3.6 miles, 1600' elevation gain. Kim Farone, kfarone@yahoo.com.

3/25 (Sat) **Buchanan Mt. & Bruce Peak** From Jay Pass at VT Route 242 we'll take the Long Trail south over Gilpin Mt. and Domey's Dome to the summits of Buchanan Mt. and Bruce Peak, and then return. Difficult snowshoe, moderate to strong pace, 7.8 miles, 3000' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

3/26 (Sun) **Little River State Park XC Ski** We'll loop through the state park, ascending on narrow hiking trail and descending on wider roads. The route is just hilly enough to make it interesting. Easy to moderate XC ski. 5 miles. Mary Lou Recor, 660-2834 or mlrecor@myfairpoint.net.

The Burlington Section's own Poet Laureate, Mary Lou Recor, has penned two more trip reports in verse.

Nun-da-ga-o Ridge - August 27, 2016

(note: Nun-da-ga-o Ridge is in the Adirondacks, near Lake Placid.)

There were seven of us on the hike.
We hiked the ridge Nun-da-ga-o.
No rain, but clouds in the sky-o.
Not sure where we were
on this adventure.
So glad to see the old car-o.

Three Ferries Bike Ride – September 17, 2016

Across on three ferries eight went.
For time on a bike is well spent.
Got splashed on the boat.
The south wind's no joke.
We bucked it all the way to Port Kent.

NEWS FROM THE MAIN CLUB

The latest issue of GMC's *Long Trail News* includes some impressive numbers for 2016:

- The club now has 9,500 members.
- In 2016, 420 miles of trail were maintained.
- 9,882 hours of service were volunteered.
- 25,000 acres of land were cared for by our stewardship program.
- 100,000 people enjoyed the Long Trail system.
- 271 registered as End-to-End Long Trail hikers.
- 600 people participated in GMC educational workshops and trainings.

Ridge Lines

GMC BURLINGTON SECTION

Green Mountain Club

4711 Waterbury-Stowe Road

Waterbury Center VT 05677

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Burlington Section Annual Meeting and Dinner

<p>Saturday January 28, 2017</p> <p>Faith United Methodist Church</p> <p>899 Dorset Street, South Burlington</p> <p><i>Please RSVP to events@gmcburlington.org</i></p> <p>Or send this form along with a check made out to GMC Burlington Section to: Maeve Kim PO Box 1086 Jericho VT 05465</p>	<p><i>Potluck assignments, by first letter of last name</i></p> <p>A-G Dessert H-S Beverage* T-Z Salad</p> <p><i>*Alcoholic beverages aren't permitted on church property.</i></p> <p>Adults - \$10.00 \$8 Children - free</p>
<p>Socializing starts at 5:00, live music at 5:15, dinner at 5:45.</p> <p>IMPORTANT: Bring your own plate, eating utensils, and mug.</p> <p>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 _____