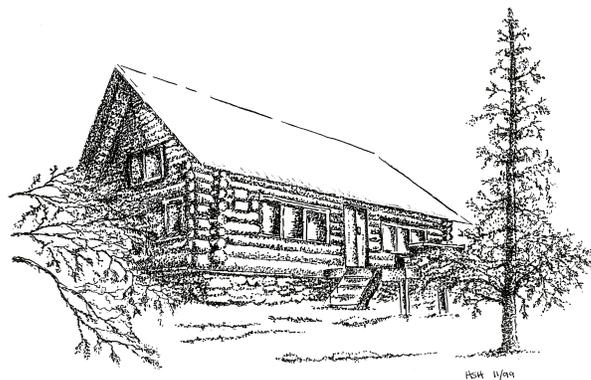


RIDGE LINES



GREEN MOUNTAIN CLUB
BURLINGTON SECTION

Spring 2019

www.gmcburlington.org
gmc@gmcburlington.org

Heard Along the Trail

Heard Along the Trail - A man and woman were standing next to “Frenchman’s Pile”, on the Mt. Mansfield ridgeline not far from the parking lot at the top of the Toll Road. The man had his arm around the woman and was telling her with great authority where they were and what they were seeing. As they gazed directly west, he squeezed her shoulders and said, “If it were just a little clearer, honey, we could see Montreal! Right there!”

Heard Along the Trail - Two hikers were making their way along the ridgeline near the top of the Cliff Trail. The dad was carefully reminding his son that there were things up there that needed careful protection. “See, son?” he said, pointing at the lichen-covered rock face, “that green stuff’s very delicate. Very. You don’t walk on it.” Then he pointed to the fragile low-growing sedges. “We’re supposed to walk on this *grassy stuff*. Remember. Don’t walk on the rocks. Always walk on the grass.”

Heard In the Hiker’s Center - Phone call from a man who said he was planning to take some out-of-state guests on a day hike in the vicinity of Camels Hump: “I’ve just got a couple of questions. First, who does the catering at the Bamforth Ridge Shelter? Are there vegan options? And what about AC?”

Heard Along the Trail – by editor Maeve – I’m a very slow hiker, one of the slowest hikers in the entire world. One day I was doing my favorite solo hike up Frost Trail to the wide open rock face for lunch, and I **passed** two men! Actually passed them! I was delighted, excited, proud, pleased as punch – until I overheard one man say to the other, “You know, John? We’re doing pretty good for our first outing with our brand-new knees!”

Also in this extra-long issue:

- Historic Bolton Lodge Revived and Revisited – pages 2 and 3***
- What Did Our Section Do in 2018? - Committee Reports – pages 3, 4 and 5***
- Executive Committee Names – page 5***
- Trip Leading 101 – page 6***
- Hiking in Vermont’s Fifth Season – pages 7 and 8***
- Trail Food Recipe – page 8***
- Trips and Outings – pages 9 – 11***

ARE YOU A FAN OF HISTORY?? WANT TO HELP OUT WITH OUR OWN HISTORY?

We’re looking for anyone who would like to help index the Burlington archives, now stored at the main club in Waterbury. Ted and a volunteer (hint hint) will work on a computerized index a small trove of the Section’s archives, including the GMC’s first financial report, shelter logs, letters documenting our agreements with the State, land acquisitions, and 90-year-old meeting notes handwritten by GMC’s founders. Want to help? Contact ted@ted-albers.net

HANDY WITH FB? We are also looking for someone to help our Facebook manager Cara Nelson keep our section Facebook page up to date. Are you a handy ‘Facebooker’? Want to help? Contact ted@ted-albers.net

Historic Bolton Lodge Revived and Revisited

By Ted Albers, President, Burlington Section

This story draws on an article by GMC Executive Director Mike DeBonis in the *Burlington Free Press* on March 18th, 2016.

Bolton Lodge, one of several heated cabins managed and rented to the public by the Green Mountain Club, marks its 91st winter this season. It is an increasingly popular overnight refuge from winter cold and a delightful warm weather shelter. But it might easily have been permanently abandoned, moldering into the earth rather than welcoming and providing comfort for those who love quiet, remote spots.

The lodge's recorded history begins in the January 29, 1928 minutes of the GMC Burlington Section, which reported discussion of a shelter on Bolton Mountain "...being necessary as there is no shelter between Camel's Hump and Taylor Lodge." Ed Smith, the Section treasurer, said there was no money available but he thought "it could be raised possibly part coming from the 'state club' [GMC] funds." A motion "that the Section be authorized to build a lodge on Bolton" passed.

Later that year Edward S. Bryant, a Bolton property owner, skiing pioneer, and conservationist, helped the GMC select a site for a Long Trail shelter near Joiner Brook to replace deteriorating Dunsmore Lodge. Dunsmore was the first Long Trail shelter, built in 1917 to provide a base camp for extending the trail north to Mount Mansfield.

According to the *Long Trail News* of December, 1928, "The new lodge on Bolton Mountain is probably the best constructed and most inviting camp yet built on the Trail. ... It is designed after the cottages of Wales and Ireland, four feet of cobblestone at the base, white stucco above, and a four-sided roof with round corners. Red and black shingles, trimmed irregularly give the effect of a thatched roof. . . It is warranted porcupine proof." Its location near Joiner Brook made it ideal: "The view from the front is of surpassing beauty, with the Couching Lion (Camel's Hump) in the center of the picture." The building cost \$1,100.

John Page, recently president of the GMC, commented on Bolton Lodge's unusual design. "Why the Welsh-Irish crofter cottage motif? Porcupine destruction was a major issue in that day. Although most shelters were built of wood, more than a few were constructed of stone or corrugated sheet metal to defeat the relentless gnawing of porcupines." [Editor's notes: Crofters were tenants on small Scottish farms who worked at small-scale food production. And porcupines were a major problem along the Long Trail at that time!]

Page observed that the appearance of a crofter's cottage fit the setting at the top of a large meadow, of which the current grassy clearing is a remnant. (Camel's Hump is no longer visible.) In the early days, nobody carried tents on the Long Trail, and everyone cooked on wood fires, so shelters in high usage areas had to accommodate crowds. Stoves such as those at Bolton Lodge and other LT lodges were not just convenient: they consumed vastly less wood than open fires for a given amount of cooking. They also increased safety by warming hikers and drying clothing.

Despite its sturdy construction, Bolton Lodge deteriorated in the 1950s. Completion of the Bolton Valley Ski Area access road in 1966 accelerated its decline.

"Its close proximity to the paved road eliminated the wilderness experience of the Long Trail, and increased the instances of misuse and vandalism of the shelter," GMC Executive Director Mike DeBonis wrote in the *Burlington Free Press* issue of March 18, 2016. "As a result, the GMC relocated the Long Trail away from the Joiner Brook Valley and Bolton Lodge, to the high ridgeline to the west in 1984.

"Subsequently Bolton Lodge and Bryant Camp were maintained, initially by Gardiner Lane, and later by others associated with the Bolton Valley Nordic and Backcountry Ski Center as winter-use shelters. Without Lane's careful and dedicated protection, it is unlikely that both Bolton Lodge and Bryant Camp would have survived and be in a position to be restored today."

Edward Bryant built Bryant Camp, located higher on the mountain than Bolton Lodge, as one of three cabins (two long gone) to accommodate skiers using trails he cut for one of the earliest alpine ski developments in Vermont. Bryant Camp's history is not covered in detail here.

In 2011 the public learned that much of Bolton Valley Resort's land, including Bolton Lodge and Bryant Camp, would be sold, and public access would end. Hoping to prevent development and loss of access, a group of community members and Bolton Nordic skiers formed the Friends of Bolton Valley Nordic and Backcountry.

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Historic Bolton Lodge Revived and Revisited – cont.

The group sought help from the Vermont Land Trust, which signed a contract with the Bolton Valley Ski Resort in 2012 to buy the land for \$1,050,000. The land trust, Friends of Bolton and other volunteers worked 14 months to raise the money.

The State of Vermont accepted ownership of the land and its two historic cabins in 2013, and added them to Mount Mansfield State Forest. The GMC agreed to help rehabilitate Bolton Lodge and Bryant Camp, and led separate fundraising efforts.

In the summer of 2017 the GMC gave Bolton Lodge a new roof, windows and doors; stabilized the exterior stone and stucco walls; and painted the trim green to match its original color. The club restored the original bunk beds, and rebuilt the table and benches, based on historic photos. Finally, the GMC installed a wood stove, chimney, woodshed, and efficient backcountry composting privy.

The history of Bolton Lodge came full circle on December 15, 2017, when GMC President John Page, Executive Director Mike DeBonis, and about 40 others rededicated the lodge to the delight of backcountry hikers and skiers. See the dedication online here: <https://tinyurl.com/yaov3u63>.

Bolton Lodge and Bryant Camp are now owned by the Vermont Department of Forests, Parks & Recreation, and managed by GMC through an agreement for public rental. In the winter of 2017-18, Bolton Lodge was booked every weekend and many week nights.

In winter, guests at Bolton Lodge enjoy the network of Nordic and backcountry ski trails, managed by Bolton Resort, and relaxing by the wood stove. In summer and fall they enjoy hiking, birding, and being surrounded by nature. Renters reach Bolton Lodge from Bolton's Nordic and Sports Center or via the Catamount Trail. Accommodations include unfurnished bunk beds for up to eight guests. There is no electricity or running water.

The Burlington Section planned to revive a long-defunct tradition by hosting a New Year's Eve potluck dinner at Bolton Lodge to ring in 2018. When the weather forecast called for 14 degrees below zero, all thought otherwise. So a "new tradition" was launched: GMC members and friends would gather at Bolton Lodge on the Sunday after our annual meeting. We should have known better! The weather almanac says the annual meeting weekend (around January 19th) is historically the coldest of the year, and again it was. For the second year our Bolton Lodge outing was frozen out by bitter cold and howling winds and a full-on blizzard. Next year, we try again!

To reserve Bolton Lodge and other rustic cabins with wood stoves, go to <https://www.greenmountainclub.org/about/gmc-rental-cabins/>

SUMMARY of January Annual Meeting and 2018 Reports

After a delicious supper and lots of animated conversation, Ted opened the business meeting and introduced Tom Candon, GMC President and a Burlington Section member who provided updates from the club. Ted also thanked Brian and Janette Williams for taking over the annual meeting including the critical task of lasagne ordering. In a small but important improvement, Janette also outfitted our meeting hall with cloth table cloths, the result of requests by many do away with the disposable plastic ones used for years.

President's Report – submitted by Ted Albers

The section held four Executive Committee meetings during the year. All are welcome. Topics included updates from each member, and reporting on any needs for maintenance or repairs needed along our section of the LT and its shelters. We also plan the Taylor Series speakers, review our budget, plan for the annual meeting and special events like volunteering for the Lake Monsters 50-50 raffle day (now an annual Section event) and which is genuine fun. We also responded to calls from the club for chores like wood stacking and lawn-mowing at Bolton Lodge, and hosting workshops with the Fjällräven store in Burlington. Ted showed a photo of Pam Gillis receiving the 2019 Burlington Section President's award, made by GMC's Trail Management Chair, Haward VanBenthysen.

Membership Report – submitted by Dot Myer

We have 696 memberships including many family memberships, so we have 1008 members in all. The total has been decreasing slightly for the past four or five years.

SUMMARY of January Annual Meeting and 2018 Reports – cont.

Treasurer's Report – submitted by Kayla Weeks

It's been a pleasure to take on the role of treasurer for the Burlington Section of the GMC. Our section finances are in good shape. Our total income of \$9,921 was actually \$921 more than we expected. Our Operating Expenses in the past have tended to be quite a bit less than we budget for; last year was no exception. Our biggest expense is *Ridge Lines*, with a budget of \$3,500. Our Operating Expenses of \$4,655.47 were \$3,199.53 less than our budgeted amount. We made no big donations to the Main Club last year, so the \$1,145 amount for "Donations to GMC" wasn't spent. Our total Income was \$5,265.53 more than our Total Expense, which is equal to the increase in our checking account.

The proposed budget for 2018 includes an increase in the budget for "Special Programs". This line item is to support the club's effort to make moisture wicking t-shirts that will draw attention to the GMC and the Burlington Section in particular.

Director's Report – submitted by Michelle Connor

The main club is working hard at fund-raising and at raising GMC's name recognition in the general public. (GMC president Tom Candon mentioned that when we walks into a store wearing his shirt with the Long Trail logo, people stop and ask him, "What aisle is the beer in?") There's also a lot of interest in increasing active and engaged participation on the part of members.

Additional items of note (following Tom Candon's excellent summary): GMC hired Keegan Tierney as its new Director of Field Programs. Keegan started in the spring and has been working on the Long Trail assessment. We also brought on T. Hanson to fill the newly-created role of Development Associate. She will be providing help with the upcoming capital campaign. I serve as Chair of the Board's Development Committee, and our group has been focused on helping to build support for GMC -- sending thank you notes and making calls to supporters as well as attending events and inviting others. The full Board participated in a fundraising training last June, which was fun and energetic.

Outings Report – submitted by David Hathaway

We had another successful year of outings with 94 outings led by 23 leaders, compared to 91 led by 22 leaders in 2017. 45 of these trips were posted on Meetup, getting us a lot of new participants. Since not all trip leaders send me trip reports (hint, hint) I don't information on how many trips were canceled and how many people went on various trips (mine ranged from 2 to 18). People do look at our trip reports, so I encourage leaders to send them, however brief, along with pictures if you have them.

We encourage everyone to join the Meetup group (there's a link on the right side of our web page), and anyone who thinks they might want to lead trips should contact me to be put on the trip leaders mailing. Our only requirements are that you be a GMC member, that you are willing to organize a trip, including communicating with interested participants, and that you are interested in helping others enjoy the outdoors. If you are uncertain you can reach out to any of our trip leaders to co-lead a trip and "learn the ropes". We also have a trip leader handbook that you might find useful. We also encourage (but do not require!) our "regular" trip leaders to post their trips on meetup. Contact me if you want to know more about Meetup. *See page 6 for more information about being a trip leader!*

We had 6 new trip leaders who hadn't lead any trips in the past 5 years (or ever): Juli Tyson (9), Jill George (5), Dana Bolton (3), Jonathan Breen (1), Ben Gordesky (1), and Tracy Sweeney (1). Other s who led at least four trips: David Hathaway (15), Ted Albers (13), Mary Lou Recor (6), Kim Farone (5), Sheri Larsen (5), Robynn Albert (4), Pam Gillis (4), Adam Heckle (4), Rich Larsen (4), Beth Ruskai (4), John Sharp (4). Trips included hikes, overnight backpacks, snowshoe trips, birding and wildflower walks, bicycle trips, and paddling trips.

Trails Report – submitted by retired co-chair Pam Gillis

I am sorry not to be at the meeting, but it is now an hour and 45 minute drive in good weather. I am now a member of the "O" Section and have been on my first hike with them. They have Tuesday hikes and we did 4 miles through the Lyme Town Forest. The trailhead is only about 6 1/2 miles from my house. Nice folks, of course.

I am glad I was able to lead trail work for so many years. It was fun and rewarding.

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SUMMARY of January Annual Meeting and 2018 Reports – cont.

Introduction to Our New Trails Co-chair Paul Beliveau

I grew up in Vermont and was an avid hiker in the early 70s. I hiked the whole Long Trail in chunks when I was 14 and 15, and did a through-hike from the Mass / Conn border to Canada with a friend when I was 16. When I was 18, I spent a lot of time with a chain saw clearing some land for my father. I joined the GMC for the first time when I was living in the Boston area. I moved back to Vermont with my family in 2000 and started hiking in Vermont again with my children, some of whom have been on trail maintenance hikes. I'm looking forward to taking a more active role in maintaining trails for the GMC.

Website Report – submitted by David Hathaway

One recent addition to our website at gmcburlington.org is a history page, where I've collected links to historical documents and articles, including an archive assembled by the Montpelier section of past issues of the Long Trail News, a 1956 report on the geology of Mt Mansfield, and a history of the Burlington section edited by Dot Myer. The website had 9182 visits from 2983 people in 2017. Anyone with suggestions for additions or changes to our website, or who notices errors please report them to gmc@gmcburlington.org. Our Mailchimp mailing list has 1,537 members and friends, up 73 from last year, to whom we sent out 13 emails in 2017. Our meetup group currently has 1,035 members, with 143 "active" members and 19 event organizers (people able to post trips.) Thanks to Cara Nelson continues to oversee our Facebook page. <https://www.facebook.com/GMCBTV>. Can you help maintain this page with Cara? Contact ted@ted-albers.net.

GMC Burlington Section. 2019 Executive Committee

President - Ted Albers
Vice President – Nancy McClellan
Secretary - Mary Keenan
Treasurer – Kayla Weeks
Membership - Dot Myer
Ridge Lines – Maeve Kim
Shelters – Linda Evans
Annual Meeting – Brian & Janette Williams
Marketing & Communications – Cara Nelson
Education – vacant
Taylor Series - vacant
Section Historian - Dot Myer
Outings – Dave Hathaway
Outings – Young Adventurer's Club – vacant
Trails - John Sharp and Paul Beliveau
Web Site – Dave Hathaway
Director – Michelle Connor (starting her 2nd three-year term)

Save the GMC some expense - and save a tree or two!

Many Burlington Section members have chosen to receive Ridge Lines electronically instead of getting paper copies in the mail. They're reducing paper use and 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.

Trip Leading 101

By David Hathaway, Green Mountain Club-Burlington Section Outings Chair

As outings chair for the Burlington section, I am always looking for people to lead trips. A trip leader does not have to be a super-experienced or super-strong hiker. You just need to be a GMC member, to be willing to schedule your trips (more on that below), to communicate with participants about logistics, and to be interested in helping people enjoy the outdoor opportunities around us. GMC outings are a great way to introduce people to the club, for us to get new members, and most importantly to educate people about the GMC. Many people hike the Long Trail system but have no idea that these trails were built and are maintained by a volunteer organization.

Most of our trips are hikes (or snowshoe trips in winter), but they also include paddling, bicycle, nature walks, cross country ski, and backpacking trips. While some of us like to lead what many would consider long and hard hikes, we also love to have shorter and easier trips that are more accessible to less experienced participants.

Our “regular” trips are scheduled well in advance and published in our quarterly newsletter, *Ridge Lines*, and on our website (always a good idea to check there for any updates and changes). In the past couple of years we’ve also started a meetup group (<https://www.meetup.com/Green-Mountain-Club-Burlington-Section-Outdoor-Adventures/>) where we can post both our regular trips and more spur of the moment trips. The meetup group has been a great way to get new (and often younger) participants.

If I’ve convinced you to try trip leading, how do you start? First, send me a note (david.hathaway.78@gmail.com) letting me know you’re interested. I’ll add you to our trip leaders list, and each quarter you’ll get notes from me when it’s time to start signing up for trips for the following quarter. Being on the list doesn’t obligate you to lead any trips, but it lets you know when the quarterly signup starts. We use an online doodle poll to help coordinate dates, and have a form you can fill out to let me know the relevant details of the trip(s) you want to lead. But if you don’t like dealing with online forms you can also just send me a note and I can enter the information. Once finalized, I send it on to Maeve to publish in *Ridge Lines* and I post it on our calendar and website. If you agree, we also send the list of outings to local newspapers and Seven Days, and Front Porch Forum. If you don’t want your outing publicized, that’s no problem, we won’t send it for publication outside of the GMC Burlington Section newsletter or website. It’s also good to know that trip leaders are covered by GMC’s liability policy in the case that any hike participant were to file a liability claim.

Because it’s been so useful for bringing in new people, we really like it if you also post your trip online on Meetup, though this isn’t a trip leading requirement. To do so you join our Meetup group, and then send me a note so I can make you an “event organizer”. After that I will send you the details about how to post an outing or walk you through it (it’s pretty easy).

So now you’re a trip leader and have a trip scheduled. The next step will be to respond to people asking about the trip, determining if you feel they are ready for the trip (if needed), and coordinating meeting time(s) and places. We often meet at park & rides and carpool to trailheads, since parking is often tight and roads are sometimes rough, but people coming from different directions may want to meet at different places. When the day of the trip arrives, don’t wait longer than you feel reasonable for no-shows. At the start of the trip, go around to do introductions. Being leader doesn’t mean you have to be in front, but make sure people know to stop at all trail junctions and anywhere there is even the slightest possibility of confusion. It’s a good idea to designate someone with reasonable experience (if not yourself) to run “sweep” and make sure no one is left behind. Who is leading and who is sweeping can be fluid roles that change through the trip. Stop occasionally to check and make sure everyone is doing OK. If someone is struggling to keep up, make sure to give them a chance to rest when you take a break, and don’t just start up as soon as they catch up. We have a few copies of the GMC book “A Trip Leader’s Handbook” available for trip leaders. It has lots of other of good advice and suggestions, but don’t feel you have to memorize it.

After the trip, we encourage leaders to submit trip reports. Send me a write up with any good pictures and I’ll post it on our website. You can check under the “Trip reports” header tab for suggestion.

Finally, if you have any questions about trip leading, or would like to try co-leading a trip before doing it on your own, reach out to me or any of our other trip leaders.

Hiking in Vermont's Fifth Season

After a long winter, we're all eager to get out hiking again – but wet and muddy trails aren't ready for us! Stepping on saturated soil can cause irreversible damage, and if we step off the trail to avoid the mud, we encourage erosion by creating trenches for run-off.

The State of Vermont closes hiking trails on state land (including the trails on Mt. Mansfield and Camels Hump) from mid-April to Memorial Day. The state also joins with the Green Mountain Club, Green Mountain National Forest, and Vermont Department of Forests, Parks and Recreation in urging responsible use of *all* of Vermont's hiking trails between sugaring season and Memorial Day.

Give our hiking trails a chance to dry out. They'll need less maintenance and will be safer and more enjoyable all summer and fall. Here are some tips:

Stay off Vermont's sensitive summits. The delicate and rare tundra plants at the summits are easily crushed or ripped out of the earth by the combination of boots and water. !

Walk through the mud. Don't walk around it. If a trail is so muddy that you have to walk on neighboring vegetation, turn back and find a different place to hike.

Plan lower-elevation hikes. A trail may be dry at the trailhead but very muddy higher up. Spring is a great time to walk in lakeside parks or hike on dirt roads, rail trails and recreation paths.

Some Places to Hike During Mud Season

Spring is a great time to explore parks, dirt roads, rail trails and rec paths. Here are some close to Burlington:

- **Red Rocks** in South Burlington has a network of trails over rocks, along the beach and through woods. In May, the Park is a great place to look at wildflowers. In addition, local birdwatchers visit Red Rocks in the spring because it's a well-known "migrant trap": a place for weary songbirds to stop and feed before heading to nesting grounds.
- **Shelburne Bay Park** on Bay Road (just west of the large fishing access parking lot) has trails near the lake, in the woods, and up over Allen Hill (steep, but small).
- Across the road from Shelburne Bay Park and the fishing access are two mostly flat walking trails: the newly-repaired nature trail along the **LaPlatte River** and the **Ti-Haul Trail**, which marks the route of the ship *The Ticonderoga* as it was towed from the lake to Shelburne Museum.
- **Shelburne Farms** has many scenic walking trails. Most involve hills but there's nothing strenuous. (Note: Check in at the Visitor Center. Past Memorial Day, you'll be asked to pay a small fee unless you're a Shelburne Farms member.)
- The **Winooski Valley Park District** manages many scenic outdoor locations in the greater Burlington area, including the **Ethan Allen Homestead**, **Colchester Pond**, **Woodside Natural Area** and the **Old Red Mill** in Jericho. All of these have walking trails. At Ethan Allen, walk through a swamp and meadows and along the Winooski River. There's a trail all the way around Colchester Pond, taking hikers to a rocky ledge high above the water. For more information and directions, go to www.wvdp.org.
- The **Burlington Bike Path** stretches for about eight miles along the waterfront and connects to trails in Colchester by a bridge across the Winooski River.
- **Charlotte Park and Wildlife Refuge** – This little-used gem has trails through woods and wetlands and then out into open fields. The Park entrance is off Greenbush Road, north of Charlotte Village and just south of the narrow railroad underpass.
- **Mud Pond Conservation Area** in Williston – A mile-long trail leads uphill through woods to a little pond with an observation platform. Take Route 2 through Williston village. Turn right on Oak Hill Road. Just over the interstate, turn left onto South Road. After 1.9 miles, turn onto Mud Pond Road. The parking area is on the right. **Mud Pond Country Park** is adjacent to the Conservation Area. The 79-acre forest has well-designed mountain bike trails that are good for walking, too. The trails connect to Williston's Five Tree Hill.

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Mud Season Hiking – Low Elevation Hikes and Walks, cont.

- **Champlain Causeway** - Walk or bike along an old railroad bed extending more than 2 miles across Lake Champlain, almost all the way to South Hero. In the summer, you can extend your trip into the Champlain Islands by getting the weekend Bike Ferry at the end of the Causeway.
- **Mills Riverside Park** in Jericho – Walk on extensive trails through fields and forests. The Park entrance is on Route 15 just outside Underhill Flats.
- **Mobbs Farm** in Jericho – This nature area has several miles of walking and mountain bike trails in woods and meadows. Check the map at the kiosk on Fitzsimonds Road to find out what trails are open for biking.

MAKE YOUR OWN TRAIL FOOD

reprinted from spring 2004 *Ridge Lines*

Several years ago, we got the following recipe from Charles “Pete” Davis, who was a loyal Burlington Section member even though he lived in Crested Butte, Colorado.

Congo Bars

Coat a 9x12 glass or metal oven pan with shortening. (The pan has to be at least 2” deep!)
Preheat oven to 350 degrees.

Mix in large bowl:

2 cups rolled oats

2 cups high gluten white flour

1/2 tsp. salt

1 T. baking powder

1 cup Grape Nuts (or use cracked wheat)

1 cup dark brown sugar

1 cup white sugar

Stir in:

1 cup chocolate chips

1 cup broken walnuts

1 cup raisins

Add and mix well:

1 tsp. vanilla (or whisky or rum)

2 eggs

2 sticks of softened butter

8 oz. water (closer to 6 oz. if you’re at or near sea level)

Put mixture into greased oven dish and bake for 45 minutes. A toothpick should come out clean. ***Watch carefully the first time you make this recipe to avoid overcooking.***

(Or bake as cookies by dropping two tablespoons at a time onto a greased cookie sheet and baking at 350 for about 15 minutes.)

Cool the bars to room temperature, cut them into pieces, and wrap individual pieces in plastic sandwich bags. They don’t need refrigeration, but if you’re not going to be out hiking for several days, put them in large airtight plastic bags in the fridge.

Section Outings

Winter 2018-2019

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.

March

3/2 (Sat) **Snowshoe Up the River!** If the ice is thick enough (it should be) we'll trek up the middle of the LaPlatte River in the LaPlatte Marsh Natural area, using snowshoes or microspikes. Time permitting we can also visit the Shelburne Bay Clarke Trail or 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. Moderate snowshoe. 4-6 miles. Ted Albers, ted@ted-albers.net.

3/3 (Sun) **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 and the CCC road. Difficult snowshoe, moderate pace, 9 miles, 2600' elevation gain. david.hathaway.78@gmail.com or 899-9982.

3/9 (Sat) **Mt Elmore** Easy hike/snowshoe. 4.2 miles, 1450' elevation gain. Kim Farone, kfarone@yahoo.com.

3/16 (Sat) **Mt Hunger & The Reservoir** A pre-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, philhazen@comcast.net or 355-7181.

3/17 (Sun) **Camels Hump Loop** We'll start by taking Forest City Trail to Montclair Glen Lodge. Then, to avoid the steepest parts of the Long Trail south of Camels Hump, we'll go down the Dean Trail and then up the Monroe Trail to the summit, finishing by returning down Burrows Trail. Difficult snowshoe, moderate pace, 7.2 miles, 2900' elevation gain. Dana Bolton, boltondj@comcast.net.

3/23 (Sat) **Bird Monitoring for Winooski Valley Park District** A bird monitoring walk at Delta Park, a Chittenden County birding hotspot. Meet at 668 Windemere Way, Colchester at 8:30AM. Easy walk, just over a mile and a half out. Maybe the Snowy Owl will still be in town or maybe there will be some early migrants to see. As always I have field guides and binoculars available to borrow. Juli Tyson, americorps@wvdpd.org or 978-994-0482.

3/30 (Sat) **Laraway Lookout** From the Long Trail parking on Codding Hollow Road we'll follow the Long Trail up to see the ice formations on the rock wall below the Laraway summit, continue to the Laraway Lookout, and return. Microspikes absolutely required as the ice below the cliffs can be extensive, and snowshoes required since the trail may not be well packed. Moderate snowshoe, moderate pace, 4.5 miles, 1600' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

3/30 (Sat) **Winter Birds** Snowy Owl? Snow Buntings? Bald Eagles on the ice? Trees full of Bohemian Waxwings? Rafts of diving ducks, loons and grebes? We'll go where the birds are! Easy outing of about three hours, 1-2 leisurely miles. Bring binoculars or use one of our extra pairs. Dress warmly; moving slowly is way chillier than hiking fast! Maeve Kim, 899-4327 or maevulus@surfglobal.net

3/31 (Sun) **Hurricane Mountain (3694') – Adirondacks** Good-bye winter, hello spring. We'll climb from the height of land on NY 9N to the summit fire tower from which we'll enjoy the panorama of Vermont's Green Mountains and the Adirondack's high peaks. Moderate snowshoe, 5.5 miles, 2000' elevation gain. Group limit 8. Contact leader by 3/30. Mary Lou Recor, mlrecor@myfairpoint.net or 660-2834.

April

4/6 (Sat) **Vergennes to Middlebury Bike Ride** I schedule this ride every spring because it reminds me why I love the Champlain Valley. We'll ride hilly back roads from Vergennes to Middlebury where we'll have lunch, returning on other hilly back roads. Moderate bicycle ride, easy pace, 25 miles. Group limit 8. Contact leader by 4/5. Mary Lou Recor, mlrecor@myfairpoint.net or 660-2834.

4/7 (Sun) **Bolton Mt from Underhill** From Stevensville we'll head up to Nebraska Notch, then follow the Long Trail past Taylor Lodge, over Clark and Mayo, past Puffer Shelter, to Bolton Mt, and return. Difficult hike/snowshoe at a moderate pace, 12.2 miles, 2900' elevation gain. David Hathaway, 899-9982 or david.hathaway.78@gmail.com

April Outings – cont.

4/13 (Sat) **Bird Monitoring Walk** Catch the first arrivals of Spring migration, 8:30am-10:30am at Woodside Natural Area! This is a great park for warblers, vireos and woodpeckers. Various species of duck are also likely in the wetland or along the river. Please join us for the fun and educational walk; data will be submitted as citizen science through eBird. Winooski Valley Park District will have binoculars and field guides available to borrow. No experience necessary, open to all ages. Easy walk, 1 mile. Juli Tyson, americorps@wvdpd.org or 978-994-0482.

4/14 (Sun) **Little River State Park History Hike** We'll walk as much of the four-mile round-trip Dalley Loop and Hedgehog Hill Loop trail as the group wants. Located at the Waterbury Reservoir in Waterbury, this easy wooded walk passes by what is left of the foundations of several abandoned farmhouses that dotted the area. I'll be bringing my canoe for a paddle on the reservoir afterwards and you are welcome to bring yours or a kayak for a bit more of an outing, although that is not part of our actual outing. Pray for nice weather - if it rains we may cancel. We'll be done with the walk by about 1:00 pm. Easy hike, 4 miles. Ted Albers, ted@ted-albers.net.

4/20 (Sat) **Map & compass** Learn how not to get lost in the woods. Easy workshop. Phil Hazen, philhazen@comcast.net or 355-7181.

4/21 (Sun) **Little Otter Creek to Lake Champlain Paddle** Easy to moderate (depending on wind) 5 mile round trip paddle in Ferrisburgh, just south of Lewis Creek. We'll put in at the 'South Slang' Fish & Wildlife access point off of Hawkins Road and go through Little Otter Creek Management Area, so bring your binoculars. Email for carpool and meet up info. Easy to moderate paddle, 5 miles. Ted Albers, ted@ted-albers.net.

4/27 (Sat) **Lamoille Valley Rail Trail bicycle** Starting in Johnson at the Old Mill Parking, we'll head towards Lake Lamoille in Morrisville to the end of the rail trail and return. Moderate bicycle ride, moderate pace, 16 miles. Kim Farone, kfarone@yahoo.com.

4/28 (Sun) **Hoyt Lookout on Eagle Mountain** We'll hike to Hoyt Lookout, just below the summit of Eagle Mountain, which is the highest point on the Lake Champlain shoreline in Vermont. An easy hike of under 2 miles with good chance for spring wildflowers, especially on side loops. Beth Ruskai, mbruskai@gmail.com.

May

5/4 (Sat) **Spring Trail Work** Help clear the Long Trail (and some side trails). Bring work gloves, lunch, water. Tools provided or bring your own. Meet at UVM visitor's lot at 8AM or Richmond Park & Ride (Exit 11) at 8:30AM. Moderate work trip, slow-moderate pace, 4-10 miles, 1000-2000' elevation gain. John Sharp, john.sharp@uvm.edu or 862-3941. Paul Beliveau, pbeliveau@gmail.com.

5/5 (Sun) **Wildflower Hike** We'll hike the trails on the perimeter of Niquette Bay State Park while looking for early spring wildflowers. Easy hike, moderate pace, 3.5 miles. Group limit 15. Contact leader by 5/3. Sheri Larsen, larsen007@aol.com or 878-6828.

5/11 (Sat) **Spring Trail Work** Help clear the Long Trail (and some side trails). Bring work gloves, lunch, water. Tools provided or bring your own. Meet at UVM visitor's lot at 8AM or Richmond Park & Ride (Exit 11) at 8:30AM. Moderate work trip, slow-moderate pace, 4-10 miles, 1000-2000' elevation gain. John Sharp, john.sharp@uvm.edu or 862-3941. Paul Beliveau, pbeliveau@gmail.com.

5/12 (Sun) **Shelburne / Charlotte bike ride** We'll tour some of the gravel roads around Shelburne and Charlotte. 20 miles. Lindsay Pokorak, lpokorak@gmail.com.

5/18 (Sat) **Spring Trail Work** Help clear the Long Trail (and some side trails). Bring work gloves, lunch, water. Tools provided or bring your own. Meet at UVM visitor's lot at 8AM or Richmond Park & Ride (Exit 11) at 8:30AM. Moderate work trip, slow-moderate pace, 4-10 miles, 1000-2000' elevation gain. John Sharp, john.sharp@uvm.edu or 862-3941. Paul Beliveau, pbeliveau@gmail.com .

5/19 (Sun) **Waterbury Reservoir paddle** From the put-in at the dam we'll paddle around Waterbury Reservoir. Kim Farone, kfarone@yahoo.com.

5/25 (Sat) **Spring Trail Work** Help clear the Long Trail (and some side trails). Bring work gloves, lunch, water. Tools provided or bring your own. Meet at UVM visitor's lot at 8AM or Richmond Park & Ride (Exit 11) at 8:30AM. May be cancelled if need work is done on earlier trips. Moderate work trip, slow-moderate pace, 4-10 miles, 1000-2000' elevation gain. John Sharp, john.sharp@uvm.edu or 862-3941. Paul Beliveau, pbeliveau@gmail.com .

May Outings – cont.

5/26 (Sun) **Corliss Camp to Eden Crossing** We'll hike up the Davis Neighborhood Trail to Corliss Camp, then follow the Long Trail over Bowen Mountain, past Spruce Ledge Camp, and through Devil's Gulch to Eden Crossing at Rt 118. Difficult hike, moderate pace, 11 miles, 2000' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

June

6/1 (Sat) **Spring Trail Work - National Trails Day** Help clear the Long Trail (and some side trails). Bring work gloves, lunch, water. Tools provided or bring your own. Meet at UVM visitor's lot at 8AM or Richmond Park & Ride (Exit 11) at 8:30AM. Likely to be cancelled if need work is done on earlier trips. Moderate work trip, slow-moderate pace, 4-10 miles, 1000-2000' elevation gain. John Sharp, 862-3941 or john.sharp@uvm.edu. Paul Beliveau, pbeliveau@gmail.com.

6/2 (Sun) **Bird Monitoring Walk** 8:30am-11am at the new Wolcott Family Natural Area. Varying terrain and 7 boardwalks, plus a large staircase down to the trail. Join Juli in the first community Bird Monitoring Walk ever to be held at the new park! Winooski Valley Park District will have binoculars and field guides available to borrow. No experience necessary, open to all ages. Easy walk, 1.5 miles. Juli Tyson, americorps@wvdpd.org or 978-994-0482.

6/2 (Sun) **Worcester Ridge** We'll climb the Middlesex Trail to the summit of Mt. Hunger, then follow the Skyline Trail to Mt. Worcester, returning on the Worcester Mt. Trail. Difficult hike, 11.4 miles, 3000' elevation gain. Lindsay Pokorak, lpokorak@gmail.com.

6/8 (Sat) **Camels Hump via Monroe Trail** Starting from the Couching Lion Farm Site in Duxbury, we'll climb the Monroe Trail to the summit of Camel's Hump and return the same way. Difficult hike., 6.8 miles, 2700' elevation gain. Kim Farone, kfarone@yahoo.com.

6/9 (Sun) **Stowe-Morrisville Loop** We'll follow Stagecoach Road from Stowe to Morrisville, then return via Randolph Road. Moderate bicycle ride at an easy pace, 20 miles. Group limit 8. Contact leader by 6/8. Mary Lou Recor, mlrecor@myfairpoint.net or 660-2834.

6/15 (Sat) **Camels Hump via Bamforth Ridge** From the Winooski River we'll climb the largest elevation gain on the Long rail to the summit of Camels Hump and return. Difficult hike, moderate pace, 12.4 miles, 4000' elevation gain. David Hathaway, david.hathaway.78@gmail.com or 899-9982.

6/16 (Sun) **Rattlesnake Mt, NY** Great views across the lake from the summit. Easy hike, slow pace, 3 miles, 700' elevation gain. Beth Ruskai, mbruskai@gmail.com.

6/22 (Sat) **Dogwood Bakery Ride** The sole purpose of this bike ride is to burn the calories we'll consume at the Dogwood Bakery in Wadhams, New York. We'll take the ferry from Charlotte, ride from Essex to Wadhams to Westport and back to Essex. Hilly bicycle ride, easy pace, 25 miles. Group limit 8. Contact leader by 6/21. Mary Lou Recor, mlrecor@myfairpoint.net or 660-2834.

6/22 (Sat) **Bolton Lodge Firewood Stack** The GMC is having firewood delivered to Bolton Lodge to get the camp ready for a year of rentals. They are looking for a work party to get the firewood stacked in the woodshed, and have asked for our help. Many hands will make short work of it. Meet at the Richmond park & ride at I89 exit 11 at 8:30. Or if it isn't on your way to Bolton, meet us at 9 AM at the parking area with the gate at the base of the trail up to Bolton Lodge, where the Catamount Trail crosses the Bolton Valley Access Road. Rain date June 23. Contact david.hathaway.78@gmail.com or 899-9982.

6/23 (Sun) **Colvin, Blake, Nippletop, & Dial, ADK** An opportunity to bag 4 ADK peaks in one hike on a long summer day, starting from the St. Hubert's parking area. Anyone who wants to pass on Blake can wait on Colvin for the others to return. Difficult hike, moderate to strong pace, 17 miles, 6100' elevation gain. Dana Bolton, boltondj@comcast.net.

6/29 (Sat) **Bird Monitoring Walk** 8:30am at Delta Park in Colchester. We return to Delta Park once again to see what waterfowl we can scope out on the lake and who's singing in the trees. Winooski Valley Park District will have binoculars and field guides available to borrow. No experience necessary, open to all ages. Easy walk. Juli Tyson, americorps@wvdpd.org or 978-994-0482.

6/30 (Sun) **Spruce Ledge Camp** This hike will follow the Long Trail from VT118 through Devil's Gulch to Spruce Ledge Camp. After a leisurely lunch at the camp, we'll return via the Babcock Trail past Big Muddy Pond. Moderate hike, 6 miles. Dana Baron, dk.baron@comcast.net or 373-8613.

Ridge Lines

GMC BURLINGTON SECTION

Green Mountain Club
4711 Waterbury-Stowe Road
Waterbury Center VT 05677

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