

Wilderness

Maine Chapter
Appalachian Mountain Club
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Matters

Maine Chapter, Appalachian Mountain Club

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Enjoy Maine parks and reserved lands summer, winter, AMC told

Parks are open year round, Conservation Commissioner Eliza Townsend reminded Maine Chapter members and guests at the first of the fall meetings and education programs at the Curtis Library in Brunswick. Wander the winter sands of Popham and Reid State Parks, explore the protected mountains and woodlands, ski the trails, and slide the hills this winter, Ms. Townsend urged.

Parks are not only year round, but increasingly varied. “We struggle to provide a balance of activities,” she said. Park employees no longer simply maintain, pretty places with pleasant beaches. Increasingly the emphasis is on creating places where people can hike, camp, hunt and recreate, Townsend said at a series of fall meetings arranged by the Maine Chapter. She also spoke at Bangor.

Marking this year’s 75th anniversary of Maine’s State Park system, Townsend highlighted the work of the Maine Department of Conservation (MDOC) in protecting the special places of Maine.

“I am honored to lead this department as we mark the 75th anniversary of the Maine State Park system,” said Commissioner Townsend. “There are few responsibilities more important than maintaining our wondrous natural resources for all future generations. My goal is to balance the state’s present needs with future responsibilities so that the wild, undeveloped, and special places in Maine are just as inviting 100 years from now as they are today.”

The Department bureaus and staff oversee the management, development, and protection of Maine’s most special places, including 17 million acres of forest, 10.4 million acres of unorganized territory, almost 600,000 acres of public reserved and non-reserved lands, and 48 state parks and historic sites that provide education, recreation, and renewal for both Mainers and visitors.

The Commissioner stressed the state’s special

places including our state parks and historic sites, their history, features, and relevance for today and tomorrow.

The first State Park was created 75 years ago near Presque Isle in Aroostook County in 1935.

Now the state has 48 traditional state parks, plus two river corridors, along with 590,667 acres of Public Reserved lands divided among 29 units stretching from the Mahoosucs on the New Hampshire border to Deboulie mountain 30 miles from Canadian border.

The reserved lands were established between 1820 and 1870, when Maine reserved between 1000 to 1280 acres in each township as it sold the six million acres of public land it had inherited from Massachusetts. The lands were required to be reserved under the articles of separation insisted upon by Massachusetts when Maine became a separate state.

The rights to the timber and grass had been sold to abutting property owners in the late 1800s and thereafter the state assumed it only owned the minerals under the soil. But after a 10 year court fight beginning in 1973, the Maine Supreme Court ruled that the rights to the timber has long since ended and the lands reverted to the state.

A series of land swaps both before and after the court decision consolidated some of the scattered lots into a number of large preserves.

These swaps resulted in the 40,000 plus acre Mahoosuc Preserve, and much of what is now the Bigelow Preserve and the Nahmakanta Preserve, south of Katahdin.



John Mullen presents Conservation Commissioner Eliza Townsend with a Maine Chapter tee shirt at the October Meetings and Education program in Brunswick.

AMC members build new trails on Burnt Meadow Mountain

By Douglas D. Ofiara, ME AMC

Burnt Meadow Mountain (BMM) located in Brownfield, ME, forms a large mass containing several peaks of similar height, arranged in a semicircular pattern on the map, a short distance from Mt. Pleasant to the East and Fryeburg to the North. It offers unequalled vistas of the Saco River Valley, and the White Mountains, and contains some of the best glacial scarring in the area. The 1947 fire burned over the mountain and town of Brownfield, destroying the trails. Since then the vegetation has grown back and only the North Peak Trail was reopened (in 1968). In places, evidence of charcoal and basal scars on older trees tells this story.

Members of the ME Chapter of the AMC, Keith Chapman, Co-Chair ME AMC Trail Committee and Douglas Ofiara, began a process several years ago to form a loop trail on Burnt Meadow Mountain to connect with the existing North Peak trail. They met with the landowner and then designed, cut and flagged the rough trail over a 2-year period. Keith Chapman organized trail work days in 2009 to help finish and open up this trail (June 6, and several days during the summer and fall). The new trail was officially opened in October, and a new trail sign was installed where it leaves from the North Peak Trail.

The new trail works its way on the south side of the North Peak to the cleft of the ravine between Stone Mountain (adjacent peak to the south) and the North Peak. It crosses several streams and then follows the main brook up the ravine close to several small cascades. The trail crests the col between the

Above: National Trails Day, 2010. Photo by Douglas Ofiara. Below: View from Burnt Meadow Mountain. Photo by D. Hester.



mountains and then climbs and scrambles up ledges on the shoulder to lookouts nearby of several excellent examples of glacial scarring. The trail continues on up to the North Peak summit. Excellent views of Mt. Chocorua and the Sandwich range and the Moat Mt. range and onto Mt. Washington exist from the many overlooks. The new trail is 2 miles long and together with the existing 1.25 mi. North Peak Trail brings the distance to 3.5 mi. when hiked as a loop.

During the fall of 2009 and winter and spring of 2010, Chapman and Ofiara designed, cut and flagged a rough trail up to the the summit of Stone Mt. (1624 ft.), Stone Mt. Trail. Keith Chapman organized trail work days in 2010 to finish work on Stone Mt. Trail, (June 5, July 17, Sept. 25, and upcoming Oct 23). This trail was officially opened Sept. 25 after putting up a sign at the trail junction along Twin Brook Trail. Besides Keith and Mr. Richard York, a AMC volunteer, 2 moose witnessed this. The new trail is about 0.53 mi long.

We want to emphasize that the trails are solely for foot-travel. The trails cross private property, and all hikers should respect landowners' rights and leave the trails undisturbed. So please, Kindle No Fires, and Carry Out what you Carry In. We hope the landowners' will keep these trails open for future generations to enjoy. Please visit local establishments while visiting the area.

Some surprises and planned work have followed. In Spring 2010 we got a pleasant surprise when the parking area was expanded following some minor forest harvesting by one of the landowners. We are all grateful for this thoughtful act. A new trail kiosk is planned to be put up at the beginning of the North Peak Trail later this fall to provide information, trail descriptions and a central map, and a trail log to record hiker activity.

We will continue to work with the landowners to keep the existing trails open and to expand trails in the area. We are all grateful to the landowners for allowing the trails and public access. Without their generosity, we would only be looking at the mountains from the roadways and not walking them. We also are thankful for the trail workers and volunteers

Continued on page 6



Gorman Chairback Lodge and Cabins to open in January, 2011

By Rob Burbank

GREENVILLE—The Appalachian Mountain Club has announced that January 27 is the opening date for its newest destination in the Maine Woods, Gorman Chairback Lodge and Cabins, located on the shore of Long Pond between Greenville and Brownville in the Moosehead Lake region.

Gorman Chairback adds a fourth stop to AMC's popular lodge-to-lodge ski route, and is a new destination for hiking, paddling, and angling. Reservations are now being taken for the 2011 season.

Off the grid and powered by solar energy, the new lodge is Leadership in Energy and Environmental Design (LEED)-registered, with certification anticipated in 2011. Newly refurbished shoreline cabins include queen beds, wood stoves, and gas lamps. Home-cooked meals are served in the main lodge, which features a library, dining room, and wood-fired sauna. Furnishings have been provided through a generous donation from L.L. Bean.

Gorman Chairback is set within 66,000 acres of AMC conservation land, which includes an ecological reserve and land managed for sustainable forestry. Guests can ski, hike, and snowshoe on some 70 miles of AMC-managed trails, paddle on several backcountry ponds, fish for wild brook trout and land-locked salmon, or simply enjoy the quiet beauty of the region.

Moose, loons, and eagles, and even lynx tracks, can be spotted on the property. AMC will be offering a variety of guided family, fly fishing, and outdoor skills programs at Gorman Chairback and its other Maine Wilderness Lodges, Little Lyford Lodge and Cabins, and Medawisla Lodge and Cabins.

This authentic Maine sporting camp was originally built as a private camp in 1867. It was later

operated as a commercial sporting camp until 1990, when it became a private summer residence. AMC is pleased to be reopening this historic sporting camp for use by the public once again, and protecting public access to a spectacular natural area. AMC is building on the Maine sporting camp tradition by adding an extensive trail network and offering a variety of public programs. Through its Moosehead Area Schools Program, AMC has also slated Gorman Chairback as a venue for outdoor learning for Piscataquis County schoolchildren.

The lodge and cabins are named in honor of longtime AMC supporters and outdoor enthusiasts Leon and Lisa Gorman. Building of the new lodge and cabin remodeling was funded through generous contributions to AMC's Campaign for the Maine Woods.

Overnight reservations at Gorman Chairback can be made by calling (603) 466-2727, or visiting www.outdoors.org/mainelodges.

Opening of Gorman Chairback Lodge and Cabins is the latest accomplishment in AMC's Maine Woods Initiative, an innovative approach to land conservation that combines outdoor recreation, resource protection, sustainable forestry, and community partnerships in Maine's 100-Mile Wilderness region. The initiative supports local forest products jobs and recreation, creating new multi-day experiences for visitors and attracting new nature-based tourism to the region. More information on the Maine Woods Initiative can be found at www.outdoors.org/mwi.



Maine Chapter MWI volunteers at Little Lyford on Memorial Day weekend. Jeff Aceto photo.



John Mullens and Peter Roderick in Casco Bay, June 2010. Jeff Aceto photo.

Maine Chapter honors leaders at annual meeting

By Laura Flight

Two chapter-wide awards were given at the annual meeting on Saturday October 2, 2010 at Camp Kieve in Nobleboro as well as recognition for a retiring Executive Committee member.

Since 2007, the chapter has given an "Appie of the Year" award, and this year's recipient is John Mullens. This is John's first year as the Meetings and Education Chair and his rookie year on the Executive Committee. John kept the Meetings and Education ball rolling from his predecessor and expanded its geographic range to offer activities to our more northern members. John has also been a valuable member on the Executive Committee with his even mindedness and thoroughness, and has also helped lead other chapter trips, assist at workshops, and contributed to efforts toward the Maine Woods Initiative. The hand-hewn maple walking stick given to the current Appie of the Year was passed from Jeff Aceto (last year's Appie of the Year) to John. In addition, he was awarded a plaque with the following engraved on it:

John Mullens, Chair of the Meetings and

Education Committee of the Maine Chapter of the Appalachian Mountain Club is hereby recognized for his outstanding contributions to the growth, success and leadership of the chapter and the Executive Committee and is hereby designated Appie of the Year for 2010. Awarded this day, October 2, 2010 at the AMC Maine Chapter annual meeting held at Camp Kieve, Nobleboro, Maine.

The Maine Chapter also gave a "Lifetime Achievement" award. This award is given on an as-deserving basis to someone who has served the chapter in many capacities over several years. Peter Roderick was the recipient of the award for his multiple years of service on the Executive Committee in roles as Chair, Trail Maintenance Committee Co-Chair, and Outings Chair. Peter has also served on AMC-level committees and his most recent position is on a Maine Woods Initiative Committee. Peter annually leads two to three trail maintenance trips in AMC's Katahdin Iron Works area. Peter was awarded a plaque with the following engraved on it:

Peter Roderick is hereby recognized for his outstanding contributions to the growth and

success of the Maine Chapter of the Appalachian Mountain Club, and for his tireless contributions to trail maintenance, the Executive Committee, and the Maine Woods Initiative. Awarded this day, October 2, 2010 at the AMC Maine Chapter annual meeting held at Camp Kieve, Nobleboro, Maine.

Jeanne Christie was recognized for her service as Public Relations Chair on the Maine Chapter Executive Committee. Over the last several years, Jeanne has coordinated press releases for Maine Chapter events as well as organized the booth the Chapter staffs at the Common Ground Country Fair. We will miss Jeanne, but are delighted that she will still be involved with the chapter leading trips as well as through the Chapter Youth Program.



It's time to get outside! Snow fun time is almost here

MEETINGS

Thu., Nov. 11. Maine Chapter Executive Committee Meeting, Freeport. The Maine Chapter Executive Committee meets every odd month (January, March, May, July, September, and November) on the second Thursday. Come voice your opinion on the direction of the Maine Chapter on important conservation topics, outdoor outing activities, and more. Open to all Maine Chapter members. The meetings are held in the upstairs meeting room of the Freeport McDonald's from 6:30-8:30pm. L Carrie Walia (carrie.amcme@yahoo.com)



Family skiing!

EDUCATION

Tue., Nov. 9. Nordic Skiing in Maine: From Recreation to Racing, Curtis Memorial Library, Brunswick. Want a new take on winter in Maine this year? Try cross country skiing—gently gliding through open fields and snow-covered forests, warm as toast, and feeling healthy. Low-impact Nordic skiing, enjoyed by people of all ages and fitness levels, can be endorphin producing whether your goals are recreation, aerobic fitness, or competitive. Nathan Alsbrook, Head Coach of the Bowdoin Nordic Ski Team, will talk about cross country skiing in Maine including the equipment you need, the techniques to get you started, recommended trails for your ability level, and how you can ski faster with less effort. Drawing on his background as a competitive Nordic racer and his current work helping young athletes reach their potential, Nathan will share the secrets of how to relish winter and get the

most out of Nordic skiing. See story, page 8. The talk will be held in the Morrell Room of the Curtis Memorial Library, 23 Pleasant Street, in Brunswick, Maine. A potluck dinner will begin at 6 pm; the presentation at 7 pm. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Parking is free and close to the library in the municipal lot off Union St. L John Mullens (361-1210, education@amcmaine.org).

Tue., Dec. 14. 281 Miles of Snowdrifts: Hiking the Maine AT in Winter, Morrell Room, Curtis Memorial Library, Brunswick. Native Mainers Peter Roderick and Laura Flight will share their motivation, techniques, accomplishments, and chilling stories from their miles of winter trail breaking along the Appalachian Trail. See story, page 7. The Curtis Memorial Library is at 23 Pleasant Street in Brunswick, Maine. A potluck dinner will begin at 6 pm; the presentation at 7 pm. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Parking is free and close to the library in the municipal lot on Union St. For more information, go to AMCMaine.org or email Education Chair John Mullens at education@amcmaine.org. L John Mullens (361-1210, education@amcmaine.org).

Tue., Jan. 18. Three-time Through Hiker Spreads True Stories of the AT, South Portland Library. AMC Maine Chapter leader Wayne Newton will present a talk highlighting stories and lessons gleaned from his three through hikes of the Appalachian Trail, including his most recent hike completed during the 2010 season. If you think an AT through hike might be in your future, or if you are considering through hiking or section hiking any long distance trail, you owe it to yourself to hear what Wayne has to say. This is an excellent opportunity to hear first hand from a seasoned, no nonsense through-hiker, who minces no words about what it takes to complete the journey. Come to hear Wayne's wonderful storytelling in his famous inimitable laconic dry humor, to listen to his now-expanded collection of true AT tales, or to simply enjoy the vicarious experience of long distance hiking from the comfort of a chair in a warm room. Wayne will also bring his extensive photo library collection of his through hikes featuring the people, the views, and the flowers he encountered on his journeys. Wayne will explicitly ask for audience questions, so think ahead about what you want to learn. The program will be in the meeting room of the South Portland Library, 482 Broadway, South Portland, Maine, where parking is available in the library lot off Highland Avenue. A potluck dinner will begin at 6 pm followed by the presentation at 7 pm. Attendees are encouraged to bring a potluck item and their own dinnerware (plate, utensils etc.). Drinks will be provided and plasticware will be available. Free

and open to the public. L John Mullens (361-1210, education@amcmaine.org).

Wed., Jan. 26. 281 Miles of Snowdrifts: Hiking the Maine AT in Winter, Bangor Public Library. Native Mainers Peter Roderick and Laura Flight will share their motivation, techniques, accomplishments, and chilling stories from their miles of winter trail breaking along the Appalachian Trail. See story, page 7. Peter and Laura will talk in the upstairs meeting room of the Bangor Public Library, 145 Harlow Street, Bangor, Maine. For more information, email Education Chair John Mullens at education@amcmaine.org. L John Mullens (361-1210, education@amcmaine.org).

WORKSHOPS

Tue., Dec. 7. Winter Hiking Series Workshop, South Portland. Join experienced winter leaders Peter Broderick and Laura Flight for this introduction to clothing, gear, snow travel, and taking care of your self in the winter. Learn to keep warm, dry & functional. The workshop is designed to prepare experienced three-season trampers and those who would like to learn a few tricks for our winter hiking series. This evening workshop will be held at the South Portland Library. Please call Peter Broderick

Continued next page



Peter Roderick, Laura Flight, and friend on the slopes of Katahdin. Peter and Laura will speak about their walk on Dec. 14 and Jan. 23 in Brunswick and Bangor. See story, page 7.

Join chapter friends for our winter hiking series

778-0801 to register. L Peter Broderick (778-0801 before 9PM, coolbrod@zwi.net), L Laura Flight (215-5306 before 9PM, past_chair@amcmaine.org).

HIKES AND WALKS

Wed., Nov. 10. It's a Beach Walk!, Scarborough Beach, Scarborough. Walk from Scarborough to Old Orchard and back. Stop for a sandwich in Old Orchard. Approximately 4 miles RT. L JoAnne Diller (call 647-2117 before 9:00pm, please).

WINTER HIKING SERIES

Sat., Dec. 11. Bradbury Mountain - Beginner Winter Series, Pownal. Here's a great opportunity to learn and try out winter hiking gear. Come join us for an early winter hike through Bradbury State Park to learn about snowshoes, grippers, clothing and layering, food, water, and winter tips. This trip is intended for beginners to gain experience in a winter setting to allow them to go on subsequent trips in the Winter Hiking Series. This trip is part of the Beginner Winter Series. L Michelle Moody (319-7355 before 10:00pm, meamc@micstan.us), L Roger David (737-2933 before 10:00pm, rogerdavid@earthlink.com), CL Stan Moody.

Sun., Dec. 12. Pineland - Beginner Winter Series, New Gloucester. Practice winter hiking skills in the pine forests of Pineland! This 4-6 mile hike is an opportunity to learn winter skills including team hiking, heat management, food and drink, and gear changes. Hikers are encouraged to bring full winter gear to practice taking on and off snowshoes, using crampons, and preparing for more challenging winter hikes. This trip is part of the Beginner Winter Series. L Larry DeHof (ldehof@access4less.net), L Jeanne Christie (jeanne.christie@aswm.org).

Sat., Dec. 18. Mount Willard - Beginner Winter Series, Crawford Notch, NH. Intended for beginning winter hikers. On a winter's day, the views through Crawford Notch from the ledges of Mount Willard (2865') are outstanding! This 3.2 mile 900 ft. elevation gain hike will give beginner winter hikers the time to practice what you learned during the winter workshop. Snowshoes and winter clothing is required. We will take the time practice putting on snowshoes at the trailhead and discuss heat management throughout the day. L David Littig (318-9181, dlittig@hotmail.com).

Sat., Dec. 18. Table Rock, Grafton Notch - Beginner Winter Series. Enjoy the view from Table Rock on this hike up the back side of Table Rock via the AT and Table Rock Trail. 2.5 miles RT, easy pace. This trip is part of the Beginner Winter Series. L Bill Brooke (207-549-5100 before 9:00pm, Bill@mesoft.org), CL Sarah Toner.

Sun., Dec. 19. Mount Roberts - Beginner Winter Series, Carroll County, NH. Come join us for an early Winter hike up Mount Roberts, summit 2,582' elevation and about six miles round trip. Full winter gear is required, though this trip is intended for beginners to gain experience in winter hiking. This trip is part of the Beginner Winter Series. L Sonny Martineau (490-1305, sonnymart27@yahoo.com), L Larry Dyer (655-9097, vice@amcmaine.org).

Tue., Jan. 4. Camden Hills Snowshoe - Beginner Winter Series. Good way to start out the New Year with a beginner level mountain snowshoe or hike if not enough snow. Great for those who aren't ready for those big mountains but still want to get great views. This trip is part of the Beginner Winter Series. L Michelle Moody (319-7355 before 9pm, meamc@micstan.us), CL Stan Moody.

Sat., Jan. 8. Burnt Mountain - Beginner Winter Series, Carrabassett Valley. If you're new to winter hiking, here's your chance to bag a snow-topped mountain! Mid-winter hike to 3595' summit of Burnt Mountain. Outstanding views of Sugarloaf, Abraham, Crockers, and Bigelows. 6 miles total with rise of 1600' vertical. Easy pace, intended for beginner hikers with full winter gear and some winter hiking experience. This trip is part of the Beginner Winter Series. L Jeff Aceto (outings@amcmaine.org), L Jason Toner (jandstoner@roadrunner.com).

Sat., Jan. 15-17. Zealand Falls Hut Weekend - Beginner Winter Series, White Mountains, NH. Spend Martin Luther King weekend at Zealand Hut. Join us for our annual winter weekend at beautiful Zealand Hut. Saturday snowshoe or ski 6.3 miles on roads and trails.

Sunday climb a 4000-footer, take an easy snowshoe, XC ski, or just lounge around the hut. Bring wine and cheese to share for Sunday night, if you want. Monday, back out. \$99 covers two nights lodging, two great dinners and breakfast. Limited space; reserve early. This trip is part of the Beginner Winter Series. L Wayne Newton (897-3072, hikerfig@myfairpoint.net), CL Roger David (rogerdavid@earthlink.net), CL Susan Sharkey.

Sat., Jan. 15-17. Camden Hills Winter Camping - Beginner Winter Series. Take on winter by trekking with the Toners on this beginner winter camping/backpack trip. This is intended as a fun and easy introduction into winter camping. Learn the fundamentals of winter camping with the convenience of a heated shelter. Start at the Camden Hills State Park. parking lot and hike 2.5 miles into the ski shelter via the groomed multi-use Trail. Participants will have the option of setting up a tent or use the insulated heated shelter for base camp. Multiple day trip options for snowshoeing from shelter. No experience is needed to come along; education and fun are this trip's goals! This trip is part of the Beginner Winter Series. L Jason Toner (649-2448, jandstoner@roadrunner.com), L Sarah Toner (453-8371, jandstoner@roadrunner.com).

Sat., Jan. 29. Speckled Mountain - Beginner Winter Series. Come climb Speckled Mountain, elev. 2906'. 9 miles with 2306' elevation gain. Challenging beginner hike on very moderate trail at an easy pace. Snowshoes and some sort of traction device required. This trip is part of the Beginner Winter Series. L Lewis Dow (890-8512, lwsdow@yahoo.com), CL Jennie Warner (229-1368 before 9:00pm).



Young Members on Speckled Mountain in Evans Notch. From left: Laura Flight (leader), Carolyn Arcand (co-leader) and Hope Rowan, Carrie Walia (Maine Chapter Chair), Heather Burrows, and Elizabeth Franco.

Winter Hiking workshop to be held on December 7

Are you an avid three-season hiker who has always dreamed of experiencing your favorite peaks in the



Don't do this in the kitchen! Peter Broderick demonstrates attaching crampons at the Winter Workshop in December 2009.

winter? To hear the crunch of snow beneath your feet? To see rays of sunlight glistening through snow-covered tree branches? To see the bluest skies you have ever seen? On Tuesday, December 7, the Maine Chapter will be hosting an evening workshop on winter hiking at the South Portland Public Library. Learn what you need for clothing and gear to safely travel and be warm and dry in the winter; it's not as hard as you might think! Information on backpacks, boots, snowshoes, clothing, food, water, and other outdoor hints will be presented. This workshop is designed for experienced three-season hikers ready to challenge the fourth season. However, experienced winter hikers will also find some tricks-of-the-trade to take home. This workshop will be an excellent "things-you-need-to-know-before-you-go" for anyone who wants to get out in the mountains in winter. This evening workshop will be held at the South Portland Public Library. For more information, or to sign up, please contact Peter Broderick at coolbrod@zwi.net or 207-778-0801; or Laura Flight at past_chair@amcmaine.org or (207) 215-5306.

New leaders added to Outings roster

Carolyn Arcand, a full time public policy PhD student who lives in Portland, became a trip leader and Young Member committee chairperson on October 2. Carolyn's been involved in the Young Members for the past two years, and successfully completed her four mentor hikes by leading people in their 20's and 30's on trails in Maine and New Hampshire. Congratulations, Carolyn!



The Outings Committee recognizes Jason Toner as a new leader! Jason has been very active in Chapter outings for 2 years and particularly enjoys leading winter hiking and backpacking trips. He's shown here at the top of the Abol Slide on Katahdin in March '09.



New Burnt Meadow Mountain trails built

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that have helped to make all this possible.

Trail Descriptions of the Burnt Meadow Mountain mass/range:

North Peak Trail: From ME Rt. 160 to the summit of North Peak (elev. 1575 ft.), northernmost peak of the Burnt Meadow Mountains mass. Trail, designated by a blue blaze, leaves a parking area along ME Route 160 (elev. 430 ft.) and ascends the shoulders and south facing ledges of the broad eastern spur of the North Peak, weaving in and out of forests and ledge onto the summit after a short scramble up the uppermost ledges to the summit (elev. 1575 ft.); approx. 1.2 miles in length.

Twin Brook Trail: Forms loop trail with North Peak Trail. Trail, designated by a yellow blaze, leaves from the North Peak Trail at an elevation of about 770 feet, generally following the main brook and ravine between Stone Mt. to the S and the lesser (middle) peak between Stone Mt. and the North Peak to the N, the shoulder of the lesser (middle) peak onto the col (saddle) between the lesser peak and North Peak, and up the ledges and W profile of the Southern flank of the North Peak, onto the summit of the North Peak (elev. 1575 ft.); approx. 1.99 miles in length, loop with No. Peak Trail about 3.25 miles in length (3hrs 30 min).

Stone Mountain Trail: From the Twin Brook Trail to the summit of Stone Mt. (elev. 1624 ft.). Trail, designated by a blue blaze, leaves from the Twin Brook Trail at roughly the height of land on the col (elev. 1160 ft.) between Stone Mt. to the S, and the lesser peak to the N, ascending a slight shoulder

through a hemlock forest, crossing a dry brook, and then skirts a hemlock forest, and gains elevation in a hardwood forest via switchbacks until it reaches the ledges on the S flank of Stone Mt., where it continues W to the summit of Stone Mt. (elev. 1624 ft.); approx. 0.52 miles in length.

Below: There's lots of smiles in this group of Maine members on the summit of Little Bigelow in January 2010. Laura Flight photo.



Peter Roderick and Laura Flight will tell about winter on AT

By John Mullens

Maine's 281-mile section of the Appalachian Trail is generally considered to be the most difficult of the whole AT, even for trail-hardened through-hikers nearing the end of their summer journey.

But simply hiking that section was too easy for two Maine hikers. Instead, they chose to compound the difficulty of these most northern trail miles by hiking them in winter.

Maine AMC Executive Committee members and native Mainers Peter Roderick and Laura Flight, known to be speedy hikers who move quickly even through Maine's rocky, rooty, and uneven AT terrain in the three seasons, were often uncharacteristically slowed to a tiring trudge in this snowbound endeavor.

Why would two otherwise sane people choose to slog through cold and/or wet thigh-high drifts, sleep in sub-zero temperatures, and summit Mount Katahdin in a snowstorm to complete this feat? To answer these questions and others, Peter and Laura will share their motivation, techniques, accomplishments, and chilling stories from their miles of winter trail breaking along the Appalachian Trail.

The winter AT hikers will recount their adventures in both Brunswick and Bangor. On Tuesday, December 14th, Peter and Laura will talk in the Morrell Room of the Curtis Memorial Library, 23 Pleasant Street, in Brunswick, Maine.

A potluck dinner will begin at 6 pm; the presentation at 7 pm. Bring a potluck item to share and your own dinnerware (plate, utensils etc.). Drinks will be available. Parking is free and close to the library in the municipal lot off Union St.



Who is this guy and why is he dressed this way? Come to the Winter Workshop on December 7, 2010 and find out! Jeff Aceto photo.

Organizer offers thanks for Annual Meeting

By Larry Dyer

Thanks to all those who helped make the annual meeting a huge success. The weather was perfect on Saturday and Sunday, and fortunately, we had a good time with indoor activities Friday night. The Friday sing-a-long led by Nancy Harriman and family was a huge hit. Our featured speaker, Rich Cromwell, also gave us an interesting and entertaining presentation regarding his Continental Divide bike ride. Thanks to all of you who helped and who attended, all of which made for such a good time.

Maine Chapter AMC Order Form

Poly Shirts

Long Sleeve	Small	Medium	Large	X-Large	Sizing
Medium Blue	n/a	n/a	n/a		Unisex
Forest Green					Unisex
Light Blue			n/a	n/a	Women's
Total # of shirts=					_____
X \$20=					_____
Shipping and handling (up to 3 shirts) + \$4.95=					_____

Short Sleeve	Small	Medium	Large	X-Large	Sizing
Forest Green					Unisex
Light Blue				n/a	Women's
Total # of shirts=					_____
X \$17=					_____
Shipping and handling (up to 3 shirts) + \$4.95=					_____

Cotton Shirts

Short sleeve	Small	Medium	Large	X- Large	
Eggplant					
Serene Green				n/a	
Total # of shirts=					_____
X \$15=					_____
Shipping and handling (up to 3 shirts) + \$4.95=					_____

Zipper Pulls

With Maine Chapter logo

Note quantity to order	_____
x \$4=	_____
Shipping and handling (up to 3 pulls) + \$1.00=	_____

Contact information

Name _____
 Address _____
 Town/City _____
 State _____
 ZIP _____
 Phone _____
 E-mail _____

Total Cost= \$

Call or e-mail Deborah with any questions
 debfl@fairpoint.net
 207-293-2225

Make check payable to:
 AMC- Maine Chapter

Send to:

Deborah Flight, PO Box 268, Mount Vernon, Maine 04352

Wilderness Matters

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Maine Chapter Website

www.amcmaine.org

It's Time to Think Cross-Country Skiing

By John Mullens

Want a new take on being outdoors in Maine this winter? Try cross-country skiing—gently gliding through open fields and snow-covered forests, warm as toast, and feeling healthy. Cross-country skiing is a low impact exercise, can be enjoyed by people of all ages and fitness levels, and is said to be endorphin producing whether you ski for recreation, aerobic fitness, or competition. There are three main types of cross-country (or Nordic) skiing and the techniques, location of the activity, and equipment varies for each.

Classical, or traditional, cross-country skiing is perhaps the most common and has been around forever. This type of skiing is characterized by long, straight-ahead gliding strides one leg after the other. Additional power comes through the arms using poles to push off with each arm alternately. Classical skiing can be done anywhere there is an open expanse of snow, but is often done in groomed parallel tracks that help your skis glide straight ahead.

The skating style of cross-country skiing is newer and, with practice over time, is more efficient and faster than the straight-ahead gliding of classical skiing. Skate skiing looks similar to ice skating in that the forward motion of each leg is both forward and toward the outside, and generally only one ski is touching the snow at a time. Good skate skiers go faster than good classical skiers and look amazingly graceful. Skate skiing is best on wide, groomed trails without the parallel grooved tracks used by classical skiers. Skate skis are shorter than classical skis and the poles are longer.

Back-country skiing can be done in nearly any snowy setting, with no need to stay on tracks or groomed trails. Back country skis are generally wider than other models to better support the skier in unpacked, untracked, or soft snow. Consequently, back-country skiers can explore nearly anywhere there is snow, and that is part of the joy and fascination.

Each technique has its devotees, but many skiers are equipped to do each type and therefore can use the equipment and technique appropriate for the day's goal. Backcountry skiing, for example, is great for going off track into un-groomed territory, perhaps exploring places no has yet gone this winter. Skate skiing is often the choice for aerobic exercising, getting up to a good speed for a daily workout. And classical skiing can be a terrific family outing with the kids or family friends, is more social, and is often enjoyed at a more relaxed pace, perhaps stopping occasionally for refreshments or to enjoy the views.

Which style of cross-country skiing do *you* want to try this winter?

Get additional information on cross-country skiing by attending an evening program on November 9th when the Head Coach of the Bowdoin College Nordic Ski Team, Nathan Alsobrook, will talk at 7pm in the Morrell Room of the Curtis Memorial Library, 23 Pleasant Street, in Brunswick, Maine. Also check the calendar page of the chapter website www.amcmaine.org/calendar/ for Chapter-sponsored cross-country ski outings.

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- ❖ Newsletter editor
- ❖ Trails co-chair
- ❖ Trip leaders
- ❖ Members to support the activity of the following committees: Meetings & Education, Membership/Public Relations, Maine Woods Initiative, Outings, Trails, Young Members and more!

If you would like to learn more about these volunteer opportunities, please reach out to Paul Hahn, Nominating Committee chair, at nominating@amcmaine.org or (207) 222-2837.