



# Trail Talk

GMC Montpelier Section Newsletter  
Winter, 2014 - 2015 ~ No. 113

## The Montpelier Section All Stars Show: Our Favorite Outdoor Places

On **Thursday, January 22**, the Montpelier Section's winter membership meeting will feature a slideshow we are calling *The Montpelier Section All Stars Show: Our Favorite Outdoor Places*. The meeting will be in the Hayes Room of the **Kellogg-Hubbard Library in Montpelier from 6:30 - 8:00 P.M.** Do mark your calendars now.

This will be a slideshow *by* members and *for* members, old and new. We all have our favorite places, be they on mountains or in valleys, on still or fast water, on hiking or ski trails, or in state or national parks. They can be as close as your own back yard or as far away as another country. The choices are limitless.

For the slideshow to be a success, we need your participation. So, start now thinking about a location that is special to you. Was it a place you visited last week—or perhaps one that is vivid in your mind twenty years later? Yes, it may be difficult to choose among favorites, but you will have a grand time looking through your photographs and remembering past adventures.

We ask you to send us 3-6 digital pictures from one favorite place, with a note about location. Partners can, of course, submit separate choices. We need broad participation to make the slideshow as varied and as interesting as possible.

Mike Wetherell will put the slideshow together. Please send him your photographs by e-mail no later than January 5. His address is: [directors@gmcmontpelier.org](mailto:directors@gmcmontpelier.org)

At the January premiere, we will all be 'stars', sharing memories and telling each other why our particular place is special.



*Hawaii: A favorite place?*



*Mt. Mansfield: A favorite place?*

### MISSION STATEMENT

The mission of the Green Mountain Club is to make the Vermont mountains play a larger part in the life of the people by protecting and maintaining the Long Trail System and fostering, through education, the stewardship of Vermont's hiking trails and mountains.

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## NEW MEMBERS

The Montpelier Section welcomes these new members who joined after July 24, 2014: Nancy Borg & Paul Suhadolc, Marilyn & Larry Bush, Daniel & Susan Donovan, Diane Gallop, Bill Gay, Nathaniel Hausman, Kathie Hickman, Alison Hollingsworth, Tom Kidder, Rob & Mary Alice Lamb, Lora Nielsen, John Ottas, Mhairi Paget, and Joseph Woodin

We look forward to meeting you at our upcoming events.

## PRESIDENT'S MESSAGE

by Reidun Nuquist

As I was mulling over what to write, the Bread Loaf Section's newsletter arrived in the mailbox. In it, my friend and Bread Loaf Section president, Jan Abbott, tells us:

*You should be proud of what the Green Mountain Club has accomplished in recent years: we've built the bridge over the Lamoille River, and will be dedicating the 100-year project of the Winooski River footbridge soon . . . We've taken over an additional section of the Appalachian Trail heading eastward toward NH from the Long Trail, repaired the damage from Tropical Storm Irene, assumed responsibility for Bolton Lodge and Bryant Camp north of the new bridge, and are building a trail on the former Champion Lands in the Northeast Kingdom. We have a wonderful energy-efficient headquarters building in Waterbury Center that presents our face to the public . . . \**

I thought, "Right on, Jan." Let us not forget to celebrate our remarkable accomplishments! The GMC is an extraordinary organization.

It can be easy to feel weighed down by big projects waiting to be tackled. For us in the Montpelier Section, that includes a major relocation of the Long Trail on the south side of the Winooski. The purpose of the soon-to-be-completed footbridge is to eliminate the tedious, sometimes dusty, 3+-mile walk on Duxbury Road, and to that end the southern trailhead must be moved to the west, closer to the bridge and to the trailhead on the opposite river bank, where it comes off Stimson Mountain. (This recent relocation which some of us volunteered for, is on a section of the LT maintained by the Burlington Section.)

So, next year will find Montpelier Section members and GMC field staff busy scouting for another way off Bamforth Ridge, blazing a route, and starting to build a new trail. It is a big undertaking that may take more than one work season. Luckily, we know from experience that club members rally around big projects. Think of the building of Bamforth Ridge Shelter in 2002, and just three years later a new Sterling Pond Shelter, and all the folks who showed up to help!

Before we start on *our* LT relo, the Winooski footbridge, a GMC ambition for a century, needs to open, and the club still needs to raise money to complete paying for it. If you have not already contributed, please consider doing so by writing a check earmarked for the bridge; or you can go to the GMC homepage to donate online.

\*Quoted by permission.



## CALENDAR OF EVENTS

December 4, 2013 – February 25, 2014

The rating levels of difficulty are **easy**, **moderate**, and **difficult**, with a few outings falling in between.

- **Easy** - accessible to all in good physical condition; suitable for families with children.
- **Moderate** - requires a degree of stamina; some previous experience is advisable.
- **Difficult** - challenging events for people in good physical condition; previous experience necessary.

Unless otherwise noted, trips leave from the Montpelier High School (MHS) parking lot. Always bring appropriate gear for the event you are attending (i.e. lunch, liquids, snacks, suitable clothing, footwear, and other items as mentioned in the Calendar of Events). Non-members are welcome on our events.

Our trip leaders are volunteers who are not necessarily trained in first aid, nor does the Montpelier Section or the GMC certify or license trip leaders. Participants should attend these events with the understanding that they are responsible for their own preparedness and safety, and that all contribute to the well-being of the group.



The **Young Adventurers Club** is a group to get parents and children (0-12 years old) outdoors to hike, play, learn about nature, and make friends. Events happen on the second weekend of every month.

Please check out their website: [gmcmontpelier.org/yac](http://gmcmontpelier.org/yac) for details.



PLEASE CALL TRIP LEADER BEFORE BRINGING YOUR DOG.

**December 3, Wednesday - Meeting.** Montpelier. Executive Committee regular quarterly meeting. May bring a dessert to share. Contact: Christie Carter or Kevin Ryan, 229-0236 for directions.

**December 7, Sunday - Snowshoe.** Woodstock. Moderate. 7.6 miles. Snowshoe or Hike to Winturi Shelter via the Appalachian Trail. Bring lunch and water. Meet at MHS. Contact Leader: Michael Chernick, 249-0520 or [chernick5@comcast.net](mailto:chernick5@comcast.net) for meeting time.



**December 13, Saturday - YAC.** Easy. Young Adventurers Club. Contact Leaders: Lexi Shear, 229-9810, or Mike Wetherell, 223-8493 for trip location, details, and meeting time and place.

**December 13, Saturday - Snowshoe.** Northfield. Moderate. 4 miles round trip. Hike Paine Mountain to its wooded summit. Dress for the weather, including microspikes. Call Leader: Steve Lightholder, 479-2304 for meeting time and place.

**December 16, Tuesday - Hike.** Montpelier. Moderate. Ski or walk, depending on conditions, in the Montpelier-Barre area. Bring snack and water. Call Leaders: Reidun and Andrew Nuquist, 223-3550 for meeting time and place.

**December 27, Saturday - Snowshoe.** Elmore. Moderate. 4.5+/- miles. Hike or snowshoe the Mt. Elmore loop trail. Bring water and lunch. Meet at Worcester Town Hall at 10:00 AM. Weather and snow conditions may change time and location. Contact Leaders: Kathy Gohl or John Buddington, 229-0725.



**January 10, Saturday - YAC.** Easy. Young Adventurers Club. Contact Leaders: Lexi Shear, 229-9810, or Mike Wetherell, 223-8493 for trip location, details, and meeting time and place.

**January 10, Saturday - Cross-country Ski.** Craftsbury. Craftsbury Nordic Center. All abilities. Various distances. Trail Fee. Call Leaders: Mary Garcia, 622-0585 or Mary Smith, 505-0603 for meeting time and place.

**January 13, Tuesday - Cross-country Ski.** Montpelier. Easy to moderate. Various distances. Morse Farm Touring Center. Bring snack and water. Trail fee or season pass. Meet at Morse Farm. Call Leaders: Reidun and Andrew Nuquist, 223-3550 for meeting time.

**January 20, Tuesday - Cross-country Ski.** Bolton. Bolton Touring Center. All abilities. Various distances. Trail Fee. Call Leaders: Mary Garcia, 622-0585 or Mary Smith, 505-0603 for meeting time and place.

**January 22, Thursday - Meeting.** Montpelier. Membership Meeting. *Montpelier Section All Stars Slideshow: Our Favorite Outdoor Places.* Kellogg-Hubbard Library. 6:30-8:00 P.M. See page 1 for more details.

**January 24, Saturday - Cross-country Ski.** Bolton. Moderate. 4+/- miles. Honey Hollow. Ski a short section of the Catamount Trail and the Honey Hollow Road. Call Leader: Steve Lightholder, 479-2304 for meeting time and place.

**January 25, Sunday - Cross-country Ski.** Warren. Easy to moderate. Various distances. Relaxed pace. Ole's Cross Country Ski Center. Mostly open terrain. Bring lunch or purchase at touring center. Fee or season pass. Meet at MHS. Call Leaders: Reidun and Andrew Nuquist, 223-3550 for meeting time.

**February 1, Sunday - Snowshoe.** Montpelier. Clear sky backup date: Monday, February 2. Easy. Evening exploration of local trails by moonlight. Meet at 7:00 P.M. Bring headlamp. Call Leader: Jill Aspinall, 224-9980 or happy.jillaspinall@gmail for details and meeting place.

**February 7, Saturday - Snowshoe.** Waterbury. Winter Trails Day at GMC Headquarters, Waterbury Center.

**February 8, Sunday - Cross-country Ski.** Groton. Moderate. Various Distances. Groton State Forest. Bring water and snack lunch. Call Leaders: Cynthia Martin and George Longenecker, 229-9789 for meeting time and place.

**February 10, Tuesday - Cross-country Ski.** Greensboro. All abilities. Various distances. Highland Lodge Touring Center. Trail Fee. Call Leaders: Mary Garcia, 622-0585 or Mary Smith, 505-0603 for meeting time and place.

**February 14, Saturday - Snowshoe.** Waterbury. Moderate. Little River State Park. Bring lunch and water. Call Leaders: George Longenecker and Cynthia Martin, 229-9787, for meeting time and place.

**February 15, Sunday - Cross-country Ski.** Craftsbury. Easy to moderate. Various distances. Craftsbury Nordic Center. Mostly open terrain. Bring lunch or purchase at touring center. Fee or season pass. Meet at MHS. Call Leaders: Reidun and Andrew Nuquist, 223-3550 for meeting time.

**February 21, Saturday - Cross-country Ski.** Greensboro. Moderate to difficult terrain. 16km (10 miles). Highland Lodge to Craftsbury Outdoor Center. The groomed trail traverses beautiful (challenging) hills and woods. We will shuttle from Craftsbury Outdoor Center to Highland Lodge. Bring snacks, lunch and water. Wear layered clothing. Participants must have appropriate gear and cross-country ski experience. Limited to 6 people. For more information, contact Phyllis Rubenstein at 223-0020 or Phyllis@PhyllisRubensteinLaw.comcastbiz.net

**February 28, Saturday - Cross-country Ski.** Peacham. Moderate. 6.5+/- miles. Groton State Forest. Ski from the Nature Center to Peacham Bog and maybe even to Martin's Pond. Call Leader: Steve Lightholder, 479-2304 for meeting place and time.



*Young Adventurers Club (YAC) Hiking in Lincoln Gap, June 7, 2014*

## OUTING REPORTS

### **July 26, 2014 - Hike. Mount Carrigain - White Mountains, NH by Paul DeLuca**

We made final assembly of our group of 4 at the Signal Ridge parking area off Sawyer River Road. The bottom section of the trail is a walk in the woods. The trail has been re-routed since the last time I was there 7 years ago. The new trail significantly reduced the amount of stream crossings. Eventually the trail starts climbing and there are a series of switchbacks to gain some elevation. Finally we came out on Signal Ridge, an open ridge top that gives some great views over the eastern Pemi and also of the summit and lookout tower of Carrigain.

This peak offers some of the best views in the Whites which come from the observation tower which was recently refurbished. The trip is a gradual grade of 10 miles out and back. We were treated to a good close up view of a bull moose on the trip back.

### **August 23, 2014 - Biking. Grand Isle by Donna Russo**

It was the quintessential Vermont bike ride with blue sky, cotton candy clouds, no wind and very still lake views on both shores of Grand Isle. There is something very special about the small productive farms and summer cottages (as well as some very stately "mansions") along this route that make it a place you want to bike again and again. There were only three of us this day...so if you thought about this trip, but didn't make it, you should definitely consider it next time. This favorite GMC bike trek is generally offered annually. We covered about 25 miles of gentle up and down roads, mostly paved with some dirt surfaces, all in very good condition. Crossing back and forth across Route 2, we managed to cover a good part of the shore on both sides of northern Grand Isle.

### **September 01, 2014 - Hike. Galehead Hut - NH by Michael Chernick**

A party of three hiked in ideal late summer weather to the Appalachian Mountain Club's Galehead Hut in the White Mountains along the Gale River (4.0 miles) and Garfield Ridge trails (0.6 miles). The opening three miles are relatively flat and feature several brook crossings. The final 1.6 miles (especially from miles 3.0 to 4.0 up-bound) are much steeper, compensating for the unusually lengthy flat segment of the hike. Views were excellent and the group spent an enjoyable lunch hour

at the hut. Two of the party continued another 0.5 miles to the summit of Galehead Mountain.

### **September 20, 2014 - Hike. Bald Mountain by John Buddington**

The forecast called for partly sunny and 60 degrees. Instead, it was cloudy and about 50. The summit of Bald Mountain was in the clouds and windy. We could see the top of the tower but not much further.

Four of us left Middlesex at 8:30 and drove past Lake Willoughby in Westmore. Tinges of color were seen on the leaves. We arrived at the Long Pond Trail parking lot at 10:15 and shortly thereafter Fred and Lazlo arrived. We six started hiking at 10:30 and arrived at the summit at 12:00. We ate lunch and started our descent at 12:30, reaching our cars by 2:00.

The guidebook said the trail was 2.2 miles long and climbed 1450 feet. The first half mile follows a haul road to a large log landing. The trail heads into the woods and climbs gradually. Extensive logging has been done on both sides of the trail but a "beauty strip" has protected the trail. (After leaf-off the logging may become more visible.) The trail climbs steeply as it approaches the summit.

The North Woods Stewardship Center rehabilitated the hut at the summit last year. A stove had been installed a few days before our visit. The hut is enclosed and has a capacity of five. It would be a fine destination for a winter overnight.

The Stewardship Center has done considerable work on the trail in the half-mile below the summit. There are many rock staircases. Near the summit there is set of log steps. There remain a few hand-over-hand spots. For the most part, the trail is well drained and easy to travel.

We were the first hikers of the day and were joined by three more as we ascended. At the summit and during our descent, we encountered a dozen hikers or more. This was surprising given the inclemency of the weather.

### **September 23, 2014 – Hike. Barre Millstone Hill by Steve Lightholder**

Eleven of us, plus an eager canine, spent a pleasant first day of Fall hiking on Millstone Hill. From the Barre Town recreation area, we meandered through the woods, past the train wreck, and up the hill to Sunrise Lookout. And then back the same way. It's a popular mountain biking area, but we met only two cyclists, it being a weekday.

## OUTING REPORTS cont'd.

### October 12, 2014 – Hike. Plainfield, Spruce Mountain by Ken Hertz

This was a great hiking day - and many people realized it. Our party of fourteen (!), plus "Cookie", encountered a huge number of other parties on the trail, and friends reported similar crowds at other spots. Many children hiking or being carried. Many older and younger adults. Many, many people. Of course, the parking lots overflowed.



*Fire tower is high, but the contrail is higher.*

K. Hertz

We reached the summit a little after one o'clock, and were able to claim the best lookout spot for lunch. Most participants went up the tower, and some took photos. Everyone came down safely, and all had a good time.

### October 14, 2014 – Stowe. GMC/Trekker Foliage Walk by Reidun Nuquist

We could not believe the summer temperatures on the cross-country ski trails in Stowe. Dressed in shorts and tee-shirt, we didn't expect to be perspiring in mid-October--but we did, as we hiked through a magical forest of golden, shimmering leaves. It was such a beautiful day! And for lunch, we found a log that made a perfect bench for all eight of us, and it had a view.

## THE TREKKERS

The Trekkers are a group of people—mostly retired—who like the outdoors, and believe in staying active. Everyone is welcome! We get together during the week to hike, bike, paddle, ski, or snowshoe--depending on the season. Outings are announced by e-mail only, often just a few days in advance. To be added to The Trekkers e-mail list, contact Nancy Jordan at [trekkers@gmcmontpelier.org](mailto:trekkers@gmcmontpelier.org)



## Trails & Shelters Report

by Fred Jordan



On the October 25 Smugglers' Notch work hike, fourteen GMC members turned out on this beautiful fall day. Most went up the not-yet-official new trail that starts behind Barnes Camp. The others went up the Sterling Pond Trail and then down the LT back to Barnes Camp.



K. Hertz

On the November 1 work hike on Bamforth



Ridge in Duxbury, nine workers turned out for our second work hike of the season. The LT heading south from River Road fea-

R. Nuquist



tures the Big Dig, several hundred feet long, where leaves collect and must be moved to allow water-flow. Everyone concentrated on clearing leaves and water bars along the trail leading up to Duxbury Window.

K. Hertz

The crew worked hard both weekends, cleaning water bars, removing downed trees, big and small. This is done twice a year on the LT assigned to the Montpelier Section to make hiking safer and more enjoyable.

## Long Trail: 18 Miles Too Many

by Maya Mashkuri, Montpelier Section family member,  
and a junior at U-32 High School

My hands gripped the straps of my backpack, as I looked straight up, hoping to see the top. The summit was protruding out from under the harsh sun. I wiped my forehead and remembered my goal: to finish at least half the Long Trail before school started. For my junior year, I decided to take a leap of faith and enter a program through U-32 High School, which would allow me to create my own curriculum. I would base my English, Science, and Art credit around hiking the LT. My goal is a little farfetched, as I am only sixteen and a semi-inexperienced hiker. My mom and I started at the base of Mt. Abraham

the previous day, and planned out that we would hike this shorter section in three days, delegating about nine miles to each day. The first day we hiked only seven miles and stayed at Theron Dean. After a rough sleep, an aching craving for pizza, we decided to finish the remaining nineteen miles. Little did we know what was ahead of us.



We hiked up Burnt Rock Mountain, Mt. Ethan Allen, and then descended down to the base of Camel's Hump.

"Only a mile to the top of Camel's," my mom said excitedly. Now for those of you non-hikers, there is a mile, and then there is a mile. A mile is four laps around the track; but, a mile is four hellish laps, plus a million squats and a solid five-minute wall sit. I trudged up the side of the mountain, making it to the summit, with my mom not far behind. The view from the top made it all worthwhile. Then came the part I least expected to be hard. . .hiking back down. Mom raced ahead of me, as I cringed to the thought of walking on bare bone, feeling my feet beginning to ache. Upon reaching the bottom, I ripped off my backpack and fell to the ground.

"What are you doing?" my mom asked as she kept walking. "Umm, we're done, let's just call dad to come pick us up." I replied like that was a simple question. "Maya, I don't have cell service, so we need to keep walking to the road."

It was awful, and I learned that doing a little over eighteen miles in a day was too much for me, but now I feel as though I can conquer almost any challenge that is thrown at me, as long as it doesn't include hiking down Camel's Hump!

## SECTION DIRECTOR'S REPORT

by Priscilla Daggett, Montpelier Section member,  
substituting for Mike Wetherell

The Green Mountain Club Board of Directors met on September 27 at its headquarters in Waterbury Center. Jean Haigh presided. After introductions, the minutes of the June 14, 2014, meeting at Killington were accepted. Points emphasized in the Treasurer's Report, presented by Stephen Klein, were the deficits, and the fact that we are in a rebuilding phase as far as internal controls are concerned. When asked if the Winooski bridge shortfall is separated from the other club finances, Stephen said it is, but the details are not ready for this meeting. Dick Andrews reported that the Finance Committee is getting that report together.

Jean Haigh gave the President's report, and declared that the club has come a long way since September 2013. It has been through challenging times, and has shown resiliency. She said the club is lucky to have Mike DeBonis. She added that everyone has pitched in to manage the finances. She also praised Jocelyn Hebert, the editor of the *Long Trail News*, for her excellent job.

The Executive Director presented his report, in which he said he came on in a time of staff transition. There were departures of key people. The staff stepped up admirably to do the work. New staff members are becoming established, and the 2014 audit is on track and will be completed by mid-October.

Mike reviewed the financials for 2014, and feels concern that income from donations is below average, and membership numbers are down. But he is happy to be the Executive Director, and there is "work to do". Regarding the donations challenge, Mike suggested we have a "Thank-a-thon" instead of or in addition to the phon-a-thon. People who have donated would be called and thanked. Mike made a strong appeal for donations from board members. It was the consensus that core donors need to see leadership and participation by members, and Mike indicated that we can't go back to these donors without a strategic plan for meeting our goals.

Dave Hardy described and showed maps of ongoing field programs in the Stratton area. The Bolton project is delayed by complications. There was discussion of preventing damage by trucks and ATV's at various locations.

The Winooski bridge and relocation project is showing a substantial shortfall. There was discussion of remedies, considering all possible alternatives including the endowment, liquidation of some assets, seeking a loan, and a stepped up fundraising effort. Jean appealed for help at the Headwaters Camp on Oct. 12.

The meeting adjourned at 1:50, and was followed by the volunteer picnic.



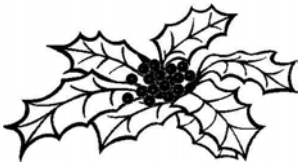
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## **Lake Champlain Bike Ride**

*by Mary Garcia, Montpelier Section member*

One Christmas my husband, Manny, gave me a map of *Lake Champlain Region* that gave directions for a bicycle ride around Lake Champlain. I showed the map to Mary Smith, my good friend and outdoor buddy, suggesting we should bike around Lake Champlain. Mary bought her own copy of the map, and we decided if we were going to do this, we should get started.

Before officially starting our bike ride around Lake Champlain, we had biked in the Champlain Islands a lot and always enjoyed biking near the lake. We had to figure out the sections already completed and proceed from there. Both of us had a copy of the map with each day's ride highlighted.

June 21, 2003, was the official start of our bike ride. Mary's husband, Michael, drove us to Dresden, NY, and dropped Manny, Mary and myself off. Michael planned to meet us in Orwell, VT. The first part of the ride was great, all downhill from Dresden to Whitehall, NY. Soon it turned into a very hilly ride on Stage Road which is a gravel road. We spent the day biking up one hill only to bike down another. A dog came out after Manny on one of the hills. The three of us were tired from all the difficult hills, and as it started to rain, we had Michael pick us up about 2 miles short of our destination. The 25-mile bike ride that day seemed like much more.

Our second outing was on July 31, 2003. We decided to do two short pieces on the Vermont side to fill in gaps

between other rides that we had already done. Mary and I each started out with our own cars. So much time was spent driving to a point, leaving one car, driving to another point, biking back to the other car, and then driving to pick up the first car, etc., that it was dark before we got home. However, we did finish the two short rides that were planned for the day. We decided our husbands were needed to help us with the driving if this ride was ever going to be completed. Many times one or both of them would drop us off at the start of our ride, and pick us up at our destination for the day. Our rides were generally between 25 and 35 miles.

The ride was completed on August 30, 2006. We biked from Essex, NY, to Crown Point, NY, a ride of 37.8-miles. This ride is remembered for the fact that the major towns of Westport, Port Henry, and Crown Point each had a steep hill to ride to get up into town.

Our favorite ride was from Rouse's Point, NY, to the Cumberland Head Ferry. The views of the Lake on this ride were great. Another nice ride is on the Bande du Canal bike path from Iberville, Quebec, to Fort Chambly in Canada. As you head north, the canal is to the west, and the Richelieu River is to the east. This is a very picturesque ride.

Despite the fact that a lot of the biking around Lake Champlain does not give you a view of the lake, we enjoyed completing this ride of more than 350 miles. We each have well worn maps and fond memories of our trip.