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.
Most summers I load my backpack three or four times for short trips, usually involving a night or two on the Long Trail. Last summer I challenged myself to a ten-day hike on the Long Trail/Appalachian Trail from Massachusetts to Killington to complete my third section hike, and to discover, as I approach eligibility for Medicare, whether I could hike 100 miles with a heavy pack and still have fun.

The trip was also a chance to experience some of the special management challenges where the LT is also the AT. I had heard of overflowing shelters and privies, and wear and tear on the tread and at shelter sites, with the recent dramatic increase in AT hikers. More disturbing, I had heard of a growing attitude of entitlement among some AT thru-hikers who saw themselves as deserving precedence over other hikers. I wanted to make my own assessment of these issues to better understand what GMC can do to address them.

The hike was a blast. In a few days I settled into a comfortable rhythm. There were moments when I thought about quitting, but I made it to Killington on schedule and little the worse for wear. I felt my age most on long uphill stretches, where I spent a lot of time standing and counting ferns, but my daily average of ten miles in eight hours was not too bad for an old man. The highlight was visiting with long-time GMC caretakers Hugh and Jeanne Joudry, with other GMC friends on Stratton Mountain. I encountered more GMC staff and friends along the way, and I felt immersed in the Long Trail hiking community.

I can report that overcrowding is real. I usually shared a shelter with five or six other hikers, with about the same number nearby in tents. My only night alone was at Old Job Shelter, located off trail from the LT/AT.

Extensive loss of vegetation around shelters due to widespread tenting and dispersed foot traffic was the most visible impact of overcrowding. The shelters themselves were generally in great shape, although a few structures are showing their age. Historic Cooper Lodge has been damaged by use as a winter hangout by skiers from nearby Killington Resort, and its future remains an enigma. On the other hand, the post-and-beam shelters built for GMC by Erik and Laurel Tobias at Glastenbury, Stratton Pond, Bromley, and Little Rock Pond are gems of style and function that should serve backpackers well for many decades.

Despite heavy traffic the treadway is in excellent condition. Volunteers keep it well brushed and cleared of blowdowns, but its most striking feature is extensive puncheon and stonework constructed by the Long Trail Patrol and Volunteer Long Trail Patrol to harden the tread against tens of thousands of boots. The extent and quality of that work is a testament to the skill of our trail crews, and the Green Mountain National Forest’s commitment to the trail in paying much of the cost of those crews.

During a three-day trip on the LT north of Belvidere Mountain, I couldn’t help noticing a lack of tread hardening compared to the extensive work I saw in the south. The efforts of our volunteers are perhaps more evident in the north, but professional trail crews have spent little time there. Somehow GMC must find the resources to bring the condition of the northern trail up to the level of the southern trail.

Throughout the hike I sought feedback from AT thru-hikers who were by then completely adapted to trail life. I heard many compliments on the quality of the privies, shelters, and trail. The vast majority of hikers engaged positively with me, and most seemed to genuinely appreciate the trail as a gift from the thousands of volunteers who built and maintained it over the years. If they had an attitude of entitlement it wasn’t obvious.

Interactions between northbound AT hikers and southbound LT hikers were fascinating. The AT hikers were really curious about the LT, and the LT hikers effusively praised the trail. I had heard of AT hikers reaching Katahdin, and then looping back to hike the northern LT before returning to their real lives. I now understand why they do.

My wish list for this summer includes the forty-five miles of AT between Killington and Norwich, and beginning another LT section hike by revisiting the Monroe Skyline, a section that I’ve loved since first hiking it in 1966. I hope that each of you find time to hike your favorite trails to enjoy our beautiful Vermont summer.

— John Page, President
Tree Plantation on Camel’s Hump Planted for Monroe

The Long Trail News is a valuable source of information, and I have enjoyed each issue for my many years as a GMC member. While reading the latest issue, I couldn’t help but notice what I think are errors in context with the article “From Stump to Shelter.”

To begin, perhaps a bit of background info would help. I am a recent retiree after thirty-seven years with Vermont Department of Forest, Parks and Recreation (FPR). One of my top priorities was management of Camel’s Hump State Park. I worked with GMC Director of Trail Programs Dave Hardy quite often. Just prior to my retirement I was working on the long-range management plan for the Camel’s Hump Management Unit. During that time I researched the history of the place.

I am very familiar with the softwood tree plantation at the trailhead for the Monroe Trail, and helped thin it at least four times. Much of the harvested material went for GMC structure rehabilitation. For many years I believed, as stated in the article, that the trees were planted by Professor Will Monroe. One of the private contractors I worked with is a relative of the Callahans. His cousin Jim Callahan is a descendant of the Callahans from whom Will Monroe acquired Couching Lion Farm. According to Jim, the tree plantation was planted by the Callahans for Monroe.

One of the highlights of my career with FPR was working with GMC on many trail projects. I wish GMC continued success on providing a valuable service to the recreating public.

—Gary Sawyer

As Executive Director Mike DeBonis said, “GMC’s hiking history and publishing history are as inseparable as an all-you-can-eat buffet and a thru-hiker.” To appreciate why the club has such an extensive hiker library, a short history lesson about how GMC came to be is in order.

On March 11, 1910, more than twenty hiking enthusiasts—lawyers, a professor, journalists, a judge, and other gentlemen leaders of the time—merged their passion for the “out-of-doors” as they gathered to officially form the Green Mountain Club. They were led by school master and Long Trail visionary James P. Taylor, who came to be known in GMC lore as “the father of the Long Trail.”

As hikers and trail workers, we can heartily agree that clearing a footpath over the forested Green Mountain Range that grew to today’s 272 miles was not only a great idea, but ambitious. To be successful, this small band of outdoorsmen needed help. The writers and storytellers among them sat at typewriters—keys clacking, carriage return bells ding— and composed captivating articles about walking in the Vermont wilderness to promote the idea.

Their commentaries appeared in magazines and newspapers years before the club was well-enough established to produce its own literature. The Vermonter, published by Charles R. Cummings and sold for 10 cents a copy, covered topics statewide, and helped the club disseminate information early on. In its April 1910 edition, it announced the club’s formation and objective: “to make the Vermont Mountains play a larger part in the life of the people.”

The Vermonter 1910

“The specific work to be carried out is to make the mountains accessible by means of trails well marked and kept in repair, the building of camps or shelter houses where they can be of service, the issuing of maps and books of information of the work done on the mountains, the distribution of this literature at home and outside of the state, the gathering of a large membership to make the appeal of the club stronger, and lastly the inevitable exploitation of the State through its mountains.”

The word “exploitation” may suggest destruction to us, but at the time its connotation was merely that publicizing Vermont’s mountains could only benefit a poor state. The club and state government were determined to sell the wilderness experience and hiking in the Green Mountains to lure people near and far.

In his article, Paris describes the responsibility of the club’s sections—established throughout the state, each to assume the development of its nearest mountain; early sections were named after the prominent mountain in their region. Paris also commented on the club’s forthcoming literature: “All guidebooks and published matter shall be of uniform size so that accumulated work of the various sections can be bound into one volume which in time will make the official guide
book of the Green Mountains.” The first comprehensive guide book, however, would not be printed for another six years.

In the meantime, news outlets continued to broadcast hiking information and trail updates. Paris hiked from Johnson to Camel’s Hump, later describing life on the trail for the Burlington Free Press. His story was republished in 1915 by Hotel Vermont & Van Ness House of Burlington, where the club had met for its formation. The 16-page booklet, “Along This Skyline over The Long Trail,” had a simple line drawing of the mountain range from Smugglers’ Notch to Camel’s Hump on the front cover; the back cover advertised the hotel, and appealed to guests “interested in walking and mountain climbing.”

*Along This Skyline over THE LONG TRAIL 1915*

“Haze veiled the distance, and, to the north, the view ended at the dome of Belvidere Mountain. The Long Trail will reach Belvidere Mountain this season as the Johnson Section is to cut the trail to Eden Pond, where a trail cut by the boy scouts of Craftsburdu leads to the summit of Belvidere.”

By 1917 there was enough finished trail, and interest in hiking it, to justify the club’s intention to produce an official guidebook. The first edition, a stapled 34-page booklet, served several purposes: a hiking guide with trail descriptions and hand drawn maps, an informational “year book” listing officers and members, and a medium to spread the word that many of Vermont’s mountains were now accessible.

This launched the Green Mountain Club’s 100-year publishing career.

*Guide Book of the Long Trail 1917*

“This, our first Guide Book and Year Book is published in the hope that our present 700 members may come to know and use our trails more frequently and through their influence bring others into the joy of the outdoors. One thousand Green Mountain Club members are desired by December 1917. They will be enrolled if you but do your ‘bit.’”

The club produced the second edition in 1920. The design changed dramatically from the spare, elongated pamphlet-like booklet to a traditional bound book with artwork adorning the cover. A crinkly fold-out map of the Long Trail from Massachusetts to Johnson, penned by then GMC President Charles P. Cooper, is fixed in the front. The club’s original logo made an appearance, followed by the preface with an attempt to gently shame Vermonters for not recognizing the value of the mountains: “This neglect lies with the people of the State who failed to make the mountains accessible or to give them publicity; up to ten years ago only half a dozen of the principal peaks had trails to their summits.” The club’s trail cutting successes were then listed.

*The Long Trail Guide Book 1920*

“The progress in building The Long Trail is shown in the following table:

| 1911—Mt. Mansfield to Camel’s Hump |
| 1912—Mt. Mansfield to Johnson |
| 1913—Camel’s Hump to Killington Peak |

GMC’s second major publication hit the press in December 1922. A 4-page newsletter titled: The Green Mountain News, it was designed to “constitute a record of the activities of the Club down to date of publication.” Early on, the newsletter was essential to communication among the sections. The first edition included headlines such as: Appalachian Party on the Trail; A New Section; Jay Peak Day; Extension of the Long Trail to Canada; Publicity; Patrol Day; Camel’s Hump and Monroe Lodge; Work on the Trail; and Lake Pleiad Lodge.

*The Green Mountain News 1922*

“A new section of the G.M.C. was organized in October at Montpelier. It will be known as the Mt. Hunger section. This section plans to build a trail from Montpelier over the Middlesex Range, White Rocks, Mt. Hunger and Worcester Mountain to Elmore mountain. It will also co-operate in the extension of the Long Trail to Canada.”

A name change from The Green Mountain News to The Long Trail News in 1925 was explained in the December edition:
The Long Trail News 1925

“The name “Green Mountain Clubhouse” having been officially changed to “Long Trail Lodge”, it has seemed best to follow suit and adopt a corresponding title for this paper. The reason is the same in both cases: the new name is more distinctive. “Green Mountain” is in common use in Vermont as a part of the title of institutions of various kinds.”

We are left to wonder why the club’s name did not also change to The Long Trail Club. Nearly a century later many people are familiar with the Long Trail but unfamiliar with the Green Mountain Club, so they do not realize that the club maintains and protects the Long Trail.

As club spokespersons continued to inform the public about the peaks and the ever-changing trail, Long Trail News editors were frequently compelled to correct misinformation printed by other sources. They were not shy about calling out blunders like this one titled, “A Colossal Error”: “The most remarkable printed error that we have run across lately is in the Literary Digest for June 2...the writer says in part: ‘...There are 500 summits exceeding 4,400 feet. Over this mighty axis follows the foot-path of the wilderness, The Long Trail...’”

As we know, Vermont has no summits exceeding 4,400 feet, let alone 500. The highest point in the state, measuring 4,395 feet is—you guessed it—Mount Mansfield.

As printing techniques improved, Green Mountain Club publications became more vivid. The earliest photographs appeared in the 1929 Long Trail News after the club’s first photo contest in 1928. The Long Trail Guide used images for the first time in the tenth edition in 1935.

The Long Trail News 1928

“We cannot emphasize too strongly the importance of this contest. The Secretary’s office has innumerable calls for trail information and pictures. Written material can of course be provided on comparatively short notice, but unless it is well illustrated its effectiveness is tremendously diminished. We all know how people nowadays glance thru periodicals and advertising material generally, stopping only when a picture attracts their eye...In other words, to attract the public, we must show them pictures.”

Apparently attention spans suffered long before online social media! On the upside, 95 years later, members are still reading (or at least “glancing thru”) today’s now 32-page, full color magazine.

To help hikers plan, pack, and prepare meals on the trail, Professor Walter C. O’Kane authored a booklet titled Food and Cooking on The Long Trail in 1938. Gone are the days when hikers carried butter and flour in their rucksacks or woven pack baskets, and stopped at farms along the route for fresh eggs and—if lucky—an occasional home-cooked meal, an earlier version of today’s trail magic.

Food and Cooking on The Long Trail 1938

Walter C. O’Kane

“Canned meat in the form of so-called deviled ham or similar material, may be all right for an occasional picnic sandwich, but is not prized by most trampers as trail food. Dried beef will keep fairly well but makes one thirsty. Ham will keep only moderately and causes thirst. Bacon will keep and is appetizing, though some trampers rely on it for too many meals in succession.”

The impact and aftermath of World War II left little time and resources to hike or maintain the Long Trail. GMC publications were less frequent through the 1940s and 1950s. And, the size of the Long Trail News, although still produced quarterly, decreased to a four-by-six inch booklet.

A hiking boom developed in the late 1960s, the result of better roads, more automobile ownership, lightweight hiking equipment using materials like nylon and aluminum alloys perfected during the war, and the wave of baby boomers reaching college age and seeking every kind of independence.

This caused the club’s leaders to look more closely at the noticeably overrun and mistreated trail. Its poor condition motivated them to develop and implement stricter standards to ensure its care. They concentrated on shelter and trail maintenance, drainage and erosion control, expansion of the caretaker and ranger-naturalist programs, and producing educational material about proper backcountry hiking and camping practices.

By the 1970s, hiking opportunities off the Long Trail were numerous. The club released its next mainstay publication in 1978: The Day Hiker’s Guide to Vermont. According to the Long Trail News, this book was intended for “non-hikers, aspiring beginners, those unable or disinclined to follow the lengthier and more rugged trails.” In an apparent attempt to encourage hikers to get off the beaten path, the newsletter continued: “Veteran hikers looking for new places to explore should be pleasantly surprised at the number, richness
and variety of Vermont’s ‘other’ trails.” The Day Hiker’s Guide is one of GMC’s bestselling books today.

Editor: George Pearlstein

**Historical Highlights.**
“In recent years, however, the Club has recognized the ironic fact that the very popularity of the Trail and steadily increasing hiker traffic pose more of a threat than the pressures of incompatible or undesirable land use.”

With the rising popularity of the Long Trail came increased ambition to hike its entire length. The Long Trail News archives record Irving Appleby’s 1926 speed record attempt, the ‘Three Musketeers’ thru-hike in 1927, and two Williams College students thru-hike in 1928. The number of end-to-end hikers has steadily increased since the club began acknowledging the accomplishment with certificates in 1943. A 1945 newsletter published the first complete list of finishers, congratulating all forty-three. The 100th end-to-ender, Mr. Harry A. Walton of Dalton, Massachusetts, was celebrated in the November 1960 edition, which was also the club’s 50th anniversary.

In this summer 2017 edition we lift our hats to 247 end-to-enders who, this year alone, applied for recognition. Our records tell us that more than 5,000 people have hiked the length of the Green Mountains since we began tracking, although we know the overall number is much, much higher.

As a response to the growing interest in end-to-end hiking, the popular Long Trail End-to-End’s Guide, written by Russell Norton (aka “Mr. Natural”) for the Green Mountain Club and inspired by an Appalachian Trail Conference publication, was introduced in 1990. The preface states: “The End-to-End’s Guide first appeared as an appendix to the ATC’s 1989 Philosopher’s Guide (now called The Thru-Hiker’s Handbook).” Not meant to replace the Long Trail Guide, but to assist with logistics, the early guides cover weather, overnight sites, drinking water, number of days needed to complete the trail, food drops, transportation, parking, wildlife, and when to go.

Later editions, written and edited by GMC staff and volunteers, expanded to include features like charts with shelter-to-shelter distances and times, and simple street maps of towns along the trail. The format of the 19th edition, released in 2003, decreased in dimension to mirror the size of the Long Trail Guide and make it easier to pack. Updated every two years, the 21st edition was released in May.


**GODDARD SHELTER**

“Lovely place, great views from dramatic shelter site and fire tower above, excellent piped spring. May be a bit exposed in storms, serious black flies early in season.”

**KID GORE SHELTER AND CAUHGNAHAGNA SHELTER**

“Not lovely, but if you want to see porcupines, stay at Kid Gore! Also lots of mice.”

**Vermont’s Long Trail Map**

Vermont’s Long Trail Map, a multi-panel waterproof map, was first produced in 2004 by The Wilderness Map Company in cooperation with GMC. A perfect complement to the Long Trail and end-to-end’s guide books, it rounds out the LT hiker suite, and is a valuable resource to help hikers navigate their way to Canada.

The public’s appetite for hiking literature remained robust heading into the 21st Century. Now that excellent trail information had been published, GMC’s active volunteer publications committee turned its attention to ecology and trail history. From 2003 to 2013 they produced first edition books on various topics: summit fire towers in the state; a snowshoe guide, place names on the trail; a Long Trail nature guide; an account of a 1931 hiking adventure; a children’s Long Trail activity coloring book; a walker’s guide; an illustrated coffee-table history book recapping and celebrating GMC’s first 100 years, and a winter hiking guide.

Today the committee and staff work hard to keep the club’s print publications fresh and current while addressing changes in technology and a growing demand for products like digital books, maps, and trail apps.

One of James P. Taylor’s goals when he organized the Green Mountain Club in 1910 was to “awaken the people of Vermont to the neglected beauties of their mountains.” Since Taylor’s plea, much has been accomplished: the 272-mile Long Trail and 163 miles of side trails were built, membership grew from 22 charter members to nearly 10,000, a proud 1,000-strong volunteer force was assembled, and there is vastly improved accessibility to Vermont’s mountains, with trails to the summits of its principal peaks, all inspired by GMC’s mission and its prolific 100-year publishing history. We are unmistakably awake.

With admiration and gratitude we acknowledge all the researchers, writers, editors, cartographers, photographers, artists, designers, printers, and—let’s not forget—you, the readers, for 100 successful years!

—Jocelyn Hebert

*Long Trail News Editor (#16)*
The release of the twenty-fifth edition of the *Long Trail Guide* in 2003 marked the beginning of a remarkable burst of creativity and productivity for the Green Mountain Club’s publications program. Steve Larose succeeded Steve Gladstone as volunteer chairman of the publications committee, and in the next eight years the committee met frequently, churned out half a dozen new book titles, launched GMC into the map business, and consumed a staggering amount of pizza.

What set the stage for that publishing burst?

Consider that the *Day Hikers Guide*, first edition, had been published in 1978, thanks largely to the tireless explorations of past President George Pearlstein and then President Joe Frank. When I started as executive director in 1998 the club was still selling the third edition, published in 1987, but copies were running low and the next guide would require a major overhaul.

It took a major team effort, but we finally got the *Day Hiker’s Guide*, fourth edition, to press in 2002, just in time to start production of the *Long Trail Guide*. Yes, we also needed a new *Long Trail Guide*. The last one had been edited and produced by *Long Trail News* Editor Sylvia Plumb, Director of Trail Programs Dave Hardy, and volunteers John Dunn and Don Hill in 1996.

Because of trail relocations and changes in shelters, the twenty-fifth edition would need new descriptions, mileages, and maps. Steve Larose, Dave Hardy, and I collaborated on production; we added elevation profiles by Steve Bushey of Map Adventures, and beautiful watercolor paintings created on a recent end-to-end hike by a brilliant young GMC board member named Dave Blumenthal. Dave’s artwork also graced the cover.

With up-to-date editions of both flagship guidebooks finally on the shelf, the committee brainstormed ideas for new projects. Individual committee members stepped up to run with them. Space does not permit a shout out to all the wonderful volunteers who worked on those new GMC publications, but they were amazing!

In thinking back on that time, I recall that a major impetus for new publications was our fervent desire to properly mark and celebrate the one-hundredth anniversary of the trail. Also not to be underestimated was recognition that the advent of computer mapping had lowered the barriers to market entry, enabling private cartographers to publish independent maps and guidebooks. That threatened GMC’s survival as a viable publisher of products about the trail it maintains and protects.

We recognized that GMC had to compete for shelf space against other publishers who did not bear the costs and responsibilities of sustaining the trails shown on their maps. We talked with some of those publishers, entered partnerships for some products, and asserted GMC’s brand, reclaiming our role as the authoritative publisher of information about our trails.

Today the expectation of instantaneous online access to free information (including cartography) poses a new challenge for a new generation of GMC leaders.

The Long Trail has inspired artwork, poetry, humor, music, friendship, and romance over many generations. It has helped shape some of Vermont’s most important political decisions about the future of our landscape. GMC can and should be an articulate publisher of the Long Trail’s story. We should always be a publisher, because the Long Trail is a unique vessel of human self-realization and adventure; club members have created a distinct culture, and the words used to describe, nurture, and sustain that culture matter. Because of the trail, there will be many more good books to be written and shared.

—Ben Rose

Ben Rose served as GMC Executive Director from 1998 to 2011. Since shortly after Tropical Storm Irene in 2011, he has worked at the Vermont Division of Emergency Management, currently as Chief of Recovery and Mitigation. He continues to volunteer with GMC on the Development Committee.
Is This a Hiking Club?

“Is this a hiking club?”

The question hung in the late afternoon air as angry field staffers confronted stony-faced GMC members at the annual Intersectional gathering in August 1971.

After a frustrating season dealing with massive overcrowding on the Long Trail, Camel’s Hump and Mansfield caretakers stormed the Intersectional to alert the club to a growing crisis. Cornering President George Pearlstein, they convinced him to convene an impromptu meeting of the Board of Directors to hear their concerns.

A summer of pent-up anger poured out as staffers described lodges regularly filled to capacity and beyond (as many as sixty a night at Montclair Glen and Taft), hikers ignoring new bans on open fires and ridgeline camping, hikers continuing to toss garbage into dumps caretakers sought to remove, overflowing outhouses, and eroding trails—bearing witness to the fact that Vermont’s highest mountains were in danger of being “loved to death.” Sharpening their concern was a feeling that many GMC members were out of touch: at best oblivious to the growing crisis; at worst, indifferent.

As the audience began to grumble that the unscheduled hearing was holding up the evening square dance, Gorham Lodge Caretaker Roger Wilder looked over the crowd and asked, “How many of you spent a night on the trail this year, or last year, or in the last five years?”

Addressing the mounting silence, Wilder continued, “Is this a hiking club?”

And then the square dance began.

In many ways, this confrontation was typical of the time: an older generation challenged by impassioned youth seeking action, and action now.

Action was badly needed. As the backpacking explosion of the late 1960s and early 1970s began to take a serious toll on the Long Trail, GMC leaders were far removed from their backpacking days, and rarely overnighted on the Trail. The field staff consisted of a small Long Trail Patrol focused on trail and shelter maintenance rather than environmental education and protection.

The club placed a caretaker at Taft Lodge in 1969, but caretakers didn’t staff the other Mansfield lodges, Gorham and Montclair Glen on Camel’s Hump, and Stratton Pond until 1971. During that summer the extent of overuse and degradation became abundantly clear, as did the limits of the GMC’s response to a rapidly escalating crisis which was focused on discouraging use of the trail and protecting club facilities rather than addressing the larger environmental issues at stake.

The caretakers were frustrated by what seemed a short-sighted focus on maintenance when the times demanded a more comprehensive policy of...
George Pearlstein

“...in the late 1970s, I served as GMC President, and my acquaintance with George was reinvigorated. Neither of us had lost interest in the Green Mountain Club; George had served as GMC President in the early 1970s. I thought we ought to have a day hiker’s guide to complement the Long Trail Guide. George agreed to head up the project. From time to time, I asked George how the project was progressing, and each time he laconically said that it was coming along. Little did I know until it was completed and published in 1978 that George had singlehandedly done virtually all of the fieldwork and writing that went into that first edition.

George had a passionate love of the Green Mountains. Eventually he hiked the entire Long Trail several times. As a craftsman in writing, he recognized the limitations of language in describing his enjoyment of the mountains. "Trying to list the highlights of hiking the Long Trail is like trying to bail out Lake Champlain with a teacup," George wrote.”

—Joseph E. Frank, Fall 2010 Long Trail News

One of the caretakers at the Intersectional event in 1971, Vic Henningsen spent five seasons on Mount Mansfield as both Butler Lodge Caretaker and Ranger-Naturalist for the Vermont Department of Forests and Parks, and was one of the first members of the field staff to be elected an at-large director. A teacher and historian living in Thetford Center, he is a regular commentator on Vermont Public Radio.
“Step by step the work was carried forward. Much the greater part of the task represented the labor of club members, who went out into the wilderness, scouted the best route over mountain after mountain, cleared the path, marked it with white-painted blazes. For the most part it has been a labor of love.”

—Green Mountain Club Twenty-first Anniversary at the Long Trail Lodge program, September 12, 1931
The following people finished hiking Vermont’s 272-mile “footpath in the wilderness”
SIDETO-SIDEFINISHERS

Congratulations to 2015 side-to-side trail finishers who completed 84 side trails totaling 163.8 miles!

Daniel Morvay, Mechanicville, NY
Starr Morvay, Mechanicville, NY

VERMONT PENDANT

Celebrate your end-to-end hike with a hand-crafted sterling silver Vermont pendant! $24.99.

Have your end-to-end date engraved on the back: $34.99.

Available on our web store, greenmountainclub.org.
VHCB AmeriCorps
A Look Back at GMC’s Recent Members

The Green Mountain Club has benefited tremendously from the service of AmeriCorps members, as have other nonprofit conservation and housing organizations in Vermont.

Members have come to us through the Vermont Housing and Conservation Board AmeriCorps (VHCB AmeriCorps) program, which has been "serving Vermont communities, cultivating leaders and inspiring collaborative solutions to expand housing opportunities and steward our natural resources" since its founding in 1997. Each in turn has been our group outreach coordinator, charged with helping organized groups enjoy our trails with minimal disturbance to other groups or individual hikers and backpackers.

Americans have long served in the United States Armed Forces, often sacrificing for our freedom. More recently others have performed meaningful civilian service through organizations like the Civilian Conservation Corps and the Peace Corps.

In 1993 President Bill Clinton created AmeriCorps by signing the National Community Service and Trust Act. Since then a new generation of members has pledged each year to uphold the program’s values by strengthening communities, encouraging responsibility, and expanding opportunities.

We asked our last five fabulous VHCB AmeriCorps members what their time with GMC meant to them, and what they have been doing since.

Ryan Linn, 2008-2009
Ryan connected with the GMC by meeting Dave Hardy, director of trail programs, while a Vermont Youth Conservation Corps wilderness trail crew leader.

What did you gain from your VHCB AmeriCorps service to GMC?

“I learned so much about how the entire organization functions, and how much behind-the-scenes work has to happen to keep even a well-established hiking trail like the Long Trail maintained and protected. In the past few years I’ve worked with outdoor organizations like GMC or the Appalachian Trail Conservancy quite a bit, and I always try to push individuals to volunteer or donate to support them.”

What have you been doing since you left GMC?

“Right after leaving I thru-hiked the New England Trail, then the Pacific Crest Trail and, finally, the Long Trail. Since then, I’ve been running my own business, Guthook Hikes (atlasguides.com), creating smartphone app hiking trail guides for the Appalachian Trail, Pacific Crest Trail, and many other such trails, and trying to work with trail maintainers as much as possible. Anything to keep me connected to the wilderness!”

Jenna Koloski (née Whitson), 2009-2011
Jenna was working for the Appalachian Mountain Club as a hut naturalist on Mount Washington when she hiked to the summit observatory to complete her GMC application. When she hit "submit" she knew two things: she wanted to keep working for an organization focused on outdoor education, recreation, and the environment, and to work and live in Vermont.

What did you gain from your VHCB AmeriCorps service to GMC?

“I gained valuable experience in fund raising, program development, public presentation skills, and the basic ins and outs of working in a small Vermont nonprofit organization. I also learned that I love this work, which reinforced my career goals of continuing to work in the nonprofit sector in Vermont.”

What have you been doing since you left GMC?

“In 2011 I had the opportunity to stay at GMC part time as the education coordinator while I pursued a master’s degree in environmental law and policy at Vermont Law School. In 2012 I was hired by Hunger Free Vermont as a child nutrition advocate, and in 2014 I transitioned to my current role as community and policy manager at the Vermont Council on Rural Development. I work at the statewide level to bring together experts and leaders to identify policy and programs that support rural Vermont communities. I now live in beautiful Huntington with my husband in an off-grid home on the shoulder of Camel’s Hump.”

Nika Meyers, 2011-2013
A passionate Nordic skier, Nika applied to serve the Catamount Trail Association, but the position had been filled. Her application was passed on to GMC, and the fit could not have been better.

Describe your experience serving as an AmeriCorps member.

“I had the opportunity to learn from a wonderful team of GMC staff and the space to be creative and self-driven, and to work independently on programming and events.”

Ryan Linn
Jenna Koloski
The unique nature of the VHCB program created collaboration between member organizations, which helped broaden my perspective and allowed me to engage with a larger community. I gained a new understanding and appreciation for the natural and cultural history of Vermont and the importance of volunteers in maintaining and protecting our public resources.

What have you been doing since you left GMC?

I continue to weave place-based education, art, environmental conservation and outdoor exploration in my life and work. I thru-hiked the Pacific Crest Trail in 2014 and the Continental Divide Trail in 2016. The wild and rugged landscapes became more of a home than any space with four walls, and concepts like connectivity, accessibility and migration fueled my dreams. I also had the privilege of working as a naturalist educator with the North Cascades Institute and of continuing reforestation work in Costa Rica for neo-tropical migrants. Currently I am settled in Vermont finding ways to creatively express my recent journeys through artwork (www.nikameyers.com).

Have you stayed involved with GMC?

Yes! I have come back to work as a caretaker on Mount Mansfield and a trail crew member, volunteered at club events as a trip leader, and provided artwork for the Long Trail News. I look forward to staying part of the incredible GMC community and enjoying trails for many years.

Thorin Markison, 2013-2014

Thorin also met and worked with Dave Hardy while working for the Vermont Youth Conservation Corps before joining the GMC staff through the VHCB AmeriCorps program.

When Thorin started working at GMC, we asked what attracted him to the group outreach position. He said:

“I was drawn to the culture and spirit of the people as well as the opportunity to work for the organization that maintains the Long Trail and hiking trails in my home state.”

Thorin recognized GMC’s need to improve the group outreach program’s documentation system and developed a new group outreach website. He also redesigned the club’s orientation course, and streamlined the spring egg hunt to get candy in the hands of three hundred children as equitably and efficiently as possible. And, he used his graphic design skills to create illustrations for the second edition of the Appalachian Trail Conservancy’s Backcountry Sanitation Manual, the Long Trail News, and GMC brochures and outreach materials.

Caitlin Miller, 2014-2016

After graduating from Bishop’s University in Sherbrooke, Quebec, Caitlin’s love of backpacking led her to GMC to work as a caretaker on Mount Mansfield and at Sterling Pond. She recently completed a two-year AmeriCorps term with us.

What did you gain from your VHCB AmeriCorps service to GMC?

I’ve learned so much that it’s humbling to think back to who I was before. I’ve become vastly better equipped to interact with the public on different trail-related issues, and the professional development opportunities at GMC have given me insight into partner relationships and management strategies. I’ve also made leaps and bounds in my leadership skills; the idea of taking ten to fifteen little kids into the woods to swing around tools no longer terrifies me! Overall I feel much more prepared to begin a career than I did a few years ago, fresh out of college and living in a tent.

What’s next?

My loose plan is to head to law school (if I survive the LSAT), but before diving into the graduate grind I’m hoping to save up a little cash for traveling with my partner, eating ice cream, and seeing what other mountains are out there to hike!

Introducing our Newest VHCB AmeriCorps Member, Lorne Currier

Lorne is ready to make the Long Trail System his new home. Originally from South Berwick, Maine, Lorne attended Keene State College in New Hampshire, where he majored in geology and environmental studies. With an enthusiasm for rocks and landscapes he worked three months with the Wyoming Conservation Corps, where he gained an appreciation for trail work, friendships in the woods, and a heaping bowl of Annie’s Mac & Cheese. After graduation Lorne worked for the World Fellowship Center in Conway, New Hampshire. With a newfound love for the Whites, he began a two-year stint working for the Appalachian Mountain Club as a hut naturalist and caretaker.

Eager to start his role as GMC’s group outreach and field coordinator, Lorne is looking forward to helping groups and individuals become stewards of the Long Trail and its shelters. In his free time he explores new trails in Vermont, embraces his love of rock climbing, and hosts dinner parties at his home in Burlington.

—Jocelyn Hebert
LONG TRAIL NEWS EDITOR
The Green Mountain Club surveys its members about every four years to learn the membership’s characteristics and opinions, and how they may be changing. Five hundred members received surveys in 2016, and 226 returned them, for an excellent response rate of 45 percent.

Information from the survey helps club leaders and staff to understand what members want, identify priorities, and measure the effectiveness of programs and services. A summary of the latest survey results is below. To see the full results, visit greenmountainclub.org/2017survey.

Who are GMC Members?

- Members are two-thirds male, one-third female. This ratio has been stable for more than twenty years.
- Members are highly educated: sixty percent have graduate degrees, and more than forty-five percent have undergraduate degrees.
- Members have been active for an average of twelve years, a time generally increasing since 1994.
- The median household income of members is close to $80,000.
- Members are getting somewhat older, with the average age increasing from fifty-two to fifty-nine since 1994.
- Forty-nine percent of members are Vermont residents.

What Members Think

- The Long Trail and environmental protection and stewardship remain the most important issues to club members.
- Protecting and maintaining trails is the most important club objective.
- More than ninety percent of respondents said the club should continue to charge caretaker fees.
- Eighty-five percent of members are satisfied or very satisfied with the maintenance of the Long Trail.
- Large groups, the use of mobile electronic devices, and motorized vehicles crossing or on the trail are the top three types of encounters disliked by members.
- More than fifty percent of members are opposed to motorized vehicles and all-terrain vehicles affecting the Long Trail or its view shed.
- Members generally felt that that hiking trails in Vermont are not crowded, with only mountaintops and Long Trail shelters being occasionally crowded.

Next Steps

The club is creating a five-year strategic plan, and the membership survey results will help establish our priorities.

Please remember, you don’t need to respond to a survey to tell us what you think. This is your Green Mountain Club. We welcome and encourage feedback from members and other trail users. You can tell us what you think by emailing gmc@greenmountainclub.org or giving us a call at (802) 244-7037.

—Mike DeBonis
Executive Director

Walk the Long Trail at Berlín Mall

From January 14 to April 22, Walk the Long Trail at Berlín Mall tapped into Vermonters’ love for the outdoors, and offered a fun, healthy, and educational experience. By walking 544 laps in the mall’s heated, enclosed common area, participants walked the equivalent of the Long Trail’s 272 miles. Photos, Long Trail maps, and other media provided the sense of being immersed in the Trail and its surroundings.

Participants’ walking distances were recorded as they achieved milestones along the way, and the mall owner (Heidenberg Properties Group) donated funds to support the Green Mountain Club, based on the number of miles people walked.

Walk The Long Trail at Berlin Mall concluded with a community celebration on Earth Day—Saturday, April 22—with an award ceremony for the 20 people who walked all 272 miles; drawings for prizes, gift certificates, and discount coupons; and a $5,280 check presentation to the Green Mountain Club.

Thank you, Berlín Mall!
Bryant Camp’s First Season a Success!

Skiers and snowshoers have given rave reviews of their excursions exploring Bolton’s backcountry and overnighting at Bryant Camp. “What a magical place surrounded by nothing but trees and snow... Hoping to make this a yearly tradition from here on out” gushed an anonymous renter in February.

With a 75-percent occupancy rate from January 14 through March 31, and forty-one user groups spending a day or more at the cabin, we can call Bryant Camp’s first winter a success.

The cabin will be closed from April 1 through July 31 each year to protect the excessively wet site. Reservations reopened on June 1 for booking the cabin between August 1, 2017 and March 31, 2018.

Please visit the GMC rental cabins page at greenmountainclub.org/cabins to learn more.

—Mollie Flanigan
Land Stewardship Coordinator

Sustaining Vermont’s Natural Resources

Suzanne Nersessian is a native Vermonter, currently living in Massachusetts with her husband and two teenage kids, who views her Green Mountain Club membership as a way to remain connected to Vermont. Whether she’s on an actual hike, or reading about one and seeing photos in the Long Trail News, for her, it’s all about a connection to “home.”

Sue was happy to tell me why she values the club and makes a monthly donation in addition to her dues.

What is your connection to the Long Trail?

My father, who still lives in Waterbury Center, is an end-to-end, and he continues to hike different sections of the Long Trail each year. He also spends dedicated time with each of our children taking them on Long Trail section hikes each summer. As a family we try to hike as much as possible when in Vermont, often using our Long Trail Guide and Day Hiker’s Guide. My husband and I have already started planning our thru-hike once our children are in college!

You’ve been a member since 2011. Why did you join?

In part it was a way for me to remain connected with Vermont. I still consider it home. And, I want to support all the work that GMC does to preserve and protect Vermont’s wonderful natural resources.

Why is it important for you to support GMC and the Long Trail throughout the year?

When I’m in the mountains my senses come alive—the incredible smells of the different trees, the sound of water rushing over boulders in a stream, the amazing views from the summits. I worry about the destruction of forests and expansive landscapes that were once the picture of Vermont. With more and more building going on, I’m concerned about the impact it will have. GMC’s work helps to preserve the character of the state I love. I can’t think of a better reason to be a sustaining contributor.

Do you have a favorite hike?

Most of my favorites are near my hometown of Waterbury Center, so I love Mount Hunger, Camel’s Hump, the Lake Mansfield Trail by the Trout Club in Stowe, and many other hikes on or around Mount Mansfield. I have very fond memories of bringing my infant son up Hunger.

Donors like Sue are important to our long-term success. If you would like to become a sustaining donor please call (802) 241-8322 or email adiccoco@greenmountainclub.org.

—Alicia DiCocco
Director of Development

From Fitzwilliam, N. H. “My husband died last February, but his keen love of your mountains, which he only discovered two years ago, and all of them I believe he climbed these last two years, leads me to continue his membership in your club. During his last illness he lived among your hills. To him they were always a delightful and restful retreat, and even tho he passed away in St. Louis, Mo., miles away from your mountains, over and over again he closed his eyes and we were again among those green hills of Vermont.”

The Green Mountain News, 1922
Club Updates

Stone Hut Fully Restored
Historic Stone Hut on Mount Mansfield reopened for rentals during the winter of 2016, following extensive renovation in the wake of a 2015 Christmas Eve fire that left it in ruins. Owned and operated by the Vermont Department of Forest, Parks and Recreation and managed by Vermont State Parks, Stone Hut was built by the Civilian Conservation Corps in 1935 as a warming hut for workers on Mount Mansfield.

In addition to serving as a popular winter rental, the shelter is home to GMC’s Mount Mansfield caretakers during the hiking season. During its renovation field staff had to find a new summer home, so they built temporary tent platforms at Taft Lodge. The platforms will be dismantled this season, and the wood will be used to replace rotting puncheon on the ridgeline. We are pleased to again be the summer stewards of Stone Hut, and would like to thank Forests, Parks and Recreation for their continued support of the caretaker program.

The Future of Cooper Lodge
Last fall GMC met with partners and historic preservation and restoration specialists to look for ways to repair and manage Cooper Lodge. The seventy-eight-year-old lodge, just below the summit of Killington Peak, is one of the highest shelters on the Long Trail. It has suffered from time and misuse; in particular, skiers and winter hikers using it as a hangout have badly damaged the roof.

Repair alone is not enough. GMC and project partners must work with users to plan for sustainable management. Finding money and encouraging users to respect and care for the shelter will take time, but beginning a dialog on critical structural issues, and convening a Friends of Cooper Lodge group, are great first steps. GMC is committed to seeking common ground so everyone can enjoy the historic lodge.

The Economic Impact of Vermont’s Recreation Trails
The positive economic impact of Vermont’s major trail systems is more than $30 million annually, according to an economic impact study released in November, 2016 by the Green Mountain Club, the Catamount Trail Association, the Vermont ATV Sportsmen Association, and the Kingdom Trails Association.

The study illustrated the significant economic power of organized outdoor recreation in Vermont. It also concluded that the trails, built and maintained largely by the volunteers of their sponsoring organizations, will need long-term financial investment to keep them available for the public to enjoy. To read the full study, visit fpr.vermont.gov.

North Country National Scenic Trail
Work has started in Congress to enact legislation enabling the North Country National Scenic Trail to connect with the Long Trail and the Appalachian Trail in Vermont. The North Country Trail begins in North Dakota, and extends 4,600 miles through seven states to the west shore of Lake Champlain at Crown Point, New York. If approved, the trail will meander through the Champlain Valley, join the Long Trail east of Middlebury, and share the footpath southward to the Appalachian Trail at Maine Junction.

The GMC Board of Directors supports the extension of the trail into Vermont, and the club is working with the North Country Trail Association to approve a memorandum of understanding regarding partnerships, roles, and responsibilities. This type of agreement is similar to our agreement with the Appalachian Trail Conservancy for the AT in Vermont. Once approved, we will welcome the addition of the North Country Trail to Vermont.

—Mike DeBonis
Executive Director

Long Trail Lodge Invitation, 1931

“Later the idea of a central lodge which would be the Club headquarters in the midst of the mountains, was conceived. Thus Long Trail Lodge came into being; and its doors first opened in December 1932. For its location a site was chosen at the summit of Sherburne Pass, facing the cliffs of Deer Leap.”
The field season is ramping up with a solid core of returning field staff and some great new additions. We will run two Long Trail Patrol crews and a volunteer Patrol, and we’ll staff a full complement of backcountry caretakers to cover high-use and fragile areas. As always, our construction crew will take on larger projects.

**Long Trail Patrol**

The Long Trail Patrol will be in the field from late June through mid-October. Their packed schedule starts with finishing the East Dorset Trail near Bromley Mountain, a multi-year project linking the Battenkill Valley and the Long Trail/Appalachian Trail (LT/AT). They will also rehabilitate and reroute the LT/AT near Little Rock Pond to avoid beaver flooding.

On Mount Mansfield’s Frost Trail the Long Trail Patrol will build check steps (stone or log steps to control erosion) and a small ladder, using materials airlifted last September. They will continue work on the Burrows and Monroe Trails on Camel’s Hump, and they should have time to put the finishing touches on the Long Trail reroute through Smugglers’ Notch.

The Patrol will end the season working with Land Stewardship Coordinator Mollie Flanagan to reclaim more open areas in the Vermont Appalachian Trail corridor between Maine Junction and New Hampshire.

**Volunteer Long Trail Patrol**

Our Volunteer Long Trail Patrol will again be based at the U.S. Forest Service Mount Tabor Work Center near Danby, and will work five weeks from the end of June through the beginning of August.

The crew will replace rotted puncheon in Stamford Meadows on the Long Trail/Appalachian Trail. Then they will reroute 1.5 miles of the Branch Pond Trail (a side trail of the LT/AT) to avoid wetlands, and replace failing sections of puncheon.

**Construction Crew**

Our legendary construction crew will restore and repair cabins and shelters. After wrapping up work on Bryant Camp, they will move to nearby Bolton Lodge, which was built in 1928 by the Burlington Section downslope from Bryant Camp, and is now in the Bolton Nordic and backcountry trail network. GMC will manage Bolton Lodge and Bryant Camp for overnight rentals.

This fall the construction crew will replace the Butler Lodge roof with airlifted material. Smaller projects include replacing ladders on the Mount Mansfield Forehead, building an informational kiosk for the Bald Mountain trailhead in Bennington, and improving the privy at Seth Warner Shelter. Tucker Johnson Shelter, located just north of Maine Junction, will be rebuilt this season thanks to generous donations of materials and volunteer labor, and other public and private support. Construction Crew Leader Kurt Melin will supervise the project.

The shelter burned in 2011, and the site has been used for tenting since. Replacing the shelter will supply backcountry lodging in a heavily traveled area and reduce damage to nearby vegetation. We are excited to have Tucker Johnson Shelter return to the Long Trail System, and expect work to begin this fall.

**Caretakers**

Sixteen full time caretakers will take the field this season, thanks to funding from individual donors, Vermont Department of Forests, Parks and Recreation, USDA Forest Service, Mount Mansfield Colocation Corporation, Stratton Mountain Resort, Killington Resort, Sugarbush Resort, and Smuggler’s Notch Ski Area.

Southern caretakers will cover Stratton Mountain summit, Stratton Pond, Griffith Lake, Little Rock Pond, and the Coolidge Range. North of Bread Loaf caretakers will cover Mount Abraham, Montclair Glen Lodge and the Hump Brook Tenting area on Camel’s Hump, Butler and Taft Lodges on Mount Mansfield; and Sterling Pond. Our critical caretaker program will continue protecting the fragile alpine areas on Vermont’s two busiest peaks, Camel’s Hump and Mount Mansfield.

**Join Our Stalwart Crew!**

Want to be part of the Green Mountain Club’s late summer and early fall field staff? Apply to join the Long Trail Patrol or to be a caretaker. Visit our website, greenmountainclub.org/jobs. Positions will run from mid-August through mid-October, and applications will open in early June.

—ILANA COPEL
Field Supervisor
Vermont's forests are celebrated for diverse plant and animal life. From spring ephemeral wildflowers and choruses of song birds to brilliant fall colors and moose trotting along the treadway, Vermont's rich ecosystems help make the Long Trail and other footpaths exciting places for exploration. 

This diversity, however, is threatened by non-native invasive plants. Elizabeth Spinney, the invasive species coordinator for the Vermont Department of Forest, Parks and Recreation, recently gave me an overview on the threat these plants pose to Vermont's mountains. Elizabeth oversees the outreach and education efforts in the state to provide information about the impact of invasive plants and connect Vermonters with the resources they need to take action.

"Invasive plants are nonnative plants, introduced into an ecosystem they didn't evolve in, where they cause harm to things we value, like the environment, economy or human health," Elizabeth explained. "Not all nonnative plants are invasive, but the ones that are tend to have characteristics which enable them to grow in a variety of conditions, such as high seed yield and viability; shade and sun tolerance; early leaf out and later leaf loss." People introduce nonnative plants to new ecosystems, either by intentional planting or inadvertently moving seeds or tissues. Once established, they can change landscapes dramatically.

What does this mean for species diversity? Elizabeth elaborated that invasive plants typically do not have natural predators, competitors or diseases, which allows them to become established quickly, and can result in native plants being unable to compete. Invasive plants may disrupt more than the composition of species in an ecosystem. They can change the functionality of forest succession, water absorption, nutrient cycling, and soil chemistry.

Invasive plants can also harm human health. Lyme disease is an example: "Research is finding that heavy infestations of barberry—a thorny, multi-branching invasive shrub—can lead to an increased prevalence of ticks infected with Lyme disease-causing bacteria," said Elizabeth. "This seems to be because ticks utilize the habitat created by barberry for part of their life cycle. The dense thickets of barberry make a refuge for the white-footed mouse. These mice are an alternate host for Lyme disease, and a food source for larval ticks. So, with more mice and ticks crossing paths, you see a higher level of Lyme disease-carrying ticks in the tick population."

The threat of invasive plants is a landscape-scale problem, because plants don't stay within property or town lines. We're fortunate that invasive plants are not yet well-established at higher elevations in the Green Mountains, so we have a chance to prevent or slow their spread into the Long Trail corridor. But this will require an informed hiking community and consistent effort by everyone.

We can all help limit the spread of invasive plants by taking the following steps:

• Know common invaders. Visit VTI-nvasives.org to learn what invasive plants are a concern in Vermont and how to identify them.

• Stay on the trail. Hikers are most likely to spread invasive plants by picking up their seeds in boot treads or on clothing. Staying on the trail limits the number of seeds picked up.

• Avoid walking and camping on invasive plants. Herbaceous invasive plants may create an inviting green mat to camp on, but avoid these spots. The more time you spend near invasive plants, the more likely you are to pick up their seeds and spread them.

• Check your gear, clothing, and pets for seeds after each day hike, or periodically as you thru-hike. After hiking brush off boots, clothes, and pets to dislodge attached seeds. If you are thru-hiking, choose a periodic land mark, like trailheads, to brush off yourself and your gear. A stiff brush works best, but your hand or a cloth can also work. Seeds can collect in the dust at the bottom of your tent, so be sure to shake your tent before packing it.

• Spread the word, not the plants! Look for opportunities to educate other hikers. Use a friendly, non-confrontational tone and manner. You can also help to map and report invasive plants. Visit the Mapping for Healthy Forests Project on the iNaturalist.org website.

"By taking these simple precautions, together we can help to protect the woods and trails we all value," Elizabeth concluded.

—MOLLIE FLANIGAN
LAND STEWARDSHIP COORDINATOR
Invasive Plants of Concern for Vermont Trails

Japanese Stiltgrass
This grove might look like a perfect place to pitch your tent, but think again: it is blanketed with Japanese stiltgrass (*Microstegium vimineum*). Japanese stiltgrass is not known to occur in Vermont, and we want to keep it that way! When it invades a site, it can quickly crowd out native plants. Invasions can also change soil nutrient cycling processes, inhibit tree survival and growth, and reduce light availability. After it dies back in late fall it forms a long-lasting thick layer of smothering thatch. Because deer don’t much like it, they may browse remaining native vegetation more heavily.

Wild Chervil
As you hike through meadows, pastures and trailheads, keep an eye out for wild chervil (*Anthriscus sylvestris*). It grows well in rich, moist soils, and can reproduce through both seed and rooting of stems. Wild chervil’s aggressive growth enables it to outcompete native vegetation by forming extensive, dense stands. The small seeds are easily embedded in boot treads and dog fur, so be sure to check your gear, clothing, and pets after each hike.

Wild Parsnip
Don’t include this blossom in a mid-summer bouquet! Wild parsnip (*Pastinaca sativa*) invades open, disturbed habitats like trailheads and the edges of parking areas. An infestation can spread and form dense stands. Wild parsnip sap often makes skin photosensitive, and subsequent sun exposure can cause severe blistering.

For more information about how you can help reduce the spread of these and other invasive plants, visit VTinvasives.org.

Photo credits:
Japanese Stiltgrass Grass c. Chris Evans, University of Illinois, Bugwood.org
Wild Chervil c. John Cardina, The Ohio State University, Bugwood.org
Wild Parsnip c. John Cardina, The Ohio State University, Bugwood.org

A HIKER’S SCAVENGER HUNT: Natural Wonders to Look or on Your Next Hike

Blackflies. Just the name makes my skin crawl. Their bites can leave itchy welts, and their incessant swarming is a form of mental terrorism sufficient to drive the most dedicated hiker out of the woods.

Some might say this tiny menace should not be included in a series on natural wonders, however, there are many interesting facts about blackflies and their role in Vermont’s forests that might help you tolerate and even value them.

So here you go, the top five reasons to marvel at and value the blackfly, even while it’s chasing you down the trail:

- **Blackfly eggs and larvae are highly sensitive to pollution, and can survive only in clean running water. The presence of blackflies indicates high water quality in the area.**
- The larvae feed on organic particles, algae, and bacteria. The ability to consume dissolved organic matter makes the blackfly a keystone species in stream ecosystems, since they reincorporate organic matter into the food chain.
- The female blackfly bites in order to mature her eggs before they are laid. This biological requirement, called anautogeny, is a reproductive strategy to get a high-protein meal, which enables production of the yolk needed to nourish the larva. The blood meal triggers the release of hormones that start egg maturation.
- Blackflies are important pollinators; the males feed mainly on nectar. Among other plants, blackflies help pollinate wild blueberries!
- Worldwide, there are more than 2,000 species of blackflies (family *Simuliidae*).

—Mollie Flanagan
Land Stewardship Coordinator

L O N G  T R A I L  N E W S  •  S U M M E R  2 0 1 7  |  2 3
Volunteers have been the backbone of the Green Mountain Club since its beginning in 1910. In fact, the club could not manage our trails, shelters, conservation lands, and office operations without them. Volunteering is a great way to meet active GMC members, be a part of the hiker community, and support the work of the club. From swinging a hammer to making phone calls—there are plenty of ways to help!

**Corridor Monitors**
GMC manages more than 30,000 acres of conserved land. Volunteer corridor monitors visit land along the Long Trail at least twice a year to ensure conservation restrictions are being upheld and property boundaries are clearly marked. This is a great way to perfect map and compass skills, gain conservation experience, and observe wildlife. Parcels in need of new monitors are available along the Long Trail in the north between Bolton and Lowell. Contact Land Stewardship Coordinator Mollie Flanigan, mflanigan@greenmountainclub.org or (802) 241-8217, for more information.

**Bark Mulch Packers**
Why join a gym when you can pack bark mulch? Help us manage GMC’s composting privies by carrying mulch to designated campsites and shelters along the Long Trail—good solo or group project. Bark mulch loads are heavy, so you must be in good physical condition for this one!

**Barnes Camp Volunteers**
Built in 1927 and restored in 2014, historic Barnes Camp Visitor Center is the gateway to Smugglers’ Notch and surrounding mountains, staffed by volunteers from June to October. This is a rewarding way to meet new people and share your knowledge and passion for hiking.

**Headquarters Handy Person**
Managing GMC’s fifty-four-acre campus in Waterbury Center is a big job, and keeping our buildings and equipment in top shape is an endless process. We’ll match your skills, interest, and availability to our project needs.

**Section Work Days and Projects**
Ever encountered a mud puddle the size of Lake Champlain on your favorite hike? Been smacked by a low-hanging branch? Join GMC’s section volunteers as they maintain trails in their regions, and help other hikers have an enjoyable experience without puddle hopping or ducking.

**Shuttle Drivers**
With limited public transportation in Vermont, hikers often need help getting to or from trailheads. Enjoy a ride with a hiker this summer, listen to some great stories, and become a GMC Trail Angel! (You may need to open a window.)

**Thursday Office Volunteers**
Join the fun at the office in Waterbury Center with the Thursday Volunteers. Work includes preparing and sending bulk mailings, filing, often eating baked goods, and interacting with a lively, tight knit team.

**Summit Caretakers**
We need a few volunteer summit caretakers on Mount Mansfield and Camel’s Hump to help educate hikers about minimizing their impact on the sensitive alpine ecosystem, keep an accurate tally of visitor traffic, and perform basic trail maintenance. It’s a great way to spend time on one of Vermont’s iconic peaks.

For details about how you can help this season, visit greenmountainclub.org, give us a call at (802) 244-7037, or email volunteer@greenmountainclub.org.

---

**GMC Regional Pocket Maps**

The club began to produce waterproof pocket-sized maps to provide more detail to popular regional hiking areas on and off the Long Trail. The first was *Mt. Mansfield and the Worcester Range*, printed in 2007. Since then, four more area maps have been published: Northeast Kingdom, 2008; Camel’s Hump and the Monroe Skyline, 2010; Killington Area with Ascutney & Okemo, 2011; and Manchester Area with Stratton and Bromley, 2012.
The Board of Directors met Saturday, March 18, at Marsh-Billings-Rockefeller National Historical Park in Woodstock. We had a full house with all members present. Business included reports from officers and staff, a review of current year finances, a report from the Endowment Committee, approval of the fiscal year 2018 budget, and strategic planning.

Treasurer Stephen Klein said income and expenses continued to track the budget closely so far this year.

Endowment Committee Chair Hope Crifo defined the purposes of the club’s endowment: 1) to support operations through annual distributions, and 2) to grow to maintain or increase its purchasing power. The endowment balance of $4.34 million is invested in a diverse mix of mutual funds including bonds and stocks.

Stephen Klein and Executive Director Mike DeBonis presented the draft $1.7 million fiscal year 2018 budget, a 3.7 percent increase from this year’s. After discussion it was unanimously approved. Revenue is expected from unrestricted gifts, membership dues, grants, contracts, fees, visitor center and publication sales, and endowment distributions. Expenses include staff salaries and benefits, and the non-salary costs of programs, administration, and property management. The budget includes funds for an education and volunteer coordinator position.

President John Page reported on the club’s governance review and strategic planning. A working group, chaired by Jim Fritz of the Connecticut Section, has been established to consider the governance issues of sections. So far, much of the strategic planning effort has been handled by standing committees.

The governance review has focused on four strategic themes: 1) protecting and maintaining the trail resource; 2) engagement and inclusion; 3) strengthening our sections, membership, and corps of volunteers; and 4) funding and operational excellence. After reviewing committee input, each board member expressed his or her opinion on the most important issues facing GMC. The lively discussion that ensued will guide a draft strategic plan for final review by the board at its September meeting.

Please mark your calendars for GMC’s 107th Annual Meeting, to be held at the Common Ground Center in Starksboro on Saturday, June 10, when the board will also convene for its next meeting. We hope to see many of you there.

—Lee Allen, Secretary

**Book Review**

The Green Guide to Low-Impact Hiking and Camping

Laura and Guy Waterman (The Countryman Press, 2016)

A fter reading Laura and Guy Waterman’s classic Wilderness Ethics, I was eager to delve into The Green Guide to Low-Impact Hiking and Camping, an updated and revamped edition of their 1979 book, Backwoods Ethics.

The backcountry, often viewed as an escape from civilization, has been far from immune to the world’s changes since 1979, and The Green Guide addresses that fact. The earlier book focused on the backpacking boom of the 1960s and 70s. The number of backcountry trampers dipped in the ‘80s and ‘90s, but use has increased again.

Popular trails and summits now see record visitation each season. The Green Guide cites many examples of the effects of increased participation in activities like climbing, bushwhacking, hiking with dogs, and winter camping. After several summers as a GMC backcountry caretaker explaining why hikers should stay on the trail, not pee in batch-bin composing privies, and so on, I found it refreshing to finally see, in print, the culprit behind these sometimes unpopular restraints: high numbers.

The Green Guide stresses what many new backcountry travelers may not know: the woods were not always so crowded. In Chapter 7, “The Coming of the Lug-Soled Army,” the example of cleared krummholz (stunted windblown trees) near Greenleaf Hut in the White Mountains shows that trampling of the backcountry is not a simple matter of “bad” habits, but of “habits that had once been perfectly appropriate, but that numbers have transmogrified.”

As more people head for the hills, the importance of low-impact practices cannot be overstated. Luckily, the guidebook style of The Green Guide includes comprehensive recommendations for mitigating the impacts of large numbers. Readers can find hope in Section III, “Toward a Sense of Stewardship,” which has chapters describing dedicated trail maintainers, their techniques, and—a GMC favorite—their work protecting the fragile alpine zones of New England.

The book’s new title accurately indicates the content of the book, but I prefer the old title, Backwoods Ethics. The word “ethic” carries a powerful weight, a weight some may find oppressive, but one that the book’s topic deserves.

Today, when how-to guides come with the click of a mouse, few books address our sense of land stewardship directly. Those that do, like the Waterman’s, should be on shelves at eye level, because a genuine ethic, not a set of mere guidelines, underlies their recommendations. It is a deep ethic, one to live by and ponder both in the backcountry and when warming by the fire after a long descent. As crowds threaten wild areas, it is more important than ever to stand by the ethic of stewardship by which the Watermans advocated for so many years and that continues to influence new generations of trampers in their writing.

—Caitlin Miller

Former GMC Group Outreach Coordinator
The State of the Trail

**Montpelier Section**
Alan Paschell replacing wooden step

**Sterling Section**
Tony Smith with chainsaw backpack

**Brattleboro Section**
Jim Mitchell trimming branches on fall work weekend
Both volunteers and paid trail crews maintain the Green Mountain Club’s trails. While pros handle big projects like building bridges and shelters or new trails, volunteers perform seasonal maintenance such as cleaning up the trail before and after winter, clearing blowdowns and trimming branches and undergrowth, painting blazes and signs, and improving drainage. Volunteers also inspect shelters and tent sites, make minor repairs, report major problems, and clean fire rings and remove trash.

Volunteer responsibilities are assigned to our fourteen sections (shown in orange on the map) and individual adopters (shown in yellow). Every section hosts trail maintenance outings each spring and fall, and often have work parties during the hiking season as well, depending on whether they have other projects planned for the year.

Individuals can enhance the hiking experience for everyone by becoming adopters on the Long Trail or the Vermont Appalachian Trail. Whether you volunteer with a section, your family or on your own, maintaining a stretch of trail or an overnight site is a great way to give back. You can view a list of trails, shelters, and tent sites in need of adoption on our website, www.greenmountainclub.org.

---

**Section Directory**

**Bennington**
President: Lorna Cheriton, (802) 447-1383
E-mail: chertop@comcast.net
Website: meetup.com/gmcbennington

**Brattleboro**
President: George Roy, (603) 381-7756
E-mail: neogeo03106@gmail.com
Website: brattleborogmc.com

**Bread Loaf (Middlebury area)**
President: Ruth Penfield, (802) 388-5407
E-mail: ruthpenfield@gmail.com
Website: gmcbreadloaf.org

**Burlington**
President: Ted Albers, (802) 557-7009
E-mail: ted@red-albers.net
Website: gmcburlington.org

**Connecticut (Hartford, CT)**
President: Jim Robertson, (860) 633-7279
E-mail: jrobert685@aol.com
Website: conngmc.com

**Killington (Rutland area)**
President: Barry Griffith, (802) 492-3573
E-mail: bg Griffthvr@gmail.com
Website: gmcKillington.org

**Laraway (St. Albans area)**
President: Bruce Bushey, (802) 893-2146
E-mail: brbshey@comcast.net
Website: gmclaraway.org

**Manchester**
President: Marge Fish, (802) 824-3662
E-mail: marge.fish@gmail.com
Website: gmc-manchester.org

**Montpelier**
President: Steve Bailey, (609) 424-9238
E-mail: stevebailey@gmail.com
Website: gmcMontpelier.org

**Northeast Kingdom**
President: Cathi Brooks, (802) 626-8742
E-mail: cathibrooks@aol.com
Website: nekgmc.org

**Northern Frontier (Montgomery)**
Location: Montgomery
President: Jane Williams, (802) 827-3879
E-mail: gmcnorthernfrontier.org

**Ottauquechee (Upper Valley & NH)**
President: Dick Andrews, (802) 885-3201
E-mail: techcomm@vermontel.net
Website: gmc-o-section.org

**Sterling (Morrisville/Stowe/Johnson)**
President: Greg Western, (802) 655-6051
E-mail: gw60031@hotmail.com
Website: gmcSterling.org

**Worcester (Worcester, MA)**
President: Ram Moensad, (508) 210-6965
E-mail: shivrrat@gmail.com

---

**CONNECTICUT SECTION**
Dennis Himes and Darry Ruiter clearing water bar

---

**OTTAUQUECHEE SECTION**
Kathy Astrauckkas updating a trail sign

---

**LONG TRAIL**

10 Dave Blumenthal

The modified Long Trail of Vermont poster map illustration on the previous page was created by late artist Dave Blumenthal in 2006. The original poster shows locations of peaks and shelters on the trail. Dave’s poster and other GMC publications are available at the GMC’s visitor center and online book store.

Speaking to all fellow members of this new community, I propose that we make a pledge to each other: Let’s all try to be a little bit stronger and a little bit braver. Let’s try to be a bit more thoughtful with our words, a bit more clever and creative with our hands. Let’s be quicker with our smiles. Let’s all be a bit more generous and a bit more gentle. In short, let’s try to be a bit more like Dave.

—Ben Rose, Fall 2010 LTN
At GMC we are always looking for ways to help you have fun, be safe, and learn more about the outdoors. Members receive a 20 percent discount! Visit greenmountainclub.org today to sign up for one of our workshops.

Women in Nature Backpacking Overnight
Saturday and Sunday, June 24-25, 10:00 A.M.
Location: To be determined
Want to try backpacking, but don’t want to go it alone? This overnight course will provide a solid foundation of backcountry skills in a relaxed, supportive environment, while having fun with other adventurous women.
We will meet at a central location to review gear and our itinerary. Instructors will provide a suggested gear list two weeks in advance. Participants will be responsible for their own snacks and lunches, but dinner will be provided Saturday night and breakfast Sunday morning.
Instructors: GMC Staff.
Limit: 8.
Fee: $150. Rain or shine.
Please register by June 16.

Yoga and Hiking Retreat
Friday, Saturday, and Sunday, September 15-17
Hadsel-Mares Cabin, Wheeler Pond, Barton
Meet at Wheeler Pond at 5:00 P.M.
Lori Flower of Karmic Connection Yoga will lead a weekend of hiking and yoga in the beautiful Northeast Kingdom. Awaken your senses and relax while mindfully moving through the forest. Savor restorative evenings, stretching by the fire near your shared rustic cabin, or camp under the stars. Lori’s gentle holistic approach makes this a wonderful opportunity for individuals new to yoga or those wishing to bring depth to their existing practice. The cost includes lodging, breakfast Saturday and Sunday, and dinner Friday and Saturday. Participants are responsible for their own snacks and lunches. A suggested gear list and itinerary will be provided two weeks before the retreat.
Instructor: Lori Flower.
Limit: 8.
Fee: $250.00. Rain or shine.
For more information please contact Lori at breathingislife@gmail.com or the Green Mountain Club at gmc@greenmountainclub.org.

Natural Navigation
Saturday, August 5, 10:00 A.M.—4:00 P.M.
GMC Visitor Center, Waterbury Center
Improve your sense of direction, path finding, and off-trail exploring ability through a study of the ways indigenous people navigated vast landscapes without maps or compass. Instructor Mark Kutowolski teaches bushcraft and wilderness survival skills at Dartmouth College, and has taught natural navigation methods to hundreds of students for fifteen years.
Mark will explain how to enhance sensory awareness using memory aids and natural navigation cues to read the forest. If you’ve wanted to become more comfortable in the wilderness without technology, this is the workshop for you! Natural navigation skills can be used alone, but also complement other navigation methods and tools.
Instructor: Mark Kutowolski.
Limit: 10.
Fee: $30. Rain or shine.
Please register by July 28.

Adirondack Pack Basket Making
Monday, Tuesday, and Wednesday, August 7-9,
4:00-8:00 P.M.
GMC Visitor Center, Waterbury Center
Andy Paonessa is a craftsman, naturalist, and farmer from northern Vermont who has been making traditional Adirondack pack baskets and teaching workshops for ten years. He prepares all raw materials himself, selecting, harvesting and processing local black ash by hand. In this three-day workshop participants will build pack baskets from start to finish, complete with cedar skids and canvas straps. The cost includes all materials. To learn more about Andy’s work, visit www.heartwoodvt.com.
Instructor: Andy Paonessa.
Limit: 10.
Fee: $200.
Please register by August 1.
Please check GMC website for future workshops.

GMC Education Program Sponsors
GMC education workshops are made possible in part by the support of the business community and other friends of the club. To find out how you can support the GMC Education Program, please call (802) 241-8327 or e-mail gmc@greenmountainclub.org.

Registration
Register at greenmountainclub.org or call our office. Full payment by credit card, check or cash is required before attending workshops.
Phone: (802) 244-7037
E-mail: gmc@greenmountainclub.org

“A Century in the Mountains, 2009”

“The climax of the GMC publications boom was A Century in the Mountains: Celebrating Vermont’s Long Trail, which was the Publications Committee’s heroic effort to create a “coffee table book” to commemorate the Long Trail’s 100th birthday in 2009. Dave Blumenthal took the lead as project manager, and we hired Tom Slayton as editor-in-chief. The goal was nothing less than to create a publication that would capture the essence of the Long Trail’s first 100 years, which would still be valued and used in 2109, at the Long Trail’s bicentennial.”

—BEN ROSE
We’ve planned some new summer events and socials, so grab a nonmember friend and come have some fun with the Green Mountain Club!

**Centennial Long Trail Guide Release Party and Long Trail Storytelling Night Hosted by Bill Torrey**
Thursday, June 22, 7:30-9:30 P.M.
Outdoor Gear Exchange, Church Street, Burlington
Sponsored by Citizen Cider. Check out the new *Long Trail Guide*, hot off the press 100 years after the first edition, and throw your name in the hat for a chance to share your best Long Trail story or sign up ahead of time at greenmountainclub.org/storytelling.

**Mountain Bluegrass Jam Socials**
First Wednesdays: July 5, August 2, September 6, 6:00 P.M.
Green Mountain Club Visitor Center, Waterbury Center
Sponsored by local breweries, this is a great opportunity to learn more about the GMC, listen to local musicians, and enjoy beautiful summer weather. Food truck will be on site. Make sure to bring your instruments and join the jam!

**Lake Monsters Baseball Game**
Tuesday, July 18, 7:05 P.M.
Centennial Field, Burlington
Purchase tickets at greenmountainclub.org/baseball to benefit the Green Mountain Club. Participate in the 50/50 raffle that night for your chance to split the prize with us!

**Young Member BBQ Social**
Saturday, August 12, 11:30 A.M.–4:00 P.M.
Oakledge Park, Burlington
Spend a day at the beach on the Burlington waterfront as we barbecue and socialize in the sun. Look for the GMC banner and table at the Lower Pavilion. Barbecue and sides provided, but BYOB. Stand up paddleboard discounts available. Also a great opportunity for families with kids to meet other young adventurers.

**Green Drinks: Young Member Networking Night Out**
Tuesday, September 26, 6:00-8:00 P.M.
Skinny Pancake, Burlington
Green Drinks events on the last Tuesday of each month at Skinny Pancake are socially conscious networking events featuring a local craft beer or cider. Come to this one to learn more about GMC’s work to protect and maintain the Long Trail and other Vermont trails.
For most Long Trail end-to-enders, side trails are ways to get on and off the trail, and reference points for locating yourself on the map. That was certainly true for my husband Daniel and me as we hiked north on the Long Trail. Then we made a discovery that changed our perspective.

It began as we hiked down Journey’s End Trail after completing our end-to-end hike in September, 2014. The joy we felt waned with the light, and when we reached the road, we realized our journey was over.

Or was it? Back home as I browsed the Green Mountain Club website I found the Long Trail side-to-side program. This was the challenge we were looking for! Our journey wasn’t over after all, and we eagerly set out to hike every side trail.

As end-to-enders we can testify that hiking side trails is as much of an adventure as hiking the Long Trail, and has several advantages. You’ll better understand how the Long Trail relates to the landscape. You’ll drive through small towns and up dirt roads to places you probably haven’t been before. You’ll see features you won’t see on the Long Trail, like the abandoned rail bed of the Lye Brook Railroad, the huge sawdust pile near the former village of Griffith, or the remaining wing of the B-24J Liberator that crashed into Camel’s Hump in 1944.

And, you are likely to enjoy more solitude and wildlife sightings. It’s true that some side trails are popular, but you’ll have most of them to yourself, so be on the lookout for startled grouse. The caretaker at Little Rock Pond Shelter was relieved to learn we weren’t planning to spend the night, because the shelter was full. We had spent the day hiking the Green Mountain Trail, and we hadn’t met anyone all day. What a contrast!

But if you like the comradery of the trail, you won’t miss out. We enjoyed dropping in on the Long Trail and chatting with hikers at different stages of their journeys. I will always remember talking with an Appalachian Trail hiker at William B. Douglas Shelter, because when I offered him some fruit snacks, he thanked me and took the whole bag.

There’s more than one way to hike the side trails, but we did learn things that might help you enjoy it. Start with the list of side trails provided on the GMC website. Then sit down with the GMC’s Long Trail Guide, the Long Trail Map and a good road map to work out the logistics. Many side trails can be combined with another side trail, a section of the Long Trail, or both to make loops or lollipop hikes. Several side trails require out-and-back hikes, and a few of them are close enough that you can hike two in one day. Other side trails work well by spotting cars (two cars parked at different trailheads) for point-to-point hikes.

In the end, plan your hikes for your preferences and goals, but do your research carefully and know how to reach the trailheads as a few are a challenge to find. Use your GPS, but don’t rely on it entirely. Ours told us to take a farmer’s road more than once.

Daniel and I completed all eighty-four side trails in November, 2015, after hiking almost as many miles as we had on our thru-hike. Now when we hike on the Long Trail and pass a side trail sign, we look at each other and say, “Hey, remember when...?” It’s like greeting an old friend.

So what’s next? Well, we’ve started over. We hope to meet some of you as you explore the blue-blazed trails too!

—Starr Morvay
LONG TRAIL GUIDE
A Footpath in the Wilderness
Centennial Edition

Following the spine of the Green Mountains from Massachusetts to Quebec, the 272-mile Long Trail is Vermont’s rugged, world-renowned hiking route.

Whether you are an end-to-end or a day hiker, the Long Trail Guide contains the information you’ll need to enjoy the scenery and solitude of Vermont’s highest peaks, including:

- New and easier-to-read full-color topographic maps and elevation profiles
- New shelter overview tables in each division providing quick reference information for shelters, camping, and water sources
- Directions to trailheads and parking
- Detailed descriptions of the route including shelter and trail history
- Mileage tables and hiking times

Sales of this guidebook support the Green Mountain Club, a member-supported, nonprofit organization which has maintained and protected the Long Trail since 1910.

Order yours today! $19.95. greenmountainclub.org

Long Trail Guide Collector’s Set