

# Long Trail NEWS



Quarterly of the Green Mountain Club

SUMMER 2023



The 1972 Gorham Lodge Woodstove Saga | 328 New End-to-Enders | Ready for Rescue



# Long Trail

NEWS

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.

## Quarterly of the Green Mountain Club

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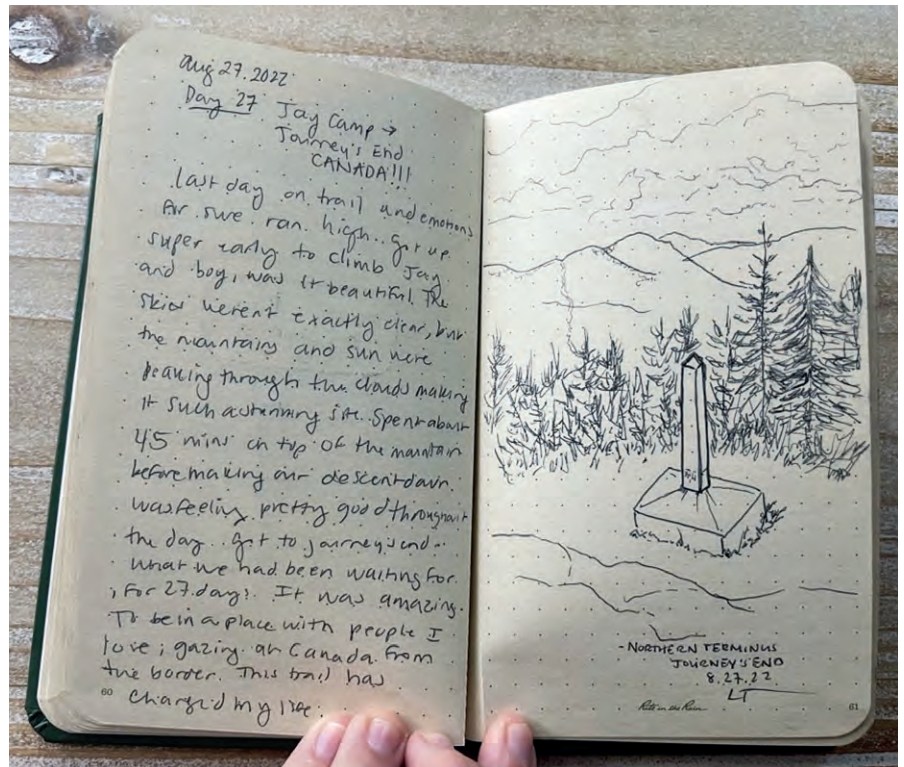
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**FRONT COVER:**  
Hiker on Bald Mountain. Photo by Matt Heller.

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## From the President

In this edition of the *Long Trail News*, we celebrate 328 new Long Trail End-to-Enders! This select group of determined hikers and backpackers has completed the 272 miles in either one fell swoop, or, as I did, in sections over the years. Either way it is a great and sometimes life-changing achievement. I completed my first end-to-end section hike in 1971, and in considering this letter I was struck by how backpacking and the trail experience became a foundational element of my life.

My love of hiking was jump-started by an inspiring and dedicated Boy Scout leader, Roland Wilbur, Scoutmaster of Troop 52. Mr. Wilbur was a man of few words who loved the woods and helped kids learn to love them also. Backpacking trips up the trail to Joiner Brook Lodge and Bolton inspired me to hike the Long Trail, in pieces over many years, as it turned out!

I started in 1971, after my sophomore year at UVM. My two best friends, Steve Wilbur and Mark Gabso, and I decided to tackle the 80 miles from Massachusetts to Route 140. On May 10 Steve's mom Ann dropped us off in North Adams at the Pine Cobble Trail heading north. Undaunted (at first) by the 50 pounds or so we carried on our state-of-the-art external frame packs, we admired early spring lady slippers as we slogged uphill toward Vermont. We were sure we would need the Hudson Bay axe, 50 feet of rope, and cans of beans and franks we carried!

On day one we whizzed past Seth Warner Shelter, and at Sucker Pond we were ready to call it a night. Probably against the rules, we cowboy camped under the stars on the shore. The next morning we learned the limitations of our rectangular batt sleeping bags as we awoke frost-covered and chilled!

Undaunted, we pressed on for Glastenbury Mountain and Caughnawaga Shelter. I still remember my awe on the Glastenbury fire tower: I could see nothing but woods at all points of the compass! This spot is renowned for the same reason today, and I hope the fire tower can reopen soon.

Thanks to stout and young constitutions we spent seven challenging yet stunning nights at shelters and camps now gone from the Long Trail: Caughnawaga Shelter with its wire bunks; mouse condo Fay Fuller Lodge; Willis Ross Camp at Stratton Pond; Swezey Camp; Bromley Camp; and Little Rock Pond Shelter on its island, nothing short of magical. Little Rock Pond Shelter and Glastenbury's view cemented my desire to make long-distance backpacking an important part of my life.

In 1972 we continued on from Route 140 to Route 125. Later we hiked north to App Gap, and during my 1972 stint as the GMC Caretaker at Gorham Lodge on Camel's Hump I managed to sandwich in hikes covering App Gap to Richmond. Still later years provided innumerable great days as I finished the trail in day and overnight hikes.

Backpacking and the GMC have come a long way since those wonderful hikes. In early May 1971 we saw nary another hiker after leaving Williamstown, even at Stratton Pond. Today the club has added overnight capacity to accommodate the dozens of campers at the pond every summer weekend, and also has relocated trails to protect the pond's fragile shores.

Gone — for good — are the ubiquitous camp dumps that (dis)graced most overnight sites in the '60s and early '70s. Not only did they attract porcupines, they failed utterly to protect the backcountry environment!

Damage from gnawing porcupines was evident at every shelter we saw. At dusk we and other overnights stocked up on stones and sticks to throw at marauding porkies. Today we hike by Leave No Trace principles, including "do not disturb wildlife." We store our food out of reach of critters to keep them from becoming accustomed to foreign matter, and pack out all trash and garbage.

Other memories from these early hikes, recorded in my old trail journal, include baking a chocolate cake from Tang, Bisquick and Hershey bars (permanently bonded to the pan); complaints of boots soaked through; and boasts of beating the estimated guidebook hiking times.

Needless to say, we learned a lot on these early hikes. First and foremost: why were we carrying Hudson Bay axes, enough rope to tie up a battleship, and using our old Boy Scout rectangular sleeping bags? Not to mention hiking in single-ply porous work boots and jeans, and carrying heavy Johnson Woolen Mills wool coats? Right after the first trip I bought an Alps down sleeping bag for the unheard-of sum of \$100, a Primus white gas stove, and lighter outerwear. After all, the era of lightweight and effective backpacking gear was dawning.

As I look back, I realize how privileged I was to have the opportunity to hike the trail, upgrade my gear, and enjoy amazing outdoor experiences. Hiking and caretaking inspired a lifelong love of the mountains. Although life, kids, career, overseas Army deployments, and so forth took precedence at times, I completed my section hike of the Appalachian Trail in the spring of 2019. And while I feel great satisfaction in the accomplishment, my admiration for those hearty souls who thru-hike the AT remains undiminished!

No matter your preferred style of hike — end-to-end or out for an afternoon — I salute you all, and hope that being a part of GMC helps increase your love of the mountains and trails.

Leave your jeans and axes at home, pack up your layers of breathable garments, and meet me on the trail!



**Howard VanBenthuyzen**

—HOWARD VANBENTHUYSEN  
GMC BOARD PRESIDENT  
A/K/A "JACKRABBIT"





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## Wonderful Caretakers

Let it be known that [last] year's GMC caretakers [were], without exception, wonderful. We met Eva at Stratton Pond, Emma at Montclair Glen, a caretaker whose name we did not catch on Camel's Hump, Kate and Dylan on Mansfield, and Paige at Sterling Pond. We learned so much from them and are so grateful for the hard work they do. Please convey our gratitude. Thank you.

—FROM LAEL COSTA'S LT END-TO-END APPLICATION



Caretaker Emma Sekercan

PHOTO BY EVA GERSTLE

## Enjoyed "100 Years of the Long Trail News" issue and must admit it stirred memories

What I remember most is my connection to Robert "Bob" Hagerman, *LTN* Editor August '74 to May '81. This was how I connected with Bob:

Maybe early '70s? My two brothers and I attended a GMC winter training weekend led by Don Wallace. We camped at Cold River south of Killington on a 34° below zero night, so you might say we got the full experience.

Don — some of the old timers must remember him — used to carry "hundred-pound packboards" in his earlier days, and was an experienced old mountain man, well suited to lead winter outings. He had given each of us assignments ahead of time, and mine was to be photographer for the group, a job which I gladly did. I also took the time to journal our time, and so it was

both meaningful and intense, even though someone else was given the job to do the writeup for the *Long Trail News*.

After the weekend was over, I took the time to send Bob my own personal writeup, as I thought he might find it interesting.

He certainly did! So much so that he took the writeup sent in by the person assigned to do it, and made them into one article for publication in the *LTN*. It was very well done and fascinating, since each aspect of the weekend was presented by two very different viewpoints and writing styles, the main writer's in normal type and mine in italics. How I would love to review once more the skilled article he put in the news about our class. Maybe with your digitalized searchable archive being able to search names, topics, etc. Is possible???

But it all began with a 60-mile hike I did from Mount Abraham to Camel's Hump ("Over the Hump"). You can read that story titled "A Green Mountain Walk in November" in past *LTNs*. As well as a story of how we built Round Top [Shelter]. *Long Trail News*, yeah!

—TODD JENNER

GMC LONGTIME MEMBER, LT END-TO-ENDER

EDITOR'S NOTE: After a quick search of our digital archives, I sent Todd a scanned copy of the article he co-authored in the May 1980 *Long Trail News*. —CHLOE MILLER

## Winter Outing: Little Snow But Lots Of Cold

By Robert Schermer and Todd Jenner

**EDITOR'S NOTE:** The GMC's second annual Winter Outing was held March 1 and 2. Like the 1979 outing, this one of first GMC training and experience in winter camping and backpacking. It was organized and led by Donald M. Wallace, whose assistant leaders were Peter Crow and Michael Penner. Participants were Robert Schermer, Brian Hawk and brother, Frank, Todd and Jeff Jenner. The hike began about 10:00 a.m. at Stratton Pond, where we shared with several (in fact) from another district by Todd Jenner. We hiked them both.

Winter Outing, 1980 was held under difficult winter conditions. However, due to the "snow drought," conditions were not bad but instead had a fine ride on the back of our packs. Snow was in evidence, approximately 10 inches of powdered white stuff, with temperatures ranging from a comfortable 10° to an uncomfortable -20°.

The trip plan called for a meeting at Veterans Rd 121 near the Long Trail crossing at 8:30 Saturday morning, March 1. After spending a year in our intended point of exit (Upper Road), we gathered at the

planning plenty of liquids during the course of a winter hike. Food is also an important factor, as rather the consumption of large amounts of calories for fuel and warmth. Our first was slow and frequent stops avoided. Due to the use of the experience in winter camping techniques, we camped on the west of road near Veterans Rd. Peter and Michael took on the importance of standing to keep snow from sticking and hence may try. We were fortunate in the obvious point of eating snow as a source of liquid and the fact that blowing on your hands for warmth actually has a detrimental effect.

Later in the day we were in a spectacular view of Killington and its neighbor, Mt. Mansfield. The view was a great reason to stop and another chance to learn "on the trail." Dipping down and crossing Lower Cold River Road, our campsite was a halt.

As mid-afternoon we reached an opening in the woods overlooking the valley and after about an hour's rest of the snow-capped peaks of Mansfield, Killington, and Stowe. Almost along the way we saw an owl, with an open head and wide wings. "Which, such beauty." Cameron found their way out of camp and started climbing. We all did a little climbing. It was a relief.

As added opportunity to enjoy hiking (the equipment problems and technique, did finally, over the course of the evening, we were able to keep the "southern camp" straight. In that right, Frank, I mean Jeff, Jenner, Todd?

Last instruction Don gave before turning in was, "Make sure everyone understands about putting their boots in their sleeping bags each night so they won't be frozen in the morning." ... Prior to it in a small tent helped make it warm. So did the fact that I kept on my long underwear and pants and shirt, pants and wool hat, then snuggled myself up in my wool blanket inside my down bag on top of my sleeping bag. I don't remember having my brother more at night and I did feel refreshed at the first night's sleep.

Sunday morning broke clear and bright with a temperature reading of 51° registered on our inside thermometer. Our trip out was again leisurely paced and devoid with little advice from the veterans. The notable note of the day was "always use an eye to see the surface while creating a river."

## Excellent Winter Issue

Congratulations on an excellent winter issue commemorating the 100th anniversary of the *Long Trail News*! I enjoyed the interesting historical articles, good writing, and depiction of changes in the magazine cover over the years. For reference, I started as editor of the *LTN* in fall 2004 and the winter issue was my first one. It was a big issue to start out with, as at that time we also included the annual report in that issue.

—SUSAN SHEA

## We Welcome Your Comments!

cmiller@greenmountainclub.org

OR

LETTERS TO THE EDITOR, GMC

4711 Waterbury-Stowe Road

Waterbury Center, Vermont 05677



# Hiking Season is Here!

Whether you are planning a thru-hike of the entire Long Trail or a one-hour walk, GMC has the hiker's experience in mind. Get in touch with us to:

- Refresh hiking skills and stewardship practices: *Join a workshop or catch up on past programs.*
- Learn about Vermont's natural environment from on-site caretakers: *Identify alpine plants, learn pond ecology.*
- Stock up on maps and guidebooks available at the Visitor Center or at retailers around the state.
- Join a guided hike with one of GMC's 14 sections.
- Find the right volunteer opportunity for you: *Adopt a section of trail or volunteer your skills from home.*
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# The Gorham Lodge

It may seem quaint today, but 50 years ago a significant number of Long Trail shelters featured cast iron woodstoves. Popular for both cooking and warmth, they were typically in enclosed lodges, which then, as now, were primarily on the northern half of the trail. Between Lincoln Gap and Smugglers' Notch, a distance of some 50 miles, there were at least ten woodstoves in 1970.

When overnight use of the Long Trail spiked in the late 1960s, many concerns surfaced in the then-all-volunteer GMC. Overcrowded shelters, ever-growing "can dumps," inadequate privies, and accelerated trail erosion were on the list. So were wood fires. In the February 1971 *Long Trail News*, Don Wallace posed the question, "Are Wood Fires a Luxury?" Don, a prominent and outspoken club leader, wrote, "This observer maintains that in the near future wood fires (in a fireplace or in a stove) will be an undesirable luxury. Indeed, in some popular or long-established shelters...dead firewood is now almost non-existent, with the predictable result that the green firewood (alias living trees) disappears."

Camel's Hump, with its pristine, undeveloped peak, was a popular hike destination in 1972, just as it is now. That year, for the first time the Vermont Department of Forests and Parks (now Vermont Department of Forests, Parks, and Recreation) hired a ranger-naturalist, joining the existing shelter caretakers on the mountain, a job category established the year before. They were intended to grapple with the huge boom in hikers, and to educate them on responsible trail use, including "carrying out litter, not cutting live trees, hiking in small groups, not walking on delicate alpine plants, and limiting stays to two nights at a shelter." (*Long Trail News*, August 1972)

Remarkably, both programs have remained in place ever since (the ranger-naturalist program was brought under the broader GMC Caretaker Program umbrella).

The first ranger-naturalist on Camel's Hump was Roger Wilder, a Vermont-born UVM grad in his forties who had earlier served in the Army and the Peace Corps. Roger had been the first Gorham Lodge caretaker the previous summer (when I was stationed at Montclair Glen Lodge on the south side of Camel's Hump), and in 1970 he had been one of the first ranger-naturalists on Mount Mansfield. Gorham, perched at 3,400 feet on the north side of the Hump's summit, was the fourth-highest shelter on the Long Trail. Roger, enigmatic and quietly assertive, strenuously enforced State regulations outlawing random camping on the

mountain, and he felt particularly strongly about the negative impacts of campfires and woodstoves.

In 1972, in his first and only year as ranger-naturalist on the Hump, Roger convinced the brand new Gorham caretaker, none other than current club president Howard VanBenthuyzen, to help him remove the Gorham woodstove. Although the club was indeed beginning to discuss the future of fires, it seems that Roger made this decision alone.



Gorham Lodge circa 1954

He and Howard disassembled the Gorham stove, carrying it in pieces three miles down the mountain to the home of Don and Evelyn Fields, loyal supporters of the caretaker program who lived below the Monroe Farm parking area. The Gorham stove, like most on the Long Trail, was a cast iron "laundry stove" available back then through the mail order retailer Montgomery Ward. Though relatively small, laundry stoves nevertheless weighed well over 200 pounds.

Word of the stove removal was apparently greeted with great discomfiture by the main club. Although the nominally



# STOVE SAGA

By Larry Van Meter

paid Long Trail Patrol had been around for decades, the club was still adjusting to the presence of even-more-nominally-paid overnight site caretakers, several of whom (including Roger and frequent *Long Trail News* contributor Vic Henningsen) disrupted the 1971 Intersectional meeting to demand more of the club's time and attention on overuse problems, especially at popular shelters.

Apparently, the club leadership convinced Vermont Director of Parks Rodney Barber to issue a directive to Roger, the State's sole employee on Camel's Hump, to put the Gorham stove back. Records and memories are fuzzy on the details, but it seems that Roger refused the order. That left Ken Boyd, the volunteer director of the caretaker program, and Howard to carry the parts back up to Gorham, where they reassembled the stove in August that summer.

Memories are even fuzzier about a twist that has become legendary. The story goes that Roger, who remained in the ranger role through October, removed the stove yet again, this time after Howard had returned to college and no one else from the club was on the mountain. Supposedly Roger hid the stove parts somewhere near the dog cemetery at the Monroe Farm. Only a direct threat by the State of complications for Roger if he didn't comply led to the return, yet again, of the Gorham stove. The veracity of this tale can't be confirmed but, as Vic Henningsen noted, "it's the sort of thing Roger would have done." What is not in dispute is that the stove remained at Gorham at least until 1975, but was gone before a full renovation of the shelter some five years later.

The saga of the Gorham stove is emblematic of a time of ferment and uncertainty on the Long Trail. It was unclear 50 years ago whether skyrocketing trail use would continue or turn out to be a simple fad. (It has turned out to be anything but a fad. In 1970, a record-setting 50 hikers reported Long Trail End-to-End hikes; in 2022 that number was over 300.)

Betting on continued heavy use, in a ten-year period the club instituted the Pack it in, Pack it out policy; created the modern day shelter caretaker program; removed the can dumps (in 1971, I packed at least 500 pounds of trash—mostly Dinty Moore Beef Stew cans—from Montclair Glen to the receptacles at the Monroe Farm, a five mile round trip); and initiated efforts to build composting privies at high use sites.

Regulations governing fires and woodstoves were constantly debated during this period of change. Downed and dead wood became scarce, so hikers resorted to cutting live trees or dismantling parts of shelters and privies for fires. Several shelters also burned down thanks to negligent woodstove practices. And



A laundry stove at Montclair Glen shelter, similar to the one at Gorham Lodge

with the advent of lightweight backpacking stoves, hikers no longer needed an open fire to cook.

The club determined it was neither practical nor possible to enforce a "no fires" rule, but over the course of the '70s woodstoves were largely removed from the system, and regulations controlling or curtailing fire use became more widespread. Today the club still contends with occasional misuse of shelters and facilities, but the presence of caretakers and widespread adoption of Leave No Trace principles have greatly minimized the impacts of campfires on the trail.

Hikers visiting some of the older lodges today may wonder about the large piece of tattered sheet metal tacked to the floor or the scorched wood on an inside side wall. They are seeing remnants of the wood-burning stove past, and a reminder of a half century of change in the club and trail. 🍂



# 328 NEW End-to-Enders!

Kevin "Trashninja" Adams, Jacksonville, VT  
 Scott "Iceman" Albertson, Williston, VT  
 Elise "Bonesaw" Alexander, Brooklyn, NY  
 Samuel "Squirrel" Alexander, Rutland, VT  
 Jim "EZ Stryder" Allott, Wilton, NY  
 Dawson Allwine, Alton, NH  
 Jacob "BATONA" Anderson, South Amboy, NJ  
 Lauren Applegate, Harrisburg, PA  
 Eileen Hayes "TrailWitch" Arama, West Townshend, VT  
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 Luise "Agent Penguin" Arnoldi, Aachen, Germany  
 Samantha "Wemberley" Austin, Hebron, NH  
 Travis "Owl" Austin, Hebron, NH  
 Alec "Bushwhak" Bachman, West Stockbridge, MA  
 Jeff "Freebie" Barham, Silver Spring, MD

Max "Jolly Rancher" Barham, Silver Spring, MD  
 Ben "Coppertop" Barrus, Aiea, HI  
 Christopher "Stride" Barry, Burlington, VT  
 Kristen "Moose From Afar" Bartle, South Hero, VT  
 Matthew "Elf on a Shelf" Bartle, South Hero, VT  
 Heidi Bartos, Bellevue, WA  
 Yves "Capt'n Blaze" Beauchamp, Lanesborough, MA  
 Jason "The Dutch Oven Boys" Becker, Hartington, NE  
 Joe Behaylo, Maplewood, NJ  
 Margaret "Sycamore" Bennett, Arlington, MA  
 Karen Benway, Williston, VT  
 Jackie "Sparrow" Betz, Lebanon, NH  
 Joshua Birmingham, Williston, VT  
 Andrew "Tetanus" Black, Shakopee, MN  
 Mackenzie "Mariposa" Blaney, Craftsbury, VT  
 Tony Blofson, Guilford, VT  
 Andrew "Mochi" Boghossian, San Francisco, CA  
 Gregory "Stoneman" Bouley, Bridgton, ME  
 Stephen Brockington, Ennis, MT  
 Amber Hartman "Mountain Goat" Brown, Mount Holly, NC  
 Jessa "Blue" Buchanan, Augusta, GA  
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 Spencer "Nightwatch" Burke, Claremont, NH  
 Cathie "BAM" Buscaglia, North Ferrisburgh, VT  
 Shawney "Slicked-Back Bear" Bushey, Georgia, VT  
 Daniel "Maple Syrup" Caamaño, Burlington, VT  
 Jason "Bear Saw" Cadwell, Shelburne, VT  
 Emily "Almost Ready" Calder, Burlington, VT  
 Chaz "Stix" Cannon, Leland, NC  
 Grantham "Ahab" Cannon, South Burlington, VT  
 Brian "Flash" Carpenter, Winchester, KY  
 Felicia "Mountain Berry" Cefalo, Ashland, MA  
 Joe "01" Ceirante, New York, NY  
 Francesca Childs, Burlington, VT  
 Scott Clarke, Annandale, NJ  
 Dan Coffey, Westfield, MA

▲  
**"Reflecting on how the journey humbled us: At the beginning of this footpath, we could never have predicted all the ways that life would never again be the same — that we would never be the same."**

— JULIE "KEY LIME PIE" RUMRILL AND  
 ERIC "CLAM CHOWDAH" MURRAY

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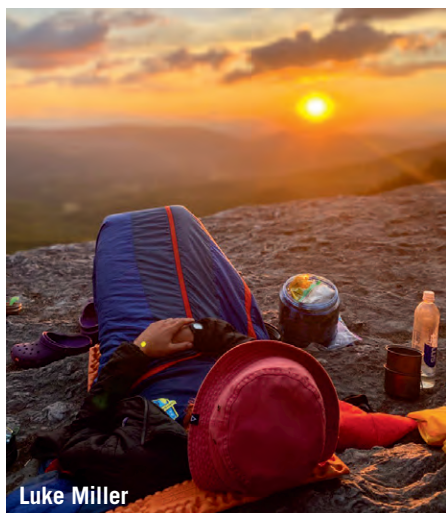


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Luke Miller



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 Shea "Legacy" Dunlop, Hinesburg, VT  
 John "Trigger" Dupras, Stafford, VA  
 Alan "Legoman" Dwyer, Rye, NH  
 Martha "Brassica" Edwards, State College, PA  
 Julie "Heat" Ehrlich, Syracuse, NY  
 Julia "Wake-Up (sort of)" Ellman, New Haven, CT  
 Cole "Litter" Epstein, Lunenburg, MA  
 Keesha "Locomotive" Erickson, Santa Fe, NM  
 Liam "Yams" Fagan, Washington, DC  
 Gerald "Natty" Favret, Eau Claire, WI  
 Benjamin "Sir Benjamin MacGruff, Seer of Beartown"  
 Feinson, E. Montpelier, VT  
 Alex Fields, Oxford, MA  
 Beverly Finnivan, Groton, MA  
 Nicholas "Nic(k) Squared" Fiore, Warwick, RI  
 Sean "PacMan" Fitzgerald, Gorham, ME  
 Sarah "Mountain Kitty" Forbes, Middlebury, VT  
 Scott "Corner Guy" Franchi, New York, NY  
 Brent "Little/Baby Mydland" Freed, Hampton, CT  
 Josephine "Fireball" Friedman, Burlington, VT  
 Michael "Farmall" Fuller, Marlboro, VT  
 Monika "Tabby" Gabriele, Hanover, NH  
 Holly Gahm, Strafford, NH  
 Kavin "Tarzan" Gallaway, Gloucester, MA  
 Sophia "Wheelz" Garber, Baltimore, MD  
 Catherine "Swimmer" Gauthier, Montreal, Quebec  
 Lauren "Panic" Georgiades, Gloucester, MA  
 Anna "Toomi, Trapper and Duchess Consort of  
 Beartown" Gerretson, East Montpelier, VT  
 Ian "6-Pack" Gillis, Griswold, CT  
 Rachel "Kitchen Sink" Glickman, Brattleboro, VT  
 Zack "Nemo" Goldmann, Midlothian, TX  
 Anmei Goldsmith, East Aurora, NY  
 Rachel "Dark Knight" Gonzalez, Monsey, NY  
 Matthew Grahovac, Herndon, VA  
 Elizabeth "A Girl With No Name" Green, South Portland, ME  
 Tyler "Love" Griffin, Rotonda West, FL  
 Alden "Slippy" Groen, Grandville, MI  
 Torrence "Socks" Groen, Grand Rapids, MI  
 George "Zwierz" Grzyb, Plymouth, NH  
 Maggie "Magpie" Guinta, New Castle, CO



Paris "Zukes" Gurdon, Rockport, ME  
 Tyler "Happy Feet" Gustavel, Cowlesville, NY  
 Kelsey "Queso" Guziak, Newburyport, MA  
 Hannah "Party Pisser" Hagopian, Burlington, VT  
 Pail "Newton" Hake, Madison, CT  
 Casey "Casey Jonez" Handley, Portland, OR  
 John Hansen, Milford, NH  
 Carolyn "Butter" Harmeling, Denver, CO  
 Chris Harmon, Yuma, AZ  
 Serge "Not Yet" Harnois, Montreal, Quebec  
 Nolan "Flying Beaver" Harris, Grantham, NH  
 Sarah "Croft" Harrison-Cragg, Collingwood, Ontario  
 Jeffrey "Reschooled" Hartranft, Denver, PA  
 Ryan Haskins, Gettysburg, PA  
 Jessica "Patch" Hatcher, Richmond, VA  
 Adam "Heckle" Heckle, Oakdale, CT  
 David "Litterbox" Henry, Chagrin Falls, OH  
 Patrick "Vista" Herrin, Essex Junction, VT  
 Arlee "Margaritaville" Hiskey, South Burlington, VT  
 Harold "The Machine" Hodge, Medford, MA  
 John "Hangman" Hodges, Jefferson, NC  
 Theresa "Riesling" Hoffmann, Tinmouth, VT  
 Mackenzie "Mac 'N' Chz" Hogg, Kennebunk, ME  
 Keith "Kdog" Howard, Adams, MA  
 Gina "Gizmo" Huang, Toronto, Ontario  
 Ashley "Texas" Hulsey, Essex Junction, VT  
 Julie "Twister" Hunt, North Chelmsford, MA  
 Ken Jardin, Hebron, CT  
 Caitlin Jenness, Huntington, VT  
 Mark "Bug Bait" Jones, Knoxville, TN  
 Joelle "Scout" Jura, Brookline, MA  
 Alex "Onepole" Karski, Milford, NH  
 Joshua Kaufman, Bad Saeckingen, BW, Germany  
 Will "Heavyweight" Kaufmann, Cambridge, MA  
 Joseph Kennedy, Byfield, MA  
 Christopher "Bluegrass" Klaes, Burlington, VT  
 Jenah "Shooter" Koenig, Underhill, VT  
 Trevor Korvola, Bozeman, MT  
 Brodie "Field Guide" Kramer, Whitinsville, MA  
 Tom "Red" Kruse, Chester, NJ  
 Paul "Lumiere" Lacher, Centerville, OH  
 Chloe "Cattail" Laflamme, Montreal, Québec  
 Miyé "Pacer" Lampriere, Putney, VT  
 Patrick "Caboose" Lane, Shoreham, NY  
 Patrick "Townes" Lane, Simsbury, CT  
 Maggie Langley, Wanaque, NJ  
 Pierre "Loaf" Langlois, Montreal, QC  
 Justin "Spacebird" Lapchak, South Burlington, VT  
 Soren "Sorrel" Lavoie, Canaan, NH  
 Tyler "Two-Dolla" Lawhead, Boulder, CO  
 Abigail "Flash" Leclerc, York, ME

“The irony is I spent the first 2 weeks of the trail trying to figure out why people long-distance hike anything (I just wasn’t “getting” it) and I spent the first 2 weeks post-hike at home trying to figure out how to get back on. I missed it and craved it incredibly. And I am deeply grateful that life gave [me and my son] a window to experience it together.”

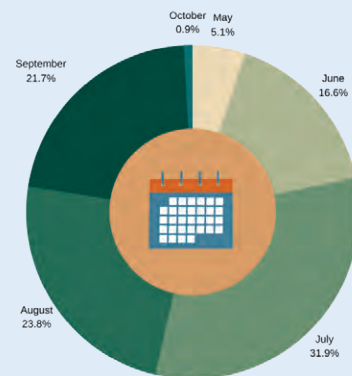
— SHANNON “LEAF” VARLEY

Shannon “Leaf” Varley with son Luke Miller behind on Burnt Mountain.

## By the Numbers

### Starting Month for 2022 Hikers

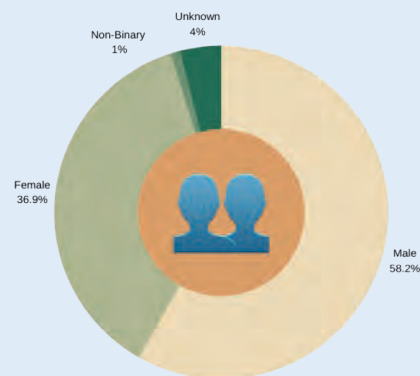
(29 hikers submitted applications for hikes complete prior to 2022)



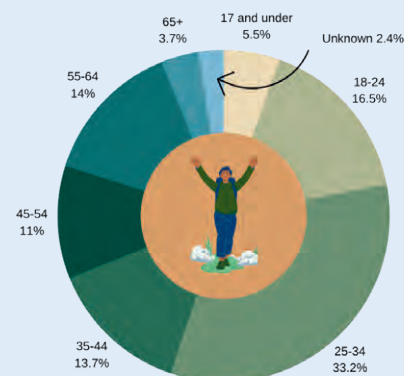
### Type of Hike



### Hiker Gender Identity



### Hiker Age at Finish



YOUNGEST HIKER: 4-year-old Beetle McBride  
 OLDEST HIKER: 71-year-old Lisa “Diet Coke” Weismiller

# Tales of Triumph

**An End-to-End journey is momentous for all, but for some hikers, it represents a particular resilience and triumphs over challenges big and small.**

"I started the LT Sobo in 2020 and with 37 miles left my knee swelled up and I was rained out the rest of my trip. As a medical professional Covid kept me busy and then I got sick. A year of rehab later I'm still struggling with breathing but 37 miles stayed in my mind. I didn't know how I'd feel finally accomplishing that goal. I took a few steps forward smiling then dropped to my knees crying, 'I'd finally done it!' In Vermud fashion it suddenly began to storm and rain hard. Seems leaving dry was never in the cards for me." — **RACHEL "DARK KNIGHT" GONZALEZ**

"This was my first time hiking or camping on the East Coast...I also finished chemotherapy 5 months before and had major abdominal surgery 3 1/2 months before starting the trail so I was happy to feel strong and healthy enough to attempt a long backpacking trip. I felt great physically and that was such a good feeling after going through quite a lot in the prior year." — **ANMEI GOLDSMITH**

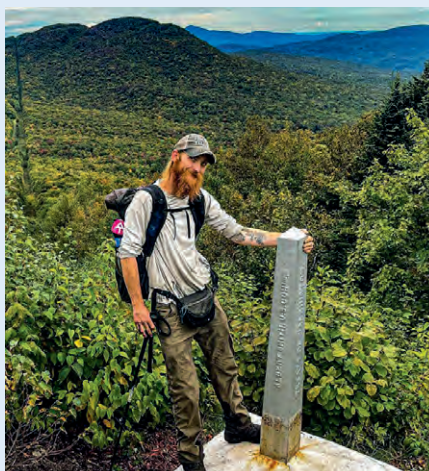
"Thru hiking the Long Trail taught me a lot about my own resilience. I was so sore in the first couple of weeks, I didn't think I was physically going to be able to make it. It felt like a miracle to complete each day. There were mornings that were so wet, cold and uncomfortable that it seemed impossible to consider hiking 18-20 miles that day. I can't believe I hiked 273 miles with limited sleep, sore muscles and a restricted diet. Looking back, I don't think about the pain and discomfort. I would do it again! Hiking the Long Trail showed me that I am strong and resilient, I can be present, and that I have amazingly supportive friends and family."

— **JULIA "LIL ZHUZH" STACOM**

"On day #3 we arrive at the bottom of Devil's Gulch to find a NOBO hiker taking a break after navigating the wet terrain. As we got closer, we realized it was "Mischief," the double amputee hiker who lost his legs from the knees down when suffering from severe frostbite hiking the Appalachian Trail. Reflecting on the terrain we had already covered, I was impressed. If he could navigate this terrain with two prosthetic legs, I could do it! And each day after that meeting, whenever things got tough, I thought of Mischief." — **SCOTT "SIP" SNEATH**

"I'm so proud of this accomplishment, this was the hardest trail I have done to date but what I got from it was a whole new confidence in my hiking ability as a bilateral amputee."

— **CHRIS "MISCHIEF" PHILLIPS,**  
**@MISCHIEF\_ONTHETRAIL ON**  
**INSTAGRAM AND FACEBOOK**



**Chris "Mischief" Phillips is a double amputee hiker.**

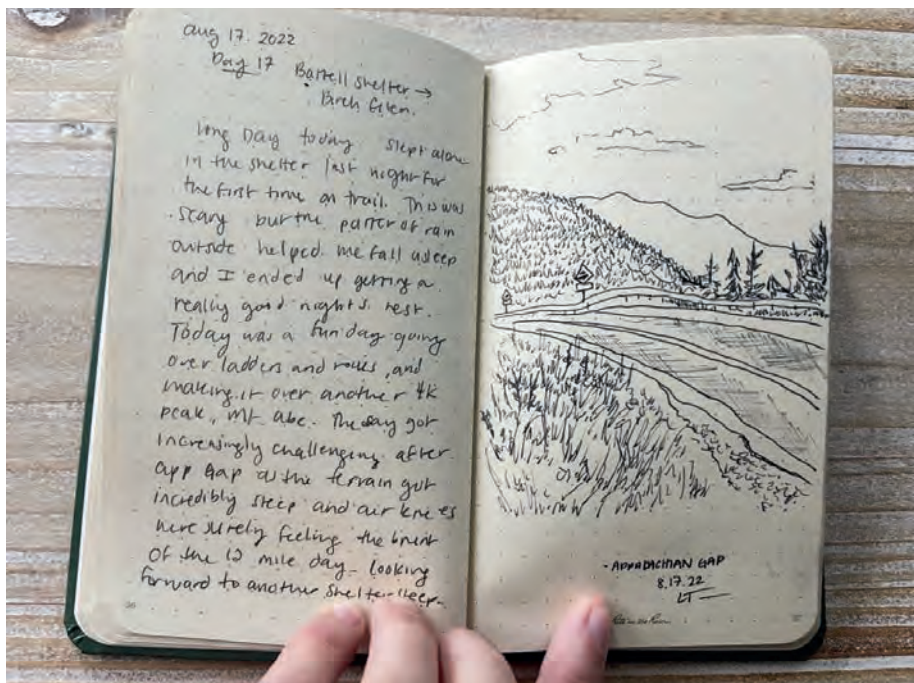
**"I've walked the length of my home state and encountered new experiences and stories as well as hiked many new 3,000-footers. Thank you for maintaining and constructing this amazing trail. I may want to work for the GMC in the future!"**

— **12-YEAR-OLD EPHRAIM "BUCKSNORT" MACIEJOWSKI**

Sylvain "Kaze" Leclerc, Quebec City, Quebec  
Anna "Teeter" Lefante, Allston, MA  
Alex "Bartender" Levin, Newburyport, MA  
Daniel "Growtee" Lilley, Rochester Hills, MI  
Su Jane "Nutella" Ling, Chicago, IL  
Nannette "Ditto" Locke, Waterville, VT  
Calvin "Shaggy" Lord, Charlottetown, VT  
Sheena "Cheetah" Loschiavo, East Corinth, VT  
David "Stache" MacDonnell, Huntington, VT  
Ephraim "Bucksnot" Maciejowski, Jericho, VT  
Teresa "Regular Onion" Magel, Kansas City, MO  
Rowan "Nuthatch" Manker, Essex Junction, VT  
Jordan "Ghost" Marchand, Lowell, MA  
John "Lone Stranger" Marino, Brunswick, ME  
Peter "Splint" Martin, Gloucester, MA  
Adam "Slide" Martinson, Saugatuck, MI  
Beetle "Beetle of the Beetles" McBride, Norwich, VT  
Shay "Mothman (of The Beetles)" McBride, Canaan, NH  
Troy "The Beetles (Fly)" McBride, Norwich, VT  
Timmy "Water Buffalo" McCormack, Fairfield, CT  
Edward "Two" McLaughlin, North Stonington, CT  
Karen "Maple" McNall, Sharon, VT  
John "Clyde" Meehan, Huntington Beach, CA  
Katie "Bonnie" Meehan, Huntington Beach, CA  
Kira "Runway" Melendez, Weymouth, MA  
Noah "Dutch Oven Boys" Melton, Moorhead, MN  
Daniel "Boujee" Metcalf, Mount Holly, VT  
Sean "Jigsaw" Meyer, Shutesbury, MA  
Michael "Ekim Drallim" Millard, Cheshire, MA  
Deb Miller, Derry, NH  
Ronald Miller, Derry, NH  
Joseph "Greenscreen" Minissale, Pipersville, PA  
John Mistler, Flagstaff, AZ  
Sarah "Sweeps" Molesworth, West Fairlee, VT  
Tim "Fatal" Montgomery, Pincoirt, Quebec  
Seth Moore, Portland, ME  
Emily Mosher, Baltimore, MD  
Eric "Clam Chowdah" Murray, Thompson, CT  
Cynthia "Bugdoc" Needham, Hyde Park, VT  
Ronald "Mr. Jenny" Neidigh, Lake Charles, LA  
Phil "Charger" Norman, Putnam Valley, NY  
Mickey "Mickey" Nowak, Monson, MA  
Devin "Cornflake" O'Connor, Morristown, NJ  
Matthew "Zombie" Oickle, Harwich, MA  
Kirby "Solo" Oliver, Virginia Beach, VA  
Catherine "Hummingbird" Ott, Selden, NY  
Denise Paasche, Guilford, VT  
Max Pagnucco, Londonderry, VT  
Chris "Christopher Walkin" Paquette, Waterford, CT  
Eva Paradiso, Boston, MA  
Zebulon "Wanderlost" Park, Hope Valley, RI  
Matthew "Posh Jesus" Paskov, Knoxville, TN  
Colin "Stomp" Pavan, Cambridge, MA  
Jay "—DASH—" Pavidon, Burlington, VT  
Zach "Zackwards" Pawa, Wellfleet, MA  
Jim "Trail Dawgz" Pease, Morrisville, VT  
Sabine "Foureyes" Pelton, Lewiston, ME  
Chris "Mischief" Phillips, Peirsburg, VA



Stephen "Steve" Phillips, Nottingham, NH  
 Jim "Diggerman" Ploof, Salisbury, VT  
 Sharon "Dragonfly" Plumb, Montpelier, VT  
 Charles "Glitch" Prescott, Norwalk, CT  
 Steve "Bits n' Pieces" Prettyman, Scotia, NY  
 Bob Pritchard, Falmouth, MA  
 Ryck "Gravy Train" Proctor, Cobleskill, NY  
 Zane Provost, Leverett, MA  
 Mark "Wood Gnome/Heavy Duty" Pulvino, Webster, NY  
 Ben "Merlot" Quigley, Washington, DC  
 Will Raboin, Burlington, VT  
 Owen "Sir Owen VanGrizzle, Duke of Beartown"  
 Rachampbell, East Montpelier, VT  
 Izac "BLISTAH" Raker, Burlington, VT  
 Barry "Buzz" Ramsey, Champaign, IL  
 Clare "Clucki" Ramsey, Champaign, IL  
 Braden Rankin, Summerville, PA  
 Gabriele "Cai" Reil, Albuquerque, NM  
 Danielle "Topo" Ridgell-Perry, Flagstaff, AZ  
 Eliza "Peace" Roberts, Burlington, VT  
 Garth "Lop" Robinson, Roanoke, VA  
 Sarah "Dips" Robison, Pittsburgh, PA  
 Angela "Penguin" Rogers, Burlington, VT  
 Addy "Skippy" Rood, Burlington, VT  
 Cloélie "Mouse" Roy, Montréal, Quebec  
 Adam "Bard" Rubinberg, Skokie, IL  
 Joshua Rule, Piedmont, CA  
 Julie "Key Lime Pie" Rumrill, Thompson, CT  
 Stephen Russell, Long Island City, NY  
 Raymond "Hot Rocks" Sansoucy, Worcester, MA  
 Joseph Schilke, Eatontown, NJ  
 Brett "Parks and Rec" Schrag, New Berlin, NY  
 Madeleine "Silence" Schroeder, Cambridge, MA  
 Tristan Schroeder, South Jordan, UT  
 Annie "Road Rash" Seekins, Searsport, ME  
 Olivia "Inchworm" Seiberling, Chagrin Falls, OH  
 Jayde "B" Seyler, Jewett City, CT  
 Micaela "HighTimes" Shepard, Long Valley, NJ  
 Catherine "Persistent Fur" Sherwell, Georgia, VT  
 Oliver Sillavan, Fort Smith, AR  
 Sofia "Presence" Silverglass, Winooski, VT  
 Marc-Antoine Simard, Prevost, Québec  
 Martin "Crisp" Sipowicz, Brattleboro, VT  
 William "Eyeore" Skerrett, Winooski, VT  
 Jenn "Sunshine" Sneath, Sudbury, MA  
 Scott "Sip" Sneath, Sudbury, MA  
 Samuel Spectre, Belfast, ME  
 Thomas "Papabean" Spiltoir, Walpole, NH  
 Julia "Lil Zhuzh" Stacom, Bronx, NY  
 Leah "Cowgirl" Starr, Sinking Spring, PA  
 Jennifer "Bright Side" Staub, Francestown, NH  
 Matthew "Legs" Stevens, Ocean View, DE  
 Lesli "Shredder" Stevens, Middletown, CT  
 Ben "Trail Runner" Stewart, Essex Jct., VT  
 Anne "Quiet Storm" Stewart-Hill, Harwood, MD  
 Grace "Fifteen" Stone, Freeport, ME  
 Luke Sullivan, Reading, MA  
 Linda "Rambler Strong" Sweeney, New Haven, VT  
 Chris Szpila, Brattleboro, VT  
 Brent "Moss" Talbot, Chicago, IL  
 Rachel "Two Tack" Tauber, Jamaica Plain, MA  
 Justin "Nor'easter" Templer, Schenectady, NY  
 Nicole "Nic(k) Squared" Thomas, Warwick, RI  
 Michael "Sunny" Thomas-Adam, South Burlington, VT  
 Aidan "Showstopper" Tierney, New Lebanon, NY  
 William "Beaver" Timony, Warwick, NY  
 Lilly "President Pasta" Tipton, Hanover, NH  
 Tyler "Blazer" Toler, Damascus, VA  
 Laura Tolve, Ramsey, NJ



“I ended up drawing every day on trail...I tend to remember more through visual representation. On trail, there is a lot to see and I like to journal through my own eyes rather than look at pictures later down the line. It's nice to look back at the moments and remember how I was feeling in each of them.”

— KIRA “RUNWAY” MELENDEZ

Philip "Cambridge" Torrey, Arlington, MA  
 Brian "Spook" Towle, Waterville, VT  
 Leslie "Annapurna" Trundy, Bath, ME  
 Olivia Turcotte, Peterborough, NH  
 Lydia "Bolt" Turner, Milton, MA  
 Dixie "Dixie" Tyrrell, Boulder, CO  
 Mitch "Butterscotch" Uzwack, Bloomfield, CT  
 Jon Vara, Marshfield, VT  
 Shannon "Leaf" Varley, Strafford, VT  
 Philip "Just Phil" Walsh, Cambridge, MA  
 Gregory Walston, Centerport, NY  
 Corynn "Dice" Wasyliko, Londonderry, VT  
 Eve Waterfall, Reading, VT  
 Thomas "Tom Applesseed" Webb, Rochester, NY  
 Tess "Big Daddy" Webb, Tolland, CT  
 David Wedel, Marblehead, MA  
 Sara "Breezy" Weimar, Las Vegas, NV  
 Lisa "Diet Coke" Weismiller, Stamford, CT  
 Stephanie "Sketch" Weyer, Cambridge, MA  
 Benjamin "Ben" Whong, Burlington, NC  
 Brenna "Poppy" Widness, Concord, NH  
 Kyle "Hump" Widness, Concord, NH  
 Rebecca "Lady Slipper" Wilde, Hope valley, RI  
 Thomas "GRNDR" Wills, Amherst, MA  
 Julie Wolfe, Williston, VT  
 Madeline "Button" Wolfe, Grantham, NH  
 Cole "Yoda" Woodworth, Fairfield, CT  
 John "Mudslide" Wyeth, New York, NY  
 Nathaniel "Nightlight" Wyeth, New York, NY  
 Theo "Pittsburgh" Yannekis, Brookline, MA  
 Natalie "Honeybee" Zawistowska, Granville, VT

## SIDE-TO-SIDE FINISHERS

Donna "Prantelope" Dearborn, Chester, VT  
 George "Zwierz" Grzyb, Chester, NH  
 Garrett "Grit" Kolodin, Pemaquid Harbor, ME  
 Erin Magill, Montpelier, VT  
 Heidi Magill, Montpelier, VT  
 Sarah "Taskmaster" Malmstrom, Pemaquid, ME  
 Becky Swem, St. George, VT



Dan Delay fuels up during his hike.



# The End of the Road

NORTHBOUND LONG TRAIL HIKERS have celebrated at the Journey's End monument, the official northern terminus of the Long Trail at the Vermont-Canadian border, for decades. The monument is maintained by the International Boundary Commission and was likely originally installed in the 1930s.

PHOTO BY PHOTO BY JOHN FREEDOM



"I found this trek to not only be beautiful and amazing but healing in my journey through grief." — LINDA "RAMBLER STRONG" SWEENEY



"We had an unforgettable experience hiking the LT over 21 days – 15 days in August then the final push in two mad long weekend dashes to Waterbury and Smugglers' Notch in late September, from our home in NYC." — NATE "NIGHTLIGHT" WYETH AND JOHN "MUDSLIDE" WYETH







"This thru-hike was one of the best experiences of my life!" — NANNETTE "DITTO" LOCKE



"Recently retired — first item on the bucket list — hike the Long Trail. End-to-End in one hiking season. So glad I did it. A great experience." — MICKEY NOWAK



"The most important lesson the Long Trail taught me was how little is required to make life so extraordinary." — JOHN HANSEN (RIGHT)



"My hike was 28 days of beautiful yet perpetually challenging terrain." — ALAN "LEGOMAN" DWYER



"The Long Trail was a perfect end to my four years studying at UVM: full of strength, struggle, and beautiful views!" — ANNA LEFANTE



MOTHER AND SON SHANNON "LEAF" VARLEY AND LUKE MILLER took on the LT as novice backpackers and learned a lot about themselves along the way.



"The beautiful fall colors were worth a few cold nights on the trail!" — ALDEN "SLIPPY" GROEN, RIGHT, PICTURED WITH BROTHER TOREY "SOCKS" GROEN



Did you hike SOUTHBOUND?  
Send your photos at the  
Long Trail sign at the  
SOUTHERN TERMINUS for a  
future photo feature to:  
[cmiller@greenmountainclub.org](mailto:cmiller@greenmountainclub.org)



# Ready for Rescue:

## Essential Tips for Outdoor Safety

*Adapted from a presentation by  
Vermont Search and Rescue Coordinator Drew Clymer*



Drew Clymer leads a litter carry on the Long Trail near Bolton in July 2022.

Most of us know and follow routine hiking safety procedures. We understand the importance of hiking in groups rather than alone, and leaving our plans with someone at home, so they can act if we don't return. But there's more to know than that.

Drew Clymer, recently appointed Vermont's Search and Rescue Coordinator, brings a wealth of experience in backcountry emergency response to his new job, thanks to his time with Stowe Mountain Rescue, an all-volunteer organization trained in sophisticated rescue techniques often used on the steep, rocky slopes of Mount Mansfield, Smugglers' Notch, and elsewhere in the state.

Drew recently delivered an outstanding winter Taylor Series talk on the subject for GMC's Bread Loaf Section that covered the logistics and practices of search and rescue operations in Vermont, and provided practical safety tips for backcountry hikers. He acknowledged that even experienced hikers don't always take all the recommended safety precautions. That can substantially complicate rescue if it's needed.

Here is his "Ready for Rescue" plan — steps hikers of any age, ability or experience can take to put rescuers in the best possible position to help in an emergency. It expands upon the HikeSafe Hiker Responsibility Code, which urges hikers to be prepared,

stay together, turn back if necessary, be informed about the trail and its conditions, and carry supplies for emergencies.

### Pick Your Partners

Many of us love the peace and solitude of hiking alone, or don't know others who want to hike at our pace or on our schedule. It's wise to choose solo outings carefully and conservatively, and recognize that hiking in groups is generally safer. Drew adds these caveats:

Pick your hiking partner(s) thoughtfully. Ask yourself, do we have the same objective? What are the fitness levels in the group? Is everyone willing to hike at the pace of the slowest? What skills and knowledge does the group have? If the answers check the boxes, go with the group, and do not separate. Share knowledge and risk tolerances.

### Leave Your Plans

We've heard this one often: *Tell someone where you are going and when you plan to return.* This information can be crucial for search and rescue (SAR) personnel to know where to start and how to search efficiently. Give your emergency contact enough detail for rescuers to avoid wasting time.

- Leave your plan with someone who will **notice if you don't return.** As a backup, you can also leave a copy of your plan on your car.
- Be specific. Instead of "I'm going to hike Camel's Hump," add details: "I'll park at the Burrows Trailhead, go up the Forest City Trail, take the Long Trail north to the summit, and return via the Burrows Trail. I plan to start around 9 a.m., and should summit no later than 11 a.m. I plan to get back to my car by 2 p.m."
- Tell your contact what to expect. Will you check in by text when starting, turning around, or finishing your hike? What time will you be back? (Give yourself a reasonable buffer!)
- Tell them where you'll park, and describe your car.
- List who is going with you and their phone numbers. If your emergency contact can't reach you, knowing the other members of your party can be invaluable. Ask your contact to answer

COURTESY STOWE MOUNTAIN RESCUE



calls from unknown numbers, which might be from SAR members.

- Explain what to do if you're late: try to call you, or failing that, other members of your party. If they can't reach anyone, drive to the trailhead to check on your car. Ask them to call SAR if it's still there.
- The call: In Vermont, thanks to Drew and his network, your emergency contact needn't track down the particular law enforcement or SAR agency near you. They can just call 911, and the proper resources and personnel will be mobilized.

## OK, I Think I Need Help

Your emergency contact knows what to do, but there are also steps you can take to limit your risk in an emergency. If you're thinking "I might need help soon," you *definitely* do need help. Now. Calling for help early can make the difference between a quick save and a strenuous, hours-long rescue. Experienced hikers may feel embarrassed to call for help, but Drew reminds us: anyone can wander off trail or twist an ankle. And many incidents can be resolved with a simple phone call.

When you call, try to give the operator the information they might need to evaluate the severity of your case. Stay calm, and compose your thoughts before placing a call. You may even want to write down a list of details so you don't miss one. SAR responders will seek:

- Names and dates of birth of the caller and others in the party
- Number in the party
- The number of a call-back cell phone and its charge percentage
- Location as closely as possible
- Reason for the call
- Weather and terrain where you are
- Preparation and condition of the injured subject (if there is one), and of the rest of the party. For example, if someone has broken an ankle, do they have adequate clothes, food, and water while they await help?

## Be Your Own First Responder

It can take hours for SAR personnel to arrive, especially in a very remote location. If it took you two hours to hike in, it's

going to take rescue personnel at least as long, because they will be carrying heavy equipment and it may be dark.

Before leaving your car, make sure you have everything (refer to the "Ten Essentials" as a starting point) to keep yourself and your party safe and as comfortable as possible. This includes spare dry, warm clothing, extra calorie-dense food, water, headlamp (and maybe a spare), first aid kit, and a way to make a fire. Some form of shelter can save lives—a bivy sack, a large contractor's plastic trash bag, or a lightweight tent without poles. Consider a Wilderness First Aid course to prepare yourself for mishaps.

## A Note on Cell Phones

Cell phones can be very helpful, but they are far from infallible. Your carrier may not have service in remote locations, though phones will use any available signal to

contact 911. Batteries can drain quickly, especially if it's cold or if the phone is used for navigation, as a flashlight, or to capture photos and video. You should use other devices for these functions (including a waterproof map!), and keep your phone on airplane mode to preserve its battery for when you truly need it.

Drew also highly recommends personal locator beacons like the Garmin InReach. These GPS-equipped devices do not need a cell signal and can send a preprogrammed message to assuage worries or call for help. User errors have sometimes caused unneeded SAR responses, but Drew and his team still strongly prefer hikers have these life-saving devices.

A few key precautions can improve your chances of a good ending even if something goes wrong. Following the easy steps above will help make you and your group "ready for rescue."



# The 10 Hiking Essentials

1. Navigation
2. Sun Protection
3. First aid kit
4. Headlamp
5. Repair Kit & Tools
6. A way to make a fire
7. Nutrition
8. Hydration
9. Additional Clothing
10. Shelter





# Training Seasonal Staff to be Excellent GMC Ambassadors

*By Keegan Tierney, Director of Field Programs*

As you read this, the Green Mountain Club's seasonal staff is working at sites throughout the length of the Long Trail, and we have you to thank. It's because of your support through memberships and donations that trail crews have hit the field, caretakers on summits and ponds, and office staff ranging the state supporting logistics, working with volunteers, and planning future projects.

This activity is preceded by a short but intensive training period. We hire the most qualified candidates from around the country to lead and staff our trail crews. Most of them have excellent relevant experience from previous jobs. Our caretakers have demonstrated experience in environmental education and public relations, and they have a baseline interest in backcountry human waste management. Many are returning to GMC for a second, third, or fourth season. So, you may well ask, why do we train so intensively?

Seasonal staff training is designed to instill understanding of and expectations for our particular trail management strategies and values. Caretakers and trail crew members are the first point of contact with the GMC for many hikers, and we must empower them as ambassadors for the club and our mission, ensuring that the trail and the mountains remain a pristine resource for future generations from all walks of life. We focus on five broad areas:

- Safety
- GMC history and organizational structure
- Vermont natural history
- Technical trail skills
- Building and maintaining a GMC culture of inclusivity

Lead caretaker and trail crew leaders join us early in May. They spend three days becoming certified in chainsaw safety, as required by the U.S. Forest Service. After that they dive into staff- and peer-led sessions learning trail management strategies specific to Vermont and our trails.

They then spend a week with full-time field program staff members and seasonal supervisors, scouting the season's projects so they can be effective team leaders and produce the best results. The rest of the seasonal staff members join in late May, and we conduct two weeks of training with the full corps of staff — much of it together, with some breakout sessions for skills specific to caretakers or trail crews.

Supervisory field staff members combine their years of experience and detailed knowledge of the club and Vermont to train staff on backcountry human waste management and technical trail skills: design of sustainable trails, basic stonework, stone shaping, rigging for stonework, and instruction in tool use.



Caretakers on the annual alpine zone training walk on Mount Mansfield's ridgeline.





PHOTO BY NIGEL BATES

**Justin Towers (left) learns proper chainsaw technique at a training with third party Game of Logging experts.**

Other staff members and volunteer leaders provide training on the history, governance, and operations of the club, so seasonal staff members understand the holistic context of the organization.

Partnering organizations and agencies provide experts to conduct specialized training for caretaker and trail crew members. Southern Vermont caretakers learn from state pond ecologists how to better foster public stewardship of Stratton Pond, Little Rock Pond, and Griffith Lake. Northern caretakers walk Mount Mansfield's ridgeline, learning to identify alpine vegetation--taught for many years by recently retired state botanist Bob Popp, who instilled a lifelong interest in alpine vegetation in many caretakers.

Meanwhile, trail crews focus on improving technical skills. Though they are experienced, many come from working on trail crews in different climates and trail types. The legacy trails of the northeast require a thorough understanding of water control structures, and our poorly draining soils often dictate a need for significant stonework. Moving and setting stone while protecting the surrounding forest is a high priority. We also cover chainsaw and crosscut saw usage.

All seasonal staff members learn Wilderness First Aid, techniques of search and rescue, and availability of law enforcement organizations, to sharpen their response to emergencies. Highly qualified outside experts provide this training.

Our training evolves over time, and adapts every year to the changing needs of our staff and trails. In the 2010s we increased



PHOTO BY NIGEL BATES

**Caretaker Lead Dan Lane stirs a composting privy run at Montclair Glen during training.**

training time from one week to nearly two, and we added group overnight field outings to practice new skills and improve caretaker schedule management.

More recently, we've expanded training in emerging organizational priorities: managing the trail for climate change; and diversity, equity, and inclusion (DEI) in outdoor recreation. We concentrate on giving our trail crew leaders an appreciation and concern for sustainable trails, focusing on trail layout, designing structures to withstand growing foot traffic, and understanding the impacts of the volume and velocity of water.

In DEI training we establish a fundamental understanding of national conversations concerning cultural privilege and oppression in outdoor recreation. In this work we have also been building partnerships to harness external expertise. We strive to present voices from historically marginalized communities, leveraging relationships formed during our Winter Speaker Series, and we employ CQ Strategies to provide tools to address discrimination in the outdoors.

Seasonal caretakers and trail crews are the public face of the Green Mountain Club as they care for Vermont's mountains each summer. By hiring folks with great past experience, and providing them a comprehensive orientation to the club and Vermont, we ensure that they will be effective public ambassadors and stewards of the mountains we call home. Thank you for helping us to make this possible. 🌲





# Conservation of Rolston Rest Property a Win for Long Trail and Vermont's Outdoor Recreation Community

## Trust for Public Land adds 2,800 acres to the Green Mountain National Forest

*By Mollie Flanigan, modified from an original piece by Lisa Foderaro, Trust for Public Land*



PHOTO BY KURT BUDLIGER

View from the Rolston Rest parcel.

On March 29, 2023, the largest unprotected inholding in the Green Mountain National Forest was conserved and brought under federal ownership, thanks to the tireless work of Trust for Public Land (TPL). With 2,800 acres of dense forests, headwater streams, and scenic views, the Rolston Rest property is a jewel in the rugged landscape of Vermont.

The property hosts three miles of the Long Trail and the Rolston Rest overnight site. Since 1980, the Long Trail's route through the property has been secured by a 200-foot-wide trail right-of-way (ROW) acquired by the U.S. Forest Service. This ROW provided a legal arrangement for the LT. However the ROW did allow for restricted timber harvesting within the trail corridor.

This provision was made more

significant because the timber rights, the ability to cut trees on the land, were owned not by the landowner but by a third-party timber company.

"It was an actively managed property, with harvesting occurring on either side of the trail," says Mike DeBonis, GMC's executive director of the site's recent history. "The trail exists within a working landscape – which is not a bad thing – but to protect hiker safety and maintain a wilderness hiking experiences, we aim to minimize logging impacts to the trail corridor."

The separate timber rights made conservation of the property an additional challenge, since it doubled the number of parties to negotiate with. Discussions with both parties over two decades never yielded an agreement. Ultimately the landowner and timber

company sold all the rights to the land to a new private company who wanted to create the largest sugaring operation in Vermont. TPL established a relationship with the new landowner and discussions were underway regarding how to conserve the property with a conservation easement when circumstances changed for the company and the opportunity emerged to buy the land outright. TPL jumped at the chance and purchased the land in 2017 to prevent it from being sold and fragmented, while securing the federal funds to add it to Green Mountain National Forest. TPL has owned the property for the past six years, working through all the legal and financial due diligence required to ultimately transfer it to the U.S. Forest Service.

"Like the topography of the eight peaks on the property, this effort has definitely had its ups and downs, so we are even more pleased to have reached the summit," reflected Kate Wanner, Senior Project Manager for TPL in Vermont.

The national forest will manage land around the Long Trail with a focus on high-quality recreation experiences and habitat protection, with a prohibition



PHOTO BY KURT BUDLIGER

Rolston Rest Shelter



on any commercial timber management within 1,000 feet of the trail.

The conservation of Rolston Rest is not only great news for the Long Trail, but also for the Appalachian Trail and Catamount Trail (CT). The Appalachian National Scenic Trail runs just 1.5 miles to the south of the property and its hikers enjoy the views of the forested tract from nearby mountains. In recent years the AT has seen more of its viewshed fragmented by development associated with nearby ski resorts. Preserving Rolston Rest's wild character—a tableau of forests, ponds, and summits—keeps perspectives from that iconic trail intact.

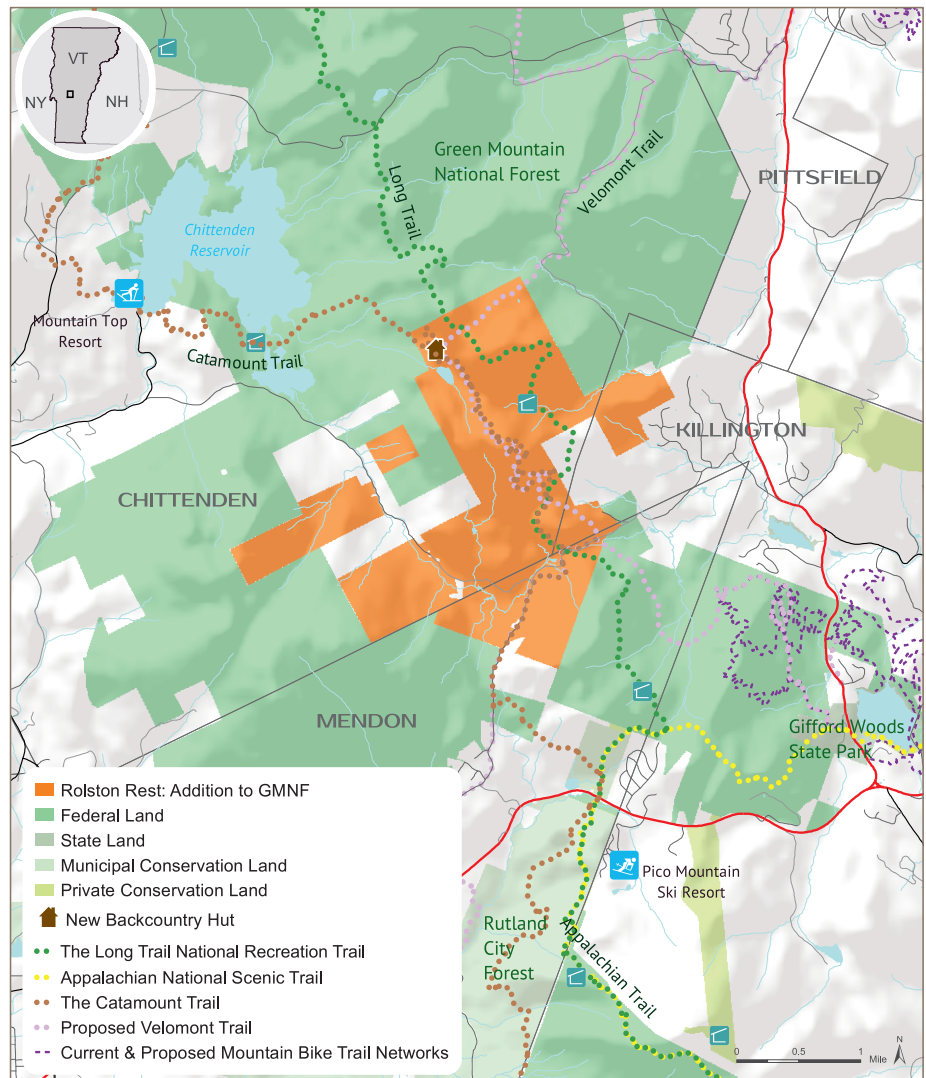
The property also hosts a two-mile section of the Catamount Trail, which had no legal protection until now. The Catamount Trail was able to be moved off a public road and snowmobile trail to higher elevation and now takes skiers past South Pond, improving skier safety and experience.

In addition to the established recreation opportunities of the LT, AT and CT, Rolston Rest's conservation offers new opportunities to mountain bikers and Vermont's burgeoning hut network. The Velomont Trail, a new, multiuse trail which will one day connect mountain bike networks across the state, is planning 4.4 miles of new treadway on the property.

For the hut network, plans involve rebuilding at the site of a cabin that was destroyed by an arsonist in 2018. The new proposed hut would serve as a year-round cabin, operated by the Vermont Huts Association as part of its four-season, hut-to-hut network.

"Rolston Rest is an integral part of Vermont's beloved Green Mountains, with significant wildlife habitat, nationally recognized trails—and tremendous outdoor recreation opportunities," says Shelby Semmes, vice president of the New England region for Trust for Public Land. "Its protection has been a top priority for five decades."

The Trust for Public Land works nationwide to conserve land and bring it under public ownership. To date, TPL has protected more than 52,500 acres in



## Rolston Rest

Killington, Chittenden & Mendon, VT

August 22, 2022. Copyright © Trust for Public Land. Trust for Public Land and Trust for Public Land logo are federally registered marks of Trust for Public Land. Information on this map is provided for purposes of discussion and visualization only. [www.tpl.org](http://www.tpl.org)



Vermont as part of the Green Mountains Program, and hopes to conserve an additional 20,000 acres in the next decade. In Vermont, the organization is focused on protecting lands that will enhance climate resilience and public access to the outdoors. That largely means protecting key sections of forests that sequester carbon, provide wildlife habitat, protect water resources, and comprise Vermont's tourism- and forest-based economy.

TPL and GMC partner on conservation projects that meet the organizations' shared goals. GMC

supported the Rolston Rest project with letters of support to funders, legal review and member outreach. On other projects, our two organizations collaborate more directly, such as the conservation of the Judevine Headwaters property in December 2022 and the Coddington Hollow project in September 2020. Both of those recent projects resulted in permanent LT treadway protection and 173 acres being added to the Long Trail State Forest in Johnson and Waterville.

Read more from *Trust for Public Land* at [tpl.org](http://tpl.org).





### Overnight Fees Update

Starting this summer, GMC is eliminating the \$5 fee for caretaker sites and are instead using a donation-based model. GMC changed this policy because few people now carry cash, and there is added risk and liability when caretakers handle cash in the backcountry. Most importantly, we stand by our mission to keep the Long Trail freely open to the public. Backcountry Caretakers will continue to perform their duties under this new donation-based model.

### Breaking Ground on a New Headquarters and Visitor Center on Route 100

This summer we will break ground on new spaces for our headquarters and Visitor Center at our campus on Route 100 in Waterbury Center. The old Herrick Building office space, the southernmost section of the main building, has housed our field programs staff for years, but the building has become unsafe. The Long Trail Legacy Campaign raised about \$1 million for its renovation. The new and expanded Herrick Building will house field programs staff as well as the new Rothberg-Birdwhistell Visitor Center, a public gathering area, and a place to display some of GMC's archives. The existing Visitor Center space will be converted into office space for our growing team.

We are also welcoming a new visitor services manager to help expand and improve our help for hikers. The Route 100 Visitor Center will be open this summer, but please call ahead to check the hours, because they may change in response to construction needs and staffing. You can also visit us at Barnes Camp Visitor Center from Friday through Monday, from May 26 to October 9.



### Trail Updates

*Please note these changes on your maps until new ones are available:*

**SETH WARNER SHELTER** has been moved, and the old site (mile 3.0 of the LT northbound) has been decommissioned. The new shelter is 2.4 miles north of the old site, five miles north of the Vermont-Massachusetts border and five miles south of Congdon Shelter.

**STRATTON POND TRAIL RELOCATIONS:** Last fall rerouting the LT/AT and Lye Brook Trail around Stratton Pond was finished. Both trails were moved farther from the pond to help protect the pond ecosystem from eroded silt. Please follow the new signs to stay on the trails. You can still reach and enjoy the pond shore by a short spur trail to Willis Ross Clearing. Final signs will be installed this season. The existing signs are correct, but not yet complete. A new shelter at the Stratton View Tenting Area will be finished this hiking season. Until then, Stratton View has new tent platforms.

### Smugglers' Notch Parking and Stormwater Improvement Project

The Lamoille County Planning Commission is completing environmental restoration along the Notch Road (VT 108) to preserve and restore the natural beauty and landscape. Construction began in early June and will continue through fall 2023. Various parking lots will be relocated and/or improved to restore natural spaces while reducing congestion and increasing safety along the corridor. Hikers can expect some temporary parking area closures and traffic direction while work is completed. Additional project information and regular construction updates can be found at [lcpvvt.org/smuggsinfo](http://lcpvvt.org/smuggsinfo).

### North Country Trail Officially Expands into Vermont



Goldenrods by the Sucker Brook Trail Bridge.

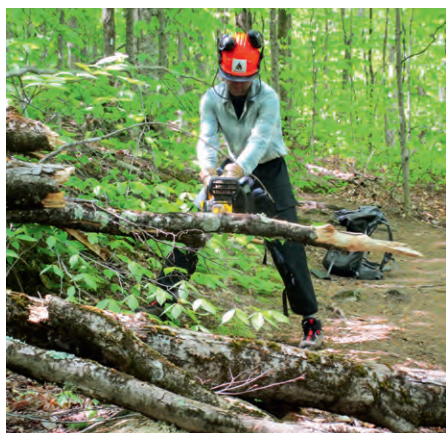
There's a new long distance hiking trail in Vermont! The 4,800-mile North Country National Scenic Trail, which begins in North Dakota, now includes the Sucker Brook side trail and the Long Trail between the Sucker Brook-Long Trail intersection and Maine Junction (near Killington, where the Appalachian Trail splits off from the Long Trail and continues eastward toward New Hampshire). Maine Junction will be the NCT's eastern terminus. For more information, visit [northcountrytrail.org](http://northcountrytrail.org).





## Section Spring Maintenance Reports

GMC sections and individual trail adopters have been out in much of May doing spring maintenance. They usually spend one or more days cleaning waterbars, clipping brush back from the treadway, and removing blowdowns (trees fallen across the trail). Joining them is a great way to check seasonal trail conditions and see spring wildflowers, vernal pools, and sweeping views through leafless trees! Trail adopters provide the GMC Field Programs office with invaluable information on conditions that may require professional help.



Scott Richardson clears a blowdown.

### MORGAN IRONS, MONTPELIER

**SECTION:** “We created one large brush barrier. This trail can always use more brushing-in to narrow the widened treadway, but through continuous work it’s definitely better than it was a couple of years ago.” (*LT from River Road to Duxbury Window.*)



Burlington Section volunteers take a break at Butler Lodge on a sunny May work day.



Dick Andrews at log-and-rock-filled staircase gullies on the AT north of Thistle Hill Shelter.

**DICK ANDREWS, UVO SECTION:** “It was an extraordinary day, both in weather (perfect in every way, even a breeze to deter bugs), and in the acres and acres of fields of ramps. The attached photo shows me at the head of the stone staircase you had us bolster with rocks, logs and chunks of wood last year to keep hikers from gullying the trail next to it. The job is working beautifully.” (*AT from Cloudland Road to Joe Ranger Road.*) (In an email to Lorne Currier, Volunteer and Education Coordinator.)

### PAUL BELIVEAU, BURLINGTON

**SECTION:** “We cleared several big blowdowns on the LT between Nebraska Notch and Butler Lodge – we used the chainsaw eight times!”

### DAVID BLUM, INDIVIDUAL ADOPTER:

“There must have been some sort of wind event at higher elevation since there were over 12 hemlock or spruce trees that were cut in half. Overall very dry trail especially for early May.” (*LT Huntington Gap to Hedgehog Brook Trail.*)



Brattleboro Section clears drainages on Spruce Peak.

### RICH WINDISH, BRATTLEBORO

**SECTION:** “We evaluated the need for additional puncheon and/or rock work in several wet areas along the LT/AT south of Swezey Junction. We removed a section of rotted puncheon on the LT/AT approximately one-half mile south of Swezey Junction, and hardened the trail surface underneath to make it passable for hikers until replacement puncheon can be installed. Overall, we found the trail to be in good shape, with minimal blowdowns and well-functioning waterbars.” (*LT/AT from Winhall River to Route 11/30.*)

## Interested in helping the club with routine trail maintenance?

Connect with your local section by visiting [greenmountainclub.org/sections](https://greenmountainclub.org/sections), or email Lorne Currier at [lcurrier@greenmountainclub.org](mailto:lcurrier@greenmountainclub.org) for information on individual trail and shelter adoption or other volunteer opportunities.



# ASK A SCIENCE TEACHER...

*Where can I see a moose on the Long Trail?*



**“We are always hoping to see a moose on our Long Trail hikes. What’s the best way to safely spot one?”**

—@librarycardproductions asked on Instagram

**JOE ANSWERS:** It would have been a lot easier to see a moose in 2005 when about 5,000 moose lived in Vermont. That number has now fallen to about 2,100 moose, mainly due to the winter tick. Parasites and a lack of sufficient young forest habitat mean Vermont’s moose struggle to maintain healthy body weight and reproductive rates.

Luck is the biggest factor in seeing a moose, because a moose will often detect you long before you can see it, and silently slip away through the woods. You can improve your chances by spending a lot of time outside, being very quiet, leaving your dog at home, and knowing where moose are likely to be. They are most active at dusk and dawn, and in cooler weather.

About half of Vermont’s moose population lives in the Northeast Kingdom counties of Essex, Orleans and Caledonia, with the rest scattered

throughout the Green Mountains. In summer moose can often be found in shallow ponds (including beaver ponds), where they eat aquatic plants. In fall they are in rut (mating season), and will be moving around a lot. In winter they may be found almost anywhere, but the Green Mountain National Forest is exploring the possibility that moose are wintering at high elevations where winter ticks may be less plentiful.

Moose are herbivores, but they can be dangerous to people if they feel threatened. If you see a moose, do not approach it – maintain your distance. If the moose lowers its head or raises the fur around its neck, then it is disturbed and probably becoming agitated. If the moose lowers its ears while dropping its head, it may be about to charge.

However, of the dozens of moose that I have seen, none has bothered me; moose usually flee as soon as they notice a person. My moose sightings have been lucky, too: I’ve seen them lying down chewing cud at midday and from the shores of a pond, where they are undisturbed by minor human presence.

Moose have often been called “an

animal that only a mother could love” because to some people a moose appears to be built of spare parts. Its legs seem too long, its shoulders are higher than its hips, its tail is absurdly small, and its muzzle is anything but lovely. However, all are beautifully functional.

The long legs enable the moose to easily stride through bogs and deep snow. Its high shoulder is packed with muscles that can propel the animal at speeds of 30 miles per hour. Its muzzle is perfectly shaped to eat twigs, leaves and the bark of some young trees, its major sources of food.

A large bull moose weighs more than 1,000 pounds, the largest native animal in Vermont since whales swam in the Champlain Sea and mammoths strode the land 12,000 years ago. But whales and mammoths in Vermont are a topic for another time.

*JOE BAHR is a long time GMC member and volunteer, and taught ecology and animal behavior at local colleges for 25 years. Have a nature question for Joe to answer in a future issue of the Long Trail News? Submit it via email to Chloe Miller, [cmiller@greenmountainclub.org](mailto:cmiller@greenmountainclub.org)*



# "I HATE HIKING!"

By Brooke Marshall

**M**y dad's an Appalachian Trail thru-hiker who's climbed the 100 highest peaks in New England... twice. He's also Long Trail End-to-End; he section-hiked the whole thing, including every side trail, over the course of 25 years. Now at 67, he's doing the LT again, "in the opposite direction this time."

When my sister and I were growing up, Dad wanted nothing more than to share his love of the outdoors with us. One of our first Long Trail section hikes was from the Keewaydin Trail near Wallingford to the Big Branch parking area in Mount Tabor, passing by Little Rock Pond.

"The water at Little Rock Pond is so clear that you can see all the way to the bottom," Dad insisted to seven-year-old me. That night, I dreamed we were canoeing through a lake teeming with enormous fish, through water so clear you couldn't even see it.

The reality was less magical. We took the Keewaydin Trail to get to the Long Trail at White Rocks. I groaned under the weight of my pack, staring up with dismay at switchback after savage switchback. When I finally dragged myself into camp, I threw down my backpack and screamed in outrage:

"I HATE HIKING!!"

Dad's only response was a knowing chuckle.

We continued our Long Trail section hikes, me complaining all along. We endured daylong hikes between Coddington Hollow and Hogback Road, eventually working our way up to a longer overnight trip from the Canadian border to Hazen's Notch. On a hike from Brandon Gap to Route 4, we ran into one of Dad's AT friends. Dad called him "Chilcoot," he called Dad "Dough Head," and they stayed up all night telling stories about their trek from Georgia to Maine. You couldn't pay me a million dollars to do something like that, I thought.

And then there was Tillotson Camp to Devil's Gulch. Dad warned us that Devil's

Gulch was a scramble, that it could get sketchy, that we'd have to be extra careful. Meanwhile, I was stuck on the name. "DEVIL'S Gulch?" I thought. "Are you making me hike to HELL?"

The trail to Hell crosses Belvidere Mountain. My sister darted up the fire tower; I inched my way up with a white-knuckle grip on the handrail. There were no walls to hide how high we were climbing, and when we got to the top, the spindly structure swayed in the wind.

From there, we hiked on to Ritterbush



**Brooke Marshall, right, with sister Jillian hiking as kids in Vermont.**

Camp (taken down in 1999), where we dropped our packs. Next stop: an out-and-back to Devil's Gulch, a sketchy scramble that may or may not lead to the underworld. As we got closer, my palms began to sweat and my breath came in short gasps. Finally, I couldn't take it anymore. I sat down.

"You guys can go on to Devil's Gulch," I pouted. "I'm staying here."

Dad tried to backpedal, to cajole, even to bribe me. I crossed my arms and scowled at the ground. When it became clear that I wasn't budging, not even for a crisp \$10 bill or two Little Debbie's, Dad admitted defeat. While he and my sister hiked

Devil's Gulch, I sat and sulked on the side of the Long Trail.

\*\*\*


Dad kept subjecting us to tortuous family hikes until I graduated high school and left Vermont to go to college in Atlanta. Finally, I was free!

I missed hiking.

After I graduated, I decided to section-hike the AT in Georgia. It took six months to cover the 78.1 miles. Sometimes it was arduous; other times, like when I ran into a black bear hiking after dark, it was scary. And that, I realized, was exactly the point.

Since then I've hiked unnamed hills in southern Malawi, biked over Irish mountain passes, and pulled myself up a ragged old rope to the top of a massive, turret-shaped volcanic nunatak jutting out of a glacier and overlooking the Ross Sea and, beyond it, Antarctica's Royal Society Range. I've also ridden a bicycle on every continent — and in only half the time it took Dad to hike the Long Trail.

In 2016 I did my own AT thru-hike. Even though I hadn't lived there in 13 years, crossing into Vermont felt like coming home. The smell of rich, moist soil, the cool nip in the evening air, and the way the land refuses to lie flat — whether it's lumpy or hilly or draws itself up into a proud, rugged little mountain. It was on the section of the Long Trail that overlaps the AT that I saw a beleaguered couple all but dragging their young son along the hiking trail. "I'm so tired," he whined. "My backpack is SO HEAVY."

"Aww," I said, smiling at the parents. "I was just like that when I was a kid." 

*Brooke Marshall is a writer and traveler who grew up in Fairfield and currently lives in Michigan, where the hikes are decidedly flatter than in Vermont. She is the author of Lucky: An African Student, An American Dream, and A Long Bike Ride. Her dad still lives in Vermont, where he goes hiking, hunting, fishing, and skiing at every opportunity.*





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# LONG TRAIL DAY IS BACK: AUGUST 19

GMC's Annual Community Fundraiser is back! Sign up to help support our work on the trail and celebrate your love for the Long Trail! Get started at [greenmountainclub.org/longtrailday](https://greenmountainclub.org/longtrailday)



**1. REGISTER AND CUSTOMIZE  
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**2. COMMIT TO RAISING  
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**3. REACH OUT TO FRIENDS  
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INFORMATION ON  
GUIDED HIKES AND  
INTERPRETIVE  
PROGRAMS**



**5. ENJOY CELEBRATIONS  
AND TRAIL MAGIC AT  
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LOCATIONS AROUND THE  
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