

APRIL HIKES

DATE	TRAIL	DIFFICULTY LEVEL	LEADER
April 1, 2024	Forest Bathing 11:00 in the Peace Garden at the North End of the Bluff Trail at Heritage Heights	Easy	Betsy Taylor
April 6, 2024	Contoocook River Walk	Saturday	Bud Berry
April 10, 2024	Winant-Swope Connector	Adventure	Cyndy McLeod and Sandi Lee
April 20, 2024	Canterbury Shaker Trails	Saturday	Don Hayes
April 24, 2024	Carter Hill to Swope	Adventure	Bob and Jane Heigis

MARCH HIKE RECAPS

Bohanan Farm Trails (East)



On Saturday, March 2nd seventeen adventurous souls set off to hike the Eastern portion of the Bohanan Farm Trails. We enjoyed the walk in the woods even though there were icy spots periodically. We soon learned crunchy snow provides our shoes with a good, solid grip. Winter hikes are always a challenge since conditions change from hour to hour. We were happy to arrive home before the rain began. - Joyce Pope

Fox Forest

Ten Adventure+ hikers enjoyed comradery, sunshine, and about 4 miles of exercise at the "Caroline A. Fox Research and Demonstration Forest" in Hillsborough. It was hard hiking as there was so much to see, but one had to keep an eye on the footing as there was plenty to trip up on. We saw various ferns, lichens, unusual burls, abundant moss and lichen covered boulders of various sizes, trees of all sorts, shapes, sizes and some even labeled. Also most amazing was the very large stone foundation complete with inside



well (we think). One could have spent hours trying to take it all in. The 1455 acres of Fox Forest was gifted to NH (complete with a trust fund) by Caroline A. Fox in 1932 for forest research and demonstrations. The main house was her summer residence and eventually she purchased 2 adjacent farms to total the 1455 acres. There are now just over 20 miles of multi-use trails. The Gearry Family graveyard – with 10 marked graves (ages 2 yrs. to 89 years) all from the 1800's – was interesting to explore.

The Gearry family owned one of the farms that Caroline bought and then donated. - Jane Heigis



Northwood Meadows State Park



Fifteen hikers took a lovely walk around Meadow Lake in Northwood Meadows State Park on Sat. March 16. While it was foggy when the group left Heritage Heights, the sun was out when we arrived at the state park. The hike started out as a dirt road and halfway around the lake it became a traditional wooded trail. The group saw several ducks on the lake and a new culvert that helps maintain the level of the lake.

-Sandi Lee

Lovejoy Trails

A relatively small group enjoyed a delightful hike on the Lovejoy Trails in Loudon. We were fortunate that the ice had melted from the narrow bridges over the damp areas. We were also fortunate to have Wayne Martin and Bud Berry with us to point out the four types of birch trees and various other types of flora in the area. – Hal Carter



"We are showered every day with gifts, but they are not meant for us to keep. Their life is in their movement, the inhale and the exhale of our shared breath. Our work and our joy is to pass along the gift and to trust that what we put out into the universe will always come back....If all the world is a commodity, how poor we grow. When all the world is a gift in motion, how wealthy we become....What if we call them not "natural resources" but "earthly gifts"? - Robin Wall Kimmerer in "Braiding Sweetgrass"

CLUB COMMITTEE REPORT

The following was discussed at the March 18, 2024 Committee Meeting:

1. The Hiking Club is entering a team in the 22nd Annual Rock'N Race to Benefit Concord Hospital Payson Center for Cancer Care on Wednesday, May at 6 PM. There will be a HHH team and Club members may sign up to walk either 5K or 1 mile for a \$30 fee at <https://runsignup.com/Race/NH/Concord/RockNRace>.
2. There will be a walk on May 25 in Center Harbor celebrating the life of former HHH resident Phil Preston.
3. A celebration of the Club's new effort to help maintain Sugar Ball Park will be held May 14 at 2 PM. First Congregational Church will have musicians and a speaker who will describe the beginnings of the first Church in this part of New Hampshire on the site. The Club will hold a work day on Sunday, May 5 at 1pm to get the Park in shape for the event.
4. Biking will start again in May.

Committee Members: Bud Berry, Hal Carter, Don Hayes, Peachy Healey, Bob & Jane Heigis, Sandi Lee, Jim Macnab, Val McLean, Cyndy McLeod, Joyce Pope