

MAY EVENTS

DATE	TRAIL	DIFFICULTY LEVEL	LEADER
May 3	Marsh Loop	Saturday Hike	Faith Goodwin & Don Hayes
May 5	Forest Bathing		Betsy Taylor
May 7	Rock N' Race	Varies	Hal Carter and Don Hayes
May 14	Winnepesaukee River Rail Trail	Bike Hike	Hal Carter
May 24	Batchelder Mills – Lady Slipper	Saturday Hike	Val McLean and Cyndy MacLeod
May 28	Dimond Hill Farm to Unitarian Church Hike	Adventure +++	Hal Carter and Don Hayes

MAY – VARIETY AND CHALLENGES

May 2025 is shaping up to be a varied and busy time for the Hiking/Biking Club. There is something for everyone so plan to come to the events that will inspire and challenge you.

- The Rock N' Race fundraising event in support of the Pace Cancer Center will give folks the chance to walk either 1 mile or 3.2 miles to support a valuable community resource. We have 26 people signed up to walk so far and have raised over \$2,100. Thanks to everyone who is walking and/or contributed.
- We will once again walk through the Batchelder Mills area in search of one of the signs of Spring – Lady Slipper flowers. Some years we have found 100 or more of them.
- For years, we have talked about walking the 7+ miles from Dimond Hill Farm to the Unitarian Church, and this year we have finally decided to do it.
- And, of course, we will Forest Bathe, ride our bikes on a rail trail from Franklin to Tilton, and enjoy a relatively easy hike on the nearby Marsh Loop. This will all be a great way to march into Spring.

Spears Park

On Saturday, April 5, 16 members of the Hiking-Biking Club tried a new to us nearby area in the Concord Trail System, the Spear's Park Trails. Lester Spear, a tree farmer, owned and



worked this property for many years, and was named Outstanding Tree Farmer of the Year in 1995 by the Merrimack County Tree Farm Committee. He and his wife were concerned that their farm never be developed so gave the land to the city in memory of Lester's parents, to be called Spear's Park and be open to the public for recreational and educational purposes. Although it is a small area, we were able to piece together trails for a pleasant 1.7-mile trail walk through the woods. - Cyndy McLeod

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

Samuel Myron Chase Wildlife Sanctuary

On a cool, blue sky, sunny April 9th, 13 hikers attacked a 3.7 mile walk in the woods at the Samuel Myron Chase Wildlife Sanctuary in Hopkinton. Although much of the hike was a leaf covered single trail with a few hiding “tripping rocks,” there were also 3 quite challenging streams to ford.



The trail ended at a large beaver dam with marsh on one side and big pond on other side. We didn't see any beavers but did scare out a Great Blue Heron.



Originally a 63-acre donation left in trust by Samuel M. Chase in 1931, in 1997 it was transferred to the Audubon Society of NH. At approximately 660 acres it is now the 3rd largest Audubon Sanctuary in NH. It was good to get out in the sunshine, enjoy chatting with friends, and challenging our bodies. - Jane Heigis

Sanborn Mill Farm

On a sunny Saturday morning, April 19th, seventeen HHH hikers tested out a newly created (and not yet signed) 1 mile trail at Sanborn Mill Farms in Loudon. We were treated to the guided hike by Craig Mabie, studio manager, who has led us on hikes elsewhere in the past. He talked about the history of the property which was

farmed and supported by generations of the Sanborn family, since the 1770's.

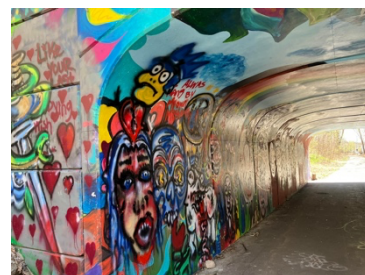


In 1996, Colin and Paula Cabot bought the property and have created an amazing enterprise with the mission to “teach traditional crafts and farming methods while sustainably using its field and forest resources for workshops and events.” Check out their many interesting offerings (both free and fee) at sanbornmills.org.

There is an “Open Farm Day” on Saturday, June 14th (10-3) when you can “experience a variety of craft demonstrations, explore the fully operational water-powered Sawmill and Grist Mill and watch Draft Animals in action”, plus lots more. - Jane Heigis

Goffstown Rail Trail

Spring has sprung and we're out biking again, with my favorite semi-easy semi-paved trail – Goffstown Rail Trail. Two of us did 16 miles and the other 3 did 12.2 miles.



Again I was impressed with the “graffiti tunnel” but disturbed by the bad language painted on top of some of the neat pictures. Co-incidentally we met up with the “Graffiti removal” truck and had quite a conversation with the 2 employees about how they try to manage the unwanted creativity. Turns out the city had even paid to have the blue cloud covered sky mural designed and painted on the underside of the tunnel and had it specially covered with protective layer. We thought it looked great. Rivers were pretty, wildflowers just beginning and lots of birds. Nice first ride of the season. - Jane Heigis