

### UPCOMING SEPTEMBER HIKES

DATE	TRAIL	DIFFICULTY LEVEL	LEADER
Sept 6	Epsom Town Forest and Mill Pond Loop	Saturday	Hal Carter
Sept 8	NO FOREST BATHING		
Sept 8	Full Moon Hike – Heritage Heights Campus	Easy	Meet at the Barrows Fire Pit
Sept 10	Gonic Falls via Isinglass Trail	Adventure	Bob & Jane Heigis
Sept 17	Cotton Valley Rail Trail	Bike	Bob & Jane Heigis
Sept 20	East Concord Heritage Trails	Saturday	Faith Goodwin
Sept 24	Mt. Willard	Adventure+	Don Hayes and Val McLean

### HIKE RECAPS

#### Mount Washington

The Bus Trip to Mount Washington and the trip on the Cog Railway to the summit was a great success and was enjoyed by 41 HHH Residents. We almost completely filled one of the Railway Cars.



The weather turned out to be surprisingly warm and the air relatively clear. We spent about an hour on the top enjoying views of the surrounding mountains. The Cog Railway Brakemen entertained us on both our ascent and descent with a running commentary about the history of the Cog Railway and Mount Washington.



We have many photos from the Mount Washington and Lost River Trips. To see them, use the links appearing at the end of this Newsletter in your web browser.

If you have more photos from the trips to share, please send them to [hcart6@gmail.com](mailto:hcart6@gmail.com)

#### Stonehouse Pond and Heigis' Cottage

Eleven of us hiked the Stonehouse Pond Overlook, Ledges and Locke Loop Trail. The trail, leading up to Stonehouse Pond Overlook had many roots but the trail was well worn and the roots easy to see. Throughout the woods there were many trees down. Although we had to climb a few hills throughout the 213-foot elevation, none were too difficult. On reaching the top, the pond felt way down - like it was surrounded by vertical ledges. Jeanie, our rock climber, was so tempted to rock climb down and up!

The view from the top was



slightly misty, due in part from the smoke from the Canadian fires. On our way back to the cars, we had a brief stop at Locke Loop - the one spot where people can have boating access. Our next stop, by car, was at the Heigis' cottage on Bow Lake. We joined others (who had elected not to hike) for the afternoon - another perfect part of our day. At the lake, the view and the surroundings were delightful. A beautiful spot where we collectively relaxed, ate lunch and chose one of several water activities. Some chose kayaking, some chose the canoe, some swam and some toured the lake by motor boat. What a great, great day. Many thanks to Bob and Jane Heigis for their hospitality. – Valnere McLean

## Shaker Village Meadow Trail

Saturday Aug 9 was a glorious day for a hike. The haze was gone and the temperature was cool-ish. Ten hikers set off for the Canterbury Shaker Village Meadow Trail. The trail was an old cart path through the woods to a beautiful pond. We enjoyed the profusion of lily pads and peace of nature. It would be nice if every day started so happily. – Joyce Pope



## Rockingham Rail Trail

On August 13<sup>th</sup>, five gun-ho HHH bikers started out early to beat the heat and biked 10 miles of the Rockingham Rail Trail along the Massabesic lake in Manchester. It is a beautiful lake but, as it is their drinking water supply, no swimming is allowed. The rail trail seemed much improved since the last time we were there - with a renewed hard stone gravel surface. It was generally flat, although we did have an encounter with a hidden pothole. We passed many lily-covered marshes, saw a big great blue heron, geese and ducks and a number of bikers. Unfortunately, we forgot to get a picture during the trip.

## Lost River

On the 20th of August 2025, 27 of us travelled to Lost River Gorge and Boulder Caves in North Woodstock in Kinsman Notch. What a wonderful day, rain all around us but not at the Gorge! Very few of us had a past experience at Lost River so this was a first for many of us, OR, a distant past memory for others of us, if we had been there before. The 152 acres at Lost River Gorge was acquired by the New Hampshire Forest Society in 1912 for \$7,000. It is covered by “thousands” of boulders, steps up and down, and, 11 “cave” entrances and exits that tested our abilities if we chose to enter!! These abilities included, squeezing between boulders, crawling or squirming flat, or stooping low. But, we



had the choice to do what we felt we could. Two maybe 3 of us had the courage to try ALL caves. Lost River is most visible as it emerges from the upper falls. The ecology of the area is evident as trees seem to be growing in very little soil and reaching sideways across rocks to find nourishment. These trees are not very large but are close to 100 years old. What a day we had, and there are many pictures to share. Valnere McLean

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