

# HIKING/BIKING CLUB NEWSLETTER

## MAY 2026

### UPCOMING MAY EVENTS

DATE	TRAIL	DIFFICULTY LEVEL	LEADER
May 2	Merrimack Floodplain All-Person's Trail	All Persons - Easy	Hal Carter
May 4	Forest Bathing	Easy	Kimberly Wooten
May 6	Rock'N Race	Payson Center Fundraiser	Don Hayes & Hal Carter
May 13	Ogunquit Bus Trip	Level 3	Sue Edge
May 16	Lady Slipper Hike – Batchelder Mill	Saturday	Hal Carter and Val McLean
May 20	Waterville Valley Trip	Adventure	Peggy & Wayne Martin
May 30	Sanborn Mills Farm	Saturday	Don Hayes

### FOREST BATHING

The focus for the May Forest Bathing will be an exploration of what we see, hear, touch, smell, and taste while meditating on our connection to the forest. Remember, that our Forest Bathing sessions are not to be considered “one and done” events. Rather, they are times when we learn to fully appreciate our time in the forest. Come try this out - either for the first time or again.

### ALL PERSON'S HIKE

Recently, the Forest Society's ¼ mile Merrimack Floodplain Trail (which runs from nearby Portsmouth Street to the Merrimack River) was resurfaced to create a firm, even surface for visitors of all mobility levels. On May 2, the Hiking Club will be giving you a preview of the trail before the official opening on May 15. HHH residents who use walkers, walk slowly, can walk for only a short distance, have difficulty walking on trails with rocks and roots, or just want to enjoy a leisurely stroll through a lovely forest to the Merrimack River should join us on May 2 for this Hike. We will leave the Barrows Parking Lot at 9:00 am and carpool to the trail. (Sorry but we can't accommodate wheel chairs or scooters on this hike.)

### APRIL HIKE RECAPS

#### Rolfe and Riley Parks



Photo - Rolfe and Riley Parks

On April 4, 2026 of us experimented with walking two separate, but relatively short, routes. The first trail was a 1-mile walk in Rolfe Park. It was a

beautiful, absolutely flat, trail through the woods near Merrimack Valley High School. It runs along the top of a very impressive gorge, and the forest itself is beautiful. Toward the end of where we hiked, there was a series of interpretive signs giving information about the planets with each sign



Photo - Rolfe and Riley Parks 4/26

being spaced to indicate the distance of the specific planet from the sun. Then we drove to Riley Park and walked the 1.1-mile Hoit Marsh Trail. That trail was not flat but rather had a continuous 167-foot climb followed by a long descent. We enjoyed the interpretive signs along the way pointing out the location of an old tavern, its apple orchard and its ice house or root cellar. We stopped for a bit to help a family search for a geocache near the marsh viewing platform, but were not successful. – Hal Carter

## Weir Road/Boscawen Town Forest

Wednesday, April 8th was a beautiful sunny day. There had been a light snowfall the previous day but very little of the snow remained in the woods. Nine



Photo Weir Road/Boscawen 4/26

hikers enjoyed a 3 mile walk on a route that traversed various terrains: uphill and down, grass, mud and snow. We stopped for a break and a snack at a Beaver Pond. Beavers were not visible at the pond but as we passed by their clearly evident lodge, we assumed they were snug within. Jane and Bob Heigis had prepared sheets of 17 photos of objects to look for along the way – sort of a treasure hunt. It was fun to focus on the scenery and our surroundings rather than just on the rocks and brambles underfoot. It was a wonderful morning. – Joyce Pope

With the arrival of Spring, comes an increased risk of ticks. Here is an article on that subject that you might find both interesting and disturbing.

<https://www.newsweek.com/us-northeast-warned-rise-multiple-disease-bearing-ticks-11667246>

## First Bike Hike of the Year

On a beautiful, warm, sunny April 15th six HHH bikers enjoyed their first ride of the 2026 spring season on the Piscataquog Rail Trail & Goffstown Rail Trail. The trail is partially paved and very flat as it began as a railroad bed in 1850. During our 11 miles, with no people or mechanical mishaps (a miracle for first day out), we traveled along the Piscataquog River, crossed the Merrimack River, passed 2 calm lakes with beautiful reflections, turtles, a merganser duck and the sad sight of many discarded tires. We saw our first forsythia and skunk cabbage of the year, heard lots of singing birds, took in the colorful graffiti under the bridges, and passed many people and dogs enjoying the trail.

Photo – Goffstown Bike Hike 4/26



Welcome to our new biker, Sandy with her beautiful e-bike. Our picture is in front of a 13' bronze bull steer statue at the entrance to the Hands Across the Merrimack Bridge. The city of Manchester commissioned Chris Williams to sculpt it in 2009. The statue is designed to reflect the legacy of the meatpacking and industrial sector that once thrived in that section of Manchester. 'Twas a fun day and good to be back on our bikes. - Jane Heigis

## Karen's Woods

April 18 was a little overcast and cool but still a great day for a 1.7-mile hike exploring Karen's Woods. HHH Resident Dave Dufault entrusted the land to the Town of Hopkinton in 2024 in honor of his wife, Karen, (who was also an HHH Resident) to protect it for future generations. A large group (23 of us) took full advantage of Dave's kind gift and enjoyed the lovely wood and marsh, the vernal



ponds, the club moses, the fungi, and the forest awakening from its winter rest. – Hal Carter

Photo – Karen's Woods 4/26



Photo – Karen's Woods 4/26



Photo – Karen's Woods 4/26



Photo – Karen's Woods 4/26



Photo – Karen's Woods 4/26

