

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

Forest Bathing July Theme

We will explore the importance of remembering that we are part of the ecosystem that we are forest bathing in.

July 6	Forest Bathing	Peace Garden Heritage Heights	Kimberly Wooten
July 11	Hike	Carding Mill – Canterbury Shaker Village	Saturday
July 22	Hike and Picnic	Willard Pond - Stoddard	2.3 Miles 91 feet elevation
July 25	Hike	Meadow Pond - Canterbury Shaker Village	Saturday

JUNE HIKE/BIKE RECAPS

Peterborough Common Pathway

On a sunny warm June 3rd, the “Yellow Team from HHH” biked

11.5 miles of the Peterborough “Common Pathway” trail. We passed by streams, ponds, marshes, a few



wildflowers but plenty of greenery and woods. The trail was 80% asphalt which was easier biking, but challenging with the many root eruptions and cracks. We navigated downtown Peterborough, a cute little town with not too much traffic and some back roads with no traffic and enjoyed a packed sandwich while sitting on a concrete fence at the trail turn-around. The trail signage is pretty punk, but luckily Bob remembered much of the path from a previous ride. I think this may be our most varied terrain of any of our bike trips in the past couple years. Lots to see. We forgot to take any pictures of the picturesque parts of the ride, but here’s one of the “new bike bus” and 3 of the “HHH Yellow Team.” - Jane Heigis

Turning Mill Trail



June 6th 2026. Canterbury Shaker Village, Turning Mill Trail: 14 residents walked .8 of a mile around Turning Mill Pond. There were no bugs and the trail was well cleared. We were able to appreciate many wild flowers and many song birds as we walked. The area allowed us to take our time and enjoy the overcast, mild day. Bud Berry gave us a historical description of the area and we had a chance to see the herbal and prepared gardens recently being managed by Sanbourn Mills Farm. It was a perfect Saturday hike. – Valnere McLean

Old Cast Iron Boiler Trail

On a beautiful warm sunny June 10th, 14 HHH hikers enjoyed the “Old Cast Iron Boiler Trail” in Canterbury. Built, maintained and



owned by Kent Ruesswick and Doneta Fischer, it is the most amazing moss-covered trail along a meandering stream. They even leaf blow the 2 mile round-trip trail to enable it to remain “the mossy trail”. They have created cairns to mark the trail and added various knick-knack things to watch for. There is a 1920’s cast-iron steam boiler on the trail which made for a good group photo and many challenging (for us older people) bridges crossing over the stream. At the summit we saw an old cellar hole and a “mailbox”. We signed in and explored the contents (including a nice bucket of toilet paper!) Also found a gorgeous Luna Moth exiting its cocoon (I think). We only had one mishap as poor Hal had not been able to locate his good hiking shoes and the old ones just didn’t make it!!! An otherwise perfect day and even the bugs weren’t bad. – Jane Heigis

Nashua River Rail Trail

On a beautiful sunny June 17th, 4 HHH peddlers biked 13.5 miles (at an average of 10 mph) of the Nashua River Rail Trail from Nashua to Pepperell, MA. It was definitely the busiest bike trail we’ve ever experienced with babies to old people (I think we were the oldest!) biking (e-bikes, 3 wheelers and old-fashioned regular bikes), skating, scootering, running, walking (themselves and their dogs), and just enjoying the well-maintained paved path. Even the root bubbles in the pavement were marked with white paint to warn users of a “bump in the trail”. We peddled along the Nashua River, passing a couple of lily pad and stump filled marshy ponds and lots of interesting backyards including an inviting soft drink dispenser with chairs to rest while drinking. We explored a “Dero Fixit” station which is a biker’s



an air pump and a set of tools (like wrenches, screwdrivers, and tire levers) attached to a heavy-duty stand. What a great invention! We made our “yearly visit” to Franny’s Diner in Pepperell and enjoyed a very large serving of ice cream. While there we met a couple from Cambridge, MA who come to Nashua to ride because “Massachusetts is so full of speedsters on e-bikes and scooters”. Wouldn’t you know, within the next ½ mile, 2 crazy kids came flying by us on their electric bikes. Never experienced that before in NH. Was a great ride and am sure we’ll do it again. – Jane Heigis

Cedar Swamp Trail

Nineteen Hikers were in the group on this cool and breezy day. The Cedar Swamp Trail was wide and smooth,

allowing us to look around rather than watching our feet for roots and rocks. Bud Berry told the history of the area and how it became a conservation property rather than a commercial development. Several natural features were pointed out, including witch hazel ferns, oak galls, and three oak species. The Atlantic white cedars that we saw are at the northern end of their range and extend south to Georgia. We also saw Mountain Laurel in Bloom and a giant black gum tree. – Peggy & Wayne Martin



luxury we’d never seen before. There are several of them along the trail and each includes

Peterborough Bike Hike



Cast Iron Boiler Hike





Turning Mill Trail - Shaker Village



Nashua River Rail Trail



Cedar Swamp Preserve

