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HIKING/BIKING CLUB NEWSLETTER

AUGUST 2026

UPCOMING AUGUST HIKES

DATE	TRAIL	DIFFICULTY LEVEL
August 3	Forest Bathing	
August 8	Sanborn Mills	Saturday
August 12	Oak Hill	Adventure
August 15	Trail Near Lake Winnepocket	Saturday
August 19	Schoodack Trail - Canterbury	Adventure
August 22	Nature Hike	Saturday
August 26	Vaughan Woods and Hamilton House	Bus Trip – Level 3

JUNE/JULY HIKE RECAPS

Deepwood Forest

June 24th was a beautiful day with blue skies, moderate temperatures and a gentle breeze - perfect conditions for a hike. 11 members of the HHH hiking group traveled to Deepwood Forest in Canterbury, a conservation area developed by Ilene and Ken Stern in conjunction with the NH Forest Society, for a three-mile trek thru the property. The trail starts at a lovely stonewall-lined parking area. A short way in the trail opens to a beautiful meadow of wildflowers, including daisies and coreopsis, and then wanders through the rest



of the 400-acre site. The property also features several beaver ponds, streams, vernal pools

and undeveloped forested areas, which host a variety of wildlife. Fortunately, while the group saw signs of moose, no moose appeared. -Sandi Lee

Meadow Pond Trail

Sixteen residents and 2 guests came to hike the Meadow Pond Trail. Walking this trail had been a change in plans. Originally, we were to hike the

Carding Mill Pond trail, which is a 2.1m trail but it had not been mowed and the risk of ticks was too great. The Meadow Pond Trail is about 2 miles as well, and somewhat hilly in spots. This was too much for three members of the group, who became over heated and very tired. Prior to leaving for the hike we did not think of reminding everyone of the trail route change and the distance. The planned change was announced by email on July 8th but should have been announced again prior to our departure. There had to be some last-minute changes to the hike leadership, too. Other than rather a lot of partially hidden roots, the woods were beautiful and shaded and along the trail there were some interesting stone works such as a large front door step and iron rail and shaped stone gate posts. The pond along one side of the trail was very pretty. We all made it home safely and none the worse for wear! - Valnere McLean



Tudor Trail and Island Pond

On July 22, 2026, the Hiking Club traveled to Stoddard, New Hampshire to hike the Tudor Trail and to have an afternoon of picnicking, socializing, and kayaking on Island Pond at the summer cottage of Hal and Elise Carter. The Tudor Trail is a relatively flat trail running along the shore of Willard Pond.



Despite this lack of elevation changes, it was a rather difficult trail to hike because of the numerous rocks and roots as well as narrow, slippery bridges across small creeks feeding into the pond. We were treated to a sighting of a great blue heron and to seeing and hearing a loon in the middle of the pond. Huge rock outcroppings along the way were impressive. The day was generally sunny and warm, but we managed to time the hike such that it occurred in the one hour of relatively heavy rain. All agreed that it was a true "Adventure" hike, but everyone returned in good

spirits, although a bit bedraggled and wet from the rain. Drying out in the sun during the picnic and socializing felt very good.

Meadow Pond Trail 2

On July 25, a gorgeous summer day, 17 of us got to enjoy the Meadow Pond Trail at the Canterbury Shaker Village for the second time this month. This time the hike went much better with fewer difficulties. In addition to many beautiful views of the Shaker Village and an assortment of ferns, we got to see a beaver swimming across one of the ponds.



Hike Safety

The Hiking Club Committee wants to reiterate the practices we should all be following when on a Group Hike. We all (including members of the Committee) forget over time and need to be reminded.

- 1) We want everyone to be safe and have a good experience.
 - a) If you find yourself having any kind of difficulty or injury or you need to stop and rest, let the hike leader know immediately. Don't try to tough it out.
 - b) No one should be alone, even if you are confident of your ability to walk by yourself. We don't want others in the group to worry about you and even the most able hiker can have an accident.
 - i) Don't walk ahead. You should be able to see the person ahead of you and the person behind you at all times.
 - ii) Don't return to the cars by yourself. If you need to go back, someone will accompany you.
 - iii) Please don't decide to stop by yourself and wait for the group to return on their way back to the cars. Someone will stop and wait with you. If "nature calls" and you need to leave the trail for a bit, let the others know so that they can wait for you.
- 2) When the folks at the front of the hike stop for a break, they need to make sure that the folks at the rear get a break, too. They should not start hiking again as soon as the folks in the rear catch up. If folks forget this, please politely remind them.
- 3) When the hike ends, let the leader know if you think something did not go well, could be improved, or went really well. We can't improve if we don't know what needs improvement. Also, do a self-assessment and consider whether the hike was too hard or too easy for you. Keep that in mind when considering what hikes to join in the future.