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HIKING/BIKING CLUB NEWSLETTER

OCTOBER 2026

UPCOMING OCTOBER HIKES

DATE	TRAIL	DIFFICULTY LEVEL
October 3	Head's Pond Hike	Saturday
October 5	Forest Bathing	All Persons
October 7	Marjorie Swope Hike	Adventure
October 10	Apple Hill Farm Hike	Saturday
October 14	Enfield to Lebanon Bike Hike	Bike
October 17	Merrimack Greenway Trail – All Persons Hike	All Persons
October 21	Oak Hill Vista Point Hike from Jeanie Holt's Son's Property	Adventure
October 26	Full Moon Hike at Heritage Heights	All Persons

AUGUST- SEPTEMBER HIKE RECAPS

Hamilton House & Vaughan Woods Trail

The third Hiking Club-sponsored bus trip of the summer took us to Hamilton House and Vaughan Woods in South Berwick, Maine. In a picturesque setting overlooking the Salmon Falls River, this Georgian mansion, a National Landmark ca. 1785, and its landscape share a history that mirrors that of its Southern Maine region. Hamilton House is located on the homeland of the Wabanaki. After European colonists took ownership of the area known as South Berwick, Maine, the site was purchased by merchant Jonathan Hamilton for his shipping business in the eighteenth century, farmed by the Goodwin family in the nineteenth century, and restored as the summer retreat of Emily Tyson and her stepdaughter Elise at



the turn of the twentieth. Our group enjoyed a fascinating tour of the House and its gardens followed by a picnic lunch out under the trees. The majority of the group then set off to hike in the nearby Vaughan Woods Memorial State Park, a 165-acre forested tract along the Salmon Falls River. – Hal Carter



Muchyedo Banks Trail



On Saturday, September 5th, 20 hikers hiked the Muchyedo Banks Wildlife Management Area in Canterbury. Before starting, Bud gave us a short description on the legend of the name, Muchyedo. We hiked approximately two miles with stops along the way, to view the Merrimack River and views beyond it and the oxbow formation of the river. Everyone



enjoyed the pace, the condition of the path and the mild weather. We did encounter a short rain sprinkle towards the end of the hike. The trail was easier to walk as opposed to the railroad tracks. It was a pleasure to have Hema, a third-floor nurse from Havenwood join us, on her day off from work. - Valnere McLean

West Rattlesnake Hill

Eight Club Members traveled to Holderness, New Hampshire to hike up the Old Bridal Trail to the top of West Rattlesnake Mountain. Apparently, the trail is very heavily used, so they have installed a huge number of timbers to make "Stairsteps" all the way up the mountain.



The round-trip was 3.6 miles with a total elevation gain of 393 feet. The view from the top was

spectacular with a panoramic view of Squam Lake, where "On Golden Pond" was filmed.

On the way back to HHH, we stopped briefly at Kirkwood Gardens, which is part of the Squam Lakes Natural Science Center where colorful native and ornamental plants attract bees, butterflies and birds. We found it to be a peaceful place to pause and recover from our big hike. – Hal Carter



Windham & Derry Rail Trail

On September 16, a beautiful late summer day, eight of us set forth to ride the rail trails starting from the old Windham Train Station. We started off riding 6 miles round trip on the Derry Trail to the Derry Rail Station and then went the other direction going 8 miles round trip on the Windham Trail. The entire route was paved making for relatively easy peddling, even for those of us without E-bikes. A delightful way to spend a morning. – Hal Carter



Sewalls Falls

One of my favorite trails in this area is the one that follows the Merrimack River from Sewalls Falls Road to the falls themselves. Eighteen of us got to enjoy hiking the 1.7-mile trail on September 19. The water level in the River was very low, exposing many rocks and sandy beaches. – Hal Carter



formation, created in the Ice Age, more than 14,000 years ago. In 1993, more than 60 geologists explored this trail, determining that retreating glaciers resulted in



Pulpit Rock

On September 23, 10 hardy hikers visited the Pulpit Rock Trail in Bedford, NH. The well-marked trail, definitely Adventure +, featured mature deciduous and evergreen trees, with an abundance of exposed gnarly roots, rocks, and glacial erratics, the highlight of which was the massive Pulpit Rock formation. The adventurous hikers ventured down the difficult Ravine Trail, climbing around the hollowed basin

catastrophic rapid draining of two glacial lakes, thus carving out the Pulpit. The Pulpit pothole is similar to the Basin of Franconia Notch, but much larger at 42 feet high and 23 feet wide! A local preacher used the Pulpit in the 1700's, and in the 1900's, the wealthy landowner, Mr. French, created carriage trails upon which people could ride in horse-drawn carriages, picnic on the trails, and dance in a large pavilion. While today's hike featured no dancing, it was an enjoyable, interesting 3 mile walk in the woods on a beautiful Fall Day. – Diane Drescher

