HIKING/BIKING CLUB NEWSLETTER
DECEMBER 2026

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

UPCOMING DECEMBER HIKES

DATE	TRAIL	DIFFICULTY LEVEL
December 2	Jim Hill Trail	Adventure
December 5	St. Paul's School Trail	Saturday
December 7	Forest Bathing	
December 16	Cogswell Mountain	Adventure +
December 19	West End Farm Trail & Weston Loop	Saturday
December 21	Full Moon Hike - Havenwood	

NOVEMBER HIKE RECAPS

Nature Hike

On October 31, Wayne Martin led a large group of Residents on the Club's second Nature Hike. After explaining that we are living on a large sand hill that at one time was an extensive Pine Barren, Wayne pointed out the many varieties of trees and shrubs on the Heritage Heights Campus, with special emphasis on the vegetation along the Bluff Trail. We are so fortunate to have such a lovely wooded area on the campus. After the rather chilly hike, we retreated to Barrows to enjoy the doughnuts and coffee provided by the RA Program Committee.





Catamount Hill

Eight hardy souls enjoyed a hike up Catamount Hill in the Bear Brook State Park on November 4. It was a lovely "Indian Summer" Day. With the leaves off the trees, we were afforded great views of the many exposed bedrock ledges and glacial erratics – remnants of the continental drift creating the Appalachian chain of mountains and the glaciers and erosion that whittled away at that chain over the eons.



Doe Farm and Adams Point



Eight members of the Hiking Club traveled to the Durham area to go on two hikes separated by a delightful lunch. The first hike was on Doe Farm, an 87-acre conservation area in Durham, New Hampshire. The hike itself was very easy, being mainly flat through a relatively old deciduous forest along the Lamprey River. Then we had lunch on picnic tables beside Great Bay on the grounds of the Jackson Estuary Laboratory, a research facility for the University of New Hampshire Oceanographic program. We really enjoyed sitting by the side of the bay and looking out over the beautiful water. Diane Drescher made a wonderful lunch for us, including delicious chicken soup (which she brought in a crockpot that she kept warm in a cooler with blankets around it), Caesar salad and bread. Jane and Bob Heigis brought brownies. After lunch, we walked on Adams Point, occasionally going down to the shore to look at rocks and enjoy being by the water. we walked about 6 miles and returned home, tired but happy.



Spear's Park

A large group of 26 hikers gathered on November 21 to walk the 1.1-mile trail that circles the nearby Spear's Park – one of the City of Concord Trails. The primarily flat trail winds its way through various forest types. I said "primarily" flat because there were two hills that had to be climbed, one of which was somewhat challenging with leaf-covered rocks to traverse. But everyone made it and agreed the hike was a nice way to start a Saturday.



Winter is Coming! Get Out the Grippers

The Hiking Committee has adopted a policy that requires everyone who wants to go on a hike between December 1 and March 30 to have shoe grippers and hiking poles with them. This applies to all hikes, even when there is no snow on the ground and even if we have not yet had any snow. You don't have to wear the grippers, but you need to have them with you. This policy is intended to free everyone from needing to guess about whether there is ice in the woods.



