

The Avalanche

NOVEMBER 2015

Mount Bondcliff—photo credit: Tom Burt

From the Summit



I've already started my preparations for the ski season, how about you? In addition to thinking (just thinking mind you) about a comprehensive workout program, I've finally unpacked my ski bag from last year, added some new tunes to my MP3 player, and gotten a pretty good start on the winter beard. I'm just about over a nasty cold and would like to get that out of the way early so it won't interfere with skiing. The only thing left is to get myself signed up for all the trips I plan on joining. Elsewhere in this newsletter you'll find the schedule for this years trips. If you were at our October meeting you know we have been looking for a new bus company as our long-time provider, Tremblay, has left that business. I'm pleased to report that we have a solution and will be on the road again! Thanks to club member Bill Ventura for making us aware of it. Between the day trip slate and the (new this year) 2-night, 3-day drive-yourself trips, you'll have lots of opportunities for great, big mountain skiing.

I hope you'll plan to join us this Thursday, Nov. 5, at 7pm at The Courtyard for pizza, laughs, fellowship, and perhaps an adult beverage. We'll have the pleasure of hosting Dr. John Child, Falmouth Optometrist and long time ski patroller at Mt. Abram, ME, who will speak about his experiences with patrolling and lift operations. Ever been evacuated from a chairlift? Dr. Child will give us the ins and outs of how that's done. We'll also be collecting, as we do each year at this time, for the support of our local food banks. Please plan to bring non-perishable food items or, better yet, cash to help our neighbors in need. Your donation will earn you a raffle ticket! It's also not too early to start thinking about our annual December Yankee Swap/laugh fest. Always a good time and well attended, we set a \$20 limit on gifts that we hope will be of a generally unisex nature and something you would actually like to receive. Like "Humphrey", for instance. No requirement to participate—come for the laughs and bring a gift if you wish. Lastly, we've been invited by our friends at the Cape Cod Ski Club to join them on Monday, Nov 16, 7pm at Puritan Clothing, Main St Hyannis for their annual skiing/riding clothing and new equipment presentation. Refreshments will be provided. I look forward to seeing you all this coming Thursday. Think snow!

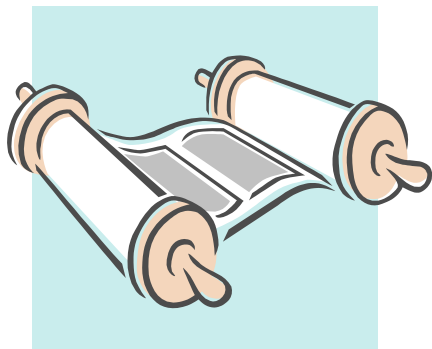
Scott Northrop
President



Poker Run 7!

We had a great turnout for the 7th annual Poker Ride. Thanks to the 30 riders that joined us for a beautiful day on the bike path! Congratulations to Deborah Tworek, who took home a cool \$160 in cash for her winning hand. Worst place was a tie between Ron Breteler and Van Smick, who each took home \$60. Congrats to all!





BY-LAWS & POLICIES

Are posted on our website under the “Club Information” section. Members are encouraged to read the by-laws and are expected to adhere to the policies.

ELECTIONS!

Will be held at the November 5 meeting.

~ Deposit/Refund policy ~

Deposits help ensure that a space is reserved for our members. These deposits apply to bus trips, weekend trips, week-long trips and more. Late cancellations are not entitled to a refund, nor is the club responsible for finding a replacement for you. You must find your own replacement, although we will endeavor to help you whenever possible. Deposits are further subject to the conditions imposed upon us by our suppliers, agents or other providers. We make every effort to refund as much money as possible but cannot guarantee that we will be able to do so. Inquire of your trip leader for specific information regarding your particular trip. The club recommends that you consider trip insurance whenever possible.



Membership & Trip Special

- Are you a new member? -or-
- A prior member that has not joined in at least 3 years (10-11 season)?

\$99 gets you a one-year membership and a day trip of your choice!

Sign up on the website!



Views From Above

Two ways to experience fall foliage!

Zip-line Operators

Alpine Adventures Treetop Canopy Tour & Sky Rider

Lincoln, NH (offices)
888-745-9911, 603-745-9911
alpinezipline.com

Wildcat Mountain Ziprider

Pinkham Notch, NH
888-754-9453, 603-466-3326
skiwildcat.com/ziprider.html

Adventure Gorge Zipline Canopy Tour

Plymouth, NH
888-289-1020
whitemountainexploration.com/zip_line.html

Bretton Woods Canopy Tour

Bretton Woods, NH
603-278-4947
mountwashingtonresort.com/activities/canopy_tour/overview

Sugarbush Zipline

Warren, VT
800-537-8427
sugarbush.com

Zoar Outdoor Deerfield Valley Canopy Tours

Charlemont, MA
800-532-7483, 413-339-4010
deerfieldzipline.com

Summits by Car

Nine mountains, all with auto roads

Mount Greylock: Lanesboro, MA

Pack Monadnock: Peterborough, NH

Mount Washington: Gorham, NH

Mount Agamenticus: York, ME

Mount Battie: Camden, ME

Cadillac Mountain: Bar Harbor, ME

Mount Mansfield: Stowe, VT

Mount Equinox: Manchester Village, VT

Burke Mountain: East Burke, VT

BIKE & BARGE

FOUR-COUNTRY TOUR



Bike and boat your way through four spectacular European countries—Germany, Austria, Slovakia, and Hungary—and three capitol cities! The ultimate in relaxation, you choose whether to ride or not, or simply enjoy the sights from the boat—a 105m, 87-cabin river barge!

Details:

- 7 nights' accommodations
- Daily cleaning of cabin
- Full meals
- Water at dinner and 1/2 liter packed for the day's ride
- 1x Gala Dinner with farewell cocktail
- Afternoon Coffee break
- Tour guide on board
- 7 or 21-speed unisex bicycle
- Information packet with route book

May 1–8, 2016
\$1149 pp
(no airfare)

Contact: Michael Finegold—774-392-2567





HIKING

THE PEMIGEWASSET WILDERNESS

By Tom Burt

There are forty-eight mountains in New Hampshire with summits over 4000 feet. Some are interesting, some are not; yet, we climb them all anyway. "We" are a growing number of hikers that seek to climb all forty-eight of those summits. For some, it's an easy task—they have formed a lifestyle out of climbing and hiking. For others, such as those that live several hours away on olde Cape Cod, it's not so easy. I've made great progress this year on my list, having picked off eleven more of the 4000 footers, bringing my total to nineteen of the forty-eight. This past summer, I ventured to the Pemigewasset (Pemi) Wilderness—one of the more remote areas of the White Mountains.

My plans had changed before they were even penciled in. I had originally envisioned completing one of the more notorious hikes in the Northeast—the Pemi Loop. It's a 32-mile hike that loops across eight of the region's highest and most remote peaks, bringing you right back to your starting point. The strongest and fastest do it in a day, while the rest of us mortals do it several more. My plan was to do it in three. The real point of this trip was to join up with my friends and hiking partners Sharon and Don (whom many of you know). They had already completed forty-five of the 4000 footers, with only three remaining. Those three were all achievable in a single trip and happened to comprise the final section of the Pemi Loop. We agreed to do their three together, but I wanted to do the rest of the loop before meeting up with them. I was a bit nervous though—I've done a lot of hiking, but not as much backpacking, where you carry all your gear for several days of survival. Always the anxious type, I was considering a plan B. (and plans C through Z.1—there were lots of iterations along the way). Ultimately, I settled on a route. It was as ambitious as the full Pemi Loop, but incorporated more escape routes in case things didn't go well.

Shouldering a load of about 30 pounds that included all my gear, food, stove, fuel, and shelter for three days, I started my journey with a five-mile hike up Mount Garfield and to the Garfield Ridge campsite. It was Friday afternoon of Labor Day weekend and I was worried the site would fill up. Thankfully, things were still quiet upon arrival and I was able to secure a tent platform. For \$8 per night, you get the use of a platform (if you're there early enough), the bear-proof box (where you store anything that smells), and a composting "privy" that was not one of the more pleasant experiences of the trip. All the rest is up to you. I arrived at the site before the crowds so I claimed a platform and set up my tent. I then set off for the summit of Mount Garfield, a 0.4-mile climb up a steep face that would remind me why the Pemi Loop is considered one of the hardest hikes in the country. I arrived at Garfield's summit around mid-afternoon. Once the home to a fire tower, Garfield's summit now features just the foundation of the old tower. I found a comfy spot on the foundation wall, snapped a few pictures, then hung out, enjoying the view. Looking south from Garfield, there are absolutely no signs of humanity for miles and miles. Franconia Ridge sits to the west and are some of the highest peaks in the Whites. Gazing upon them, I was glad I had chosen plan B. Had I opted for the true Pemi Loop, I would have had to come over the four mountains that comprise that ridge before also summiting Garfield—a grueling 14-mile, 5-summit day. Maybe next time...



On the summit of Mount Garfield

Just before I left the summit to return to my campsite, a couple of thru-hikers arrived. These were NBs, or north-bounders, hiking the Appalachian Trail (AT) to Katahdin in Maine, having started in Georgia earlier this year. They figured they had a few weeks left and were hoping to beat the first of the winter storms.



After leaving the summit, I descended the 0.4 miles back to camp. A few others had arrived since I set up. Three more NBs—a husband and wife, and a gentleman in his 70s. There were also some Dartmouth students and a couple of Pemi Loop hikers. The caretaker came by to collect fees and warned us of recent bear activity in camp. He emphasized the need to put all food and anything else that smelled into the large, steel bear-proof boxes. He also suggested yelling and throwing rocks, should a bear appear. Thankfully, we ended up having a quiet evening. I'll admit though, I did collect a few rocks before going to bed and left them just outside my tent within easy reach.

Meals while hiking can be a real treat, which is shocking to some. My entire kitchen consists of an MSR microRocket stove, a 110g can of isopropyl fuel (enough for 3 days of cooking), and a 450mL titanium pot and lid. The stove and fuel both fit entirely within the 450mL pot. I also carry a collapsible cup for coffee and a titanium spork. That's it. Together it all weighs far less than a pound. Everyone has personal preferences when it comes to food; however, most prefer dehydrated meals. They're self-contained, require only water, and there's no clean-up. Meal prep involves finding a water source and filtering enough water for dinner, boiling the water (the MSR stove does it in about 3 minutes), and pouring the water into the foil pouch containing the dehydrated meal. You eat out of the pouch, which is the only resulting trash to pack out (yes, there is no such thing as a trash barrel in the mountains). Dinner that first night was chicken fajitas (they taste just like the real thing!) on tortillas that I had packed in. Breakfast the next day was hot oatmeal and instant coffee. Not too shabby, considering I carried it all up!

After Saturday's breakfast, I quickly broke down my tent and packed all my gear. The tent is specially made for backpacking, so it breaks down quickly, takes up very little room, and weighs less than three pounds. I knew I had a long day ahead, so I was out and on the trail by 6:30am. The plan was to beat the holiday crowds to the next campsite, while also summiting as many peaks as possible on the way there. Once at the camp, I would meet Sharon and Don, drop some gear, and bag their last three peaks before returning to camp for the night. With all this on my mind, I left Garfield Ridge at the fastest pace I dared travel. The first few miles were great, as I was entirely alone on the trail. Unfortunately, I eventually started running into traffic from the opposite direction. It was all the hikers that had gone up and stayed at the Galehead Hut for the night. The huts are great—you get an indoor bunk as well as dinner and breakfast—but at \$140 per night, it's not for me. I reached the hut and filled up on water, then summited Galehead Mountain—a relatively easy peak without any views. It was out of my way though, so I raced up, grabbed some pictures, then raced back down.

The trail from Galehead to South Twin Mountain is notoriously steep. In fact, many say it's one of the hardest sections one will encounter while hiking the 4,000 footers. The trail is less than a mile, but it's relentless. In a sick kind of way, I love these sections. They make the reward at the top that much better. The type of training I do also means I'm built more for uphill (and yes, that means I HATE the downhill). So I put my head down and just keep climbing. I lost track of time, but I wouldn't be



Looking back from North Twin (Garfield center, Franconia Ridge distant)

surprised if it took an hour to cover that one-mile section. It was worth it though. The views from South Twin, like the views from most of the peaks in the area, are incredible. I stopped at the summit long enough to chat with another thru-hiker and put some dry clothes on. Watching the clock though and noticing the crowds starting to build, I desperately wanted to get going to ensure I had a place to sleep for the night. From South Twin, it's an easy 2.6-mile round-trip to North Twin. Like Galehead, it was out of my way; however, I wanted to hit it as long as I was so close. And as long as I was coming back over South Twin, I planned to leave my heavy pack and pick it up on the way back. It's not uncommon to do that on out-and-back sections, but with the number of people in the area, I didn't want to risk something getting stolen. So with pack and all, I raced to North Twin, grabbed my obligatory photos, and raced back, going over South Twin for a second time before moving on.

By now, it was about 11:00 and I had a fair distance to cover before reaching camp. Luckily, it was almost entirely downhill from here. I made good progress on what was probably the most boring section of the hike. About a half-mile from the camp, the trail emerges from the trees as it rises gently to the summit of Mount Guyot. From here, I could look back and see the entire ridgeline I had just hiked over the last day and a half, as well as



Franconia Ridge that I had skipped. After chatting with another hiker who was headed for her 47th of the 48 4000'ers, I moved on. I had just stepped off the summit of Mount Guyot when I heard voices behind me. It was Sharon and Don! They had come up from a different direction that morning and were moving quickly. Our greeting was cut short when Sharon told me there were large groups of hikers behind, all headed to the same campsite we were. It was a race—something the three of us live for! The race was rather anti-climactic though and we arrived at camp well before the crowds.

At camp, we took a short break to set up our tents and have some lunch. I don't typically cook for lunch; instead, I carry pouches of salmon (the ones that look just like the tuna packets) and make wraps out of the tortillas leftover from last night's fajitas. Once rested and fed, we set off to summit the three Bonds—Mount Bond, West Bond, and Bondcliff. It was an out-and-back section, so we left most of our gear at the site, taking only the essentials with us (i.e., water and jelly beans). I had already hiked over ten miles that morning, passing over five summits on the way. Needless to say, I was happy to leave the heavy pack behind.



Atop Bondcliff, looking across the Pemi Wilderness

It was a relatively easy hike to Mount Bond yet the incredible views made us feel like we had just summited Everest. Sharon and Don crossed number 46 off their list and we headed for Bondcliff. It's a steep climb down before hitting the "col" (the saddle in between two peaks) and starting up the other side. The views were just as impressive from Bondcliff and we took the opportunity to take some pictures sitting atop its famous precipice. Number 47 is done! Unfortunately, we now had to backtrack up that steep face we had descended earlier, before arriving again at Mount Bond. From there, it's a short side trail over to the summit of West Bond. This marked the last of New Hampshire's 4000'ers for Sharon and Don! Our cheers echoed across the valley for all to hear.

It felt good to be headed back to camp, having finished a very strenuous day. Back at camp, we were greeted with congratulations from everyone there. They had heard our cheers and word had spread that another list had been tackled! I soaked it all in, not bothering to explain that I was only on number 17 or so, that it was only my friends that had finished. Dinner was awesome—dehydrated Italian Steak and Peppers, along with some couscous. The best part was Sharon and Don had lugged up three small bottles of wine for us to celebrate with! The bears were absent again that night and the only growling to be heard was that which came from the seventy or so (!!!) people that were squeezed into a site that is intended for far less than that. It was a good night though, with cool temperatures and clear skies.

On Sunday, it was another early start. We quickly ate breakfast (oatmeal and coffee again) then packed our gear and headed off. We hiked back up to Mount Guyot and headed down the backside toward Zealand Mountain. Guyot is not an official 4000 footer, but Zealand is, so I took advantage of the opportunity to cross that one off my own list. The three of us continued our descent from Zealand before coming to a crossroads. Here, we parted ways. I opted for a side trip to Mount Hale to bag another summit, while Don and Sharon headed straight down to their car. Hale was uneventful and without views whatsoever—a good thing, because I was racing over it. Don and Sharon were kind enough to wait for me at the bottom so they could give me a ride back to my car. The faster I hiked Hale, the less they had to wait. I even jogged down some of the trail, my pack seeming lighter than ever. Perhaps it was because I had eaten much of the food I brought, or maybe it was because the end was in sight. Regardless, I arrived at the trailhead and, within a couple minutes, was greeted with the arrival of my friends.



Atop Mount Bondcliff, with West Bond in the background



While it wasn't the traditional Pemi Loop that I had originally hoped for, this trek was just as good, if not better. I bagged as many peaks as I would have by doing the loop and I still got to enjoy all the amazing views. I ended up hiking thirty-two miles, with about 12,000 feet of vertical. Most importantly, I was able to celebrate with friends atop their 48th and final 4,000 footer in NH. I will absolutely come back some day and do the full loop. Maybe I'll even start working on my ultra- and trail running skills and try it in one day. For now though, it's onward and upward. Nineteen mountains down, twenty-nine to go. What then? Summiting all forty-eight in the winter months! Anyone up for a challenge?



Celebrating the last of the 48 4,000 footers for Sharon & Don!



Atop West Bond with Bondcliff in the background

Have an interesting idea for an article? Send it to thomas.burt@comcast.net.

Overnight Trips!

Mount Washington Resort Ski Getaway

February 3—5, 2016

\$239 per night, double occupancy

Sunday River Getaway

March 30—April 1, 2016

Adult: \$272, Junior/Senior: \$260, Lodging-only: \$134

Details forthcoming!

15-16 Trip Schedule

Date	Location	Trip Leader	Price	Time
December 16	TBA, based on snow	TBA	\$85	TBA
January 6	Stratton, VT	Mimi Schlichter	\$85	5:00am
January 10–15	Sugarloaf, ME	Bud Shaw	\$410	Drive Yourself
January 27	Bretton Woods, NH	TBA	\$85	5:00am
February 3–5	Mt. Washington Hotel, NH	TBA	\$239	Drive Yourself
February 21–28	Jackson Hole, WY	Bud Shaw	\$1575	Fly
March 2	Killington, VT	TBA	\$85	5:00am
March 16	Wildcat, NH	TBA	\$85	5:00am
March 30–April 1	Sunday River, ME	TBA	\$272	Drive Yourself
May 1–8	Bike/Barge Germany	Michael Finegold	\$1149	Fly



SUGARLOAF



As the days grow shorter, the air gets colder, and the foliage begins to change colors, we can't help ourselves from falling in love with Autumn. The crisp mornings have us itching for winter, and Sugarloaf mountain has begun to buzz with activity as they get ready for another wonderful (and hopefully epic) ski season. For those of you trying to squeeze every last drop out of your summer activities, fear not - there's still plenty of time to get a round of golf in, and the weather couldn't be better for a hike through the woods. But for those ready for winter, sign up for this yearly favorite!

Dates: Sunday, January 10 — Friday, January 15

Cost: \$410 PP/DO (Specify roommate, if known. Inquire about singles & lodging only)

Includes: Condo lodging, 5 1/2-day lift ticket, daily lesson, fitness center, welcome party

Payment schedule: \$200 by 10/30, \$210 by 11/30.

Contact: Bud Shaw — 508-477-3717 or budco1@comcast.net

Note: Membership dues MUST be paid prior to sign-up

Signup: <http://www.uppercapeskiclub.com>





JACKSON HOLE®

There's no doubt about it. Jackson Hole is by far the greatest winter vacation spot in US! Okay, maybe not everyone would agree, but many would. Either way, it's pretty freakin' spectacular! Jackson combines a picturesque, western town with close proximity to some of the country's more beautiful national parks. Add in the most highly rated ski terrain in North America and you have one amazing vacation! As much as I love the skiing there, Jackson is one of the few resorts where I insist on an off-day, spending it either on a snowmobile tour through Yellowstone or a wildlife excursion (this is a place where deer walk through town and the Elk out-number the human residents). Even seen a big-horn sheep, a wild buffalo, or more moose than you care to? This is the place to see it all! If you're lucky, you might catch a wolf pack dashing across the plain. If there's one resort in the Western US to see, this would be it. Did I mention the skiing totally rocks?

What you get:

- 7 nights lodging at the Parkway Inn in downtown Jackson, WY
- 5-day lift ticket to Jackson Hole Mountain Resort
- Roundtrip airfare
- Transportation to and from Jackson airport and Parkway Inn

What you can add:

- 6th day of skiing
- Day trip to Grand Targhee Ski Resort
- Snowmobile trip to Yellowstone National Park
- Single Supplement
- Trip Insurance

What you pay:

- \$1575

Who you contact:

- Bud Shaw—508-477-3717 or budco1@comcast.net

**Bud created,
Steamer approved!**

Follow Us!

Click on either of the logos below to check our pages!



Contact Us?



By Mail:

Upper Cape Ski & Sports Club
PO Box 3149
Pocasset, MA 02559

By Phone:

Tom Burt
508-566-0095

By Web:

www.uppercapeskiclub.com



President:

Scott Northrop

Treasurer:

Leonard Hills

Website:

Michael Finegold

Vice President:

Chip Chandler

Secretary:

Rick Howe

Newsletter:

Tom Burt



Who we are...

The Upper Cape Ski & Sports Club is a group of outdoor enthusiasts that love to enjoy a variety of activities with friends. We're a casual and social group, never particularly serious about anything. Skiing and Snowboarding is our primary interest, although we do throw in other activities such as biking, kayaking, traveling, bowling, and more. Our goal is to provide fun and affordable activities that folks of all ages and abilities can enjoy. Families are always welcome, as are non-members.

<http://www.uppercapeskiclub.com>