



Trail Talk

GMC Montpelier Section Newsletter
Spring, 2018 ~ No. 126

Montpelier Section ANNUAL MEETING Saturday, April 28



Wool Knickers and White Blazes: A Retro Hike on the Long Trail

Have you ever wondered what it was like to hike the Long Trail one hundred years ago? GMC Executive Director Mike DeBonis will tell tales from his 2017 retro end-to-end hike, celebrating one hundred years of the Long Trail guidebook. You'll enjoy the fun of hiking the trail in 1917, but without the hot wool, pesky bugs, and canned anchovies.

Where: North Branch Nature Center, 713 Elm Street, Montpelier (2 miles north of downtown Montpelier)

Program: Optional walk along the river at NBNC - 4:30 P.M.
Social hour - 5:30 P.M.
Potluck dinner - 6:00 P.M.
Annual meeting - 7:00 P.M.
Feature presentation - 8:00 P.M.

What to bring: Your type of dish and own plate, cup, and utensils. With your dish, please include a list of ingredients for those who may have food allergies.

If your last name starts with:

A-G: Main dish

H-O: Dessert or hors d'oeuvres

P-Z: Salad (pasta, green, or other)

The annual business meeting will follow dinner and end with our guest speaker.

WARNING: Bylaw change

At the annual meeting on April 28, 2018, a vote will be taken on the following change to the Bylaws:

Currently:

IX. A The annual meeting shall be held in April. The Executive Committee shall determine the date, time, and place.

Proposed change:

IX. A The annual meeting shall be held in April or May. The Executive Committee shall determine the date, time, and place.

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PRESIDENT'S MESSAGE

by Steve Bailey

As we go about our excursions into the outdoors, we often hear specialized terms, which have interesting origins. Here are a few of them:

Cairn (kairn) – a heap of stones used to mark a trail. This comes from the Scottish Gaelic *carn*. Cairns have been used since prehistoric times as burial monuments, in ceremonies and as trail markers. They are found all over the world.

Puncheon – a wooden plank used on the trail to bridge over mud or wet areas. The word originally was used to describe roads made of wooden planks. The first puncheon road built in the US was in 1844 in Syracuse, NY, copying earlier roads in Canada and Russia. The puncheon roads were supposed to solve the problem of deep muddy ruts in existing roads. The



1840's and 50's saw a boom in puncheon roads, with 3,500 miles being built in NY state alone, and 10,000 miles nationwide. Most were toll roads. The Syracuse road was 16 miles long and was built at a cost of \$23,000. In its first two years 161,000 horse teams used it and paid \$13,000 in fees. Unfortunately the puncheon roads rotted out in the northern winters after three or four years (instead of the promised eight years), and the boom quickly became a bust.

Blaze – a painted mark (or a notch cut) on a tree used to mark the trail. You might expect that the meaning was related to flame or fire, which is the usual meaning of the word *blaze*. However, this meaning of *blaze* comes from the Old Norse *blesi*, which meant a white mark on a beast's face.

Bushwhack – as you might expect, it means to whack your way through underbrush when you are not following a trail. The origin of the word, however, is from the US Civil War, where a *bushwhacker* was "a guerilla, especially a Confederate."

One final note: Heather and I were asked by a French Canadian man on the LT what the difference is between a **lodge**, a **camp**, and a **shelter**. We knew that a shelter has three walls and a lodge has four, but the difference between a lodge and a camp escaped us. We now know that they are both enclosed structures with four walls, but a lodge is a larger building with a more finished interior than a camp. All three are found in many places along the Long Trail.

Trails & Shelters Committee

Chair: Andrew Nuquist,
223-3550
Steve Bailey, 622-4516
John Buddington, 229-0725
Ken Hertz, 229-4737
Morgan Irons, 223-7044

Fred Jordan, 223-3935
Dana Lawrence, 223-1007
Steve Lightholder, 479-2304
Reidun Nuquist, 223-3550
Eric Seidel, 223-1406
Nancy Thomas, 223-1007



**NEW
MEMBERS**

The Montpelier Section welcomes these new members who joined after November 7, 2017: Jordan Goldstein, Walter Goller, Thomas Mowatt, Walter Opuszynski, Marjorie Schlitt, and Matt Solar.

We look forward to meeting you at our upcoming events.



CALENDAR OF EVENTS

March 4 - May 29, 2018

The rating levels of difficulty are **easy**, **moderate**, and **difficult**, with a few outings falling in between.

- **Easy** - accessible to all in good physical condition; suitable for families with children.
- **Moderate** - requires a degree of stamina; some previous experience is advisable.
- **Difficult** - challenging events for people in good physical condition; previous experience necessary.

Unless otherwise noted, trips leave from the Montpelier High School (MHS) parking lot. Always bring appropriate gear for the event you are attending (i.e. lunch, liquids, snacks, suitable clothing, footwear, and other items as mentioned in the Calendar of Events). *Non-members are welcome on our events. There is no charge.*

Our trip leaders are volunteers who are not necessarily trained in first aid, nor does the Montpelier Section or the GMC certify or license trip leaders. Participants should attend these events with the understanding that they are responsible for their own preparedness and safety, and that all contribute to the well-being of the group.



The **Young Adventures Club** is a group to get parents and children (0-12 years old) outdoors to hike, play, learn about nature, and make friends. Events happen on the second weekend of every month. Please check out their website: gmcmontpelier.org/yac for details.



PLEASE CALL TRIP LEADER BEFORE BRINGING YOUR DOG.

March 4, Sunday - Snowshoe. Warren's Gore. Moderate. 8 miles. Gore Mountain. Meet at Island Pond Rail Station at 8:30 A.M. Hike up to Gore Mountain summit, depending on trail conditions. Contact Leader: Michael Chernick, 249-0520 or chernick5@comcast.net

stevecbailey@gmail.com for meeting time and place.

March 10, Saturday - Cross-country Ski. Greensboro. Difficult. 12 miles. Cross-country ski from Highland Lodge in Greensboro to Craftsbury Outdoor Center in Craftsbury. For experienced skiers only. Shuttle bus from COC to HL. Pass or trail fee and shuttle bus fee required. Contact Leader: Phyllis Rubenstein, 793-6313 or Phyllis@PhyllisRubensteinLaw.comcastbiz.net for meeting time and place for carpool to COC.

March 24, Saturday - Snowshoe. Worcester. Moderate. 5 miles. Worcester Mountain. Start at the trailhead in Worcester, and hike up to Worcester Mountain, returning on the same trail. We will use snowshoes or microspikes depending upon conditions. Contact Leaders: Steve or Heather Bailey, 622-4516 or stevecbailey@gmail.com for meeting time and place.

March 11, Sunday - Snowshoe. Huntington. Moderate. 4.8 miles. Camel's Hump via Burrows Trail. Start at the Burrows trailhead in Huntington and hike up to Camel's Hump, returning on the same trail. We will use snowshoes or microspikes depending upon conditions. Contact Leaders: Steve or Heather Bailey, 622-4516 or stevecbailey@gmail.com for meeting time and place.

April 4, Wednesday - Bike Ride. Worcester. Moderate. 30 miles. Worcester to Elmore on Rte. 12. Leave at 10 A.M. from the Worcester Town Office. Eat lunch at the Elmore General Store. Helmet required. Contact Leader: George Plumb at 883-2313 or plumb.george@gmail.com

March 17, Saturday - YAC. Walk. East Montpelier. Moderate. 2-3 miles. Come and explore some of the East Montpelier trails with other caretakers and our littlest adventurers, ages 0-5. We'll choose a moderate path, perfect for trail and weather conditions. Meet at 10 A.M. Contact Leader: Sharon Plumb, sharon.plumb@gmail.com for meeting place.

April 10, Tuesday - Bike Ride. Washington. Easy. 20 miles. Washington Heights to Chelsea. Meet at the pull-off on the left, just below Washington Heights on Rte. 110 at 11:00 A.M. Bike to Chelsea or maybe a little further. Eat lunch at the Chelsea Restaurant. Helmet required. Contact Leader: George Plumb, 883-2313 or plumb.george@gmail.com

March 22, Thursday - Cross-country Ski. Craftsbury. Moderate. Spend the day cross-country skiing at the Craftsbury Nordic Center. Contact Leaders: Steve or Heather Bailey, 622-4516 or

April 14, Saturday - Hike. Marshfield. Moderate. 4 miles. Stranahan Town Forest. Contact Leader: Phyllis Rubenstein, 793 6313 or Phyllis@PhyllisRubensteinLaw.comcastbiz.net for meeting time and place.

April 18, Wednesday - Bike Ride. Orange. Moderate. 20 miles. Reservoir Rd. to East Hill Rd. to Cameron Rd. to Plainfield. Lunch at Positive Pie. Return via Brook Rd. and Reservoir Rd. Leave at 10:00 A.M. from the Orange Recreation Area just

up Reservoir Rd. from Rte. 302. Helmet required. Contact Leader: George Plumb, 883-2313 or plumb.george@gmail.com

April 20, Friday - Walk. Marshfield. Easy. 1-2 miles. Stranahan Town Forest. Enjoy the old logging roads and trails of this beautiful town forest. We'll meet at 10 A.M. at the parking lot on Hollister Hill and walk a few miles, looking for signs of early spring along the way. Bring snacks, lunch, and wear layers. After the hike, visit the animals at Hollister Hill Farm. Contact Leader: Sharon Plumb at sharon.plumb@gmail.com



April 21, Saturday - Walk. Berlin. Easy. 5 miles. Walk around Berlin Pond. Meet at Berlin Pond parking spot at 1:00 P.M. Contact Leaders: Mary Garcia, 622-0585 or Mary Smith, 505-0603.

April 24, Tuesday - Bike Ride. Montpelier. Easy. 15 miles. Montpelier to Adamant. County Road to Bliss Pond Rd. to Adamant Rd. to Center St. to Bliss Rd. to County Rd. Lunch at the Adamant Co-op. Leave from Morse Farm at 10:00 A.M. Helmet required. Contact Leader: George Plumb, 883-2313 or plumb.george@gmail.com

April 28, Saturday - Meeting. Montpelier. GMC Montpelier Section Annual Meeting. See details on page 1.

May 2, Wednesday - Bike Ride. East Montpelier. Easy. 20 miles. East Montpelier to Calais on back roads. Leave from the parking area at #10 Pond in Calais at 10 A.M. Bring a lunch as there is no place to buy lunch. Helmet required. Contact Leader: George Plumb, 883-2313 or plumb.george@gmail.com

May 4, Friday - Walk. Marshfield. Easy. 1-2 miles. Martin Bridge Park is on Rte. 2, just a few miles outside of Plainfield Village on the right hand side. Join us at 10 A.M. to explore this picturesque covered bridge, recently restored. Sweet trails perfect for kiddos and their caretakers! Contact Leader: Sharon Plumb, sharon.plumb@gmail.com



May 5, Saturday - Hike. Groton. Easy. 5.4 miles. We will hike to Peacham Bog in Groton State forest, checking out beautiful spring wildflowers along the way. Contact Leader: Phyllis Rubenstein, 793-6313 or Phyllis@PhyllisRubensteinLaw.comcastbiz.net for meeting time and place.

May 9, Wednesday - Bike Ride. Montpelier. Mod-

erate. 26 miles. Montpelier to Moretown and return. Helmet required. Bring lunch or buy at the Moretown Store. Contact Leader: Mary Garcia, 622-0585 for meeting time and place.

May 12, Saturday - Work Hike. Duxbury. RAIN DATE: Sunday, May 13. Moderate. Bamforth Ridge. All abilities welcome and needed. Spring walk-thru and routine pre-hiking season trail work on the LT south of Winooski River to Bamforth Ridge Shelter, and farther south on Camel's Hump. Conditions permitting, additional trail building on LT relocation to by-pass the 'Big Dig' may be scheduled. Bring lunch, water, and work gloves. Wear sturdy boots and work clothes. Tools provided. Meet at MHS at 8:00 A.M. Contact Leader: Andrew Nuquist, 223-3550 or trails@gmcmontpelier.org



May 14, Monday - Hike. Calais. Easy. 2 miles. We will see spring wildflowers in the woods and the bog. Limited to 8 people. Contact Leader: Phyllis Rubenstein, 793-6313 or PhyllisRubensteinLaw.comcastbiz.net for afternoon meeting time and place.

May 16, Wednesday - Bike Ride. Danville. Difficult. 25 miles. Danville to St. Johnsbury on the Lamoille Valley Rail Trail. It is a continuous downhill to St. Johnsbury, but then a rigorous two-hour uphill back. Meet at 9:30 A.M. at the Rte. 14 E. Montpelier Park and Ride to carpool. We will then leave for the ride from the old railroad station just east of Danville. This will make the trip shorter than leaving from Joe's Pond. Lunch at a restaurant in St. J. Helmet required. Contact Leader: George Plumb at 883-2313 or plumb.george@gmail.com

May 19, Saturday - Work Hike. Stowe. Moderate. Smugglers' Notch. All abilities welcome and needed. Spring walk-thru and routine pre-hiking season trail work on the LT north of Barnes Camp to Sterling Pond or farther toward Chilcoat Pass, plus Sterling Pond Trail. Additional work on LT to incorporate the new boardwalk may be scheduled. Bring lunch, water, and work gloves. Wear sturdy boots and work clothes. Tools provided. Meet at MHS at 8:00 A.M. Contact Leader: Andrew Nuquist, 223-3550 or trails@gmcmontpelier.org



May 20, Sunday - Walk. Groton. Easy. 5-6 miles. Wildflower Walk exploring trails in New Discovery, Big Deer, and Osmore Pond. See what's blooming. Contact Leaders: George Longenecker or

Cynthia Martin, 229-9787 or marlong@myfairpoint.net for meeting time and place.

May 22, Tuesday - Bike Ride. Marshfield. Moderate. 25 miles. We will take the Cross Vermont Trail from Marshfield. Drive up Depot Rd. to Edgewater where you can park near the trail. We will then ride the railroad bed into Groton State Forest and stop at whatever point we feel is far enough for lunch. Then turn around and come back. A beautiful forest covered trail using the old railroad bed. Bring lunch. Helmet required. Contact Leader: George Plumb at 883-2313 or plumb.george@gmail.com

May 29, Tuesday - Bike Ride. Williamstown. Difficult. 24 miles. Williamstown Gulf to East Randolph and return along Rte. 14. Meet at the parking area at Williamstown Gulf. Bring lunch. Helmet required. Contact Leader: George Plumb, 883-2313 or plumb.george@gmail.com

Centennial of Long Trail Guide Noted by US Congress

On December 6, 2017, US Senator Patrick Leahy, a Montpelier native, submitted a resolution to the *Congressional Record* acknowledging the centennial of the *Long Trail Guide*.

After describing how long it took to build the LT, the resolution reads: "No hiker's pack would be complete on the journey without a small pocket reference book simply known as the Long Trail Guide, a bible of sorts for these backwoods adventurers. The guide was first published by the Green Mountain Club, the steward of the Long Trail, in 1917 and has since been revised 27 times."

Reidun Nuquist, section member and author of the club's recent publication *A Century of Long Trail Guidebooks: A Retrospective*, says she was surprised and pleased to see the guidebook, the Long Trail, and the Green Mountain Club acknowledged in this public way.

Senator Leahy's resolution includes the full text of an article by James Tabor in the November 22-29, 2017, issue of the weekly newspaper *Seven Days*, in which Mr. Tabor aptly characterized the retrospective as a 'little book about a lot of other little books.' Tabor reports that he is pleased to see his article reproduced in full as part of the Senate resolution, a first for this experienced outdoor journalist.



SECTION DIRECTOR'S REPORT

by Mike Wetherell

The Green Mountain Club held its board of directors meeting on Saturday, January 5, 2018, at GMC headquarters in Waterbury Center. Executive director Mike DeBonis highlighted recent program accomplishments, including a revitalized business and corporate program, a growth in educational activities, increased trail adoption reporting, and new publications. On December 15, Bolton Lodge officially reopened for public rental after restoration by Kurt Melin and the construction crew in 2017. Mike also noted that over the coming year GMC's trail management committee will be updating the Long Trail System Management Plan, which provides guidance and ensures coordination with partners and volunteers. Treasurer Steve Klein reported that GMC has made steady improvement in its management systems, and its finances are on track for the current year. Steve underscored that federal tax reform and Vermont's response may have an effect on GMC's fundraising in the years ahead. GMC staff members are currently preparing a fiscal year 2019 budget, which will be presented to the board at its next board meeting in March.

The club is moving forward with implementation of its current strategic plan. GMC is currently working with nonprofit fundraising expert Christine Graham of CPG Associates to assess its fundraising capacity in anticipation of a capital campaign that will strengthen its activities to preserve and manage the trail for future generations. In addition, the board of directors approved the use of endowment funds to invest in initial activities that will result in organizational growth and additional resources. The board of directors approved a number of actions during the course of the meeting.

- As the lease for GMC's solar array ends, it will purchase the panels with financing from GMC's endowment, resulting in reduced costs over the life of the panels.

- This GMC will move forward with deconstruction of the structurally unsound Beaver Dam camp on Wheeler Pond in Barton this spring and planning and fundraising for construction of a new 18'x18' camp, set back slightly from the shoreline, in the coming years.

- As part of its governance review process GMC worked with legal and human resources experts to update its personnel policies and bring them in better compliance with employment law.

- The Ottauquechee Section revised the time frame of its annual meetings and changed its official name to the Upper Valley Ottauquechee Section to better represent the area it serves.

Field program activity in 2017 included improve-

ments to the Barnes Camp Loop in Smugglers' Notch, trail work at Lockwood Pond near Tillotson Camp, invasive species removal and wide clearing on the AT near Pomfret, an airlift on Mount Mansfield, renovations to Butler Lodge, and restoration of Bolton Lodge. During the short summer season, caretakers counted 50,300+ visitors to Mt. Mansfield, 21,800+ visitors to Camel's Hump, and 8,300+ visitors to Stratton Mountain.

The spring edition of the *Long Trail News* will celebrate Dave Hardy's life and his contributions and tireless efforts on behalf of GMC and the LT over the past 25 years. Club members shared stories and memories at a celebration of Dave's life immediately following the board meeting.

Don't forget to follow GMC on Facebook, Twitter, or Instagram. Check your email for GMC's eBlaze and announcements and read its Blog online. Or listen to the Green Mountain Club report, 7:30 Saturday mornings on WDEV. And mark your calendar for GMC's 108th annual meeting at the Hulbert Outdoor Center in Fairlee in June. Learn more about it in the spring edition of the *LTN*.

OUTING REPORTS

October 8, 2017 - Hike. Kettle Pond Trail and Shelter Improvements by George Longenecker & Cynthia Martin

Despite a rainy start to the day, five of us turned out for our hike around Kettle Pond in Groton State Forest. Seven others cancelled due to the weather. However, the day cleared for views of fall foliage reflecting in the water and loons spending their final days here before migration. We were impressed by the improvements Vermont Forests and Parks has made to the remote sites. The historic CCC shelter at the Marshfield end of the pond, where we had lunch, has been restored and has a state-of-the-art moldering privy, as does each of the remote sites. The trail has been rerouted so it no longer crosses directly in front of each shelter. One of our hikers, Jill's cousin Anthea, who's visiting from Cumbria County in the Lakes District of England, enjoyed learning about our woods and the history of Groton Forest.



October 18, 2017 - Bike Ride. Berlin Pond to Floating Bridge by George Plumb

We had a great ride. Nice weather and great scenery. Only challenge was George Plumb had a rear brake that kept rubbing and made it impossible to pedal. No one had a hex wrench, but thankfully Randy from Barre Septic stopped and had a tool kit. Took off the pads and rode the rest of the trip with just the front brakes. Took it to the Vermont Bike Shop in Barre, and it turned out to be a bent rim caused by a missing spoke! We learned that we should always carry a hex wrench.

December 2, 2017 – Stowe. Smugglers' Notch Road to Sterling Pond. Below are pictures from Phyllis Rubenstein's hike.



*Icicle waterfalls on the eastern side of the Notch road.
A. Standish*



Smugglers' Cave P. Rubenstein

ANTICIPATION

by Andrew Nuquist,
Trails & Shelters Coordinator

Anticipation? Of what? Well, there are two Long Trail related projects, both relevant to the Montpelier Section, because both affect LT segments for which we are responsible.

The first, on Bamforth Ridge, a hundred yards or so past (south of) the Gleason Brook bridge, is the re-location of the LT to by-pass the so-called Big Dig. Big Dig, because twice a year, spring



Approaching the Big Dig northbound.

and fall section volunteers must clean (dig) out leaves and other debris that accumulate in the hundred-yards-or-so long ditch.

OK, if necessary, but the section has long recognized a better route closer to Gleason Brook, a route that many hikers have already discovered and use. The short version of a long story is that in 2017, this route recommended by Montpelier Section trails and shelters committee members, was flagged and approved by both the GMC trail management committee and Vermont Department of Forests, Parks and Recreation. We anticipate abandoning the Big-Dig to nature—Let it fill up!—this spring or early summer.

A second anticipation is to finally understand and to participate in the completion of the new, permanent LT north-bound route from Barnes Camp on Route 108 in Stowe. Involvement of the GMC, our section, state and federal agencies, the Lamoille County Planning Commission, and ski resorts have made this a complicated process that has been somewhat frustrating to section volunteers, who have both done and un-done trail work over the past two years. With the opening of the new boardwalk (see *Trail Talk*, Winter 2017-2018) last October 27, it should now be possible to soon open the completed LT relocation in its permanent new route.

Section and other volunteers will be needed to complete these two re-locations. Your help is requested. Unfortunately, work dates will not be

known in time to include in this issue of *Trail Talk*. Our work schedule will instead be e-mailed to all on the section's membership list and to anyone not on the list requesting notification (trails@gmcmontpelier.org).

Why the delay in scheduling work dates? Remember that these projects are collaborative. Experience reminds us of the hazards in jumping in unilaterally to do any re-location work without 100% clarity of plans, roles, and responsibilities of all participants. To this end, the GMC and state will meet after mid-February with the section trails and shelters committee, to agree on a work plan for these two 2018 projects. We anticipate section and club teams working together, with state input or participation, to efficiently complete these two re-locations.

January 20, 2018 - White Rock Mountain by Steve and Heather Bailey

Fourteen hikers made the ascent to White Rock Mt via the Middlesex trail. It was a balmy 32 degrees on the day, and the trail was packed enough so that we only needed microspikes, not snowshoes.



TRAIL WORKERS NEEDED!

The Montpelier Section would welcome your help on both of the upcoming Spring work hikes.

May 12, Saturday – Rain Date: May 13, Sunday. Duxbury. Bamforth Ridge. Spring walk-thru and routine pre-hiking season trail work. All abilities. Various distances.

May 19, Saturday – Stowe. Smugglers' Notch. Spring walk-thru and routine pre-hiking trail work on the LT north of Barnes Camp to Sterling Pond to Chilcoat Pass. All abilities. Various distances.

More information on page 4 for both work hikes.

TRAIL TALK
GMC Montpelier Section
4711 Waterbury-Stowe Road
Waterbury Ctr., VT 05677

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Do these signs look familiar?

All pictures by R. Nuquist