

Hiking with Dogs

by Jordan Bowman

Help ensure you, your dog, and everyone else has fun on the trails this summer by following these tips.

Choose trails matching your dog's fitness. Monitor your dog's condition and turn back before small issues become big problems.

Carry a leash and make sure your dog follows commands if you go off leash. Leave aggressive dogs at home.

Consider your dog's age. Assess older dogs before attempting challenging routes. Taking younger dogs on rugged trails could negatively impact their development.

Choose easier activities on hot days. Furry friends are susceptible to heat exhaustion.

CANINE TRAIL ETIQUETTE:

- Keep your dog in sight and under control at all times.
- Leash your dog around others.
- Give dog-less hikers right-of-way. Move off trail until they pass.

- Say "hello" to other visitors to show your dog they are not a threat.
- Follow Leave No Trace principles. Bury waste 6-to-8 inches deep and 200 feet from water, trails, and campsites. Pack out waste from above treeline.
- Do not allow your dog to disturb plants or wildlife.
- Keep the dog-to-human ratio at 1:1. Limit your hiking group to two dogs.

SPECIAL CONSIDERATIONS:

- **Fire towers.** Tie your dog securely at the base away from the steps.
- **Cliffs.** Leash your dog. Keep it calm and close.
- **Ladders.** Carrying dogs up ladders is unsafe.
- **Water.** Guide dogs to clear, running water. Carry at least one quart per three miles.

ESSENTIAL ITEMS:

- Leash under 10 feet long. Check area leashing rules.
- Brush/comb to keep fur deburred.
- Snug collar with your contact info.



- Dog booties for sensitive paws.
- Water and water dish.
- Dog food/snacks.
- Rope for tying your dog to fixed objects.
- Poop collection bags.
- Dog first aid kit.

Learn More

Hike safely and considerately with your dog. Learn more at outdoors.org/HikingWithDogs.

OUTDOORS BULLETIN

NEWS AND NOTES FOR AMC MEMBERS AND SUPPORTERS

AUGUST 2023



Appalachian Mountain Club
10 City Square, Suite 2
Boston, MA 02129

COMING SOON TO Greater NY

Harriman State Park is just an hour outside of New York City, but it feels like you are worlds away. Filled with lakes, campgrounds, picnic areas, and extensive trails, you'll find the perfect spot to be outdoors.

AMC manages three locations within the park: a full-service overnight camp and two visitor centers. Now a second, larger camp is in the works on the shores of Lake Sebago.

With your support, we can transform the former Baker Camp into a tranquil oasis to serve the tri-state area—now and for generations to come. When completed, the **Baker Outdoor Center** will offer overnight stays, outdoor learning opportunities, hiking, cycling, canoeing, and more.

Cleanup of the old camp is underway. Thank you to all who joined us last season for the 2023 Baker volunteer days!



Members cutting invasive plants.



Thumbs up from the New York-North Jersey Chapter.



Chapter leader recycling old furnishings.

Take Action

Learn more about the Baker Outdoor Center and get involved at outdoors.org/Baker.

The mission of the Appalachian Mountain Club is to foster the protection, enjoyment, and understanding of the outdoors.

We envision a world where our natural resources are healthy, loved, and always protected, and where the outdoors occupies a place of central importance in every person's life.

We strive to be a fully diverse outdoor organization, committed to increasing access to and engagement with the outdoors for all people, with leadership, activities, and participants reflective of the diverse communities we serve.



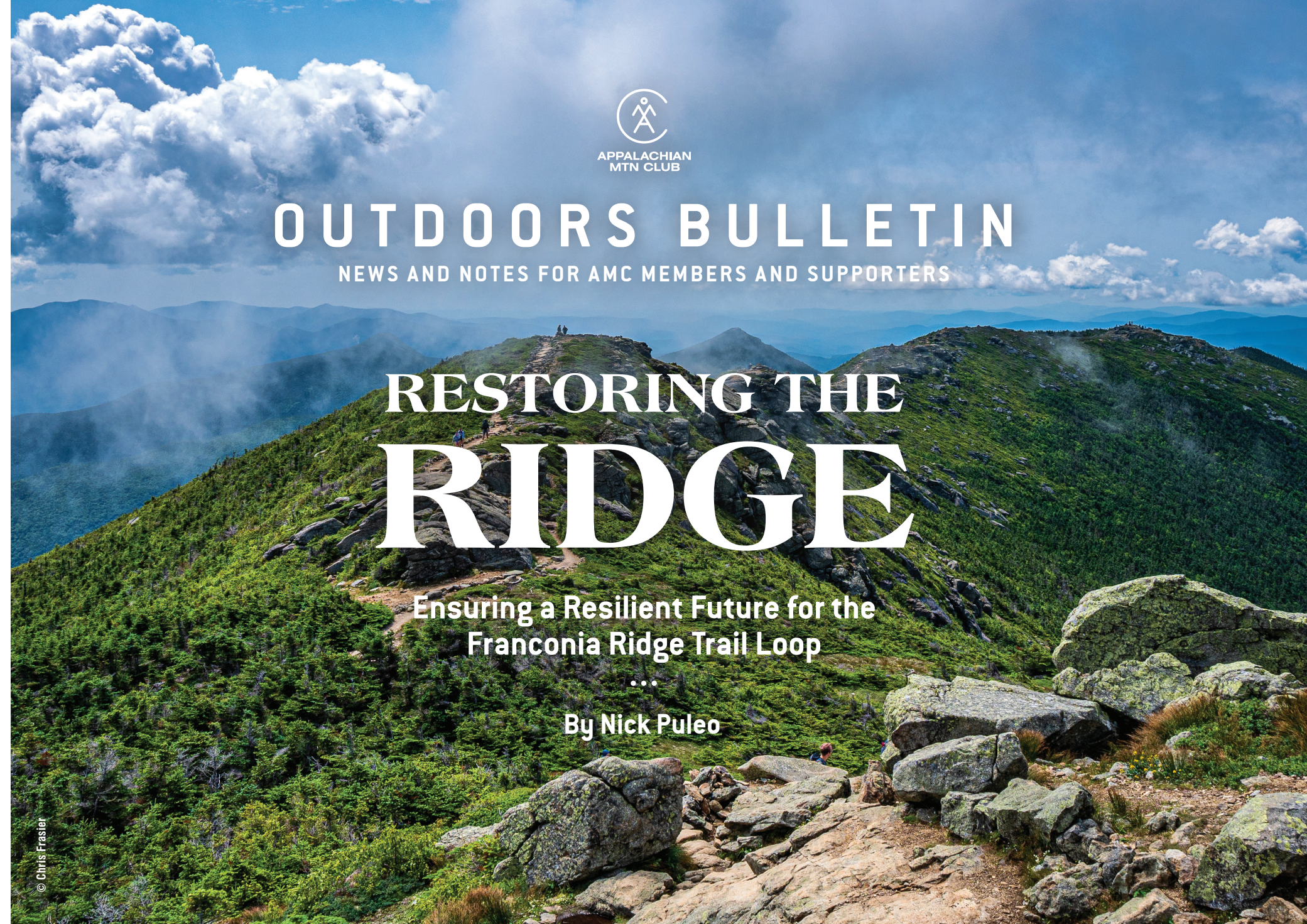
OUTDOORS BULLETIN

NEWS AND NOTES FOR AMC MEMBERS AND SUPPORTERS

RESTORING THE RIDGE

Ensuring a Resilient Future for the Franconia Ridge Trail Loop

By Nick Puleo



© Chris Frazer



A NOTE FROM THE PRESIDENT

Dear Friend,

This summer millions of people are going outdoors in AMC's region, from Washington, D.C. to Maine. These adventures become part of who we are and what we care about. That's why outdoor recreation is such an effective vehicle for forging new conservationists: The memories made this summer will inspire a commitment to conservation for years to come.

At AMC there are many unique ways you can choose to #BeOutdoors. From hiking to paddling to biking and more, there's something for everyone, whether in your local woods or many miles from home on a trip you've been dreaming about for years.

Like you, I believe that being outdoors offers many wonderful benefits. Studies have shown that spending time outdoors reduces stress, boosts our immune system, and enhances our mental clarity. It is a powerful antidote to our increasingly digital world.

Getting more people outdoors while protecting the places we love is central to AMC's work. Work that you make possible. That's why I'm proud to share with you the articles in this summer edition of *Outdoors Bulletin*, showcasing AMC's efforts to upgrade trails, lead responsible recreation, manage risk, and so much more.

As you get outdoors, please consider taking advantage of a great opportunity to have your charitable contributions go further. **Your gift to AMC's Annual Fund by August 31 will be matched dollar-for-dollar—up to a total of \$550,000—doubling your impact.** This is a powerful way to protect the outdoors so the nature lovers of tomorrow can have the same experiences we enjoy today.

A big thanks to you for making AMC's mission possible, and I hope your summer will be full of fond memories you'll cherish for years to come.

Cheers!

Nicole Zussman, *President and CEO*

P.S. I want to hear your questions, thoughts, suggestions, and outdoors stories! You can share them with me at outdoors.org/AskNicole or by emailing me at president@outdoors.org.

The Franconia Ridge Trail Loop is one of New England's most popular hiking destinations. It's no wonder: comprising four trails, the 8.9-mile loop receives up to 1,000 hikers per day in the peak season because it offers panoramic views of the White Mountains. *National Geographic* listed the loop as one of the "World's Best Hikes." The Appalachian National Scenic Trail has followed this portion of the Franconia Ridge Trail for nearly a century.

That popularity—and changing weather patterns spurred by climate change—have had an impact. Numerous river crossings have been heavily damaged by recent storms. The trails need significant repair—and realignment in some locations—to ensure a resilient future for both the trail loop and the surrounding natural areas.

Enter the AMC Trail Crew. This summer a crew of six will perform much-needed repair and realignment of the trail loop thanks to a \$1.125 million federal budget appropriation. In partnership with the NorthWoods Conservation Corps, the Vermont Youth Conservation Corps, the Student Conservation Association of New Hampshire, and OBP Trailworks LLC, AMC's crew will be supported by an additional 20 AmeriCorps members this summer.

"The Franconia Ridge Trail Loop is one of the most beloved and ecologically important trails in New England," says Alexander DeLucia, AMC's Director of Trails. "Working under the direction of the White Mountain National Forest, which is the land manager, and with state and nonprofit partners, we will ensure that these trails remain a resource for generations to come."

The trails that make up this loop were built between 1826 and 1958, well before the current practice of building trails to weather long-term change. AMC's trail crews now design and build trails with today's climate change and human impacts in mind—integrating more modern techniques to improve trail resiliency.

"Many of New England's trails take a direct point-to-point route up the mountains, making them highly susceptible to erosion," noted Alexander. "When we work to restore trails, our team of volunteers and professional trail crews realign portions of the trail to establish sustainable grades and climbing turns. We stabilize the existing trail by splitting and shaping the granite to create rock staircases, retaining walls, and drainage structures that can withstand high use and resist climate-related impacts."

The Franconia Ridge Trail Loop includes the Franconia Ridge Trail, Falling Waters Trail, Greenleaf Trail, and Old Bridle Path, from which hikers can access AMC's Greenleaf Hut. 8.6 miles of these trails are in the White Mountain National Forest. The trail loop spans both state and federal lands and is maintained by AMC.

"The Franconia Ridge Trail Loop is one of the most beloved and ecologically important trails in New England."

— Alexander DeLucia,
AMC Director of Trails

underscoring the need for long-standing partnerships that benefit outdoor enthusiasts.

"I'm grateful to all who make this work possible—AMC's members and donors who provide training, gear, and equipment year-round for our tireless crew; staff and volunteers; our partners at the White Mountain National Forest, New Hampshire State Parks, and conservation nonprofits; and our congressional delegation, who knows that investing in the outdoors has a high return on investment for people and the economy," said Nicole Zussman, President and CEO of AMC. "This project is a great example of how AMC is able to utilize its expertise and leadership to build a better outdoors for tomorrow."

In addition to federal funding, the restoration project is made possible through the support of our membership and generous donations, including the Fields Pond Foundation and a restricted contribution from the AMC 4000 Footer Committee.

"Many people and organizations are making this work possible," added Alexander. "That partnership and collaboration is going to pay dividends for the outdoors." The Franconia Ridge Trail Loop project is expected to take five years to complete.

Franconia Ridge Trail Loop Facts inside →

Learn More

Go to outdoors.org/Franconia to learn more about trail repairs for one of the White Mountain's busiest hiking destinations.

Photos courtesy of Esther Devito

Embracing the Modern Wild: A Conversation with AMC Board Member Shalin Desai

By Nick Puleo



After deciding in 2015 to fulfill his dream of hiking the Appalachian Trail from end to end, Shalin Desai, one of AMC's newest board members, got hooked on thru-hiking. In subsequent years, Shalin hiked the Long Trail in Vermont, the Oregon Coast Trail, and achieved the Triple Crown of thru-hiking by completing the Pacific Crest Trail and the Continental Divide Trail. Shalin shares with us how he started hiking and the importance of merging his love for nature with advocacy and board work.

Q: When did you start hiking?

A: My first hiking trip was at age 11 with my Boy Scout troop to Mount Wachusett. I'm sure we were the bane of every other hiker's existence, but every kid that went on that hike is still a hiker today. It was designed as a gateway experience and it worked.

I started thru-hiking when I was in my 30s. Now I have a 5-year-old niece and a 2-year-old nephew,

and—even though I'm not sure if they'll be thru-hikers—I want to make sure that the opportunity to be outdoors is open to both of them. That is very much at risk because of climate change, political will, and unchecked development.

Q: Why did you want to join the AMC board?

A: AMC is an organization that is focused on conservation and recreation, and that combined mission is important to me. I also think that AMC really is poised to capture a much larger constituency than it currently has. One of the things that I want to help AMC wrap its arms around is that larger demographic. When you become a board member, you are no longer a squeaky wheel: you're a mechanic. It's no longer your job just to identify the problems; you have to solve them. As both a hiker of color and a person with significant professional experience in lodging, hospitality, and marketing, I know I can bring perspectives that other board members may not have.

Q: Describe the shift you experienced going from a casual hiker to a recreational and environmental advocate.

A: If you care about land, if you care about having those types of experiences, if you care about protecting the sources of life, whether that's air, water, land, flora, or fauna, then you're an advocate. You can advocate in a lot of different ways. You can encourage other people to connect to nature. I think of some of the programming volunteers at AMC as critical in that regard. They're leading people into nature, setting up, leading, and continuously enriching these programs. AMC is really unique in that it's a one-stop shop for caring about nature. You can recreate, you can volunteer, you can advocate. AMC offers that ability for you.

Photo: George Brown, Courtesy of Christine Woodside, Shalin Desai



George Brown is an extraordinary volunteer. In addition to being a trail adopter, he leads trips for AMC's Maine chapter and creates AMC's trail signs.

TRAIL ETIQUETTE

By Jordan Bowman

Picture the perfect day for a hike. The sun is shining, a gentle breeze rustles the leaves, and you're energized for a day of gorgeous views.

And then, right in the middle of the trail, is the largest mud puddle you've ever seen.

What do you do?

If you ask George Brown, a trainer for AMC's Adopt-A-Trail program, **it's time to get your boots dirty.**

"I can't overstate how important staying on the trail is, especially in alpine areas," says George. "That can be difficult if there's a wet section, and it hasn't been maintained properly. But that's what trail etiquette is: respecting the trail." George adds that trail etiquette involves respecting other users, too.

When we talk about etiquette in the outdoors, we're not talking about which side of your camping dish to put your fork. We're talking about a code of conduct that prioritizes kindness, the safety of our fellow hikers, and the health of the outdoors.

For 22 years George has been part of the trail adopter program, which monitors and maintains roughly 440 miles of trail in the White Mountains. He believes true trail etiquette expands beyond the "golden rule" and involves all Leave No Trace principles. Through his years of experience, George has seen the positive impact of trail

"A code of conduct... prioritizes kindness, the safety of our fellow hikers, and the health of the outdoors."

— George Brown

etiquette on visitors and the surrounding environment.

"I think a lot of people believe trails look after themselves, like it happens mysteriously," he says. "But when you explain what's involved, they say, 'Wow, that's a lot of work.' 99% of the people I've talked to are very respectful of that need, and really seem to be pleased that they learned something about caring for the outdoor experience."

Here are George's suggestions for ensuring that your trail etiquette is up to par.

Plan and prepare.

"Basic preparation—carrying the 10 essentials, knowing your route, having plenty of water—that stuff is probably the most important thing I

would pass along to somebody," says George. "To me, that's respecting the experience of other people that are involved with that trail's community, which includes search and rescue teams."

Share the experience.

"It boils down to respecting the other hikers you meet along the way," he says. Being courteous towards others—avoiding excessive noise, controlling pets, keeping the trail and campsites pristine—helps ensure that everyone can experience nature's beauty.

Protect the trail.

"It all comes back to staying on the trail," George says. "Don't wander off to a nice viewpoint, because you might damage sensitive vegetation. It's great that you're getting out and enjoying everything the trails in the mountains offer, but there is a lot of volunteer work that goes into maintaining trails to a high standard."

Through collective trail etiquette, we can all help protect the trails, the environment, and the experience that unites us in awe and appreciation for the great outdoors.

Learn More

Protect the outdoors and plan ahead for safety. Learn how to follow the principles of Leave No Trace and how to pack the 10 Essentials at [outdoors.org/LeaveNoTrace](https://www.outdoors.org/LeaveNoTrace) and [outdoors.org/10-Essentials](https://www.outdoors.org/10-Essentials).

DISPATCHES FROM AROUND AMC

New Books from AMC

Whether you want to ramble along the Potomac River, climb a 4,000-footer, or explore the 100-Mile Wilderness, several new books provide the perfect trek for all skill levels. Check out these ultimate resources for day hikers and thru hikers alike: *AMC's Best Day Hikes Near Washington, D.C., 3rd Edition*; *New England Trail Map & Guide, 2nd Edition*; *AMC's Best Day Hikes in Vermont, 3rd Edition*; *Maine Mountain Guide 12th edition*. Order your copies today at [amcstore.outdoors.org](https://www.amcstore.outdoors.org).

Plan Your Legacy

Estate gifts give you the power to leave a lasting legacy for open spaces, wide mountain vistas, maintained trails, and your favorite AMC destinations. Introduce the outdoors to others—today, tomorrow, and beyond. Visit [legacy.outdoors.org](https://www.legacy.outdoors.org) for tools to assist you in planning your legacy and resources on potential giving options.

Weather and Trail Conditions

Regardless of the season, it's important to be prepared for severe conditions when out in the backcountry. Even if it feels like summer at the trailhead, it can be cold and winter-like on the high peaks. The right clothing and gear are essential for the unpredictable weather of the Northeast's mountains. Plan ahead for your trip and view weather and trail conditions at [outdoors.org/weather-trail-conditions](https://www.outdoors.org/weather-trail-conditions).

Lodging Destinations

AMC provides comfortable accommodations and easy access to your next outdoor adventure. Whether you choose to stay at a campsite, bunkhouse, backcountry hut, private cabin, or lodge, we offer a variety of overnight options at destinations from Maine to New Jersey. Proceeds from your visit support AMC's environmental conservation and outdoor education. Plan an adventure this fall, or book next summer's vacation—reservations for Summer 2024 open in September for most destinations. Visit [outdoors.org/destinations](https://www.outdoors.org/destinations).

Summer Match

AMC Board Secretary Marty Wallace, her husband Ed Kane, and a few generous donors will match your gift to AMC's annual fund—dollar for dollar—up to a total of \$550,000! Gifts must be received by August 31, 2023 to qualify. Visit [outdoors.org/BulletinMatch](https://www.outdoors.org/BulletinMatch) to double the impact of your donation for the outdoors.

... **Join AMC's Conservation Action Network (CAN)**

Your voice carries the day in state houses and in Congress. Sign up for our CAN newsletter to learn more about our conservation initiatives and how you can speak up for the outdoors at [outdoors.org/CAN](https://www.outdoors.org/CAN).

The Franconia Ridge Trail Loop

FACTS

2

Number of 4,000' peaks on the Franconia Ridge Trail Loop

1000

Hikers per day in peak season

8.9

Number of miles in the Franconia Ridge Trail Loop

3503'

Elevation gain of the Old Bridle Path Trail to the summit of Mt. Lafayette

90+

Number of years the Appalachian National Scenic Trail has followed this portion of the Franconia Ridge Trail

1800+

Miles of trails developed, managed, and protected by AMC from Pennsylvania to the Canadian border.

Five Ways to Stay Safe Outdoors

By Jordan Bowman



Christine Woodside, Editor-in-Chief of *Appalachia*.

When you open the "Accidents" report in *Appalachia*, AMC's journal of mountaineering, one thing is clear: you don't want your name listed there. Featuring stories of hikers who became lost, injured, or worse, this report—compiled by volunteers Sandy Stott and Scott Berkley—serves as a series of cautionary tales.

"Our goal is not to embarrass people," said Christine Woodside, Editor-in-Chief of *Appalachia*. "We're trying to help people avoid the same kind of trouble."

Here are Chris's top tips to keep your name out of a future accident report.

Find the right route.

Own a map and study it ahead of time. Just because a route is popular doesn't mean it's the route for you.

Plan conservatively.

Ask yourself, "What is the slowest I have ever gone?" That's what I plan for.

Share (and stick to) your plan.

No one is going to know where you are unless you tell them, and cell service in the White Mountains (and other locations) is spotty at best. People get into trouble because they decide to go somewhere other than where they planned.

Know when to quit.

Avoid the peakbagging mentality. If the conditions aren't right, it's not the right day to go to the summit.

Trust your gut.

If your gut is telling you something is not right, go back another time. The mountain isn't going anywhere.

Learn More

Want to view the Accidents and more great articles in *Appalachia*? Subscribe today at [outdoors.org/Appalachia](https://www.outdoors.org/Appalachia).