



Hiking Opportunities In the Merrymeeting Lake Watershed

September 8, 2019

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Topics

- ☞ Hiking Safety
- ☞ Orienteering and Bushwacking
- ☞ Winter Hiking
 - ☞ What to wear
 - ☞ Where to go
- ☞ Favorite Hikes

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You'll see these in late May....
Dark pin, light pink and white. Same Species?



Hiking Safely

- ☞ Map & compass, and know how to use them
- ☞ Leave itinerary with someone and follow it
- ☞ Pay attention!
 - ☞ Look around – remember your route “in”
 - ☞ Know your approximate direction
- ☞ Always bring 24 hr worth of survival gear
- ☞ Don't panic!! They will find you

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The Raslavicus Path on North Shore...



Use Your Map and Compass

- ☞ Carry a map and compass – always!
 - ☞ Do not rely solely on cell phones
- ☞ Know where you are on the map
- ☞ If you get off the trail, find where you think you are on the map
- ☞ Take a bearing to a road or other landmark
- ☞ Follow your bearing

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Hiking Safely – Survival Gear

- ☞ Space blanket
- ☞ Knife, Rope and tarp for shelter
- ☞ Warm clothes for an overnight
 - ☞ Fleece jacket and down puff
 - ☞ Long underwear and dry socks
- ☞ Fire starting materials
- ☞ First aid: Cuts, burns, and pain relief
- ☞ Food and water (hot in winter)
- ☞ Headlamp

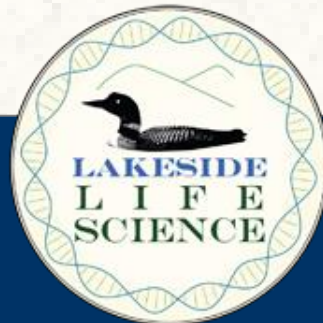
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Bushwhacking

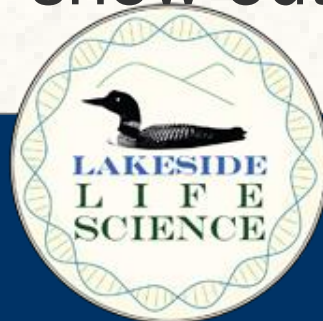
- ➡ Wonderful opportunity to explore new terrain
- ➡ Don't be afraid to get off the trails
- ➡ Know how to “Orienteer”
- ➡ Have a map
- ➡ Know declination: In NH = -14°
- ➡ Set a bearing on your compass
- ➡ Follow your bearing

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Winter Clothing

- ☞ Layers – they're not wrong!
 - ☞ Baselayer – pants and top
 - ☞ Mid-layer: Fleece or softshell
 - ☞ Outer layer – Light to Medium weight jacket
- ☞ Only synthetics – polyester or nylon
 - No cotton but wool is fine
- ☞ Stop often to add or remove layers
 - ☞ Don't want to get wet
- ☞ Gloves – light weight with heavy outer glove in pack
- ☞ Hat – typical ski hats work fine
- ☞ Pants – cross country ski or heavy hiking pants
- ☞ Gaitors – help keep snow out of your boots
- ☞ Microspikes



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Modern Snowshoes



Winter Hikes



Winter Hiking Opportunities



Snowshoeing South Pond in Stark



Devil's Hopyard



Raslavicus Trail to Devil's Den Road to Mt Caverly Side Trail



The Lake from the top of Mount Caverly in Winter



Lake Winni from the top of Caverly



Or, bushwack over to the
cliffs on Mt Molly



Owl's Head Cliff in Winter



And your dog will love it too!



Favorite Winter Hikes New Durham to MML

- ➡ Start on Snowmobile trail on Main Street
- ➡ Follow to Brackett Road
- ➡ Follow to BRCF
- ➡ Take fork NNW to Town Beach, or
- ➡ Continue on toward East Side
- ➡ Could take trail to Lion's pride and bushwack short distance to end of S Shore Rd

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Favorite Winter Hikes

Route 22 Snowmobile Trail

- ☞ Drive as far up Birch Hill road as you can
- ☞ Hike remainder of Birch Hill Road
- ☞ Route 22 crosses just past ??? home
- ☞ Turn right and follow to BRCF cabin
- ☞ Hike in either direction and return

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BRCF Cabin in Winter



Mewerymeeting from BRCF



MML from BRCF



Paul and I up in the Forest And Gracie!



Don't Forget North Shore and East Side!

- ☞ Devil's Den Road
- ☞ "Raslavicus Trail"
- ☞ Mt Caverly
- ☞ Ellis Hatch Wildlife Management Area
- ☞ Mt Jesse

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Favorite nearby hikes – Belknap Range

- ☞ The mountains behind Mt Major that no one ever hikes
- ☞ Trailheads
 - ☞ Jesus Valley Road
 - ☞ End of Alton Mountain Road
 - ☞ Gilford
- ☞ Beautiful woods
- ☞ Great views
- ☞ Very well marked trails (colors)

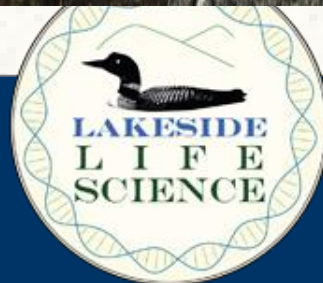
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Blueberry Pasture Trail Belknap Mountains



Straightback Mountain Belknap Range



And if you don't live here in winter
This is what you're missing!



A favorite trail in Sandwich



Winter Snow on the Red Trail in the Belknaps



OK – its not hiking, but Ice Skating in winter is the best!

