

Cheshire Walkers
Fall 2017 Schedule

Wednesday, October 18

Harrisville: Silver Lake, Child’s Bog Trail

We will see red blueberry fields, fall colors, a great view of Mt. Monadnock over Child’s Bog and the early New Hampshire carved watering boulder inscribed with “My strength cometh from the hills” (1.25 miles round trip). The harder hikers may continue on the Rosemary Trail around Child’s Bog (an added 2.7 miles).

Footing: **Easy-Moderate** Breathing: **Easy-Moderate**
Approximate Length: **3 Miles**

Meet: 9:00 am at the Keene Recreation Center to carpool or at 9:20 am at Bob Forney’s house (82 Livermore Rd) at the top of Livermore Road (left turn from the Nelson Rd opposite Child’s Bog, 1/4 mile south of Breeds Rd).

Leader: Bob Forney (603) 827-3536

Wednesday, October 25

Richmond: Fish Hatchery Road

Join us for a walk along Fish Hatchery Road and learn about the history of the fish hatchery before this area is logged this winter. It is a relatively easy hike, about 1/4 mile one way with a very easy hill of 250’ to climb to end the walk. Wear bright clothes (no brown or white) and try to stay together since deer season will be starting. Bug spray and trekking poles will be available or bring your own if you have them. We will then drive to Monument Road for a second, optional hike to see the monument commemorating the birthplace of Eliza Ballou Garfield, mother of the 20th president of the United States, James A. Garfield. This walk is about 3/4 of a mile but still relatively easy. Should the weather be slightly rainy both hikes might be slippery in a few spots. Cell phone coverage is extremely poor in many parts of Richmond so ask questions early.

Footing: **Moderate** Breathing: **Moderate**
Approximate Length: **0.75 miles (or 2.0 miles for both walks)**
Meet: 9:00 am at the Keene Recreation Center to carpool or call the leader for directions to the trailhead, where parking is limited.
Leader: Jerry Mills, Richmond Historical Society (239-8807)

Wednesday, November 1

Alstead: Prentice Hill

Prentice Hill sits between Alstead Center and East Alstead, overlooking Lake Warren. This short, pleasant trail winds uphill through mixed forest to the top of the hill, offering nice views of Lake Warren below. The land is owned by Ellen Chase and Margaret Chase Perry, daughters of Heman Chase, a famed Monadnock Region land surveyor and woodworker. If we’re lucky, someone may be available after the hike to give us a tour of nearby Chase’s Mill, Heman’s water-powered sawmill and woodworking shop, now being restored.

Footing: **Easy** Breathing: **Moderate**
Approximate Length: **1.5 miles**

Meet: 9:00 am at the Keene Recreation Center to carpool or 9:20 am at the intersection of Prentice Hill Road and Pine Cliff Road in East Alstead, near the outlet of Lake Warren.

Leader: Ryan Owens, Monadnock Conservancy, (603) 357-0600 ext. 103

Wednesday, November 8

Northfield: Northfield Mountain Recreation and Environmental Center

Kim Noyes will lead us on a 4 mile loop walk along cross-country ski trails to a scenic overlook at the summit of Northfield Mountain with great views of the Northfield Mountain Upper Reservoir. We will return by a paved road to the Northfield Recreation and Environmental Visitor’s Center. Total elevation gain is 800 ft.

Footing: **Easy** Breathing: **Moderate**
Approximate Length: **4 miles**
Meet: 9:00 am at the Keene Recreation Center to carpool or 9:30 am at the Northfield Mountain Recreation and Environmental Center (99 Millers Falls Road (Route 63), Northfield, MA)
Leader: Kim Noyes, Education Coordinator, FirstLight Power, (413) 659-4462

Cheshire Walkers
Fall 2017 Schedule

The **Cheshire Walkers Program** is a series of walks and hikes throughout the Monadnock region. Members walk every Wednesday in the Fall and the Spring in order to increase physical activity, foster social connection, and learn about the region’s rich history.



All are welcome!
No need to sign up, just come and enjoy.

For more information, call
(603) 354-5460.



For more information, call
(603) 354-5460.



All are welcome!

This Cheshire Walkers Program is a series of easy-going walks organized by the Cheshire Medical Center in partnership with the City of Keene Parks and Recreation Department and extends throughout the Monadnock region.

This Fall we are pleased to partner with the Monadnock Conservancy and the Historical Society of Cheshire County, to offer some new and interesting walks.

Members walk every Wednesday in the Spring and Fall in order to increase their physical activity, foster social connection, and learn about the region's rich history.

Each outing is rated according to our best prediction of difficulty and distance (see description below). Some locations have multiple trails with varying levels of difficulty depending on fitness levels. When choosing a walk, be mindful of your own fitness level.

As with all exercise, be sure to check with your doctor before beginning a new regimen.

Footing	Breathing
Easy Mostly flat, with very little elevation change, no steep hills or inclines and even footing with very little loose gravel, large rocks or roots that may cause unstable footing.	Easy Slightly breathless but able to speak in full sentences.
Moderate More hills or elevation changes and rocky or root-covered trails and narrow paths, but should be manageable by anyone who is moderately active. Hiking poles are recommended, depending on footing conditions.	Easy Somewhat more breathless with conversation limited to short sentences.

Cheshire Walkers

Wednesday, September 6

Keene: Jonathan Daniels Walk

Jonathan Myrick Daniels was shot and killed by an off-duty deputy in Hayneville, Alabama, while saving the life of an African-American teenager Ruby Sales on August 20, 1965. A native of Keene, Daniels became an Episcopalian pastor and civil rights activist by his early 20s. In 1965, he answered Rev. Dr. Martin Luther King Jr.'s call for clergy to come south to participate in the Civil Rights Movement in Selma, Alabama. In 1991, Daniels was made a martyr by the Episcopal Church, one of two Americans recognized as such to date. With seven stops on this walking tour, we will celebrate Daniels' life by revisiting community landmarks that once nurtured him into adulthood.

Footing: Easy **Breathing:** Easy

Approximate Length: 1.7 miles

Meet: 9:00 am at the Keene Recreation Center to carpool or 9:15 am at the Historical Society of Cheshire Count (246 main Street). Parking is available behind the Historical Society.

Leader: Jenna Carroll, Historical Society of Cheshire County, (603) 352-1895

Wednesday, September 13

Keene: Ashuelot Rail Trail over the South Bridge

Join us for an easy walk along the Ashuelot Rail Trail across the new South Bridge (the only major elevation change of the walk). We will start at The Center at Keene and walk past Keene State College and over the brand new South Bridge to the Keene State Athletic Fields at Kriff Road, with an option to continue to Matthews Road (additional 2 miles round trip).

Footing: Easy **Breathing:** Easy

Approximate Length: 2.5 miles

Meet: 9:00 am at the Keene Recreation Center to carpool or 9:15 am at The Center at Keene.

Leader: Leslie Crossmon, (603) 352-4079

Wednesday, September 20

Sullivan: Boynton Mountain

Come along with us on a hike up Boynton Mountain led by our Sullivan residents Roger & Ann Sweet! This short and easy hike (not lots or rocks to climb over or streams to cross) will take us meandering through the Allison Nims Piper Memorial Forest of Sullivan. This 191 acre reserve has been in conservation under the Society for the Protection of NH Forests since 1993. A hike you won't want to miss out on!

Footing: Moderate **Breathing:** Moderate

Approximate Length: 3 miles

Meet: 9:00 am at the Keene Recreation Center to carpool or 9:30 am at the Piper gates on Gilsum Road in Sullivan. There is room there for 8-10 cars, but carpooling is recommended. It can be reached from Keene by turning north on Route 10 and right off 10 on to Sullivan Centre Road. Follow Centre Street about 2.5 miles. Turn left (the first left) on Gilsum Road and drive about 2 miles until you come to the Piper Gates on your right.

Leaders: Roger and Ann Sweet, (603) 847-3463

Fall 2017 Schedule

Wednesday, September 27

Jaffrey: Mountain Brook Reservation

The Gramwick Trail is an easy out-and-back hike through gently rolling terrain along the scenic shoreline of Mountain Brook Reservoir in Jaffrey. The trail is named for Herb and Colette Gramm, who donated the property to the Monadnock Conservancy, and their friend Tom Sedgwick, who helped the Gramms build the trail for the enjoyment of the public. In late September the red maples should be starting to show their fall colors, and we might find a few wild cranberries or other unique shoreline plants.

Footing: Easy **Breathing:** Easy

Approximate Length: 2 miles

Meet: 9:00 am at the Keene Recreation Center to carpool or 9:30 am at the intersection of Gilmore Pond Road and Peabody Hill Road in Jaffrey.

Leaders: Ryan Owens, Monadnock Conservancy, (603) 357-0600 ext. 103

Wednesday, October 4

Chesterfield: Beal's Knob

This trail is a one mile loop and is part of the Pisgah Park Trail system. The trail has an easy to moderate incline up an old country road past interesting stone walls and an active beaver pond to an overlook view of Mt. Monadnock with Crotched Mountain behind it. Work has been done on the outlook to enhance the view. We will see a freshly (bear) clawed tree and an interesting tree worked on by a Pileated woodpecker. The way back is a woods walk with a wilderness feel.

Footing: Moderate **Breathing:** Moderate

Approximate Length: 1 mile

Meet: 9:00 am at the Keene Recreation Center to carpool or 9:30 am at the trailhead. Travel west on Route 9 for 1.5 miles past Chesterfield Gorge. Turn left on Old Chesterfield Road. Turn left on Tuttle Road and drive 0.25 miles to Old Swanzey Road. Turn right and drive 0.9 miles to a fork, stay right. Stay right all the way on Old Swanzey Road and another 0.9 miles up Stone Mill Road to a Pisgah sign. Keep to the right. Drive 0.6 mile to a well-marked parking area. To get there is tricky so meeting at the Rec Center at 9:00 is advised.

Leader: Leslie Crossmon, (603) 352-4079 and Iva Wood (603) 239-4045

Wednesday, October 11

Stoddard: Daniel Upton Forest and the Farmhouse

We will begin with a tour of the 1830's farmhouse that has not been modernized led by Josh Cline, followed by a hike downhill through an open field with a nice view to the forest road and trail that leads to Beaver Pond, which serves as a heron rookery in the spring. Homemade muffins cooked in the wood stove await our return to the farmhouse. Visit www.uptonfarmandforest.com/history to learn more about the history of the house.

Footing: Moderate **Breathing:** Easy-Moderate

Approximate Length: 1 mile

Meet: 9:00 am at the Keene Recreation Center to carpool or 9:30 am at the farmhouse at 253 Tarbox Road. Take Route 9 to Juniper Hill Road, follow to top of hill where it curves left onto Tarbox Road, and follow to the dead end—about two miles from Route 9. Park along the road.

Leaders: Pam Ross (603) 446-3817 and Joshua Cline



Photo courtesy of Dan Most.

Good to know.

Please dress appropriately for weather (layers are recommended), and bring water in a non-breakable container.

For most hikes, hiking boots or sturdy shoes with good tread and adequate ankle support are essential.

At the request of our participants, please leave dogs at home.

All Cheshire Medical Center activities are smoke free; smoking is not permitted during the walks.

Occasionally, muddy or wet sections, or places which are slippery due to leaves on the ground may be encountered on the trails, so be prepared!

As with all exercise, be sure to check with your doctor before beginning a new regimen.

When choosing a walk, be mindful of your own fitness level.

In case of inclement weather, call the walk leaders at numbers listed for each walk.