

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.

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
<b>Easy</b> 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.	<b>Easy</b> Slightly breathless but able to speak in full sentences.
<b>Moderate</b> More hills or elevation changes and rocky or root-covered trails and narrow paths, but should be manageable by anyone who is moderately active. Trekking poles are recommended, depending on footing conditions.	<b>Moderate</b> Somewhat more breathless with conversation limited to short sentences.

Good to know.

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

For most walks, 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.

Wednesday, September 5

Brattleboro VT: Brattleboro Retreat Trails

Larry and Iva will kick off our first walk of the season with a jaunt on the Brattleboro Retreat Trails. These trails were originally created by the Brattleboro Retreat in the 1800’s. In 2006 and 2007, the Windham Foundation and Brattleboro Retreat worked with the Vermont Youth Conservation Corps (VYCC) to revitalize the trails to be more environmentally sound and easier to follow. Please join us for lunch at the Marina Restaurant in Brattleboro after the walk.

**Footing:** Moderate **Breathing:** Moderate **Approximate Length:** 2 miles

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:30 a.m. at the Brattleboro Retreat; the exact location to be determined (check your e-mail before the walk, or call Sylvie at 352-5454, ext. 2791 or one the Leaders).

**Leaders:** Larry Larson (603) 357-1921 and Iva Wood (603) 313 5271 (cell)

Wednesday, September 12

Gilsum: Maynard Forest

Once one of the most plentiful trees in New England forests, the American chestnut was nearly wiped out in the early 1900s by a devastating fungal blight accidentally introduced from Asia. The blight killed an estimated 4 billion trees across the species’ range. In 2014, the Monadnock Conservancy planted a stand of 150 disease-resistant hybrid American chestnuts in its 280-acre Maynard Forest, part of a broader effort in partnership with the American Chestnut Foundation to restore the species to its former glory. Join us on this easy walk to visit the thriving young trees and learn about the restoration effort and associated research.

**Footing:** Moderate **Breathing:** Easy **Approximate Length:** 1 mile

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street, to carpool. Parking is extremely limited to a few cars and high-clearance vehicles, so please meet at the carpool location before attempting to drive to the site.

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

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.**

Fall 2018 Schedule

Wednesday, September 19

Surry: Dort Road

Dan Most will lead us on an easy walk down Dort Road. This is a gated Class 6 Road used for walking and cross country skiing that goes by beautiful fields and leads to the Ashuelot River. Wear comfy shoes.

**Footing:** Easy **Breathing:** Easy **Approximate Length:** 2 miles

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:15 a.m. at the parking lot at the end of Dort Road (which is located off Rte. 12A in Surry). Carpooling is recommended, as parking is limited.

**Leader:** Dan Most (603) 357-2877

Wednesday, September 26

Roxbury: Woodland Views

Please join us for a leisurely walk at the beautiful Woodland Views property and learn more about the Cheshire County Pollinator Initiative which includes meadow restoration and development, monarch habitat creation, orchard restoration, invasive species management, and strategic plantings that benefit a variety of wildlife, including birds, mammals, and pollinators.

**Footing:** Moderate **Breathing:** Moderate

**Approximate Length:** 1-2 miles

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool or at 9:30 a.m. at Woodland Views. Carpooling is recommended as parking is limited. Check your e-mail before the walk, or call Sylvie at 352-5454, ext. 2791 for more details.

**Leaders:** TBD

Wednesday, October 3

Swanzey: Carroll’s Hill

The Tolman family donated a conservation easement to the Monadnock Conservancy in 2011 with the intention of keeping the land open to the public for hiking. The Swanzey Open Space Committee has worked with the Tolman family to create a trail up to the top of Carroll’s Hill, named for the late Carroll Tolman, a Swanzey farmer. This trail traverses the property’s hemlock and hardwood groves and affords views of the hilltop forests. A moderate hike, it starts on the Old Calvin Curtiss Road before winding up the north slope of the hill through mixed forests and arriving at a scenic overlook. This trail crosses privately owned land and is maintained by the Swanzey Open Space Committee.

**Footing:** Moderate **Breathing:** Moderate

**Approximate Length:** 3 miles

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street, to carpool, or 9:20 a.m. at the Carroll’s Hill trailhead. From Keene, take Routes 12 and 32 south to Swanzey. Turn right onto Westbrook Court, approximately 6.7 miles after leaving Route 12. The trailhead is on the right approximately 0.4 miles after leaving Route 32. Park along the side of the road.

Carpooling is recommended, as parking is limited.

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

Wednesday, October 10

Putney VT: Putney Mountain

We will walk the Ridge Line Trail to the summit of Putney Mountain, from which there is a spectacular panoramic view west over the ski areas of Mts. Snow, Stratton, and Bromley to the modern wind farm in Searsburg, some 30 miles away. Mt. Monadnock dominates the eastern view. Putney Mountain is famous for its annual Fall Hawk Watch, a chance to see migrating raptors in the thousands following ridgeline winds and thermals. This is generally a moderate hike, but there are three steep sections so wear your hiking shoes and bring your trekking poles!

**Footing:** Moderate/strenuous **Breathing:** Moderate/strenuous **Approximate Length:** Approximately 1.2 miles

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at the Putney Mountain Trailhead on Putney Mountain Road at 9:45 a.m. Directions: From center of Putney turn left onto Kimball Hill/Westminster Rd. for 1.1 miles then turn left onto West Hill Rd. Follow West Hill Road for 2.35 miles then turn right onto Putney Mountain Road. Follow this road 2.1 miles to top of mountain, trailhead is on the right.

**Leader:** Iva Wood (603) 313 5271 (cell)

Wednesday, October 17

Stoddard: Hike Up Pitcher Mountain

Strap on your hiking boots and bring your trekking poles as we walk up Pitcher Mountain in Stoddard. The trail begins along the road to the fire tower and climbs quickly to an expansive view of Mount Monadnock to the south and Mount Sunapee to the north.

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

**Approximate Length:** 1.5 miles

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:45 a.m. at the Pitcher Mountain parking lot on Route 123.

**Leader:** Larry Larson (603) 357-1921

Wednesday, October 24

Brattleboro VT: West River Trail

The West River Trail begins behind the Marina Restaurant in Brattleboro, VT and runs along the river for about 13 miles. Along the way, we will walk through lovely open fields and under the Route 91 overpass. We will walk at our own pace for 45 minutes and then turn around to go back to our starting point. Please join us for lunch at the Marina Restaurant after the walk.

**Footing:** Easy **Breathing:** Easy

**Approximate Length:** 3 miles round trip

**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of



# Cheshire Walkers Fall 2018 Schedule

Public Works, 350 Marlborough Street to carpool or meet us at 9:30 a.m. at the Marina Restaurant in Brattleboro.  
**Leader:** Sylvie Rice (603) 209-1362 (cell)

**Wednesday, October 31**  
**Marlborough: Tour of Meeting House Cemetery and Nearby Historic Site—Frost Hill Road**

The Marlborough Historical Society has graciously agreed to take us on a tour of gravesites and share the historic story of a few early settlers and other prominent Marlborough residents who are buried at Meeting House Cemetery. We will learn interesting facts about these people, their families and their homes. Following the cemetery walk, they will guide us to the nearby Town Pound, then the former site of the old Meeting House to learn more about early town history. Note: This will be an easy to moderate walk through the cemetery and to the nearby Town Pound and site of the original Meeting House. The cemetery is gently sloping but walkers should be aware that there is some uneven ground in the cemetery. What better way to celebrate Halloween—feel free to come dressed for the occasion!

**Footing:** Easy to Moderate **Breathing:** Easy  
**Approximate Length:** 0.25 miles  
**Meet:** We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:30 a.m. at the Meeting House Cemetery, Frost Hill Road, Marlborough. From Keene take Route 101 east to Marlborough, turn right onto Route 124 (Jaffrey Road) and then take first left onto Pleasant Street. Continue on up the hill to Frost Hill Road (straight ahead). Park along the road near the cemetery which will be on your left.  
**Leader:** Marlborough Historical Society (603) 876-3980.

**Wednesday, November 7**  
**Rindge: Converse Meadow**

Converse Meadow features an historic pre-Revolutionary mill site and dam where flour, lumber, boxes, and shingles were produced from the 1760s to the 1930s. Though few signs of the mills remain, the property is now host to an easy 1.5-mile loop trail that follows the shore of Converse Meadow Pond and related wetlands. The Town of Rindge purchased the property in 2004 to prevent the land from being developed, and a conservation easement held by the Monadnock Conservancy further ensures Converse Meadow will remain open space in perpetuity. Join Conservancy executive director Ryan Owens to walk the trail and learn about the natural history of the site.

**Footing:** Easy **Breathing:** Easy **Approximate Length:** 1.5 miles  
**Meet:** We will leave at 9:00 a.m. from the Keene Department of Public Works, 350 Marlborough Street, to carpool, or meet us at 9:35 a.m. at the Converse Meadow trailhead. From Keene, take Route 12 south to Fitzwilliam and turn east on Route 119 to Rindge. Cross Route 202 and continue east for approximately 3.3 miles. Turn left on Converseville Road, then left again at the T intersection. The trailhead parking area, marked by a kiosk, is the second driveway on the right. Carpooling is recommended, as parking is limited.  
**Leader:** Ryan Owens, Executive Director, Monadnock Conservancy, (603) 357-0600 ext. 103

**Wednesday, November 14**  
**Northfield MA: Northfield Mountain Recreation and Environmental Center**

Kim Noyes will lead us on another outstanding walk at the Northfield Mountain Recreation and Environmental Center. We will 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 feet. Don't worry if you think this walk might be too long or too strenuous as we will make frequent stops so that Kim can share her extensive knowledge of the area and local ecology with us. We may break into two groups before we reach the summit for those who prefer a shorter walk. Be sure to wear your hiking shoes and bring your trekking poles!  
**Footing:** Easy **Breathing:** Moderate  
**Approximate Length:** 2-4 miles  
**Meet:** 9:00 am at the Keene Recreation Center to carpool or 9:30 am at or near the Northfield Mountain Recreation and Environmental Center (99 Millers Falls Road (Route 63), Northfield, MA) the exact location to be determined (check your e-mail before the walk, or call Kim or Sylvie at 352-5454, ext. 2791).  
**Leader:** Kim Noyes, Education Coordinator, FirstLight Power, (413) 659-4462

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If you would like to subscribe (or unsubscribe) to our emails, please go to: [health-wellness.cheshiremed.org/cheshire-walkers-program](http://health-wellness.cheshiremed.org/cheshire-walkers-program)