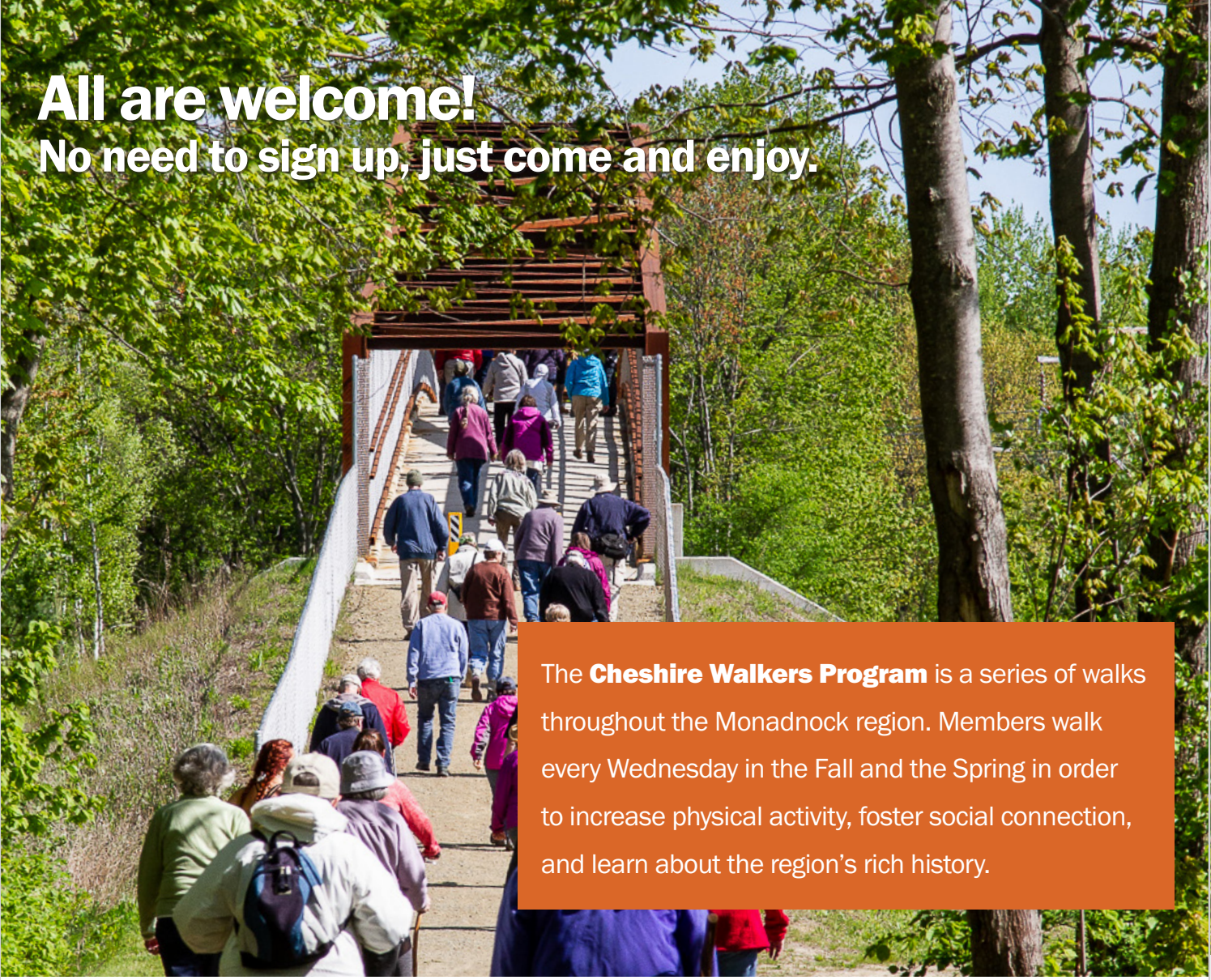


Cheshire Walkers

Fall 2019 Schedule

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



The **Cheshire Walkers Program** is a series of walks 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.

For more information or to subscribe to our emails,
call (603) 354-5460 or visit health-wellness.cheshiremed.org/cheshire-walkers-program



Cheshire Medical Center
Dartmouth-Hitchcock

Cheshire Walkers

All are welcome!

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

Each outing is rated according to our best prediction of difficulty and distance. Please be mindful of your own fitness level, and as with all exercise, be sure to check with your doctor before beginning a new regimen.

| Footing | Breathing |
|--|--|
| Easy Mostly flat, very little elevation change, no steep inclines, even footing, minimal 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. Trekking poles are recommended, depending on footing conditions. | Moderate 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.

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!

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

We hope you can join us as we celebrate the 20th Anniversary of the Cheshire Walkers this fall. In 1999, Jane Shapiro, Director of Community Health at Cheshire Medical Center, and Brian Mattson, Director of Parks and Recreation, teamed up to form the Cheshire Walkers. Over the years, Cheshire Walkers has been supported by Cheshire Medical Center and continues to work in partnership with the Keene Parks and Recreation Department. In 2017, the program embarked on new partnerships with the Monadnock Conservancy, the Historical Society of Cheshire County and many other non-profits and organizations in the area.

On September 8, 1999, Brian Mattson led the Inaugural Cheshire Walkers Trek to Goose Pond. Since that time, the members have walked every Wednesday in the spring and fall seasons in order to be physically active, foster social connection, and learn about the region's rich history. With the help of over 100 volunteer leaders, the Cheshire Walkers have visited approximately 250 trails/paths in 40 towns and completed 395 walks throughout the Monadnock Region and beyond. We hope you will join us to continue this 20-year tradition of active living.

Wednesday, September 4 | Keene: Walldogs'—Magical History Tour

The Magical History Tour formed to bring the Walldogs (an internationally renowned organization of sign and mural artists) to Keene this past June to enhance downtown Keene by funding and maintaining 16 originally designed outdoor murals, showcasing the culture and history of the region and our wonderful city. We will start at the Historical Society of Cheshire County (246 Main Street).

Footing: Easy Breathing: Easy

Approximate Length: 1.5-2 miles (round trip)

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 Historical Society of Cheshire County (246 Main Street). Parking is available behind the Historical Society.

Leaders: Jenna Carroll (603) 352-1895 and Sylvie Rice (603) 209-1362

Wednesday, September 11 | Stoddard: History of Stoddard Center Walking Tour

Alan Rumrill will lead us on a walking tour of Stoddard Center where we will learn about Stoddard's businesses and churches, architecture, and the Civil War.

Footing: Easy Breathing: Easy Approximate Length: 1.5 miles (round trip)

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 parking lot just past the Congregational Church in Stoddard.

Leader: Alan Rumrill, Cheshire County Historical Society. For more info: contact the Society at (603) 352-1895

Fall 2019 Schedule

Wednesday, September 18 | Roxbury: Woodland Views

Amy Bodwell has invited us back to her beautiful Woodland Views property where Jeff Littleton and Amy will lead us on different trails this fall. For those of you who were not able to join us last year, come and learn more about the Cheshire County Pollinator Initiative. This 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 HIGHLY recommended as parking is limited.

Leaders: Amy Bodwell (603) 499-5306 and Jeff Littleton (603) 831-1980

Wednesday, September 25 | Dummerston VT: Scott Farm Orchards

We will take a leisurely walk around the Scott Farm, which has been in active cultivation since 1791. This 571 acre farm has been owned since 1995 by The Landmark Trust USA. The earliest remaining buildings on the farm were built by Rufus Scott who purchased the farm in 1845. The original orchard was planted in 1911 by the Holbrook family shortly after their purchase of Rudyard Kipling's home, Naulakha, which adjoins the farm to the south. After our walk we will stop at the farm stand if you would like to purchase some of their heirloom apples or cider. Please join us for lunch at the Marina Restaurant in Brattleboro after the walk.

Footing: Easy **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 or meet us at 9:40 a.m. at The Scott Farm Orchard, 707 Kipling Road, Dummerston, VT.

Leaders: Larry Larson (603) 357-1921 and Sylvie Rice (603) 209-1362

Wednesday, October 2 | Sharon: Wales Preserve

The 48-acre Wales Preserve is owned by the Nature Conservancy and features a boreal bog and the Gridley River with its series of small cascades through a charming forested area of rolling, wooded, hilly uplands. Please wear boots or sturdy shoes with good tread and adequate ankle support.

Footing: Easy/moderate **Breathing:** Easy/moderate

Approximate Length: 1.5 mile loop

Meet: We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool.

Leader: Larry Larson (603) 357-1921

Wednesday, October 9 | Fitzwilliam: Sip Pond & Chamberlain Point

Encompassing a quarter-mile of frontage on the southern shore of Sip Pond, this Monadnock Conservancy-owned conservation area on the Cheshire Rail Trail provides fantastic wetland and pond views. We'll follow the Cheshire Rail Trail from a new trailhead on Old Turnpike Road to the Ice House Spur trail, where pond ice was once loaded onto rail cars for transport to Boston. The spur leads to the tip of Chamberlain Point, where there are great views across the pond to Gap Mountain and Monadnock. Wildlife abounds here due to the high-quality wetland habitats; be prepared with binoculars, cameras, and field guides. Please note that this trail is still under construction in summer 2019.

Footing: Easy/Moderate **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 9:30 a.m. at the trailhead. From Keene, proceed south on Route 12 through Troy to Fitzwilliam. Continue south on Route 12 past the intersection with Route 119. 4.1 miles after crossing Route 119, turn right on Old Turnpike Road. Continue 0.7 miles on Old Turnpike Road; the trailhead parking is on the right (an old log landing). Carpooling is recommended.

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

Wednesday, October 16 | Alstead: Bascom Maple Farms

This walk will be combined with a tour of Bascom Maple Farms, which is one of the largest producers of pure maple syrup in New England. The Bascom farm is located on 2,200 acres high in the hills of New Hampshire near the Connecticut River where the Bascom family has been producing maple syrup since 1853. Over seven generations the farm has grown to include large maple groves, a major dairy, and other agricultural operations. They have operated commercial syrup production and packing facilities for over 40 years. After the tour we will take a walk on some of the farm trails.

Footing: Easy/moderate **Breathing:** Easy/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 meet us at 9:45 a.m. at Bascom Maple Farms, 56 Sugar House Road, Alstead (note: GPS address: 100 Cranebrook Rd. Langdon NH).

Leaders: John Bunce (603) 847-9037 and Sylvie Rice (603) 209-1362

Wednesday, October 23 | Walpole: Fall Mountain & Table Rock

Fall Mountain looms over the "Great Falls," a natural narrowing of the Connecticut River that gave rise to the dams, water power, and industry that built the village of Bellows Falls, VT. The trail primarily follows a gravel utility road through hardwood forests. Though not an especially long walk, the gradient is unrelenting until reaching the crest of the mountain. Our destination is Table Rock, which offers spectacular views of the Green Mountains, the Connecticut River Valley, and Bellows Falls.

Cheshire Walkers Fall 2019 Schedule

Footing: Moderate **Breathing:** Hard **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 9:35 a.m. at the trailhead. From Keene, proceed north on Route 12 to Walpole, continuing to North Walpole and passing the Green Mountain Railroad yard. Immediately after the State Line Grocery store, turn right on Main Street in North Walpole. Continue 0.2 miles, turning right on Mountain View Road opposite North Walpole Village Park. Follow the winding Mountain View Road past the North Walpole School and through residential neighborhoods to a dead end at about 0.5 miles. Parking is limited, so carpooling is highly recommended. Please do not block private driveways.

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

Wednesday, October 30 | Peterborough: Edward MacDowell Lake Dam

Edward MacDowell Dam is located on Nubanusit Brook. The dam, which was completed in 1950, protects Peterborough and other communities downstream and is part of five flood control dams in the Merrimack River Basin that were built after the devastating floods of 1936 and 1938. Corps Rangers are responsible for the management of the natural resources at the lake. We will walk along the Wetland Wander Trail that offers the opportunity to observe an abundance of bird life in the wetlands lining the road.

Footing: Easy/moderate **Breathing:** Easy/moderate

Approximate Length: 1.6 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 Wilder Street parking lot at 9:30 a.m.

Leaders: Rich and Linda Taylor (603) 827-4105

Wednesday, November 6 | Roxbury: Otter Brook Dam

More than half of Otter Brook Lake's 458 acres are forested with white pine, hemlock, maple, beech, birch, and oak. The open areas are a mix of old fields, wetlands, shrub areas, and the 90-acre lake itself. These varied habitats provide for a diversity of both resident and migratory wildlife. Take in the fine views walking across the dam, and then we will proceed along the lakeside road to the recreation area and back. Boots or sturdy shoes with good tread and adequate ankle support are recommended.

Footing: Easy/moderate **Breathing:** Easy/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 meet us at 9:15 a.m. at Otter Brook Dam (access from the Branch Road in Roxbury, not the Recreation Area off Route 9).

Leader: Marika Stuhlatz (603) 352-0397

Wednesday, November 13 | Keene: Goose Pond Our Inaugural Trek! (20 Years Later)

Please join us to celebrate our 20th Anniversary! The very first walk of the Cheshire Walkers was led by Brian Mattson on September 8, 1999, and was described as follows: *Goose Pond is unique among the City of Keene's landholdings for its wilderness quality. Heron and beaver sightings are frequent. We will walk the woodland path from East Surry Road and around the entire pond. We will also see the recent upgrades to the dam, parking area and trails that have been made this year.*

Footing: Easy/moderate **Breathing:** Easy/moderate

Approximate Length: 1.25 miles

Meet: We will leave at 9:00 a.m. sharp from the Keene Department of Public Works, 350 Marlborough Street to carpool.

Leaders: Andy Bohannon (603) 357-9829 and Brian Mattson

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