Cheshire Walkers
Spring 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.
All are welcome!

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

This Spring we are pleased to partner with the Monadnock Conservancy, Cheshire Historical Society, and the Harris Center 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

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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<tbody>
<tr>
<td>Easy</td>
<td>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.</td>
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<tr>
<td>Moderate</td>
<td>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.</td>
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### Breathing

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Easy</td>
<td>Slightly breathless but able to speak in full sentences.</td>
</tr>
<tr>
<td>Moderate</td>
<td>Somewhat more breathless with conversation limited to short sentences.</td>
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Spring 2017 Schedule

Wednesday, April 26
Stoddard: Walk to Perley Swett’s Cabin
Join us for a walk to Perley Swett’s homestead. His story is told in a book published by the Cheshire County Historical Society, Perley: The True Story of a New Hampshire Hermit was written by his granddaughter, Sheila Swett Thompson. This walk will start at the beautiful Lakefalls Lodge. It is relatively flat out-and-back with elevation for the last tenth of a mile at Perley’s “driveway.”

Footing: Easy  Breathing: Easy
Approximate Length: 1.8 miles

Meet: 9:00 am at the Keene Recreation Center to carpool
Leaders: Don & Joyce Healy, (603) 847-3134

Wednesday, May 3
Westmoreland: Warwick Preserve
Did you know that some of New Hampshire’s most beautiful wildflowers are visible for only a brief window in the spring? These rare “spring ephemerals” thrive in isolated pockets of calcium-rich soil, blooming, capturing sunlight, and disappearing before new tree leaves shade the forest floor. We’ll hunt for trout lily, Dutchman’s breeches and more on The Nature Conservancy’s Warwick Preserve.

Footing: Moderate  Breathing: Moderate
Approximate Length: 1.5 miles

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

Wednesday, May 10
Hiroshi Hayashi Conservation Land Trail
The 1.9 mile Hiroshi Loop Trail gently winds its way through forest, field, and along Nubanusit Brook, and offers a fantastic view of Dinsmore Pond. This walk, on land in Peterborough conserved by the Harris Center, will be guided by Director Emeritus, Meade Cadot, and popular Ledger-Transcript columnist, Francie Von Mertens, who chose this date so we can enjoy returning warblers and spring flowers.

Footing: Easy  Breathing: Easy
Approximate Length: 1.9 miles

Meet: 9:00 am at the Keene Recreation Center to carpool
Leaders: Meade Cadot, Harris Center (603) 525-3394 and Francie Von Mertens, Ledger Transcript

Wednesday, May 17
Nelson: Bailey Brook Loop Trail through Historic Land
Join us for a walk on the new trail near the village on land conserved by the Nelson Conservation Commission some years ago. The trail will explore the old stone dam built to support Asa Wilson’s sawmill in the nineteenth century and the beautiful brook that runs through the property.

Footing: Easy  Breathing: Easy  Approximate Length: 1 mile

Meet: 9:00 am at the Keene Recreation Center to carpool to Nelson Town Center, where we will meet with leader before continuing to trail head.
Leader: Roger Sweet, (603) 847-3463

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/Dartmouth-Hitchcock 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.
Wednesday, May 24
Swanzey: Hewes Hill and the Tippin Rock
Come for the gorgeous views, stay to learn the secret technique for making a massive glacial erratic boulder sway with your bare hands! We’ll walk from a sunny hayfield through a managed forest and on to the top of Hewes Hill, passing the iconic rock along the way.

**Footing:** Moderate  
**Breathing:** Moderate  
**Approximate Length:** 1.8 miles

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

Wednesday, May 31
Walpole: High Blue & Warner Forest
Walpole is known for its farms, but its forests are beautiful, too. This property, owned by the Society for the Protection of NH Forests, features views of the Green Mountains and the highest point in the town, all connected by a trail through rolling forest and fern glades.

**Footing:** Moderate  
**Breathing:** Easy  
**Approximate Length:** 2.5 miles

**Meet:** 9:00 am at the Keene Recreation Center to carpool or call the leader for directions to the trailhead
**Leader:** Ryan Owens, Monadnock Conservancy, (603) 357-0600 ext. 103

Wednesday, June 7
Fitzwilliam: Widow Gage Town Forest
Extensive stone walls and a pretty wetland view characterize this quiet town-owned property. The rolling loop trail overlaps for a short distance with the Metacomet-Monadnock Trail, the long distance connector between our region’s namesake mountain and Long Island Sound.

**Footing:** Moderate  
**Breathing:** Easy  
**Approximate Length:** 1.6 miles

**Meet:** 9:00 am at the Keene Recreation Center to carpool or call the leader for directions to the trailhead
**Leader:** Ryan Owens, Monadnock Conservancy, (603) 357-0600 ext. 103

Wednesday, June 14
Keene: Walk Around Goose Pond
A little gem of a trail hidden in Keene never leaves sight of the water. The City of Keene created Goose Pond in 1868 as an additional water supply but stopped using the water in the 1930’s. The first half mile of the trail is moderate, climbing up to the pond. Your feet may get a bit wet when crossing the dam.

**Footing:** Easy to Moderate  
**Breathing:** Easy  
**Approximate Length:** 1.6 miles

**Meet:** Keene Recreation Center at 9am to carpool
**Leader:** Dan Most (603) 357-2877

Wednesday, June 21
Brattleboro: Brattleboro Retreat
Join us for a walk along the Brattleboro Retreat trails. We will meander up to the Retreat Tower which was built by the patients of the Vermont Asylum (now the Brattleboro Retreat) in 1887. At the time, doctors believed that hard, meaningful labor could help mental patients regain their stability, so they were put to work building this large stone tower, as a scenic overlook of the Asylum grounds.

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

**Meet:** Keene Recreation Center at 9am to carpool
**Leader:** Barbara Coffin (802)-254-5731

Wednesday, June 29
West Chesterfield: Hike Along the Connecticut River
Grab a friend and meet us in West Chesterfield as we take a scenic hike along the river enjoying the gorgeous views of Vermont and the entire tri-state region.

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

**Meet:** 9:00 am at the Keene Recreation Center to carpool or meet at 9:30 am at the parking lot in Chesterfield just before the green bridge on Route 9 heading into Brattleboro, VT. Take the left hand turn just before the bridge and follow the dirt road to the end. Plenty of parking.
**Leader:** Dan Most (603) 357-2877

For more information, call (603) 354-5454 x2791.