

# 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.



**Cheshire Medical Center**  
Dartmouth-Hitchcock

### 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	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. Hiking poles are recommended, depending on footing conditions.	<b>Easy</b> Somewhat more breathless with conversation limited to short sentences.

# Cheshire Walkers

## Wednesday, April 5

### Keene: Rail Trail over the North Bridge

Join us as we kick off our spring walks by walking over the North Bridge traveling north towards the beautiful Keene Country Club.

**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 Kohl's parking lot.

**Leader:** Leslie Crossmon, (603) 352-4079

## Wednesday, April 12

### Keene: Main Street History Walk

Journey into the 18th century as you walk from the Historical Society of Cheshire County along Lower and Upper Main Streets in Keene. Learn about Keene's fort and first meeting house. Imagine the chaos and trauma that pursued after a raid of Native warriors attacked the town, as you stand in the same spot as those who were scalped or captured during this tumultuous time in the 1740s. Stand in the spot where area minutemen answered the news of Lexington and Concord and the beginning of the American Revolution in 1775.

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

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

## Wednesday, April 19

### Chesterfield: Cellar Holes

Though our region is mostly forested today, those trees hide evidence of a rich agricultural history that faded more than a century ago. Stone walls crisscrossing the woods remind us that the area was once almost entirely open fields and pastures, and cellar holes mark the abandoned sites where families once eked out a living. Join us to explore just such an old farmstead, which includes a cellar hole, cemetery, and the remains of several agricultural structures.

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

**Meet:** 9:00 am at the Keene Recreation Center to carpool or call the leader for directions to the trailhead

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

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



# 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.

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## Spring 2017 Schedule

**Health +  
Wellness**  
Living healthier together.

**Senior  
Connections**

### 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 (Depending on recent rainfall)

**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.**



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Dartmouth-Hitchcock