

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
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. 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 mostwalks, 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, April 4

Keene: CB Jacob’s Famous Barry Faulkner Walking Tour

Keene native Barry Faulkner was one of the foremost mural artists of the 20th century. His works are on the walls of public and private buildings from Rome, Italy to Salem, Oregon. His great nephew, Carl (CB) Jacobs Jr, will lead us on a walking tour to visit his works, including two at the Historical Society (The Advent of the Railroad, 1848 and Intelligence Awakening Mankind), Central Square, Keene Public Library, and Keene State College.

Footing: Easy Breathing: Easy Approximate Length: 1 mile

Meet: 9:00 am at the Historical Society of Cheshire County (246 Main Street). Parking is available behind the Historical Society.

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

Wednesday, April 11

Gill MA: Barton Cove

Barton Cove is the site of ancient waterfalls, nesting bald eagles and dinosaur footprint quarries. Join Kim Noyes, Education Coordinator at Northfield Mountain, for a leisurely two mile walk combining exercise and learning about the rich natural, geological and local history of this peninsula in Gill, MA. The terrain is relatively flat, however short sections of the trail (less than ¼ mile) are on a rocky footpath. Wear sturdy shoes and bring binoculars if possible.

Footing: Moderate Breathing: Easy Approximate Length: 2 miles

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or 9:30 or at the Barton Cove Day Use Picnic Area – Barton Cove Road, Gill, MA (physical address for GPS), follow paved road from Route 2 to parking area. Directions: Please note that there are two entrances into Barton Cove. We will be meeting at the furthest east entrance. Follow the paved road leading into a parking lot where the program will begin. From the west: from Route 91 take exit 27 (Route 2 East) and travel 3.7 miles (and go through two stoplights, 0.9 miles after the second light). Barton Cove (wooden sign) will be on your right (¾ mile past the Barton Cove Recreation Area wooden sign). From the east: traveling west on Route 2, Barton Cove (wooden sign) is on your left, 2.4 miles past the French King Bridge which crosses the Connecticut River.

Leader: Kim Noyes, Education Coordinator, FirstLight Power, (413) 659-4462

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.

Spring 2018 Schedule

Wednesday, April 18

Keene: Robin Hood Park

Join us for a walk through Robin Hood Park and Forest, past the reservoir and through the woods. The park wasn’t always as it is today—in 1872, a dam was constructed to form the reservoir. During the winters, the City Ice Company would cut the ice at the reservoir and store it in sawdust for use in refrigeration in the summer. A second reservoir was built a few years later to handle the additional water supply from Roxbury. Built of granite, it was known as the Octagon Reservoir because of its shape. Later, during the depression, Works Progress Administration crews transformed it into an amphitheater.

Footing: Moderate Breathing: Moderate, some uphill Approximate Length: 3 miles

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or 9:15 am at Robin Hood Park, 366 Reservoir St., Keene.

Leaders: Marika Stuhlsatz (603) 352-0397 & Larry Larson (603)357-1921

Wednesday, April 25

Roxbury: Babbidge Reservoir

We will walk along scenic Dakin Road to look at the reconstruction of the Babbidge Dam, which holds back a pond of about 30 acres. The original dam was built in 1931 when the expanding city of Keene needed more water. We will also visit an old rock quarry along the way. Wear boots as there may be some wet spots along the way.

Footing: Easy/Moderate Breathing: Easy/Moderate Approximate Length: 3 miles (round trip)

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool, or at 9:15 at the Roxbury Town Hall, 3 Middletown Rd, Roxbury. Carpooling is recommended as parking is very limited at the entrance to Dakin Road.

Leaders: Marika Stuhlatz (603) 352-0397 & Larry Larson (603)357-1921

Wednesday, May 2

Richmond: Monument Road

Join us for a walk along Monument Road to see the monument commemorating the birthplace of Eliza Ballou Garfield, mother of the 20th U.S. president, James A. Garfield. This walk is about 3/4 of a mile but still relatively easy. Should the weather be slightly rainy the walk 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: 1.5 miles

Meet: 9:00 am at the Keene Department of Public Works to carpool or 9:30 am on Monument Rd in Richmond. Directions: Take Rte 32 to Rte 119. Travel east on Rte 119 and turn right on Monument Rd approximately one mile south to where it becomes an ATV/hiking trail. Carpooling is recommended.

Leader: Jerry Mills, Richmond Historical Society (239-8807)

Wednesday, May 9

Chesterfield: Madam Sherri’s Castle

This walk, with a bit of flamboyant history, will take us to the ruins of Madame Sherri’s Castle in Chesterfield. We will continue past the ruins to the Anna Stokes Trail that will take us by Indian Pond. Note: Insect repellent is highly recommended.

Footing: Moderate/Strenuous (woods path with some steep sections) Breathing: Moderate/Strenuous Approximate Length: 2 miles round trip

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:30 at the NH State Liquor Store on the left of Rte 9W, just before the bridge over the Connecticut River.

Leader: Iva Wood (603) 239-4045

Wednesday, May 16

Keene: Keene State College Arboretum Walk

Bud Winsor will lead us on a walking tour to learn about the rich history of the trees at Keene State College. Highlights include an impressive dawn redwood located on the quad as well as several ginkgo trees (of Chinese origin) that can be found in front of the art gallery and media arts buildings. There are also many trees dedicated to honor faculty, staff and students, including members from the Keene State community who lost their lives during World War II.

Footing: Easy Breathing: Easy Approximate Length: 1 mile

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or at 9:15 at the Keene State College visitor’s parking lot on Wyman Way.

Leader: Bud Winsor, Assistant Director of Grounds, Keene State College (603) 358-2702

Wednesday, May 23

Sharon: Town Line Brook Conservation Area

Join Dave Butler for a walk at this conservation land on the Peterborough/Sharon town line. We will walk along well-established woods roads and trails through a mixed forest, passing two cellar holes. his property includes an impressive red pine plantation.

Footing: Moderate Breathing: Moderate Approximate Length: 2.5 miles

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or at 9:30 am at the large pull-out on Rt. 123 at the Peterborough/Sharon town line, 1.6 miles from Rt. 101. Carpooling is recommended.

Leader: Dave Butler (603) 472-5608

Cheshire Walkers Spring 2018 Schedule

Wednesday, May 30

Rindge: Cathedral of the Pines

We will walk down hill to Grassy Pond and then wander through the forest back to the Cathedral. We'll take time to enjoy the flowers, music, and the museum. The view of Monadnock is outstanding.

Footing: Easy **Breathing:** Easy

Approximate Length: 1.5 mile

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:30 at Cathedral of the Pines, 10 Hale Hill Road, Rindge, NH 03461. Directions: Turn left onto Route 119 in Fitzwilliam. Travel 5.4 miles on Route 119 East to stoplight intersection with Route 202. Continue through stoplight 1.5 miles to first blinking yellow light intersection then turn left onto Cathedral Road. Continue approximately 1.5 miles to the Cathedral of the Pines entrance on the left.

Leader: Larry Larson (603) 357-1921

Wednesday, June 6

Jaffrey: Monadnock Branch Rail Trail

The Jaffrey Rail Trail from Webster St. to County Lake Rd is an easy-going walk along the beautiful Contoocket River. Hopefully the abundant lady slippers that grow along the trail will be in full bloom! We will walk at our own pace for 45 minutes and then turn around to go back to our starting point.

Footing: Easy **Breathing:** Easy

Approximate Length: Up to 2.4 miles/4.8 roundtrip

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:30 at the trailhead in downtown Jaffrey Directions: from the junction of Routes 124 & 202 in Jaffrey, head north on Route 202. Turn right on Webster Street and park next to the trailhead by Legion Field.

Leader: Sylvie Rice (603) 209-1362

Wednesday, June 13

West Brattleboro VT: Bonnyvale Environmental Education Center

Join us for a walk at the Bonnyvale Environmental Education Center. We will wonder on trails through woods and fields, with a very nice hill-top view. There will be a few very short steep sections on the trail.

Footing: Moderate **Breathing:** Moderate

Approximate Length: 1 miles

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or 9:30 at the Bonnyvale Environmental Education Center, 1223 Bonnyvale Road, West Brattleboro, Vermont Directions: From Exit 2 off Interstate 91, take Route 9 (Western Avenue) west 1.2 miles. Bonnyvale Road will be on the left. Take Bonnyvale Road 2.2 miles. When you go over the crest

of a very steep hill (Danny's Nub), look for the BEEC sign in front of a white farmhouse. BEEC is the third drive on the right after the crest of the hill. Please park in the parking area below the BEEC sign.)

Leader: Patti Smith, Bonnyvale Environmental Education Center (802) 257-5785

Wednesday, June 20

Walpole/Alstead: Distant Hill Gardens & Nature Trail

Ryan and Michael will lead us on a tour of the beautiful Distant Hill Gardens & Nature Trail. The entire 58-acre property was designed, built, and maintained by Michael and Kathy Nerrie. The walk will begin with an exploration of the new Distant Hill Nature Trail, a mile-long wheelchair-accessible trail just east of the gardens. The trail winds through a hemlock/beechn forest with several unique wetlands, including five vernal pools and a forest seep. There is also a short boardwalk over an uncommon quaking cranberry bog. After walking the nature trail we will tour the beautiful gardens, the milkweed meadow, some of the many woodland paths, and the new Distant Hill Geology Trail if we have time. You are welcome to bring your lunch and picnic in the gardens after the walk.

Footing: Easy **Breathing:** Easy

Approximate Length: 2 miles

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or at 9:30 at Distant Hill Nature Trail, 66 March Hill Road, Alstead. Carpooling is recommended.

Wednesday, June 27

Guilford VT: Forest Carriage Trail

The Forest Carriage Trail is suitable for all who enjoy walking. This newly-opened (July 2016) trail is on an old carriage road that once led to the Guilford Mineral Springs. It is short, smooth, level, and shaded. There are benches along the trail for those who may want to take a brief rest.

Footing: Easy **Breathing:** Easy

Approximate Length: 0.8 miles

Meet: 9:00 am at the Keene Department of Public Works, 350 Marlborough Street to carpool or meet at 9:30 at the Guilford Free Library. The trail head is on Carpenter Hill Road, across from the one-room schoolhouse.

Leader: Sylvie Rice (603) 209-1362

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Cheshire Walkers Spring 2018 Schedule

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



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PLEASE NOTE: We have a new carpool meeting place. See inside for details.

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



Cheshire Medical Center
Dartmouth-Hitchcock

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