

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.

Cheshire Walkers Spring 2019 Schedule

Wednesday, April 3 | Keene: Wheelock Park --Appel Way Trail

The Appel Way Trail is a paved bike path connecting Wheelock Park to Court Street. Depending on trail conditions we may extend this walk by taking the Jonathon Daniels Trail along the Ashuelot River to Ashuelot Park.

Footing: Easy Breathing: Easy/Moderate Approximate Length: 2.5 miles round trip (or 4.5 miles round trip if we walk to Ashuelot Park)

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 Wheelock Park (at the parking area near the swimming pool).

Leader: Sylvie Rice (603) 209-1362 (cell)

Wednesday, April 10 | Chesterfield: Chesterfield Gorge

We will walk along the 0.7 mile loop trail leading to the falls and cascades as Wilde Brook flows through Chesterfield Gorge. Although this walk is not very long, there are several steep sections with uneven footing, so we will take our time. Please bring your hiking poles! Note: if there is still snow/ice at the Gorge we will walk in west Keene from Kohl's parking lot onto the Rail Trail and over the North Bridge.

Footing: Hard Breathing: Moderate/Hard Approximate Length: 0.75 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 9:15 a.m. at Chesterfield Gorge, 1823 Route 9, Chesterfield.

Leaders: Sylvie Rice (603) 209-1362 (cell) and Carolyn Crane (603) 218-9455

Wednesday, April 17 | Keene: Industrial Heritage Walk

Learn about the impact of the railroad on Keene after its arrival in 1848 and about the many industrial firms that were located along the tracks in the downtown area. We will walk from Water St. to Island St, along the rail trail.

Footing: Easy Breathing: Easy Approximate Length: 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.

Leader: Alan Rumrill, Cheshire County Historical Society.

For more info: contact the Society at (603) 352-1895

Wednesday, April 24 | Gill, MA: Barton Cove

If you missed this walk last year, here is your chance to see the bald eagles! Barton Cove is the site of ancient waterfalls, nesting bald eagles and dinosaur footprint quarries. Join Kim Noyes for a leisurely 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. We plan to meet for lunch after the walk if you would like to join us!

Footing: Moderate Breathing: Easy Approximate Length: 2 miles

Meet: 9:00 a.m. at the Keene Department of Public Works, 350 Marlborough Street to carpool or 9:40 at the Barton Cove Day Use Picnic Area – Barton Cove Road, Gill, MA (physical address for GPS), follow the

paved road from Route 2 into a parking lot where the program will begin. There are two entrances into Barton Cove - we will be meeting at the furthest east entrance. From west: from Route 91 take exit 27 (Route 2 East) and travel 3.7 miles (go through two stoplights, 0.9 miles after the second light). Barton Cove (wooden sign) will be on your right (¼ mile past the Barton Cove Recreation Area wooden sign). From east: traveling west on Route 2, Barton Cove (wooden sign) is on your left, 2.4 miles past the French King Bridge, crossing the CT River.

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

Wednesday, May 1 | Gilsum: Porcupine Falls

Porcupine Falls, on Gilsum's White Brook, is the centerpiece of the Monadnock Conservancy's flagship John and Rosemarie Calhoun Family Forest. This welcoming trail features artisanal stone staircases, a stone couch, and beautiful wood bridges as it winds its way to the boulder-framed falls. In contrast to past visits, we'll traverse a new and longer trail that leads from a trailhead on Route 10.

Footing: Moderate/Hard Breathing: Moderate Approximate Length: 2.75 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 9:25 a.m. at the trailhead. From Keene, proceed up Washington Street to Route 9 east. Turn north on Route 10 and proceed approximately 5.5 miles to the trailhead driveway on the right. A Monadnock Conservancy sign marks the turn, which is about 0.25 miles after the Gilsum Stone Arch Bridge at Surry Road. Do not park at the White Brook Road trailhead. Carpooling is highly recommended.

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

Wednesday, May 8 | Lempster: Wind Farm

The first modern, commercial-scale wind farm in the state, the Lempster Wind Power Project is a 24-megawatt wind farm, opened in 2008. The farm is located on privately owned land and is home to one of the most wind-rich areas in New Hampshire. The Lempster Wind Power Project produces enough clean energy on average to power approximately 10,000 New Hampshire homes and offsets carbon dioxide emissions equivalent to taking 5,700 cars off the road each year. We will walk along the paved access roads under the Turbines. Please dress for windy conditions!

Footing: Easy Breathing: Easy/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 9:45 a.m. at the Wind Farm. Carpooling is highly recommended as this is a 45 minute drive from Keene. Check your e-mail before the walk, or call Sylvie at 353-5454, ext. 2791 for more details.

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

Wednesday, May 15 | Hancock: Harris Center East Side Trails

Rich Taylor will lead us on a walk along the Harris Center's east side trails through cool hardwood and hemlock forests. We will start on the Dandelyon Trail and walk past an array of huge glacial boulders to the Boulder Train Loop Trail to the Channing Trail and then back to the parking area along King's Highway. Walking poles and boots with sturdy ankle support and good tread are recommended.

Footing: Moderate Breathing: Moderate/Hard Approximate Length: 3 miles

Meet: 9:00 a.m. at the Keene Department of Public Works, 350 Marlborough Street to carpool or meet us at 9:45 a.m. at the Harris Center for Conservation Education, 83 King's Highway, Hancock.

Leader: Rich Taylor (603) 827-4105

Wednesday, May 22 | Keene: Keene State College Wildlife Management Area

Join Bud Winsor on a walk through the Wildlife Management Area located along the banks of the Ashuelot River. A plethora of wildlife co-exists on this landscape and includes everything from snowy owls and egrets, to red-winged blackbirds, rabbits, and deer. This is an easy one mile walk with the option of an additional self-guided rail trail walk. Boots or sturdy shoes with good tread and adequate ankle support are recommended. Note: If the trail conditions are too wet we will move the walk to the main Campus for a tour of the Keene State Arboretum.

Footing: Easy Breathing: Easy Approximate Length: 1 mile

Meet: We will leave at 9:00 a.m. sharp from the Keene Dept. of Public Works, 350 Marlborough Street to carpool or meet us at 9:15 a.m. at the parking Area for the KSC Athletic Fields at the end of Krif Road.

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

Wednesday, May 29 | Marlow: Kroka

Kroka Expeditions (www.kroka.org)—Where Consciousness Meets Wilderness—is a non-profit wilderness expedition school based on a year-round, organic farm in Marlow. Kroka welcomes visitors to its network of public trails on the Marlow campus. We'll explore the property, visiting a beaver pond and Porcupine Cliffs, and seeing some of the rustic structures that camp participants call home in all seasons.

Footing: Moderate/Hard Breathing: 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 9:35 a.m. at the trailhead. From Keene, proceed up Washington Street to Route 9 east. Turn north on Route 10 and proceed approximately 12.4 miles to Marlow Village. Turn left onto Route 123 west and proceed 3.2 miles to Kroka on the left. Trailhead parking is on the left, about 0.2 miles after the main cluster of buildings; look for a prominent trailhead sign. Carpooling is highly recommended.

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

Cheshire Walkers Spring 2019 Schedule

Wednesday, June 5 | Peterborough: Cranberry Meadow Pond Trail

A partnership between the Monadnock Conservancy, the Peterborough Conservation Commission, and several generous private landowners, the Cranberry Meadow Pond Trail connects adjacent trails east of downtown Peterborough to provide a hiking route from downtown to the summit of Pack Monadnock. On this trip, we will walk from the trailhead on Old Street Road to the pond and back, crossing wetland boardwalks and following a woodland stream.

Footing: Moderate/Hard **Breathing:** Moderate/Hard **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 9:35 a.m. at the trailhead. From Keene, head east on Route 101 through Peterborough, crossing Route 202 and continuing uphill. About a mile after the intersection with 202 south, turn left on to Old Street Road opposite the turn for Route 123 south. The trailhead is about 0.1 miles ahead on the right. Park along the side of the road and look for a kiosk. Carpooling is highly recommended.

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

Wednesday, June 12 | Winchester: Pisgah State Park: Parts of Snowbrook Trail, Jon Hill Road and Orchard Trail

Iva will lead us on a walk at Pisgah State Park. We will start on Jon Hill Road which is very walkable even though the pavement is somewhat broken up and then take a right onto Orchard Trail through the woods and past a small pond, then east onto Snowbrook Trail (also a woods trail) and back to Old Spofford Road. The woods trails are a bit uneven with some rocks and minor elevation changes. Be sure to wear sturdy shoes with ankle support and bring your walking poles and bug spray.

Footing: Moderate **Breathing:** Moderate **Approximate Length:** 2.5 miles or less

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 trailhead on Old Spofford Road. Carpooling is highly recommended.

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

Wednesday, June 19 | Dummerston VT: Elysian Hills Tree Farm

We will start with a walk through the woods at the Elysian Hills Tree Farm, and then meet up with Bill Schmidt around 11:00 a.m. (Bill and his wife Mary Lou continue to live on the farm after it was purchased by Walker Farm in 2014). Bill will then lead us on a guided tour past the stone trees and a circular stone cemetery, and a site

along the main woods trail where a wind storm uprooted and broke almost a dozen pine, hemlock and black birch trees. Time permitting, the tour will continue along the entrance section to East Knapp Rd, where there are 33 different trees in the quarter mile between the house and mail box. Please join us for lunch at the Marina Restaurant in Brattleboro after the walk.

Footing: Easy/Moderate **Breathing:** Easy/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 Elysian Hills, 223 Knapp Rd., Dummerston VT. From Keene, take Route 9 west to Brattleboro to the round-a-bout and head north on Route 5 for about a mile. Take Middle road on the left for about 1.5 miles. Take a right onto Tucker Reed Road and continue for 0.5 miles to the top of the hill. The sign will be on the left.

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

Wednesday, June 26 | Antrim: McCabe Forest

The McCabe Forest has an easy, rolling terrain with a several loop trails that lead to the banks of the Contoocook River and through spacious pine groves and flood-plain meadows. Keep an eye out for great blue and little green herons, otters, and turtles (and mosquitos) that live along the Contoocook River. Waterproof footwear is recommended as sections of the trail may be muddy.

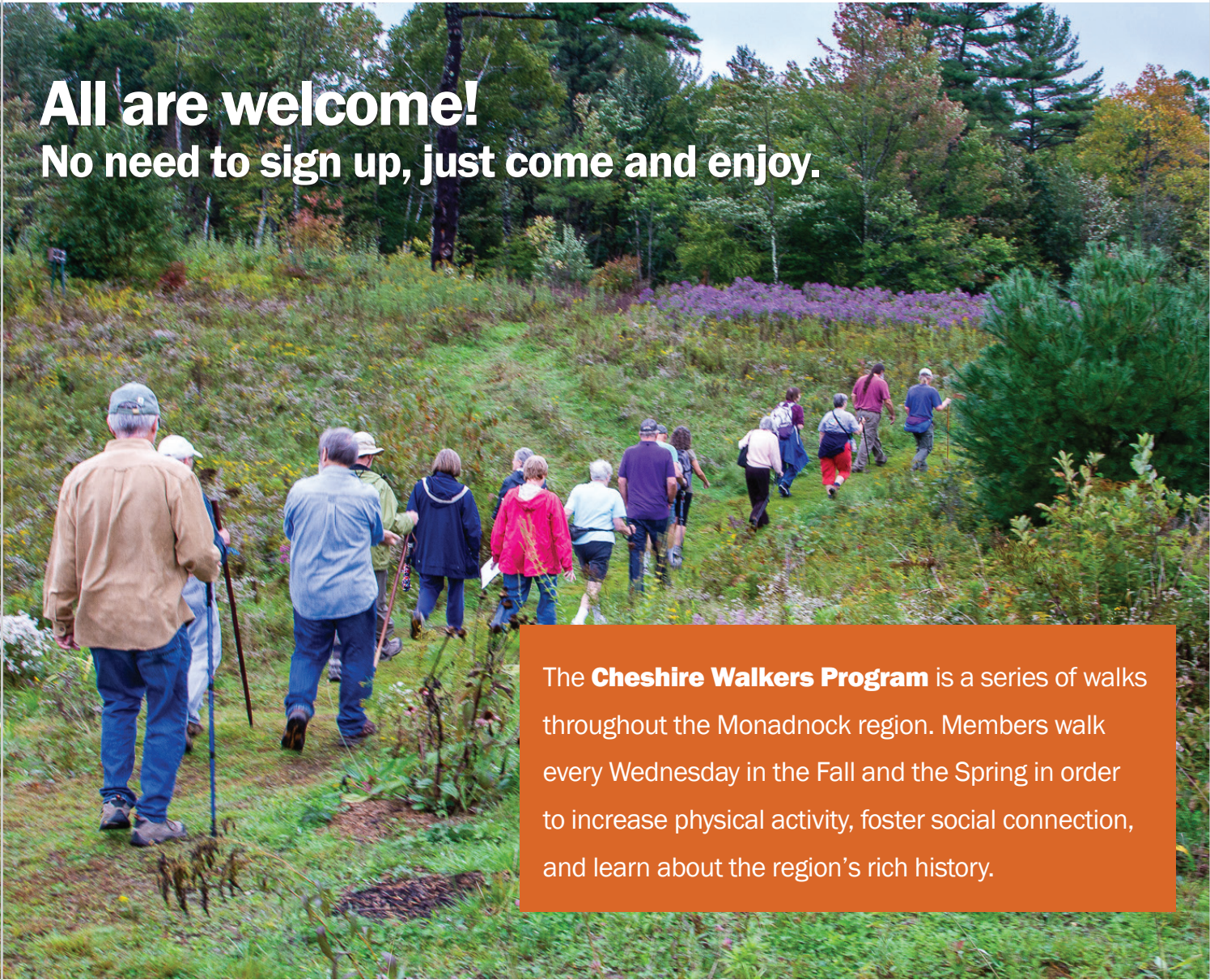
Footing: Easy/Moderate **Breathing:** Easy **Approximate Length:** 2 miles

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 9:45 a.m. at the trailhead. Trailhead and parking area are on Rt. 202 in Antrim, NH. The parking area is 0.9 miles north of where the combined Rt. 31/Rt. 202 splits in the center of Antrim. There are three trailheads with signs for the McCabe Forest. Park at the northernmost and largest parking area, located next to a small garage. Carpooling is highly recommended as parking is limited to about 8 cars.

Leader: Larry Larson (603) 357-1921

Cheshire Walkers Spring 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

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