



TROOP FIVE
BOY SCOUTS OF AMERICA
(<http://www.troop5.net>)

HISTORIC MOUNT WASHINGTON HIKE



LOCATION: White Mountain National Forest, New Hampshire

DATE: Friday - Monday, June 25- 28th, 2010.

TIME: Be at the Church parking lot prepared for a 12:00 noon departure on Friday, June 25th. We need to leave as a group so that we will arrive in New Hampshire at approximately the same time - *so don't be late!*

TRANSPORT: You must call or email the trip's adult sponsor, Joe Landy (jlandy@warburgpincus.com or home: 771-8212) to arrange rides. If we have a full contingent of 25 for the trip, we will need 5 adult drivers to join the group.

LODGING: The lodges are maintained by the Appalachian Mountain Club. They provide breakfast and dinner, typically in a buffet style. The only thing that is necessary to pack for sleeping is a sheet and a pillow case – blankets are provided. The telephone number is open 24 hours and is 603-278-HIKE.

Accommodations are as follows:

- Friday, 6/25: Highland Center Lodge
- Saturday, 6/26: Mizpah Spring Hut
- Sunday, 6/27: Lake of the Clouds Hut

COSTS: **\$300 per adult and \$175 per scout.** As a reminder, this cost includes three nights of lodging, breakfast and dinner.

FOOD: The only foods we will need to pack are lunches and trail snacks for the three days.

GEAR: The object is to pack as lightly as possible but to bring everything that is necessary for the hike. A recommended list of "What to Bring" is attached. We will talk about this as we get closer to the trip.

DIRECTIONS: See attached.

MERIT BADGE: We will cover a number of steps toward the hiking merit badge on this trip.

NOTE: *We are currently limited to 25 on this trip, so we need to know who will be participating no later than March 31st. Spots will be offered up on a first come first served basis. In addition, please note we will be inviting all of the Webelos who expect to crossover in mid-March who will be part of Troop 5 by then.*

SIGN UP NOW OR YOU'LL MISS OUT ON ALL OF THE FUN!!!!

TRIP DESCRIPTION:

Our historic trip this year will be a 3-day hike from June 25 - 28 through the Presidential Range in the White Mountains of New Hampshire that will include a trek to the top of Mt. Washington. Mount Washington is the only peak in the Northeastern United States which exceeds 6,000 feet in elevation.

One of the special features of this hike is that we will be staying and eating breakfast and dinner in the huts that are run by the Appalachian Mountain Club. Consequently, we do not have to carry large packs, sleeping bags, equipment or a lot of food. For those scouts who make the trip, they can continue to work on various parts of the Hiking Merit Badge.

Mount Washington

Mt. Washington has attracted visitors since 1642. People visit Mt. Washington for various reasons – to ride a coal-burning steam (or new bio-diesel) locomotive up a mountain, to test themselves against a physical challenge, to enjoy grand mountain scenery, to experience remarkable weather, to view "dwarf" flowers and other unusual vegetation, and to enjoy the companionship of family and friends in the outdoors. Each year about 250,000 people visit the peak.

Perhaps the range's most remarkable feature is its extensive area above the tree line, the greatest contiguous alpine area in the United States east of the Mississippi. The tree line, which averages about 4,500 feet, is significantly lower than it is in the Western mountain ranges, thanks to the extreme climatic conditions, including cold temperatures, high winds, and frequent atmospheric icing. These unusual conditions have led to a fascinating landscape, seemingly barren, but decorated with low spruce, fir scrub and a variety of alpine plants, whose bright blooming usually occurs in the brief period from mid-June to late July when we will be hiking.

Mount Washington is considered by some to be "The Home of the World's Worst Weather," due to its combination of cold temperatures, heavy snows, dense fog, frequent icing, and high winds. During a wild April storm in 1934, a wind gust of 231 miles per hour pushed across the summit of Mount Washington. This wind speed still stands as the highest wind gust ever recorded on the surface of the earth. We aren't going to experience this kind of weather in late June, but we will still need to prepare for chilly evenings at elevation.

In total, we will hike to the summits of seven mountains: Webster, Jackson, Pierce, Eisenhower, Franklin, Monroe and Washington. This will give everyone a great taste of the Presidential Range, which we will only have hiked a portion of during this trip.

Itinerary:	
Friday, June 25th	Depart Bronxville by 12:00 pm and arrive at the Highland Center at Crawford Notch in the mid-afternoon (approx. 5 ½ hour drive). Highland Center is where we will be bunking for the evening and where we will eat dinner (served family style from 6-9 pm).
Saturday, June 26th	Eat buffet breakfast at 6:30-7:30 am before departing for trailhead. We will be hiking to the Mizpah Spring Hut (elevation 3,800 feet) via the Webster Branch of the Webster Jackson Trail to the summits of Mount Webster. We will then take the Webster Cliff Trail over Mount Jackson to the Mizpah Spring Hut (Total Distance: 5.6 miles, Elevation Gain: 2,400 feet, Estimated Time: 4:00 hours). Dinner will be served family style at 6:00 pm.
Sunday, June 27th	We will eat breakfast at 7 am and then get an early start to the Lake of the Clouds Hut (elevation 5,012), which is the highest of the huts, and is located at the base of Mount Washington. The basic route we will take is to follow the Webster Cliff Trail to its end, then take the Crawford Path to the Lake of the Clouds (Total Distance: 5.09 miles; Elevation Gain: 1,233 feet; Estimated time: 3:45 hours). We will climb to the summits of Mount Pierce, Mount Eisenhower, Mount Franklin and Mount Monroe on this leg of the trip. Assuming the weather is good when we arrive at the Lake of the Clouds and after we have checked in, we will eat lunch and then begin our hike for the summit of Mount Washington by 1:30 pm (Total Distance: 3.0 miles roundtrip; Elevation Gain: 1,300 feet; Estimated time: 3:00 hours). We will need to be back at the Lake of the Clouds by 6:00 pm sharp for a family style dinner.
Monday, June 28th	Family style breakfast at 7 am. We then depart via Tuckerman's Ravine route (Distance: 4.6 miles; Elevation drop: 3,450 feet; Estimated time: 4:00 hours) for our return trip to the cars. This trail is wild and beautiful and would be a great finale for our hike.

WHAT TO BRING:

Even if it feels like summer time in the valleys, it can be winter like on the high peaks. It's best to wear a synthetic layer closest to your skin to wick away moisture from perspiration. Avoid cotton, dress warmly in layers, protect yourself from the wind and sun, drink plenty of water and eat high-energy snacks. We will obviously refine the list below as we get closer to the trip.

Be sure to wear or bring the following:

- Synthetic or wool base layer – t-shirt, or underwear tops and bottoms
- Synthetic or wool long pants – zip off pants that convert to shorts are popular during the summer months
- Wool sweater or synthetic pile jacket
- Wool hat or cap
- Gloves or mittens
- Bandanna or handkerchief
- Wind and rain gear – light or lined windbreakers are better than ponchos in strong winds
- Extra socks
- Sturdy boots

Other Food and Gear Checklist

- First-aid kit (Need at least one for the entire group)
- Waterproof matches
- Whistle
- Knife
- Guidebook, trail map, and compass
- High-energy food and snacks (3 days)
- Two quarts (per person) and water treatment system(s) within the group
- Flashlight or headlamp with fresh batteries
- Sunscreen and Insect repellent
- Plastic trash bags
- Sheet and pillowcase for sleeping
- Camera
- Notebook and pencil

Directions:

From New York City (and Hartford, Conn., or western Massachusetts):

1. Take Interstate 95 North (Connecticut Turnpike) to Interstate 91 North (by New Haven, Conn.).
2. Take Interstate 91 North to Route 302 East (Exit 17 in Vermont).
3. Take Route 302 East to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

Approximate driving times and mileage to Crawford Notch
Times may vary greatly depending on driving style, traffic, and road conditions. But here are some approximations to offer a bit of guidance:

- From Boston, 160 miles, three hours.
- From New York City, 370 miles, seven hours.
- From Montreal, 190 miles, four hours.