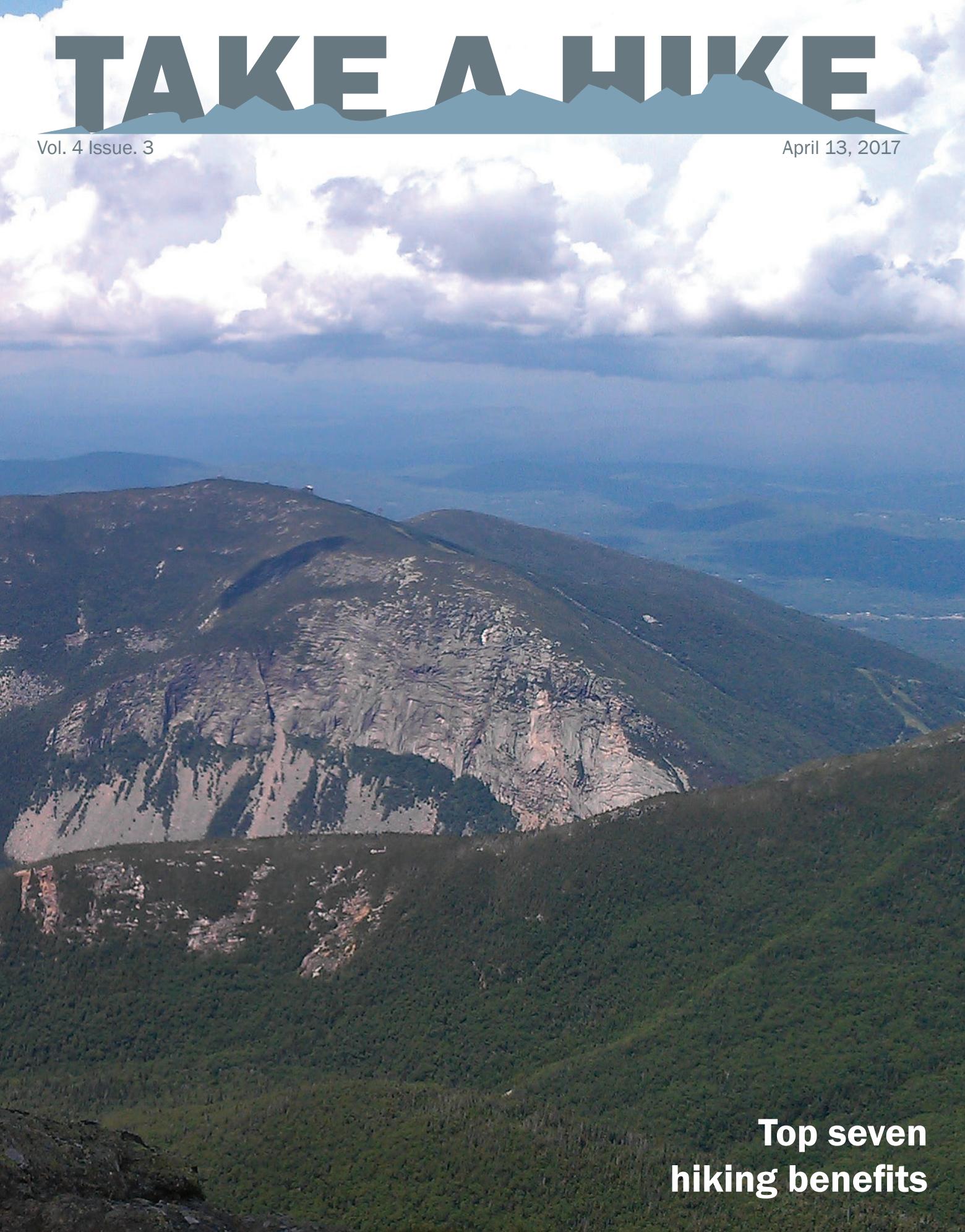


# TAKE A HIKE



Vol. 4 Issue. 3

April 13, 2017

**Top seven  
hiking benefits**

Since the infancy  
of the outdoor movement,  
We've been doing what we do  
for the dreamers,  
the outcasts,  
and the dirtbags.

We do it because  
we believe in it.  
We believe in the weirdos,  
the thrill seekers,  
and the wanderers that call  
every inch of this earth home.

We do it to  
keep the dreamer alive.

# Keep The Dreamer Alive!

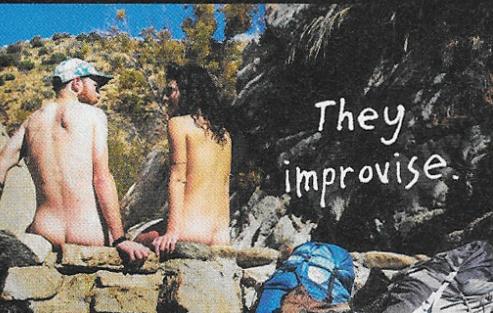


=gregorypacks.com=

When dreamers  
find a hot spring...



But forget  
the swimsuits...

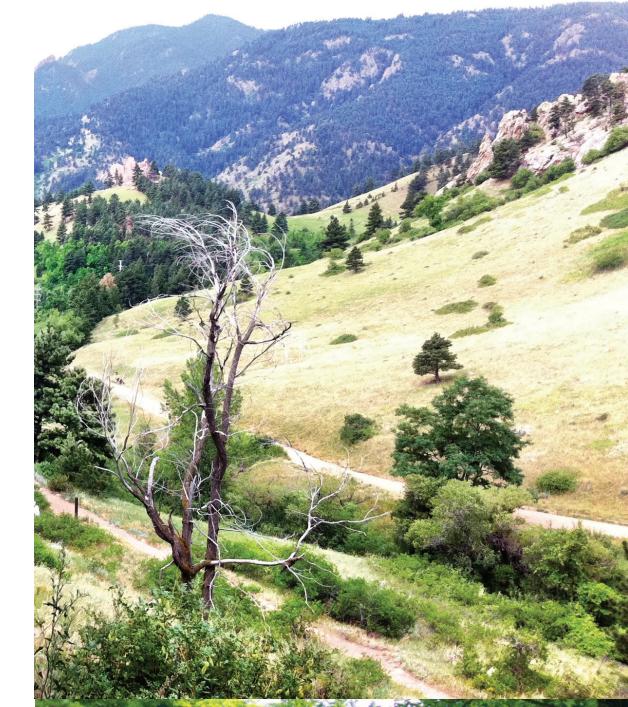


They  
improvise.

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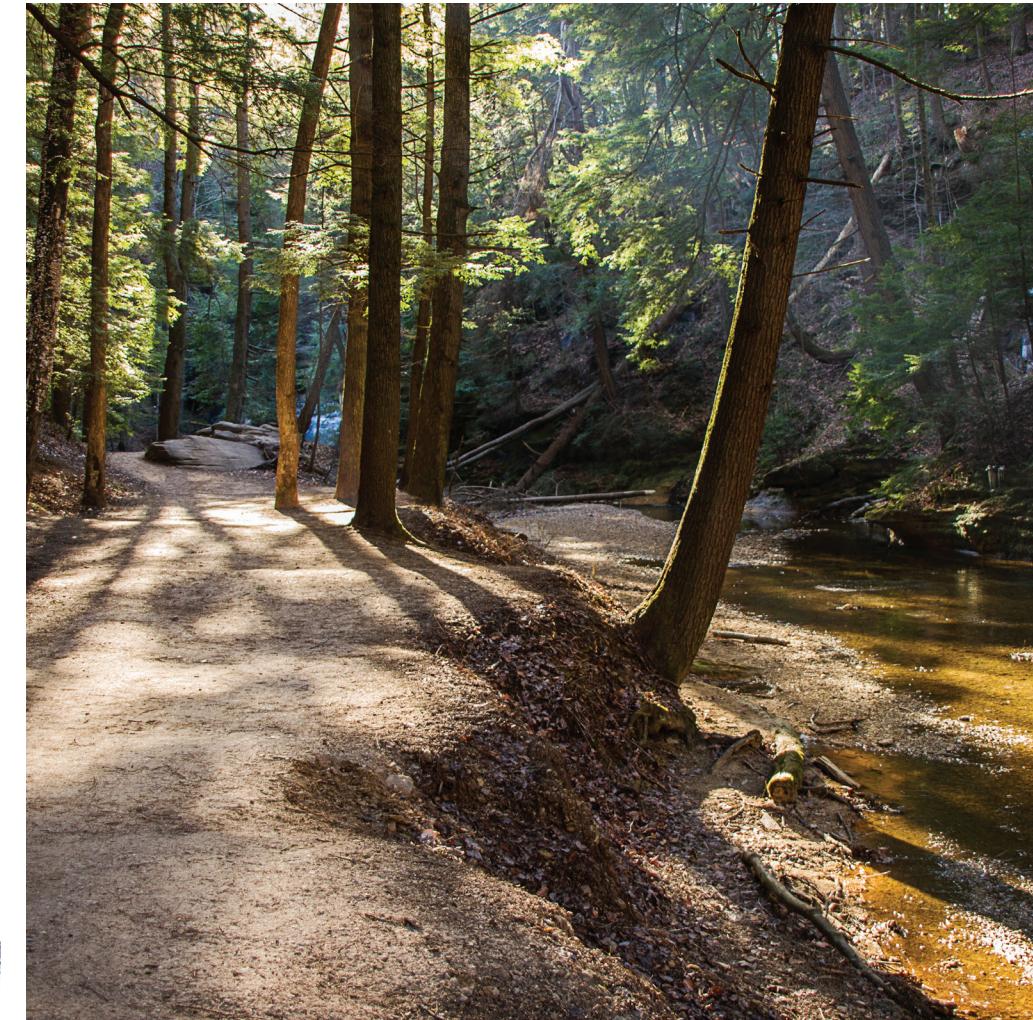
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# Letter from the editor

I choose to do this magazine on hiking, because I have actually never really been hiking up a mountain. How I got interested in this is because I like to go walking or running in trails in the woods. I just love the feeling of being alone with nature and being able to just listen to the birds. Also being able to see animals that I would not see on a regular day. I also was interested by this topic because all the men in my family take an annual hiking trip up to New Hampshire every year for the past four years. I had always wanted to go with them to experience it. I also want to go just so that I can take pictures and feel like i'm on top of the world.



Happy healthy hiker help ..... [www.Bostonmagazine.com](http://www.Bostonmagazine.com)

7 hiking benefits ..... [www.dailycamera.com](http://www.dailycamera.com)

The more you hike the happier and healthier you are..... [www.huffingtonpost.com](http://www.huffingtonpost.com)

Designing sustainable hiking trails..... [www.environment.yale.edu](http://www.environment.yale.edu)

All photos by Kayla Gallant except otherwise noted below.

Courtesy of Flickr Creative Commons: pages 1–3, 5–8, 13–19, 21–24, 26–29.

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## How to read animal tracks



Moose



White tailed deer



Cotton tailed rabbit



Otter



Beaver



Muskrat



Black bear



Dog



House cat



Coyote



Gray fox



Red fox



Bobcat



Weasel



Woodchuck



Mink



Striped skunk



Racoon

**cotopaxi** | GEAR FOR GOOD

# Fruit Rolls

## Mango Fruit Leather

First you're going to puree mango and then spread it out on a baking sheet. Then bake at 175 degrees Fahrenheit for 3 hours. When it's done cut into strips and you're ready to take it on a hike with you.

## Strawberry fruit Leather

First you're going to puree the strawberries, then you can strain the seeds if you would like. Next you're going to spread the puree in a baking sheet. Then bake at 175 degrees Fahrenheit for 3 hours. Lastly you cut it into strips to take with you on the go.





# The more you hike the happier and healthier you become

By Abigail Wise

If you aren't a hiker yourself, you may have questions about your friends who derive satisfaction from taking the longest possible route over a mountain. While it may not mitigate all of their strangeness, you can take comfort in the fact that your hiker friends have some very legitimate reasons to spend their weekends wandering through mountain passes and woods. Here's why.

## Hiking is Healthy

For a long time, most people just assumed this was the case. We felt good while doing it, we stayed in shape in between, and we reveled in the sagely nods of people twice our age coming down the mountain. (I hope I'm still doing this at HIS age!) Until recently, however, very little research had been conducted on the matter. Fortunately, science affirms what most of us have suspected all along that hiking is awesome for you!

A number of studies about walking and hiking suggest a direct correlation between hiking and a variety of health benefits. So far the list is impressive. Weight loss, prevention of heart disease, reduced hypertension (high blood pressure), improved mental health, and help preventing diabetes are just some of the plenty healthy benefits of regular walking and hiking.

## Hiking is Affordable

Compared to taking up any other sports; hiking is about as easy on the wallet as can be. Having a good pair of trail shoes or hiking boots along with a small backpack are useful but not necessary for short beginner hikes. Of course you should always have a water bottle (Make it a reusable one in order to save money and the environment!) but that is hardly going to break the bank.

## Hiking is a Life Habit

Hiking has no age limit. I recently ascended to the base camp of Mt. Everest and was blown away by the amount of gray hair steadily making its way up the side of the mighty mountain. Some of my fondest memories as a child were ones where three generations participated. Of course eventually we all slow down but that just lends credence to the old cliché; more time for you to stop and smell the roses.

If you're a little bit crazy and/or ambitious (like my parents) you can also start little ones off early by popping them in a

specially designed backpack. As they get old (and heavier) your kids can be eased onto the trail where they are walking parts and being carried in the harder parts of the trail. I am living testament that early exposure breeds a lifetime of habits.

## Time for Thinking

A growing body of research also suggests that walking and hiking have mental benefits as well as physical ones. A series of studies focusing on people who struggle with depression showed that people who went hiking coped with their depression much better than people who just went walking in shopping malls.

Hiking and walking are also anecdotally famous for helping people ponder complex ideas and working through difficult problems. Some say it is subconsciously observing the complexity of nature, some that it lowers stress and allows you to think clearer, still others suggest that hiking and thinking activate parts of your brain that aren't as active in a lab or work setting. Whatever the cause, the number of "AHHA!" moments that have floated into great minds while hiking is another reason to get out and hike.

Despite all the obvious benefits, plenty of people still need just a bit more motivation to edge them off the couch and into their boots. Here are some fun ideas for those of us who need that extra nudge.

## Geo caching

According to the Geo caching website, "Geo caching is a treasure hunting game where you use a GPS to hide and seek containers with other participants in the activity." Aided by increasingly accurate and affordable GPS units, geo caching has come a long way in the last 10 years. Where once you would wander in circles waiting for satellites before maybe finding you treasure, you can now use the web to pick caches with different difficulties, track where other cache hunters have come from, and communicate with the geo caching community about the upkeep of treasure troves you have found. A fantastic way to get kids on the trail!

## Bird Watching

For as long as people have been wandering the woods they have been fascinated by birds. Whether it be stunning colors, beautiful songs, or the magic of flight there is something about bird watching that keeps enthusiasts returning to the woods.

# Top 7 hiking benefits



By Alison Loughman

With all of the trendy workout classes and boutique fitness studios out there, you might feel the need to get back to basics.

But don't worry, simple activities can all get you in shape: In a recent study in the American Heart Association's journal Arteriosclerosis, Thrombosis and Vascular Biology found that moderate exercise, like walking, and vigorous exercise, like running or spinning, produce similar benefits.

Humans have been hiking since, well, forever, but the nature-lovers' activity is

about to get a buzz boost from Hollywood, thanks to the upcoming movie "Wild," starring Reese Witherspoon, an adaptation of the best-selling memoir of the same name. It follows the true story of Cheryl Strayed, who hiked a large chunk the Pacific Crest Trail with absolutely no experience — to inspirational results.

But there's more to hiking than hippie-dippy moments: Science, experts and hikers agree that the activity provides tried-and-true health benefits, inside and out. Here

are four research-backed reasons you should hit the trail:

## Hiking benefit No. 1: *Take control of your workout.*

Most trendy trainers tout high-intensity workouts, but few point out that the fast and furious approach doesn't always work for everyone.

"Unfortunately, in today's environment a lot of what we see in the media is about going as hard as you can, as quick as you can," said Anthony Wall, director of

professional development at the American Council on Exercise. All-in workouts surely have their place, but if they're not your scene, that doesn't mean you're a failure.

With hiking, you can chart your own course: Is it a slowly inclining scenic trail or a steep trek up a mountain? And you set your own pace and distance, as well. Whether you decide on an afternoon hike, a weekend in the woods, or a long-distance experience, you aren't listening to a bossy spin teacher tell you to turn it up.

## Hiking benefit No. 2: *It tones everything.*

Straight-up walking can get your butt in better shape, but taking on sharp inclines, using trekking poles to propel you forward and clambering over rocks gives your body an all-over workout.

"Physiologically, you're going to work your whole body, and especially the lower body — namely the quads, glutes and hamstrings," Wall said. "If you're carrying a pack, then you're going to challenge the strength and endurance of your upper body as well."

## Hiking benefit No. 3: *It gives you camaraderie with your cardio.*

A study published in Biology Letters found that group exercise heightened pain threshold, indicating a surge of an athlete's best friend: endorphins.

Wall agrees: "We know that social group dynamics and working with like-minded people is something that makes people feel better."

Aside from in-the-moment happiness, hiking helps build long-term friendships that keep you accountable to your fitness. A regular weekend meet-up or a planned long-distance trek can help you forge bonds while you shape up.

Plus, interaction with the larger hiking community encourages you to engage with your workout as a lifestyle, rather than a chore, which will make you more likely to stick with it for the long haul.

## Hiking benefit No. 4: *It boosts your mood.*

According to a study published in Environmental Science & Technology, outdoor exercise is linked to "greater feelings of revitalization and positive engagement, de-

creases in tension, anger and depression, and increased energy."

For those with desk jobs and 40-hour weeks, getting outside provides a great needed mental reset. You may set out to tone your glutes, but you're getting more.

"The many mental benefits of hiking will enhance the experience and can definitely have a tremendous benefit on your psyche when you come back — back home, or back to the office," Wall said.

## Hiking benefit No. 5: *Hikers are creative.*

Those looking for a brainpower boost need not look further than the closest trail. Research shows that spending time outdoors increases attention spans and creative problem-solving skills by as much as 50 percent. The authors of the study also point out that the results may have as much to do with unplugging from technology as they do spending time outside. "This is a way of showing that interacting with nature has real, measurable benefits to helping creative problem-solving," David Strayer, co-author of the study, tells the Wilderness Society.

Plus, it's not only the lack of technology and surplus of trees, sunshine and fresh air that contribute to this creativity boost in trail blazers. Researchers from Stanford University's Graduate School of Education found that walking gets the creative juices flowing far more than sitting will do.

## Hiking benefit No. 6: *Hikers are seriously fit.*

Hitting the trail works out your body as much as it does your brain. Just one hour of trekking can burn well over 500 calories, depending on the level of incline and the weight of the pack you're carrying. Hiking is a great way to get a serious workout without putting too much pressure on



your joints. "Trails are often softer on joints than asphalt or concrete," Caroline Stedman, a seasonal Park Ranger at northern Wisconsin's Apostle Islands National Lakeshore, tells The Huffington Post. "So I find myself feeling less stiff and creaky after a hike than a jog down a sidewalk."

If you head for the hills, weight loss results are even better. Not only are you burning some serious calories, but altitude itself has also proven to be a weight loss ally to you.

Plus, tramping through the trails on a regular basis decreases blood pressure and cholesterol. Logging cardio in the form of hiking can lower blood pressure by four to 10 points, and reduce the danger of heart disease, diabetes and strokes for those at high-risk. And don't lose heart if you're not out of breath on the way back.

Both the ups and downs have benefits when it comes to lowering cholesterol, but hiking downhill is two times more effective at removing blood sugars and improving glucose tolerance.

Some research suggests that the physical benefits of hiking extend far beyond cardiovascular health, and may even go as far as to help cancer patients recover. In a study published in the International Journal of Sports Medicine researchers measured oxidative stress (thought to play a role in the onset, progression and recurrence of cancer) rates of women with breast cancer and men with prostate cancer before and after hiking. The study found that long distance hiking trips may improve the antioxidative capacity, which helps fight off disease, in the blood of oncological patients. Another study showed

that breast cancer survivors who exercised regularly — many in the form of hiking — believed that physical activity complemented their recovery from cancer treatment.

### Hiking benefit No. 7: Hikers are happier.

Research shows that using hiking as an additional therapy can help people with severe depression feel less hopeless, depressed and suicidal. It may even inspire those suffering to lead a more active lifestyle and feel better about themselves.

For those who don't suffer from depression, hiking still offers mental benefits. "Being out in nature, away from the business of our daily lives and technology, can allow people to connect with themselves and nature in a way that brings about peace and a sense of well-being," Leigh Jackson-Magennis, REI Outdoor Programs and Outreach New England Market Manager, tells The Huffington Post.

Interested in taking up the sport yourself? So you're ready to hear the crunch of leaves under your feet and see the world from above. Luckily, it's easier to start hiking than you may think. We talked to the experts to find the best tips for beginner hikers: Starting small is a very good thing to do until you get use to hiking. Stepping over tree roots and maneuvering around rocks on a trail can be more tiring than you might imagine, says Stedman.

Usually build up to longer treks. "It's also important to start practicing with a pack of some sort," she tells The Huffington Post. "People often underestimate how heavy a backpack might feel until they try hiking 10 miles or so with it."

Prepare for the worst. Hopefully you won't need to use that first aid kit or emergency shelter, but it never hurts to be prepared. Stedman recommends carrying extra water, snacks, sunscreen, bug spray

and at least a small first aid kit.

Overestimate your trail time. Hiking can be a slower process than newbies realize. That's why Jackson-Magennis suggests erring on the longer side when estimating how long it'll take to complete a trek. As a

general rule of thumb — keeping in mind that time is based off of physical fitness and elevation — you can expect to cover about two miles an hour. Then, add an additional hour of extra time for every 1,000 feet of elevation gain.

Don't ignore your own backyard. You don't have to live in the mountains of Colorado to enjoy some quality trail time. Cities, counties and states all have parks or natural areas to get started hiking, says Stedman. Even very urban areas.



# Happy healthy hiker help



## THE BEST HIKING TRAILS IN MASSACHUSETTS.

By John Muir

Without any snow, active Bostonians may be at a loss for winter activity ideas. Before the flakes fall—and let's face it, they're coming—you can stay fit and enjoy the outdoors with winter hiking. Whether you're an advanced adventurer or a once-in-a-while trekker, these destinations offer something for all levels. Bundle up in those winter hats and gloves, and hit these winter hiking trails in Massachusetts.





## ARCADIA WILDLIFE SANCTUARY

Arcadia's five miles of trails meander through forest, meadows, wetlands, grasslands, and marshes. The sanctuary is open all year round, and runs programming—like bear tracking and nature field trips—throughout the winter months.

**127 Combs Road, Easthampton, 413-584-3009**

## BASH BISH FALLS STATE PARK

At the Commonwealth's border with New York is the 60-foot waterfall that gives Bash Bish Falls State Park its name. Don't miss the walk up to Eagle's Nest, which offers a commanding view of the valley. For the best vistas of the cascading water, check out the main viewing deck. Paths can be found in both states and are all less than a mile; a park supervisor says the Bay State side can be rather steep and tricky. Thirty miles of trails in neighboring Mount Washington State Forest expand hiking options in Massachusetts, as does nearby Taconic State Park in New York.

**Falls Road (Route 344), Mount Washington, Massachusetts, 413-528-0330**

## BLUE HILLS RESERVATION

Blue Hills is a good option for a quick getaway hike, located only minutes from the city. Try hiking here on a weekend afternoon and enjoy the varying terrain and 125 miles of trails. Stretching from Randolph to Milton, and Quincy to Dedham, Blues Hills Reservation comprises more than 7,000 acres. Bundle up in layers and climb to the top of Great Blue Hill this winter season.

**695 Hillside Street, Milton, 617-698-1802**

## BOSTON HARBOR ISLANDS

The 2.6-mile Spectacle Island perimeter walkway is a beauty—almost like you're walking on water, says one parks official—though there's little shade; it is also wheelchair- and stroller-friendly. You can take a dip at the beach or climb the south drumlin for spectacular views of the city. For overnighters, the new direct ferry service to Grape Island means camping by Atlantic waters is just a ride away from Hingham.

**Ferries leaving Long Wharf, Boston, go direct to Spectacle Island or Georges Island; from Hingham, direct to Georges.**



## BREAKHEART RESERVATION

Oaks, hemlock, pines, and blueberry bushes line the trails at Breakheart Reservation, located in the towns of Saugus and Wakefield. In its 700 acres of forest you'll find both easy and harder trails, hills with views of Boston and southern New Hampshire, two lakes, and a stretch of the Saugus River. To the southwest, hike along the rockier paths of the more challenging Ridge Trail. On a hot day, follow the easier Fox Run Trail to the beach on Pearce Lake, which is open daily in the summer. For stroller and wheelchair access, and the reservation has paved walkways.

**177 Forest Street, Saugus 781-233-0834**

## BROOKS WOODLAND PRESERVE

Run by the Trustees of Reservations, Brooks Woodland offers more than 13 miles of trails and roads on land set aside for conservation. Choose from one of the many trail options, or check out the Swift River or Roaring Brook, alongside wetlands.

**East Street, Petersham, 413-532-1631**

## CRANE BEACH

Public transit: Take the Newburyport/Rockport Commuter Rail to Ipswich and then a taxi, or bike the 5 miles to the beach  
Allow two to six hours for exploring the vast dunes at Crane Beach, in Ipswich. After a swim, walk northwest to Castle Hill. From there you can admire the mansion, green rolling slopes, and the Grand Allee that leads down to the beach. To the south, trails ranging from 0.3 to 2 miles long weave through the grassy sands. Kayakers can cross Castle Neck River and explore wildlife and marshland on the Crane Wildlife Refuge. To save on parking, take a bike on the commuter rail, then pedal the 5 miles east.

**Argilla Road, Ipswich, 978-356-4354**

## GREAT ISLAND TRAIL

Arguably one of the best trails on the Cape, the Great Island Trail meanders along almost five miles of the Cape Cod National Seashore. The hike contains a combination of beaches, woods and marshes with run-offs that lead to the beach every so often in case you want to take a break in the sand. But this trail isn't only enjoyable in the summertime; it's also a great place to break out your snowshoes for some winter fun. Wellfleet is the perfect place for some post-hiking activities, as well, with the Wellfleet Drive-In and the Wellfleet Harbor Actors Theater in town.

**Griffin Island Rd., Wellfleet**

## HALIBUT POINT STATE PARK

Rockport's Halibut Point, another former granite quarry, is small but majestic and rich with history. Walk among the tide pools or find blueberry, arrowwood, bayberry, and cat brier along trails overlooking the Atlantic. Staff and volunteers give weekend tours to explain the quarrying industry, which dates to the 1840s here. Turn up on any Saturday in the summer for a granite-cutting demo. On the way home, make the short detour to Gloucester and visit Cape Ann Brewing Company for a pint and free tour.

**Gott Avenue, Rockport, 978-546-2997**

## LONG AND ELL PONDS

Sturdy hiking boots are a must for navigating the steep and rocky deep woods trails around Long and Ell ponds in Hopkinton. The 2.2-mile Long Pond Woods Trail is challenging, but well worth the effort. Natural rock formations create makeshift staircases up and down the hemlock tree-surrounded path. At times, you need to use your hands to maintain balance while climbing.

Lookout points with views of Long Pond and surrounding rock outcrops offer places to stop and rest. The scenery may look familiar; it was a filming site for the 2012 movie "Moonrise Kingdom." It's best to leave dogs and young children at home. You may hear gunfire from hunters in nearby Arcadia Management Area, and wild coyotes have been spotted in the area.

#### **North Road, Hopkinton.**

#### **MARGINAL WAY**

The Marginal Way walkway spans 1 mile of rocky Maine coastline. Just north of the New Hampshire border in Ogunquit, the paved trail suits all ages and abilities. Start or finish with a lobster roll at the revered Barnacle Billy's in Perkins Cove. The walkway won't take more than 30 minutes, but shopping and ice cream await, and trolley service links York, Ogunquit, Wells, and Kennebunkport, each town with its own flavor of coastal New England.

**Marginal Way, Ogunquit, 207-646-2939**

#### **MASSACHUSETTS AUDUBON'S IPSWICH RIVER WILDLIFE SANCTUARY**

The Ipswich River Wildlife Sanctuary in Topsfield offers more than 12 miles of trails for your family to explore. One of Mass Audubon's largest sanctuaries, Ipswich River offers varying terrains, from forests and meadows to wetlands near the river. Not only does the sanctuary boast beautiful and manageable trails, but members can also rent canoes to paddle down stretches of the Ipswich River. The Observation Tower Trail contains climbable drumlins and eskers – geographical features carved by glaciers about 15,000 years ago. After hiking, you can stop in at the Nature Center, where your kids can view native birds in the sanctuary's bird habitat garden.

**87 Perkins Row, Topsfield; 978-887-9264**

#### **MOHAWK TRAIL STATE FOREST**

Located in the northern Berkshires of Western Massachusetts, this state forest offers 6,000 acres to hike through, with large gorges and mountain ridges. Check out the ponds, open meadows, and streams as you trek along one of the many trails. Bonus: The trails are free from November through April.

**Cold River Road, Charlemont, 413-339-5504**

#### **MONUMENT MOUNTAIN**

Monument Mountain grants hikers some of the best views in the Berkshires. From the top, you're able to see Mount Greylock

near the Vermont border and the Catskills in New York. Making your way up the mountain will require some extra gear, such as sturdy hiking shoes, water and snacks. There are several looped trails no longer than a few miles each. They wind through historic lands, affording glimpses of stone walls from past sheep pastures and remnants of ancient Native American trails. Not only is it a fun place for your family to hike, but it has also attracted many famous writers and artists over the years. The parking lot is not plowed in the wintertime, and the peaks are dangerous when icy, so consider this hike for warmer weather.

**Route 7, Great Barrington; 413-298-323**

#### **NEUTACONKANUT HILL**

Dubbed the "last wild place in Providence" by the nonprofit group that maintains it, Neutaconkanut Hill is in the middle of the city. At 88 acres, it's home to the highest point in Providence, several miles of hiking trails and wildlife including bluebirds and deer. The area, around the Silver Lake/Olneyville section of Providence, is also rich in history. In Roger Williams' day, Neutaconkanut Hill served as the northwest boundary between Rhode Island and the Narragansett Tribe territory.

Many of the preserve's trails were originally completed by the Works Progress Administration in the 1930s. The 1.5-mile

orange-blazed Pinnacle Trail is a good starting point for visitors.

**675 Plainfield St., Providence.**

#### **NOANET WOODLANDS**

Noanet, in Dover, is home to four ponds linked by an offshoot of the Charles River. Use the new Powissett Street entrance to follow the Peabody Loop, known as the blue trail, which is a moderate hike around the ponds and includes the old mill site of the Dover Union Iron Co. Or you can follow the red blazes along the mildly hilly Caryl Loop Trail. Ascend Noanet Peak Trail and you'll wind up above the stunning canopy, with a view of the Boston skyline.





# Designing more sustainable hiking trails

By NICOLE WOOTEN

How can natural areas managers foster ecotourism while protecting the health of natural systems? A recent study shows how emphasizing different features of trails can help spread out visitor impacts over space and time.

Managing protected areas is riddled with conundrums. Take ecotourism. Introducing visitors to natural areas is an excellent way to increase environmental awareness, ecosystem protection, and funds for management. Hiking trails in particular are championed for providing direct visitor experiences of landscape highlights, like spotting a unique species or exploring a medieval castle. Unfortunately, trails can also open up interior areas to wildlife disturbance, plant trampling, delicate soils damage, and even harm to cultural sites. Finding the balance between increasing nature tourism and lowering its negative impacts is one of the biggest challenges in recreation ecology.

Researchers of the University of Porto in Portugal addressed this concern in a recent publication in the journal *Tourism Management Perspectives*. They took a detailed look at the trails system in Peneda-Gerês National Park, located in northwestern Portugal. The park's rich history and biodiversity, coupled with heavy, concentrated trail use in the summer, make it an ideal location for this research. By analyzing natural and cultural features of five distinct trails, researchers measured how use impacts could be spread over time and space.

Specifically, the study recorded 286 species of flora and fauna in the park — with an emphasis on unique and rare species — plus locations rich in landscape variety, pleasing scenery, and old structures. Variable landscapes, like those that contain bare rock ridgelines, low grassy valleys, and deep forest ecosystems in a condensed area, were classified as more appealing to visit. From towering stone monuments to flowering plants, the study attempted to quantify what attracts visitors. These features were then analyzed in relation to their proximity to the five trails, as well as their intensity of attraction during each season.

The results were a series of numerical “ecotourism potential values” that provided local managers with concrete data. The values explained where efforts and resources should be focused, and when. Dense summer traffic on mountain peak trails could

be reduced by redirecting visitors to other areas and experiences. Hikers could be met at the trailhead of the famous park with choices: to follow a shorter trail with high biodiversity and megalithic monuments, perhaps, or travel along a lesser-known long trail with unique habitats.

Fortunately, this diverse location provided many attractive alternatives. Applying this model to a protected area with less diversity may prove challenging.

Ultimately, this case study revealed how recreation and conservation can be mutually beneficial. Tourism can be dissipated through promotion of the ecological importance of the landscapes surrounding low-use trails. Mapping the specific pieces that make an ecosystem important, either alone or as a connector of habitats, can help managers relocate recreation to the least sensitive areas in a park. The methods used in this study could benefit other protected areas with similar management goals, and increase visitor enjoyment of natural spaces.



# Most essential supplies you will need for hiking

By Kayla Gallant

Here is a quick packing list for your next backpacking trip. You probably won't want or need to bring all these items, but I have listed them here anyway for your consideration.

## FOOD & WATER

Food and snacks

Water

Electrolytes drink (Gatorade, Powerade, etc.)	Sleeping bag or quilt
Coffee	Sleeping pad
	Headlamp and batteries
	Guidebook or route description
	Permits (if applicable)
	Trail Map
Hiking shoes or hiking boots	Water bottles
Backpack	Water filter
Backpack cover or bag liner	
Tent, tarp-tent, bivy, or hammock	

## BACKPACKING GEAR



Trash bag

Stuff sack

Pillow

Trekking poles

Sunglasses / contacts

Camp shoes, down booties, sandals or crocs

Tent footprint, tarp or ground cloth

Fishing gear

Camp chair

## CLOTHING

Shirts-quick drying

Socks

Hiking pants, hiking shorts or kilts

Waterproof jacket

Camp clothing

Underwear-quick drying

Waterproof hiking pants

Fleece jacket, softshell jacket

Bandana and/or face towel

Towel

Hat

Winter hat

Winter gloves or mittens

Winter facemask or balaclava

## COOKING & EATING

Stove and fuel

Cooking utensils

Cooking pot and/or cooking bowl

Bowls and/or plates

Cups

## COMFORT & TOILETRIES

Toilet paper

Hand sanitizer

Baby wipes

Toothbrush/toothpaste

Earplugs

Bug spray

Bug net

Deodorant

Sun-screen lotion

Lip balm

Aloe Vera

Bio-degradeable soap

## SAFETY & SECURITY

Matches or lighter

Medical kit

Knife, Razor-blade or multi-tool

Identification

Money/Cash

Compass

Duct tape or superglue

Rope or nylon cord

GPS

Altimeter

Signaling mirror

Phone

Bear bag or canister

Watch

Personal location beacon ('PLB')

Foot traction

Ice axe

Bear spray

## FUN STUFF

Camera

Alcohol/booze

Plastic wine glasses

Tripod or mini-tripod

Playing cards

Book/magazine/e-reader

Pet supplies

Pencil/pen/paper



## Greatest hikes I have been on

1. Blue hills reservations, MA. Easy trails great for kids and pets.
2. Virginia Cliff walk, VA. Great easy trails with stairs and water falls.
3. Indian head mountain, NH. More difficult trails but great views.
4. Breakheart reservation, MA. These trails are more simple and laid back.
5. Whitetop mountain, VA. This hike is tougher than all of the others.
6. Killington peak, VT. The trails are tough but it is a fun hike.

4



5

When you reach the top you feel like



7



6

you have achieved the greatest goal.



8



9



10



11

7. Virginia cliff walk, VA. Also an easy trail there are many different trails you can take.

8. Mount adams, NH. This is a very great hike with nice views of the Indian head mountain.

9. Old speack mountain, ME. This hike does not have alot of trees but it does make the view better while climbing.

10. Bear mountain CT. A great hike with even better views.

11. Pico peak, VT. Love being surounder by trees you will love this hike.

## NOANET WOODLANDS

Noanet, in Dover, is home to four ponds linked by an offshoot of the Charles River. Use the new Powissett Street entrance to follow the Peabody Loop, known as the blue trail, which is a moderate hike around the ponds and includes the old mill site of the Dover Union Iron Co. Or you can follow the red blazes along the mildly hilly Caryl Loop Trail. Ascend Noanet Peak Trail and you'll wind up above the stunning canopy, with a view of the Boston skyline. The new Powissett entrance and parking lot are in the south corner.

**Powissett Street, Dover, 508-785-0339**

## PURGATORY CHASM STATE RESERVATION

Purgatory Chasm also has its origins in glaciers, with its formation credited to the release of a glacial melt-water dam about 14,000 years ago. The sudden release of this dam at the end of the Ice Age created the unique rock formations that make up the chasm today, which stretches a quarter of a mile between rock walls that reach as high as 70 feet. Your kids will get a kick out of some of the names of the formations and caves, like Fat Man's Misery, Lovers' Leap and The Corn Crib.

## QUINCY QUARRIES

Climbers setted up at the old quarry in Quincy. For the vertically inclined, there's serious climbing at Quincy Quarries, a granite outcropping northeast of the Blue Hills Reservation. At these once notorious quarries, people were known to lose their lives plunging from great heights into pools of water below. In response, dirt from the Big Dig was used to fill the Granite Railway Quarry, the most popular area of the graffiti-covered park. Busy times are weekends and after work. Ascents on the square-cut rock vary from light bouldering to challenging belayed climbs.

**Ricciuti Drive, West Quincy, 617-727-4573 or 617-698-1802**

## SACHUEST POINT

You almost feel like you're walking on water at one point along the Ocean View Loop at Sachuest Point National Wildlife Refuge in Middletown. Great for beginning hikers, the refuge's two interconnected gravel trails — the 1.4-mile Flint Point and 1.5-mile Ocean View Loop — are relatively flat and easy to navigate.

Bird watchers will want to bring binoculars, as Sachuest Point is an important stopover and wintering area for migratory birds.

There is also a visitor's center with restrooms, educational displays and signs noting wildlife recently spotted in the area, which include the red-tailed hawk and Northern mockingbird.

**769 Sachuest Point Rd., Middletown.**

## TILLINGHAST POND

It doesn't get much more idyllic than Tillinghast Pond Management Area in West Greenwich. Expertly maintained by the Nature Conservancy, the 2,000-acre site has four interconnected trails.

Start with the 2.3-mile Pond Loop. Blazed white, the mostly flat path and offers excellent views of lily pad-filled Tillinghast Pond. Along the trail, you'll find benches and observation areas, as well as signs describing plant specimens such as oak and witch hazel. There's also an eco-friendly restroom at the trailhead.

**Plain Road, West Greenwich**

## TOLLAND STATE FOREST

A peninsula juts out into the 1,065-acre Otis Reservoir in Tolland State Forest in East Otis, providing a beach, campground, and boat launch—fishing is popular, with trout and bass populating the waters. Along the southern side of the peninsula, there's a very easy half-mile walk along the wooded Gilmore Trail.

**410 Tolland Road, East Otis, 413-269-6002**

## WACHUSSETT MOUNTAIN STATE RESERVATION

You may know Wachusett Mountain for skiing and snowboarding, but it also offers a number of year-round hiking trails. On clear days, hikers can see Mount Monadnock and the Boston skyline from the mountain's summit. Appreciate the views and the current lack of snow, and come back to hit the slopes in the winter.

**Mountain Road, Princeton, 978-464-2987**

## WOLF HILL FOREST PRESERVE

The preserve, in Smithfield, has the unusual distinction of having a war memorial in the middle of one of its many trails.

Follow the World War II Memorial Trail for about 30 to 40 minutes and you'll come across the site of a 1943 Army Air Corps twin-engine aircraft crash. A flag-topped memorial honors the three servicemen who lost their lives in the accident. On the way back, take a short detour to Mercer Lookout for a view of nearby hills and the Providence skyline.

Wolf Hill's trails are frequented by the Rhode Island Hiking Club, which often hosts fast-paced exercise hikes here.

**94 Mountaintale Rd., Smithfield.**





Great trail to hike on and your also allowed to go fishing on the pond you walk near. Its just a great spot because no one knows that its there. Not to far from Newport RI.

The poster features a family of four (two adults and two children) wearing red shirts with the number 1024 and a small heart logo. They are running up a set of red-striped stairs. The background is white with faint silhouettes of other runners. At the top left is the McHappy Day logo with a stylized heart and sun. The title 'STRIPES RUN' is in large, bold, red letters. Below it is the tagline 'GO OUT AND PLAY.' The date '6 December 2014 (Saturday)' and location 'Bonifacio Global City' are at the bottom. A Ronald McDonald House Charities logo is in the bottom left corner, and a McDonald's logo is in the bottom right corner.

McHappy Day

STRIPES RUN

GO OUT AND PLAY.

6 December 2014 (Saturday)  
Bonifacio Global City

Join a day of fun! Register now at this store.  
Or visit [mchappyday.com.ph](http://mchappyday.com.ph) for more details.

#ShowYourStripes



GARMIN.

IT'S EARLY.

BUT I'M UP, NOT BECAUSE I HAVE TO BE.

BUT BECAUSE I WANT TO BE.

I FEEL LIBERATION.

PURPOSE.

FULFILMENT.

SET MY FĒNIX. IT'S TIME TO GO. DOWN THIS PATH.

UP THIS HILL. AROUND THIS MOUNTAIN.

I'M IN THE ZONE. MY TARGET HEART ZONE. PACE. GROUND CONTACT.

VERTICAL OSCILLATION. I KNOW IT ALL.

PUSH IT TO THE MAX. I'LL NAP LATER. BUT NOT FOR LONG.

I CAN SWIM. I CAN BIKE. I CAN CROSS-TRAIN.

TIME TO STOP.

TAKE IN THE VIEW.

HOW FAR I'VE COME.

HOW MUCH I'VE ACHIEVED.

TEXT FROM JILL

LUNCH DOWNTOWN.

I HAVE TO RUN.

THIS DAY  
IS MINE.



FĒNIX 5 SERIES  
beat yesterday.