

# CELEBRATE, DON'T HIBERNATE! LAKE MOREY WINTER WEEKEND

January 9 & 10, 2010 - 10:00 am - 4:00 pm

## Saturday, January 9

- Lake Morey Skate-a-thon Fundraiser at the Lake Morey Resort
- Winter Skills Day at Hulbert Outdoor Center

## Sunday, January 10

- Lake Morey WinterFest at Hulbert Outdoor Center

For more info and to register, visit [uotrails.org](http://uotrails.org).



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Fall 2009



# TALES

# TRAIL

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*Promoting Trails,  
Connecting Communities*



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## "Trail Finder" - A Great Way to Locate Trails

Thanks to grants from Vermont's Recreation Trails Program and Upper Valley Healthy Eating Active Living (HEAL), the Trails Alliance will be bringing you a new way to find wonderful details on local trails. Working with trail managers, property owners and a team of volunteer trail surveyors, we're creating a handy online database of trail information called "Trail Finder."

Trail locations will appear as colored buttons on a regional map. Hover over the button with your mouse and you'll learn which trail you're about to access. Click the button and you'll zoom in for some helpful details including photos of trailheads, directions, and comments from other trail users. Want to find a trail to a waterfall? Search by keyword and you'll soon be on your way to hear and see the aesthetic attributes of cascading water.

We're seeking to inventory all public hiking, biking, equestrian, skating, skiing and walking trails in our region and plan to launch Upper Valley "Trail Finder" next June, as part of National Trails Day celebrations. Thanks to our partner Local Motion of Burlington, VT for making this possible. See their original Trail Finder at [localmotion.org](http://localmotion.org).

You're welcome to be part of this exciting new project by volunteering as a Trail Surveyor. You'll have a chance to learn some basic GPS skills, hone your picture-taking abilities, and visit some wonderful Upper Valley trails. Email [volunteer@uvtrails.org](mailto:volunteer@uvtrails.org) today to join the Trail Finder crew.



## 2010 Passport to Winter Fun

Soon, the snowflakes will start to fly and Polar Bears will once again roam the Upper Valley! Yes, the annual Passport to Winter Fun program will kick off the season in Upper Valley elementary schools this coming January. Last year, UVTA encouraged over 3,000 children to get out and get active during the snowy months with the unique and exciting program that provides healthful incentives. The 2010 Passport program will build on previous years' success to increase participation levels, broaden the Passport's reach in the community, and to potentially pilot an online version of the Passport. Visit [uvtrails.org](http://uvtrails.org) for more info.



## Tour de Taste: Celebrating Local Flavor

On Sunday, September 13, over 400 riders took to their bicycles to spend the crisp, autumn day enjoying delicious food and beautiful views. Starting at Samuel Morey Elementary School in Fairlee, Vermont, participants pedaled at their own pace along one of three scenic routes around Lake Morey and the Connecticut River. As they progressed, the bicyclists stopped at a variety of picturesque locations to sample local fare.

This year's Tour de Taste was even more appetizing than ever thanks to the amazing array of donated foods and locations. Some 20 farms,

restaurants, and businesses provided food for the event, ranging from River Valley Farm sweet corn to Perfect Pear Café chowder. A popular addition to the Classic and Extension routes was a stop at Stella's Restaurant in Lyme for some of their stellar pizza. At the end of the ride, everyone celebrated with sweets provided by Vermont Brownie Company and Vermont Udder Delight Ice Cream.

The routes for the 2009 Tour were revamped to include a special loop for families and new cyclists seeking a shorter, more level ride, as well as a moderate 22-mile Classic Loop that offered stunning views of the Connecticut River. A longer, 33-mile Extension route included a few more hills and a stop on River Road in Hanover.

Started in 2007, the annual cycling event now attracts people from as far away as Boston, New York and even Wisconsin. Participants cited the uniqueness of the event as well as its reputation for local food and scenic routes as draws. One rider summed up the day: "Perfect weather, great food and a fun time!" Another commented, "I couldn't think of a better way to celebrate our community and to help trails." All proceeds from the event benefit area trails.

UVTA would like to thank everyone who contributed to the event, including the many volunteers, donors, and riders. To view a complete listing of all those who made the 2009 Tour de Taste possible, please visit [uvtrails.org](http://uvtrails.org).

Thank you to the 2009 Tour de Taste sponsors:

- Long Trail Podiatry
- Omer and Bob's Sportshop
- Lake Sunapee Bank
- Ledyard National Bank
- Mascoma Savings Bank
- Martha Diebold Real Estate

Next year's Tour de Taste event will take place Sunday, September 12, so be sure to save the date and register early! UVTA members receive special, early-bird discounts.



# Moving Forward with the Mascoma River Greenway

The Mascoma River Greenway will provide a wonderful trail corridor, connecting downtown Lebanon at the Northern Rail Trail to West Lebanon near Westboro rail yard, via existing rail bed or using alternative routing. The Trails Alliance is partnering with the Upper Valley Healthy Eating Active Living (HEAL) and the City of Lebanon to plan for and create this valuable new link.

The City of Lebanon recently contracted with ORW Landscape Architects to lead a six-month study with VHB Engineering, and Alta Planning + Design, to determine viable route options along this picturesque river system.

As part of their efforts, ORW will work closely with New Hampshire's Rail Bureau to identify what rail bed options might be available for the Mascoma River Greenway. The Trails Alliance will be working with the City of Lebanon, Mascoma River Greenway Coalition, and the National Park Service to create the first new mile of trail, providing a biking, walking, running and skiing path to Alice Peck Day Hospital by spring 2010.

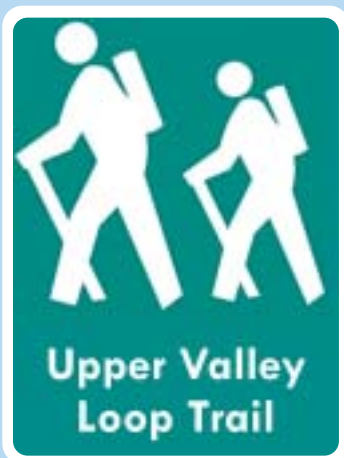
## Exploring the Upper Valley Loop Trail

On October 15th, NHDOT Bike/Ped Coordinators Larry Keniston and Jerry Moore visited with local trail, bike and pedestrian advocates for the day for a tour to learn more about cycling and walking issues in the Upper Valley. We explored current and future Upper Valley bike and pedestrian facilities, including proposed Upper Valley Loop Trail and other important trail connections.

Sponsored by UVTA, Bike/Ped Committees of Lebanon and Hanover, and the Bicycle/Pedestrian Program of the NHDOT, the field tour was a great opportunity to learn about Larry and Jerry's activities in Concord and to support the work of their office.

With all of the development, commuting, wildlife conservation, and recreational interests associated with land near route 120, much of the discussion focused on the consideration for a Phase II study of that corridor- looking at build out scenarios for cyclists, pedestrians, wildlife and protected natural areas.

Thanks to UVTA volunteer and bike/ped advocate, Doug Deaett, for coordinating this valuable tour. See our Roots, Rocks and Mud blog for tour itinerary and more details.



## From the Executive Director

Dear Friend of UVTA,

As the late summer sun gives way to fall foliage and early frost I am reminded of the special character the Upper Valley takes on during every season and transition. Each day I feel as though I am offered something special. When I arrive at home in the evening I feel a sense of calm come over me, much like the day you arrive at a vacation destination. I make a special effort each day to go for a hike, snowshoe or ski with the dog, or perhaps a bike ride in the area. I truly love the quality of life the Upper Valley has afforded me.

This fall is a bit different for me as my wife and I have welcomed our first child into our lives and the Upper Valley community. Not only is this a special occasion in terms of lifecycles and the like, but it reinforces the decision I made to move here in 2001. For someone who grew up in New York City, leaving the city was a no-brainer. Where to go was the question, and this destination has proven time and time again to be the right one. Now, as I ponder the next phase of my life, I am thrilled that my daughter will have the opportunity to grow up in this wonderful community.

As the Upper Valley Trails Alliance enters its 11th year, we are in the final stages of a planning process that has identified long range strategic goals and the capacity needed to achieve them. Our goals are big and audacious and will have a lasting impact on the region's trails network. UVTA will need to steadily grow and expand its infrastructure to support these goals and the time to make this investment is NOW.

Trails are an integral part of the quality of life the Upper Valley offers and they do not get built on their own. The work of the Upper Valley Trails Alliance over the next five years will ensure that we and our children, whether on foot, skis, or a bike, will be able to get there from here.

Happy Trails!

A handwritten signature in black ink, appearing to read "Russell Hirschler".

Russell Hirschler  
Executive Director

Upper Valley Trails Alliance  
is a member of the



[www.uvtrails.org](http://www.uvtrails.org)

# GPS Tips and Tricks - Part 1

by Jonathan Frishtick

Congratulations! You've used your GPS unit on a few hikes and bike rides this summer and now that cooler weather is here, you are looking forward to getting out even more. This is a great time of year to enjoy the outdoors. The temps are cool, the bugs are gone and there's no leaf canopy to interfere with your GPS satellite reception.

*Here are some tips and tricks to help make using your GPS unit a little easier:*

**Always bring a map and compass and know how to use them both!** Need I say more?

**Read the owner's manual.** You'd be amazed at how much information is in the owner's manual. Go to the manufacturer's website and download your GPS unit's owner's manual. Print it out double-sided on three-hole paper and put it in a loose-leaf binder. It will be a lot easier to use than the little version that originally came with the unit.

**Make sure your unit's software is up to date.**

I'm not talking about the mapping software that you may have purchased with your unit; I'm talking about the software that resides in the GPS unit. Go back to the manufacturer's website and check that you have the most current software for the specific unit you purchased. If not, connect your GPS unit to your computer by the included USB cable and download the up-to-date software.

**Turn on WAAS.**

Simply put, the Wide Area Augmentation System (WAAS) satellite provides GPS signal correction. Theoretically, WAAS can give your GPS unit accuracy of better than three meters. If your unit has it, turn it on.

Stay tuned for more GPS "Tips and Tricks" in the next issue of the UVTA newsletter. Can't wait? Check out our Roots, Rocks, and Mud blog now for the whole story.

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## Trail Snippets

From new bridges to improved paths, there's always a lot going on in the world of Upper Valley trails. Please check our Roots, Rocks, and Mud blog at [uvtrails.org](http://uvtrails.org) to see some of the efforts made by dedicated organizations and individuals to improve local trails over the past few months. Share what your group has been doing to trails in the area.

## Get Out! with UVTA and the Upper Valley HEAL Partnership



UVTA has a new partner in promoting year-round trail activity: the Upper Valley Healthy Eating Active Living (HEAL) partnership. HEAL is hosted by the Children's Hospital at Dartmouth-Hitchcock (CHaD), with support from NH's statewide HEAL initiative. It is a collaboration of community members and organizations working together to build a community that embraces healthy, lifelong habits of 4-season physical activity and good nutrition.

Among the many goals of the HEAL initiative, many relate to improving Upper Valley residents' access to outdoor physical activity options, like hiking, biking, skating and cross-country skiing as a means to promote wellness and health. As an established advocate for trails and outdoor recreation in the region, it was a natural fit for UVTA to be a part of the HEAL initiative. UVTA will work with CHaD, Lebanon Parks and Recreation, the Lebanon and Mascoma Schools, and other partners to:

- Further development of the Mascoma River Greenway
- Support development of new trails around Mascoma High School
- Host public events to promote trail use
- Add NH trails to the UVTA Trail Finder
- Connect the Passport to Winter Fun program to regional pediatric clinics

Combining these initiatives with activities to improve nutrition in schools, access to fresh produce, make healthy weight a routine part of clinical wellness visits, and change community norms around nutrition and activity, HEAL aims to make Lebanon and the five Mascoma Valley towns places where it is easier for families to learn healthy habits of 4-season outdoor living and healthy nutrition.

To learn more about HEAL's exciting projects, visit: [uvheal.org](http://uvheal.org). The site will include links to UVTA trail information and events, as well as to other community resources and partner organizations. The HEAL website will also allow you to share information with other community members by posting questions and comments in the Forums section, or by blogging about what your family does to Get Out, and Be Active in the region.



## Be a Trailblazer: Volunteer

There are so many ways you can help trails in our community! From helping out at one of our annual events to collecting trail data for our new "Trail Finder" project, we have a variety of opportunities to match your talents and interests. We invite you to complete a brief volunteer survey to help us find the right opportunity for you. The survey is available online or in paper format. E-mail [volunteer@uvtrails.org](mailto:volunteer@uvtrails.org) or call (802) 649-9075 for more info.