

**The Twin State Volkssport Association
Welcomes You to the Seasonal Walk of the
Appalachian Trail in
Baxter State Park, Maine
Daicey Pond / Little and Big Niagara Falls**

Although Maine is well known for its challenging portions of the Appalachian Trail, the section of the Appalachian Trail sanctioned for this event is quite walkable for Volkssporters with moderate hiking skills. A 4 km segment of the walk includes 2 water falls and a 7 km segment passes 2 pristine ponds with a turnaround at the Katahdin Stream campground. This camp is used by AT Through Hikers prior to their challenging climb up Mount Katahdin to the AT trail terminus. Although the hike up Katahdin Mountain is NOT part of this event, an optional, less challenging, 3.6km hike provides a view of Katahdin Falls and a 2 km hike option around Daicey Pond provides a distant view of Mount Katahdin. (See **Tip** on page 6.)

Special Programs:

Appalachian Trail, Bridges - Spanning the USA, Points of Reference, and Walking the USA A-Z.

Start Point:

The walk begins from the 1st parking lot near Daicey Pond in Baxter State Park. Detailed driving directions are found at the beginning of the walk directions.

Walk Registration:

Please use the online start box provided by the California Volkssport Association website (www.cva4u.org). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods.

The following link is to a webpage containing a YouTube video demonstrating the user features of the Online Start Box:

<http://nodegreen.com/olsb/>

Walk Completion and Walk Credit:

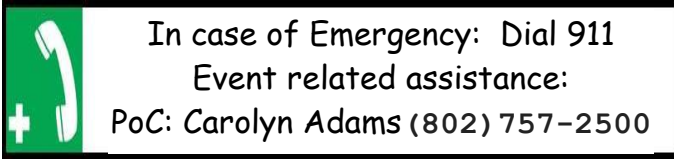
Once you have physically completed the walk, please login to your Online Start Box account and select the "Maps / Finish" tab. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may later choose to print out.

Table of Contents:

Use the following table to guide what portion of this document you may wish to print out.

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Welcome to the Maine_Baxter State Park /
 Daicey Pond / Little and Big Niagara Falls -
 AVA - Appalachian Trail Seasonal Walk
 June 1, 2018 - Sept 30, 2018



These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

BEFORE YOU GO:

Come fully prepared - there are no stores, gas stations or potable water at Baxter State Park. Pets are NOT allowed in Baxter State Park. There is no cell service (either voice or data) throughout nearly all of the Park. There is a daily fee to enter Baxter State Park.

It is recommended that you visit the Baxter State Park website to check on conditions at Baxter State Park before beginning your trip.

<https://baxterstatepark.org/>

Baxter State Park Headquarters is located at 64 Balsam drive, Millinocket, ME 04462

(207) 723-5140 Also highly recommended:

<https://www.friendsofbaxter.org/park/prepare-for-your-trip>

You can get your AT stamps at Appalachian Trail Lodge (and gear shop) at 33 Penobscot Ave, Millinocket, ME 04462 207-723-4321

<http://appalachiantrailodge.com/> and at

Appalachian Trail Café
 210 Penobscot Ave, Millinocket, ME 04462
 Phone: (207) 723-6720

Millinocket is an "Appalachian Trail Community" and is the closest town to the northernmost

section of the AT. The "Trail's End Festival" is held annually in Millinocket in mid-September.

When to Hike:

This seasonal walk is available **June 1 - Sept 30**. The hiking season at Baxter State Park is short by necessity. The park usually opens sometime in May and closes in October, timing dependent on weather. Mud and bugs are a special problem spring through early summer. Prime months to hike are July - September.

This is also a time when you are likely to meet some Northbound AT "Through Hikers" nearing the finish of their journey.

Baxter State Park's road system is purposely primitive. Expect to drive approximately 8-10 miles on a narrow gravel road to get to the start point at Daicey Pond. Weekends are especially busy and parking lots may fill up early in the day.

Considerations for Hiking the AT:

PLEASE READ THESE INSTRUCTIONS IN ENTIRETY BEFORE STARTING YOUR HIKE.

You MUST be prepared for HIKING.

This section of the AT is an iconic AT experience. Rocks and roots and classic AT footbridges abound. Sturdy hiking boots or hiking shoes and trekking poles and plenty of water and snacks are recommended. It is not advisable to hike during or soon after inclement weather. The trail and footbridges can become slippery. Ice or frost may remain on the trail after it has cleared from sun exposed areas. Bug repellent recommended - follow good tick prevention strategies. General hiking guidelines: 1) If possible, do not hike alone 2) Let someone know where and when you are hiking and when you expect to return 3) Carry a flashlight, first aid kit and clothing for weather changes. 4) Carry a good trail map with you (available at the Appalachian Trail Conservancy, National Geographic, Appalachian Trail Lodge, Amazon, etc). When you enter the park at the BSP Togue Pond Gate also ask for BSP maps and current trail conditions (these maps are minimal in detail).

Follow the AT White Blazes any time instructions say to stay on the AT. Although unlikely here, rerouting of the AT may occur due to trail and bridge conditions and could differ from written instructions. This will keep you from getting lost and staying on the trail protects the environment.

Maps are at the end of the instructions

Driving Directions to start point:

Arriving from Millinocket, enter Baxter State Park at Togue Pond Gate.

[Directions to the Togue Pond Gate (south entrance)]

Travel on I-95 to Exit 244; turn west on Route 157 and travel through Medway, East Millinocket and Millinocket. Proceed through both traffic lights in Millinocket. (If you wish to stop at Park Headquarters, it is near McDonalds at the first traffic light in Millinocket.) Bear right at the three-way intersection after the second traffic light in downtown Millinocket. Bear left at the next "Y" intersection, staying on the main road. Route 157 ends in Millinocket, and the road to Baxter State Park has many names: the Baxter State Park Road, the Millinocket Lake Road, or to locals, simply "the Lake Road." Eight miles from Millinocket, you will pass the Big Moose Inn and the Northwoods Trading Post on the right. Continue another 8 miles on a paved road to Togue Pond Gate.

Pay entrance fee (Maine residents are free) at Togue Pond Gate and obtain trail map and instructions to the Daicey Pond Day Use Parking area at Daicey Pond Campground. The campground spur road leaves the Park Tote Road ~10.4 miles from Togue Pond Gatehouse. Park in the designated day use parking lot.

TRAIL INFORMATION:

Portable toilets are available at the Daicey Pond Parking area. Toilets are also available at Katahdin Stream Parking area (2nd segment of the walk).

All hikers, please sign AT hiking register(s) before and after hike.

This AVA walk is divided into 2 main segments for a total of ~ 11K (not including options). Each segment begins and ends at Daicey Pond Day Use Parking Area. Signage on the Appalachian Trail is in miles, NOT kilometers.

FIRST SEGMENT is 4K hiking from Daicey Pond to Little & Big Niagara Falls and back to Daicey Pond. The falls are great spots for a break and snack. **6K option:** If you are not planning to hike the second segment to Katahdin Stream Campground you should consider walking around Daicey Pond on the Daicey Pond Nature Trail for an additional 2K. (see maps). There are great views of Mount Katahdin from the nature trail.

SECOND SEGMENT is 7K hiking from Daicey Pond to Katahdin Stream Campground and back to Daicey Pond. This section skirts the northern side of Daicey Pond, going through woods, past the southern side of Grassy Pond and across Park Tote Road to the Katahdin Stream Campground. **(10.6K option:** If you are feeling extremely ambitious you can continue on the Appalachian Trail to Katahdin Stream Falls and back to KS Campground, an additional 3.6K round trip.)

Katahdin Stream Campground is the last stopover for hikers on their way to Mount Katahdin. Signs prepare hikers for the treacherous climb to the summit. A plaque on a large boulder commemorates the donation of Baxter State Park by Percival Baxter to the state of Maine and another plaque quotes: "MOUNT KATAHDIN. MAN IS BORN TO DIE. HIS WORKS ARE SHORT LIVED. BUILDINGS CRUMBLE. MONUMENTS DECAY. WEALTH VANISHES. BUT KATAHDIN IN ALL ITS GLORY FOREVER SHALL REMAIN THE MOUNTAIN OF THE PEOPLE OF MAINE. ~ PPB"

TRAIL INSTRUCTIONS:

FIRST SEGMENT

Appalachian Trail - Daicey Pond Day Use Parking to Big and Little Niagara Falls (& Daicey Pond Nature Trail option)

Difficulty: Moderate | Length: 4K

Park in the designated day use parking area by the small field at the foot of the hill. (Refer to **Daicey Pond-Little & Big Niagara Falls 4km map.**)

1) Follow the **white blazes** that enter the woods at the **left edge of the field**, which mark the **Appalachian Trail**. Check for signs to ensure you're headed "**southbound**" on the AT. (Note: when you leave the Appalachian Trail the trails are marked by blue blazes). You need to sign in on the registration log before heading to the falls.



The trail is root and rock covered. You will walk across some AT footbridges. The trail follows the path of the Katahdin Stream (on your right).

2) Watch for the sign marking the short trail (about 150' long) that splits to the **RIGHT** to go down to Little Niagara Falls.



3) **Retrace** your steps back to the AT from Little Niagara Falls. Turn **RIGHT** on the AT to continue south (about 0.5 km) to Big Niagara Falls.

4) Again, there is a sign marking the short trail



to the **RIGHT** to go to Big Niagara Falls. Be careful if you choose to venture out onto the rocks at the falls.

5) **Retrace** your steps back to the AT from Big Niagara Falls. Turn **LEFT** on the AT to head **Northbound** to return to Daicey Pond. Don't forget to sign out on the registration log.

END OF 4K SEGMENT

6K Option to walk around Daicey Pond on the Nature Trail

(Refer to Daicey Pond Loop Map)

a) Upon reaching Daicey Pond turn **LEFT** on the Appalachian Trail. **Continue hiking clockwise all the way around Daicey Pond, keeping the pond on your right.** Do NOT turn left on the Tracy and Elbow Ponds Trail and Do NOT turn Left to continue on the AT towards Katahdin Stream Campground . Follow signs for Nature Trail. Enjoy great views of Mt Katahdin from the nature trail.

b) At end of pond where you began the Daicey Pond Loop retrace steps to parked car at Day Use Parking area.

End of 6K Option.

11 K Walkers:

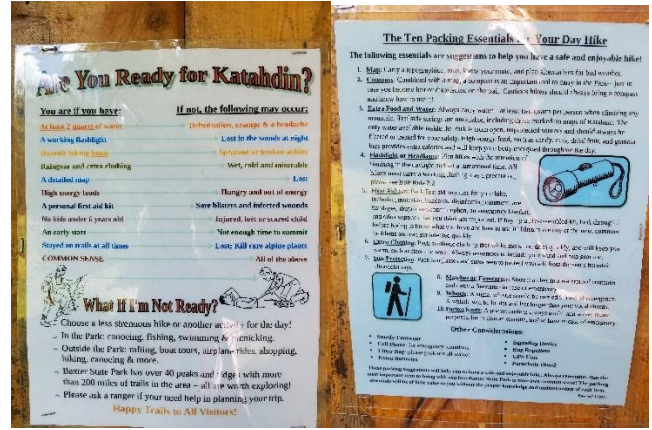
(Refer to Daicey Pond - Katahdin Campground 7km Map)

6) Upon reaching Daicey Pond turn **LEFT** to continue on the Appalachian Trail. Continue on trail hiking clockwise **half way around** Daicey Pond, keeping the pond on your right.

7) At Northeast corner of pond **follow signage for AT Northbound to Katahdin Stream Campground**, following the white blazes. You will pass Grassy Pond and cross Park Tote Road on the way to the campground.



8) At Katahdin Stream Campground there are toilets. Stroll around reading the plaque commemorating Percival Baxter (on a large boulder) and signs with guidelines for hiking to Katahdin Peak. You may meet some AT through hikers and section hikers. Mount Katahdin peak day climbers leave very early in the morning and hopefully return before dark!



9) **Retrace your steps** to Daicey Pond by locating the sign directing you **Southbound on the AT** and following the white blazes. (Unless you are hiking the **option below** to Katahdin Stream Falls - in which case you would continue Northbound on the AT.)

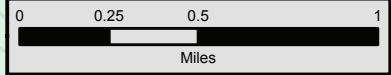
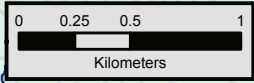


Katahdin Stream Falls Option:
Walkers who wish to walk further Northbound on the AT to Katahdin Stream Falls and back will be hiking a total of 14.6 km ! You should only attempt this if you have ample time to return to Daicey Pond before dark.

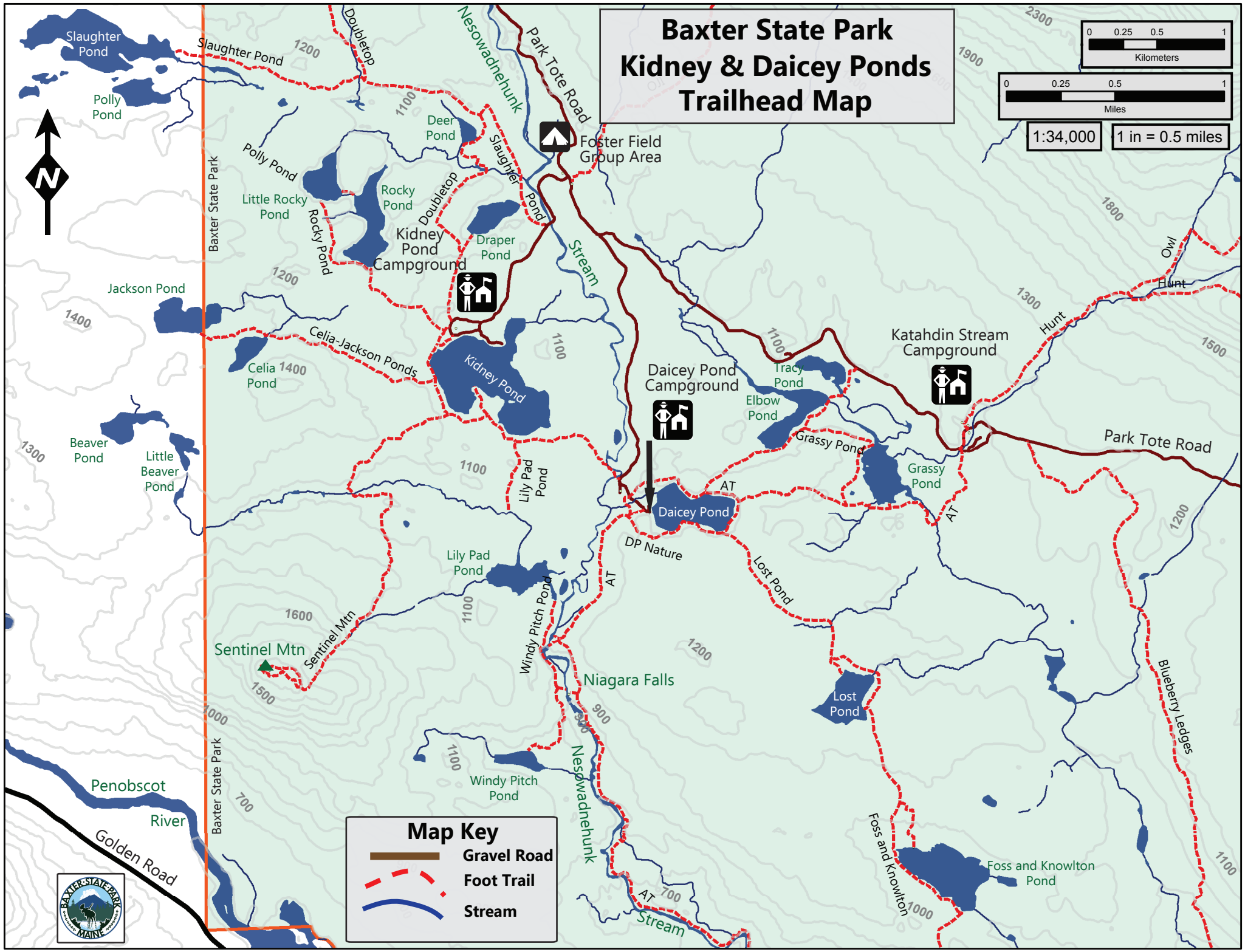
(Refer to ME_Katahdin Str Camp_KS Falls 3.627 km Map)

a) The trailhead is located near the large rock with plaques about Baxter State Park and the quote by Percival Baxter referred to earlier.

Baxter State Park Kidney & Daicey Ponds Trailhead Map



1:34,000 1 in = 0.5 miles



Map Key

- Gravel Road
- Foot Trail
- Stream



Daicey Pond - Little & Big Niagara Falls 4km



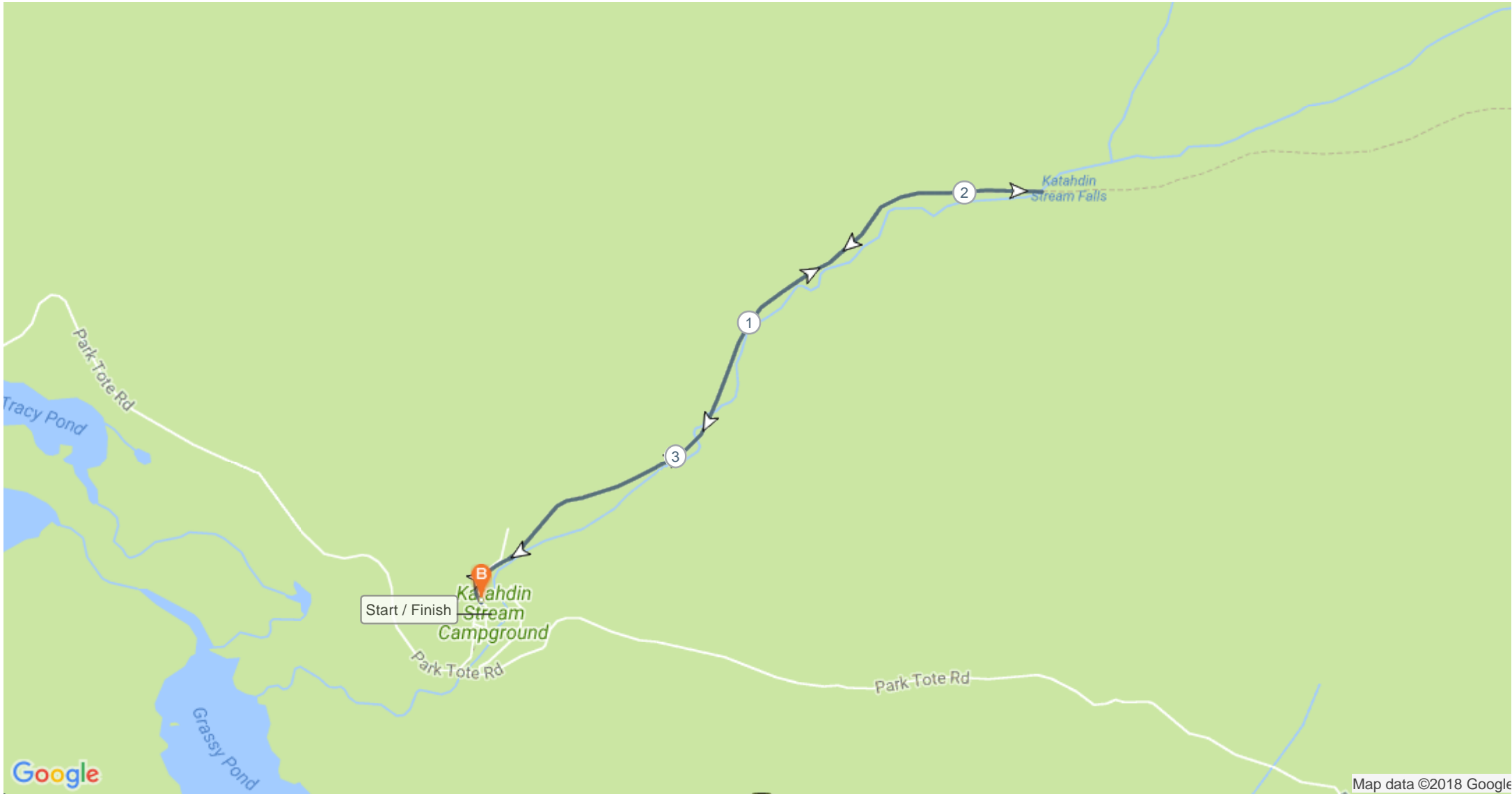
Daicey Pond Loop 2.3km



Daicey Pond - Katahdin Campground 7km



ME_Katahdin Str Camp _KS Falls (3.627 km)



VERMONT'S TWIN STATE VOLKSSPORT ASSOCIATION

VERMONT IS *THE GREEN MOUNTAIN STATE*

2018 Year Round

<p><u>Montpelier, VT</u> - <u>Capital Walk</u></p>	<p>January 1 - December 31</p>	<p><u>Bridges - Spanning the USA, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the USA A - Z</u> Nation's smallest capital. The 10k and the 5k Capital routes include the State House, interesting architecture, Nat Reg Hist properties. Our 10k is rated 2A for one long hill, while the 5k is rated 1A. New for 2016 is a 5K Park route, entirely in Hubbard Park, rated 3B for hills and trails, offering a view of the State House from the top of the town. <u>More Capitol info.</u> Our starting point now has better parking, and very informative employees to welcome you to the capital of Vermont. Our trailmaster has rerouted the trails to highlight the many buildings in Montpelier on the Natl Register. New route (2015) along Stonecutters Way. New route (2016) to support park special program; drive to park avoiding steep incline, 5k within park.</p>
<p><u>Stowe, VT</u></p>	<p>January 1 - December 31</p>	<p><u>Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Walking the Path of Inventions, Walk the USA - Street by Street, Walking the USA A - Z</u> POC summer: PO Box 113, Hancock NH 03449 (802)498-8688. Daily dawn to dusk. Trail in heart of Green Mtns, place of YR rec activities & great fall colors. Walk is along stream, on Stowe rec path, through wooded area; spectacular view Mt Mansfield, VT's highest peak. Alternate winter route provided. Home of MariaVonTrapp ("Sound</p>

		of Music" fame); VT#1 tourist attraction, Ben/Jerry's, not far away. Host hotel serves meals. Winter equipment rental in town. It is said that Stowe is "a little bit of Austria in Vermont." There is an Alpine feel to this beautiful mountain town. Ben & Jerry's ice cream plant is a short ride away on Rt 100 in Waterbury. Our walk has been extended to YR to take advantage of Stowe's popular winter season activities & spectacular fall colors. The Rec trail groomed for cross country skiing and/or snowshoes in season.
<u>Portsmouth, NH</u>	January 1 - December 31	<u>Alternative Capitals, Border Crossings, Bridges - Spanning the USA, Food For Thought, Ice Cream Parlors, National Register of Historic Places, State Street Sashay, Take a Walk In a City Park, Walking America's Ports of Call</u> Event highlights long history of Portsmouth, first settled as "Strawbery Banke' in 1630, & its role in War for Independence, Civil War, & its current role as one of New Hampshire's few seaports. 6k is available, but requires driving to a different Start Pt. Daily dawn to dusk. Portsmouth was the capital of the English province of NH, before the Revolution. Many historic sites. This is a Border Walk; walking over Memorial Bridge to Maine. The city park is Prescott. The Port is on the Piscataqua River. Exeter has the only still operating Worcester Lunch Car, a very early design of diners.
<u>Concord, NH - Capital Walk</u>	January 1 - December 31	<u>Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, State Capital, State Street Sashay, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, Vice Presidential Walks, Walk the USA - Street by Street</u> Daily, dawn to dusk. Trail includes State Capitol, historic downtown Concord & President Franklin Pierce manse & grave site. Vice President Henry Wilson attended Concord schools. Amoskeag known for steam fire engine invention. Capitol made of Concord granite. Walk includes White Park.

2018 SEASONAL EVENTS

Many Different Start and Closing Dates

<p><u>Burlington, VT</u> - <u>Waterfront, Downtown, and UVM</u></p>	<p>May 1 - December 31</p>	<p><u>Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Treasure Hunt - A way to walk our precious trails, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the Path of Inventions</u> Our new Burlington walk will give the walker the choice of a waterfront and downtown walk, or a UVM and local history walk. They can be combined for a long walk of about 20k, or can be done in parts. PPSFBurlington is called the Queen City, dating back to its days as a major port along Lake Champlain. Downtown includes Ben & Jerry's, (ice cream parlor which originated in Burlington), great architecture and Church Street, pedestrian mall with many stores and restaurants. UVM is the state university, with several campuses. There are many historical homes and buildings along the walk, including Rev. Young's home at College and Willard, which was a stop on the underground railroad. Note that there is a significant hill to ascend from downtown to UVM.</p>
<p><u>Exeter, NH - Former Capital</u></p>	<p>April 1 - December 31</p>	<p><u>Alternative Capitals, Amphitheatres, Bridges - Spanning the USA, National Parks Centennial Challenge, National Register of Historic Places, State Street Sashay</u> Alternate trail available where difficult for wheelchairs & strollers. Exeter was State Capital during Am. Revolution. Settled in 1638, it is a town rich in history & architecture. Walk along Squamscott River, thru beautiful Phillips Exeter Academy campus & visits Powder House used to store gunpowder 'removed' from Ft. William & Mary prior to start of Revolution & later used at Battle of Bunker Hill. Daily dawn to dusk. Amphitheater in Swasey Parkway. Gilman Garrison house is National Historic Landmark.</p>
<p><u>Littleton, NH</u></p>	<p>April 1 - December 31</p>	<p><u>Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the Path of Inventions, You'll Never Walk Alone</u> "One of America's top ten dream towns";</p>

		<p>lovely New England town is a triumph of historic preservation. Award winning Main St focus of 6K: walk through covered bridge; working grist mill; world's longest candy counter; many historic buildings, shops & restaurants; at library, statue "Pollyanna", creation of local author; enjoy Ammonoosuc riverwalk; & Dells, a conservation area. 10K adds route to Remick Park, with more challenging elevation. "Live in a walkable community" is motto of Littleton. Your host Diner has the best breakfast in NH says Food Network. 6K, 1B; 10K, 2B. 6a-dusk. See more info: Littleton Area Chamber. Both 6K & 10K are offered. Optional 1k from either route to add ice cream shop. Optional shorter wheelchair or stroller friendly route including the historic Main Street only is available, rated 1A, along paved surfaces. No pets allowed in cemetery.</p>
<p>Brattleboro, VT</p>	<p>May 1 - December 31</p>	<p><u>Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking America's Ports of Call, Walking the Path of Inventions</u></p> <p>Brattleboro is a lovely historic town with restaurants, coffee shops, and much Vermont charm. Our 5k highlights the downtown and a nearby residential area. The 10k explores more of the industrial history of the town, passing the Estey Organ warehouse. 5k is relatively flat, with a few small hills. 10k has more elevation. Optional 1k take the bridge to NH to see an island where a dance hall once stood, plus optional brewpub. Our host is an historic art deco hotel and theater in the center of downtown Brattleboro. (Walk box at hotel) Ask about discount for volkssporters staying at the Latchis. Parking on the street and hotel parking is very limited, but several parking lots are close by and reasonably priced. Pets not permitted in buildings. Elisha Otis, inventor of the elevator, lived in Brattleboro at one time. The Connecticut River was navigable, and a DAR marker on Main St near the Whetstone Brook Falls points to where the docks once stood. Ice Cream Shop is Blueberry Haus on Elliot St near our start. Underground RR was the Charles Frost shoemaker shop on Flat Street on 10k, opposite the Organ factory.</p>

[Chimney Point,
VT -
Champlain
VT/NY](#)

**May 1 -
November 30
WEB
REGISTRATION
ONLY**

[Animal Safari, Border Crossings, Bridges -
Spanning the USA, Honoring Our Flag,
Lakes and Reservoirs, National Register of
Historic Places, Points of Reference, Walking
America's Ports of Call](#)

[WEB REGISTRATION ONLY](#)

[\(www.cva4u.org\)](http://www.cva4u.org) Start: Chimney Point, VT
A walk history and bridge lovers will enjoy.
The site has been important as a passage
between shores for millenia. On both sides
stood forts in 18th century; state historic sites
of Crown Point NY & Chimney Point VT are
united by the bridge. Explore both on this
walk. Walk daylight hrs only. Historic sites
close for season before walk does; plan
accordingly. No free walkers for OLSB
walks with TSVA. [Info for Crown Point, NY.](#)
[Info for Chimney Pt VT.](#)

While beginning and ending on VT side,
most of walk is on trails within Crown Pt.
Historic Site in NY. Award is large beautiful
patch of new Bridge. Bust by Rodin featured
on lighthouse on NY side, as is sculpture of
Samuel de Champlain. Bridge nearly half
mile long; you cross it twice on walk;
separate pedestrian & bike lanes. Both 5/10K
visit both sites in both states; 10K includes
more of Crown Point trails. Restrooms at
Museum & grounds of Crown Pt HS; food &
restroom at Start. Completed in late 2011, the
new bridge replaces one imploded in 2009.
Our choice for animal safari is Champ, the
Champlain Monster. As of Aug 2015, Host is
closed on Tuesdays. Check [The Bridge
Restaurant VT](#)

[Woodstock, VT](#)

**May 1 -
November 11**

[Bridges - Spanning the USA, Honoring Our
Flag, Ice Cream Parlors, National Parks
Centennial Challenge, National Register of
Historic Places, Points of Reference, Take a
Walk In a City Park, Trekking With the
Trees, Underground Railroad, United States
Post Offices](#)

This offers choice of hike up Mt Tom, a visit
to National Park, or walk through historic
Woodstock, noted for its shops, culture, town
square. 11/10/8K walks 3B; 5K, 1B. Shares
walkbox with Quechee, 8 mi. away. 9am-
5pm daily; call before Memorial Day or after
Columbus Day. Start at Quechee Visitors
Center, stamp books & drive 8 mi to
[Woodstock](#). Woodstock's Mt Tom trails are
among our favorite walks in our club's 30
year history. Plan to take time, & stamp your

		<p>books first so you do not have to rush to return to Quechee by closing time. Remote start by mail may be possible; contact the POC by email with as much lead time as possible. Longer trails with scenic outlooks via Mt. Tom's historic forest stands along paths & carriage trails. A 5K rated 1B offering the picturesque village & Nat'l Park available. Mt. Tom's 20 mi of trails & carriage roads maintained by Nat'l Park Service, as part of Marsh Billings Rockefeller NHP; trails open without charge. Park has Rockefeller mansion, & Billings Farm Museum, both worth a visit; admission charged. Abolitionist and Judge Titus Hutchinson had a stop on the Underground Railroad at his home on the green, at corner of Elm and Central.</p>
<p><u>Lincoln, NH - Franconia Notch State Park</u></p>	<p>May 1 - October 28</p>	<p><u>Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, Walking the USA A - Z</u></p> <p>Franconia Notch St Pk voted #1 by Yankee Magazine readers; allow sufficient time to enjoy Park. Opt for relatively level, free Pemi trail, or more challenging & spectacular Flume Gorge (paid area). Flume Gorge counts as 5k, 3B, pass 2 covered bridges, splendid waterfalls, interesting rock formations; more like mtn hike. Bring correct footwear/clothing & water. Route steep; not recommended in wet weather. Use free bus that shortens ascent/distance. Other distances/grades available. Nice color patch A award. We have sanctioned up to 20k of the Pemi trail, for which there is no park admission. Walkers urged to stay on marked trails & be cautious of weather conditions. Free park maps available at VC. IMPORTANT: Use rangers as your resource for alternate trails. Pemi has a variety of terrain and difficulty you may choose with ranger assistance. Please note start & end dates dictated by weather. Check their website or call park if arriving early or late in season. There is a campground in Park. Ask about Discovery pass, which is a reduced ticket combining the Flume & Cannon Mtn Aerial Tramway. We recommend a full day to enjoy Park & area. If starting late or driving to another trail head, you may stamp your book & pick up your award before leaving the VC. Pemi trail passes Profile Lake. There are boardwalks in</p>

		<p>the gorge. An ice cream shop at the Visitors Center.</p>
<p><u>Quechee, VT - Vermont's Grand Canyon</u></p>	<p>May 1 - November 11</p>	<p><u>Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Walk the USA - Street by Street, Walking the USA A - Z</u></p> <p>While not like Grand Canyon, AZ, this mile-long gorge is unique in New England; stunning views best seen at bridge on Rt 4 very near to Visitors Center. Trails into gorge are considered an easy hike. Campground at nearby state park. Open Daily 9a-5p; call before Memorial Day or after Columbus Day in case hours change. Get your Q in VT. Note that there is some road walking without sidewalks on part of this walk. Also close by, many stores with VT products and historic diner. In Village of Quechee, along 10k, fine dining, craft shops, & historic mill area. Simon Pearce makes handblown glass & pottery, and its restaurant overlooks the falls. Qualifies for hard to find "Q" in A to Z. Woodstock's Mt Tom, 8 mi away, would make great day of walking/hiking in this area. Quechee and Woodstock walks share same walkbox in Quechee. Trail starts at Visitor Cntr along Ottaquechee River, and includes stunning view into VT's deepest gorge, formed by glacial activity more than 13K yrs ago. Shorter walk goes down into gorge and back along state park area. 10k continues into Village of Q; historic buildings, craft shops, and restaurants.</p>
<p><u>Keene, NH</u></p>	<p>May 1 - December 31</p>	<p><u>Amphitheatres, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Take a Walk In a City Park, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions</u></p> <p>Keene is a college town known for its beauty and music. The free Music Festival is in Aug or Sept each year. Located in the beautiful Monadnock Region. Our starting point is near the trail system. There are two 5k walks which can be walked as one 10k. The city walk includes the historic parts of town, beautiful architecture, and part of the college (KSU) campus. The other is a park walk for the special program. There is ample free parking around the CVS, and there are restaurants nearby. Store is open from 8 am to 10 pm, but walk only during daylight hours. Town walk is mostly on sidewalks or</p>

		<p>paved surfaces, relatively little elevation. The Park walk has more varied surfaces. 1A to 2B, Many buildings near Central Square on NHR including Cheshire Co Courthouse. John Wright, inventor of Wright's silver polish, was from Keene. Several Ice cream shops including Life is Sweet and Walpole Creamery. (POC recommends Walpole.) You can get Gerald R. Ford for your VP book either here or in Peterborough; as President he visited both cities in 1975.</p>
<p><u>White River Junction, VT - VT/NH Border Walk</u></p>	<p>April 1 - December 31</p>	<p><u>Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, United States Post Offices, Vice Presidential Walks, Walking the Path of Inventions</u></p> <p>Our White River Junction walk returns as a Border Crossing event, crossing into West Lebanon NH. Historic Railroad town in VT, with operating Amtrak train station if you want to come by rail. Our walk includes town parks and local history. Daily 7a to Dusk. POC informs us there may be construction that will affect the walk. Alternate routes may be used. Listed on the National Register of Historic Places, Hotel Coolidge is located in the heart of the village of White River Junction. Many local shops and trendy diners, cafes, a martini bar and other dining are within walking distance, right next door to the Briggs Opera House. White River Jct. is so named as it is located at the junction of the Connecticut River and the White River, in the town of Hartford VT. Considered the heart of Central Vermont and the Upper Valley Region of Vermont and New Hampshire. Our walk will cross the Connecticut into New Hampshire. Vice President Walks for Calvin Coolidge.</p>
<p><u>Norwich VT/ Hanover, NH - Appalachian Trail - Border Walk - Dartmouth College</u></p>	<p>May 1 - November 30</p>	<p><u>Appalachian Trail, Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Vice Presidential Walks</u></p> <p><u>WEB REGISTRATION ONLY</u> <u>(www.cva4u.org)</u></p> <p>This is an Appalachian Trail event for NH only, and a border crossing. A variety of choices are available including a 3C hike of 5k, a 5k 2A town walk in either town can combined as a 10k. A walking stick and</p>

		<p>water is recommended for the hike. TSVA is happy to bring back our Hanover and Norwich walk, with a new option for AT trail hiking. Norwich can be a stand alone 5k with alternate startpoint. Similarly, a 5k Hanover walk can be done without the AT portion. For hikers, we offer a 3k hike option to Velvet Rocks shelter rated 3C. The complete circuit would be 13k. Nelson Rockefeller, Vice President under Ford, was a 1930 graduate of Dartmouth College.</p>
<p><u>Middlebury, VT</u></p>	<p>May 1 - December 31</p>	<p><u>Animal Safari, Boardwalks, Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Underground Railroad, United States Post Offices, Walking the Path of Inventions</u> <u>WEB REGISTRATION ONLY</u> <u>(www.cva4u.org)</u> Middlebury is the shire town of Addison County, and a college town of some renown. The 10k crosses the Otter Creek through an unusual double covered bridge. Pastoral scenes with some rolling hills and much flat terrain. Our former President and great friend to volkssporting, Charlotte Phillips, has allowed us to continue to run Middlebury, now through OLSB. This has been one of our favorites for 20 years. The Middlebury Inn opened in 1827 and serves a wonderful afternoon tea. John Deere, inventor, was a student at Middlebury. Many buildings in town and at college on NHR. 88 Main Street was a stop on the Underground RR. Bridges on both 5k and 10k. No pets permitted in buildings, and only part of the route is wheelchair accessible. There are no free walkers on this walk.</p>
<p><u>Peterborough, NH - Our Town</u></p>	<p>May 1 - October 31</p>	<p><u>Amphitheatres, Honoring Our Flag, Ice Cream Parlors, Make a Wish at a Water Fountain, National Register of Historic Places, Take a Walk In a City Park, Trekking With the Trees, Underground Railroad, United States Post Offices, Vice Presidential Walks, Walk the USA - Street by Street, Walking the USA A - Z, You'll Never Walk Alone</u> <u>WEB REGISTRATION ONLY</u> <u>(www.cva4u.org)</u> Peterborough is an historic and attractive town in southern NH. "Our Town" by Thornton Wilder was modeled on this town. The Moses Cheney House was a</p>

		<p>station on the Underground RR. Many shops and restaurants to enjoy nearby. Our walk can be done as a 5k in town, a 6k that includes the Moses Cheney House, or an 11k with both loops. The town walk remains mostly in the historic area, while the longer walk includes some residential areas.</p> <p>Underground RR - Moses Cheney House VP: Gerald Ford (visited as President, 1975.) Ice Cream Shop is Ava Marie 43 Grove St. ; Horsehead fountain near town hall. Goes through Putnam Park. Our POC has a summer home in nearby Hancock, email and phone will reach her. No pets in buildings.</p>
<p><u>Derby Line, VT</u> = <u>International Border Walk</u></p>	<p>May 1 - November 30</p>	<p><u>Border Crossings, Bridges - Spanning the USA, Honoring Our Flag, National Register of Historic Places, United States Post Offices</u> <u>WEB REGISTRATION ONLY</u> <u>www.cva4u.org</u> Our Derby Line walk is for those who want a unique border walk experience. Nearby is Newport which is on Lake Memphremagog, a resort destination here and in Canada. Derby Line is literally on the Canadian border, and Haskell library is in both countries. Those without a passport may visit the library. Those with a passport can see the rest of the community, which is almost entirely in Canada. We have permission from the CVF to continue the walk in Stanstead Quebec, but all walkers must have appropriate ID and check in at both border entries. More info on our website. There are no free walkers for this walk. PLEASE NOTE: The NEWPORT portion of this walk is temporarily unavailable, returning om 2018. The Derby Line portion of the Derby Line Stanstead walk is less than 3k; to get 5 or 10k, you MUST have a passport or enhanced ID. Derby Line is a very small community that is the gateway to Stanstead Quebec. Those without a passport can still enter the library to be in both countries, and earn your border crossing qualifier. Those with passports can extend their walk into Canada. Haskell Library is on the National Register. Our Newport walk will be back in 2018 as an adjunct to this to allow a full 10k (or more) in the US. Driving to a different site is required.</p>
<p><u>Killington, VT - Appalachian Trail -</u></p>	<p>May 15 - October 30</p>	<p><u>Appalachian Trail, Boardwalks, Vice Presidential Walks, Walking the USA A - Z</u> <u>WEB REGISTRATION ONLY</u></p>

<p><u>Thundering Falls - Gifford Woods</u></p>		<p>www.cva4u.org This is an Appalachian Trail event. The walk offers several choices of length and terrain up to 10 k. Most are 3B to 3C. Walking stick and water suggested. Sights include Thundering Falls, Kent Pond, Gifford Woods State Park, and old growth forests. You are in Coolidge State Forest, qualifier for Vice Presidents. Many lodging options nearby. Camping available at Gifford Woods State Park, open late May to mid Oct. There are no free walkers for this event. Dogs on leash only. No restrooms at start but are at Gifford Woods State Park in season.</p>
<p><u>Millinocket, ME - Appalachian Trail - Baxter State Park</u></p>	<p>May 15 - September 30</p>	<p><u>Appalachian Trail, Bridges - Spanning the USA, Walking the USA A - Z</u> <u>WEB REGISTRATION ONLY</u> www.cva4u.org Features two out & back trails both of which originate at Daicy Pond Campground; include Big and Little Niagara Falls. Optional extension or repark to hike Katahdin Stream Falls. Iconic AT footbridges, rocks and roots on trail. Entry fee required. Consult <u>park website</u>. Beautiful waterfalls reward you on this easy hike in Baxter State Park. Walking stick, sturdy foot gear, water, and bug dope recommended. We have sanctioned up to 20k, but consult with park materials to design your hike safely and for conditions. This event has no free walkers. Campers do not pay additional entry or parking fee.</p>

Last Updated: Tax Day April 17, 2018



We're Walking in Maine 2018

Southern Maine Volkssport Association (SMVA) invites you to enjoy our year-round walk (Portland) and four seasonal walks (Augusta, Brunswick, Kennebunk and So. Portland). These map-guided walks have distances of either 5 km, 10 km or 11 km routes. These walks are non-competitive in nature and are suitable for people of all ages and abilities. You walk at your own pace thus making for a great family activity. Non-members are always welcome at all activities. Please be sure to register; all information is located in the Walk Box at the Start Point.

These walks are sanctioned & governed by the American Volkssport Association (AVA), a member of International Federation of Popular Sports (IVV). By registering, all agree to abide by the rules of these governing organizations. Events count toward IVV Achievement Awards.

Keep in touch with us for updates on group walks, special meetings with guest speakers & additional one-day walks.

Website: smva.mysite.com

Facebook: Southern Maine Volkssport Association

Email address: walkinginmaine@yahoo.com

Mailing Address: P.O. Box 722, Westbrook, ME 04098

Voice Mail: (207) 774-3415

Volksmarching started in Germany (volksmarch means "people's walk") in 1968. SMVA was founded in 1983 by four faculty members from Westbrook High School. In the early years, SMVA had the distinction of hosting a single event with the most walkers – a total of 3500 walkers for the Eastern Prom/Peaks Island walk. In 1996, SMVA was honored with having one of the top ten walks in the United States: the Lighthouse Walk in South Portland.

HOPE TO SEE YOU ON THE TRAIL!

AVA SPECIAL PROGRAM: APPALACHIAN TRAIL Baxter State Park, Millinocket 6/1/18 to 9/30/18

Thanks to Twin State Volkssport Association for sponsoring this new seasonal in Maine.
FMI: Contact Carolyn Adams carri757@gmail.com
or leave message at (802) 757-2500

AUGUSTA: APRIL 1 to OCTOBER 31, 2018 (11 km with 5 km option)

Rating = 2C (some moderate hills and stair climbing; some difficult terrain, uneven ground and unpaved)

AVA Special Programs: State Capital

Point of Contact: Wally and Sandy Johnson, PO Box 722, Westbrook, ME 04098-0722 Phone: (207) 839-2057
E-mail: sjohns1@maine.rr.com

Start Point: Viles Arboretum (formerly Pine Tree State Arboretum), Rt. 9, 153 Hospital Street, Augusta, ME, 04332, (207) 621-0031. The Start Box is on the outside, left side of small one-car garage. SMVA is painted on the box.

Start Times: The walk is held daily, 7 a.m. to two hours before dusk. You must be finished by dusk, as the woods get very dark

Directions: From the South: Take I-295 to I-95 toward Augusta, Exit 51, following Rt. 9 East into Gardiner. Take left at light, then stay in the right lane. After next light, move to the left in order to cross the bridge. Take left at end of bridge and measure 5 miles. Arboretum is immediately after the 35 mph sign. Please park at end of parking lot.

From the North: From I-95, stay right, follow signs to Augusta. From exit ramp, go 1½ miles to rotary. Go half way around the rotary, following signs to Waterville. Cross bridge and take immediate right onto Rt. 9. Go about one mile to Arboretum on left. Please park at end of parking lot.



BRUNSWICK: APRIL 1 to OCTOBER 31, 2017 (10 km with 5 km option)

Rating = 2A (some moderate hills/stair-climbing; paved)

AVA Special Programs: Bridges – Spanning the USA, Ice Cream Parlors, Underground Railroad, United States Post Offices, Walk the USA – Street by Street, and Walking the Paths of Inventors

Point of Contact: Roberta Schwartz, PO Box 722, Westbrook, ME 04098-0722 Phone: (207) 729-4389
E-mail: rschwart@bowdoin.edu

Start Point: Hannaford Supermarket and Pharmacy, 25 Elm Street, Brunswick, ME 04011. The Start Box is at the Customer Service Department. Please remember customers have priority over walkers. Closed on Easter.

Start Times: The walk is held daily, 7 a.m. to two hours before dusk. Must be finished by dark.

Directions: From the South: Take I-95 North to I-295 North, Exit 44 (S. Portland/Portland). Take Exit 28 (Rt. 1 towards Brunswick/Bath). Rt. 1 becomes Pleasant St. Stay in the right lane. At the light at Stanwood St. (Laundromat and Police Station on right), continue straight to stay on Pleasant St. At the end of Pleasant St, turn right onto Rt. 24/Maine St. Take the second right onto Elm Street. Hannaford will be on your left.

From the North: Take I-95 South to I-295 South at Exit 103. Stay on I-295 South to Exit 31A towards Topsham/Brunswick. Merge onto Rt. 196 at end of ramp. Pass Topsham Fair Mall; travel through several traffic lights until you come to a major intersection w/ a Nissan dealership on your right and a Toyota dealership on your left. Turn right at this light onto Rt. 201/Main St., Topsham. Follow Main St. across a bridge into Brunswick, (becomes Maine St.) Stay straight through the intersection with Pleasant St. at the light. Stay straight through the traffic light (Pleasant St. will be on your right), and take the second right onto Elm St. Hannaford will be on your left.

KENNEBUNK/KENNEBUNKPORT
APRIL 1 to OCTOBER 31, 2018
(10 km with 5 km option)

Rating = 2C (some moderate hills & stair climbing; some difficult terrain such as soft sand on beach, but can be avoided)

AVA Special Programs: Bridges – Spanning the USA, Ice Cream Parlors, United States Post Offices, Vice Presidential Walks, and Walk the USA–Street by Street

Point of Contact: Denise Macaronas, PO Box 722,
Westbrook, ME 04098-0722 Phone: (207) 774-3415
Email: SMVA2005@yahoo.com

Start Point: Maytag Laundromat and Cleaners, 169 Port Road, Route 35, Lower Village Market Place, Kennebunk, ME 04043 (207)967-5066 Closed on holidays

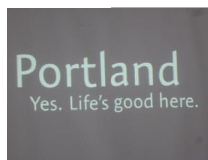
Start Times: The walk is held daily, 8 a.m. to 2 hours before dusk. Must be finished by dusk.

Directions: From the North or South: Take exit 25 from I-95. Follow Rt. 35S, crossing US Rt. 1 in downtown Kennebunk. From downtown Kennebunk, continue on Rt. 35 (South), an additional 3.4 miles. The entrance to the Village Market Place is on the right, just beyond the fire station (Washington Hose Co.).

Special Note: Please park toward the end of the parking area and across from the businesses. Do not park in front of the businesses.



SMVA's YEAR-ROUND WALK



PORTLAND
JANUARY 1 to DECEMBER 31, 2018
(10 km with 5 km option)

Rating = 2A (some moderate hills and stair climbing; on pavement)

AVA Special Programs: Bridges – Spanning the USA, Ice Cream Parlors, State Street Sashay, Take a Walk in a City Park, Underground Railroad, United States Post Offices, Walking America's Ports of Call

Point of Contact: Sondra Taylor, PO Box 722,
Westbrook, ME 04098-0722 Phone: (207) 856-6464
Email: sondrataylor190@gmail.com

Start Point: Hannaford Supermarket/Pharmacy, Hannaford Plaza, 295 Forest Ave., Portland, ME 04101. The start box is located at the customer service desk. Please remember that customers have priority over walkers. Closed on Easter, Thanksgiving and Christmas

Start Times: The walk is held daily, 7 a.m. to two hours before dusk. Must be finished by dusk.

Directions: From the South: Take I-95 N to I-295 N. Take exit 6B to merge onto US-302/ME-100/Forest Ave. Drive about 1/10 mile and turn right into Hannaford's Plaza.

From North: Take I-295 S to exit 6B to merge onto US-302/ME-100/ Forest Ave. Drive about 1/10 mile; turn right into Hannaford Plaza



SOUTH PORTLAND
APRIL 1 to OCTOBER 31, 2018
(10 km with 5 km option)

Rating = 1A (very small hills or very little stair climbing; the route is entirely on pavement)

AVA Special Programs: Bridges - Spanning the USA, Ice Cream Parlors, and Take a Walk in a City Park

Point of Contact: Elaine Johnson, PO Box 722,
Westbrook, ME 04098-0722 Phone: (207) 774-2971
Email: elmcji@aol.com

Start Point: Hannaford Supermarket, (Mill Creek Park), 50 Cottage Rd, South Portland, ME 04106. Start Box is at the Customer Service counter. Please remember customers have priority over walkers. Closed on Easter.

Start Times: The walk is held daily, 7:00 a.m. to two hours before dusk. Must be finished by dusk.

Directions: From the South: Take exit 45 from the Maine Turnpike (I-95). Follow divided highway from the tollbooth to US Rt 1. Turn left on Rt. 1 to Broadway, bear right on Broadway and continue to Cottage Rd. It is about 5 miles from the tollbooths to Cottage Rd (Dry Cleaners on left). Turn left on Cottage Rd. and Hannaford Supermarket is on the right.

From the North via the Maine Turnpike: Take exit 45; follow above directions.

From Portland and East (coming from Freeport on I-95): Continue into Portland on I-295. Take exit 6A (Forest Ave.) from I-295 and follow Rt. 77 towards South Portland. Once on the bridge, continue to traffic lights at Broadway. Turn left at 2nd set of lights onto Cottage Road; Hannaford Supermarket is on right.