



**APPALACHIAN MOUNTAIN CLUB (AMC) HUT HIKE:
MIZPAH SPRING HUT**
Troop 185 Wellesley
May 27-29, 2023 (Memorial Day Weekend)



ABOUT THE HUT HIKE

This year's destination for Troop 185's annual hut hike is Mizpah Spring Hut. Mizpah is one of eight wilderness huts located on the Appalachian Trail. Mizpah means "pillar in the wilderness" and, per the website: "...is an apt name for the hut nestled on the Southern flank of Mount Clinton. Opened in 1965, Mizpah features eight bunk-rooms, with total space for sixty, and a common room whose spacious windows open south and west to Montalban Ridge, Dry River Wilderness, and Crawford Notch. Here just below tree line, at 3,800 feet, hawks and ravens soar, the fog rolls in and out, and hikers find a setting that invites relaxation."

We hike to the hut Saturday morning and have Saturday afternoon and Sunday to explore the surroundings. The "hut" is an enclosed structure with a full kitchen, running water/electricity/toilets, and bunk beds for sleeping. We depart from the hut Monday morning to return to Wellesley.
(See <https://www.outdoors.org/destinations/massachusetts-and-new-hampshire/mizpah-spring-hut/>)

This information sheet contains important details about the trip, including packing lists and trip preparation, important dates and times, pre-trip paperwork, and registration instructions and deadlines.
Registration form and payment by check are due by Thursday April 27.

This hike is MANDATORY for anyone on the Philmont 2023 trip!

In the event that the trip is filled up we will be giving priority to Scouts/adults who are registered for Philmont.

The AMC Hut Hike differs from our other weekend events.

- 1) This is a family trip that is open to Troop 185 members, parents, and siblings. If we have not reached capacity after the reservation deadline, we open registration to friends of the troop.
- 2) Mizpah has a strict capacity limit of 63 people. We are limited by the number of sleeping bunks at the hut. If you wish to come, please get your reservation form and payment in by the deadline.
- 3) This event is the most *strenuous* of all our weekend outings. You will need to carry a full pack with all clothing, sleeping gear, as well as a share of the community food – dinners and breakfasts are cooked as a group. The hike is a minimum of 2.5 miles and has an elevation change of well over 2,000 feet, much of it over granite, and can include stream crossings. Most everybody completes the hike, but if you have no prior hiking experience or questions about your fitness, please see one of the adult leaders.
- 4) The White Mountains are known for fast changing and often extreme weather – on a previous trip we had nearly a foot of new snow fall on Memorial Day Weekend. **Be prepared with appropriate gear on the packing list.**

- 5) There are two routes to Mizpah Hut – a shorter 2.5-mile route, and a longer and more challenging 6.5-mile route. Scouts need to be at least 14 years old and have prior White Mountain hiking experience to attempt the 6.5-mile route. Adult leadership reserves the right to override choice of route.
- 6) We leave Wellesley early morning on Saturday – it is a three-hour drive to the trailhead. You can expect to be home Monday around 4:00 PM.

Hopefully this hasn't scared you off – this is a challenging weekend, but one that is fun and well worth the time and effort!

Please review the rest of this packet for additional information including:

- A packing list, including hiking boots, rain, and snow gear
- Information on picking up your share of the community food on the Monday prior to the hike
- Information on how to get to the trailhead parking lot

More information on car-pooling and departure day paperwork will be provided closer to departure.

MIZPAH TO MOUNT WASHINGTON – SUNDAY HIKE OPTION

In past years we have had groups of senior scouts and adults do an all-day hike on Sunday from Mizpah to Mount Washington and back. This is an *exceptionally* strenuous hike – 14.8 miles round trip with an elevation gain of 3,540 ft – with the final approach to Mt. Washington over rock. The hiking time without breaks is over nine hours.

If there is sufficient interest, we can plan a Mount Washington Hike for Sunday. You must be at least 16 years old and been on at least one prior T185 Hut Hike. Expect to leave the hut by 6am Sunday and return at dinner time. ***If you have an interest, please let us know on the registration form.***

PRE-TRIP PREPARATION

Equipment and Food

See packing list on a following page. You **MUST** have shoes suitable for hiking, and clothing for cold and wet weather. If you have questions, please check with an adult troop leader.

Dinners and breakfasts are included with the cost of the trip. Scouts will cook, and these meals will be served family style.

You are responsible for your own food for lunch on Saturday and Sunday. Most groups stop for lunch on Monday on the way home.

Monday Evening Before the Trip – Get Your Share of Troop Food!!!

Everyone on the trip needs to pick up their share of group food at the end of the Monday night troop meeting before the trip. If you cannot be there, have somebody else pick up your food. If for any reason you are unable to come, let the Scoutmaster know as soon as possible. If something comes up between Monday evening and departure, **you MUST deliver your share of the group food to someone else who is coming, or else the troop will be missing food.**

Pre-Trip Zoom Call

There will be an informational Zoom call prior to the trip, details to be provided closer to the date. All participants are encouraged to join.

PACKING LIST

The White Mountains are known for fast changing and often extreme weather – the clothing on this list, including boots, rain, and snow gear, is not optional. If isn't on this list, you may not want to bring it – you will need to carry all your gear plus your share of troop food!

- Backpack suitable for a long hike (the Troop has packs that you can borrow if needed)
- Your share of the troop food, picked up Monday night
- Lunch for Saturday and Sunday – keep them simple/no cook – you will most likely be eating away from the hut.
- **Carpoolers:** \$10 for gas and parking if you are car-pooling in someone else's car
- **Drivers:** Please have \$12 in cash for parking fees at the trailhead. (No change is available.)
- Spending \$ for lunch on the way home Monday. Also, the hut sells t-shirts, snacks, miscellaneous.
- Hiking boots – No tennis shoes on the trail – **waterproof!** There will likely be some snow on the trail.
- Two water bottles, at least one quart capacity
- Small day pack for excursions
- Sleeping Bag

Clothing

- Warm Jacket
- Fleece Sweatshirt or Wool sweater
- Raingear – raincoat and pants (good for wind even if no rain)
- Winter hat and gloves
- Complete change of clothes – **No Cotton!**
 - Long pants
 - 2 T-shirts
 - Long sleeve shirt
 - 2 sets of socks - wool outer layer and sock liners
 - Underwear
 - Shorts
 - Thermal underwear
- Something to sleep in
- Sneakers, moccasins or other casual footwear for inside the hut.
- Flashlight with new batteries
- Matches
- Compass
- Small First Aid kit – mostly Band-Aids & Moleskin - remember any medications you may need.
- **Hand sanitizer**
- Toilet paper
- Toothbrush and paste
- Sunglasses
- Insect repellent

- ➔ *There is running water and sinks for hand-washing and brushing teeth, but there are no showers.*
- ➔ *The Scouts will be cooking, serving, and cleaning up dinners and breakfasts at the hut.*
- ➔ *Everything we pack in we pack out, including trash!*

DRIVING DIRECTIONS TO TRAILHEAD

Saturday Morning

Meet at St. John's School parking lot at **6:00 AM Saturday morning. This time will be confirmed the week prior to the trip. Be on time!**

Check in with the youth leaders in charge, who will check attendance and paperwork, and assign rides as needed.

We then depart for New Hampshire. The drive is three hours, including a stop for gas and restrooms. We expect that arrivals at the parking lot will be staggered, with groups getting on the trail as they arrive. There is a restroom at the trailhead. Also, the AMC Highland Center Lodge is located nearby. The Highland Center has food and a shop where certain forgotten items may be purchased.

The destination on Google Maps is "Crawford Connector Trailhead, Bretton Woods, NH 03575". The preferred route is to take I-93 N to Exit 35 to US-3 N to US-302 E to the parking lot. (The AMC website suggests an alternate route through the town of Conway.)

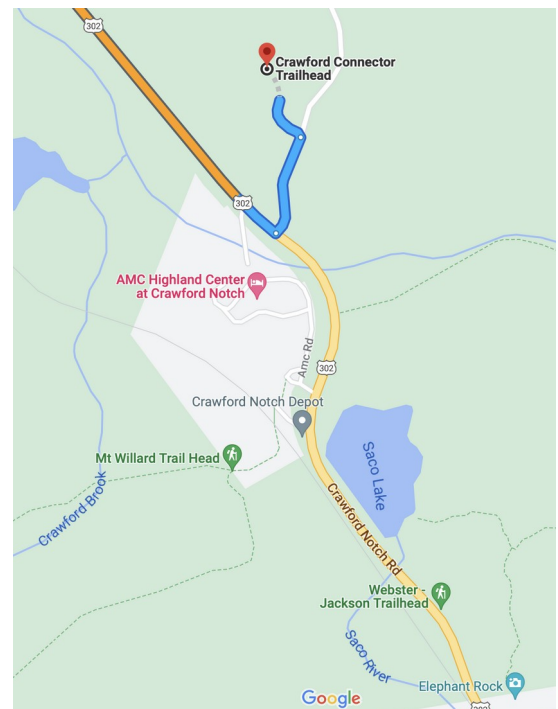
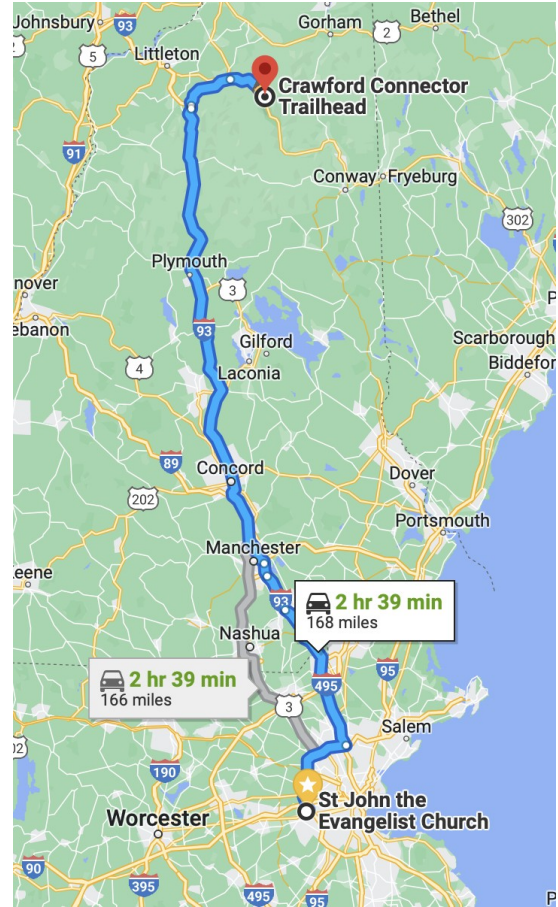
There is a parking fee of \$12 per vehicle (3 X \$4/day), payable in cash at the parking lot.

There will be a leader checking everyone in at the trailhead before starting the hike. Don't start hiking until you have checked in!

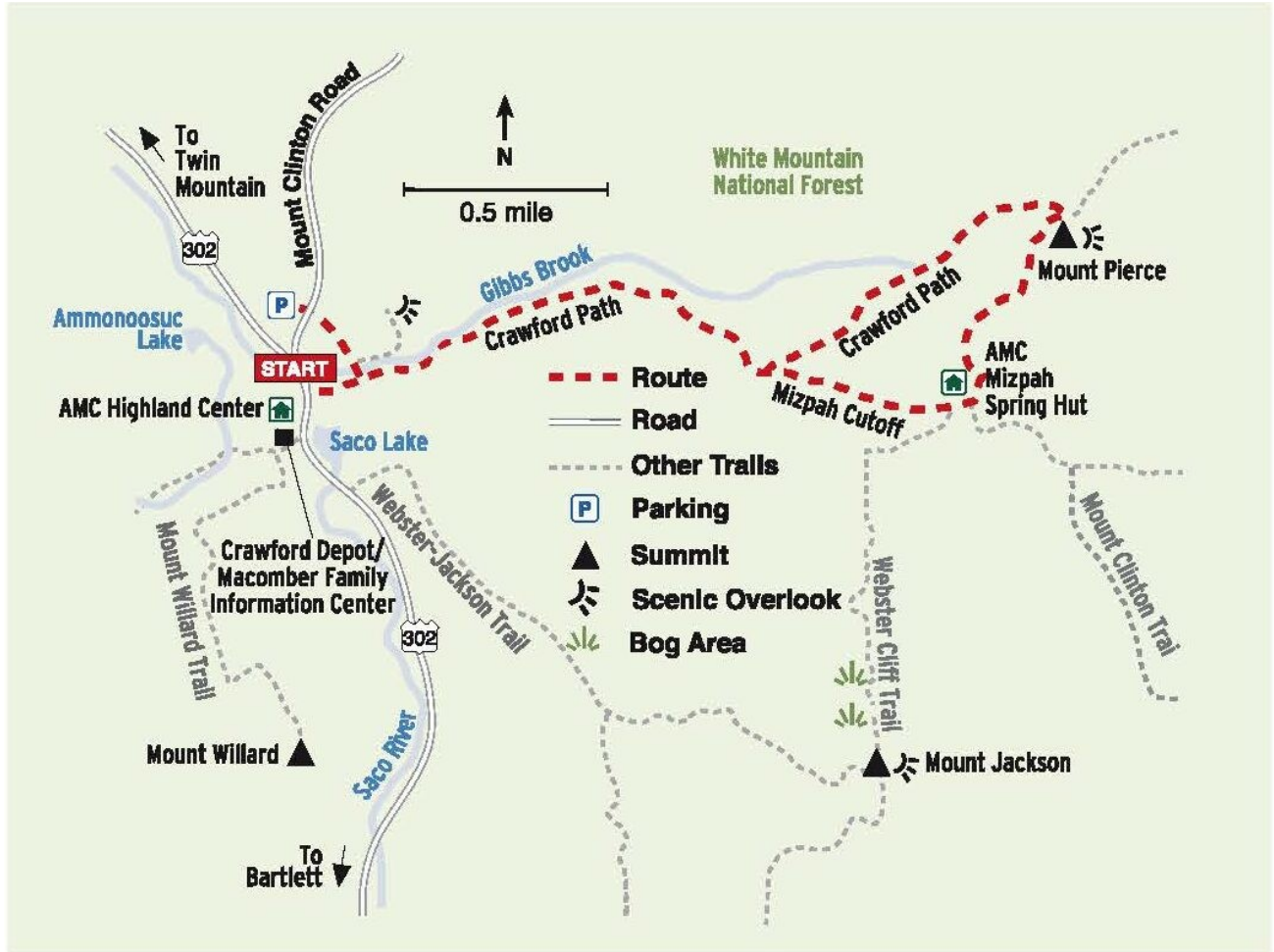
Monday

We will depart from the hut Monday morning after breakfast. Everyone takes a share of the group trash. We do not "check out" in the parking lot, you can leave when everyone in your group has arrived at the parking lot. Most groups return to Wellesley by 4:00 PM.

For the return trip, you may consider taking US-302 E toward Conway and taking the scenic Kancamagus Highway to return to I-93.



HIKING TRAILS MAP



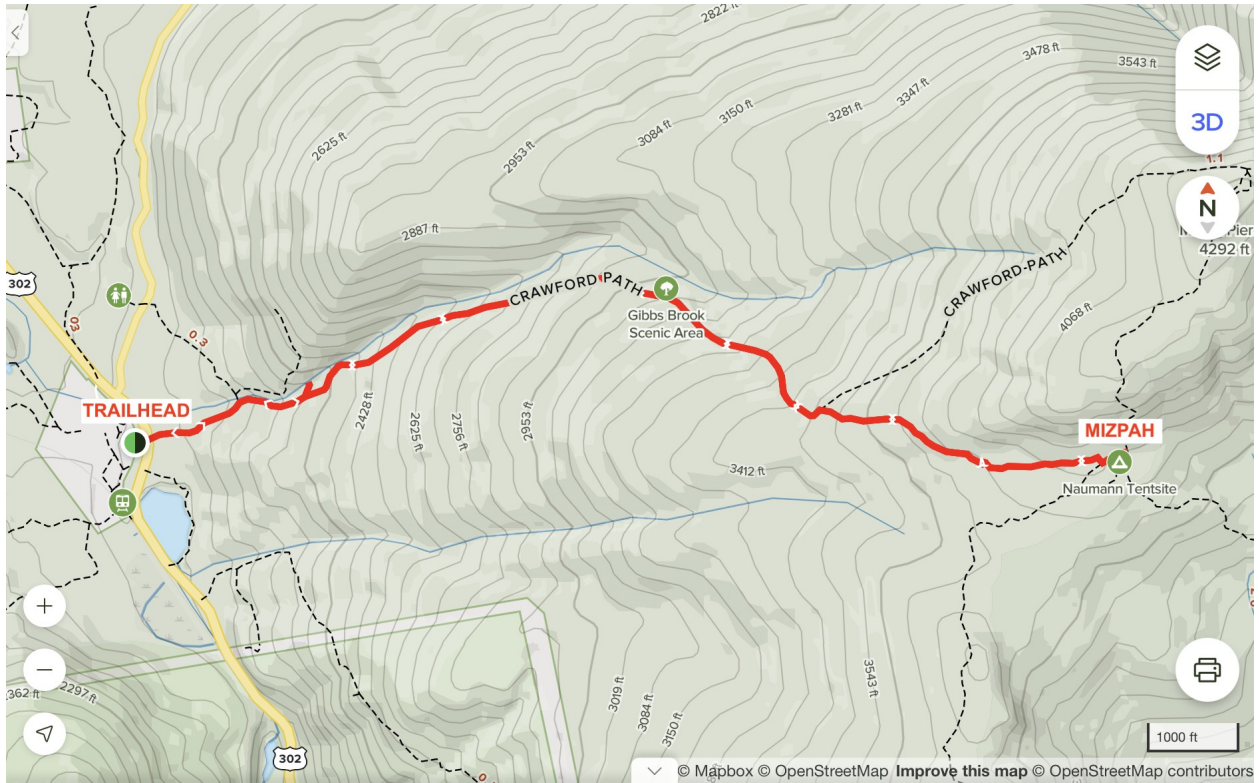
Option 1: Crawford Path and Mizpah Cutoff

The preferred trail for most hikers is *Crawford Path and Mizpah Cutoff*. This is the standard, and easiest, route to the hut - 2.6 miles one way, 1,900 feet elevation gain, and an estimated hiking time of two hours and fifteen minutes without breaks.

Option 2: Webster-Jackson and Webster Cliff Trails

More experienced hikers *who are at least 14 years old AND have been on a previous hut trip* may want to try the *Webster-Jackson and Webster Cliff Trails*. This is a longer and more strenuous (but more scenic) route to the hut – one way 6.4 miles, 3,000 feet elevation gain, 4:40 hiking time. This hike departs from a different trailhead from the Crawford Path trailhead, so we need advance notice to adjust carpooling arrangements. *If you wish to take this route, please let us know on the registration form.*

TOPOGRAPHICAL MAP - CRAWFORD PATH TO MIZPAH SPRING



DAY HIKES FROM MIZPAH HUT

Mount Pierce

Mount Pierce, with great views in good weather, is just 0.8 mile and 500 vertical feet (rt: 1.6 miles; 500 feet; 1:05) away from the hut by the Webster Cliff Trail. Note this short trail segment has some steep and rough sections.

Mount Eisenhower

Mount Eisenhower is reached by following the Crawford Path from just below the summit of Mount Pierce to the start of the Mount Eisenhower Loop, which goes to the summit (rt: 5.0 miles; 1,350 feet; 3:10). While part of the section between Mount Pierce and Mount Eisenhower is in scrub, most of it is above tree line, and in good weather offers an excellent introduction to that environment.

Mount Jackson

Mount Jackson is reached by following the Webster Cliff Trail (rt: 2.8 miles; 300 feet; 1:30). The trail is almost entirely below tree line, and rather wet in places. The summit is above tree line and has excellent views in all directions.

Mount Webster

This is the next peak south of Mount Jackson on the Webster Cliff Trail (rt: 6.2 miles; 800 feet; 3:30). You get good views from both summits, though the trail is in the woods most of the time.

Hikes From Mizpah Hut

Route	Distance	Elevation Gain	Estimated Time
Mount Pierce	1.6	500	1:05
Mount Eisenhower	5.0	1,350	3:10
Mount Jackson	2.8	300	1:30
Mount Webster	6.2	800	3:30

Mount Washington

Only for experienced hikers who have been vetted prior to the trip.

MIZPAH SPRINGS HUT





PERMISSION SLIP AND REGISTRATION FORM
 Appalachian Mountain Club Hut Hike: Mizpah Spring Hut
 Troop 185 Wellesley
 May 27-29, 2023 (Memorial Day Weekend)



Registration form and payment by check are due by Thursday April 27.
Mail to Troop 185, 27 Ivy Road, Wellesley, MA, 02482.
There is a hard limit of 63 attendee spaces, registrations are first-come-first-serve.
After April 28, if there are any open spaces we will open up registration to friends of the troop.

PART 1: Select at Least One of the Following

- I give my youth permission to attend this trip.
- During the trip, I can be reached at telephone: _____.
- In an emergency if you cannot reach me, contact _____ at telephone: _____
- Although I am not coming on the trip, I can help with driving. I can drive [Circle One: Saturday / Monday / Both Days]. My car is a _____ and I can take ____ people, including myself and my youth.
 - I would like to attend the trip along with my youth. My car is a _____ and I can take ____ people, including myself and my youth. My cell phone is _____.
 - I can only attend for one night, [Circle One: Saturday / Sunday]. I understand that priority registration will be given to people attending both nights, and that my reservation will only be confirmed (or not) after April 28.

PART 2: Complete for Each Person Attending

Participant Name	Age	Mobile Phone	Circle if interested in optional hikes:	Scout, Adult, Sibling? Circle One
_____	_____	_____	Webster / Washington	Scout / Adult / Sibling
_____	_____	_____	Webster / Washington	Scout / Adult / Sibling
_____	_____	_____	Webster / Washington	Scout / Adult / Sibling
_____	_____	_____	Webster / Washington	Scout / Adult / Sibling

Please list any information we should know, including medical conditions, medications, and dietary restrictions:

PART 3: Cost and Payment

The cost per person is \$120, which covers the cost of the hut as well as two group dinners and two group breakfasts. You are on your own for two lunches and other incidental expenses.

PART 4: Permission and Signature

Parent or Guardian Signature: _____