



# WINTER HIKING

## In Norwich

Stephen Flanders, Nick Krembs and Gerry Plummer

# Overview



- Why winter?
- Intro to website
- Easy trails
- Moderate trails
- Preparation:
  - Weather
  - Clothing and footwear
  - Footgear
  - At the trailhead
  - On the trail
- Bigger challenges



The “Stairway to Heaven”

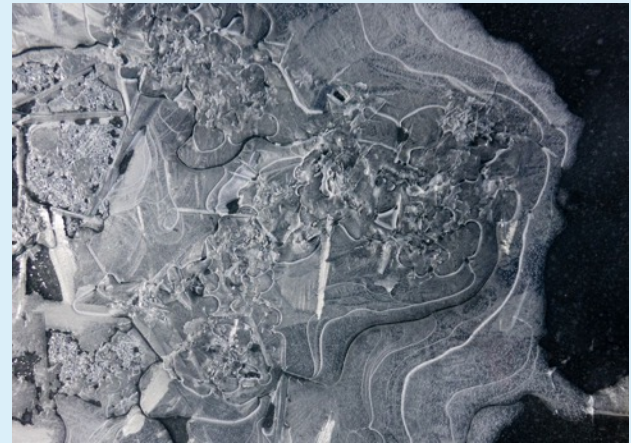
# Why winter?



## Land



## Water



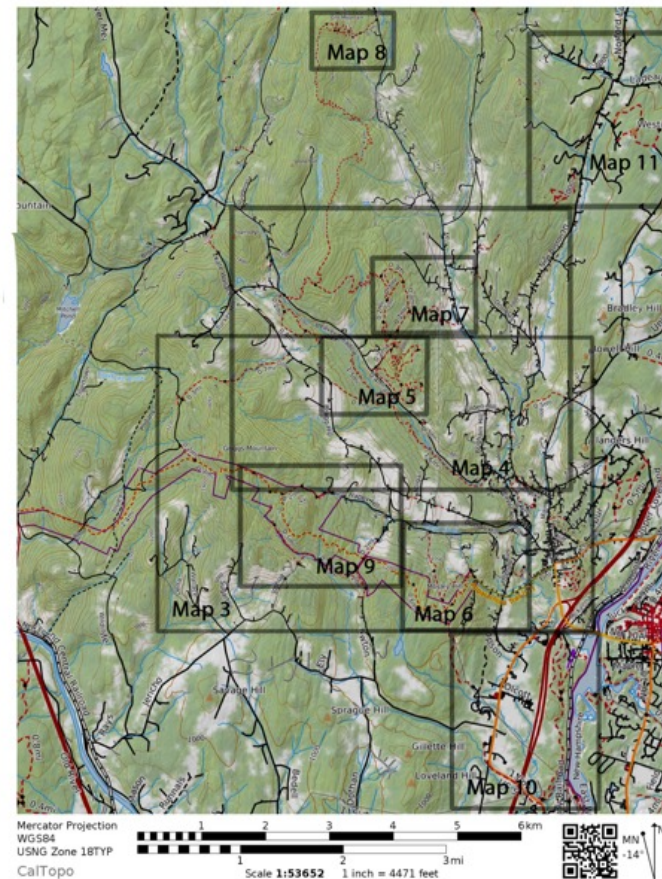


# Website: [norwichtrails.org](http://norwichtrails.org)



- Trails
  - Overview
  - Hiking maps
  - Mountain bike maps
  - Norwich hikes
  - Upper Valley view hikes
  - Trail histories
- Trail use
- Get involved
- Projects
- About

Image: CalTopo





# Easy: King Arthur



## Location:

- Dresden Playing Fields
- Route 5 South

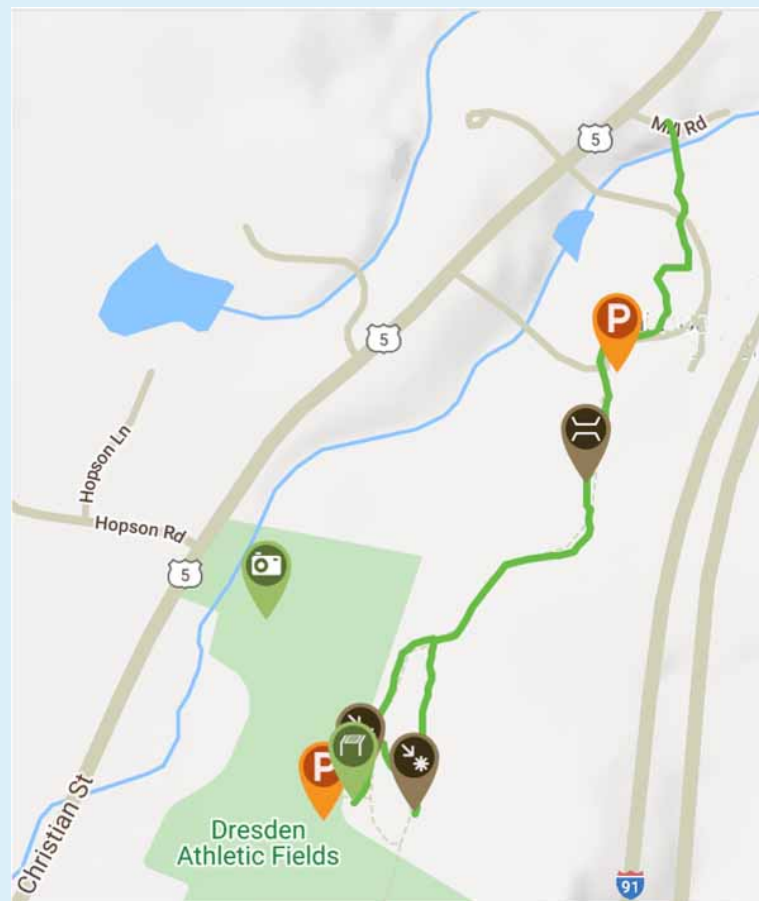
## Suitable for:

- Snowshoeing/walking
- Biking
- Skiing

## Length:

- 0.5 miles

Image: [Trail Finder](#)



# Easy: King Arthur



## Location:

- Dresden Playing Fields
- Route 5 South

## Suitable for:

- Snowshoeing/walking
- Biking
- Skiing

## Length:

- ~ 1 mile round-trip



# Footgear



Microspikes



Snowshoes





# Easy: Huntley Meadow



## Location:

- Huntley Meadow Playing Fields
- 111 Turnpike Road

## Suitable for:

- Snowshoeing/walking
- Skiing (groomed)
- Biking

## Length:

- 0.8 miles



"Gnarvana" Trail

# Easy: Huntley Meadow



## Location:

- Huntley Meadow Playing Fields
- Turnpike Road

## Suitable for:

- Snowshoeing/walking
- Skiing (groomed)
- Biking

## Length:

- 0.8 miles



# Moderate: Parcel 5



## Location:

- Beaver Meadow Road
- 2.5 miles from Norwich Inn

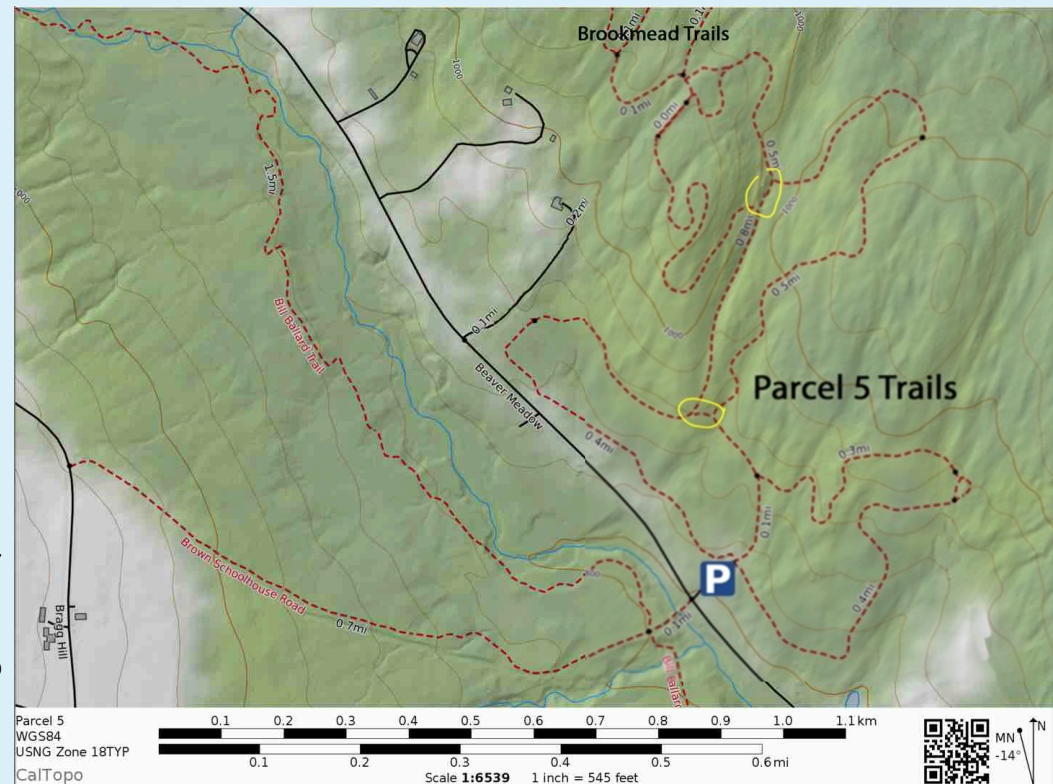
## Suitable for:

- Hiking/Snowshoeing
- Skiing (groomed)
- Fat-tire biking

## Length:

- 3.1 miles (in two loops)

Image: CalTopo





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Ample parking for Parcel 5 *and* Ballard Trails

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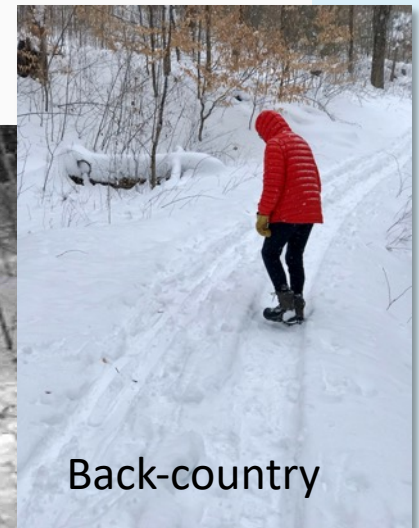
Image: [Michael's New England Hiking](#)





Please remember to...

# Share the Trail!





# Moderate: Ballard



## Location:

- Three trailheads
  - Ballard Park
  - Parcel 5
  - Beaver Meadow Road

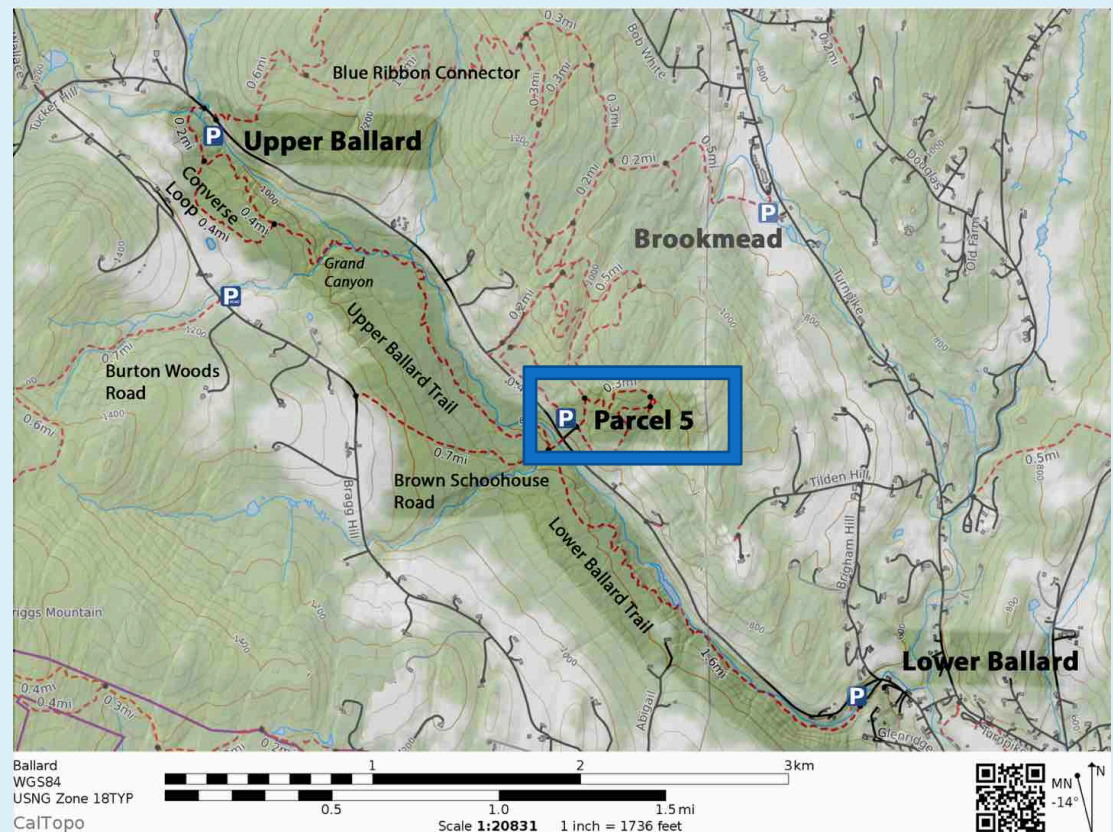
## Suitable for:

- Hiking/Snowshoeing

## Lengths:

- Lower to Parcel 5: 1.5 mi.
- Parcel 5 to Upper: 2.1 mi.
- Total: 3.6 mi.

Image: CalTopo



# Moderate: Ballard



## Location:

- Three trailheads
  - Ballard Park
  - Parcel 5
  - Beaver Meadow Road

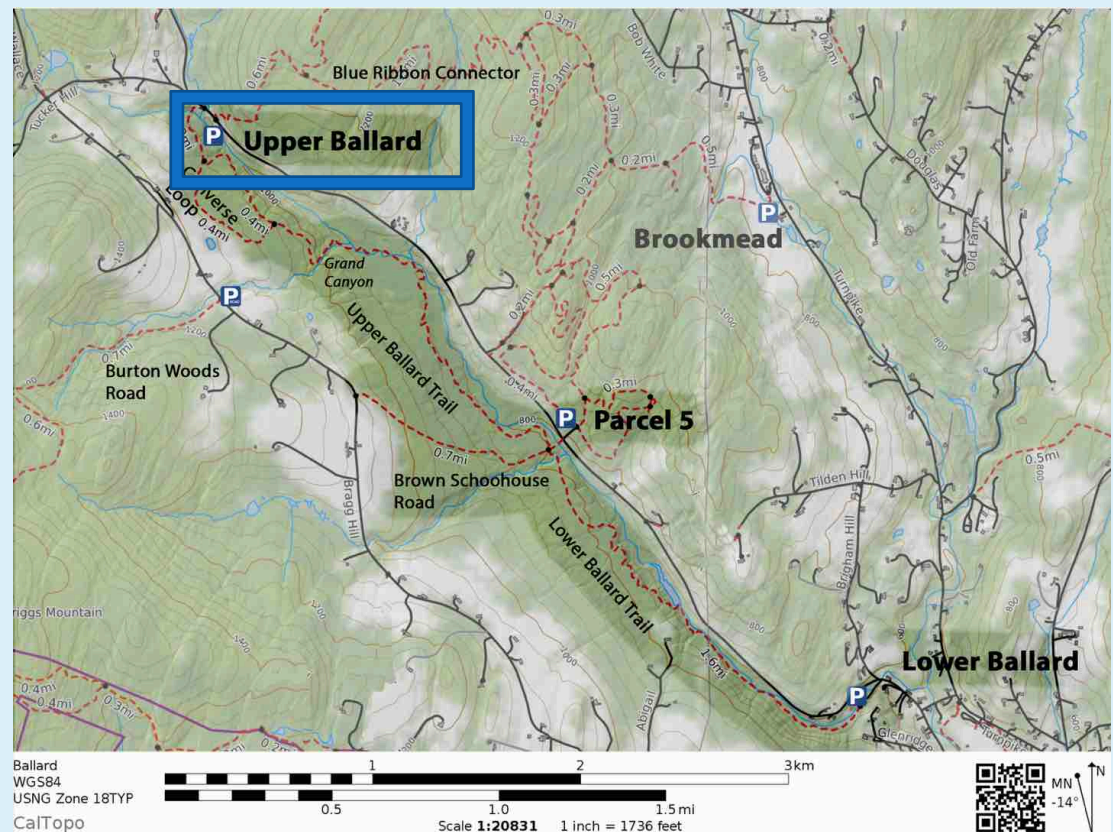
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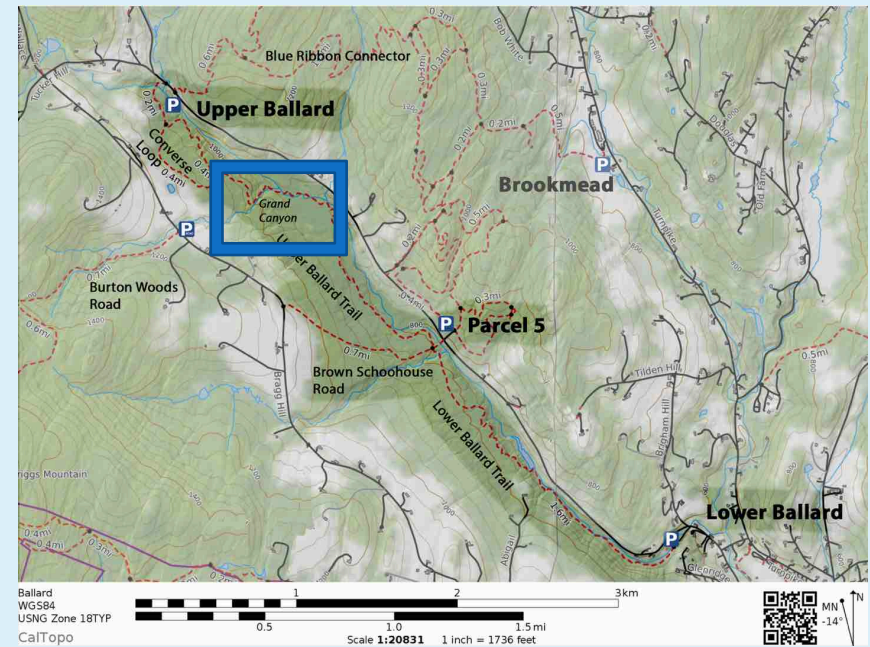
Road-side parking for Upper Ballard Trail



# Moderate: Ballard



Image: CalTopo



“Grand Canyon”



# Moderate: Ballard

Brown Schoolhouse Bridge

## Location:

- Three trailheads
  - Ballard Park
  - Parcel 5
  - Beaver Meadow Road

## Suitable for:

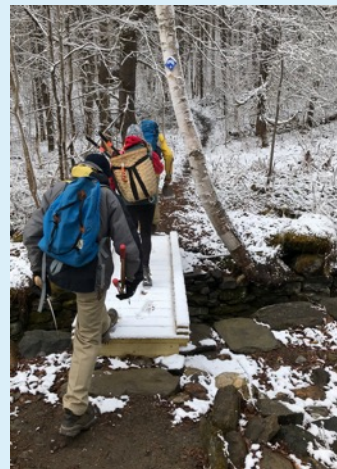
- Hiking/Snowshoeing

## Lengths:

- Lower to Parcel 5: 1.5 mi.
- Parcel 5 to Upper: 2.1 mi
- Total: 3.6 mi.



Brown Schoolhouse/  
Ballard intersection



Upper Ballard



Lower Ballard  
"Stairway to  
Heaven"

# Moderate: Ballard



## Location:

- Three trailheads
  - Ballard Park
  - Parcel 5
  - Beaver Meadow Road

## Suitable for:

- Hiking/Snowshoeing

## Lengths:

- Lower to Parcel 5: 1.5 mi.
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- Total: 3.6 mi.



Ballard Park lot for Lower Ballard Trail



# Moderate: Brookmead



## Location:

- Turnpike Road
- 2.8 miles from Norwich Inn

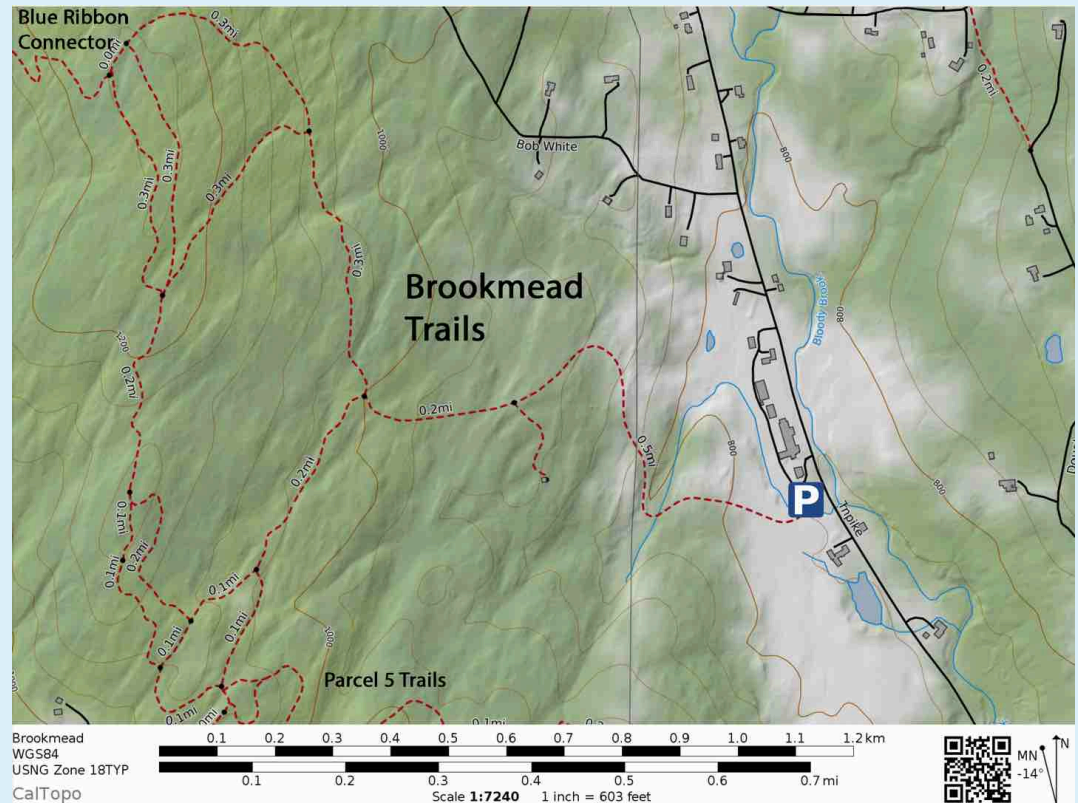
## Suitable for:

- Hiking/Snowshoeing
- Skiing (groomed)
- Fat-tire biking

## Length:

- 3.1 miles (outer loop)

Image: CalTopo



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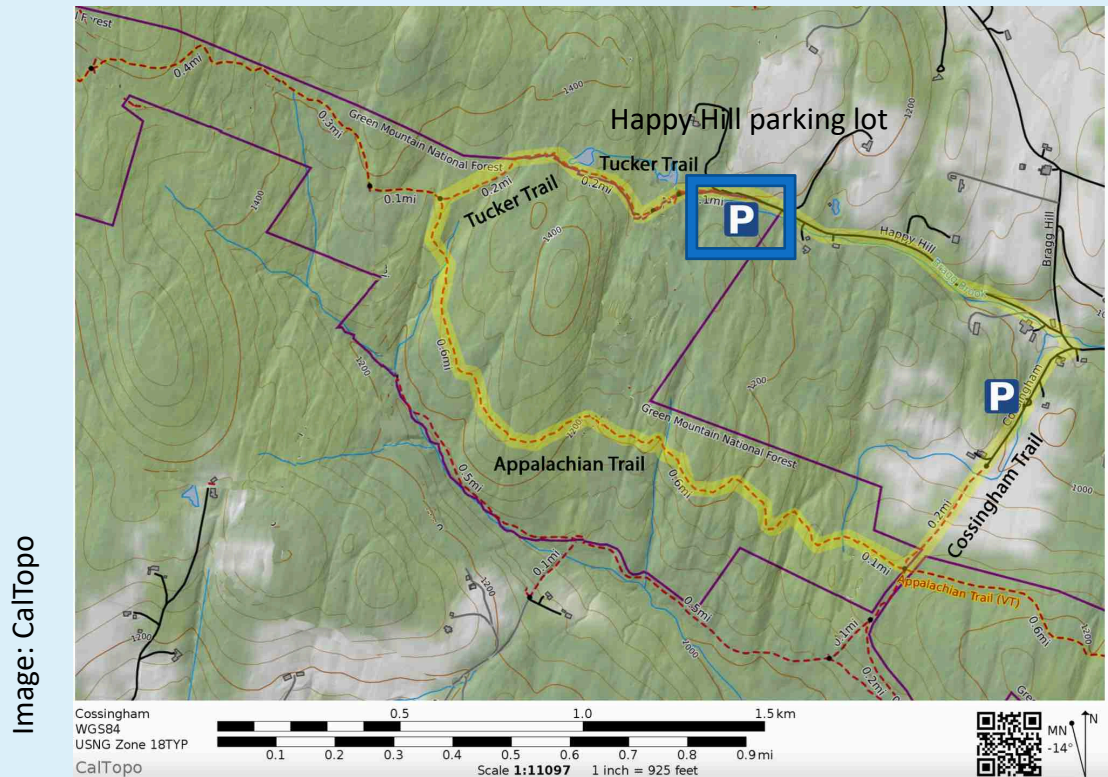
- 3.1 miles (outer loop)

Image: [UVLT](#)





- 3.1 miles loop



# Moderate: Cossingham/Tucker



## Location:

- Bragg Hill
- 1.7 miles from Norwich Inn

## Suitable for:

- Hiking/Snowshoeing

## Length:

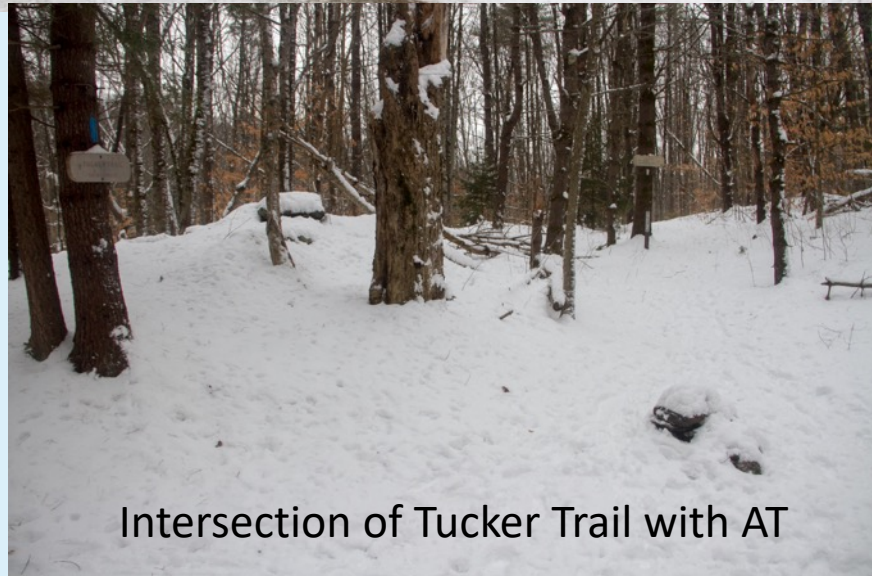
- 3.1 miles loop



Happy Hill parking lot



Cossingham parking lot



Intersection of Tucker Trail with AT



# Moderate: Cossingham/Tucker



## Location:

- Bragg Hill
- 1.7 miles from Norwich Inn

## Suitable for:

- Hiking/Snowshoeing

## Length:

- 3.1 miles loop



Happy Hill Shelter



# Moderate: Cossingham/Tucker



## Location:

- Bragg Hill
- 1.7 miles from Norwich Inn

## Suitable for:

- Hiking/Snowshoeing

## Length:

- 3.1 miles loop



Moosilauke

Cube

Smarts

# Moderate: Cossingham/Tucker



## Location:

- Bragg Hill
- 1.7 miles from Norwich Inn

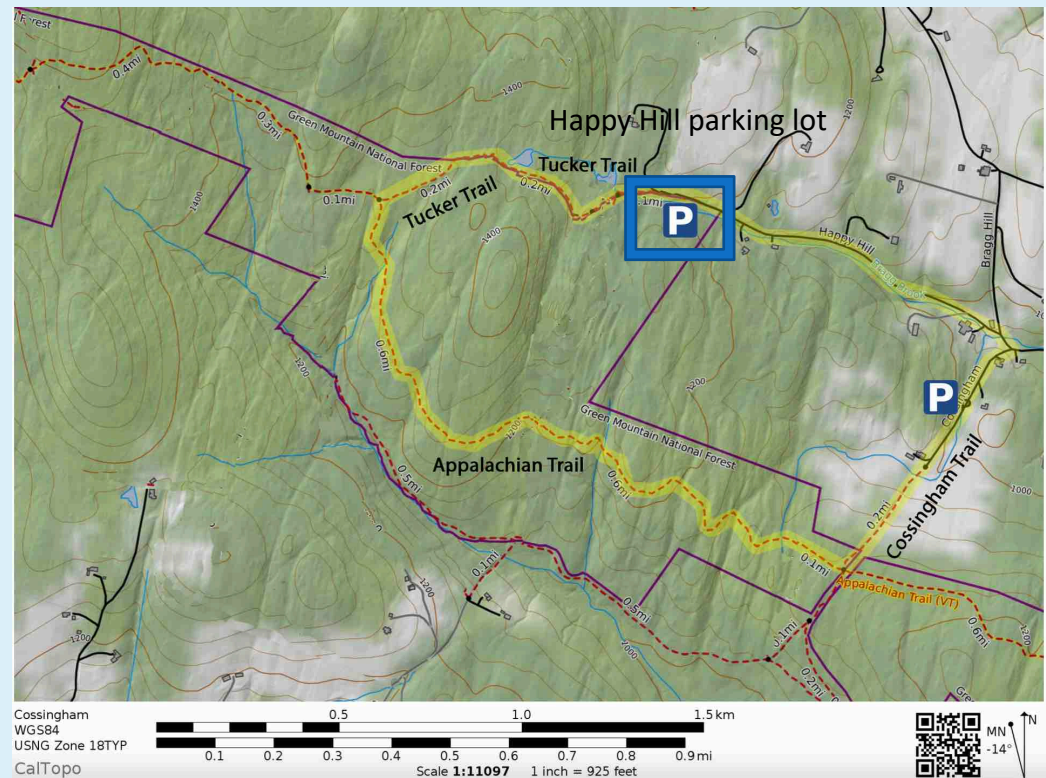
## Suitable for:

- Hiking/Snowshoeing

## Length:

- 3.1 miles loop

Image: CalTopo



# Moderate: Gile Mountain



## Location:

- Turnpike Road
- 5.7 miles from Norwich Inn

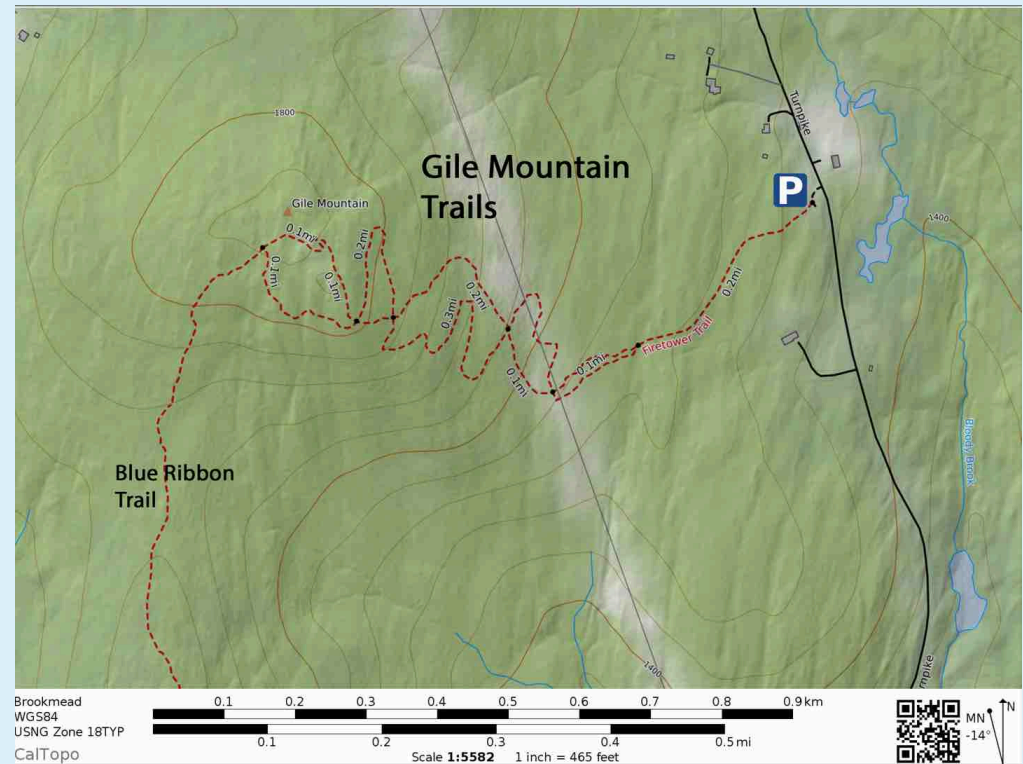
## Suitable for:

- Hiking/Snowshoeing

## Length:

- 1.4 miles out-and-back

Image: CalTopo





# Moderate: Gile Mountain



## Location:

- Turnpike Road
- 5.7 miles from Norwich Inn

## Suitable for:

- Hiking/Snowshoeing

## Length:

- 1.4 miles out-and-back



Images: [Idiots Guide](#)

# Moderate: Gile Mountain



## Location:

- Turnpike Road
- 5.7 miles from Norwich Inn

## Suitable for:

- Hiking/Snowshoeing

## Length:

- 1.4 miles out-and-back



Please *wait for a space*, if unavailable,  
and **park nose-in** or **tail-in**.

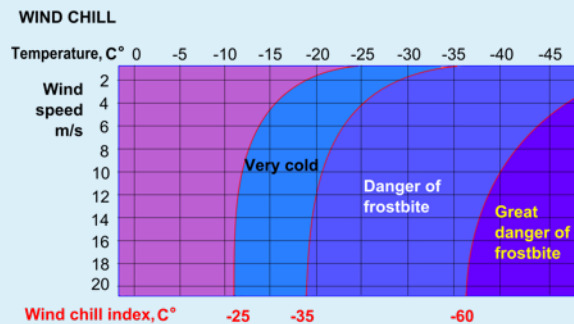
Parking on the road earns a ticket!

# Weather



- **Dry cold:** 20 to  $-20^{\circ}\text{F}$ 
  - Snow only
  - Frozen ground
  - Clothing dry on outside
- **Wet cold:** 50 to  $39^{\circ}\text{F}$ 
  - Snow to rain
  - Ground becomes slushy and muddy
  - Clothing wet and damp

- **Wind:**





# Clothing and footwear



## Layering top and bottom

- Wicking **base layers**
- Synthetic or wool long pants
- **Insulating layers**
- Wind/rain-proof **outer layers**
- Synthetic or wool hat
- Insulating gloves or mittens
- Thick socks
- Winter boots



Images: [Anthill—Winter layering](#)

# Footgear



Microspikes



Snowshoes



# Pack



## Storage + Prudence

- **Storage of extra layers**
- **Map**
- Thermos with warm drink
- Trail snacks
- First-aid kit (one per group)
- Chemical hand/foot warmers
- Flashlight (with good batteries)
- Whistle
- (Hydration system)
- (Carries poles)



Images: [GearHacker](#)



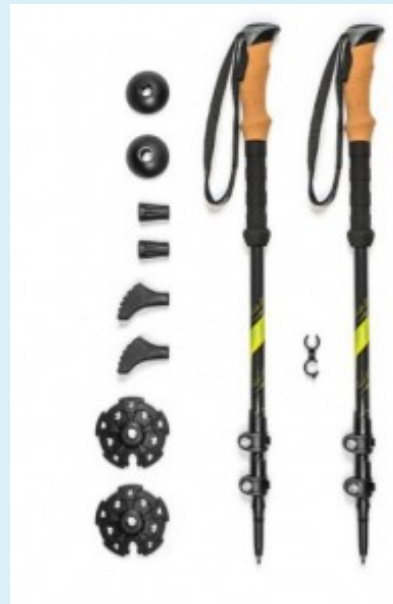
# Poles



## Added stability

### Rated by:

- Comfort
- Weight
- Locking and adjustability
- Packed size
- Durability
- Versatility



Telescoping



Collapsing

Images: [Outdoor Gear Lab](#)

# At the trailhead



## Soft snow

### Snowshoes

- Fresh or melting
- Deeper than boot top
- Consider **gaiters**



Image: [RenoTahoe](#)

## Hard snow

### Microspikes

- Hard-frozen granular
- Soft granular
- Icy
- **Icy spots** likely



Image: [Runners World](#)



# At the trailhead

**Temperature** and **precipitation** will dictate what to wear.

- **Equal threat:**
  - **Cold** and **wet**
  - **Dry** and **cold**
- **Layers:**
  - Start cold with more layers
  - Exercise warms core: remove layers
  - Store extra layers in pack.



Image: [REI Winter Camping Basics](#)



# On the trail



## Be aware of sunset time

- Plan your return by sunset
- Identify turn-around time

## Getting warm from exertion

- Shed and store extra layers
- Avoid wetting your inner layers

## Uncertain of the route?

- Turn around
- Retrace your steps



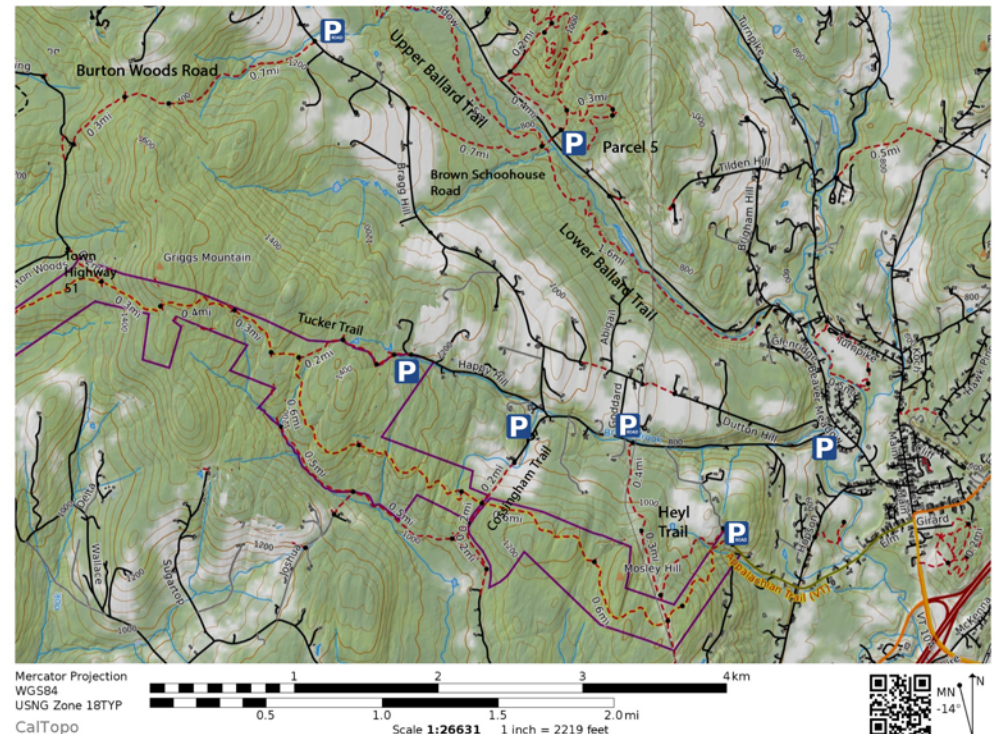
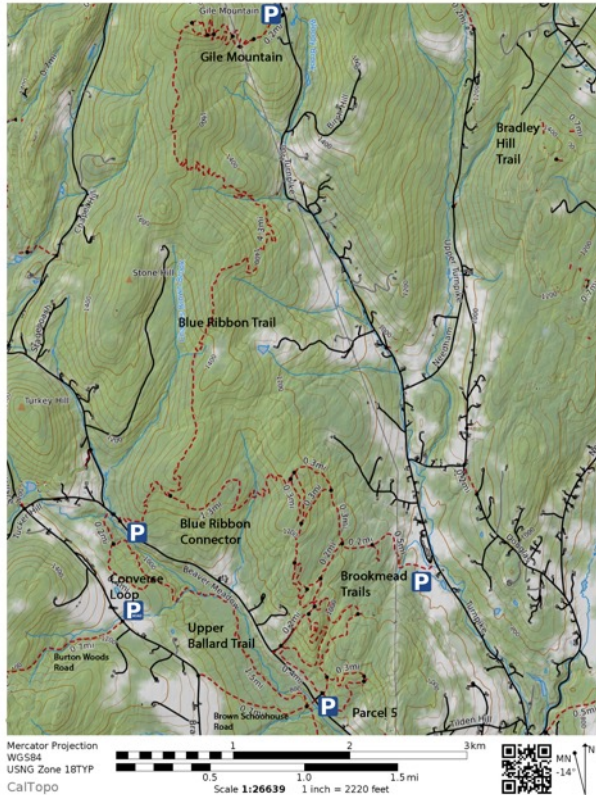
Image: [Kestrel Land Trust](#)

# Bigger challenges



North

South



Images: CalTopo



# Thank you!

Visit us at: [norwichtrails.org](http://norwichtrails.org)





And now a few words about the:

# **Norwich Recreation Program**

Brie Swenson, Director