

Dream It!

Plan It!

Live It!

RMGHA Adventures Newsletter

News & Hiking Tips
from
"Windtalker
& Mom"

November 2010

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It Is Done!

After section-hiking five consecutive years, we finally completed our "end-to-end" hike of The Long Trail in Vermont. Starting in 2006, when we completed the first 100+ miles of the LT as part of our Appalachian Trail thru-hike, we returned each August to do short sections. This past August, we completed the

final 25+ miles from the trailhead on Duxbury Road, at the base of Camel's Hump, near Waterbury to Jeffersonville. It was twenty of the toughest miles we have ever hiked, with the trail being a constant scramble over roots and rocks, and through acres of mud. Oppressive humidity and rain each day made for slow going and necessitated a constantly evolving hiking schedule. Since our first day on the trail was the only day on which rain was not predicted, we had to make it up and over Camel's Hump (3,683') to the Montclair Glen Lodge in one day. Though only an 8.1 mile trek, it took us almost nine hours of scrambling to complete, and we were so exhausted by the time we reached the lodge, we did not even have the energy to cook dinner. Having given ourselves an ample number of days to make it to Jeffersonville, the remaining five days of our journey were short, stopping at camp early in the afternoon to find shelter before the rains came. Despite the toughness of the trail, we totally enjoyed ourselves, mainly because of the wonderfully entertaining people we spent time with during our hike. We even got to meet "Prickles Porcupine," our Facebook friend, a stuffed animal mascot of the GMC members traveling the trail that week. We also spent time with our friend from the previous year, Jennifer "Peanut" Poland, caretaker of the Montclair Glen Lodge, and spent several joyous evenings with "Coach" and "Duck," young newlyweds from Canada. Without a doubt, The Long Trail, from Killington to Canada, is the toughest trail we have ever been on and made hiking the AT seem like a stroll on a sidewalk. However, there are many wonderful B&Bs along the trail, so doing this trail as a series of short day hikes is entirely possible. You can read journals of our entire LT journey at <http://www.trailjournals.com/windtalkerandmom>

GEAR REVIEW

Over the years, we have tried virtually every brand, and type, of water filter on the market on a quest to find the fastest, most reliable, and lightest filter we could find. We believe our search has finally ended! Take a look at the MSR Hyper-Flow Micro Filter, a 7.4 oz. (209 g), 7x3.5 in. (17.8 x 8.3 cm), engineering marvel that pumps more than 3 liters per minute or one liter every 20 strokes. Aside from its light weight and compact size, we especially like the fact that we can attach the hose from our hydration bladders directly to the pump; no more filling a Nalgene bottle and then having to repeatedly pour the water from the bottle into the bladder. Also included is a "Quick Connect" bottle adaptor—allowing direct connection to all MSR® hydration products and a variety of other wide-mouth containers. The long plastic tube makes for convenient access to any water source and the "prefilter" unit, that floats on top of the water, prolongs the life of the filter. Its hollow fiber, 0.2 micron, filter unit is effective against, protozoa, bacteria, particulates, but not against viruses and chemicals/toxins. Published cartridge life is 1000 liters, and the unit is field maintainable and repairable. The only minor drawback we found was, that in order to prolong the life of the filter, you should "back flush" the unit after three or four uses, depending on how dirty the water is. This requires that you use some of your freshly-filtered water for the job, so as to contaminate the filter. However, this is a small price to pay for the speed, convenience and light weight of this filter.

Looking for Unique Holiday Gifts for That Hiker in Your Life?

Looking for a unique holiday gift for that special someone who loves the great outdoors? Here are some books to curl up with on a cold winter's night, a DVD that transports you along the A.T. in the comfort of your living room, and a CD that musically captures the majesty and wonder of the trail. All of these products are available at Amazon.com or you can order directly from us at, www.qualtechresourcegroup.com and each product will be autographed and will be shipped **FREE!**

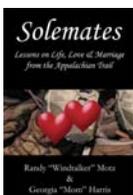


The Walk - Reflections on Life & Faith from the Appalachian Trail

Thru-hiking the Appalachian Trail, from Georgia to Maine, is a life-changing journey fraught with unimaginable obstacles, yet rich in unrivaled rewards. It is also a journey awash with spiritual significance. Through trail stories, thoughtful use of scripture and sprinklings of Native American wisdom, "The Walk" skillfully draws the numerous parallels between "trail life" and "real life" spirituality in a way that is easily understood.

RETAIL PRICE: \$12.95

*Amazon Price: 11.37

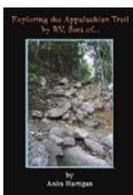


Solemates - Lessons on Life, Love & Marriage from the Appalachian Trail

A candid, introspective, and oftentimes humorous, look at the physical, emotional and relational challenges faced by a middle-aged couple who put themselves and their 14-year marriage to the test, spending six months thru-hiking the infamous Appalachian Trail from Georgia to Maine. A heartwarming journal depicting countless lessons in love, courage, perseverance, compassion, tolerance, understanding and teamwork.

RETAIL PRICE: \$18.95

*Amazon Price: \$18.95



"Exploring the Appalachian Trail by RV, Sort of..."

For six months, Vince and Anita Hartigan cruised endless highways and back roads in their RV providing trail support to their daughter, "Mom," and her husband, "Windtalker," as they thru-hiked the Appalachian Trail. Not only the story of their journey, this book is also a comprehensive, illustrated atlas for those longing to wander the byways along the A.T. Complete with full-color maps, campground information and other useful tools. Also available as a CD-ROM.

RETAIL PRICE: \$25.00

*Amazon Price: \$30.00

CD-ROM: \$15.00 (N/A from Amazon)



"Appalachian Trail Reflections"

A 50-minute, photographic diary DVD, composed of 150 images depicting the majesty and splendor of the Appalachian Trail. Escape to the cloud-swept mountains of Georgia, wander through the lush green forests of Shenandoah National Park and joyously summit the towering peak of Mt. Katahdin. An awe-inspiring journey through the wondrous sights of the trail and the beauty of the changing seasons with a soundtrack of natural sounds and Native American flute music.

RETAIL PRICE: \$16.00

*Amazon Price: \$18.00



Windtalker - Native SoundScapes

The rich, soothing, and hauntingly beautiful sound of Native American flute is elegantly blended with orchestra, piano, and violin to create diverse, acoustic "soundscapes" that musically portray the visual grandeur and rich history of the Appalachian Trail. All songs written and performed by "Windtalker."

RETAIL PRICE: \$10.00

*Amazon Price: \$15.98