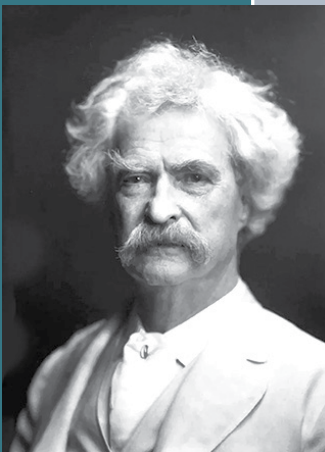


Travel with The Bow Times



This silver-painted Parisian street performer resembles a statue, listening quietly as Erle Pierce reads The Bow Times.

“Patriotism is supporting your country all the time, and your government when it deserves it.”
– Mark Twain



This team of Rotarians cleaned up the roadside on Route 3A on Saturday, October 18, filling 50 bags of trash. Bow Rotary participates in the roadside cleanup twice a year.



HIKING IN THE WHITE MOUNTAINS

The fall colors, cooler weather, and no mosquitoes or black flies attract us to the White Mountains. With the fall season also comes the possibility of unexpected challenges. I love hiking in the White Mountains and am one of many who have climbed all 48 four-thousand-foot peaks. I have hiked in the Rocky Mountains, in Austria, in Italy and in Patagonia, where the hiking is much different from the trails in the NH mountains which can be very rugged, steep and full of rocks and roots. Forging streams where there are no bridges takes ingenuity. It was on one of my hikes that I met a woman from Germany who acknowledged that the White Mountain hiking trails were more difficult than the hiking trails in the Alps!

How does one enjoy safely hiking in the White Mountains? Planning is the first step. Make sure you really know what the weather is in the mountains because it will be different from your home, and it can change suddenly. Do not be surprised to come upon a sign warning: “The area ahead has the worst weather in America. Many have died there from exposure even in the summer. Turn back now if the weather is bad.” Wind speeds on Mt. Washington average 35mph and are at tropical storm force one third of the year. Throughout the mountains, the summits are 20 degrees cooler than when you began your hike. Wet weather and cooler temperatures make the risk of hypothermia and frostbite a reality. In my mind, the White Mountain Guide should be required reading before any hike. I also make 2 photocopies of the relevant section of the trail map; one I take with me and the other I outline in red the trails I will take and leave it with my wife. I also have the Gaia GPS app which I have used every place I have hiked; it is an excellent app.

Next question: what to bring? Think about how you would self-survive for at least two days and a night. Water, food, headlight, fire starter, adequate footwear, cell phone and a way to keep it charged. I keep a large thick garbage bag in my backpack to use as a personal shelter. Pick your clothing (layers is best) based on what you expect the weather to be and have a plan if conditions worsen. I carry a whistle and give one to my grandkids when they hike with me.

Since the mid 1800s over 200 people have died in the White Mountains, most from falls and exposure to cold. These should be preventable with adequate planning and attention to hiking details. Enjoy all that NH has to offer from the short and easy hikes to very difficult trails that can tax your endurance.

We want to hear from you!

www.surveymonkey.com/r/Bow_Master_Plan_Update

The Bow Planning Board invites you to complete a survey as part of the Bow Master Plan update process.

The survey allows you to provide input on the Town's current needs and priorities for the next 5 to 10 years and is completely anonymous.



TOWN OF
BOW
NEW HAMPSHIRE



Questions?

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