

LONESOME LAKE OVERNIGHT

Friday February 28 to Sunday March 1, 20xx

Leaders: George Danis (xxx-xxx-xxxx);

Co-Leaders: Anne Duggan

Registrar: Jeannine Audet

<You can provide an overview of the hike in tabular form to make it easier for a participant to quickly review the pertinent hike information.>

Distance:

Walking time:

Vertical rise:

Rating:

Description:

Address:

Map location: <Google Link>

Where and when to meet:

Description

We will meet at the trailhead in the Lafayette Campground off Rt. 93 in Franconia Notch (see below for more specific information) on the 28th. The route to the hut will be via the Lonesome Lake, Cascade Brook and Fishin'Jimmy trails. Total distance to the hut is 1.6 miles with an elevation gain of 1,000 feet. Book time for the hike is 1 hour and 20 minutes. As of today, the trail is packed so micro-spikes are recommended.

Lonesome Lake Hut is located at an altitude of 2,760 feet and sits on the shore of Lonesome Lake. Looking across the lake and into the distance is the magnificent Franconia Ridge Line. The hut has accommodations for 48 people in two bunkhouses. Each bunkhouse has smaller rooms for 4-7 people. There is a resident caretaker similar to the other high mountain year-round huts. Meals are self-serve and the kitchen is fully stocked. We will carry in our food and carry out any waste or excess food. Food will be divided up at the trailhead amongst all participants.

Where and when to meet

We'll meet at **11:30 am** at the trailhead for trip sign in and questions with a planned 12:00 noon departure. The trailhead is located at the end of the South parking lot of Lafayette Campground. The lot and campground are accessed from the south side of Rt. 93.

Directions to trailhead

From Mass., take Rte. 93 north into NH. Continue Rte. 93 north into the White Mountain Region and proceed through Franconia Notch Parkway. To reach the lot drivers will exit

Rt. 93 at the Cannon Mountain exit and return to Rt. 93 south. The exit for the campground will be on the right. When you exit the highway there is a ranger station on the right and you will go left to reach the south parking lot.

Hiking plans:

We will hike into the hut on Friday, settle in and discuss possible Saturday activities. Depending on arrival time there may be time for individuals to take the short hike around the pond. The pond loop is 0.8 miles and is flat. Saturday's hike options will depend on trail conditions and hiker preference, but options include: Summit of Cannon Mountain (approximately 2.0 miles each way with 1,300 feet of elevation gain, North Kinsman summit (approximately 2.4 miles each way and 1,500 feet of gain) or a Kinsman Pond loop trail of about 5.3 miles.

What to bring/wear for this hike

Clothing (absolutely no cotton clothing, please)

- ❑ wicking base layer (top and bottom) of silk, wool, or synthetic material
- ❑ at least two insulating layers for the upper body (wool, fleece, etc.); but be sure not to overdress while hiking to minimize sweating.
- ❑ comfortable wool or synthetic hiking pants
- ❑ waterproof/windproof shell jacket and pants (in case of wind or snow)
- ❑ extra fleece or down jacket and pants (in case we must stop on the trail for an emergency)
- ❑ warm wool or fleece hat and balaclava (extra hat could not hurt). Face mask is optional but strongly recommended if temperatures and wind chills approach the low teens during our stay.
- ❑ winter gloves/mittens (thin synthetic liner gloves also recommended). Bring hand warmers if you have a problem with cold hands.
- ❑ well-insulated (recommend minus 40 degrees F. rating), waterproofed winter hiking boots with good wool hiking socks (liners optional)

Equipment and Food

- ❑ hiking poles with winter baskets (recommended for stability)
- ❑ winter gaiters (to keep the snow out of your pants)
- ❑ snowshoes (practice putting on and using in advance, if possible)
- ❑ light traction devices (such as micro-spikes)
- ❑ 10- or 12-point crampons (practice putting on and using in advance, if possible)
- ❑ foam pad (nice to have for lunch break and/or emergencies)

- sunglasses and/or ski goggles
- At least two liters of water in Nalgene-type, wide-mouth plastic water bottles. One bottle upside down in insulated carrier; ok to keep second water bottle deep in pack where it's not likely to freeze)
- plenty of high-energy trail snacks and lunch for Friday and Saturday.
- personal first aid kit (including moleskin for blisters), any personal meds, and sunscreen (also helps protect against wind burn and frostbite)
- toilet paper and "carry out" baggie
- headlamp with fresh batteries (just in case...), pocketknife, whistle, compass, and map (if you have one)
- zero-degree (or less) winter sleeping bag in waterproof stuff sack or wrapped in a plastic trash bag. Sleeping bag liners add an extra 10+ degrees and are an option if you sleep cold. Another option is to add chemical heat packs (foot, hand or body) to your bag prior to climbing in
- warm sleep clothes (clean base layer, fleece).
- hut clothes to change into once we finish hiking. Options include fleece, base layer (doubles as sleeping clothes) and down booties.
- personal hygiene items to include hand towel, biodegradable soaps or other face and hand cleaners, toothbrush and paste, etc.
- pack cover and (optional) plastic bag to line the inside of your pack
- happy hour beverage of your choice for two nights. Snacks will be provided.

Revised 12/28/2020 by Paul Brookes (Hiking Chair)