



Sunday April 30, 2017

Mt. Monadnock State Park Hike

with Udi Goren

1 PM, we will meet at the Park Store and then proceed up the White Dot Trail at 1:15 PM. Duration: 4-5 hours.

Park address: 169 Poole Road, Jaffrey, NH 03452 Phone (of the park): 603-532-8862

State Park Entrance Fee: Adults: \$5.00; Youth ages 6-11: \$2.00 (which includes parking near the Park Store)

The park store does sell snack bars, drinks, and other misc. items, but it does not sell lunches, so please either eat lunch prior to arriving, or bring your own.

We will be taking the White Dot Trail, the most direct path to the summit (2 miles up and 2 miles back). Please be aware that while this is a very popular and well maintained trail, the rapid elevation gain makes this a strenuous hike. Please consider carefully your physical condition before committing - we would like this to be a great experience for all.

What to bring:

Appropriate BROKEN in hiking footwear and socks (synthetic or wool)

You should bring a hiking backpack to hold at minimum:

- Sufficient water (recommend 2 quarts)
- Snacks and appropriate trail food (avoid sugary stuff)
- Appropriate head gear (hat)
- Sunglasses
- Insect repellent
- Sunscreen
- Backup clothing you can layer on as needed, including long pants and a coat. Recommended to be either a synthetic material or wool - as we gain elevation, the temperature will drop and the wind will pick up, so be prepared.
- Trail map (print in advance or pick up at the store) http://www.nhstateparks.org/uploads/pdf/Monadnock-State-Park_Hiking-Map.pdf



The Board of Directors of the Jewish Federation of NH is excited to sponsor Udi Goren who will be our artist/educator-in-residence from April 28 through May 25.

Udi Goren is a world renowned journalist and photographer. He comes to us from his home in Israel. Following his army service, he graduated with honors from the visual journalism program of the Brooks Institute of Photography in CA and has interned with National Geographic Television. Udi is the only professional photographer to have walked and documented the 700 mile Israel National Trail.

More info and to RSVP contact Matthew Jordan Lee: mj_lee@mac.com or 603-325-1287

