



Quest for a Winter Walk

Goodwin Park, Lebanon, NH

Difficulty: Medium

Walking Conditions: Trails

Type of Quest: Natural

One hour, wear your boots!

How to get there: From downtown Lebanon, head south on Route 120 for .8 miles. There is a small pull-off parking area on the right. There is a large red/white warning sign at cabled/chained roadway, which reads "Camping and fires are not permitted in this area;" and a larger official faded "Welcome to Lebanon" sign at edge of route 120 facing south. Your quest starts there. If you hike this Quest in late fall, please remember to wear orange!

In wintertime, some creatures become dormant,
Others hibernate, with no comment.
How about you?
What do you do?

Remain active – get out on this Quest.
For the body & spirit, it is what's best.
The soft winter light will soothe your spirit.
And the cold winter air for your mind, it will clear it!

Begin at the trailhead between two homes,
Follow a well-worn rock path and see what comes.
Hear the sound of the brook you soon will find,
And the songs of the birds that remain behind.

Soon you will come to an open field,
With brown grasses, where deer may have kneeled.
Go straight ahead to the bridge and take a look.
Enjoy the sights and sounds of Great Brook.

This water flows,
No matter how low the temperature goes.
We can be like a brook, moving all year long.
Sometimes with vigor, other times not quite so strong.

Pass under a large hemlock tree, so fine,
And head up a rocky incline.
At the top, you will find you are at
The junction of many trails, how about that?

As you can see,
Goodwin Park offers lots of possibilities.
Today, turn left for Trail B.
Tomorrow, try another just to see.

Pass by some young hemlocks on your flight,
And two white birches on your right.
Stay straight on the trail, don't take XC.
Notice the green lichen on the bark of the tree.

Bear right onto Trail B West.
Winter walking in the woods makes for a peaceful Quest,
With leaf litter (and maybe snow) under foot.
Step over a fallen birch tree much bigger than a root.

Stay straight on the trail; don't go right on a trail you might find.
Follow the trail that is B West and XC combined.
Pick your way along the rocks and boulders,
And try to imagine who walked here long before you.

You are getting close to end of our Quest.
Pass through a tree cut in 2, do not stop to rest.
Listen to the sound of the water ahead.
This is where your feet must be led.

Look right and see,
Felled trees once a teepee.
Go to the oak tree at the edge of the brook.
A stamp is there, take a look.

Make a rubbing of this stamp to prove in the Quest you partook.
Remain active in winter, like the Great Brook.
Retrace your steps down, after you rest.
Remember to take Trail B-East instead of B-West!

Goodwin Park is owned by the City of Lebanon and managed and maintained by the Lebanon Conservation Commission. It comprised 120 acres that were donated by Edmund and Dorothy Goodwin in 1974-1981 to the City of Lebanon for conservation and recreational uses. It is also featured on the Connecticut Birding Trail Map; see <http://www.ctriverbirdingtrail.org/>. Hikers can also access the Goodwin Park Trails from behind the Storrs Hill Ski Area.

This Quest was written as part of the Upper Valley Trails Alliance 2007 Passport to Winter Fun. This program is designed to encourage everyone, especially children, to get outside and exercise in the winter. You could hike, run, ski or snowshoe on trails, go sledding, or run around the block, play winter soccer, indoor rock climb, swim, ski, snowshoe, or any activity, even including recess and gym classes, as long as you are active.

At least one hour of accumulated activity a day is recommended. Every hour that you exercise, you can move one space in the passport. When you achieve 10, 25, and 40 hours of activity, you can choose a prize from the donations by many area businesses. These include a ski lesson at Whaleback, skating at Hartford Arena, a Sunday afternoon at River Valley Club, and others.

When you reach 40 hours of activity, you win a T-shirt, and a chance to win the GPS unit donated by the Upper Valley Trails Alliance. Passports will be distributed at area schools and at community recreation departments. To get your Passport to Winter Fun, contact The Upper Valley Trails Alliance at (802) 649-9075 or trails@valley.net.

So come on out and enjoy the winter!

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Valley Quest is a program of Vital Communities, a regional non-profit organization. Valley Quest promotes sense of place utilizing verse, prose, art and maps. This Quest is one of four Winter Quests. Please see our website for the others and more information about Valley Quest, www.Vitalcommunities.org.