

IAT Peak Challenge



Hiking Challenge

International Appalachian Trail Maine

<https://www.maineiat.org/>

TEN ESSENTIALS FOR HIKING

Appropriate Footwear

Happy feet make for pleasant hiking. Think about traction, support, and protection when seeking well-fitting shoes or boots.

Map and Compass/GPS

While Phones and GPS units are handy, they aren't always reliable in the backcountry; consider carrying a paper map and compass as a backup and know how to use them.

Water (and a way to purify it)

As a guideline, plan for half a liter of water per hour in moderate temperatures/terrain. Carry enough water for your trip and know where and how to treat water while you're out on the trail.

Food

Pack calorie-dense foods to help fuel your hike, and carry extra portions in case you are out longer than expected.

Rain Gear & Dry-Fast Layers

The weatherman is not always right. Dress in layers to adjust to changing weather and activity levels. Wear moisture wicking items and carry a warm hat.

Safety Items (light, fire and a whistle)

Have means to start an emergency fire, signal for help and see the trail and map after dark. Your phone does not count.

First Aid Kit

Supplies to treat illness or injury are as helpful as your knowledge of how to use them; take a class.

Knife or Multi-Tool

With countless uses, a multi-tool can help with gear repair and first aid.

Sun Protection

Sunscreen, sunglasses and sun protective clothing should be used in all seasons regardless of temperature or clouds.

Shelter

Protection from the elements in event you are injured or stranded is necessary. A lightweight, inexpensive space blanket is a great option.

LEAVE NO TRACE

Leave what you find, take only photos and memories

1. Plan ahead and prepare. Know the type of terrain and possible weather conditions you might encounter. Minimize impact by keeping groups small and avoiding high use times for the trail. Walk single file and avoid short cuts.
2. Travel and camp on durable surfaces. Focus activity on resilient ground. Stay on the trail.
3. Dispose of waste properly. Pack it in, pack it out! This includes not only food wrappers, but also biodegradable waste such as banana peels, nut shells, etc. Dispose of human waste in catholes dug 6-8 inches deep in soil at least 200 feet away from water source. Pack out all toilet paper and hygiene products.
4. Leave what you find. You can look, but please don't take. Avoid moving rocks, picking plants or artifacts.
5. Minimize campfire impacts. Make sure your campfire is completely smothered before you leave camp. Small camping stoves are much more effective for cooking, and leave no impact on the site.
6. Respect wildlife. Keep your distance and do not attract or approach animals. Never feed them food intended for humans as this disrupts their natural foraging habits.
7. Be considerate of other visitors. Show respect for other trail users. Keep voices/noise from getting intrusively loud. Obey any posted trail rules including right of ways.

These are a selection from the Leave No Trace Seven Principles by the Leave No Trace center for Outdoor Ethics: www.LNT.org.

The Ten essentials are from the American Hiking Society <https://americanhiking.org/>

What is the IAT?

The International Appalachian Trail (IAT) began as a commitment between Maine and Provincial Canada to work together as neighbors to sustain a common environment and celebrate the grandeur of a common landscape. In North America the trail connects elements of the Appalachian Mountains, crossing rivers, threading through open spruce and fir forests, joining the people and cultures of Maine, Quebec, and Atlantic Canada. Since 2009, this mission has been embraced in Greenland and Iceland and across the arc of the North Atlantic to Europe and North Africa. The IAT now comprises 23 Chapters on three continents from Maine to Morocco. Progress to maintain and improve the trail experience continues working with landowners, hikers, conservation organizations, and local, regional and national governments.

What is the Challenge?

The mountains in the IAT Challenge are found along the Maine section of the IAT. Each summit offers a panoramic view of the northern part of the state of Maine. The rocky summits of the mountain peaks are all part of the Appalachian Mountains. The challenge can be done over a period of time or if you wish to increase the challenge consider doing the challenge in the winter or doing it all within 48 hours as a single adventure. This is a personal challenge so you need to keep track of the date of each hike. Consider adding information about the hike that you found interesting and if you find trash along the way make sure to pick it up to keep the trail clean for others. Once you have completed the challenge send the dated information to be added to the list of challenge winners:

Maine Chapter of the IAT
PO Box 320
Dresden, ME 04342

Join the IAT and take up the Challenge!

The success of the non-profit Maine Chapter of the IAT has relied greatly on the work of dedicated volunteers and the ongoing support of its members. The chapter initiated and continues to contribute to the building of an international footpath that traverses landscapes and cultures of the original Appalachian Mountains. Members of the Maine Chapter are kept up-to-date on IAT events and progress. In addition, a membership makes a great gift for hikers.

Membership Information can be found at:
<https://www.maineiat.org/get-involved/membership/>

1. Barnard Mountain

(4.6 miles - 750 feet vertical climb)

Trailhead is located in KWWNM just off the Katahdin Loop Road before mile marker 12, with plenty of parking. The trail begins on a brief section of the IAT, for about 1.5 miles up a gravel logging road. Within the first few minutes of the hike you will cross Katahdin Brook and pass the first lean-to and outhouse on the northbound section of the IAT. Continuing up the long hill, follow the IAT to the right. The trail head sign will be on your right.

2. Deasey Mountain

(10.5 miles - 1950 feet vertical climb)

The trail begins at the Wassataquoik Gate off the Loop Road in KWWNM on an old logging road that parallels Wassataquoik Stream, for about 0.3 miles, before taking a right into the woods at the junction with the IAT. The trail follows the IAT from this point to the summit. 0.2 miles from the turn off the old logging road, the trail reaches the Wassataquoik Stream ford, marked by "FORD" signs on either bank. Walk across the stream toward the "FORD" sign on the opposite bank. After the ford, the trail turns right (southeast) and parallels the stream. *Please note: this stream is prone to flash flooding. Use care and do not camp on any gravel bars during rain events.* 0.7 miles after the stream crossing the trail turns to the east to begin a moderate climb.

3. Lunksoos Mountain

(21.1 miles - 1900 feet vertical climb)

The trailhead is located at Bowlin Camp off route 159 out of Patten. Parking is allowed at the camps for a small fee. The trail goes across the river on a suspension bridge and in 0.1 miles joins the IAT. The IAT is followed to the south reaching the summit of Lunksoos. Lunksoos Mountain can also be reached from the south by using a trail that branches off near the summit of Deasey Mountain. While this is a shorter distance (13 miles) to travel to reach the summit it has a number of extremely steep climbs going in both directions.

4. Sugarloaf Mountain

(1.8 miles - 920 feet vertical climb)

Travel 5.7 miles on Route 159 out of Patten and take the Grondin Road on your left. The road is followed for 7.2 miles with Sucker Brook Road on your left at 2.7 mile and crossing a bridge at mile 3.9. At mile 5.8 bear left, beyond this point the road becomes high clearance only. At a four way intersection the trail is on the left.

5. Mount Chase

(3.2 miles 920 feet vertical climb)

Travel 6 miles north of Patten on route 11 until you reach Mountain Road which is followed to the end for the trailhead. The trail is an old road going north. Along the way you will find the fire watchman's cabin and at 1.6 miles a short branch trail to Eagle Rock with exceptional views.

6. Mars Hill (South)

(2.2 miles - 1100 feet vertical climb)

The trail up Mars Hill Mountain leaves from the lower parking area at the Big Rock Mountain Ski area and heads up the wide ski slope before turning and following narrower trails to the top of the mountain. At the summit, visitors will find they are directly beneath the massive wind towers that comprise New England's largest wind farm. Views abound in all directions. A lean-to used by hikers on the IAT may be found at the summit as well.

7. Mars Hill (North)

(2.0 miles 1000 feet vertical climb)

The trail head is reached by following the East Ridge Road just north of Mars Hill on the right. Then take the Knoxford Road until you reach the wind mill tower road and the trailhead is just beyond. Both peaks can be easily done as a single hike using the wind tower road to connect the two peaks.

