

FOR IMMEDIATE RELEASE  
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**Appalachian Mountain Club Reopens Cardigan Lodge after \$1.5 Million  
Renovation**

*Full-Service Season Starts June 24*

**LAKES REGION, NH** – The Appalachian Mountain Club’s (AMC) Cardigan Lodge will welcome back guests for the full-service season on June 24 following an extensive \$1.5 million renovation. Located at the base of Mount Cardigan (3,155 feet) in New Hampshire’s Lakes Region, Cardigan Lodge is an historic outdoor recreation center for families, individuals, and groups a two-hour drive from Boston.

For generations of guests, Cardigan's history and location have given the lodge enduring popularity with members and the general public.

Originally built in 1939, Cardigan Lodge is situated on a 1,200 acre AMC-owned reservation bordering Cardigan State Park, where guests and the public have access to roughly 50 miles of hiking and backcountry skiing and snowshoe trails just steps from the lodge door. Mount Cardigan’s bald summit, which has earned the mountain the nickname of “Old Baldy,” is a favorite day-hike, offering unobstructed views of the Lakes Region, White Mountains, and Vermont. Mount Cardigan, like Mount Monadnock, is a great first “big mountain climb” for young families introducing their kids to the outdoors. Swimming is also available locally at a small pond in front of the lodge or at nearby Newfound Lake, making this a great place for kids. A short hike and dip in the water at Welton Falls is a popular summer activity.

Renovations to this historic AMC lodge are designed to make Cardigan even more comfortable for guests and improve energy efficiency, in keeping with the AMC mission of operating its lodges and huts as model environmental education centers. Interior renovations include new furnishings, an updated pack-up room and library, newly carpeted guest rooms, and expanded living, meeting, and dining spaces. Examples of “green” renovations are energy-efficient windows, new insulation, low-VOC or no-VOC paints and stains, carpeting with a minimum of 25% recycled content, and locally built furnishings made from sustainably harvested wood from the Northern Forest Region.

During the full-service season, which runs through October 31, guests in the main lodge enjoy family-style dinners and breakfasts, trail lunches, and fresh linens and towels. Guests can also participate in staff and volunteer-led naturalist programs offered from

late-June through August. Lodging, three meals, and activities are included in the daily rate.

During the self-service season, which runs from November 1, 2005 through June 23, 2006, guests can take advantage of lower rates and have full use of the lodge and kitchen to prepare their own meals.

There are also several camping options on the property, from group campsites to individual campsites, as well as platform tents with cot-style beds. Campers have the option of cooking out or purchasing meals in the lodge.

Additionally, AMC High Cabin, near the summit of Mount Cardigan, offers a backcountry retreat for small groups of up to 12 people for self-service stays year-round and also underwent interior and exterior renovations last year.

The popularity of High Cabin, built in 1931, led to the purchase of Shem Ackerman Farm in 1934. Members of the AMC Merrimack Chapter, now organized as the New Hampshire Chapter, renovated the property's farmhouse for lodging in 1934 before building the current main lodge in 1939 from the remnants of the existing barn. Drawn to the region by its skiing opportunities, AMC chapter volunteers built some of the first ski trails in New Hampshire at Cardigan Reservation, including Duke's Trail in 1934. With these improvements, Cardigan quickly became a favorite AMC destination for both winter sports and summer recreation.

Today, accommodations at Cardigan Lodge and High Cabin make them both great destinations for special group gatherings such as family reunions, scout troop outings, birthday celebrations, and other getaways. Groups may rent Cardigan Lodge for exclusive use or High Cabin for a single low rate.

This summer, Cardigan Lodge guests can take part in several volunteer and crew-led theme weeks and weekends. This year's themes include chamber music, family entertainment, and family environmental encounters. As part of AMC Outdoor Adventures and Workshops offered at the lodge, guests can sign up for a Wilderness First Aid weekend program July 30-31 or participate in volunteer trail maintenance weekends being coordinated by the AMC's New Hampshire Chapter for September 9-11 and October 28-30.

Other local attractions in the Newfound Lake area, just a few miles drive from Cardigan Lodge, include Wellington State Park on Newfound Lake, a scenic spot for paddling, hiking, fishing, and picnicking. Another highlight is the 30-foot cascade at Sculptured Rocks Natural Area in Groton. A 45-minute drive away is Squam Lake, a paddler's paradise with 65 miles of shoreline and numerous islands, reefs, coves, and bays to explore.

Cardigan Lodge renovations were funded in part by the AMC 125<sup>th</sup> Anniversary Capital Campaign.

Cardigan Lodge is located in New Hampshire's Lakes Region on Shem Valley Road in Alexandria. From Boston, Cardigan Lodge is approximately a two to two and a half hour drive.

**Reservations and rates:**

During the full-service season June 24 through October 31, non-member rates start at \$62 per night for adults and \$39 per night for children in shared bunkrooms. AMC member rates start at \$51 per night for adults and \$32 per night for children. Rates include dinner, breakfast, and trail lunch, fresh linens and towels, and naturalist programs. Child rates apply to ages 15 and under, and discounts are available for extended stays of three or more consecutive nights. A few private rooms and baths are available. Full Cardigan Lodge rental rates start at \$1350 per night for self-service. High Cabin is available to groups of up to twelve people starting at a single rate of \$60 for non-members and \$40 for members per night mid-week.

Cardigan Lodge is open year-round and reopened for the self-service season following renovations at the end of last year.

For more information about Cardigan Lodge and High Cabin or to make reservations, visit [www.outdoors.org/lodging/cardigan/index.cfm](http://www.outdoors.org/lodging/cardigan/index.cfm) or call (603) 466-2727. For group inquiries, please contact the AMC Group Coordinator at (603) 466-2721 Ext. 102.

**If you go:**

AMC guidebooks for hikers and paddlers in the region include *Quiet Water New Hampshire & Vermont: Canoe and Kayak Guide*, *Southern New Hampshire Trail Guide*, and *Nature Walks in the New Hampshire Lakes Region*. The new 2005 edition of the *Southern New Hampshire Trail Guide* describes nearly 200 trails in central and southern New Hampshire's spectacular and accessible mountains, state parks, and Lakes Region—including trails on Monadnock, Cardigan, and Kearsarge. It also includes a complete map of Mount Cardigan in paper form; a Tyvek version of the map is also available.

**More Summer Family Fun with AMC:**

This summer AMC is also offering special family packages in the White Mountains of New Hampshire, a three-hour drive north of Boston. The AMC Huts Family Experience Package offers up to 27% off standard rates for families staying overnight Sunday through Thursday at any AMC full-service hut. In July and August, AMC Highland Center will expand on its daily, year-round programming by offering a wide variety of family-friendly activities and outdoor adventures tailored to guests of all ability levels and ages. For additional details, see press releases dated May 10, 2005 at [www.outdoors.org/about/newsroom/newsroom-releases.cfm](http://www.outdoors.org/about/newsroom/newsroom-releases.cfm).

Highland Center activities will include daily family programs such as guided hikes, naturalist talks, interactive educational programs, and other scheduled activities offered throughout the day and evening, giving families the opportunity to learn new outdoor skills while gaining a deeper understanding of the environment.

**About the Appalachian Mountain Club**

Founded in 1876, the Appalachian Mountain Club is the oldest conservation and recreation organization in the United States. With 90,000 members in the Northeast and beyond, the nonprofit AMC promotes the protection, enjoyment, and wise use of the mountains, rivers and trails of the Appalachian region.

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