



Join the Club!

Appalachian Mountain Club Southeastern Massachusetts Chapter



Love the outdoors? Join the Club!

Founded in 1876, the 90,000-member Appalachian Mountain Club (AMC) is America's oldest nonprofit conservation and recreation organization.

We promote the protection, enjoyment, and wise use of the mountains, rivers, forests, and trails of the region. We encourage people to enjoy and appreciate the natural world because we believe that successful conservation depends on this experience.

The AMC *Southeastern Massachusetts Chapter* (SEM) includes approximately 3,500 members who live in Bristol, Plymouth, Barnstable, Dukes, and Nantucket counties. The geographically and socially diverse nature of our chapter's region makes for a very interesting and diverse group of individuals who all share a common love of the outdoors.

If you live in Southeastern Massachusetts and want to spend more time enjoying the outdoors, we invite you to "*Join the Club.*" No prior experience is required!

Love to hike, bike, paddle, or ski? Join the Club!

The AMC SEM Chapter's current range of member activities includes hiking, biking, paddling, skiing, conservation, trail work, and educational activities. These activities can take place locally, or take us to other locales throughout New England.

All SEM trips are organized and led by our own trained volunteer leaders. (SEM members can also participate in trips organized by other AMC chapters.)

Hiking

Our Hiking Committee organizes and runs a variety of easy-to-moderate day hikes in local venues such as the Blue Hills, Myles Standish State Forest, and Borderland State Park as well as more challenging day hikes and backpacks to the Berkshires, southern New Hampshire, and to larger mountains, such as the majestic Presidential Mountains of New Hampshire. The SEM Hiking Committee operates year-round, with highlights being our summer, fall, and winter Hiking Series.

Cape Hiking

From mid-September to mid-May, the Cape Hiking Committee offers about 100 hikes, usually three a week, from Bourne to Provincetown, and varying from the hills of the moraine to sandy beaches. They are a unique way to see parts of Cape Cod that few experience, as well as an opportunity for great exercise, and most do not require pre-registration. In the summer, a Full Moon Hike is usually held each month.

Paddling

Our Paddling Committee organizes paddling trips from early March to late October. Most trips originate from the shores of Cape Cod, but there's a growing interest among members to expand our paddles into other areas of New England. For the safety and enjoyment of participants, a minimum set of skills is required to participate. For those who are new to the sport, we can offer advice and provide paddling instructions to get you going. In most cases, you'll need your own kayak and associated equipment. If you are without a kayak, we can direct you to rentals. If you like to be on the water, kayaking is an exciting way to enjoy Cape Cod!

Bicycling

The Bicycling Committee organizes bike rides year round both on and off the Cape. These range from easy 20-30 mile rides at a relatively moderate pace, to longer and more challenging rides. We've recently formed the *2000 Mile Club* for members who ride 2,000 miles in a single year. Patches and certificates are awarded to riders who achieve this accomplishment!

Cross-Country Skiing

The Cross-Country Ski Committee sponsors day trips at local parks, forests, and ski centers, as well as more distant destinations throughout New England. Instruction is offered for beginners and most ski trips usually offer a variety of terrain options to accommodate any skill level, from beginner to experienced backcountry skiers.

Want to help protect the outdoors? Join the Club!

In addition to enjoying our many outdoor recreational activities and trips, many of our members volunteer their time and efforts to help protect the outdoors and maintain the trails upon which we hike.

Conservation

As an AMC member, you have an opportunity to participate in the AMC's significant conservation efforts, both at the club-wide and local chapter levels. At the club level, members can join the AMC's Conservation Action Network (CAN) or participate in the ongoing Visibility Volunteer (VizVol) program while hitting the trails. Locally, the chapter actively participates in MA Forest Reserves meetings, and thus helps influence management activities at designated forest reserves, such as Myles Standish State Forest in Plymouth.

Trailwork

The SEM Trails Committee sponsors several fun and rewarding trips every year to help maintain, repair, and improve the trails upon which we hike. This includes both day trips to local hiking areas such as Myles Standish State Forest in Plymouth and overnight trips to the SEM Chapter's "adopted" trail in NH — the popular Lonesome Lake Trail in Franconia Notch.

Want to improve your outdoors and leadership skills? Join the Club!

Members can take advantage of a variety of formal and informal training and educational activities, often at minimal, if any, cost. Additionally, the AMC offers a wide variety of outdoor educational activities and programs to members at reduced cost.

Workshops

The Chapter sponsors several fun and informative workshops for our members every year — workshops on hiking, backpacking, kayaking, bicycling, cross country skiing, winter hiking, and snowshoeing. Workshops typically include low-key presentations, gear demonstrations, hands-on activities, member gear swaps, and refreshments.

Education

In addition to the above workshops and ongoing informal mentoring by our experienced and friendly volunteer leaders, SEM members can take advantage of more formal training opportunities offered by the AMC and our Chapter's Education Committee — SEM Leader training, Wilderness First Aid, and Mountain Leadership training.

How to find out about and sign up for SEM Activities

To participate in most AMC activities, contact the leader or registrar at least a week in advance. In most cases, the leader will ask you about your previous outdoor experience and your current physical condition to make sure that the activity is a good match for you. The leader will also answer any questions you might have and provide helpful suggestions related to appropriate gear and sustenance to bring.

For your own safety and enjoyment, pre-registration is required for most outdoor activities. A parent or guardian must accompany children under the age of 18. Pets are usually discouraged or prohibited. In all cases, you will be required to read and sign an AMC waiver release form before participating.

AMC Outdoors magazine

The glossy, full-color, professionally produced *Outdoors* magazine provides comprehensive listings and descriptions of all AMC trips, workshops, and activities at the club, chapter, and inter-chapter levels.

Southeast Breeze newsletter

Our own volunteer-produced SEM *Southeast Breeze* newsletter is produced four times a year and includes descriptions of upcoming chapter-level trips, workshops, and activities, plus write-ups and photos of past SEM trips and other information. It is available in either electronic or hardcopy form. This is available free with your membership, or \$10 for non-members. See a sample of our Southeast Breeze at: www.amcsem.org/pdf/Breeze-spring.2009_final.pdf.

AMC Website

The AMC website offers information about the entire AMC — its overview, mission, and history — as well as club-wide activities and education. See www.outdoors.org.

AMC Trip website

The AMC offers thousands of trips each year through its volunteers and staff, from local day hikes to major excursions to exotic locations around the world. Visit trips.outdoors.org and enter the selection criteria to search for a trip.

SEM website

Information about the SEM chapter and all of our activity committees is on our website, www.amcsem.org. Here, you can also register for our *Short Notice Trip List* to be notified by email of trips not publicized elsewhere. Click on "PICTURES" in the title bar to see how much fun we're having!

How to join the Club

The easiest way to join the AMC is to visit www.amcsem.org and click on "MEMBERSHIP" in the title bar. Note that all but \$6.83 of your membership contribution is tax deductible.

Membership Costs:

Individual	\$40/year
Family	\$60/year
Junior (under 30)	\$25/year
Senior (over 69)	\$25/year

The SEM Chapter's membership chairperson can also provide information about joining the club. Email membershipchair@amcsem.org or visit our website, www.amcsem.org, and click on "OFFICERS" in the title bar to find the name and contact information of our current membership chair.