

## 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.

**AMC 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** — Produced four times a year and available in either electronic or hardcopy form. See a sample at: [www.amcsem.org/pdf/Breeze-spring.2009\\_final.pdf](http://www.amcsem.org/pdf/Breeze-spring.2009_final.pdf)

**AMC Website** — AMC mission, history, activities, and education. [www.outdoors.org](http://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. [trips.outdoors.org](http://trips.outdoors.org)

**SEM website** — Information about the SEM chapter and all of our activity committees is on our website. [www.amcsem.org](http://www.amcsem.org).

**Short Notice Trip List** — Register for our email Short Notice Trip List. [www.amcsem.org](http://www.amcsem.org)

---

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

## How to join the Club

The easiest way to join the AMC is to visit [www.amcsem.org](http://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	\$25/year
Senior	\$25/year

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



3.13.09



## 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.

---

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! [amcsem.org](http://amcsem.org)

## The SEM Chapter

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.



## Hiking

Our Hiking Committee organizes and runs a variety of easy-to-moderate day hikes in local venues as well as more challenging day hikes and backpacks to larger mountains in NH and ME. 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. In the summer, a Full Moon Hike is usually held each month. Most hikes do not require pre-registration.

## Paddling

Our Paddling Committee organizes paddling trips from early March to late October. 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.

## 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 have a *2000 Mile Club* for members who ride 2,000 miles in a single year.



## 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.

## 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.

## 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 and overnight trips to the SEM Chapter's "adopted" trail in NH — the popular Lonesome Lake Trail in Franconia Notch.

## 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.

[amcsem.org](http://amcsem.org)

