

THE SOUTHEAST BREEZE



Bigelow Preserve

DEC/JAN/FEB ISSUE

*Newsletter of the Southeastern Massachusetts
Appalachian Mountain Club*

*New members only-contact Kathy Farren at
membershipchair@amcsem.org regarding
"Membership in a Bottle"*

Greetings from the Chair

Hello and welcome to all SEM members! I am very excited about the opportunities that the next year presents, and am honored to serve as your chapter chair. I invite all members to join a chapter activity this winter. Winter X-C skiing, snowshoeing or hiking, and biking, are great ways to shed those holiday pounds (and keep them from appearing in the first place!), beat the winter "blues" and meet new friends. If you are new, or are unsure about how to sign-up for an activity or which activity might be best for you, please feel free to contact me (chair@amcsem.org or 617-323-6727), or any board member (all activities are represented on the board). All activity chairs' contact information is available on the chapter website (www.amcsem.org), and additionally under the activity headers in this newsletter. I personally look forward to seeing you on a SEM activity soon...

Highlights for SEM Winter Events and Activities:

The Hiking Committee is holding another annual Winter Hiking Series. See the hiking section for events being held over the next few months that are geared towards

those new to hiking during the winter. Winter is "the" season for the Ski Committee. There are many different X-C events including instruction for those wanting some extra guidance, and day and overnight weekend options both near and far. The Chapter Winter Festival, scheduled for Sunday, February 13, will bring together both these events to highlight that the outdoor recreation isn't hampered by cold, chill, snow or ice. The November AMC Outdoors magazine was right when they said that summer is not the only "in"-season on the Cape. Avoid the crowds (and the bugs – the insect variety in this case!), and enjoy a stroll or a more vigorous jaunt around the Cape – see the Cape Hikes section for details.

As snow is hard to predict in this part of the world, keep up to date with short notice trips. We anticipate local snowshoe and X-C ski events will take place in the case of sufficient snowfall. Sign up for the short notice list from the chapter website: www.amcsem.org, so that you don't miss out!

White Mountain National Forest Comment Period :

DON'T MISS THE DEADLINE: December 16, 2004 for your opportunity to tell the federal government how you would like the White Mountain National Forest to be run for the next 10-15 years. The public comment period for the WMNF Forest Plan revision, and your chance to have your opinion voiced, is almost over. Three issues under consideration include wilderness and roadless

areas, ATV (all terrain vehicle use) within the WMNF, and timber and wildlife management. While our chapter does not encompass the WMNF, many of us recreate, vacation, and spend our precious free time in this very special place. The AMC website, at <http://www.outdoors.org/conservation/wmnf/>, has more information about the draft plan. Comments may be sent directly to wmnfplan@fs.fed.us. Alternatively, letters can be mailed to Forest Plan Revision, White Mountain National Forest, 719 Main Street Laconia, NH 03246.

Chapter Annual Meeting:

A crowd of old-timers and newcomers alike joined for dinner and conversation at the Chapter Annual Meeting on Saturday, November 6 at Rachel's Lakeside in Dartmouth MA. We learned about the flora and fauna of the Islands of Seychelles in the Indian Ocean, courtesy of invited speaker Chris Jacobs. AMC staff member Brian Wentzell, distributed White Mountain National Forest Comment Cards. In a raffle from completed comment cards, 2 attendees won AMC publications! However, the focus of the annual meeting was an opportunity to recognize outstanding volunteers, leaders and members of the chapter. Longstanding members (25 and 50 years) and outgoing executive board members were recognized and congratulated. A definite highlight of the evening was honoring Bob Bentley with the 2004 Distinguished Service Award. Finally, annual reports were distributed (see the chapter website for an on-line version), and the 2005 Executive Board was voted and approved.

I would like to take this opportunity to introduce you to the rest of the 2005 Executive Committee of the SEM chapter: Mike Woessner (Vice Chair), Linda Cronin (Secretary), Bill Ruel (Treasurer), Maura Robie (Conservation), Kathy Farren (Membership), Denise Malenfant (Biking), Heidi Moss (Cape Hikes), Dick Coveney (Canoe/Kayak), Patrick Holland (Hiking), Walter Mark (Ski), and Lou Sikorsky (Trails). I am very honored to be working alongside this group of talented individuals who bring so many skills (and hours!) to making your chapter the best it can be. Some of you might notice that the list above does not include Education and Communications chairs. The Board plans to vote on a candidate for Education at the November meeting. However, the valuable position of Communications chair is still open. If you are looking for a way to volunteer and contribute to the chapter in a vital role, please consider this position. One of the Communications chair's key responsibilities is the publication of this newsletter. If you are interested, please contact me either at 617-323-6727 or via email at chair@amcsem.org.

AMC Club-wide events:

The Club's annual meeting will be held in Waltham, MA on Saturday, February 5. I will be there, representing SEM at the Chapters Committee. There will be many different speakers and information sessions – check the AMC website for details.

Chapter Chair – Laura Smeaton

More Events

Summit 2005: AMC Annual Meeting

Saturday, February 5, 2005

Westin Hotel, Waltham, MA

Open to all AMC members and friends. Join us for a dynamic day of fun filled activities, our annual business meeting, and committee events. This year's afternoon workshops include a SOLO program on wilderness medicine and outdoor leadership, yoga for outdoor enthusiasts, discovering the international section of the Appalachian Trail, peak bagging strategies, an expert talk on restoring the Upper Charles River, AMC's air quality monitoring program, a HandMade in the Northern Forest program, book signing by the legendary Brad Washburn and more. The evening will include reception, dinner and keynote speaker, renowned mountaineer, Mark Richey. For more information call 617-523-0655 ext 309.

Naturalist Training

You are invited to attend a weekend workshop conducted by Audubon-Wellfleet and sponsored by the Narr. Chapter, Conservation Com. Leaders from other chapters are welcomed to attend. The focus is on conducting successful shore walks. The ducks or seals may not always be around and the wind may be too strong for migrating birds on the day of the walk but there is still plenty to talk about. Audubon will provide illustrated lectures on ducks and birds as well as Beach Combing 101: shells, crabs, common invertebrates. The afternoon walks on both Bay side and sea side (National Sea shore) will include these subjects as well as natural history and other related subjects that participants may want to explore. The instruction will begin at 10am Saturday and end around 3pm on Sunday. There is a fee of \$30 for instruction. Limited Sat. evening lodging (simple) is available at Audubon. The alternative is local motels offering a range of amenities. I am in the process of negotiating special rates. Dinner Saturday and breakfast on Sunday will be "Dutch" at local restaurants. Audubon will provide the lunch on Sunday. Please contact me for complete details. email jschempp1@msn.com

HIKING AND BACKPACKING

Chair- Patrick Holland 781-925-4423

hikingchair@amcsem.org

MI LES	PACE/ MPH	TERRAIN
AA=13+	1=Very Fast/2.5	A=Very Strenuous
A=9-13	2=Fast/2	B=Strenuous
B=5-8	3=Moderate	C=Average
C=<5	4=Leisurely	D=Easy

Hikers unsure of their ability should try only one level higher than previously completed. Note: No Pets without permission of Trip Leader. Individuals under 18 must receive consent from leader.

Wed Dec 8th Hike Planning Meeting 7pm Middleboro, MA. Well be working on the Mar-May schedule. All are welcome, not just leaders. Contact: Patrick Holland 781-925-4423

Sat Dec 11 Winter Hike Series # 1: Blue Hills (B2B) Intro to winter hiking. Discuss gear and cold weather issues. Reg w/L Mike Woessner 508-577-4879 6-9pm stridermw@hotmail.com CL Reg w/L Laura Smeaton 617-323-6727 7-9pm laurasmeaton@mac.com

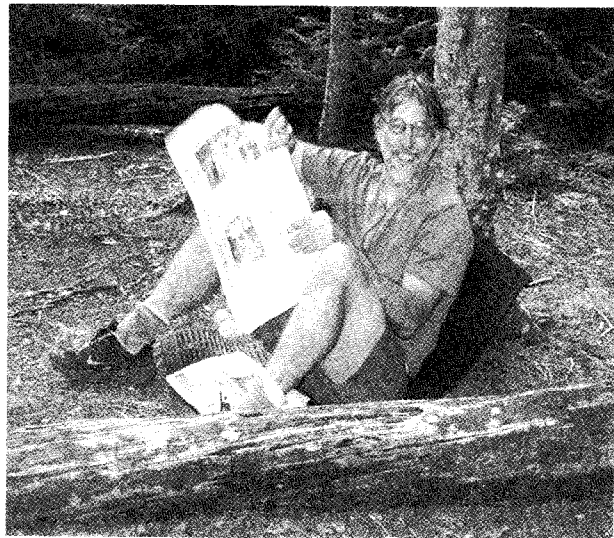
Sun Dec 18th Worlds End Reservation, Hingham MA (C4D) Take a break from the holiday madness. Leisurely stroll in one of the S. Shore's hidden gems, landscaped by Fredrick Law Olmstead. \$4.50 entrance fee Reg w/L Patrick Holland 781-925-4423 (7-9pm) pat.holland@aoltwbg.com CL Bill Ruel, 781-589-3321 (7-9 pm), campberbill824@aol.com

Sat. Jan 8th Winter Hike Series #2 Mt Potash B3C Easy hike with great views from the exposed ledges. Good beginner winter hike
L Walter Wells 508-279-1963 waltandlinda@comcast.net
CL Bill Ruel, 781-589-3321 (7-9 pm), campberbill824@aol.com

Jan 15th-16 Caribou Mt Backpack, ME (B3B) Explore a remote area of the White Mts. near Evans Notch. Superb views from the summit. Previous winter hiking experience & full winter gear req. Reg w/L Patrick Holland 781-925-4423 (7-9 pm), pat.holland@aoltwbg.com CL Walter Wells 508-279-1963 waltandlinda@comcast.net

Fri.-Sun. Jan. 21-23 (B3B) Winter hiking in Vermont. Camel's Hump on Sat.; Mt. Hunger on Sun. Stay Fri. and Sat. night at leaders cozy cabin in Washington, Vt. Previous winter hiking experience and full winter gear required. Appx. Weekend cost; \$15 covers one dinner and two breakfasts. Group size limited to 6. Register with L Dexter Robinson, 781-294-8840 e-mail dexsue@comcast.net, (7-9 pm), CL Paul Vermette, 603-566-0881; pjvermette@yahoo.com

Sat/Sun -Jan 29th-30 Berkshires Notchview Reservation Windsor, MA. Here's your opportunity to snowshoe & X-C ski(try one or both!) on the same trip. Notchview, located at 2300 ft. has over 3,000 acres(and 35 km of skiing trails) to explore. Planned to run in conjunction with X-C ski trip led by Barbara Hathaway (please refer to ski trip section). Other options are nearby Buck Steep Manor or Stump Sprouts,depending on conditions. Rentals available at the latter locations. Reservations Sat at rustic Remington Lodge are exclusive to our group. Cost of \$65 is for bunk accommodations & shared baths. It includes happy hour & dinner Sat night, breakfast & a packed trail lunch Sunday. Register by Jan 9th by contacting L Laura Smeaton 617-323-6727 7-9pm laurasmeaton@mac.com. CL Sue Chivarolli 508-252-4164
January 29 Franconia Ridge (A2A) Hike the Franconia Ridge. We will climb Falling Water Tr. across the Franconia Ridge over Little Haystack, Mt. Lincoln, Mt Lafayette, and finally descend via the Old Bridal Path. Register w/leader Paul Vermette 603-566-0881; pjvermette@yahoo.com or co-leader Erika Bloom 508-



996-3290 before 9 pm; ebloom1@comcast.net

Sat. Feb 12th Winter Hike Series #3 Mt Tom B3B
The 1st 4000 footer of the winter intro series. Moderately strenuous w/decent views and Grey Jays at the summit
Reg W/L Erika Bloom 508-996-3290 before 9 pm; ebloom1@comcast.net CL Bill Ruel, 781-589-3321 (7-9 pm). campberbill824@aol.com

Sun Feb 13th Winter Festival Borderland State Park
Sat-Sun Feb 26th-27th Lincoln Woods Winter Car Camp at Hancock (B3C) Perfect first winter campout for those wanting to try it. Nice hike, snowshoe along old logging railbed, East Branch on the Pemigewasset River.
Reg L Bill Ruel, 781-589-3321 (7-9 pm), campberbill824@aol.com. CL Patrick Holland, 781-925-4423 (7-9 pm), pat.Holland@aoltwbg.com.

HIKING AND BACKPACKING continued

February 26-Mar1 Pemi Adventure (AA3B) Four day/ three night hike through the Pemi Wilderness. The hike will start on the Garfield Trail and end at the Lincoln Woods parking area. Possible summit attempts of Garfield, Galehead, South Twin ,North Twin,Zealand,West Bond,Bond and Bondcliff. Reg. w/L Paul Vermette 603-566-0881;pjvermetee@yahoo.com or co-leader Erika Bloom 508-996-3290 before 9pm;ebloom1@comcast.net

Sat-Sun Mar 5-6 Mt. Adams/Crag Camp (A2A) Long, strenuous hike with significant time above treeline. We'll spend the night at Crag Camp and hike out Sunday. Previous winter above treeline experience required. Limited to 6 participants. Reg.w/L Patrick Holland 781-925-4423(6-9pm), pat.holland@twbg.com CL Dexter Robinson 781-294-8840(79pm),dexsue@comcast.net

Sat-Sun Mar 12-13 Winter Hike Series #4 Backpack to Neuman campsite. Winter gear required. May bag a peak. Reg w/L Bill Ruel, 781-589-3321(7-9pm),camperbill824@aol.com CL Walter Wells 508-279-1963 waltandlinda@comcast.net

Conservation Corner

As my term as Conservation Chair comes to an end, I want to thank all the dedicated SEM members that have helped with conservation projects, joined the Conservation Action Network, and written letters to support conservation issues. It has been a pleasure meeting new people while working on trails and removing litter. Visitors to our trails and beaches certainly benefit from all your efforts.

While the shore of Buzzards Bay is recovering from the oil spill, in the mountains, the gray haze of pollution continues to obstruct the view. The air quality in parts of Southeastern Massachusetts is also reported to be less than ideal. Several members have done their part by volunteering to test the air quality while they were hiking this summer.

All your efforts reminded me of the following Native Alaskan thought: Live Carefully-What you do will come back to you. - Louise Anthony

Spring Gathering at Bryn Mawr Camp and Retreat Center Honesdale, Pennsylvania. April 29-May 1,2005 Join AMC members, volunteers and staff for a fun and adventure filled weekend in the beautiful Pocono Mountain. springgathering2005@amcdv.org

AMC Activities Risk Statement: *Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.*

Come join us February 13th at Borderland State Park for our yearly Winter Festival.

From 8am to 3pm. There will be winter gear and snowshoe demonstrations, a cross country ski video and a hike. There is a \$5 per person charge plus a \$2 parking fee. To register contact either the Ski Chair or the Hiking Chair. (skichair@amcsem.org or hikingchair@amcsem.org)

HAPPY HOLIDAYS AND A GREAT NEW YEAR FROM
YOUR COMMUNICATION CHAIR, LINDA



Bill and Paul doing trail work on the Lonesome Lake Trail.

CAPE COD HIKES

Chair-Heidi Moss (508)362-6440
 capehikingchair@amcsem.org

Thursday hikes 9:30-11:30. Sunday hikes 1:00-3:15pm
 Moderate pace unless noted. Trail shoes/hiking
 boots recommended NO DOGS
 Heavy rain ,deep snow, or icy driving conditions
 cancels. If in doubt call L.

Thurs Dec 2 BOURNE Canal Walk. Pk on N side of canal 1/2 way between bridges at Visitor Center.

L Blanche Greig 508-508-771-3696

Sun Dec 5 COTUIT Little River Sanctuary. Meet at Cotuit Landing Shopping Center at corner of Rt 28 and Putnam Ave. in Cotuit to carpool to trailhead. L Heidi Moss 508-362-6440

Thurs Dec 9 - MASHPEE National Wildlife Refuge.

From Rt 28 in Falmouth S on Red Brook Rd. Go 1.5 mi. and pk on corner of Red brook Rd and Great Hat Rd. (unmarked but the road on the L after Wintergreen Rd loops back to Red Brook). L Nancy Wigley 508-548-2362

Sun Dec 12 YARMOUTH Three Ponds. Exit 8 off rt 6, go south on Station Ave. At 2nd light turn R on Old Townhouse Rd. Go 1.1 miles to stop sign. Turn L on Yarmouth Rd. Go approx 1 mile to parking areas both sides of road. L Janet DiMattia 508-394 9064

Thurs Dec 16 EASTHAM Salt Pond/CoastGuard

Beach. From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pk at Vistor Ctr pkg. L Farley Lewis 508-775-9168

Sun Dec 19 DENNIS Flax Pond Conservation. Rt 134 N to L on Sectucket. Go approx 1 mi. and pk on R in small lot. L Janet Kaiser 508-375-0574. Christmas potluck following hike. Directions: From Rt 6 take exit 8 S. At first light take L on White's Path. At end L on North Main (becomes N. Dennis Rd. shortly) Go 3/4 mi. Pk along edge of road or at 16 Driftwood Lane. Hostess Pam Carter 508-398-2605

Thurs Dec 23 MASHPEE Mashpee River Woodlands

East. Take orchard St off Rt 28. R on Quiniquisset Ave. L on Mashpee neck Rd. and continue 1 mi. to pkg on R. L Nancy Wigley 508-548-2362

Sun Dec 26 BREWSTER Nickerson State Park. Go in main ent. of park on Rt 6A. Take 1st L on Flax Pond Rd. Continue to end. Pk at Cliff Pond. L Bob Freeman 508-432-4341

**Thurs Dec 30 BARNSTABLE Bridge Creek Conserva-
 tion.** Exit 5 from Rt 6. Go N short dist. and pk at grass triangle in front of church on L. Walk N to trailhead behind firehouse L Heidi Moss 508-362-6440

Sun Jan 2 NO HIKE

Thurs Jan 6 - MASHPEE Mashpee River Woodlands

West. From the Mashpee rotary go E on Rt 28, turn R on

Quiniquisset. Approx. 500' pkg on R. MPD requests that tires of parked cars be completely off paved road. L Nancy Wigley 508-548-2362

Sun Jan 9 TRURO South Pamet. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Bob Freeman 508-432-4341

Thurs Jan 13 BOURNE Sagamore Hill/fish pier. Park at Christmas Tree Shop on Cape side of Sagamore Bridge. L Gary Miller 508-540-1857

**Sun Jan 16 BARNSTABLE Conservation Land/Trail of
 Tears** Exit 5 from rt 6 to immed R on Service Rd. park in lot by power lines. L Bob Freeman 508-432-4341

Thurs Jan 20 TRURO Ryder Beach. From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. Park at end. L Janet Di Mattia 508-394-9064

Sun Jan 23 HARWICH Hawks Nest State Park. From Rt 6 take Exit 11 S on Rt 137. Take immed. R on Spruce Rd. At 0.5 mi. pk on side of road. L Peter Selig 508-432-7656

Thurs Jan 27 YARMOUTH Grays Beach. From Rt 6 take Exit 8N to L on 6A. Immed. at playgrd. take R on Old Church Rd. Follow to end to pkg at beach. Chili party following hike at L's house after hike. L Janet Kaiser 508-3750574

Sun Jan 30 BARNSTABLE Spruce Pond. Exit 5 from Rt 6. Go N short dist. and pk at grass triangle beside church. L Heidi Moss 508-362-6440

Thurs Feb 3 WELLFLEET White Crest Beach. From Rt 6 R on LeCount Hollow Rd. At Beach gatehouse L on Ocean View Dr. to beach pkg lot on R. L Farley Lewis 508-775-9168

Sun Feb 6 WELLFLEET Newcomb Hollow Beach. From Rt 6 take R at Gross Hill Rd. Take L on Ocean View Dr. to end following signs for Newcomb Hollow Beach. L Bob Freeman 508-432-4341

Thurs Feb 10 MASHPEE South Cape Beach. From Mashpee rotary Great Neck Rd S 2.7 mi. L on Great Oak Rd., follow to town beach pk approx 2.5 mi.

Sun Feb 13 SANDWICH Maple Swamp. From Rt 6 Exit 4 S on Chase Rd. Turn R immed. onto Service Rd. 1 mi to lot on left. L Heidi Moss 508-362-6440

Thurs Feb 17 WELLFLEET Duck Harbor. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Take R opposite Great Island Pkg and follow to end. L Janet Kaiser 508-375-0574

Sun Feb 20 TRURO North Pamet. From Rt 6 in Truro turn E at Pamet Rd. Meet at end of S. Pamet Rd. L Bob Freeman 508-432-4341

Thurs Feb 24 HARWICH Herring River. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.2 mi. to pkg inside fence on L at Sand Pond. L Peter Selig 508-432 7656

Sun Feb 27 BREWSTER Nickerson State Park. Park at main pkg lot at entrance on Rt 6A. L Bob Freeman 508-432-4341

Thurs Mar 3 WELLFLEET Griffin Island. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Follow to Great Neck Island pkg lot on L. L Janet Di Mattia 508-394-9064

Longer Saturday Hikes

10 AM - 2 PM; Bring a lunch.

Dec 4 NO HIKE

Dec 11 MASHPEE Popponnesst Spit. From Mashpee rotary go approx 2.6 miles on Great Neck Rd South to L at New Seabury sign. Go 0.1 miles to 1st R, park in upper lot. CL Ken Burnes 508-539-3122; L Farley Lewis 508-775-9168

Dec 18 HARWICH Herring River/Coy Brook Woodlands. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. At 1.4 mi. take R on Depot Rd. Go 0.2 and pk in lot on L at bike crossing. L Janet Di Mattia 508-398-9064

Dec 25 - Christmas Day, NO HIKE

Jan 1 HARWICH Herring River. Two hour hike from 10 AM - 12 noon. Meet at L's house at 255 Great Western Rd. Harwich. Exit 9S from Rt 6 onto Rt 134. L at 3rd light on Upper County Rd. then immed. L on Great Western. Follow 2.4 mi. to house on right. L Ruth Handlen 508-432-1582

Jan 8 EASTHAM Doane Rock/Nauset Beach. From Rt 6 take R at light on Nauset Rd & Nat'l Seashore Visitor Ctr. and pk at Vistor Ctr pkg. L Janet DiMattia 508--394-9064

Jan 15 NO HIKE

Jan 22 BREWSTER Nickerson State Park. Park at main pkg lot at entrance on Rt 6A. L Peter Selig 508-432-7656

Jan 29 Yarmouth Three Ponds/ Inkberry Trail. From Rt 28 in West Yarmouth turn N at light on Winslow Gray Rd. opposite Molly's Rest. Go 0.4 to pkg on L. Janet DiMattia 508-394-9064

Feb 5 WELLFLEET Great Island/Jeremy Point. From Rt 6 turn L at light towards Wellfleet Center. Take L at dory on E. Commercial St. to harbor. Go R on Chequessett Neck Rd. Follow to Great Neck Island pkg lot on L. L Peter Selig 508-432-7656

Feb 12 BARNSTABLE Conservation Land/Trail of Tears Exit 5 from rt 6 to immed R on Service Rd. Park in lot by power lines. L Bob Freeman 508-432-4341

Feb 19 TRURO Ryder Beach/Duck Harbor. From Rt 6 in Truro L on Prince Valley Rd. Go to end. R on County Rd. then immed. L on Ryder Beach Rd. park at end. L Janet DiMattia 508-394-9064

Feb 26 FALMOUTH Moraine Trail FALMOUTH Moraine Trail w/car shuttle. Meet at W end of Rt 151 opp the Falmouth Animal Hosp. just E of Rt 28. L Heidi Moss 508-362-6440

2005 SEM/AMC XC Ski Season

Sat., Jan. 8 – X-C Ski Instructional Workshop – Learn to use your new skis or brush up on technique. Suitable for all abilities, must have own equipment. Leaders choice. Reg with L Art Paradise, 978-372-7442 (6-10PM). CL Bob Bentley 508-866-3057.

Jan. 14-17, 2005 – MLK Weekend at Applebrook B&B

All chapters welcome to join us for our 18th annual weekend of xc skiing, great company and hearty meals. Possibilities for led trips include Bretton Woods, Great Glen, and Bear Notch. Downhill, snowshoeing, back country, and ice skating options on your own. Approx. \$160 - \$230 per person includes 3 nights lodging, 3 breakfasts, 1 full dinner and 1 supper, all at cozy Applebrook Inn in Jefferson, NH. Reg with L Sarah Beard (508) 758-2613 eves. Co-leaders Barbara Hathaway (508) 880-7266 and Bob Kalchthaler (508) 947-4924.

Jan. 14-17, 2005 - XC Ski the Backcountry in Maine's

North Woods. Looking for a wilderness adventure this winter? Join us for a long weekend of unlimited backcountry skiing in the White Cap Mt. Range of northern Maine. We will stay at the West Branch Pond Camps, which are accessible by car from Greenville, and explore miles of old logging roads and ski trails far from cell phones and civilization. Accommodations are rustic but cozy. Participants should have ski equipment designed for backcountry terrain. Approx. \$270/pp includes 3 nights lodging, 3 brkfst, 3 lunches, 2 dinners. Reg. by Dec. 15. Details/reg with L Art Paradise, 978 372 7442 (6-10 pm). CL Bob Bentley 508 866 3057.

Sun., Jan. 23 – Norsk XC Center, New London, NH.

Novice/Intermediate. Everything you want to know about Norsk is at www.skinorsk.com. For trip details and to register, call L Walter Mark, 508 884 8185 (7-9pm). CL Rick Fordyce, 508 430-0268.

Sat./Sun. – Jan. 29-30. Berkshires. Notchview Reservation, Windsor, MA. This property has 27km of groomed and back country trails ranging from gentle slopes to challenging hills; 2 trailside shelters and a visitor center to warm you. Planned to run in conjunction with snowshoe trip led by Laura Smeaton. Depending upon conditions, other local options are Bucksteep Manor or Stump Sprouts for both skiing and snowshoeing. Reservations Saturday at rustic Remington Lodge are exclusive to our group. Cost of \$65p/p is for bunk accommodations and shared baths. It includes happy hour and dinner Sat. night, breakfast and a packed trail lunch Sunday. Reg with L Barbara Hathaway, 508-880-7266 by Jan. 7. CL Diane Phillips, 508 378 2334.

Sat., Feb. 5 – Waterville Valley, XC. Nicely groomed

trails for classic and skate skiing, as well as golf course trails for novice skiers. Ski equipment and snowshoe rentals available. Restaurants and shops, too! Register with L Walter Mark, 508 884 8185 (7-9pm). CL Anne Chace, 508-824-8871.

Sun., Feb. 13 – Winter Festival, Borderland State Park, Easton, MA. Great introduction to AMC for new members, but all members welcome to attend and join in the activities. Think snow! See page 4.

Sat., Feb. 19 – Windblown, New Ipswich, NH. Beginner/intermediate. Equipment rental on site. You'll love this family-owned and operated ski center. It's "comfortable, friendly and unforgettable" and the trails are great. Check it out at www.windblownxc.com. Call L Barbara Hathaway, 508 880 7266 eves to register and for carpooling details. CL is Nick Georgantas, 508-697-9172.

Mar. 4-6 – XC Ski on the Catamount Trail, VT. Ski parts of the Catamount Trail and side trails into the GMNF in southern VT. We will stay at the Blue Gentian Lodge in Londonderry and explore different sections of this remarkable backcountry trail system of forests and fields. Approx. \$150/pp includes Sat. and Sun. brkfst and Sat. dinner. Hot tub and ice skating. Reg. By Jan. 15. Details/reg with L Art Paradise, 978 372 7442 (6-10 pm). CL Bob Bentley 508 866 3057.

BIKING

*Chair -Denise Malenfant
bikingchair@amcsem.org*

Inflated tires/water necessities. Spare tube/pump helpful. Beginner rides: mostly flat, 15-18 mi @ 10-12 mph pace Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace. Call or e-mail leaders before 9pm to register and match rides with abilities.

DI STANCE	PACE/ MPH	TERRAIN
AA=50+	1=17+	A=very hilly
A=35-50	2=13-16	B=hilly
B=25-35	3=11-13	C=rolling
C=<25	4=UP TO 11	D=flat

TO ALL AMC/SEM CYCLISTS!

TRY TO POST A COPY OF OUR AMC/SEM BIKE SCHEDULE AT YOUR FAVORITE BICYCLE SHOP. IT'S A WIN-WIN DEAL – MORE RIDERS FOR US ... MORE BUSINESS FOR THE SHOPS!

Sat. Dec. 4 – Cape Cod Rail Trail – Scenic flat 23 mile round trip along the Cape's Rail Trail from Brewster to Wellfleet Start time 11:00am. C2D. Contact L Jack

Jacobsen 508-993-0450 or CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sun. Dec. 12 – Christmas at Blithewold Mansion, Bristol, RI – Easy-paced 18 mile ride including East Bay Bike Path, Colt State Park and a holiday tour of Blithewold, a Newport-style mansion overlooking Narragansett Bay in historic Bristol. Start time 10:30am. C 2/3 D (3 hills.) Contact L Denise Malenfant 508-823-7061 or djmalenfant@hotmail.com

Sat. Dec. 18 – Christmas in Provincetown – Wellfleet to Provincetown for the eternal show; maybe Race Point. Start time 10:30am. A2B. Contact L Paul Currier pbencurrier@hotmail.com, 508-833-2690. E-mail preferred.

Sat. Jan. 1 – 2nd Annual New Year's Ride in Marion – Beautiful coastal and forest reservation ride. Start time 10:30am. A2D. Contact L Paul Currier at pbencurrier@hotmail.com or 508-833-2690. E-m preferred.

Sat. Jan. 15 – The Three Bridgewater – Ride past quaint small town greens and farmlands. Start time 10:30am. C 2/3 C. Contact L Denise Malenfant 508-823-7061 or djmalenfant@hotmail.com

Sat. Jan. 29 – Mattapoissett/Acushnet/Rochester – Scenic ride down quiet back roads around the lakes. Start time 11:00am. B2C. Contact L Jack Jacobsen 508-993-0450 or CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

Sat. Feb. 12 – N. Falmouth to Woods Hole – Bamboo groves, astounding views of Martha's Vineyard, Falmouth Coast including Woods Hole and Nobska Light. Lincoln's favorite ride. Start time 10:30am. A2B. Contact L Paul Currier at pbencurrier@hotmail.com or 508-833-2690.

Sun. Feb. 20 – North Easton/Stoughton/Canton – Gently rolling semi-rural ride highlights the railroad industry, a 19th century planned industrial community and beautiful architecture. Start time 10:30am. C 2/3 C. Contact L Denise Malenfant 508-823-7061 or djmalenfant@hotmail.com

Sat. Feb. 26 – Rochester – Nice flat 21 mile spin around Rochester area. Start time 11:00am. C2D. Contact L Jack Jacobsen 508-993-0450 or CL Paul Currier pbencurrier@hotmail.com. E-mail preferred.

BIKE LEADERSHIP TRAINING & DEVELOPMENT

Would you like information about our Bicycle Leader Training & Development Program? Contact our cycling chair, Denise Malenfant at bikingchair@amcsem.org.

Develop a knowledge of bicycle safety and riding techniques. Demonstrate an understanding of the Cycling Leader Guidelines as you practice riding with one of our SEM qualified leaders.



Southeastern Massachusetts Chapter
APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, MA 02108

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**See here, what's new?
Tuesday rides at two!**

Tuesday Rides At 2 – meet at 1:45
20 miles or so at an easy pace

Be pumped (you and your tires) and ready to leave at 2:00pm. C3C (occasionally C3B - Sagamore & Scargo) Helmets, bicycles, and riders required Leader Paul Carrier – email preferred: pbencurrier@hotmail.com or 508-833-2690/888-0848..... 7:00am to 7:00pm

Dec. 7 – Christmas in Sandwich – Freezer Road From 6A in Sandwich, Tupper Road to Freezer Rd. to Army Corps of Eng. parking lot at end. Ride into historic Sandwich for annual Christmas in Sandwich

Dec. 14 – Christmas in Chatham – Old A&P Lot Meet at old A & P parking lot on Rte. 28 at Crowell Road for scenic Chatham ride

Dec. 21 – Christmas in Falmouth – Shining Sea Bike Trail Meet in Falmouth at parking lot on Right on Woods Hole Road – take Locust St off Rte 28 to Woods Hole Rd. & lot on right. Ride to Falmouth

Dec. 28 – Full Cold Moon – Dennis
Meet at Town Hall parking lot on Old Main Street. Ride to Dennis beaches and Scargo Tower

Jan. 4 – South Cape Park in Mashpee Commons Lot at far end past the Star Market (across Rte. 28 from gas station). Just off the Mashpee Rotary. Turn off Rte 28

into Mashpee Commons and turn left to end

Jan. 11 – Eastham Visitor's Center Rte. 6 from Orleans Rotary north to Visitor's Center on right. Ocean Beaches, Rail Trail, Marconi Site, maybe Fort Hill

Jan. 18 – N. Falmouth Library Meet at library on left at W end of Rte 151. Falmouth coastal ride.

Jan. 25 – Full Wolf Moon – Rock Harbor & Skaket Beach Meet at harbor parking lot at end of Rock Harbor Road off Orleans Rotary. Gorgeous coastal ride.

Feb. 1 – Ground Hog Day Ride – Craigville – Hyannisport Meet in Centerville on Main Street in the Recreation Building parking lot across the street from the 1869 Country Store.

Feb. 8- Cotuit Meet at new Stop & Shop parking lot at Rte. 28 and Putnam Avenue. Scenic Cotuit ride.

Feb. 15 – Gray's Beach Yarmouthport Meet at Gray's Beach parking lot at the end of Centre Street off 6A for coastal area ride

Feb. 22 – Full Snow Moon - Mashpee Island
From Shore Road in Bourne, take Bell Road to RR bridge canal parking lot. Ride to Mashpee Island and more

Watch for afternoon rides on Thurs/Fri with bike enthusiast Paul Carrier