



The Southeast Breeze

The newsletter of the Appalachian Mountain Club Southeastern Massachusetts Chapter
Winter 2007-08 - December, January & February

View from the Chair

By Mike Woessner



I've been lucky enough to have spent the past three weekends in the woods. The weekend of September 29th was our Chapter's annual "Hut Night," held

this year at the AMC's Joe Dodge Lodge in Pinkham Notch. What a great venue for our event; right in the heart of the White Mountains! (See photos on page 4.)

Dexter Robinson and Jim Plouffe led Ken Jones, Babs LeLand, Christine, Bill and Taylor Pellegrini up to the wind-wipped summit of Mt. Washington, while Wayne Anderson and Aleta Plouffe led Cindy Howe, Sue Robinson, Louise and Paul Anthony, Myron Kellberg, Maureen Yachimski, Paul Miller, Pauline Jordan and I up to Lowes Bald Spot.

After enjoying the views on Lowes Bald Spot, we came back to the lodge for a brief lunch. Then Wayne and Maureen led Pauline, Paul and I up to Glen Boulder. What great views and beautiful fall weather! At the end of the day we gathered around a roaring fire for a social hour and to listen to stories of the days events. Then we were treated to a wonderful dinner.

I'd like to thank Wayne for organizing the Hut night this year, Good work Wayne!

At our last Board meeting Wayne and Joe Tavilla, our biking chair, discussed doing a combined hike/bike Hut Night event next year out of the AMC's Highland Center over at Crawford Notch. The wide shoulders on the roads in the White's used to pile snow in the winter make excellent biking in the area.

The next weekend, I attended the AMC's Fall Gathering at the Highland Center. I picked up many tips about running such an event, which will be very useful, since SEM will be hosting the AMC's 2008 Spring Gathering at the YMCA's South Shore Outdoor Education and Conference Center in Sandwich, April 18 - 20th.

This will be an opportunity to highlight our Chapter and show off the Cape. We have plans for a lighthouse tour, Woods Hole tour, canal cruise and a possible seal watch as well as hiking, biking, Paddling, and map and compass events.

The Spring Gathering Committee has much to do in a short time and there are many opportunities to pitch-in and help. Please let me know if you are interested.

Just in case you were counting, my third weekend in the woods was over the Columbus Day weekend. My brother-in-law and I did our annual three-day backpack in the Adirondacks. This year we visited the eastern shore of the Lake George wilderness area. This is a very little used section of the Adirondack State Park.

Friday night we had a lean-to to ourselves. What a pristine area. While this wasn't an AMC event I was "scouting opportunities" for future trips.

As we head into winter I sincerely hope everyone has a safe and happy holiday season.

Winter 2007-08 Events Calendar

- Dec. 5th - **Hiking Committee Meeting**
UU Church, Main St., Middleboro
- Dec. 8th - **Winter Hiking Series begins**
Blue Hills, Milton
- Jan. 9th - **SEM Board Meeting**
Bourne Community Center
- Jan. 26th - **AMC Annual Meeting**
Sheraton Framingham
- Feb. 13th - **SEM Board Meeting**
UU Church, Main St., Middleboro
- Mar. 12th - **SEM Board Meeting**
Bourne Community Center

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies and procedures. Our goal is to be a community that is comfortable, inviting and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at www.amcsem.org/pdf/waiverform.pdf.

NEW AMC MEMBER SERVICES NUMBER –

AMC is providing member services with a toll-free number (800-372-1758). Members who call in are greeted by professional staff familiar with AMC. They can look up member numbers, change addresses and chapter affiliation, confirm that a membership payment was received, and take payments for new and renewing members on the spot. Prior to the move, 25% to 50% of all member services calls went to voice mail. Now, an agent is available to answer calls during normal business hours, and the live answer rate is close to 99%. We hope this makes AMC more accessible and responsive to members.

The Appalachian Mountain Club Southeastern Massachusetts Chapter

Chapter includes app. 3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2007 Executive Board

Chapter Chair -	Mike Woessner, chair@amcsem.org 508/577-4879
Vice Chair -	OPEN*
Treasurer -	Claire Goode, treasurer@amcsem.org 508/759-7362
Secretary (Acting) -	Joe Courcy, secretary@amcsem.org 508/272-6781
Biking -	Joe Tavilla, bikingchair@amcsem.org 508/428-6887
Canoe/Kayak -	Robert Zani, paddlingchair@amcsem.org 508/430-1914
Cape Hiking -	John Gould, capehikingchair@amcsem.org 508/540-5779
Communications-	Paul Miller, communicationschair@amcsem.org 508/695-8495
Conservation -	Fred Yost, conservationchair@amcsem.org 508/699-9305
Education -	Hagit Moveman, education@amcsem.org 508/XXX-XXXX
Hiking Chair-	Wayne Anderson, hikingchair@amcsem.org 508/697-5289
Membership -	Kathy Shaw, membershipchair@amcsem.org 508/524-0879
Skiing -	Walter Mark, xcskchair@amcsem.org 508/884-8185
Trails -	Bill Ruel, trailschair@amcsem.org 781/589-3321
Webmaster -	Susanne Piche, webmaster@amcsem.org

*Please contact Mike Woessner if you are interested in volunteering for any open SEM volunteer positions.

The *Southeast Breeze*, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published four times per year as a service to the Chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork, but materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Paul Miller, 169 So. Washington St., No. Attleboro, MA 02760. Digital submissions are preferred, and can be e-mailed to: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

HAVE YOU MOVED? Please send your change of address information to: AMC, 5 Joy St. Boston, MA 02108

NON-SEM AMC MEMBERS who wish to receive the quarterly Southeast Breeze newsletter should send a \$10.00 check made out to "AMC SEM" to: Claire Goode, ATT: Non-Member Breeze Subscription, PO Box 533, Monument Beach MA 02553. Please be sure to provide your mailing address if it's not on the check.

Our **SEM Short Notice E-Mail Trip List** is a great way to find out about late-breaking Chapter activities that might not appear in either the *Breeze* newsletter or the *AMC Outdoors* magazine. If you haven't signed up for the e-mail list yet, just visit www.amcsem.org

SEM Chapter Annual Winter Hiking & Snowshow Series' kick off Dec. 8th...

Winter hiking can be great fun, and our Winter Hiking and Snowshoe Series' are an enjoyable and educational way to get you started. Hikers of all ages have already received their "suitable for framing" certificates indicating that they have completed the Winter Hiking Series in a single season. This year, we'll also issue certificates for those who complete the full Snowshoe Series...

At our November 3rd Winter Hiking Series workshop in Middleboro, SEM leaders Steve Tulip, Jim Plouffe, Ken Jones, and Wayne Anderson explained the basics of winter hiking. This included heat management, nutrition, equipment, terrain, and how to have fun and be safe in the coldest season of the year. If you weren't able to attend this year's workshop, we highly recommend that you plan to attend next year. (HINT: we usually schedule this workshop on the same day as the SEM Annual Meeting and Banquet...)

For descriptions of each of the following hikes in this year's Winter Hiking and Snowshoe Series', and information on how to register, please see the Hiking/Backpacking listings on pages 7-8.

Winter Hiking Series

Hike #1: Blue Hills. Dec. 8, 2007

Hike # 2: Squam Range. January 5, 2008

Hike # 3: Welch-Dickey. February 2, 2008

Hike # 4: Carter Notch Hut; March 15-16, 2008

Snow Shoe Series

Snow Shoe #1: Dec. 29, 2007

Snow Shoe #2: Jan.19, 2008

Snow Shoe #3: Feb.16, 2008

Snow Shoe #4: March 1, 2008

Man's Best Friend Speaks Out

Hi. My name is Thibodeaux, but you can call me "Tib." I like to hike with the AMC and I take my human, Leader Steve Tulip, along with me. He likes to hike as much as I do! This year, I've already taken Steve along on six 4000-footers and a four-day backpack in the Whites. I've also taken him on lots of local hikes. We both love the outdoors.



When we're hiking, I keep a close eye on Steve so he doesn't stray too far away, and I don't bother any of the other hikers. Since I'm a classy canine, I know to take my separation breaks well off the trail. I carry my own lunch, my own trail treats, and all my own stuff. Yup, that's right, in my very own red backpack. But, Steve lets me share his water. (Well sure, I know how to drink out of the bottle!) And I do all of that usual doggy stuff like speak and fetch, because I've been to school.

I was born on July 4, 2005 and was a hurricane Katrina orphan puppy. Then I left Louisiana and moved up to New England where Steve and I adopted each other. I'm a mixed breed cross of Catahoula Leopard Dog (from the Catahoula parish in LA) and Retriever, with a distinctive brindle (striped) pattern. My Catahoula half is known for loyalty and temperament—working dogs that excel in herding and hunting. My playful Retriever half shows up any time Steve throws a stick, or if I find a pond to dive into. I have lots of energy and usually climb each mountain twice—you know, run ahead, come back and check in with my human, then go ahead with him.

Well, I'm looking forward to seeing you all on the trail again soon. I have my backpack on and I'm raring to go. Let me go check on Steve to see if he's ready yet . . .

(Above translated courtesy of Cheryl Lathrop)

Chapter Hut Night photos in and around Pinkham Notch...



ABOVE: The "Summit Crew" suits up for the high winds and fog they encountered above Lion Head on the way to the summit of Mt. Washington...



ABOVE: Stopping to enjoy the views and have a quick snack at Lowe's Bald Spot, located just within the Great Gulf Wilderness...

PHOTOS RIGHT: SEM Hut Night participants enjoyed some excellent meals and great company at the AMC Pinkham Notch dining room, while taking in the views of the Wildcats and Presidentials...



ABOVE: Just below Glen Boulder, with Pinkham Notch visible in the background...



An Annual Rite of Spring – Hiking Grand Monadnock

By Cheryl Lathrop



On Sunday, May 27th, in the middle of Memorial Day Weekend, 15 of us hiked up Mount Monadnock, or Grand Monadnock, for a SEM annual rite of spring. This challenging, yet doable, A3B hike gave our legs (and arms!) a good workout, and was the perfect introduction to the upcoming mountain hiking season.

We hiked up the steep and rocky Spellman Trail, considered by many the most challenging trail on Mt. Monadnock. The trail isn't marked very well, and, according to one of the park rangers, this is on purpose – to discourage folks from using it. The trail definitely is challenging and not for beginners, as you have to strap your poles to your pack to use your hands. However, you do cover a lot of altitude very quickly. We were ably led by Leaders Steve Tulip and Ken Jones, and co-Leaders Jim and Aleta Plouffe – who, in addition to leading, sometimes had to give us a hand, or a boost, up!

The Spellman then joins the Pumpelly Trail, which, at this point, is above treeline, and over bare rock with the trail marked by cairns. With no trees, the

views are beautiful, although there is no protection from sun and wind (tie your hat down!).

At the top is 360 degrees of beautiful New England landscape. Boston to the southeast. Mt. Washington northeast. The Green Mountains and the Berkshires. Mt. Wachusett to the south. And NY, ME, CT, and RI. Mount Monadnock is the second most hiked mountain in the world, and true to its reputation, had a crowd at the top. However, we found a spot to rest, eat lunch, and enjoy the scenery.

Well, what goes up must come down. So, the White Cross Trail it was. This is a long and unrelenting way down, picking your way, carefully placing every footfall. It was tedious and tiring, especially on the knees. But, hiking poles helped a lot!

Overall, the weather was superb, the leadership inspiring, and the scenery spectacular. What a great way to start the summer hiking season. So, watch the hike listings, and we'll see you on Grand Monadnock next spring!

Red Line the Blue Hills – Who has finished “The Game” so far?

The following people have finished red lining the Blue Hills. And others are just a few trails from completion. So, if you'd like to join the game and hike every trail in the Blue Hills, come join us after work on Thursday nights this spring when we start up again. It'll be our third year of Thursdays! In the meantime, check our website for more information and for the game rules:

http://home.comcast.net/~hike_with_bob_v.

12-02-06 -	Dexter Robinson
07-19-07 -	Jim Plouffe
07-19-07 -	Fred Wason
08-16-07 -	Cheryl Lathrop

The Woods of Southeastern Massachusetts

by Bob Vogel

Although you wouldn't know it to look around, or down from the summit of any local peak, by 1840 about 75% of the land in Southeastern Massachusetts had been cleared for farming, pasture, or for the wood. By 1880, the percentage of cleared land fell to around 70%, and by 1920 only about 50% was still open land. Today, the percentage of open land is down to about 13%. Even from Great Blue Hill, the view today is mostly of trees.

So as we hike through the woods we are typically in land that was once cleared. Most of us know that stone walls are signs of land that was once fields... but there are other signs too.

Species. When land is cleared, then allowed to re-grow, the same species do not grow back. When a field is abandoned the first trees to grow back are the quick growing, sun loving, species. As they grow, they alter the landscape and then can't reproduce in the shade they have created. At this point other, slower growing species grow taller, and the original trees find themselves in the shade and can no longer compete. So if you ever see an area where two different types of trees are separated by a stone wall, or other signs of man, they probably are at different periods of recovery from the effects of man. We can't predict the exact succession of trees for any given piece of land, as much depends on chance. For instance some years the weather is good for certain species. Also, the effect of nearby trees, to provide seeds, can't be overlooked. While the seeds of some trees like white pine can travel for long distances in the wind, acorns from an oak tree fall near the tree, and require help from squirrels to travel any distance.

Stone walls. Many of these were once topped with rails of split chestnut. After it's invention c.1870 they may have been topped with barbed wire, so seeing barbed wire tells you the land was in use after 1870. If you ever see a zigzag stone wall, chances are it was built up around the base of a split

rail fence. Stones had the advantage of not rotting. No farmer looked forward to replacing fence posts every 10 to 20 years, depending on the rot resistance of the type of wood he had available.

Wolf Trees Most forest trees are tall and skinny. They reach for the sky and compete for sunlight. At times you will find some shorter, broader trees, with wide spreading canopies. Typically this is because this tree was there before the forest grew up, so it didn't have to reach for the sky to compete for the sunlight. If you see one 'wolf tree' look for others. You may see a row of them, which once stood along the edge of a field or road.

Rock piles. My next door neighbor has a triangular rock pile, about 20' on a side and 6' high in the center, where three stone walls meet. He didn't make this pile, it was made years ago by farmers clearing their land. Whenever you see a rock pile, you know that a farmer worked long and hard to clear that land.

Plow Furrows. When I bought the land to build my house, the front field, which had become overgrown with brush, still had furrows from when it had been used as a garden. I noticed them when, after a light snow, the sun would melt 'stripes' of snow... that on the south facing sides of the furrows.

Non-Native Species. If you come across an apple or pear tree it may have grown up from a discarded core, or from seeds dropped by a bird. But if you find several large old trees together you probably have found an old orchard, as neither are native to New England.

So, as you are out hiking around Southeastern Massachusetts, keep your eyes open. Look for signs of those who came before us. Thinking about the history of the land as you hike can add to your enjoyment of it.

Above based on information from "A Sierra Club Naturalist's Guide – Southern New England" by Neil Jorgensen. This great book, which is filled with information, is sadly no longer in print. The good news is it can be picked up through Amazon, eBay, and others that deal in used books.

Hiking/Backpacking Activities

Chair – Wayne Anderson, 508-697-5289, hikingchair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). SEM Chapter trip updates are also available at <http://trips.outdoors.org>. Please also sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles per Hike	Pace (MPH)	TerrainType
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

Thu., Dec. 6. Pond, Plymouth (B3C) – Pretty 6 mile forest loop walk between ponds near Myles Standish SF with lunch along the way. Directions: South Plymouth, Rt 3 exit 3, go SW for 0.2 miles, cross Long Pond Rd to Clark Rd, 0.4 miles to T end, turn left, park across from Long Pond on right. L Ellie MacPherson (508-224-6465 by 9 PM, camell55@verizon.net)

Sat., Dec. 8. Winter Hike Series Hike #1: Blue Hills – First hike in a series of four. Learn the basic's of winter hiking as we meander through Blue Hills. We will cover heat management, nutrition, terrain, equipment and other winter concerns. L/R Wayne Anderson (508-697-5289 6-9 PM, wanderson@mxcsi.com), L Jim Plouffe (jimplouffe@comcast.net), CL Bill & Christine Pellegrini (chrisspellegrini@yahoo.com)

Thu., Dec. 13. Hale Reservation, 80 Carby St, Westwood (B3C) –. Explore the back trails to Strawberry Hill and Noant Woods and possibly locate the Native American sites. Directions: I-95/128 exit 16B Rt 109 W towards Westwood 1.5 miles to right on Dover Rd, 0.3 miles to right on Carby St. one half mile past office to large paved Cat Rock parking area on left. L Arthur Hart (781-762-5251 9-9, ajhart@webtv.net)

Thu., Dec. 20. Blue Hills, Milton, MA, (C3C) – 10 AM. From headquarters to Buck Hill on Skyline trail, conditions permitting. Be prepared for some rocky areas. Good view of Boston and harbor islands. Directions: Meet at 10 AM at Houghtons Pond parking area. Rt 93/128 exit 3, N to stop sign, R on Hillside St. to large lot on right. L Ellie MacPherson (508-224-6465 by 9 PM, camell55@verizon.net)

Sat., Dec. 29. Winter Snowshoe Hike #1 – Beginner/Intermediate hike. A good time to dust off the old "shoes" and hit the trail. Possible locations include: Cathedral Ledge, Hancock Notch, or Mt. Willard. L Steve Tulip (508 977-4863, Stulip2005@comcast.net), L Leslie Carson (508 833-6627, lrcarson929@comcast.net), CL/R Chris Pellegrini (508 408-5319, chrisspellegrini@yahoo.com),

Thu., Jan. 3. Quitticus Hike – Nice walk in pine forest and along the lake shore. Some historic points of interest, possible eagle sightings. Meet at the intersection of Rt. 105 and North St. in Rochester at 10 a.m with lunch, water, sturdy shoes. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Jan. 5. Winter Hike Series Hike # 2: Squam Range –We will scramble over the open ledges of the Squam Range as we climb Mt Morgan and Mt Percival with great views toward the lakes region. We build upon and put to use what we learned from the workshop and hike #1 including intro to snowshoe and crampon usage. L Wayne Anderson (wanderson@mxcsi.com), L Leslie Carson (lrcarson929@comcast.net), CL/R Jim Plouffe (jimplouffe@comcast.net), CL Barbara Leland (Babsleland@yahoo.com)

Thu., Jan. 10. Horseneck Beach Dunes, Westport (C3C) – Meet at 10 AM. While windy it should be snow free. See water birds, usually loons and others. Bring snack and water. Directions: Rt 195 exit 10, south on Rt.88 to Horseneck. After crossing bridge over Westport River turn right into boat launching area. May spot cars from there. L Rick McNally (508-636-7179 by 6PM, rjmcnally@charter.net)

Sat., Jan. 12. Mount Pierce (B3B) –. Sat. - Jan. 12. Mount Pierce (B3B) Join us as we trek up the oldest continually maintained footpath in the U.S. and loop over the 4312-foot summit for a 6.5-mile R/T with 2392' of elevation gain. This above tree line trip will require full winter gear. L/R Ken Jones 508-697-0142 eves 7-10. Email with questions lotsoluck@comcast.net. C/L Steve Tulip

Thu., Jan. 17. Massasoit State Park Hike – Bogs, pine woods, ponds. Meet at 10 a.m. with lunch, water and boots. Snowshoes if weather permits. Directions: From Rt. 24S take the Rt. 44E exit. At first lights take right. At intersection Take a left onto Middleboro Ave. and follow about 2 miles to park entrance on the left. L Elsie Laverty (508-823-0634, elavmca@tmlp.com)

Sat., Jan. 19. Winter Snowshoe Hike #2 – Intermediate hike. Possible locations: Lonesome Lake, Blueberry Mtn (Benton), or Blueberry Ledges. L Steve Tulip. L Leslie Carson, CL/R Aleta or Jim Plouffe email to Aletaplouffe@hotmail.com; Phone 508 586-1394. L Steve Tulip (508-977-4863, Stulip2005@comcast.net), L Leslie Carson (508 833-8237, lrcarson929@comcast.net)

Thu., Jan. 24. D.W. Fields Park, Brockton (C3C) – gGod winter hike 4 to 6 miles, fairly level with nice scenery. Meet at 10 AM, bring snack, there is possibility of lunch afterwards. Directions: Rt 24 exit 18, Rt 27 north to Oak St, turn right, 1.2 miles on left. L Claire Braye (508-857-0230, cbraye57@comcast.net)

Sat., Feb. 2. Winter Hike Series Hike # 3: Welch-Dickey – As the snow builds we will hopefully utilize snow shoes to cover most of the lower sections Welch-Dickey loop and don crampons for the open ledges. L Ken Jones (lotsoluck@comcast.net), L/R Leslie Carson (lrcarson929@comcast.net), L Jim Plouffe (jimplouffe@comcast.net), CL Bill & Christine Pellegrini (chrisspellegrini@yahoo.com), CL Barbara Leland (Babsleland@yahoo.com)

Thu., Feb. 7. Blue Hills, Milton (B3C) – This is a skyline hike 5-6 miles, conditions permitting. Be prepared for ice if necessary, please call with questions. Meet 10 AM at Houghtons Pond lot, bring snack and drink. Directions: Rt 93/128 exit 3, north half a mile, right to large parking lot on right. L Ellie MacPherson (508-224-6465, camell55@verizon.net)

Thu., Feb. 14. Joe's Rock & Birchwood Farm, Wrentham/Plainville (C3C) – Lovely 4-5 mile hike for Valentine's

Day. Meet at 10 AM. We will climb up to Joe's Rock (very short) and then cross the road to Birchwold. Bring drink and snack. Directions: Rt 495N exit 15, right off exit, left at first light, Rt. 121. At 3 and a half miles look for Joe's Rock Conservation Area sign on right. L Joanne Staniscia (508-528-6799, joannes1@localnet.com)

Sat., Feb. 16. Winter Snowshoe Hike #3 – Intermediate to advanced. Presidents' Day Weekend choice to include based on conditions and participant level. Hike options are: Mt. Israel, Blueberry Ledges, or Caribou Mtn. CL/R Steve Tulip (508-977-4863, Stulip2005@comcast.net), L Leslie Carson (508 833-8237, ltcarrson929@comcast.net), CL Chris & Bill Pellegrini (508 408-5319, chrispellegrini@yahoo.com)

Sat., Feb. 23. Mt. Lincoln (B3B) – Challenging 7 mile winter hike to this popular summit via the Falling Waters trail. Previous above-tree line winter experience and full winter gear are required. Moderate pace. L/R Dexter Robinson (781-294-8840 7-9:30 pm, dexsue@comcast.net), CL Leslie Carson (508-833-8237 7-9 pm)

Thu., Feb. 28. Adams Farm 99 North St. Walpole (B3C) – Roam trails on 700 acres of woods and fields. From Rt 1A Walpole to west on Fisher St at Aggie School 1.5 mi becomes North St 0.1 mi to entrance on left. From Rt 109 Westwood at Bubbling Brook restaurant, east on North St 1.3mi to right at entrance to red barn pavilion. Meet at 10AM bring lunch. L Art Hart (781-762-5251 (9-9), ajhart@webtv.net)

Sat., Mar. 1. Winter Snowshoe Hike #4 – Intermediate/Advanced. Leaders choice is condition dependent. Participant interest to determine (1)Day hike option to Kearsarge North or (2) Overnight hike option to Flat Mountain Pond area. L Steve Tulip (508-977-4863, Stulip2005@comcast.net), CL/R Jim Plouffe (508 586-1394 6 - 9 PM, jplouffe@comcast.net), CL Aleta Plouffe , R Jim Plouffe (508 586-1394 6 - 9 PM, jimplouffe@comcast.net)

Sat., Mar. 15-16. Winter Hike Series Hike # 4: Carter Notch Hut – The last of the series will bring us to Carter Notch Hut for one night. As we continue to build your winter experience we will summit Carter Dome and Mt. Hight, a strenuous hike with excellent views to Mt Washington and the northern presidential range. L/R Wayne Anderson (wanderson@mxcsi.com), L Dexter Robinson (dexsue@comcast.net), CL Ken Jones (lotsoluck@comcast.net), CL Jim Plouffe (jimplouffe@comcast.net)

Cape Cod Hikes

Chair – John Gould, 508-540-5779
capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go...” For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit <http://trips.outdoors.org>. (Set Committee to “Cape Hikes.”)

Miles per Hike	Pace (MPH)	TerrainType
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

Sat., Dec. 1. W. Falmouth Harbor & Uplands (C4C) – A short 2-hr hike, from a pretty harbor to upland woods, past the first Quaker Burial Grounds on the Cape. Meet 9:45 for 10:00 start. From N or E take Rt 28 South to Brick Kiln Rd exit and go R at end of ramp. After 0.5 m. go R on 28A, then 0.6 m. to L at Old Dock Rd. Park at harbor 0.2 m. on R. If rain, check w/L. L John Gould (508-540-5779, jhgould@comcast.net), CL Linda Church (508-495-1308 7-9)

Sun., Dec. 2. Barnstable Conservation (C3C) – Moderately hilly hike on dirt roads and mountain bike trails with stop at observation deck. 2 hrs, meet at 12:45 pm for 1 pm start. From Rt 6 exit 5 turn south on Rt 149. At roundabout R on Race Lane. 1.5 miles to R on Crooked Cartway, pk at end. L Heidi Moss (508-362-6440 9 am -8 pm, mossheidi@hotmail.com)

Thu., Dec. 6. Harwich-Herring River (C3C) – Walk along West Reservoir, Herring River and cranberry bogs in conservation area. Take Exit 9A off Rte 6. L at 2nd light. R at stop sign. L onto Great Western Rd. At 1.3 miles park at Sand Pond lot on L. 2 hours. Meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Dec. 8. Wellfleet-Great Island/Great Beach Hill (B2B) – Early winter beach and woods walk. Views, historic marker, quiet winter beach. Three hours with snack stop. Meet 9:45. From Rt 6 in Wellfleet take L at light, L at E, Commercial St. to R at Wellfleet Harbor. Follow to Great Neck Pkg lot on L at round-about. Stormy weather cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Dec. 9. Barnstable-Bridge Creek Conservation (C3D) – Flat terrain, cedar upland, maple swamp and salt marsh, bogs, stone walls..Meet at 12:45. 2 hrs..from exit 5 off Rte 6 North on Rt 149...park along grass triangle on immediate left beside church. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Thu., Dec. 13. Highland Light/Coast Guard Beach to Longnook Beach and back.(C3C) – Meet at 9:45 at Highland Light parking lot. After looking at the view from the lighthouse we will carpool to Coast Guard Beach and amble on towards one of Cape Cod's most beautiful beaches. View some of the Cape's unique glacial history amongst the spectacular high bluffs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Dec. 15. Chatham-Morris Island (C3C) – Two hour walk along edge of Morris Island. Possible winter bird/seal sightings. Back early for optional holiday shopping in Chatham. Meet 9:45. Take Main St thru Chatham center to Morris Island Rd. Follow to pkg at Monomoy Nat'l Headquarters on L on Morris Island. Stormy conditions cancel. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Dec. 16. Yarmouth-Ponds and Holiday Gathering – Hike first, POTLUCK PARTY after. Trail thru woods, ponds and bogs. Call Pam Carter for potluck info. 509/398/2605. Meet to hike at 12:45. From Rte 6 exit 8 S go R at second light on Old Townhouse Rd approx 1 mi to L on Yarmouth Rd. Proceed approx 1 mile to pkg on each side of road. Two hours. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Dec. 20. Mashpee-South Cape Beach (C3C) – 2 hr. flat hike with 2 mi. of wooded trails and 2 mi. on sandy peninsular. Meet Thurs 9:45am. From Mashpee rotary take Great Neck Rd 2.7 mi, left on Great Oak Rd. to town beach lot at end. L Gary Miller (508-540-1857, garymaxx@verizon.net)

Sun., Dec. 30. Falmouth-Long Pond & Collins Woodlot (C3C) – Walk along pond, moraine, and town forest. From Mashpee rotary, take 151 west 3.4m to L at Sandwich Rd. Go 3.7m south to R on Brick Kiln; then 0.9m west and pass through traffic light at Gifford to first parking area on R just beyond light. 12:45. 2 hours. If rain/snow forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Jan. 3. Provincetown-Clapp's Pond/Beech Forest (C3C) – Meet at 9:45 at Clapp's Pond trailhead on Rte 6, just past and opposite Shankpainter Rd. in Provincetown. Beautiful hike in plush woods with numerous and varied ponds. Some moderate hills. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Jan. 5. Brewster-Nickerson State Park (B2C) – Three hour hike. Route TBD depending on conditions. Snack/lunch break. Meet 9:45 at main entrance to the Park on Rte 6A in Brewster. Stormy weather cancels. if in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Jan. 6. Truro North Pamet (B3C) – Hike through woods, dunes, out to the beach and back. Gorgeous ocean vistas, lush woods, and dunes...all with a story to tell. Hike will take 3 hours. Meet 12:45 at white building (N.E.E.D.S.) on the R at the end of North Pamet Road, off route 6 in Truro. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Jan. 10. Brewster - The Punkhorn (C3C) – Woodland trails with views of Upper Mill Pond and Walkers Pond. Take Exit 9B off Rte 6 and go 2.0 miles. R on Satucket (which becomes Stony Brook Rd). After 3.0 miles R on Run Hill Rd. Go 1.3 miles to parking lot on left. 2 hours. Meet at 9:45. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Jan. 12. Falmouth, Moraine Trail (A3B) – Nine mile, 5-hour hike on moraine. Meet Goodwill Park, Falmouth 9:30 to carpool to start at 9:45. From Mashpee rotary, take 151 W 3.4mi to L at Sandwich Rd. Go 3.7m to R on Brick Kiln; then 0.9m to L on Gifford. After 1.1m go R into Goodwill Pk and 0.3m to parking. If rain/snow forecast call L. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Thu., Jan. 17. Dennis-Flax Pond Conservation (C3C) – Rolling hills near Flax Pond, golf course, wooded trails in wellfield area. Park on Setucket Rd at Flax Pond Conservation, East of Yarmouth-Dennis town ine. Meet 9:45 a.m. 2 hours. L Janet Kaiser (508-432-3277, jtkaiser@verizon.net)

Thu., Jan. 24. Bourne-Four Ponds (C3C) – Two hour hike on Pine Trail, the newest trail, through diverse habitats, wetlands and forests. Route 28 to Barlows Landing Road to Bourne Four Ponds lot on right. Carpooling encouraged due to smaller lot. Meet at 9:45AM. L Gary Miller (508-540-1857, garymaxx@verizon.net)

Sat., Jan. 26. Yarmouth-Three Ponds (B2C) – Three hour winter walk - woods, ponds, bogs. Short stop for snack/lunch break. Meet 9:45. From Rte 6 take exit 8S to R on Old TownHouse Rd at 2nd light. Go approx 1 mi to L on Yarmouth Rd. Park on side of road in approx 1 mi. Stormy weather cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Jan. 27. Beebe Woods Hike (C3C/B) – 2 1/2 hr hike thru a woody area, past kettle holes and glacial rocks. One might even see a sheep or two plus a llama. Directions from Bourne Bridge: follow rt 28 S to Falm. Go thru 1st set of lights at Jones Rd, then take R on

Depot Ave & follow to end to park at Conservatory. Meet at 12:45pm. L Linda Church (508-495-1308 7-9pm, lchurch@whoi.edu)

Thu., Jan. 31. Dennis-Crowe to Crowe Loop (C3C) – 2 1/2 hr. hike on paths, beach, and quiet roads. Chili Party to follow. Meet 9:45. From Rte 6 take exit 9 onto Rte 134 north to Rte 6A. Take R on 6A then L onto School St. then R onto South St. to lot at end on right past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat., Feb. 2. Mashpee River Woods and Pine Barrens (B3C) – Winter hike along Mashpee River Woodlands, then to the Pine Barrens, and back. Meet 9:45 for 3-4 hour hike. Take Quinaquisset Rd. from Rt. 28 just east of the Mashpee Rotary. Parking area is on the R a short way south of Rt 28. Bring lunch. If rain/snow forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Feb. 3. Harwich-Hawksnest State Park (C3C) – Enjoy a mid-winter woods walk. Two hours. Meet 12:45. From Rte 6 take exit 11. Turn R on Spruce Rd diagonally across from exit. Park on side of road approx 0.6 mi. Deep snow cancels. If in doubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Feb. 7. Welfleet - White Crest Beach (C3C) – Woodland trails which lead to Duck Pond. From Rte. 6 R on LeCounts Hollow Rd. At beach gatehouse L on Ocean View Dr for 0.9 miles to beach parking lot on right. Meet at 9:45. 2 hours. L Pat Sarantis (508-430-9965, ediespond@hotmail.com)

Sat., Feb. 9. Eastham-Coast Guard and Nauset Beaches (B3C) – Three hour winter hike to beach, lighthouses, woods, Doane Rock. Short snack/lunch break. Ice on trail may cancel. If in doubt call L. Meet 9:45 at Salt Pond Visitor Center on Rte 6 in Eastham. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sun., Feb. 10. Barnstable-Old Jail Lane Conservation Area (C3C) – Newly opened areas of conservation land contrast old footpaths through the woods. Meet at Old Jail Lane Conservation Land Parking Lot. Take Exit 6 to Rte 132 S 1.4 miles to lights at Phinney's Lane. Turn L. Go 1 mi and turn L onto Old Jail Lane. Go 0.5 miles to parking area on Left. Hike starts promptly at 10am. 2 hours. L Farley Lewis (508-775-9168, farlewis@comcast.net), CL Lisa Crowley (508-362-5062)

Sat., Feb. 16. Barnstable Conservation (B2B) – Hike Trail of Tears and Otis Atwood area. 4 hours. Meet at Power lines on Service Road off Exit 5 of Rt 6 at 9:45 am. Bring Lunch. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Feb. 17. Truro-Ryder Beach (C3C) – Winter hike on back dirt roads, woods trail, ocean views to Bound Brook area and back. Meet 12:45 at Ryder Beach pkg area. From Rte 6 in Truro L on Prince Valley Rd to end, R then immed L on Ryder Beach Rd. Go to pkg at end. Bad weather cancels. If indoubt call L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Feb. 21. East Falmouth-Mashpee, Quashnet River (C3C) – Walk in upland woods alongside pretty stream. From Mashpee rotary, Rt 28N to Falmouth 2.1 miles, take R on Martins Rd to parking area. 2 hours. Meet 9:45. If rain/snow forecast call L. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Feb. 24. Eastham-Doane Rock to Nauset Beach (C3D) – Meet at 12:45 for in the woods winter hike to the Three Sisters and Nauset Light. Deep snow cancels. If in doubt call L. From Rte 6 take R at Salt Pond Visitors Center and proceed to pkg lot on R at Doane

Rock picnic area. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Feb. 28. Truro Collins Road (B3C) – Meet 9:45. From Rte 6 take first R after Truro town line. Take another R on Collins Rd to first gated dirt road. Hike old roads in the woods, to beach via a bluff, and return by pristine, glacial ponds. Spectacular scenery. Hike will take 3 1/2 hours. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sat., Mar. 1. Nickerson State Park (B2B) – Nickerson Saturday Hike/Snowshoe Trip (B2B) 3 Hrs., Nickerson State Park, Brewster, MA, Route 6A near Orleans line. Hike/Snowshoe in Nickerson State Park. Call Leader for specifics. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sun., Mar. 2. Truro- High Head Sand Dune Walk (C3C) – Meet at 12:45 pm at High Head Rd., as far as you can drive in toward the bike trail. We will hike over dunes and continue on the beach, weather permitting. If high winds, we will walk the bikepath to Pilgrim Spring and beyond. If snow call leader. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

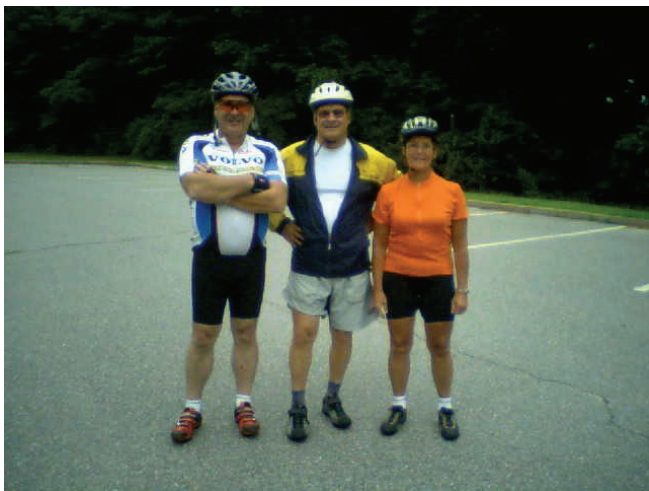
Bike Rides

Chair – Joe Tavilla, bikingchair@amcsem.org, 508/428-6887

NOTE: Approved helmets required for all AMC bike rides. If start time and location are not indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, please check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: <http://trips.outdoors.org> (set the Committee to “Biking,” and the Chapter to “Southeastern Massachusetts”), or sign up for the SEM Short Notice trip list at www.amcsem.org.

Sun., Dec. 2. Sunday Afternoon Ride – Shake those “winter blues” with an invigorating Sunday bike ride. All rides are in the Massachusetts South Coast area - Mattapoisett, Marion, Lakeville, Rochester, Carver, Middleboro, Dartmouth, Westport, Halifax, Fairhaven. Distance: 25 miles at a moderate, “stay together” group pace. Location varies each week - contact ride leader for details. L Jack Jacobsen (508-353-3708 7:00AM-7:00PM, cyclejac51@yahoo.com)



Pictured left to right: Mark Klim, Frank Murphy and Pauline Jordan. Photo taken at our night ride in Lakeville on July 23, 2007. A downpour at about 7 o'clock limited us to only 16

miles that night but we all made it back OK (Photo: Jack Jacobsen)

Tue., Dec. 4. Off Road Cycling – Riders and MTB's in top shape - helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)



Pictured left to right: Paul Kingsbury, Dot Moran and John Sullivan. Photo taken August 11, 2007 at Great Quittacas Pond in Lakeville during a 38 mile ride on a beautiful sunny day! (Photo: Jack Jacobsen)

Sun., Dec. 9. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Dec. 11. Road Cycling – Riders and road/hybrid bikes in top shape - helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Dec. 16. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Dec. 18. Off Road Cycling – Riders and road/hybrid bikes in top shape - helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sat., Dec. 22. Full Wolf Moon & Winter Solstice Ride – Riders and road/hybrid bikes in top shape - helmets and water required. Intermediate pace for about 22 miles in the hills and shores of Sagamore and on the canal trail. Sunset over Onset Bay and moonrise over Plymouth Bay - additional moonlight miles for the adventurous. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Dec. 23. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Thu., Dec. 27. Thursday At Two – Off-Road cycling on Cape Cod. 2:00 PM start; Riders and MTBs in top shape; helmets and water required. Contact the ride leader, Paul Currier, for start location. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Dec. 30. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 1. Annual New Year's Day Ride – AMC/SEM Annual New Year's Day Ride. Early reservations are highly recommended

for this popular ride. Individual pre-registration is required. Distance: 27 miles (+/-)Intermediate pace. Let's go for an early start in pursuit of the 2000 mile goal. Easy bailout for fewer miles; additional miles are also an option. Road cycling; riders and road/hybrid bikes in top shape; helmets and water required. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 6. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 8. Tuesday At Two – Off-Road cycling on Cape Cod. 2:00 PM start; Riders and MTBs in top shape; helmets and water required. Contact the ride leader, Paul Currier, for start location. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 13. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 15. Tuesday At Two – Road cycling on Cape Cod. 2:00 PM start; Riders and road/hybrid bikes in top shape; helmets and water required. Contact the ride leader, Paul Currier, for start location. Distance 22 miles. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 20. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 22. Full Wolf Moon Ride – Road Cycling. Intermediate pace for about 22 miles in the hills and shores of Sagamore and on the canal trail.Sunset over Onset Bay and moonrise over Plymouth Bay - additional moonlight miles for the adventurous. Start at Sagamore recreation area. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Jan. 27. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Jan. 29. Tuesday At Two – Off-road cycling on Cape Cod. See Jan. 8th listing for ride description and contact information

Sun., Feb. 3. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Feb. 5. Tuesday At Two – Road cycling on Cape Cod. See Jan. 15th listing for ride description and contact information

Sun., Feb. 10. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Feb. 12. Tuesday At Two – Off-Road cycling on Cape Cod. See Jan. 8th listing for ride description and contact information.

Sun., Feb. 17. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Wed., Feb. 20. Full Snow Moon Ride. Road cycling – Riders and road/hybrid bikes in top shape - helmets and water required.Intermediate pace for about 22 miles in the hills and shores of Sagamore and on the canal trail.Sunset over Onset Bay and moonrise over Plymouth Bay - additional moonlight miles for the adventurous.Ride starts at Sagamore Recreation area. L Paul Currier (508-833-2690 7:00AM-7:00PM, pbencurrier@hotmail.com)

Sun., Feb. 24. Sunday Afternoon Ride – See Dec. 2nd listing for ride description and contact information.

Tue., Feb. 26. Tuesday At Two – Off-Road cycling on Cape Cod. See Jan. 8th listing for ride description and contact information.

Three SEMers complete the Summer Mountain Hiking Series

By Cheryl Lathrop



Left to right: Jim Plouffe (coordinator), Cheryl Lathrop, Ann McSweeney, Sui Win Lin

The 2007 Summer Mountain Hiking Series was a great success! Following classroom training at Wompatuck State Park and a training hike in the Blue Hills, we climbed progressively higher and harder mountains: Mount Chocorua (3500'); Mounts Webster (3910') and Jackson (4052'); and finished with Mounts Liberty (4459') and Flume (4328'). For some of us, this series gave us our first 4000-footers!

Jim Plouffe organized and coordinated the series and several experienced leaders stepped up to lead the hikes. Steve Tulip and Ken Jones led the Chocorua hike. Wayne Anderson and Jim Plouffe led one group up Webster/Jackson; and Leslie Carson and Fred Wason led another. Wayne Anderson and Eva Borsody Das led the Liberty/Flume hike. Many co-leaders also volunteered.



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