



# the southeast Breeze

Dougie Karlson on North Sugarloaf. Do we look like we're having fun? Cover photo by Doug Karlson

May 2013

Visit AMC SEM Website

Breeze Newsletters

Calendar

Photos

### Open Volunteer Positions

Biking Vice	Education Vice
Chapter Youth	Membership Vice
Social Coordinator Vice	Trails (Vice)
Conservation Vice	XC Ski (Vice)

Please contact the Chapter Chair Cheryl Lathrop at chair@amcsem.org if you are interested in a position on the Executive Board.



The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 12 times a year.

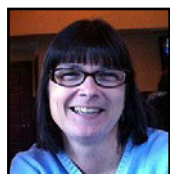
Editor: Andrea Holden  
breeze.editor@amcsem.org

The e-Breeze newsletter is delivered and managed by the AMC-licensed Blackbaud Sphere system.



SIGN up for the BREEZE  
call 800-372-1758 or email  
amcinformation@outdoors.org

## Dehydrating Food: The Basics

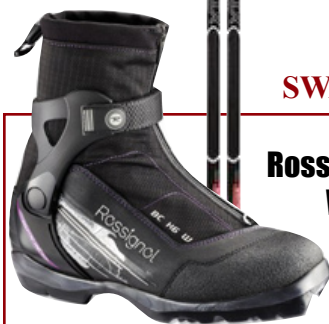


By Gina Hurley  
SEM Communications Vice Chair

No matter what our outdoor activity, when we are out in nature, particularly on extended trips, many of us struggle with the space and weight of food. Whether you hike or backpack, canoe or kayak, climb, bike, fish, camp, or even hunt, the amount of food we need to pack can take up a lot of space and weigh way too much. In addition to the space and weight, freshness is a factor. One way to deal with this is to use dehydrated foods. Of course there are many prepackaged options out there. Most outfitters carry different brands, such as [Mountain House](#) or [Backpacker's Pantry](#). You can also order different products on line, such as from [www.hawkvit-](#)

[tles.com](#) or [www.packitgourmet.com](#). These are all great options, but can be a bit pricey compared to dehydrating your own food. For those of you who want to try dehydrating your own food, it can be very easy and simple. Once you try it a couple of times you can get more creative and elaborate.

Getting started is easy. With the internet you can certainly find a lot of recipes and information online. In fact, you do not even need a dehydrator, but can dry your food in the oven. If you do choose a dehydrator you do not have to spend a lot of money. I have a Nesco, which was under \$50. You can get others for much higher in price, with more options, but for a beginner a basic dehydrator will do fine. A great resource for information and recipes is [www.backpackingchef.com](#). This website walks you through preparing and dehydrating individual items, such as [more >> Page 6](#)



SWAP \* BARTER \* SELL \* TRADE \* FREE

For Sale

Rossignol Touring X Country Skis w/ bindings. 190/05741776.  
Women's boots to match size 7 1/2 to 8.

\$75 or Best Offer

Great Condition, bought at EMS  
Madeleine 508-331-5334

EAGER  
to SELL!

\*Images are for illustration purposes only and are not the items for sale, please contact seller for details



# SAVE THE DATES

**Family Hiking Series** Blue Hills Reservation  
May 11

**Solo Advanced Wilderness First Aid (AWFA)**  
May 4 & 5

**Family Weekend**  
Aug. 23-25

**Chapter Hut Weekend**  
Sep. 20-22

**Fall Gathering (all chapters)** Hosted Delaware  
Oct. 18-20

**Annual Meeting & Dinner**  
Nov. 2

**Hike Planning Meetings** 6:30pm  
6/5, 9/4, 12/4

**Board Meetings** 6:30pm  
4/10, 5/8, 6/12 (in-person), 9/11, 10/9, 11/13

## Where to find activities (hikes, bikes, etc.)

1. The monthly **Breeze** - email
2. **AMC Outdoors magazine** - mail
3. [Online trip listings](#)
4. Sign-up for [short notice trips](#)

## Pictures and Article Submissions

We encourage SEM members to submit articles and photos for both the Breeze and our website. Materials will be edited at the editor's discretion, send to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

## Breeze Deadlines

Monthly on the 7th, trips; 15th articles/pix

## Sign-up for the Breeze

Call 800-372-1758 or email [amcinformation@outdoors.org](mailto:amcinformation@outdoors.org)

## Where to find [Breeze Publications](#)

## Volunteers Wanted

Volunteer for the Executive Board. Do you have skill and want to see where you fit? Lead hikes bike, ski, snowshoe, x-country or paddle trips. We have volunteer positions open! Contact [chair@amcsem.org](mailto:chair@amcsem.org)

## 2013 Executive Board

### Chapter Chair

[chair@amcsem.org](mailto:chair@amcsem.org)  
Cheryl Lathrop, 508-668-4698

### Vice Chapter Chair

[vicechair@amcsem.org](mailto:vicechair@amcsem.org)  
Maureen Kelly, 508-224-9188

### Treasurer

[treasurer@amcsem.org](mailto:treasurer@amcsem.org)  
Patty Rottmeier  
508-982-1099 (c), 508-228-4207 (h)

### Secretary

[secretary@amcsem.org](mailto:secretary@amcsem.org)  
Karen Singleton, 508-730-7702

### Cycling/Biking

[bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)  
John Fortier, 508-982-1855

### Canoe/Kayak

[paddlingchair@amcsem.org](mailto:paddlingchair@amcsem.org)  
George Wey, 781-789-8005

### Canoe/Kayak (Vice)

[paddlingvicechair@amcsem.org](mailto:paddlingvicechair@amcsem.org)  
Betty Hinkley, 508-241-4782

### Cape Hiking

[capehikingchair@amcsem.org](mailto:capehikingchair@amcsem.org)  
Farley Lewis, 508-775-9168

### Cape Hiking (Vice)

[capehikingvicechair@amcsem.org](mailto:capehikingvicechair@amcsem.org)  
Peter Selig, 508-394-9064

### Cape Hiking (Vice)

[capehikingvicechair@amcsem.org](mailto:capehikingvicechair@amcsem.org)  
Janet DiMattia, 508-394-9064

### Communications

[commschair@amcsem.org](mailto:commschair@amcsem.org)  
Andrea Holden, 508-989-4239

### Communications (Vice)

[commsvicechair@amcsem.org](mailto:commsvicechair@amcsem.org)  
Gina Hurley, 508-362-6573

### Conservation

[conservationchair@amcsem.org](mailto:conservationchair@amcsem.org)  
Joanne Jarzobski, 508-775-7425

### Chapter Youth Program (CYP)

[cypchair@amcsem.org](mailto:cypchair@amcsem.org)  
Sally Delisa, 781-834-6851

### Education

[educationchair@amcsem.org](mailto:educationchair@amcsem.org)  
Len Ulbricht, 508-359-2250

### Education (Vice)

[educationvicechair@amcsem.org](mailto:educationvicechair@amcsem.org)  
Barry Farnham, 508-272-1522

### Hiking

[hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)  
Walt Granda, 508-971-6444

### Hiking (Vice)

[hikingvicechair@amcsem.org](mailto:hikingvicechair@amcsem.org)  
Paul Miller, 508-369-4151

### Membership

[membershipchair@amcsem.org](mailto:membershipchair@amcsem.org)  
Ed Miller, 774-222-0104  
5-9pm, no calls after 9pm  
please

### XC Ski

[xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)  
Barbara Hathaway, 508-880-7266

### Trails

[trailschair@amcsem.org](mailto:trailschair@amcsem.org)  
Lou Sikorsky, 508-678-3984

### Past Chapter Chair

[pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org)  
Jim Plouffe

### AD Hoc Committees

#### Social Chair

[socialchair@amcsem.org](mailto:socialchair@amcsem.org)  
Jodi Jensen, 781-762-4483

#### Social (Vice)

[socialvicechair@amcsem.org](mailto:socialvicechair@amcsem.org)  
Ellen Correia

#### Family Events Chair

[familyeventschair@amcsem.org](mailto:familyeventschair@amcsem.org)  
Chris Pellegrini, 508-233-9203

### Staff

#### Social Networking Moderator

Susan Salmon

#### Webmaster

[webmaster@amcsem.org](mailto:webmaster@amcsem.org)  
Cheryl Lathrop/Andrea Holden

#### Breeze Editor

[breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)  
Andrea Holden

#### Blast Editor

[blast.editor@amcsem.org](mailto:blast.editor@amcsem.org)  
Andrea Holden



# View from the Chair

*By Cheryl Lathrop*

As I write this, I'm excitedly packing for a weekend getaway! SEM is holding its 2-day Wilderness First Aid (WFA) training at AMC Noble View camp. What a brilliant idea—to have our 2-day class out in beautiful western MA!

I can't wait to wake up each morning and have a cup of coffee sitting on the porch of the Double-Cottage looking out for miles over the valley (pic below!) This is the best of SEM—combining daytime classroom safety training, with nighttime socializing with friends around the fire, with beautiful natural surroundings.

So, by the end of Sunday, I'll be rested and relaxed, and recertified in both WFA and CPR to maintain my qualifications to lead mountain hikes (as will all the other leaders attending).

So, whether you're on the trails, the waterways, or the roads this May—

**I'LL SEE YOU ALL OUTSIDE!**

Got something to say? Got a good idea? Want to volunteer?

Feel free to contact me anytime about anything!

[chair@amcsem.org](mailto:chair@amcsem.org)

Chapter Chair



# FAMILY HIKING SERIES



Group picture after 3.4 miles. I'd say they had fun! Photo provided by Christine Pellegrini



Everyone had their turn in the hole! Photo provided by Christine Pellegrini

## Got kids?

**May 11, 2013**

**Hike #3** will be at Blue Hills Reservation

Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. This hike we will be adding some elevation gain to our hiking skills.

We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up.

Children under 3 are welcome in child carriers.

Contact leader Christine Pellegrini 508-244-9203 (best time to call: 6-8pm) [chrispellegrini@yahoo.com](mailto:chrispellegrini@yahoo.com) for more information or to register.

Registration Required.

**Hike #4**  
**June 22, 2013**

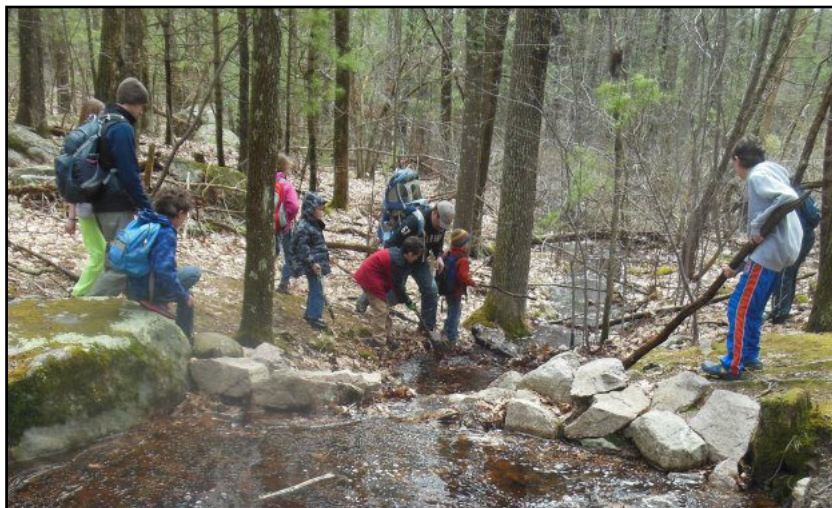
[View our webpage](#)



# FAMILY HIKING SERIES #2

## F. GILBERT HILLS STATE PARK

Had our second hike of the series April 13th and it was a blast! Beautiful day and quite the group of hikers ranging in age from 2 to 13 years old. Fun day in Foxboro for sure. Join us on hike #3 May 11th at Blue Hills Reservation!





# Hiking Tip - Pack Sandals



By Ray Anderson

HELLO FELLOW HIKERS.

What's one of those items you keep forgetting to pack for a hike? Or, perhaps, you haven't realized their versatility and don't take them. I bet it might be sandals.

## Hiking Tip: Pack Sandals

Let's say that your map shows several streams or narrow rivers. And when you arrive you find out there are no bridges. The streams are not too deep and are fordable, but the water will fill up your shoes or boots and drench your socks. So you decide to go barefoot. But wait; isn't that how you aggravated a blister or bloodied your foot on a rock the last time? Now, don't you wish you had packed sandals?

Crocs are my sandals. The ones you see in the pictures are the same ones I bought in Georgia in 2003 (back before they became a fashion statement) in a hiking store on the A.T. And I still wear them---around the house and on hikes. They are indestructible. I submit, and I'll probably be corrected, that crocs were first sold in outdoor stores. That's where I and many other hikers first saw them.



Sandals have other advantages. They provide the perfect way to air out your feet at the end of the day. And you won't stub your toe walking about camp. In the black of night, if you have to void, sandals are quick and convenient as you exit your tent or shelter, and you don't have to worry about stepping on sharp stones and twigs. Most of all, sandals are relaxing. Put them on your pack list, and end the day in comfort.

Happy trails!

Ray's Hiking Blog: [www.TakeaLongHike.com](http://www.TakeaLongHike.com)

## OUTDOOR BUSINESS?

Run a paid business card advertisement in the Breeze

**\$10/month**

**\$100/year**

Contact: [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



Nesco dehydrator

vegetables, fruits, and meats, and also has many different recipes. I started dehydrating fruits and vegetables first to see how they came out, and then moved into various recipes. Once I understood the drying time with my specific dehydrator, I started getting a little more adventurous, adjusted different recipes, and even came up with my own version of buffalo chicken jerky.

I dehydrate food for our backpacking trips, specifically our long-distance hikes. I have dehydrated food for our trips on the Long Trail, the Tahoe Rim Trail, and the John Muir Trail. A bag of dehydrated strawberries, bananas, and pineapples makes for great snacking along the way. And when you have not had fresh fruit in days or weeks, a bag of dehydrated fruit is very tasty. The chicken or beef jerky also makes for great snacking or a nice lunch. I have also made some great dinners, prepared before our trips. All that is needed on the trail is to add water. Chili and pasta marinara bark have been my favorites over the years.

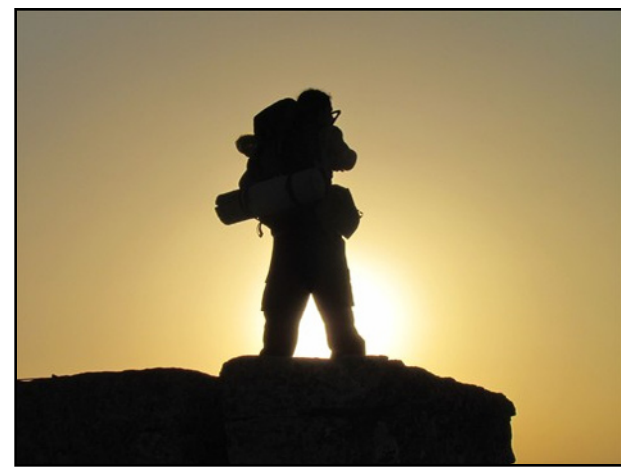
Whether you are going out for a long-distance hike, or a week long biking trip, dehydrating your food can be a nice way to lighten your load and still have great food along the way!



Our dehydrated food for the John Muir Trail

# Go backpacking?

**Yes, you should!** The reasons are pretty simple and plenty. When you travel, you see new places, meet new interesting and strange new people, taste new food, experience new things and encounter different cultures. On the road you're away from routine, you live an adventurous life and experience complete freedom. **Answer:** why NOT? There's a huge world out there, ready to be explored!



Copyright © 1998 - 2013 Digital Photography Review

**Did you know that SEM includes backpacking trips with its HIKE listings?**

**“Through travel I first became aware of the outside world; it was through travel that I found my own introspective way into becoming a part of it.”**

**-- Eudora Welty**

**Backpacking trip MEMORIAL WEEKEND shared with the Boston chapter and led by one of our very own SEM hike leader, Bryan Jones!**

See [details](#) and watch for other backpacking trips coming up!

## Teen Wilderness Adventures - Youth Adventures: Carter Notch Hut Base Camp



This trip begins by hiking to Carter Notch Hut in the White Mountains. This historic hut will act as home for the first two nights. As a group we will explore the Carter Range on day hikes while learning the basics of how to travel safely and efficiently as a group through this spectacular backcountry setting. The second half of the trip we will utilize backcountry campsites and put our new skills to use! Topics covered include: maps and navigation, dressing and packing properly, Leave No Trace, and basic camp craft. The fun outdoor skills you'll learn over the this 5-day adventure that will increase your wilderness confidence and leave you wanting more! Prices include instruction, transportation during the course, all meals from lunch the first day through lunch the last day, group equipment (tents, stoves, pots/pans, etc.), and all camping fees during the program. Trip planned for teens aged 12-14. [more>>](#)

## Teen Wilderness Adventures - Wilderness First Aid and Rescue

Explore the terrain of the Presidential Range while learning wilderness first aid and search and rescue techniques. The course will use Hermit Lakes Shelters as a base camp to explore the surrounding area. Participants will explore introductory search and rescue techniques and leave with a Wilderness First Aid and CPR certification from SOLO. Trip planned for ages 16-18. Prices include instruction, transportation during the course, all meals from lunch the first day through lunch the last day, group equipment (tents, stoves, pots/pans, etc.), and all camping fees during the program. [more>>](#)



# LEADERSHIP TRAINING APRIL 6, 2013



By Len Ulbricht  
*SEM Education  
Committee Chair*

SEM's annual Leadership Training workshop was held at Borderland State Park on April 6.

No commitment to lead trips is required or expected in order to attend this training. Ten SEMers participated, some interested in leading trips, others learning important elements of trip leadership to make them informed followers.

The attendees enthusiastically engaged presenters with questions and comments, and during role plays exhibited exceptional thespian prowess. This was fun for everyone, as learning experiences should be.

**Thank you to our volunteer presenters** who took a Saturday of personal time to offer their leadership experiences to the group:

- Bryan Jones**
- Bob Vogel**
- Eva Borsody Das**
- Maureen Kelly**
- Walt Granda**
- Sue Chivarelli**

**Great job. Also, special recognition to Jess Wilson, AMC Manager of Leadership Training**, who traveled down from NH to address the important topics of risk management and liability issues when leading trips for AMC.



Certified Leadership Workshop participants. Photo by Maureen Kelly



Photo by Len Ulbricht



Bob Vogel engages potential leaders.  
Photo by Maureen Kelly

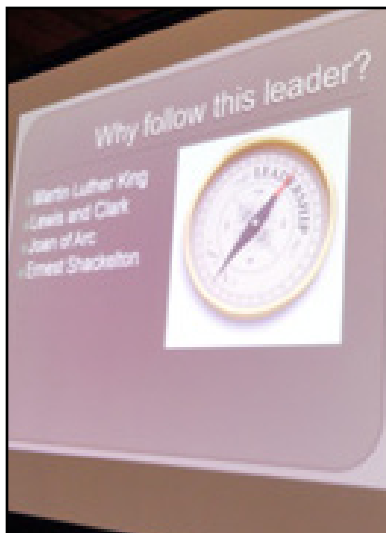


Photo by Maureen Kelly



Photo by Len Ulbricht



Photo by Len Ulbricht



# Bagging peaks in the White Mountains



By Doug Karlson  
SEM Member

One night last week after dinner at the Appalachian Mountain Club's Highland Center at Crawford Notch, (they have really good family-style dinners) we watched a movie called *Appalachian Impressions*, about people who hike the entire Appalachian Trail. From Georgia to Maine. Crazy people, if you ask me, but a special breed of folks and I'm glad our country is populated with men and women who would do that. The narrator said it's good that the White Mountains come near the end of the trek (for north-bound hikers) because by then they're well-conditioned. Unfortunately, I was not in the best shape last week when I drove north to "the Whites" for four days of hiking. I've been busy and hadn't been to yoga class in weeks.

According to the film, the White Mountains, which include the Presidential Range (the big mama is Mt. Washington, at 6,288 feet, the tallest peak east of the Mississippi and home to the Mt. Washington observatory), are considered the most difficult stretch of the AT. I'll take their word for it. During our four days there, those peaks tested us. We pushed ourselves to our limits, and it's a great feeling – not giving up when you really want to.

I'm a novice hiker. Sure, I've been doing local day hikes, and I once climbed Cradle Mountain and did the Overland Trail in Tasmania, and spent two weeks hiking in Yosemite and Into National Forest, but that was a long time ago. So this trip was designed as

a learning experience. I decided to go to the Appalachian Mountain Club's lodge so I could borrow any equipment we were missing and get advice from the guides there. We gained valuable insight that will help us on future trips: like the importance of crampons on icy terrain, waterproof pants for sliding down the mountain, and good recipes for trail mix (craisins, almonds and M&M's – yum!).

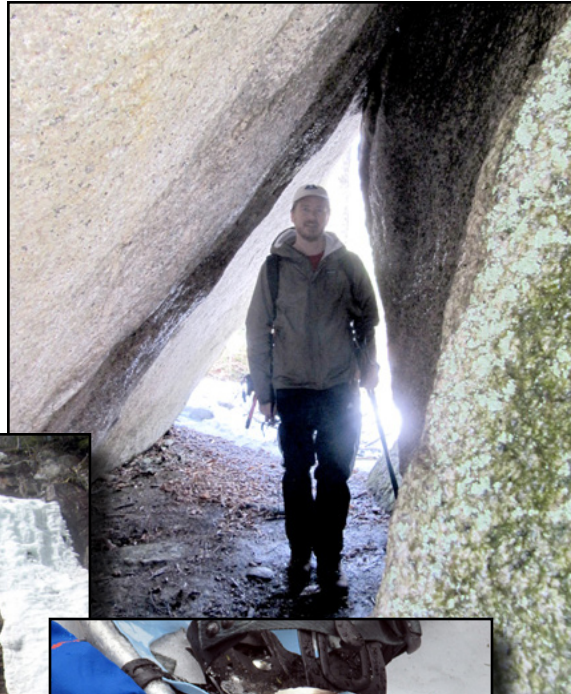
After checking in to the Shapleigh bunk house, our first hike was Mt. Avalon (elevation 3,442). We left at around 1 p.m. and

not knowing if it will become more difficult, or even impossible, makes it all the more rewarding when you finally get to the top.

On Day Two we hiked a mile uphill on a paved road to get to the trailhead for Sugarloaf. It was about another mile and a half to the mountain's saddle, from which we went first to the Middle Sugarloaf summit, .3 miles away, then backtracked to the North Sugarloaf, which is .4 miles from where the trail connects to the top ridge. The sky was clear and we could see for miles as we stopped to enjoy our lunch. From the rocky cliff we could see hawks soaring in the valley below.

Day Three. This would have been a good day for a leisurely hike along flat terrain so I could rest my muscles and catch my breath. But no. We had planned to climb Mt. Jackson, our toughest climb by far. (Mt. Jackson is a 4,000 footer – 4,042 feet – but who's counting?)

Sugarloaf has interesting rock formations



Arethusa Falls



Grey Jay. You're not supposed to feed the animals, but this guy had real personality

reached the summit about 2 1/2 hours later. It wasn't the tallest peak we climbed, but one of the more challenging, there are sections that are very steep and solid ice. In some places I was literally clawing my way up, grabbing saplings and branches and looking for a foothold wherever I could find one. But the difficulty of the climb, and

Overall, it's not as steep as Mt. Avalon, (although there was one steep icy "scramble" in the beginning that almost stopped us) but it's a lot longer, the trail to the top is about 2 1/2 miles. We wore snowshoes, for the traction, but would have been better off with micro spikes.

It was too cold and windy at the top





It was cold and windy at the top of Mt. Jackson.

**Bagging cont'd** of Mt. Jackson to stay long, so we descended 100 feet or so to have lunch in the snowy trail.

We were joined by a friendly bird who landed on my son Dougie's hand and helped himself to trail mix and crackers. It was a Grey Jay, or Canada Jay, and they're very tame. He kept coming back for more trail mix and even managed to steal a Ryvita cracker.

Finally, on our last day we planned a

on the road and drive home. Instead we almost became an re-enactment of the Donner Party fiasco. Just kidding. The volunteers who maintain the trails do an awesome job, I'm the clueless one. Next time I'll bring a more detailed map. However, as we progressed, I started to notice that the trail was very rugged: downed trees, deep snow, washed out trail, tricky stream crossings. How can the trail be so rugged? I wondered. This is insane. We weren't wearing snowshoes, and I was up to my thighs in snow, and getting exhausted. Eventually, I said, "this is it, I can't go on," and then, through the tree branches, I saw the falls!



Halfway up Mt. Jackson



Dougie Karlson

short morning hike to Arethusa Falls, the highest falls in New Hampshire. Now, here I have a bone to pick with the volunteers who maintain the trails. Like maybe a sign that says "wrong way, this is the OLD trail." This was supposed to be the easiest of our hikes, short and sweet so we could get

After we got there, Dougie found a blue arrow on the other side of the river, and found a very well maintained trail. It was like walking on a red carpet. We made out way down to the mountain. Then drove to Conway, NH for wood fired pizza at Flatbread Pizza Co.

What a great trip. Years ago, when I spent that week hiking in Tasmania, I told myself I should do this every year. Then life got in the way. But I never forgot that I wanted to do that. Last year a good friend who was very into the White Mountains reminded me, and I'm grateful to her for that. It's about giving up the soft sheets and creature comforts, roughing it, being able to survive in the wild, forging special bonds with your mates, and appreciating how much you love this beautiful country. This beautiful planet.

## The SOCIAL COMMITTEE looking for Volunteers

SHARING IDEAS  
PLANNING  
LEADING EVENTS

The Social Committee encourages participation in AMC by people who might not be a real outdoor enthusiast or for people looking for a more laid back/social outing.

Contact Jodi Jensen, Social Chair, at 781-249-8346, [jodijensen@gmail.com](mailto:jodijensen@gmail.com)

Some events in the past have included bird watching in Mt. Auburn Cemetery, eagle tour on the Essex River in CT, bowling/dinner, and St. Patrick's Day walk in Boston/pizza in N. End.





# New Hiker FAQ Sheet

By Paul Miller, Vice Hiking Chair

Welcome to the Appalachian Mountain Club! This FAQ page is intended for new members who are not sure how to choose a hike to match their ability level, register for a hike, or what to bring for a day in the outdoors. The Southeast Massachusetts (SEM) chapter organizes hikes year round, so it is important for new hikers to be honest in their self-assessment to maximize their safety and enjoyment as well as the safety and enjoyment of the other hikers in the group. Below you will find description codes that will help you choose, prepare for, and equip yourself for a hike that matches your strength and stamina. Also please feel free to contact the hike leaders indicated for any in which you are interested to discuss further.

## Who may participate on an AMC hike?

All SEM hike participants must be physically able to participate in the activity described and be equipped with appropriate clothing, gear, and supplies for a day in the woods. AMC membership is not required, but encouraged. Younger hikers (under 18) are welcome, but must be accompanied by a parent or other responsible adult. The SEM Hiking Committee also offers several “family friendly” hikes every year, specifically targeted for families with younger hikers.

## How can I decide which hike would be best for me?

AMC hikes are rated based on pace, terrain and distance. You should be aware that different chapters use a slightly different rating system for their respective hikes. In the SEM hiking rating system, the first letter indicates the distance of the hike (AA = 13+ miles, A = 9-13 miles, B = 5-8 miles, and C = less than 5 miles). The middle number indicates the pace that the hike leader plans to maintain (1 = very fast, 2 = fast, 3 = moderate, and 4 = leisurely). Finally, the second

letter indicates the type of terrain we expect to encounter during the hike (A = very strenuous, B = strenuous, C = average, and D = easy).

So, for example, a hike rated as B3B in the AMC trip listing system or in our chapter’s Southeast Breeze newsletter, would be somewhere between five and eight miles in length, covered at a moderate pace, and over strenuous terrain that is likely to have significant elevation gain and loss. Obviously, while not overly challenging for an experienced hiker, this would not be an appropriate hike for a beginner, especially one who is not already in reasonably good shape. On the other hand, a hike rated as C3C might be just what a person who is new to hiking, but walks a lot or goes to the gym regularly is looking for. In addition, the SEM tries to offer at least one local, “Intro to AMC Hiking” hike every month and also tags appropriate hikes listed on the AMC online trip listing system with either an “F” to indicate “great for first time hikers,” or “N,” indicating that new members are particularly welcome. (Please note that if the trip status is “Wait Listed,” it means that the hike leaders have reached the maximum number of hikers for this trip and that there is now a waiting list for participation.)

If you are a new hiker, start with a slower, easier hike rather than a faster, more difficult one. Never choose a hike solely because of its location, no matter how appealing it may sound! It’s a good idea to start with easier local hikes held in State Forests, State Parks, conservation areas, and the Blue Hills Reservation before heading up to the mountains of New Hampshire or out to the hills of Western Massachusetts. However, once you start getting into it, you’ll be surprised how quickly you’ll become ready (both physically and mentally) for more ambitious hikes “up North.” Once again, you shouldn’t be bashful about contacting the respective hike leaders to discuss.

## Do I need to register for AMC hikes?

Hikes organized by the SEM Hiking Committee usually require participants to register in advance. However, most hikes organized by our

Cape Hikes Committee are just “show and go,” which means that you meet the group at a designated time and place.

For hikes that do require registration in advance, when you contact the person indicated as the hike “Registrar,” he or she will ask you several questions to help you decide whether that particular hike is appropriate for you based on your prior hiking experience (if any), physical condition, and equipment. Please don’t take it as a personal insult if the registrar turns you down for the hike and, as an alternative, recommends a hike that he or she feels might be appropriate (and enjoyable) for you. Also keep in mind that SEM hike leaders rarely (if ever) permit participants to bring their pets along on official chapter hikes and even then, you would require specific prior approval from the leader to do so.

When you show up for an AMC hike, you will be required to sign the liability waiver sheet at the meeting place and give a contact name and phone number. This is for your own safety. View a copy of the [waiver](#).

## Where do I get driving directions to the meeting place?

Hike leaders almost always include detailed driving directions to the designated trailhead in the information sheet (what we often refer to as the “poop sheet”) that they will e-mail to you at least a week before the hike. Of course, it’s always a good idea to consult a road map, an online map site, and/or your GPS to verify that these directions make sense to you. Also, the AMC strongly encourages carpooling, so the leaders will also often suggest one or two carpooling locations and encourage participants to communicate with each other in advance to maximize carpooling. Drivers should plan to arrive at the trailhead at least 10-15 minutes before the hike starts so you can don your boots and be ready to go when the group leader starts the hike.

## What should I wear and what gear do I need to bring?

The “poop sheet” will usually include



## New Hiker Cont'd FAQ Sheet

detailed information on what to wear and what gear is required for that particular hike. In general, you'll need:

- at least two liters of water in Nalgene-type water bottle or Camelback
- trail snacks and sandwich for lunch
- full rain/wind gear
- waterproofed, well-broken-in hiking boots
- gaiters (for hikes in winter or "mud season")
- weather-appropriate synthetic or wool clothing, including warm fleece jacket or wool sweater (multiple light layers are better than a single heavy jacket or coat). No cotton jeans or sweatshirts...
- warm wool, fleece, or nylon-shelled hat and gloves (mandatory in winter, good idea in the mountains any time of year...)
- hiking poles (not mandatory)
- headlamp (required for some hikes)
- personal first aid kit, sunscreen, and insect repellent (during bug season)
- toilet paper and baggy
- trash bag
- whistle and compass (ideal for safety)
- pocket knife
- bandana
- foam pad for sitting during breaks (optional)
- ID card
- Mylar "space blanket" for emergencies
- daypack to hold all the above

For winter hikes, the leaders may also require light traction devices (such as microspikes), full crampons, and/or snowshoes; plus additional clothing layers and an extra hat and gloves.

Many hike leaders will not allow individuals wearing jeans to join a hike. Cotton takes too long to dry, making it uncomfortable in warmer months, and actually dangerous when the thermometer drops (hence the often-repeated expression, "cotton kills.") and jeans are not comfortable for hiking. When stopping for breaks, we cool down quickly and wet cotton clothes could cause hypothermia posing a risk not only to the hiker but to the group as well. Most hikers wear synthetic clothes, in layers, because they wick moisture away from the skin and dry quickly. You will also need a water

resistant windbreaker with a hood in case of a sudden rainstorm. In cold weather, you'll also need additional layers of fleece or wool (including a warm hat and gloves). Extra items in your backpack might include a fleece vest, a windbreaker, two or more extra pair of gloves in case the first pair gets wet; an extra shirt to change into for the ride home, and always, an extra pair of hiking socks. A leader can refuse a hiker if he/she deems the hiker is not attired in a manner appropriate for the conditions.

### How do I choose hiking boots that will be right for me?

The first step in choosing hiking boots is to determine what kind of hiking you're most likely to be doing. Lightweight hiking shoes or boots are appropriate for local hikes on relative flat and smooth trails (think Borderland State Park); midweight hiking boots are more appropriate for more rugged Blue Hills or New Hampshire hikes. While, heavyweight hiking boots are usually best for multi-day backpacking trips, some diehards are willing to put up with their heavier weight and stiffness in exchange for the increased protection and support they provide. As a new hiker should probably choose midweight hiking boots, since these would also be appropriate as you progress to more challenging hikes. Please note that all heavyweight, most midweight, and even some lightweight hiking boots/shoes require adequate "breaking in" on the street before you hit the trails with them. You'll know when the boot is properly broken in when you can walk for a half hour or so and not feel any discomfort, pressure points, or "hot spots" caused by friction.

Go to a retailer that offers well-known, quality hiking gear (EMS, REI, LL Bean, etc.) and knows how to properly fit you for your hiking boots. A good boot fitter will measure your feet and take note of any conditions, such as pronation, that might require a supportive foot bed in order to get the best possible fit. Take along the socks you like wear for hiking. Be patient, and if you don't think the selection is broad enough, go to another store. Some stores that offer expert boot fitting will even take returns on

boots that have been worn if the boot turns out to be a bad fit.

The boots should be snug at the heel but roomy enough for you to wiggle your toes. One way to test for a good fit is to move your foot forward in the unlaced boot so that your toes touch the front of the boot. There should be just enough room for your forefinger to fit between your heel and the back of the boot. If you are an in-between size, have the boots fitted to your larger foot and try using a more cushioned insert, or heavier socks, in the boot for your smaller foot. Sporting goods stores that cater to hikers will have a slanted ramp that you can walk up and down to test the boots for comfort when walking up and down hills.

**AMC offers various discounts available for AMC Members;** check these [offers](#) out before purchasing.

### How much food and water should I bring for a day hike?

Bring lunch (usually a sandwich or two), trail snacks (such as chocolate, a granola bar, and/or fresh or dried fruit), and a minimum two quarts of water (three quarts when the temperature is over 80 degrees). In cold weather, some hikers also bring a thermos of hot tea or soup. Never skimp on water; it's your own responsibility to stay properly hydrated, which helps prevent fatigue, cramping, heat stroke (in summer), and hypothermia (in winter). After you have hiked various distances in different weather conditions, you will have a better idea of how much water and food you need. You should always carry some extra food, such as high-energy bars, in case you experience a delay or if you feel hungry on the trip back home.

### What is the role of the leader and the co-leader?

It's the leader's responsibility to plan and organize the hike and to guide the group, from the designated meeting place until the time of departure. The leader's decisions about the route and group conduct are final. The assistant co-leader(s) is/are there to assist the leader, who may delegate certain roles to that person. AMC leaders are



trained volunteers who want to provide an enjoyable day in the woods, so it is important to follow their guidance and observe all park regulations and club rules. Keep in mind that hiking involves a certain element of risk and that your personal safety is your responsibility, not the leaders, and that lack of preparation on your part can adversely impact the group as a whole.

### What is the role of the sweep?

The official hike leader will designate someone to serve as both a “leader” and “sweep” before the hike begins. Hikers should remain behind the designated “leader” and in front of the “sweep” at all times during the hike to help ensure that no one gets lost or

left behind. The official hike leader will also announce “separation breaks” every two hours or so during the hike in which males and female participants will move out of sight each other to perform the needed bodily functions. If you need a separation break before the leader calls one, let the leader know. Never leave the group unannounced for a solo separation!

### What if I want to go faster than the group or if I can't keep up?

It is best to remain with the group even if you feel that the pace is too slow. If you do go ahead unannounced, the leader will consider that you have left the hike and will note the sign-in sheet accordingly. If you find that you cannot keep up with the group, it is best to let the leader know as early in the hike as possible, since he or she

may have to assign another leader to walk you back to the trailhead. Never turn back on your own. Also, on SEM hikes, with adequate leadership, we'll often break a larger group into nominally “faster” and “slower” groups to accommodate different hiking speeds. Remember to read the hike descriptions carefully so you can choose a hike appropriate for your ability.

### Can I use my cell phone on a hike?

Cell phone usage is not allowed except in the case of an emergency or special situation, in which case it should be used away from the group during a designated break and after you inform the leader so you don't get left behind by accident. Otherwise cell phones should be turned off during hikes.



# Shenandoah National Park

**By Gina Hurley**

*SEM Communications Vice Chair*

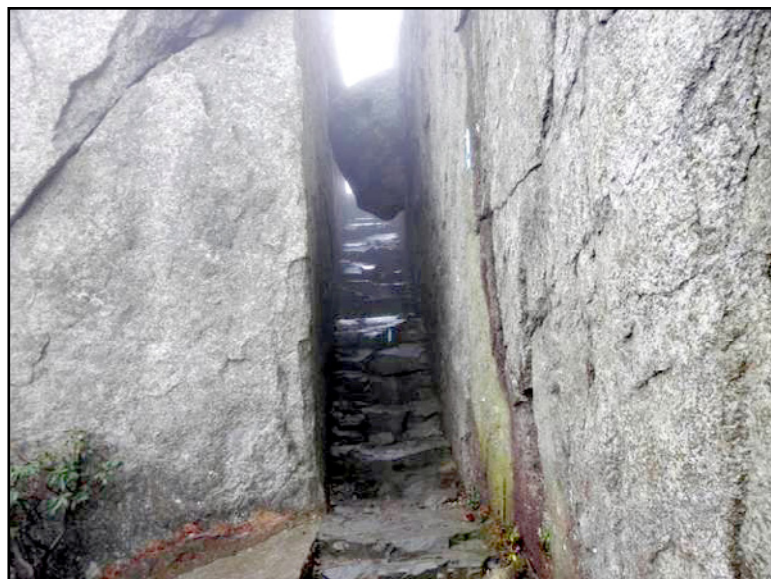
**O**f the 58 National Parks in the United States, my husband Mark and I have had the good fortune of traveling to 19!

The most recent was in mid-April when we went to Shenandoah, which is in northern Virginia. It is only 75 miles from Washington, DC, and easily accessible from the highway. Shenandoah National Park was established in 1935. One of its greatest features is the iconic

Skyline drive. Driving the Blue Ridge provides magnificent views to the left and right. This time of year the Skyland Resort is the only motel open in the park, and is located on Skyline drive. Although the word “resort” is in the title, think a bit more rustic!

The purpose of our trip was to hike. Given all of the mountains in and around the park, there is no shortage of great hikes: short and long, beginner to expert. On our first day we hiked Old Rag. Old Rag is Shenandoah's most popular and most dangerous hike. The circuit hike is about 9 miles. There is significant elevation change and a strenuous rock scramble that requires good upper body strength, maneuvering between rock formations, and jumping from boulder to boulder. Although the weather was cloudy, resulting in a viewless summit, this limited the crowds, and actually gave the hike a mystical and magical feel. We reached the summit with little difficulty. The hike down the other side was much easier, and had two shelters for day use. We stopped at the first one for lunch, and made it back to our car with ease.

On day two we drove a good part of Skyline drive taking in the sights and views. We also did a 3.3 mile circuit hike to Lewis falls, an 81 foot waterfall. Part of this circuit hike is on the AT. The AT runs close to the ridge



Narrow passage climbing Old Rag. Credit: Gina Hurley





Gina Hurley in front of the Upper Whiteoak Falls. Credit: Mark Hurley



AT marker along the Lewis Falls trail. Credit: Gina Hurley

throughout most of the park, so if you are a fan of the AT, there is plenty of opportunity to hike along the trail. Our last hike was in the Cedar Run and Whiteoak Canyon, which was an 8.2 circuit hike. The trail begins a descent down into the canyon, following a river, and passing Cedar Run falls. As the trail circles around to travel back up the canyon, it provides amazing access to Lower Whiteoak and Upper Whiteoak falls. Given the beauty of this hike, the trails were busy, even for a cool April day.

These are just three hikes in Shenandoah. There are many, many trails within the park. If you are planning a trip to Shenandoah, their website is very good, specifically their [hiking page](#). Hope you can experience the beauty of any of our national parks. They are truly a gift worth experiencing!



## **WANTED >> CYP LEADERS**

### **OUR YOUTH NEED US.....**

**Share your outdoor knowledge and leadership skills with local groups of children.**

Help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games.

CYP leader training and screening is required.  
Contact [Sally Delisa cypchair@amcsem.org](mailto:Sally.Delisa@cypchair@amcsem.org), 781-834-685





# *Red Line the Blue Hills*

On April 11, the Thursday evening hike series, Red Line the Blue Hills started off its 8th season hiking the trails in the Blue Hills Reservation. A good number of hikers from previous years and many new faces joined us for a hike along the south shores of Ponkapoag Pond out to the Horse bridge over Rt. 24, and then around the AMC cabins. We also got to explore a new trail on the latest Blue Hills map. Our second hike took us up the Smith Trail to the old Nike base in Randolph and this week we head for the [CCC camp area](#).





# A Paddle with Two Strange Bedfellows

By Louise Riemenschneider Foster  
SEM Member

The setting is an early August paddle on the North River. Trip leaders, Art and Rick, rode up together from Southern Massachusetts to the headwaters of the North River. Rick had thrown his canoe, which had been stored in his yard, on top of his car and picked up Art on the way; then he headed north to Hanover.

The North River is a favorite destination and it was a spectacular day, so there was a large group eager to get on the water. The plan was to spot cars and ride the current of the outgoing tide to our lunch spot, Couch's Beach on Blueberry Island, and then on to the take out at Union Street in Marshfield. As usual, Art was in the bow and Rick manned the stern of his canoe, with the rest of us in kayaks. The lunch break was full of tall paddling tales and was followed by an easy ride to the take out.

When we reached Union Street, Rick began clearing debris he had not noticed before leaving home out of the

bow of his canoe. It was then he discovered a tiny mouse, which must have been a stow away in his canoe, first on top of the car and later on the river, likely with the soles of Art's big muddy boots in his face.

We all marveled on how this little creature could have survived the long ride north, travelling at highway speeds on top of the car in an inverted canoe! Some of us took his picture, while another complained that mice had destroyed the wiring in his hot tub.

Now the overriding question was what to do about the mouse! We certainly didn't want to subject him to another trip like the one he had endured earlier in the day. Short of one of us taking him home, which after the hot tub story no one wanted to do, the only reasonable option was to dump him out of the canoe into the Marshfield woods. So, as he scampered away into the wilderness, many felt guilty about displacing him from his native home and what he could face in these unfamiliar surroundings. But the mouse was finally forgotten, as we packed up our gear and headed home.

A few hours later, we all received a forwarded email Art had just received from Rick: "You're never gonna believe this. We saved that mouse's life! When I was hosing out the bow of my boat, out swam an eight inch snake!"



Boat. 'Best of Draw Something'. Rate this drawing click >>> [Credit Tango \(54\)](#)

So, for the mouse, this turned out to be one heck of a lucky day, but for the snake, totally frustrating. As Art commented, "they were paddling an Ark of sorts" and who knows what else fell out during the ride?

So, no, although you may have first guessed otherwise, the strange bedfellows in this tale are not Art and Rick. And the moral of this story is to thoroughly check out the contents of your boat before you launch. Otherwise, you just might find yourself paddling with strange bedfellows of your own.

Of Special Note: George Wey will be leading a [North River Trip](#) this year on Wednesday, August 7, probably leaving from Union Street in Marshfield. For details check the Canoe/Kayak schedule on [AMCSEM.org](#)

---

## Barnstable Harbor and western creeks

By Ed Foster  
SEM Leader

On April 27th, the 10.8' high tide was at 1:22 so we launched about mid tide and headed north across Barnstable Harbor toward the entrance to Wells Creek. You didn't appreciate the strength

of the tidal flow until you approached the far side of the harbor where there were various buoys and you could see yourself being swept from right to left relative to them.

We headed up Wells Creek with the intention of taking a sneak path back out to

Barnstable Harbor. However the tide had not filled in that much so I decided to continue further up the creek to allow time for tide to come in a bit more. At the spot when it appeared that the creek was narrowing down to the point that any travel further up would require us to back

paddle out we turned around. By then the creek had filled in quite well and the sneak path to the harbor had plenty of water in it. Once back in the harbor we headed west for a little bit until we came to an area that looked like we could haul out without too much problem. That was our



lunch spot and we made it at 5 minutes before noon. Two paddlers chose to remain in their boats while the other 4 pulled out onto the salt marsh.

After lunch we headed south across the harbor toward (we hoped) Bridge Creek. By now the tide was quite high and entrances to the various creeks were a bit blurred. After a false start or two we found our way into Bridge Creek and started working our way up it. The further up the creek we got the better defined the channels were

so finding the sneak path (the first of at least 3) to Brickyard Creek was fairly easy.

Two interesting experiences in Brickyard Creek. There was a Canada Goose nest right on the edge of the bank, with mother in attendance, that two of us came very close to before we realized what we were doing, and got a severe warning from the mother as a result. There was a collapsing Osprey platform that was apparently being contested by 2 Osprey pairs and we got to watch them swooping down on and chas-

ing off whichever ones dared to perch on the precarious platform. Eventually they tired of that, or came to some sort of accord, and flew off to search for fish.

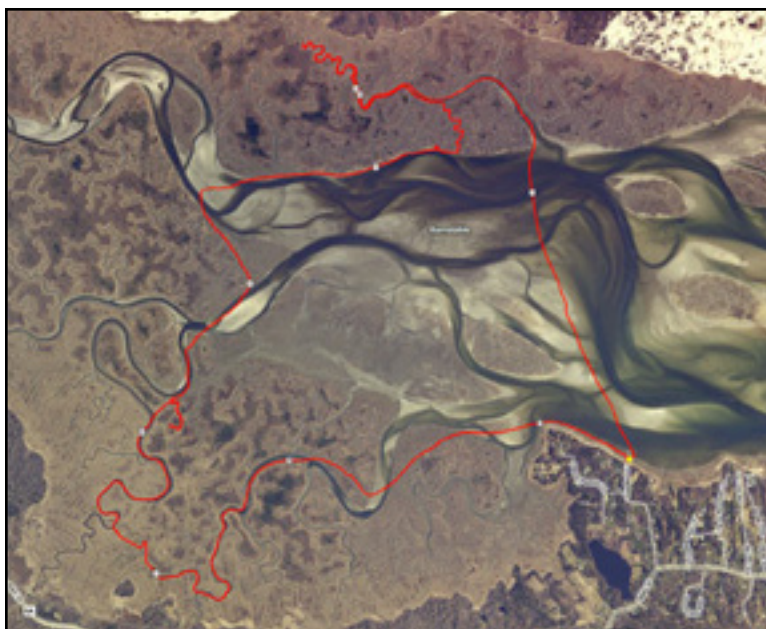
The rest of the trip back was uneventful, the tide was high enough that we didn't have to stay in the channels but could glide over the marsh in a more or less direct line home. 9.4 miles by my GPS.



Ed Foster Entering Wells Creek. Photo By Louise Riemenschneider Foster



Goose nesting along Brickyard Creek. Photo By Louise Riemenschneider Foster



GPS Plot of paddle route. Provided by Betty Kinkley



Along Wells Creek. Photo By Louise Riemenschneider Foster





# SEM Chapter 2,000 Mile Club

By **Bernie Meggison**  
SEM Leader

The 2,000 Mile Club was founded by Jack Jacobsen in 2003 to recognize our Southeastern Mass AMC member's accomplishments of cycling 2,000 miles or more in a calendar year.

After a minor niggle in the early years, the club was successfully revived in

2007 by our then interim chair, Victor Oliver. Since then we have grown steadily and increased our membership every year.

## Mileage

2013 marks the 10th year of the 2K Club, as the first year of recording our mileage was 2004. Mileage must be accurately logged and recorded and

*"2013 Marks 10th Year of 2000 Club"*

may be a combination of road cycling and mountain biking miles.

Send your mileage quarterly to our new registrar, Bernie Meggison at [thosmeggisons@gmail.com](mailto:thosmeggisons@gmail.com).

Thanks again to Dan Egan for serving as registrar for the past four years.

## SEM MILEAGE CHART 2013

NAME	LOCATION	QUARTER 1	YTD TOTAL
GRAND TOTALS		0	0
Robyn Saur	Falmouth	1,120	1,120
Joe Barry	Yarmouth Port	978	978
Bernie Meggison	W Harwich	741	741
Linda Church	Falmouth	427	427
Ron Sikora	Cotuit	255	255
Paul Currier	Sandwich	230	230
Lawrence Cohen	S Easton	199	199
Ed Foster		129	129
Joe Tavilla	Osterville	126	126
John F Sullivan	Marshfield	110	110

## Embroidered Award Patch



Embroidered patches of recognition are awarded to first time members only. To receive your patch, e-mail your name, AMC Number, first year of qualification, and mailing (USPS) address to Paul Currier [currierpaul@comcast.net](mailto:currierpaul@comcast.net).

## NEWS FROM JOY STREET

AMC Books are available wherever books are sold, or order directly from AMC at [outdoors.org/amcstore](http://outdoors.org/amcstore) or by calling 800-262-4455.

### AMC Books Announces New Titles



AMC's Best Day Hikes in Vermont provides detailed hike descriptions, maps, and directions as part of the "best of" hiking guide series. This guide will direct you to trips good for dogs, kids, snowshoeing, and cross-country skiing. It features GPS coordinates to trailheads, nearby attractions/amenities, trip planning/safety information, and nature and history essays.



AMC's Best Day Hikes in Connecticut, 2nd Edition is an updated and fully revised guide to hiking in Connecticut. The book offers 50 of the state's best trips up mountains, through caves, along riverwalks, and on shoreline trails. It features GPS coordinates to trailheads, nearby attractions/amenities, trip planning/safety information, and nature and history essays.



Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.

Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia.



# August Camp 2013 in North Cascades Washington



Breathtaking North Cascades of Washington State. Photo by: Éva Borsody Das

**Week 1:** July 13 - July 20

**Week 2:** July 20 - July 27

**Week 3:** July 27 - Aug. 3

**Week 4:** Aug. 3 - Aug. 10

[REGISTER FOR AUGUST CAMP ▶](#)

In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of hikes every day, or add in backpacking,

Photo by [Monika Jaeger more >>](#)



rafting on the Skagit River or kayaking in the San Juan Islands to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our

Photo by [Marianne Page more >>](#)



fleet of vans provides transport between camp and SeaTac on each Saturday.

**Registration forms and detailed Camp information can found [here](#). Plan your one or two week adventure now and be part of one of the oldest camps in the AMC.**

Photo by [Nancy Crowther more >>](#)



## Join the August Camp Yahoo Group!

This is a useful tool to communicate with other August Campers who are signed up to go this summer. Email each other about travel plans, ask the leaders questions, etc.

### To join the Group:

[Click here to join our  
Yahoo Group](#)

When you get to the page, click the button "Join This Group". If you don't already have a free Yahoo account, open one to become a Yahoo Group Member, then click to join the group.



## Where's my member number?

- On your Member Card
- AMC Outdoors Magazine
- In your "Welcome" email
- Contact Member Services at [amcinformation@outdoors.org](mailto:amcinformation@outdoors.org) or 1-800-372-1758

## How to Log into your AMC Member Center

- 1 Hover over the membership tab and click on "Member Center."
- 2 If you've logged in before, click "Log into Member Center." If this is your first time, click on "Member Validation," located under "Never logged in?"
- 3 Enter your member number and zip code into the appropriate field. (Live outside the US? Contact Member Services at [amcinformation@outdoors.org](mailto:amcinformation@outdoors.org) or 1-800-372-1758)
- 4 Select the correct name. (Note: if you have a family membership, more than one name may appear)
- 5 Create your Username and Password. (Note: your Username will be your new Login Name)
- 6 Enter in the Login Name and Password you just created and hit Submit!



APPALACHIAN MOUNTAIN CLUB

Search Outdoors.org

[Classifieds](#) > [Online Store](#) > [AMC Outdoors Magazine](#) >

[Login](#) | [Join/Renew](#) | [E-news Signup](#) | [Chapters](#)

**Membership** **Donate**

- Join the AMC
- Member Center
- Gift Memberships
- AMC Chapters
- Membership FAQs

**Click Here!** 1

Home | Membership [Tweet](#) 0

**AMC Member Center** 2

Use the Member Center to **get your chapter's newsletter electronically**, renew your membership, update your member profile, or get a weekly digest of **upcoming chapter activities** sent to your email inbox!

[Log In to Member Center](#)

**Never logged in?** Use your member number to confirm your member information on the Member Validation page if you do not already have a username and password.

**AMC Member Center Login**

If this is your first time accessing the Member Center, validate your information.

Access to this section of the site requires login.

Login Name:

Password:  6

Remember Me

**This is my First Time here!**

**Member Validation** 4

MEMBER VALIDATION - Step 2

[New Search](#)

Please click on your name below to select it.

[Candice](#) ← **That's Me!**

**Member Validation** 3

MEMBER VALIDATION - Step 1

Enter Your Member ID

ZIP/Postal Code

\*We're sorry we can't offer online member validation to members living outside the United States. Please send an email to [AMCInformation@outdoors.org](mailto:AMCInformation@outdoors.org) or call 1-800-372-1758 for assistance.

Haven't memorized your AMC member number just yet? Here are four easy ways to get it:

1. Look for it on your member card.
2. Find any issue of *AMC Outdoors*—on the cover, above your name, is your 5- or 6-digit member number, followed by your chapter, and your membership expiration date.
3. Call Member Services at 1-800-372-1758, Monday-Friday from 9 to 5 Eastern Time. You can leave a message outside these hours.
4. Send an email to [AMCInformation@outdoors.org](mailto:AMCInformation@outdoors.org). Please include your name and address with your request for your member number.

**Create Login** 5

MEMBER VALIDATION - Step 3

Please select a Username and Password

Username

Password

Verify Password

Security Question

Security Answer

**ISTILLAB Museum.**

Type the Two Words:

Welcome!

Membership Home | Membership

**Member Center**

Join the AMC

Member Center

- Renew Membership
- Change Address
- Update Interests
- Activity Digests
- Subscribe to *Appalachia*
- Gift Subscription to *Appalachia*
- Member Deals
- Edit Login Information
- AMC E-mail Subscriptions
- Log out

Gift Memberships

AMC Chapters

Membership FAQs

**Newsletter Signup**

Get deals, discounts, and take action on key conservation issues:

Enter email address:

most popular actions

- 
- 
- 

the latest from AMC Blogs

## Take a Hike on the Bay Circuit Trail! (Boston, Worcester, SEM, NA, NH)

Join AMC Staff on monthly hikes to explore and learn about different sections of the Bay Circuit Trail and Greenway. Each hike will be approximately two hours long. Register in advance to receive hike details, directions and updates. Be sure to bring snacks, water and wear proper hiking gear. Hike locations may be subject to change depending on weather conditions and response.

- Wednesday, April 17 10:00am-12:00pm – Pembroke, MA
- Tuesday, May 14 3:30pm-5:30pm – Concord, MA
- Friday, June 21 10:00am-12:00pm – Duxbury, MA
- Friday, August 16 10:00am-12:00pm – Newbury, MA
- Thursday, September 19 10:00am-12:00pm – Boxford, MA
- Wednesday, October 16 10:00am-12:00pm – Sudbury, MA

To learn more or to register, visit [www.bethikes.eventbrite.com](http://www.bethikes.eventbrite.com) or contact Courtney Cutler at 617-391-6576 or [ccutler@outdoors.org](mailto:ccutler@outdoors.org).



# ACTIVITIES

## SOUTHEASTERN MASSACHUSETTS ANNOUNCEMENTS(S)

AMC SEM is always looking for volunteers to volunteer a little or a lot. Contact the chapter chair at [chair@amcsem.org](mailto:chair@amcsem.org) if you'd like to volunteer.

## BICYCLING

**WANTED:** Ride Leaders and Co-Leaders. Are you enthusiastic about cycling? Do you like showing other riders your favorite roads? If yes, then why not share your enthusiasm and routes w/ your fellow AMC members? Contact Bike Chair (508-428-6887, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) for more info.

**Bike Ratings:** First character indicates distance in mi: AA=50+; A=35-50; B=25-35; C=under 25. Second is L's pace in mph: 1=17; 2=13-16; 3=11-13; 4=up to 11. Third is terrain: A=very hilly; B=hilly; C=rolling; D=flat.

AMC SEM 2,000 Mile Club. AMC SEM has a unique 2,000-mi Club. Certificates of achievement and embroidered award patches are presented annually to members who ride 2,000 mi or more per year. Contact the bicycling chair to register your mileage and for more info. ([bikingchair@amcsem.org](mailto:bikingchair@amcsem.org))

Tues. Rides. Turn Those Tires on Tues. Rides scheduled all year long, weather permitting. 25 mi of road or 15 mi of mtn. biking. Tues. at 2 p.m. Flat to hilly. Contact L for start location and directions. Intermed. pace. Riders and bicycles in top shape; tires and riders pumped and ready

to roll; helmets and water req'd. L Paul Currier (508-833-2690 8 am-7 pm, [pbencurrier@hotmail.com](mailto:pbencurrier@hotmail.com))

## Chapter Trips

Sat., May. 4. Block Island Cycling. Join us for a day of quiet cycling (before the summer crowds start) on Block Island on Saturday April 20. We will take the 11:00am ferry from Galilee, RI, and cycle approximately 20 miles. There are many nice beach walks, old cemeteries, and ponds along the way. We'll be returning on the 6pm ferry. The ferry ride is 55 minutes. Cost is \$24.15 per person and \$6.40/bike round trip. Optional dinner stop at the end of the day in Galilee. L Jodi Jensen (781-249-8346, [jodijensen@gmail.com](mailto:jodijensen@gmail.com)), CL Ellen Correia ([ellenrcorreia@gmail.com](mailto:ellenrcorreia@gmail.com)), R Ellen Correia (508-954-4099, [ellenrcorreia@gmail.com](mailto:ellenrcorreia@gmail.com))

(FT) (NM) (CE) Tuesdays

May. 7. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier [currierpaul@comcast.net](mailto:currierpaul@comcast.net) 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, [currierpaul@comcast.net](mailto:currierpaul@comcast.net))

Sat., May. 11. Cape Cod Rail Trail. Ride the rail trail from Dennis to Wellfleet and return. Approximately 40-50 miles, with possible detours to Nauset or Wellfleet beach overlooks. L Jodi Jensen (781-249-8346, [jodijensen@gmail.com](mailto:jodijensen@gmail.com)), CL Ellen

Correia, R Jodi Jensen (781-249-8346, [jodijensen@gmail.com](mailto:jodijensen@gmail.com))

(FT) (NM) (CE) Tuesdays

May. 14. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier [currierpaul@comcast.net](mailto:currierpaul@comcast.net) 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, [currierpaul@comcast.net](mailto:currierpaul@comcast.net))

(FT) (NM) (CE) Tuesdays

May. 21. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier [currierpaul@comcast.net](mailto:currierpaul@comcast.net) 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, [currierpaul@comcast.net](mailto:currierpaul@comcast.net))

(FT) (NM) (XCE) Saturdays

May. 25. Sunset/Full Flower Moon Ride. Ride Description: Road cycling. L Paul Currier [currierpaul@comcast.net](mailto:currierpaul@comcast.net) or 508-833-2690. Ride the canal to Gray Gables and Mashnee Island. We'll catch the spectacular sunset over Buzzards Bay and moonrise over Plymouth Bay. C2D Tires and riders pumped and ready



to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

May. 28. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. L Paul Currier currierpaul@comcast.net 508-833-2690 Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 11. Evening Cycling on Cape Cod. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 18. Cape Cod Evening Bicy-

cling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Sun., Jun. 23. Sunset/Full Strawberry Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690. Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Jun. 25. Evening Cape Cod Bicycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration

required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 Until 7pm, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 8. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 15. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (XCE) Fridays

Oct. 18. Sunset/Full Hunter's Moon Ride. Ride Description: Road cycling. L Paul Currier currierpaul@comcast.net or 508-833-2690 Ride the hills and shores of Sagamore and the canal trail to Buzzards Bay. We'll catch the spectacular sunset over Onset



Bay during a tour of Mass Maritime and moonrise over Plymouth Bay. C2B Tires and riders pumped and ready to roll. Helmets, spare tube & tire tools, and water required as is registration -cancellation/rescheduling sent only to registered riders. Directions: From the former Sagamore Rotary now the Sagamore Straightaway, head toward Scusset and take Canal Road past Friendly's to the Sagamore Recreation Lot. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 22. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

(FT) (NM) (CE) Tuesdays

Oct. 29. Tuesday Evening Cycling. Evening cycling on Cape Cod - mostly road - for 2 hours/22 miles with select stops. Less miles for mountain bike rides. Intermediate paced cycling includes occasional stops at popular and lesser-known unique locations. Ratings from B3C to B2B. Tires and riders pumped and ready to roll with helmets, spare tube & tools, and water. Registration required as changes will be sent only to registered riders. L Paul Currier currierpaul@comcast.net 508-833-2690. L Paul Currier (508-833-2690 8 - 7, currierpaul@comcast.net)

## CANOE/KAYAK

Always looking for additional paddle leaders, both flat water and ocean. Contact paddlingchair@amcsem.org

### Volunteer Opportunities

Wed., May. 1. Mashpee/Wakeby Ponds. Paddle around 2 fresh water ponds about 7 miles with lunch at beach at end of Wakeby Pond. Life jackets & spray skirts req DIRECTIONS: from rte 28 take 130N for 2 mi to R at "State Landing" sign to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

### Chapter Trips

Wed., May. 1. MASHPEE/WAKEBY PONDS, Mashpee. Paddle 2 fresh water ponds about 7 mi with lunch at end of Wakeby Pond. Rte 28 to rte 130 N 2 mi R at "State Landing" sign to put-in. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 8. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor parking area. There is a \$6

launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., May. 11. SWAN POND/RIVER PADDLE. Paddle down river to mouth on Nantucket Sound for lunch & return circumnavigating pond, about 7 mi. Life Vest & Spray Skirt req DIRECTIONS: rte 6 exit 9 to 134S (Harwich/Dennisport) past Patriot Square to L Upper County Rd past Hart Farm to L Clipper Lane to put-in. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau, CL (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., May. 15. Indian Lakes. Middle Pond and Mystic Lake; 6 -7 miles; Spray skirt, wet suit and PFD Required; Preregistration 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Saturdays

May. 18. Walkers Pond, Brewster. Satucket Rd. in Brewster to S on Slough Rd to put-in on left. PFD and Spray skirt req. Paddle Walkers and Mill Ponds. L Bill Fischer (508-429-4137 before 9PM, wmbarbarafischer@comcast.net)

Wed., May. 22. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., May. 25. Wellfleet Bay Blackfish Creek. Explore Blackfish Creek and Fox Island Marsh Put-in: In Wellfleet turn onto Pilgrim Spring Rd. from Rte. 6 (just past the fire-



lookout tower). At the stop sign and junction where Cove Rd. joins from the right continue straight on Indian Neck Rd. At the intersection with Samoset Ave. on left bear right and then right on Nauset Road to the Indian Neck Beach parking area. Use the existing paths to access the beach. Life vest and spray skirt req. Wet or dry suit may be req. depending on conditions. L Don Paladino (508-349-2950, djp1958@comcast.net)

#### Wednesdays

May. 29. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. Paddle the three bays with lunch on Deadneck. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

#### Saturdays

Jun. 1. Meetinghouse Pond/Little Pleasant Bay, Orleans. Put-in: From 6-A or Rte 28 East, R on Main St.; R at fork onto Barley Neck Rd and continue on Barley Neck Rd to Town Landing on R. PFD required; spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 5. BASS RIVER SOUTH-Dennis. Paddle Bass River 'fingers', Grand Cove to mouth at Nantucket Sound. Lunch West Dennis Beach. Life Vest & Spray Skirt required. Directions rte 6 exit 9, rte 134 South, R Upper County rd, L Main st, R Cove rd to landing at end. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

#### Saturdays

Jun. 8. Centerville River. Rt.28 to S on Old Stage to light, R on S Main st. to L on Hayward st. to put in. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

#### Wednesdays

Jun. 12. Oyster Pond/Stage Harbor, Chatham. Put-in: Route 6, Exit 11 South to L on Route 28; at rotary take 1st exit (Stage Harbor Rd) to Oyster Pond. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

#### Saturdays

Jun. 15. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Jun. 19. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the Barrier Beach at the Chatham Cut and return around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 22. Wellfleet Harbor Duck Creek. Explore Duck Creek from Wellfleet Harbor Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

#### Wednesdays

Jun. 26. Childs River, Falmouth. Rt. 28 to Whites Landing Rd, Falmouth (near Mashpee town line). PFD and spray skirt req. Nice river and possible Bay paddle. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

Sat., Jun. 29. Boston Harbor Inner Islands. Circumnavigate several harbor Islands. Put-In, Hull Gut, Hull, Ma. Level 3. PDF, spray skirt req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Jul. 3. FOLLINS-MILL PONDS -Dennis. Paddle Follins Pond to Weir Creek & under bridge to Mill Pond passing Crab Creek Conservation area & back to circumnavigate Follins Pond.- 8 mi. Directions: rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Sat., Jul. 6. Herring River. Herring River, Harwich. Four (4) hour trip on Herring River up to East and West Reservoirs and return. Go to Nantucket Sound if time permits. Bring lunch. DIRECTIONS: . Trip starts on Rt. 28 at Herring River Bridge in Harwich. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 10. Oyster Pond. Four (4) hour paddle on Oyster Pond, Oyster River, Stage Harbor, Mitchell River to Mill Pond and return. Bring lunch for stop at Stage Harbor Lighthouse. Take exit 11 off rte 6, S on rte 137 to four way stop, L on Queen Anne, continue on Queen Anne with a right turn where the sign says Downtown,



Stay R at next stop sign to rte 28, L on rte 28 to tfc light. Right at light still on Queen Anne to R at Pond St where the put in is. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Sat., Jul. 13. Jackknife Cove and Chatham Cut. Pleasant Bay, from Jackknife Cove to the barrier beach at the Chatham cut, returning around Strong Island. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Jul. 17. Lewis Bay. Circle Lewis Bay. Explore Uncle Robert's Cove, have lunch on Egg Island and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jul. 20. Bass River South. DESCRIPTION: Bass River, Yarmouth south. Paddle can be from 8-12 miles depending on the weather and desires of the paddlers. PUT-IN DIRECTIONS: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the left just after crossing over the Bass River. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Jul. 24. Leader's Choice. Location will depend on wind and weather conditions. Contact leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Saturdays

Jul. 27. Cotuit Bay, Marstons Mills. Route 6 to S on rt 149, R on Rt 28 L on Putnam St, L on Old Shore to Town Landing. Unload and park back up on Putnam. PFD and spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarbarafischer@comcast.net)

net)

Sat., Aug. 3. Nauset Marsh. DESCRIPTION: Nauset Marsh, Eastham. We will paddle counterclockwise around the marsh. Enter Mill Pond if the tide allows and have lunch on the east side. Plan on a nine plus mile paddle. PUT-IN DIRECTIONS: 1.5 mi N from the rte 6 Eastham rotary to Hemenway on the right. Non Eastham residents park on Hemenway. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 7. North River, Marshfield-Hanover. Put-in, Marshfield side of Union St. bridge. Spot cars in Hanover. Level 2/3. PFD req. Spray skirts may be req. L George Wey (781-789-8005, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net), R George Wey (781-789-8005 anytime, geowey@comcast.net)

Sat., Aug. 10. Shoestring Bay. Mashpee River, Thatch Island, Meadow Point, Piquicket Cove, Santuit River, depending on conditions. Level 2- 3; 8 - 10 miles. Spray skirt PFD required. Call for directions to put in 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net), R Louise Foster (Cotuit, MA 02635, 508-420-7245 Any Time, louise.foster@alumnae.brynmawr.edu)

Wed., Aug. 14. Lewis Bay. Circle Lewis Bay. Explore Uncle Roberts Cove, lunch on Egg Island, and perhaps venture into Hyannis Inner Harbor. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Aug. 17. Bass River North. Bass River, Yarmouth. We will go north and if the tides oblige make our way into Mill Pond. Probably a nine mile paddle. PUT-IN DIRECTIONS: Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Road and bear L onto Highbanks to the Wilbur Park put in on the left just after crossing over the Bass River. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Aug. 21. Great Island Wellfleet Bay. Explore Wellfleet Bay and Great Island. Put-in: From Route 6 in Wellfleet at the traffic light just past P.J.'s turn left toward Wellfleet Center and Harbor. Go 0.3 m and turn left on East Commercial Street. Go 0.7 m to the Town Marina and Harbor. Turn right on Kendrick Ave. The parking lot for Mayo Beach is a few hundred feet on the left. Life vest and spray skirt req. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Aug. 24. Leader's Choice. Exact location will depend on wind/ weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Sep. 4. Pamet Harbor. Explore Pamet River and Harbor. Put-in Directions: From Route 6 northbound in Truro, right at the exit sign for Pamet Roads and Truro Center. At the junction signed for North and South Pamet Roads turn right, go a few hundred feet and turn right again onto South Pamet Road. Go under Route 6. After 0.1 m you come to Castle Road. Turn left, go about 100 feet and veer right onto Depot Road. After 0.5 m the road forks. Stay right toward Pamet Harbor. At 1.3 m you come to the harbor



parking area. There is a \$6 launching fee. Life vest and spray skirt required. L Don Paladino (508-349-2950, djp1958@comcast.net)

Sat., Sep. 7. Weir River, Hingham Bay Islands. Put-In, beach pkg.lot off Rt.3A, just before Hingham Harbor Rotary. Level 2-3. PDF, spray skirt req. L George Wey (781-789-8005 anytime, geowey@comcast.net). L George Wey (781-789-8005 anytime, geowey@comcast.net)

Wed., Sep. 11. Mashpee Wakeby Ponds. Perimeter of Mashpee Wakeby Ponds; Spray Skirt and PFD required. About 8 miles. Pre-register 508-420-7245. L Louise Foster (508-420-7245 Any Time, janlouise@comcast.net)

Sat., Sep. 14. Walker, Upper and Lower Mill Ponds. DESCRIPTION: Walker, Upper Mill, and Lower Mill Ponds, Brewster. PUT-IN DIRECTIONS: Exit 10 off rte 6 S to the four way stop sign and R on Queen Anne Road. R on Depot Road at the next four way stop sign. This becomes Slough Road after crossing the Brewster Town line. Stay on the road for the put in on the right. L Robert Zani (508-246-3132, rzani1534@gmail.com)

Wed., Sep. 18. HERRING RIVER NORTH-W Harwich. Paddle up stream to Coy Brook to end & back to Herring River for lunch at North Rd bridge. Afterwards paddle to west & east reservoirs for total of 8 mi. Rte 6 exit 10, R 124 S, R 39 S, R 28 N, L Town Landing. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

#### Saturdays

Sep. 21. Mashpee River. Put-in: Rt. 6 to Exit 5 (Rt 149); South on 149 to Rt. 28; Right onto Rt. 28 to Mashpee Rotary; From rotary take Great Neck Rd. S; Go 2.5 miles to unpaved parking lot on left marked Ocway Bay Boat Ramp. PFD required. Spectacular riverside wildflowers. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Sat., Sep. 21. Leader's Choice. Exact location will depend on predicted wind/weather conditions. Contact the leader the week of the trip for more definite information. L Ed Foster (508-420-7245, erfoster@comcast.net)

#### Wednesdays

Sep. 25. Leader's Choice paddle. Contact Leader for information. PFD/spray skirt req. L Bill Fischer (508-420-4137 before 9PM, wmbarrarafischer@comcast.net)

Sat., Sep. 28. LONG POND, BREWSTER/HARWICH. Nice six mile paddle circumnavigating the pond with lunch on beach. Rte 6 exit 10, rte 124 N, R Long Pond Drive, L town beach. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 2. Nauset Marsh. Explore Nauset Marsh and Mill Pond. Perhaps venture into Salt Pond. L Ed Foster (508-420-7245, erfoster@comcast.net)

#### Saturdays

Oct. 5. Swan Pond/River, Dennis. Put-in: Clipper Lane off Upper County Road, Dennis; put-in is on

the left. PFD required. Spray skirt if windy. L Betty Hinkley (508-255-2818, bhinkley@mindspring.com)

Wed., Oct. 9. INDIAN LAKES- Marston Mills. Paddle Middle & Mystic fresh water lakes with lunch on beach at end of Mystic Lake. total 7 miles. Rte 6 exit 5, rte 149 S for 3 mi, R Mystic Drive (after cemetery at sign for "Indian Lakes") for 7/10 mi, R at sign "Town Way to Water" to put-in. Life Vests & Spray Skirts req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com)

Wed., Oct. 16. CHASE GARDEN CREEK, YARMOUTH PORT. Paddle 8 mi Chase Garden Creek & tributaries. Lunch at Bray Farm or on beach near Shellfishing Plant. Rte 6 exit 8, Union st N, L rte 6A, QUICK R Center st to Grey's Beach at end. Life Vest & Spray Skirt req. L Paul Corriveau (508-362-0451 before 8 pm, paulcorri@gmail.com), CL Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com)

Sat., Oct. 19. Barnstable Harbor. We'll explore some of the creeks in Barnstable Harbor, probably those on the western side. L Ed Foster (508-420-7245, erfoster@comcast.net)

Wed., Oct. 30. FOLLINS/MILL PONDS - Dennis. Paddle Follins Pond to Weir Creek & under bridge to circle Mill Pond passing Crab Creek Conservation area and back to circumnavigate Follins Pond & have lunch - total 8 miles. Rte 6 exit 9, rte 134 N, L Setucket, L Mayfair, R Follins Pond rd. Life Vest & Spray Skirt req. L Jean Orser (508-362-0451 before 8 pm, jeanorser@gmail.com), CL Paul Corriveau (508-362-

0451 before 8 pm, paulcorri@gmail.com)

PL. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

stretch on beach for sunset views. Return on beach for moon-rise! Option: Calm weather walk one more length of beach for 3rd mile Meet 7 p.m. Less than 2 hours. L Janet Kaiser (508-432-3277)

## CAPE HIKES

**Always looking** for additional leaders to lead hikes on the cape! Contact the capehikingchair@amcsem.org

**Rating codes (e.g. C4D):** first letter indicates distance in mi , middle number indicates pace, second letter indicates terrain.

Miles	Pace (mph)	Terrain
AA = 13+	1 = very fast (2.5)	A = v. stren.
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., May. 9. Ryder Conservation Area - Sandwich. Scenic hike, through Lowell Holly Conservation area around Mashpee-Wakeby Pond, meet at 9:45 AM for 10 AM start. Rte 6 to Exit 3, turn south on Quaker Meetinghouse Rd to traffic lights and turn L on Cotuit Rd. 1 - 1.5 miles parking area on right. L Jane Harding (508-833-2864, janeharding@comcast.net)

## EXECUTIVE COMMITTEE

We need an “Event Planner” for the AMC SEM Executive Board. Do you have event planning skills? Our events are typically: Annual Meeting/Dinner, Holiday Party, Summer Picnic. Can you find and reserve a room, choose a menu that fits in our budget, worry about a projector and screen, set an agenda, and generally make an event happen? Contact the chapter chair at chair@amcsem.org.

## Chapter Trips

Thu., May. 2. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike on paths, beach, and quiet roads. 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)

### Sundays

May. 12. Cape Cod Canal Trails , Bourne MA. Varied point to point 4 miles on trails alongside canal from bridge to bridge including Bourne-dale trails, through Bourne scenic park, interesting “4 mile outlook”. Meet at Bourneale Herring Run Canal Visitor Center on Canal Scenic Highway about a mile from Sagamore bridge going towards Bourne Bridge MAINLAND SIDE. CAR-POOLING REQUIRED SO DON'T BE LATE. 12:45. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

## Volunteer Opportunities

Until Filled. Chapter Youth Program (CYP) Leader. Share your outdoor knowledge and leadership skills with local groups of children. Give your time to these programs to help kids get outside who might not otherwise have the opportunity. A typical Chapter Youth Program (CYP) might include a local walk with some nature lesson or trail games. CYP leader training and screening is required. L Sally Delisa (picpocit@verizon.net)

Sat., May. 4. Harwich, Herring River (B3C). Wooded walk with views of the beautiful Herring River. Walk both sides of West Reservoir, cranberry bogs. From Rte 6 E, Ex 10, R at top of ramp, Rte 124 for 1.3 mi, R @ Main St. straight 2 mi to park @ Sand Pond on R. Meet 9:45 a.m. 3.5 hrs. Bring lunch. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., May. 19. Sandwich Canal Hike. Hike from canal along Town Neck Beach to Sandwich boardwalk and back through Sagamore village, meet at 12:45PM for 1 PM start. From 6A in Sandwich take Tupper Rd towards canal, turn R on Town Neck Rd, turn L on Coast Guard Rd and park in museum lot. L Jane Harding (508-833-2864, janeharding@comcast.net)

## HIKING

**IMPORTANT:** No pets w/o prior permission of trip leader. Individuals under 18 years of age must be accompanied by a parent or responsible adult, and obtain prior consent from L. Those accompanying a minor are responsible for minor's actions. Reg. req'd for most hikes, preferably at least 1 week prior to the trip so Ls can discuss prior hiking exp., conditioning, clothing, and equipment. Rating codes (e.g. C4D): first letter

Sun., May. 5. Mashpee-Barnstable: Santuit Pond/River. Meet 12:45PM for 1PM Hike. 2 hrs. Rte. 6, Exit 5, South on Rte. 149 to Rte. 28. R. on Rte. 28, R on Santuit-Newtown Rd. for 0.8 miles to yellow gate and

Sat., Jun. 22. Full Moon Hike: West Dennis Beach (C4C). Route 6 Exit 9A south to Route 134, go straight and cross Route 28, then go to the end and turn right. After 0.5 miles, turn left to beach parking near entrance and concession bldg. Hike mile-long



indicates distance in mi (AA=13+, A=9-13, B=5-8, C=less than 5 mi), middle number indicates pace (1=very fast, 2=fast, 3=moderate, 4=leisurely), second letter indicates terrain (A=very stren., B=stren., C=average, D=easy)

Always looking for additional hike leaders! Contact hikingchair@amcsem.org

**Rating codes (e.g. C4D):** first letter indicates distance in mi, middle number indicates pace, second letter indicates terrain.

Miles	Pace (mph)	Terrain
AA = 13+	1 = very fast (2.5)	A = v. stren.
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

## Chapter Trips

(NM) Thursdays

May. 2. Thursday Morning Hike. 10:00am at Wollomonopoag Hike, Wrentham, MA (B3C) Bring snacks and sturdy boots. Rain cancels. Find your way to Route 140N Wrentham Center and travel for approximately 1 1/2 miles to Elysium St. on left. Continue on Elysium to top of hill and bear left, the conservation area will be on rt. You will see Eskers, a beaver dam & Great Blue Heron Rookery. L Muriel Guenther (508-699-7461 before 9pm, murielguenther@comcast.net)

(FT) (NM) Thursdays

May. 2. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(AN) (CE) Tuesdays

May. 7. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis, R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

May. 9. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

Thu., May. 9. Borderland State Park/BCT. Meeting time is 9:45am at Borderland SP parking lot on Massapoag Ave. on the Sharon/North Easton border for a 4.5 mile hike. Hiking will conclude around 1:00pm with pizza and cake afterwards in the Borderland Visitor Center. Please bring, water, rain gear, appropriate footwear, plastic bag for trash pick up and pruning shears. Storm cancels. Parking fee is \$2.00. Lunch fee is \$5.00. Registration is REQUIRED for this activity. Please call Barbara Hathaway to register for this activity and with any questions you may have. L Deborah Lepore (781-828-0572 Before 9 pm, DLepore2@GMail.com), CL Barbara Hathaway (508-880-7266 Before 9

pm, barb224@tmlp.net), R Barbara Hathaway (Taunton, MA, 508-880-7266 Before 9 pm, barb224@tmlp.net)

(FT) (NM) Sat., May. 11. Introduction to Hiking at Blue Hills. Great hike for new members and first time hikers. A leisurely hike in the Blue Hills Reservation. L Sue Chiavaroli (508-496-6452 7-9PM, brillo6452@yahoo.com)

(FT) (NM) Sat., May. 11. Family Hiking Series #3. Got kids? Join us for our Family Hiking Series. This hiking series is meant to introduce families to the joy of hiking. Hike #3 will be at Blue Hills Reservation. This hike we will adding some elevation gain to our hiking skills. We will be hiking for approximately 2 hours before our lunch break and 2 hours after. Bring your family, pack a lunch and enjoy beautiful views of the Boston skyline. Appropriate for children 3 and up. Children under 3 are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

Sun., May. 12. Blue Hills Fast and Hilly. Stay in shape for the bigger mountains by hiking the Skyline Trail at a moderately fast pace. We'll hike the North-South loop, then out to Buck Hill and back. Meet at 8:45; not a beginner hike. L Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com), R Maureen Kelly (508-224-9188 before 8 pm, mokol773@aol.com)

(AN) (CE) Tuesdays

May. 14. Blue Hills Reservation

Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays  
May. 16. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

Thu., May. 16. Thursday Morning Hike Wompatuck State park. Meet at visitor's center parking lot at 10AM for 6-7 mile hike. Bring lunch-snacks, water, sturdy footwear, rain jacket. Steady rain cancels. Directions: From RT. 3 take exit 14 to Rt.228 N,Hingham, 3.5 miles turn R onto Free St. 1 mile to Union St, and state park entrance. L Ed Fopiano (edfopiano@verizon.net)

Sat., May. 18. Appalachian Trail hike from Connecticut to Race Brook Falls. Moderate to Strenuous 7.1 mile hike starting at Northwest Road on the MA-CT border to and proceeding to the AT. Hike 4.4 miles along the AT through Sages Ravine and over Race Mountain. Descend 2.1 miles on the Race Brook Falls Trail. L Anne Duggan

(508-789-5538 evenings till 9:30, abduggan12@gmail.com), R Anne Duggan (508-789-5538 evenings till 9:30, abduggan12@gmail.com)

(AN) (CE) Tuesdays  
May. 21. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays  
May. 23. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(C) (FT) Thu., May. 23. Thursday morning hike, Phillips Farm and Nelson Memorial Forest. The beautiful farm and woodland trails consist of a variety of a meadow and old trees on property which was once farmed. We'll hike trails along Cove Creek, the North River, carpaths in the woods, and see the remnants of an historical 'Packet Landing'. Wildflowers and birds abound. Property also borders the Marshfield Conservation land. Audubon's Tilden Farm is across street. We'll focus on wildflowers, but birders are welcome.

Great First Timer activity! L Sally Delisa (781-834-6851 Before 9 pm, delisally@yahoo.com)

Sat., May 25-27. Memorial Weekend in the Whites. Hike the Twins and the Bonds and stay at Galehead Hut. Group meals included. Cost is \$100.00 pp for the weekend. Confirmation and payment must be submitted by 4/20/13. L Leslie Carson (508-833-8237, ltc929@comcast.net), CL Maureen Kelly (moke1775@aol.com), R Leslie Carson (508-833-8237, ltc929@comcast.net)

(AN) (CE) Tuesdays  
May. 28. Blue Hills Reservation Conditioning Hikes. Join us for a weekly conditioning hike as we get in shape for the higher summits this summer and fall. We will hike on some of the more rugged trails in the Reservation with some elevation gain. 9:30 Start. L Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net), CL Luther Wallis , R Ken Jones (508-697-0142 7-9 p except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays  
May. 30. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellencorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

Thu., May. 30. Thursday Morning Hike Leominster State Forest. Five mile hike from Redemption Rock to



Crow Hill cliffs and back. Meet at 10:30 am Redemption Rock Parking Lot. Bring lunch/water/ sturdy footwear. From Rte. 2 exit 25 take Rte. 140 south 3.1 miles to Redemptin Rock parking on right. Heavy rain cancels. L Jerry Yos (781-935-4647 before 11 pm, jerryyos@yahoo.com)

(FT) (NM) Thursdays

Jun. 6. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays

Jun. 13. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 15. Introduction to AMC Hiking - Blue Hills. Join us for a nice hike in the Blue Hills and discover the fun, camaraderie, and great exercise of AMC hiking. Minimal equipment required for this intro. hike, but sturdy hiking shoes and water bottles will be a must. L Paul Miller (508-369-4151 before 9:00

p<, paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

Sat., Jun. 15-16. Mt Greylock 2 day hike. 2 day Mt Greylock hiking trip. Saturday hike Money Brook Trail to Cataract Falls (7 miles). 3B3Bascom Lodge overnight (\$35/ per person. Limit 10 people). Sunday Rounds Rock Trek (6.9 miles) 3B3. L Anne Duggan (508-789-5538 before 9:30 pm, abduggan12@gmail.com), CL Sue Chiavroli (brillo6452@yahoo.com), CL Bryan Jones (bjones1017@gmail.com), R Anne Duggan (177 Rounseville Rd, Rochester, MA 02770, 508-789-5538 before 9:30 pm, abduggan12@gmail.com)

(FT) (NM) Thursdays

Jun. 20. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Sat., Jun. 22. Family Hiking Series #4. Got kids? Join us for our Family Hiking Series. Hike #4 is our final hike. We have learned a lot since our first hike and we plan to take what we learned and head to New Hampshire. The destination will be decided based on how our group has improved over the last 3 hikes. Appropriate for children 3 and older with some hiking experience. Children under 3 years

are welcome in child carriers. Contact leader for more information. L Christine Pellegrini (508-244-9203, chrispellegrini@yahoo.com), CL Bill Pellegrini (billpellegrini@yahoo.com), R Christine Pellegrini (508-244-9203 6-8pm, chrispellegrini@yahoo.com)

(AN) (CE) Sun., Jun. 23-30. Acadia NP Multi-Sport Camp. Join us for a week of hiking, biking, kayaking, and relaxing in one of Maine's premier outdoor destinations. We will be car camping using the Blackwoods Campground as our base camp. Leaders will plan multiple activities each day in and around the park. L Ken Jones (508-697-0142 6-9 pm except Thursday, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays

Jun. 27. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays

Jul. 4. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh

(508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(AN) Tue., Jul. 9-12. White Mountain Hut-to-Hut Trek (B3B). Join us as we trek across the Northern Presidential Range while enjoying lodging and meals at the AMC Mizpah, Lakes and Madison White Mountain Huts. Our trek will cover more than 23 miles over rugged terrain while enjoying magnificent and unique scenery. This strenuous trip is not for beginners. Trip rating B3B. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), L Leslie Carson (lrc929@comcast.net), R Ken Jones (207 Walnut Street, 508-697-0142 6:00pm-9:00pm except Thursdays, lotsoluck@comcast.net)

(FT) (NM) Thursdays  
Jul. 11. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

Sat., Jul. 13. Welch-Dickey Loop. Nice loop hike in Waterville Valley area in NH with excellent views from exposed ledges. Moderate elevation gain, length, and pace make this a great hike for AMC members who may want to give day hiking in the White Mountains a try. L Paul Mill-

er (paulallenmiller@verizon.net), L Jim Casey (cmne@comcast.net), R Paul Miller (508-369-4151 before 9:00 PM, paulallenmiller@verizon.net)

(FT) (NM) Thursdays  
Jul. 18. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Jul. 25. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Aug. 1. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-

8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Aug. 8. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Aug. 15. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

Sat., Aug. 17. Whiteface Mtn. Loop hike over Blueberry Ledge Trail to Rollins Trail to Dicey's Mill Trail. Strenuous hike with challenging rock ledge scramble and a water crossing. One of the more challenging hikes in the Whites. For experienced White Mtn hikers only. Magnificent views from bare ledge precipices. El 4010, el change 2838 Ft, 10 mile loop. L Len Ulbricht (lwu9944@verizon.net), CL sue franconi-salmon (sfranc321@gmail.com), R len ulbricht (lenu44@gmail.com)



(AN) (CE) Mon., Aug. 19-25. Mount Katahdin Backpack. Join us for an extended backpack through Baxter State Park. We will camp at Wasataquoik Stream, Russell Pond, Roaring Brook, and Chimney Pond. Weather permitting we will summit Mount Katahdin, traverse the Knife Edge and summit Pamola. We will also plan on climbing Hamlin Peak via Hamlin Ridge. Group dinners provided. L Ken Jones (508-697-0142 6-9 pm except Thursdays, lotsoluck@comcast.net), CL Luther Wallis (508-310-3949, lew89@comcast.net), R Ken Jones (207 Walnut Street, Bridgewater, MA 02324, 508-697-0142 6-9 PM Except Thursday, lotsoluck@comcast.net)

(FT) (NM) Thursdays  
Aug. 22. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Aug. 29. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Sep. 5. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Sep. 12. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Sep. 19. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Sep. 26. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-

8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

(FT) (NM) Thursdays  
Oct. 3. Red Line the Blue Hills. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (508-542-0665 before 9 pm, RLBH\_leader@amcsem.org), L Michael Swartz (swartz@brandeis.edu), L Ellen Correia (ellenrcorreia@gmail.com), R Jodi Jensen (781-249-8346 early evening, RLBH\_registrar@amcsem.org)

## TRAILS

Looking for someone to be vice chair of the trails committee and plan local trailwork events for the chapter. Contact the chapter vice chair at vicechair@amcsem.org

## Chapter Trips

Sat., May 11-12. Lonesome Lake Trail work. Lonesome lake trail work May 11th & 12th 2013. Want to get out and have fun getting dirty? Come join us for some trail work sprucing up Lonesome lake trail. We will be doing trail work Saturday and staying at Lonesome Lake hut on Saturday evening. If additional work is required we will continue on Sunday morning otherwise we can take in a hike to Kinsman or Canon Mt. Register with Wayne Anderson wanderson@mxcsi.com Phone (508)697-5289. L Lou Sikorsky (hikinglou@charter.net), R Wayne Anderson (508-697-5289, wanderson@mxcsi.com)