



The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | December 2017

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

Shop the Breeze Market for equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Hikers pause at the gazebo at Newbridge on the Charles. Photo by Ken Carson

'Invigorating' hike detailed in Ledger column

Twenty-six enthusiastic hikers joined the December 7th trek to the top of Wilson Mountain in Dedham, MA, followed by a brisk stroll through Whitcomb Woods and Newbridge on the Charles. The AMCSEM hike led by Ken Cohen and Walt Granda was featured by participating member Sue Scheible in her weekly "A Good Age" column in *The Patriot Ledger*.

Describing the outing as "an easy, but invigorating walk," Sue concluded: "It's a good choice for a quick hike if you are out that way or going along the highway and feel like a break."

Read the full column [here](#).

View from the Chair: “Get Healthy!”

As we approach the New Year, a lot of people begin to think about ways to improve themselves and one area that always comes up is—Health! Ralph Waldo Emerson once said, “The first wealth is health.” If improving your health is on your mind, here are a couple of suggestions:



VOLUNTEER—Volunteering can improve your health in a couple of ways. First, it usually gets you active, and second, it helps your emotional side by improving your social connections. As the daylight hours grow shorter, it is very important to get out and connect with people, preventing “cabin fever” and other forms of isolation. Volunteering forces you to interact with other people and gives a very positive feeling of “giving back” to society. Specifically, by volunteering with AMCSEM you will be interacting with other like-minded people concerned about the outdoors and conservation. We have several ways you can volunteer for your chapter—from filling openings on our board and committees, becoming an event leader, or submitting an article for our newsletter. We are offering free Leadership Training on April 7, 2018, which is always a good time even if you don’t want to eventually become a SEM leader. If you are looking for ways to volunteer and don’t see anything on our website that might interest you, please contact me at chair@amcsem.org and I’m sure we can find a way for you to volunteer for something.

GET OUTSIDE—Although our paddling events and bike rides have pretty much come to an end for the season, they have been replaced by some exciting, healthy outdoor events. How about going on a Full Moon hike, a Cape Hike, a gentle snowshoe hike, or a cross-country ski trip? We are also starting a series of family hikes and events, so why not get your kids or grandkids outside and get some fresh air? And when you get outside, don’t forget to bring a friend—there’s that social thing again! You can find all our activities (hike, ski, trail work, snowshoe, family hikes, and/or volunteer) on our website at www.amcsem.org.

Hope to see you outside!
Barry Young,
AMCSEM Chapter Chair

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Contact chair@amcsem.org
if you are interested in any
OPEN position.



On the trail. *Photo by Len Spada*



Maureen Pena and Doug Griffiths enjoy the awesome views. *Photo by Len Spada*

Winter series returns to Welch-Dickey

By Paul Miller, Communications Chair

On Saturday, December 2nd, eighteen enthusiastic, well-equipped AMC hikers showed up at the Welch-Dickey trailhead near Waterville Valley, NH, for the second hike in this season's SEM Winter Hiking Series. This included a good mix of both newer and experienced SEM winter hikers, plus two amiable visitors from the Boston Chapter (who we're likely to see join us again on future trips).

While we haven't visited Welch-Dickey for the last several winter series, this is always a favorite winter hike. Not only are there awesome views, but the hike is not too challenging from the perspective of either length (4.5 miles) or elevation gain (neither Mt. Welch nor Mt. Dickey is over 3,000 feet high).

However, the footing can get a bit tricky in early winter since the ledges are often icy, making microspikes—or sometimes even full crampons—essential. As expected, the trail conditions varied from bare rock at the bottom to mixed ice and rock mid-mountain; plenty of ice on the ledges; and mostly snow on the two summits.

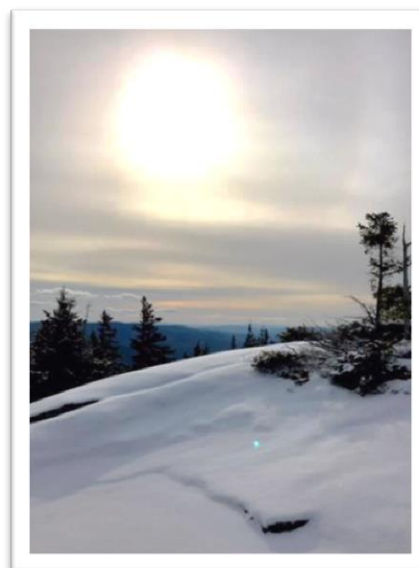
This made for a great “teaching opportunity,” because the newer winter hikers among us learned to use and trust their microspikes, a key winter hiking lesson. We're hoping to have a similar teaching opportunity for snowshoes on the next winter series hike, January 6th, to Mt. Kearsarge North in Intervale, NH.

2017-2018 SEM WINTER HIKING SERIES CONTINUES

- #3 Jan. 6th—Mt. Kearsarge North, Intervale, NH
- #4 Feb. 3rd—Mts. Tom and Field, Crawford Notch, NH
- #5 Mar. 2nd-4th—Zealand Hut Weekend, Twin Mtn., NH
- #6 Mar. 11th—Mt. Liberty—Franconia Notch, NH

ADDITIONAL WINTER HIKES

- Snowshoe Hikes**—Dec. 16th, Jan. 20th (Anne Duggan)
- Sunday Morning Hikes**—Dec. 24th, Jan. 14th, Feb. 18th, Mar. 18th (Maureen Kelly)
- Noble View Weekend**—Feb. 9th–11th (Walt Granda)



Why we hike in the Winter!

Photo by Ben Waitt

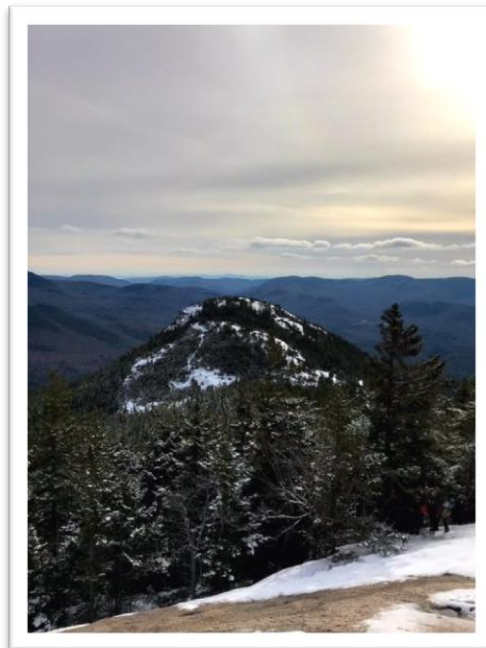
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Welch-Dickey Hike

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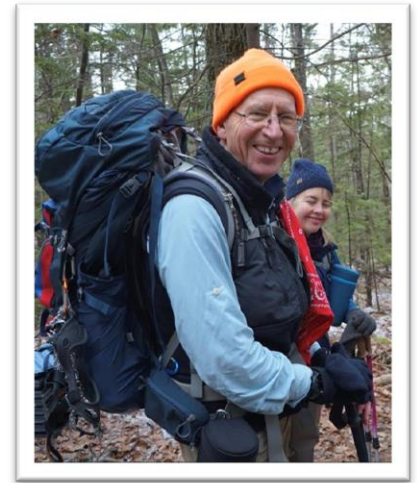


Smiles on the Summit! *Photo by Len Spada*

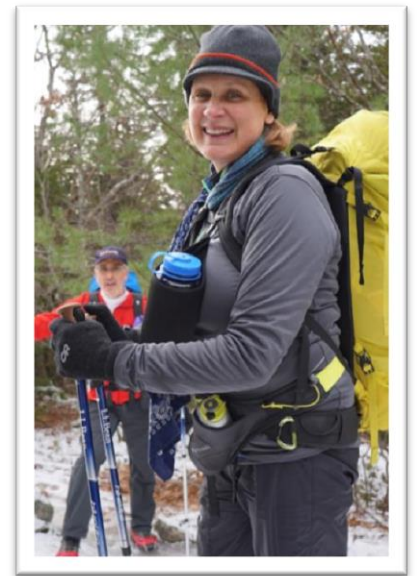


Left: Icicles along the trail. Right: The view from Mt. Dickey to Mt. Welch.
Photos by Bernie Waitt

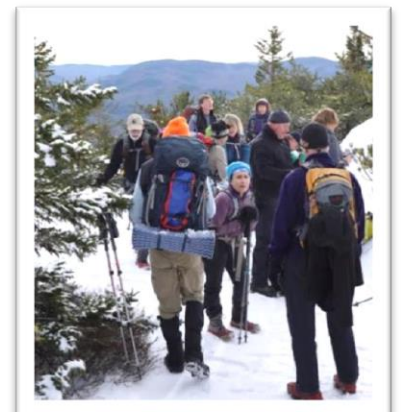
Right Column: *All photos by Len Spada*



George Danis, our Intrepid Leader.



Maureen Pena is all geared up.



Real winter hiking conditions.



Massive rocks and blowdown along the forest trail.
Photo by Peggy Qvickland

Hiking the Forests of Rhode Island

By Peggy Qvicklund, SEM Hike Leader

Who knew our country's smallest state held a forest so untouched and with such varying terrain that it could be used as a set for a movie with elves and trolls!

Eleven AMC hikers experienced this magical place on the Saturday after Thanksgiving. We met at Beach Pond to hike a portion of the Pachaug Trail. The sun was so warm in the parking lot we almost didn't want to enter the woods.

But off we went, and soon we were hiking in a mixed woods of white and red pine along with the usual hardwood, stepping over blowdowns from recent wind storms.

The trail took us along the edge of the pond. It was tempting to stop and just sit at the water's edge. The trail was easy to follow, with ups and downs—eskers created by the glaciers, maybe? This kept it interesting. A mile or

so in we found a mailbox on the ground with a hikers' log, and Barbara thought it was a perfect place to leave her painted rock for someone else to find. Check out "860 Rocks" on Facebook to learn more.

But the best was yet to come. The trail continued into Connecticut, where the hemlock forest took over with beautiful rock jumbles everywhere. We passed along the foot of a huge outcrop with some small caves and ferns still adorning the crevices. Sunlight only filters in to this area, and I'm sure it would be a perfect spot to cool off on a hot summer day.

After passing along the base of this massive rock, the trail eventually took us back to the water's edge. Here we stretched out and enjoyed our lunch while the sun warmed us.

We returned to our cars on the same trail, but as is often the case, the trail looked different from the other direction and was just as enjoyable heading homeward.

Certainly the amazing November weather, sun, and 60-degree temperatures made the hike especially enjoyable. But honestly, the folks on this hike made it the best. Members from the Worcester, Southeastern Massachusetts, and Rhode Island chapters were present. These members had the honor of welcoming three in our group—Jodi, Patty, and Mike—who were on their very first AMC hike. As always, I enjoyed meeting new and interesting people, and I hope they enjoyed the "troll forest" as much as I did!



New AMC hikers Jodi Marchese, left, Patricia and Mike Little. *Photo by Peggy Qvicklund*



Jeannine Audet, left, Jan Su, Patty Hathaway, Johanna Vanstrien, Bernie Meggison, and Carlos Pena were among those defying the near-freezing temperatures for a Veterans Day ride. *Photo by Barbara Gaughan*

Weekend of Wheels and Wine

By Jeannine Audet

On a sunny but very brisk day, seven riders bundled up for a 24-mile ride through Westport, MA, and Adamsville and Tiverton, RI. We passed farms, stone walls, an orchard, and a grist mill. Temperatures hovered around 37 degrees, but there was only a light breeze and the bright sunshine was appreciated. Afterward, our group enjoyed a private wine tasting at Westport Rivers Winery.



A toast to a great ride! Bernie Meggison, left, Jeannine Audet, Barbara Gaughan, Gary Harris, Jan Su, Carlos Pena, Patty Hathaway, Johanna Vanstrien. *Photo by our guide.*



Register Now! AMC's 2018 Annual Summit! January 27, 2018

[Four Points by Sheraton, Norwood MA](#)

Please join AMC in kicking off another year in the outdoors! No matter what adventures you are planning for 2018, the 142nd Annual Summit has something for you. This event will connect both newcomers and lifelong members with valuable resources, and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC's thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that matches your interests. Check out the full list of offerings [here](#).

This year will feature:

- Interactive workshops led by AMC experts and outdoor pros
- Organization-wide committee meetings
- A delicious buffet lunch
- AMC's annual volunteer service awards
- The 142nd Annual Business Meeting
- Early evening reception, with complimentary drink and hors d'oeuvres
- Updates on AMC's work in conservation, recreation, and education

For those interested in staying over Friday and/or Saturday night, AMC has arranged for special group rates. Visit our registration page for more details.

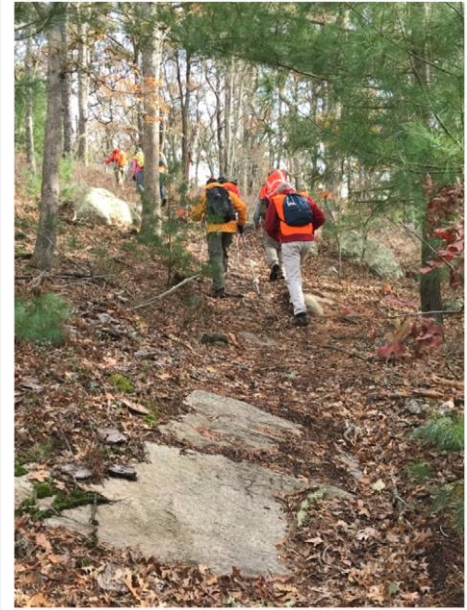
Early Bird Special Pricing:

Register before January 1, 2018

Pay only \$35!

Regular rate of \$45 applies after January 1, 2018. Register at

www.outdoors.org/AnnualSummit.



Falmouth’s Moraine Trail is not a stroll on the beach! Left: The uneven terrain is strewn with boulders. Right: AMCSEM hikers scramble up another slope on the wooded trail. *Photos by Lenny Collins*

Falmouth Moraine Trail Surprises

By Barry Young, Chapter Chair

Who knew you could hike for nine-and-a-half miles in the woods with several ups and downs, walk by large boulders and glacial ponds—on Cape Cod! When most people think of the Cape, they think of sand, beaches, and dunes with beach grass. Yet in Falmouth there is a lovely long wooded trail guaranteed to get your heart beating faster.

On November 18th, SEM Hike Leaders Cathy Giordano and John Gould led eight hikers on a very different Cape hike. The Falmouth Moraine Trail, unlike most Cape trails which traverse gentle and flat terrain, skirts deep, steep-sided valleys, scrambles up rocky slopes, and circles around hills. The irregular terrain makes it an excellent hiking trail.

The last two miles of the hike traverse the east side of Long Pond, an unusually large and deep kettle-hole pond formed by retreating glaciers 15,000 years ago. Today it is easy to see the difference between the smooth, sandy southeast side and the steep and rocky shores to the north and west forming the Falmouth Moraine.

John Gould has posted this hike again for April 2018, so look for it on our website. As an added bonus, John was one of the original trail blazers for the trail, and he adds a rich commentary as you hike along. And if Cathy Giordano joins in again, you will be treated to some interesting natural history discussions on the birds, trees, flowers, and shrubs that make up the Moraine habitat.



Good turnout for Nov. 26th "Show & Go" hike at Myles Standish State Forest on Nov. 26th. *Photo by Paul Miller*



Volunteer of the Month: Rob McDonald

Written by Peter Tierney, Trails Chair



Photo by Skip Maysles

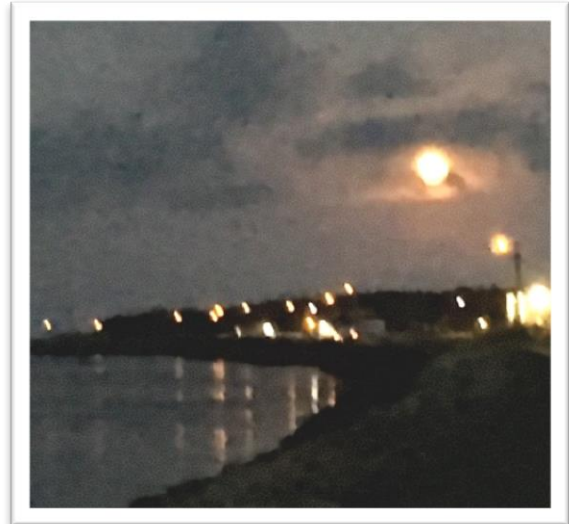
Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Trails Committee recognizes ROB MACDONALD for his continuing contributions.

Rob is an avid birder, photographer and hiker. He believes in leaving trails in better condition than he found them and typically has brush clippers and a small saw in his pack so he can maintain paths as he hikes them. Rob participates in the Trails Committee's maintenance events and acts as informal liaison between AMCSEM and the Bay Circuit Trail Committee's representative in Hanson, MA. In addition to his efforts for the AMC, Rob is also an active volunteer for the Wildlands Trust and the Stellwagen Bank National Marine Sanctuary.

Thank you, ROB, for all you do! Rob will receive a Volunteer of the Month Certificate and a \$50 gift card.



Setting out from the west end of the canal, across from the Mass. Maritime Academy: Peter Meggison, left, Melissa Ann, Ute Anderson, Barbara Gaughan, Larry Decker, Patty Williams, Jim Kilpela, and Paul Currier, Leader. Photo by Maureen Colbert



The Beaver Moon appeared at the east end of the canal, much to the surprise of many, as the sunset was fogged and clouded out. Never give up!

Photo by Barbara Gaughan

Cape Cod Canal riders rewarded with moonlit views

Nine cyclists set out on November 3 for a ride along the cape side of the Cape Cod Canal. They headed out to Monument Beach and Gray Gables under persistently foggy gray skies. Resigned to missing the hoped-for Beaver Moon, the group was elated to spot the full moon cutting through the clouds when they reached the east end of the canal near the power plant. The November full moon gets its name from the Algonquin people, according to *The Old Farmer's Almanac*: "This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs."

Explore the North Cascades with August Camp 2018

In 2018 AMC's August Camp returns to the breathtaking North Cascades of Washington State. Hikes will be 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 4-6 hikes every day, or add in backpacking, rafting or kayaking to expand your experience. No matter what you do, you'll be surrounded by amazing vistas!

This full-service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2018 campsite is on the banks of the swift-flowing Skagit River, a popular rafting destination, in the shadow of glaciated 10,781-foot Mt. Baker, and just down the road from Cascadian Farms, known for their organic food and wonderful ice cream. The site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Fly into Seattle-Tacoma International airport, from where the fleet of camp vans provides free transportation to Camp each Saturday. The vans also provide transport to and from daily activities.

Activities are planned and led by AMC-trained and approved volunteer leaders; meals are prepared by our friendly camp staff. All you have to do is show up at the airport Saturday to enjoy the hiking, the scenery, the people, and the fun that is August Camp!

Detailed info and registration materials will be available on the [August Camp website](#) in early December. Availability is limited so plan your one or two week adventure now and be part of one of the AMC's oldest traditions. Registration opens January 2, 2018.

AUGUST CAMP 2018

Week 1: July 14-July 21
Week 2: July 21-July 28
Week 3: July 28-Aug. 4
Week 4: Aug. 4-Aug. 11

Mountain Majesty

North Cascades • AMC's August Camp 2018

Explore magnificent North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation Areas. Camp on the banks of the swift Skagit River in the shadow of 10,781 foot high glaciated Mt. Baker.

Hike, raft, bike and more, visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty, delicious meals prepared by our staff, local transportation and a free shuttle from Seattle-Tacoma International Airport.

July 14 through August 11. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. **Questions? Ask Trish Niece at AugCampReg1887@gmail.com**

Photo by Jim Borowski, August Camp 2013

augustcamp.org



Show-and-Go hikes at Myles Standish State Forest

Written by Maureen Kelly, AMCSEM Hike Leader

Nine hardy hikers headed out early on December 10th for the second in the series of Winter Morning Out hikes in Myles Standish State Forest led by Maureen Kelly and John Bescherer.

The hikes are a collaboration between AMCSEM and Friends of Myles Standish. The seven-mile hike covering both the East Head Reservoir and the Bentley Loop will be repeated on: January 14th, February 18th, and March 18th.

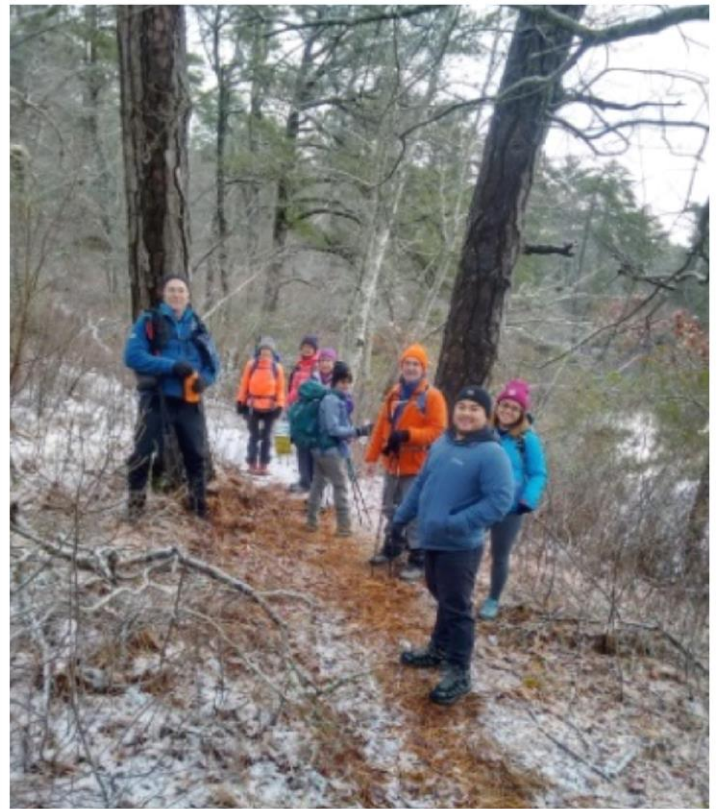
These hikes are show-and-go with no pre-registration, so meet us at the Myles Standish State Forest Headquarters Parking Lot and join us for the next one.

Photo by Maureen Kelly

Shop the Breeze Market for used equipment bargains!

Members looking to sell, trade, or free-cycle their used equipment can post for free.

Business advertisements are just \$15/month. Send inquiries to breeze.editor@amcsem.org



Guidelines for submissions to *The Southeast Breeze*:

For articles and photos, please include:

- ✓ “Written by...” Include AMCSEM office or event role
- ✓ “Photo(s) by...”
- ✓ Full names, left to right, of people pictured prominently (clearly visible faces) or identify the group
- ✓ Event name, date, location
- ✓ Email to breeze.editor@amcsem.org as attached Word document and photos (preferred) or with text and photos in the message box.

Please submit by the last day of the previous month. Thank you!

Activities

For the most current information, [search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

Indicates pace

Indicates terrain

AA 13+

1very fast

Avery strenuous

A 9-13

2fast

Bstrenuous

B 5-8

3moderate

Caverage

Cless than 5

4leisurely

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

C Conservation

BICYCLING

Mon., Jan. 1. SEMAMC 15th ANNUAL NEW YEAR'S DAY CYCLING, North Falmouth, MA. We'll cycle the streets and Shining Sea Bike Path from North Falmouth to Woods Hole and return for 27+/- miles or 3 hours or so. We'll do a shorter ride if the weather is iffy. Last year was beautiful: sunny, 44 degrees, little wind. We'll start at the Shining Sea Bike Path parking lot in North Falmouth. First re-group is Old Silver Beach and a look toward Marion, Rochester, Mattapoisett, Fairhaven, New Bedford and Puget Sound. Perhaps I'll include a couple of side tours into Gunning Point and Racing Beach areas. Then we're on to Woods Hole for refreshments. The return ride will bring us to Nobska Light and then the Shining Sea Path. Start time - late morning with riders and tires pumped and ready to roll. Helmets, water, spare tube required; used pump and tire changing tools would be a plus. Contact leader for start time and registration. L Paul Currier (508-833-2690 8 am - 7 pm, paulbcurrier@comcast.net)

CAPE HIKING

Thu., Jan. 4. Hike Quashnet River, Falmouth / Mashpee, MA. Hike along the Quashnet River and through surrounding woods. Meet at 9:45AM for 10:00AM start. From the Mashpee Rotary take Rte. 28N towards Falmouth. Follow Rte. 28 for 2.1 miles to a right on Martin Rd. (just after crossing the Falmouth town line). Parking is in a small lot or along Martin Rd. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

Sun., Jan. 7. Hike Otis-Crane Wildlife area, Falmouth, MA. Join us for a nice winter wooded hike. Flat to rolling hills. Hopefully we will find Mt. Zig this time and swing on the swing w/ a view. Meet at 12:45pm for a 1pm start. Go S on Rt 28 to the 151 Exit. Go R at ramp and in a short distance you will see the dirt parking lot on R. Meet in the dirt parking lot across from animal hospital. L Linda Church lchurch@whoi.edu)

Thu., Jan. 11. Hike--Sagamore Hill and Scusset Beach State Park, Sagamore, MA. This 4 mile, 2 hour hike is on wooded paths to historic Sagamore Hill, along level wooded trails in Scusset Beach State Park, and along the Cape Cod Canal service road. Dress for wind along the canal. The hike may be modified due to icy conditions. Go over the Sagamore Bridge, taking Exit 1A/Scusset Beach Road. Go 1.5 miles to the parking area, passing through a traffic light, pass McDonald's on the right, pass the fire station on the left. You will see the sign for Scusset Beach State Park. Pass the guard shack. Fairly soon on the right you will see the Headquarters sign. Park in that lot, on the near end of the parking lot near the road. L Robin McIntyre (508-789-9752 Before 9 pm, robinm McIntyre@comcast.net, Robin is a third year Cape hike/SEM leader with WFA training.) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Jan. 18. Hike Bourne Farm and Beyond, West Falmouth, MA. Enjoy hiking the wooded trails at Bourne Farm and Cardoza Farm in West Falmouth. Some hills. Weather will dictate the decision to go beyond these areas to the beach or to the pond and bog areas. Dress in layers. Bring water, snacks, traction devices such as Yaktrax for icy areas. We meet at Bourne Farm at 9:45 am to begin the hike. From the Bourne Bridge (cape side) take Rt 28 south From Rt 151 West take Rt 28 south Then take the Thomas Landers exit. Turn right (West) off the ramp. At the stop sign turn right, make a quick left into Bourne Farm. Park here. Call leader Cathy Giordano if you have questions 508 243 3884. L Catherine Giordano (508-243-3884 Before 9 PM, cmgiordan@msn.com)

Continued on next page

Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Jan. 25. Hike Bearberry Hill - Truro (C3C), Truro MA. Pretty, soft and hard packed sand trail with two good-size hills ending with a 15 minute beach walk. This hike includes two outstanding vistas: Bearberry Hill with 360 ocean view and overlook down to Longnook Beach. Hike meeting time 9:45 with a 10:00 start..2 hours. From Rte 6 in Truro take the Pamet exit. Right at bottom of ramp, left at South Pamet Rd to the Ballston Beach parking lot. L Pat Sarantis (508-430-9965 Before 9:00 pm, patsarantis@gmail.com)

Sun., Jan. 28. Ryder Conservation/Lowell Holly Reservation, Sandwich/Mashpee Hike, Ryder Conservation, Sandwich, MA. 4-4.5 mile hike in Sandwich Conservation area and a Trustees of Reservation property. Relatively flat on varied terrain with a couple steep but short hills thrown in. Meet 12:45 for a 1:00 p.m. departure. Limited parking at trailhead. Rt 6 to Exit 3 > Quaker Meetinghouse Rd south x 2.5 mi > left @ light on Cotuit Rd x 2 mi. Parking on right. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net SEM Level 1 hike & bike leader.)

Thu., Feb. 8. Hike Eagle Pond Cotuit, Cotuit, MA. Wooded hike around Eagle Pond, into Little Creek conservation area and around a white cedar swamp. We will have views of Cotuit trails. Mostly flat wooded trails with some pavement. From Rte. 6 take exit 5 and turn S on Rte. 149, follow 149 to traffic lights at Rte. and turn R. Continue on 28 to traffic lights at CVS and turn L onto Putnam Ave. Go approximately 0.6 miles to dirt pullout on L and park. From Mashpee Rotary take Rte. 28 to Hyannis and drive to traffic light with shopping area on L and CVS on R, turn R onto Putnam Ave. and go about 0.6 miles to dirt parking area on L. Meet at 9:45 AM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., Feb. 24. Hike--Monk's Park and Little Bay, Bourne, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is frequent, moderate rolling hills on the wooded trails throughout the hike. Dress for wind on the beach. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training.)

Sun., Mar. 11. Hike Cape Cod Canal/Town Neck Sandwich, MA. Taking advantage of low tide we will hike 4-5 miles along the canal, along Town Neck & Boardwalk beaches which vary from very rocky terrain to soft & hard packed sand then through the Town Neck neighborhood. Gather at 12:45 for a 1 p.m. start from Sandwich Recreation Area parking lot at end of Freezer Rd off Tupper Rd, Sandwich. Heavy rain cancels. L Barbara Gaughan (781-572-1321 Before 9 p.m., barbaragaughan12@comcast.net, SEM Level 1 hike & bike leader.)

Thu., Mar. 15. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Four Ponds Conservation Area and adjacent Bourne Town Forest. The terrain is wooded pathways, fire roads, and mountain bike trails with some moderate hills. It offers views of the ponds and some wildlife. From the Bourne Rotary/Cape side, take Route 28S for 1.7 miles. Take a right onto Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go .5 miles and turn left onto Valley Bars Road. Go .3 miles and pull up in back of the Weary Traveler's Club into their parking lot--the driveway is a U shape around the back of the club. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year Level 1 SEM/Cape hike leader with WFA training)

Thu., Apr. 5. Hike Crowes Pasture, Dennis, MA. Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! Meet at 9:45AM for 10:00AM start. Cold Storage Beach parking: RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9:00PM, shaferhayden@gmail.com)

(FT) (NM) Sun., Apr. 15. Falmouth, Beebe Woods Hike (C3D), Falmouth, MA. Spring stroll through woods, passing ponds and a farm. Meet at 12:45pm. 2 hours. Take Route 28 South to hospital lights, then 0.6 miles to a right on Depot Avenue. Continue 0.4 miles up the hill and past Highfield Hall into the parking lot at Cape Cod Conservatory. If question about weather, contact L.eader. L John Gould (508-540-5779, jhgould@comcast.net)

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Activities

For the most current information, [search activities online](#)

CAPE HIKING

Thu., Apr. 19. Hike--Bourne Sisters, Bourne, MA. This 2 hour approximately 4 mile hike is in the Bourne Conservation Trust areas of the Bourne Sisters and Perry Woods. It also includes a cranberry bog and Town of Bourne Leary Property. The terrain is wooded pathways with frequent moderate rolling hills. We will have views of Back River from the Leary Property. Icy trails may be a reason for cancellation of this hike due to the hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net, Robin is a third year SEM/AMC Level 1 hike leader with WFA training.)

Sun., Apr. 22. Hike and Clean Up John's Pond Mashpee, MA. To celebrate Earth Day we will hike and clean up along the wooded trails along John's Pond and Moody Pond. Gloves and bags for the clean-up will be provided. From Falmouth RT 151 West, Turn North (L) on Currier Rd, then Right on Ashumet Rd. In short distance, Ashumet bears off to right, continue straight on Hooppole Rd. (No road sign). Go 1.5 miles and turn Right on Back Road. Go 0.6 mile to large beach parking lot. From Mashpee Rotary take Rte. 151 to Falmouth and proceed to Barnstable Fairgrounds and turn R onto Ashumet Rd., at stop sign turn R to continue on Ashumet which will become Hooppole continue 1.5 miles to R on Back Rd., go 0.6 miles to parking lot at John's Pond. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net) L Nancy Wigley (nrwigley@verizon.net)

Thu., Apr. 26. Hike Shawme Crowell State Park Sandwich, MA. Hike cleared trails with some up/down hills. We will hike to a view of Cape Cod Canal or the Adventure Park at Heritage Gardens. Driving directions from Sagamore Bridge take 1st exit and turn R onto Sandwich Rd and continue to merge with 6A bear L and follow to Rte 130 turn R go short distance entrance to park is on R drive past guard booth and follow road until you come to dumpsters. Park around dumpsters. From upper Cape take Rte 6 to exit 2 and turn L onto Rte 130 follow through town and continue until you see entrance to Shawme Crowell on L drive past guard house and follow road to dumpsters. Meet at 9:45 AM for 10 AM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sun., Apr. 29. Hike Maple Swamp, Service Rd., East Sandwich, MA. Hike historic area which dates back to glacial erosion. This hike has lots of steep climbs and declines with uneven terrain. Hiking boots and poles strongly recommended. Driving directions to start take Rte 6 to exit 3 Quaker Meetinghouse Rd and turn S off of ramp. Take first L onto Service Rd and look for Maple Swamp parking area on R past Mill Ln. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Sat., May 5. Hike Moraine Trail Hike, Falmouth, MA. Nine mile, 5-hour, moderately difficult, one-way, hike along moraine and pond with lunch stop. Meet in Goodwill Park in Falmouth at 0915, and we will carpool at 0930 to the hike start at 1000. Bring lunch, water, and your favorite tick prevention. Poison ivy is also found along the trail. Hike cancelled if rain. Please phone or email leader if any question about cancelling due to weather. From Mashpee rotary, take Rt. 151 west 3.4 miles to Left at Sandwich Rd. Go 3.7 miles and turn Right on Brick Kiln Rd at light, and go 0.9 miles and turn Left on Gifford St at light.. After 1.1 miles take a Right to enter Goodwill Park and follow road 0.3 miles to parking. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., May 13. Hike Santuiit Pond and River, Mashpee, Barnstable, MA. Hike along woodland trails around Santuit Pond and River past a newly refurbished herring run and hopefully find some Bird's Foot violets in bloom around a cranberry . Celebrate Mother's Day by hiking this scenic area. Take mid-cape highway to Exit 5 (Rte 149) and turn South to Rte 28. Turn R on Rt. 28 and follow to R on Santuit-Newtown Rd. Go 0.8 mile to yellow gate on L; park on grass along edge of road. Meet at 12:45 pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net) L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.

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

(NM) Thu., Dec. 21. Rocky Woods Hike, Rocky Woods Trustees of Reservations, MA. Join us on this hike to welcome winter, the Winter Solstice occurs at 11:28 am! The trails at Rocky Woods have gentle ups and downs, with one moderate climb to Lookout Point, the site of a former fire tower. Be prepared for winter temperatures, fleece, down and wind/rain jacket. Please no cotton clothing. Traction devices for the boots may even be necessary. Heavy rain or difficult driving conditions cancels. Please contact leader with any questions. L Peggy Qvicklund (774-893-3011 until 9pm., qvickan@comcast.net)

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HIKING

Tue., Dec. 26. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Dec. 28. Thursday Morning Hike, Moose Hill, Sharon, MA. Meet at 10 am in Sharon at the Audubon Moose Hill Wildlife Sanctuary parking lot for a 5-mile hike, starting on the Vernal Pool loop. Relatively flat route. Parking fee for non-Audubon members is \$3 for Seniors. Bring rain gear, lunch, water and sturdy shoes. Rain cancels. L Hans Luwald (508-668-0462 before 9 pm, hans.luwald@gmail.com) CL Debbie Lepore (617-778-4339 before 8 PM)

Tue., Jan. 2. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Wed., Jan. 3. Full Moon Hike at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike under the Full Moon at Borderland State Park. Sturdy footwear is required as well as water and a headlamp or flashlight. Dress for the predicted weater. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Bill Cannon (bcannon56@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Thu., Jan. 4. Thursday Morning Hike Myles Standish, 194 Cranberry Road, Carver, MA. Meet time 9:45 am at the Myles Standish Headquarters parking lot Cranberry Rd, Carver. The 5-6 mile mile hike will take us around East Head Pond and also on the Bentley trail. Required equipment: backpack, rain gear, hiking shoes, water, snacks, and lunch. It is hunting season so orange vests and orange hats are highly recommended. Snow/ice may require snowshoes or microspikes. Heavy rain will cancel. L Walt Granda (508-999-6038 Before 9:00 PM, wlggranda@aol.com)

Sat., Jan. 6. SEM Winter Hike Series #3 - Mt. Kearsarge North, Interval, NH. For the continuation of the series, we head to Kearsarge North in Interval. Kearsarge North, also known as Mt. Pequaket, is a symmetrical dome with an expansive view of much of the high peaks and an historic firetower at the summit. We will have a long, moderate climb with some semi-open ledges. Distance is 6.2 miles round trip with an elevation gain of 2600 ft. Winter hiking gear is required as well as prior winter hiking experience. For questions, please contact the leaders. L Leslie Carson (508-833-8237 Before 9:00 pm, lrc929@comcast.net, Leslie is a 4-season hike leader with the SEM chapter. She also leads hikes for AMC's August Camp and Adventure Travel.) L Maureen Kelly (mokel773@aol.com) L Paul Miller (paulallenmiller@verizon.net) CL Ken Carson, R Leslie Carson (lrc929@comcast.net)

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HIKING

Tue., Jan. 9. White Line the Blue Hills Hike, Blue Hills, MA. This series will run from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Thu., Jan. 11. Thursday Morning Hike: Whitney and Thayer Woods (B3C), Cohasset/Hingham, MA. Lovely woods walk across rolling hills on Trustees of Reservations property. Meet at 10:00am in the Whitney and Thayer Woods main parking area. Boots suitable for weather/trail conditions, possibly traction devices or snowshoes, water, winter wear (layers, hats, mittens) and snacks/lunch required. Directions: from Route 3 (Exit 14), take Route 228N for 6.5 miles through Hingham. Turn right onto Route 3A eastbound and follow for 2 miles to the entrance. Parking is on the right. Contact L if weather is questionable. Please carpool if possible, as parking is limited. L Eva Borsody das (borsody@gmail.com)

Sun., Jan. 14. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Jeannine Audet

Tue., Jan. 16. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(C) (FT) (NM) Thu., Jan. 18. Thurs. AM Monastery Grounds Hike, Cumberland, RI. Thursday Morning 10:00 AM Hike. Nice easy hike on the beautiful Monastery grounds in Cumberland, RI - Bring lunch or snack. Snow equipment may be needed. Rain cancels. Rte. 295S to exit 11. Take 114S app. 1-1/2 mi. Take right into Monastery, go past playground and park on right. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

(FT) (NM) Sun., Jan. 21. Hike North Hill Marsh Wildlife Sanctuary, Duxbury, MA. Pleasant 3 mile woodsy loop around Marsh Pond with possible sightings of ducks, geese and various other birds, cranberry bogs, followed by a 1.6 mile loop around little kettle holes which includes a portion of the 1623 Green Harbor Trail. There are some hills and uneven terrain, lots of roots, and flatter areas. Bring 1-2 liters of water, snacks, lunch, sturdy winter boots, a rain jacket, and layers for warmth. Hiking poles are optional. Light traction devices may be needed if snow is present (MicroSpikes, stabilicers, etc.). L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) CL Claire MacDonald (781-582-0316 9am - 9pm, cfmacdonald@hotmail.com), R Claire MacDonald (781-582-0316 9am - 9pm, cfmacdonald@hotmail.com)

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HIKING

Tue., Jan. 23. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Jan. 28. Family Hike in Copicut Woods, Fall River, MA. Join us for a beautiful and (hopefully!) snowy hike through the Copicut Woods in Fall River, MA. We will explore the trails for approximately 3 miles, at a leisurely pace. Snowfall will allow us to have fun following animal tracks. Suitable for children ages 3-10 years. Dress in layers, wear warm boots, and bring water and a snack. Call to register. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com)

Tue., Jan. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Wed., Jan. 31. Full Moon Hike at Borderland State Park, 259 Massapoag Ave, Easton, MA. Hike in the moonlight at Borderland State Park. This hike will be at an easy to moderate pace, be 4-5 miles and will last approximately 2 hours. Sturdy footwear, headlamps/flashlight and water are required for this activity. Participants will be sent trip details after registering. L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcally@comcast.net) CL Bill Cannon (bcannon56@gmail.com), R Bill Cannon (bcannon56@gmail.com)

Tue., Feb. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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HIKING

(AN) Fri., Feb. 9-11. Winter Hiking and Cross Country Ski Weekend-Noble View, Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for a winter weekend at Noble View Outdoor Center in Russell, MA, approximately 100 miles west of Boston. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. Limited to 28 participants. \$105/person for members and \$115 for non-members. Includes 2 nights group lodging, all meals starting. L Walt Granda (508-999-6038 Before 9:00 pm, wlganda@aol.com) L Jeannine Audet L Paul Brookes (603-799-4399, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.), R Walt Granda (508-999-6038 before 9:00 pm, wlganda@aol.com)

Tue., Feb. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Sun., Feb. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288, mokel773@aol.com) L John Bescherer L Peggy Qvicklund

Tue., Feb. 20. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Feb. 27. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn, R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

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HIKING

Fri., Mar. 2-4. SEM Winter Hiking Series Trip#5 - Zealand Falls Hut Overnight, Zealand Notch, NH. We'll return to beautiful Zealand Notch for the 2017-2018 SEM Winter Hiking Series overnight trip. Participants have an option to stay at the AMC Zealand Falls Hut for either one or two nights under our group reservation. At the hut, we'll enjoy camaraderie and group breakfasts and dinners. App. 6-mile hike or snowshoe into the hut, with minimal elevation gain. For participants who stay both nights, we'll also offer several shorter hikes from the hut. A warm winter sleeping bag (rated to at least 0 degrees F.) will be required along with full winter gear, including well-insulated winter boots, snowshoes, and microspikes. Depending on trail conditions, we may also need either 10- or 12-point crampons. Prior winter hiking experience and/or participation in an SEM Winter Workshop (or equivalent) required. Preference will be given to those who participated in previous hikes in the series. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul is an experienced winter hike leader who enjoys helping others learn about the joy (and challenges) of hiking in winter.) L Leslie Carson (lrc929@comcast.net) L Maureen Kelly (mokel773@aol.com) L Ken Carson , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., Mar. 6. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

Tue., Mar. 13. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(FT) (NM) Thu., Mar. 15. Thurs. Morning Hike - Oldham Trail & Harold Clark Forest, Foxboro, MA. Hike the Oldham Trail and Harold Clark Forest in Foxboro. Meet at 10:00 am at parking lot on Rt. 140 across from Sunoco Station. Heavy rain will cancel. Bring lunch or snack and water and wear appropriate footwear. L Muriel Guenthner (508-699-7461 Before 9:00PM, murielguenthner@comcast.net)

Sun., Mar. 18. Winter Morning Out Hike at Myles Standish State Forest, Carver, MA. Enjoy the winter season by getting out and hiking in it. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver. Combining the flat, pond-side East Head Loop and the hilly, wooded Bentley Loop will give us about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Meet at 7:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. We'll plan on a moderate pace to complete the hike in 3 hours. Registration is not required, but email the leader with questions or concerns. If we have snow, the hike will become a snowshoe and the distance will be adjusted. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer

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Activities

For the most current information, [search activities online](#)

HIKING

Tue., Mar. 30. White Line the Blue Hills Hike, Blue Hills, MA. This series runs from the Winter Solstice to the Spring Equinox. We will meet Tuesday mornings at 10am and hike trails in the Blue Hills for 3 to 4 hours at a moderate pace. The first hike is Tuesday Dec 26 (last hike is March 20). Register once and then come when you can, info sheets for registered participants will be emailed the prior week. After the first snowfall winter clothing, winter hiking boots, micro-spikes and snow shoes will be required, also Paul, one of the hike leaders, will have his dog Sunny with him when weather permits. We hope you consider this winter series; it's pleasant hiking without bugs and it's an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Patricia-Lee Achorn , R Paul Brookes (603-799-4399 After 8am and before 8pm, PaulBrookes1966@outlook.com)

(C) (FT) (NM) Thu., Apr. 12. Thurs Morn. Hike - Wallomonopoag Conservation Area, Elysium St., Wrentham, MA. Meet 10:00 am in Conservation Area parking lot off of Elysium St. Wrentham. Bring water, snack or lunch & sturdy footwear. Rain cancels. Great blue rookery and eskers and possible sighting of deer. L Muriel Guenthner (508-699-7461 Before 9:00pm, murielguenthner@comcast.net)

SKIING

Fri., Jan. 12-15. XC Skiing, White Mountains, NH. Barbara Hathaway and Jeannine Audet of the Southeastern Massachusetts Chapter and Wayne Cardoza of the Boston 40 Plus Chapter join together for a weekend of cross country skiing in the White Mountains. Bretton Woods, Jackson XC, Bear Notch and Great Glen Trails are options depending on trail conditions. Lodging at Applebrook B&B in Jefferson, NH has become a tradition for nearly 30 years. Rates \$210 to \$265/pp includes lodging & breakfast for 3 nights, pizza or sandwiches on Friday night, full dinner Saturday and hearty soup Sunday night. L Barbara Hathaway (508-880-7266 Before 9 pm, barb224@tmlp.net, Ski Committee Chair and leader for more than 10 years.) L Jeannine Audet (508-675-8055, milmod@aol.com, Experienced SEM xc ski leader for 3 seasons. Currently Ski Committee Chair.), R Barbara Hathaway (141A Indian Meadow Drive, Taunton, MA 02780, 508-880-7266 Before 9pm, barb224@tmlp.net)

Fri., Feb. 23-25. Cross Country Skiing in Waterville Valley, 5 Old Waterville Rd., Campton, NH. Join us for a cross country skiing weekend in Waterville Valley, NH. We will stay at the Mountain Fare Inn. The Inn features en suite rooms with full breakfast & nearby skiing. This is a collaborative trip with the Narragansett Chapter. L Jeannine Audet (508-493-8221, milmod@aol.com) L Barbara Hathaway (508-662-0724, barb224@tmlp.net) CL Karen Rudio (508-397-2316, karenrudio@comcast.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)



Happy Trails!