

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | January 2019

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Winter Series hikers achieve the summit of Mount Roberts in the Ossipee Mountains.

Great views greet Winter Series hikers

By Paul Miller, Hiking Leader; Photos by Susie Schobel

The second hike in this season's Winter Hiking Series on Saturday, Jan. 5, brought us to Mt. Roberts in Moultonborough, NH, the westernmost peak in the Castle in the Clouds complex in the Ossipee Mountains. For good reason, Mt. Roberts is on the popular "52 With a View" list of sub-4,000-ft. peaks in New Hampshire offering great views.

Maureen Kelly, George Danis, and I served as nominal leaders for this trip, with co-leader Susie Schobel doing all actual work: planning the hike, screening participants, preparing the "poop sheet," and physically leading us all up and down the mountain to complete her hike leadership advancement requirements.

The weather forecast earlier in the week was (once again) not terribly promising, with steady rain predicted for much of New England. Luckily for us that day, while the rain in Massachusetts and southern NH made for generally miserable driving conditions, the weather at the mountain was just fine thank you.

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View from the Chair: *Be Outside with AMC-SEM*

As I write this, the 2018 year-end holiday celebrations are winding down and our SEM trip leaders are planning activities for 2019. We are off to a good start with the 16th Annual New Year's Day Road Cycling trip from North Falmouth to Woods Hole, plus 45 posted hikes and ski trips. Most are local trips, but several will bring us to the northerly mountains. Warmer weather's arrival will kick off the paddling and biking season, so you can expect more to come.

One new initiative this year is in response to members' requests for more local hikes on the weekends to supplement our regular schedule of weekday local hikes. To make it easier to plan and find these hikes, we've set up a system on the SEM website that enables leaders to reserve dates for future hikes and enables participants to see at a glance the weekend local hikes that will be posted in the AMC's ActDB online trip listing system. Check it out by going to AMCSEM.org, click on Hiking Committee, and click again on Weekend Local Hikes under Hiking Series. (Or, you can go directly to that spreadsheet by clicking [here](#).) While, as I write this, the spreadsheet only shows a few hikes, we expect it to become more fully populated over the coming months as more local hiking leaders become familiar and comfortable with it. And, of course, you can visit [SEM ActDB](#) at any time to see all posted SEM activities.

If you'd like to see even more local hiking opportunities on the weekends, you may want to consider becoming an SEM local hike leader yourself, so you can help plan and lead these. The same goes for other hikes near and far, along with paddles, bike rides, ski trips, and all the other great outdoor activities we offer. I encourage interested members to take advantage of our SEM Leadership Training program. This includes a free, one-day course that teaches the essential elements of trip leadership, followed by a few mentored trip co-leads that provide the prerequisite "hands-on" experience. Most leaders easily accomplish these steps in one season. Give it some thought. Leadership Training this year is set for Saturday, April 6, in Plymouth. Mark your calendar and watch the ActDB or future issues of the [Southeast Breeze](#) newsletter for registration information.

But, for now, winter is finally here. See you out on the trails.

Thanks!



Len Ulbricht, AMC-SEM Chapter Chair



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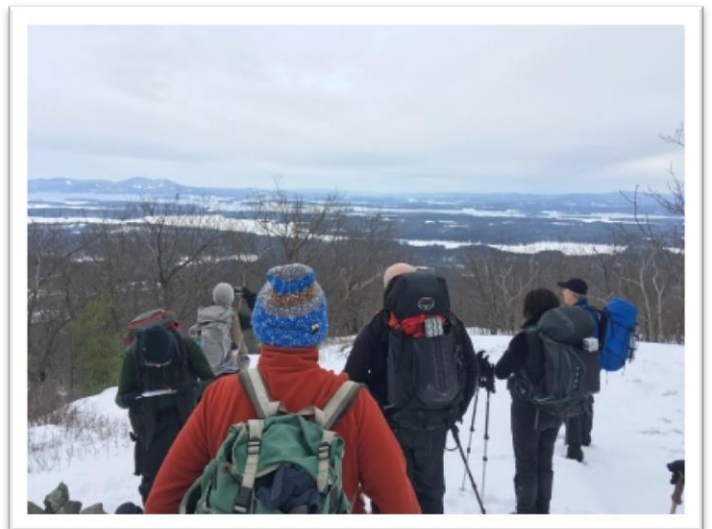
Mount Roberts hike

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The clear skies allowed us to enjoy expansive views toward nearby Lake Winnepesaukee and off to distant snow-capped mountain peaks (including a fabulous view of beautiful Mt. Chocurua). While the Mt. Roberts Trail was nicely snow-covered, a layer of ice lurking not too far beneath the surface made it advisable for us to don our Microspikes and Hillsound light traction devices for much of the hike.

The next hike in the Winter Series will bring us up to Mt. Kearsarge North in the White Mountains on Feb. 2. The series finale will be an [overnight trip](#) to the AMC Carter Notch Hut, March 1 through 3. While the Kearsarge trip is currently wait-listed, several spots are still open for qualified participants to join us for the Carter trip.



Bagging my Redline—Literally!

By Pam Johnson

Last December as winter was approaching, I was beginning to feel house-bound after hiking 24 of the 48 Four Thousand Footers over the summer. Now what? I started browsing the AMC Outdoors website and the “White Line the Blue Hills” series caught my attention. I had attended the SE Mass 2016 Winter Workshop and had completed my winter gear collection, but had not gotten out to do any winter hiking that year. I contacted the hike leader, Paul Brookes, and was disappointed to hear the series was wait-listed. Paul reassured me that he would call if a spot opened up. That call came through in mid-December and I was officially registered to start my White Lining on December 26, 2017.

A hardy band of well-equipped enthusiasts met up at the Houghton’s Pond parking lot the day after Christmas. With introductions completed, trail conditions and route discussed, and most important, the “rules of the game” of White Lining and Red Lining explained, we set off into the wintry woods. I was hooked. And I just love a personal challenge. Over the course of the winter of 2018, I began tackling the Blue Hills and continued on through the spring hiking with Len Ulbricht in his Tuesday Spring Conditioning Series.

To stay in shape over the summer while I was finishing up the four thousand footers, I took to the Blue Hills on a regular basis, mostly solo hiking, and my map was quickly filling up with highlighted trails. I wanted to finish redlining in under a year, so I started taking longer treks. By mid-November, the only trails left to do were the Pipe Line, the Neponset River Trail, and a small section of the Fowl Meadow Path. An easy loop.

On November 17, 2018, my husband, Steve, and I headed out on a sunny, cold Saturday afternoon and hiked up the Pipe Line to the Fowl Meadow Path, turned west and then headed down the Neponset River Trail. I was so excited! Only about a mile to go to finish redlining! And then we came upon the first river breach into the gully, right smack dab in the middle of the trail. Water levels were at record highs all over and the Neponset River was flooded. *What the heck! I’ve been up to my knees in water on other hikes, I’m going in.* My husband stood in disbelief as I sunk deeper into the river ditch, and called me back to shore. *OK. Let’s hike back to the other end and try to finish this trail.*



Paul Brookes and Pam Johnson are “in the bag.”
Photo by Pete Tierney

We retraced our steps and started on the lower end of the Neponset River Trail only to find that the breaches were even deeper. I sadly admitted that my goal to finish redlining in under one year was not going to happen. The gullies will either have to freeze over or I’ll have to wait for a dry season.

I was working with Paul Brookes, Cathy MacCurtain, Claire MacDonald, and Craig MacDonald, planning to co-lead the 2018-19 White Line series. I mentioned to Paul that I only needed the Neponset River Trail to finish redlining, but had to abandon my “under a year” goal due to the flooded trail conditions. Paul quickly added that he was working on finishing up his “Gold Line” and also needed that trail. Gold Line? Yes, indeed, that means ten complete times around the map of the Blue Hills.

Paul suggested we tackle the Neponset River trail together with Pete Tierney. Paul informed me that he would bring the contractor trash bags. What did you just say? Yes, Paul confirmed, the plan is to use the super thick contractor trash bags to get through the river breaches—one on each leg and a third to step in to protect our middles. I didn’t even hesitate. This sounded like fun! I’m in! We set our hike date for Friday, November 30, 2018.

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Bagging my Redline

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Pam Johnson and Pete Tierney wade through a flooded section of the Neponset River Trail. *Photo by Paul Brookes*

Paul, Pete, and I met at the north end of Burma Road, jumped in my car (with Sunny, Paul's Golden Lab) and drove to the Pipe Line trailhead. Contractor bags ready to go! Three willing, adventurous hikers ready for some fun! Sunny would be our depth tester, and off we went. The first access trail from the Pipe Line to the Neponset River Trail was flooded. On with the bags! Sunny waded through, then Paul, Pete, and me. Success! The bags work! We were three very optimistic and smug hikers! We would conquer the Neponset River Trail!

That smug spirit lasted about 15 minutes until we encountered our fourth flooded gully-crossing. We sent Sunny across to test the water depth. Oh no—Sunny was swimming and that meant this was going to be deep water. Paul bagged his legs and headed in and soon realized this gully was too deep. We were going to

require the third bag, which we nicknamed "The Body Bag" to Pete's chagrin. We duct-taped the legs to the body bag and Paul headed into the stream, looking a bit like the Michelin tire man. Deeper and deeper, almost up to his waist, and then up and out! Paul made it! Pete and I stood cheering!

Then reality hit. Pete and I also had to get to the other side. I was next. Leg bags—check. Body bag—check. Duct tape—check. In I went. Wow! Very chilly! A little bit of water leaked into the bags, but I made it! Pete, the voice of reason, decided he would backtrack to the Pipe Line and meet us at the top of the Neponset River Trail.

Unbeknownst to Paul and me, there were ten more flooded gullies to navigate, making 14 crossings in all. The bags held up pretty well for six of them, but soon we were taking on lots of water with each subsequent wade. We knew we were getting close to the end of the trail, and again our sense of purpose was joyfully renewed! And our determination! Paul pulled out the remaining new bags and we were dry and on our way!

At last we could see Pete on the other side! The final crossing proved to be the most challenging: long and deep with downed trees to negotiate. Sunny first (swimming), then Paul, and finally I made it through to the other side. The finish line was literally in sight! All I needed to do was get to the Fowl Meadow Path! Cold and wet, but buoyant in spirit, we picked up the pace and crossed the finish line! We made it! I couldn't have done it without my hiking mates, Paul and Pete and Sunny! I had literally "bagged" my redline!

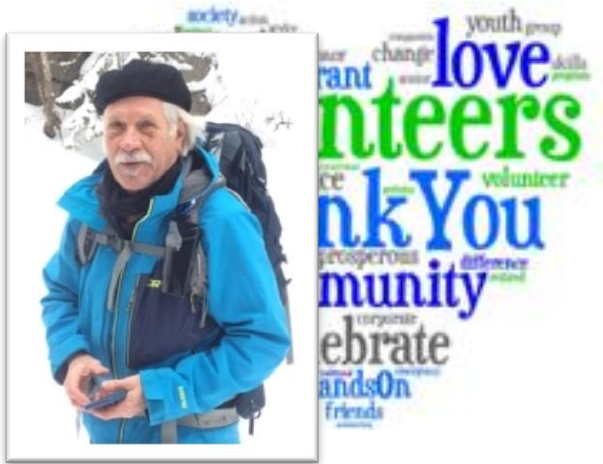
Shop the Breeze!

FOR SALE: Hiking/Backpacking Boots

Like-new pair of Asolo hiking/backpacking boots, Men's size 9-Wide, in original box, showing very little wear. "They've never really fit me well, despite my four tries at various levels of hikes. Currently they retail at REI for \$320 and I'm hoping to get a little more than half of that—or a best offer. They can be viewed on Craigslist in the apparel section. Contact: Ken Cohen k-cohen@comcast.net

FOR SALE: Cross-Country Skis

210 cm Fischer/Salomon "Crown" Men's XC skis (no metal edges) with poles and boots (I believe size 12), all in excellent condition. Contact Paul or Jeannine Audet milmod@aol.com.



Volunteer of the Month: Ken Carson

By George Danis, Hiking Chair

Each month the AMC-SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! The hiking committee is pleased to recommend **Ken Carson** as the January 2019 Volunteer of the Month!

Ken has been a hiking leader since October 2015. He is currently a class 4 leader who can often be found leading or co-leading local and White Mountain trips. He is also an active volunteer at August camp and has been on several adventure trips with AMC.

Additionally, Ken often functions as trip photographer. He is an extremely knowledgeable amateur photographer and has led classes and instructed many hikers in the art of taking outdoor pictures.

Ken is a former teacher, and his trips reflect many of the skills honed during his career. They are well organized, fun, and Ken is quick to engage with all the participants and share his knowledge of hiking. Finally, Ken is a frequent contributor as an instructor in both leadership and winter hiking class sessions.

Congratulations to Ken, and thank you for a job well done!

Ken will receive a Volunteer of the Month certificate and a \$50 REI gift card.

Stop to smell the flowers! It's not just about going the distance

by Nancy Coote

Conservation Vice Chair, Hike Leader

Who doesn't love wildflowers! [The New England Wild Flower Society](#) has asked the SEM Chapter of AMC to spread the word about the importance of plant conservation and protecting natural habitats. We all love our hikes and appreciate seeing the wildflowers and berries we find out there.

NEWFS is offering a unique opportunity to learn about the survival and conservation of rare plants in our area, and perhaps beyond, by getting involved with the Plant Conservation Volunteer Program.

Perhaps you are a member or friend of AMC with botanical experience and would enjoy volunteering with the PCV or just want to learn more about wildflowers. The PCV program utilizes citizen scientists to help monitor plants, collect seeds, and manage rare plant populations across New England. Go to [PCV Program](#) for more details on how to apply. The application deadline is February 1. NEWFS is also on facebook: <https://www.facebook.com/newenglandwildflowersociety/>

For further information, contact Laney Widener, Botanical Coordinator for the New England Wild Flower Society at lwidener@newenglandwild.org, 508-877-7630 Ext 3204, or 180 Hemenway Road; Framingham, MA 01701.

Watch for more information on wild flower hikes in future newsletters and activities online with [SEM](#).



Trillium plant
growing wild
along the trail.

Photo by
Christine Racine

Leadership Training in April, Wilderness First Aid in May

By Doug Griffiths, Education Chair

The next **Leadership Training** one-day course will be held on Saturday, April 6, 2019, in Plymouth. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to ensure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader candidates are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. Lunch and refreshment breaks are provided. This course is offered at no cost to chapter members.

This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management.

All those interested in this Leadership Training course may also wish to consider **Wilderness First Aid Training** coming up May 4-5, 2019. The course runs 8 AM to 4 PM both days with an optional CPR course available Saturday at 4 PM.

Instruction is provided by SOLO, experts in providing wilderness medical training. Their excellent courses have been well-received by AMC members for years, and we look forward to continuing to sponsor their trainings.

Pricing is as follows: \$160 for AMC or Wildlands Trust members, \$175 for non-members. Price includes lunch and break service both days. The optional CPR course costs an additional \$40.

Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course

is a mix of classroom lecture and practical exercises. Both days are required to certify.

This training is required for AMC-SEM trip leaders, but is a great experience for any outdoor enthusiast. I would encourage any AMC trip participant to consider taking this course. You will find it exciting and stimulating.

Both courses are offered at the Wildlands Trust Community Conservation Barn; 675 Long Pond Road; Plymouth, MA 02360 (just south of Exit 3 off Route 3).

To register for Leadership Training or for Wilderness First Aid, please contact AMC-SEM Education Chair Doug Griffiths at RedDougG@aol.com or 508-758-4315 after 6 PM.

AMC to launch new 'Be Outdoors' brand & membership campaign

You'll notice some changes in upcoming communications and advertising from the Appalachian Mountain Club with a new message, new logo treatments, and a variety of visuals. The changes address several goals, including an inclusive "you" orientation; an expanded view of outdoor activities for all interests, ages, and ability levels; a sense of fun, adventure and engagement with other people and the outdoors. The transition will be gradual, with both logos in use for some time.

Here's part of the AMC statement on the new theme:

"Be Outdoors recognizes the essential connection of the human condition to its origin point. It's the biggest, simplest thing you can do in the biggest, simplest place you can do it. Be Outdoors celebrates the spirit of adventure in every possible form embracing everything that comes with it – wisdom, humor, work, fun, pain, and triumph. There is no wrong way or where to Be Outdoors. There's room for everyone to be, outdoors. Be yourself outdoors. Be together outdoors. Belong outdoors."





Thursday Hike Series is cool!

Photos & Text by Ken Cohen



A January 3rd trek through Walpole Town Forest and along the Bay Circuit Trail was the first of our Thursday Hikes Series of the New Year! Twenty-plus hikers enjoyed a brisk walk along the trails during a sunny, chilly winter's day. Hans Luwald and Debbie Lepore were the leaders, along with their co-leader, German shepherd Gretel.

Chapter Volunteer Opportunities



Dear Fellow SEM Members,

The SEM Executive Board is seeking a Chapter Vice Chair volunteer to:

- *Support the SEM Chapter Chair and our great activity leaders;
- *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod;
- *Represent the SEM Chapter at a variety of club-wide and chapter events;
- *Interface with AMC HQ and learn how AMC functions behind the scenes;
- *Support conservation, education, and recreation in Southeastern Massachusetts.

You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and PowerPoint-type applications helpful.

Please contact Chapter Chair Leonard Ulbricht (chair@amcsem.org)



SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol, and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders.

Please contact Chapter Chair Leonard Ulbricht

chair@amcsem.org

SEM's Executive Board is seeking a Hiking Committee Vice Chair to assist the Hiking Committee Chair in planning, coordinating, and leading hiking trips for the chapter. The Vice Chair will also assist the Chair in arranging quarterly planning meetings and workshops for new hikers, backpackers, and winter season preparation.

Please contact Chapter Chair Leonard Ulbricht

chair@amcsem.org



Mount Rainier

AMC's August Camp 2019



Experience magnificent Mount Rainier National Park! See stunning waterfalls, alpine meadows carpeted with wildflowers and grand scenic vistas on dozens of easy to challenging hikes led by trained AMC volunteers. Visit Mount St. Helens. Trek across the shoulders of one of the highest and most dramatic peaks in the lower 48 states.

Camp in the small former lumbering town of Packwood, WA, adjacent to the park. 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 13 through August 10. Attend one week or two. Detailed information and registration will be posted at augustcamp.org by early December. Camp filled by mid-January last year, so don't miss out! Registration opens January 2, 2019.

Week 1:	July 13 — July 20
Week 2:	July 20 — July 27
Week 3:	July 27 — Aug. 3
Week 4:	Aug. 3 — Aug. 10

One Week: \$975 for members; \$1150 for non-members.

Applications are accepted beginning January 2, 2019 in the order in which they are received. Get sign-up information after December 1 at our web site, augustcamp.org.

Questions? Ask Lois Rothenberger at ACRegistrar@comcast.net

augustcamp.org



Photos by Kathy Kelly-Borowski, August Camp 2014

Activities

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

Hiking Key:

C4D

Indicates distance in miles

AA13+

A9-13

B5-8

Cless than 5

Indicates pace

1very fast

2fast

3moderate

4leisurely

Indicates terrain

Avery strenuous

Bstrenuous

Caverage

Deasy

Found in the description

LActivity leader

CLActivity co-leader

FTFirst Time

NM ...New Members

ANAdvance Notice

CConservation

BICYCLING

Ongoing. Vice Chair, Biking Committee, SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht (chair@amcsem.org)

CAPE HIKING

Sat., Jan. 19. Hike Over Hill-Over Dale, West Barnstable, MA. Walk the hills and some fire roads of the West Barnstable Conservation area. Hills are steep but short with a little flat spot between them. Good hiking boots are suggested. Hike could go over in time depending on the speed of the slowest hiker and conditions of trails. Take exit 4 on Rt6 (mid-cape highway) go 1 mile south and park under the high tension lines. L David Selfe (508-771-0620 after 5pm before 9pm, kdsselfe@comcast.net, I have been a member of AMC since 2005 and have hiked over 600 miles on Cape Cod.)

Sun., Jan. 20. Bell's Neck Conservation, Harwich, MA. 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 12:45 for 1 p.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net, Level 1 hike & bike leader.)

Thu., Jan. 24. Hike Coast Guard Beach Eastham, Eastham, MA. 2 hour hike. Visit Salt Pond, salt marshes, Coast Guard Beach. Directions: From Route 6 take Right into National Seashore Salt Pond Visitors Center. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Sun., Jan. 27. Beebe Woods Hike, Cape Cod Conservatory parking lot in Falmouth, MA. Join me for a moderate hike in beautiful Beebe Woods. Approx 5 miles. Terrain is flat to ups and downs. Conditions might require snowshoes or ice traction. L Linda Church (lchurch@whoi.edu)

Thu., Jan. 31. Hike Ryder Beach, Truro, MA, Woodland trails, hills, and scenic bay views, and roads, houses of interest. From Route 6, Truro, turn left on Prince Valley Road, go to the end. Right on County Road, then an immediate left on Ryder Beach Road. Park at the end. Meet at 9:45 am. 2 hours. L Janet Kaiser (508-432-3277 Before 9 p.m., jtkaiser@comcast.net)

Sun., Feb. 3. Hike Craigville Beach, Centerville, MA. We will visit Christian community overlooking Craigville Beach and then hike down road to trail through saltmarsh to Centerville River; we will return walking Craigville Beach.. Directions to hike take Rte 6 to Exit 6 and turn R at Shootflying Hill Rd.to L on Old Stage Rd., becomes Main St. follow to beach parking lot for meet location. Follow signs from 132 for Craigville Beach. Meet at 12:45 PM for 1 PM start. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Feb. 7. Hike Pickerel Cove Mashpee, MA. 2 hour woodland hike with views of Pickerel Cove. From Sagamore Bridge take Rte 6 to exit 2 Rte 130 turn R off ramp and follow for several miles to just over Mashpee line look for entrance to Pickereel Cove on L. From mid Cape and outer Cape Rte 6 to exit 3 turn S on Quaker Meeting House Rd and follow to 2nd light and turn L on Rte 130, follow Rd to just over Mashpee Line Pickerel Cove will be on your L. From Falmouth take Rte 130 N and look for Pickerel Cove on your R. Meet at 9:45 PM for 10 AM start. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Continued on next page

Activities

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

CAPE HIKING

Sun., Feb. 10. Hike along the Quashnet River and through adjacent woods, Falmouth/Mashpee, MA. This is a 4.2 mile hike at a moderate pace along the Quashnet River and through adjacent woods. About 1/2 of the hike will be on moderate rolling terrain. 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 9PM, shaferhayden@gmail.com)

Thu., Feb. 21. Hike - Yarmouth, Greenough Ponds (B3C), Yarmouth, MA. Walk through Yarmouth Botanical Gardens, Dennis & Greenough Ponds. Meet at 9:45, 2 hr. Exit 7 off Route 6 to North, right on 6A, at sharp turn go right on Summer St. to beach parking lot. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

Sun., Mar. 3. Hike Shawme Crowell State Park, Sandwich, MA. Two hour hike on wooded trails through the scenic campground, some hills. Driving directions: Take Rte 6 to Exit 2, Rte 130 and turn N. Stay on Rte 130 until you see entrance sign for Shawme Crowell. From Sagamore Bridge take 1st exit and at bottom of ramp turn R at lights, follow Sandwich Rd and merge left on 6A and then turn R onto Rte 130. Turn into Shawme Crowell and turn right drive past entrance booth and follow road until you come to open space and paved cutout on R. Park along road off pavement if possible. Meet at 12:45 PM. L Jane Harding (508-833-2864 Before 9 PM, janeharding@comcast.net)

Thu., Mar. 7. Hike Long Nook, Truro, MA. 2 hour hike. Visit AF Base and Jenny Lind Tower. Directions: From Route 6 take Right on Long Nook Rd (1.2 miles after Pamet Rd Exit) and follow to parking lot at the end. Meet at 9:45 and hike 10 am - 12:00 pm. L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)

Thu., Mar. 14. Hike--Four Ponds and Bourne Town Forest, Bourne, MA. This 2 hour approximately 4.5 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 several moderate rolling hills. It offers views of the ponds and some wildlife. It is a loop so does not offer easy bail-out points. This is not a novice hike. Note that the parking and trailhead is not the Four Ponds parking lot. 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 0.5 miles and turn left onto Valley Bars Road. Go 0.3 miles and park on the side of the road before the Weary Traveler's club. Please bring water for drinking, dress in layers. Sturdy boots/shoes are suggested. If you have questions please contact leader -Robin McIntyre 508 789-8252. 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., Mar. 21. Hike-Brewster, Punkhorn Parklands (C3C), Brewster, MA. Wooded, hilly trails with pond views. Route 6 Exit 9B, 2 miles to a right on Satucket, then bear right at Stony Brook Road. In 0.3 miles, turn right on Run Hill Road. 1.3 miles to parking lot on the left. Meet 9:45 am 2 hours 15 mins. L Janet Kaiser (508-432-3277 before 9 p.m., jtkaiser@comcast.net)

Sat., Mar. 23. Truro Historical Trek, between Pamet Harbor and Truro's Great Swamp, Truro, MA. Truro Historical Trek: Fast-paced 6+ mile walk, along Cape Cod Bay beaches and coastal banks. A few friendly, well-behaved dogs allowed with prior approval of leader. Occasional stops to highlight points of interest, including the first European summer vacation in Truro (1603), the opening of the Cape Cod railroad (1873, in Truro), the most expensive 'McMansion lawsuit' on the Cape, the Pilgrim's theft of Indian seed corn (1620), and the loss of most of Truro's men at sea (1844). Three miles on the beach, three+ on the coastal bank and a little bit inland. A bit strenuous due to beach-walking and some hills and beach stairs. Beach-walking can be challenging when cold/windy so check weather forecast and dress appropriately. Optional lunch afterwards from very good 'diner' a mile from the hike. Heavy rain or snow may delay until Sunday March 24, 2019. L Jay Vivian (508-858-4855 6:30pm - 9:00pm, jvivan0@comcast.net)

Continued next page

Activities

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

EDUCATION

Sat., Apr. 6. Leadership Training Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360. This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, reddoug@aol.com)

Sat., May 4-5. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360. Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, reddoug@aol.com)

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

EXECUTIVE COMMITTEE

Ongoing. Vice Chair, Southeastern Mass Chapter, MA. Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: *Support the SEM Chapter Chair and our great activity leaders; *Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; *Represent the SEM Chapter at a variety of club-wide and chapter events; *Interface with AMC HQ and learn how AMC functions behind the scenes; *Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht (chair@amcsem.org)

HIKING

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

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

Ongoing. Vice Chair, Hiking Committee, Southeastern Mass Chapter, MA. SEM's Executive Board is seeking a Hiking Committee Vice Chair to assist the Chair in planning, coordinating, and leading hiking trips for the chapter. The Vice Chair will also assist the Chair in arranging quarterly planning meetings and workshops for new hikers, backpackers, and winter season preparation. L Len Ulbricht (chair@amcsem.org)

Thu., Jan. 17. Borderland State Park hike, 259 Massapoag Ave. North Easton MA. Easy hike around ponds at Borderland State Park. About 4 miles. Lunch stop at Ames original house foundation. Bring traction device in case of icy trails. Directions; From Rt 24 take exit 16 (Rte 106West/Mansfield) follow Rt.106 West through 4 sets of traffic lights. Go thru 4th light, which will be intersection of 123 and 106, cont. west on Rtes 123&106 for 1/2 mile. Take right on Poguanticut Ave. Then take left on Massapoag Ave. There will be a brown sign for Borderland. Follow Massapoag for about 3 miles and park all be on right. There is a fee to park of 5 dollars. L Rachel Thibeault (774-360-2539 call before 8:00PM, rateebo@yahoo.com)

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Activities

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

HIKING

Sat., Jan. 19. Snowshoe #2, North Conway, White Mountains, NH. Starting on the Champney Falls Trail from the eastern Kangcamagus to view frozen Champney and Pitcher Falls. Then Continuing up Champney Falls trail to the Champney Falls Connector Trail and mountain views. Hike will be 4-6 miles/5 hours/1000-2000 ft elevation gain. L Anne Duggan (150-878-9553 x8 before 9 pm, abduggan12@gmail.com) CL Brian Duane (bduane105@comcast.com), R Anne Duggan, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Mon., Jan. 21. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and Hike under the Full Blood moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 lakes. Depending on the weather, snow gear may be required. Registration is required. A detailed Poop Sheet will be sent to all who register. Please include with your email to the Registrar: 1)The date of the hike you want, (I will be listing more very soon). 2) a contact number, 3) and your latest hiking experience. L William Cannon (bcannon56@gmail.com) L Susan Svelnis (suesvelnis@gmail.com) L Patricia McNally (pmcnallyma@comcast.net), R Bill Cannon (bcannon56@gmail.com)

Tue., Jan. 22. White Line the Blue Hills hikes, Blue Hills, MA. For the fifth year, this popular series will run from the Winter Solstice to the Spring Equinox. We meet on Tuesday mornings at 10 am and hike trails in the Blue Hills Reservation for 3 to 4 hours. We hike at a moderate pace, perfect for hiking and chatting at the same time. We stop for lunch on the trail when the weather is not too cold or eat as we walk during cold weather. This is a social group but also serious about winter hiking safety: we hike together, wait at intersections and watch out for one another. The first hike was on Jan 1 and the last hike is March 19. The last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. Register once and then come when you can. We hike different trails each week and start from different locations. Registered participants will be emailed the location of the next hike during the prior week. Winter hiking clothes, insulated hiking boots, and stabilizers such as micro-spikes are required on all hikes. Snow-shoes must be brought to the trailhead after the first major snowfall. All hikers are expected to bring a backpack with sufficient water, lunch, extra layers and a first aid kit. A complete clothing and equipment list will be given to you during registration. For the safety of those driving, hikes will be canceled during active snow-storms. In addition, hikes may be canceled during heavy rain, excessive cold or simply unpleasant weather. People new to winter hiking are welcome and encouraged to register. You will also be asked to attend any winter hiking workshop with any AMC chapter. One of the hike leaders will have a Yellow Lab with him, no other dogs are allowed. We hope you consider this winter series; it's pleasant hiking without bugs, social and an effective way to keep fit during the long winter. L Paul Brookes (603-799-4399 After 7am and before 9pm, 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 Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Jan. 24. Thursday Morning Hike -Pratt Farm Middleboro, MA. Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346 for car pool to trail head., MA. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. L Richard Carnes (508-947-3204, rcarnes2@aol.com)

Sat., Jan. 26. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. 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 approximately 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)

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Activities

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

HIKING

Tue., Jan. 29. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January. 22. L Catherine MacCurtain (camaccurtain@aol.com) L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

(C) (FT) (NM) Thu., Jan. 31. Hike North Hill Marsh Wildlife Sanctuary, Duxbury, MA. Pleasant 4.8 mile woody loop around Marsh Pond with possible sightings of ducks, geese and various other birds, cranberry bogs, including a loop around deep kettle holes left by glaciers, traversing 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, small sit pad and layers for warmth. Hiking poles are optional/useful for uneven terrain. Light traction devices may be needed if snow is present or wet/icy (MicroSpikes, stabilicers, etc.). No restroom facilities. Meet at 9:45am. L Claire MacDonald (781-582-0316 9am-9pm, cfmacdonald@hotmail.com, Claire likes to redline the Blue Hills, hike the NH 4000' (4 left), trek to far off places and is an upcoming Whiteline Leader.)

Sat., Feb. 2. Winter Series Hike #3 - Mt. Kearsarge North, Mt. Washington Valley, NH. Join us for the third hike in our Winter Series. Weather permitting, this moderate 6.2- mile, 2600' elevation hike to Mt. Kearsarge North in the Mt. Washington Valley promises fabulous views from the fire tower summit. There are some steep sections near the summit. Participation in our current or past Winter Hiking Workshop or equivalent is required for those without winter hiking experience. Full winter gear (snowshoes, microspikes, winter-rated boots, etc.) required. L Maureen Kelly (mokel773@aol.com) L Eva Das (borsody@gmail.com), R Maureen Kelly (617-943-4288 before 8:00 pm, mokel773@aol.com)

WINTER SERIES HIKES

**Feb. 2. Winter Series Hike #3 -
Mt. Kearsarge North,
Mt. Washington Valley, NH.**

**March 1-3 Winter Series Hike #4 -
Overnight at Carter Notch, NH.**

Sat., Feb. 2. Dog Friendly Hike at Wompatuck State Park, 204 Union Street, Hingham, MA. Come with or without your dog for an approximately 5 mile hike at Wompatuck State Park. We will meet at 9:45 in the Welcome Center Parking Lot. Hike will be cancelled in extreme weather. The choice of trails and actual distance will depend on weather conditions. Waterproof boots and traction devices such as microspikes will most likely be needed. Snowshoes optional if there is fresh snow. This will be a moderate paced hike. Dogs are allowed off-leash at this DCR property, but dogs may need to be leashed on this hike at the discretion of the leader. Please contact leader with any questions. L Susan Svelnis (781-849-9299, suesvelnis@gmail.com)

Tue., Feb. 5. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald , R Cathy MacCurtain (camaccurtain@aol.com)

Fri., Feb. 8-10. Winter Hiking and Cross-Country Ski Weekend - Noble View Outdoor Center, 635 South Quarter Rd, Russell, MA. Join the SEM Chapter for its seventh annual winter weekend at Noble View Outdoor Center in Russell, MA, approximately 2 hours' drive west of Boston. Noble View sits atop a pristine mountaintop with beautiful trails that wind through quiet woodlands. Hiking, snowshoeing, and cross-country skiing will be offered, depending on conditions. Participants will need to bring their own equipment. The cottages have electricity, water, and wood-stove heating. A short walk from either cottage is a bathhouse with toilets and hot showers. This popular event is limited to 28 participants so register early. L Paul Brookes (603-799-4399 After 7am and before 9pm, 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 Jeannine Audet , R Paul Brookes (603-799-4399 before 9 pm, PaulBrookes1966@outlook.com)

Tue., Feb. 12. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

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Activities

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

HIKING

Sat., Feb. 16. Snowshoe #3, White Mountains, NH. Snowshoe #3. Join SEM Chapter for a fun day of snowshoeing in the White Mountains. Location TBA. Trip will be 5 - 7 miles with 1000-2000 ft of elevation gain. L Anne Duggan (508-789-5538 before 9 pm, abduggan12@gmail.com) CL Eva Das Borsody (borsody@gmail.com), R Anne Duggan (Rochester, MA 02770, 508-789-5538 before 9 pm, abduggan12@gmail.com)

Tue., Feb. 19. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Sat., Feb. 23. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. 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 approximately 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)

Tue., Feb. 26. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Feb. 28. Thursday Morning Blue Hills Hike/Snowshoe - Ponkapaog Pond, Canton, MA. Moderate to fast pace, with occasional stops. 4 ½ - 5 mile hike around The Pond. Approx. 10:00am-12:30pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring hiking shoes, micro-spikes or similar traction devices, snacks/lunch & water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or snow cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snow shoe enthusiast. Join groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past 18 months having organized approximately a dozen trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

Fri., Mar. 1-3. SEM Winter Hiking Series Overnight Trip to Carter Notch, NH. The fourth and final trip in the Southeastern Mass. Chapter's 2018-19 Winter Hiking Series will bring us to remote and pristine Carter Notch. On Friday, we'll hike or snowshoe into the AMC Carter Notch hut via the very pretty, 3.8-mile long Nineteen-Mile Brook Trail with a (mostly) gradual 1,900-foot elevation gain. On Saturday, we'll visit a nearby 4,000-foot peak such as Carter Dome and/or Wildcat A and then hike out on Sunday. Possible option for just staying Saturday night. Previous winter hiking experience and full winter gear required, including microspikes, snowshoes, crampons, insulated winter boots, and zero-degree sleeping bag. Preference given to those who have participated in previous SEM Winter Series hikes/snowshoes this season. L Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net, Paul, an experienced four-season hike leader, prefers to hit the trails in winter.) L George Danis L Maureen Kelly (mokel773@aol.com) CL Dio Goncalves , R Paul Miller (508-369-4151 before 9:00 pm please, paulallenmiller@verizon.net)

Tue., March 5. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

(FT) (NM) Thu., Mar. 7. 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 Guenther (508-699-7461 Before 9:00PM, murielguenther@comcast.net)

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Activities

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

HIKING

Sat., Mar. 9-10. Winter White Mountain Overnight at Carter Notch Hut, White Mountains, NH. Come enjoy the wonders of winter at an AMC Hut in the White Mountains of NH. Enjoy a snowy weekend of moderately strenuous hiking, focusing on scenery and good company! We will hike 3.8 miles (2322' elev gain) along the 19 Mile Brook trail to the unheated rustic Carter Notch Hut (3288'). Weather permitting and after a break at the hut, there will be an option to summit Carter Dome (4832') on Saturday (or possibly Sunday). Carter Dome is ~1.2 miles with a 1532' elev gain from the hut. Vegetarian meals for Saturday dinner and Sunday breakfast will be provided by the leaders, but prepared as a group. Full winter gear, including a minus 20 degree F sleeping bag, and winter hiking experience (or enrollment in an AMC Winter Hiking Program) are required. This trip is being co-listed with the Delaware Valley Chapter. Claudine Kos (claudinekos05@yahoo.com) is the leader from the DV chapter. L Robin Melavalin, Robin is a 4-season hike leader. She loves winter hiking in the White Mountains. In addition, she leads AMC adventure travel groups to exciting destinations such as Kilimanjaro, Patagonia and Nepal.), R Robin Melavalin (robinoutdoors@gmail.com)

Carter Notch Hut Hiking Weekend

March 9-10, 2019

Join your fellow SEMers and Delaware Valley members for winter hikes focused on great scenery and fellowship!

Tue., March 12. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Thu., Mar. 14. Thursday Morning Blue Hills/Buck Hill Hike, Blue Hills, Milton, MA. We will hike 5 hilly miles in the Blue Hills from the State Police Barracks on Hillside Street to Buck Hill and return. Bring water, lunch, sturdy footwear, rain gear. Storm cancels. L Deborah Lepore (617-778-4339 Before 9:00 pm, DLepore2@GMail.com) CL Hans Luwald (508-668-0462 before 9:00 PM, hans.luwald@gmail.com)

Tue., March 19. White Line the Blue Hills hikes, Blue Hills, MA. See listing for January 22. This last hike of the series will be a shorter hike followed by a social lunch at one of the local restaurants. L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Claire MacDonald, R Cathy MacCurtain (camaccurtain@aol.com)

Sat., Mar. 30. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Saturday morning hike at Myles Standish State Forest in Plymouth/Carver. See the beauty of the forest in winter. 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 approximately 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)

Sat., May 4. Sat, 2nd annual "Spring into Spring" hike, Arnold Arboretum, Jamaica Plain, MA. 281 acres- including two hills with vistas, bonsai exhibit, lilacs, and "Explorer's Garden". We will explore this "tree museum" during a 4-5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors' Center (Hunnewell building) located at 125 Arborway, Jamaica Plain at 9:45 AM for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-stop. Steady rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net). Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Class I hiking leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for the Friends of the Blue Hills. Avid nature photographer.)

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Activities

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HIKING

Thu., May 30. 3rd Annual Perennials Hike, Wilson Mountain & Whitcomb Woods, MA. Lady's slippers galore! In a good year there are hundreds on both sides, in sections of the well-marked trail, to the summit of Wilson Mountain. Wilson Mountain reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Mountain laurel too, in season. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. It is managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trailhead. Forested level trails with views of the Charles River, many gazebos along the way. The total hike is 5-7 miles at a moderate pace. Steady rain cancels. Bring water snacks/lunch, sturdy footwear, bug spray, sunscreen. Well-behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 before 8:00 pm, k-cohen@comcast.net, Year-round hiker and snowshoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our National Parks. AMC-SEM Class I hiking leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for the Friends of the Blue Hills. Avid nature photographer.)

Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA. Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes. (Living in Boston, I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) CL Doug Griffiths ([reddoug@aol.com](mailto:redoug@aol.com)) CL Pete Tierney (pxtierney@aol.com), R Paul Brookes (603-799-4399 After 8am and before 9pm, PaulBrookes1966@outlook.com)

SKIING

Fri., Mar. 1-3. Cross Country Skiing- The Old Field House, 347 NH 16A, Intervale NH. Join us for a weekend at the Old Field House in Intervale, NH. We will cross country ski, snowshoe &/or hike, depending upon the snow conditions. The Old Field House is a cozy B & B, with a hearty breakfast included. There are many opportunities for outdoor activities and shopping close by. Dinners will be at local restaurants. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Barbara Hathaway (508-662-0724, barb224@tmlp.net), R Barbara Hathaway (508-662-0724, barb224@tmlp.net)



Happy Trails!