



# The Southeast Breeze

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

## Get AMC-SEM activities delivered right to your email inbox!

Sign up for the AMC Activity Digest. email  
[amcinformation@outdoors.org](mailto:amcinformation@outdoors.org)

Or call 1-800-372-1758

Find past issues of *The Southeast Breeze* on our  
[website](#).

Like us on [Facebook](#)

Follow us on [Twitter](#)

## Have a story for *The Southeast Breeze*?

Please send your Word doc and photographs to  
[breeze.editor@amcsem.org](mailto: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.

Send listings to  
[breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)

Business advertisements are just \$15/month. Send inquiries to  
[breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org)



The hikers at a Dawn Redwood having six trunks. *Photo by Ken Cohen*

## Despite the threat of rain, Maria takes the reigns!

Article & Photos by Ken Cohen

This past April 6, Maria Sestina completed this year's Leadership Training Workshop in Plymouth, MA. On April 28, she contacted me asking if she could co-lead my "Second Annual Spring Into Spring Hike" at the Arnold Arboretum in Jamaica Plain on May 4. The long-range weather forecast was for full sunshine with temps in the 60s! True New England weather took over after that—overcast skies and frequent rain were an everyday occurrence for the following week. However, when hike day approached, the rain mostly stopped and we were a go! It was my pleasure to have Maria take charge as part of the requirements for her Class I Hiking Leader Certification process. She successfully spoke to all of the hike's participants, and ensured that the many administrative and informational tasks of a successful AMC trip were achieved.

Prior to the event day, Maria was in touch with me via emails with questions and requests for suggestions galore. She knew that preparation would be a key element to the success of the trip. We were both well-prepared, which resulted in a splendid outcome.

*Continued on Page 3*



## View from the Chair: Board Nominations Begin

April showers brings May flowers, or something like that. May is also the time for planning hiking, biking, and paddling trips, vacations of all sorts, and just plain old summertime fun. For your chapter Executive Board, May brings all of that plus some additional work—starting the process of identifying candidates to serve on next year's Board. Yes, chapter elections to the Board aren't until our November annual meeting, but the process to nominate candidates begins now. Here's why:

Per our chapter bylaws, a Nominating Committee is activated May 1 to submit a slate of officers for the coming annual meeting. The committee members are Alan Greenstein, chairperson, assisted by Robin McIntyre and Walt Granda. Over the next few months they will work with me and your current Board members to identify potential candidates. That means talking with trip leaders and perhaps even non-trip leaders and then asking those candidates if they would be interested in a role on the Board. It's actually not that simple because every individual has a unique skill set and interests. And exploring those skill sets, interests, and roles takes a conversation, maybe more than one. Though positions on the Board have specific needs, what gets done and how it's done is up to whoever fills that position. New Board members bring fresh ideas that enable SEM to be a better organization, to serve our membership and AMC in better ways. This process to nominate candidates takes time, which is why we begin the process each May.

So, my message to each of you is to engage in that conversation. Reach out to Alan, Robin, or to me, a current Board member, or any past Board member. Ask about what Board members do, skills that may help, time commitments, what you can learn, what you can offer. It may not be a good fit for you, but maybe it will, maybe not now, but maybe in some time to come. The goal is to make SEM a better organization. Engage in that conversation.

Here's our contact info:

Alan Greenstein – [alan.b.greenstein@gmail.com](mailto:alan.b.greenstein@gmail.com)

Robin McIntyre – [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net)

Walt Granda – [wlganda@aol.com](mailto:wlganda@aol.com)

Len Ulbricht – [chair@amcsem.org](mailto:chair@amcsem.org)

Thanks!

*Len Ulbricht, AMC-SEM Chapter Chair*

## 2019 Executive Board

Chapter Chair .....Len Ulbricht  
Vice Chair .....OPEN  
Secretary .....Ann McSweeney  
Treasurer .....Patty Rottmeier  
Past Chapter Chair .....Barry Young  
Biking Chair .....Bernie Meggison  
Biking Vice Chair .....OPEN  
Cape Hiking Chair .....Jane Harding  
Cape Hiking Vice Chair .....Cathy Giordano

Communications Chair .....Paul Miller  
Communications Vice Chair .....Dio Goncalves  
Conservation Chair .....Bill Cannon  
Conservation Vice Chair .....Nancy Coote  
Education Chair .....Doug Griffiths  
Education Vice Chair .....Sue Svelnis  
Hiking Chair .....George Danis  
Hiking Vice Chair .....Ken Sutcliffe  
Hiking Vice Chair .....Anne Rapp

Membership Chair.....Ellen Thompson  
Membership Vice Chair .....Sandi Santilli  
Paddling Chair .....Ed Foster  
Paddling Vice Chair .....OPEN  
Skiing Chair .....Jeannine Audet  
Skiing Vice Chair .....Barbara Hathaway  
Trails Chair .....Skip Maysles  
Trails Vice Chair .....Pete Tierney

## Ad Hoc Committee Chairs & Other Chapter Contacts

Social Director.....OPEN  
Social Vice Chair .....OPEN  
Social Media Administrator .....Christine Racine

Webmistress..... Cheryl Lathrop  
The Breeze Editor.....Mo Walsh  
Blast Editor.....Marie Hopkins

Contact [chair@amcsem.org](mailto:chair@amcsem.org)  
if you are interested in any  
OPEN positions





New co-leader Maria Sestina & Leader Ken Cohen.

## Arnold Arboretum Photos by Ken Cohen

*Continued from page 1*

Maria's performance was superb! It allowed me to take our group of 12 upbeat hikers to experience many of the obvious, and a few of the hidden, spectacles of nature. We completed a five-mile, three-hour trek in the 281-acre "tree museum" known as the Arnold Arboretum, with its more than 4,000 kinds of trees, shrubs, and vines.

Maria wrote the following to me after our Arboretum adventure, and I wanted to pass it on to all of you:

"The AMC fosters such a positive culture for learning. There are high standards put in place by very kind and wise leaders. The people who are naturally drawn to this organization, and those who stay with a deep commitment, do so because of the quality of its members. Newbies are encouraged to participate, become involved, and develop. Any mistakes that are made on the trails are noticed, pointed out, and used as a teaching opportunity, often with a good dose of humor. It is a safe place to learn. Any AMC members going through the leadership process can allow themselves to be vulnerable and open to suggestions, criticisms, and praise. To become good leaders, as students, we need all three."

Hear! Hear!



Apple blossom.



Crabapple tree in full bloom.



Left: Bonsai—some as old as the 1700s!



Right: *Tortuosa*—contorted European beech tree



Above: Hydrangea.



Right: Maria Sestina at the Bonsai exhibit.





Photo by Bernie Meggison

## Volunteer of the Month:

### Paul Currier

By Bernie Meggison, Biking Chair

Each month the 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! This month the Biking Committee recognizes Paul Currier.

Our cycling community is proud to have a highly skilled, long, longtime ride leader. This leader has led literally hundreds of full moon rides over a few decades. All of us have enjoyed his skills and his enthusiasm to find routes that are scenic, but also culturally informative. Several years ago he led almost 70 rides in one year. Continuing on, he still rides and leads, sharing casual observations along the route. This leader quietly assists as if he is our Biking Vice Chair. His continued contributions have made our cycling community more viable. Please give a "Hip! Hip! Hurrah!" to this special leader, Paul Currier.

Paul will receive a Volunteer of the Month Certificate and a \$50 gift card.



## Wilderness First Aid & CPR Training

By Susan Svelnis

Next time you join an AMC event, take a moment and appreciate all that your leaders do to keep you safe. AMC strongly suggests that all event leaders take training classes in Wilderness First Aid and Cardio-Pulmonary Resuscitation For Class 2 through Class 5 hike leaders, both of these classes are mandatory.

SEM recently hosted a two-day WFA training, which included CPR. The class was taught by SOLO and held May 4-5 at the Davis-Douglas Farm of the Wildlands Trust in Plymouth.

As you can see from the pictures, this is a hands-on course with frequent outdoor role-playing scenarios to supplement the classroom learning. Would you know what to do if your hiking partner suffered a bad fall and broke a limb? Or what if you came across an unconscious hiker on the trail? This course also covers the common ailments, such as burns, allergic reactions, choking, and bug bites.



The weather for the weekend training was overcast and often raining. This did not alter the outdoor course curriculum. In fact it most certainly enhanced the training. AMC hike leaders need to be prepared for any hazard out in the back country. The participants in this class were all prepared with their rain gear.

SEM typically hosts one WFA class each year in the spring, but due to a higher demand this year, we will be offering another class in September. You can take this class directly through SOLO or with any of the other AMC chapters, although I can say from first-hand experience, it is a great way to build camaraderie with your fellow SEM hike leaders. You may recognize many of them in these pictures. *Continued on page 5*





## First Aid & CPR

*Continued from page 4*



Above: WFA training included CPR practice on manikins and scenarios with fake injuries. *Photos by Susan Svelnis*

### FOR RENT

Prince Edward Island, Canada

#### Summer/Fall Weekly Cottage Rental

2-bedroom newly constructed oceanfront cottage that sleeps 6.

Sweeping views of the pond, ocean & lighthouse.

Enjoy kayaking, bicycling and beach walking.  
\$900/wk. Contact Scott at 603-254-5032 or  
[scottm@plymouth.edu](mailto:scottm@plymouth.edu)



Left: Ariel Leitao's arm has a deep laceration.  
*Photo by Ken Carson*

Below left: Jeannine Audet needs help for a forearm fracture. *Photo by Jeannine Audet*

Below right: Yep, that's a bone visible in Tom Pratt's injured wrist. *Photo by Tom Pratt*







Cyclists welcome Spring! Photo by Jeannine Audet

## Flowering fields delight cyclists

By Jeannine Audet

On Sunday, April 28, 14 riders cycled 23.5 miles through Westport & Dartmouth, MA. The weather was cloudy & cool, and the rain held off until the last six miles, when it began to drizzle. We rode past the Westport River, Destruction Brook Woods, farms and houses with stone walls, and up and down several (fairly modest) hills.

Midway through the trip, the group stopped at the Dartmouth Natural Resources Trust's Parsons Preserve to view the lovely daffodil fields, which were 92% in bloom, according to a DNRT guide. Several riders enjoyed a nice lunch at the Blue Lobster Café at Lees Market, our ride starting & ending point.



Daffodils carpet the fields. Photo by Jeannine Audet

## Register now for Teen Trail Crews

By AMC Staff

AMC is still accepting registrations for volunteer Teen Trail Crews, but space is limited, so register now!

Teens 14 to 19 years old can lend a hand maintaining trails across the northeast for one to four weeks. These programs foster leadership and develop conservation ethics while teens build skills and make lifelong friends. Teen Trail Crew participants can earn 40 hours of community service per week!

Here is a sampling of our 2019 program calendar with more crews available online:

*North Country 4-Week Leadership & Conservation Teen Trail Crew* **FULL with Waitlist**

June 23-July 19, 2019 — [Information here.](#)

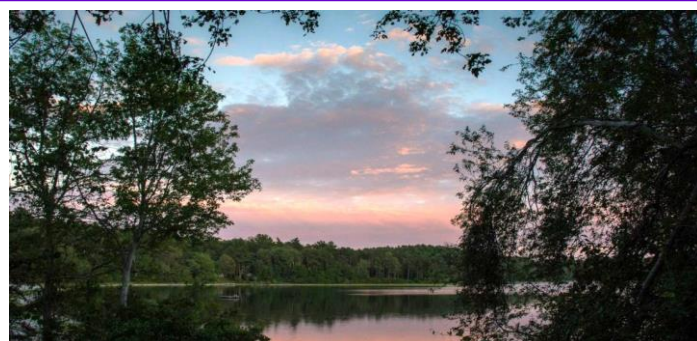
*Southern New England Appalachian Trail 2-Week Spike Teen Trail Crew*

June 23-July 5, 2019 — [Information here.](#)

*Delaware Water Gap Mohican 1-Week Teen Trail Crews*

July 14-19, 2019 — [Information here.](#)

July 21-26, 2019 — [Information here.](#)



Save the Date

**Fall Gathering 2019**

**October 18th to 20th**

**Camp Burgess in Sandwich, MA**

We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair, Barry Young at [pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org)





“First Nighters” gather on the Horse Bridge over Route 24 to kick off Red-Lining the Blue Hills. *Photo by Sue Svelnis.*

## ‘Red-Lining’ inspires both new and veteran hikers

By Alan Greenstein

There was great enthusiasm as 47 hikers gathered at the Donovan School, Randolph, MA, to kick-off the 14th year of the Red Line the Blue Hills (RLBH) hiking series on Thursday, April 11. It was the largest first night ever and included eight hikers who had not previously participated in the RLBH hikes, as well as Bob Vogel, the originator. Joe Keogh led the April 11 hike, as he has since 2008. RLBH has been the inspiration for many AMC-SEM members to participate in other local and NH hikes. Several Red Line/White Line hikers have attained Hike Leader status, and Mike Woessner, Wayne Anderson, Jim Plouffe, Cheryl Lathrop, Maureen Kelly, Barry Young, and Len Ulbricht have ascended to the Chapter Chair position after participating.

The objective of the series is to offer hikers the opportunity to hike every inch of every one of the 125 trails in the Blue Hills Reservation on Thursday nights commencing at 6:00 pm from mid-April through mid-September. Regular attendees can generally earn the patch which demonstrates their accomplishment in 1.5 seasons, with perhaps a few supplemental “on your honor hikes” to pick up any trails they missed.

Inasmuch as trailheads vary from week to week, it is imperative that interested hikers register (once) at

[suesvelnis@gmail.com](mailto:suesvelnis@gmail.com) in order to receive the weekly email information sheet. The list was refreshed this year. The previous email list was significantly obsolete and needed to be made current. If you want to participate and have not signed-up in 2019, it is necessary to send a new request.



Trails Vice Chair Pete Tierney, left, receiving his patch for a fourth completion of “The Circuit” from Joe Keogh.

*Photo by Sue Svelnis*

## What, no shoes? Barefoot hiking!

By an AMC 'Barefooter'

AMC Note: *From time to time participants request to join AMC events who are barefoot hikers. It can be difficult for Leaders to assess safety considerations for such a participant, so we asked an experienced barefoot hiker to share his perspective. While decisions about footwear and safety rest with the Leader, we hope that this article will help Leaders better understand this practice.*

You're leading a local hike one morning. The weather's nice, perhaps a bit of chill in the air, but with a milder forecast ahead it's clearly going to be a fine day for an outing. At the trailhead you find a couple of people who got there early. As people continue to gather and add their names to the signup form, you're subtly eyeballing their gear and visible condition to reassure yourself that they can likely handle the trip. Then another person, or maybe more than one, walks up asking, "Is this the AMC hike?" They're carrying the typical day-hike stuff—packs with lunch, water, maybe some poles—and then you notice that there is nothing at all on their feet.

What?? Many folks would be terrified at the idea of venturing into the woods without their favorite sturdy boots on, so what on earth are these people up to?

They're not crazy, but are most likely barefooters. If they are well-conditioned and accustomed to it, then they're as ready to hit the trail as anyone else in the group.

Barefoot hiking, while still not that common, has been "a thing" for quite a few years. In the larger sense, it was "the thing" for thousands of years before shoes were invented—and humans managed to survive! Today, interest in letting one's feet freely explore the outdoors has been slowly ramping up since the early nineties, and those who engage in it find it enjoyable and safe. In fact, seasoned barefooters may be more stable and less injury-prone than shod hikers over many types of terrain, and almost certainly more comfortable and engaged with their environment. They are happy with a brisk pace, and will often overtake typical trail users and blast ahead.

Hiking unshod does take a conditioning to get used to it, and the advice to newbies among the barefooter community is, "Start slow and work up to the rough stuff." One does not try to go barreling along a gravelly fire road the first day out! That only leads to pain. But after a few months of practice and toughening-up, most experienced barefooters can easily handle gravel, sharp rocks, bits of glass, mud, sticks, and whatever else a trail might throw

at them. Even some snow and ice, for the more hardcore enthusiasts. Frankly, the grip of a bare sole on our typical New England granite is phenomenal!

There is a lot of information about the topic on the internet. Search for the words "barefoot" and "hiking" and the numerous results will likely include some of these:

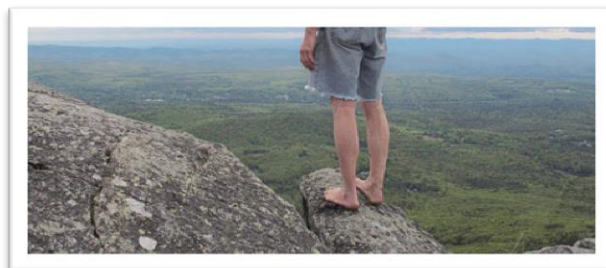
[Society for Barefoot Hiking](#)

[5 Questions I Get Asked About Barefoot Hiking](#)

[The Barefoot Hiker](#) (an entire online book)

[Our Boston-local Meetup group:](#)

And of course, [the two sisters](#) who yo-yoed the entire AT mostly barefoot:



On the top of Mt. Monadnock. Photo by "Hobbit"

Plenty of reading to be done on the subject! Chris McDougall's book *Born to Run* also bumped up interest in barefoot running and hiking around 2010, so awareness has been growing slowly since then. You may see a theme here—human feet are far more robust than we give them credit for, especially when freed from social convention. It's one of the healthiest things we can do for ourselves, and it's unfortunate that prejudicial stigma from the sixties is still so pervasive today.

Recall that all participants are fundamentally responsible for themselves on AMC outings, even if by leading you are to some extent tasked with looking out for their general welfare and not getting them lost. So should your new sole-stompin' acquaintances go along on the trip? If you're not sure, what you might ask them is where they are in their own barefoot journey—how long they've been hiking that way, and/or if they're confident about their ability versus the expected trail conditions and pace. If the answer is an unequivocal "yes," then you all should be good to go. If they don't seem entirely sure of themselves, or hint that they're just starting to get into it, at the very least they should bring their normal shoes as a backup and be cautioned against slowing the group down. Chances are that you'll all have a great time either way, and the whole group might learn some new things about what is humanly possible.





Sunset over lake at Camp Burgess on Cape Cod

## Discover where the locals hike, bike, and paddle on Cape Cod at Fall Gathering 2019

***Save the dates: October 18-20th, 2019!***

Come join the Southeastern Mass. Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you!

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful [Camp Burgess](#) in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake; spotless cabins (many with lake views); indoor washrooms and shower facilities; and a bounty of on-site recreational opportunities including zip line; climbing wall; and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best "the Cape" has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.

One-night, two-night, or single-day options will be available along with delicious and healthy meals in the camp's expansive dining/meeting facility. Please save the date for FG 2019 and visit [www.outdoors.org/fallgathering](http://www.outdoors.org/fallgathering) for more details! Registration opens July 1, 2019.



Appalachian Mountain Club, Worcester Chapter's

# 2019 TrailsFest!

In the Spirit of National Trails Day, We Bring Together Worcester County's  
Outdoor Community & Celebrate All Trails – Hiking Trails, Bike Paths,  
Waterways, Climbing Routes & More!

**Wachusett Mountain Ski Area, 499 Mountain Road, Princeton, MA**

June 1, 2019, 8:00 AM – 4:00 PM, FREE ADMISSION



**BE  
OUTDOORS**  
APPALACHIAN MOUNTAIN CLUB

## **8 AM – 12 PM: TRIPS & ACTIVITIES, Including:**

*Hiking • Trail Maintenance • Climbing • Paddling • Outdoor Yoga • Birding • Geocaching  
Outdoor Art Classes • Paddleboarding • Road Biking • Mountain Biking*

**12 PM: KEYNOTE, John Judge, President & CEO, Appalachian Mountain Club**

## **12 PM – 4 PM: MUSIC, FOOD TRUCKS, BEER! Come meet our partners:**

*Wachusett Mountain Ski Area, Greater Worcester Land Trust, Midstate Trail, REI, LL Bean,  
Mass Audubon, Wachusett Greenways, North Quabbin Trails Association, DCR, US Army  
Corps of Engineers, TerraCorps, EcoTarium, Mount Grace Land Conservation Trust, MA AT  
Management Committee, Southborough Open Land Foundation, New England Mountain  
Bike Association, Friends of the Wapack, Bay Circuit Trail, Northborough Trails Committee  
Leave No Trace, Appalachian Trail Conservancy & More*

**For more information, see [amcworchester.org/localactivities](http://amcworchester.org/localactivities)  
Questions? Want to Partner? Contact Shalin Desai, [programs@amcworchester.org](mailto:programs@amcworchester.org)**



## Activities

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

### Hiking Key:

**C4D**

Indicates distance in miles

AA .... 13+

A ..... 9-13

B ..... 5-8

C ..... less than 5

Indicates pace

1 ..... very fast

2 ..... fast

3 ..... moderate

4 ..... leisurely

Indicates terrain

A ..... very strenuous

B ..... strenuous

C ..... average

D ..... easy

Found in the description

L ..... Activity leader

CL .... Activity co-leader

FT .... First Time

NM ... New Members

AN .... Advance Notice

C ..... Conservation

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

**Wed., May 15. Osterville Village, MA, Bicycle Ride.** Enjoy the pre-season quiet roads of Osterville Village. The ride takes us to beaches, boat yards, marinas, golf courses. Optional food, beverage, beer stop at the end. (Not Whimpy's) Distance 21 miles, a few short hills. Pace, casual/ moderate Follow the leader style.. Start time 3:30 PM Helmets requires Bring spare tube, water, etc. Contact ride leader for start location. L Joe Tavilla (508-450-1934 8:00 AM- 8:00 PM, [silverski@earthlink.net](mailto:silverski@earthlink.net), Long time AMC ride leader)

**Thu., May. 16. Biking the Villages of Bourne, MA**, Tidal Flats Rec Area parking lot, Bell Rd, Bourne. 27 mi follow-the-leader bike ride thru the villages of Bourne at the gateway to Cape Cod. Mix of busy main roads and quiet secondary roads. Rolling hills. We will stop to enjoy scenic vistas and points of interest. 13-15 mph. Optional meetup apres ride at the Chart Room for their opening day/unofficial start of summer. (4.8 mi drive from end of ride.) Helmet, spare, water required. Wheels pumped and ready to roll at 10:00 a.m. L Barbara Gaughan (781-572-1321 Before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 hike & bike leader)

**Sat., May. 18. Road Cycling - Sunset and Full Flower Moon Ride, Sagamore Beach, MA.** 22+/- Miles & 2+ hours. Flats with hills in Sagamore Highlands. Start time: about 2 hours prior to sunset. Contact leader to register [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net) Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff. Return to the recreation area and along the canal to Buzzards Bay for sunset at Mass Maritime or perhaps from Three Mile Outlook. We'll return along the canal for a spectacular moonrise over the Sagamore Bridge. - Full Flower Moon - In most areas, flowers are abundant everywhere during this time. Other names include the Full Corn Planting Moon, or the Milk Moon. L Paul Currier (508-833-2690 8-7, [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net))

**Wed., Jun. 19. Bike Ride Dennis, MA, Beaches**, Views and Bike Path. This is a wonderful 26 mile route that starts from the old Dennis town hall on 505 Main Street, Dennis Speed, 12-15 MPH average We will cover lots of beaches, scenic views, not too many hills, rail trail path etc. See <https://ridewithgps.com/routes/21438616> for details. Helmets required Have tires pumped and bike ready to roll at 10:00 sharp. Spare tube Water snacks. L Larry Kornetsky (617-513-6716 8:00 AM - 8:00 PM, [larrykornetsky@gmail.com](mailto:larrykornetsky@gmail.com))

**Wed., Jun. 19. Cape Cod Rail Trail to Chatham, 430 route 134 South Dennis MA.** Ride the Cape Cod Rail Trail and secondary roads in Chatham. Enjoy lighthouses, ocean views and the quaint village of Chatham . Optional coffee stop in Chatham. Pace is casual/ moderate, distance about 33 miles +/- Helmets required, bring spare tube, water etc. Contact ride leader for start location. L Jeffrey Hyman (774-521-9235 9am-7 pm, [jsh17@comcast.net](mailto:jsh17@comcast.net), AMC Level 1 Bike leader)

*Continued next page*



## Activities

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

### BICYCLING

**Wed., Jul. 17. Road Cycling Nantucket Island, Hyannis, MA.** Bicycle round the historic and beautiful Nantucket Island We will visit several villages and beaches along the way Mostly paths, but also some roads. We will stop "in town" for a burger type lunch or bring your own food. Before we depart the island, we will visit the Cisco brewery for beverages, food and entertainment galore. We will depart Hyannis via the Steamship Authority High Speed Ferry at 8:15 AM and return on the 6:15 PM boat, Trip time approx .1 hour. Cost is approximately \$65.00 round trip including bike. Attendees MUST be able to cycle 40-45 miles at a moderate pace of 12-16 MPH. Bikes must be ready to roll once we are off the ferry. Helmets are required, tires and brakes in working order. Stay tuned for updates Rain cancels this event. L Bernie Meggison (617-930-4029 8:00 AM - 8:00 PM, [thosemeggisons@gmail.com](mailto:thosemeggisons@gmail.com), Long time cyclist and AMC leader.), R Bernard Meggison (617-930-4029)

**Thu., Aug. 15. Evening Road Cycling - Sunset & Full Sturgeon Moon Ride, MA.** 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Sturgeon Moon - August The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon or Grain Moon. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net) Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net))

**Sat., Aug. 17. Cycling & Wine Tasting in Westport Rivers Winery, Westport, MA.** Join us for an approximately 30 mile ride through beautiful Westport & Dartmouth, MA. We will pass farms, stone walls, conservation land, river & the beach. The pace will be 12-15 mph, & there will be some hills. Following the ride, we will have a private wine tasting at Westport Rivers Winery. They specialize in white & sparkling wines. Participants must be 21 years or older to participate in the tasting, & the cost is \$25 per person. A helmet is required to ride. Bring water & a snack. L Jeannine Audet (508-493-8221 weeknight after 7:00 PM, weekends anytime, [milmod@aol.com](mailto:milmod@aol.com))

**Sat., Sep. 14. Evening Road Cycling - Sunset & Full Harvest or Corn Moon Ride., MA.** 22+/- Miles & 2 ½ - hours. Flats & Hills - Full Corn Moon or Full Harvest Moon -This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, which is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering. Start time: about 2 hours prior to sunset. Contact leader for registration, location, etc. [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net) Please arrive with tires and riders pumped and ready to roll. Helmets, water, spare tube required; pump and tools would be nice. Cancellation/rescheduling sent to registered riders only. L Paul Currier (508-833-2690 8-7, [paulbcurrier@comcast.net](mailto:paulbcurrier@comcast.net))

### CAPE HIKING

**Thu., May 16. Hike Quashnet River in East Falmouth, MA.** Hike the enchanted Quashnet River nestled between East Falmouth and Mashpee on Cape Cod. This is a 2 hour hike, moderate pace, some hills, flats, wide trails Parking is limited. Registration is required for this hike. A hike information sheet will be emailed to you a few days before the hike with specific details, requirements and directions.. This is a popular hike so please respond to the registrar promptly as it will fill up quickly. L Catherine Giordano (508-243-3884 before 9 PM, [cmgiordan@msn.com](mailto:cmgiordan@msn.com)) CL Denise Fronius (508-274-4769), R Denise Fronius (508-274-4769 before 9 pm, [denisefronius@comcast.net](mailto:denisefronius@comcast.net))

**Sat., May 18. Hike Bell's Neck Conservation, Sand Pond prkg on RT 39, 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 9:45 for 10 a.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), Level 1 hike & bike leader.)

*Continued next page*

## Activities

---

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

### CAPE HIKING

**Thu., May 23. Hiking--Lawrence Island and Cataumet Greenways, Bourne, MA.** This 4 mile, 2 hour hike is around the rocky and sandy beaches of Lawrence Island, a wildlife sanctuary, and the wooded trails Cataumet Greenway. A short section of road walking is between the areas. There are both rolling hills and flat, rooted trails in the Greenway. Contact the hike leader for directions to the trailhead. L Robin McIntyre (508-789-8252 Before 9 pm, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 3rd year Level 1 hike leader with WFA training.) L Richard Kaiser (508-432-3277, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net)), R Robin McIntyre (13 Bell Road, Bourne, MA 02532, 508-789-8252 Before 9 pm, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net))

### EDUCATION

**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](mailto:PaulBrookes1966@outlook.com))

**Sat., Sep. 21-22. 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 6:00 pm, [reddoug@aol.com](mailto:redDoug@aol.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](mailto:chair@amcsem.org))

### HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).

Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**(FT) (NM) Sat., May 11-Jun. 15. Introduction to Hiking Series, Blue Hills Reservation, MA.** Have you always wanted to get outside and explore local trails but felt like you needed help getting started? Have you hiked before but need a refresher course on hiking essentials? This series of FIVE Saturday morning hikes in the Blue Hills Reservation may be just what you're looking for! Each hike will build on prior hikes as we increase distance, elevation, and technical hiking challenges. Along the way we will also teach basic hiking techniques, map reading skills and will review clothing and gear essentials. Registration is required for this series and will be limited to 15 participants. You will only need to register one time for all 5 hikes. Hike dates are: May 11 May 18 June 1 June 8 June 15 Hike start locations will be sent to registered hikers on the Wednesday before the hike. Sign in is at 8:15 AM and we will finish up before 12 noon. Contact Pam with questions. L Patricia-Lee Achorn (781-784-8983, [plachorn@msn.com](mailto:plachorn@msn.com), Pat is an avid hiker and has lead the "Introduction to Hiking Series" in the Blue Hills in past years.) CL Pam Johnson (617-448-4446 Between 4 PM and 8 PM, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam is a life-long hiker and is certified in Wilderness First Aid, CPR and AMC Map and Compass orienteering. Pam is a Co-Leader on the Blue Hills "White Lining" and "Conditioning Series" and has climbed the 48 Four Thousand Footers.), R Pam Johnson (617-448-4446 Between 4 PM and 8 PM, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com))

Continued next page



## Activities

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

### HIKING

**Tue., May 14. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** Hike hilly Skyline Trail and adjacent trails on nine successive Tuesday mornings 3/26-5/21, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Expect rocks and granite ledges on most ascents and descents. Moderate initial 1.5-2 mph pace and 3 mile hilly hike, progressing over the 9 weeks to 8 or more miles with cumulative elevation gain around about 2000 feet.. 9:15 am sign-in, 9:30 am hike start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He enjoys hiking the 48 NH 4K peaks and is an AMC Adventure Travel leader.) CL Pam Johnson (pjohnson8992@gmail.com) CL Craig MacDonald (craigmacdonald695@gmail.com), R len ulbricht ([len44@gmail.com](mailto:len44@gmail.com))

**Tue., May. 14. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA.** For your hiking pleasure, a Tuesday Hiking Series, Over time we plan to hike 'all' of the trails within the Blue Hills, meeting in different parking lots and hiking different routes each week. If folks are interested this series will run... well, for as long as folks/Leaders are interested. (Currently only the few weeks are posted. This is to allow modifications to this listing, and the addition of other Leaders, going forward.) So, if you are interested in hiking in the Blue Hills on Tuesdays, typically from 10 AM until, typically, sometime before 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. (If you don't know Bob, please include a BRIEF (One sentence is fine) 'My Hiking History', so we can get to know each other.) Note that, in addition to 'just hiking', this series also aims to provide 'skill building', both for participants, new Co-Leaders and existing Leaders. We will incorporate a range of 'educational opportunities' as we hike, (Map reading, GPS app usage, Group Management practice, Introduction to Trailwork, Come hike, get some exercise, have fun, and learn. Note: If this group grows in size, the plan is to split into sub-groups when we hike, to keep each 'hiking group' to a manageable size. Groups may split based on speed/distance abilities, willingness to hike with dogs, ability to hike for the full 4 hours, desired trails to hike, etc. This will be a "Register once, come as often as you want" series. L Bob Vogel (vogel.r@comcast.net, Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.), R Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net))

**(FT) (NM) Thu., May 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh (jpkeo24@gmail.com) L Michael Swartz (617-840-4199, [swartz@brandeis.edu](mailto:swartz@brandeis.edu)), R Sue Svelnis (781-849-9299 before 9 pm, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**(FT) (NM) Thu., May 16. Thursday Morning Hike - World's End (C3C), World's End, Hingham, MA.** World's End (C3C). Meet at 10am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Sat., May. 18. Mt Tom Holyoke MA - Summer Series Hike #1, Holyoke MA.** Start off your summer hiking off right by enjoying spectacular cliff top views of the Pioneer Valley, the Berkshires, and the Connecticut River Valley. Starting at Reservation Road we will follow the Metacomet and Monadnock trail along the ridge to the Eyrie House ruins then reverse direction and continue along the trail to the summit of Mount Tom before returning to Reservation Road. This is a great hike to improve your conditioning in preparation for bigger hikes to come. This 7 mile out and back hike with 1500 ft of elevation gain will be hiked at a moderate pace. L Anne Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), I have been hiking with AMC since 2006 and leading hiking and snowshoe trips since 2010.. I enjoy hiking in Western Mass and in the White Mountains. I recently completed the NH 48.) L Peggy Qvicklund (qvickan@comcast.net, Hike leader since 2014, have completed the NH 48, but mainly enjoy sharing the outdoors with likeminded folks.) CL Eva Borsody Das ([borsody@gmail.com](mailto:borsody@gmail.com)), R Anne Duggan (177 Rounseville Road, Rochester, MA 02770, 508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com))

*Continued next page*

## Activities

---

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

### HIKING

**(NM) Sun., May 19. New Member Hike at Wompatuck State Park, 204 Union Street, Hingham, MA.** Join some of your fellow AMC members for a Spring hike through this DCR property. This hike is open to all new members as well as hikers considering joining our group. We also welcome existing members who are willing to share their experiences with the group. Wompatuck State Park has over 70 miles of trails that span through four towns. On this hike we will explore about 4 miles of these trails starting from the Visitor Center. The terrain is mostly flat with some gentle hills. Sturdy hiking shoes are required, dress in layers and bring water and a snack or lunch. There will be refreshments and information at the end of the hike. Please contact Leader to register and if you have any questions. L Susan Svelnis (781-849-9299, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com)), R Sue Svelnis (781-849-9299, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**Sun., May 19. Plymouth Harbour, Plymouth MA.** Scenic 7 mile walk along Plymouth Harbour including Jennie's Grist Mill and Historic Monuments. Lunch stop around noon time at the Lobster Hut (counter service) then 1/2 hour walk back to the cars. Bring snack and water. No dogs. Sneakers or walking shoes are okay to wear. Storm cancels. L Beth Mosias ([bmosias@yahoo.com](mailto:bmosias@yahoo.com))

**Tue., May 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, May 14, entry.

**Tue., May. 21. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA.** See details at Tuesday, May 14, entry.

**(FT) (NM) Thu., May 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**Thu., May 23. Moose Hill Audubon Hike, 293 Moose Hill Parkway, Sharon, MA 02067.** This is a 4-5 mile hike at a moderate pace in a beautiful wooded area. The terrain is fairly flat with some ups and downs. This is a different hike in Moose Hill than the one I led in November. I have noticed that they have now put up large signs throughout saying "NO PETS" so we must comply with this restriction. Please bring water, snacks, lunch and rain gear and wear sturdy footwear. **DRIVING DIRECTIONS FROM NORTH** Take Rt I-95 south to exit 10 (Coney St, Sharon, Walpole). Take a left off the exit and take the first right onto Rt 27 north (Walpole). Take first left on Moose Hill Street. Continue past The Trustee's Moose Hill Farm. Follow to the top of the hill and turn left onto Moose Hill Parkway. The parking lot is on the left. **FROM SOUTH** Take Rt I-95 north to exit 8 (Main St, Sharon). Take a right off the exit and follow one mile. Take a left onto Moose Hill Street. Follow to the top of the hill and turn right onto Moose Hill Parkway. The parking lot is on the left. **FROM SOUTH** Take Rt I-95 north to exit 8 (Main St, Sharon). Take a right off the exit and follow one mile. Take a left onto Moose Hill Street. Follow to the top of the hill and turn right onto Moose Hill Parkway. The parking lot is on the left. L Nancy Perlman (617-980-4878 before 9:30pm, [nancyclist@gmail.com](mailto:nancyclist@gmail.com))

**(FT) (NM) Sat., May. 25. My First AMC Hike!, Borderland State Park, Easton/Sharon, MA.** Are you new to AMC, or a new to hiking? Join us at Borderland State Park in Easton, MA for your first hike with AMC! We will offer two hikes, with a lunch break in between. The first hike is a 3- mile, relatively flat route around the ponds. The second hike will be a bit more challenging: 3-4 miles with some rocky terrain and small hills. Let's get outdoors - come out to learn more about AMC and hiking, and get some fresh air. Feel free to join just the first hike, or both! Bring lunch, at least 1 liter of water, and a raincoat. Any questions, contact Co-Leader and Registrar: Emilie Bent. L Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net), Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.) CL Emilie Bent (508-577-3679, [emilieb1@yahoo.com](mailto:emilieb1@yahoo.com)), R Emilie Bent (508-577-3679 8 -9 PM, [emilieb1@yahoo.com](mailto:emilieb1@yahoo.com))

**Tue., May. 28. Tuesday Morning Blue Hills Hiking Series, Blue Hills, Milton, MA.** See details at Tuesday, May 14, entry.

**(FT) (NM) Thu., May 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

*Continued next page*



## Activities

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

### HIKING

**Thu., May 30. Wilson Mountain & Whitcomb Woods - 3rd Annual Perennials Hike! Dedham, 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. The 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 trail head. 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, sun screen. Well behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins 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. 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.)

**(FT) (NM) Thu., June 6. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**Sat., Jun. 8. Saturday Morning Walk - Hemlock Gorge Reservation, Hemlock Gorge - Needham/Newton, MA, line.** Join us as we explore (with Geologist Les Tyralla) the Hemlock Gorge Reservation during this co-sponsored trip with AMC's Boston Chapter. This will be a slow-paced two-mile walk as we learn about the geology and history of this DCR property. Included in the trip will be the historic "Echo Bridge" (built in 1876) which is on the National Register of Historic Places. It's a sight (and with sounds) to behold! We'll cover all of the interior trails, as well as those along the Charles River which created the Gorge over many thousands of years. We'll visit three dams, view an historic silk mill, and observe an old nail mill. The interpretive two-mile trek will last 2-2 ½ hours. Bring sturdy walking/hiking shoes, water, snacks, and rain gear if necessary. Sun screen and bug spray are recommended. There's plenty of street parking close to our meetup point which will be in the parking lot of 381 Elliot Street, Newton, MA. We also have permission to park in the lot. No Dogs. Steady rain will cancel. L Ken Cohen (508-942-1536 Before 8:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins 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. 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.) CL Lisa Fleischman (617-244-5747 Before 8:00 pm, [lflisch2@gmail.com](mailto:lflisch2@gmail.com)) CL Joan Entwistle (978-549-4864 before 8:00 pm, [Joan.entwistle@gmail.com](mailto:Joan.entwistle@gmail.com))

**(FT) (NM) Thu., June 13. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**Sat., Jun. 15. 14-mile, all-day, hilly hike in the Blue Hills Reservation, .** A longer all-day hike in the Blue Hills Reservation. This is a 14-mile, somewhat hilly hike, that traverses the reservation from South to North. We hike from the Nike Missile Base to Quincy Quarries using lesser known trails and climbing Buck, Hawk and Chickatawbut hills along the way. There are about 3-miles of steep trails summiting and descending the hills, the rest is flat to rolling. The hike starts at 8 am and expect to be back at your cars between 5 and 6 pm. We will hike at a moderate pace with brief but frequent stops along the way at various vistas. Registration is required and due to the distance and hills, we are limiting the group to 15 people. People should be well-conditioned having recently (within the past 2-months) hiked 7 or more miles. One of the leaders, Paul, will have his well-behaved dog with him. No other dogs allowed. L Paul Brookes (603-799-4399 After 10 am and before 8 pm, [PaulBrookes1966@outlook.com](mailto: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 Dexter Robinson ([dexsue@comcast.net](mailto:dexsue@comcast.net))

**Wed., Jun. 19-23. Ten Maine 4Ks - Hiking the Rangeley and Bigelow Mtns., Carrabassett Valley, Maine, ME.** Join us on a 5 day trip to the Rangeley and Bigelow areas to hike 10 of the 14 Maine 4000 footers, experiencing some of the most astonishing views. Jointly sponsored by New Hampshire and Southeastern Mass chapters. We will not only be hiking these spectacular mountains, we will be enjoying time with great people. We will be staying at a delightful accommodation in the Carrabassett Valley and carpooling to the trailhead each day. This trip is for experienced hikers in good hiking condition as we will be hiking 5 consecutive days. L Leslie Carson (508-833-8237, [lrc929@comcast.net](mailto:lrc929@comcast.net)) CL Dirgny Perdigon ([dalexandra@gmail.com](mailto:dalexandra@gmail.com)), R Dirgny Perdigon ([dalexandra@gmail.com](mailto:dalexandra@gmail.com))

*Continued next page*



## Activities

---

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

**(FT) (NM) Thu., June 20. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, 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 (603-799-4399 After 8am and before 9pm, [PaulBrookes1966@outlook.com](mailto: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.) CL Doug Griffiths ([reddoug@aol.com](mailto:redoug@aol.com)) CL Pete Tierney ([pxtierney@aol.com](mailto:pxtierney@aol.com)), R Paul Brookes (603-799-4399 After 8am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com))

**Sun., Jun. 23. Family Hike in Destruction Brook Woods. Dartmouth, MA.** Join us for a family hike in beautiful Destruction Brook Woods in Dartmouth, MA. We will hike approximately 3 miles at a relaxed pace, allowing time to explore. This hike will have some trails with rocks & roots, so wearing sturdy footwear or boots is advised. Bring water & a snack. Heavy rain will cancel. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com))

**(FT) (NM) Thu., June 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**(FT) (NM) Thu., July 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**(FT) (NM) Thu., July 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**(FT) (NM) Thu., July 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**(FT) (NM) Thu., July 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**(FT) (NM) Thu., Aug. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**FT) (NM) Thu., Aug.8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**FT) (NM) Thu., Aug. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**FT) (NM) Thu., Aug. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**FT) (NM) Thu., Aug. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**FT) (NM) Thu., Sept. 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

*Continued next page*



## Activities

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

### HIKING

**(FT) (NM) Thu., Sept. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

**(FT) (NM) Thu., Sept. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, May 16, entry.

### PADDLING

**Wed., May 15. Paddle Mashpee Wakeby Ponds, Mashpee/Sandwich, Mashpee.** Paddle two fresh water ponds with lunch at the end of Wakeby Pond. Wear a PFD and bring a spray skirt in case of wind and waves. Bring lunch and water. Email the leader to register. Put-in: Fisherman's Landing, 373 Main Street, Mashpee. Plan on about a 7 mile paddle. L Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com)) CL Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com))

**Wed., May 22. Paddle Mill /Walker Ponds, Brewster, MA.** Paddle three fresh water kettle ponds and the narrows between them. See Stoney Brook Grist Mill (1893), herring run and Punkhorn Conservation lands. Lunch on Upper Mill Pond. About 7 miles total. Wear PFD, bring spray skirt in case of wind, bring lunch & water. Register with leader by email. L Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com)) CL Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com))

**Wed., May 29. Paddle Follins/Mill Ponds, Dennis, MA.** Paddle Follins Pond to Weir Creek bridge & if tide allows into Mill Pond passing Crab Creek Conservation area and back to circle Follins Pond & see some signs of Viking visit. Lunch on small beach. Paddle Dinahs Pond, Kelleys Bay & return past Mayfair boatyard. Plan on 7-9 miles. Wear PFD, bring spray skirt in case of wind & waves, bring lunch & water. Register by emailing co-leader. L Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com)) CL Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com))

**Sat., Jun. 15. Bass River North, Dennis, MA.** Paddle upstream seeing Indian Lands Conservation area & new bridge for CCRT bike trail. Lunch at Wilbur Park. Afterwards return and circumnavigate Grand Cove. Plan on 8-9 miles. Wear PFD, bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with co-leader. L Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com)) CL Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com)), R Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com))

**Sat., Jun. 29. Bass River South, Dennis, MA.** From launch paddle 'fingers' & bays to river mouth on Nantucket Sound. Lunch on West Dennis Beach. Return & paddle around Grand Cove for 8-9 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email to leader. L Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com)) CL Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com))

**Wed., Jul. 3. Paddle Herring River North, West Harwich, MA.** Paddle upstream to Coy Brook to end & to East Reservoir & back to Herring River for lunch at North rd bridge. Afterwards paddle to West Reservoir to see herring run & then return to put-in. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com)) CL Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com)), R Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com))

**Sat., Jul. 13-13. Chase Garden Creek, Yarmouth Port, MA.** Paddle Chase Garden Creek & tributaries, Judahs & Whites Brook. See Bray Farm, Shell Processing Plant & Chapin Beach. Lunch along the way. Plan for 7-8 mile trip. Wear PFD & bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com)) CL Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com)), R Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com))

**Wed., Jul. 31. Paddle Herring River North, West Harwich, MA.** Paddle upstream to Coy Brook to end & to East Reservoir & then to Herring River for lunch at North Rd Bridge. After paddle to West Reservoir to see Herring Run & then return to put-in. Wear PFD, bring spray skirt in case of wind & waves. Bring lunch & water. Register by email with Co-leader. L Paul Corriveau ([paulcorri@gmail.com](mailto:paulcorri@gmail.com)) CL Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com)), R Jean Orser ([jeanorser@gmail.com](mailto:jeanorser@gmail.com))



*Happy  
Trails!*