

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | February 2020

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

Sign up for the AMC Activity Digest. email
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.

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

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



Saturday morning hikers at Noble View Outdoor Center. *Photo by Paul Brookes*

Ice, Sun, & Fun at Noble View Weekend 2020

By Diane Hartley

Friday-Sunday, February 7-9

The first weekend hikers arrived in an ice storm to find Paul Brookes transforming the woodstoves of the main and north cabins into radiant furnaces, ensuring a "warm and toasty" welcome for all, while his yellow lab, Sunny, frolicked among the frosty grounds of the AMC Noble View Outdoor Center. Social events began soon thereafter, with the sharing of appetizers and libations, while our generous head chef, Sandi Santilli-Weaver directed a team of volunteers in food prep for the weekend feasts that she and Hadley Donaldson served up in style, continually providing dietary options to meet every hiker's needs.

Friday night's blustery winds ushered in late arrivals and made way for a magnificently chilly and vibrant sunrise on Saturday morning. Paul Brookes led an awe-inspiring hike through the ice laden woodlands down to Pitcher Brook, featuring a lovely waterfall. Venturing back, at Laurel Lane the group split with some heading directly back to the cabins, while others trekked on to Little River before returning for another hearty meal in the double cabin.

Continued on Page 3



View from the Chair: SEM and Meetup

A few months ago in my October View from the Chair, I wrote about a planning exercise your Executive Board has undertaken to explore how to make SEM better at serving our constituent community in Southeastern Massachusetts. I reported then that we had an initial goal of offering more local weekend hikes year round. That is happening as several trip leaders have stepped up to offer many more weekend hikes than we've had in past years, covering Plymouth, Bristol and abutting counties. I would like now to report on another goal from that planning exercise: use Meetup to expand SEM's communication reach in our Southeastern Mass region.



Meetup is geared to small local groups where an enthusiast sets up a Meetup site to attract like-minded people to join him or her for activities. While this has similarities with our own SEM trips, there are notable differences, particularly when it comes to how well the leader is trained (if at all), how participants are screened (if at all) to ensure that the particular activity is a good fit for them, and how up-to-date information is disseminated to all participants. Also, while Meetup trips often tend to be local in nature, SEM offers diverse trips over a wide area, both within and beyond southeastern Massachusetts. And while many of our trips are appropriate for people at all levels, some are more challenging and require specific skills and experience. How we make best use of Meetup must consider these differences.

Planning is under way to create a Meetup site for the chapter that expands SEM's recognition in the region; attracts new participants; and promotes our local recreational, training and conservation activities. As envisioned at this early stage, a summary version of trips posted on the AMC's ActDB trip listing system would also be posted on Meetup. Meetup readily accommodates our show-and-go trips. Registration-required trips can also be handled with a link to the ActDB. We still have to work out many details before setting up our Meetup site, but we're optimistic that this effort should generate significant new interest in SEM and our activities. Once ready, we will need a few volunteer trip leaders to test the site by posting their trips. Let me know if you are interested in helping to launch SEM's Meetup site.

Len

Len Ulbricht, AMC-SEM Chapter Chair

2020 Executive Board

Chapter Chair Len Ulbricht
Vice Chair Terence Hayes
Secretary Ann McSweeney
Treasurer David Yampanis
Past Chapter Chair Barry Young
Biking Chair Bernie Meggison
Biking Vice Chair Peter Linhares
Cape Hiking Chair..... Jane Harding
Cape Hiking Vice Chair Cathy Giordano
Cape Hiking Vice Chair.. Robin McIntyre

Communications Chair Paul Miller
Communications Vice Chair..... OPEN
Conservation Chair Joanne Newton
Conservation Vice Chair Bill Cannon
Education Chair Doug Griffiths
Education Vice Chair Sue Svelnis
Hiking Chair George Danis
Hiking Vice Chair..... Ken Cohen
Hiking Vice Chair..... Anne Rapp
Membership Chair..... Ellen Thompson

Membership Vice Chair Sandi Santilli
Paddling Chair Ed Foster
Paddling Vice Chair OPEN
Regional Director..... Joe Princi
Skiing Chair Jeannine Audet
Skiing Vice Chair OPEN
Trails Chair Skip Maysles
Trails Vice Chair Pete Tierney
Young Members Chair..... Sue Schobel

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Christine Racine
Webmistress..... Cheryl Lathrop
Nominating Committee Chair..... Alan Greenstein

The Breeze Editor..... Mo Walsh
Blast Editor..... Marie Hopkins

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



Sunday sunrise bursts into the sky. *Photo by Diane Hartley*

Noble View Weekend *Continued from page 1*

After lunch, Joanne Newton led us on a brisk woodland loop that opened up onto some ledges, providing stunning views across the valley.

Upon returning from the afternoon hike, Jeannine Audet instructed a multi-level yoga class, guiding all attendees into a series of stretching and strengthening postures to aid our weary muscles and focus our busy minds.

After another entertaining social hour and delicious meal, fifteen hikers bundled up for a short and silent full moon walk in the woods. The frozen grounds squeaked and crunched beneath our boots while the icicle glazed forestry shimmered in shadow-casting moonbeams. Once in the forest, we stopped walking to “just listen” when our silence was momentarily interrupted by an owl’s hoot. Awed, we continued on and returned to the toasty double cabin, joining others in evening activities of games, puzzles, reading, chatting, and enjoying the cabin’s ambient warmth.

Sunday morning burst into the sky with a magnificently brilliant sunrise casting hues of oranges and pinks into the cabins. Sandi and Hadley prepared breakfast, and early risers sipped their coffee in the glow. After breakfast and clean-up, we bundled up for a snowy and steep descent to Sodom Brook and back up the mountain along a series of switchbacks. We returned to the cabins for a final meal and team jiffy-clean, before bidding farewell to all.

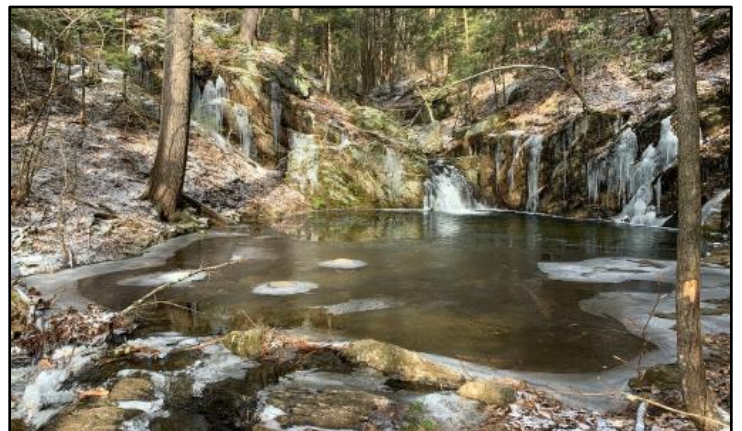
Thank you, Paul Brookes and Joanne Newton, for organizing and leading our weekend’s events. Thank you, Pam Johnson, for creating our name tags. Thank you, Jeannine Audet, for the yoga class, and thank you, Sandi Santilli-Weaver and Hadley Donaldson, for all the delicious and nutritious meals. AMC-SEM ROCKS!



Sunday morning ascent from Sodom Brook on switchback trails. *Photo by Diane Hartley*



Left: Icicled branch. Right: Paul Brookes checks the map. *Photos by Diane Hartley*



Ice “flows” into Pitcher Brook. *Photo by Diane Hartley*



Twelve hikers explore the Fowl Meadow region.

White-Lining the Blue Hills, during a fair-weather day at Fowl Meadow

Article & Photos By Ken Cohen, Hiking Vice Chair

"We've got to do them all, no matter how wild or remote!"

The goal of "White-Lining the Blue Hills" is objectively the same as "Red-Lining," except all 125 miles of official trails in the Blue Hills Reservation must be completed only during the winter months! Specifically, from the Winter Solstice (the shortest day of the year, usually December 21st) until the Vernal Equinox (the first day of spring, March 19th). One day before or one day after does not count! For most White-Liners, more than one winter season is required; for some of us, many winter seasons.

On Tuesday, January 28, fourteen hearty hikers explored every marked trail in the Fowl Meadow region, which forms the western border of the Blue Hills. Conditions are often challenging due to its proximity to the sometimes overflowing Neponset River and the thorn-filled thicket of undergrowth on many of the trails. Fortunately, on this day, the elements weren't a problem for the 7.5 mile trek.



At least 13 state-listed rare species inhabit Fowl Meadow; it is designated an Area of Critical Environmental Concern (ACEC). The northern Fowl Meadow area and Ponkapoag Bog have been designated a National Environmental Study Area by the National Park Service.

The hike began in Quincy at "Paul's Bridge," a handsome granite arched bridge, about 90 feet long, spanning a well-concealed Neponset River, between Milton and Readville (Boston). The bridge dates back to the early 1800s; however, a bridge has existed on this site since the mid-1700s. The name "Paul" can be attributed to Samuel Paul, the former owner of the adjacent land. Rebuilt several times to accommodate more traffic, reusing much of the original stone, its last reconstruction in 1932-1935 was designed by Arthur A. Shurcliff, a famous American landscape architect. Paul's Bridge was added to the National Register of Historic Places in 1972. It is maintained by the Massachusetts Department of Conservation and Recreation (DCR).

One never knows what flora or fauna will be discovered along the numerous trails of Fowl Meadow, as one of the accompanying photos suggests. The consensus of those of us who witnessed that totally unexpected, scary sight was: coyote skull!



Craig
MacDonald
at a
natural
sculpture.

Pete
Tierney
and
fellow
hikers.





Earth Day 2020: What will you do? What do you know?

By Joanne Newton, Conservation Chair

History of Earth Day: Earth Day was founded in 1970 as a day of education about the environmental issues within the United States. April 22, 2020 marks the 50th Anniversary of Earth Day. Earth Day is now a global event which is not only celebrated on the actual day it began but throughout the week and month also.

Earth Day was the idea of Senator Gaylord Nelson from Wisconsin who was inspired by the protests of the 1960s as Americans became more aware of the effects of pollution on the environment and the impact to our health and lives.

Senator Nelson is quoted as saying after the first Earth Day, "The American people finally had a forum to express its concern about what was happening to the land, river, lakes and air—and they did so with spectacular exuberance."

SEM Earth Day Activities: The Conservation Committee is planning several events to take place to bring attention to Earth Day. We are working on plans for several hikes focusing on the environment so please watch for more details on the AMC-SEM website under the Hiking Schedule. One event will be our Earth Day 2020 Cleanup Hike which will be scheduled for Sunday, April 19th in the Blue Hills. Please plan to join us for this cleanup hike as we continue with the tradition of Earth Day.

Trash Timeline Quiz: As we hike, bike, paddle, ski or simply enjoy being outside, we most likely see litter in many places that we frequent. We are all disturbed by the number of items that people carelessly discard. Have you wondered how long it takes that cigarette butt, plastic bag or aluminum can to decompose? Take this little quiz to find out. Match up the items with the decomposition rate that you think is correct. Turn to page 6 for the answers.



1. Cigarette butts 2. Aluminum cans 3. 6-pack holder 4. Banana/orange peel 5. Glass bottle 6. Plastic bags 7. Plastic coated paper

___ a. Five years

___ b. One to five years

___ c. Up to two years

___ d. 1,000,000 (1 million) years

___ e. Ten to 20 years

___ f. 100 years

___ g. 80 to 100 years



Explore Prince Edward Island this Summer or Fall

My two-bedroom cottage near Tignish provides sweeping views of the ocean, the beach, and the North Cape lighthouse. Enjoy kayaking, bicycling, walking the beach, swimming the warmer Gulf Stream waters, and exploring the community of Nail Pond and the many PIE attractions. The newly constructed cottage sleeps six comfortably. Weekly rent is only \$900. Contact me, AMC member Scott, for more information at 603-254-5032, or scottm@plymouth.edu.



Photo by
Robin McIntyre

Volunteer of the Month: Janet Kaiser

By Robin McIntyre, Cape Hiking Vice 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! This month, the Cape Hiking Committee recognizes Janet Kaiser.

Janet embodies many of the qualities that AMC looks for in a leader—preparedness, a welcoming nature, good interpersonal skills, and a love of the outdoors. Janet is a life member of AMC and has been leading hikes both for AMC and other community groups for many years. She is always willing to step up to volunteer to fill in when needed, and especially enjoys scouting new hiking areas on the Cape.

Janet is also active in her community through church and as a volunteer, giving rides for medical appointments at the senior center. She mentors new potential AMC hike leaders to encourage others to share the message of Get Outside!

Congratulations, Janet, and thank you from all of us at AMC-SEM!

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

Trash Timeline Decomposition Quiz Answers

<i>Item</i>	<i>Decomposition Rate</i>
1. Cigarette Butt	b. One to five years
2. Aluminum Cans	g. 80 to 100 years
3. Plastic 6-pack Holder	f. 100 years
4. Banana or Orange Peel	c. Up to two years
5. Glass Bottles	d. 1,000,000 years
6. Plastic Bags	e. Ten to 20 years
7. Plastic Coated Paper	a. Five years

'Be Outdoors' April 25th: AMC-SEM's Open House & Earth Day Celebration!

By Maureen Kelly

Are you a member of AMC-SEM but haven't tried any of our activities yet? Are you wondering what AMC-SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? Great! We have an event for you!

Join the Southeastern Massachusetts Chapter of the AMC, along with the Friends of Wompatuck State Park, in Hingham on Saturday, April 25th, for "***Be Outdoors with AMC-SEM 2020.***"

Celebrate the 50th anniversary of Earth Day as we hike, bike, do some trail work, or take a History Walk in this great park. Workshops will be held before and after the free lunch where you can learn about the AMC High Huts, learn how to take better outdoor photographs, learn about Leave No Trace Ethics, learn helpful stretches for before and after exercising and more! See what kinds of activities AMC-SEM has for you.



Save the Date:
Saturday
April 25th

Registration links will be available soon!

AMC-SEM leads hikes locally and in New England, does local trail work, leads local bike trips, paddles the Cape and South Shore, snowshoes and skis locally and up north. We will keep you outdoors all year long! We hope you will become part of our group of outdoor enthusiasts.

All are welcome; bring a friend. There is no cost for the activities, and there is a free lunch to participants. We know once you try it, you'll be hooked.

Contact Maureen Kelly, mokel773@aol.com, for more information. Each activity has a separate listing and registration. You must register for the activities you'd like to do. There are activities in the morning and in the afternoon. Sign up for one activity session or both!

Free Parking! Free Lunch! I hope to see you there!



Spring Peeper at Wildland Trust Striar Conservancy, Halifax.

‘The Big Night’ in vernal pools

Article & Photos by Rob MacDonald

I first notice that ever-so-slight shift in the tones of yellow and red in the late January sunlight that looks a little deeper than the week before. Not that this is an indication that we’re free of winter’s grip, but at least it’s a signal that we’re moving out of the dark and back into the light.

With spring’s rising temperatures, the snow cover begins to melt and some of that runoff flows into depressions and low-spots found in our forest floors. Many of these are ephemeral or “temporary” forest pools known as Vernal Pools. Now in the Commonwealth of Massachusetts, there is a very specific set of criteria which, if met, allows a vernal pool to be certified by Mass. Wildlife’s Natural Heritage & Endangered Species program (NHESP) and thus to gain an elevated level of protection. NHESP uses the following as a broad definition of a vernal pool: “A fish-free, temporary wetland that supports indicator species.”



Spotted Salamander

Massachusetts, we’d be most likely to see Wood Frogs, Spotted Salamanders, possibly Spadefoot Toads, and—if you’re really lucky—Fairy Shrimp.

So why are vernal pools so important and such a topic of interest? Maybe the best way to explain this is to introduce “The Big Night.”

So the next logical question is What is an indicator species? In Massachusetts, the “obligate” or “indicator” species are: Mole Salamanders (Spotted, Blue-Spotted, Marbled, and Jefferson), Wood Frogs, Spadefoot Toads, and Fairy Shrimp. In southeastern

Each spring, on one of the first rainy nights when the temperature climbs to 50 degrees or above, amphibians that depend on vernal pools for reproduction start their annual migration from the surrounding forest. This coordinated march has come to be known as “The Big Night” and folks across New England anxiously await its arrival. They grab their headlights, rubber boots, buckets, nets, cameras, and notepads. Moving through the darkened woods, they hunt for a vernal pool. Once there, they have a short window to see some of these secretive creatures that only come out from underground once a year.

For the past four years, I’ve had the opportunity to lead night-time vernal pool group walks, and this is a hit or miss endeavor; there is no guarantee that you’ll see anything. Timing and conditions need to be right and you may need to go out on several attempts. But when you “hit,” it’s magical. Regardless of age, participants seem to drift back to child-like wonder, dipping hands into mucky pools, crowding around and gazing into buckets of unwilling but tolerant specimens, and proudly displaying spring peepers as they rest on a wet hand. Folks lose themselves in the experience, and it’s truly one of my favorite things to do during the year.

Finally, if you’re interested, there are several organizations in southeastern Massachusetts that lead guided vernal pool walks. Among them are Wildlands Trust, Mass. Audubon, Buzzards Bay Coalition, and the North South River Watershed Association (NSRWA). Check their websites if you’re interested. The 2020 dates may not be posted yet, but they should start scheduling these walks quite soon.

If you’d like to see some more photos taken during both day and night vernal pool walks from past years, feel free to [follow this link](#). They were all taken at the Wildlands Trust Striar Conservancy in Halifax.

Also, [a great guide to Vernal Pools](#) is available from Mass. Wildlife and, at the time of this writing, it’s a bargain at \$12.

Egg mass, below, from a Wood Frog, right.





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

Mon., Mar. 9. Road Cycling - Sunset & Full Worm Moon -, MA. DST is here! 22+/- Miles & 2+ hours. Mostly Flat. Start time: about 2 hours prior to sunset. Contact leader to register 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 start in the large parking lot on the canal in Sandwich in front of the Coast Guard Station. Take Freezer Rd. to Ed Moffit Drive past the Pilot House to the lot. Park close to Ed M. Drive in my reserved spots (marked "P") and leave the canal scenic spaces for the canal viewers. We'll cycle the canal and streets to the private Colony of Tahanto and return along Shore Road and perhaps through Gray Gables and Mashnee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with stops possibly at the RR Bridge for the Energy Train and Aptuxet Trading Post/ President Cleveland's personal railroad station. - Full Worm Moon - As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the Full Crow Moon, when the cawing of crows signaled the end of winter; or the Full Crust Moon, because the snow cover becomes crusted from thawing by day and freezing at night. The Full Sap Moon, marking the time of tapping maple trees, is another variation. To the settlers, it was also known as the Lenten Moon, and was considered to be the last full Moon of winter. L Paul Currier (508-833-2690 8-7, paulbcurrier@comcast.net)

CAPE HIKING

Sun., Feb. 23. Hike--Bourne Town Forest and Four Ponds, 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 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. Do not use your GPS to find this location. 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 fourth year Level 1 SEM/Cape hike leader with WFA training)

Thu., Feb. 27. Hike--Island Pond, Harwich, MA. Hike bike path to wooded trails, pass Island Pond and lavender farm with hilly trails. Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277 Before 9:00 pm, jtkaiser@comcast.net, Many years Cape hike leader, AMC life member)

(FT) (NM) Thu., Mar. 5. Hike - Nickerson State Park, Brewster, MA. Hike a few hilly sections in the woods and then return along the Flax Pond shoreline. Route 6 East to Exit 12. Turn left at the end of ramp towards Brewster. Travel 1.6 miles to Main Entrance of Nickerson State Park on left. As you enter, take the first right turn into the Main Parking lot and park at the far end. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net)

(FT) (NM) Thu., Mar. 12. Hike Hawksnest State Forest - Harwich, MA. Hike this State Forest past Olivers, Hawksnest and Walker Ponds. Wooded trails over hills and wood roads. Rt 6 East, Harw Exit 11. At end of ramp, turn Left at traffic lights and take immediate right on Spruce Rd. Go less than half mile and park on roadside near a blue hydrant. Meet at 9:45 am. L Janet Kaiser (508-432-3277 before 9 PM, jtkaiser@comcast.net, Long-time Cape hike leader) L Richard Kaiser (508-432-3277 Before 9 PM, rjkaiser@comcast.net)



Activities

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

CAPE HIKING

Sun., Mar. 15. 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. 19. Hike the bogs of Yarmouth. Hike through an old Cranberry Bog to the main bogs of Yarmouth. We will walk past pump houses and Plashes Pond. The beginning of the hike is a little wet but we can get around it. This is a flat hike with NO hills. From Exit 8 go south on Station Ave. for .5 miles and turn right onto Old Townhouse Road Go 1.1 miles and turn Left onto West Yarmouth Road go 1.3 miles and turn Left onto Buck Island Road. Go .7 miles and turn right onto Winslow Gray Road. Go .7 miles and park on right From RT. 28 turn onto Winslow Gray road go .5 miles and park on left. L David Selfe (508-771-0620 after 5, kdsselfe@comcast.net) CL David N Selfe

Sun., Mar. 22. Hike--Plymouth Lane, Plymouth, MA. This 5 mile, 2.5 hour hike is in the triangle of land of Plymouth/Bourne/Wareham with the hike in Plymouth. The terrain is wooded pathways with some ruts and hills. Poles are strongly recommended with orange headgear and vests. From the OFF Cape side of the BOURNE Bridge rotary, exit the rotary onto Head of the Bay Road, between the Mobil gas station and Too Jasper motel. Go 1.2 miles to Plymouth Lane and go right for .9 miles to turn left on White Island Pond Road. Park on the left side of the road, facing outward, just adjacent to but not obstructing the sidewalk. We will carpool to the trailhead which is on a busy road with a very limited parking area. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 4th year Level 1 hike leader for Cape Hikes/SEM with WFA training.)

Sat., Mar. 28. Hike--Quashnet River & Woodlands, Waquoit (East Falmouth), MA. Exercise, socialize and localize while hiking along the Quashnet River and throughout the woodlands on a beautiful spring day. Join me and other outdoor enthusiasts for an invigorating two-hour spring hike. You will experience a variety of forested trails that are narrow, wide, hilly and flat. We will gather at 9:45 and begin our hike at 10:00. This hike is rated easy but can be challenging to hills, roots, and pace. The length of this hike is approximately 4 miles. Bring water and a snack (if needed)... tick and insect repellent recommended...wear sturdy hiking shoes...restroom facilities not available...no dogs... From Bourne Bridge: At Bourne rotary take second exit Rt. 28 South/MacArthur Blvd. At the traffic circle, take the 2nd exit onto MA 28 S. Take the first exit, Rt. 151, at bottom of ramp take a right towards Mashpee. Turn right on Currier Rd. Merge onto Hayway Rd. Take a slight left onto Carriage Shop Rd. Turn right on Metoxic Rd. Turn left onto Rt. 28 S. 1/4 mile on left is Martin Rd. Quashnet River parking lot is on left From Mashpee Rotary: Head northeast (towards Falmouth) on Rt. 28. Martin Rd. is 2.2 miles on right. Parking lot is on right. Any trouble with directions, call L Denise Fronius (508-274-4769 Prior to 8:00 PM, denisefronius@comcast.net)

Thu., Apr. 2. Hike Crowes Pasture, Dennis, MA. Hike along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com) CL Margaret Christen

Sun., Apr. 5. Hike Beebe Woods, Falmouth, MA. This is about a 4 mile hike at a moderate pace in Beebe Woods and the adjacent Peterson Farm property. There are several short hills and views of two small ponds. We'll leave the woods for a short time at Peterson Farm and see sheep. Arrive at 12:45 for a 1pm start. From the Bourne Bridge head south on Route 28 into Falmouth. Proceed through the intersection at the first stop light and go approximately ½ mile to right on Depot Avenue. Proceed up the hill and pass Highfield Hall to parking area behind Highfield Theater. L Deborah Hayden (508-274-2820 before 9PM, shaferhayden@gmail.com) L Cindy Tobey (cindyltobey@gmail.com)

Thu., Apr. 30. Hike--Monk's Park and Little Bay, Bourne, MA. This 2 hour hike over approximately 4 miles is in Bourne Conservation Trust properties of Little Bay and Monk's Park. We will hike wooded trails and a fire road with views of Little Bay from the bluff. A beach walk section will be included with views of Buzzards Bay. The terrain is moderate rolling hills on the wooded trails throughout the hike. Do not use your GPS to find the start of this hike. From Bourne Bridge/Cape side, take Route 28S toward Falmouth for 1.7 miles. Go right on Clay Pond Road/Monument Beach (green state sign) before McDonald's. Go 1.3 miles, cross County Road onto Beach Street for .2 mile. Go left onto Shore Road (Cumberland Farms on corner) for 1 mile. Go right onto Valley Bars Road and Monk's Park is at the end. Park at the end just before the underpass. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net Robin is a fourth year Level 1 SEM/Cape hike leader with WFA training.)



Activities

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

EDUCATION

Sat., Apr. 4. 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, [reddougg@aol.com](mailto:redDoug@aol.com))

Sat., May 2-3. Wilderness First Aid Two Day Workshop, location: 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 level 2 and above hiking 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, [reddougg@aol.com](mailto:redDoug@aol.com))

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Communications Chair - Southeastern Mass. Chapter, MA. As a key member of the SEM Executive Board, the Communications Chair oversees the timely production and distribution of chapter communications to chapter members and non-members, including: monthly issues of the Southeast Breeze newsletter (in conjunction with the Breeze editor); monthly Blast email announcements of important events (in conjunction with both the Chapter Chair and Blast editor); SEM annual report (jointly with the contributing chapter activity chairs such as hiking, biking, paddling, skiing, etc.) The Communications Chair also works closely with both the chapter Webmaster and Social Media Administrator to keep members (and potential members) informed; participates in monthly Executive Board meetings, soliciting content to communicate in a timely manner; interacts with AMC staff to ensure chapter communications follow current guidelines and best practices. This is a great opportunity for anyone with good communication skills and is comfortable with social media who wants to help keep the SEM chapter vital and encourage active engagement by members. For more information or to volunteer for this important position, please send an email to communicationschair@amcsem.org and/or to chair@amcsem.org. 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

Sat., Feb. 22. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. Main Houghton Pond Parking Lot - Meet near playground. This hike is considered a 'moderate' hike. Approximately 3 hours and 5 miles of up & down, up & down at a moderate pace. We can pause as needed after each up and down. Arrive at 9:45 AM for a Yeti Yoga winter warm up with simple standing stretches prior to each hike. The hike will begin at 10 AM. Proper fitness and equipment is needed. One time registration required. L Roger Whidden (781-834-7722 9 am - 9 pm, wsf1@verizon.net, See whiddenschool.com or zazenzone.com), R Roger Whidden (781-834-7722 9 am - 9 pm, wsf1@verizon.net)

Sun., Feb. 23. Winter Morning Out Hike at Myles Standish State Forest, MA. Join me for an 8 am Sunday morning hike at Myles Standish State Forest in Plymouth/Carver with the Friends of Myles Standish. 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) L John Bescherer L Paul Miller (paulallenmiller@verizon.net)



Activities

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

HIKING

Sun., Feb. 23. Hike Moose Hill, 293 Moose Hill Parkway, Sharon, MA. Arrive for 10 a.m. start. Enjoy a 5-6 mile moderately hilly hike at the Moose Hill Audubon trails at a pace of about 2 mph. Moose Hill is Mass Audubon's oldest wildlife sanctuary, encompassing protected forests, fields, and wetlands. We'll go over boardwalks, see vernal pools and glacial geology, and enjoy the views from the ledge. Audubon charges admission: free to members and Sharon residents; \$4 adults; \$3 seniors 65+. Winter clothing and boots required. Bring water and snacks. Depending on conditions, you may need traction devices. Sorry, no pets. L Diane Simms (339-235-0244 Before 8 pm, dianemsimms@comcast.net)

(NM) Tue., Feb. 25. Blue Hills Tuesday Hiking Series, Blue Hills, Milton, MA. For your hiking pleasure, a continuing Tuesday Morning Blue Hills Series. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to about 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. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. 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.) L Joanne Newton (vogel.r@comcast.net), R Bob Vogel (vogel.r@comcast.net)

Tue., Feb. 25. White Line the Blue Hills, Blue Hills Reservation, Canton/Milton, MA. What is "White Lining?" White Lining is an honor system quest to hike all of the mapped trails in the Blue Hills Reservation between the Winter Solstice and the Spring Equinox. For most folks White Lining takes several winter seasons to complete, hiking trails both on their own as well as in our fun White Lining group! For the sixth year, this popular series will have 12 hikes and will run from December 31, 2019 through March 17, 2020. We will meet on Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3 to 4 hours. We will hike at a moderate pace, perfect for moving and chatting at the same time. We will also enjoy lunch while out on the trails. Please consider the number of weeks you will be able to attend when deciding if this is the right group for you to join. If you are "White Lining" and think you can attend most of the 12 hikes, this is the group for you. If "White Lining" isn't your goal, there is another AMC winter hike also offered on Tuesdays in the Blue Hills that may be a better option. You only need to register one time for all 12 hikes. Registered hikers will be sent an email during the prior week detailing the meet up location and map plan of the hike. Hikes will be cancelled during active snow storms, heavy rain, icy conditions and/or excessive cold. Winter hiking clothing, insulated hiking boots, micro-spikes, snow shoes and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers with proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. White Line the Blue Hills! Lots of fun, adventure, no bugs, and gorgeous winter landscapes! L Pamela Johnson (617-448-4446, pjohnson8992@gmail.com, Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.) L Claire MacDonald (Claire and her husband, Craig, are AMC SEM Hike leaders. Claire and Craig have both completed their "Red Line" of the Blue Hills and have also completed the NH48. They love international treks including adventures hiking in Nepal and Patagonia. Claire and Craig were co-leaders of the White Lining series last year.) L Craig MacDonald (Craig is an AMC SEM hike leader and together with his wife, Claire, has been co-leader on the White Lining series and is also co-leader on the Conditioning Series.), R Claire MacDonald (781-582-0316, cfmacdonald@hotmail.com)

Thu., Feb. 27. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. This is a series of advanced conditioning hikes in the Blue Hills Reservation during the winter months on alternating Thursdays. The hikes are intended for those with previous winter hiking experience. This experience could include previous SEM white lining hiking in the Blue Hills. The series is not suitable for beginners. We will be doing at least 4 miles at a moderate to moderate fast pace on rugged trails in the Blue Hills Reservation to achieve over 1000 feet of vertical climbing. The hikes will take 3 to 4 hours. MICROspikes or similar spikes will be required since we will be looking for icy places to use them. Also, backcountry snowshoes (ones that have built-in traction) are required. The series will also focus on efficient layering and climbing techniques. Steady rain or bad driving conditions will cancel. Registration is required. Group size is limited to 10. Contact the leader at: dexpcdoc@gmail.com to register. L Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all of the NH four thousand foot mountains in winter and recently completed climbing the New England hundred highest mountains.), R Dexter Robinson (dexpcdoc@gmail.com)



Activities

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

HIKING

Thu., Feb. 27. Thursday Morning Blue Hills Hike/Snowshoe - Ponkapoag Pond, Canton, MA. Moderate to fast pace, with occasional stops. An approximate 5-mile hike around The Pond. Please arrive by 9:45 am for a 10:00 am start. Bring warm hiking shoes, snowshoes, micro-spikes or similar traction devices, sunscreen, snacks/lunch and water. We'll take a break at the AMC Camp, down near the pond, weather permitting. Steady rain or snowstorm cancels. Well behaved dogs on leash O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, 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. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

Fri., Feb. 28-Mar. 1. Lonesome Lake overnight, Franconia Notch, NH. Join us on a wonderful overnight trip to Lonesome Lake Hut. This is the last in the Winter Hiking Series. We leave from the Lafayette Campground on Friday and return Sunday morning. There is a possible Saturday hike into the hut but that is not final. Those hiking in on Friday will have day hikes on Saturday to Canon, Kinsmans or around the hut. Registrants are responsible for booking their bunk (details to follow-- 20 bunks are currently reserved) at the hut. Dinners and breakfasts are group meals and participants will be required to carry some food. Costs of the meals will be evenly divided among the participants. Participation in a winter hiking workshop is required and participants will need appropriate clothing, micro spikes, snowshoes, full crampons and a minimum zero degree rated sleeping bag. L George Danis (danisdad51@outlook.com) L Jeannine Audet (milmod@aol.com), R Jeannine Audet (milmod@aol.com)

Sat., Feb. 29. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Feb. 22, listing.

(FT) (NM) Sun., Mar. 1. Exploring Southeastern Mass. Hiking Series. An exciting new series of hikes.... This series of hikes will rotate around, starting in the Southeastern Mass area, with maybe a few excursions a bit farther afield. We will go to DCR (Mass Department of Conservation and Recreation) parks like the Blue Hills and Borderland, as well as other places such as The Trustees of Reservations facilities, local Conservation Commission and Natural Resource Trust locations. These hikes will be 'exploratory', meaning your leaders may not get to go there and carefully plan a route before we arrive. However, exploring new places, even if that means we sometimes get a bit off trail, is how we'll learn about these places and how we sometimes trip over 'special places' that are a bit off the usual path. (But don't fear, we've never gone anywhere we didn't find our way back from... yet!) Hikes may vary from 3 miles/2 hours to longer 7 mile/3 - 4 hour hikes. You'll get the opportunity to meet a bunch of new fellow hikers, while seeing new places to hike. One of the nice things about AMC hikes is all the new people you meet and become friends with. Sound interesting? Want to know what to do next? It's easy. Just email the registrar below, and we will add you to our email list. Then, as specific hikes are planned, you will be notified and given the opportunity to sign up and attend. These hikes will also be posted on the AMCSEM hiking schedule. We plan to schedule a hike on the first Sunday of every month beginning in March. Looking forward to meeting you! Your "Exploring Southeastern Mass" Hike Leaders and Coordinators! Joanne Newton, Karen Foley and other Guest Leaders. To register email Joanne at newt665@comcast.net or call 508-215-9470 before 8 PM. Our first hike: Sunday, March 1, 2020, Wheaton Farm, Easton, MA. 10:00 AM Start. Wheaton Farm is a NRT (Natural Resource Trust) property. This hike will be planned with two loops, each approximately 3 miles long, with the option to stop after the first loop. We will hike through some back trails that will give us an up-close look at a local solar farm, a cranberry bog, and plenty of woods and fields. There is little elevation on this route. L Joanne Newton (508-215-9470 Before 8:00 PM, newt665@comcast.net) L Karen Foley (617-633-8685 Before 8:00 PM, karen.foley@comcast.net), R Joanne Newton (508-215-9470 Before 8:00 PM, newt665@comcast.net)

Tue., Mar 3. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Tue., Feb. 25, listing.

Thu., Mar. 5. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Crow Moon or as some may call it, a Worm Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. We may need to think about Snow gear this time of year. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) The date of the Full Moon Hike you wish to attend. I have listed multiple dates 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 3 years leading Full Moon Hikes AMC SEM Conservation Vice Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcnallyma@comcast.net), R Bill Cannon (bcannon56@gmail.com)



Activities

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

HIKING

Sat., Mar. 7. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Feb. 22, listing.

Tue., Mar 10. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Tue., Feb. 25, listing.

Thu., Mar. 12. Advanced Conditioning Hike series, Blue Hills Reservation, Milton, MA. See details at Thur., Feb. 27, listing.

Thu., Mar. 12, Eel River Preserve. Plymouth MA. Easy pace, flat, approx. 5 mile hike along Eel River with a short road crossing to Russell Mill Pond Conservation Land. Soft sandy, pine needle laden trails. Lunch at halfway point by the pond. Please bring traction devices, we will check conditions at trailhead to see if needed. Heavy rain or snowstorm will cancel. No dogs. Directions to start From Rte 3 South take Exit 5. Bear right at lights off ramp this will be Long Pond Rd. 2.2 miles to Boot Pond Road on right. GPS Eel River Preserve 4 Boot Pond Road Plymouth MA. L Rachel Thibeault (774-360-2539 before 8:00PM, rateebo@yahoo.com)

Sat., Mar. 14. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Feb. 22, listing.

Sun., Mar. 15. F Gilbert Hills Hike, 45 Mill Street, Foxborough, MA. Enjoy a 5-6 mile moderately hilly hike at F Gilbert Hills trails at a pace of about 2 mph. F Gilbert Hills is managed by DCR. It is a 1000-acre state forest that offers 23 miles of trails through pine and oak. The park is also part of the 30-mile Warner Trail that stretches from Sharon, Mass to Diamond Hill State park in Rhode Island. Hiking boots required. Dress for the weather. Bring water and snacks. Depending on conditions, you may need traction devices. L Diane Simms (339-235-0244 before 8 pm, dianemsimms@comcast.net)

Tue., Mar 17. White Line the Blue Hills, Blue Hills Reservation, MA. See details at the Tue., Feb 25, listing.

Thu., Mar. 19. Woodland Walk - Integrating Mindfulness, Wompatuck State Park, Hingham, MA. Spring Equinox! Let us slow down, pay attention, raise self-awareness and be inspired by the beauty of the natural world. We invite you to join us for a relaxing experience in the Wompatuck woodland. Please be ready to circle up at 9:45 am. We will begin our walk promptly at 10:00 am. Overview: Mindful walking, a type of walking meditation, is an active practice that requires us to be aware of the present moment and surrounding environment. Focusing on nature allows our bodies to relax, renew and adapt to the ever changing climate of our daily lives & the changing of the seasons. It enhances concentration, awareness and appreciation for the outdoors. This walk will incorporate gentle qigong and breathing exercises to enrich the experience. Qigong has been described as a moving meditation designed to return balance & equilibrium to the body and mind. After a brief lunch, the second segment of the walk will be completed with a minimum of interaction. We will be focusing on our senses, performing exercises that will raise our awareness & enhance our relaxation response. We will leave no trace, including our voices. The hike covers 3.5 miles of wooded trails, bridge crossings and meadow meandering. Requirements: Appropriate attire, boots and layers suitable for trail and weather conditions. Something waterproof to sit on. Water and snacks. Walk will take place be it gentle showers and blossoms or the muffling of snow. Any questions, please contact leader or co-leader. The woodland walk will be cancelled if the weather is extreme - snowstorms, heavy rain, gusty winds or road closures. Cancellation will be posted on the outdoor.org website & also by SEM chapter notification. L Maria Sestina (617-930-1854 please call before 8 PM, mariasestina@hotmail.com, Maria is happiest and healthiest when she is in the woods, near the mountains. She wants to spread this source of contentment with as many like-minded people as possible. She is a Level 1 Hiking Leader and has absolutely fallen in love with the AMC! She is a 500 hour certified taiji qigong teacher. She has taught local classes for many years. She is deeply interested in weaving the health benefits of qigong with the joy of gentle hiking) CL Pam Johnson (617-448-4446 please call before 8 PM, pjohnson8992@gmail.com, Pam loves being outdoors! She is an AMC SEM Hike Leader and co-leads the White Lining Series, Conditioning Series and Introduction to Hiking Series in the Blue Hills. In the summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC high mountain huts. Pam has climbed the NH48 and is now working on 52WAV.), R Maria Sestina (617-930-1854 please call before 8 PM, mariasestina@hotmail.com)

Sat., Mar. 21. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Feb. 22, listing.

Thu., Mar. 26. Thursday Morning Hike - Burrage Pond WMA - Halifax/Hanson, 15 Hawks Ave, Hanson, MA. Hike in The Burrage Pond WMA in Hanson & Halifax. A three hour, 5 to 6 mile moderate hike on mostly flat sandy trails. This area was once the largest cranberry bog operation in the country and is now being reverted back to wild lands. Bring lunch, water, warm clothing and especially warm windproof head gear as these open spaces can get very chilling in the winter with a stiff breeze. Heavy rain or heavy snow will cancel. Good snow shoeing if weather permits. Please contact leader BEFORE bringing DOGS on this hike. L Richard Carnes (508-947-3204 Before 8 PM, rcarnes2@aol.com)



Activities

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

HIKING

Sat., Mar. 28. Saturday Yeti Hike in the Blue Hills, 840 Hillside Street, Milton, MA. See details at the Sat., Jan. 25, listing.

Sun., Mar. 29. Winter Morning Out 9-Mile Hike - Myles Standish to Wildlands Trust Headquarters, 675 Long Pond Rd, Plymouth, MA. Join us for an 8 am, 9-mile Sunday morning hike from Myles Standish State Forest in Plymouth/Carver to the Wildlands Trust Headquarters on Long Pond Rd. Friends of Myles Standish State Forest will join us. See the beauty of the forest, the ponds, the fields, and the highlands in winter. We will meet at 7:45 at the Wildlands Trust Headquarters on 675 Long Pond Rd in Plymouth. Park behind the barn. We will carpool to the start from here. From Myles Standish Headquarters we'll hike part of the East Head Pond loop, cross over to the Bentley Loop to Parking Lot 2. Then we'll head east into Halfway Pond Conservation Area. We'll hike over the hills and around the ponds that will deliver us back to our cars at Wildlands Trust. We'll plan on a moderate pace to complete the hike in approximately 4.5 hours. Registration is not required, but be confident that you can hike the 9 mile distance. Email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L John Bescherer L Paul Miller (paulallenmiller@verizon.net)

Mon., Apr. 6. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA. Come and hike under a Full Pink Moon or as some may call it, a Fish Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. We may still need to think about Snow gear this time of year. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend. I have listed multiple hikes 2) Your contact number 3) A description of your latest hiking experience. L William Cannon (bcannon56@gmail.com, AMC Member for 8 Years 3 years leading Full Moon Hikes AMC SEM Conservation Vice Chair) L Susan Svelnis (suesvelnis@gmail.com) L Nancy Coote (cranstonstreet22@gmail.com) L Patricia McNally (pmcnallyma@comcast.net), R Bill Cannon (bcannon56@gmail.com)

(FT) (NM) Thu., Apr. 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 15th year of the Red Line series! L Joe Keogh (jpkoe24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

(C) (FT) (NM) Sun., Apr. 19. Earth Day 2020 Clean Up Hike, Milton, MA. To recognize the 50th Anniversary of Earth Day, AMCSEM is planning several activities. This hike is a Clean-Up Hike along Route 28, Randolph Avenue, in Milton, MA. Take Exit 5 North off Highway 128/93 and park in any of the three pull-in lots on the left side before Chickatawbut Road. Due to the high volume of traffic on this road, there is always much litter and trash to be picked up. We are all saddened when we see litter along the trails and roadsides that we hike so please join us to do something about it! We will supply the trash bags and protective gloves for all. Just bring your enthusiasm to help clean up our environment and support Earth Day. We need all the helping hands we can get! Please join us! L Joanne Newton (508-215-9470 Before 8 PM, newt665@comcast.net) L Nancy Coote (cranstonstreet22@gmail.com) L William Cannon (bcannon56@gmail.com)

(FT) (NM) Thu., Apr. 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

Sat., May 2. The 3rd Annual Spring Into Spring Hike, Arnold Arboretum - Jamiaca Plain, MA. Including two vistas, Bonsai exhibit, 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) at 125 Arborway, Jamaica Plain at 8:45 for prompt 9:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 before 7:30 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 Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)



Activities

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

HIKING

(C) (FT) (NM) Sat., Apr. 25. "Be Outdoors" with AMC SEM's Open House and Earth Day Celebration 2020 with Friends of Wompatuck State Park, 204 Union St., Hingham, MA. Are you a member of AMC SEM but haven't tried any of our activities yet? Are you wondering what AMC SEM is all about? Do you want to get back into outdoor activities but are not sure where to start? Great, we have an event for you! Join the Southeastern Mass Chapter of AMC along with the Friends of Wompatuck State Park in Hingham on Saturday, April 25 for "BE OUTDOORS" WITH AMC SEM - 2020". Celebrate the 50th anniversary of Earth Day as we hike, bike, do some trail work, or take a History Walk in this great park. Workshops will be held before and after the free lunch where you can learn about the AMC High Huts, learn how to take better outdoor photographs, learn about Leave No Trace Ethics, learn helpful stretches for before and after exercising and more! See what kinds of activities AMC SEM has for you. AMC SEM leads hikes locally and in New England, does local trail work, leads local bike trips, paddles the Cape and south shore, snowshoes and skis locally and up north. We will keep you outdoors all year long! We hope you will become part of our group of outdoor enthusiasts. All are welcome; bring a friend. There is no cost for the activities and there is a free lunch to participants. We know once you try it, you'll be hooked. Contact Maureen, mokel773@aol.com, for more information. Each activity has a separate listing and registration. You must register for the activities you'd like to do. There are activities in the morning and in the afternoon. Do one or both! Free Parking! Free Lunch! I hope to see you there! L Maureen Kelly (617-943-4288 before 8 pm, mokel773@aol.com) L Barry Young (barry.young@comcast.net)

(FT) (NM) Thu., Apr. 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

Sat., May 2. The 3rd Annual Spring Into Spring Hike, Arnold Arboretum - Jamiaca Plain, MA. Including two vistas, Bonsai Exhibit, 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 8:45 For prompt 9:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Rain cancels. Leashed dogs O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, 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. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

(FT) (NM) Thu., May 7. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

(FT) (NM) Thu., May 14. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

Sat., May 16-17. Beginner Map & Compass for Hikers (Sat/Sun), Blue Hills, MA. Come learn navigation skills using a map and compass to find your way in this two-day weekend workshop. The course assumes no prior map or compass experience and is open to anyone that has not taken a map and compass course before. The class starts with basic instruction and progresses over the two days to cover some intermediate skills. 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 daypack. 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 US geological survey topographical map that does not show the trails and you will need to make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate 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 (9 am-5 pm). Only those that have not taken a map and compass course previously are eligible for the workshop; this ensures everyone in the group is at the same level. The fee for the workshop is \$60 (which includes both days). In addition, you will need to purchase and bring to class the Suunto M-3 NH navigating compass with adjustable declination correction, list price \$44 (currently \$29.69 on Amazon). If interested, please contact Doug Griffiths to register. 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.), R Doug Griffiths (redDoug@aol.com)

(FT) (NM) Thu., May 21. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

(FT) (NM) Thu., May 28. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.



Activities

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

HIKING

Sat., May 30. 4th Annual Perennials Hike!, Wilson Mountain/Whitcomb Woods Reservations, Dedham, MA. Lady's Slippers galore! In a good year there are hundreds on both sides, located in sections of the well-marked trail to the summit of Wilson Mountain on the Dedham/Needham line. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. 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 and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain and a snack break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 4-7 miles at a moderate pace. Bring water snacks, sturdy footwear, bug spray, sun screen. Steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:30 pm, 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. AMC-SEM Hiking Vice Chair, Level I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

(FT) (NM) Thu., Jun. 4, 11, 18, 25 Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

(FT) (NM) Thu., Jul. 2, 9, 16, 23, 30 Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

(FT) (NM) Thu., Aug. 6, 13, 20, 27. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 16.

(FT) (NM) Thu., Sep. 3, 10, 17. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA. See listing for Thur., Apr.16.

SKIING

Fri., Mar. 6-8. Cross Country Skiing & Snowshoeing in the White Mountains, The Old Field House, 347 NH 16A, Intervale, NH. Join us for a weekend of cross country skiing & snowshoeing in the beautiful White Mountains. We will stay at the lovely Old Field House in Intervale, NH. The B&B is located near many xc skiing areas; we will choose based upon snow conditions. Showshoeing is also available, including on trails outside the B&B. Depending upon trail conditions & interest, hiking will also be an option. Or, you may spend some time at the inn with a book or go shopping in North Conway. All rooms have a private bath, & breakfast is included. We will dine out at nearby restaurants for dinner. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com, Jeannine is the Skiing Chair for the SEM Chapter.) CL Dia Prantis CL Wayne Cardoza



THE END