

The Southeast Breeze

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

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Please send your Word doc and photographs to
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Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Hikers on Smarts Brook Trail in January. Photo by Sarah Benzagni

Short, fun season for snowshoers & XC skiers

By Jeannine Audet, Ski Chair

In 2020, the AMC SEM skiers had a short but successful and enjoyable season. While there was no snow in our SEM area or, alas, at Noble View for our February trip, there was plenty in the White Mountains. We had several returning adventurers and many new participants.

The weekend of January 10-12, 26 skiers and snowshoers enjoyed the hospitality at the cozy Mountain Fare Inn in Campton, NH. A group of 16 skied at the Waterville Valley XC Resort, while a group of seven snowshoed the rugged trails to the Scaur Lookout. The all-day threat of rain held off on Saturday, but we had rain Saturday night. We gathered for happy hour at the inn, sharing accounts of our busy day, then had dinner at the Mad River Tavern. The wet weather resulted in a change of plans from skiing to hiking on Sunday morning. The 3.5 mile Smarts Brook Trail loop was beautiful, with rolling hills, waterfalls, and trails following the brook. Microspikes were a "must."

Continued with more photos on pages 3-4



View from the Chair: The Coronavirus and SEM

The other day, my plan for this month's View was to highlight upcoming training and social events, plus the springtime hiking series that have attracted much interest these last couple of years. Then, as they say, all h... broke loose. In a period of 48 hours, we were on a war alert to help combat the spread of the coronavirus. Your Executive Board, after reviewing the initial Massachusetts state of emergency recommendations and March 12 guidance received from AMC for modifying events, chose to cancel near-term indoor events and limit the size of outdoor events. Then, just two or three days later, came the major revised statewide and national executive orders that motivated AMC to cancel all activities in all chapters through April 30.

You may still see activities posted for May and later. Whether these go on or be curtailed is yet to be determined.

Long term success at combating the coronavirus depends on actions we all take now, and in the days and months ahead. The extent we can maintain social distances while pursuing the outdoors that we all love will determine how successful we are in contributing to this viral war threatening our nation's health.



Len

*Len Ulbricht
AMC-SEM Chapter Chair*

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Trails ChairSkip Maysles
Trails Vice ChairPete Tierney
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Social Media AdministratorChristine 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



Snowshoe & XC ski season

Continued from page 1



The ski group at Waterville Valley. Photo by Dia Prantis

The weekend of March 6-8, 23 skiers, snowshoers, fat tire bikers, and shoppers called the Old Field House our home base. On Saturday, groups skied and snowshoed at Great Glen Trails; the conditions were a bit icy, but the day was sunny and fairly warm, with gorgeous views of Mt. Washington. After happy hour, which included the company of the innkeepers' dog Nana, we enjoyed dinner at Tuckerman's Tavern and the Sea Dog Brewing Company. On Sunday morning, we skied and snowshoed the beautiful wooded trails at the character-infused Bear Notch XC Center.

We welcome all who wish to share in our adventures and camaraderie next year!



Waterfall along Smarts Brook Trail. Photo by Diane Hartley



Snowshoers at Bear Notch. Photo by Diane Hartley



View from Angel Cabin of XC skiers at Great Glen. Photo by Friendly Skier.



**Boots
getting
warm and
dry at the
Mountain
Fare Inn.**

**Photo by
Diane
Hartley**



XC ski & snowshoe weekend

Continued from page 3



Hikers on Scaur Lookout. *Photo by Anne Duggan*



Leaf peeping—through the snow. *Photo by Diane Hartley*



XC Skiing at Bear Notch. *Photo by Sarah Benzagni*



Dinner at the Sea Dog Brewery. *Photo by Jeannine Audet*



Sunset over the Franconia Ridge. *Photo by Jeannine Audet*

Overnight at Lonesome Lake hut

By Jeannine Audet, Ski Chair

The weekend of February 28-March 1 saw twelve hardy snowshoers make the climb into Lonesome Lake hut for the fourth hike in the winter series. On Friday, everyone pitched in by carrying provisions, as the hut this time of year is “self-service.”

There was a 44-inch base of snow outside of the hut, and the temps were in the teens to 20s. Our AMC caretaker, Jake, kept the fire in the main building going in the evenings to warm us and our gear, directed groups to sign up for cooking time, and gave helpful trail advice.



View from Lonesome Lake. *Photo by Claire MacDonald*

On Friday, we stuck around the hut and hiked around Lonesome Lake, which provided some beautiful, clear views of the Franconia Ridge. The sunset over the ridge was breathtaking!

Dinner, prepared by Head Chef Paul Audet and Sous Chefs Dia Prantis and Jeannine Audet, was chicken or veggie tortillas, with beans, and cookies for dessert. Conversation and games (*Bananagrams*) followed, before we turned in to our zero degree sleeping bags for the night.

Saturday, the group hiked the Kinsman Pond Trail, taking turns breaking trail in our snowshoes. We had a quick lunch at the Kinsman Pond shelter, as it was quite cold. Then we descended to the hut via the Fishin Jimmy Trail, which required many of us to “butt slide” down, as it was quite steep in spots and packed down. Total round trip was 5.3 miles.



Mapping the Hike Route. *Photo by Claire MacDonald*

Happy hour followed, as the hut filled with several groups to a capacity of 48. We met a group of Boy Scouts who had made snow shelters on the bank of the pond for their overnight stay. Saturday night’s dinner was meat and veggie lasagnas (prepared by Paul Audet and Anne Duggan), salad, and brownies for dessert. Everyone pitched in all weekend to help with cooking and dishwashing.

Overall, a beautiful weekend with great company!

Continued with more photos on page 6



Lonesome Lake hut *Continued from page 5*



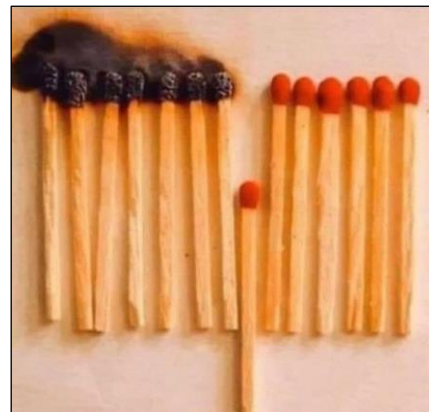
George Danis heads the line of snowshoers along the banks of Lonesome Lake. *Photo by Jeannine Audet*



Claire and Craig MacDonald at Kinsman Shelter. *Photo by Jeannine Audet*



Mountain Man Paul Audet at Kinsman Shelter. *Photo by Jeannine Audet*



Keep Your Distance

This won't last forever, but while it does, please help to keep us all safe. See AMC's news release on COVID-19 [here](#).

The one who stayed away saved the rest. *Posted in Italy*



What's happening? Be in the know!

By Diane Simms, Communications Co-Chair

Did you know AMC-SEM has an email system to notify members of changes to AMC-SEM activities? In this time of canceled AMC activities, we may use this to email ideas for members to do on their own in our local areas. If ever there was a need for the benefits of being outside, it is now. Please follow social distancing and other government guidance while enjoying nature.

Short Notice Email List (SNEL) is specific to our chapter. Each SNEL email has an unsubscribe link if you want to later opt out.

To be added to the SNEL mailing list, go to <http://amcsem.org>. The bottom of the home page has these instructions:

1. Email amcsem-subscribe@yahoogroups.com
2. Get reply email from Yahoo.
3. Reply to Yahoo (no message).
4. Get Yahoo confirm email. You're all set.

Please also follow @AMCSEM on Facebook for more ideas on getting outside.



Leadership training will be back!

Thank you to the members who signed up for the canceled Chapter Leadership Training on April 4th. Be assured that a new session will be scheduled as soon as it is safe for all. We encourage our members to become trained leaders in the outdoors activities they love so they can share their favorite places and experiences with others. "AMC leader training, for me, was life-changing, confidence building, and a 'door' to new outdoor challenges!" said Cape Hiking leader Janet Kaiser. Keep watching for the next scheduled training session!



The search for tomorrow's AMC-SEM leaders starts now

By Alan Greenstein, Nominating Committee Chair

2019 was a dynamic year for AMC-SEM. The 387 trips, training programs, and the fabulous Fall Gathering which hosted 250 AMC Members from all 12 chapters, were made possible by the commitment of dedicated and talented SEM leaders.

Leaders in any organization do not stay in place indefinitely. In most cases this is by design and the turnover invigorates the organization with new ideas.

We are beginning a search now for three Executive Board positions (Chapter Vice Chair, Chapter Secretary, and Chapter Membership Chair) that will become vacant in November. In addition we are looking for Vice Chairs to help support the activity committee chairs for Hiking, Cape Hiking, Trails, Paddling, and Skiing.

Please strongly consider if it is your time to "give back" by accepting one of these roles to ensure that the planning, communications and execution of our programs will remain dynamic and be available in the coming years. The outdoor activities that you enjoy so much don't "just happen". We need YOU to be part of the team that support this wonderful organization.

New leaders are identified by interested members speaking up directly about a specific position of interest to them OR by members providing networking contacts of potential interested people.

To learn more about these positions or refer an individual please contact Nominating Committee Members Alan Greenstein (alan.b.greenstein@gmail.com), Robin McIntyre (robinmcintyre@comcast.net) or Diane Hartley (dihartley@comcast.net).



Photo by Jeannine Audet

Volunteer of the Month: Paul Audet

By Jeannine Audet, Ski 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!

I would like to recognize Paul Audet as the March Volunteer of the Month. Although not (yet) a ski leader, Paul is working toward becoming a hike leader, and he has been highly involved in the cross-country skiing trips the last several years. We often have new participants on our ski trips, and Paul is always welcoming. He is very helpful, “stepping up” to step back as a sweep, loaning his gear to those in need, and repairing gear when needed. He also encourages our skiers and snowshoers to try all kinds of AMC-SEM activities.

Thank you, Paul, for all you do.

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

Get to know AMC's new ratings system for outdoor activities

The letters and numbers codes for AMC activities is being replaced by a new system that rates each outing by the range of difficulty listed below. Tables of variables help leaders and participants determine the rating for each activity, and leaders are encouraged to describe any additional considerations in their listings. We'll look more closely at the new system in future issues of the *Breeze*.

Accessible: Suitable for stroller, wheelchair, or other wheel-assisted travel. Paved, hardened gravel, or ADA listed terrain or approach. The distance traveled and anticipated timing of the activity are detailed in the activity description. This rating is employed across activities and is not broken out in each of the tables below. Please direct any inquiries for reasonable accommodation to the trip leader in advance of the trip.

Relaxed: Suitable for most active participants with full mobility and participants new to the activity described. Expect to be actively on the move for about 3 hours/day. You may be on the trail, slopes or water for a longer time, but there will be plenty of rest breaks.

Easy: Reasonable fitness for the expected activity is needed, but the trip is designed for those new to the activity. Expect to be active up to 4 hours/day. A bit more active time than the relaxed rating, but with generous breaks.

Moderate: Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day. Reasonable breaks in the action.

Vigorous: Suitable for those with recent similar experience and/or demonstrated proficiency, such as being active in sports or often (regular) engagement in vigorous physical activity. Ability to perform at the expected level for back-to-back days for multiday trips. Expect to be active up to 5-6 hours per day, with brief breaks.

Strenuous: Most physically demanding. Fitness for the specific activity is required with direct experience in the activity highly recommended and potentially mandatory (see the activity description). Expect to be active 6+ hours per day for back-to-back days if it is a multiday trip. Breaks will be shorter/fewer than for other levels of trips.





Anticipating an exciting winter backpack, from left, Bob Vogel, Joanne Newton, Robert Branczewski, Ellen Thompson, John Schepis, Samantha Fisher. *Photo by Friendly Hiker*

Winter Backpack 2020 at the Franconia Coppermine shelter

Written by Ellen Thompson

Our hike was to be a short, steady uphill, a couple of miles with maybe a 1,000-foot elevation gain to the Coppermine Shelter in Franconia, NH. The weather was in the 20s, brisk but not frigid, with no precipitation in the forecast. It was to be an easy, beginner hike. Bob spoke to other hikers and learned the snow on the trail was hard packed, so we put on our micro-spikes and headed out. A short distance up the road, after passing a few homes, we entered the woods, our breath billowing smoke from the moist cool air. The woods soon turned into an enchanted forest with hemlock, birch, and spruce covered with a thin frosting of snow. Quiet and still in the woodlands, the only sound was our collective micro-spikes making a gentle crunch in the snow.

Well, the other sound was my heart racing, my breathing was so heavy! Oh how I wish I could keep up. Robert was our sweep and stayed with me the whole way. As I paused on several occasions to catch quick breaths, I said to him: “Robert, thank you for staying back with me; what a great sport for my frequent stops to catch my breath and gather new strength.” ...“Gee, I didn’t realize this 30-pound pack would make such a difference!” ...“Robert, let’s stop and look at this beautiful cluster of trees.” ...“Robert, look at that beautiful pool of water dancing underneath the thin layer of ice.” ...Robert, I wish there were some bugs on the trees, so I could stop some

more and look!” ...“Robert, thank you for being so patient!” One of the best parts of hiking and backpacking is knowing friends are there to help and keep us company and encourage us to do more than we think we can.

And there we were, at the shelter. Yee haw, I made it! Bob, John, and Joanne tapped down the snow for our tents; I set mine up in the shelter. Brrrrrrrrrr. My dinner was a Mountain House Beef Stroganoff: pour in a cup of water and voila, a hot meal—pretty good. Nothing is better than a hot meal during a backpack. It is such a feeling of camaraderie to huddle over camp stoves cooking with your friends, sharing water so everyone can cook their meals. No matter what you cook, it tastes better than it could ever taste in your kitchen!



Tent platform and kitchen area for cooking. *Photo by Joanne Newton*



Bridal Veil Falls at night. *Photo by John Shepis*

More photos on page 10



Winter backpacking *Continued from page 9*



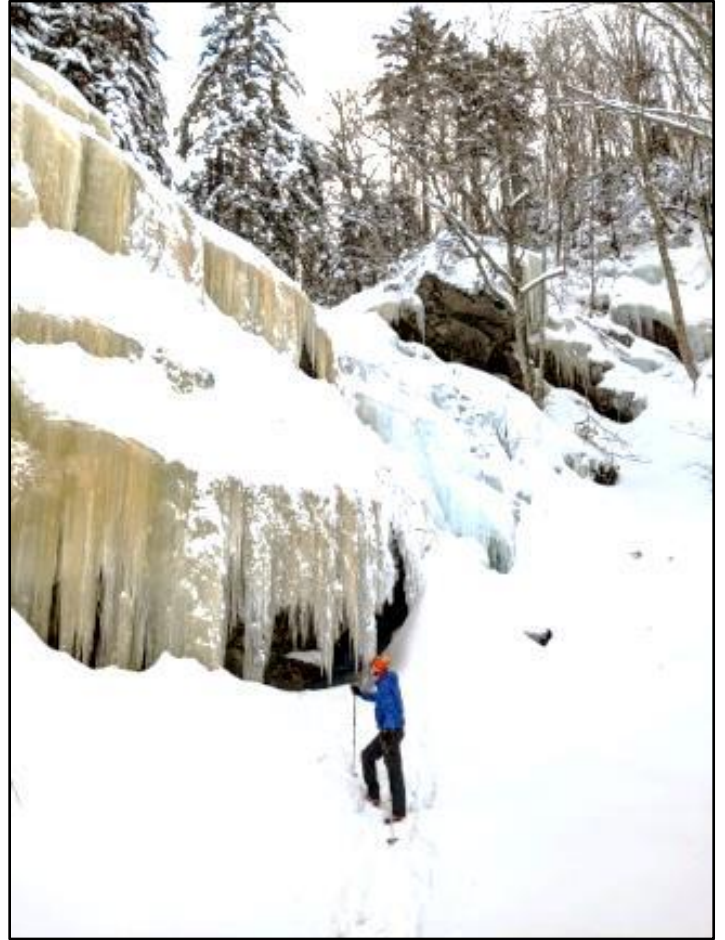
Tents set up around the platform. *Photo by John Shepis*



Night view of Bridal Veil Falls. *Photo by John Shepis*



Approaching the Falls in the daytime. *Photo by John Shepis*



Day climb for another opportunity to see the Falls. *Photo by Joanne Newton*



The river below Bridal Veil Falls. *Photo by John Shepis*



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

**Due to constantly-changing conditions with COVID-19,
please check the [online listings](#) or with the AMC-SEM leader to confirm activities.**

CAPE HIKING

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.)

Sat., May 9. Hike--Great Neck Wildlife Sanctuary, Wareham, Wareham, MA. This pre-registered hike with a limit of 30 hikers is a 4 mile, 1 3/4 hour hike will take place in the Great Neck Wildlife Sanctuary in Wareham, on wooded trails through Mass Audubon lands. The trails are relatively level but require negotiating roots and rocks. There may be trees to step over on the trails during hiking. NO DOGS are allowed in the sanctuary by Audubon rules. There is a view of Bass Cove from the Osprey Overlook. Wear sturdy walking shoes and bring water and tick repellent. From Route 25, take Exit 2, Onset/Wareham/Glen Charlie Road. Bear right on the ramp and continue through 2 traffic lights. As you cross Route 28/6/Cranberry Highway, the name changes to Depot Street. As you cross Onset Ave/Minot Ave., the name changes to Great Neck Road. Stay on Great Neck for 3.1 miles. At the right turn with no street sign, Sacred Heart Spirituality Center is on your left and a small Audubon sign is on the right. The parking is shortly on your left. Park close together to maximize available parking--some cars may need to park on Great Neck. L Robin McIntyre (508-789-8252 Before 9 pm, robinmcintyre@comcast.net, Robin is a 4th year Level I SEM/Cape hike leader with WFA training)

EDUCATION

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. Two 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 Smiths (508-758-4315 after 6 pm, redDoug@aol.com)

CANCELLED



Activities

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

HIKING

Get your 100-mile patch! Contact hikingchair@amcsem.org.
Always looking for additional hike leaders! Contact hikingchair@amcsem

(FT) (NM) Thu., Apr. 30. 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 (jpkeo24@gmail.com) L Michael Swartz (617-840-4199, swartz@brandeis.edu), R Sue Svelnis (781-849-9299 before 9 pm, suesvelnis@gmail.com)

Sat., May 2. The 3rd Annual Spring Into Spring Hike, Arnold Arboretum - Jamaica 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.)

Tue., May 5. Blue Hills Spring Conditioning Series, Blue Hills Reservation, MA. This is a registration series of 9 conditioning hikes. You only need to register once for all 9 hikes. The Blue Hills Spring Conditioning Series is designed for hikers with experience who want to get in shape for more strenuous summer adventures. This series is not suitable for beginners. The series will begin on Tuesday, March 24th and will continue weekly on Tuesday mornings, ending on Tuesday, May 19th. We will meet up at 9:45 AM for a 10 AM start and will end around 2 PM. You can choose to be in either the "Shorter Distance" group or the "Longer Distance" group when you register. Both groups will continue to add distance, elevation gain and pack weight (optional) as the series progresses. Our Registrar, Claire, will assist you in deciding which group is best for you. Expect rocks and granite ledges on most ascents and descents. Both groups will start at a moderate initial pace of 1.5-2 mph over hilly terrain. Distance and speed will increase with an expectation of 2-3 mph and elevation gain of about 2,000 feet. Weather permitting, we will finish the series with an extended day hike on Skyline. 1) March 24 2) March 31 3) April 7 4) April 14 5) April 21 6) April 28 7) May 5 8) May 12 9) May 19. L Pamela Johnson (617-448-4446 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 summer she volunteers as a "Naturalist" and "Information Volunteer" in the AMC High Mountain Huts. Pam has climbed the NH48 and is working on 52WAV. Pam is Wilderness First Aid certified and CPR certified.) L Len Ulbricht (lwu9944@verizon.net, Len is a 12-year member of AMC. Len is the Founder of the Blue Hills Spring Conditioning Series. He has attended AMC's Mountain Leadership School and hiked the 48 NH 4000 Footers. He is currently working on his 35 Catskill peaks over 3500 feet. For the past six years he has enjoyed preparing hikers in the annual Spring Conditioning Series for greater hiking experiences than they thought they could ever do. He is Wilderness First Aid certified.) L Craig MacDonald (Craig and Claire MacDonald are SEM leaders who co-lead the White Line series and other hikes, have completed the NH48 and enjoy trekking in Nepal, Patagonia, Mont Blanc and other places.) CL Diane Hartley (Diane is a four-season hiker and Level One AMC SEM Chapter hike leader. She enjoys weekly hikes in the Blue Hills as well as Cape Cod, but her true passion lies in reaching higher summits.) CL Tom Graefe (Tom has hiked the ADK 46 and the NH 48. While enjoying dinghy sailing and cruising, skiing, and other such outdoor pursuits, over the years and thousands of miles, walking has been a constant. Tom is a Level 1 AMC SEM Hike Leader.), R Claire MacDonald (508-265-3858 Before 8 PM, cfmacdonald695@icloud.com)

(FT) (NM) Thu., May 7, 14, 21, 28. Red Line the Blue Hills - Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 30.

Tue., May 5. Blue Hills Spring Conditioning Series, Blue Hills Reservation, MA. See listing for Tues., May 5.



Activities

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

HIKING

(NM) Thu., May 14, Noon Hill/Shattuck Reservation, MA. Meet at gravel parking area on Noon Hill Rd at 09:45 for 10:00 start. The trails wander through old growth pines as well as hardwoods which have overtaken former pastureland as witnessed by the many stone walls throughout the property. Holt Pond was created in 1764! One loop will take us along the Charles River and marshland, another loop will bring us up Noon Hill, with views toward Gillette Stadium in Foxborough. On mainly level trails, with good footing, we will cover approx. 6 miles. L Peggy Qvicklund (774-893-3011, qvickan@comcast.net, Hike leader since 2014. Has completed the NH 48, but mainly enjoys sharing the outdoors with likeminded folks.)

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@comcast.net](mailto:redDoug@comcast.net))

Tue., May 19. Blue Hills Spring Conditioning Series, Blue Hills Reservation, MA. See listing for Tues., May 5.

(FT) (NM) Thu., May 21. Thursday Morning Hike - World's End (C3C), Hingham, MA, Meet at 10 am 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)

Sat., May. 23. Blue Hills Skyline End-to-End Hike, Canton, MA. This is the first in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. In this particular adventure, a relatively long (app. 9 miles) and hilly hike, we'll traverse the 7,000-acre Blue Hills Reservation on the beautiful and rugged Skyline Trail from the Shea Rink in Quincy to the end of Royal St. in Canton. The Skyline Trail hits the summits of most of the significant hills in the reservation (but, for obvious reasons, skirts around the summit of Rattlesnake Hill...). Along the way, we'll enjoy a variety of terrain and scenery, including expansive views from the top of Buck Hill, Hancock Hill, Hemingway Hill, Great Blue Hill (635 feet), and others. The trail gets a bit steep and rocky in places, requiring sturdy hiking boots and hiking poles for safety. L Paul Miller (paulallenmiller@verizon.net, Paul is an experienced four-season SEM chapter hike leader.) L Eva Das (borsody@gmail.com)

**Due to COVID-19, please check the [online listings](#)
or with the AMC-SEM leader to confirm activities.**



Activities

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

HIKING

Thu., May 28. Thurs. Morning Hike - Blue Hills - Ponkapoag Pond & Vicinity, MA. Thursday, May 30, 2020 Moderate to fast pace, with occasional stops. 5 - 6 mile hike around The Pond with one or two additional perimeter loops. Approx. 10:00 am-1:00 pm. Please arrive by 9:45 am for a 10:00 am start. Bring waterproof hiking shoes, bug spray, sun screen, snacks/lunch & water. We'll take a break near the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Dogs O.K. but MUST be leashed at all times. L Ken Cohen (508-942-1536 Before 7:30 pm, k-cohen@comcast.net, Year-round hiker. Joins groups in the Blue Hills, other DCR reservations, Land Trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Level I Hiking Leader for the past three years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active at-large member of the Board of Trustees for The Friends of The Blue Hills. Nature and landscape photographer

Sat., May 30. 4th Annual Perennials Hike! Wilson Mountain/Whitcomb Woods Reservations, 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. There are well marked trails to the summit of Wilson Mountain on the Dedham/Needham line. 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., June 4, 11, 18, 25. Red Line the Blue Hills - Blue Hills Reservation, Milton, MA. See listing for Thur., Apr. 30.

Sat., Jun. 13. Mt. Monadnock Without the Crowds, Jaffrey, NH. This is the second in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. From Monadnock State Park's main parking area, we'll gradually loop our way around to Monte Rosa (one of the three main summits) via the uncrowded Parker, Lost, Farm, Cliff Walk, Thoreau, and Monte Rosa Trails. From Monte Rosa, we'll drop down and then back up on the Smith Summit Trail and to make our way up to the decidedly not-uncrowded summit of Grand Monadnock. After enjoying our lunch and (weather permitting) the expansive views on the summit, we'll work our way back down to the trailhead via the gentle Pumpelly Trail and more-challenging Red Spot Trail. While relatively long (app. 8 miles) and with several steep and rugged sections, when tackled at a moderate pace, this is nevertheless a very enjoyable hike for those with the right mindset and appropriate fitness. L Paul Miller (paulallenmiller@verizon.net, Paul is an experience SEM chapter four-season hike leader.) L Emilie Bent

(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.

Sat., Jul. 11-12. Overnight Trip to Mt. Eisenhower, Mt. Pierce, and Mizpah Spring, Southern Presidentials, NH. This is the third in a new series of "Gentle Adventure" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but at a gentler pace. During these two days, we'll plan on hiking app. 8.5-miles and summiting two 4,000 footers. On Saturday morning, we'll meet in Crawford Notch, NH, to spot a few cars and then drive around to the nearby Edmands Trail trailhead on the Mt. Clinton Rd. We'll hike 3.3 miles (2,750 ft. elevation gain) up to treeline on the beautiful Edmands Path to the bald summit of Mt. Eisenhower for lunch and (weather permitting) to enjoy the expansive views. From "Ike," we'll follow this exposed, above-treeline section of the historic Crawford Path for a little under two miles to the Summit of Mt. Pierce. Then, we'll drop down app. 0.8-mile to the AMC Mizpah Springs Hut, where we'll enjoy our happy hour, followed by a hearty a croo-served dinner and then spend the night at the hut. Following breakfast at the hut on Sunday morning, we'll take the Mizpah Cutoff back around to the Crawford Path and then make our way back down to the cars we spotted in Crawford Notch (a little over two miles from the hut to the parking area). Trip is limited to ten participants. Participants should note that weather conditions could alter this itinerary. L Paul Miller (paulallenmiller@verizon.net, Paul is an experienced four-season SEM hike leader.)



Activities

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HIKING

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

Fri., Aug. 7-9. Weekend trip to Pinkham Notch, Imp Face, and Tuckerman Ravine, Pinkham Notch, NH. This is the fourth in a new series of "Gentle Adventures" hikes designed for reasonably fit hikers in search of real challenges in the hills and mountains, but a gentler pace. On Friday, we'll meet up at the AMC's Joe Dodge Lodge in Pinkham Notch, NH where we'll spend the next two nights. We'll plan on hiking up to nearby Square Ledge on Friday afternoon before our happy hour, followed by dinner in the dining hall. After breakfast on Saturday, we'll drive up Rte. 16 just a bit to the Imp Trail trailhead and hike up to the Imp Face on the northern leg of the Imp Trail to eat our trail lunches and (weather permitting) enjoy the expansive views of Mt. Washington, the ravines, and other Presidential peaks. After lunch, we'll continue around and follow the southern leg of the Imp Trail loop back down to Route 16 for a short jaunt up the road back to our cars and then drive back down to JDL, where we'll enjoy another dinner and spend the night. This loop is app. 6.6-mi. long with app. 2,100-ft. elevation gain and loss). Following breakfast on Sunday morning, if the group is willing, we can hike app. 2.2-mi. up the Tuckerman Ravine trail to "HoJos" (the ranger station at the base of Tuckerman Ravine) and then back down again before driving back home. Single-night options available for those who prefer. Participants should note that weather conditions could alter this itinerary. Trip is limited to ten participants. L Paul Miller (paulallenmiller@verizon.net, Paul is and experiences four-season SEM chapter hiking leader.) L Eva Das (borsody@gmail.com)

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

PADDLING

Sat., May 2. Nemasket River Paddle, Old Bridge St., Middleborough, MA. Join us for an easy paddle to start off the season on the upper Nemasket River. The water may still be on the cold side so you will need possibly warm clothes and neoprene boots. Bring necessary paddle gear including change of cloths in dry bag. PFD, water and lunch/snacks. All attendees must pre-register. AMC Trip Policy. L Joseph Keogh (508-564-2 x0665 5pm to 9pm, jpkeo24@gmail.com, I have been a member of the Southeastern Mass Chapter of the AMC since 2006 and have been a hike leader for at least 10 years.)



*Happy
Trails!*