

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | December 2021

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Seven hikers enjoyed a balmy, sunny day Nov. 18th with a hike led by Debbie Hayden in the Quashnet River Woodlands in Mashpee. Debbie shared some history of the area with its waterway, former cranberry bogs and borrow pits, its importance as an ecosystem, and its importance to indigenous people in our area. Jane Harding was the sweep for the group.
Photo by Ted Franklin

Conservation Corner

Wrap up- the year with eco-friendly resolutions!

By Ellen Thompson

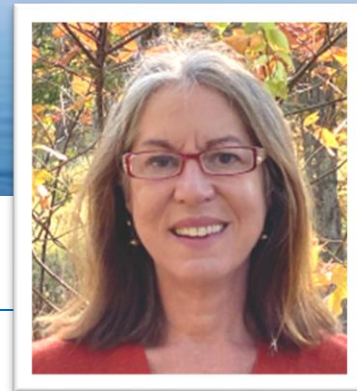
When we make our resolutions to work on self-improvement in 2022, let's remember to improve our life on the planet, too. If we each try to do our part, we can incorporate more environmentally friendly habits into our lives.

The holidays are coming, and we want our gifts to look pretty. Unfortunately foil, metallic, and heavily laminated wrapping papers are not recyclable. This season look for recyclable gift wrap or reusable bags. If you're creative, try brown paper bags with a natural Christmas tree sprig and twine for a bow. Or a pretty tea towel is a nice wrap for a hostess gift! Your curling iron or a light bulb works great to smooth out kinks when reusing ribbon.

For more ideas, Google [eco friendly](#) ways to wrap gifts.



**Happy
Holidays!**



View from the Chair: Give Back!

"I want to get involved."

"I want to help."

"I want to give back."

This is what I've heard from people interested in volunteering with our chapter. The folks who have raised their hands to become Executive Committee members, Activity Leaders, and Committee Volunteers range from long-term members who have been very active with SEM to new members who want to jump in, to those who have been slightly involved but are ready to be more engaged. As the year comes to a close, are you thinking about how you want to spend your time and energies in 2022? If you love the outdoors,—and if you're reading this, you must—then consider becoming a part of the SEM volunteer community.

If you are already an activity leader who is proficient in other sports, then you just need some co-leads to become a leader in another activity. Paddling, Bicycling, and Skiing committees could use more activity leaders. The Trails committee also needs leaders who have trail work experience or are willing to learn. If you're interested, email [me](#) and I'll pass your interest on to the appropriate Activity Chair.

If you're not yet an activity leader, join us this Spring for our first in-person leader training in three years! After the training, Activity Chairs will help line you up with leaders to mentor you on the required co-leads. Even if you're not sure you want to lead, this training will help you be a more informed participant. The Education Committee is starting to plan this free event. They expect to offer this in April or early May. Want to be the first to hear when this training is posted? Email Education Chair [Anne Duggan](#).

Want to help in some other way? We're looking for a detail oriented, energetic [Communications Chair](#). Interested in project work? We could use volunteers to assist with outreach and other projects. Contact [me](#) to discuss your interests.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at chair@amcsem.org.

Diane Simms, Chapter Chair

2021 Executive Board

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Social Media Administrator.....Lisa Robitaille
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Nominating Committee Chair.....Alan Greenstein

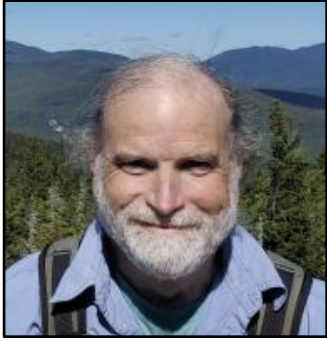
The Breeze Editor.....Mo Walsh
Blast Editor.....Marie Hopkins

Please contact chair@amcsem.org
or nominating.com@amcsem.org
if you are interested in any position.



Welcome to AMC-SEM's new Executive Committee members

By Diane Simms, SEM Chapter Chair



Stephen Conlin is our new Chapter Vice Chair. Stephen moved to the Cape this past summer and transferred to our chapter. He is a 4-season leader with Boston's hiking and backpacking committee and has led dozens of trips for Boston in all seasons. He is the immediate past chair of the Boston hiking and backpacking

committee. He also directed Boston Chapter leadership training programs for 10 years, passing that role to someone else about two years ago. He's a member of the AMC Outdoor Leadership Development Committee and active in club-wide leadership training and Diversity, Equity, Inclusion (DEI) efforts.

Stephen started hiking in his mid-teens as a Boy Scout and hasn't stopped since. He has hiked the New Hampshire 48 many times over, including all in winter. He hiked 600 miles of the AT when he was younger, and through-hiked all of the AT in 2016. He hiked the John Muir trail in 2020. He has lots of stories to tell and has already helped lead several SEM mountain hikes.

Cape Cod resident Shana Brogan is our new Conservation Chair. Her professional expertise is in conservation as a former municipal Natural Resources department director, Conservation Agent, and Conservation Commissioner. She has managed the development of plans and conservation policy. Shana is currently a Projects & Procurement Director and a staff liaison to town boards and committees, including Conservation and Open Space. The SEM Conservation Committee works with other organizations, so Shana's project management and collaboration skills will be a real asset. She is an avid hiker and has hiked 44 of the 48 NH 4,000-footers, as well as many other trails in New Hampshire and Vermont, and walked trails throughout the Cape and Massachusetts.



Anne Duggan is our new Education Chair. Anne is a longtime SEM 4-season hiking leader, as well as a backpacking leader. She presents at SEM's annual Winter Workshop, and then schedules winter hikes and snowshoes. This past summer, Anne took AMC's Mountain Leadership School training. In her professional life, Anne was a family nurse practitioner. She was also an educator as an adjunct professor and clinical instructor. Anne volunteered as an instructor and mentor with Partners in Development.



Thank you to Stephen, Shana, and Anne for contributing to our chapter!

Are you interested in helping? We have several open Executive Committee positions, including Communications Chair, Hiking Vice Chair, and Bicycling Chair. Want a smaller commitment? We can always use more leaders in any of our Activity Committees: Hiking, Cape Hiking, Trails, Skiing, Bicycling, and Paddling. For more information, email [Nominating Committee Chair](#) Alan Greenstein or [Chapter Chair](#) Diane Simms.

Thank You, Loyal AMC Members!

50 Year AMC Members

David Crimmins	Elizabeth Slocum
Constance Curtis	John Slocum
	John Wilkens

25 Year AMC Members

Maria Afonso	Richard Jussaume
William Buchan	Robert Leite
Sally Chandler	Foster Palmer
Charles Chandler	Mark Powers
Brian Dixon	Robin Rose
Mary Ebersold	Linda Rowe
John Ebersold	John Rowe
Barbara Hathaway	Wayne Rutledge
Michael Himberger	Brian Smith

Are you age 70+ years and have been an AMC member for at least 25 consecutive years? You are eligible for an AMC life membership! Life membership is free and, in addition to the benefits of membership, includes a free subscription to AMC's *Appalachia Journal*. To request a life membership, contact [Member Services](#) or call 603-466-2727.



Blaze orange vests on both the hiker and her dog stand out against both sun and shadow, clearly indicating "WE ARE NOT DEER!" Photo by Nancy Tutko

Go Orange: The keys to hiker safety during hunting season

By Nancy Tutko

It's deer hunting season in Massachusetts, now through Dec. 31, and with many popular outdoor recreation areas also open to hunting, wearing blaze orange is key to staying safe out on the trails.

Massachusetts Shotgun Season: Nov. 29–Dec. 11, 2021.

Primitive Firearms Season: Dec. 13–Dec. 31, 2021.

Bow Hunting: through Dec. 31, 2021

Note: Hunting is not permitted on Sundays in Massachusetts. (To be extra-safe, wear orange anyway.)

All walkers, bikers, runners, horseback riders, and others using public trails during hunting season should:

- » Check beforehand to see what activities are allowed along your favorite trails. Hunting is allowed in many public areas, including the Cape Cod National Seashore.
- » Be aware that for public safety, some conservation properties that allow hunting may be closed to non-hunters during shotgun season.
- » Wear blaze orange, neon yellow-green, or other bright color to alert nearby hunters to your presence.
- » Stay on frequently used designated trails; avoid lesser-used or remote trails, especially those near property boundaries.

» Make sure your dog is leashed at all times, with an orange dog vest or bandanna for extra visibility.

» Choose a bright color pack or pack cover if you're carrying a backpack.

Hunting is permitted in Massachusetts Monday through Saturday, starting 30 minutes before sunrise and ending 30 minutes after sunset. Visibility is much lower at dawn and dusk, and increased wildlife activity makes those popular times for hunting. It's best to avoid wooded areas then, but if you're out on the trails, it's especially important to wear highly visible clothing.

Look for blaze safety vests, jackets, and caps in sporting goods stores, bait and tackle shops, home improvement and department stores, and pet supply shops.

Fun fact: Deer are colorblind in the red-orange range, so what looks like fluorescent orange to us appears as a shade of gray or brown to them. That's one reason why blaze orange clothing is popular with hunters, because it keeps them camouflaged to their targets (deer), but visible to each other.

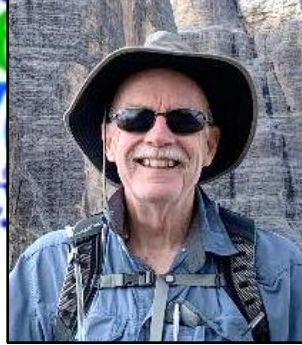


In the altered photo, top left, the hiker's red hat is her only protection from an inattentive hunter. Top right, leash your dog and stick to open, clearly designated paths. Photos by Nancy Tutko



"And now we welcome the new year. Full of things that have never been."

-Rainer Maria Rilke



Volunteer of the Month:

Pete Tierney

**By Skip Maysles, Trails Committee Chair
AMC Inter-Chapter Trails Committee**

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Trails Committee recognizes Pete Tierney for his numerous contributions.

Since joining AMC in 1999, Pete has been very active in our club. He was past chair and past vice chair for the Trails Committee. Under his leadership, the Trails Committee has grown stronger and more vibrant with a great group of volunteers. With his hard work, the team has replaced a dangerously defective bridge in the Blue Hills, added a stairway to a steep embankment in Pembroke, re-marked sections of the Bay Circuit Trail, performed trail work on SEM's adopted Skyline Trail in the Blue Hills, and much more.

He is a proud participant in other SEM activities, such as Trail Trace the Blue Hills, White Line the Blue Hills, Thursday morning hikes, and most recently he was selected to join the Nomination Committee.

For approximately 15 years, Pete has also been a volunteer with Friends of the Blue Hills leading trail work activities, cleaning trash from the trails, pulling invasive weeds, and making the trails safer for all of us to use.

An avid outdoor enthusiast, Pete likes to keep busy, whether hiking, doing trail work, or riding his motorcycle. With the notable exceptions of Australia and Antarctica, Pete has seen many far-off lands and beautiful places.

Thanks, Pete, for all you do! Pete will receive a Volunteer of the Month certificate and a \$50 gift certificate.

“PATCH-WORK!”

By Ken Cohen, Hike Leader

The AMC Southeastern Massachusetts Chapter (AMCSEM) offers many excellent hiking opportunities and programs for all to participate in. These include a number of terrific achievement programs for us to pursue.

Have you considered the “Record Hiking Miles” option that can be found on the [Hiking Committee’s page](#) of our website? It’s a great way to set personal goals and casually compete with your fellow hikers.

As an additional incentive, our chapter offers a neat looking “100-Miles” patch (see the photos). You can request one after each 100 miles of AMC-sanctioned hikes, with any AMC chapter, in any one calendar year. Just email our [Hiking Chair](#).

A few years ago, a “500-Miles” patch was added to the mix. That patch can be requested after you’ve exceeded 500 miles of AMC sanctioned hikes, with any AMC chapter, during **any** period of time. For example: 200 miles during calendar year 2021 and 300 miles during 2022 would fulfill that requirement. Of course, acquiring five 100-Miles patches over time would qualify you for the 500-miler.

Finally, a much-coveted “1000-Miles” patch was created for those who consistently pursue the trails during official AMC Trips over an extended period of time. Currently only a few of us have reached that landmark.

Please check all details by clicking [here](#) or on “Hiking” under “Committees” on the left side of the homepage of the AMC-SEM website. That will take you to the comprehensive hiking activities page, where, on the right side, you’ll click “Record Hiking Miles.” Give it some time to load and read the details at your leisure to get started.

Get your well-designed "Mileage Patches" when you strive to, as the AMC official logo says: *"Be Outdoors"*!



Sign up to record your hiking mileage and start working toward 100-mile, 500-mile, and 1000-mile recognition patches. *Photos by Ken Cohen*



Trail Tracing the Blue Hills completes another year

By Bill Doherty, Hike Leader

Trail Tracing the Blue Hills¹ completed its sixteenth season with its two traditional day hikes, one in Fowl Meadow and the other the End-to-End Skyline.

Twelve participants completed the Fowl Meadow hike on October 9th with Paul Brookes and Bill Doherty as leaders. As we had so much rain in the summer and fall, our hike route needed to be adjusted. Some of the inlets on the Neponset River trail were flooded, as was the Upper Burma Road trail, so those trails were left for another day. Since the hike was shortened, there was no need to spot cars, and we were able to start and end the hike at Royall Street. It was a beautiful day and over half of the participants were new people who came out for a nice fall hike in an area they had not hiked before. They were not disappointed in seeing landscape and flora that is not seen in the rest of the Blue Hills. We stopped for lunch by a bucolic pond and completed our five-mile hike by 2:30pm.

The End-to-End Skyline traverse is the longest and most challenging hike in the Blue Hills, with its steep and rocky terrain. Four participants completed this year's End-to-End hike on November 13th with Bill Doherty, Joanne Newton, and Barry Young as leaders. The leaders set up a call on Friday night, based on rain forecasts, to determine

whether the hike should proceed or be canceled. A window of opportunity opened up when the rain stopped on Friday at 7 pm: Saturday's forecast was for clear and sunny in the 50s; the next rainstorm was not due until Saturday at 6 pm. The hike leaders declared it a "Go."

We planned on an early start, as the sun set on Saturday at 4:24 pm. We met with boots on by 8:00 am at Shea Rink, did the circle up, and then shuttled cars and people to Royall

Street. Joanne and Barry dropped off a safety vehicle at the State Police parking lot, in the event someone needed to leave mid-hike. We were able to step off at 8:15 am from Royall Street. All the participants were conditioned hikers, and we made good time with two twenty-minute stops, one at State Police and the other at Buck Hill. We also made the requisite short rest and water stops, as needed. Footing was a little difficult at times, with all the leaves covering the rocks and roots. Although a few people slipped, they were either able to catch their balance or manage a graceful landing, so everyone made it through the day unscathed.

It was really a beautiful day with the temperature climbing to 70 degrees. We all had to de-layer a couple of times. Further, it was an exceptionally clear day with little haze, and we were rewarded with spectacular views from all the hills we traversed. In addition, we marveled at all the trees awash in vibrant yellow leaves dancing in the sun.

We finished our End-to-End hike at 2:30 pm, completing the eight-and-one-half mile trip in six hours and 15 minutes. Everyone felt a sense of accomplishment, enjoyed the weather, and were glad they hiked that day.

As we close out a difficult but successful season, many thanks to the hike leaders who volunteered to lead, and our hikers who came out one week, two weeks, or many weeks. We welcome you back next year, as well as those who hiked on their own or were hesitant to come back at all due to Covid. Hopefully, next year will be more normalized due to additional people getting shots and with the new AMC rules on vaccination requirements in place.

Hillary Clinton once said, "When I am talking about 'It takes a village', I am obviously not talking just about or even primarily about geographical villages any longer, but about a network of relationships and values that do connect and bind us together."

I think Trail Tracing the Blue Hills has become the village for many of us. Happy Holidays.

¹"Trail Tracing" replaced "Red-Lining" this year because the original term had unintended associations with discriminatory real estate practices.



**End-to-End and Up (above) &
Down (right) the Skyline Trail.
Photos by Joanne Newton**



Winter hiking leaders met webinar workshop participants at Houghton's Pond to answer questions and demonstrate equipment. *Photos by Diane Simms*

Winter Hiking is the Best!

by Diane Simms, Chapter Chair & Hike Leader

Winter is my favorite time of year to hike, but I generally stay close to home. This year I'm planning more challenging hikes. To get ready, I attended the Winter Hiking Workshop webinar. This webinar had 68 participants eager to learn more about winter hiking. Did you miss it? Watch it [here](#).

Experienced leaders shared their knowledge of clothing, footwear, traction devices, food, hydration, and group management. Thank you to Jeannine Audet, Eva Brosody Das, Anne Duggan, Maureen Kelly, Paul Miller, Dexter Robinson, Paul Brookes, and Susie Schobel. In the chat, participants asked for the slides, so they could review the valuable information. Ask and you shall receive! The Hiking Committee added a section to the [website](#) with [winter hiking resources](#).

Some questions are better answered in person. On a crisp Saturday morning, six experienced SEM winter hike leaders laid out their gear at the Houghton's Pond concession stand and answered questions from 32 participants. I asked for advice on how to attach snowshoes to my pack, and also took note of better ways to hang my water bottles and food jar so they'd be more accessible with gloved hands. After the Show and Tell, we divided into three groups to hike about six miles and 1,000+ feet of rolling up-and-down elevation gain.

To build our skills, we headed west for the second, more

challenging hike in the series: Seven Sisters Ridge, which had a steeper, longer ascent with 1,000+ feet total elevation gain. We were again supported by experienced winter hike leaders who shared their knowledge. The third hike in the series will be January 8 at Mt. Morgan and Mt. Percival in the southern New Hampshire White Mountains, which will have 1,600 feet of elevation gain. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop.

Already a seasoned, conditioned winter hiker? Check out listings for hiking, snowshoeing, and cross-country skiing up north.

I'll also be hiking locally. The Winter Trail Trace series will start in late December. Other winter conditioning hikes are in the works. Also look for the Thursday morning hike series and Cape hikes. Even when hiking locally, the information from the Winter Hiking Workshop is important. You want to stay dry, have the right food, and hydrate. Depending on ground conditions, leaders may require traction devices. Even if your neighborhood is free of snow, trails may be icy and slick.

Click [here](#) to view SEM activities. You can also set up an Activity Digest to get email notification of AMC activities. You establish the filters for the types of activities you're interested in. You can have up to five Activity Digests. Login at the bottom of the page of [outdoors.org](#). Go to the bottom of the next page and click My Outdoors. Click Digest Emails and build your digests.

Have a fun-filled winter!

Right: Snow or no snow, winter hiking poses its own challenges.





Welcome Anne Hennessey as our newest Cape hike leader!

By Robin McIntyre, Cape Hiking Vice Chair

New Class 1 Hike Leader Anne Hennessey has lived on the Cape since 1998 and has been active in AMC since 2018. She retired from nursing in 2015. She volunteers with a number of Cape organizations: Americorp, at the National Seashore Park, the Butterfly House and Pollinators Garden, and the Cape Cod Natural History Museum in Brewster. Anne loves gardening, swimming, and hiking. She wanted to be more active in AMC and took the leadership training this past spring.

With Jane Harding as her support, Anne did her first co-lead in the Punkhorn in Brewster, MA. She made several scouting forays to finalize her route.

Anne arrived prepared to manage the waiver, give the start-up talk, and greet participants. She did a nice job welcoming everyone, including our new SEM Vice Chair, Stephen Conlin. She gave a succinct but thorough start-up talk and had everyone introduce themselves.

Anne was in full control of the hike. She assigned Debbie Hayden to be her sweep, maintained a nice pace, and stopped periodically for the group to take water breaks. When she missed one turn, she quickly got her bearings and brought the group to her desired location. Anne did an outstanding job for her first co-lead.

On December 2, Anne completed her second co-lead hike at Nickerson State Park in Brewster. She pled and scouted the area for this five-mile Show and Go hike. She communicated with me, her leader, about potential weather issues during the week prior to the hike. She had 16 participants total.

At the trailhead, Anne observed hikers' preparedness with proper footwear, water, and outerwear (showers were possible). She gave the trail talk, including information about the area and general overview of the hike terrain, tick precautions, Leave No Trace, introductions, and headcount.

Anne introduced Debbie Hayden as the sweep, and during the hike she paused intermittently to let the group tighten up space. At the end of the hike, she received her AMC volunteer patch, first aid kit, mask/gloves/snacks, and a warm welcome and round of applause from the hikers.

We welcome Anne as our newest hike leader, and we look forward to her leading more hikes on Cape Cod.



Left: Brockton Conservation Area hike on Nov. 27th. Photo by Maureen Kelly

Right: Tuesday morning hike Nov. 30th in the Blue Hills. Photo by a Friendly Hiker



Trish Crocker, right, receives her official Hike Leader kit from Cape Hiking Chair Jane Harding, left. *Photo by Mary O'Connor*

Cape Hikers welcome new Class 1 Leader Trish Crocker

By Jane Harding, Cape Hiking Chair

On 11/11/2021 Trish Crocker led a qualifying hike in Truro, MA, with 17 participants to become a Class 1 hike leader for Cape hikes. Trish and her husband Bill have settled in Harwich, MA, to enjoy their retirement years and have found a love for hiking. Pre-pandemic Trish and Bill were frequent participants in Cape Hikes. Then the pandemic hit and for their safety and the safety of their family they opted to shelter in place. They did frequently go out together like

many others and hiked around the Cape to ward off symptoms of cabin fever. During the pandemic, Trish took the online leadership training program.

Once both she and her husband were fully vaccinated, they rejoined group hikes on the Cape and Trish was raring to go to complete her leadership training. She co-led two hikes with me as her mentor. It was an easy mentoring job for me. Trish independently scouted her hikes, prepared copies of the AMC waiver, and reviewed the trip talk handout prior to her first hike.

Her first hike was in Hawksnest State Park in Harwich. Trish greeted everyone on arrival and insured they were on her waiver list. Trish shared information about the history of the park, the relevant AMC guidelines, and then had the group introduce themselves. She made a few stops along the way and pointed out some relevant tidbits. She did a great job keeping the group together and getting everyone back to their cars safely.

Trish's second hike was Bearberry Hill in Truro, MA, a combination dune walk and beach walk. On a beautiful fall day, 17 hikers came to enjoy the area. Again, Trish conducted all of the roundup activities without assistance and shared relevant history of the area. She did an outstanding job leading the large group of hikers throughout her route, stopping at some scenic vistas and sharing interesting tidbits.

It is a pleasure to welcome Trish to the team of Cape Hike leaders.



SEM Memories

This photo, possibly from 1991, shows hikers ascending a slope in the Blue Hills. Check out their packs!

If you have information about this photo or have photos from the AMC-SEM chapter's history, please contact breeze.editor@amcsem.org.



Photo from Pixabay

The Lure of Hiking Lists

By Dexter Robinson, Hike Leader

One morning back in the early 1990s, I learned that a co-worker in the adjacent office and her husband had hiked Mt. Washington over the weekend. I figured since I was in good if not better shape physically than she was, I should be able to climb that mountain. My first attempt was a humbling failure since I, along with family members, started too late and were wearing the wrong clothing. But a second attempt was successful and can only be described as spectacular. I was hooked.

My wife suggested that I join the Appalachian Mountain Club, never realizing where that would lead. I soon found myself going on hikes in the White Mountains and then leading them. I naturally fell into leading hikes to many of the New Hampshire 48 4,000-footers (4Ks) that I had not visited in order to complete "the list."

The AMC Four Thousand Footer Club was formed in 1957 to encourage people to hike to some of the less visited 4Ks in the White Mountains. Another goal was to reduce peak bagging to some of the well-known mountains by spreading it out to other mountains. In addition to approving club applications and selling merchandise, the club donates money each year for trail work and maintenance. The NH 48 4Ks list is probably the best known and most popular hiking list in New England. As of the end of 2019, more than 15,000 people had completed the list.



The Monadnock-Sunapee Greenway Club patch.

Statistics confirm the growing popularity of hiking and peak bagging. I must admit I soon found completing "the list" to be rewarding, as well as addictive. A summit list sets a goal and gets one to places you might not normally visit, as well as getting you outdoors for much needed exercise. Social media, along with the pandemic, have had an enormous effect on hiking and peak bagging. I'm sure some of you who visit the Whites of late have experienced overflowing parking lots and crowded trails, particularly on weekends.

Hiking has been one of those outdoor sports one could do despite all the pandemic-related restrictions. Working on a hiking list has been therapeutic for some people recovering from drugs or medical conditions. Comments on Facebook from posted hike summaries and photos provide recognition and encouragement to keep hiking. Working on a list is an opportunity to practice trail finding, use of a map and compass, and other outdoor skills.

On the negative side, some critics such as Phil Levin, a former editor of AMC's *Appalachia Journal*, have charged, "Peak bagging introduces an undesirable artificiality into the natural scenery of the mountains. The peak bagger is obsessed with a numbers game that demeans the mountain experience."



Criteria for the Trailwrights 72 patch include 72 hours of documented trailwork in addition to climbing to and from 72 NH peaks.

Peak baggers also have been criticized for effecting use patterns and attracting more hikers to fragile trails and once-undisturbed summits, causing trail erosion and a loss of solitude in the mountains. Moreover, hiking just to complete a list can be obsessive to the exclusion of all else. It can lure people into taking risks and making bad decisions due to lack of experience and education.

Here are two excerpts from Facebook posts that illustrate the reward and risks of hiking to complete a list:

"Tears were shed today because finishing the 48 is a big deal to me. It was less than a year ago that I didn't think I'd be alive at this point. I lost my will to live. With the right help and so much support, I was able to recover but.....the thing that saved me the most....was these mountains."

Continued on page 11



The Lure of Lists

Continued from page 10

“So, I finished the 48 today with a ‘sunrise’ summit on Moosilauke. What should have been a joyous occasion quickly turned into the most terrifying experience of my life. The weather report called for clearing skies early and relatively low winds. What I encountered were whiteout conditions, gale force winds and knee-high drifts. Any other day I would surely have turned around given those conditions but not today, not on my 48th! What a fool.

“After tagging the summit, I turned around only to see that my footprints had already blown away. I started heading in the direction I thought I’d come and...checked my phone app for (the) GPS position. It showed that I was way off trail. I continued on, only to find mounting drifts and no trail in sight due to poor visibility. I pulled my phone out once more and then it died....I spent the next 3.5 hours struggling through waist-to-chest-high snow....[E]ventually I came out onto the carriage road. My feet were soaked and numb at that point, but I ran most of the way back to my car.

“What did I learn today? That pride can kill you and that these beautiful mountains that give so much, can also take everything in an instant of misjudgment.”



**Peak bagging
can become a
lifelong goal.**

For some, finishing a list can soon lead to a desire to do another list. Many hikers continue on with summing 4Ks, completing them all in New England (67 mountains) and later in the Northeast (115 mountains). Doing one list can contribute to completing another list. Nothing says you have to start from scratch. For example, the New England 4K list requires completion of the NH 48 list.

There are many lists that are designed more as challenges, rather than getting you to new summits. Such lists include hiking all of the NH 48 in winter or in each of the four seasons. One of my favorites is hiking all 48 over the age of 70. The patch for this one shows a hiker climbing a mountain holding on to a walker. The ultimate challenge for the NH 48 is “the Grid,” hiking all 48 mountains in every

month. Close behind that one is the 4K Every Day list which requires one to hike one 4,000-footer in the Northeast every calendar day, including February 29th.

Some other lesser-known lists include the 52 with a View list (52 NH mountains with a view on the summit or on the way to the summit); the Belknap Range of 12 official mountains (to receive a patch); the NH 100, 200, 300, 400, or 500 Highest; and the NH 2,000-footer and 3,000-footer mountains.

The NH Fire Towers list requires one to stand at the site of the current or former fire tower. Some of the 100 towers have trails, others have access roads, and some require bushwhacks.

An unusual list is the NH Trailwrights 72. This list “challenges the serious hiker in a mountain environment,...gives the opportunity to develop skills in navigation on and off trail,...and provides an awareness of stewardship of the trails we enjoy.” This list requires hiking to and from 72 NH 4K peaks (only one summit can be counted per hike) and completing 72 hours of documented trail work.

Lists are not necessarily confined to reaching summits. Some lists require hiking all the trails on a map. For example, all 125 miles of trails in the Blue Hills Reservation; or all documented trails in a guidebook, such as all trails in the NH White Mountain Guide. These can be done in three seasons or in winter.

The Terrifying 25 list includes NH White Mountain hiking trails that have slides, rock scrambles, and boulder caves.

Some lists require hiking all of a particular trail: Examples include the Vermont Long Trail, Appalachian Trail, The New England Trail, the Monadnock-Sunapee Greenway Trail, and the Cohos Trail. Most of these have patches, and some have websites as well as guides.

One need not be confined to an existing list to have challenge and a goal. If the NH 4K “Grid” seems too difficult, one can consider taking a favorite 4K mountain and climbing it in every month. Likewise, if hiking all of the Appalachian Trail is beyond your reach, consider a portion of it, e.g. all of it in New England.

Finally, here are some links you might find helpful:

[AMC Four Thousand Footers Club](#)

[New England hiking lists](#)

[Hiking lists in NH and New England](#)

[Challenging lists and grids in New England](#)

[Patches for some of the NH lists](#)



Activities

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

Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](https://www.outdoors.org), and then click My Outdoors.

COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

CAPE HIKES

Sat., Dec. 18. Hike Newcomb Hollow Wellfleet, MA. We will be meeting at 9:45 AM on Saturday, December 18, at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. Contact me if you have any questions. L Richard Kaiser (508-246-7582 Before 9 PM, rjkaiser@comcast.net)

Sat., Dec. 18, 9:45AM - 12:30PM, Wellfleet, MA. We will be meeting at the Newcomb Hollow Beach Parking Lot. This is a wooded 4.5 mile hike around numerous ponds and a short beach walk. From Rte 6 in Wellfleet go right on Lecount Hollow Rd to the end at the beach gatehouse. Then left on Ocean View Rd for 3.3 miles where it ends at the Newcomb Hollow Beach Parking Lot. No registration required, but contact me if you have any questions. Richard Kaiser 508-246-7582 (best time to call: Before 9 PM) rjkaiser@comcast.net

Sun., Dec. 19. Hike--Wareham G, Wareham, MA. This pre-registered hike with a limit of 19 participants is 4+ miles in Wareham. The wooded trails have some minor hills and rocks/roots to negotiate in conservation areas. Waterproof hiking shoes/boots are required and microspikes/Yak Trax and poles if snowy/icy. Bring water. Directions to the trailhead will be send to registered participants. L Robin McIntyre (508-789-8252, robinmcintyre@comcast.net, Robin is a 6th year Level 1 SEM/Cape Hike Leader with previous WFA training.

Sat., Jan. 8, 9:45AM - 12:30PM, Truro, MA, This 2.5-hour hike covers 4.5 miles of steep hills, forests, and amazing ocean views 150 feet above the beach. If icy conditions, you will need crampons or spikes on your boots and poles. We will be meeting at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. Contact me if you have any questions. No registration required, but contact me if you have any questions. Richard Kaiser 508-246-7582 (best time to call: Before 9 PM) rjkaiser@comcast.net

Activities

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

CAPE HIKES

Sat., Jan. 22, 9:45AM - 12:30PM. Truro, MA. This 2.5-hour hike covers 4.2 miles of hills, forests, amazing ocean views, and a short beach walk. If icy conditions, you will need crampons or spikes on your boots and poles. We will be meeting at 9:45 AM on Saturday, January 22, at the Ballston Beach, Truro, parking lot. To find this area, travel North on Route 6 in Truro and turn right at the "Pamet Roads / Truro Center" sign. Turn right at the end of the ramp and then a left onto South Pamet Road. Follow South Pamet Road to the end and park in the Ballston Beach Parking Lot. No registration required, but contact me if you have any questions. Richard Kaiser 508-246-7582 (best time to call: Before 9 PM) rjkaiser@comcast.net

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Vice Chair SEM 20's & 30's Committee, MA. Help engage SEM 20's & 30's members by planning in-person activities, online socials, and social media. More details [here](#). For more information, contact L Diane Simms (chair@amcsem.org) CL Alan Greenstein (nominating.com@amcsem.org)

Ongoing. SEM Bicycling Chair and Vice Chair, MA. Are you an avid cyclist? Do you like planning and collaborating with others? Are you an active leader or interested in becoming one? The Bicycling Vice Chair assists the Bicycling Chair and leaders with questions so it's important that the candidate be a leader or be willing to become one. More info available [here](#). Diane Simms (chair@amcsem.org) CL Alan Greenstein (nominating.com@amcsem.org, Alan is Chair of the SEM Nominating Committee)

Ongoing. Chair, SEM Communications, MA. Join the SEM Executive Committee! Do you love to write, coordinate activities, and engage others? The Communications Chair supports the activities of Communications Committee volunteer staff (Breeze Editor, Blast Editor, Webmaster, Social Media Administrator, etc.) to manage communications to our members. Find out more [here](#). L Diane Simms (chair@amcsem.org) CL Alan Greenstein (nominating.com@amcsem.org)

HIKING

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

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

Sun., Dec. 12, 10:00AM - 12:30PM, Hike in Bioreserve, Fall River, MA. Parking lot is 100 yards PRIOR to 2929 Blossom Road, Fall River, MA. Enjoy a 4 mile hike in the Fall River Bioreserve. The hike will be 2-3 hours. You must have recently walked a comparable distance. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required, suitable for colder temps. Dress for the weather; layers are better than a heavy jacket. Heavy rain or thunderstorms will cancel. Traction devices will be required if there is packed snow/ice. Leader will let you know. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets. L Diane Simms. Email leader to register: chair@amcsem.org.

Tues., Dec. 14, 9:45AM - 2:00PM. Tuesday morning hike in the Blue Hills Reservation, MA. Please join me for a moderately paced hike of approximately 7 miles and 1,000 ft of elevation gain in the Chickatawbut Hill section of the Blue Hills. The pace will be 2-3 MPH. Appropriate hiking clothes for cold weather conditions and a small backpack are required. Weather can change dramatically around this time of year, so please check before coming to the hike. If snow or ice is present, microspikes or snowshoes may be needed. Please bring a minimum of 2 liters of water and light snack. L: William Belben william.belben@yahoo.com. Registration required [here](#).

Thurs. Dec. 16, 10:00 AM. Stoughton Conservation Area, Stoughton, MA. Join us on an approximate 6-mile hike around the Stoughton Conservation Area. There are no big hills on this route. We should find the site of an old quarry, some stone foundations and a beautiful lake. Come explore with us and learn a bit about this area. The hike should last approximately 3.5 hours depending on the pace we set for ourselves. We will make sure we enjoy our surroundings as we hike along. This hike requires registration and an Information Sheet will be sent out to each participant before the hike. Only severe weather conditions will cancel this hike. I will watch the weather and advise what equipment will be advisable. Joanne Newton 508-215-9470 (best time to call: Best after 6 PM) newt665@comcast.net Joanne is a 3 Season Leader for AMC SEM Chapter. Registration required [here](#).



Activities

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

HIKING

Thurs., Dec. 16, 10:00AM, Caroling Around the Pond, Blue Hills Reservation, MA. Hark! Come one! Come all! Put on your best festive and fun holiday caroling attire and join us for a stroll around Houghton's Pond at the Blue Hills Reservation on Thursday, December 16th at 10 AM. We will meet at the Houghton's Pond Visitor Center to "rehearse" before heading out on our 1.1 mile caroling adventure around the pond. We will stop along the way to sing a number of traditional carols, seasonal tunes, and holiday ditties. Stay for light refreshments and cheer after the singing! We will wrap up before noon. Revelers of all ages are welcome! Well behaved dogs on leashes are also welcome! Caroling will be cancelled if the weather outside is frightful. Cancellation will be posted on the AMC activities website, so be sure to check before you drive if the weather looks unsafe. L: Pamela Johnson, pjohnson8992@gmail.com. Pam is an AMC SEM Chapter Level 1 hike leader. Pam is a life-long musician and plays piano, sings, has played cello and rung English hand bells. Music makes life merry! L: Paul Brookes. Living in Boston I enjoy hiking around Greater Boston and beyond. I am a four-season hike leader for the Southeastern Massachusetts chapter of the AMC and lead both local hikes, as well as destination hikes such as to the White Mountains (I am certified in Wilderness First Aid). You may often find me in the Blue Hills with my dog Sunny. Registration required [here](#).

Thurs., Dec. 16, 6-8:30 pm, Full Moon Hike at Borderland State Park, 259 Massapoag Ave., No. Easton, MA. Come and hike under the Full Cold Moon or as some call it the Long Night Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds. We see the moon about 90% of the time. even just a brief appearance is breathtaking. Sturdy Hiking Shoes are a must for the fall conditions on these sometimes wet and occasionally slippery trails. Additional equipment may be required for changing weather conditions. L/R Bill Cannon bcannon56@gmail.com, L Nancy Coote cranstonstreet22@gmail.com, L Patricia McNally pmcallyma@comcast.net. This trip is not Appropriate for pets. Because of the small parking area the hike is limited to 30 participants.

Sat., Dec. 18, SEM 2022 Snowshoe Series #1, Franconia, NH. Start off your winter snowshoeing by enjoying the scenery in Franconia Notch. We will be hiking Mount Pemigawasset via the Mount Pemi Trail and trekking through the frozen and snowy Flume Gorge. This 5.4 mile/ 1,500-foot elevation gain trip will take 5-6 hours. Snowshoes and microspikes required. Participants must be vaccinated for COVID-19 or get a negative PCR test within 72 hours of the start of the trip. L/R: Diane Hartley, 508-566-6517 (best time to call: 5 to 8 pm) dihartley@comcast.net. Diane is a four-season hiker and SEM Level 4 hike leader. She enjoys exploring the flora and fauna of Southeastern Massachusetts' many local conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. L Anne Duggan, 508-789-5538 (best time to call: before 9 pm) Anne.Duggan@comcast.net. Anne has been leading hikes for the SEM Chapter since 2011. She has hiked the NH 48 4K. She especially enjoys snowshoeing and hiking in the winter! L Éva Borsody Das.

Mon., Dec. 20, 3:45 PM - 6:00 PM, Celebrate The Winter Solstice At Plymouth Long Beach, Plymouth, MA. Join us to celebrate the return of the sun and the lengthening of days on the winter solstice (actually the day before the solstice). The sun will set as we walk out on the beach (4:14 pm) and the moon will rise as we walk back in (5:21 pm). We will meet at 3:45 and hike from 4-6 pm. Headlamps and/or flashlights are required for each participant. Relaxed pace. All are welcome who can walk on the sand. Registration is required [here](#). L: Maureen Kelly 617-943-4288 (best time to call: Before 8 pm) mokel773@aol.com. L: Barry Young barry.young@comcast.net.

Tues., Dec. 21, 10:45AM, Winter Trail Trace the Blue Hills Hike 1, Blue Hills Reservation, MA. "Winter Trail Trace the Blue Hills" 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, Winter Trail Tracing takes several winter seasons to complete, hiking trails both on their own as well as in our fun Winter Trail Trace Group. This series has 13 hikes and runs from December 21, 2021 through March 15, 2022. Registration is required each week for the 13 hikes. Group size will be limited to 20 participants. For this FIRST hike we will meet at 10:45 AM for a hike start of 11 AM to coincide with the precise beginning of Winter. For all other hikes we will meet Tuesdays at 9:45 AM to hike trails in the Blue Hills Reservation for 3-4 hours at a moderate pace, stopping to enjoy lunch while we're out hiking. Our final hike will be shorter with a celebration indoor luncheon after the hike. Winter clothing, insulated winter hiking boots, traction equipment (microspikes), snow shoes, and hiking poles are a must. Prior winter hiking experience is helpful but we welcome hikers who have proper clothing and gear to register. A complete clothing and gear list will be reviewed with you when you register. L: Pamela Johnson pjohnson8992@gmail.com. Pam loves being outdoors all year round! She is an AMC SEM Class 1 Hike Leader. Pam is a leader for the Winter Trail Trace the Blue Hills and the Spring Conditioning Series in the Blue Hills. Pam has climbed the NH 48 Four Thousand Footers and is now working on the 52 With A View (WAV) list. Registration is required [here](#).



Activities

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

HIKING

Thurs., Dec. 23, 10:00AM - 2:00PM. Thursday Morning Hike - Burrage Pond WMA, 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. Please wear bright orange clothing (Hat or Vest or something bright) as this hike is in a hunting area and it is hunting season. (Primitive Fire Arms). Registration is not required for this activity, but contact the leader if you have any questions. L: Richard Carnes 508-947-3204 (best time to call: Before 8 PM) rcarnes2@aol.com

Tues., Dec. 28, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #2. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Dec 21, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Tues., Jan. 4, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #3. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Dec 28, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Thurs., Jan. 6, 10:00AM - 1:00PM, Thursday Morning Hike at Copicut Woods, Indian Town Road, Fall River, MA. Enjoy a 4-6 mile hike in the Fall River Bioreserve -16,000 acres in the heart of the Southeastern Massachusetts region. First we'll hike a 4 mile loop with a stop at the reservoir. After returning to the parking lot, there will be an optional 1-2 mile loop. Trails are mostly flat. Be prepared to step over tree roots and some rocks. Sturdy shoes required. Dress for the weather. Depending on ground conditions, traction devices may be required. No pets. Registration is required here.

Tues., Jan. 11, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #4. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 4, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Tues., Jan. 18, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #5. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 11, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Tues., Jan. 25, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #6. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 18, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Tues., Feb. 1, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #7. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Jan. 25, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Thurs., Feb. 3, 10:00AM - 2:00PM, Thursday Morning Hike - Norton/Mansfield Great Woods, Norton/Mansfield, MA. Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street Hike in the Great Woods from Norton thru to Mansfield Natural Resources Trust. Carpooling/spotting from Mansfield NRT to trail head on Freeman Street in Norton with side street parking. (Directions below) Flat roaming hike with glacial eskers, old mill dam and early 19th century Coddington Farm site. Bring water, lunch or snacks and dress for the weather. Heavy Rain/Snow will cancel hike. Possible shorter snowshoe hike. Registration is not required for this activity. However, you may wish to contact the leader(s) if you have any questions. L: Richard Carnes 508-947-3204 (best time to call: before 8 PM) rcarnes2@aol.com.

Tues., Feb. 8, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #8. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 1, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Tues., Feb. 15, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #9. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 8, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.



Activities

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

HIKING

Tues., Feb. 22, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #10. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 15, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Tues., Mar. 1, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #11. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Feb. 22, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

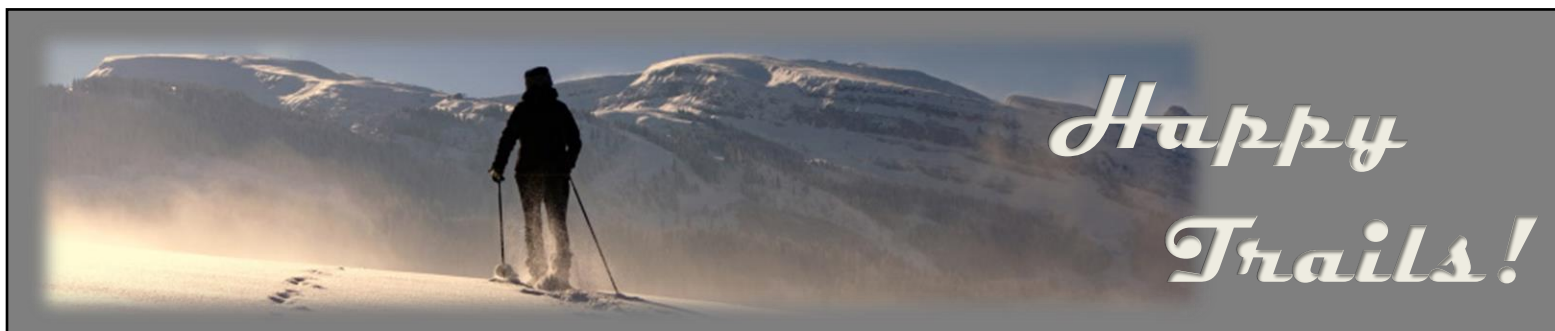
Tues., Mar. 8, 9:45AM - 2:00PM, Winter Trail Trace the Blue Hills Hike #12. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Mar. 1, at 6:00 PM. See details of the series at the Dec. 21st listing. L: Pamela Johnson pjohnson8992@gmail.com.

Tues., Mar. 15, 9:45AM - 2:00PM, Final Winter Trail Trace the Blue Hills Hike #13. Blue Hills Reservation, MA. Lots of fun, adventure, no bugs, and gorgeous winter landscapes! Registration opens Mar. 8, at 6:00 PM. See details of the series at the Dec. 21st listing. For this FINAL CELEBRATION hike, we will shorten our trail time to a few hours at a moderate pace and then we will meet up at a local favorite restaurant to enjoy an indoor lunch and celebration. Details to be announced prior to the hike. L: Pamela Johnson pjohnson8992@gmail.com.

SKIING

Fri., Jan. 14, 4:00 PM - Sun., Jan. 16, 12 PM. Cross Country Skiing & Snowshoeing in Waterville Valley, NH. Join us for a 3-day weekend of cross-country skiing & snowshoeing in Waterville Valley. We will call the Mountain Fare Inn our home base. The inn is very cozy & close to the Waterville Valley Ski resort. This year, the inn is "self-service"; we will prepare or order our breakfasts to be delivered to the inn & will be dining out for dinners. Activities will include cross country skiing at the Waterville Valley resort, w/ other snowshoeing/ hiking trips nearby. Participants should bring their own ski & snowshoe gear or rent in advance. Cost per adult: \$285 member / \$285 non-member, includes cost of room per person for 3 nights, including tax. Additional costs will apply for ski trail passes, equipment rental (if needed), & meals. Participants must be able to document that they are fully vaccinated for COVID-19 or have a negative PCR test within 72 hours of the start of the trip. L: Jeannine Audet 508-493-8221 (best time to call: Weeknights after 7:00 pm, weekends anytime.) jhummingbirddbp@aol.com. Jeannine is the Skiing Chair, & enjoys sharing the beauty of the mountains with others. L: Leader Dia Prantis dprantis@yahoo.com. Dia is the Skiing Vice Chair & is very welcoming to all who wish to enjoy the mountains in the winter. Registration is required [here](#).

Fri., Feb. 11, 5:00PM – Sun., Feb. 13, 12:00PM, Cross Country Skiing & Snowshoeing In The White Mountains, North Conway, NH. Join us for a weekend of cross-country skiing & snowshoeing in the White Mountains. We will call the Old Field House in Intervale our home base. The inn is very welcoming & very close to downtown North Conway. Activities will include cross country skiing at the nearby ski resorts & hiking/ snowshoeing activities. Activities will depend upon snow/ trail conditions. Participants need to bring their own ski/ snowshoe gear or rent ahead of time. Cost per adult: \$160 member / \$160 non-member, average room rate per night, double occupancy. Rate includes breakfast for 2 days. Additional costs will apply for ski trail passes, equipment rental (if needed), lunches & dinners. We will breakfast at the inn & eat at local restaurants for dinner. Participants must be able to document that they are fully vaccinated for COVID-19 or have negative PCR testing within 72 hours of the trip start date. L: Jeannine Audet 508-493-8221 (best time to call: Weeknights after 7:00 pm, weekends anytime.) jhummingbirddbp@aol.com. Jeannine is the Skiing Chair, & enjoys sharing the beauty of the mountains with others. L: Leader Dia Prantis dprantis@yahoo.com. Dia is the Skiing Vice Chair & is very welcoming to all who wish to enjoy the mountains in the winter. Registration opens Dec 17 at 6:00 PM



THE END