

The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | February 2022

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Please send your Word doc and photographs to breeze.editor@amcsem.org.

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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Winter Solstice hikers stop to admire the view across Plymouth Harbor and to watch the sun sink down below the horizon of the Town of Plymouth. *Photo by Maureen Kelly*

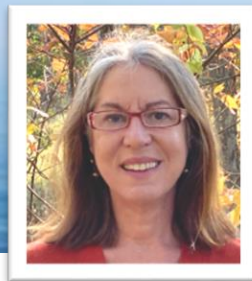
Winter Solstice Hike on Plymouth Long Beach

By Barry Young

The winter solstice is the day of the year when the northern hemisphere has the fewest hours of sunlight. The winter solstice holds significance across a variety of cultures, as it signals the changing of the seasons and marks the beginning of astronomical winter. For the indigenous Wampanoags of the Plymouth area, the winter solstice has been a time to honor their ancient sun deity. Their rituals reveal a deep understanding of nature.

And so it was on Tuesday, December 21, the eve of this past winter solstice, that a hearty group of AMC SEM hikers set out to experience the sun, sunset, planets, stars and the rising of the almost full moon (97%). The hike, led by SEM four season hike leader Maureen Kelly, started at the beginning of the sandy road, Ryder Way, and proceeded along the road before eventually turning on to the beach. Along the way hikers looking west towards the Town of Plymouth paused to view the sun sink below the horizon.

Continued on page 3



View from the Chair: Welcome New Executive Committee Members

The SEM Executive Committee approved two new ExComm members in our February meeting. Victoria Holland is our new Communications Chair. Earl Deagle will be our new Treasurer, following a transition training period with current Treasurer Dave Yampanis.

Victoria loves the outdoors and getting others just as excited and connected. She hikes, walks, explores new places, and is an avid photographer. Her camera goes everywhere! She works in the Finance Department of an investment consulting firm. In a prior job, Victoria was the managing editor for the bi-weekly internal sales publication, working closely with article contributors and production staff.

Earl retired from Raytheon after a 38-year career in Finance. He is a member of the board of directors, with treasurer responsibilities, for the Association of Raytheon Retirees. He enjoys hiking on the South Coast, the Cape, Myles Standish State Forest, the Blue Hills, and the White Mountains. He is also an avid sailor. Earl supports the Buzzards Bay Coalition as a Baywatcher, collecting water samples from May to September, and he also assists with fundraising.

Victoria and Earl emailed their interest in volunteering after receiving the SEM Chapter email in January listing our open positions. Like our other ExComm members, they are AMC members who believe in its mission, SEM chapter members who want to give back, and people who love the outdoors. Does that describe you too? SEM will have some committee vice chair positions opening up.



Victoria Holland



Earl Deagle

Generally, committee vice chairs work closely with the committee chairs and move up to the committee chair position when the position becomes available. We also have other volunteer positions to help plan and execute our activities. Contact me to learn more.

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

2022 Executive Board

Chapter ChairDiane Simms
Vice ChairStephen Conlin
SecretaryNatalie Halloran
Treasurer Elect.....Earl Deagle
Past Chapter ChairLen Ulbricht
Biking Chair OPEN
Biking Vice ChairOPEN
Cape Hiking Chair.....Jane Harding
Cape Hiking Vice ChairRobin McIntyre

Communications ChairVictoria Holland
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Conservation ChairShana Brogan
Conservation Vice ChairBill Cannon
Education ChairAnne Duggan
Education Vice ChairDoug Griffiths
Hiking ChairPaul Brookes
Hiking Vice Chair.....OPEN
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Membership Vice ChairSandy Santilli

Paddling ChairBarry Young
Paddling Vice ChairJoe Keogh
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Skiing ChairJeannine Audet
Skiing Vice ChairDia Prantis
Trails ChairSkip Maysles
Trails Vice ChairSteve Scala
20's & 30's Chair.....Shannon Garber
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Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Lisa Robitaille
Webmistress.....Cheryl Lathrop
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.



Winter Solstice hikers enjoy a colorful sunset while walking along Plymouth Long Beach. *Photo by Maureen Kelly*

Winter Solstice Hike Continued from page 1

As it began to get really dark, one by one the stars and planets started to become visible. Venus, the brightest object in the sky, soon became visible, and then other planets and stars started to pop. Surprisingly, the area actually is a dark sky, because the glow and lights from downtown Plymouth are not visible from the beach on the Plymouth Bay side of Long Beach.

The hikers were soon treated to a *syzygy*. I'll bet that's a new word for most of the people reading this article and was new to me up until a couple of months ago when SEM hike leader Rich Carnes introduced me to the term. In astronomy, a syzygy is a roughly straight-line configuration of three or more celestial bodies in a gravitational system. The syzygy viewed that evening included the planets Jupiter, Saturn, and Venus, all visible to the naked eye and lined up in a straight line.

Many stars and constellations were visible that evening, however, two constellations that the hikers stopped to observe were Ursa Major, also known as the Big Bear with its seven main stars forming the Big Dipper, and the constellation Cassiopeia. The five brightest stars of Cassiopeia (Alpha, Beta, Gamma, Delta, and Cassiopeiae) form the characteristic W shape asterism. All five stars are prominent naked eye stars and easy to spot.

Towards the end of the hike and right on schedule (5:23 pm), the almost full moon popped up on the horizon of

Plymouth Bay. Why is the full moon orange when it first comes up? a hiker asked.

Well, when the moon first comes up low on the horizon, the sunlight reflecting off the moon scatters through the earth's atmosphere. The blue part of the light spectrum scatters in the atmosphere and is not visible, leaving just the red-orange-yellow part of the light spectrum visible to the naked eye. Eventually the moon rises high enough so the light is not affected by the earth's atmosphere, and the moon turns a bright white. Now you know!

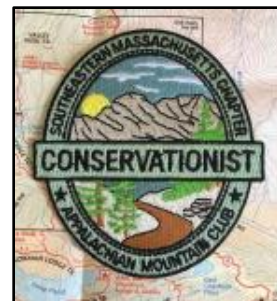
Stay tuned for more hike postings on Plymouth Long Beach. In addition to a nice sandy beach walk with the sound of crashing waves, it's also a great place to view the planets and stars.



Question: "Why is the moon orange when it first comes up above the horizon?" Read the article to find out! *Photo by Barry Young*

Start your Conservation Challenge!

Small changes can make a big difference for you, your community, and the environment. The Conservation Patch Challenge involves trying a few new things, like creating a compost pile, shopping at your local farmer's market, bringing re-usable bags while shopping, and evaluating your recycling practices, among many other actions. For the checklist and challenge guidelines, visit the [Conservation Committee page](#) on the chapter website.





Why we need to protect wetlands, and how you can help

By Shana Brogan, Conservation Chair



The Ponkapoag Pond and Bog wetlands habitat. *Photo by Matt Naughton, courtesy of [mass.gov](https://www.mass.gov).*

Massachusetts Wetlands

Did you know? Almost all of the wetlands in Massachusetts are protected under the Massachusetts Wetlands Protection Act. Ponds, lakes, rivers, beaches, dunes, tidelands, and marshes are all protected. The Act establishes a 10-foot buffer zone to these areas, and a 200-foot buffer for riverfront areas.

What does protected mean?

The Act establishes an application process and a local municipal Conservation Commission to review and consider certain activities within these areas, such as construction and demolition, and removing trees and vegetation. An application is filed with the commission in the town where the work will occur for review. The Act defines an “activity” as “removing, filling, dredging, or altering” the wetlands and/or the buffer zones.

Benefits of Wetlands and Buffer Zones

There are many benefits of wetlands, such as providing wildlife habitat and preventing flooding and storm damage. Vegetated buffer zones around these wetlands can also have benefits. Here are a few:

- They help stabilize the soils on steep banks, preventing erosion, pollution, and runoff washing into the wetlands.
- They help keep water temperatures cooler for fish and other wildlife by providing shade along the wetland edges.
- They provide habitat value for wildlife along their fringes, such as bird nesting habitat for a variety of birds; shade for fish; and dens for foxes and other small mammals. Fallen and standing dead trees (snags) are especially valuable habitat for a variety of wildlife, such as mice, turtles, owls, hawks, woodpeckers, osprey, and blue herons.

How can you be a good steward of your property?

Even if you don't live near a wetland, the same best practices can apply. A first step would be to start learning about the plants and trees on your property and thinking about how you care for the land. Here are a few tips to consider:

- **Plant a variety of native plants and trees**, if you have space. Try to buy the true native species if you can find them: Native plants can often be confused with cultivars, which are not the true native. Look for the scientific name of the plant or tree like “*Juniperus virginiana*” on the tag, which is the native Eastern Red Cedar tree. You would also be surprised how native plants can serve as a privacy screen.
- **Let some unused areas of your yard go back to nature**, if possible. This is less area you have to worry about landscaping.
- **Create a natural, low-maintenance lawn area**. This does not have to be your entire lawn.
- **Use existing leaf litter as mulch**. Fallen leaves are used for overwintering by salamanders and by pollinators and other insects.
- **Consistently manage invasive plants**. Learn how to identify invasive plants and keep an eye out for them. They are difficult to eradicate, but you can manage them so they don't continue to spread and affect native plants. A few common invasive plants are Japanese knotweed, English ivy, Asiatic bittersweet, Japanese honeysuckle, bush honeysuckle, burning bush, tree of heaven, and multiflora rose.

Remember, it's a Wetlands Protection **ACT!**



Volunteer of the Month: Robin McIntyre

By Jane Harding, Cape Hikes Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Cape Hikes Committee recognizes Robin McIntyre for her numerous contributions.

Robin has been very active with both local hikes and chapter activities. She is always willing to jump in and roll up her sleeves where needed.

As a hike leader, Robin strives to lead at least one hike a month, generally in the upper Cape area. She pre hikes all of them to ensure a safe event can be provided to all participants. She reaches out to land stewards when she finds issues on their properties that need attention. Robin has been known to clean up arrival sites so hikers will not have the wrong first impression, and this can entail hauling out more than one bag of trash. Robin will reach out to potential leaders, encouraging attendance at leadership training, providing support as a co-leader, and sharing useful tips.

She is current vice chair of the Cape Hikes Committee.
Thank you, Robin, for all you do!

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



Conservation Corner

The Mindful Use of Deicers

By Kate Sullivan

When the weather forecasters predict freezing rain, ice and snow, our thoughts turn to treating sidewalks and roads with some kind of deicer, such as rock salt and other products. Applying a liberal coating of deicer seems like the safest way to treat sidewalks and roads to prevent slips and falls and skidding cars. However, there is environmental impact. The chemicals can leach into our waterways and contaminate not only our local ponds and lakes, but our drinking water reservoirs. These chemicals alter soil and water quality. The chemicals kill the grass and can irritate the paws of our four-footed friends.

The following are some tips for mindful use of deicers:



- 1) Shovel first. Clear all snow from driveways and sidewalks before it turns to ice. Deicers should only be used after the snow is removed and only in areas needed for safety.
- 2) Wear gloves and protective eyewear while you disperse deicer.
- 3) Carefully walk across the surface, taking small steps to prevent slips and falls.
- 4) Distribute deicers evenly, not in clumps. Clumped deicer is wasted deicer.
- 5) A deicer such as untreated salt stops working if the temperature is below 15 degrees Fahrenheit. When temperatures drop that low, switch to sand for traction or choose a different deicer formulated for colder temperatures.
- 6) Sweep up any left-over deicer from the surface for reuse or properly dispose of it.

Sources:

Reconnect With Nature and Salt Smart Collaborative



Paul Brookes is also one of AMC-SEM's go-to Map & Compass experts. Photo from his [MapMyCompass](https://www.mapmycompass.com/) website

Accent on Hiking with Committee Chair Paul Brookes

By Pete Tierney, Nominations Committee

I recently sat down with AMC-SEM member Paul Brookes to ask about his passion for hiking and how he came to be Chair of the Hiking Committee.

Paul told me that he has always enjoyed the outdoors. As a child growing up in Croyden, England, his home bordered the woodland green belt that encircles London. As boys, he and his brother Simon would ride their bikes and hike in the woods seeking adventures. That childhood love for being outside stuck with him, and when he retired from work, he looked for "outdoorsy" group activities.

First, Paul found DCR hikes in the Blue Hills Reservation bordering Boston. While hiking with those groups, he heard about the AMC. His initial efforts to connect with the AMC were met with frustration, since a Google search kept pointing him to the AMC movie theater chain. Paul persisted, though, and eventually found the Appalachian Mountain Club. He learned of the Trail Trace the Blue Hills series of hikes, signed up, and was hooked. He liked the Blue Hills, liked the hike, and liked the friendly, welcoming people he met.

I asked Paul how he transitioned from being a hike participant to a hike leader. He said that everyone has a different motivation, and the impetus for him was his dog, Sunny. Paul was hiking in the Spring Conditioning series and asked the leader if he could bring Sunny. The leader said no, but then told Paul that he should become a leader, and then he could post any type of hike he wanted.

So, Paul took the Leadership Training Workshop and began the process of becoming a leader. He met a congenial group of new leaders, and they became friends. They cooperated with each other, sharing co-leads and experiences. Those friendships continue to this day, and that group and other leaders have maintained AMC-SEM traditional activities. In addition to introductory workshops, weekend getaways, and hiking series such as Spring Conditioning and Trail Trace the Blue Hills, the group has instituted new activities, such as Family Hikes and Winter Trail Trace the Blue Hills.

Paul enjoyed being able to give back to the AMC, enjoyed the friendships that he made, and enjoyed new ideas and experiences. He was asked to apply for the position of Hiking Vice Chair, but initially he felt that the time was not right for him. He remained open to the idea, though, and agreed to assume the role in May, 2020. Within a few months, the Chair position opened up, and Paul moved into that role.

The Hiking Committee stayed very active with many projects during COVID restrictions and is now coming back even stronger than ever. The position of Committee Vice Chair is currently open and individuals are encouraged to apply for it. The Vice Chair would work in close cooperation with Paul, coordinating activities, approving hikes, attending monthly Executive Committee meetings and so forth. In addition to maintaining the traditional projects and events, new ideas are always welcome. After a year or two in the Vice Chair position, the successful candidate would be expected to assume the role of Hiking Chair for two or three years.

If you are interested in being considered for the position of Vice Chair, of the Hiking Committee, please contact the Nominating Committee at nominating1@amcsem.org.





SEM Memories:

Look back at *The Southeast Breeze*

By Paul Miller, SEM Hike Leader

Part 1: Some nostalgic Breeze history and a tribute to our volunteer leaders...both old and new.

A little while back, our Chapter Chair, Diane Simms, asked me to contribute some articles for the *Southeast Breeze* by drawing from stories that appeared in older issues. I agreed to do so, with the caveat that - since I'm most familiar with it - I would focus largely on *Breeze* content published during my two stints as Communications Chair. This was from 2005 through 2008 and then again from 2018 through the early months of 2021. But first...

A Little History About The Breeze

Thanks to Mo Walsh, our very capable *Breeze* editor, and the newsletter's many contributors, SEM members today receive full-color electronic issues in their respective email inboxes practically every month. (AMC HQ has frequently cited our newsletter as a model for other chapters.) But it wasn't always like that. Long-time SEM members will recall that, prior to 2012, the *Breeze* was a hard-copy, black-and-white publication that only came out four times a year. In 2012, thanks to then-Communications Chair Cheryl Lathrop, the *Breeze* finally went fully electronic. Right away, this provided three key benefits related to costs, content, and timing.

Due to the high cost of printing, handling, and mailing the hard-copy newsletters, the printed *Breeze* had been the largest single line item in the SEM budget. Poof! As soon as the *Breeze* went electronic, those costs vanished. This freed up resources for training and other important chapter programs. Next, the electronic newsletter did not have the page and printing limitations as the hard-copy version, so it could include both more content and more appealing full-color photos. Finally, as a monthly publication, the e-*Breeze* provided our trip leaders with much more flexibility when it came to planning and posting activities for our members.

For research purposes, I accessed the archive of past issues of the *Breeze* conveniently archived on the SEM website (thanks again Cheryl!). This didn't get me too far since I immediately noticed that the issues from 2005 and early 2006 were missing from the archive. That was my fault since I never forwarded those hard copies to our archivist for scanning. Luckily, I was able to dig up copies of most of those missing issues in my own files and will soon forward them to our archivist.

Who are all these leaders anyway?

While skimming through some of the hard-copy issues of the *Breeze* from 2005 and the first part of 2006, a pattern quickly emerged: the names of a relatively small handful of activity leaders dominated the chapter's activity listings. Since I was just starting to become active with the chapter at that time, I did not know who most of these leaders were. That changed quickly as I became more active.

For the **Hiking** committee, oft-repeated leader names included Bob Vogel, Erika Bloom, Bill Ruel, Dexter Robinson, Bruce Dunham, Elsie Laverty, and Wayne Anderson.

Continued on page 8

Education Committee Upcoming Events for 2022

The newly formed SEM Education Committee is happy to announce some exciting new educational opportunities.

February 28 @ 7:30 pm

"Travels in Iceland" by Dexter Robinson

April 2 and 3

Leadership Training

Leadership training is being extended to two days to allow us more time for some expanded skills and scenarios. The training will be held at the Rochester, MA, Grange Hall at 182 Hartley Road in Rochester. The format is:

Day 1: **Basic leadership training** for all new leaders.

Day 2: **Expanded leadership training** (optional) for:

- New leaders seeking to lead Class 2 and above.
- Current Class 1 leaders who would like to advance to Class 2 and above.
- Any chapter leaders interested in expanded training.

We are seeking leaders to help teach and guide practice exercises on both days. We would like to invite both experienced leaders and new leaders. New leaders will be partnered with the experienced leaders in presenting and leading exercises.

June 4 and 5

Map and Compass by Paul Brooks and friends

TBA Spring 2022

Introduction to Backpacking



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Prior to 2012, the *Southeast Breeze* was a hard-copy, black-and-white publication that only came out four times a year. Here's the first page of the first issue of our chapter's newsletter published during the author's first stint as SEM Communications Chair back in 2005.

Look back at the *Breeze*

Continued from page 7

Several of them also contributed articles to the *Breeze*. In the Fall 2005 issue, for example, Dexter Robinson contributed a short piece entitled, "*Hiking the AT in Massachusetts—a Trail of Contrasts and History*." In the Winter 2005/2006 issue, he wrote another short piece on the chapter's Labor Day weekend camping and hiking trip to Baxter State Park in Maine. In that same issue, Bob Vogel contributed an article promoting interest in the upcoming SEM Winter Hiking Series (which would eventually become my own passion) and a related article, "*Winter Hiking 101: Here's what you need to know to get started*." Here, Bob provided four simple rules for safe and enjoyable winter hiking (including the counter-intuitive, "Stay cool to keep warm!"), summarized the equipment needed, and discussed the appropriate clothing and materials for winter hiking. This information continues to provide the core of our Winter Hiking Workshop to this day.

Moving on to the **Cape Hikes** committee, Heidi Moss (then Cape Hikes Chair), Janet Kaiser, Janet DeMattia, Nancy Wigley, Farley Lewis, and Peter Selig (among others) all led frequent hikes in the non-summer months when the Cape is not overrun with vacationers.

Listings for the **Biking** committee were conspicuously missing from that first Summer 2005 *Breeze* issue since the chapter was temporarily without a Biking Chair. This was soon rectified in the Fall 2005 issue, when Jack Jacobsen stepped up to fill that position and lead several bike rides. Vic Oliver soon replaced Jack as Biking Chair and also began listing multiple rides.

In that Summer 2005 issue, **Trails** Chair, Lou Sikorsky, posted a National Trails Day activity to help maintain the Bentley Loop trail right here in Myles Standish State Forest (a popular loop hike designed by and named after the SEM's own Bob Bentley). In that same issue, Hiking Chair Patrick Holland listed a two-day trip to do some needed trail work on the Lonesome Lake Trail in Franconia Notch, which, at the time, was the Chapter's "adopted trail." (A designation that somehow fell by the wayside.)

Not surprisingly, our Paddling committee had a major presence in the trip listings in the Summer 2005 *Breeze*. Dick Coveney, our **Paddling** Chair, listed a couple of kayak paddles, along with Elise Foster, Don Savino, and several other paddling leaders for whom I unfortunately can't provide full names, since only their last names were included in those listings.

Trip listings for our **Cross-Country Skiing** committee appeared for the first time during my initial tenure in the Winter 2005/2006 issue of the *Breeze*. Art Paradise, Bob Bentley, Walter Mark (then XC Ski Chair), Barbara Hathaway, and Sarah Beard led XC ski trips up in New Hampshire and Maine. These included an ever-popular MLK Weekend at Applebrook B&B in NH. Bill Ruel and Anne Chace organized a "Winter Wonderland at Ponkapoag" ski activity here in the Blue Hills.

In a related activity, the Winter 2005/2006 issue featured a sidebar on our upcoming "Winter Festival" at Wompatuck State Park, jointly organized by Sue Chiavoroli, who had replaced Patrick Holland as Hiking Chair, and XC Ski Chair Walter Mark. (I can't recall whether we received enough snow down here in Massachusetts that year to pull off those last two winter activities, but photos in a subsequent issue showed members happily skiing and snowshoeing at the Applebrook multi-activity program over MLK weekend.)

A good sign for the future

Over the years, I've observed that an ever-evolving core group of volunteer activity leaders still keep appearing repeatedly in the *Breeze* hiking, biking, paddling, skiing, and trail work listings in any given month. Right now, in addition to our many familiar SEM leaders, I've noticed that a good number of *new* leader names have recently started to appear in our activity listings. Kudos to both our stalwart Education Committee and many activity mentors for that! I take that as a good sign for the future, particularly when considering the many personal, professional, and health challenges we all face these days.

Part 2 of "A Look back at The Southeast Breeze" will appear in the next issue.



We need an AMC-SEM Chapter Bicycling Chair!

By Paul Currier, Thousand-Milers Registrar

The full, formal description of the Bicycling Chair position appears at <http://www.amcsem.org/assets/pdf/biking.pdf>.

The "short form" description is this: Promote AMC-SEM Bicycling by developing a variety of distance, speed, and difficulty trip opportunities with the assistance of bicycling trip leaders. Identify and mentor new trip leaders. Actively coordinate with the Chapter Executive Committee to integrate bicycling with the other chapter activities.

I hope that within the 1,000 Milers or other active cyclists you know there is someone ready, willing, and able to rise to the opportunity. Filling this position is important to the sport and to the chapter.

Questions? Comments? Concerns? Email [Nominating Committee Chair](mailto:Alan.Greenstein@amcsem.org) Alan Greenstein.

AMC-SEM 1,000-Milers 2021 Finals

Robyn Saur	6101
Ed Nelson	5021
Bernie Meggison	4063
Paul Corriveau	3625
Grtz J.-C. Castelein	3585
Joe Tavilla	2628
Patty Johnson	2200
Leonard Johnson	2100
Jean Orser	2065
Barbara Gaughan	2010
Paul Currier	1941
Bruce Wester	1941
(Worcester Chapter)	
Lee Eckhart	1809
Alan Greenstein	1720
Richard Beaudoin	1710
(Florida Extension Chapter)	
Bill Cook	1527
Mark Gurnee	1460
Jim Kilpela	1157
Glenn Mathieu	1001
Lawton Gaines	743
Larry Decker	690

Any additions? Send your mileage to me. For information about or to join the Thousand Milers, send me an email: paulbcurrier@comcast.net

Be in the Know!

By Diane Simms, Chapter Chair

Be in the know about upcoming AMC-SEM Chapter activities! Here's how:

1) Create an email **digest of upcoming activities** that interest you.

- ❖ Log in to outdoors.org (click on **Login** at bottom right of home page.)
- ❖ Click on **My Outdoors** on bottom right of page.
- ❖ Scroll down to **Digest Emails**.
- ❖ Click View Trips→.
- ❖ Click **Create New Digest**, name your digest, and enter your desired search criteria. For example, select Email Frequency of *Weekly*, Chapter of *Southeastern Massachusetts*, and Activity of *Hiking* and *Bicycling*. To select more than one option, use Ctrl + click (PC) or Command + click (Mac).
- ❖ Click **Continue** and then **Submit**.
- ❖ You can create up to five digests.

2) Sign up for the **Short Notice Email List (SNEL)** to be notified of cancellations, last-minute new activities (snowshoeing after new snow, for example), changes to already-posted activities, and other announcements from your AMC-SEM trip leaders. Follow these [instructions](#) to be added to the list. You can unsubscribe at any time. If you have trouble with the instructions, just email chair@amcsem.org to be added.

3) [Follow us on Facebook \(@AMCSEM\)](#) for chapter updates.

- ❖ Click **Follow**.
- ❖ Scroll down the menu to choose whether to see us first in your news feed and whether to get notifications of page updates.

4) Search the [Activity Database here](#).

We hope these opportunities to stay in the know mean that you won't miss a thing!

Barry Young & Paul Audet share winter hiking tips in *Boston Herald* article

If you're planning a hike in the Fall River Bioreserve or looking for advice on winter hiking in general, check out this [January 21, 2022, article](#) by Dan Medeiros in the online *Boston Herald*. The article includes extensive quotes and tips from AMC-SEM hike leaders Barry Young and Paul Audet on both the Bioreserve and safe winter hiking.



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](#). 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](#), 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.

EDITOR'S NOTE: AMC's new Activities Database no longer provides a newsletter magazine format of chapter activities. Please bear with us as we determine how to provide the most useful format for the Activities Listings without time-consuming cut-and-paste. Follow the Activity link for more information, including precise location, registration information, and leader names and bios.

CAPE HIKES

[Hike Head of the Meadow Truro](#)

Sat., Feb. 26, 9:45 AM - 12:30 PM, Open. 2.5-hour hike. Visit Head of the Meadow and Coast Guard Beaches and hike in the rolling hills of pine forests. Directions: From Route 6 in Truro take Right on Head of the Meadow Road (0.6 miles after Route 6 becomes 4 lanes) and follow to parking lot on the left near the Rest Rooms. Meet at 9:45 and hike 10 am – 12:30 pm.

[Griffin Island - Wellfleet](#)

Sun., March 6, 9:45 AM - 1:15 PM, Open. Griffin Island 7+ miles hike is a moderately level hike for the Cape with some short ups and downs for approximately 1000 ft. and avg. moving speed of 2.3mph. We will start in Wellfleet in the upper parking lot of Great Island trail in Wellfleet of and hike north into Truro, passing some beaches, and loop east leaving the bogs on our left. Sneakers are OK. - Snow/rain and heavy wind cancelled. Beautiful views of the Wellfleet Bay and the Herring River. Most of the trails are single trails, are not mapped and were found after many trials and errors. We will also past by some Griffin Island history. If weather permit, lunch break at the beach. Meeting at the upper Great Island parking lot at 9:45am

[Hike Snail Road Provincetown](#)

Sat., March 12, 9:45 AM - 12:00 PM, Open. 2 hour hike. Hike towering sand dunes and beaches to see ocean and bay at same time. Directions: From Route 6 go 0.6 miles past the "Town of Provincetown" sign and park on the right shoulder of Route 6 before and after Snail Road. Meet at 9:45 and hike 10 am - 12:00 pm.

[Hike--Bourne T](#)

Thur., March 24, 9:45 AM - 12:00 PM, Open. This pre-registered 4+ mile, 2-hour hike is limited to 19 participants and 1 leader. This hike is not suitable for novice hikers. The terrain is over wooded trails and fire roads with frequent rolling hills in a loop without easy bailout points. Participants must have sturdy winter footwear, water. Bring microspikes if icy, hiking poles if preferred. Driving directions to the trailhead will be sent to pre-registered participants.



Activities

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

CAPE HIKES

Hike Beech Forest Provincetown

Sat., March 26, 9:45 AM - 12:00 PM, Open. 2-hour hike. Hike woods and sand dunes. Directions: From Route 6 in Provincetown take Right on Race Point Road (first traffic light on Route 6 in Provincetown) and go 0.5 miles turning left into Beach Forest Parking Lot. Park at far end. Meet at 9:45 and hike 10 am – 12:00 pm.

EDUCATION COMMITTEE

Presentation: Travels in Iceland 2020 by Dexter Robinson

Mon., Feb. 28, 7:30 PM, Open. Dexter Robinson will be presenting highlights of a trip he made to Iceland in March 2020 with his daughter and several others. His daughter and another participant developed a detailed itinerary for this 5 day trip. Highlights include a dip in the famous Blue Lagoon and visits to the historic Settlement Center and Thingvellir National Park. They also experienced some natural wonders that included a hike to a warm river spring and a tour of an ice cave. The trip concluded with a horse ride along a black sand beach and some sightseeing in Reykjavik. The 45-minute program will be presented via Zoom. Dexter's daughter, Elizabeth, will be assisting with the Q&A.

SEM Basic Leadership Training

Sat., April 2, Open. This full day course prepares participants to begin leading SEM activities on the local level. Participants will study leadership styles, trip planning considerations, screening practices, risk mitigation, and qualifications to become an activity leader. They will be guided in role-playing exercises to reinforce learning and foster leadership skills. Participants should be ready for a full day of indoor and outdoor activities. This training is required for prospective SEM trip leaders but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

SEM Expanded Leadership Training (Optional)

Sun., April 3, Open. This 2nd full day course will follow the Basic Leadership Training course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in back-country activities. It will expand on topics presented in the Basic Leadership Training course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. It will also include basic map and compass skills and opportunities to share leadership dilemmas. Participants should be ready for a full day of indoor and outdoor activities. This course is open to: 1. attendees of the Basic Leadership Training course; 2. current leaders who want to advance to a higher leadership level; or 3. any leaders wishing to enhance their skills or seek solutions for their most challenging leadership experiences. For this activity we require you to provide proof that you are fully vaccinated or have a negative PCR test in the 72 hours prior to the start of the course. You will be spending a significant amount of time indoors in close proximity to other participants.

Map And Compass - Two-Day Weekend Workshop

Sat., June 4, 9:00 AM - Sun., June 5, 4:00 PM, Open. In this two-day weekend workshop, you will learn navigation skills using a map and compass. The course assumes no prior experience. We start with basic instruction and progress over two days to cover some intermediate and advanced skills. All activities will take place at the Blue Hills Reservation about 20 minutes south of Boston. Sat. morning will consist of classroom 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 using the DCR trail map. This will include a bushwhack between two trails. On Sun. groups will plan their own route to find flags hidden both on and off-trail. You will be using a topographical map that does not show the trails and will use terrain features such as valleys, brooks, and hills to reach your destination. Each group will have an instructor to help facilitate the learning. Class size is capped, and students assign themselves to groups of 5 to 7. This promotes small group learning. In addition, each group will have an assistant teacher to help facilitate the group exercises. For this activity you will need to provide proof that you are fully vaccinated by emailing an image of your vaccination card to the registrar or alternatively provide a PCR test taken within 72 hours of the workshop and showing a negative result. Masks will not be required on the hikes or during the classroom instruction.



Activities

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

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.) and manages 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

SEM Winter Hiking Series #4: Crawford Notch

Sat., Feb. 26, 8:30 AM - 3:30 PM, Open. Note: This is the posting for the rescheduled hike from Feb. 5. If you're new to winter hiking, join us for this fourth Southeastern Mass. Chapter Winter Series hike of the season. In this progressively more challenging series, you'll have an opportunity to develop and then fine tune your winter hiking skills while discovering firsthand the fun, beauty, and camaraderie of winter hiking. Preference will be given to first time winter hikers who attended the SEM Winter Hiking Workshop. For hike #4 we are planning to hike Mount Pierce which is one of the NH 4000' mountains in beautiful Crawford Notch. The weather of the day and trail conditions will determine exact route we take. Our hike will be about 6 miles with approximately 2400 feet of elevation gain. Full winter gear and clothing will be needed, including MICROspikes (or equivalent traction), snowshoes and winter boots. Crampons are not required, but bring them if you have them.

Wildlife Tracking Winter Hike

Sat., Feb. 26, 9:30 AM - 3:00 PM, Wait Listed. This is a follow up "field session" hike to a zoom presentation being presented Thur., Feb. 24th, from 7pm to 8:30pm on wildlife tracking photos. Participation in the zoom meeting is not required to attend this hike. Education Coordinator Pam Landry from Mass Div of Fisheries and Wildlife and Pat Little of Northeast Wildlife Trackers will lead the hike with hike leadership, coordination, logistics and registration provided by AMC SEM. Registered participants should plan to meet in Petersham, MA at 9:30 am and then plan to carpool to a nearby location near Quabbin Reservoir. Participants should plan to dress in appropriate outdoor gear for standing and slow moving, unlike a normal AMC winter hike where the group is moving all the time. Participants should plan to bring a winter pack with appropriate winter gear, snacks, lunch, hot beverage, etc. Mileage will vary depending on what we find. The time will be spent stopping and investigating, discussing, questioning all tracks and signs. The session will conclude by 3 pm. A complete list of details including trail head location, driving directions, gear list and food will be provided to registered participants. Face masks are required for carpooling. In order to maximize the time in the field, registered participants should gain some familiarity with wildlife in Massachusetts and seasonal natural history by spending a couple of hours reading on your own time some documents before the hike. These documents will be provided via website links to registered participants. For questions, please contact leader, Barry Young (barry.young@comcast.net)

Hiking Fall River Bioreserve

Sun., Feb. 27, 10:00 AM - 1:00PM, Open. Email leader to register: chair@amcsem.org. Not sure about a 5-mile hike? Join us on this 2-part hike. The first loop is around 3 miles leading back to our cars. If that's enough for you, you can end there. Want more? We'll then do another 2 ½-mile loop. Sturdy shoes required, suitable for colder temps. Dress for the weather. Heavy precipitation or unsafe driving conditions 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.



Activities

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

HIKING

Winter Conditioning Series Hike #5

Tues., March 1, 10:00 AM - 2:00 PM, Open. Winter Conditioning Series -Hike #5 This is the posting for the fifth hike of the Winter Conditioning Series. There are spaces for five more new participants. For the remaining hikes in the series, new participants can sign up for one or more series hikes as they are listed, if they have been hiking regularly so far this winter. New participants will be screened for their initial session and will not be 'rescreened' subsequently. This series takes place in various locations within the Blue Hills and focuses on maintaining and building conditioning across hikes occurring every other week. We add mileage and elevation across sessions and as conditions determine, and participants should expect between 7-10 miles with approximately 1300'+ elevation gain. Participants are expected to have prior winter hiking experience and be able to hike at a strong moderate pace carrying & using winter gear. This series is not intended to be an introduction to winter hiking. All participants will need winter clothing, snowshoes, micro spikes, optionally crampons etc. Hikes will only be cancelled or rescheduled in the event of inclement weather (e.g., heavy rain) or weather that makes travel hazardous. If rescheduled, this will typically be for the Wed. or Thur. of same week. Rendezvous location will be sent each week usually by Sun. PM. Cancellations or reschedules will be determined at the latest by 8:00 AM day of hike, with notification via email. (Reschedules typically decided day before) Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household member. For this event, participants will be asked to affirm that they are vaccinated or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. Planned dates: 3/1, 3/15, 3/30 AMC Trip Policy

Thur. Morning Hike - Blue Hills, CCC Camp And Domes

Thur., March 3, 9:45 AM - 2:00 PM, Open. Overview Blue Hills - CCC Camp and the Domes 9:45am-2:00pm Moderate to fast pace, with occasional stops. An approximately 7-mile, 4 hour hike with minimal elevation. This is a mostly wooded hike, but some trails may be wet or icy. Some trails are 'in + outs' for those doing 'trail tracing'. Bring waterproof hiking shoes or boots, appropriate layering for the weather, snack/lunch, and water. Traction devices such as micro spikes or snowshoes may be required depending on snow conditions. Please bring them to the trailhead. Steady rain or heavy snow will cancel. No dogs. Group size is limited to 10 hikers plus the leader. Trail head location will be emailed to confirmed registrants.

Winter Hike #5: Overnight at Zealand Falls Hut

Fri., March 4, 10:00AM - Sun., March 6, 3:00PM, Open. Join us for the 5th hike in the Winter Hiking Series. We will hike into Zealand Falls Hut, our home base for the weekend. There are a variety of beautiful hikes from the hut, & the views in the winter are breathtaking. The group will carry in our food & prepare meals at the hut. Participants must have attended a prior Winter Hiking Workshop & have winter hiking experience. Full winter gear, including sleeping bag rated to 0 degrees, required.

Winter Trail Trace the Blue Hills: Hike 12 of 13

Tues., March 8, 9:45 AM - 2:00 PM, Open. See March 1st listing for series details. This is the TWELFTH hike in the 13-week series that runs through March 15, . Registration is required for each weekly hike.

Thur. Morning Hike/Snowshoe - Ponkapoag Pond Loop - Canton, MA

Thur., March 10, 9:45 AM - 1:30 PM, Open. Moderate to fast pace, with occasional stops. An approximate 5 1/2 - 6-mile hike around The Pond. Occasional "in and outs" may be added along the way for those who are "trail-tracing". Bring waterproof hiking shoes or boots, snack/lunch, and water. MICROspikes and/or snowshoes may be necessary depending on trail conditions. We'll take a break at the AMC Camp down at the pond, weather permitting. Steady rain or snow will cancel. Well behaved dogs on leash are O.K. Group size is limited to 14 hikers plus the leader. This trip is often wait-listed, so please cancel your registration if you can no longer attend.

Full Moon Hike at Borderland State Park

Tues., March 15, 6:00 PM - 8:30 PM, Open. Come and hike the last Full Moon Hike of the season. Next season starts on October 6th. This hike will be under a Full Worm Moon. We will be hiking about 5 miles on mainly wide flat trails between and around 2 large ponds and through rolling meadows. In the past we have seen the moon 90% of the time. It is a wondrous site over the water and fields. Sturdy, waterproof and insulated hiking shoes are a must for the Winter conditions on the sometimes wet and slippery trails. Micro spikes may still be required at this time of year. A few days before the hike I will email all registrants regarding additional equipment. A detailed information sheet will be sent to all who register. This hike is not appropriate for Pets.



Activities

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

HIKING

[North And South Kinsman Winter Hike](#)

Wed., March 16, Open. Join us for an out and back moderate pace hike to North and South Kinsman via the Mt. Kinsman trail. This day hike is 10 miles round trip with 3,950 ft. of elevation gain taking about 7 hours. The summit view on South Kinsman features an incredible 360-degree view that includes the Franconia Ridge. This will be a long day with potential exposure to weather and a "taste" of above-tree line in winter. Participants must have full winter gear and previous winter NH 4K experience. Participant size limited to 8. This hike was originally scheduled for Jan. 19 but was cancelled due to weather. To address unforeseen challenges such as adverse weather and unacceptable trail conditions, the planned trip destination, meeting place or date may be modified. In that event, participants may elect to opt out.

[Thur. Morning Hike: Whitney and Thayer Woods](#)

Thur., March 17, 10:00 AM - 2:00 PM, Open. End of winter walk in Whitney & Thayer Woods, along lovely forest trails, up to Turkey Hill viewpoint, across Brass Kettle Brook, past Ode's den, on Trustees of Reservations property, for 3-4 hours. Meet at 10:00am at the Cohasset commuter rail parking lot off Route 3A, by the parking places sign-posted for the rail trail. Wear boots suitable for possibly muddy/icy trail conditions (bring traction devices if there have been recent freezing temperatures), clothing suitable for the weather (layers, hats, gloves) and bring water/snacks/lunch. Persistent rain or snow that morning will cancel. Contact leader by email if weather is questionable. Please carpool if possible.

[Blue Hills Spring Conditioning Series: Hike 1 of 12](#)

Tues., March 22, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIRST hike in the 12-week series that runs every Tues. through June 7. We will meet up at 9:45 AM and will end around 2 PM. Registration is required for each weekly hike. Group size is limited to 15 participants. Each week the hike distance will be longer, we will increase elevation gain, move faster along the trails and add pack weight. When considering this series please plan to attend most of the hikes as it is a building series. Expect challenging terrain including rocks and ledges on most ascents and descents. Weather permitting, we will finish the series on June 7, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains!

[Thur. Morning Hike - Norton/Mansfield Great Woods RELISTED](#)

Thur., March 24, 9:45 AM - 2:00 PM, Open. Please arrive before 9:45 AM to arrange car spotting. This is a one way thru hike approx. 6 miles at a leisurely pace. Allow extra time for car spotting at the end of the hike. Thur. Morning Hike - Meeting in Mansfield Great Woods dirt parking lot near 145 Oak Street in Mansfield. 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 to 145 Oak Street below) Due to COVID, masking and vaccination status are required as we do car spotting. We will be ride sharing to and from the Start and Finish. An attempt will be made to limit the number of passengers in each vehicle by using as many vehicles as possible. Flat roaming thru hike with glacial eskers, old mill dam and early 19th century Coddington Farm site. There is a brook crossing on a log bridge and wet areas. Bring hiking poles, water, lunch or snacks and dress for the weather. Heavy Rain/Snow will cancel hike. Possible shorter snowshoe hike.

[Blue Hills Spring Conditioning Series: Hike 2 of 12](#)

Tues., March 29, 9:45 AM - 2:00 PM, Open. This series is not suitable for beginners. This is the SECOND hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: Hike 2 of 12](#)

Tues., March 29, 9:45 AM - 2:00 PM, Open. This series is not suitable for beginners. This is the SECOND hike in the 12-week series that runs every Tues. through June 7, . See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: Hike 3 of 12](#)

Tues., April 5, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the THIRD hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.



Activities

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

HIKING

[Blue Hills Spring Conditioning Series: Hike 4 of 12](#)

Tues., April 12, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FOURTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details

[Blue Hills Spring Conditioning Series: Hike 5 of 12](#)

Tues., April 19, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FIFTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: Hike 6 of 12](#)

Tues., April 26, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: Hike 7 of 12](#)

Tues., May 3, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: Hike 8 of 12](#)

Tues., May 10, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the EIGHTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: Hike 9 of 12](#)

Tues., May 17, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the NINTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Thur. morning hike along the Lower Neponset River](#)

Thur., May 19, 10:00 AM - 3:00 PM, Open. This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station. This station is part of the Mattapan trolley extension off the red line. There is a parking lot next to the station (this is a quiet residential area). Parking is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. This is a bakery to die for and a favorite stopping spot. Their website is <https://steelandrye.com> and prices are very reasonable. Assuming pleasant weather and availability of seats, we will eat on the restaurant deck which is outside. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Once back at our cars, each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I will have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. For this event everyone will be asked to provide proof that they either are fully vaccinated or have a current (within 72 hours) negative PCR test by emailing me an image of their vaccination card or test results prior to being approved for the hike. Masks will not be required on this hike, but anyone is welcome to wear a mask if desired. The American Planning Association has selected this waterfront trail which spans the city of Boston from its border with Milton to the Dorchester neighborhood as one of the 13 Great Places in America for 2019. This is a lovely urban walk and a great lunch location. I do hope you will join us.



Activities

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

HIKING

[Blue Hills Spring Conditioning Series: Hike 10 of 12](#)

Tues., May 24, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the TENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: Hike 11 of 12](#)

Tues., May 31, 9:45 AM - 2:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the ELEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

[Blue Hills Spring Conditioning Series: FINAL Hike 12](#)

Tues., June 7, 9:45 AM - 3:00 PM, Open. "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the FINAL hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.



The End