

The Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club | March 2023

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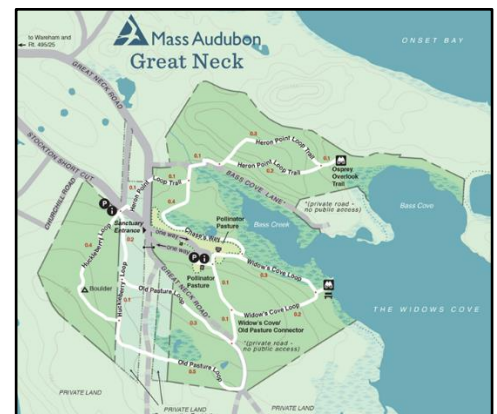
**Great Neck offers hikers four miles of criss-crossing trails on former farm and quarry lands. *Photo by Robin McIntyre***

## SEM hikers explore wildlife sanctuary in Wareham

By Robin McIntyre, Cape Hiking Vice Chair

Ten hikers warmed up with a hike on a gray, raw day in a Wildlands Trust property, Great Neck Wildlife Sanctuary in Wareham. This 100+ acre property features four miles of trails with water views of Buzzards Bay and Swan Pond, evidence of quarry activity from the 1800s when this land was farmed, and a former sheep farm.

The conservation property has both fire roads and wooded trails, some of which were cut by mountain bikers. We saw evidence of recent mountain biking in the snow cover on some of the trails, but no wildlife prints.



## View from the Chair: To our participants, thank you

Yesterday I returned from the SEM Winter Hiking Series overnight at Carter Notch Hut. (See the story on Page 3.) After the trip Cindy Grondin, one of the participants, sent an email to the leaders thanking them. In it she said:

*"I read a post recently that asked which was most important, the destination or the journey? The answer? The company."*

I could not agree more and so for this "View from the Chair," I want to thank all the participants who choose SEM for their outdoor activities. I know you have many choices, and we do not take it for granted that you choose to be outdoors with SEM. You are wonderful people and make our chapter better because you provide us your company. Thank you.

I regularly have activity leaders tell me that it's you, the participants, who motivate them to post activities. As I write this, SEM has fifty current activities that our leaders have posted, more than ever. As participants, you are clearly making it a joy and not a burden for us to lead activities for you. And so for that I also thank you.

If you have not recently been outdoors with SEM, why not spring into spring with something outdoors. At the end of this, and every, newsletter is a list of all our current activities. You can skim through the descriptions over your morning coffee and quickly find something that interests you. If you are looking for something to do on a specific day, you can view a calendar of all our activities by clicking [here](#).



Happy trails,

Paul Brookes, Chapter Chair

### 2023 Executive Board

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Secretary.....Lindsey Meyers Bertone  
Treasurer .....Earl Deagle  
Past Chapter Chair .....Diane Simms

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20's & 30's Chair.....Natalie Halloran  
20's & 30's Vice Chair.....Open  
Biking Chair .....Bill Trimble  
Biking Vice Chair .....Open

Cape Hiking Chair.....Jane Harding  
Cape Hiking Vice Chair .....Robin McIntyre  
Communications Chair .....Victoria Holland  
Communications Vice Chair....Justin Anderson  
Conservation Chair .....Leah McFarland  
Conservation Vice Chair .....Open  
Education Chair .....Anne Duggan  
Education Vice Chair .....Srinu Iyengar  
Hiking Chair .....Bill Belben  
Hiking Vice Chair.....Open

Membership Chair.....Samantha Fisher  
Membership Vice Chair .....Nancy Piedra  
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Paddling Vice Chair .....Joe Keogh  
Skiing Chair .....Dia Prantis  
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Webmistress.....Cheryl Lathrop  
Nominating Committee Chair.....Walt Granda  
Diversity, Equity, Inclusion.....Maureen Kelly

Volunteer Relations....Katherine Brainard  
Regional Director.....Jenna Whitney  
The Breeze Editor.....Mo Walsh  
Blast Editor.....Marie Hopkins

Please contact [chair@amcsem.org](mailto:chair@amcsem.org)  
or [nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)  
if you are interested in any open  
position.





Happy hikers ready for a fun and busy weekend at Carter Notch Hut. *Photo by Paul Brookes*

## Winter Series #5 hikers learn about wayward winter weather

By Jeannine Audet, Chapter Vice Chair

The weekend of March 3rd, eleven hardy hikers trekked to Carter Notch Hut for the fifth in SEM's Winter Series hikes. The initial forecast called for five inches of new snow overnight on Friday, with light winds, and temperatures in the high teens through the rest of the weekend. The group, new and experienced winter hikers alike, were well-equipped with snowshoes, warm boots, clothing layers, and warm sleeping bags. We also shared carrying in the food for our meal preparation for the weekend.

On the first day, the skies were clear, with sunshine and some nice views along the 3.8-mile hike-in via the 19 Mile Brook Trail, with the brook visible to our right. Participants who had relatively limited snowshoeing experience learned how to negotiate some narrow areas, footbridges, soft spots, and dips as the trail crossed wet areas. As we neared the hut, Wildcat A came into view, and we marveled at a glacial erratic atop Carter Dome.

We were greeted by Caleb, the hut caretaker, then settled into our bunkrooms. Damp gear was hung by the wood stove. Dinner was tortilla soup (which really hit the spot), chicken and veggie fajitas, and rice, with brownies for dessert. Leaders discussed the ever-changing forecast and what that meant for the trip plan. The prediction was for further snowfall through Saturday, totaling 15 inches, and sustained winds of 60-70 mph, with gusts to 90mph. It was clear that we would not be able to hike Carter Dome on Saturday, as was planned.

Following dishwashing and cleanup, we had lively conversation and a rousing game of *Whoonu*. The group retired to our bunks at 9:30 pm, "lights out" time. We were cozy in our bunkrooms, with our sleeping bags and liners—and hot water bottles in our sleeping bags—despite the steady snowfall and strong winds overnight. We awoke to 5-6 inches of fresh snow, gusty winds, and snow drifts.

The leaders checked the updated forecast from the Mt. Washington Observatory, which called for snow all day



The Crawford Notch lower bunkhouse near sunset. *Photo by Jeannine Audet*

Saturday with high winds through Sunday. They told the group the decision was made to shorten the trip and hike out on Saturday to best assure group safety. After breakfast of quiche, bacon, oatmeal and blueberries, we packed up and headed out.

We had a beautiful hike-out in the snowfall. Fortunately the trail was still fairly well broken out and visible, and the trees sheltered us from

much of the wind. We arrived at our snowed-in cars in good spirits and helped one another dig out. It was a great trip, with awesome group attitude—helping and supporting one another—and lessons in decision-making. Thank you to all who participated. Looking forward to next year's Winter Hiking Series!



Settling into the hut. *Photo by Tracy Hawes*

More photos on page 4





## Carter Notch Hut

Continued from page 3



**Paul Brookes,  
Tracy Hawes,  
and Ben West  
heading out.**

*Photo by  
Jeannine  
Audet*

**Ben West  
on the  
Trail.**

*Photo by  
Paul Audet*



**Cleaning  
the snow  
off Dia  
Prantis's  
car.**

*Photo by  
Jeannine  
Audet*

## Beginning with the end in mind

**By Julie Manley, Hike Leader**

As a new leader for SEM, I was excited to organize my first event. I set it up and launched it via the SEM website and publicized it on the social media platform, Meetup. Participants were encouraged to register by emailing me, so I began checking my email constantly.

However, my inbox (and junk mail) remained stubbornly void of registrants. I envisioned myself arriving at the event to greet...no one. What would that mean? Did I fall short of the success I was aiming for? It depends on your perspective and values.

American educator and author Stephen Covey writes: *"To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now and so that the steps you take are always in the right direction."*

When you begin with the end in mind, you gain a different perspective—on yourself and on how you define success. I place a high value on learning and growing. Last spring, I decided to learn what's required to become a leader for SEM. Leadership wasn't necessarily my pursuit; satisfying my curiosity was. Come fall, I took steps to qualify as a leader with a mentor by my side—essential experiential learning. At the beginning of this year, I moved to the next phase: becoming an independent organizer.

Each step along this path was about furthering my knowledge and self-development, stretching myself with new skills, experiences, and responsibilities. Thus, the experience of organizing that first event was fulfilling and empowering for me.

You may be wondering, "Did anyone attend?" Yes—four people. But the success was already there, baked into the steps I took to make it happen. It felt good to learn and use the tools needed to make a community event happen, to develop leadership skills and be responsible for a project from beginning to end—whether anyone showed up or not.

This is success as I define it: I can apply the skills I learned from leadership training and event organizing in every aspect of my life. Personal victory turns into public victory!





## ‘To Build a Shelter’—Lessons in survival at Lonesome Lake Hut

By Ann Hargleroad, Hike Leader

On Feb. 26 to 27, a group of hardy SEM winter hikers learned how to build a variety of snow shelters, while staying at AMC’s Lonesome Lake Hut in the White Mountains of New Hampshire. After hiking in 1.6 miles and crossing the frozen solid lake, the group was treated to some awesome views of Franconia Ridge.

This rustic adventure included packing in and preparing all food and sleeping in unheated bunk rooms. The common area in a separate building was equipped with a wood-burning stove managed by the caretaker.

After settling in, the group learned to build quinzhees, snow trenches with a tarp, and tunnel shelters under the direction of SEM leaders Jeannine Audet, Tim Harvey, Paul Brookes, and Ann Hargleroad.

What I can say? It was a BLAST! As participants said: “It was like the Inner kid in us all!” But yet we were learning a valuable survival tool.

So with a good days work it was time to eat! Everyone made the meal great and much appreciated!

**For starters:** Teresa P’s *Spicy Bean Soup* to warm us up; Bill S’s awesome *Meatball Appetizers* from Marge’s *Secret Recipe*.

**Main Meal:** to die for Teresa P’s *Gourmet Shrimp Scampi*; Ellen S’s yummy (and spicy) *Ground Turkey Asparagus and Basil Stir Fry* with rice. Tracy H’s fresh crispy spinach salad.



SEM members learned to build snow shelters when AMC’s Lonesome Lake Hut or other indoor accommodations aren’t available—or wanted! *Photo by Tracy Hawes*

**Treats:** Ben W’s *Rice Krispie Treats*, Jeannine’s *Three-Egg Brownies*.

And I might add the dishwashing crew was fab and *fast* per the hut steward.

From one person: “Hello All—What a fabulous weekend. Thank you for organizing such a fun snow adventure. The food was AMAZING—Thank you for all the thought that went into the menu and the effort purchasing, coordinating, and hauling!”

But the credit for making this such a wonderful trip goes squarely on the fun, energetic enthusiasm of all the participants. Until the next trip!

**See the photo essay on pp. 6-8. Follow the numbers.**

## 2023 Leadership Training coming April 22 and 23

By Anne Duggan, Education Chair

The Education Committee is pleased to announce a Leadership Training Weekend April 22 and April 23 in Rochester, MA.

On April 22 the **Basic Leadership** training course will be offered. This full-day course prepares participants to begin leading SEM activities. 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.

The Basic Leadership course is required for prospective SEM trip leaders but is also appropriate for any participant interested in improving their outdoor skills and anyone wishing to become familiar with group trip management. For Basic Leadership training, [register here](#).

**Expanded Leadership** will be offered on April 23. It will emphasize skills needed for leading Level 2 hikes and backcountry activities.

The course is open to:

1. All attendees of the Basic Leadership course;
2. Current leaders who want to advance to a higher leadership level; or
3. Any leaders wishing to enhance their leadership skills.

To attend Expanded Leadership training, [register here](#) on the Activity Database.





## Building snow shelters at Lonesome Lake Hut site



**1.** At first we worried if there would be enough snow, but luckily we got four inches days before and it kept snowing.

*Photo by Kathryn Craddock McKee*



**2.** The hike in was gorgeous to AMC's Lonesome Lake Hut located in the heart of Franconia Notch, NH. at 2760 ft elevation.

*Photo by Kathryn Craddock McKee*



**3.** We walked across the frozen Lonesome Lake, the lake was deeply frozen, so no problem, still some preferred to hike around the lake through the woods.

*Photo by Kathryn Craddock McKee*



**4.** Instructions were given by Leader Ann Hargleroad and then we dug in, literally.

*Photo by Jeannine Audet*



**5.** To build a quinzee- first pile up the snow and let it set for 45-60 minutes. The longer the better. We used shovels, helped by piling snow on tarps and dumping it on. Snowshoes can be used for digging if you don't have shovels

*Photos by Participants*



**6.** Helpers loaded snow on tarps and dumped more on the pile.

*Photo by Paul Brookes*



**7.** Dig, dig into that snow pile.

*Photo by Paul Brookes*



**8.** A snow fight erupted between Paul Brookes and Ben West!

*Photo by Ann Hargleroad*



**9.** Some got tired.

*Photo by Tracy Hawes*

Continued on page 7





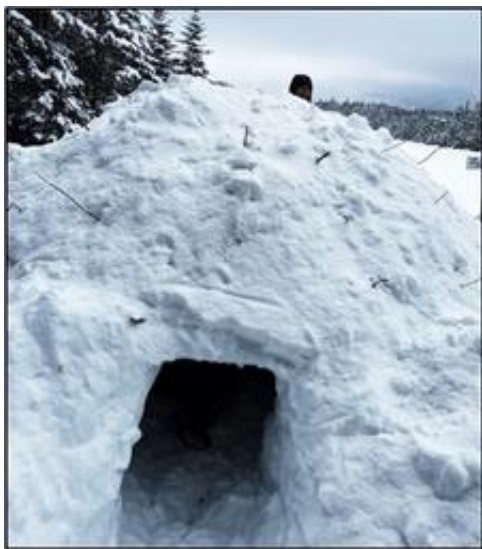
## Shelter building

Continued from page 6



10. And then there was the "twigging."

Photo by Tracy Hawes



11. Foot long Twigs are put into the sides so when digging out you know when you are getting too close to the outside.

Photo by Ann Hargleroad



12. Gathering sturdy twigs near the trees.

Photo by Paul Brookes



13. Some were proficient diggers. "Would have been a good coal miner," as one co-leader commented about one digger.

Photo by Ann Hargleroad



14. Such an energetic crew seldom existed!

Photos by Ann Hargleroad



15. Checking out the cozy accommodations

Photos by Ann Hargleroad



16. A quinzhee is born!

Photo by Bill Swanton



17. And then we built a second one!

Photo by Ben West

Continued on page 8





## Winter Shelters

Continued from page 7



**18.** Snow trenches were built. This shelter is easier to build. Dig a trench large enough to lie in comfortably.  
*Photo by Ben Westdraft*



**19.** Shore up with sticks over the top and put a tarp anchored over it.  
*Photo by Paul Brookes*



**20.** Cover with snow for insulation.  
*Photo by Paul Brookes*



**21.** Ready for occupancy.  
*Photo by Paul Brookes*



**22.** Get in.  
*Photo by Tracy Hames*



**23.** And voila! G'night.  
*Photo by Liz Francis*

Note: No tarp? You can use fir boughs. The snow shelters were so insulated they blocked sound; shouting could barely be heard. Paul Brookes and Ben West fell asleep in their shelters. Ben got so warm he felt like taking his jacket off. Snow shelters are generally 32 degrees F inside.



**24.** We also found a snow cave shelter dug into a snow bank, another alternative.  
*Photo by Participant*

Most of the group expressed wishes to sleep out in the shelters, but when it came down to it we enjoyed our bunks! Ellen S. and John E. did sleep outside—with temps in the teens—in their tarp tent.





Photo by Dia Prantis

## Volunteer of the Month: Jeannine Audet

By Dia Prantis, Skiing Chair

Each month SEM recognizes one of our amazing volunteers. We are so fortunate to have people who give their time, energy, and resources to make our chapter one of the best! This month, Skiing recognizes Jeannine Audet.

As a member of the SEM chapter, chances are you've been on an outing led by Jeannine Audet. Not only is she a bike leader, but she is also the previous skiing chair, and she regularly leads hikes locally and in the White Mountains year-round. Jeannine's trips are well-planned as she equally considers the safety of the group and the outdoor experience. Let me highlight three weekends from this past winter.

Starting with this past December, the plan was a ski weekend, but Mother Nature had a different idea, so a winter hike was plan B. Mt. Hunger in Stowe was chosen for being average mileage and accessible for the group. Jeannine planned that the group would hike the mountain clockwise. While the hike could be done in either direction, Jeannine helped us avoid a very icy downhill by climbing the steeper ascent first and then taking the more gradual elevation down. Had this decision not been made, the group would have needed to turn back: the ice-covered scrambles near the top would have been too treacherous to descend.

A second example is the Waterville ski weekend, which Jeannine has organized for multiple years---this year

managing the logistics of a large group, coordinating different level hike offerings and ski groups, as well as planning the food for the long weekend, Jeannine has an easy way of keeping the group happy, even when the weather (again!) does not cooperate with how the trip has been listed!

Lastly, on the culmination of the winter hike series, Jeannine was leading the weekend stay at the Carter Notch Hut. Again, a safety-based decision needed to be made. Jeannine and Paul Brookes opted for an early descent as the safest choice, as conditions did not look like they would improve on Sunday, and it would be important to be able to follow the trail. The right choice was made and the group gathered at the Joe Dodge Lodge before departing in our cars, grateful to be safely down and having still enjoyed a shortened weekend.

Along with all this, Jeannine is also our chapter's Vice Chair and has multiple chapter level projects that she is running. One event to look forward to this fall will be the return of the popular Chapter Hut Weekend.

Jeannine possesses everything one hopes for in a leader--experience, thorough planning, communication, and great camaraderie! Congratulations Jeannine and thank you from all of us for your enthusiasm and commitment to the AMC. Jeannine will receive a Volunteer of the Month Certificate and a \$50 gift card.

## SEM Memory: Family Outdoors Fun



Bretton Woods Ski Weekend c. 1991. Photo from the SEM Archive





## SEM's 'Family Events' page lists activities, ideas for outdoors fun

By Diane Simms, Hiking Leader

*"To keep alive their inborn sense of wonder, children need the companionship of at least one adult who can share it, rediscovering with them the joy, mystery, and excitement of the world we live in."*

—Quote adapted from Rachel Carson

Want some ideas for engaging kids in the outdoors? Check out these resources on SEM website's newly redesigned [Family Events](#) page:

- [Bug Bingo](#)
- [Nature Games for Families](#)
- [Scavenger Hunt](#)
- [Characteristics of Children at Different Ages](#)

SEM occasionally offers activities described as family-friendly, but these are not the only choices for families with children under age 18. Although some AMC activities are designed to appeal to a specific audience, AMC activities are open to all who meet the minimum qualifications established by the leader.

Do you think your child has the fitness and gear for an activity listed for adults? Contact the leader to understand the level of difficulty. When registering, include the child's name. Children under 18 need to be accompanied by an adult guardian who will also sign the waiver on behalf of the child.

[SEM Activities](#)

### 'Hybrid' Wilderness First Aid: Online + Practicum on April 8th

Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings. It is designed for long-term care scenarios. The hybrid Wilderness First Aid module will be required to view roughly 12 hours of content virtually at your own pace, followed by a single day practicum led by professional members.

**Registration Closed. Session will repeat Sept. 23.**

Registration is required. Details are available at [outdoors.org here](#).

The group poses on an old stone slab bridge.

Photo by  
Diane  
Simms



Leader-in-training Tracy Hawes is ready to lead the group on by a pleasant path.

Photo by  
Lisa  
Robitaille

Water Department Forester Michael Labossiere provides details on the new Loop Trail.

Photo by  
Lisa  
Robitaille



Wonderful day, hiking the Copicut Woods in the Fall River Bioreserve! Twenty-five hikers made the trip on Saturday, Feb. 11. Some folks wanted a little longer hike, and some didn't. Three-quarters of the way, we broke into two groups and it worked out great! Thank you to the leadership team and our leaders in training! We all enjoyed ourselves!!





## 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, go to the very bottom of [Outdoors.org](#) & click **My Outdoors. Login**, Choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

### BICYCLING

**Sat., Apr. 15. Get riding with a short scenic Dartmouth spin, Dartmouth, MA.** Get the bike out of winter storage and join us for a nice short scenic ride through Dartmouth. The ride will be 15 miles at a 10-12 MPH pace. Mostly flat with a couple of short hills, all on road riding. Steady rain will cancel this event. Come by Sunrise Bakery for malassadas (Portuguese donuts) and coffee after the ride. Starts and ends at the Southworth Library parking lot. The lot is behind the library. Turn left on Sol e Mar just before the library and then first right into parking lot. Helmets and bike taillights are required for the ride. Bring water and a spare tube along as well. GPS track of the route and Google map of the start location are in related links below. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com)), Bill is an avid cyclist and the AMC SE Mass biking chair)

**Sun., May 7. Biking and Brews Series, Cisco Brewers, New Bedford, MA.** Join us for the first in a series of rides beginning and ending at local microbreweries. This ride will start and end at Cisco Brewers in New Bedford. Riders are encouraged to stay and have a brew (and lunch if you like) at Cisco following the ride. This ride is very scenic and will travel along the top of the hurricane barriers, (Harbor Walk and Cove Walk), on bike paths around Clark's Point, and on bike lanes along the streets of the harbor up to the State pier. Total distance about 15 miles. Riders must bring water, a spare inner tube, and a red taillight on their bike. (New Massachusetts law requires taillights on bikes) Should be suitable for riders who are leery of on-road riding. Mostly off road, a bit of travel on bike lanes in lightly traveled areas, no hills. Plans are to have other Biking and Brews rides throughout the summer. Breweries will include Buzzards Bay Brewery in Westport, Bristol Beer in Taunton, Mayflower Brewery in Plymouth and Shovelton Brewers in Easton. If you would like to have a ride from a local microbrewer in your town, contact the ride leader, Bill Trimble, with your idea and we will see if it can be arranged. Hoping to have these rides at least monthly. Parking will be in the auxiliary lot for Cisco, just before passing through the hurricane barrier on the right if traveling south on East Rodney French Blvd. Please do not park at the lot next to the brewery. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com)), Bill is an avid cyclist and the biking chair for the SE Mass Chapter of the AMC.)

**Sun., Jul. 9. 9AM. Ride the Lakes of Lakeville, MA.** Take a ride along the lakes of Lakeville! This 23 mile ride is mostly rolling and along lightly traveled roads, Pace will be 10 to 12 MPH. Beginning at Tamarack Park Conservation area, the ride will pass Assawampsett Pond, Long Pond, Great Quittacas Pond, and Snipituit Pond before returning to Tamarack. The land is rolling with short ups and downs along the way. No elevation change tops 100 feet. Not flat particularly, but no imposing climbs. See the links for a GPS track of the ride and a Google map of the start location. Riders must bring water, a spare tube, and have a red taillight on their bike. (New Massachusetts law requires taillights). Helmets are required. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](mailto:wmjt0824@gmail.com)), Bill is an avid cyclist and the AMC SE Mass chapter biking chair)

### CAPE HIKING

**Sat., Mar. 11. Hike Snail Road Provincetown, MA.** Hike towering soft sand dunes and beaches to see ocean and bay at same time. This is a 2 hour hike. 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. Unfortunately, last minute unexpected events, most often weather, sometimes force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Richard Kaiser (508-246-7582 Before 9 PM, [rjkaiser@comcast.net](mailto:rjkaiser@comcast.net))





## Activities

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

### CAPE HIKING

**Thu., Mar. 16. Hike Eagle Pond Cotuit, MA.** Hike in historic conservation land, some roads to Cotuit Bay and around a white cedar swamp. Terrain is fairly flat, many roots and most trails are wide. Hike is 4.2 miles. Driving Directions: Take Rte 6 (mid Cape Highway) to Exit 5) and turn S on Rte 149, follow signage and take 149 to Rte 28, Turn R. At traffic light with shopping plaza on R and CVS on L turn L onto Putnam Ave. Travel a mile or less until you see dirt cutout on L. Park in cutout. From Falmouth take Rte 28 towards Hyannis and at lights in Marston Mills with shopping plaza on L and CVS on R, turn R on Putnam Rd and proceed a mile or less until you see dirt cutout on L, park in cutout. Parking is limited so carpooling will be helpful. Meet at 9:45 AM. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net))

**Sat., Mar. 18. Coonamessett Greenway Heritage Trail, 682 Sandwich Road East Falmouth, MA.** Join me for a hike in East Falmouth for approximately 4 miles in the woods and along the Coonamessett River & Herring Run. Coonamessett means "place of the long fish". The terrain has pine needles, exposed tree roots, stumps, small rocks, and sand. Some small hills but mostly flat. There are a few downed trees to step over. Please park across the street from the Carmela & Daniel Bartolemi Conservation Area at River Bend Conservation Area at 682 Sandwich Road where our hike will begin. Unfortunately, unexpected events most often weather forces us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still happening. Thank you. L Cindy Tobey (774-392-5774 2pm - 6pm, [cindyktobey@gmail.com](mailto:cindyktobey@gmail.com))

**Thu., Mar. 23. Hike - Punkhorns, Brewster MA.** We will be taking Eagle Point in & out to Walker's Pond about 4.7 miles. Pine + Oak Forest with some hills + water views. Directions Take Rt 6 exit 85 (old exit 11) Brewster out to 6A, bear left Take Left @ Flashing light onto Stoneybrook Take Left on Runhill Road to parking lot will be on your left Unfortunately, last minute unexpected events often weather forces us to cancel @ the last minute. Please check the posting on the day of hike to ensure that it is happening. Thank you. L Anne Hennessy ( [Henny1960wood@gmail.com](mailto:Henny1960wood@gmail.com))

**Sun., Mar. 26. Hike-Bourne Sisters, Perry Woodlands, Leary Property, Bourne, MA.** This 4+ miles, 2 hour Show and Go hike will take place in Bourne. The wooded trails have frequent rolling hills with rocks, and roots to negotiate. We will also walk on a bog and have scenic views of Back River marsh. Participants should have sturdy hiking footwear, water, poles may be helpful. This is not a novice hike. Since this is a Show and Go hike, participants will need to check this website on the day of the hike for any weather cancellation. Directions: From Bourne Bridge/Cape side, take 1st exit off rotary just past the State Police Barracks, before the gas station onto Trowbridge Rd. Go .6 miles and take left onto County Rd at blinking light. Go 1.0 mile and park on left at 221 County Rd (small sign). Some cars will need to park across the street at the Leary Property. L Robin McIntyre (508-789-8252, [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net) , Robin is a 7th year Level 1 SEM/Cape Hike leader with previous WFA training) L Denise Fronius

**Sun., Apr. 2. Grassy Pond/Ruth Pond, Nickerson Park, Freemans Fields, 835 Freeman Way, Brewster, MA.** The hike is 4.6 miles in Nickerson State Park but we will begin and end the hike at Freemans Fields at 835 Freemans Way in Brewster. We will hike around Grassy Nook Pond and Ruth Pond and adjacent to Cliff Pond. There is varied terrain, including moderate hills so bring trekking poles if you have them. Directions: Follow Rt 6 to Exit 85 for MA-137 toward Brewster. Follow signs to MA-137 N. Follow MA-137 N for 1.7 miles and turn right onto Freemans Way. Follow Freemans Way for 1.6 miles and turn left into the Freeman Fields also known as Brewster Recreational Park. Follow the road to the furthest playing fields and look for my green Honda Pilot. Unfortunately, last minute unexpected events, most often weather, force us to cancel an event at the last minute. Please check hike postings on the day of the hike to insure it is still taking place. Thanks. L Keith Magyar (860-919-4007, [kjm1020@comcast.net](mailto:kjm1020@comcast.net))

**Thu., Apr. 13. Hike - Cataumet Greenways and Lawrence Island, Bourne, MA.** This Show and Go hike is 4 miles, 2 hours on sandy/rocky beach and on wooded paths with modest hills. There is a short stretch of road walking. Bring water. Sturdy hiking shoes recommended, poles if desired. We will be along some open ocean so dress for wind/cold in layers. Must have hiked a similar distance recently and be able to maintain a moderate pace. Carpooling will be helpful for somewhat limited parking. Please check the website for last minute cancellations, most often due to weather. From Cape side, Bourne Bridge, take Rte 28S for 4.0 miles. Take 1st exit off rotary for Cataumet. Quick left at blinker on 28A, go .8 miles. Right on Scraggy Neck Rd Ext by Somerset Ice Cream for .2 mile. Left then quick right to continue on Scraggy Neck Road, under railroad bridge for .6 miles total. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista. From Route 151 and 28A, go 1 mile and fork left onto County Rd at flashing light. Go .2 mile and go left at Scraggy Neck Road. Go .6 miles, passing under railroad bridge. Right onto Red Brook Harbor Rd for .4 mile to parking on left at Dimick Waterfront Scenic Vista. L Robin McIntyre ( [robinmcintyre@comcast.net](mailto:robinmcintyre@comcast.net), Robin is a 7th year Level 1 Cape Hikes/SEM leader with prior WFA training)





### Activities

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

### EDUCATION

**Sat., April 8, SOLO Hybrid Wilderness First Aid Course, SEM, Wompatuck State Park, MA. REGISTRATION CLOSED.** See Sept. 23 listing below.

**Sat.-Sun., Jun. 24-25. Map And Compass - Two-Day Weekend Workshop, Blue Hills, MA.** This two-day weekend workshop teaches you Map & Compass skills. No prior experience required. We start with basic instruction and progress over the two days to cover some intermediate and advanced skills. Activities take place at the Blue Hills Reservation in Massachusetts about 20 minutes south of Boston. On Saturday you'll learn how to read a topographic map, how to use a compass, and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills. This will include a bushwhack between two trails. On Sunday every group will plan their own route to find flags both on-trail and off-trail where the flag location is shown on a US geological survey topographical map that does not show the trails. You will use the terrain features such as valleys, brooks, and hills to reach your destination as well as compass bearings. 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. If the class is overbooked, preference will be given to SEM leaders and Leaders-In-Training who took the SEM April leadership class however the class is open to anyone interested in improving their Map & Compass skills. MATERIALS COVERED ? \* Different types of maps and why hikers prefer a topographical map. \* How to read a topographic map: scale, distance, colors, and more. \* Understanding contour lines and how to interpret the different shapes and swirls. \* The parts of a compass, how it works, and how to hold it. \* How to measure a bearing from a map and plot a bearing onto a map \* Declination and how to account for it and then forget it. \* How to use a compass to follow a bearing in the field or take a bearing on an object. \* How to orient a map to the real world and use it at intersections to find the correct trail. \* How to plan a route and the use of offsets when bushwhacking between points. \* Point, line, and area awareness. \* Techniques to locate yourself on a map by taking a bearing on a known distant object (including triangulation) \* Navigation using handrails to hike off trail. \* Route planning and safety. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com), Assistant Teachers: Doug Griffiths, Lindsey Meyers Bertone, Varma Saripalli, Julie Manley)(Assistant Teacher)(Assistant Teacher), R Pete Tierney ([pxtierney@gmail.com](mailto:pxtierney@gmail.com))

**Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA.** Hybrid WFA at Wompatuck State Park in the Southeaster Mass (SEM) area. The ability to apply basic backcountry first aid is vital for any outdoor enthusiast, whether it's for yourself or others. Moving beyond urban first aid, this course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. Under the hybrid Wilderness First Aid model, you will be required to view roughly 12 hours of the content virtually at your own pace, followed by a single day practicum led by one of AMC's professional staff members. ? Participants who successfully demonstrate the skills taught during the virtual and practical components of the course will be issued a SOLO Wilderness First Aid certification. This course may be used to recertify a current SOLO Wilderness First Responder (WFR) certification. A CPR certification will be offered in the evening of the practical day, this is optional. Program Highlights: -Focuses on the basic skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies -Coverage of topics blends virtual and classroom instructional sessions with hands-on practice in the outdoors -Nationally recognized certification for 2 years Sample Practicum Day Itinerary: 9am Classroom & Practical Session 12pm Lunch from home 1pm Classroom & Practical Session 4:20pm Class end first day 4:30 pm Optional CPR training This is a promotion for WFA training local to the Southeastern Mass area. To register click on 'Register Now'. You will be taken to a new listing. Click 'Register Now' from that new listing. L Anne Duggan ([abduggan12@gmail.com](mailto:abduggan12@gmail.com))

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass. Chapter, MA.** Support the Skiing Chair. Coordinates cross country ski activities including. This position opens in Nov 2022 when the current Vice Chair moves up. Candidate for this position should be strong cross-country skiers and snowshoers. More details about Skiing responsibilities here: <http://amcsem.org/assets/pdf/ski.pdf>. For more information or to volunteer for this important position, please send an email to Dia Prantis ([xcskicheir@amcsem.org](mailto:xcskicheir@amcsem.org)) Jeannine Audet ([vicechair@amcsem.org](mailto:vicechair@amcsem.org)); Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)), Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter, MA.** Support the SEM Conservation Chair and the goals of the committee. More details about Conservation committee responsibilities here: <http://amcsem.org/assets/pdf/conservation.pdf>. For more information, contact Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).



## Activities

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

### EXECUTIVE COMMITTEE

#### Volunteer Opportunities

**Ongoing. Hiking Vice Chair - Southeastern Mass. Chapter, Blue Hills, MA.** Do you lead Hikes for SEM, have a vision for how we can continue to grow and promote hiking, and are you good with people? Are you good at planning and organization and somewhat tech savvy? If this describes you, please consider applying for the Hiking Vice Chair position. The Vice Chair assists the Hiking Chair. Responsibilities include coordinating hiking series, workshops, and ad-hoc hiking task forces. Leading your own hikes and participating in other leaders' hikes. Recruiting and mentoring new hike leaders. Participating in monthly board meetings and working with other committees as needed, e.g. soliciting Breeze articles for communications and working with education on WFA needs. Partnering with the Hiking Chair in planning for the quarter. Help lead quarterly hike leaders' meetings and take on specific responsibilities and projects as delegated and accepted. Applicant must be an active hike leader with the SEM chapter, have access to a desktop or laptop computer, and be comfortable leading online meetings. If interested in applying, email Bill Belben ([hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)) and the Nominating Committee: Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org)) or Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)).

**Ongoing. Biking Vice Chair - Southeastern Mass Chapter.** Support the biking chair. For information on the chairs roles and responsibilities read [this document](#). If interested, please contact the biking chair and/or chapter chair and the nominating committee (see contacts). L William Trimble (774-301-1209 5-9 PM, [bikingchair@amcsem.org](mailto:bikingchair@amcsem.org)) L Paul Brookes ([chair@amcsem.org](mailto:chair@amcsem.org)) CL walt granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

### HIKING

**Sat., Mar. 11. Winter Hike to Tuckerman Ravine, NH.** Winter Hike to Tuckerman Ravine Join us for a late-winter hike from New Hampshire's Pinkham Notch Visitors Center to Tuckerman Ravine, halfway up Mount Washington. Along the way, we'll stop at Hermit Lake for a behind-the-scenes look at the life of an AMC backcountry caretaker. This moderately paced hike with a total elevation gain of about 2,500' offers a solid uphill workout and a few potentially challenging sections. It's a steady ascent from Pinkham Notch to the Hermit Lake Shelters, and the snowy trail along this popular route is usually well-packed. However, as the trail continues from Hermit Lake to the base of the ravine at 4,490', it can become more challenging, with a steep rocky staircase, snow drifts, and often windy conditions. The five-mile out-and-back hike is expected to take 6-7 hours to complete, depending on weather and trail conditions. Sturdy traction footwear is required (Yak-Trax are not sufficient on this terrain), along with snowshoes, hiking poles, and insulated winter hiking boots. Participants should be in good physical condition and have recent winter hiking experience of similar mileage and elevation gain. Leaders will interview all interested hikers to determine whether this is an appropriate hike for you. To address unforeseen challenges such as adverse weather or unacceptable trail conditions, the hike details may be modified. In that event, participants may elect to join in that activity or opt out. In case of inclement weather, we may elect to reschedule the hike to Sunday, March 12, omitting the caretaker visit at Hermit Lake. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com), Bill is a year-round hiker, level 3 hike leader, and graduate of AMC's Mountain Leadership School, and has summited the NH 48 4,000-footers. As the Southeast MA hiking chair, he's brought renewed vigor to the chapter's White Mountains hikes with two summer series (SEM Loves Hiking and All About the Views), and is active in the winter hiking series as well.) L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.) L Nancy Tutko ([ntutko@yahoo.com](mailto:ntutko@yahoo.com), Nancy is an AMC SEM level 2 hike leader with WFR certification. A year-round hiker based on Martha's Vineyard, she enjoys rambling the island's 220 miles of public walking trails and exploring mountain terrain elsewhere. She is training to lead winter hikes.)

**Tue., Mar. 14. Winter Trail Trace the Blue Hills.** - A Tuesday morning hiking / snowshoeing series. You may have heard of "Trail Trace the Blue Hills," an honor system quest to hike all the mapped trails in the Blue Hills Reservation. Well, "Winter Trail Trace the Blue Hills" is the same, except you hike during calendar winter. We meet Tuesdays and hike in the Blue Hills between 10 AM and 2 PM. All hikers should bring a backpack with sufficient water, lunch, extra layers and a first aid kit. This last hike of the 12-week series will be a shorter hike followed by a celebratory luncheon at a local restaurant. Paul Brookes, one of the leaders, may have his well-behaved dog Sunny with him on some hikes. No other pets allowed. L Paul Brookes ([paulbrookes1966@outlook.com](mailto:paulbrookes1966@outlook.com). 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.), R Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com))





## Activities

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

### HIKING

**Wed., Mar. 15. Fall River BioReserve 20 Mile Loop Hike, Fall River, MA.** Please join us for a conditioning hike through the newly designed Bioreserve Loop. The loop is part of the Freetown/Fall River State Forest which encompasses more than 5,000 acres. While the terrain is mostly flat, this hike is rated as strenuous due to the 20+ mile route. We will be hiking at an average pace of around 2 ½ MPH. Participants should be in good physical condition and have recent high mileage hiking experience. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch and snacks. Meet up time is 7:30am and end time is estimated to be around 4:30pm. The hike is open to everyone, and you do not need to be a member of AMC to participate. On-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) CL Ben West

**Thu., Mar. 16. Thursday Morning Hike - F. Gilbert Hills - Stone Sites, Foxboro, MA.** This hike is a little over 5 miles at a moderate pace (2 miles per hour) with stops to view the stone sites and to eat lunch. This is a Show and Go hike so you should self screen yourself by knowing you can hike this distance and pace. During the hike you will see a standing stone, dolmen, aligned boulders, prayer seat, and a perched boulder. Most of the hike is on trail, however, some is off trail requiring minor bush-whacking. Wear sturdy waterproof shoes. These stone sites are unique man made stone structures that clearly give evidence of cultures from another time period, possibly thousands of years ago. Guesses as to the origins of these structures have ranged from local Algonquin Indian culture, to Celtic travelers predating Columbus, to even prehistoric tribal cultures having strong knowledge of solar and seasonal calendars. Directions: we will meet at the DCR headquarters building at 45 Mill Street, Foxboro, MA 02035. Parking is free and there is overflow parking across the street. Meet at 9:45 for a 10 AM start. You will be required to sign the standard AMC Waiver Form before the start of the hike. Unfortunately, last minute unexpected events, most often weather related, sometimes force us to cancel events at the last minute. Since this is a Show and Go hike, please check the hike posting on the day of the hike to insure it is still happening. Thank you. Email hike leader with questions. [Barry.young@comcast.net](mailto:Barry.young@comcast.net) . L Barry Young (508-339-3089 Before 9 PM, [Barry.young@comcast.net](mailto:Barry.young@comcast.net))

**Sat., Mar. 18. Winter Hike to North Kinsman (4293') with SEM Chapter, Easton, NH.** Join us for a winter hike to North Kinsman's summit from Route 116 via the Mt. Kinsman Trail. This is an 8.2 mile out-and-back hike with 3350' elevation gain, rated strenuous. From the spur near the summit are outstanding views of Franconia Ridge. Weather permitting and participants willing, we will detour to Bald Peak on the decent for another amazing viewpoint. Registration is a three-part process: • Complete the online registration form by clicking below and filing in information. • You will be contacted by one of the leaders who will provide more information and answer any questions you might have. • Your registration will be confirmed by that leader. Registered hikers will receive a detailed information sheet with directions to the trailhead. WHAT TO BRING/WEAR FOR THIS HIKE: Clothing (absolutely no cotton clothing, please) Wicking base layer (top and bottom) of silk, wool, or synthetic material. At least two insulating layers for the upper body (wool, fleece, etc.) Comfortable wool or synthetic hiking pants. Waterproof/windproof shell jacket and pants Extra fleece or down jacket and pants (in case we must stop on the trail for an emergency). Warm wool or fleece hat and balaclava . Face mask is optional but strongly recommended if temperatures and wind chills approach the low teens during our stay. Winter gloves/mittens (thin synthetic liner gloves and hand warmers also recommended). Well-insulated (recommend minus 40 degrees F. rating), waterproofed winter hiking boots with good wool hiking socks (liners optional); toes warmers if you have a problem with cold feet. Equipment and Food: Hiking poles with winter baskets . Winter gaiters. Snowshoes Light traction devices (such as micro-spikes). 10- or 12-point crampons (practice putting on and using in advance) Foam pad (nice to have for lunch break and/or emergencies). Sunglasses and/or ski goggles. At least two liters of water in Nalgene-type, wide-mouth plastic water bottles. One bottle upside down in insulated carrier; ok to keep second water bottle deep in pack where it's not likely to freeze. Plenty of high-energy trail snacks and lunch. Personal first aid kit (including moleskin for blisters), any personal meds, and sunscreen (also helps protect against wind burn and frostbite). Toilet paper and "carry out" baggy Headlamp with fresh lithium batteries (just in case...), pocketknife, whistle, compass, and printed map. L Diane Hartley (508-566-6517 5:00-8:00 pm, [dhartley@comcast.net](mailto:dhartley@comcast.net), Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of lowland conservation properties and summer backpacking in the Northeast, but her true passion lies in higher peaks, particularly the White Mountains of NH. Diane has hiked the NH48 and completed AMC's Mountain Leadership Training.) L Raju Jaldy L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com) , Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)



## Activities

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

### HIKING

**Sat., Mar. 18. Easy Hiking Ames Nowell, Linwood Street, Abington, MA.** Enjoy an easy 3 1/2 mile hike at Ames Nowell State Park with gorgeous views of Cleveland Pond. Beginner hikers and families are welcome! We start as a group and end as a group. We'll walk at an easy pace with breaks. All participants must have recently walked a comparable distance. Trails are mostly flat but there are a few spots where we clamber up/down boulders and slopes. Be prepared to step over tree roots and some rocks. Depending on recent weather, there may be wet areas. If you have have questions about the trail, email the leader to discuss. Sturdy shoes required. No open-toed shoes. Dress for the weather. Will cancel if very bad weather or icy trails. Leader may have one very well behaved leashed dog. No other pets please. Email leader to register: [dianemsimms@comcast.net](mailto:dianemsimms@comcast.net) Children under 18 need to be accompanied throughout the hike by an adult guardian who will also sign the waiver on behalf of the child. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net)), R Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net))

**Tue., Mar. 21. Spring Intermediate Level Conditioning Hiking Series #1, Blue Hills Reservation, MA.** Please join us for a spring intermediate level conditioning hike series in the Blue Hills. The series will run weekly on Tuesday mornings from March 21st through May 30th and is designed to get you in shape for more strenuous summer activities. This series will be designed for intermediate and advanced hikers. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 7-8 miles on average and at a pace of 2-2/12 mph. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Confirmed participants will receive a more detailed hike description a few days before the hike date. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike but you are not required to attend each session. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Lawrence Petrone 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.) CL Ben West

**Thu., Mar. 23. Thursday Morning Hike In The Blue Hills - Houghtons Pond To Buck Hill And Back, Blue Hills Reservation, MA.** Moderate paced 2 1/2-3 1/2-hour 5-mile hike from Houghton's Pond to Buck Hill ascending Buck twice. The second ascent we will stop to enjoy the view. We will return to Houghton's Pond on the Green and Red Dot trails. This is a mostly wooded hike but with elevation gain. Wear sturdy hiking boots or shoes. Bring sunscreen, water, snacks and rain jacket (just in case). Heavy rains/thunderstorms/snow will cancel. Group size is limited to 9 hikers plus the leader. Trail head location will be emailed to confirmed registrants. As this is still March dress for the weather. Micro spikes or snowshoes may be needed in the event of snow or ice. Water resistant hiking boots are encouraged if it is wet. Hiking poles are at your option. L William Doherty (781-857-4148 5-8pm, [wdoherly1@verizon.net](mailto:wdoherly1@verizon.net)), Level 1 AMC Hike leader. Four season Blue Hill hiker, occasional White Mountain hiker, and Trail maintenance volunteer.)

**Sat., Mar. 25. Hiking Fall River Bioreserve, MA.** Enjoy a 5 1/2+ mile hike in the Fall River Bioreserve. We will be hiking by North Watuppa Pond to Doctor Durfee's Mill Pond. Beautiful water views! This is longer than my typical Bioreserve hike and there is no easy turn back option. You should be comfortable hiking this distance. Trails are mostly flat, narrow, and windy. Sturdy shoes required. Bring a liter of water and snacks. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. The exact location will be emailed to those with confirmed registrations. No pets. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Susan Rollins L Paul Audet





## Activities

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

### HIKING

**Tue., Mar. 28. Spring Intermediate Level Conditioning Hike Series #2, Blue Hills Reservation, MA.** Please join us for a spring intermediate level conditioning hike series in the Blue Hills. The series will run weekly on Tuesday mornings from March 21st through May 30th and is designed to get you in shape for more strenuous summer activities. This series will be designed for intermediate and advanced hikers. The series is a progressive series in that each week we will add some mileage and/or elevation gain. Participants should be in reasonably good shape with recent hiking experience. You can expect the hike to be about 4 hours, approximately 7-8 miles on average and at a pace of 2-2/12 mph. The routes will include uneven terrain, rock scrambles and ledges in the Blue Hills. Confirmed participants will receive a more detailed hike description a few days before the hike date. Participants should bring sturdy footwear, a backpack, clothing suitable for hiking, rain gear, at least 2 liters of water, a lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Meet up time is 9:45am and end time is around 2PM. Registration is required for each weekly hike but you are not required to attend each session. The hike is open to everyone and you do not need to be a member of AMC to participate. However, on-line registration is required. L William Belben ([william.belben@yahoo.com](mailto:william.belben@yahoo.com)) L Lawrence Petrone 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.) CL Ben West

**Thu., Mar. 30. Thursday Morning Hike - Adams Farm, 999 North Street in Walpole, MA.** We plan to hike at a moderate pace across carriage roads, single track woodlands, and grass fields that were formerly farmland. The hike is about 7 miles, with an elevation gain of about 255 ft. The duration of the hike is expected to be approximately 3 hours. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced 4-season hiker, Nordic skier, and a member of AMC since 2018. He is a Level I hike leader for the Southeastern and Boston AMC chapters.) L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR Reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level One Hiking Leader and Mentor. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer)

**Tue., Apr. 4. Spring Intermediate Level Conditioning Hike Series #3, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., Apr. 4. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under the Full Moon. This hike will be under the Pink Moon. The first full moon of Spring. 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. This is our First April Hike and we may only see it at the end of our Hike. Sturdy, waterproof and insulated hiking shoes are a must for the Spring conditions on the sometimes wet and slippery trails. Micro spikes may 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. L William Cannon (508-649-6730 Before 8pm, [bcannon56@gmail.com](mailto:bcannon56@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcallyma@comcast.net](mailto:pmcallyma@comcast.net))

**Thu., Apr. 6. Thursday Morning Hikes - F. Gilbert Hills, 45 Mill St, Foxborough, MA.** Also known as High Rock Woods, our roughly 7-mile hike will include trails past Sunset Lake, High Rock, the woods surrounding Acorn Trail, and the lower meadows in the eastern portion of the property. We will be hiking at a moderate pace. L Lawrence Petrone (508-215-7736 Before 7:00 PM, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced four-season Level I hiking leader and cross-country ski enthusiast. Larry has been an AMC member since 2018.) L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR Reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC-SEM Level One Hiking Leader and Mentor. Longtime member of DCR's "Trail Watch" in the Blue Hills Reservation. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.)

**Tue., Apr. 11. Spring Intermediate Level Conditioning Hike Series #4, Blue Hills Reservation, MA.** See listing for March 28.



## Activities

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

### HIKING

**Tue., Apr. 11. Startup Spring Conditioning Hiking Series #1, Blue Hills, MA.** Start Up Spring Conditioning is a series of 6 conditioning hikes based in the Blue Hills that is designed to get you ready for a Wachusett or Skyline End-to-End hike. If you are ready to condition for more strenuous NH mountain hikes, you may want to review the Intermediate Level Conditioning series. This is Hike #1 of 6. It is limited to 12 participants, in addition to leaders and leaders-in-training. Please plan to attend most of the hikes as this is a building series. Hikers who have participated in the prior hikes get priority for the next hike in the progression. Participants will need to register for each hike when it is posted. If there are open spots 5 days prior to the hike, the leader will contact waitlisted participants. Participants should be in reasonably good shape with recent hiking experience. We will start with the Skyline Loop which is about 3 miles and 1,000 feet elevation. Each week we will add distance and elevation to that loop and slowly increase pace. The expectation is that by the end of the series, we will be hiking at a moderate pace of about 2 mph, 6 to 7 miles, and elevation gain up to 1,700 feet. The routes will include uneven terrain, rock scrambles and ledges. As the weeks progress, we will end later in the day and by the end of the series will be hiking for almost four hours. Participants should wear sturdy footwear, a backpack, clothing suitable for hiking, rain gear, 2 liters of water, lunch or snacks, bug spray, and sun block. Trekking poles are optional but recommended. Hikes may be cancelled in the event of heavy rain. L Diane Simms ([dianemsimms@comcast.net](mailto:dianemsimms@comcast.net)) L Patricia Everett (Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (with a view) summits.)

**Tue., Apr. 18. Spring Intermediate Level Conditioning Hike Series #5, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., Apr. 18. Startup Spring Conditioning Hiking Series #2, Blue Hills, MA.** See listing for April 11.

**Thu., Apr. 20. Thursday Morning Hike at Myles Standish State Forest, Plymouth/Carver, MA.** Join us for a 9 am start to this beautiful hike at Myles Standish State Forest in Plymouth/Carver. We will combine the flat, East Head Loop that circles the reservoir and the hilly, wooded Bentley Loop to give us a 7 mile, 357 feet of elevation hike. We'll plan on a moderate pace to complete the hike in 3-3.5 hours. Meet at 8:45 at the Forest Headquarters Parking Lot, 194 Cranberry Road, Carver, 02330. Registration is not required, but email the leader with questions or concerns. Heavy rain will cancel. If the weather is questionable, check this listing or contact the leader. This hike runs two days before Earth Day, so I will have trash bags for picking up trash around the trails. Let me know if you have other thoughts of what we could do on this hike for Earth Day. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Sat., Apr. 22. Basic Leadership Training, Rochester, MA.** Basic Leadership Training: This full day course prepares participants to begin leading SEM activities. 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. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)

**Sun., Apr. 23. Expanded Leadership Training, Rochester, MA.** Expanded Leadership Training (Optional) This 2nd full day course will follow the Basic Leadership course in preparing participants to lead SEM sanctioned activities. It will emphasize skills needed in Level 2 and back-country trips. It will expand on topics presented in the Basic Leadership course including leadership styles, trip planning considerations, screening criteria, and risk mitigation. Participants should be ready for a full day of indoor and outdoor activities. The course is open to: 1. All attendees of the Basic Leadership 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. L Anne B Duggan (508-789-5538 before 9 pm, [abduggan12@gmail.com](mailto:abduggan12@gmail.com), Anne has been a SEM hike leader for more than 10 years! She enjoys leading winter hikes and snowshoes, and has hiked the 48 NH 4K mountains. She is a graduate of AMC's Mountain Leadership School.)





## Activities

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### HIKING

**Tue., Apr. 25. Spring Intermediate Level Conditioning Hike Series #6, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., Apr. 25. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA.** See listing for April 11.

**Tue., May 2. Spring Intermediate Level Conditioning Hike Series #7, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., May 2. Startup Spring Conditioning Hiking Series #3, Blue Hills, MA.** See listing for April 11.

**Thu., May 4. Thursday Morning Hike - World's End, Hingham. MA.** World's End. Moderate 4-5 miles on scenic hilly carriage ways and rocky paths. Explore unique peninsula in Boston Harbor with stunning views., There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Heavy or steady rain cancels. World's End. Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Directions, property map and reservation information can be found at this website: <https://thetrustees.org/place/worlds-end-hingham/>. L Eva Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**Thu., May-4. Thursday Morning - Great River Preserve & Taunton River WMA, Bridgewater, MA.** Meet at The Great River Preserve small dirt parking area past 884 Auburn St, Bridgewater, MA 02324, MA. Thursday Morning 10 AM / 2-3 hour/ flat 5-mile Hike- Wildlands Trust Great River Preserve and Taunton River Wildlife Management Area on Auburn Street in Bridgewater. Travel through pine and holly forest onto open meadow trails paralleling the Taunton River. Do not approach from Auburn Street in Middleboro as the bridge has been removed. Heavy rain/snow or icy conditions will cancel. L Richard Carnes (508-947-3204 Before 8 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Tue., May 9. Spring Intermediate Level Conditioning Hike #8, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., May 9-9. Startup Spring Conditioning Hiking Series #5, Blue Hills, MA.** See listing for April 11.

**Thu., May 11. Spring-Into-Spring Hike at the Arnold Arboretum! Jamaica Plain, Boston, MA.** Attention nature enthusiasts, mark your calendars for the 6th Annual Spring-Into-Spring Hike at the Arnold Arboretum in Jamaica Plain (greater Boston)! Join us as we explore a number of the less-traveled trails where we will discover some of the hidden gems from the Far East and Europe. This will be a five-mile hike at a moderate pace with many interpretive stops along the route. Highlights will include two hilltop vistas, an amazing bonsai exhibit (with specimens dating back to the 1700's!) and the "Explorer's Garden". During this time of year many "crab apples", "azaleas", "red-buds" and "lilacs" are often in full bloom in this "tree museum". If we're lucky the very rare "Dove Tree" (pictured) will also be flowering. The trek is limited to 12 participants plus the leaders. Bring water, lunch or snack, sturdy footwear, sunscreen, and insect repellent. A steady rain will cancel the event. Well behaved dogs on leash are O.K. Group size is limited, and activities are often wait-listed, so please cancel your registration if you can no longer attend or are not feeling well. 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. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMC Southeastern and Boston, Massachusetts Chapters Hike Leader and Hike Leader Mentor. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@gmail.com](mailto:lpetrone57@gmail.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018 and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

**Tue., May 16. Spring Intermediate Level Conditioning Hike #9, Blue Hills Reservation, MA.** See listing for March 28.

**Tue., May 16. Startup Spring Conditioning Hiking Series #6, Blue Hills, MA.** See listing for April 11.



## Activities

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### HIKING

**Thu., May 18. Thursday Morning Hike along the Lower Neponset River, WHEELCHAIR ACCESSIBLE, Lower Neponset River, MA.** 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 may 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. L Paul Brookes ([PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com)). 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.) L Maureen Kelly (617-943-4288 Before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com))

**Tue., May 23. Spring Intermediate Level Conditioning Hike Series #10, Blue Hills Reservation, MA.** See listing for March 28.

**Thu., May 25. Annual-Perennials Hike at Wilson Mountain & Whitcomb Woods!, Wilson Mountain and Whitcomb Woods Reservations, MA.** Attention Nature enthusiasts! Please join us for the 6th Annual-Perennials Hike at the Wilson Mountain Reservation. Lady's Slippers galore! In a good year there are numerous specimens to be found along many of the trails in these hills located on the Dedham/Needham line. The Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large, tangled thickets of Rhododendrons and Mountain Laurel grow and flower annually. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area and the Boston skyline. It's managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, and a snack/lunch break at the parking area, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Here you'll experience forested, level trails with views of the Charles River, and wonder at the many gazebos along the way. The total hike is 3.5 - 6.5 miles depending on your participation in one or both sections of the treks at a moderate pace. Bring plenty of water, snacks/lunch, sturdy footwear, bug spray, and sunscreen. A steady rain will cancel. Dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 7:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snowshoeing enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. Hike Leader and Hike Leader Mentor for AMC's Southeastern and Boston, Massachusetts Chapters. Former At-Large Member of the Board of Trustees for the Friends of The Blue Hills. Nature photographer.) L Lawrence Petrone (508-215-7736 Before 7:00 pm, [lpetrone57@aol.com](mailto:lpetrone57@aol.com), Larry is an experienced four-season hiker and Nordic ski enthusiast. He has been an AMC member since 2018, and is a Level I hike leader for the Southeastern and Boston Massachusetts chapters.)

**Tue., May 30. Spring Intermediate Level Conditioning Hike Series #11, Blue Hills Reservation, MA.** See listing for March 28





### Activities

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### SKIING

#### Volunteer Opportunities

**Ongoing. Skiing Vice Chair - Southeastern Mass Chapter, Blue Hills, MA.** Support the Skiing Chair. For more information on the Skiing Chairs responsibilities read the roles and responsibilities document <http://amcsem.org/assets/pdf/ski.pdf> Applicant should be a strong skier and snowshoer. L Dia Prantis ([xcskichair@amcsem.org](mailto:xcskichair@amcsem.org)) CL Walt Granda ([nominatingchair@amcsem.org](mailto:nominatingchair@amcsem.org))

### SOCIALS

(FT) (NM) Mon., Mar. 20-20. SEM Diversity, Equity and Inclusion (DEI) Meeting via Zoom, online, MA. The SEM DEI Committee works to keep our chapter open and welcoming, especially to previously underrepresented groups in our community. Our monthly DEI zoom meetings are open to all, and we would be happy to have you join us to share your thoughts and comments. No commitment is needed; join us once or each time we meet. The zoom link will be sent to you when you register. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com), Maureen is a former SEM Chapter Chair and a current SEM hike leader) L Ken Cohen ([k-cohen@comcast.net](mailto:k-cohen@comcast.net))



Image by [mohamed\\_hassan](#) from [Pixabay](#)