

The Southeast Breeze

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

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

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

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AMC-SEM's Open House displays and activities attracted an interested crowd at Borderland State Park. *Photo by Paul Brookes*

Open House draws crowds to learn about SEM

By Samantha Fisher, Membership Chair

This year we held our AMC-SEM Open House at Borderland State Park in Easton on Memorial Day weekend. The weather could not have been more perfect, and the volunteers were excited to show off exactly what we do. The event was presented in an interactive trade show style with several tables of fun and educational information, all to exhibit what the chapter has to offer! The event was planned by Membership Chair Samantha Fisher and Membership Vice Chair Nancy Piedra, and it was a huge success.

We had several tables displaying all kinds of hiking gear, both winter and warm weather; backpacking/camping gear; and several sizes of tents for people to try out. There was a one-person kayak and life jackets on display to see what is needed for trips on the water. We also had sign-up tables for people interested in trail work and learning about our chapter's kayaking trips. Both got a good number of new people requesting information about future activities.

Our table of Family Fun Activities invited each kid, or those who are kids at heart, to enter a scavenger hunt and Bingo to find lots of cool items located around or at the tables to win a small prize. What a great way to start kids at a young age to appreciate the outdoors.

Continued on page 4



View from the Chair: Have a terrific summer and enjoy the Outdoors!

SEM's annual Open House was held Memorial Day weekend and was a great success. This fairground-style event was bustling with people and close to forty people joined an email distribution list for those interested in becoming members. If you haven't already read the article starting on Page 1, scroll up and read it for more details.

Summer is truly here, and we have a full lineup of activities. As always, we have tons of hikes; however, if you're generally a hiker, consider pulling out your bicycle and coming on a bike ride. Bill Trimble, our Biking Chair, would really love to see more people enjoy riding, and is putting on a series of beginner rides that are all off-road and on paved paths.

While we have many activities this summer, the *Breeze* will not be published in July and August so our excellent communications team can take a well-deserved summer break, but please continue to send in your articles so we can enjoy reading about one another's summer when the *Breeze* returns in September. While the *Breeze* is off you can stay connected by subscribing to our [SEM Facebook page](#). It's a thriving community with over 1,600 followers.

Also, if you generally find activities by perusing the list at the end of the *Breeze*, you need to find an alternative approach during the two months that it's not being published. I recommend you sign up for the AMC digest and our activities will be mailed right to your inbox. Instructions are on Page 1.

At the top of my mind is the return of our Chapter Hut Weekend, Sept. 15-17. In the past this has been a great success, chockfull of good times, great company, and outside activities. We have booked the whole AMC Cardigan Lodge, which holds up to 60 people, but so far registrations have been slow. With COVID, like so many things, Chapter Hut Weekend had to be canceled. Now it is back; so let's fill up Cardigan Lodge and have a great time! You can [register here](#).

On a personal note, I am working on becoming a SEM biking leader and did my first co-lead last week with Bill Trimble, our Biking Chair. I am looking forward to leading a ride with Jeannine Audet (our SEM Vice Chair) at the Chapter Hut Weekend.

Lastly, Jeannine and I just got back from a working weekend for the Chairs of all eleven chapters. It was held at the AMC Harriman Outdoor Center, 20 minutes north of New York City. We had business meetings, and Nicole Zussman, AMC's CEO, led a workshop on building highly effective teams. We also participated in some bonding activities, including a night hike under the Full Moon. It was a great opportunity for the Chairs to meet and share ideas, and we both came away energized.

Enjoy your summer, and as always...

Happy trails,

Paul Brookes, Chapter Chair

2023 Executive Board

Chapter ChairPaul Brookes
Vice ChairJeannine Audet
Secretary.....Lindsey Meyers Bertone
TreasurerEarl Deagle
Past Chapter ChairDiane Simms

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

Biking Vice ChairOpen
Cape Hiking Chair.....Jane Harding
Cape Hiking Vice ChairRobin McIntyre
Communications ChairVictoria Holland
Communications Vice Chair.....Justin Anderson
Conservation ChairLeah McFarland
Conservation Vice ChairOpen
Education ChairAnne Duggan
Education Vice ChairSrini Iyengar

Hiking ChairBill Belben
Hiking Vice Chair.....Open
Membership Chair.....Samantha Fisher
Membership Vice ChairNancy Piedra
Paddling ChairBarry Young
Paddling Vice ChairJoe Keogh
Skiing ChairDia Prantis
Skiing Vice ChairOpen
Trails ChairSteve Scala
Trails Vice ChairLarry Petrone

Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator Lisa Robitaille
Webmistress.....Cheryl Lathrop
Nominating Committee Chair.....Walt Granda
Diversity, Equity, Inclusion.....Maureen Kelly

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

Please contact chair@amcsem.org or nominatingchair@mcsem.org if you are interested in any open position.



BE OUTDOORS

APPALACHIAN MTN CLUB

SOUTHEASTERN MASSACHUSETTS CHAPTER



JOIN US OUTDOORS!

Appalachian Mountain Club
Southeastern Massachusetts Chapter



Love to hike, bike, paddle, or kayak? Join the Club!

Founded in 1876, the 501(c)(3) nonprofit Appalachian Mountain Club (AMC) is America's oldest nonprofit conservation and recreation organization. We promote the protection, enjoyment, and wise use of our mountains, rivers, forests, and trails of the region. We encourage people to enjoy and appreciate the natural world because we believe that successful conservation depends on this experience.

The SEM Chapter

Of the AMC's twelve chapters, the Southeastern Massachusetts Chapter (SEM) is one of the smaller chapters with about 4000 members. However, the chapter, run entirely by volunteers, organizes hundreds of outings each year covering a wide range of activities throughout New England. The volunteer-run people in our activities, and that money you! You don't need to be a member to explore our website or try out an activity you like.

www.amcsem.org

How to find & register for Activities

SEM website: Information about the SEM chapter and our various committees are on our website: www.amcsem.org

Activities Calendar

AMC Trip website: The AMC offers thousands of trips each year through its volunteers and staff. Some lead day hikes to major excursions in many locations around the world. www.amc.org/trips

For your own safety and enjoyment, pre-registration is required for most activities. The leader will attempt to make sure that the activity is a good fit for you and answer any questions you might have. A participation/acceptance form is required for all trips. Pre-fee usually discounted for children under 18 yrs. Pre-fee usually discounted for pre-booked. In all cases, you will be required to read and sign an AMC waiver before participating.

The SEM Newsletter

Called "The Breeze", this excellent publication is produced 10 times a year and is on our [website](http://www.amcsem.org) page.

WE WELCOME ALL



The new [SEM brochure](#) is also available to give prospective members more information on membership and activities.

New brochure and business card promote AMC-SEM membership

By Paul Brookes, Chapter Chair

For many years I worked a desk job, and the most exercise I got was walking around the office parking lot during my lunch break. When I stopped working, I wanted to get more active and so went to the Department of Conservation and Recreation (DCR) website and soon found a spring series of walks and hikes that I attended regularly. On one of those walks, someone told me I should check out the AMC, that they have lots of activities including bike rides and paddles and trips to the White Mountains. That sounded great, so at home I searched with Google for AMC and got....

The Appalachian Mountain Club was nowhere to be seen, just the AMC movie theater. If I had scrolled down three pages, I would have found it, but not seeing it on the first page displayed and with other things to do, I gave up. It was three months later that I ran into a different person who started telling me that she hikes with the AMC and what a great group of people it is. "Yes," I said, "I want to hike with them, but I can't find them. When I do a Google search, the movie theater comes up." She handed me a small business card with a QR code on it. "Use this," she said. The rest is history. I joined the AMC and a year later became a hike leader with the SEM chapter.

SEM has business cards and I encourage all our members to carry them with you on activities. I wish the first person who told me about AMC had handed me a business card, as by the time I finally connected with the correct "AMC" summer was over.

A small group, including members from DEI and Communications, have been developing a new card that the Executive Board approved in May and is now available for use. It's clean, modern, and uses our SEM branded green. In addition, whereas the current card has a QR code that goes to our SEM home page, www.amcsem.org, the new outreach card has a QR code that goes to a brochure focused on answering questions that potential members might ask. It tells them a little about AMC and SEM, the types of activities we provide, and how to get a discount when joining SEM.

Check out the brochure [here](#), (or scan the QR code on the card below).

We hope you like the new card and if you would like us to send you some, please contact Sam Fisher, our membership chair, at membershipchair@amcsem.org.



(For SEM leaders, if you prefer the existing black and red card, you can continue handing out those cards until we run out of stock).



From left: Nancy Tutko, Floor Weijts, Maureen Kelly, and Barry Young hiked the Menemsha Hills Reservation on the north shore of Martha's Vineyard.



Join us for Chapter Hut Weekend!

by Jeannine Audet, Chapter Vice Chair

After a hiatus imposed by COVID-19, Chapter Hut Weekend (CHW) returns Friday, Sept. 15, through Sunday, Sept. 17, 2023. This year we will call the AMC Cardigan Lodge in Alexandria, NH, our home base. Cardigan Lodge is only about a two-hour drive from Boston yet is set in a beautiful 1,200-acre reservation near Mt. Cardigan State Forest. Our AMC group has reserved the entire lodge for the weekend.

Our experienced leaders will guide a variety of activities, which will include hikes of different lengths and degrees of challenge, a bike ride, and self-care/yoga activities. There will also be a welcome reception, opportunities for swimming, and campfires.

Participants may bring games and musical instruments to add to the fun or a book to just relax. We will stay in bunkrooms with shared bathrooms, and we will have six delicious meals prepared by the lodge chef.

The cost for the weekend is \$224.16, which includes lodging and meals. Registration is open, and we hope the weekend will sell out. [Register here](#) today!



Photos from AMC Cardigan Lodge [Facebook page](#).

Open House success Continued from page 1

The most popular table was the free gear/outdoor-inspired swap table. Anyone who came to the event to visit could choose up to two free items off the tables, which ranged from books to maps, backpacks and hiking boots, and other outdoor memorabilia. We all know outdoor gear can get expensive, and for those who want to start hiking it was great to be able to get them started with what they needed without breaking the bank.



The popular "Free Stuff" table. *Photo by Ben West*

The main table had stickers, brochures, and the new AMC-SEM business cards for anyone to take. We made it very easy for everyone who stopped by the event to sign up, whether it was right away using the QR Code on the new card or by email for more information. Either way, they had a chance to win the raffle for a \$50 REI gift card. From the events sign-up sheet alone, we got close to 40 emails for sending more information about our chapter and we hope more visitors will use the business card to contact us.



Volunteers Kathleen Nash, left, Bill Trimble, Barry Young, Lindsey Meyers Bertrone, Natalie Halloran, Paul Brookes, Sam Fisher, Ann Hargleroad, Rob Branczewski, Nancy Piedra, Maureen Kelly, Peter Tierney, Joanne Newton. *Photo by Ben West*

The other activities that day were a hike around Borderland State Park and a bike ride around local Easton. We would like to say a HUGE thank you to all who volunteered their time, gear, and knowledge to make this year's Open House event so amazing! It makes me excited to start planning the next event already!

More photos on page 10



Photo by Ben West

Deb Sepinwall sets speed record to become a Level 1 Hike Leader!

By Bill Belben, Hiking Chair

Deb Sepinwall decided to enroll in the SEM Spring Conditioning Series to prepare herself for an upcoming 160-mile backpacking trek in Colorado with her husband Vincent this summer. Since she began hiking with SEM in March, she has been a regular participant on that series along with many other SEM hikes, including completing the 20-Mile Bioreserve Loop Trail and Mt. Tecumseh.

It could be said that when Deb sets her mind toward a goal, she goes “all-in” as she already has well over 300 AMC miles hiked in 2023.

While her hiking mileage year-to-date is certainly impressive, what is even more impressive is that Deb also took the initiative to become a Level 1 Hike Leader for SEM, and she did so in record-breaking time. With the help of leaders like Bill Doherty, John Schepis, and Joanne Newton—along with skillful planning—Deb was able to complete all of her co-leads and her qualifying hike in just over two weeks.

Deb has plans to become Level 2 certified once she returns from Denver, and we can't wait! Those who have had a chance to hike with Deb know what an amazing person she is, and we are lucky to have her join our leadership team.

Expanding access and welcome to outdoors activity for all

By Justin Anderson, Communications Chair

Each June, we celebrate Pride month with parades, festivals, and events, some of which may take place in, or emphasize, outdoor spaces. Historically, the outdoors has not felt like a welcoming space for many folks within the LGBTQI+ community and that continues to be true even now, in 2023.

There are several groups working to change that. Among them are The Venture Out Project, an organization that was hosted by the Boston Chapter on May 25. One of the messages of the presentation was that outdoor spaces don't need to be accepting, they need to be welcoming or normative. That may sound like a distinction without a difference, but it's not. A way to think about the difference is that we accept or tolerate snow. We do not welcome it, unless you're an avid skier or a school kid hoping for a day off. In a welcoming and normative environment, everyone is meant to be there.

Every one of us has a reason, or reasons, why we recreate outdoors. We may value the solitude, the chance to unplug and breathe in fresh air, or have fun with our friends. Now, imagine if the outdoors was taken away from you, or that you never had access, because of your identity. Imagine not having the benefits of outdoor recreation. How would that impact your quality of life?

All too often, we take our access to outdoor spaces for granted, along with the benefits that flow from that access. I would invite us all to consider the value of outdoor spaces, consider the role it plays in our health and wellbeing, and to then ask what we can do to ensure that everyone is welcome in the outdoors.

The following is a (non-exhaustive) list of organizations and resources for LGBTQI+ and allies.

[The Venture Out Project](#)

[Wild Diversity](#)

[Queer Nature](#)

[Diversify Outdoors](#)

[LGBT+ Outdoors](#)

[Pride Outside](#)





Participants in the Intermediate Spring Conditioning Series at the summit of Buck Hill in the Blue Hills.

Two Conditioning Series end with notes of citra and mosiac hops

By Bill Belben, Hiking Chair

On May 30th the final spring conditioning hikes for both the six-week Start-Up Series and the eleven-week Intermediate Series culminated with end-to-end hikes of the Skyline Trail in the Blue Hills, followed by a celebration at Trillium Brewing Company. Both series were tremendously popular, with overwhelming numbers registered to participate.

The Start-Up Series was led by Diane Simms and Patty Everett with help from Larry Petrone and Dexter Robinson. The group, limited to twelve participants, started with the Blue Hills Skyline Loop, which has steep, craggy ascents and descents, a total of 900 feet of elevation gain, and three miles in distance. Each week, the leaders added to that loop so the participants could really gauge their progress. On a day with a major threat of rain, they opted to ascend the ski slope and walk down again, and then the group huffed and puffed back up to accumulate more elevation. Many participants said that was their favorite part of the hike.

Our grand finale hike on week six was double that of the first hike with 1,800 feet elevation gain and 6.5 miles. Ready for the mountains!

Many of the participants took part in the following week's hike at Wachusett Mountain, led by Paul Brookes, Diane, and Patty, and ended fittingly with the Skyline End to End hike led by Dexter Robinson and Diane.

The Intermediate Series was led by Bill Belben, Tom Graefe, and Ben West with help from Larry Petrone, Deb

Sepinwall, and the hike legend Dexter Robinson. The hikes averaged eight miles and around 1,500 feet of elevation gain on and around the Skyline Trail. Demand was so high for the series that the roster was expanded to 25 participants and averaged 20 hikers per week.

Participants were eager to get themselves in shape for summer activities that ranged from international trips to places like Italy, England, Switzerland, and the Canadian Rockies, as well as domestic locations such as Colorado and sections of the Appalachian Trail, just to name a few. As the series progressed, the difficulty of the hikes increased but the group met the challenges with enthusiasm and determination.

A huge shout-out to everyone who participated in these series, and we hope everyone has a great summer! We can't wait to hear about all of your adventures!



Start-Up Series hikers tackle rocky terrain. Top & Right: Photos by Patty Everett. Left: Photo by Susan Cummings



Volunteer of the Month: Trish Crocker

By Robin McIntyre, Cape Hiking Vice Chair

Each month the AMC-SEM chapter 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, Cape Hikes recognizes Trish Crocker.

Trish embodies many of the qualities that AMC looks for in a leader—a love of the outdoors, preparedness, good interpersonal skills, and a welcoming nature. She has been involved with AMC-SEM since moving to the Cape about five years ago. Trish not only leads hikes in the mid-Cape area, but also has stepped forward to mentor new leaders-in-training and to fill in for other leaders.

Trish was born in the United States, and then her parents returned to Ireland where Trish received her education through college. She moved to the U.S. in her mid-20s to work for family friends as a regional manager for the Irish Cottage (a chain of gift shops in MA, NY, NH, and RI). She married Bill Crocker, who is also a Cape leader, raised two daughters, and worked as a pre-school teacher at Dean College.

Trish is also active in her church ministry and leads activities for the Harwich/Chatham newcomers on the Cape. Congratulations, Trish, and thank you from all of us at AMC SEM!

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



At the Wachusett summit. Repeat. Photos by Patty Everett

Mount Wachusett challenges hikers' new endurance skills

By Patty Everett

On May 23rd, a well-conditioned group of hikers headed to Mount Wachusett. Many were part of the Start-Up Spring Conditioning Series led by Diane Simms. Hiking in Wachusett State Forest on that breezy cool day was a perfect chance to test our new abilities.

The group ascended to the summit and descended again three times. The enthusiastic hikers just couldn't stay away from the 360-degree views. What a thrill seeing the faint outline of the Boston Skyline and Blue Hills!

We reminisced about climbing the Great Blue Hills Ski slope and looking towards Wachusett, knowing we would be there soon, and now we were at Wachusett looking towards Blue Hills. We hiked 7.6 miles, and our elevation gain was 2,284 feet. What a journey of goals, strength, and endurance.



Above: Ascending Jack Frost Trail navigating the rocks, boulders and aged hemlock trees. Left: Koi pond at the Wachusett summit.



Ben West, third from right, leads a hiking group on Mount Tecumseh to earn his Level 2 hiking leader status.

Ben West heads North to become a SEM Level 2 Hike Leader

By Bill Belben, Hiking Chair

On May 8th, Ben West led a group of six hikers up to the summit of Mt. Tecumseh in Waterville Valley to earn his Level-2 Hike Leader certification. This allows him to lead destination hikes on any terrain in all seasons except winter. Despite it being “Mud Season,” the weather was perfect, and the trail conditions were much better than expected with dry trails most of the way and a fairly solid snow monorail for the last 1/3 of the hike.

The water was running strong at a couple of the crossings, which required good balance and the leaping ability of a gymnast. Ben selected the easiest path and demonstrated the best way to cross so that everyone made it safely and remained dry.

Ben managed the entire hike from the planning phase through the execution phase like a seasoned pro. No detail was left out in his preparation and communications both prior to and during the hike.

In this hike, along with his prior hikes, Ben has proven to be a very competent and capable leader. We are honored to have Ben as part of our SEM leadership team!



Don't get rattled: Thissss issss what to do to ssstay sssafe

By Bill Belben, Hiking Chair

So... you just encountered a rattlesnake while hiking. What do you do?

Rattlesnakes are most active in the early morning and early evening hours when they come out to hunt. During the day they generally stay out of view but will come out to lay on rocks to warm themselves. Rattlesnakes are not interested in you. If you do encounter a rattlesnake, there are some common-sense guidelines to follow.

- Stay calm and keep the group calm.
- Make sure dogs are leashed.
- Do not approach and keep a safe distance of at least ten feet. Rattlesnakes can lunge approximately 2/3 of their body length.
- Do not throw things at the snake such as rocks or sticks as this could agitate the snake and make it attack. Timber rattlesnakes in Massachusetts are listed as an endangered species and killing them is illegal.
- Do not yell at them as they can sense the vibrations in their jawbones, and this can agitate them as well.
- If the snake is on the trail, do not attempt to pass it. Wait a bit to see if it will move off the path on its own.
- Alert others who may be hiking in the same area.
- Contact the organization that has responsibility to manage the area. In the Blue Hills, that would be the DCR (Tom Bender: tom.bender@state.ma.us).
- Note the location where the snake was encountered (trail name, closest trail intersection, trail markers).

First Aid for Rattlesnake Bites:

- ✓ Keep the person calm. A fast heartrate will spread the venom faster.
- ✓ Keep the wound level with your heart if possible.
- ✓ Remove jewelry or clothing that may restrict circulation near the bite.
- ✓ Clean the bite wound.
- ✓ Do not apply a tourniquet or apply ice.
- ✓ Evacuate as quickly as possible to get the person to the closest emergency care location.

AMC-SEM members encountered rattlesnakes on two recent hikes. Nick Georgantas—from a **safe distance**—recorded a short [video posted here](#). Warning: This snake rattles!



Cape hikers rest on a bench funded by AMC-SEM during a beautiful day in Bourne. *Photo by Robin McIntyre*

Nature meets History in Bourne Town Forest and Four Ponds

By Robin McIntyre, Cape Hiking Vice Chair

Eight hikers enjoyed the wooded fire roads, rolling mountain bike trails, and pondside trails of Bourne Town Forest and Four Ponds on May 21. We saw lady slipper foliage, although no blossoms, a turtle sunning himself, caterpillars, and lovely small waterfalls around the ponds.

We explored the history of the area: Grover Cleveland and Calvin Coolidge fished in the ponds stocked with trout; an iron foundry with its water-powered wheel graced the area in the 1800s; and an old fishing lodge owned by Gadabout Gaddis once overlooked the ponds.

The bench that hikers are sitting on was funded by AMC-SEM—one of 13 benches and two signs that are being upgraded by students at the Upper Cape Regional Technical School.

A lovely spring day for a Cape Hike!

Creators Week at Lake Winnepesaukee

Three Mile Island AMC Camp is holding Creators Week, Sept. 18-21, on Lake Winnepesaukee in Meredith, NH. Programs focus on handcrafting in a variety of media and connecting with nature. The lake is beautiful, and the weather is usually amazing.

For more information: contact Gwen Hall gwenhall10@gmail.com. Or see the brochure with all the information: [Three Mile Creators Week 2023](#).

SEM rolls out new Bike Path Series for families, riders of all abilities

By Paul Brookes, Chapter Chair

A Bike Path Ride Series is underway for those riders uncomfortable with riding on roadways or unsure of their biking abilities. Any type of bike and nearly any ability rider should be able to participate. Families with children are welcome, as well as anyone looking to try out their cycling legs, but not ready to try one of our longer rides. Bike path rides will increase in distance throughout the summer.

Potential rides include the Cape Cod Canal; the Blue Lane path around Clarks Point in New Bedford; the Fairhaven/Mattapoisett path; the Shining Sea Bikeway (Falmouth); one of the Myles Standish State Forest paths (Plymouth); the East Bay path (Bristol, RI); and perhaps others.

The bike path rides are scheduled for Thursdays throughout the summer. Helmets are required on our rides. Smile more, come ride a bike with us. [Click here](#) for both on-road and bike path rides.

SEM Memory: 'Rocky Trails to You...'



Circa Summer 1991, a day trip to Newport, Rhode Island, included "cottages," i.e. mansions, ocean views, and a hike along the famous Cliff Walk.

If you can identify these hikers or provide more information on this "SEM Memory," send your recollections to breeze.editor@amcsem.org. Or send in your own photos of AMC-SEM past members and activities!



Open House success

Photos by Ben West

Continued from page 4



Open House crowd inspects outdoors equipment.



The paddling display included a kayak and safety gear.



Hikers explored trails and sights of Borderland State Park.



Left: An AMC-SEM volunteer talks about outdoors gear with an Open House visitor.

Below: Chapter Chair Paul Brookes provides information on AMC-SEM membership and activities.



The hiking and backpacking table included books of trail maps as well as a range of equipment for different seasons and terrain.

Continued on page 11



Open House

Continued from page 10



Above:
AMC-SEM
reception
table.

Left: Book
table run by
Maureen
Kelly.

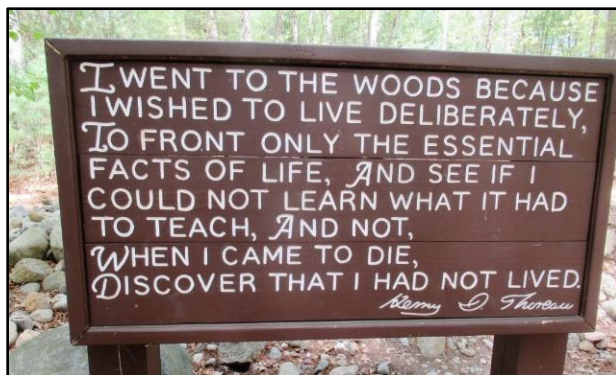
*Photos by
Paul Brookes*



Above:
A line for
paddling
with Barry
Young.

Left:
Trailwork
table with
Pete
Tierney.

*Photos by
Paul Brookes*



Left: A sign at Walden Pond explains in his own words why Thoreau spent two years living a simple life in a hut there.
Photos by Ken Cohen

SEM hikers 'go to the woods' and find nature in Concord, MA

Like Henry David Thoreau before them, a group of hikers led by Paul Brookes and Nancy Piedra encountered nature at Walden Pond and the Hapgood Wright Town Forest in Concord, MA.

"A great hike, as always!" said participant Ben West. "Several snakes, a whopper of a turtle, orioles chasing each other in front of us, a robins' nest, fish nests, a cool dam structure, and the site of Thoreau's cabin."

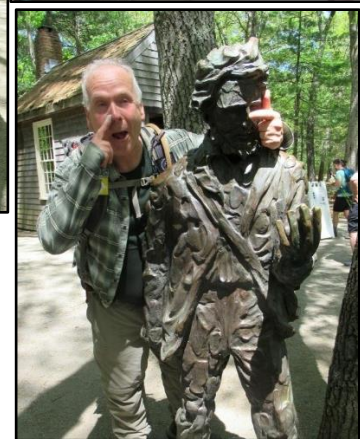
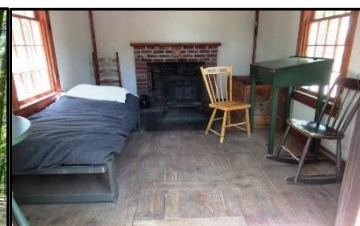
"Plus miles of great trails, a gorgeous pond, and good company and friends," he continued. "Add in a little history, and a nice outdoor café afterwards (for those who joined), and that's a darned good day!"



Above left: Thoreau's statue looks out on his woods.

Above right: Interior of his cabin.

Right: Paul Brookes engages in a comparison of noses.





Activities

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

Create your personal Activities Digest

AMC has an email notification system for 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 **Login**, then choose **Go to Activities Database**. On the left side, under **My Dashboard**, click **Manage Digest Emails & Create new digest**.

BICYCLING

Thu., Jun. 15. Beginner/Family Bike Ride on a New Bedford Bike Path, New Bedford, MA. This ride is breathtaking with views from atop the hurricane barriers, a Civil War stone fort, a scale model of the solar system, and multiple lighthouses on an out and back ride.. The distance is a bit over ten miles, the route is flat except for the ramps up to the barrier walkways and completely off road on a bike path. The path is called the Blue Lane or alternately the Saulnier Bike Path. The pace will be set by the slowest rider. No one left behind. The route will start at the end of Gifford Street in New Bedford's South End, Harborwalk Parking, 126-128 Gifford St, New Bedford, MA 02744. Ice cream is available at three creameries along the route, pastries at the Dough Company, Bring a serviceable bike, a water bottle, and a helmet (required). Front and rear lights are recommended. Waivers for minors must be submitted separately for each individual. Steady rain will cancel this ride. L William Trimble (774-301-1209 8AM to 8PM EST, [wmjt0824@gmail.com](#), Bill is an avid cyclist and loves Southeastern Massachusetts)

Sun., Jun. 18. Father's Day Muffin Ride, Delaney School, Wrentham, MA. Spend your Father's Day morning cycling quiet back roads of Wrentham to Cumberland, RI, to enjoy amazing muffins at Phantom Farms. We will ride about 25 miles total, average pace of 11-12 mph. You must be comfortable cycling the shoulder of 2 lane country roads with gentle rolling hills and one decent climb. Expected return time approximately 11:30am. Bike must be in good working condition. This ride is rated as B3C. Helmet is mandatory. Please bring spare tube and water. Limited to 8 participants. (Rain will cancel this event.). You must register for this ride. L Jodi Jensen (781-249-8346, [jodiajensen@gmail.com](#), Local leader for cycling, hiking, and skiing since 2012)

Sun., Jun. 18. Biking and Brews Ride series- Berkley Beer ride (rescheduled), Taunton, MA. This is a rescheduling of the second of our Biking and Brews ride series, starting and ending at Berkley Beer brewhouse in Taunton on Ingell Street. The ride is about 24 miles on mostly rural roads and will visit Profile Rock and Dighton Rock along the way. The route is lumpy but there are no big hills. A map of the route is available on the AMC Southeastern Mass Chapter club page on the [RidewithGPS](#) website. The route can be found under Routes or Collections. A RidewithGPS subscription is free with your AMC SEM membership. Join us after the ride for a brew and/or lunch at Berkley Beer. Helmets are required for our rides. Bring water and a spare tube along. Steady rain will cancel this event. L William Trimble (774-301-1209 8 AM - 8PM, [wmjt0824@gmail.com](#), Bill is an avid cyclist and a bicycle mechanic. He is also the AMC-SEM biking chair)

Sun., Jul. 9, 9 AM. 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](#), Bill is an avid cyclist and the AMC SE Mass chapter biking chair)

Sat., Jul. 15. Biking & Brews: Buzzard Bay Brewing, 98 Horseneck Rd., Westport, MA 02790. Join us for a great ride through Westport & Dartmouth. We will start & end at Buzzard Bay Brewing. The ride will be 25-30 miles, at a 12-mph average pace, with some hills. We will pass farms, stone walls, waterways & conservation lands. Upon our return to the brewery, riders can enjoy their beer or wine, food from the food truck(s) & live music. A helmet & red taillight are required to ride. Please bring a spare tube, water, sunscreen & a snack. Steady rain will result in cancellation/ rescheduling. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., [jhummingbirdbp@aol.com](#), Jeannine enjoys road & trail cycling in southeast MA & sharing the beauty of the area with others.) L Jodi Jensen ([jodiajensen@gmail.com](#), Jodi enjoys leading local bike rides.) L John Nery (John is a League Certified Instructor and is dedicated to safe riding.)



Activities

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

Sun., Aug. 6. Shovel Town Brewery, Biking and Brews Ride 8/6, North Easton, MA. This is another of our Biking and Brews ride series, starting and ending at Shovel Town Brewery, 50 Oliver Street rear, in North Easton, MA. The ride is about 25 miles on mostly rural roads and include a short (1.8 mi.) unpaved section of packed crushed stone path across Borderland State Park from Bay Road to Massapoag Ave. Most bikes can navigate the path but if you have a narrow tire road bike, this ride might not be for you. The route is basically flat. A map of the route is available on the AMC Southeastern Mass Chapter club page on the RidewithGPS website. The route can be found under Routes or Collections on the club page. A RidewithGPS subscription is free with your AMC SEM membership. Join us after the ride for a brew and/or lunch at Shovel Town Brewery. Steady rain will cancel this event. L William Trimble (774-301-1209 8AM to 8PM EST, wmjt0824@gmail.com, Bill is an avid cyclist, owns his own mobile bike repair business, and is the Biking Chair for AMC Southeastern Mass chapter.)

CAPE HIKING

Thu., Jun. 22. Hike Eagle Pond Cotuit, MA. Come learn some easy tools to jump start your plan to complete the BLT Hike 40 miles in 90 days challenge. Barnstable Land Trust in partnership with the Appalachian Mountain Club's Southeastern MA chapter will be doing a brief tutorial and 2+ mile hike in the Eagle Pond conservation area in Cotuit. This event will be approximately 2 hours in length. The tutorial will provide an introduction on how to use a trail map and/or trail app to map out a hike or keep track of where you are from the start of the hike. If you plan to use an app, please download AllTrails on your phone prior to the hike. After the tutorial, we will take a 2+ mile hike around Eagle Pond and a white cedar swamp which will allow participants to use their new skills. The hike will be on flat wooded trails with lots of uneven terrain. Participants must wear sturdy shoes/sneakers or ideally hiking footwear, no sandals. Hiking poles will be useful but not required. Bring fluids for hydration. This is a registration required event limited to 20 participants. To register for this hike just click the Register Now link on the posting. You will have to create a user name and password if you do not have one. **YOU DO NOT NEED TO BE A MEMBER OF AMC TO DO THIS ACTIVITY.** L Jane Harding (203-500-3155 Before 8 PM, janeharding@comcast.net, Current Cape Hiking chair. Hike Leader with many years of experience.) L Robin McIntyre (robinmcintyre@comcast.net) L Barbara Gaughan (Barbaragaughan12@comcast.net)

Mon., Jul. 31. Hike - Full Moon Hardings Beach, Chatham, MA. Hike 3 miles on marsh and beach trails with views of Stage Harbor Lighthouse, tidal inlet, osprey nest, shore birds, and possible moonrise and sunset views. Meet 7:15 PM. Approx. 2 hours or less. One day before actual full moon, it is close enough to perigee to qualify as "supermoon". Moonrise EDT 7:53 PM, with sunset EDT 8:05 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 happening. Thank you. L Janet Kaiser (774-534-2281 Before 8 p.m., jtkaiser@comcast.net, Cape Hikes leader many years, life member AMC.) L Richard Kaiser (508-246-7582, rjkaiser@comcast.net)

Thu., Jun. 22-22. Hike Eagle Pond Cotuit, MA, Cotuit MA. Come learn some easy tools to jump start your plan to complete the BLT Hike 40 miles in 90 days challenge. Barnstable Land Trust in partnership with the Appalachian Mountain Club's Southeastern MA chapter will be doing a brief tutorial and 2+ mile hike in the Eagle Pond conservation area in Cotuit. This event will be approximately 2 hours in length. The tutorial will provide an introduction on how to use a trail map and/or trail app to map out a hike or keep track of where you are from the start of the hike. If you plan to use an app, please download AllTrails on your phone prior to the hike. After the tutorial, we will take a 2+ mile hike around Eagle Pond and a white cedar swamp which will allow participants to use their new skills. The hike will be on flat wooded trails with lots of uneven terrain. Participants must wear sturdy shoes/sneakers or ideally hiking footwear, no sandals. Hiking poles will be useful but not required. Bring fluids for hydration. This is a registration required event limited to 20 participants. To register for this hike just click the Register Now link on the posting. You will have to create a user name and password if you do not have one. **YOU DO NOT NEED TO BE A MEMBER OF AMC TO DO THIS ACTIVITY.** L Jane Harding (203-500-3155 Before 8 PM, janeharding@comcast.net, Current Cape Hiking chair. Hike Leader with many years of experience.) L Robin McIntyre (robinmcintyre@comcast.net) L Barbara Gaughan (Barbaragaughan12@comcast.net)



Panorama
of AMC-SEM
Open
House.

Photo by
Ben West



Activities

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

EDUCATION

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, Assistant Teachers: Doug Griffiths, Lindsey Meyers Bertone, Varma Saripalli, Julie Manley)(Assistant Teacher)(Assistant Teacher), R Pete Tierney (pxtierney@gmail.com)

Sat., Sep. 23. SOLO Hybrid Wilderness First Aid Course, SEM, 80 South Street Foxborough, MA.. 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).

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Biking Vice Chair - Southeastern Mass Chapter. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our biking committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. L William Trimble (774-301-1209 5-9 PM, bikingchair@amcsem.org)



Activities

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

EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Communications Vice Chair - Southeastern Mass. Chapter. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our communications committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org.

Ongoing. Conservation Vice Chair - Southeastern Mass. Chapter. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our conservation committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. CL Leah McFarland (conservationchair@amcsem.org)

Ongoing. Diversity, Equity and Inclusion Vice Chair - Southeastern Mass. Chapter. Of the AMC's twelve chapters, SEM is one of the smaller chapters with about 4,000 members. However, the chapter, run entirely by volunteers, organizes hundreds of outings each year covering a wide range of activities throughout New England. Do you have an interest in, or experience with, Diversity, Equity and Inclusion. If so, would you consider contributing to SEM as the vice chair of our Ad Hoc DEI committee. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org, Paul Brookes by emailing chair@amcsem.org or Maureen Kelly by emailing deichair@amcsem.org.)

Ongoing. 20's & 30's Vice Chair - Southeastern Mass Chapter. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our 20's & 30's committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information on the responsibilities of the 20's & 30's chair click on 'Roles & Responsibilities' under Related Link(s) however although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. L Natalie Halloran (20s30schair@amcsem.org)

Ongoing. Local 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 Local Hiking Vice Chair position. (The Destination Hiking Vice Chair assists with hiking activities outside the Southeastern Massachusetts area.) The Vice Chair assists the Hiking Chair. Responsibilities include coordinating local 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) and the Nominating Committee: Walt Granda (nominatingchair@amcsem.org) or Paul Brookes (chair@amcsem.org).



Activities

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EXECUTIVE COMMITTEE

Volunteer Opportunities

Ongoing. Skiing Vice Chair - Southeastern Mass Chapter. SEM is run by volunteers, and we need your help to offer the programs that we all enjoy. Would you consider contributing to SEM as the vice chair of our skiing committee. This is a great way to ease into a role under an existing Chair and you do not have to be a long-time member to volunteer as a Vice Chair, just interest and enthusiasm. For more information click on 'Responsibilities' under Related Link(s) however note that although positions have specific responsibilities, what gets done and how it's done is up to whoever fills that position. None of these roles should be overwhelming either in duties or time commitment but should give you a chance to give back to your chapter in a meaningful way. To discuss this position or any other volunteer opportunities please contact Walt Granda by emailing nominatingchair@amcsem.org or Paul Brookes by emailing chair@amcsem.org. L Dia Prantis (xcskichair@amcsem.org)

HIKING

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

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

Tue., Jun. 13. Explore Wareham Forests Hike, Bourne Hill Rd., Wareham, MA. Join us for a 6.5 mile hike in multiple Wareham forests. We will start out on trails in the New England Forestry Foundation, through Wildlands Trust property, eventually joining the new William Minot Forest Trail network, managed by Wareham DNR. The trails meander through a unique habitat consisting of old growth mixed forest with white pines and former cranberry bogs. The trails are mostly flat but there are large, exposed roots that will need to be navigated with careful footing. We'll hike at a moderate pace and plan to have a light lunch at an open spot along the trail. This is a buggy area, and we suggest you bring bug spray. Ticks are also prolific, and you might want to wear long pants or gaiters if you have them. This time of year, it's important to stay hydrated; we suggest 1 to 2 liters of water. Snacks are helpful for quick energy on the trail. Please no open toed shoes; sneakers or hiking boots are best. L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com, Maureen is a 4 season hike leader for SEM and chair of the Diversity, Equity and Inclusion Committee.) CL & R: Susan Cummings (508-272-2570 before 8 pm, szqb65@gmail.com, Susan is an enthusiastic hiker planning to become an SEM hike leader.)

Tue., Jun. 13. Hiking - All About the Hills with some Trail Tracing, Blue Hills Reservation. This moderate hike will be 5-6 miles through the Blue Hills Reservation. This hike will be for participants who want a little elevation (about 900 ft.) and enjoy some scrambling. We will ascend/descend Fenno Hill, Chickatawbut Hill, Hawk Hill and Kitchamakin. We will have at least one scramble and a few steep areas. Hiking boots or sturdy shoes are best. No open toe shoes. Bring at least 1 liter of water and a snack/lunch. Insect repellant and sunscreen recommended. In the event of light rain/mist, bring rain gear and/or poncho. If the rocks/slabs are wet, I may adjust the route for safety. Heavy rain/thunderstorms will cancel. No dogs. Participants should have hiked 5 miles recently and have climbed some hills. Contact the leader if you are not sure this hike is appropriate for you. L Patricia Everett (508-562-2152 before 7pm, patriciae568@gmail.com, Level 1 AMC-SEM Hike Leader. I enjoy being outdoors and hiking in all the New England seasons. I am working on the 52WAV (52 with a view) summits.)

Thu., Jun. 15. Trail Trace The Blue Hills - Thursday Evening Hikes, Blue Hills Reservation. Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L & R: Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 AMC Southeastern MA Leader and a Leader for Boston Local Walks & Hikes Committee.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountains hiker. Trail maintenance volunteer.)



Activities

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

HIKING

Sat., Jun. 17. Hike the Emerald Necklace to the Embrace, Leverett Pond (Willow Pond Rd parking lot) Brookline/Jamaica Plain. See how the neighborhoods of Boston connect as we meander through 4.5 miles of Frank Law Olmsted's beautiful greenway. Join us as we explore the portion of the Emerald Necklace from Leverett Pond to "The Embrace" sculpture on the Boston Common. We will walk mostly on flat, paved pathways (some unpaved but generally level) at a moderate pace with stops along the way at memorials, plaques and the incredible community Victory Gardens. View the extensive Muddy River Restoration Project underway as we walk. Not only will you notice beautiful trees and contrasting vistas, but you will also see the larger community effort that is creating a healthier environment. At the Boston Common, we will view "[The Embrace](#)," designed and built by Hank Willis Thomas and MASS Design Group. This unusual sculpture "aims to honor the life and legacy of Rev. Dr. Martin Luther King Jr. and Coretta Scott King, celebrate their history in Boston, and spark a public conversation on advancing racial and social justice in Boston today." We'll have lunch here and see what we think about the sculpture. We will return to our cars via the green line D or E train. Bring water, lunch/snacks, sunscreen, sunglasses/hat. Wear comfortable clothing and sturdy footwear that compliments the weather. Steady rain will cancel. This hike is open to everyone. You do not need to be an AMC member, but online registration is required. Carpooling from the South Shore may be possible. L Maureen Kelly (617-943-4288 Before 8 pm, mokel773@aol.com, Maureen is a 4 season hike leader for SEM and the chair of the Diversity, Equity and Inclusion (DEI) Committee) CL Ashley Stehn (ashc215@aol.com, Ashley is a Hike Leader in Training and a member of the SEM Diversity, Equity and Inclusion (DEI) Committee)

Sat., Jun. 17. Belknap Peaks Hike 3: Mts. Gunstock, Rowe, Belknap, Piper, and Whiteface; Gilford, NH. Join us on the 3rd of 3 planned hikes to all 12 of the Belknap peaks. The Belknaps offer terrific hiking in the lakes region, just 2 hours from Boston. Great mountain and lake views. If we're lucky, we'll spot Mt. Washington from the fire tower! Complete all 12 peaks over these 3 hikes and you can earn a Belknap Range Hiker Patch! Map and hiker patch info: <http://belknapprangetrails.org> At 11 miles with 3,000 feet of elevation gain, this is the hardest of the 3 hikes. The hike is expected to take at least 8 hours. Participants should be in good physical condition and have recent hiking experience of this distance and elevation and be comfortable with varied terrain. We will spot cars on Carriage Road and begin our hike on the Mt Rowe Tr. from Belknap Mountain Rd. We'll hike to Rowe, Gunstock, Belknap, and Piper. Time permitting, we'll head to our final summit of the day: Whiteface Mountain. This out-and-back portion of the hike is 2.5 miles with 800 feet of elevation gain, with rock slab sections. Input from group with final leader discretion on hiking to Whiteface Mountain. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. The trip will be weather dependent, determined 1-2 days before the hike. Participants will receive additional detailed information (including required gear, meeting location and time) via email approximately 2-3 days before the hike date. Learn more about hiking with SEM! Click on the "AMC SEM Hiking" in the Related links section below. L Diane Simms (dianesimms@comcast.net, Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) L Peggy Qvicklund (Hike leader since 2014. 48+52=100 wonderful memories. I love sharing the outdoors with likeminded folks.) L Jeannine Audet

Mon., Jun. 19. Hike Wildcats on Juneteenth, Wildcat Mountain, Jackson, NH. Join us on a traverse hike through 4 peaks on the Wildcat Ridge. On this hike we bag two prominent NH 4K peaks, Wildcat D (4062 ft) and Wildcat A (4397 ft) via the Ski slope and 19 Mile Brook Trail. The wildcat ridge offers great views of the presidential range. This is a Vigorous hike of 8+ miles and 2800+ ft elevation gain. It requires recent similar hiking experience and a good fitness/cardio routine for one to comfortably do this hike. All participants should be comfortable going on steep sections, rock scrambles and stream crossings. Please review the required gear in the Related Links section. The start/end times listed are approximate and could drastically vary at the time of the hike. Confirmed participants will receive detailed information 2 to 3 days before the hike. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. L Raju Jaldy (508-446-4220, raju.jaldy@gmail.com, Raju is a SEM chapter Back Country Hiking leader. Enjoys being outdoors and leading hikes in MA and NH Hills and Mountains) L Dia Prantis (dprantis@yahoo.com, Dia is the SEM chapter Skiing Chair and a Back Country Hiking leader.)



Activities

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

HIKING

Thu., Jun. 22. Trail Trace The Blue Hills - Thursday Evening Hikes, Blue Hills Reservation. Join us for the 18th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go", you will be required to sign an AMC waiver at the trailhead at the beginning of each hike. L & R: Joanne Newton (508-215-9470, newt665@comcast.net, Joanne is a Level 2 AMC Southeastern MA Leader and a Leader for Boston Local Walks & Hikes Committee.) L William Doherty (781-857-4148, wdoherly1@verizon.net, Level 1 AMC Hike Leader. Four season Blue Hills hiker. Occasional White Mountains hiker. Trail maintenance volunteer.)

Sat., Jun. 24-25. Map and Compass - Two-Day Weekend Workshop, Blue Hills, MA. See listing under Education.

Sat., Jun. 24. Hiking the Blues Hills Skyline with Trails Work, Blue Hills Reservation. Our plan is to hike and clean up the Skyline Trail between the Police Headquarters and the Forest Path, including Tucker and Buck Hills. Trails work includes cleaning trails of debris and branches, cutting briar and intrusive brush on trails, and in some cases widening trails. We plan to hike approximately 4-5 miles in total. Steve Scala and Larry Petrone of the Southeastern Massachusetts Trails Committee will provide tools and work gloves to volunteers and lead the work. L Lawrence Petrone (508-215-7736 Before 7:00 PM, lpetrone57@gmail.com, Larry is an four-season hiker and Nordic skier. He is a Level I hike leader for the Southeastern Massachusetts (SEM) and Boston chapters. He is also vice chair of the SEM trails committee.)

Sat., Jun. 24. 8:30 am-3:30 pm, Mt. Garfield, Franconia, NH. Mt. Garfield Hike 4,502 ft. (3,100 ft Elevation Gain) Join us for a fun day of hiking in the Whites as we summit Mt. Garfield (weather permitting). Mt. Garfield, located in Franconia, NH is on the Garfield Ridge Trail and connects the mountains of Franconia Ridge to the Twin Mountain Range. This is a 10 mile out-and-back with 3100 ft. of elevation gain. Hikers must be in good physical condition with hiking experience of similar distance and terrain. Additional challenges of the hike include stream crossings, rocky and rooty footing, and a .2-mile rocky climb and ledge scramble to its bare summit. On a clear day, hikers can take in a spectacular 360-degree view of the Pemigewasset Wilderness. We will hike at a steady, moderate pace of 1.5 miles per hour and stay together as a group. Registration is a three-step process: 1. Complete the online registration form. 2. Expect a call from one of the leaders who will provide more information about the trip and answer any questions you might have. 3. You will be confirmed as a participant. This hike is open to all qualified registrants, regardless of AMC membership. Confirmed participants will receive an e-mail 3-5 days prior to the hike with detailed information, weather updates, directions to the trailhead, and the hike's route with a printable map to bring along. Essential Gear: Sturdy hiking boots with good traction and extra pair of wool socks Two liters of water in a hydration flask or water bottles Lunch and snacks Extra layer of clothing: fleece or wool (no cotton) Brimmed hat & gloves (liners are usually enough in the summer) Puffer jacket or vest Bandana or handkerchief Toilet paper and plastic bag to carry out used paper Rain gear - jacket and pants & backpack cover or plastic bag to line pack Headlamp, fully charged or with fresh batteries Trekking poles (optional) Insect repellent and bug net to cover face (optional but highly recommended) Personal first aid kit with medications Backpack large enough to carry everything. L Diane Hartley (508-566-6517 5:00-8:00 pm, dihartley@comcast.net, Diane is a four-season hiker and SEM Level 3 hike leader. She enjoys exploring the flora and fauna of 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.) CL Abi Natarajan (nabirami@hotmail.com, Abi is a 3-season Level 1 Hike Leader for AMC Boston Chapter Local Walks and Hikes. She is also a Level 2 Leader-in-Training with AMC Southeastern MA Chapter.)

Wed., Jun. 28. Mt. Willard Hike, AMC Highland Center, Bretton Woods, NH. Stretch your legs with a moderately paced 3 mile out-and-back hike to Mt. Willard. At just under 1,000 feet of elevation, this 52 WAV has a small waterfall cascade on the way and then terrific views of Crawford Notch and the surrounding ranges. This hike is being offered to those driving up for the following day's June 29 Mt. Pierce hike (registration link below) but anyone is welcome to register. Find more SEM chapter hikes at the SEM Hiking link below. L Diane Simms (dianemsimms@comcast.net, Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together!) 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.)



Activities

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

HIKING

Thu., Jun. 29. Mt. Pierce Hike, AMC Highland Center, Bretton Woods, NH. Start your summer with a moderately paced hike to Mt. Pierce, one of the NH 4,000 footers. We will take occasional breaks as we hike the Crawford Path (the oldest continuously maintained hiking path in the US) to the summit of Mt. Pierce with a stop at the AMC Mizpah Hut along the way. Weather permitting, we'll enjoy awesome views of Mt. Eisenhower, Mt. Monroe and Mt. Washington at the summit. Hike is approximately 6 miles with approx. 2,400 feet of elevation gain. Participants will be screened to determine if they have recent hiking experience and proper gear to attend the hike. The hike is open to all that qualify. Registration is required, but you do not need to be an AMC member to participate. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Participants will receive additional detailed information via email approximately 2-3 days before the hike date. If you're driving up the day before, consider registering for the June 28 Mt. Willard afternoon hike. Registration link below. Find more SEM chapter hikes at the SEM Hiking link below. L Diane Simms (dianemsimms@comcast.net), Level 1 SEM local hike leader since 2019. Leader-in-training for level 2 mountain hike leader. Let's enjoy the mountains together! 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.)

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Sun., Jul. 16. Beginner Friendly Hike in F Gilbert State Forest, Foxboro, MA. F Gilbert Hills is a 1,000-acre state forest located in Foxboro with approximately 23 miles of trails for us to choose from. The hike will be 4 to 5 miles with about 400 feet of elevation gain. The duration will be about 2 to 3 hours, depending on the speed of the group. We will be stepping over rocks and roots. Please wear sturdy hiking boots (no open-toed shoes). Dress for the weather. Please bring about 2 liters of water, trail snacks, lunch, raincoat and a pack to carry them. Thunderstorms will delay, cancel, or shorten trips. Ditto for extreme winds. Rain? That's why you will always bring a raincoat. We won't cancel because of rain. This hike is open to everyone. As with all AMC hikes, we start as a group and end as a group; nobody is left behind. No pets are allowed. More detailed information on the hike route and meeting location will be provided to confirmed participants one day before the hike. So, come and explore with us! It is always fun to "take a walk in the woods". L Diane Simms (dianemsimms@comcast.net) CL Abi Natarajan (nabirami@hotmail.com)

Fri., Jul. 21-23. Backpacking on the Long Trail: Grout Pond to Maple Hill, Grout Pond, Stratton, VT. Join us for the first in a series of 3 weekend backpack trips this summer on the beautiful Long Trail. The Long Trail spans 272 miles from Massachusetts, along the length of Vermont, through the Green Mountains, to Canada. Constructed between 1910-1930, the Long Trail is the oldest long-distance hiking trail in the US. The first trip will bring us south from the area near Grout Pond at Stratton-Arlington Road (elevation 2230') to the area just south of Maple Hill at Rte 9 (elevation 1360'). This section is shared with the AT. We will hike a total of 25 miles over the 3 days, camping for 2 nights at backcountry shelters along the trail. Participants must have the required gear & the ability to maintain a 1-1.5mph pace with a full pack. Completion of an AMC introduction to Backpacking workshop or prior backpacking experience is required. L Anne B Duggan (508-789-5538 before 9 pm, 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.) CL Jeannine Audet (508-493-8221 Weeknights after 7:00pm, weekends anytime, jhummingbirdbp@aol.com), Jeannine has backpacked in Alaska & on sections of the AT. She loves to share the outdoors with others. She is training to become a backpacking leader.)



Activities

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

HIKING

Tue., Aug. 22. Mt. Eisenhower Hike via the Edmands Path, Bretton Woods, NH. Hike with us to Mount Eisenhower (4,763'), one of the mountains in the Presidential Range, formerly known as Mt. Pleasant. It is named after President Dwight D. Eisenhower and offers a 360 degree view on its fully exposed summit. Although the destination of this hike is to reach and enjoy the summit, the primary focus of this hike is to learn more about J. Rayner Edmands, master trail builder in the White Mountain National Forest. Who was this pioneer trail builder? What trails did he build or improve? What type of trail structures is he noted for? How did his trail building affect the creation of the White Mountain National Forest? These questions will be addressed as we examine aspects of his trail building along the Edmands Path named in his honor. This moderate up and back hike is 6.6 miles round trip and ascends about 2700 feet. From its trailhead the path crosses several small brooks followed by the Abenaki Brook. It then climbs steadily up the west ridge of Mt. Eisenhower and in the last section before reaching the Mt. Eisenhower loop it is very exposed to the northwest. The final quarter mile on the loop trail climbs aggressively 350' to the Mt. Eisenhower summit. We will hike at a moderate pace of 1.5-2.0 mph, completing the trip in about 6-6.5 hours. There will be stops along the way to point out trail structures. Appropriate hiking clothes, rain gear, sturdy footwear and a small backpack are required. The trip will be weather dependent, determined 1-2 days before the hike. The rain date is Wednesday, August 23. To be able to do this hike, you should have recently hiked another 4,000-foot mountain like Mt. Pierce or hiked 7 miles that included significant hills approaching 2700 feet of elevation gain. Registration is required to go on this hike. A leader will contact you with additional information and to discuss if this trip is a good fit for you. Participants will receive additional detailed information (including meeting location, time to meet, and what to bring) via email approximately 1 week before the hike date. L Dexter Robinson (dexpcdoc@gmail.com, Dexter is an avid 4 season hiker. He is a long time AMC member leading hikes and backpacks throughout New England. He has climbed all of the 48 NH 4,000-foot mountains multiple times including winter. He also enjoys trail work and running.) L Diane Simms

Fri., Sep. 15-17. SEM Chapter Hut Weekend at Cardigan Lodge, 774 Shem Valley Road, Alexandria, NH. Join us for the return of SEM's Annual Chapter Hut Weekend at the beautiful AMC Cardigan Lodge! Located 2 hours north of Boston in Alexandria, NH, the lodge is situated in a 1,200-acre reservation and offers many nearby activities, including nature trail walks, hikes to waterfalls, swimming in the on-site pond & hiking up Mt. Cardigan. Leaders will plan a variety of activities. Participants will stay in shared bunkrooms with shared bathrooms on each floor. Three meals each day are prepared for the group by the Lodge innkeeper & chef, & appetizers are provided on Saturday. Participants may BYOB. The weekend will be chock-full of good times, good food, great company and lots of outside activities. In past years the Chapter Hut Weekend has filled up quickly so if you would enjoy relaxing in a stunning environment, why not register today? We look forward to seeing you there. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime., jhummingbirddbp@aol.com, Jeannine enjoys exploring & sharing experiences in the outdoors, leading a variety of activities (hiking, biking & xc skiing) year-round, throughout New England,.) L Paul Brookes (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 Dia Prantis (dprantis@yahoo.com, Dia is the SEM XC Skiing Chair. She is an all-season hike leader who likes to encourage others to step onto the trail. Being involved with AMC is a way to balance our inside lives with being outside and closer to nature!) L Paul Miller (paulallenmiller@verizon.net, Paul is an experienced four-season hike leader who likes to hike at a moderate pace.)

PADDLING

Thu., Jun. 15-15. Paddling the Nemasket River, Lakeville, MA. We will be paddling the Nemasket River from Vaughan St. and heading north to the dam at Assawompset Pond. After viewing the pond, we head south stopping for lunch at Old Bridge Street and then continue south to the takeout at Wareham St. Carpooling will be necessary so please plan to arrive early to sign in and drop off your kayak. L Joseph Keogh (508-542-0665 before 8:30 PM, jpkeo24@gmail.com, I joined AMC in 2006 to find people to hike with. I joined the Blue Hills hiking group and continued with that group as a leader until 2019. From hiking I moved into Kayaking and am now a paddle leader. I enjoy ponds and streams and rivers, I especially enjoy exploring streams as far up as I can go.) L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net), R Joe Keogh (508-542-0665 before 8:30 pm, jpkeo24@gmail.com)



Activities

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SOCIALS

Mon., Jun. 19. SEM Diversity, Equity and Inclusion (DEI) Meeting via Zoom, online. 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) is a former SEM Chapter Chair and a current SEM hike leader. L Ken Cohen (k-cohen@comcast.net)

Sat., Nov. 4. SEM Annual Meeting and Dinner, The Bay Pointe Club, Buzzards Bay, MA. The 48th Annual Meeting of the Southeastern Massachusetts Chapter of the AMC will be held on Saturday, November 4, 2023 at The Bay Pointe Club in Buzzards Bay, MA. It will commence at 4:30 pm with a social hour and the chapters' Annual Meeting will be called to order at 5:30 PM. All SEM members and their friends are welcome to attend the Annual Meeting as well as anyone interested in becoming a member of our chapter. Following the official chapter business, there will be a buffet dinner and special guest speaker. There is no charge for attending either the Social Hour or the Annual Meeting. There will be a fee is for those who wish to stay for the buffet dinner and speaker. Make an afternoon of it by joining us before the meeting for other activities that will be held locally to The Bay Point Club. These will be listed separately closer to the event. L Paul Brookes (chair@amcsem.org, I am the Chapter Chair for the Southeastern Massachusetts Chapter of the AMC)



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THE END