Southeast Breeze

Fall 2002 (Sept./Oct./Nov.)

Newsletter of the Southeastern Massachusetts Chapter of the Appalachian Mountain Club

SEM / AMC 2002 Annual Meeting

Save the date: Nov. 16th at White’s of Westport

Come join old friends and new at the Chapter’s 2002 Annual Meeting, to be held Saturday, November 16, at White’s of Westport. Happy Hour begins at 6 pm, with a buffet dinner following at 7. Dinner will include Caesar salad, stir fry vegetables, potatoes, chicken, baked scrod, seafood pasta, roast tenderloin of pork with apple raisin stuffing, assorted party pastries, and coffee. Our speaker will be Frank Shea, who will talk about the Old Growth Forest of Mt. Wachusett. In addition to the business meeting and election of new officers for the Executive Board, we will be presenting the 2002 Distinguished Service Award to a deserving SEM chapter member.

Cost of attendance is $20 per person. Checks payable to SEM/AMC must be sent to Treasurer Donna Desrochers, 295A Indian Town Rd., Westport, MA 02790.

Directions: from Cape — I-195 W to Exit 10 (Horseneck Beach/Westport Rte 88). Take first exit to Rte 6 W and go 1/2 mile to Whites. From North — Rte 24 S to I-195 E to Exit 9. Bear right and take first right.

Executive Board Nominations

The Nominating Committee presents the following slate of nominees for the 2003 Chapter Executive Board. Members attending the Annual Meeting on Nov. 16 will be asked to vote on these nominees. Additional nominations may be made by any 10 members who specify their candidate for office. These nominations should be presented to Nominating Committee Chair Muriel Thomas (508-238-7732) not later than 21 days prior to the Annual Meeting. Nominations may not be made from the floor except in the case of the death, incapacity or withdrawal of the candidate.

| Chapter Chair | Anne Chace |
| Vice Chair | Bob Vogel |
| * Treasurer | Mike Woessner |
| Secretary | Barbara Vogel |
| Hiking Chair | Erika Bloom |
| Cape Hikes Chair | Janet DiMattia |
| Biking Chair | Nancy Beach |
| Canoe/Kayak Chair | Ed Foster |
| Skiing Chair | Barbara Hathaway |
| Trails Chair | Patrick Holland |
| Education Chair | Steve Tulip |
| Conservation Chair | Louise Anthony |
| Membership Chair | Linda Cronin |
| * Communications | Linda Church |

* Indicates new nominees; all others are incumbents

View from the Chair

by Anne Chace

The United Nations has declared 2002 the International Year of the Mountain (IYOM). How can we as AMC members acknowledge this designation? Several ideas come to mind. First, we can renew our membership in the Club or invite relatives and friends to join. "Membership in a Bottle" makes a great gift and the Southeastern Mass. chapter reaps some monetary benefits, as well. We can share our love of the outdoors with others. As New Englanders, we live in a mountain ecosystem and economy; therefore, we need to be practical with our use of resources by practicing conservation and recycling. We should consider taking a "Leave No Trace" training course and learn to recreate on the land with low impact. Our chapter has scholarships to encourage leaders to attend this AMC course. Contact Vice Chair Bob Vogel for more information (rvogel@attbi.com). And for more information about IYOM, visit www.mountain.org or www.mountains2002.org.

The Chapter Board recently approved a letter of solicitation seeking SEM member support of the AMC 125th capital campaign. The money will be used to fund outdoor education programming, create an endowment, maintain and create new trails, renovate existing huts and lodges, and build a new environmental education center, including the Highland Center at Crawford Notch where ground breaking occurred on June 21st.

AMC has received a coveted pledge of $1 million from the Kresge Foundation. This pledge is dependent on the AMC raising $3 million in new gifts by December 31, 2002. The Kresge grant has a dual purpose: to raise the money and also to obtain pledges from new donors, like you and me. Contributions and pledges of any amount are welcome. If you have never contributed to the AMC before, please consider this 125th campaign. Dream a little: Chapter hut night in the new Highland Center in Crawford Notch! Make your pledge as generous as possible and thanks for your support.

SOLO Wilderness First Aid Course

October 5-6 at Camp Lyndon on the Cape

Space is still available for this year’s WFA training course, which will teach you basic skills for treating accidents in the wild. But please hurry, as space is limited.

For details and to register, contact SEM Education Chair Steve Tulip (508-977-9309, sjtulip@attbi.com) or Co-Chair Laura Smeaton (617-695-9903, smeaton@sdac.harvard.edu).
Editor's Notebook

Tell us about your last great outdoors adventure ... Your comments and suggestions are always welcome, as are your contributions of articles, poetry, photography or anything else related to your AMC membership. When submitting something, please respect our deadline, which is the 20th of the month, two months prior to the publication date (e.g. Oct. 20 for the Dec./Jan/Feb issue). We'll publish your submissions on a space-available basis. Contact us at 508-252-6995 or wtaylor@attbi.com.

Not getting your copy of the Breeze? Call Membership Chair Linda Cronin (781-447-2597) or drop her an e-mail (linda.cronin@whrsd.k12.ma.us) to be sure you're on the list.

Chapter News Notes

How to Sign Up for an SEM/AMC-led Activity
Just as there's a prescribed list of gear to bring on most AMC activities, so too is there a prescribed way to sign up for planned outings. In many cases, leaders want to "screen" potential participants to assure that their level of experience and physical conditioning are appropriate for the planned activity. Screening requires a two-way conversation, so when a trip listing says "register with ..." please phone (don't email) the leader/co-leader to sign up.

Also, please don't wait till the last minute to register. Trip leaders have a lot of details to plan and organize, and a call the night before to register for tomorrow's activity could well result in your not being allowed to participate.

Seeking Nominations for SEM Distinguished Service Award
At last year's 25th anniversary Annual Meeting, the Chapter inaugurated its annual Distinguished Service Award, which honors a member of SEM/AMC whose service to the Chapter and its members goes above and beyond the call of duty. The DSA Nominating Committee — which includes last year's recipient, Bruce Dunham, plus Chapter Chair Anne Chace, Conservation Committee Chair Louise Anthony, and award founder, Bob Bentley — is currently seeking nominees. If you would like to nominate a Chapter member for this prestigious award, please phone Bob Bentley at (508) 866-3057.

Clubwide News Bits

Nov. 22-24 Workshop: How To Become a Major Excursions Leader — Visit some of the most exciting places in the world as the leader of an AMC Major Excursion! This workshop provides important training to enable you to lead Major and Interchapter Excursions. It helps persons who have AMC activity leadership experience (no beginners) transition from leading weekend chapter activities to more complex and longer Interchapter and Major Excursions. Previous outdoor leadership training is highly desirable. Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading Interchapter and Major Excursions. Exchange ideas, problems, solutions with some of the AMC's most skilled leaders. Small group size assures abundant discussion and access to instructors. We will provide the help you need to make it as easy as possible to qualify as a Major or Interchapter Excursions leader.

Cost: approx. $65 incl. 2 nights lodging, 2 breakfasts, 2 lunches, and 1 dinner. What a bargain! The Leadership Training is being conducted at the White Memorial Foundation in Litchfield, CT. For registration package, send SASE to Jan Taylor, 4 Trotting Horse Drive, Lexington, MA 02421 (781-862-1897 before 9pm). Email jiltaylor@rcn.com. Space is limited, so register as soon as possible.

AMC Fall Gathering 2002: Oct. 25-27
"The Shenandoah Shindig"

Save these dates — Friday through Sunday, October 25-27 — for the 2002 Fall Gathering, "The Shenandoah Shindig," hosted by the DC Chapter of AMC. It's an exciting, clubwide event that will take place in Front Royal, Virginia, on the very edge of the beautiful Shenandoah National Park.

Besides the usual AMC committee meetings, there will be a variety of chapter-led hiking, paddling and bicycling trips, tours of Civil War battlegrounds and the Appalachian Trail conference headquarters in Harpers Ferry, WV, plus campfire sing-alongs, wine tastings and a lot more. Mark you calendar and watch for registration information in the mail or visit www.outdoors.org or www.amc-dc.org for more details on this event.

Rise to the Summit
Make a Gift for Future Generations of AMCers

You can share your passion for outdoor recreation and conservation with future generations of hikers, paddlers and other outdoor enthusiasts through a bequest to the Appalachian Mountain Club. If you have already named AMC in your will, please notify us so that we can say thank you and welcome you to the Summit Society.

For information on how to include AMC in your will or to learn about charitable gifts that produce income, please contact the Planned Giving Office at (617) 523-0655 ext. 309, 5 Joy Street, Boston, MA 02108, or via email at summitsociety@amcinfo.org.

“Membership in a Bottle”
A great gift for your favorite outdoors enthusiast.
Single Membership $40.00
Family Membership $65.00
Nalgene Bottle with $10 Gift Certificate
good for AMC lodging, workshops and books.

Contact: Linda Cronin 
781-447-2597 
linda.cronin@whrsv.k12.ma.us

New Members Only
781-447-2597
linda.cronin@whrsv.k12.ma.us

On the cover ... From the South Twin, looking south over the Bond Range toward the Hancocks and Mt. Camgain.

Photo credit: Wayne Taylor, May 1998

The Southeast Breeze is published quarterly by the Southeastern Massachusetts Chapter of AMC.
Chapter Chair: Anne Chace (508) 824-8871
Vice Chair: Bob Vogel (508) 238-7732
Secretary: Barbara Vogel (508) 238-7732
Treasurer: Donna Desrochers (508) 673-7833
Education Chair: Steve Tulip (508) 977-9309
Membership Chair: Linda Cronin (781) 447-2597
Conservation Chair: Louise Anthony (508) 758-4215
Newsletter Editor: Wayne Taylor (508) 252-6995

http://www.amcem.org

WEBSITE ADDRESS:
Sat., Sept 7 – Orienteering in NH (B3C) How good are your map and compass skills? Bring your compass and put them to the test on a permanent orienteering course set up by The NH Orienteering Club. More of a fun romp through the woods than an actual hike. Register with Leader Patrick Holland 781-925-4423 pat.holland@aol.com Co-leader Mike Woessner 508-384-8344 mike.woessner@med.va.gov

Sat., Sept 7 – Tripyramid Scramble, NH (A3A) Long hike. Step slides. What more could you ask for? Oh, yeah, 2k peaks. Joint trip with Boston Chapter. Reg. w/ L Bob Vogel 508-238-7732 (6-9 pm) rvogel@atti.com. CL Paul Vermette 603-508-6623 (5-8 pm) pvermette@att.net.

Sun., Sept 8 – Old Colony Rail Hike, Taunton (B3C) 10:30 AM start. Maximum 6 miles on former rail line that MBTA may bring back into service. Come walk through history and be prepared for mud. Register w/ L Anne Chace 508-824-8871 (7-9 pm).

Wed., Sept 11 – Hike Planning meeting. Meet at the Universalist Unitarian Church, 25 S. Main St., Middleboro at 7:00 pm. All are welcome to attend; new leaders and co-leaders needed (will train). Contact Erika Bloom for info or directions 508-996-3290 (7-9 pm) ebloom@atti.com.

Sat.-Sun., Sept 13-15 Lonesome Lake Trailwork (see Trailwork section).

Sat.-Sun., Sept 21-22 – Chapter Hut Night at Cardigan Lodge, NH. See details in last Breeze. Registration closed in August but can contact Erika Bloom for any openings or cancellations, 508-996-3290 (7-9 pm) email ebloom@atti.com.

Sat.-Sun., Sept 21-22 - The Osceolas (A3B) and Welch Dickey (C3B) Come view the foliage in the southern Whites. Possible car camping on Fri. night. Car-sport on Sat., then a nice, longish day hike, grabbing both peaks of Osceola, from the Kank to Tripoli Rd...Car camp locally and work out the next-day stiffness on Welch Dickey. Reg with Leader Wayne Taylor 508-252-6995 (7-9 pm) wtaylor@atti.com. CL Terri Pinto 401-683-2713 (7-9 pm) tpinto22@netscape.net.

Thurs., Sept 26 – Pine hills evening hike (C3C) Hike wooded higher elevations of Plymouth, wildlife sightings very possible. Comfortable evening hike. Reg. w/L Rick Barnes 508-630-0479 (6-9 pm) R WBarnsee@aol.com. CL Pam Masters 508-624-7236 Hillsme- pant@iol.com.

Sat., Sept 28 – Mt. Waumbek (B3B) We will hike via the Starr King trail to the summit of Mt. Waumbek, return same route. Register with CL Mike Vining 781-344-0103 (7-9 pm). L Walt Wells 508-279-1963 (7-9 pm).

Sat., Oct 5 – Norris Reservation, Norwell & Two Mile Reservation, Marshfield (C4D) Easy hikes through two Trustees of Reservations properties. Both have North River views and are steeped in colonial history. Great hike for families, seniors, everybody - come on down! Register with L Bill Ruel, 781-878-7713, M-F 7-9 pm, camperbill824@aol.com M-F only.

Sat.-Sun., Oct 5-6 Wilderness First Aid Course, see info elsewhere in this Breeze.

Sat., Oct 12 - Foliage Hike at Mt. Toby Reservation, Deerfield MA (B3C) Easy hike out in the Connecticut River Valley, good for beginners. Great views from the fire tower at the top. Register w/ L Patrick Holland 781-925-4423 (6-9 pm) pholland@aol.com CL Barbara Leland 508-295-9745 (7-9 pm) BRBRLEL@aol.com

Sun., Oct 13 – Freetown State Forest (B2-3C) Leaders’ dogs only on hike. Register with L or CL L Bill Markson (email preferred) mguliero@yahoo.com 508-947-6739. CL Barbara Leland 508-295-9745 (7-9 pm) BRBRLEL@aol.com.

Sun., Oct 20 , Metacomet-Monadnock Trail (B3B) Mt Tom Reservation, section 6, Rt. 141 to Conn. River. A 6 mile foliage hike across a spectacular section of this trail. Beautiful views from the cliffs of Mt. Tom and Whitling, virgin hemlock forests, bird viewing platform with 360 degree view of the surroundings. L Dexter Robinson, 781-294-8840, 7-9 pm, dextuse@atti.com, CL Linda Church, 508-496-1308 7-9 pm, lchurch@wohi.edu

Sun., Oct 20 – “Leave No Trace” @ Gilbert Hills State Forest, Foxboro (B3C) 7 mi., nice wooded hike with gentle slopes, around a pond and climb ‘High Rock’ while learning about “Leave No Trace” ethics. L Bob Vogel 508-238-7732 (6-9 pm) rvogel@atti.com Reg. w/ CL Colleen Bernier 508-954-7491, colleen869@yahoo.com or CL Melanie Jansky 781-963-0146 (7-9 pm) mellie6246@yahoo.com.

Sat., Oct 26 – Blue Hills Skyline Trail (B3B) Hike from skating rink to Rte. 138 (spotting cars). Register with L Pauline Jordan 508-676-5146 hinslo30@aol.com . CL Walt Wells 508-279-1963.

Sun., Oct 27 – Urban Adventures, Mt. Auburn Cemetery, Cambridge (C4D) Pre Halloween walk through a beautiful, landscaped historic cemetery. And a chance to see the graves of famous people. Mary Baker Eddy, Buckingham Fuller, Winslow Homer, Isabella Stewart Gardner and more. Stop for coffee and a sweet at the Middle East Café (Harvard Sq.) after. Register with L Patrick Holland 781-925-4423 6-9pm pat.holland@aol.com CL Laura Smeaton 617-323-6727 smeaton@nsac.harvard.edu

Sat., Nov 2 – Warner Trail (B3C) Edgedhill St. over Moose Hill...best hike on the Warner Trail. Register with CL Barbara Leland 508-295-9745 (7-9 pm) BRBRLEL@aol.com . L Charlie Farrell 508-822-2123 (7-9 pm).

Sat, Nov 2 - Mt. Washington (A3A) A late fall hike to New England's highest peak. Above tree-line winter experience required as well as full winter hiking gear. Route to be determined by conditions. L Dexter Robinson, 781-294-8840, 7-9 pm, dextuse@atti.com, CL Paul Vermette, 603-598-6623, 5-8 pm pvermette@att.net

Hiking and Backpacking
Chair — Erika Bloom (508) 996-3290 (7-9 pm) ebloom@atti.com
Vice Chairs — Patrick Holland (761) 925-4423
Charlie Farrell e.farrell@verizon.com

Ratings: First character indicates distance in miles. Second indicates leader's pace over average terrain. Third character indicates terrain.

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<tr>
<th>Miles</th>
<th>Pace/ mph</th>
<th>Terrain</th>
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<tr>
<td>AA=13+</td>
<td>1=very fast/2.5</td>
<td>A=very strenuous</td>
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<tr>
<td>A=9-13</td>
<td>2=fast/2</td>
<td>B=strenuous</td>
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<td>B=5-8</td>
<td>3=moderate</td>
<td>C=average</td>
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<tr>
<td>C=&lt;5</td>
<td>4=leisurely</td>
<td>D=easy</td>
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Hikers unsure of their ability should try only one level higher than previously completed. Note: NO PETS without permission of Trip Leader. Individuals under 18 must obtain prior consent from Trip Leader.

L = Leader
CL = Co Leader
HIKING and BACKPACKING continued

Sat., Nov 16—Annual Winter Hiking Workshop (1-4 pm), Universalist Unitarian Church, 25 S. Main St., Middleboro (rear door-basement)
Join us for our annual winter hiking workshop. Lots of info on hiking and snowshoeing in winter - clothing, equipment, food, etc. Equipment to show & tell. Important information for those participating in the beginning winter hiking series, or just seeking general winter hiking info. Please register with Erika Bloom (508) 996-3290 7-9 pm, ebloom@attbi.com


ROCK CLIMBING

Rock Climbing can be fun and rewarding if done correctly. The following activities are being offered to introduce people to the sport and help them learn basic techniques. No prior experience is needed, just a sense of adventure.

The top roping activities will introduce basic principles of belaying, rappelling, and climbing techniques. Bouldering activities will help participants gain valuable hand and foot technique that can be applied on roped climbs. All activities require participants to provide their own rock shoes. In addition, participants taking part in the top roping activities will need their own harness.

All activities will be led by John Pereira or Brian Donelan, both of whom have completed an AMGA approved top rope instructor training program. To register or to obtain more information, contact John at 508-254-8303 or iceclimbing@backpacker.com

Please keep in mind that the top roping and bouldering activities are tailored for beginners and those who have prior experience will find the material covered a bit redundant. All activities have the possibility to be canceled due to weather or other acts of God.

<table>
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<tr>
<th>Bouldering</th>
<th>Top Roping</th>
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<td>Sept. 21</td>
<td>Sept. 14</td>
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<td>Oct. 26</td>
<td>Oct. 19</td>
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TRAIL WORK

Sept 13-15: Lonesome Lake Trail, Franconia Notch. Some changes here: We will no longer be staying at Lonesome Lake hut but will car camp at Lafayette Campground. Lunch and dinner on Sat. will be provided. Plan to arrive Friday afternoon/evening, work all day Sat. and until noon Sun. to finish up loose ends. There's work for all levels and abilities: brushing, drainage construction and repair, even moving large rocks if you'd like. Newcomers welcome!

To register, please call Patrick Holland, 781-925-4423 (6-9 pm) pat.holland@bawlwbq.com

Cape Cod Hikes
Chair—Janet DiMattia (508) 394-9064
Vice Chair—Heidi Moss (508) 362-6440

Thurs. Sept 12 – Harwich Herring River (C3C) Exit 9S from Rt 6 onto 134. Turn L at 3rd traffic light onto Upper County Rd, then immed. L onto Great Western. Go 2.2 mi. Park on L inside fence at Sand Pond. L Janet DiMattia 508-394-9064. POTLUCK PICNIC at L's nearby, following hike.

Sat. Sept. 14 - See Longer Cape Hikes

Sun. Sept 15 -- Brewster, Nickerson State Park (C3B) Go to main entrance of pk on 6A. Take first L onto Flax Pond Rd, continue to end, park at Cliff Pond. L Jan Holland 508-255-5292.

Thurs. Sept 19 – Mashpee, Mashpee River Woodlands West (C3C) Drive W on R 28 go around Mashpee rotary and go E on 28. turning first R at Quinquesaset Ave. Woodland pkg lot. 50 ft on R. Cars may park along road near entrance but wheels must be off pavement per police order. L Nancy Wigley 508-548-2362.

Sat. Sept 21 -- See Longer Cape Hikes


Thurs. Sept 26, Mashpee, South Cape Beach (C3C) From Mashpee rotary take Great Neck Rd. S for 2.8 bearing L on Great Oak Rd and follow to end approx 2.5 to town pkg lot. L Gary Miller 508-540-1857.

Sat. Sept 28 -- See Longer Cape Hikes

Sun. Sept 29 – Harwich, Hawks Nest State Park (C3B) Rt 6 to exit 11S on Rt 137. take immed. R on Spruce Rd. Park on side of road 0.5-0.7 mi. L Janet DiMattia 508-394-9064.


Sat. Oct 5 – See Longer Cape Hikes

Sun. Oct 6 – Brewster, Nickerson State Park (C3B) Go to main pkg lot at entrance of pk off 6A. L Don Costa 508-760-5478.

Thurs. Oct 10 – Pocasset, 4-Ponds Conversation Area Trails (C3C) traveling on Rt 28 from the canal turn R at sign for Wing's Neck (this will be Barlow Neck Landing Rd not marked) Go 0.7 to pkg lot on R. L Nancy Wigley 508-548-2362

AMC Activities Risk Statement: Activities listed here involve varying degrees of danger. When you participate in these activities, you should be prepared physically and mentally, and equipped with appropriate gear. You should be aware of the risks and conduct yourself accordingly. Volunteer trip leaders are not responsible for your safety; you are. Before registering for any activity, you should discuss your capabilities with the trip leader. To participate in chapter activities, individuals under age 18 must be accompanied by a parent or responsible adult, or obtain prior consent from the trip leader. Those accompanied by a minor are responsible for the minor's actions.
LONGER CAPE HIKES

10 am - 2 pm — Faster paced, 8-10+ mi. — BRING LUNCH

SAT. Sept 14 — WELLFLEET, Great Pond. From Rt 6 take Cahoon Hollow Rd to pkg lot at Great Pond. L Ron VanderWeil 508-255-3361

SAT. Sept 21 — WELLFLEET, Griffin Island. Turn L off Rt 6 at Wellfleet center light. Take L at dory onto E. Commercial St. R at Wellfleet onto Chequessett Neck Rd. Park in Great Island pkg lot on left. L Brigitte Falzone 508-394-6343.

SAT. Sept 28 — BARNSTABLE, Conservation Land/Trail of Tears. From Rt 6 take exit 5 S on Rt 149. At roundabout take R on Race Lane 1.7 to pkg lot on R. L Peter Selig 508-432-7656.


SAT. Oct 12 — WELLFLEET, Great Island. Turn L off Rt 6 at Wellfleet center light. take L at dory onto E. Commercial St. R at Wellfleet harbor onto Chequessett Neck Rd. Park in Great Island pkg lot. L Brigitte Falzone 508-394-6343.

SAT. Oct 19 — No scheduled hike- Pathways Weekend.


SAT. Nov 2 — BREWSTER, Punkhorn. Exit 9 N off Rt 6 onto 134. Turn R at 2nd light onto Selucket Rd, then R on Run Hill Rd. Pk at main pkg lot at end of pavement. L Brigitte Falzone 508-394-6343.

SAT. Nov 9 — BARNSTABLE, Sandy Neck. Rt 6A to Sandy Neck Rd. Park at lot at end of road. L Peter Selig 508-432-7656

SAT. Nov 16 — No scheduled hike. SEM Annual Meeting.

SAT. Nov 23 — WELLFLEET, Gulf Pond. From Rt 6 take Gross Hill Rd to pkg on Town landing at Gulf Pond. L Ron VanderWeil 508-255-3361.

Canoe and Kayak
Chair — Ed Foster (508) 420-7245

http://community.webtv.net/ajhart/SEMASSAMCPODDLERS

All trips: Allow time to park, unload, and be on the water ready to paddle at 10:30 am. Registration is required only for those trips that don’t have directions to the put-in.

PFDs: A Coast Guard approved Personal Flotation Device (PFD) should be worn at all times.

What to bring: In addition to a PFD, a complete change of clothes in a dry bag, water, lunch, and sunscreen.

NOTE: The possibility of strong wind and/or rough water may make some trips unsuitable for open canoes or kayaks without spray skirts. Check with the leader.

Sat, Aug 31 - Bass River south to Nantucket Sound, Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Road. Bear left onto Highbank Road, then left into Wilbur Park immediately after Crossing the Bass River bridge. Dick Covenev, 508-548-6821, dickyvney@adelphia.net

Wed, Sep 4 - Hen Cove/Bassett Island, Pocasset. From Rte 28 turn at sign for Wing’s Neck which will be Bartow’s Landing Road (unmarked), proceed to Shore Road intersection and turn left, then turn right onto Cedar Point Drive and follow it to the parking lot on Hen Cove. Nancy Wigley, 508-548-2362, nwigley@cape.com

Sat, Sep 7 - Marion Harbor, Buzzard’s Bay. Route 195 to exit 20, Rte 105 south. Bear Left onto Front Street and then turn left onto Island Wharf Road to parking lot on left. Dick Covenev, 508-548-6821, dickyvney@adelphia.net

Wed, Sep 11 - Megansett Harbor, Falmouth. From 28A in Megansett (North Falmouth) turn onto County Road and follow it to the end to Megansett Yacht Club and Town Landing. Nancy Wigley, 508-548-2362, nwigley@cape.com

Sat, Sep 14 - Cotuit Bay/Prince Cove, Cotuit. South on Main Street off Rte 28 just east of Rte 130 (Cotuit sign), left onto Putnam Avenue and then right onto Old Shore Rd to parking, or south on Putnam Road off Rte 28 and then straight onto Old Shore Rd when Putnam bends sharply right. Bill Fischer, 508-420-4137, wmbarsfischer@attbi.com

Wed, Sep 18 - Bass River and Follens Pond, Wilbur Park, Yarmouth. Rte 134 south (exit 9A off Rte 6) to sharp right at third light onto Upper County Rd. Bear left onto Highbank Rd, then left into Wilbur Park immediately after Crossing the Bass River bridge. Dave McGlone, 508-385-6314, dmglone@capecod.net

Sat, Sep 21 - Stage Harbor, Chatham. Right off Rte 28 onto Stage Harbor Rd and follow to prkg lot on other side of bathhouse. Don Costa, 508-760-5478, pizzazzaman@aol.com

Wed, Sep 25 - Lower Weweantic River, Wareham. Rte 195 west to exit 20. Right on Rte 105 and then back onto Rte 195 east. Go 2.2 miles to a rest area and then follow the signs in the rest area to the boat ramp. Don Savino, 508-295-4562

Sat, Sep 28 - Gull Pond, Wellfleet. Right on Gull Pond Road from Rte 6 to left at granite marker and continue down to beach. Max Sarazin, msarazin@capecod.net. Send any questions by email, please do not call.

Wed, Oct 2 - Slocums River, Dartmouth. 1-195 to exit 12. South on Faunce Corner Rd, cross Rte 5 to Old Westport Road to Chace Rd. Turn right onto Russell’s Mills Rd, go through village to town park on left. Rick McNally 508-636-7179, rickmcall@juno.com

Sat, Oct 5 - Herring River, West Harwich. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Wed, Oct 9 - Onset Harbor. Rte 25 west from the Bourne bridge to exit 1 (Onset Rte 6 east/28 south). Go 1.2 miles to right onto Main Avenue and then 0.3 miles to left onto Riverside Drive. The beach is on the left, park on grass. Don Savino, 508-295-4562

Sat, Oct 12 - Nemasket & Taunton Rivers - Oliver Mill, Middleboro to Summer St, Bridgewater. Car Shuttle required. Call leader for directions to put-in. Art Hart, 781-762-5251, 508-888-2847, ajhart@webtv.net


Sat, Oct 19 - Shoestring and Popponesset Bays, Cotuit. Go S on Main Street off Rte 28 just east of Rte 130 (Cotuit sign). Right onto School St. Left onto Crockers Neck Rd (at the Cotuit High Ground Golf course) which becomes Santuit Rd and go 1 mile to town landing on right (at “Children” sign). Unload at landing and park along the road. Bill Fischer, 508-420-4137, wmbarsfischer@attbi.com

Wed, Oct 23 - Follins and Mill Ponds, Dennis/Yarmouth. Take Mayfair Rd off Old Bass River Rd to Follins Pond Rd to prkg lot. Peter Selig, 508-432-7656, pandmselig@hotmail.com

Sat, Oct 28 - Back River and Eel Pond, Bourne. Shore Rd to Emmons Rd to marina. Ray Buchan, 508-564-6562, raybuchan@reliance.org

Wed, Oct 30 - Herring River, Harwich. Rte 28 to the bridge over the Herring River. Park on the east side of the Herring River and the south side of Rte. 28 Max Sarazin, msarazin@capecod.net. Send any questions by email, please do not call.

HELMETS REQUIRED

Biking
Chair — Nancy Beach (508) 699-0032
Vice Chair — Jim Kilpela (508) 295-1361

Inflated tires/water also necessities. Spare tire/pump helpful.

Beginner rides: mostly flat, 15-16 mi @ 10-12 mph pace
Intermediate rides: some hills, 25-35 mi @ 13-16 mph pace

Call leaders before 9 pm to register and match rides with abilities.

Sat., Sept 7 - Annual Martha’s Vineyard Bike Ride - Beautiful day trip to the Vineyard via the Island Queen ferry from Falmouth. Ride to South Beach and Edgartown and see Oak Bluffs. Bring lunch. 25 miles @ 10-12 mph pace. Alice Oberdorf, 508-771-3361, alice@capecod.net


Sun., Sept 22 – Great Back Roads on Cape Cod – 35-50 miles somewhere in the Mashpee, Barnstable, Sandwich, Falmouth area. All abilities welcome. Detailed cue sheets so everyone can go at his own pace. Bike computers/odometers and a cue sheet holder are strongly recommended. Leader intends to do a 16-17 mph average pace but will wait at various intermediate points for everyone to regroup. Call for distance, starting time, and starting place. If the ride is cancelled due to weather, leader will try to run it the following Sunday. Ed Foster 508-0420-7245, erfoster@attbi.com.

Sat. Sept 28 – Eastham/Wellfleet – See the Cape after the summer traffic has left. Start at the famous national Seashore Visitor Center and cruise down quiet back roads to stunning Wellfleet and Truro with awesome ocean views. Intermediate 40 mi., some hills. Jim Kilpela 508-295-1361 jmkilpela@attbi.com

Sat. Oct. 5 – Norton/Taunton/Attleboro – Pretty ride past ponds, reservoirs and old farms on surprisingly quiet backroads of these areas with foliage at it’s best. Intermediate 30 mi. Nancy Beach 508-699-0032 nbeach@naisp.net


Sat. Oct 19 – Dighton Rock – Ride along back roads of farms and villages, stopping at Profile Rock on the way to historical and mystical Dighton Rock with a veteran AMC Rock. Leisurely pace 25-30 Flt. Elsie Laverty 508-823-0634 elavmca@tmrp.com

Sun. Oct 20 – Great Back Roads on Cape Cod – 35-50 miles somewhere in the Mashpee, Barnstable, Sandwich, Falmouth area. All abilities welcome. Detailed cue sheets so everyone can go at his own pace. Bike computers/odometers and a cue sheet holder are strongly recommended. Leader intends to do a 16-17 mph average pace but will wait at various intermediate points for everyone to regroup. Call for distance, starting time, and starting place. If the ride is cancelled due to weather, leader will try to run it the following Sunday. Ed Foster 508-0420-7245, erfoster@attbi.com.

Sat. Oct. 26 – Rochester – Scenic Fall ride includes Wareham and Onset area too, featuring rural farms, lakes and ocean views. Intermediate 40 mi. Jim Kilpela 508-295-1361 jmkilpela@attbi.com

Sat. Nov. 2 – Rehoboth Ramble – Ride with the residents of this quiet, rural, historic town with charming farms and quaint villages. Leisurely 20-25 mi. Wayne Taylor 508-252-6995 wtaylor@attbi.com

Sun. Nov. 10 – Foxboro/Mansfield – Gilbert Hills State Forest to Mansfield Airport amazing quiet roads before the snow falls. Leisurely Intermedi-ates on demand 30 mi. Nancy Beach 508-699-0032 nbeach@naisp.net

TUESDAY EVE. CAPE COD BICYCLE RIDES
will continue in September and October. Rides start @ 6 pm/ and vary between 13-18 mi. Contact L. Paul Currier 508-833-2690 pbencur-rier@hotmail.com

Traveling Lt. On the LT continued from p. 8
white tail deer one morning and in the spruce forest on White Stone Mountain saw a black bear some 1000 feet away scurrying up the mountain. Pico Camp nearly terrorized me all night with porcupines chewing underneath the building and mice scurrying about in the moonlight shown through the windows. But the real animal highlight was being able to stand 30 feet from a moose who stayed calm and continued grazing while I took several pictures.

Midway through the trip my water filter failed so I had to use tablets and boil water. Upon reaching the summit of Killington Mountain I had hoped to replenish my water at the summit restaurant but it was closed. Similarly I took the historic LT/AT route past the famous Long Trail Inn and hoped for a nice breakfast but it too was closed.

On the second day of intense showers and wind my rain pants succumbed so that by the last day my boots and all 3 pairs of socks were wet. Nothing would dry in these conditions.

I should have conditioned more for this trip walking and hiking longer distances. It was something of a shock to my system to hike back to back 10-14 mile days. On the first day some skin on the inside of my left foot peeled off requiring daily attention with band aids, moleskin and lots of duct tape. The marathon nature of this trip resulted in the loss of 7 pounds. I should have made more of an effort to put weight before the trip! Traveling alone also was a challenge. Although I was with other hikers the first few days, pretty soon I was alone and was the only one at three of the shelters. One day I saw no one at all. Yes, I did carry a cell phone so I could reassure my wife as to my whereabouts as well as make crucial changes in the re-supply items.

Overall, it was a great trip. I learned a lot about long distance backpacking and picked up many ideas from other hikers. My favorite sections included the White Stone mountain area with its spruce forest of young and old trees and the sun beaming through in many places. Also, a long stretch on the way to Sunrise Shelter featured several miles of meandering flat trail lined with thousands of trout lilies and trillium. I plan to complete the remaining 90 miles of the Long Trail this fall. Pictures, maps, and a log of the trip can be viewed at: home.attbi.com/~dexus/.
Traveling Light Along Vermont’s Long Trail

Story and photos by Dexter Robinson

This past Spring I had an adventure solo backpacking 155 miles of the Long Trail from Williamstown, MA to Lincoln Gap, VT. The trip occurred over 14 consecutive days with one re-supply by my loving wife at a road crossing.

The Long Trail (LT) is Vermont’s 270-mile footpath through the backcountry of the state from the MA/VT state line to the Canadian border. It was built by the Green Mountain Club between 1910 and 1930 and is the oldest long distance hiking trail in the country. It was the inspiration for the Appalachian Trail which coincides with it for 100 miles.

I faced a number of challenges during this trip that included extremes of weather, equipment failure, trail conditions, water shortages, and foot problems. Despite this, I enjoyed the varied terrain, animals, abundance of spring flowers lining the trail as well as meeting other hikers.

The first 30 miles of the trail was across a snow covered landscape climaxed by a trudge through 6 inches of snow on Glastenbury Mountain complete with snow showers and hail. During the first three nights the temperature dropped below freezing. But then it warmed up and became muggy and buggy with mosquitoes competing with black flies to see who could be the most annoying. At the end I saw very little of the Breadloaf Wilderness in central VT since the trail never dropped below 3000 feet and was in the clouds most of the time. All-day rolling thundershower, sustained winds, and poor trail conditions characterized those final two days.

I stayed in 3-sided shelters most of the time but on one occasion I missed my destination - a tent-site area, and soon found myself on the summit of Bromley Mountain with no intention of going back down. However, signs warned of little water in this area. Since the next shelter was too far away, I rationed my remaining water and hiked until I found a slowly moving stream. I camped with my one-person bivy sack in the woods not far from a gravel forest road.

Unknown to me until the next day, on the other side of road, was a large self-priming water pump!

The trail passed through terrain that varied from flat woods that seemed to go on endlessly, to pastures with blossoming and fragrant apple trees, and lots of 3000 foot mountains. Killington Mountain was the first and only 4000 footer I crossed and heralded the more rugged terrain of the last 50 miles. The first 100 miles coincides with the Appalachian Trail and is well maintained and blazed. After that I found the Long Trail to be poorly marked and maintained in some sections. Of course, given the time of year there was lots of mud and water. There were a variety of footbridges along the way ranging from creosote logs to cable suspension bridges. One bridge was washed out and required careful crossing.

Animal life was in abundance. I scared up a

Continued on page 7, column 2.