Chapter Hut Night in Crawford Notch

Join us for our annual “Chapter Hut Night” on Saturday-Sunday, October 21-22 at the AMC’s Highland Center and Shapleigh Bunkhouse in beautiful Crawford Notch, New Hampshire. Enjoy a weekend of hiking and camaraderie! Hikes for all abilities will be offered on Saturday and Sunday. Member rates start with a budget bunk/meal option for only $36.75 and range up to $128. Registration closes September 15th but usually sells out, before 9 pm for complete registration information.

Hike Planning Meetings Note...

If you’d like to participate in SEM hiking committee planning activities, you’re encouraged to attend our Hike Planning Meetings which will now be held at 7:00 PM the first Wednesdays of the months of March, June, September and December at the Unitarian Universalist Church on Main Street in Middleboro (Rte.105). Next meeting is June 7th. Contact Sue Chiavaroli with any questions (hikingchair@amcsem.org).

View from the Chair
By Laura Smeaton

This summer, I encourage you to get outside and join us at an SEM event. We have something for everyone!

The season’s chapter-wide event is the Summer Picnic on Saturday July 15th at the Chapel Meeting House in Foxboro. The chapel has been recently renovated by a group of local citizens and is owned by the Town. Originally built in 1913, the chapel is nestled at the juncture of the Cochasset River Reservation Area and the F. Gilbert Hills State Forest. Please look at the event information in this newsletter and also check out the Chapel’s website at www.chapelmeetinghouse.org.

If you’ve done some local hikes and are interested in finding out what hiking or backpacking in the Whites might be like, check out our Summer Hiking Series. If you are feeling ‘stuck’ in town during the week, come out and join us on a local Wednesday or Thursday evening hike (see the Hiking section for more details).

We also offer a wonderful schedule of peddling and paddling; including both Tuesday and weekend bike rides, and Wednesday and Saturday paddles.

If you aren’t sure whether an activity is what you are looking for just contact the trip leader and ask. Please contact leaders as far in advance as possible, as this helps with their planning and allows them to spend more time addressing your questions.

Finally, National Trails Day is Saturday, June 3. Join us for our seasonal stewardship maintenance on our adopted trail in Myles Standish State Forest. Everyone is welcome to join us…no experience required!

In this issue of the Breeze:

- View from the Chair - Pg. 1 Tanzania trip – Pg. 6
- Summer Picnic - Pg. 2 Hiking - Pg. 7
- Wilderness First Aid - Pg. 2 Cape Hikes - Pg. 9
- Kayaking 101 article - Pg. 3 Bike Rides - Pg. 9
- Mtn. Biking article - Pg. 4 Paddles - Pg. 10
- Hike Reports - Pg. 5

The Southeast Breeze is printed on 100% recycled paper using environmentally friendly ink.

Spring Fling 2006 draws more than 80 participants!

The SEM chapter celebrated Earth Day with the annual Spring Fling at Bourne Community Center.

More than 80 people participated in the full day of activities, including our Spring Fling hike (32 participants) and our Spring Fling bike ride (40 participants).

During the afternoon activities, a bike technician from EMS presented a clinic on bike maintenance and ACA-certified instructors taught paddling safety. Our own experienced SEM volunteer leaders provided a wonderful introduction to 3-season hiking and backpacking in the White Mountains (and beyond!), and participants got a chance to peruse a great EMS gear display and receive goody bags graciously provided by the Hyannis EMS store.

The day’s highlights were the evening potluck and slide and video show by SEM trip leader, Erika Bloom. Erika took us on a virtual tour of her trip climbing Mt. Kilimanjaro as part of the AMC trip she led last January (see article on page 6). Everyone enjoyed learning about the flora and fauna of this region of Africa. The videos of all the animals during the safari were amazing!

2005 AMC Southeastern Mass. Chapter Distinguished Service Award

Congratulations to Pam Carter, winner of the 2005 AMC SEM Distinguished Service Award. Pam has been a volunteer and leader since the chapter was founded in 1976. Pam edited the chapter newsletter for a number of years and led numerous trips, including bicycling, canoeing, and skiing -- often with her late husband, Bud. We are very happy to honor Pam with our chapter’s 2005 Distinguished Service Award!
Bring your appetite to the SEM Chapter Summer Picnic in Foxboro on Saturday, July 15th!

Celebrate summer! Join your fellow SEMers for our annual summer picnic. This is a great event for new members as well as long-timers, with outdoor activities as well as food and socializing!

This year, we’ll explore the area in and around the F. Gilbert Hills State Forest in Foxboro during the morning bike ride and hike (see trip listings).

Then, we’ll join together for an early afternoon picnic lunch and social at the nearby Chapel Meeting House in Foxboro. Hamburgers, veggie burgers, hot dogs and soda will be provided but everyone should also bring something to share (salad, dessert, chips, etc.).

The event is free but registration is required by July 8th. RSVP to Erika Bloom at Erika.bloom@comcast.net (preferred), or call 508-951-1001.

Sign up now for AMC Wilderness First Aid Training next Fall

The SEM Education Committee is offering a great AMC Wilderness First Camp (WFA) training weekend at Camp Lyndon in Sandwich Sept. 30th - Oct 1st.

Both WFA and AMC Liability Training are included in the base fee and CPR training is also available.

The training costs $125.00 for AMC members and $150.00 for non-members. Please pay $25.00 for Saturday night accommodations and an additional $30.00 to also receive CPR training Saturday evening.

Full scholarships are available for authorized SEM leaders. (Co-leaders can apply for reimbursement once Full scholarships are available for authorized SEM members. SEM members are encouraged to submit letters, articles, and communications that might not appear in either the Southeast Breeze newsletter or the AMC Outdoors magazine and quarterly issues of the Southeast Breeze newsletter. The SEM Chapter benefits from every bottle sold through the chapter.

Carpooling will be available for SEM members. Check www.amcsem.org for details.

AMC Membership in a Bottle (MIB) is the perfect gift for a friend, relative, or yourself, if you aren't yet a member.

For just $50.00, you will receive an AMC water bottle, a one-year individual membership, a $10 AMC gift certificate, and an AMC window decal. Your membership also includes 10 issue of the AMC Outdoors magazine and quarterly issues of the Southeast Breeze newsletter.

To receive a MIB, send your Name, Address, City/State/Zip and Phone Number, along with the name and address to which you would like to like the bottle sent, with a check for $50 payable to SEM/AMC, to:

AMC SEM Membership in a Bottle
P.O. Box 120
Wrentham, MA 02093-0120

Save the date…


Come join the Narragansett Chapter in beautiful "Little Rhody" for a fantastic autumn weekend. The Environment Education Center of the Alton Campus of the University of Rhode Island features more than 2300 acres of forests, trails, farmlands, and lakes.

Accommodations range from cabins to tenting facilities. In addition to clubwide meetings and fun coastal activities, look for workshops on Recreational Kayaking and Introduction to GPS and a Newport Cliff Walk & Mansion Tour. Information available at www.amcarrangansett.org.

If you haven’t signed up for the e-mail list yet, just visit www.amcsem.org and enter your e-mail address in the appropriate location.
Kayak Paddles

Chair – Gifford Allen, 508-563-3852
paddlingchair@amc.org

Trip Ratings/Levels

Level 1 – No previous or little kayak experience required
Level 2 – Ability to paddle 6 miles/day in weather conditions for the day, maintain a straight heading without using rudder, and turn using forward and reverse “sweep” strokes
Level 3 – All the above, plus ability to assist in and perform a deep water rescue, paddle 13 miles/day in 10-15 knot winds and 2-3 foot seas, launch and land from a beach in these conditions
Level 4 – All the above, plus ability to paddle 15 miles/day in 20 knot winds and handle open ocean and large swells
Level 5 – All the above, plus ability to paddle 20 miles in 25 knot winds with adverse sea conditions

Wed., Jul. 8. Slocums River, Dartmouth – The Slocums River paddle is considered by many to be one of the finest paddles in the SEM area. We paddle down the river (about 3 miles) to the entrance just west of Moshup Point. From there one can see Cuttyhunk Island across the bay. Level 3. Email Leader for directions to the put-in. L. Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Sat., Jul. 15. Bass River, Yarmouth – We’re paddling south to Nantucket Sound from the put-in at Wilbur Park. Lunch at the beach. This can be a long paddle but not difficult. Lots to see along the way with many side trips available. Will be out longer than usual. Email Leader for directions to the put-in. L. Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Jul. 19. Lewis Bay, Yarmouth – Lewis Bay a/k/a Hyannis Harbor. Great paddle spotting with plenty to do. Have lunch on a sandbar while it disappears. Email Leader for directions to the put-in. Level 2. L. Ed Foster (504-420-7245 Day Before, erfoster@comcast.net)

Sat., Jul. 22. Shoestring Bay, Cotuit – From Shoestring Bay, one can paddle to the causeway to Mashnee Island. where there is a SEM area. We paddle down the river (about 3 miles) to the entrance just west of Mishaum Point. From there one can see Cuttyhunk Island across the bay. Level 3. Email Leader for directions to the put-in. L. Louise Foster (508-420-7245 Day Before, lousiefoster@alumnae.brynmawr.edu)

Wed., Jul. 26. 5 Easy Rivers, Wareham – Paddle Cotuit Bay and area waters. Put in is from Rope Beach, Cotuit. Email Leader for directions to the put-in. Level 2 paddle. L. Bill Fischer (508-420-4137 Day Before, wbhfischer@comcast.net)

Sat., Jul. 29. Monument Beach, Bourne – A great paddle exploring the rivers in the Wareham area. Plenty of beaches and fun for all. Level 2. Email Leader for directions to the put-in. L. Don Savino (508-295-4562 Day before, donsavinio@webrt.net)

Sat., Aug. 5. Barnstable Harbor – This is a level 3 paddle as we plan to leave from the put-in at Grays Beach and paddle out into Cape Cod Bay. There we will run the coast as time and weather permits. Email Leader for directions to the put-in. L. Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Sat., Aug. 9. Duxbury Bay – Depending upon weather and tide, will either explore the back rivers or venture out and towards Plymouth Hts. Level 2. Email Leader for directions to the put-in. L. Ed Foster (504-420-7245 Day Before, erfoster@comcast.net)

Sat., Aug. 13. Bass River, Yarmouth – We’re paddling south to Nantucket Sound from the put-in at Wilbur Park. Lunch at the beach. This can be a long paddle but not difficult. Lots to see along the way with many side trips available. Will be out longer than usual. Email Leader for directions to the put-in. L. Gifford Allen (508-563-3852 Day before, gifallen@verizon.net)

Wed., Aug. 17. Wickford, RI – Will paddle the Wickford area. This is a delightful paddle with much to see and many areas to explore. Estimated total paddling distance under 10 miles. Sheltered areas for level 2 and open waters for level 3, depending on wind conditions. Email Leader for directions to the put-in. L. Don Savino (508-295-4562 Day before, donsavinio@webrt.net)

Wed., Aug. 21. Lewis Bay, Yarmouth – “Kayaking 101” (What you need to know to get started paddling with the SEM…) By Gifford Allen, SEM Paddling Chair

Today, there are many different types of kayaks. They come in all shapes and sizes and are made of everything from recycled plastic bottles to exotic carbon fiber materials. There is a kayak design for every conceivable use. However, for our purpose, we will concentrate on the touring style sea kayak and its equipment. Yes, equipment. Along with the kayak, you will need a paddle, a life preserver or what we call a PFD (personal flotation device), a spray skirt, a paddle float, a pump, sponge, sun screen, a hat, etc.

A typical sea kayak is from 14’ to 19’ long, and from 28’ to 30” wide. Kayaks shorter than 14” and wider than 28” are usually recreational boats and are not well suited for touring. Current Designs, Necky, Dagger and Eddyline, are a few manufacturers that make popular designs in the 14 foot range. These boats are made of a “new” plastic material which is light, quite strong, and is relatively inexpensive (less than $1,000.00). As the size increases, fiberglass, Kevlar and carbon fiber materials are used in the hulls to save weight. An average quality fiberglass kayak, say 16 to 17 feet, will be in the $2,600 range. Karver and carbon fiber construction would add another $500 or so. The old, standard plastic boats are still very popular. They are half the price of fiberglass, rugged, but heavy. Weight can be crucial. If you can’t heft it onto the top of your car, you either need a good friend or you’re not going to be doing much kayaking.

Beyond these basics, it’s important that you select a kayak that fits you well. So try it on before you buy it! I can guarantee that if you get serious about kayaking, the first kayak will not be the last. Hence, select a boat that is in the beginners to intermediate skills abilities. And a little paddling will fine tune the fit.

Let’s talk about paddles. A decent paddle will set you back $100 to $125. A paddle is used for more than just paddling (and digging clams). In conjunction with the paddle float, it is used as an outrigger to stabilize your kayak while you’re climbing back in after a capsise. It is used for “bracing” and other nasty stuff. The point here is to get one that can take the abuse. Paddle size is always a subject of great debate and there are no hard and fast rules. Paddle length is determined by many factors, i.e. paddling style, body height above the water, boat width, and personal preference. For starters, I suggest a paddle length of 215mm to 225mm for a person of 5’7”. And for a person of 6’ a paddle length of 225mm to 235mm. I’ve seen these recommended as the different styles of kayaks. I use a 220mm and a 230mm paddle for touring, and a power blade paddle of 215mm for playing in the surf. You want to buy a touring paddle, which is designed to have a low impact on your body. The blade is narrower conserving your strength for the long haul.

Now for the Personal Flotation Device. It is mandatory that you wear your PFD at all times during AMC paddles. Inflatable PFD’s are not acceptable. Like everything else in kayaking, there are hundreds of different PFD’s to select from. Here are my suggestions. Get one that is brightly colored with reflective stripes. On the water you want to be seen. Get one that fits you when it is fully zipped up and strapped on. It’s a terrible feeling when that PFD slides up and around your face. Forget about pockets, one is enough. All those pockets full of stuff make it impossible to climb back onto and into your boat. The PFD should have plenty of clearance around the arms. Pretend you’re paddling and see if you can MANEUVER. And while you’re trying on your PFD, get a whistle (a loud one) and tie it on.

The spray skirt comes next. That’s the thing that goes around your torso and over the cockpit to keep the water from getting inside. For warm, wearing/using a spray skirt is a scary thing. However, the spray skirt is necessary when in the open ocean or in an area subject to the waves from other boats. I will spend two or three days this summer (when the water gets warm) teaching wet exits. It will become second nature to you. Get a spray skirt that fits your kayak. Too loose, it’s worthless, and too tight means difficulty in exiting. Have them fit a skirt when you buy the boat.
Mountain biking requires skills that are not found in road riding. The pace is a lot slower and more time is spent looking around taking in the beauty of the land and remembering every turn and trail crossed. When I cannot negotiate a hill I change muscle groups and return to a biking mode. An hour of mountain biking can cover more ground than hiking, but offers the same personal rewards. It’s also fun riding with someone else on a woods road…as opposed to cranking alone on paved street with one’s head down trying to maintain an average speed and keeping track of the miles ridden.

Mountain biking increases stamina, eye to hand coordination, and balance as it more demanding than road riding at normal speeds on a skinny tire bike. With any sport there are various levels of participation and difficulty. As the level of technical difficulty increases with more rocks, stumps and roots to maneuver; the level of concentration increases and get higher as steepness and the logs get bigger. This all gets easier with experience and time in the saddle. Various mountain biking groups and EMS here on the Cape offer rides at different levels. Mountain bikes can be rented at most bike shops and some outdoor stores.

The SEM Chapter has perhaps the strongest cycling program within the AMC. But, perhaps due to the misconception that mountain biking is detrimental to the trails, mountain biking has not yet caught on in a big way. However, you should know that New England mountain bikers volunteer many, many hours of trail maintenance in the state parks, local reservations and public lands where they ride.

NEMBA (New England Mountain Bike Association) stresses that mountain bikers should always ride “softly” and with consideration to others on the trails. This includes:

- Dismounting before and carrying your bike over soft spots in the trail
- Staying off the trails entirely on muddy days
- Riding in small groups
- Being careful to stay off trails designated as “hikers only”
- On multi-use trails, when approaching bikers, slowing down and signaling your presence well in advance

To get back to the activity itself, mountain biking is not only fun, but also provides an awareness of the surroundings and the delicate balance between use and that of other land users. Riding provides a mean of getting outdoors and enjoying the environment in which we live and play. There is a responsibility that’s covers the bike, is embedded in the chain and tires after a ride that a rider should not ignore. It cannot be just washed away.

There are a number of places to mountain bike in our area without violating the rights of private land owners and posted property. These include:

- Trail of Tears in Hyannis, - Hyannis
- Bourne/Falmouth
- Wompatuck SF - Hingham
- Blue Hills – Milton & Canton
- Myles Standish SF - Plymouth
- Wrentham SF
- Foxboro SF

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- Wrentham SF
- Foxboro SF
Thu., Jun. 29. Red Line the Blue Hills (C3B) – See May 25 and June 6 listing for description… L Bob Vogel (hike_with_bob.vij@comcast.net), CL Erika Bloom, CL Dick Carnes

Wed., Jul. 5. Ames Lowell State Park, Abington (C4C) – A nice evening park hike through a state with woods, boardwalk, old graves, & cellar holes. L Bill Ruel

Thu., Jul. 6. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description… L Bob Vogel (hike_with_bob.vij@comcast.net), CL Erika Bloom, CL Dick Carnes

Sat., Jul. 8. AT in Western Mass. Series - Day Hike (A3C) – Join us for the next section of the AT in Mass. from Jerusalem Rd. to Goose Pond road. This 9 mile exploratory hike passes over Baldy Mountain (apx. 1900 ft) in the Tyringham area. Register by July 1. Group sized limited to 10. J.R. Dexter Robinson (781-294-5840 7-9:30 pm, dexsue@comcast.net), CL Dick Carnes (rcarnes2@aol.com).

Tues., July 11. Tuesday Morning Blue Hills Conditioning Hikes (B3C) – See June 6th listing for details.

Wed., Jul. 12. Wed. Night Miles Standish State Forest (C4C) – A nice hike around a pond in one of our largest state forests. There will be time for ice cream after! “YUM”! L Bill Ruel (781-589-3321)

Thu., Jul. 13. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description… L Bob Vogel (hike_with_bob.vij@comcast.net), CL Erika Bloom, CL Dick Carnes

Sat, Jul 15. SEM Summer Picnic Hikes, Foxboro (B3C) – Morning Hike in F. Gilbert Hills State Forest, possible Native American artifacts. Finish in time to enjoy the SEM picnic. Reg. Erika Bloom (erika.bloom@comcast.net), 508-951-1001 9pm.

Tues., July 18. Tuesday Morning Blue Hills Conditioning Hikes (B3C) – See June 6th listing for details.

Thu., Jul. 20. Red Line the Blue Hills (C3B) – See May 25 and June 1 listing for description…

Sat., Jul. 22. SUMMER HIKING SERIES 02 - Square Range , NH (B30) – We venture north for beautiful views of Square Lake, as never seen by the boaters (with optional boulder caves and ladders for the daring!), as well as views all the way to Mt. Washington. You will learn why people climb mountains! A practical application of what you will have learned. Open to non-series participants on space available basis. See Aug 19 for hike #3. L Bob Vogel (508-238-7732 7-9PM, hike@bob.vij@comcast.net), L Erika Bloom

Tues., July 25. Tuesday Morning Blue Hills Conditioning Hikes (B3C) – See June 6th listing for details.

Sat, Jul. 29. Galve River/Garfild Loop (A3B) – A long day hike in the White Mountains of NH. We will be crossing several muddy brooks with a steep rough climb to the summit of Mt. Garle. The return will be by the Garlefield Trail. There is a steep pitch with many switchbacks. Not for beginners. L Pauline Jordan (hirae05@aol.com), CL Sue Chiavaroli (brillo6452@yahoo.com)

Tues. Aug. 1 & 8. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Wed., Aug. 9. Wed. Night Hike Massasquat State Park (B3C) – A great hike through woods, ponds, and campground (reserve a night!). See possible -ridle and pudding stone. Good for all levels. L Bill Rui (781-589-3321)

Tues. Aug. 15. Tuesday Morning Blue Hills Conditioning Hikes (B3B) – See June 6th listing for details.

Fri-Sun. Aug. 18-20, White Mountain, NH Triplet – Ridges, views, scrambles, maybe late season blueberries, possibly swimming. Fri: Mt. Jackson, Webster Cliffs (B3B); Sat: Baldface Circular (A3B); Sun: Chocorua via Piper, Hammond or Liberty/BeckLine (B3B). Join us for 1, 2, or all 3. Contact J. if interested in rustic lodging/group meals at local hiking club cabin. L Eva Das (bennadu@gmail.com), CL/R Robin Melavalin (melavalin@mc.com)

Sat., Aug. 19. SUMMER HIKING SERIES 03 – Mt. Lafayette (B3A) – This strenuous hike will take us above treeline in NH, to the highest point outside the Presidential Range, and affords views of Vermont, New York, Maine and Quebec. Open to non-series participants on space available basis. L Bob Vogel (508-238-7732 7-9PM, hike@bob.vij@comcast.net), L Erika Bloom

Tues. Aug. 22 & 29 Thursday Blue Hills Conditioning Hikes (B3H) – See June 6th listing for details.

Wed., Sep. 6. Wampatuck State Park, Hingham (C3C) – Evening hike through woods, ponds, and an old WWII ammo depot. Good for all levels. L Bob Vogel (781-589-3321)

Sat & Sun., Sep. 16-17. SUMMER HIKING SERIES #4 – White Mountains, NH (B3H) – Location TBD, but save the date. L Bob Vogel (508-238-7772 7-9PM, hike_with_bob.vij@comcast.net), L Robin Melavalin (melavalin@mc.com)

Cape Cod Hikes
Chair – Farley Lewis, 508-775-9168 capehikingchair@amcsem.org

Most Cape Hikes are “Show & Go”… For additional information, contact the trip Leader (L) or Co-Leader (CL) or visit http://trips.outdoors.org. (Set Committee to “Cape Hikes.”) 

CONGRATULATIONS!!!

Two ‘old’ folks also received certificates, since they also finished all four hikes in the series. (Dexter Robinson and myself.)

Our hike leaders included Bruce Dunham, Joanne Morgan Percival); Walter Mark (#2 - Pack Monadnock), leaders Eva Borsody Das (#1 - Blue Hills and #3 - Ridges, our trailhead just before noon.

We held a brief ceremony at the trailhead and awarded Certificates to three new graduates of the series: Joanne Meyer, Leslie Carson and Robin Melavalin.

The group met Saturday morning in Crawford Notch and then hiked up to the Naumkeag Tent site and set up camp. We then took a 3.4 mile, out and back, hike to Mt. Jackson, where most summited. (A few chose to wait below treeline and avoid the strong, cold wind, and icy summit cone.)

After returning to camp, preparing and eating supper and getting ready for the morning, we retired to a not-too-cold night. (Maybe just above 0 degrees?) Everyone did OK. In the morning we ate breakfast, packed up and hiked out, arriving back at the trailhead just before noon.

By Bob Vogel

The 2006 SEM Winter Hiking Series concluded successfully with an overnight winter backpacking trip to the Naumkeag Tent site of the Crawford Path in NH.

The group met Saturday morning in Crawford Notch and then hiked up to the Naumkeag Tent site and set up camp. We then took a 3.4 mile, out and back, hike to Mt. Jackson, where most summited. (A few chose to wait below treeline and avoid the strong, cold wind, and icy summit cone.)

After returning to camp, preparing and eating supper and getting ready for the morning, we retired to a not-too-cold night. (Maybe just above 0 degrees?) Everyone did OK. In the morning we ate breakfast, packed up and hiked out, arriving back at the trailhead just before noon.

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Summer Mountain Hiking Series kicks off in Blue Hills on June 24th

If you’ve always wanted to hike in NH, but don’t feel ready to try it on your own, this series is for you. Progressively harder hikes will focus on good hiking skills and proper selection of gear and clothing. This series will give you a chance to meet others looking to expand their hiking horizons. Complete the series and you’ll earn a certificate, suitable for framing.

On June 24th we will start off with a local training hike at the Blue Hills. We’ll get a vigorous workout, while also getting advice on clothing and gear, and safe hiking practices.

On July 22nd we will head to NH to hike in the Squam Range. From these peaks we will have beautiful views of Squam Lake, as well as views all the way to Mt. Washington. You’ll learn firsthand why people enjoy climbing mountains! This hike will provide a practical application of what you will have learned.

On August 18th we will climb Mt. Lafayette. This strenuous NH hike will take us above treeline, to the highest point outside the Presidential Range, and affords views of Vermont, New York, Maine and Quebec. At our feet the beautiful, Pemigewasset Wilderness will stretch out before us.

Sept 16-17. If a one day hike is great, then a two day hike must be twice as nice! Join us on this introductory backpack and spend the weekend hiking, eating, sleeping, eating (we’re big into the eating part!) in the mountains. If you’re an experienced day hiker, this is a great opportunity to try backpacking. Some tents and stoves available. Sleeping bags can be rented if you don’t have one.

Participants in each series hike will get first priority for future hikes. Carpooling from Southeastern Mass. will be arranged for all NH hikes.

For further information, or to register, contact: L: Bob Vogel 508-238-7732 (7-9PM) h Ike with bob v@comcast.net or L: Erika Bloom 508-951-1001 ebloom1@comcast.net

AMC Trips to Tanzania

By Erika Bloom

In January 2006, fellow SEMers Chet Yacek and Nelson and Ryan Hockett-Lotz joined me and 12 other participants for an AMC major excursions trip to Tanzania.

We spent eight days climbing 19,341 foot Mt. Kilimanjaro, which was tough but rewarding. Then we went on safari to the Serengeti National Park and Ngorongoro Crater where we slept in comfortable tents and experienced game drives from safari vehicles during the day. The quantity and diversity of animals amazed us all!

If you too dream of an African adventure, consider signing up for my next AMC major excursion trip to Tanzania, January 26 to February 10, 2007. This will be a walking and driving safari that explores some of Tanzania’s most amazing areas to view wildlife. We’ll experience game drives in the Serengeti National Park, an area that hosts the largest animal migration on earth. We’ll visit Ngorongoro Crater with its amazing concentration of predators and prey. We’ll experience a multi-day walking safari from the Ngorongoro Highlands to Lake Eyasis (with vehicle support). And we’ll visit and hike with local Maasai people and spend a day walking with the Hadzabe tribe in their traditional hunter/gatherer activities.

Accommodations are tented safari camps, which get you even closer to the wildlife and the true African experience. Full camp crew provided – no chores required. Accommodations are suitable for framing.

Hiking/Backpacking Activities

Chair – Sue Chaivariol, 508-252-4146, hikingchair@amcsem.org

**IMPORTANT:** Hikers unsure of their ability should try only one level more difficult than previously completed. No pets without permission of trip leader. Registration required for most trips.

Hiking trips strongly recommended. For additional information or to register, contact the trip Registration leader (R), trip Leader (L) or co-Leader (CL). MCM Chapter trip updates are also available at http://trips.outdoors.org.

**Fees and Registration:**

- **Sarasota Mountains:** Hikes from $30 to $190 (all-inclusive). No pick-up. Approx. cost, all-inclusive:
  - $100 (Boston)
  - $150 (Sarasota)

- **Tandem Mountain Biking:** For information, call Erika Bloom at 508-951-1001 or hike_with_bob_v@comcast.net or L: Erika Bloom 508-951-1001 ebloom1@comcast.net

**Hiking Trips:**

- **Sarasota Mountains**
- **Tandem Mountain Biking**

**Backpacking Activities:**

- **Summer Mountain Hiking Series #1 - Blue Hills (B3B)**
  - A local training hike as part of our NH Mountain Hiking Series.
  - We will get a workout hiking through the Blue Hills, while also explaining the series, giving advice on hiking clothing and gear, and safe hiking practices. If you’ve never wanted to hike in NH, here’s your chance! Sign up for June 22 hike & ride.

**UPCOMING HIKES:**

- **Sarasota Mountains:**
- **Tandem Mountain Biking**

**Backpacking Activities:**

- **Summer Mountain Hiking Series #1 - Blue Hills (B3B)**
  - A local training hike as part of our NH Mountain Hiking Series.
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