



The Southeast Breeze

Quarterly newsletter of the Appalachian Mountain Club, Southeastern Massachusetts Chapter
Fall 2009 — September, October, November



View from the Chair

By Wayne Anderson, Chapter Chair

It's that time again! And, for those who know me, there is an understanding of my limited writing skills and propensity for imagination. I found myself pondering about a topic for this quarterly View from the Chair; there was a break in the weather so I decided to take a run and think of what to say. As I headed out down the power lines hoping for a dry adventure, I found myself dodging puddles. Well, I gave up and simply went through the puddles—actually lakes!—not to mention going through clouds of every flying insect known to mankind as they too were seeking this moment of joy without rain. Oh yeah, did I mention that it seemed to rain a bit in June!

Between all the puddle dodging, I settled on a topic that was brought up during a recent retreat and that I was planning to bring up at our next chapter board meeting: “How to make your chapter more vibrant”. We had been discussing ways to get the membership more involved in club activities as a participant in our many activities or explore the many volunteer opportunities. As I swatted the umpteenth bug while portaging the next crossing, I realized we have opportunities to satisfy a wide range of activities and groups. Although I was not able to make many hikes this spring, I did witness a great turnout at our Spring Bash which offered hiking, biking, and paddling events; the Myles Standish trails day saw about 35 hardy folks and our first Grandparent/Parent child hike was attended by 26 hikers, 14 of which were children ranging in age from 18 months to 15 years old. A very successful Whale Watch trip witnessed a full crowd.

Back to the question of how to make our chapter more vibrant—it is YOU. We have many leaders and volunteers hosting activities; but we also need you to participate and provide feedback on activities you want. I am reaching out to all of you and asking you what you want to see, and what we can do differently.

So, if you have some ideas, I want to hear them! Email me, Wayne, at: chair@amcsem.org. I know our activity chairs also want to hear from you. So, look on page 2 of this Breeze and get their names and email addresses and let them know what you think. Do you want more hikes? Easier hikes? Harder hikes? Longer hikes? Closer hikes? The same for bikes, paddles, and skiing — let the activity chairs know what you want. Do you have good ideas for trails or conservation? Let's hear them!

This is your chapter. Get involved. And help make it what you want!

I am off to putting the finishing touches on the ark. Hope you have a great fall!





Fall 2009 Events Calendar

SEM Board Meetings (7:00 pm)

Sep 09	UU Church, Main St, Middleboro
Oct 14	Bourne Community Center
Nov 11	UU Church, Main St, Middleboro
Dec 09	Executive Board Holiday Meeting

Hike Planning Meetings (7:00 pm)

Sep 02	UU Church, Main St, Middleboro
Dec 02	UU Church, Main St, Middleboro

SEM Short Notice E-Mail Trip List — Find out about late-breaking chapter activities not appearing in the *Breeze*, the *amc outdoors*, or the online trip listings. Visit www.amcsem.org to sign up.

Where can I find AMC SEM activities?

1. *Breeze* (arrives in your mailbox, or electronically)
2. *amc outdoors* magazine (arrives in your mailbox)
3. Online trip listings: trips.outdoors.org
4. SEM short notice email list: www.amcsem.org

WINTER BREEZE DEADLINES (covers Dec, Jan, Feb)

Oct. 7 trip listings
Oct. 15 articles, pictures

WANT EVEN MORE BREEZE?

Find more articles and pictures in the electronic version of the *Breeze*!!!

AMC ACTIVITY PARTICIPATION POLICY

AMC encourages involvement in its mission and activities through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.

Some AMC programs are designed for a certain age range of members or for a special activity or topic. However, any person who meets the minimum qualifications (age, skills, experience, fitness) established by the trip leader(s) for an activity is eligible to attend, if space is available. Individuals under 18 must be accompanied by a responsible adult.

All participants in AMC activities are required to sign the AMC waiver form provided by the leader. You may preview this waiver form on the chapter website at

www.amcsem.org/pdf/Volunteer_release_memo.pdf.

Appalachian Mountain Club Southeastern Massachusetts Chapter

The chapter includes ~3,500 members throughout Barnstable, Bristol, Dukes, Nantucket, and Plymouth counties of Massachusetts.

2009 EXECUTIVE BOARD & VICE CHAIRS

Chapter Chair	Wayne Anderson, chair@amcsem.org 508-697-5289
Vice Chapter Chair	Claire Goode, vicechair@amcsem.org 508-759-7362
Past Chapter Chair	Mike Woessner, pastchapterchair@amcsem.org 508-577-4879
Treasurer	Leslie Carson, treasurer@amcsem.org 508-833-8237
Secretary	Susan Salmon, secretary@amcsem.org 508-285-2440
Biking	Joe Tavilla, bikingchair@amcsem.org 508-428-6887
Canoe/Kayak	Bill Fischer, paddlingchair@amcsem.org 508-420-4137
Cape Hiking	John Gould, capehikingchair@amcsem.org 508-540-5779
Cape Hiking (Vice)	Pat Sarantis, capehikingvicechair@amcsem.org 508-430-9965
Communications	Cheryl Lathrop, communicationschair@amcsem.org 508-668-4698
Conservation	Fred Yost, conservationchair@amcsem.org 508-699-9305
Conservation (Vice)	Joanne M. Jarzowski, 508-212-4427 conservationvicechair@amcsem.org
Education	Hagit Moverman, education@amcsem.org 508-238-9264
Hiking	Jim Plouffe, hikingchair@amcsem.org , 508-562-0051
Hiking (Vice Chair)	Chris Pellegrini, hikingvicechair@amcsem.org 508-406-5319
Membership	Len Ulbricht, membershipchair@amcsem.org 508-359-2250
Skiing	Barbara Hathaway, xcskchair@amcsem.org 508-880-7266
Skiing (Vice Chair)	Farley Lewis, farley@comcast.net , 508-775-9168
Trails	Bill Ruel, trailschair@amcsem.org , 508-838-3841
Trails (co-Chair)	Kevin Mulligan
Webmaster	Scott Haigh, webmaster@amcsem.org , 617-510-7400
Asso. Webmaster	Susanne Piche

The Southeast Breeze, the newsletter of the Southeastern Massachusetts Chapter (SEM) of the Appalachian Mountain Club (AMC), is published 4 times a year as a service to the chapter's members. SEM members are encouraged to submit letters, articles, photos, and artwork; materials for publication (space permitting) cannot be returned unless accompanied by SASE. Please mail to: Cheryl Lathrop, 17 Robert St., Walpole, MA 02081. Digital submissions are preferred: communicationschair@amcsem.org. Articles will be edited for length, typographical errors, and clarity.

Editor: Cheryl Lathrop **Asst. Editor: Ann McSweeney**

HAVE YOU MOVED? Please send your change of address to: AMC, 5 Joy St. Boston, MA 02108. Or access the **Member Center** at www.outdoors.org/membercenter.

NON-SEM AMC MEMBERS: Want the quarterly *Southeast Breeze* newsletter? Send a \$10 check made out to "AMC SEM" to: Leslie Carson, ATT: Non-Member Breeze Subscription, 64 Mill Road, East Sandwich, MA 02537. Please provide your mailing address if it's not on the check.

VOLUNTEER POSITIONS ARE OPEN! Contact chair@amcsem.org

AMC FALL GATHERING



Explore the beautiful Berkshires during peak foliage season!

- ▶ Enjoy great hikes, bike rides, and paddles
- ▶ Climb cliffs, climbing walls, ropes courses
- ▶ Visit Noble View Outdoor Center
- ▶ Bring the kids! Family activities
- ▶ Contra dance, socials and campfires, music, new friends

...and much more, with your host, the Berkshire Chapter

Becket-Chimney Corners • Becket, Massachusetts • October 16-18, 2009

Everyone is Welcome! Register Now!

Visit www.amcberkshire.org/gathering • amcfg2009@gmail.com
Or call Christine Fogarty at 978.857.7078

SEM ANNUAL

Winter Hiking Workshop

November 7, 2009

1-5:00pm Sandwich, MA

Attention 3 season hikers!

This year's Winter Hiking Workshop is geared to extend your hiking into winter. Topics include snowshoes, boots, clothing, equipment, day hiking, and overnight backpacking. This is the kick-off event to our annual Winter Hiking Series! The hiking committee will be offering a series of hikes and an overnight backpack to acquaint the 3-season hiker with the pleasures of winter hiking. Please register with Mike Woessner (Stridermw@hotmail.com) 508-577-4879. Space is limited so sign up early!



AMC SEM 2009

Chapter Hut Weekend

September 17- 20, 2009

Come spend a loooong weekend at the beautiful **Cold River Camp** in Evans Notch, New Hampshire.

Following last year's wild success, we'll be spending another great weekend hiking, biking, and paddling. The cost, per person, per night, is \$60 — includes meals, a comfortable cabin with a fireplace, and a wine & cheese reception.

Registration is now open. Word of mouth has made this year's CHW look more popular than ever, so register early to guarantee a spot. Registration deadline: August 31, refundable in full until August 31, 2009.

You may register securely online (www.amcsem.org) or by mail (2009 Chapter Hut Weekend, Leslie Carson, 64 Mill Road, East Sandwich, MA 02537)

LET'S SECTION-HIKE THE "NORTH-SOUTH TRAIL" !

The 77 mile North-South Trail runs along the western border of Rhode Island. SEM Hike Leader Fred Wason has planned a series of day hikes to section-hike this trail over the upcoming year. Visit his hiking web site to learn more about the beautiful North-South Trail, and to sign up for the hikes: mysite.verizon.net/fmwason.

Where do you want to go hiking?

Want to hike somewhere specific? We take requests for hikes! Contact us: HikingChair@amcsem.org

TRAILS & TRACKS
by Kevin Mulligan (Co-Chair Trails)

Did you know that SEM chapter members contributed collectively over 500 hours this year helping to keep trails clear, open, and a joy to hike on? Did you also know that SEM chapter plays an integral role in maintaining one of the most popular trails in the White mountains (Lonesome Lake) as its very own adopted trail? Did you also know that over 60 members represented our chapter at Myles Standish on National Trails Day? Chapter members Ken Jones, Dexter Robinson, Lou Sikorski, Bill Ruel, and Bob Vogel are also key leaders with trail work groups in Blue Hills, Myles Standish, and Borderland.

Under the guidance of these experienced members, new members are joining on a regular basis and are learning to build wooden and rock water bars, stone stairs and stone walls, as well as clearing brush. The satisfaction is clear when hikers all stop to thank each and every person for their efforts, and it is something we can each pat ourselves on the back for whenever we hike through New England. (Please see the electronic Breeze for all the trail work pictures!) See our members hard at work here ----->

2009 AMC SEM ANNUAL MEETING

Saturday, November 7, 2009

Dan'I Webster Inn & Spa, 149 Main Street, Sandwich, MA 508-888-3622

Agenda:

- | | |
|----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:00 – 6:00 pm | Happy Hour (cash bar open throughout the evening) |
| 6:00 – 6:30 pm | Business Meeting (including election of 2010 Executive Board) |
| 6:30 – 7:30 pm | Buffet Dinner (including chicken, pasta, and fish) |
| 7:30 – 7:45 pm | Awards |
| 7:45 – 8:00 pm | Break |
| 8:00 – 8:45 pm | Guest Speaker: Beth Schwarzman is a geologist, and author of <i>The Nature of Cape Cod</i> , who is always looking for the interactions among geology, natural history, and human history. She is an interesting and dynamic speaker and will discuss the geology of Southeastern Massachusetts and its relationship with our area's natural history. |

Reminder: The AMC SEM's Annual [Winter Workshop](#) will be held November 7 from 1:00 to 5:00 p.m. at the Lakewood Hills Club House in Sandwich, MA. Please contact Mike Woessner at Stridermw@hotmail.com or 508-577-4879 to register for this free workshop.

To register go to www.amcsem.org for secure online registration using our PayPal account OR mail your check (payable to AMC SEM) with the Registration Form below.

✂*****

AMC Southeast Massachusetts Chapter Annual Meeting Registration Form

Name(s) of attendees: _____

Phone or Email Contact Info: _____

\$20.00/per person for registrations received on or before Saturday, October 17th
\$30.00/per person for registrations received after Saturday, October 17th

If registering by mail, please send this completed form, along with appropriate payment, to: AMC SEM, c/o Leslie Carson, 64 Mill Road, Sandwich, MA 02537.

Deadline to Register is Wednesday, October 28th.



TRAIL WORK by SEM MEMBERS

2000 MILE CLUB BIKE MILEAGE 6/30/09

Leo Leonardi	3053
Louis Outor ¹	2690
Gianluca Marchi	2394
Gerard Nelson	2372
Glenn Mathieu	1783
Larry Cohen	1722
Joe Tavilla	1621
Pam Patrick	1459
Daniel Egan	1452
Steven Knigge	1318
Jack Jacobsen	1206
Lee Eckhart	1200
Bob Kennedy	1105
Fred Chase	1052
Ted Rowan	992
Roger Scholl	991
Wil Mason	944
John Sullivan	913
Paul Currier	904
Lawton Gaines	849
John Fortier	739
Joan Norse	705
Linda Church	622
Karen MacPherson ²	562
Susan O'Connor	466

¹ Claims to have been hit on the back of the helmet by a trucker with a 2x4 (or it would have been more).

² Car-door'ed on the cape causing a broken hand (or it would have been more).

The AMC SEM 2000 Mile Club is compiled quarterly by Dan Egan. For further information, or to join the 2000 Mile Club, contact Dan danielfrancisegan@hotmail.com



**Wilderness
First Aid Course**



September 12-13, 2009
Borderland State Park, Easton, MA

This 2-day training course (8:30am-5:00pm) is designed for trip leaders and outdoor enthusiasts. No previous experience necessary! Topics: patient assessment, musculoskeletal and soft tissue injuries, environmental emergencies and survival skills, critical care, splinting. To register, please contact Hagit Moverman: dmoverman@comcast.net, 508-510-9361.

HIKING LEADERSHIP OPPORTUNITIES

Do you like hiking? Do you have the initiative to lead? Then you might be the perfect person to become the newest Hiking Leader for the SE Mass Chapter!

Contact us: HikingChair@amcsem.org.

**SEM AMC Slate of Officers for 2010
to be voted upon at the Annual Meeting:**

Chair:	Wayne Anderson
Vice-Chair:	Claire Goode
Treasurer:	Leslie Carson
Membership:	Len Ulbricht
Secretary:	Susan Franconi-Salmon
Communications:	Cheryl Lathrop
Conservation:	Joanne Jarzobski
Education:	Hagit Moverman
Hiking:	Jim Plouffe
Cape Hikes:	Pat Sarantis
Paddling:	Bill Fischer
Trails:	Kevin Mulligan
Cycling:	Joe Tavilla
XC-Skiing:	Barbara Hathaway



RED LINE the BLUE HILLS

Bob Vogel just became the 9th person to hike every trail in the Blue Hills and red-line his map! (Bob created the very successful, and long-running, RLBH Thursday evening hiking series in 2006.)

See the RLBH website and list of finishers at www.amcsem.org/RLBHWS/index.htm.



NEW HIKING LEADER PROFILE: WALT GRANDA

Q: When did you join the AMC?

I received a gift membership in 1997. For a number of years, I wasn't very active due to work and family commitments. In August 2006, I retired and had time to enjoy hiking, biking, and kayaking. With more free time, it was easier to plan hiking trips with the AMC.

Q: Why do you hike?

I grew up just 18 mi from NY City. Hiking never interested my friends and me. When I moved to Maine in 1974, I experienced my first hike. After that I was hooked. I like the challenge of hiking a new trail and enjoying the views on the trail and on the summit.

Q: What is your hiking and outdoor experience?

Besides hiking in NH and ME, I also hiked in VT, NY, NJ, CT, MT, WY, and Canada. I participated in two AMC trips—the Alpine Wildflower Hut-to-Hut Hike and the 50+ Adventure Camp—and had a great time and learned so much on these trips that I consistently encourage other people to sign up for them.

Q: Why did you want to become an AMC hike leader?

The AMC leaders I met have always been enthusiastic, knowledgeable, and excited about organizing and leading trips. This inspired me to take leadership and wilderness first aid training. I hope to expose other hikers to some of the great trails that I have hiked.

Q: Do you have a favorite hike or favorite hiking story?

My favorite hiking story is a lesson on what not to do. When I lived in Maine, I took a group of scouts and their dads to Pleasant Mountain. All of the dads and boys had never hiked, so the 3.5 mi hike seemed like a good choice. I hiked it a couple of times with my son so that we would be well prepared for this new adventure. When we got to the summit, there was another trail down with the marker "Alpine Slide". Needless to say, the boys were quite excited about adding that adventure to our day's fun and wanted to take that trail. At first, I said "No," but their enthusiasm wore me down. It certainly wasn't a good choice! Halfway down, the trail split and we had no trail marker or trail map. Guess what? We ended up on the other side of the mountain far from the cars and the Alpine Slide. The 3.5 mile hike turned out to be 10 miles and an adventure we all will remember.

Q: What is the one hiking adventure you dream of?

When I was working I always talked about quitting my job and hiking the AT. Since I retired, it doesn't seem like a priority anymore, but I would still like to section hike it. Other trips that are high up on my list are hiking the Swiss Alps and the Dolomites in Italy.

INTRODUCTION TO BACKPACKING

On May 16, we attended SEM's full-day "Introduction to Backpacking" workshop — half classroom instruction and half practical instruction. Experienced backpackers and leaders Fred Wason, Dexter Robinson, and Leslie Carson designed the course, prepared the handouts, and taught the class. The leaders then took us on two backpacks of increasing length and difficulty in the summer (with a 3rd planned for the fall). We're real backpackers now! See the electronic Breeze for a very entertaining account of Beginner Backpack #2 !



A ROOMFUL OF EAGER LEARNERS AT THE CHAPEL MEETING HOUSE in FOXBORO



OFF TO THE WOODS TO LEARN HOW TO SET UP A TENT AND COOK A MEAL!

Adirondack Mountain Club Winter Mountaineering School 2009

By Mike Woessner

From January 31 until February 6, Mike Woessner participated in the ADK's Winter Mountaineering School. Below is a brief account of his experience during the 4-day backpack.

I wake up to the sound of tent zippers opening. It's still dark when one of my teammates yells "6:00! Time to get up!" I hear the snow squeak as he walks by the tent. I sit up in my -20° down bag and reach for my headlamp.

I put on a fleece jacket over my dri-wick long-sleeve t-shirt. Next I don a balaclava, fleece hat, and glove liners. Over my tights I slip into hiking pants. Next come the socks. I can see my breath flow through the beam of my headlamp as I take off the Smart Wool socks I wore to bed and put on my liner socks, my vapor barrier (VB) socks, and then my outer socks. I lace up my boot liners, open the tent, and drop my legs down into a pit I have dug to make this part easier. It gives me a ledge to sit on for putting on my plastic mountaineering boots and winter gaiters. As I step from the tent, I throw on a down parka and check the temp on my altimeter: 4°F .

My teammates have boiled water and we have a breakfast of oatmeal, dried fruit, cocoa, and coffee. We are off to climb Big Slide Mt. (4240') The day is clear and not too cold. As we hike along in our snowshoes, we begin to snack right away. We hike in a rotating pattern. The lead person takes 30 steps then steps to the side of the trail. Even in snowshoes stepping off the trail can be tricky as the snow is three to four feet deep. After the lead steps aside, he or she joins the group at the end of the line. This gives everyone an intermittent break as we hike along.

Besides our food, and our own gear, we each take a piece of the group gear: emergency shelter tube tent, gas stove/fuel, thermos, -20° sleeping bag, and ground pad. These items are essential should anyone become injured. On the summit we will be more than 6 miles from base camp. No one wants to spend the night in the woods, but we're prepared for just that. The day is clear and we're all in a good mood. Soon we remove layers and open the side zips on our pants to cool down. The problem with winter hiking is keeping cool, not warm. If you're too warm, you sweat. If you sweat, you get wet. If you're wet, you'll get cold and you won't be able to get warm.

As we summit Big Slide, the trail turns very steep and we have to switch from trekking poles to ice axes. Then we head south to Mt. Yard. The going is slow. The trail is covered with spruce trees that are ready to dump their snow loads on us. It is all downhill from the next summit. Some parts are so steep that we can ski (glissade) on our snow shoes. Back at base camp everyone is busy boiling water. It's 4:30 and already dark. Dinner is Beef Stroganoff, freeze-dried with extra butter (fat!) to keep us warm. After dinner we boil more water to fill our water bottles and put them in our sleeping bags to keep them from freezing.

You'd think with a -20° bag we would be warm all night. The bag keeps in heat, it doesn't make it! We need fuel to keep the fires burning. We keep on eating: hot chocolate, tea, beef jerky, and candy bars. I feel like I belong to an eating club with a hiking disorder!

On our last day, we hike out fast to get to cheeseburgers, fresh coffee, and pie. We exchange e-mails and head home with all of us agreeing that this was a great trip and a real confidence builder.

(Please see the electronic Breeze for Mike's full trip diary — and see what winter adventures he experienced each day!)



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CHAPTER ACTIVITIES

HIKING / BACKPACKING

Chair—Jim Plouffe, 508-562-0051,
hikingchair@amcsem.org

Vice Chair—Chris Pellegrini, 508-406-5319,
hikingvicechair@amcsem.org

IMPORTANT: Hikers unsure of their ability should try only 1 level more difficult than previously completed. No pets without permission of trip Leader. Registration required for most trips. Hiking boots strongly recommended. For additional info or to register, contact the trip Registrar (R), Leader (L) or co-Leader (CL). Trip updates available at trips.outdoors.org. Sign up for the SEM Short Notice E-Mail Trip List at www.amcsem.org.

Miles	Pace (mph)	Terrain
AA = 13+	1 = very fast (2.5)	A = v. stren.
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Tuesdays

Sep. 29 -- Nov. 24

Tuesday Morning Blue Hills Hikes

(B2B). Great exercise hiking steep rocky hills; moderately fast pace. 7 AM start. Hiking boots req'd. L/R Erika Bloom (508-951-1001, erika.bloom@comcast.net)

Thu., Sep. 3. Blue Hills-Skyline Trail (B3B). Meet at 10:00 a.m. in the Houghton's Pond Parking lot. Will be doing a section of the Skyline Trail. Equipment req'd: hiking boots, rain gear, water, & snacks. L Walt Granda (wigranda@aol.com), CL Sui-wen Yang (781-784-9241 6-9:00 pm, linsuiwen@verizon.com)

Thu., Sep. 3. Red Line the Blue Hills (C3C). Our 4th year! Join us on Thurs. evenings after work (~6-8:00pm) as we continue our project of trying to hike every trail in the Blue Hills Reservation (Metro Boston). We'll "red line" our maps as we go. One-time registration, then it's show-and-go. Locations/times vary each week. L Cheryl Lathrop, L Joe Keogh, R Linda Glynn (508-496-4009, lg1710@110.net)

Thu., Sep. 10. Red Line the Blue Hills (C3C). See 9/3.

Thu., Sep. 10. North Hill Marsh Wildlife Sanctuary (C3C). Delightful hike around pond, former cranberry bogs & upland habitat. L Walter Granda (wigranda@aol.com), CL/R

Sally Delisa (781-834-6851 before 9 p.m., delisasally@yahoo.com)

Sun., Sep. 13. Wareham, Lyman Reserve / Red Brook (C4C). Short scenic hike thru forest & along trout brook & ocean. Bring lunch. Meet 9:45 for 10am start. L Claire Goode (508-759-7362 6 to 9 pm, ctgoode@comcast.net), R Claire Goode (508-759-7362 6 to 9 pm, ctgoode@comcast.net)

Thu. Sep. 17. Red Line Blue Hills (C3C). See 9/3.

Thu. Sep. 17-20 SEM Chapter Hut Night

Join us for our annual Chapter Hut Night. Returning to Cold River Camp, we have extended CHN to three nights due to last years success. You can't beat the location, activities & the price. \$60/night includes a cabin, meals & fun. Open to all, but preference will be given to SEM members if space becomes limited. L Jim Plouffe, L Wayne Anderson (508-697-5289, chair@amcsem.org), L/R James Plouffe (508-586-1394, hikingchair@amcsem.org)

Fri., Sep. 18. Old Speck-Chapter Hut Hike (B3A). Hike planned as one of the chapter hut activities at the Cold River Camp sponsored by the SEM Chapter. L/R Walt Granda (wigranda@aol.com), CL Len Ulbricht (lenulbricht@comcast.net).

Sat., Sep. 19. Baldface Mountains (A3B). Trail makes a loop over N & S Baldface mtns. with about 4 mi. of open/semi-open ledge providing great views. CL Chris Pellegrini, L/R Leslie Carson (508-833-8237, lrcarson929@comcast.net)

Thu., Sep. 24. Wapack Trail Section #1 (B3B). Great fall hike near the Ma/NH border. Join us for a series of 3 hikes starting at Mt. Watatic. L/R Walter Granda, CL Len Ulbricht (lenulbricht@comcast.net), CL George Sousa (jvbgds@verizon.net)

Thu., Sep. 24. Red Line the Blue Hills (C3C). See 9/3.

Sat., Sep. 26. Fall Series #1 Blue Hills, Skyline End to End (A3B). Great way to start the fall hiking season. Shea Rink to Royal St. Day long hike, not for beginners. L/R Walt Granda (508-999-6038 before 9 pm, wigranda@aol.com), L Chris & Bill Pellegrini, CL Joe Keogh, CL Len Ulbricht

Wed., Sep. 30. Borderland Evening Full Moon Hike (C3D night). Enjoy the quiet woods & fields on a winter night under the full moon.

Winter boots & flashlight req'd. [6-8:00pm]. L Cheryl Lathrop, L Dick Carnes, L Bob Vogel, R Hikingchair@amcsem.org.

Thu., Oct. 1. Red Line the Blue Hills (C3C). See 9/3.

Thu., Oct. 1. Borderland State Park Hike (C3C). 10:00AM 6 mi. hike over a variety of trails. Wear sturdy footwear & bring food & water. L Claire Braye (508-857-0320, cbraye57@comcast.net)

Fri., Oct. 2-4. Beginner Backpack #3 (AA3B). This 3-day backpack will complete last 19 mile section of MSGT. Limit 10. L/R Dexter Robinson (781-294-8840 7-9 pm, dexsue@comcast.net), L Leslie Carson (508-833-8237, lrcarson929@comcast.net).

Thu., Oct. 8. Red Line the Blue Hills (C3C). See 9/3.

Thu., Oct. 8. Blue Hills Quarries, Quincy MA, (B3C). 6 mi Quarries & Skyline, ledges. Rain cancels. Contact us for meeting location & time. L Ellie MacPherson (508-224-6465, elliemacp@comcast.net)

Sat., Oct. 10. Tully Trail & Apple Picking Hike (B4C). Annual Fall Tully Trail Hike. Loop hike over Tully Mountain & return to beautiful Tully Lake. Apple picking follows hike! CL Bill Pellegrini, L/R Christine Pellegrini (Norton, MA 02766, 508-406-5319 6-9 pm, chrispellegrini@yahoo.com)

Thu., Oct. 15. Northfield Mountain (B3B). 10 AM hike at Northfield Mountain. Meet at visitors center 99 Millers Falls Rd. Northfield. Water, lunch, snack & rain gear req'd. Hike 6-7 mi & visit Barton Cove after the hike. Rain cancels. L Walt Granda (508-999-6038 before 9 pm, wigranda@aol.com)

Thu., Oct. 15. Red Line the Blue Hills (C3C). See 9/3.

Thu., Oct. 22. Hike Gilbert Hills State Forest, Foxboro, MA. (B3C). 10 a.m. Lakeview Pavilion, Foxboro, MA. Directions: 95 exit 7B. After rotary, 140N to Lakeview Rd. on left. .3 mi. on right. Boots, water, snacks & lunch. 7 mile loop hike. L Joanne Staniscia (5085286799 7-9 pm, joannes1@localnet.com)

Sat., Oct. 24. Hancock Loop (A3B). Summit Mt. & S. Hancock. Trail is steep & rough, but well trodden with 5 brook crossings. CL George Sousa, L/R Leslie Carson (508-833-8237 6-9 PM, lrcarson929@comcast.net)

Thu., Oct. 29. Cliff Walk/Belleuve Ave, Newport, RI (B3D). Meet 10AM facing Cliff Walk on Narragansett Ave. 3.5 mi. each way. 2/3 paved, 1/3 rocky. Optional return by Belleuve Ave. to complete loop. Sturdy walking shoes, water, snack. Lunch on walk or local restaurant. Call leader for carpool info. L Barbara Hathaway (508-880-7266 by 10PM, barb224@tmlp.com)

Thu., Oct. 29. Red Line the Blue Hills (C3C). See 9/3.

Mon., Nov. 2. Borderland Evening Full Moon Hike (C3D night). Enjoy the quiet woods & fields on a winter night under the full moon. Winter boots & flashlight req'd. 6-8:00pm. L Cheryl Lathrop, L Dick Carnes, L Bob Vogel, R Hikingchair@amcsem.org.

Thu., Nov. 5. Wapack Trail Section #2 (B3B). Great fall hike near the MA/NH border. Hike section #2 of the Wapack Trail. L/R Walter Granda (wlgranda@aol.com), CL Len Ulbricht (lenulbricht@verizon.net), CL George Sousa (jvbgds@verizon.net).

Sat., Nov. 7. Winter Hiking Workshop — geared to extend your hiking into winter! Learn boots, clothing, day hiking & overnight equipment. L/R Mike Woessner (508-577-4879, stridermw@hotmail.com).

Thu., Nov. 12. Destruction Brook Woods (B3C). 5-6 mi hike on DNRT property. Meet at 10AM at the Slades Corner parking lot. Bring lunch/snacks, water & rain jacket. Heavy rain cancels. L Walt Granda (508-999-6038 before 9 am, wlgranda@aol.com)

Sat., Nov. 14. Fall Series Hike #4, Mt. Cardigan (B3B). Ascend wind-swept rock dome of "Old Baldy" & Firescrew. Circuit hike offering 360° views & open ridge. L Walt Granda (wlgranda@aol.com), R/CL George Sousa (jvbgds@verizon.net)

Thu., Nov. 19. West Hill Dam - Uxbridge (C3D). Army Corp property. 10 am start. Heavy rain cancels. Take 495 exit 18 west. Follow Hartford Ave. 5.6 mi. Left onto Rt. 16 for 1 mile, right onto Hartford Ave West for 1.8 mi. Right into parking area. L Len Ulbricht (508-359-2250 before 9 pm, lenulbricht@comcast.net)

Tue., Dec. 1. Borderland Evening Full Moon Hike (C3D night). Enjoy the quiet woods & fields on a winter night under the full moon. Winter boots & flashlight req'd. 6-8:00pm. L Cheryl Lathrop, L Dick Carnes, L Bob Vogel, R Hikingchair@amcsem.org.

CAPE COD HIKES

Chair: John Gould, 508-540-5779,
capehikingchair@amcsem.org.

Vice Chair: Pat Sarantis, 508-430-9965,
capehikingvicechair@amcsem.org.

Most Cape Hikes are "Show & Go." For additional info, contact trip Leader/Co-Leader (L/CL) or visit trips.outdoors.org. (Set Committee to "Cape Hikes.")

Miles	Pace (mph)	Terrain Type
AA = 13+	1 = v. fast (2.5)	A = v. strenuous
A = 9 - 13	2 = fast (2)	B = strenuous
B = 5 - 8	3 = moderate	C = average
C = <5	4 = leisurely	D = easy

Thu., Sep. 17. Brewster, Nickerson State Park (C3C). First hike of season. Picnic following, bring lunch and/or something to share. Meet 9:45. From Nickerson State Pk main entrance, first L on Flax Pond Rd. 0.7 to Flax Pond Beach Pkg area on right. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Sat., Sep. 19. Falmouth, Coonamessett Farm & Cranberry Bogs (C3C). An easy hike through the woods at Coonamessett Pond. From Mashpee Rotary, Rt. 151 west. Turn left onto Sandwich Rd. Go 1.6 mi to right on Hatchville Rd. 1/2 mile to dirt parking on left. Meet 9:45. Two hrs. L Joanne Jarzobski (508-212-4427 4-7 PM, joannejarzobski@yahoo.com)

Sun., Sep. 20. Yarmouth Three Ponds (C3C). Walk through woods to three ponds with some history of Sandy Pond Club. From RT28 turn north on West Yarmouth Rd. Go thru lights at Buck Island Rd. Park on side of Rd near Cranberry Bog. Meet at 12:45PM. L David Selfe (508-771-0620 4PM to 8PM, kdselfe@comcast.net)

Thu., Sep. 24. Chatham - National Wildlife Refuge Center Monomoy (C3C). Meet at National Wildlife Refuge Center on Morris Island at 9:45 am. Hike to Stage Harbor opening & return. 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Sep. 26. Barnstable, Sandy Neck Interior (A3B). Hike the marsh trail return through the interior via the horse trail. Meet 9:45 at the gatehouse. From Rte. 6 exit 3 north to Rte.6A south to Sandy Neck Rd. left. 13 mi. 5 hrs. bring lunch. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com), CL Joanne Jarzobski (joannejarzobski@yahoo.com)

Sun., Sep. 27. Mashpee, Mashpee River Woodlands, West (C4C). Spectacular water

view from high point, foot paths & cartways through pine & oak woods. A couple of hills. See web listing for driving directions. Meet 12:45. 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 1. Brewster, Punkhorn Parklands (C3C). Hilly trails Upper Mill, Walker Ponds. Exit 9B Rte 6, 2.0 mi. R on Satucket, slight Right Stony Brook Rd. 0.3 mi R on Run Hill. 1.3 mi to park on left. 2 hrs. Meet 9:45 a.m. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sat., Oct. 3. Mashpee South Cape Beach (C3C). Flat hike through woods for 2 mi, then 2 mi on sandy peninsula. From Mashpee rotary, take Great Neck Rd.S 2.7 mi, left on Great Oak Rd. Follow to town beach pkg. Meet at 9:45. 2 hrs. L Gary Miller (508-540-1857, Garymaxx@verizon.net)

Sun., Oct. 4. Bourne, Four Ponds (C4C). 2 hour forest hike with fall colors. Meet at 12:45 for 1:00 pm departure. From Bourne Bridge, take Route 28 South for 3.3 mi to Barlows Landing Rd, follow for 3/4 mile to dirt parking lot on right. L Claire Goode (508-759-7362, ctgoode@comcast.net)

Thu., Oct. 8. Harwich-Island Pond/Hacker Conservation Area (C3C). Hike on bike trail, wooded trails. Meet 9:45. From Rte 124 head W on Headwaters Rd just N of the Rts 6 & 124 exchange. Park 0.4 mi. at the bike trail lot on the L. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Oct. 15. Eastham-Visitors Center to Coast Guard Beach (C3C). Scenic walk at National Seashore; views of Nauset Marsh, Salt Pond & beach. Meet at 9:45 at far end of Salt Pond Visitor Center in Eastham, Rte 6. 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Oct. 17. Mashpee, Mashpee River Woodlands, East (C3C). Wooded walk with views of river. From Mashpee Rotary take Rte 28 east, at first right, turn onto Quiniquesset. Park in lot 200 yds. on right. If parking on Rd, police request tires off pavement. Meet 9:45. 2 hrs. L Bill Zimmer (508-790-4143, z130regatta@comcast.net)

Sun., Oct. 18. Provincetown- Snail Rd Dunes (C3B). Meet 12:45 at the Snail Rd trailhead on Route 6 at east end of Provincetown. Explore Provinceland dunes, dune shacks, cranberry bogs, 360 views. We hike up & down 2 mi to the ocean & back. 3 hrs. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Thu., Oct. 22. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike. Paths, beach, quiet Rds. Meet 9:45. From Rte 6 exit 9 onto Rte 134 north to Rte 6A. Right on 6A, L onto School St., R onto South St. to lot on right past cemetery. L

Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat., Oct. 24. Provincetown-Herring Cove to tip of Cape (B3B). Park in the left corner of the left pkg lot of Herring Cove Beach in Provincetown. Hike over dunes & tidal flats to Long Pt (tip of the Cape). Views of Provincetown Harbor. 4 hrs. Meet 9:45. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Oct. 25. Mashpee/Barnstable, Santuit Pond & River (C3C). Hike in lovely Conservation area bogs, pond, & river. See web listing for driving directions. Meet 12:45. 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Oct. 29. Barnstable-Crooked Cartway (C3C). Wooded walk to The Deck. Take Rte. 149 to Rotary at Cape Cod Airport, Marstons Mills. West on Race Lane for 1.1 mi. Right onto Crooked Cartway to end. Meet 9:45AM. 2 hrs. L Farley Lewis (508-775-9168, farlewis@comcast.net)

Sat., Oct. 31. Truro- High Head Sand Dune Walk (C3B). Meet 10:45 at High Head Rd. Truro, as far as you can drive in toward the bike trail. We will hike over dunes & on the beach. Spectacular views of East Harbour, the ocean & the bay. 3.5 hrs. Bring lunch. L Nancy Braun (508-487-4004, nancytruro@comcast.net)

Sun., Nov. 1. Harwich-Hawk's Nest State Park (C3C). Woods Rds & trails along many ponds. Meet 12:45. From Rte 6 take Exit 11 S. Turn on Spruce Rd almost diagonally across from exit & park on both sides of the Rd about half mile down. L Janet DiMattia (508-394-9064, jandimattia@verizon.net)

Thu., Nov. 5. Barnstable-Old Jail Conservation Area (C3C). Wooded trails. Meet at Old Jail Conservation Parking Lot. Exit 6, Route 132 S to Phinney's Lane. Turn L. Go 1 mile, turn L onto Old Jail. Go 0.5 mi to parking area on left. Meet 9:45 a.m. 2 hrs. L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sat., Nov. 7. Truro, Ryder Beach (C3C). Beach to woodland trails, hills, scenic bay views. Rte 6, L on Prince Valley Rd. to end. R on County Rd. Immed. L on Ryder Beach Rd. Park at End. Meet 9:45 a.m. >2 hrs. L Janet Kaiser (508-432-3277, jtkaiser@comcast.net)

Sun., Nov. 8. Falmouth, Beebe Woods (C4C). Meet at 12:45 for 1:00 pm start. From Bourne Bridge, take Route 28 S for 13 mi into Falmouth. Thru 1 traffic light, 1 mile to Depot Rd on right. Park at end in Conservatory Lot. 2 hrs. L Claire Goode (508-759-7362, ctgoode@comcast.net)

Thu., Nov. 12. Barnstable, Barnstable Conservation (B2B). Hike the Barnstable Conservation area. Meet at Parking lot (power line) on Service Rd. between Ex 5 & Ex 4. Exit Route 6 at Ex 5, go south 100 yds to service Rd. Meet at 9:45 a.m. 2 hrs. L Peter Selig (508-432-7656, pandmselig@hotmail.com)

Sat., Nov. 14. Sandwich- Shawme Crowell State Forest (B3C). State Forest trails. Route 6 to exit 2. Head north on route 130. The entrance to the park will be on left shortly past Sandwich center. 2.5 hrs. Meet in parking lot at 9:45. L Farley Lewis (508-775-9168, farlewis@comcast.net), L Elissa Crowley (508-362-5062, e.crowley@verizon.net)

Sun., Nov. 15. Falmouth, M & S Pond Hike (C3C). New hike in the Falmouth area. Fr RT 151, take Sandwich Rd to R on Deepwood Dr to L on Pinecrest Dr to pkg lot on S side of Rd. PLEASE CARPOOL. Meet 12:45 - 2 hrs. L Linda Church (508-495-1308, lchurch@whoi.edu)

Thu., Nov. 19. Dennis-Crowe to Crowe Loop (C3C). 2 hr. hike. Paths, beach, quiet Rds. Meet 9:45. From Rte 6 exit 9 onto Rte 134 north to Rte 6A. Right on 6A then L onto School St. then R onto South St. to lot on right past cemetery. L Maria Sylvester (508-385-4045, sylvester_maria@hotmail.com)

Sat., Nov. 21. Falmouth, Moraine Trail (A3B). Nine mile, 5-hour hike along moraine & woodlands. Meet Goodwill Park in Falmouth at 9:30 to carpool to start at 9:45. See web listing for driving directions. If rain forecast call L. Bring lunch. L John Gould (508-540-5779, jhgould@comcast.net)

Sun., Nov. 22. Sandwich, Benjamin Nye Trail, (C4C). Working cranberry bogs, Talbott point, red pine forest, Scorton Creek, Hoxie Pond, Fish Hatchery & Game Farm from bygone days. See web listing for driving directions. Meet 12:45 2 hrs. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

Thu., Nov. 26. Yarmouth, Greenough Ponds (C3C). Thanksgiving - Walk through Yarmouth Port Botanical Gardens & the Greenough Ponds. Meet at 9:45, 2 hr. Exit 7 off Route 6 North & take immediate right turn on Summer St. Follow dirt Rd 1/2 mile to beach parking lot. L Richard Kaiser (508-432-3277, rjkaiser@comcast.net), CL Janet DiMattia (508-394-9064)

Sat., Nov. 28. Brewster, Punkhorn Grande (A3B). Grand Tour of the Punkhorn Parklands. Meet 9:45. From Rte. 6A Brewster to Stony Brook Rd. to Run Hill Rd. Follow till Rd becomes gravel & parking to left. 9 mi. 4 hrs. Bring lunch. L Todd Kelley (508-945-9929, kelleytrailblazer@yahoo.com)

Sun., Nov. 29. East Falmouth, Hatchville Woods (C3C). Walk woodland trails to Coonamessett Pond. Back through wetlands & cranberry bogs. Rt 151 W from Mashpee rotary. 3.4 mi. L on Sandwich Rd. 1.6 mi to R on Hatchville Rd. .5 mi to parking lot Left. Meet 12:45. 2 hrs. L Hilary Hunt (508-495-0439 8am-8pm, hhunt@cape.com)

BIKE RIDES

Chair – Joe Tavilla, 508-428-6887, bikingchair@amcsem.org

NOTE: Approved helmets, water bottles, & spare tires req'd. If start time & location aren't indicated, contact ride leader (L).

NOTE: for additional SEM bike rides, check *AMC Outdoors*, visit www.amcsem.org, or use the AMC online trip listing system: trips.outdoors.org (set Committee to "Biking" & Chapter to "Southeastern Mass"), or sign up for the SEM Short Notice list: www.amcsem.org.

Bike Ride Ratings		
Miles	Pace/MPH	Terrain
AA = 50+	1 = 17+	A = Very Hilly
A = 35-50	2 = 13-16	B = Hilly
B = 25-35	3 = 11-13	C = Rolling
C = <25	4 = up to 11	D = Flat

Tue., Sep. 1. Tuesday Rides. Intermediate-paced rides at various Cape Cod locations. Road cycling, some hybrid/mountain biking. L Paul Currier (508-833-2690 8:00AM-7:00PM, paulbcurrier@comcast.net)

Fri., Sep. 4. Full Corn Moon Ride. Hills/shores of Sagamore, canal to Buzzards Bay. Sunset over Onset Bay at MMA, moonrise over Plymouth Bay. Hilly w/flat option. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Sep. 8. Tuesday Rides. See 9/1.
Tue., Sep. 15. Tuesday Rides. See 9/1.

Sat., Sep. 19. Pioneer Valley Ride. Scenic/challenging ride. Highlights include: Poets Seat Tower, Sugarloaf Mt., Historic Deerfield, rural towns & awesome mountain scenery. L Jack Jacobsen (508-353-3708 7am-7pm, cyclejac51@yahoo.com)

Tue., Sep. 22. Tuesday Rides. See 9/1.
Tue., Sep. 29. Tuesday Rides. See 9/1.

Sat., Oct. 3. Apple Cider & Pie Ride. Lakes/Ponds of Rochester, Acushnet, Lakeville, Middleboro, W. Wareham. Flat terrain with a few hills, quiet back Rds. Free cider/pie. L Jack Jacobsen (508-353-3708 7am-7pm, cyclejac51@yahoo.com)

Sun., Oct. 4. Full Harvest Moon Ride. Canal, Gray Gables, Mashnee Island, intermediate pace. Sunset over Buzzards Bay, moonrise over Sagamore. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Oct. 6. Tuesday Rides. See 9/1.
Tue., Oct. 13. Tuesday Rides. See 9/1.
Tue., Oct. 20. Tuesday Rides. See 9/1.
Tue., Oct. 27. Tuesday Rides. See 9/1.

Mon., Nov. 2. Full Beaver Moon Ride. Hills/shores of Sagamore, canal to Buzzards Bay. Sunset over Onset Bay at MMA, moonrise over Plymouth Bay. L Paul Currier (508-833-2690 8:00AM-7:00PM, pbencurrier@hotmail.com)

Tue., Nov. 3. Tuesday Rides. See 9/1.
Tue., Nov. 10. Tuesday Rides. See 9/1.
Tue., Nov. 17. Tuesday Rides. See 9/1.
Tue., Nov. 24. Tuesday Rides. See 9/1.
Tue., Dec. 1. Tuesday Rides. See 9/1.

**January 1, 2010
7th Annual New Year's Day Ride.**

Kick off for our yearlong AMC SEM cycling schedule and our annual quests to attain 2000 or more mi. Join me for a forgiving, leisurely paced ride including beautiful coast of Marion. 25 mi or with bailouts; additional mileage is an option for those wanting to kick off the 2010 2000 mile club in great style. Mid-intermediate B or C2D average pace. Pre-registration is required as are helmets, water, bicycles and riders. Ride Coordinator: Paul Currier pbencurrier@hotmail.com or 508-833-2690 or paulbcurrier@comcast.net

PADDLES

Chair: Bill Fischer, 508-420-4137,
paddlingchair@amcsem.org

For info on SEM canoe & kayak trips, check *AMC Outdoors*, visit amcsem.org, use the online trip listing system: trips.outdoors.org, use the Committee to "canoe/kayak", set Chapter to "Southeastern Mass").

Wed., Sep. 2. Slocum River. Dartmouth. Put-in: I-195, exit 12, S on Faunce Rd, to Old Westport Rd, to Chase Rd, R on R on Russells Mills Rd, to town park on L. Life vest req'd. Level 2/3. L Haven Roosevelt (508-917-5160, havenesq@comcast.net)

Sat., Sep. 5. Leader's Choice. Put-in: Call for info. Life vest req'd. Level 3. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Sep. 9. Leader's Choice. Call for info. Life vest req'd. Level 3. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Sep. 12. Long Pond. Harwich/Brewster. Put-in: Exit 10 off rte 6 N on rte 124. Just after crossing the Brewster Town line R on Crowell's Bog Rd. Life vest req'd. Level: 2. L Betty Hinkley (508-241-4782, bhinkley@mindspring.com)

Wed., Sep. 16. Bass River. Yarmouth. Put-in: MA 134 N from exit 9, L on Access Rd. R on Old Bass River Rd. L on Mayfair Rd, L on Follins Pond Rd to the town landing. Life vest req'd. L Paul Corriveau, CL Jean Orser (508-362-0451, jeanorser@aol.com)

Sat., Sep. 19. Cotuit Bay. Cotuit Bay. Put-in: S on rte 149 R on rte 28 L on Putnam Ave, str onto Old Shore Rd to Town Landing. Life jacket req'd. Spray skirt may be req'd depending on conditions. L Bill Fischer (508-420-4137, wmbbarafischer@comcast.net)

Wed., Sep. 23. Swift Beach. Swift Beach, Wareham. Put-in: From Bourne bridge W thru Buzzards Bay to 6W, L past town hall, L on Swift Beach rd, L fork on Shore rd to Swift Neck parking lot. Life vest & spray skirt req'd. L Don Savino (508-295-4562, donaldsavino@comcast.net)

Sat., Sep. 26. Leader's Choice. L Robert Zani (508-430-1914, rcza@comcast.net)

Wed., Sep. 30. Leader's Choice. Call or email for info. Life vest & spray skirt req'd. L Ray Buchan (508-564 6562, rbuchan@cape.com)

Sat., Oct. 3. Indian Lakes, Marstons Mills, Barnstable. Leisurely 3 1/2 hour paddle. Put-In: From Rt 6 take Exit 5 S on Rt. 149 & watch for sign "Indian Lakes" (Mistic Drive) on R & go 7/10th mile to a lane with sign "Town Way to Water". L Nancy Wigley (508-548-2362, nwigley@verizon.net)

Wed., Oct. 7. Taunton River. Canoe or kayak down the Taunton river. Put-In: Call for info, car shuttle req'd. Limitations: Life vest req'd. L Art Hart (508-888-2847 before 9:00, ajhart@comcast.net)

Sat., Oct. 10. Dike Creek. I-195, Ex. 13 S Rte 140 R Rte 6 West. 2d Light left on Slocum Rd. to 3way stop sign at Elm St. L to Bridge St. , right over bridge, L on Smith Neck Rd. Life vest req'd. L Haven Roosevelt (508-997-5160, havenesq@comcast.net)

Wed., Oct. 14. Mashpee-Wakeby Ponds. Put-In: From Rte 28 take Rte 130 N 2 mi to R at "State Landing" sign. Limitations: Life vests req'd. Skirts may be req'd depending on conditions. L Jean Orser (508-362-0451, jeanorser@aol.com), CL Paul Corriveau

Sat., Oct. 17. Centerville River. Rt28 in Centerville take Old Stage S to Main St. R on So. Main St. to Hayward Rd. L on Hayward Rd

to town way to water. Life jackets req'd. Spray skirts may be req'd. L Bill Fischer (508-420-4137, wmbbarafischer@comcast.net)

Wed., Oct. 21. Boatmeadow Creek. Put-in: Rock Harbor Rd from Orleans Rotary to R onto Bridge Rd. Then straight onto Bayview to town landing. Limitations: PFD req'd. L Robert Zani (508-430-1914, rcza@comcast.net)

Sat., Oct. 24. Leader's Choice. Email for put-in info. Life vest req'd. L Peter Cheng (peter.h.cheng@gmail.com)

Wed., Oct. 28. Lake Rico, Massasoit State Park, Taunton. I-495 to exit 5, Rt 18 south about 1/2 mi, right on Taunton St at caution light 2.4 mi, go past entrance to the Park about 0.2 mile to parking & launch on left at dike. LIMITATIONS: Life vest req'd. L Art Hart (508-888-2847 before 9:00, ajhart@comcast.net)

Sat., Oct. 31. Bass River. Exit 9 on rte 6 S on rte 134. Sharp R on Upper County Rd & bear L onto Highbanks to the Wilbur Park put in on the left. Life vest req'd. Spray skirts may be req'd. L Robert Zani (508-430-1914, rcza@comcast.net)

CONSERVATION

Chair — Fred Yost, 509-699-9305,
conservationchair@amcsem.org

Vice Chair: Joanne M. Jarzobski,
conservationvicechair@amcsem.org

Sun., Sep. 13. Wareham, Lyman Reserve / Red Brook (C4C). Short scenic hike thru forest & along trout brook & ocean. Bring lunch. Meet 9:45 for 10am start. L/R Claire Goode (508-759-7362 6-9 pm, ctgoode@comcast.net)



The Tuesday Evening "Discover Nature" series is discovering all sorts of things!
[Photos: Chad Wohlers]



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CONSERVATION CORNER

by Fred Yost, Conservation Chair



Thanks to everyone who attended the Myles Standish State Forest Critical Treasures event. It was your interest that made the event such a big success with over 60 attendees. A special thank you to all of the volunteers who helped put the event together and make it run smoothly.

As always, the trails crew had a great turnout. The Healthy Heart Walk and long hike were both well attended. Irina Cadis' walk drew a crowd. It was great to see many SEM members joining in the discovery of the plants of the pine barrens. The Forestry Management tour was enjoyed by a very interested group. We saw the stages of mechanical forest thinning, and several areas that had received a prescribed burn. This was a fantastic display of how the pine barrens recover from a fire.

(See the full text of Fred's article in the electronic Breeze.)

See pictures of all on the SEM website!



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

ADDITIONAL CONTENT FOR ELECTRONIC SUBSCRIBERS ONLY !

Contents below (lots of entertaining full articles!):

[Fall 2009 Conservation Corner](#), by Fred Yost, Conservation Chair
[ADK Winter Mountaineering School 2009](#), by Mike Woessner, Hike Leader
[Beginner Backpack #2](#), by Fred Wason, Backpack Leader
[Trailwork pictures](#), from the Trails Committee
[News From Joy Street](#)
[Equipment Swap Listings](#) (GOOD STUFF CHEAP!)

Fall 2009 Conservation Corner

By Fred Yost

(full article)

Thanks to everyone who attended the Myles Standish State Forest (MSSF) Critical Treasures event. It was your interest that made the event such a big success with over 60 attendees. A special thank you to all of the volunteers who helped put the event together and made it run smoothly.

As always, the trails crew had a great turn out and received Southeast Mass. Regional Director, Brian Shanahan's praise the next day for their hard work.

The Healthy Heart Walk and long hike were both well attended. To see pictures from the walk go to the SEM website, photos, and Critical Treasures Event.

Irina Cadis' walk drew a crowd. Her knowledge of plants around Myles Standish is well known among the DCR staff and MSSF friends group. It was great to see many SEM members joining in the discovery of the plants of the pine barrens.

The Forestry Management tour was enjoyed by a small but very interested group. Many thanks to Jim Plouffe for taking time in his busy schedule to drive for this event. We saw the stages of mechanical forest thinning (a special method of logging that prepares an area for burning, and doesn't to my eye look like it has been logged), and several areas that had received a prescribed burn. This was a fantastic display of how the pine barrens recover from a fire. One area of several acres had been burned within a week and the adjacent patch had been burned a few weeks earlier. In the second area, ferns, oaks, and blueberries were a few of the plants that had already sprouted. Adjacent to these areas we saw pine barrens that had been burned several years prior. Pictures of these areas can be found at the SEM web site as mentioned above. I encourage anyone interested in the pine barrens and in the strength of a forest to grow back after fire to go see this tour for themselves.

See you in the woods or on the water,
Fred Yost

[\(back to CONTENTS\)](#)

ADK Winter Mountaineering School 2009

(Written in informal "diary format")

By Mike Woessner

From January 31 until February 6, Mike Woessner participated in the ADK's Winter Mountaineering School. Below is a full account of his experience during the 4-day backpack.

I wake up to the sound of tent zippers opening. It's still dark with just a hint of dim light filtering through the tent fabric. One of my teammates yells: "6:00! Time to get up". I hear the snow squeak as he walks by the tent. I sit up in my -20° down bag and reach for my headlamp. Lithium batteries allow the lamp to work at these low temperatures.

I put on a fleece jacket over my dri-wick, long sleeve t-shirt. Next, I don a neck gaiter (balaclava), fleece hat, glove liners, and unzip the rest of my bag. Over my Dri-wick tights I slip into gortex hiking pants. Next come the socks. I can see my breath flow thru the beam of my headlamp. I take off the Smart wool socks I wore to bed and put on my liner socks. Next is the vapor barrier (VB) socks. These keep my feet from sweating into my outer layer sock and freezing. Then the outer sock.

Now I reach into the bottom of my sleeping bag and pull out my boot liners. These I lace up and I'm ready to open the tent and drop my legs down into a pit we have dug to make this part easier. It's about 1 foot deep and gives you a ledge to sit on and put on and take off your boots. You can't do this in summer. I lace on the plastic mountaineering boots and winter gaiters to keep the snow out of everything.

As I step from the tent, the cold grips my face. I throw on a down parka that I've used as a pillow and check the temperature on my altimeter; 4° F. Balmy.

My teammates are busy boiling water on the Whisperlight pack stoves. And so the day begins.

After a hardy breakfast of oatmeal, dried fruit, and cocoa with coffee, we are off for the day. Today's goal was discussed last evening after our dinner. We decide to climb Big Slide Mt. After, and if, we summit we will decide which route to return by. If the trail is broken out from the summit of Big Slide to the summit of Yard Mt. we will go back via that route. If not, we will return the way we came. Either way is pretty much the same 6 miles round trip. It's just nicer to make it a loop and see things you haven't seen before.

The day is clear and not too cold. Highs in the teens. As we hike along in our snowshoes, our packs are full of snacks for the day. On the trail lunch begins soon after breakfast. We nibble on cheese, gorp, beef jerky, nuts, and crackers as we hike. We hike in a rotating pattern. The lead person takes 30 steps then steps to the side of the trail. Even in snowshoes stepping off the trail can be tricky as the snow is 3-4 feet deep. After the lead steps aside he joins the group at the end of the line. The next person becomes the lead. This gives everyone an intermittent break as we hike along.

Besides our lunch and snacks, we all carry essential gear in our packs: a change of "base layer" clothes, down coat, down pants, extra hat and gloves, a summit kit consisting of mittens, goggles, balaclavas, a wind/rain proof gortex shell, crampons, ice axe, extra water, map, compass, headlamp, matches, fire starter, TP. Besides our personal gear, we all take a piece of group gear: emergency shelter tube tent, gas stove and fuel, a -20° sleeping bag, thermos with hot sweet beverage, ground pad. These items are essential should any one of us become injured and unable to walk out on our own. We are 3 miles from the nearest road at base camp. On the summit we would be more than 6 miles in. No one wants to spend the night in the woods on the trail, but we are prepared for just that.

The day remains clear with little wind. There is a hazy sunshine and we are all in a good mood. We work our way up Big Slide. Soon we are down to t-shirts and the side zips on our pants are open to cool us down. Despite what most people think about winter hiking, the problem is keeping cool, not warm. If you're too warm, you sweat. If you sweat, you get wet. If you're wet, you'll get cold and you won't be able to get warm. The trick is to stay cool and dry. This is another reason for the way we hike, taking frequent breaks. It gives you a chance to take off or put on a layer, to drink some water, eat a snack or take a leak.

Soon the trail turns very steep and we have to kick step with our snow shoes. Some snow shoes have a bar in the back that can be flipped up to make a sort of high-heel out of your snow shoes. This helps a lot on steep slopes and takes a lot of pressure off your ankles and calves. Eventually the trail becomes so steep we have to switch from our trekking poles to ice axes. These we use to steady ourselves and can be used to stop us from sliding down the mountain when used to "self arrest"-- a technique we learned and practiced the first day of WMS on a slide in Keen Valley.

After a few short pitches we summit Big Slide. The day is cold and clear. We have great views to the north, east and south. To the east lies the Champlain Valley in an undercast haze. South looms Little Marcy and his big brother Mt. Marcy, 5,334 ft. We linger a while and take in the views as we munch on some snacks.

We soon leave Big Slide summit and head south to Mt. Yard. The trail to Yard is on the saddle between the mountains. It's covered with spruce trees which, in the summer, won't be a problem. Now, with 4 feet of snow on the trail every spruce branch wants to grab you or snag something on your pack. The going is slow. Even though we are quite warm, we have to wear our waterproof shells as each spruce is laden with snow ready to dump on you at any moment. If your hood is down and you duck under a branch, you are soon rewarded with an icy blast of snow down your neck!

Mt. Yard is a tree-covered summit with not much of a view... We don't stop long. A few pictures and we're on our way.

Now it's all down hill on our way back to base camp. Some parts are so steep that we can ski (glissade) on our snow shoes, down the trail. We keep the same routine as we did going up. One person leads for 30 or so steps then steps aside of the trail and lets the next person lead. And so it goes.

We hit a trail and it's pretty level for the next mile or so. Mark reminds us to slow down and "vent". Open up our gortex pants and jackets to let the sweat out and dry out before we reach camp.

Back at base camp we go back to our boiling water routine. We get all of our water bottles out; the empty ones from the day as well as the full ones we have stored in our sleeping bags while we were on the hike. I go for water, a short walk down to Johns Brook. We are required to bring: 1. the water bucket (dah) 2. A snow shovel to build up the bank where we draw the water from. 3. An ice ax in case we have to chop thru the ice to get to the flowing water. 4. Another person, just in case someone falls in.

We use the water from the brook because it uses less fuel and takes less time to heat it to a boil than to melt snow. It also tastes better than snow!

Back at camp everyone is involved in boiling water and getting ready to eat our dinner. It's 4:30 and already dark. We use our headlamps as we go about our chores. Tonight's dinner is Beef Stroganoff. Yummmmm! Freeze dried of course with a ¼ stick of butter to give it some fat content to keep me warm for most of the night. When that wears off I have a couple of pieces of candy bar in a bag next to my sleeping bag. When I wake up shivering, a mouthful of SNICKERS and I'm warm as toast again. You would think that with a -20 bag I'd be warm all night. Well the bag keeps in heat, it doesn't make it. You need fuel to keep the fires burning. Nothing like sugar and fat to stoke the stove!

Now we are done with our main meal. We still boil water. There are no dishes to do, just zip up the bag you ate out of and stow it in your trash bag. We boil water to fill all of our water bottles and these are put in our sleeping bags to keep from freezing. We also keep on eating: hot chocolate, tea, beef jerky, candy bars. Sometime I feel like I belong to an eating club with a hiking disorder.

Now it's about 8:00 at night, hikers midnight. We turn in. NO problem getting to sleep. When you hike for 8 hours then have a big meal, sleep is no problem. I sleep like a log.

The night was great. Once again I awake to the calls of my hiking mates. It's 6:00 and still dark. We are up and dressed and ready to: **BOIL WATER!**

Last night around our snow kitchen we discussed today's hike. We are going for Lower and Upper Wolf Jaw. It's a T kind of route where we'll be going up another trail then veer off to the north to catch lower Wolf Jaw. We then return via the same route and cross over to south to catch Upper Wolf Jaw. We decide on a step off time and a turn around time as well as our estimated return time. After much discussion it is decided that we will step off at 8:00, turn around at 2:00 and be back in camp by 4:00.

So, its 8:00 and we are off! Up to "Lower" (as we call it). Once again the day is cold, clear and calm. Temps in the teens, sunny with little wind. **PERFECT!**

As we hike up another trail we meet the other group coming down, headed for Big Slide as we did the day before. Yesterday, they did what we are about to do. We exchange pleasantries and trail condition info. Then we are off. We pass their camp on our right: What a mess, things lying here and there.....WE are SO much better :-)

In another couple of hours we are on top of Lower. What a DAY! No wind, sunny, beautiful views and **WICKED COLD!** We have a snack and take a few pics. Then we're off! On our way to Upper. Down the same trail and over to upper. In no time at all we are on top and **WAY** ahead of our estimated time.....but wait! No we aren't. I've fallen into the trap of the false summit. I look over a long saddle to see the **REAL** summit. By 1:30 we are there and once again conditions are phenomenal. You couldn't wish for better conditions. Just gorgeous! Great views. To our east lies the Champlain Valley in undercast. To the south, Mt. Marcy and to the west; Big Slide!

After high 5s, group pictures, snacks and drinks, we are headed back to camp. We don't see the other group as they have a longer day than we. Soon we are back at base camp.

This is our last night and I'm sad that it's almost over. I wish that we could stay longer. When I started this trip I was in doubt that I could make it 4 days and 3 nights in the snow. Now I want to stay.

Tonight is supposed to be the coldest of the three. Already it's in the single digits but spirits are high. We recount the events of the day as we wolf down our freeze dried dinners (with ¼ stick of butter :-). Hot chocolate, soup, tea, jerky, nuts, cookies and **ICE CREAM!** Yummmmm. We have a huge eating fest as we are trying to lighten our loads for the hike out.

The next day it's 7 below zero as we pack up. It's been a windy night, but we are sheltered from most of the wind in our valley camp. We are off to a "cold start" meaning we are not boiling water this morning. Our breakfast is power bars, gorp, jerky and candy bars. We strike our tents and fill in any hole we have made in the snow. We also destroy our winter kitchen. We try to leave the area in the same condition that we found it. If it snows a few more inches this winter you will never know where we camped. You certainly won't know by spring!

We hike the 3 miles out in half the time it took us to hike in, like horses headed for the barn. We have heard of how good the pies are at Noonan's in Keene Valley. Soon we are downing ½ pound cheese burgers, fries, fresh coffee and pie for desert. First we each order a slice of their strawberry rhubarb pie, and then we come to our senses and order a whole pie!

After exchanging e-mails, well wishes and plans to keep in touch, we head on home. It's been quite an experience. One I will never forget. This has been a great trip and a great confidence builder for me. I can't wait for next winter to do this again somewhere in the White Mountains of New Hampshire.

[\(back to CONTENTS\)](#)

Beginner Backpack #2

(an informal diary accounting of the weekend)

by Fred Wason

Our three-day backpack hike went off without a hitch. Wayne provided a scale to weigh in each pack. Leslie won with 45# while Sue was lightest with 30#; the others came in somewhere in between. The weather cooperated, although we did have some intense thunder and lightening showers thru the early evening and night Friday. Starting earlier on Friday achieved what I had hoped for, the hike into Crider Shelter camp was uneventful and we were able to make camp before any rain, but could not quite make it thru supper before the rain started. The hanging of our food was somewhat successfully demonstrated, leaving to their dismay no one with a bedtime snack. The ladies in the group did have some comical comments on experiencing the Crider Crapper. We also had some debate on whether "Yes" on the Yes/No crapper sign meant Yes it is in use or Yes you can go. Yes, you can go, won out.

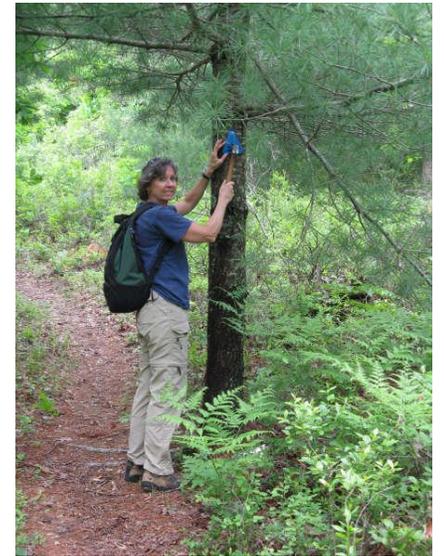
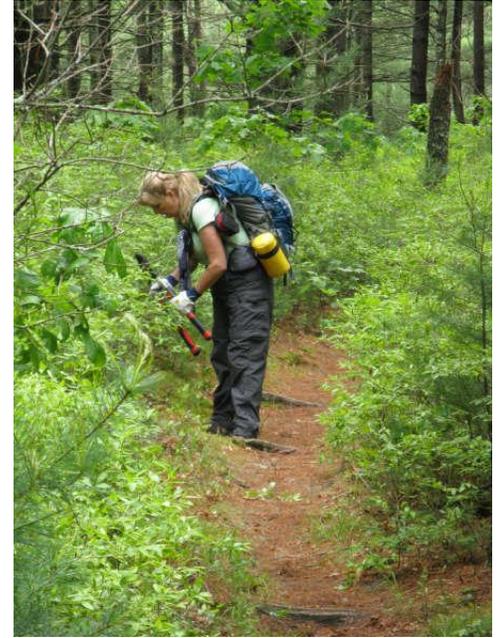
Day 2 was almost identical to our day 2 last year. 8:30 start in low clouds and fog until we approached Pitcher Mountain then the sun broke through and the rest of the day was perfect, although slightly humid. Blueberries, blueberries, and more blueberries everywhere (and raspberries also). We had to go find George in amongst the bushes several times in order to keep going. Made camp by 2:30, enjoyed a great campfire thanks to Kevin and Troy; drank some wine; and watched a beautiful sunset. A coyote serenade and a sky full of stars enjoyed with pleasant company set the tone for this restful evening (oh the stories that were told).

An 8:15 am start Sunday morning, in bright sunshine energized us for the long hike up Fox Hill where we again lingered enjoying the 360 degree views out over the NH hills. The views extended in the mountains of VT and of course there were more blueberries. We then ambled a mile+ down to the beaver pond, where several proclaimed this spot to be the highlight of the day, if not the trip. After a lot of photo taking, we then followed the blue blaze reroute of the MSGT (not the way we went last year) around the back side of the beaver pond and off through the woods eventually connecting up to the Kings Highway. This reroute turned out to be a very pleasant experience compared to what we did last year. Soft, dry, single-track foot path at a high elevation through mixed forest, crossing several streams and a somewhat steep decline/incline through a sag between two hills to the road. It was all down hill to the Seventh Day Adventist Church from there.

Most being tired agreed to my suggestion we officially end BBP#2 there in the shade. Leslie and Wayne hoofed it 2 miles into town to retrieve their vehicles and bring them back to the church along with some refreshment. Troy and George, still having energy to spare, and without their packs, finished the MSGT footpath over the last hill eventually meeting us in town later. Some of those not committed to those two activities pulled out sleeping pads and enjoyed a siesta until the vehicles arrived. Seemingly reluctant to immediately part company the group languished in town enjoying food, drink, and ice-cream while enjoying those last few moments together. Returning to our vehicles at the starting point, we again weighed in and after brief goodbyes parted, looking forward to BBP#3.

[\(back to CONTENTS\)](#)

TRAIL WORK BY SEM MEMBERS



[\(back to CONTENTS\)](#)

QUARTERLY NEWS FROM "JOY STREET"

Here's the latest member news and information. If you have general questions about any of these items or this newsletter, please contact Laura Hurley, AMC public relations assoc. director, at 617-391-6621 or lhurley@outdoors.org. Questions about individual items should be directed to the contact indicated.

***Save the date for Fall Gathering in the Berkshires, October 16 - 19, 2009 - Enjoy the hospitality of the Berkshire Chapter during the height of the fall foliage season. Activities will include hiking, biking, paddling, climbing, scenic tours, high and low ropes course, walking meditation, and family-friendly activities -- topped off by dinner and dancing with the contra band David Kaynor and Friends. Details are available at <http://amcberkshire.org/gathering>.

***Chapter Group Reservations begin August 1 - Starting August 1, chapter groups can make reservations at AMC's lodges and huts for 2010, one month before the general public. New this year, chapter groups will enjoy even greater benefits as part of AMC's chapter stimulus program.

Special benefits include:

- * New! Reduced Special Rates: Now bring 5 participants and the 6th stays free - that's down from 9 participants and the 10th stays free.
- * New! Stay 2 Nights at Shapleigh, Get the 3rd Free: Book the entire bunkhouse (16 beds) for 2 nights midweek (Monday-Thursday) and the 3rd night is FREE.
- * FREE Trip Planning: A dedicated group coordinator will handle all reservations and logistical needs for your trip or event.
- * Complimentary Appetizers: Receive complimentary appetizers for your group's evening social.
- * 10% Discount on Merchandise: Enjoy a 10% discount for all group members on non-sale merchandise and books during your stay.
- * Trip Leaders Receive a FREE 2-Night Stay: Chapter leaders who book 3 advertised trips at AMC Destinations in a year (with at least 6 participants or more) receive a complimentary two-night stay for two people at an AMC Destination.
- * New! More Lenient Payment and Cancellation Policies

AMC's group sales specialists are ready to work with you. For more information on special offers and chapter group reservation policies, visit: www.outdoors.org/chapters/groups/index.cfm. To book a group stay, contact Group Sales at 603-278-3811.

***2010 Individual Reservations open September 1 - Starting September 1, individual members and the public can book reservations at AMC lodges and huts for the coming year. Here is a list of ways you can make the most of your vacation dollars with AMC:

- * Stay 4 Nights, Get the 5th Free: We are consistently discounting 3-night and 5-night stays during peak periods, simplifying travel planning - 3-night rates are always 10% off the base single night rate, and 5-night rates are 20% off (stay 4 nights, get the 5th free). Discounted pricing will include all child rates, as well as private and family rooms at the Highland Center, Joe Dodge Lodge, and Cardigan Lodge. These rates are available Sunday-Friday at any combination of huts and lodges in New Hampshire and Maine during peak periods.
- * Cardigan meal service on winter weekends continued. Cardigan Lodge will offer meal service (dinner, breakfast, and trail lunch) on Friday and Saturday nights (and Sunday nights on Martin Luther King and President's Day weekends) January through March, making it even easier to enjoy the great cross-country skiing, snowshoeing, and hospitality at this destination. Whole lodge, self-service rentals will be available for chapter programs and other groups throughout the winter, and groups of 25 or more can still arrange for meal service Sunday-Thursday with advance notice.

Don't miss out - plan your 2010 AMC vacation today! Visit www.outdoors.org/lodging or call 603-466-2727 for more information and reservations.

***Register for AMC Outdoors Online - The inaugural online edition of AMC Outdoors was launched as a member benefit at the beginning of June. This e-newsletter showcases new web-exclusive content, such as slideshows and video. All AMC members with a

registered email address received their first newsletter in June. Not registered? Visit our AMC Member Center today at www.outdoors.org/membercenter.

***Sign up for new AMC blogs - AMC's two newest blogs launched at the start of June and offer tips on getting kids outside in the Northeast and gear expertise.

"Great Kids, Great Outdoors" blogger Kristen Laine draws on her own experience as an outdoors-person, writer, and mother - plus recommendations from AMC experts - to provide practical advice for easing kids into outdoor experiences. The blog is one way that AMC is encouraging a connection with nature among today's youth. "Equipped" blogger Matt Heid, a longtime AMC Outdoors contributor, is reporting and commenting on outdoor gear.

Each blogger posts about twice a week and welcomes comments. You can find the two new blogs at www.outdoors.org/blogs. Sign up for an RSS feed of either one or both, so new posts will come to your email inbox automatically.

***Registration for AMC's 2010 Annual Meeting opening soon - Join Annual Meeting on January 30, 2010, at the Sheraton Ferncroft Resort in Danvers, MA for a full day of AMC workshops, business meetings, and volunteer awards. Wrap up the day with dinner and keynote speaker Jonathan Waterman. Jon is mostly known for his time exploring the Arctic National Wildlife Refuge, of which he has written many books. He also has written and starred in TV documentaries on challenges in the North. Details about the Annual Meeting are available at: www.outdoors.org/about/annualmeeting/index.cfm.

***Win prizes in the "Hike the Highlands" Scavenger Hunt - AMC and Wildlands Conservancy invite you on a "Hike the Highlands" Scavenger Hunt. Become a scavenger among the Pennsylvania Highlands by using 22 pocket-sized "Hike the Highlands" hiking cards to explore local parks and trails for answers to a series of scavenger hunt questions. Download the cards and find scavenger hunt questions at www.outdoors.org/hikethehighlands. Packets of the cards are also free at pick-up locations listed on the website. To order the Hike the Highlands cards (S & H \$4.95), please call 610-868-6906 or email jheisey@outdoors.org.

Enter three or more answers to scavenger hunt questions, and you will be eligible to win fun outdoor gear prizes in monthly drawings. The Hike the Highlands Scavenger Hunt will run from July 13 - October 31, 2009.

***Stay tuned for AMC's Pennsylvania Highlands Recreation Map - The map will include trails, parks, and boating access so you will know where to hike, bike, horseback ride, paddle, fish, swim, and camp in the PA Highlands. It will be available at the end of August/early September at: www.outdoors.org/hikethehighlands.

[\(back to CONTENTS\)](#)

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[\(back to CONTENTS\)](#)