

The Southeast Breeze

The Newsletter of the Southeastern Massachusetts Chapter of the AMC | April 2016

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Photo by Dexter Robinson

Winter Hiking Series Carter Notch Weekend

By Paul Miller, SEM Hike Leader

The SEM Hiking Committee completed its 2015-16 Winter Series March 4-6 with a three day trip into beautiful Carter Notch in New Hampshire's White Mountains. This season's Winter Hiking Series kicked off with our well-attended indoor workshop in November where we covered clothing, gear, conditioning, and preparation for winter hiking; followed by progressively more challenging hikes in the months that followed. These included a fun jaunt up Mt. Wachusett in December, a somewhat slippery Seven Sisters/Holyoke Range hike in January, and a hike up Mt. Pierce in New Hampshire in February that finally brought the group above 4,000 feet for a real "Presidentials in winter," experience.

For the final hike in our annual Winter Hiking Series, we typically do a multi-day, multi-night trip; rotating among the three AMC huts that stay open in winter on a self-service basis. These are the Lonesome Lake Hut in Franconia Notch, Zealand Springs Hut in the Pemi, and the Carter Notch Hut. Since we stayed at Zealand last year, and Lonesome Lake the previous year; it was Carter's turn this year.

While all three AMC winter huts are special places, I'm particularly fond of Carter. I like the way it's situated a few steps away from the two pristine Carter Lakes (actually glacial tarns), with rugged Wildcat Mountain and massive

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Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

Welcome to Spring and all the outdoor activities it brings to Southeastern Massachusetts!

Join me on Saturday, April 16 for our second annual Open House “[Take it Outdoors with AMC - 2016](#)” at Borderland State Park in Easton. Sign up for a beginner or intermediate bike ride, a dog-friendly beginner hike or an intermediate hike, a family hike or a Super Hero Hike. Enjoy a free lunch before or after your activity. I would love to meet you and show you all the fun, local activities that we run. AMC does a lot more than just hike the Appalachian Trail - we hike, bike and paddle right here in Southeastern Mass!

See You Outside!

Maureen Kelly

2016 Executive Board

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Ad Hoc Committee Chairs and Other Chapter Contacts

Social Director	Open	Web-master	Cheryl Lathrop	Short Notice Email List: snel.admin@amcsem.org
Social Vice Chair	Open	Breeze Editor	Jeff Sugarman	
Social Networking Moderator	Susan Mulligan	Blast Editor	Open	

Contact the Chapter Chair at chair@amcsem.org if you're interested in any open position.

Carter Dome rising dramatically on either side. The huge boulders that comprise "The Ramparts" strewn about the notch add another interesting dimension, as does the immense boulder/viewpoint that still clings high above the Notch, still waiting to make its gravity-propelled descent down from Carter Dome. I like the two rustic bunkhouses, accommodating 20 people each in several smaller bunk-rooms. I especially like the somewhat cramped but cozy stone main hut; the oldest hut in the AMC hut system (now that Madison Hut has been rebuilt). And, in general, I like the remote and timeless feel of the place.

It was great to have the opportunity to share this special place with those Winter Series participants who had never visited the hut before.



The primary goal of the Winter Series is to convey the point that with a little knowledge; the right clothing, gear, and preparation; and a good dose of both planning and common sense - winter hiking can be both safe and very enjoyable. As difficult as it is for the uninitiated to

believe, for many of us, winter is our favorite time of year to hit the trails.

Consider that in winter there are no bugs, more expansive views, less crowded trails, and unparalleled beauty in the quiet, snow-draped woods and mountains. And with the right equipment, the snow-packed trails can also be a lot easier on the knees and ankles than the rugged, jagged rock-strewn trails we often have to negotiate in other seasons up in the White Mountains.

In our winter workshop and for all subsequent winter hikes, we stress that, while not inexpensive, it's important

to be equipped with appropriate winter clothing, insulated hiking boots, good snowshoes, and both pointy light traction devices (such as Micro-spikes or Hill-sounds) and even-pointier 10- or 12-point crampons (Black Diamond, Grivel, Petzel, etc.). This is because you never really know what kind of conditions you'll encounter once you're out on the winter trails. For the winter overnight, it's also important to have a good winter sleeping bag rated down to at least zero degrees F.

The point is that in winter it's far better to have a piece of gear and not need it, than to need it and not have it. This point was well-demonstrated during the Carter Notch trip, since none of us would have made it to the summits of either Carter Dome or Wildcat A on Saturday without the aggressive front points on our real crampons.

While 25 people had initially registered for this trip, due to a number of last-minute cancellations, the final count was nineteen winter hikers, mostly from the SEM, but with several other AMC chapters also represented. We all met at the Nineteen Mile Trail trailhead at the northern end of Pinkham Notch Friday morning promptly at 11:45 am. A quick inspection showed that everyone was well-equipped with appropriate clothing layers, insulated winter boots, snowshoes, micro-spikes, crampons, and our heavier-than-usual winter backpacks.

At the trailhead, we divvied up the group food (conveniently packaged into more-or-less equal sized three-to-four pound parcels by our meal organizer for the weekend, Sal Spada), signed the AMC release form, and "circled up" to introduce the leaders (Maureen Kelly, Wayne Anderson, Mike Woessner, Dexter Robinson, Barry Young, Paul Brookes, Peggy Qvicklund, and myself). After everyone else introduced themselves and we made the usual introductions and discussed the usual protocols for the hike, we hit the beautiful Nineteen Mile Brook Trail for the mostly uphill, 3.8-mile hike into the Carter Hut. This trail largely follows the swiftly flowing Nineteen Mile Brook, crossing it several times on rustic bridges before making the climb up to the saddle on the ridge that connects Wildcat A with Carter Dome. The trail then drops down steeply to the two Carter Lakes and the hut itself. Since the trail was nicely snow-packed with only a few icy spots, our micro-spikes provided adequate traction for this part of the trip.

While weighed down by our 35- to 40-pound backpacks, everyone in the group hiked strong and did great. As has been the case for the entire Winter Series, the group was relatively well matched and kept together nicely. While we certainly didn't break any speed records (and



Photo by Dexter Robinson.

were'n't trying to...), we arrived at the hut with plenty of daylight left to be able to claim our bunks, lay out our sleeping bags, and explore the area. As previously planned, prior to our pre-dinner "happy hour" in the main hut, Dexter provided us with a brief tutorial on the history, use, and care of crampons. In combination with the on-slope training sessions he provided Saturday morning after breakfast, this really came in handy for the two subsequent hikes that day, particularly for those participants who had never used real crampons before.

For our pre-dinner happy hour, those who cared to partake broke out their wine or other alcoholic beverages and Peggy laid out several scrumptious plates of cheese, crackers, and other goodies for the group to enjoy. For dinner, Sal supervised the preparation of his hearty and tasty bean soup (available with or without ham) with fresh-baked cornbread on the side. This was followed by desserts prepared by Paul B. and Maureen. I don't believe that anyone went to bed hungry that night, which was a good thing, since the overnight temperatures dropped down into the single digits. This certainly was not the coldest night we've encountered for our Winter Series overnight trips, but it was far from tropical!

Saturday morning dawned bright and brisk, with a fresh layer of snow blanketing everything. After a hearty breakfast of coffee, pancakes, syrup, ham (you'll notice a pattern starting here...), and hardboiled eggs, Dexter brought a couple of groups outside for a little on-hill crampon training. Then we broke up into two groups for our Saturday hikes. As planned, Dexter, Wayne, and Mike led a small group up Wildcat A and B; and Maureen and I, with Barry, Peggy, and Paul B's assistance, led a larger group up to the summit of Carter Dome.

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Top: Dexter Robinson.

Middle: Mike Woessner

Bottom: Dexter Robinson



Volunteer of the Month

Joe Tavilla

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have wonderful people give their time, energy and resources to make our chapter one of the best. This month we recognize Joe Tavilla from the Biking Committee.

Joe has been leading AMC rides for years. His rides always have large attendance.. His demeanor is smooth and calm. The ride locations are not only beautiful, but also contain some historic stories. He is a true leader. Thank you, Joe, for your time and commitment!

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



While I had “advertised” Carter Dome as being the less-challenging of the two hikes, that didn’t turn out to be the case due to the very icy conditions on this always-steep section of the Carter Moriah Trail that climbs from Carter Notch at 3,288 feet up to the 4,832-foot high summit of Carter Dome. It’s obvious that we never would have made it up to the summit without judicious use of the front points on our full crampons. We had initially considered also hitting the summit of nearby Mt. Hight, which promised even better, 360-degree views. But after eating a quick lunch and enjoying the excellent views of Mt. Washington and the Northern Presidentials from Carter Dome, we assessed the situation and decided not to go any further due to the time of day (2:00 pm) and the anticipated trail conditions (icy). Instead, we headed back down to the hut (or, as Alan Greenstein so glibly put it, we “made a controlled retreat.”)

Dex and his group had also tentatively planned to follow the Wildcat Ridge Trail past the 4,422-foot summit of Wildcat A, perhaps all the way to Wildcat D before returning. However, due to the slow going due to the challenging conditions, Dex’s group also decided to turn back after enjoying the fine views from Wildcat A and then hitting the somewhat anti-climatic summit of nearby Wildcat B.

While we were anticipating a challenging descent down from Carter Dome, the ice had softened up a bit in the sunlight, making the trail a bit easier to negotiate. Dex and few others from his group met us partway down and then joined us for the rest of the trip back to the hut.

We got back down to the hut just as James, the amiable AMC caretaker, was lighting the fire in the wood burning stove in the main hut. This made it nice and cozy for our Saturday evening happy hour. By this time, however, the hut was starting to get a bit crowded (but convivially so) with the arrival of another large AMC group from the Boston Chapter and several other smaller groups of non-affiliated winter hikers.

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Photo by Dexter Robinson.

Sal's chili dinner that night was memorable, mostly because it was so spicy that it made almost everyone's eyes tear on first taste and sent us lunging for our water bottles. While some succeeded in tempering the spiciness by mixing judicious quantities of fresh-baked cornbread into the chili; many of us made do with the cornbread and ham (yup, that again), followed by the yummy deserts, which helped purge our scorched palettes of the taste of the chili. (Sal insisted it tasted fine to him...).



Dexter Robinson

After dinner and some more socializing, many of us headed up to our bunk-rooms to turn in early for evening. With the temperatures only dropping into the teens that evening, it was relatively balmy in our zero degree sleeping bags.

Sunday morning once again dawned bright and brisk. After another hearty breakfast of coffee, oatmeal, hardboiled eggs, and ham (which I finally gave up upon at this point...), we cleaned up the kitchen, packed up our things, swept the snow out of our bunk-rooms, and hit the trail for the return hike to the trailhead. Other than the short initial climb up to the ridge, it was mostly gently downhill on the Nineteen Mile Trail back to the trailhead on Rte. 16. The gentle trail conditions combined with our somewhat lighter packs, made for a quick and easy hike out. Everyone arrived back at the trailhead in good shape and with smiles on their faces.

This was a great group of hikers - a nice mix of relative newcomers to winter hiking with many from our regular crew. Everyone got along great and hiked well and safely all weekend long, even when faced with the challenging hiking conditions on Saturday (not to mention surviving Sal's chili!). Best of all, we lucked out with real winter conditions and three days of clear, sunny skies. All in all, that's about as much as you can ask for.



Dexter Robinson

AMC Trip Talk Video Contest Winner!

Chapter member Barbara Gaughan won the AMC Trip Talk Video Contest. She was ably assisted by fellow chapter member Jeff Hyman who taped [her talk](#). The video will serve as a training tool for new and existing leaders. An AMC lodging gift certificate was awarded to Barbara for her winning entry.

Calling Volunteers to Work for Wildlife

Mass Audubon is hosting its annual Statewide Volunteer Day on Saturday, April 30, 2016

Join Mass Audubon for a day of family fun as they spruce up trails, gardens, and nature centers and dive into other spring cleaning projects. See their list of participating wildlife sanctuaries for [more details and sign up](#) today.

NOTE: AAA Bicycle Benefits Page

The AMC SEM biking site has a highlighted link to the AAA Bicycle Benefits page. The AAA page uses a GPS locating system that automatically knows where you are at the time you search for services. For example: if you're in Florida at the time you login, it automatically sends you to the Florida web site.

Not all AAA locations have bicycle service. It seems to be available in the Northeast.



The Tuesday Conditioning Hike Series at the Blue Hills, led by Len Ulbricht. Photo by Ken Carson.



New Year's Day Riders. Photo by Bernie Meggison.

Mts. Crawford and Willard, March 5 & 6, 2016

Words & Photos by Len Ulbricht

This year, on Barbara Hathaway's annual first weekend in March XC ski/snowshoe weekend to Intervale NH, a few of us chose to hike Mt. Crawford on Saturday and Mt. Willard on Sunday. We had a brilliant blue sky, temps in the low 30s and negligible wind, perfect weather. The snow was not feet deep but inches deep (about 6-10) so we chose to hike with micro-spikes. Though mostly snow packed and a few icy spots, Crawford was an easy 5 mile round trip and Willard an even easier 3 miler, yet each had magnificent views. Crawford gave us Mt Washington and the Southern Presidential ridge line and Willard the wow of Crawford Notch. With comfortable accommodations and breakfasts at The Old Field House, engaging socializing with 21 participants, this was yet another do again winter weekend. Thank you, Barbara.



Ryder Conservation Area/Lowell Holly Reservation Hike March 13, 2016

Contributed by Len Ulbricht

Twenty three hikers enjoyed a beautiful day on the Cape in the low 60's with bright sunshine. We hiked along woodland trails, cart paths, and vistas adjacent to the shorelines of Wakeby and Mashpee Ponds. Portions of the area are undisturbed while others have been planted with holly, rhododendron, and mountain laurel.

Photos and map courtesy of Dave Selfe



AMC Southeast Mass. Chapter Invites All To "Take It Outdoors"

Free open house event at Borderland State Park
Saturday April 16, 2016 from 10 AM to 3 PM

The Appalachian Mountain Club (AMC) Southeast Massachusetts Chapter is holding its annual "Take it Outdoors" open house event at Borderland State Park in Easton, MA. The event will feature a variety of fun outdoor activities, including beginner and intermediate hiking and cycling, a family hike, naturalist and conservation programs, and free lunch for participants.

This popular annual event is targeted at individuals and families who would like to become more active outdoors and meet like-minded people. It also provides an opportunity to learn more about the AMC Southeast Mass. Chapter, which offers hiking, biking, cycling, paddling, and skiing activities for newcomers and experienced outdoorspeople alike.

Questions about Take it Outside with AMC? Email Jodi at membershipchair@amcsem.org or visit www.amcsem.org.

Borderland State Park
259 Massapoag Ave
North Easton, MA 02356

Parking is \$6.00 per car.

Schedule

[Beginner Bike](#) 10:00-12:00

[Intermediate Hike](#) 10:00-12:00

Free Lunch! 12:00-1:30

[Family Hike](#) 1:00-3:00

[Family Superhero Conservation Hike](#) 10:00-12:00

[Dog Friendly Beginner Hike](#) 1:00-3:00

[Intermediate Hike](#) 1:00-3:00

[Intermediate Bike](#) 1:00-3:00



Market



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Activities

[Search activities online](#)

Hiking Key:

C4D

Indicates distance in miles

AA ... 13+

A 9-13

B 5-8

C less than 5

Indicates pace

1 very fast

2 fast

3 moderate

4 leisurely

Indicates terrain

A very strenuous

B strenuous

C average

D easy

Found in the description

L Activity leader

CL ... Activity co-leader

FT ... First Time

NM .. New Members

AN ... Advance Notice

C Conservation

Biking

Apr. 16 (Sat) (FT) (NM). Take It Outside w/AMC 2016 - Beginner Bicycling, Borderland State Park Visitor Center, Easton, Massachusetts, Southeast, MA. Bicycling has all sorts of health benefits and it's FUN! This 10-12 mile BEGINNER ride on flat, gently rolling, quiet, secondary roads will be at a relaxed, stay-together pace. Bike in good working condition. Tires pumped. Helmets and water mandatory. Free lunch provided. Parking \$5/car. L Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net) CL Joe Tavilla (silverski6184@comcast.net), R Barbara Gaughan (781-572-1321 before 9 p.m., barbaragaughan12@comcast.net)

Apr. 16 (Sat). Take it Outside with AMC 2016 - Intermediate Biking, Borderland State Park, Massachusetts, Southeast, MA. The areas around Borderland are beautiful. We will ride at an intermediate pace 11-13mph. This 12-15 mile intermediate ride on flat, rolling hills, and a moderate hill or 2. Bike in good working condition. Tires pumped. Helmets and water mandatory. Spare tube a good idea. Free lunch provided. Parking \$5/car. L Cheryl Washwell (cawashwell@gmail.com) CL John Adams

Jun. 5 (Sun). Westport-Dartmouth Ride, Massachusetts, Southeast, MA. Join us for a 25-30 mile ride past lovely scenery (farms, beaches) in Westport & Dartmouth. Some parts are hilly. Moderate (15 mph) pace. Call leader to register. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Jodi Jensen

Conservation Volunteer Opportunities

Apr. 16 (Sat) (C) (FT) (NM) . Take it Outside with AMC 2016 - Super Hero Clean-up hike, Borderland State Park (main building), Massachusetts, Southeast, MA. Do your children like super heroes? Have they ever wanted to become a super hero? Well now is their chance! Come by AMC SEM's Open House event at Borderland State Park and help take on the super villain...Litter. Children 5-12 years old, come dressed as your favorite super hero, or wear a costume of your own design. Parents or legal guardians will be sidekicks, and will be responsible for picking up litter super heroes spot. After our mission there will be free lunch! Contact Joshua Tefft, Conservation Chair for more details and to register. *Borderland Parking Fee (\$5 per car). L Joshua Tefft (conservationchair@amcsem.org) CL Karen Singleton , R Joshua Tefft (conservationchair@amcsem.org)

Education

May 14 (Sat) (AN). Wilderness First Aid Two Day Training Course, Foxboro Recreation Department Rec Hall, 68 Mill Street, Foxboro, MA 02035. Wilderness First Aid is a two-day class designed for trip leaders, co-leaders, and outdoor enthusiasts. This course teaches the skills necessary to identify and treat medical issues common to wilderness settings and to prepare for long-term care scenarios. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. L Douglas Griffiths (508-758-4315 After 6 PM, RedDougG@aol.com)

Hiking on The Cape

Apr. 14 (Thur). Brewster - Nickerson State Park - part#2, Brewster, Massachusetts, Cape Cod, MA. Hike the trails in the back area of the park around ponds and in wooded areas. Meet at 9:45 at Fisherman's Landing. Enter Park of Rte 6A. Stay on Main road 2.8 mi. to dirt road pkg area on left. L Janet DiMattia (jandimattia@verizon.net)

Activities

[Search activities online](#)

Apr. 23 (Sat) Hike Falmouth Moraine, Falmouth MA, Massachusetts, Cape Cod, MA. This nine mile, 5 hour hike along the moraine trail in Falmouth is a one way hike. We'll pass through heavily forested areas on steep hilly trails. The beauty of Long Pond, Falmouth's water supply, will keep us company during our journey. There will be a stop for lunch and separation breaks during the hike. Meet at Goodwill Park at 9:30 sharp to carpool to the start. Not a beginners hike! Sturdy, broken in hiking boots are a must. Dress in layers. Bring plenty of water, snacks /lunch, sunscreen. Be aware that poison ivy is abundant alongside the trails. This is a known Tick habitat. Repellent is strongly recommended. Registration is required. Rain cancels. L Catherine Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com) L John Gould (508-540-5779), R Cathy Giordano (508-243-3884 before 9 pm, cmgiordan@msn.com)

Apr. 24 (Sun) Hike- Maple Swamp Sandwich (C3C), Service Road, East Sandwich between exit 3 & 4, Massachusetts, Cape Cod, MA. Meet at 12:45 PM for 1 PM start. This hike requires hiking steep inclines and down hills not for beginner hikers. From Rte 6 take exit 3 Quaker Meetinghouse Rd and turn S. Take 1st left onto the Service Rd. Entrance to Maple Swamp is just beyond Mill Lane. L Jane Harding (508-833-2864 before 9 PM, janeharding@comcast.net)

Apr. 28 (Thur) Hike - Bourne 3 Sisters (C3C), Massachusetts, Cape Cod, MA. This hike has almost continuous rolling hills on woodland paths with trails around an adjacent bog. Views of Back River from the Leary property. Moderate pace required due to multiple turns in the trail. L Robin McIntyre (508-789-8252 Before 9:00 p.m., robinmcintyre@comcast.net)

May 1 (Sun) (FT) (NM) Hiking: Quashnet River, East Falmouth/Mashpee (C3C), East Falmouth / Mashpee, MA, Massachusetts, Cape Cod, MA. Spend 2 hours on a May Day afternoon walking in a small valley along a stream. May see some herring and trout. Meet at 1245 for 1300 start. Rain cancels, but phone or email leader if any doubt. L John Gould (508-540-5779, jhgould@comcast.net)

May 5 (Thu) Harwich - Hawksnest State Park, Harwich, Massachusetts, Cape Cod, MA. Woods walk on trails and dirt roads. Meet at 9:45. Exit 11 from Rte 6. Spruce Rd is diagonally across from exit. Park approx. 1/2 mile on edge of road. L Janet DiMattia (jandimattia@verizon.net)

May. 8 (Sun) Hiking: Santuit Pond and River (C3C), Mashpee, MA 02649, Massachusetts, Cape Cod, MA. Water views, woodland trails. Field with Bird's Foot Violets in bloom --Hopefully! Directions: Rte.6, Exit 5. South on Rte. 149 to Rte. 28, R on Santuit-Newtown Rd. for 0.8 mile to yellow gate and parking lot on left. Meet 12:45pm for sign-in. 2hr. hike starts at 1pm. L Nancy Wigley (508-548-2362, nrwigley@verizon.net)

May 12 (Thu) Hike - Bourne Town Forest (C3C), Massachusetts, Cape Cod, MA. This 4.8 mile hike is through rolling forest trails, mountain bike paths, fire cut lines, and along the edge of Bourne 4 Ponds. Several moderate hills. L Robin McIntyre (508-789-8252 Before 9 p.m., robinmcintyre@comcast.net)

May 19 (Thu) Hike - Long Pond, Falmouth, Falmouth Town Forest, Winn Rd. Falmouth, MA, Massachusetts, Cape Cod, MA. Traverse through Falmouth's Town Forest on rolling wooded trails. Enjoy scenic views of Long Pond, a kettle pond formed at the edge of the glacial moraine. Sturdy shoes, plenty of water, sunscreen, and tick repellent are strongly recommended. The Cape is a known tick habitat! Poison ivy is also abundant in the woods and along the sides of the trail. You may consider wearing long pants. Meet at 9:45 AM to begin the hike promptly at 10 AM. L Catherine Giordano (508-243-3884 before 9 PM, cmgiordan@msn.com)

Hiking

Get your 100-mile patch! Contact hikingchair@amcsem.org.
We're always looking for additional hike leaders! Contact hikingchair@amcsem.org

Apr. 10 (Sun) Myles Standish Pine Barrens Trail Hike, Myles Standish State Forest, Massachusetts, Southeast, MA. A beautiful 5 mile trail heads south from Liggett Road through varied pine barrens all the way to Cuttersfield Road, passing Wings Hole and the Sawpit. This will be a one-way hike heading south from Liggett. L Ellie MacPherson (508-224-6465, elliemac@comcast.net) CL John Bescherer (508-742-7973 Before 9:00PM, notmtwain@yahoo.com), R John Bescherer (2 Faith Lane, Forestdale, MA 02644, 508-419-1616 Before 9:00PM, notmtwain@yahoo.com)

Tuesdays in April, May, Blue Hills Tuesday Spring Conditioning Hike Series, Massachusetts, Boston Area, MA. Hike hilly Skyline Trail and adjacent trails on successive Tuesday mornings 3/22-5/10, progressively increasing distance, elevation gain and pack weight to condition for summer hiking season up north. Moderate to fast pace 3 to 4 hour hike, distance 3 to 8 miles. 9:30 am start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht (lenu44@gmail.com)

Activities

[Search activities online](#)

Thursdays in April, May, June, July & Aug. Red Line the Blue Hills (FT) (NM) - Hiking, Blue Hills Reservation, Milton, MA, Massachusetts, Boston Area, MA. Join us to hike all the trails in the Blue Hills or just enjoy a walk in the woods. Location, terrain and elevation will vary each week. Time is approximately 6-8pm every Thursday night. Register once then show-n-go. L Joe Keogh (jpkeo24@gmail.com) L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com) L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Thursday Mornings in April, May: Morning Hike (C) (FT) (NM) (AN) - Wollomonopoag Conservation Area, Wrentham, MA, Massachusetts, Southeast, MA. Thu., April 14 Wollomonopoag Conservation Area, Wrentham, MA. Meet 10:00 am in Conservation parking lot off of Elysium St. Bring water, snack or lunch & sturdy footwear. Rain cancels. L Muriel Guenther (508-699-7461 before 9:00pm mguenther@comcast.net). B3C. L Muriel Guenther (508-699-7461 Before 9:00pm, murielguenther@comcast.net)

Apr. 16 (Sat) (FT) (NM) Take It Outside with AMC 2016 Beginner Hike @ Borderland State Park, Borderland State Park, Massachusetts, Southeast, MA. Don't just read these listings, come hike with us! This hike is designed to introduce new members (and potential new members!) to hiking with the Southeastern Mass Chapter of AMC. We will hike the relatively flat, narrow, winding, back trails at Borderland (not just the wide, flat loop around the ponds.) During the hike we will also take some time to talk to you about the clothing and equipment needed, both for local hikes, as well as for hiking in the White Mountains of New Hampshire. Plus, hopefully, we will be able to explain why we have had so much fun hiking with SEM/AMC! Please bring: Water, and a rain coat if the weather looks iffy. More info will be provided when you register. Hike will finish by noon, and a free lunch will then be available at the visitor Center. Note there is a \$5 (MA registered cars) or \$6 (others) parking fee at Borderland. L Bob Vogel (vogel.r@comcast.net) L Ellen Correia (ellencorreia@gmail.com), R Bob Vogel (vogel.r@comcast.net)

Apr. 16 (Sat) (NM) Take it Outside with the AMC 2016 Intermediate Morning Hike at Borderland State Park, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. An intermediately paced 4-5 hike through the upper quarry area of Borderland State Park. After the hike a free lunch will follow. There is a parking fee of \$6 dollars. L Sue Chiavari (508-496-6452 7-9PM, brillo6452@yahoo.com) L Nancy Coote (508-596-8222 7-9PM)

Apr. 16 (Sat) (FT) (NM) Take It Outside with AMC 2016 Borderland Open House Family Hike, Borderland State Park, 259 Massapoag Ave., North Easton, MA, Massachusetts, Southeast, MA. Join us for a 1 1/2-2 hour Family Hike, approximately 2 miles, at a very do-able pace, on some of the beautiful trails at Borderland. A great way to introduce kids to the joys of hiking. Free lunch for all participants. Hike leaves from the Visitor Center; arrive earlier for lunch. Parking fee per car \$5. L Jeannine Audet (508-493-8221 Weekdays after 6:00 pm, weekends any time (if any questions), milmod@aol.com) L Sui-Wen Yang (linsuiwen@verizon.net)

Apr. 16 (Sat) (FT) (NM) Take It Outside with AMC 2016 SEM's Open House Beginner Hike (pet friendly) @Borderland State Park, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. Join AMC Southeastern Mass (SEM) Chapters Open House event at Borderland State Park for a group hike. This beginner/first-timer and pet-friendly hike is geared towards new AMC members (and potential new members) who are new to hiking. Get up your energy and meet other new members with a free pre-hike lunch followed by a one to two hour hike around some relatively flat, winding back trails at Borderland. The leader will have his friendly dog, Sunny, with him on-leash and other well-behaved pets are welcome to join us for an on-leash walk. We will hike at a slow pace for our dogs to smell the scents and so we can enjoy the trail. During the hike we can, if you wish, talk about what clothing and equipment can be helpful for local hikes. Please bring at least 1 liter of water and discover that the AMC is far more than just hiking the Appalachian Trail. Note there is a parking fee at Borderland, it is \$5 for MA registered cars or \$6 (for others). L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com)

Apr. 16 (Sat) (NM) Take It Outside with AMC 2016 Intermediate Afternoon Hike, Borderland State Park, Massachusetts, Southeast, MA. Join AMC Southeastern Mass (SEM) Chapter open house event at Borderland State Park for a group hike. This intermediate hike will traverse parts of the Bay Circuit Trail (BCT) as well as some of the lesser traveled trails in Borderland and wind up along the scenic ponds back at the visitor center. Join us for a free pre-hike lunch at the visitor center for an energy boost and meet some of your fellow hikers. During the hike feel free to ask the leaders any questions you may have about hiking (clothing, equipment, nutrition, etc.). Please bring one liter of water and wear sturdy shoes. There is a five dollar parking fee per car. L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Dexter Robinson (dexsue@comcast.net), R Barry Young (Barry.young@comcast.net)

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Apr. 17 (Sun) North South Trail Hike, East Beach Road, Charlstown, RI, Rhode Island, RI. Join me on the first of a ten hike series that will traverse the 72 miles of rolling hills and farmlands along the "North South Hiking Trail" in western RI. This section N/S#1, will be 9 miles long starting at Blue Shutter Beach at waters' edge, through Burlingame State Park, to Burdickville Road. Registration is required. Complete info will be provided by email upon registering. L Fred Wason (508-838-6049, fmwason@gmail.com)

Apr. 18 (Mon.) Borderland Family Hike! Borderland State Park, Massachusetts, Southeast, MA. April Vacation. What activities are there to do with kids? Why not bring them to Borderland State Park and go on a 2 hour guided hike with them? AMC Leaders will take you for a walk through the winding trails through the woods, as well as along the wider 'roads' around the pond. Suitable for energetic school age children and their parents. (Strollers won't work on these paths!) We'll talk about hiking, give you information about local hiking, and hiking in New Hampshire, and generally be available to answer hiking related questions. Note: My sons both climbed their first NH 4000 foot mountain at aged 5.. kids can do great things. (Of course keeping up with them is your problem!) Come enjoy the woods. (Note: There is a parking fee at Borderland, \$5 MA cars, \$6 out of state cars.) Meet at Visitor Center. See Borderland info at: <http://www.mass.gov/eea/agencies/dcr/massparks/region-south/borderland-state-park.html>. L Bob Vogel (vogel.r@comcast.net) L Joe Keogh (jpkeo24@gmail.com) CL Paul & Louise Anthony

Apr. 21 (Thu) (FT) Thursday Morning Hike - World's End (C3C), Hingham, MA, Massachusetts, Southeast, MA. World's End (C3C). Meet at 10am, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor, stunning views, hilly, carriage ways, rocky paths, could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Directions at <http://www.thetrustees.org/places-to-visit/greater-boston/worlds-end.html>. L Eva Borsody das (781-925-9733, borsody@gmail.com)

Apr. 23 (Sat) Woodland End2End Hike in the Blue Hills (Sat), Blue Hills, Massachusetts, Southeast, MA. Have you ever wanted to do the Blue Hills Skyline End2End but were not sure if you were ready for the hills or do you simply prefer the woods to the summits? This hike skirts around all the summits and sticks to the wooded lowlands. It's perfect distance training for the Skyline End2End (which is shorter but hilly) or to be enjoyed in its own right. The Skyline End2End is the following Saturday (April 30). We will hike from the Northernmost end of Fowl Meadow in Canton to Shea Ice Rink in Milton, stopping at Houghtons Pond for a leisurely lunch (and to refill our water). The total distance is 11 miles but the pace will be on the slower side of moderate (1.5 to 2 mph) ideal for hiking and chatting at the same time. The terrain is mostly flat and well-maintained trails. Since we are keeping to lowlands, heavy rain or flooding will cancel. The leader will have his well-behaved dog with him, Sunny. If you wish to bring your dog, please discuss during registration. L Paul Brookes (603-799-4399 After 7am and before 9pm, PaulBrookes1966@outlook.com) L Catherine MacCurtain (781-848-9506, camaccurtain@aol.com) L Joe Keogh (jpkeo24@gmail.com) CL Pat Achorn (plachorn@me.com), R Pat Achorn (781-784-8983, plachorn@msn.com)

Sat., Apr. 30. Blue Hills Skyline End-to-End Hike, Blue Hills Reservation, Braintree and Canton, MA, Massachusetts, Southeast, MA. This most challenging of Blue Hills hikes is an SEM chapter favorite! We'll follow the Skyline Trail from the Shea Rink in Braintree to the end of Royal St. in Canton, hitting all the major hills in the expansive Blue Hills Reservation. Relatively rugged approximately 8.5 mile hike. Sturdy hiking boots and strong legs required! L Barry Young (508-339-3089 Before 9 PM, Barry.young@comcast.net) L Paul Miller (paulallenmiller@verizon.net), R Barry Young (Barry.young@comcast.net)

May 1 (Sun) (FT) (NM) F. Gilbert Hills Hike, F. Gilbert Hills State Forest, 45 Mill St., Foxboro, MA 02035, Massachusetts, Southeast, MA. Join us for a 5-6 mile hike along the beautiful trails in F. Gilbert Hills Forest. Pack lunch for a picnic afterward. Call leader to register. L Jeannine Audet (508-493-8221 Weeknights after 7:00 pm, weekends anytime, milmod@aol.com) CL Claire MacDonald (781-582-0316 Between 8:00 am and 10:00 pm, cfmacdonald@hotmail.com), R Claire MacDonald (781-582-0316 Between 8:00 am and 10:00 pm. Be sure to leave a message., cfmacdonald@hotmail.com)

May 7 (Sat) (FT) (NM) Introduction to Hiking and Backpacking Workshop, Foxboro Recreation Hall, 68 Mill Street, Foxboro, MA. F. Gilbert Hills State Park, Massachusetts, Southeast, MA. New to hiking and backpacking? Not sure where to start? Come join SEM leaders to learn all that you need to know to get outdoors and start hiking. The morning session (9-12) will focus on appropriate clothing, footwear, backpacks, nutrition and hydration, physical conditioning, and much more. The afternoon session (1-4) will focus on tents, sleeping bags, stoves, cooking, how to pack your backpack and Leave No Trace. A variety of gear will be demonstrated. Lunch will be provided. This workshop will prepare you to come join the day hikes and backpacking trips that the SEM Chapter will be offering this summer. L Leslie Carson (508-833-8237 Before 9:00 pm, lrc929@comcast.net) L Bob Vogel (vogel.r@comcast.net)

Jun. 18 (Sat) Hike Mount Carrigain, Mount Carrigain, Livermore N.H., New Hampshire, White Mountains, NH. Hike Mount Carrigain (4,700"). From the Parking lot on Sawyer Rd in Livermore N.H. we will hike 1.7 miles on Signal Ridge trail to a junction with the Carrigain Notch Trail. Bear left and continue to hike Signal Ridge Trail for 3.3 miles. There will be a fire tower with a 360 degree view waiting for us at the summit. Eat lunch, bask in the views, take some

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photos, then retrace our steps back to the parking lot. Easy for the first two miles, the trail then progresses to a moderate hike for the remaining 3 miles. Milage is 10.16 miles with an elevation gain of 3,712'. the code would be A-3-B/C. L Ken Carson (508-833-8237 4pm-6pm, kcciii@comcast.net) CL Leslie Carson (508-833-8237 before 8:00pm, LTC929@comcast.net)

Jun. 24-25 (Fri & Sat) (AN) Hike Cannon and the Kinsmans, New Hampshire, White Mountains, NH. Summit three 4000 footers over two days. Hike Cannon on Friday and the Kinsmans on Saturday with one overnight at Lonesome Lake hut. Soak up the beauty of Franconia Notch and a summer evening by Lonesome Lake. Bring your camera. Strenuous with significant elevation change. For experienced hikers. Register with leader by May 7. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R Len Ulbricht (lenu44@gmail.com)

Jul. 8-10 (Fri & Sat) (AN) Carter Notch Hike Weekend, Carter Notch, New Hampshire, White Mountains, NH. We'll hike into Carter Notch Hut from the south on the beautiful Wildcat River Trail, spend the night at the hut, then summit Carter Dome and return via the Rainbow and Bog Brook Trails. L Paul Miller (508-369-4151 before 9:00 pm, paulallenmiller@verizon.net) L Peggy Qvicklund , R Peggy Qvicklund (qvickan@comcast.net)

Jul. 16 (Sat) Loop Hike the Osceolas, New Hampshire, White Mountains, NH. Loop hike Osceola (el. 4340 ft.) and East Osceola (el. 4156 ft.). We will hike in on the Greeley Ponds trail (recently restored from Hurricane Irene damage), by the Greeley Pods Scenic Area to the Mt. Osceola trail, hike up and over the two Osceolas, and hike out to cars spotted on Tripoli Road. Hike distance is 9.9 miles, total elevation change 2700 ft., and estimated hike duration 8 hours. This is a strenuous hike for experienced hikers only. Consider joining the leaders to hike the Hancocks the next day, Sunday July 17. Register separately for each hike. L Len Ulbricht (lenu44@gmail.com) CL Ken Carson (kcciii@comcast.net), R len ulbricht (lenu44@gmail.com)

Jul. 17 (Sun) Loop Hike the Hancocks, Mount Hancock, New Hampshire, White Mountains, NH. Loop Hike North Hancock (4,420') and South Hancock (4319'). We will hike in across the street from the Hancock Overlook, on the Hancock Notch Trail. Then a small trek on the Cedar Notch Trail will have us arrive at the Hancock Loop Trail. The distance between both summits is 1.5 miles. Hike distance is 9.8 miles. Elevation gain is 2,700' This is a moderate hike for experienced hikers. Hopefully, hikers will join the leaders into making this a joint adventure hiking the Osceolas on Saturday and the Hancocks on Sunday. Register for each hike separately. L Ken Carson (508-833-8237 4pm-8-pm, kcciii@comcast.net) CL Len Ulbricht (lenu44@gmail.com)

Aug. 4-7 (Thu., Fri, Sat., Sun.) (AN) Hut-to-hut Hiking the Southern Presidentials, New Hampshire, White Mountains, NH. Multi-day hike of the southern Presidentials. Summit Webster, Jackson, Pierce, Eisenhower, Monroe and Washington. Stay at AMC huts. This section of the AT mostly above tree line. Strenuous with significant elevation gain and distance. Restricted to conditioned hikers with 4000 footer summiting experience. Latest date to register is June 24. Expected to fill much earlier. L Len Ulbricht (lenu44@gmail.com) CL Anne Duggan (abduggan12@gmail.com), R Len Ulbricht (lenu44@gmail.com) Socials

Apr. 16 (Sat). Take It Outside with AMC 2016, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Borderland State Park in Easton, MA, on Saturday, April 16, 10:00-3:00 for "Take it Outside with AMC 2016" to meet our leaders and try a hike, a family hike, a nature walk, or a bike. All are welcome; bring a friend. We know once you try it, you'll be hooked. Contact Jodi, membershipchair@amcsem.org for more information. Each activity has its own description and registration in the online trip system. Parking fee is \$6/car. L Jodi Jensen (781-249-8346, jodijensen@gmail.com)

Paddling

Apr. 20 (Wed) Paddle Barnstable Harbor & Wells Creek, Barnstable Harbor Massachusetts, Massachusetts, Cape Cod, MA. This trip depends on the weather. If it's warm enough and not windy the trip will run, otherwise I'll cancel it and run it another time. We'll explore some creeks on the western end of Barnstable Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and Lunch. PFDs and spray skirts are required. L Ed Foster (erfoster@comcast.net)

May 11 (Wed) Paddle Long Pond Harwich/Brewster, Harwich/Brewster, MA, Massachusetts, Cape Cod, MA. Circumnavigate Long Pond, lily pond & if there is enough water in narrows visit Sheeps Pond. Lunch on beach & paddle back to put-in. About 6-7 mi Wear PFD, bring spray skirt in case windy & bring lunch. Register for directions to put-in & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

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May 14 (Sat) Paddle Walker/Mill Ponds, Brewster, Brewster, MA, Massachusetts, Cape Cod, MA. Paddle 3 fresh water kettle ponds & Narrows. See Stoney Brook Grist Mill (1873), herring run & Punkhorn. Lunch Slough Rd picnic area. Wear life jacket, bring spray skirt in case it is windy, bring lunch E-mail leader to register & for directions to put-in & start time. About 7 mi. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

May 21 (Sat) Paddle Swan Pond/River, Dennis, Dennis, MA, Massachusetts, Cape Cod, MA. From Swan Pond put-in paddle down river to mouth on Nantucket Sound. Lunch on beach. Return & circumnavigate Swan Pond. About 7-8 mi total. Wear life jacket, bring spray skirt in case windy, bring lunch. E-mail leader to register & for directions to put-in & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

May 28 (Sat) Paddle Indian Lakes, Marston Mills, Marston Mills, MA, Massachusetts, Cape Cod, MA. Paddle Middle & Mystic fresh water ponds. Lunch on beach at end of Mystic pond. Wear life jacket, bring spray skirt in case it is windy. Bring lunch. About 6-7 miles E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Jun. 1 (Wed) Paddle Nauset Marsh from Mill Pond, Orleans, Orleans, MA, Massachusetts, Cape Cod, MA. Paddle from beautiful put-in on Mill Pond to Nauset Marsh. Lunch on beach & short walk to ocean. Circle island toward Town Cove & return to put-in. Wear life jacket, bring spray skirt in case windy. Bring lunch E-mail leader to register & for directions to put-in & launch time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Jun. 11 (Sat) Mill/Walker Ponds, Brewster, Brewster, MA, Massachusetts, Cape Cod, MA. Paddle 3 fresh water kettle ponds & narrows. See Stoney Brook Grist Mill (1873), herring run & punkhorn conservation area. About 7 mi. Lunch on Slough rd picnic area. Wear PFD, bring spray skirt in case windy, bring lunch. E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau

Jun. 15 (Wed) Paddle Follins & Mill Ponds, Dennis, Dennis MA, Massachusetts, Cape Cod, MA. Paddle Follins pond to Weir Creek bridge & if tide allows under bridge into Mill pond passing Crab creek conservation area & return to circumnavigate Follins Pond & see evidence of Vikings visit. Lunch on small beach. Paddle Dinahs Pond & Kelleys Bay & return. 7-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & put-in time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Jul. 2 (Sat) Paddle Chase Garden Creek, Yarmouth Port, Yarmouth Port, MA, Massachusetts, Cape Cod, MA. Paddle Chase Garden Creek & tributaries, Judahs & Whites Brook. See Bray Farm, Shell processing plant & Chapin beach. Lunch at Bray Farm or on sand bar depending on tide. 7-8mi. Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & launch time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)

Jul. 13 (Wed) Paddle Mashie/Wakeby Ponds, Sandwich, Mashpee/Sandwich MA, Massachusetts, Cape Cod, MA. Paddle 2 fresh water ponds about 7 mi. Lunch at end of Wakeby pond. Wear life jacket, bring spray skirt in case windy. Bring lunch E-mail leader to register & for directions & launch time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Jul. 30 (Sat) Paddle Bass River South, Dennis, Dennis, MA, Massachusetts, Cape Cod, MA. From launch paddle 'fingers' & bays to mouth of river on Nantucket Sound. Lunch on West Dennis Beach. Return & paddle Grand Cove. 8-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & time. L Jean Orser (jeanorser@gmail.com) CL Paul Corriveau (paulcorri@gmail.com)

Aug. 3 (Wed) Paddle Herring River north, West Harwich, West Harwich, MA, Massachusetts, Cape Cod, MA. Paddle upstream to Coy Brook to end & to East Reservoir & to Herring River for lunch on North Rd bridge. Then Paddle to West Reservoir & see Herring Run & return. about 8-9 mi Wear life jacket, bring spray skirt in case windy. Bring lunch. E-mail leader to register & for directions & launch time. L Paul Corriveau (paulcorri@gmail.com) CL Jean Orser (jeanorser@gmail.com)



Activities

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Socials

Apr. 16 (Sat) Take It Outside with AMC 2016, Borderland State Park, Easton, MA, Massachusetts, Southeast, MA. Are you a member of AMC but haven't tried any of our activities yet? Good, because we have an Open House for you! Join us at Borderland State Park in Easton, MA, on Saturday, April 16, 10:00-3:00 for "Take it Outside with AMC 2016" to meet our leaders and try a hike, a family hike, a nature walk, or a bike. All are welcome; bring a friend. We know once you try it, you'll be hooked. Contact Jodi, membershipchair@amcsem.org for more information. Each activity has its own description and registration in the online trip system. Parking fee is \$5/car. L Jodi Jensen (781-249-8346, jodijensen@gmail.com)

Happy Trails!

