

The Southeast Breeze

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

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Members looking to sell, trade or recycle their used equipment can post for free.

Business advertisements are just \$15/month.

Send inquiries to breeze.editor@amcsem.org.



Wild Cycling in Florida

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Written By [Bernie Meggison](#)
Photos By [Ira Hubell](#)
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On March 2, 2016 a small group of riders from NY, NJ, CT and Florida visited the Shark Valley National Park in the Florida Everglades. All are retirees from vocations such as engineering, construction and commercial photography.

The day was picture perfect, little wind and plenty of Florida sunshine. We rode the 15 mile nicely paved path through a wilderness that almost defies words. The path is flat, but due to very wet conditions, about 50% of the path had water run over from the Everglades high water table. We were in 1/2" to 2" of water for a good [while](#). The going slow managed to keep us safe and dry. We stopped half way on the path where there is a tall look out tower that scans the Everglades for as far as the eye can see. Just listening to the various birds and hearing the alligators croaking out their spring time mating calls was wonderful. We finished pretty much dry, but hungry. After short discussions about the sights and sounds, we left and visited a BBQ place named The Pit - it's real BBQ and is about 5 miles easterly down the road.

This happens to be one of the worlds largest aquifers. It is home to over 350 species of birds. Note that some of these species are often seen here on our New England shores during the summer months.

Alligators abound here by the thousands. Rare Florida Panthers have been seen in the "Glades" as have deer, raccoon's and all sorts of snakes. The dangerous Burmese Python has made the Everglades a new home for their species. The numbers are



Maureen Kelly,
Chapter Chair

chair@amcsem.org

View From the Chair

Hello SEM Members,

May is here! The flowers are blooming and the birds are singing. It's time to get outdoors, breathe the fresh air and savor the sunshine. Our fabulous leaders have activities waiting for you and I want to make sure that you know where to find them. Here's how.

Go to our SEM homepage: www.amcsem.org

Easiest - under "This Week's Activities" click on "hikes, bikes, paddles"

One committee's trips - Click the "Schedules" tab on the top of the page and choose any committee to view their trips.

To learn about SEM - Read our newsletter The Breeze with the list of trips in the back - link is top left

See you outdoors!

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.



in the tens of thousands. Their sheer numbers and appetites are decimating the Everglades rapidly.

Cycling in Florida is much different than cycling here in the northeast. Up here, the roads are narrow, curvy, full of road obstacles, etc. In

Florida, for the most part, the roads are in excellent condition. The state laws here allow bicycle groups of 2 or more to take a lane on a two lane highway or road. On major thoroughfares, there are well marked specific bike lanes that are about 4' wide. Most motorists are respectful of these lanes.

Club riding is huge here. On weekdays clubs regularly have up to 10-12 riders. On weekends, the groups can easily register upwards of a 100 [riders](#). On Key Biscayne Island, for example they have 500 or so riders from several groups riding all weekend long. There's more bike traffic than vehicles. The technique of club riding here is different than the northeast as well. In Florida, we travel in pace lines where it looks like a giant snake with everyone only a foot or two behind the bicycle in front of them. It does make for excellent drafting, but is a pure white knuckle experience for the untrained cyclist. I tend to be in the rear of these lines, for my safety. Their speeds range from our AMC type club average of 12-16 MPH to 22 MPH and above. Truly scary.

Shark Valley is a must see if you are in the south Florida area.



Wilderness First Aid Training

By Doug Griffiths, Education Committee Chair.

Our Southeastern Chapter sponsored another successful and well attended Wilderness First Aid two day training on May 14th and 15th in Foxboro at the Donald Cotter Recreation Hall of the Cocasset River Recreation Area.

We had 23 eager and focused participants, described by instructor Kathryn Riley Yousif as one of the most cohesive and supportive groups that she has worked with. Kathryn is a wilderness EMT and SOLO instructor that has led this course for our chapter in the past as well. Her upbeat engaging style kept attendees excited and thinking, through classroom instruction and multiple scenarios of emergency situations. Practice scenarios require careful thought, planning and creative responses to simulated injuries endured by our participants.

Nine attendees were from SEM, six from the Boston chapter, one from New Hampshire. Others were from Venture scouting and several people preparing for summer camping and trip leading jobs.

Wilderness First Aid training teaches an organized approach to evaluation and treatment of backcountry medical emergencies. Equal time is spent in classroom talk and in role plays. These realistic hands-on scenarios require thinking, planning and documenting on the spot, in real time, in an organized way. During the role plays and debriefings, participants develop real self confidence in handling emergency situations.

WFA training is a challenging and exhilarating experience, great for any outdoors enthusiast. It will make you smarter, more aware and more self assured. If you've never taken this course, you should check it out the next time. It's really cool and you will have a fun time.



Photo by Mike Woessner



Photo by Doug Griffiths



Photo by Doug Griffiths

A Pet Friendly Hike

By Susan Mulligan

One offering at the recently held SEM Open House at Borderland State Park was a beginner dog-friendly hike. It was a beautiful, sunny but windy day, a good day to enjoy being outdoors and for our dogs to enjoy one-another's company. The 11 hikers and 9 dogs hiked at a slow pace so our dogs could smell the scents and we could enjoy the trails. Everyone was well behaved, including the hikers.

Starting from the Visitor Center, we headed down towards the Ames Mansion and then followed Pond Walk out to Quiet Woods trail taking us to the edge of the Leach Pond. At that point, we walked around a section of the pond before heading back into wetlands. We then took Pond Walk and Swamp Trail to the lodge. At this point, the smallest dogs were getting weary so we headed back to the Visitors' Center.

The trip ended with everyone in good spirits and a strong interest in more pet friendly hikes.



Photo by Pat Achorn.

New Muddy Creek bridge 15 years in the making

New bridge seen as environmental boon for marsh.

There's a nice article in the [Cape Cod Times](#) about the rebuilding of a bridge that benefits the ecology of the marsh and makes for better paddling.

Blue Hills Conditioning Series Concludes

By Len Ulbricht

Nine hikers turned out on a sunny spring Tuesday on May 10 for the last hike of the 8 week conditioning series. The plan was to hike out 3 1/2 hrs, have lunch, and return on the hilly Skyline Trail (3 1/2 hrs), totaling about 7 hrs and 10 miles. We started out at the Rt 138 commuter lot, took the North Skyline out, stopped on Nahanton Hill for lunch and distant views to Boston and the harbor, and returned via South Skyline. Actual time was 6 h 20 m, and distance 9.15 mi. (Thank you, Paul Brookes).

Each week as few as 7 and as many as 19 participated (average turnout 13) over the course of seven hikes (we had one rainout). Once we hiked in snow from the previous day, several times in drizzling rain, and one Tuesday that fell between Earth Day and Park Serve Day we collected assorted trash while hiking from Rt 138 to Buck Hill and back.

For the regulars who hiked each or most weeks, the hills were interval training for hikers (Bob Jabaily's descriptor). Up, down, up, down, ... with each week more up and down. And the conditioning works, as we progressed from a little over 3 miles in 2 hours in the first week to over 9 miles in almost 6 1/2 hours in the capstone hike. Congratulations hikers on your personal accomplishment.

In closing, this Blue Hills spring conditioning series has been run annually for 5 or so years. This past year the preceding Blue Hills white lining winter series (Paul Brooks, L) was introduced, and preceding that the fall Blue Hills conditioning series (Peggy Qvicklund, L). When coupled with the summer Red Line Blue Hills series staying in hiking conditioning year round is becoming easier and easier.



Photo by Paul Brookes.

Hiking in Bourne Town Forest

By Robin McIntyre

Robin McIntyre and Dia Prantis, leader and co-leader-in-training, led 9 hikers in conservation areas in the Bourne Town Forest, Bourne Water District property, and a portion of Four Ponds Conservation Area. The skies were blue on our first warm morning hike of the season at 70° without a sea breeze. We covered 4.8 miles on wooded fire roads and mountain bike trails with some hilly terrain. We shared some area history as Grover Cleveland fished in the ponds and a rum runner's barn burned in a massive explosion in 1913. A great start to warm weather hiking!



Photo by ?

Volunteer of the Month

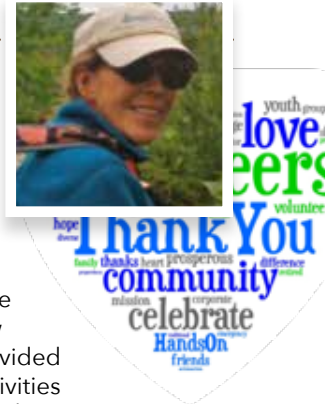
Farley Lewis

Each month the SEM recognizes one of our amazing volunteers. We are thankful for the wonderful people who donate their time and energy to lead terrific trips. This month the Hiking Committee recognizes FARLEY LEWIS for her continuing contributions.

Farley has been actively involved with Cape Hikes for several years and for the past few years as Cape Hiking Chair. Farley has provided leadership and support to many hiking activities on the Cape. Farley does a superb job as hike leader sharing knowledge of the area to be hiked as well as introducing participants to one another. As she made her decision to step down as chair, she has been very helpful in smoothing the transition to a new chair. She has provided resource material and offered to be available on an as needed basis to make the change in leadership smooth.. Thank you, Farley, for all you do!

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

Photo credit: Ken Carson



AMC Adventure Travel – Hiking in Majestic Sedona

November 5-12, 2016

Join us for a week of hiking in sublimely beautiful Sedona, Arizona, with its deep canyons, soaring mesas, and gentle streams. Connect with subtle energy as you hike to and admire places such as Cathedral Rock, Brins Mesa, and Bear Mountain. Expand your knowledge of vortex sites, geologic strata, and native culture. After hiking, we may explore the thriving local art scene, enjoy locally-sourced meals, and sample wines from nearby vineyards. Moderately paced hikes will be 5-8 miles with 500-1800' elevation gain. Cost \$1695 plus airfare.

For details contact Leader Eva Borsody Das (borsody@gmail.com) or Co-Leader Karen Thurston (karenjthurston@gmail.com).



Activities

For the most current informaton, [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

BICYCLING

Sun., Jun. 5. 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

Sat., Jun. 18. Bike Harwich, Chatham, Cape Cod June 18th, Harwich, MA, Cape Cod, Massachusetts, Cape Cod, MA. June 18 START, 9:30 a. m. Harwich-Chatham Road biking. Combination rail trail, main roads, secondary rides. Scenic water views and historical sites. Rolling hills. 24 miles. 12-15 mph. Lunch stop. Helmet, spare tube, water, snack required. Rain cancels. Leader & Registrar: Barbara Gaughan. barbaragaughan12@comcast.net. 781-572-1321 before 9 p. m. L Barbara Gaughan (barbaragaughan12@comcast.net, barbaragaughan12@comcast.net) CL Bernie Meggison , R Barbara Gaughan (barbaragaughan12@comcast.net)

Mon., Jun. 20. Full Strawberry Moon Ride at Cape Cod Canal, Cape Cod Canal, Sagamore Side, Massachusetts, Cape Cod, MA. Monday, June 20th.- Sunset and - Strawberry Full Moon Road Cycling - - 22+/- Miles/ 2 +/- hours. Flats & Hills. We'll ride from Sagamore Recreation Area (mainland side) into Sagamore Highlands with a stop at Peaked Cliff for a peek at Provincetown in the distance. Return to the recreation area and along the canal to Buzzards Bay for sunset at MMA or on Three Mile Outlook. Then back along the canal for moonrise over the Cape Cod Bay. Helmets a must. Have bike tires pumper and bike ready to roll. We will be riding after sunset on the Cape Cod bike path. Have lights at the ready. This is another classic Paul Currier ride. Contact leader for further information. Ride starts around two hours before sunset. L Bernie Meggison (617-930-4029 8:00 AM- 8:00 PM, thosmeggisons@gmail.com, AMC/ SEM Bike Chair), R Bernie Meggison (West Harwich, MA 02671, 617-930-4029, thosmeggisons@gmail.com)

Tue., Jul. 19. Full Moon Bike Ride, Cape Cod Canal, Cape Cod Canal. Sandwich side of canal, Massachusetts, Boston Area, MA. Tuesday, July 19th- Sunset & Buck Moon Road Cycling: 22+/- Miles/ 2 +/- hours. Mostly flat - a couple of hills. We'll ride from Sandwich Recreation Area at the end of Freezer Road in Sandwich to Monument Beach and return along Shore Road and through Gray Gables and Mashpee Island for sunset at Tidal Flats Recreation Area across the canal from MMA. Return along the canal with a stop at the Railroad Bridge for the Energy Train, President Cleveland's personal RR station and Aptuxet Trading Post; then moonrise over the Sagamore Bridge. Helmets mandatory. Have tires pumped up and have bikes ready to roll. We will finish this ride after sunset, please have lights at the ready. THIS IS A LEGACY PAUL CURRIER RIDE Contact leader for further information. Ride starts around two hours before sunset. L Bernie Meggison (617-930-4029, thosmeggisons@gmail.com, AMC/ SEM bike chair), R Bernie Meggison (West Harwich, MA 02671, 617-930-4029, thosmeggisons@gmail.com)

HIKING

(FT) (NM) Thursdays: Red Line the Blue Hills - 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, Living in Boston I enjoy hiking around Greater Boston and beyond. You may often find me in the Blue Hills with my dog Sunny.) L Michael Swartz (swartz@brandeis.edu), R Cathy Garry (508-524-8621 before 9 pm, cathygarry@comcast.net)

Sat., Jun. 4. Hike 2A of SEM Summer Hiking Series (Mount Shaw), Lakes Region, NH, New Hampshire, Lakes Region, NH. Mount Shaw is located in the Lakes Region Conservation Trust area, home of Castle in the Clouds. Mount Shaw is just one of the peaks upon an old volcanic ring dike (awesome I know).

Activities

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

Mount Shaw is also on the "52 with a View" list, if you're into lists. This hike will be rated B3C. The terrain is generally moderate, but has some strenuous, as well as, easy sections. We are looking at roughly an 8 mile hike in total with an elevation gain of 1800 ft. to 2300 ft. (depending on where we will start). We will likely utilize Pond Trail, Upper Bridal, Oak Ridge Cutoff, and High Ridge Trails. Depending upon the final route there may be some small brook crossings, so keep this in mind when registering. Hikers who already participated in hike 1 of the SEM Summer Series, or those who attended the SEM hiking workshop will have priority registration. Exact meeting times and location will be sent to those who become registered. I look forward to hiking with you all! L Joshua Tefft (401-212-7463 After 5pm, tefft9wes@aol.com)

Sun., Jun. 5. North-South Trail Section#3, Rhode Island, RI. The North-South Trail is a 77 mile continuous marked, footpath along the border of RI and Conn., from Block Island Sound to the Massachusetts border. Each section is an individual hike and must be registered as such, open to all even though you don't intend to complete all sections. Section #3 is 9 miles long (rating A-3-C) starting just South of Rte. 138 in Kingston then heads North on paved roads passing through residential and open Farm lands, passing under Rte. 95, and continuing NW into the Arcadia Management Area. Our next 5+ miles are on trails and abandoned road through hilly terrain to Roaring Brook Pond and on to section end. We will encounter reminders of early RI, glacial boulder fields and other such oddities. Registration is a requirement for each section hike. The hike info sheet will be sent to you upon registering. Plan 5 hours plus travel time for this section. Please join us for a pleasant day. Plan ahead Section #4 will be June 26. L Fred Wason (508-883-6049, fmwason@gmail.com), R Fred Wason (508-838-6049, fmwason@gmail.com)

Sat., Jun. 11-12. SEM Backpacking Series #1 - MSGT, Mount Sunapee Ski Area, Newbury, NH, New Hampshire, Monadnock Region, NH. Start the summer off by joining us on the first of five of the SEM Backpack Series hiking the Monadnock-Sunapee Greenway Trail. On day one, we spot cars then hike 4.4 miles to where we will set up camp and have a delightful evening under the stars. The next day, we hike 9.9 miles along the Sunapee Ridge, enjoying views of Mount Kearsarge and the White Mountains to the north, Lovewell Mountain and Mount Monadnock to the south and Vermont's Green Mountains to the west. We then return to our cars for the ride home. Participants should be experienced hikers, but those new to backpacking are encouraged to join us. Some equipment will be shared (i.e. tents, stoves). Please contact the leaders with questions. L Leslie Carson (508-737-6627 Before 9:00 pm, lrc929@comcast.net, Leslie is a 4-season hike leader who leads day and multi-day trips with the SEM Chapter. She also leads hikes with AMC's August Camp and Adventure Travel.) CL Joshua Tefft (401-212-7463), R Joshua Tefft (401-212-7463 Before 9 PM, tefft9wes@aol.com)

Sat., Jun. 18. 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 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. Mileage 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, kccii@comcast.net) CL Leslie Carson (508-833-8237 before 8:00pm, LTC929@comcast.net)

(AN) Fri., Jun. 24-25. 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)

Sun., Jun. 26-26. North South Trail Section #4, Exeter, RI, Rhode Island, RI. The North-South Trail is a 77 mile, continuous, marked, footpath along the border of RI and Conn., from Block Island Sound to the Massachusetts border. Each section is an individual hike and must be registered as such, open to all, even though you don't intend to complete all sections. This upcoming section promises to be just as interesting as the previous 3 sections. The series of footpaths, abandoned and gravel roads are all within the Arcadia Wildlife Management Area. Much of the trail parallels the Falls River. This could offer good opportunities to photograph the beauty of a fast flowing river and cascades. Along the way we will find signs of early commerce as well as old farms from the 19th and 20th century. We will be starting at trail mile 26.45 at Arcadia Road, Exeter RI then travel north to trail mile 33.5 on the south side of Hazard Rd in West Greenwich RI. Registration is a requirement for each section hike. The hike info sheet will be sent to you upon registering. Plan 5 hours plus travel time for this section. Please join us for a pleasant day. Plan ahead. Section #5 will be July 17th. L Fred Wason (508-883-6049, fmwason@gmail.com)

(AN) Fri., Jul. 8-10. 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)

Activities

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

Thu., Jul. 14-14. Evening Hike in Wrentham State Forest, Wrentham State Forest, Wrentham, MA, Massachusetts, Southeast, MA. Evening hike through the rambling terrain of Wrentham State Forest. Enjoy glacial erratics and abandon [quarries](#). This 5-6 mile hike will cover varied terrain. Be sure to wear sturdy foot wear, bring water and plenty of bug repellent. Well behaved dogs on leashes welcome. We will meet at the State Forest parking lot off of Taunton Street, Wrentham. L Mike Woessner (508-577-4879, stridermw@hotmail.com) CL Ken Carson

Sat. & Sun, Jul. 16-17. 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)

(AN) Thu., Aug. 4-7. 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)

PADDLING

Wed., Jun. 1. 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)

Sat., Jun. 4-4. Paddle Barnstable Harbor, barnstable mass, Massachusetts, Cape Cod, MA. Paddle some of the creeks in Barnstable Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required and spray skirts may be needed depending on the wind. Registration is required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Sat., Jun. 11. 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

Wed., Jun. 15. 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)

Sat., Jun. 18. Paddle Oyster Pond and Stage Harbor, Massachusetts, Cape Cod, MA. Paddle Oyster Pond & Stage Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water & lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jun. 22. Paddle Wellfleet Harbor, Massachusetts, Cape Cod, MA. Paddle Wellfleet Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water & lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jun. 29. Paddle Lewis Bay, lewis bay mass, Massachusetts, Cape Cod, MA. Paddle Lewis Bay and Hyannis Inner Harbor. Explore Uncle Robert's Cove and have lunch on Egg Island. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required and spray skirts may be needed depending on the wind. Registration is required. L Ed Foster (508-420-7245, erfoster@comcast.net)

Activities

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

Sat., Jul. 2. 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)

Wed., Jul. 6. Paddle Shoestring Bay and area., Cotuit, Ma., Massachusetts, Cape Cod, MA. PFD and spray skirt required, Paddle rivers, coves, canals and open water. 8 miles. L Bill Fischer (508-420-4137 before 9pm, wambarafischer@comcast.net)

Sat., Jul. 9. Phinneys Harbor to Back River Paddle, Massachusetts, Cape Cod, MA. Paddle Phinneys Harbor to Back River. Arrive no later than 10:15 for a 10:30 departure. Bring water and lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jul. 13. 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)

Sat., Jul. 16. Paddle Lewis Bay & Hyannis Inner Harbor, Massachusetts, Cape Cod, MA. Paddle Lewis Bay & Hyannis Inner Harbor. Arrive no later than 10:15 for a 10:30 departure. Bring water & lunch. PFDs are required & spray skirts may be needed depending on the wind. Registration is required. L George Wey (781-789-8005, geowey16@gmail.com)

Wed., Jul. 20. Paddle Waquoit bay, Falmouth, Falmouth, Ma., Massachusetts, Cape Cod, MA. PFD AND SPRAY SKIRT required. rt. 28 to Whites Landing Road, Falmouth. River and bay paddle small portage possible. L Bill Fischer (508-420-4137 before 9pm, wambarafischer@comcast.net)

Sat., Jul. 30. 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)

Wed., Aug. 3. 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)



Happy Trails!