



# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | March 2019

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Please send your Word doc and photographs to [breeze.editor@amcsem.org](mailto:breeze.editor@amcsem.org).

Please send photos as separate attachments, including the name of each photographer. Include the words "Breeze Article" in the subject line.

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View from Angel Cabin at Great Glen. *Photo by Friendly Skier*

## Return to Old Field House for great winter weekend By Jeannine Audet, Ski Chair

The SEM Chapter returned to the Old Field House in Intervale, NH, March 1-3 for a cross-country skiing and snowshoeing weekend. Our group of 27 was the largest we have had on this trip, which has been run for several years. As always, the innkeepers were welcoming and prepared a wonderful breakfast each morning, including their waffles made to order.

The skies were mostly sunny, with light breezes on both days and a 27-40 inch base of snow on the trails. On Saturday, 13 XC skiers enjoyed the nicely-groomed trails at Great Glen, and some of them rode the tubing hill afterward. Eight snowshoers did a loop hike at Diana's Bath and the Red Ridge Trail.

Other group members chose to go shopping in North Conway or to relax and read at the B&B. Happy hour followed at the B&B, with several folks also enjoying the outdoor hot tub. We broke into small groups for dinner at local restaurants afterward for dinner.

On Sunday, a group of eight skied the picturesque trails at Bear Notch, while others snowshoed the network of the Mt. Washington Valley trails outside the B&B. Several participants on this trip were relatively new to skiing and they had a great experience.

We welcome all to join our winter trips! *(More photos on page 3)*

## View from the Chair: Leadership Training is Harbinger of Spring!

After many months of winter, I know for sure that spring is finally coming. How? Because Leadership Training is fast approaching on April 6! LT is required training for AMC members who step up to volunteer to lead trips, be they hiking, biking, paddling, or skiing. LT covers many aspects of how to lead a group so that everyone has a safe and enjoyable experience. For the past several years, we've also been encouraging participants who do not aspire to be leaders to also attend LT to better understand what trip leaders do. Many have told us that this has helped them become better participants.

This year, I'm pleased to report that we already have a large class of more than 30 members participating in the LT workshop. Ideally, many will be co-leading trips during this coming year, which is part of the process toward certification as a full trip leader. If you find this to be so, please make it a point to thank them for stepping up to volunteer for the chapter.

And speaking of volunteering, we can always use more volunteers to lead trips, help out at chapter-organized events, or participate on your chapter Executive Board. By the way, we also like our Board members to take leader training. So, if you have any thoughts about helping your chapter on the Executive Board at any point, please consider taking LT yourself.



Thanks!

*Len Ulbricht, AMC-SEM Chapter Chair*

### 2019 Executive Board

Chapter Chair .....Len Ulbricht	Communications Chair .....Paul Miller	Membership Chair.....Ellen Thompson
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### Ad Hoc Committee Chairs & Other Chapter Contacts

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Social Vice Chair .....OPEN	The Breeze Editor.....Mo Walsh
Social Media Administrator .....Christine Racine	Blast Editor.....Marie Hopkins

Contact [chair@amcsem.org](mailto:chair@amcsem.org)  
if you are interested in any  
OPEN positions

## AMC-SEM Leaders at Sandwich's Family Outdoor Adventure Day

Hike Leader Maureen Kelly and Biking Chair Bernie Meggison represent AMC-SEM on April 6 at the Family Outdoor Adventure Day co-sponsored by the Sandwich Partnership for Families and the Sandwich Recreation Department. The event takes place from 1 to 4 p.m. at the Oak Crest Cove upper cabins at the Sandwich Recreation Department, 34 Quaker Meetinghouse Road; Forestdale, MA 02644. Rain date is April 7.

Maureen, organizer of AMC-SEM's Family Hikes, will give an introductory talk on "My First Hike." Bernie will set up a "Complimentary Bicycle Safety Check" station like those he has offered at other events.

Family Outdoor Adventure Day is designed to excite, encourage and familiarize local families with outdoor recreation, while presenting skills and knowledge needed to safely and confidently enjoy the "Great Outdoors."

Representatives from outdoor recreation, wildlife and environmental agencies, equipment vendors, and first responders will be on hand to introduce families to a wide variety of outdoor activities. The event is free to all. Additional Information can be found online at [www.sandwichrec.com](http://www.sandwichrec.com).



**Save the Date**  
**Fall Gathering 2019**  
**October 18th to 20th**  
**Camp Burgess in Sandwich, MA**

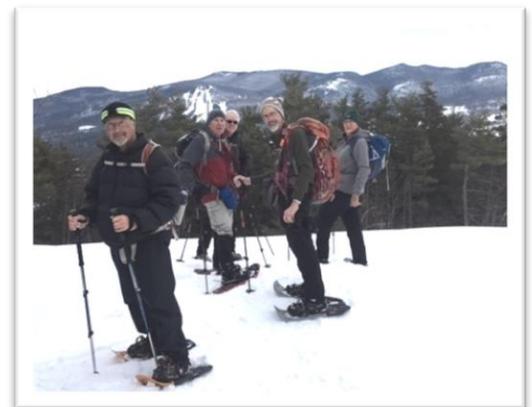
We are looking for volunteers for leading activities, workshops, registration, logistics. If you can help out for even a couple of hours, it would be much appreciated. Contact FG2019 Event Chair, Barry Young at [pastchapterchair@amcsem.org](mailto:pastchapterchair@amcsem.org).

## Old Fieldhouse *Continued from page 1*



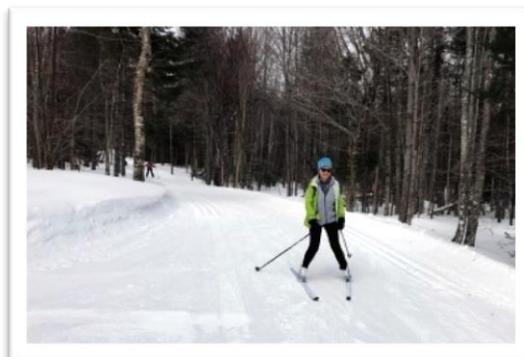
**View heading out at Bear Notch.**

*Photo by Jeannine Audet*



**View of the Moats from Red Ridge Trail.**

*Photo by Paul Audet*



**Hope Haff going down a hill at Great Glen.**

*Photo by Jeannine Audet*



**Soup at Bear Notch apres ski.**

*Photo by Jeannine Audet*



## Volunteer of the Month: Dia Prantis

By Jeannine Audet, Skiing Chair

Each month the SEM recognizes one of our amazing volunteers. We are so fortunate to have people give their time, energy, and resources to make our chapter one of the best! This month the Skiing Committee recognizes Dia Prantis for her numerous contributions.

Dia is a hike leader, and I have enjoyed hiking with her in the Berkshires and the White Mountains. She has recently qualified as a Skiing Leader. Dia co-led skiing this season in Waterville Valley and at Great Glen and Bear Notch in NH.

Dia's warm, welcoming nature was helpful to some of our group members who were relatively new to skiing. She clearly enjoys sharing her love for the outdoors.

Thank you Dia!, for all you do!

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



## Lion-hearted March follows as February goes out like a lamb

Article & Photos by Ken Cohen, Hike Leader

I had the pleasure of leading our Thursday hiking group this past February 28th. The potential hiking conditions were a close call, with a snowstorm having hit the night before. However, as predicted, by 6:00 am it was mostly over, after 5 inches of fluffy accumulation draped the landscape.

Nine of us showed (at least five White-Liners included) for a five-mile trek with MICROSpikes® around Ponkapoag Pond in Canton, MA. The clouds lifted and the warming sun appeared as we headed to the forest along Maple Avenue. The chill wind disappeared. It all evolved to perfect winter hiking conditions!

What follows are a few images of that invigorating AMC-SEM kind of day!

We'll be here again, for another Thursday trek, early this spring, in April. Please join us!



Trekking by the 14th Hole.



Great Blue Hill as seen from Horseneck Beach.

More photos on page 5

**Ponkapoag Pond** *Continued from page 4*  
*Photos by Ken Cohen*



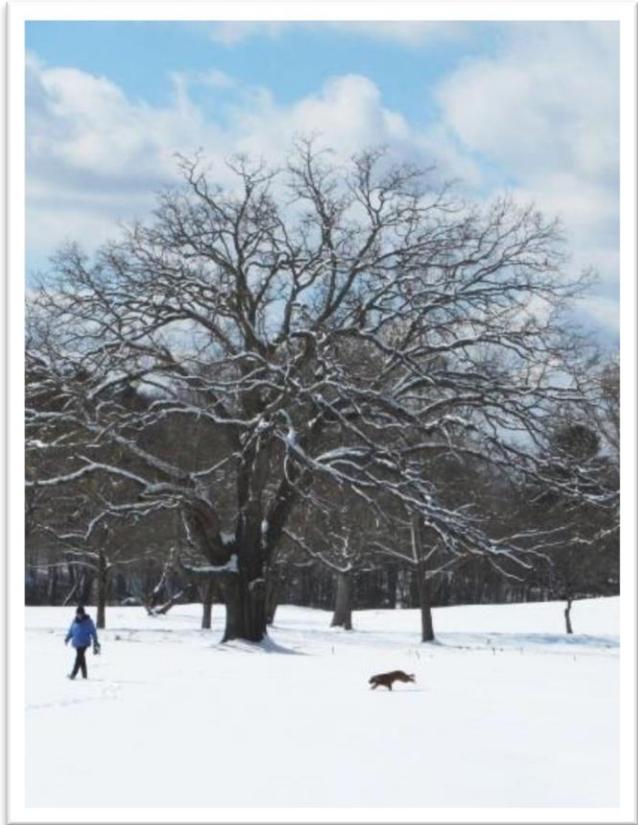
It was a very white day for Karen Foley, left, Francis Hammel, and Joan Hauck.



Heading home on Maple Avenue at Ponkapoag.



Bob Vogel wondering why the leader didn't provide a catered lunch.



An anonymous walk and run on the golf course.



Bob Vogel and Jean Hauck at the AMC Ponkapoag Camp.



The group poses for a photo at the trailhead.  
*Photo by Maureen Pena*

## 97-inches of snow ‘at the stake’

By Paul Miller, Communications Chair,  
Winter Hiking Leader

The finale to our annual Winter Hiking Series is a multi-night stay at one of the three AMC High Mountain Huts (Lonesome Lake, Zealand Falls, and Carter Notch) that stays open in winter on a self-service basis. “Self-service” means that a caretaker is present, but we have to carry in our own food and prepare our own meals. Some years we encounter icy conditions. Some years we encounter bitter cold conditions. And every once in a while, we encounter beautiful weather, moderate temperatures, and lots of snow to play in. This was one of those years!

With mostly sunny skies, light wind, daytime temps in the 20’s, night temps in the teens, and 97 inches of snow measured at the stake outside the AMC Carter Notch Hut, it would be hard to imagine nicer winter conditions or having more snow for us to play in.

Most of us hiked in to the hut on snowshoes on Friday morning, March 1st. While our full winter backpacks—stuffed to capacity with all the group food, extra clothing, and our warm winter sleeping bags—weighed heavily on our shoulders, we took our time and everyone did just fine. With the deep snow in the woods and beautiful ice and snow formations on the river, I heard more than a few “oohs” and “ahhs” from many of our participants.

The hike in on the 19-Mile Brook Trail is particularly beautiful in the winter! After climbing gradually, then steeply for about 3.5 miles, the trail drops steeply into remote, pristine Carter Notch. After crossing two frozen ponds, we arrived at the stone Carter Notch Hut, the oldest in the AMC system. We claimed our bunks in the lower of the two separate bunkhouses and spread out our sleeping bags. We then returned to the main hut to enjoy the warmth from the small wood stove and partake in our traditional pre-dinner happy hour. For dinner that night, Maureen Kelly prepared a delicious meal of shrimp and veggie stir-fry over yummy jasmine rice.

After breakfast the next day, we offered participants a choice of hikes: a more challenging snowshoe jaunt up nearby Carter Dome; or a less challenging, but exceedingly enjoyable, snowshoe out onto the dramatic “Ramparts,” then down (and back up) the largely unbroken out Wildcat River Trail. The Ramparts are massive stone boulders that have dropped into the notch over the ages from 4,832-foot Carter Dome.

For dinner that night, Sal Spada redeemed himself from the infamous chili he had prepared for our last winter overnight trip to Carter Notch three years ago, by serving us a very tasty and hearty meal of Pasta Bolognese and garlic bread, with an equally tasty vegetarian variation for those who preferred that.

Sunday morning, after eating a light breakfast and packing up our stuff, we once again strapped on our snowshoes, donned our (not quite as heavy now) winter backpacks, and hiked back down to the 19-Mile Brook Trail trailhead. We made it to our cars in time to make it back home before the serious snowstorm hit New England on Sunday evening.



Our  
bunkhouse  
in Carter  
Notch.

*Photo by  
Stella  
Pencheva*

*More photos on page 7*

## Carter Notch Hut *Continued from page 6*



Carlos Pena, left, and George Danis chow down. *Photo by Maureen Pena*



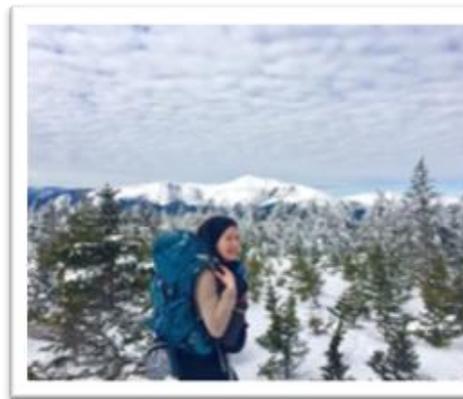
George Danis awed by the view on Carter Dome. *Photo by Stella Pencheva*



Sal Spada, George Danis, & Maureen Kelly scale Carter Dome. *Photo by Stella Pencheva*



Maureen Pena, Caroline Mazzola, Steve Sjostedt, & Paul Miller on Ramparts. *Photo by Carlos Pena*



Stella Pencheva on Carter Dome.



Paul Miller on the trail. *Photo by Stella Pencheva*



Happy hour in the hut.

*Photo by Stella Pencheva*

## Leadership Training: Why should *You* take it?

By Bob Vogel, Hike Leader

There are several reasons to take Leadership Training (LT). Obviously if you want to become a Leader for AMC, LT is the place to start. Even if you want to lead trips for a different organization, taking LT with SEM will provide you with the basic knowledge of planning and executing trips.

But what if you don't, at least any time soon, see yourself as an AMC Leader? Does that mean you shouldn't take LT? I would strongly argue that even if you don't want to be a Leader, you should still take LT. Why? To become an educated participant.

As a Leader, I find that the more people on a trip who have taken LT, the easier it will be to lead the trip. First of all, the more people who understand all the things that a Leader has to think about during a trip, the fewer people asking questions or making suggestions that really aren't practical. And if you miss something, the more likely someone else will notice and bring it to your attention. ("Hey, look at those dark clouds over there... moving this way" or "Wow, it's getting late, and we aren't heading back towards the cars yet.") And, the more help you can get, the easier it is to be a Leader. And this is where everyone benefits: The easier and more enjoyable Leading is, the more trips Leaders will offer!

So even if you don't want to lead, at least anytime soon, take LT and volunteer to help your activity Leader. Volunteer to sweep, or lead a stretch so your Leader can drop to the middle of the group and talk to all the different participants. AMC is a volunteer organization. Only by participants stepping up and saying "I'll help" do we get to do *any* activities. 😊

And if you *do* want to be a Leader? *Great!* You will find that leading activities can be very rewarding. As a Leader you get to pick where and when you are going, how far, and at what pace. Do you find our trips too fast or too slow? Not at a convenient time? Too big a group size? Offer what *you* want, and I bet you will find there are others wanting that too! See: Borderland Full Moon hikes and Red Line the Blue Hills, two activities I started because I thought they would be fun. Apparently I was

right about that! And since they are your activities, you get to run them the way you think they should be run.

And let's face it: 99.99% of AMC participants are great folks, and you'll get to meet more of them. As a bonus, you get to hang around with the other Leaders, and--OK, I *may* be a little prejudiced here—AMC Leaders are the cream of the crop of AMC people. 😊

OK, a story. Once upon a time I met someone who took LT. Then that person didn't volunteer to CL any hikes. So I called and, after a couple messages left, we finally talked, and that person agreed to CL a hike at Borderland. Next, that person became a local Leader, and a NH Leader, and then a winter NH Leader, and then a Major Excursions (now Adventure Travel) Leader. Then that person started a company leading trips up Kilimanjaro. Take Leadership Training, you never know where it will take *you!*

April 6th: One day that may be the start of something exciting! [Sign up here now](#)



**Full Moon Hike at Borderland State Park, a night hike initiated by Bob Vogel, led in March by Bill Cannon with 30 hikers who agreed this was a great idea!**

*Photo by Bill Cannon*

## Homemade Healthy Granola Bars

By Bill Cannon, Hike Leader

### Ingredients:

- 2 ½ cups rolled oats
- ¾ cups flax seed
- ¼ cup sesame seed
- 1 cup chopped almonds (optional: any other kind of nuts, sunflower seeds or pumpkin seeds)
- ½ cup shredded coconut
- ½ teaspoon sea salt
- 1 teaspoon cinnamon
- 2 teaspoons vanilla extract
- ½ cup pure honey
- 4 tablespoons butter (I use coconut oil for increased energy kick and metabolism)
- ¼ cup brown sugar
- 1 cup dried cranberries (optional: other chopped dried fruits or dark chocolate chips)

NOTE: If you are on a low-sugar or low-salt diet, decrease the amount. It's up to you. You can also substitute Stevia packets for brown sugar.

### Instructions:

- 1) Preheat oven to 325 degrees. Combine rolled oats, flax seeds, sesame seed, and almonds. Spread on a baking sheet lined with parchment paper or aluminum foil. Toast for 15–30 minutes until golden. Stir occasionally so it doesn't burn.
- 2) In large bowl, mix vanilla, honey, butter (or coconut oil) and brown sugar. Microwave for one minute until just boiling and sugar is dissolved.
- 3) In a large bowl, combine sea salt, coconut, cinnamon, and dried cranberries.
- 4) When oat mixture is finished toasting, add it to the coconut mixture and stir.
- 5) Add honey mixture and stir.
- 6) Line 9"x13" baking pan with waxed paper. Spread mixture in pan and press to create a smooth surface. Place another piece of waxed paper or plastic wrap on top, press down tightly until even.
- 7) Place pan in refrigerator for at least 2 hours to cool completely. Use a knife to cut into bars
- 8) Enjoy!

### Notes:

All ingredients can be purchased at Ocean State Job Lot, most in the Bobs Red Mill section.

Here is why these are so healthy:

**Almonds** contain potassium and iron: both essential in maintaining energy levels

**Nuts** in general can give you a healthy energy boost. They also keep you going longer than caffeine-laden drinks or sugary snacks do.

- Nuts have protein, a great source of sustained energy.
- Nuts contain Omega 3 fatty acids, provides energy to muscles and organs
- Nuts help lower LDL (bad cholesterol)

**Flaxseed** provides one of the only non-animal sources of omega 3 and omega 6. These fats are necessary for tissue growth and cell renewal, and proper metabolism of all body cells

**Sesame seeds** are small yet pack a powerful punch full of beneficial nutrients. They are very high in copper, magnesium and calcium. Magnesium is essential for your cells to convert food into energy.

**Coconut oil** and coconut meat are packed with nutrients and good fats that give our body increased energy.



Join us for the final Full Moon Hike of the season on Tuesday, April 16th, at Borderland State Park in North Easton. [Register here.](#)

## U.S. Congress passes permanent reauthorization of the LWCF

By AMC Staff

We did it! After Congress allowed the Land and Water Conservation Fund (LWCF) to expire on September 30, 2018, AMC and our partners mounted the #SaveLWCF campaign to permanently reauthorize the LWCF and to secure full and dedicated funding for the program. On Tuesday, February 26th, the U.S. House of Representatives voted 363-62 in support of a package of public lands bills, including the permanent reauthorization of the LWCF. This vote comes on the heels of the Senate's 98-2 passage of the identical package of bills on February 12th. The Natural Resources Management Act, S.47, has been sent to the president for his expected signature.

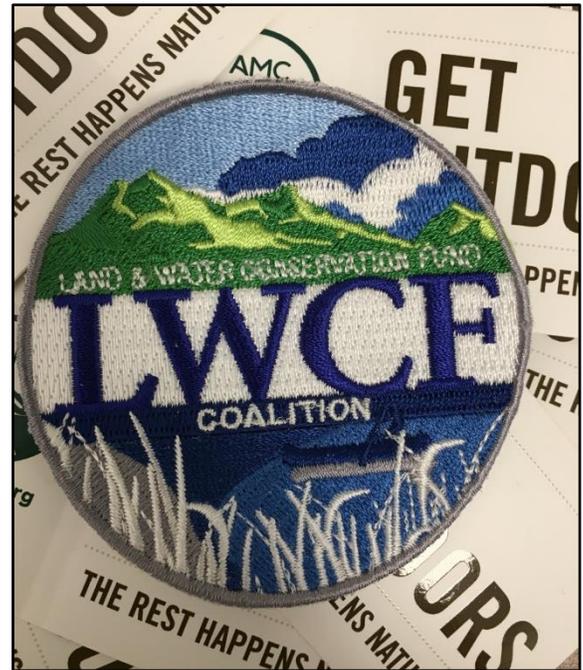
The Land and Water Conservation Fund is a national conservation program that uses revenue from offshore oil and gas drilling to support open space, park, and trail projects across the country. During the #SaveLWCF campaign, AMC volunteers hosted trips to places protected by LWCF, and thousands of AMC supporters made calls and sent messages to their elected officials.

Policymakers across the aisle have finally responded, swiftly approving a public lands package of more than 100 important items, including the permanent reauthorization of the Land and Water Conservation Fund.

### Full funding must be dedicated to LWCF

However, reauthorization for LWCF is only one part of the whole story. While it is a major victory for LWCF to be permanently reauthorized, these projects cannot be completed without adequate funding. LWCF is authorized to receive \$900 million from Congress each year; however, it consistently receives less than half of that amount through the appropriations process.

For LWCF to be as efficient, impactful, and successful as possible, Congress must dedicate the full \$900 million of oil and gas revenue authorized to LWCF. Many national and state parks, scenic trails like the Appalachian Trail, battlefields, and working forests have been conserved with LWCF funds.



Contact your Senators and Representatives today to thank them for their support of LWCF and the outdoors that you love, and make sure they know how much the Land and Water Conservation Fund continues to mean to you. Stay tuned to AMC's Conservation Action Network for future opportunities to speak up in support of the Land and Water Conservation Fund and other important conservation policy issues.



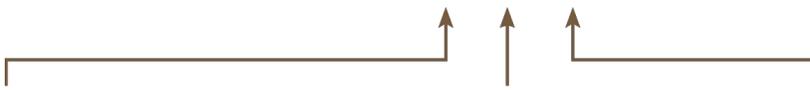
An example of the successful campaign mounted by AMC and our partners to persuade Congress to permanently reauthorize the LWCF and to secure full and dedicated funding for the program. Action is still needed to ensure that \$950 million in allocated funds are actually received.

## Activities

For the most current information, [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

**Ongoing. Vice Chair, Biking Committee,** SEM's Executive Board is seeking a Biking Vice Chair to assist the Biking Committee Chair with planning, organizing and leading bike trips in Southeastern Mass. A particular focus of this position is to promote bike trips off Cape in Plymouth, Bristol and surrounding counties. This includes leading trips, identifying desirable routes, and encouraging development of additional bike leaders. L Leonard Ulbricht ([chair@amcsem.org](mailto:chair@amcsem.org))

**Sat., Apr. 6. Freetown ride, Rochester, Lakeville, MA.** 9AM start. Nice, scenic 25 mile ride over quiet country roads. Lots of lakes, ponds, farm and cranberry bog scenery along the way. Easy paced ride of between 12-13mph. Lunch/rest stop by the reservoir. Helmets are required. Bring a spare tube, pump, water and snacks. To sign up and get info on the start location contact the leader, Jack Jacobsen at 508-353-3708 or email at [cyclejac51@yahoo.com](mailto:cyclejac51@yahoo.com). L Jack Jacobsen (508-353-3708 8:00AM-8:00PM, [cyclejac51@yahoo.com](mailto:cyclejac51@yahoo.com), Long time AMC bike leader)

**Sat., Mar. 23. Truro Historical Trek, between Pamet Harbor and Truro's Great Swamp, Truro, MA.** Truro Historical Trek: Fast-paced 6+ mile walk, along Cape Cod Bay beaches and coastal banks. A few friendly, well-behaved dogs allowed with prior approval of leader. Occasional stops to highlight points of interest, including the first European summer vacation in Truro (1603), the opening of the Cape Cod railroad (1873, in Truro), the most expensive 'McMansion lawsuit' on the Cape, the Pilgrim's theft of Indian seed corn (1620), and the loss of most of Truro's men at sea (1844). Three miles on the beach, three+ on the coastal bank and a little bit inland. A bit strenuous due to beach-walking and some hills and beach stairs. Beach-walking can be challenging when cold/windy so check weather forecast and dress appropriately. Optional lunch afterwards from very good 'diner' a mile from the hike. Heavy rain or snow may delay until Sunday March 24, 2019. L Jay Vivian (508-858-4855 6:30pm - 9:00pm, [jvivan0@comcast.net](mailto:jvivan0@comcast.net))

**Sun., Mar. 24. Hike Falmouth Moraine -5 miles, Falmouth, MA.** Hike approximately 5 miles along the Falmouth Moraine Trail, passing through some hilly, heavily forested areas. This is a one way hike. The pace will be moderate and the terrain is strenuous in parts. This is a one-way hike. Meet on the Service Rd. off of Brick Kiln Rd at 9:45. Trail Talk promptly at 10 AM. From here we will carpool to the start.. Not a beginners hike! Sturdy hiking boots, traction devices such as Yaktrax, Stabilicers ARE A MUST if snow/ice are present. Dress in layers, bring plenty of water, snacks/lunch, personal first aid kit. This is a known tick habitat. Repellent is strongly recommended. Deep snow, heavy rain cancels. CHECK AMCSEM.ORG WEBSITE FOR CANCELLATIONS OR CALL LEADER Any questions, call leader L Catherine Giordano (508-243-3884 before 9 PM, [cmgiordan@msn.com](mailto:cmgiordan@msn.com))

**(AN) Thu., Mar. 28. Hike Island Pond, Harwich (C3C), MA.** Rte 6 Exit 10 Rte 124S. L Old Colony Rd at crosswalk. Park R Harwich Town lot. Meet 9:45. 2 hrs. L Janet Kaiser (508-432-3277 Before 9:00 pm, [jtkaiser@comcast.net](mailto:jtkaiser@comcast.net), many years Cape hike leader, AMC life member)

*Continued on next page*

## Activities

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

### CAPE HIKING

**Sat., Mar. 30. Hike the Falmouth Moraine, Falmouth, MA.** Hike approximately 9 miles along the Falmouth Moraine. Enjoy some densely forested areas, ponds, fresh air, spring bird calls and buds. Trails vary from wide to a single lane. Roots and rocks abound. A couple of grassy areas and some strenuous hills. A MUST: sturdy hiking boots, traction devices if snow/ice are present. Dress in layers. Bring plenty of water, snacks/lunch, personal first aid kit. Sunscreen, tick repellent are strongly suggested. REGISTRATION IS REQUIRED. CONTACT LEADER Cathy Giordano 508-243-3884 BEFORE 9 PM. L Catherine Giordano (508-243-3884 before 9 PM, [cmgiordan@msn.com](mailto:cmgiordan@msn.com)), R Catherine Giordano (508-243-3884 before 9 pm) **(FT) (NM)**

**Thu., Apr. 4. Hike Bourne Farms Hike, West Falmouth, MA.** Enjoy a leisurely Spring meander beginning at a lovely old farm. We will enter a woodland with a few hills, cross two streams, and go around a cranberry bog. After the hike, the group could go together to a nearby restaurant for lunch. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes can be present. Rain cancels the hike, but if in doubt about the weather, call the leader. Meet at 0945 for a 1000 start, and the hike should last about 2 hours. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

**(FT) (NM) Sun., Apr. 14. Hike the Coonamessett River Headwaters, East Falmouth, MA.** An easy 1 3/4 hr hike through woods and along a dirt road on the south side of Coonamessett Pond in Falmouth, one of the larger ponds on the Cape. We will see the origin of the Coonamessett River (a very small "river") and follow it past old cranberry bogs, as it flows south toward Great Pond and the sea. As with most hikes on the Cape, poison ivy, ticks, and mosquitoes can be present. Rain cancels, but if in doubt about the weather, call the leader. Meet 1245 for a 1300 start. From the intersection of Rt 151 and Sandwich Rd, in North Falmouth, drive south on Sandwich Rd for 1.6 miles. Turn right on Hatchville Rd. Go 0.6 miles and turn left onto a dirt road leading to parking. L John Gould (508-540-5779, [jhgould@comcast.net](mailto:jhgould@comcast.net))

**Thu., Apr. 25. Hike Crowes Pasture, Dennis, MA.** Hike in Crowes Pasture, along surrounding marsh and beach and through historic Quivet Neck neighborhood. Expect soft sand! RT 6 to Exit 9 and RT 134 North. Follow RT 134 north to traffic lights at RT 6A and turn right. Follow RT 6A for .8 miles and turn left on School St (Airline Rd on Right). Follow School St for .4 miles and turn left on Cold Storage Rd. Follow Cold Storage Rd for .5 miles to parking lot at the beach. L Deborah Hayden (508-274-2820 before 9PM, [shaferhayden@gmail.com](mailto:shaferhayden@gmail.com))

**Sun., Apr. 28. Ryder Conservation/Lowell Holly Reservation Hike, Ryder Conservation Area Cotuit Rd. Sandwich, MA.** Join us for a 4-4.5 mi hike in Sandwich conservation area and Mashpee Trustees of Reservation property. The terrain is mostly flat with a few steep but short climbs thrown in. Meet at 12:45 for a 1 p.m. start. Heavy rain cancels. Rt 6 to Exit 3 > Quaker Meetinghouse Rd South x 2.5 mi > L @ light on Cotuit Rd x 2 mi. Trailhead parking on R for about 12 cars. L Barbara Gaughan (781-572-1321 before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), SEM Level 1 hike & bike leader)

**Sun., May 5. Hike Beebe Hikes, Park in Falmouth Conservatory Lot (past Highfield Hall), MA.** 2 1/2 hour hike thru flat to rolling terrain. A couple steep hills. A stop by the farm to see sheep and lambs. Meet at 12:45 for 1pm start. Sturdy hiking boots and water. Fr Bourne Rotary continue S on Rt 28 to Falmouth. Continue thru the 1st set of lights in Falmouth.. Take R onto Depot Rd (after Inn on the Square). Follow to end to park at Conservatory Lot. L Linda Church ([lchurch@whoi.edu](mailto:lchurch@whoi.edu))

**Sun., May 12. Hike Santuit Pond, Mashpee, MA.** This has been a Mother's Day favorite to hike to a Cranberry Bog and see the rare Birdfoot Violets, along the way we will see the newly refurbished herring ladder and perhaps a few herring. We will be starting from a new location which provides better parking. Meet up time is 12:45 PM. Driving Directions: From Rte 28 in Mashpee turn onto Rte 130 to Sandwich and look for Santuit Pond Parking area in less than a mile. From Upper Cape take Exit 2 off of Mid Cape and Turn R on Rte 130 go several miles to parking area on L. From outer Cape take Rte 6 to exit 3 and turn L onto Quaker Meetinghouse Rd and follow to Rte 130 and turn L and continue several miles to parking area on L. L Jane Harding (508-833-2864 Before 9 PM, [janeharding@comcast.net](mailto:janeharding@comcast.net), Currently Cape Hike Chair for AMC and an avid Cape Hiker and Leader.)

**Sat., May 18. Hike Bell's Neck Conservation, Sand Pond prkg on RT 39, Harwich, MA.** 4.5 mile mostly flat hike along East & West reservoirs, cranberry bogs, marshland and a herring run. Exit 10 to 124S to end. R on 39S x 1.9 mi to Sand Pond prkg on right. Arv 9:45 for 10 a.m. start. L Barbara Gaughan (781-572-1321 before 9 p.m., [barbaragaughan12@comcast.net](mailto:barbaragaughan12@comcast.net), Level 1 hike & bike leader.)

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## Activities

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

### EDUCATION

**Sat., Apr. 6. Leadership Training Workshop, Wildlands Trust Community Conservation Barn 675 Long Pond Rd., Plymouth, MA 02360.** This course prepares trip leaders for managing groups they will be leading on AMC sanctioned trips. The course covers leadership styles, trip planning considerations, screening criteria to insure similar group member skills, risk mitigation, and qualifications to become a leader. Non-trip leader participants are also welcome. It is an all-day course with a mix of classroom and outdoor exercises. The usual schedule is 8 am to 5 pm. Lunch is included and refreshment breaks are provided. This course is offered at no cost to AMC members. For Southeastern Mass chapter members, this is the first step in becoming a trip leader, followed by several co-leads with current chapter trip leaders, arranged in the weeks or months after this program. This training is required for prospective SEM trip leaders, but is useful for any participant interested in improving their outdoor skills and anyone wishing to become familiar with trip group management. L Douglas Griffiths (508-758-4315 after 6 pm, [reddoug@aol.com](mailto:reddoug@aol.com))

**Mon., Apr. 8. "Backpacking the Appalachian Trail 100 Mile Wilderness," 7-8 pm, James Library, 24 West Street, Norwell, MA.** Registration is not required. In mid-August of 2017 Dexter Robinson along with Bill Vickstrom, Bryan Jones, and Joe Marrone backpacked the Maine Appalachian Trail 100 Mile Wilderness, generally considered the wildest section of the entire 2,187-mile AT that runs from Springer Mountain, Georgia, to Mt. Katahdin, Maine. This trail section is one of the more challenging to navigate and traverse and includes backpacking over a mountain range and numerous stream crossings. The trail offers a wide variety of trail conditions from a gentle walk in the woods to boulder fields. In this presentation Dexter Robinson will share his preparation and experience backpacking this section of the AT using a gear display, photos, and video clips. Reservations recommended at (781) 659-7100 or [jameslibrary@verizon.net](mailto:jameslibrary@verizon.net). L Dexter Robinson (Dexpcdoc@gmail.com)

**Sat., May 4-5. Wilderness First Aid Two Day Workshop, Wildlands Trust Community Conservation Barn, 675 Long Pond Rd., Plymouth, MA 02360.** Wilderness First Aid is a comprehensive lesson in how to react, respond, and save lives in remote, life-threatening situations. 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. This emergency response training includes patient assessment, trauma, musculoskeletal and soft tissue injuries, splinting, environmental emergencies, animal and insect bites, and a variety of other topics. The course is a mix of classroom lecture and practical exercises. Both days are required to certify. This training is required for AMCSEM trip leaders, but is a great experience for any outdoor enthusiast. Instruction is provided by SOLO, experts in providing wilderness medical training. L Douglas Griffiths (508-758-4315 after 6 pm, [reddoug@aol.com](mailto:reddoug@aol.com))

**Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, Boston Area, MA.** See listing under Hiking. R Paul Brookes (603-799-4399 After 8am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com))

### EXECUTIVE COMMITTEE

**Ongoing. Vice Chair, Southeastern Mass Chapter, MA.** Dear fellow SEM Member, The SEM Executive Board is seeking a chapter Vice Chair volunteer to: \*Support the SEM Chapter Chair and our great activity leaders; \*Help run the 2019 AMC Fall Gathering which will be held on Cape Cod; \*Represent the SEM Chapter at a variety of club-wide and chapter events; \*Interface with AMC HQ and learn how AMC functions behind the scenes; \*Support conservation, education and recreation in Southeastern Massachusetts. You will assist with the development of chapter goals, budgets and special events (such as Fall Gathering 2019), assist other committee members in coordinating chapter activities, and participate in monthly Executive Board meetings and periodic AMC meetings of chapter chairs. Experience with or willingness to learn straightforward Excel spreadsheet and Power Point-type applications helpful. L Leonard Ulbricht ([chair@amcsem.org](mailto:chair@amcsem.org))

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## Activities

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

### HIKING

Get your 100-mile patch! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org).

Always looking for additional hike leaders! Contact [hikingchair@amcsem.org](mailto:hikingchair@amcsem.org)

**Tue., Mar. 26. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** Hike hilly Skyline Trail and adjacent trails on nine successive Tuesday mornings 3/26-5/21, progressively increasing distance, elevation gain and pack weight (optional) to condition for summer hiking season up north. Expect rocks and granite ledges on most ascents and descents. Moderate initial 1.5 - 2 mph pace and 3 mile hilly hike, progressing over the 9 weeks to 8 or more miles with cumulative elevation gain around about 2000 feet.. 9:15 am sign-in, 9:30 am hike start. Not suitable for beginners. May finish series with extended day hike. Register once for entire series. L Len Ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com), Len has been an AMC Southeast Mass chapter member since 2008. He leads three season hikes in the White Mountains, both day hikes and multi-day hut trips, and an annual spring conditioning series in the Blue Hills. He enjoys hiking the 48 NH 4K peaks and is an AMC Adventure Travel leader.) CL Pam Johnson ([pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com)) CL Craig MacDonald ([craigmacdonald695@gmail.com](mailto:craigmacdonald695@gmail.com)), R len ulbricht ([lenu44@gmail.com](mailto:lenu44@gmail.com))

**(NM) Tue., Mar. 26-Apr. 2. Blue Hills Tuesday Morning Hiking Series, Blue Hills, Milton, MA.** The "White Line the Blue Hills" Tuesday morning series is drawing to a close for the year. Some of those folks will be continuing on to do the Tuesday Morning Conditioning Series (which is currently wait listed.) Others of us wish to continue on, but not with that level of 'conditioning'. Soooo, for your hiking pleasure, a continuing Tuesday Morning Series, NOT concentrating on the Skyline Trail. We will hike 'all' of the trails within the Blue Hills over time, meeting in different parking lots and hiking different routes each week. If folks are interested this series will run... well, for as long as folks are interested. (Currently only the first two weeks are posted. This is to allow modifications to this listing, and the addition of other Leaders, going forward.) So, if you are interested in hiking in the Blue Hills Tuesdays, from 10 to sometime before 2:00, Contact the Leader/Registrar, Bob Vogel. He will provide full information about these hikes. That information will allow you to make an informed decision about your choice to partake in this exciting, slightly different, hiking series. In addition to 'just hiking', this series also aims to provide 'skill building', both for participants and Leaders. We will incorporate a range of 'educational opportunities' as we hike, :-). Come hike, and learn. This will be a "Register once, come as often as you want" series. L Bob Vogel ([vogel.r@comcast.net](mailto:vogel.r@comcast.net), Bob is a 4 season Hike leader for the Southeastern Mass Chapter, as well as a hike leader for Boston Local Walks and a 3 Season Leader for Boston H/B.)

**Thu., Mar. 28. Thursday Morning Hike - Pratt Farm Middleboro, Meet at Oliver Mill Park, 8 Nemasket Street, Middleboro, MA 02346** for car pool to trail head. Explore the many paths and byways of Pratt Farm. Mostly gentle rolling hills. We will meet at an off site parking area due to limited trail head parking and car pool to Pratt Farm. Do NOT go to Pratt Farm directly. Meet before 10:00AM at the Oliver Mill parking area at the intersection of Rte 44 and Plymouth Street in Middleboro. Hike is approximately 5 miles and 2 - 3 hours depending on routes taken and time spent exploring. Bring light lunch, water and appropriate weather gear. Heavy snow or rain will cancel. L Richard Carnes (508-947-3204 before 9 PM, [rcarnes2@aol.com](mailto:rcarnes2@aol.com))

**Sat., Mar. 30. Winter Morning Out Hike at Halfway Pond Conservation Area, Halfway Pond Conservation Area, MA.** Join me for an 8 am Saturday morning hike at Halfway Pond Conservation Area in Plymouth. See the beauty of the forest in winter. We will combine dirt road walking around the ponds with hilly trails in between the ponds for about 7 miles of beautiful trails. Once we're done, we'll still have the rest of the day for other things. Features along the trails include wetlands, kettle holes, beech forest and an area of cathedral pines. Halfway Pond is the headwater for the Agawam River and has been eagle nesting territory. Meet at the Long Pond Boat Ramp Parking Lot at 7:45 for a 8:00 am start. Take Exit 3 off Rt 3 and head southwest. At the intersection turn left onto Long Pond Rd and an immediate right onto Clark Rd. Stay left to keep on Clark Rd which turns into West Long Pond Rd. Parking Lot is on the right. The parking lot we are using is not located on the map linked. We'll plan on a moderate pace to complete the hike in approximately 3 hours. Registration is not required, but email the leader with questions or concerns. L Maureen Kelly (617-943-4288 before 8 pm, [mokel773@aol.com](mailto:mokel773@aol.com)) L John Bescherer ([john.bescherer@gmail.com](mailto:john.bescherer@gmail.com))

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

### HIKING

**Sat., Mar. 30. Advanced conditioning hike in the Blue Hills Reservation, DCR Blue Hills Reservation. Milton, MA.** Join me at 8:30 am Saturday morning for an advanced conditioning hike in the Blue Hills reservation. This conditioning hike is not suitable for beginners. We will be doing slightly over 4 miles at a moderate to moderate fast pace on sections of the Skyline trail to achieve slightly over 1000 feet of vertical climbing. Some of the sections are rocky. Spikes may be required if there is lingering ice on the trails. The hike should take about 2-2.5 hours. Meet at 8:15 at the Houghton's Pond parking lot, Hillside St., northern end (end closest to the DCR Headquarters). Rain or showers cancels. Registration is required. Contact the leader at: [dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com). L Dexter Robinson ([dexpcdoc@gmail.com](mailto:dexpcdoc@gmail.com), Dexter is an avid 4 season hiker. He has been a member of the AMC since 1994 and for many years led AMC hikes and backpacks to various locations both local and throughout New England. He has climbed all 67 of the New England four-thousand foot mountains as well as the NH four thousand foot mountains in winter. He recently completed summitting Mt. Washington in every month.)

**Sun., Mar. 31. Dog Friendly Hike at Wompatuck State Park, 204 Union Street, Hingham, MA.** Come with or without your dog for an approximately 5-6 mile hike at Wompatuck State Park. We will meet at 8:45 in the Visitor Center Parking Lot. Hike will be cancelled in extreme weather. The choice of trails and actual distance will depend on weather conditions. Waterproof boots and traction devices such as microspikes will most likely be needed. Snowshoes optional if there is fresh snow. Bring snacks and water. This will be a moderate paced hike with little elevation gain. Dogs are allowed off-leash at this DCR property, however dogs will need to be leashed at the discretion of the leaders. Dogs must be able to keep pace with the group and not be disruptive to the other hikers. Registration is not required but please contact leaders with any questions. Leaders: Sue Svelnis Beth Mosias. L Susan Svelnis (781-849-9299, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**Tue., Apr. 2. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, March 26 entry.

**Tue., April 2. Blue Hills Tuesday Morning Hiking Series, Blue Hills, Milton, MA.** See details at Tuesday, March 26, listing.

**Thu., Apr. 4. Blue Hill White triangle trail, Meet at Houghton Pond parking lot. 840 Hillside Ave. Milton, MA.** This week's hike we will be following the white triangle trail and on the return the green dot trail. Fairly flat trails. We'll be stopping for lunch. Approx. 6 to 6.5 miles. Heavy rain or snow the hike will be cancelled. L Rachel Thibeault ([rateebo@yahoo.com](mailto:rateebo@yahoo.com))

**Mon., Apr. 8. "Backpacking the Appalachian Trail 100 Mile Wilderness," 7-8 pm, James Library, 24 West Street, Norwell, MA.** Registration is not required. In mid-August of 2017 Dexter Robinson along with Bill Vickstrom, Bryan Jones, and Joe Marrone backpacked the Maine Appalachian Trail 100 Mile Wilderness, generally considered the wildest section of the entire 2,187-mile AT that runs from Springer Mountain, Georgia, to Mt. Katahdin, Maine. This trail section is one of the more challenging to navigate and traverse and includes backpacking over a mountain range and numerous stream crossings. The trail offers a wide variety of trail conditions from a gentle walk in the woods to boulder fields. In this presentation Dexter Robinson will share his preparation and experience backpacking this section of the AT using a gear display, photos, and video clips. Reservations recommended at (781) 659-7100 or [jameslibrary@verizon.net](mailto:jameslibrary@verizon.net). L Dexter Robinson ([Dexpcdoc@gmail.com](mailto:Dexpcdoc@gmail.com))

**Tue., Apr. 9. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, March 26 entry.

**(FT) (NM) Thu., Apr. 11. Red Line the Blue Hills, Blue Hills Reservation, Milton, MA, 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 6-8 pm Thursday night. Register once then show-n-go when you can make it. Once you register, an email will be sent to you every week telling you where to meet. This is a great way to end your day, get outside, strengthen your hiking legs and socialize with a nice group of people. This is the 14th year of the Red Line series! L Joe Keogh ([jpkeo24@gmail.com](mailto:jpkeo24@gmail.com)) L Michael Swartz (617-840-4199, [swartz@brandeis.edu](mailto:swartz@brandeis.edu)), R Sue Svelnis (781-849-9299 before 9 pm, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

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

### HIKING

**(FT) (NM) Thu., Apr. 11. Thurs. Morn. Hike Noanet Woodlands, 61 Powisset Street, Dover, MA.** We will hike about 5 miles with a number of short ups and downs, with an optional climb of Noanet Peak (387 ft). Depending on the conditions, we might shorten the hike and/or eliminate the steepest sections. Some nice views. Depending on the weather, we might hike or snowshoe. Bring traction devices, if icy. Rain cancels. L Hans Luwald (508-668-0462 before 9 PM, [hans.luwald@gmail.com](mailto:hans.luwald@gmail.com)) CL Debbie Lepore (617-778-4339 Berore 9 PM)

**Sun., Apr. 14. Family Hike in the Southeastern Massachusetts Bioreserve, Fall River, MA.** Join us as we explore the beautiful & historical Fall River Bioreserve. We will hike approximately 3 miles at a leisurely pace, allowing time to talk about the animals, plants & Native American history. Kids of all ages are welcome. Wear sturdy shoes or boots, & bring insect repellent, water & a snack. Heavy rain will cancel. L Jeannine Audet (508-493-8221 weeknights after 7:00 pm, weekends anytime., [milmod@aol.com](mailto:milmod@aol.com))

**Tue., Apr. 16. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, March 26 entry.

**Tue., Apr. 16. Full Moon Hike at Borderland State Park, 259 Massapoag Ave., North Easton, MA.** Come and hike under a Full Pink Moon or as some may call it, a Full Fish Moon. We will be hiking about 5 miles on mainly flat wide trails in between and around 2 large ponds. In the past we have seen the moon at least 90% of the time. It is a beautiful site over the ponds and across the meadow. Hopefully we won't need any snow gear. A detailed Poop Sheet will be sent to all who Register. Please include in your registration e-mail: 1) the date of the Full Moon Hike you wish to attend 2) Your contact number 3) A description of your latest hiking experience. L William Cannon ([bcannon56@gmail.com](mailto:bcannon56@gmail.com), AMC Member for 8 Years 2 years leading Full Moon Hikes AMC SEM Conservation Chair) L Susan Svelnis ([suesvelnis@gmail.com](mailto:suesvelnis@gmail.com)) L Nancy Coote ([cranstonstreet22@gmail.com](mailto:cranstonstreet22@gmail.com)) L Patricia McNally ([pmcnallyma@comcast.net](mailto:pmcnallyma@comcast.net)) CL Anne Rapp ([anne.rapp99@gmail.com](mailto:anne.rapp99@gmail.com)), R Anne Rapp ([anne.rapp99@gmail.com](mailto:anne.rapp99@gmail.com))

**(FT) (NM) Thu., Apr. 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**Thurs. Morning Hike, Blue Hills, Ponkapoag Pond & Vicinity, Canton, MA.** Moderate to fast pace, with occasional stops. 5 ½ - 6 ½ mile hike around The Pond with one or two additional perimeter loops. Approx. 10:00 am-1:00 pm. Please arrive by 9:45 am for a prompt 10:00 am start. Bring waterproof hiking shoes, bug spray, sun screen, snacks/lunch & water. We'll take a break near the AMC Camp, down near the pond, weather permitting. Steady rain cancels. Dogs on leash O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader for the past two years having organized many trips in The Hills and other local hiking destinations. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

**Tue., Apr. 23. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Apr. 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**Tue., Apr. 30. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, March 26 entry.

**(FT) (NM) Thu., May 2. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

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

### HIKING

**Thu., May 2. Thursday AM Hike at Wompatuck State Park, 204 Union Street, Hingham, MA.** Come explore some new trails at Wompatuck State Park. We will meet at 9:45 in the Welcome Center Parking Lot for an approximately 6 mile hike. This will be a mostly flat hike with a possible gentle climb up Turkey Hill for lunch. We will also explore many of the trails in the Northwest corner of the park that connect to Whitney and Thayer Woods. Hike will be cancelled in extreme weather. Bring snack/lunch and water. If you are interested after the hike you can fill containers with free spring water at the Mount Blue Spring located inside the park. Dogs are welcome as long as they can hike well with the group. This DCR property allows dogs to be off-leash, but dogs may need to be leashed on this hike at the discretion of the leader. Please contact leader with any questions. L Susan Svelnis (781-849-9299, [suesvelnis@gmail.com](mailto:suesvelnis@gmail.com))

**Sat., May 4. Sat. morning, the 2nd annual "spring into spring" hike, Arnold Arboretum, 125 Arborway, Jamaica Plain, MA.** 281 acres- including two hills with vistas, Bonsai exhibit, lilacs, and "Explorer's Garden". We will explore this "tree museum" during a 4-5 mile hike at a moderate pace. Bring water, sturdy footwear, sun screen, bug spray, snack or lunch. Meet at the Visitors Center (Hunnewell Building) located at 125 Arborway, Jamaica Plain at 9:45 for prompt 10:00 start. Plenty of on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange Line T-Stop. Steady rain cancels. Leashed dogs o.k. L Ken Cohen (508-942-1536 Before 8:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

**Tue., May 7. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, March 26 entry.

**(FT) (NM) Thu., May 9. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**Thu., May 9. Thursday Morning Hike - F. Gilbert Hills - Foxboro, MA.** Join us for enjoyable hike in the F. Gilbert Hills State Forest for a five mile hike from 10 AM till 2 PM. Easy to moderate pace. Meet at forest headquarters , 45 Mill Street, at 9:45. AM. Bring water and a lunch and or snacks. Route will encompass the Acorn Trail and parts of the Warner Trail. Along the way we will see several glacial erratics, several water holes constructed by the CCC, and a huge pine tree growing right out of a large rock! Mostly flat, with a few hills. Heavy rain cancels. Registration not required, however, if you have questions, contact leader. L Barry Young (508-339-3089 Before 9 PM, [barry.young@comcast.net](mailto:barry.young@comcast.net))

**(FT) (NM) Sat., May 11-Jun. 15. Introduction To Hiking Series, Blue Hills Reservation, MA.** Have you always wanted to get outside and explore local trails but felt like you needed help getting started? Have you hiked before but need a refresher course on hiking essentials? This series of FIVE Saturday morning hikes in the Blue Hills Reservation may be just what you're looking for! Each hike will build on prior hikes as we increase distance, elevation, and technical hiking challenges. Along the way we will also teach basic hiking techniques, map reading skills and will review clothing and gear essentials. Registration is required for this series and will be limited to 15 participants. You will only need to register one time for all 5 hikes. Hike dates are: May 11 May 18 June 1 June 8 June 15 Hike start locations will be sent to registered hikers on the Wednesday before the hike. Sign in is at 8:15 AM and we will finish up before 12 noon. Contact Pam with questions. L Patricia-Lee Achorn (781-784-8983, [plachorn@msn.com](mailto:plachorn@msn.com), Pat is an avid hiker and has lead the "Introduction to Hiking Series" in the Blue Hills in past years.) CL Pam Johnson (617-448-4446 Between 4 PM and 8 PM, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com), Pam is a life-long hiker and is certified in Wilderness First Aid, CPR and AMC Map and Compass orienteering. Pam is a Co-Leader on the Blue Hills "White Lining" and "Conditioning Series" and has climbed the 48 Four Thousand Footers.), R Pam Johnson (617-448-4446 Between 4 PM and 8 PM, [pjohnson8992@gmail.com](mailto:pjohnson8992@gmail.com))

**Tue., May 14. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, March 26 entry.

**(FT) (NM) Thu., May 16. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

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

### HIKING

**Tue., May 21. Blue Hills Tuesday Spring Conditioning Hike Series, DCR Blue Hills Reservation, Milton, MA.** See details at Tuesday, March 26 entry.

**(FT) (NM) Thu., May 23. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., May 23. Thursday Morning Hike - World's End (C3C), Hingham, MA.** Meet at 10am in the Parking lot, \$6 pp non-Trustees members. Moderate 4-5 miles. Explore unique peninsula in Boston Harbor with stunning views, hilly, carriage ways and rocky paths. There 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 Das ([borsody@gmail.com](mailto:borsody@gmail.com))

**(FT) (NM) Thu., May 30. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**Thu., May 30. Wilson Mountain & Whitcomb Woods - 3rd Annual Perenials Hike! Dedham, MA.** Lady's Slippers galore! In a good year there are hundreds on both sides, in sections of the well-marked trail, to the summit of Wilson Mountain. Wilson Mountain Reservation is 207 acres of wild and varied terrain. Large tangled thickets of rhododendrons grow on a hillside. Mountain Laurel too, in season. Wilson Mountain is the highest point in Dedham at 295 feet. While not a true mountain, it does provide hilltop views of the surrounding area. It is managed by the Massachusetts Department of Conservation and Recreation (DCR). After Wilson Mountain, at your option, we'll cross Common Street to the Whitcomb Woods trail head. Forested level trails with views of the Charles River, many gazebos along the way. The total hike is 5-7 miles at a moderate pace. Steady rain cancels. Bring water snacks/lunch, sturdy footwear, bug spray, sun screen. Well behaved dogs on leash are O.K. L Ken Cohen (508-942-1536 Before 8:00 pm, [k-cohen@comcast.net](mailto:k-cohen@comcast.net), Year-round hiker and snow shoe enthusiast. Joins groups in the Blue Hills, other DCR reservations, land trusts (active supporter of many), White Mountains, and our nation's National Parks. AMCSEM Class I Hiking Leader. Longtime member of DCR's "Trail Watch" in the Blue Hills. Active ad-hoc member of the Board of Trustees for The Friends of The Blue Hills. Avid nature photographer.)

**(FT) (NM) Thu., June 6. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., June 13. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., June 20. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**Sat., Jun. 22-23. Two-day Map and Compass Workshop (Sat/Sun), Blue Hills, MA.** Come learn beginner to intermediate navigation skills using a map and compass to find your way in this two-day weekend workshop. No prior skills are required. All activities will take place at the Blue Hills Reservation; you will need appropriate hiking gear and be able to hike approximately 4 miles with a small day-pack. On Saturday we'll use the conference center at Brookwood Farms for both indoor and outdoor instruction. You'll learn how to read a topographic map, how to use a compass and how a map and compass work together. In the afternoon you'll get to practice your skills on a directed hike in the Blue Hills using the DCR trail map. On Sunday your group will plan your own route to find flags hidden both on and off the trail. For this hike, you will be using a topographical map which does not show the trails and will make use of terrain features such as valleys, brooks, and hills to stay found. Each group will have an instructor to help facilitate the learning. Prior reservation is required, and class size is limited to promote small group learning. To register for this workshop, you must commit to attending both Saturday and Sunday. You will need to purchase and bring to class a navigating compass with adjustable declination correction, the recommended compass is the Suunto M-3 (list price \$44). L Paul Brookes (603-799-4399 After 8am and before 9pm, [PaulBrookes1966@outlook.com](mailto: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.) CL Doug Griffiths ([reddoug@aol.com](mailto:redoug@aol.com)) CL Pete Tierney ([pxtierney@aol.com](mailto:pxtierney@aol.com)), R Paul Brookes (603-799-4399 After 8am and before 9pm, [PaulBrookes1966@outlook.com](mailto:PaulBrookes1966@outlook.com))

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## Activities

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

### HIKING

**(FT) (NM) Thu., June 27. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., July 4. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., July 11. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., July 18. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., July 25. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Aug. 1. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Aug.8. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Aug. 15. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Aug. 22. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Aug. 29. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Sept. 5. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Sept. 12. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.

**(FT) (NM) Thu., Sept. 19. Red Line the Blue Hills - Hiking, Blue Hills Reservation, Milton, MA.** See details at Thursday, April 11, entry.



*Happy  
Trails!*