

# The Southeast Breeze

The Newsletter of the Southeastern Chapter of the Appalachian Mountain Club | April 2022

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

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Previous Map & Compass class members display their certificates of completion. *Photo by Paul Brookes*

## History of Map & Compass workshop, June 4-5

By Paul Brookes, Hiking Chair

The next Map & Compass workshop is June 4 & 5. In this weekend workshop, you'll learn navigation skills using a map and compass. The course assumes no prior experience; it starts with basic instruction and progress over two days to cover some intermediate and advanced skills.

Register [here](#).

This is the fifth time putting on this workshop for SEM, so I thought I would share the backstory.

In my early hiking days, I attended a few map and compass classes, all single day or part day. Despite excellent teachers, I would leave the class overwhelmed, due to the complexity of the skills being taught and the short amount of time the teacher had to teach the skills.

Continued on page 3



## View from the Chair: New leaders completing training

I am grateful for people willing to give their time and talents to SEM. In early April, 24 people attended Day 1 of Leadership Training and 13 attended Day 2. They described their plans as leaders: family focused, senior-friendly, hard core hikes, local and destination hikes, paddling, and more. The SEM Education Committee has lined up the participants with mentors to help them plan their co-leads and become leaders. Thank you to the SEM Education Committee and the experienced leaders who facilitated this program: Anne Duggan, Doug Griffiths, Stephen Conlin, Diane Hartley, Éva Borsody Das, Robin McIntyre, Barry Young, Paul Brookes, Maureen Kelly, and Leslie Carson.

Two people are contributing by joining the SEM Executive Committee. Kris Atkinson is our new Conservation Vice Chair, replacing Bill Cannon, who will continue to be a valued member of the Conservation Committee. Bill Belben is our new Hiking Vice Chair, filling a vacant position. *(See photos on page 7.)*

Kris recently moved to the SEM region. Her experience with the Boston chapter in trail work and conservation is supplemented with AMC trail maintenance volunteer vacations in Costa Rica, Virgin Islands, Acadia Maine, the Bay Circuit Trail and numerous New England sites. Kris is a certified Massachusetts master gardener, Plant Conservation Volunteer for Native Plants of New England, and was recently appointed to the Green Communities Committee for the Town of Easton.

Bill joined AMC in September 2019. He is a level 3 winter mountain hike leader. He leads his own hikes, locally and in NH, and also contributes to SEM hike series: 2021 Spring Conditioning, 2021-22 Winter Hiking Series, 2021-22 Winter Trail Trace, and 2022 Spring Conditioning Series. Bill completed AMC Mountain Leadership School and Wilderness First Aid. An avid hiker, Bill completed the NH 48 4Ks this past November.

We are seeking applicants for several [Executive Committee positions](#). Please contact me or Nominating Committee Chair Alan Greenstein at [nominating.com@amcsem.org](mailto:nominating.com@amcsem.org) with questions.

I want to hear your input. I generally offer several local hikes a month. Join me on a hike or email me at [chair@amcsem.org](mailto:chair@amcsem.org).



*Diane Simms, Chapter Chair*

### 2022 Executive Board

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### Ad Hoc Committee Chairs & Other Chapter Contacts

Social Media Administrator ..... Lisa Robitaille  
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The Breeze Editor.....Mo Walsh  
 Blast Editor.....Marie Hopkins

Please contact [chair@amcsem.org](mailto:chair@amcsem.org)  
 or [nominating.com@amcsem.org](mailto:nominating.com@amcsem.org)  
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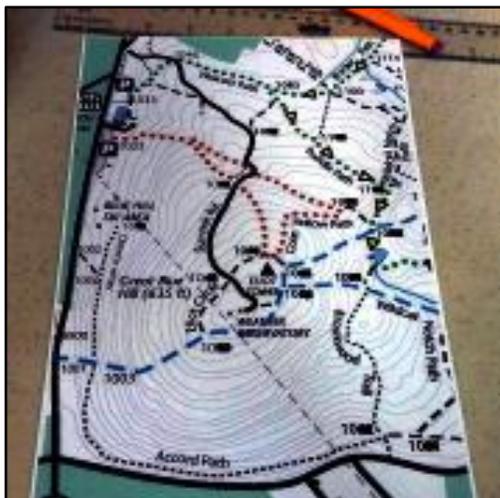
Paul Brookes demonstrates use of a compass in plotting a course on the map.

## Map & Compass class Continued from page 1

By Paul Brookes, Hike Leader

I enjoy teaching and decided I would create my own workshop. I thought, there's room for a two-day workshop that would ensure time to practice one skill before progressing to the next. Students will learn in small groups with assistant instructors facilitating and providing help when needed.

To fully appreciate the beauty of map-reading, the workshop could not be held in an area devoid of terrain. We needed an area that encompassed hills, valleys, and rivers, and all of these features needed to be within a short distance of one another. The [Blue Hills Reservation](#), just 20 minutes south of Boston, was the perfect location.



Workshop participants learn to use a contour map showing elevation of areas in the Blue Hills.

Photo by Dio Goncalves

None of this could have happened without help. I owe a huge debt of gratitude to Pete Tierney and Doug Griffiths, who were assisting teachers in the first four workshops. Their insights made each workshop better than the last.

I also thank Bob Vogel who, after attending the first workshop, carved a wooden mountain to demonstrate contour lines, which he has lent us for the majority of workshops.

Lastly, previous students completed reviews that helped improve the workshop, and also gave great testimonials as each successive workshop came up.

For more information, you can visit the Map My Compass website [here](#). If you register from the website, it will take you directly to the AMC listing.



A team of students on Day 2 applies skills learned on Day 1 to navigate for their practical assignment. Photo by Ken Carson



Group bonding on Sunday as they apply new skills.



## Volunteer of the Month: Dexter Robinson

By Paul Brookes, Hiking Committee Chair

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

Dexter is a longtime hike leader and member of AMC. His favorite hikes are in the White Mountains, which he hikes in all seasons. In his 70s, Dexter is as fit and active as hikers 20 years his junior. He was one of a group of leaders that led this year's Winter Hiking Series hikes. He is currently working on joining the 48 Over 70 Club by hiking the 48 peaks over 4,000 feet in the White Mountains after the age of 70!

Dexter is also a natural teacher and, on his hikes, often shares his knowledge with others to improve their experience outdoors. He was a presenter at the Winter Hiking workshop and recently put together an online Zoom presentation on his "Travels in Iceland." This winter Dexter worked with Cheryl Lathrop to upload to our SEM web page a lot of his personal wealth of winter hiking knowledge.

Dexter's commitment to safety is stellar. He strives to bring the joy and beauty of winter hiking to new people in a way that reduces the risk as much as possible. Hikers and hike leaders look up to Dexter as a role model. I would call him a Master Leader for SEM, as he has taught many of our Higher Level destination leaders ways to be better. Thank you, Dexter, for all you do!

Dexter will receive a Volunteer of the Month Certificate and a \$50 gift card to REI.

*Editor's Note:* You can find Dexters' Winter Hiking tips on our [Hiking Page](#) by clicking on [Winter Hiking with SEM](#) and then clicking on [More Hiking Resources](#).



See more of the world outdoors with [AMC Adventure Travel trips here](#)

**ABOVE:** Four SEM members enjoying the March 2022 AMC Adventure Travel trip to Sedona and the Grand Canyon. **Diane Simms, left, Diane Hartley, Anne Duggan, and Rima Tamule. BELOW:** All 16 trip participants. *Photos by Trip Participant*





## Conservation Corner

# Now is the time to think about amending your gardens

By Bill Cannon

### Some things to know about compost:

- Food scraps and food-soiled paper are the largest single item in our waste stream and make up about 1/3 of what we throw away.
- Compost is a valuable resource used by gardeners to grow food and plants. Rich compost **improves soil quality and water retention**, increases crop yield, and reduces the need for fertilizers and pesticides.
- Food scrap composting reduces greenhouse gases. Food scraps emit more methane than any other material in the landfill, and methane is 23 times more potent a greenhouse gas than carbon dioxide (CO<sub>2</sub>).

### Some things around us we can compost:

- **All food products:** fruit, vegetables, breads, cereal, dairy, meat (including bones); coffee grounds and tea leaves (including the filters and tea bags).
- **Uncoated food-soiled paper:** paper towels, plates, napkins, pizza boxes, and paper lunch bags.
- **Plant waste and untreated wood.**

### Some ways we can use compost:

**1. Soil Amendment.** For establishing new edible garden beds, work a 4" to 8" layer of compost into the soil. After this initial heavy application, switch to topdressing as needed to keep your soil healthy.

**2. Topdressing.** Spread a 1/2" to 2" layer of compost on top of the soil at least once a year. For turfgrass, spread a 1/2" layer of sifted, weed-seed-free compost as a topdressing. For worm compost, sprinkle a 1/4" to 1" layer at the base of plants. Topdressing can be done any time of year to improve soil fertility and reduce watering needs.

**3. Potting Mix.** Sifted compost can be used to make a rich, loose potting soil for containers, houseplants, or starting seedlings from scratch. Compost potting mix increases moisture storage and provides a variety of nutrients not typically supplied in commercial fertilizers or soil-free potting mixes. **Note:** Do not use pure compost as a planting medium; it should always be mixed with other materials; blend no more than 20% into potting mix or garden soil.

### Recipe for starting seedlings:

- Sift compost through a 1/2" or smaller mesh.
- Mix 1-part sifted backyard compost and 3 parts potting soil.
- Use compost tea when true leaves emerge.

### Recipe for containers and house plants:

- Sift compost through 1/2" mesh screen or remove large particles by hand.
- Mix equal parts loamy soil, sand, and compost. Add 1/2 cup of bloodmeal or cottonseed meal. Add 1 cup of rock phosphate and 1/2 cup of kelp meal for additional nutrients.

**Editor's Note:** *Trash Talk and Discussion on Recycling*, a follow-up discussion of last month's Conservation Corner article, takes place on Wednesday, April 27th, at 6:30 pm. [Register here.](#)



Truckload of canoes on the way to run 15 miles of the Dead River in Maine.

## SEM Memory: Canoe Trips

This photo, c. 1993, is a reminder that SEM used to hold canoeing trips, which required more logistics to provide a truckload of canoes, paddles, and lifejackets, and transportation to or from the beginning and end points.

We are regularly adding AMC-SEM historical photos and stories to the Lookback page of our website here. Please submit your own memories and pictures.



**New Cape Hikes  
leader Marcella Rippel  
at the Shaw Farm Trail  
and Nasketucket Bay  
State Reservation.**

*Photos by  
Robin McIntyre*



## **Cape Hikes welcomes new leader Marcella Rippel**

**By Robin McIntyre, Cape Hikes Vice Chair**

Marcella Rippel brings a wealth of enthusiasm, experience, and people skills to Cape Hikes. A Massachusetts native, she ventured to California after college, working for Outward Bound and the National Park Service. After starting a family and working as a historic preservation specialist in North Carolina, she returned to Norton, MA, as the Recreation Department Director.

Marcella is in her 18th year as a mathematics teacher and coach for Bristol-Plymouth High School in Taunton. Besides her two grown sons, her interests are in hiking, sports, and traveling. She hopes to eventually become an AMC Adventure Travel Leader, and has her sights set on becoming a Peace Corps volunteer after retirement.

I had the pleasure of mentoring Marcella for both hikes for her Class 1 qualifications. For her first co-led hike, she scouted new hikes and chose Beebe Woods/Peterson Farm in Falmouth. We pre-hiked the area together on Sept. 25, 2021, and led the hike on Oct. 3, 2021. We had 12 other pre-registered hikers. Marcella used All Trails and the hike map on the hike of 4.9 miles, 2 hours and 10 minutes.

She presented the AMC portion of the trailhead talk, and I did the history of the area and added in the COVID requirement. She screened hikers on site for appropriate footwear and water. Debbie Hayden, also a Cape Hike leader, served as our sweep. Marcella checked that the group stayed together during the hike and handled minor snafus with directions in a confident manner. The hikers were happy with the outing. Throughout the process, Marcella's communications via text, phone, or email have been timely. Her enthusiasm and welcoming nature are appreciated by all.

Her second qualifying hike was at Shaw Farm Trail and

Nasketucket Bay State Reservation in Fairhaven/Mattapoisett. She wanted to feature a new area for Cape Hikes, and got permission from the SEM chair to go off-Cape for this hike. She sent the terrain details for me to post for the registered hike, and communicated promptly about weather concerns for our pre-hike. We pre-hiked the area on Jan. 17, 2022, using an All Trails tracing for her 5 mile hike, 2 hours 5 minutes.

After a weather delay for our January 30 planned date, we re-scheduled for March 13. We had also encouraged outreach through the Buzzards Bay Coalition with a link to the ActDB. After another weather delay, the hike took place on April 3. In the interim, Marcella had hiked the trails the week prior. We had 13 hikers from both on and off-Cape. After carefully noting any parking issues, she welcomed hikers individually, noting their preparedness for the hike.

Marcella gathered everyone for her trailhead talk, describing the area history and trails conditions; reviewing the liability form; Leave No Trace; staying together as a group; warning about ticks; and making introductions.

During the hike, with Jane Harding as the sweep, Marcella frequently checked that participants were indeed together, especially at intersections and after muddy sections. She maintained the good humor of the group, despite more muddy sections than anticipated. At the end, she reminded us all to check for ticks, and welcomed everyone to return when the wildflowers are in bloom in the meadows.

Marcella then received a new leader kit, including a first aid kit, her AMC volunteer patch, COVID related supplies, and snacks. She earned a warm round of appreciation and applause from her fellow hikers.

Welcome, Marcella, and thanks for your time, effort, and support of our members as you become a leader for SEM.



**Thirteen Cape hikers enjoyed meadow, wooded trails, and waterfront views at the Shaw Farm Trail and Nasketucket State Reservation.**



## Gilles Pipernos completes Class 1 leader training for Cape hiking

By Jane Harding, Cape Hikes Chair

Gilles Pipernos is transitioning his home base from Connecticut to Cape Cod. As part of that transition, he wanted to remain active in the outdoors. He was an active leader in the AMC Connecticut Chapter and approached Cape Hikes in 2019 about becoming a SEM hike leader.

Since he had completed Leadership Training, Gilles was asked to co-lead two hikes, one of which was a registration required hike, to verify his leadership eligibility. He was recommended as a Class 1 leader for both the Cape Hiking and the Hiking Committee.

The COVID-19 pandemic occurred and Gilles, like many others, took time off from AMC-SEM. In February of 2022, he approached Cape Hikes leaders, stating he was ready to start leading.

Gilles is an avid participant in many outdoor activities. In 2018 he hiked the entire Appalachian Trail. He also enjoys kayaking and is an experienced sea kayaker. He is in discussion with L.L. Bean to become one of their Sea Kayaking Leaders.

Gilles prefers longer, more challenging hikes and activities, which differs from the typical 4-to-5-mile Cape Hike. In March he led a 7+-mile hike at Griffin Island in Wellfleet. He had 13 participants.

He plans to lead longer hikes both on and off the Cape, which will be a nice addition to Cape Hike offerings. His goal is to quickly qualify as a Class 2 Leader and beyond. He is an experienced overnight backpacker.

Gilles is the principal and founder of 4GrowthConsulting, which caters to practice management for surgeons.

## Meet new volunteers for SEM committee leadership roles

Continued from page 2



Bill Belben, left, joins the AMC-SEM Hiking Committee as Vice Chair, and Kris Atkinson has volunteered as Vice Chair of the Conservation Committee.





## *SEM Memories*

# ‘Trail Tracing’ series develop social bonds and new leaders

By Paul Miller, SEM Hike Leader

The first year of the SEM’s Thursday evening hiking series in the Blue Hills, 2006, was also the first year I served as our chapter’s Communications Chair. As most *Breeze* readers probably already know, we recently changed the name of this still-popular hiking series to avoid any confusion with the mortgage lending practice known as “redlining,” which made it almost impossible for otherwise credit-worthy minority individuals to obtain mortgages to buy homes in certain red-lined neighborhoods on real estate maps. While outlawed in 1968 by the Federal Fair Housing Act, this practice effectively supported segregation in all too many U.S. neighborhoods. To this day, this practice has made it extremely challenging for many people of color to create the generational wealth that comes with homeownership. For more insights into why we changed the name of this hiking series, please see Bob Vogel’s article in the [April 2021 e-Breeze](#).

Based on great turnouts for these Thursday evening hikes, it appears that the renamed **Trail Trace the Blue Hills (TTBH)** series remains as popular as ever! The series was conceived and organized by Bob Vogel and eventually handed off to a series of other dedicated and enthusiastic SEM hike leaders, currently Joanne Newton, Bill Doherty, and others. According to the TTBH web pages, 61 people (starting with—surprise!—Dexter Robinson) have received colorful SEM badges to proudly announce that they have completed hiking every single trail in the Blue Hills at least once. And quite a few dedicated hikers have received multiple patches! To date, Michael Swartz appears to hold the all-time record, having completed the series *seventeen* times! A companion series, *Winter Trail Trace the Blue Hills*, has also started taking off with a vengeance in recent years. For more information on participating in either series, readers should visit the SEM website page [here](#).

While I haven’t participated in the series myself in recent years, I have many fond memories of these very enjoyable, supportive, and *highly social* local hikes. My frequent advice to newcomers is simple: Just give in to the foolishness and enjoy yourself! The series has snowballed over the years to help jump-start participation by many new AMC members. Equally as important, it also continues to serve as an “engine” for developing new SEM hiking leaders.

Back in 2006, the SEM Communications Chair edited and published *The Southeast Breeze*. This provided me with the opportunity to read all the great articles submitted by our chapter’s members. One particular article from the Fall 2006 issue still sticks out: Carol Roupelian’s wonderful article summarizing her takeaways from participating in this SEM hiking series. Carol’s article, which follows *almost* in its entirety, echoes many of my own thoughts on the series and includes some revealing insights into its origins.



Original logo for the Trail Tracing series, showing trails through the Blue Hills in red.

## Update on ‘Red Line the Blue Hills’ Hiking Series

By Carol Roupelian

(From the Fall 2006 issue of *The Southeast Breeze*. We have not changed Carol’s use of the “Red-Lining” name.)

The SEM Hiking Committee’s, *Red Line the Blue Hills* Thursday evening hiking series has been a great success, particularly if you judge by the numbers. We average 12-18 hikers a week and new faces continue to join. The series offers a different hike in the Blue Hills Reservation each Thursday evening from 5:30 or 6:00 pm until sunset. We began on April 5, 2006 and will continue until daylight savings time ends in October. By the time we are finished we hope to have covered every one of the 125+ trails.

The Blue Hills Reservation spans 7,000 acres from Dedham to Braintree and Quincy to Randolph. Although Great Blue Hill is the tallest at 635 feet, there are 22 hills in the reservation. Let’s see, we’ve climbed Great Blue, Hemenway, Hancock, Houghton, Wolcott, Boyce, Buck, and Tucker. That still leaves how many more? Since we’ve started hiking, the estimate of the length of trails has grown from 125 to 145 miles! It appears that we won’t finish by October after all, but that’s okay. We’re having such a good time, who wants to finish? Bob, are you tired?

Continued on page 9



New patches for the AMC-SEM Trail Trace the Blue Hills series, left, and Winter Trail Trace the Blue Hills series.

## A Look Back at *The Breeze*

### Trail Tracing Continued from page 8

Although the Blue Hills Reservation is squeezed on all sides by development and the near-consistent hum of traffic, we've been introduced to a natural treasure and a source of spiritual renewal. In the words of Charles Eliot, one of the men responsible for the Blue Hills' preservation, it's a place "refreshing to the tired souls of townspeople." Take it from me, traveling Route 128 during rush hour after an exhausting day at work would not be worth it otherwise. This is. We finish tired, but relaxed, and we look forward to doing it again next week.

Led with humor and camaraderie by Bob Vogel, we've been witness to verse read aloud as well as the visual poetry of a scarlet sunset reflected on sheer cliffs. We've hiked new (unmarked) trails and repeated more than a few old ones. (Haven't we been here before?) It's always entertaining to see the looks on the faces of newcomers as we retrace our steps on yet another "triangle" trail. We've crossed wildflower-filled meadows and climbed up and down rock scrambles. (How many times are we going up Great Blue tonight?)

Red Lining the Blues Hills was my introduction to the AMC. I wanted to hike the Appalachian Trail and knew very little about hiking. (No, I didn't think the Blue Hills were part of the AT!) Someone advised me to join the AMC to learn what I needed to know to get started. It was the best advice I've ever taken!

I never knew you could cross over Route 24 on a horse bridge. I had never walked down the middle of Route 128. I didn't know what a separation break was! I still have many questions. Will I see my first timber rattlesnake on a Thursday? When will I finally walk on the floating boardwalk over the Cedar Bog, visit Fowl Meadow, get my first view of the Quincy Quarries or the remains of the

original Civilian Conservation Corps campsite? I never realized how important bug spray or rain gear could be, or how shaky my knees could feel by the bottom of a rocky trail.

I asked Bob recently how he came up with the idea for the Red Line the Blue Hills series. He told me that back in April of 2001, he led a hike called "The Blue Hills Haul," so named because it was billed as a fast, strenuous hike. In a typically unstructured, Bob Vogel fashion, the hike involved last-minute decisions on which direction to take while standing at forks in the trail. This led one of the participants, Bill Ruel, to hastily mark the trails they were taking in red.

Bob suspected this was so that Bill wouldn't find himself permanently lost in the Blue Hills. Bill claimed he had a goal of hiking every trail in the Blue Hills and marked each one hiked in red so he'd remember that he'd hiked it.

This year, Bob was working in Randolph till 5:00 pm every day and couldn't make it to his usual 6:00 pm Wednesday evening hikes every week at the Blue Hills. Hence the idea of *red-lining* the Blue Hills was born.

*[A little gap in Carol's narrative here, leading into her succinct, but excellent summary...]*

The Thursday evening series has been so enjoyable, I'm glad we won't be finished by October. Bob suspects it may be repeated next year. That's good news. I've had a wonderful time, made new friends, and learned a great deal.



Cathy Giordano led a five-mile walk on April 14 through Beebe Woods in Falmouth. *Photo by Nancy Tutko*



## Activities

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

## Create your personal Activities Digest

AMC has an email notification system for AMC members interested in keeping up to date with new and upcoming activities posted on AMC's Activities Database (ActDB) on [outdoors.org](https://www.outdoors.org). The Activities Digest system can send email notifications on a daily, weekly, bi-weekly, or monthly basis depending on how a user configures the settings.

The Activity Digest functions in a very similar way to the search function on the ActDB listing page, but it pulls the data you want to see straight from ActDB to your inbox. To get started, Login to your account at the bottom of the home page at [outdoors.org](https://www.outdoors.org), and then click My Outdoors.

### COVID 19 INFORMATION

As of December 1, 2021, AMC requires volunteers be vaccinated or receive a negative PCR test within 72 hours of the start of an event. AMC relies on the honor system for compliance. Participants must be vaccinated or get a negative PCR test within 72 hours of the start of the event. Participants may be required to wear masks, provide proof of vaccination, or in the alternative a current (within 72 hours) negative PCR test as a condition of attending this event. For your personal safety, you should expect to be in the presence of vaccinated and unvaccinated people in all AMC settings and should make choices about participating accordingly.

**EDITOR'S NOTE:** AMC's new Activities Database no longer provides a newsletter magazine format of chapter activities. Please bear with us as we determine how to provide the most useful format for the Activities Listings without time-consuming cut-and-paste. Follow the Activity link for more information, including precise location, registration information, and leader names and bios. Apologies if any activity is missing from these pages. Please create your Personal Activities Digest to be sure of getting the latest listings.

### BICYCLING

#### [Daffodil Ride](#)

**Sun., Apr. 24., 10am-1pm, Parson's Reserve, Dartmouth, MA.** Join us to cycle through beautiful Westport & Dartmouth, MA. The ride will take us past farms, stone walls, & waterways. We will stop at the Parson's Reserve, a DNRT property, to walk through the lovely daffodil fields. The ride will be approximately 20 miles, 12 mph pace, with some hills. A helmet is required to ride. Bring water & a snack. <https://dnrt.org/parsons/>

### CAPE HIKES

#### [Hike Long Point Provincetown](#)

**Sat., Apr. 23. 9:45 am-2 pm, Provincetown, MA.** 4 hour hike. Visit Herring Cove Beach, Wood End Lighthouse, and Long Point Lighthouse. Mostly beach walking. Bring a lunch. Directions: Drive to the end of Route 6 in Provincetown and turn right onto Province Lands Road. Go 0.1 mile and turn left into the Herring Cove Beach Entrance. Turn left after ticket booths and follow to large parking lot. Park at far end of lot near rest rooms. Meet at 9:45 and hike 10 am - 2:00 pm.

#### [West Falmouth Bourne Farm Hike](#)

**Sun., Apr. 24.** This is a relatively easy hike across an old farm and through its adjacent woods. Along the way we will pass a tidal stream and cranberry bog. There are a few hills, the hike is four miles long, and will last two hours. There will likely be ticks, and rain cancels.

#### [Bell's Neck Conservation Lands Hike](#)

**Thur., Apr. 28. Hike Bell's Neck Conservation Lands. 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. (No signage.) Arr 9:45 for 10 a.m. start. Rain cancels.



## Activities

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

### CAPE HIKING

#### [Crocker Neck Conservation Area Walk](#)

**Sat., Apr. 30, 9:45-11am, Cotuit, MA.** This 1 hour, 1.5 mile leisurely walk through Crocker Neck Conservation Area will offer pine and oak forest, salt and freshwater marsh, beach, and estuarine flats. We will stop and talk about the various habitats with some of the history of the area. Wear sturdy footwear, bring water. Be alert for poison ivy and ticks. Co-leader Gil Newton is a naturalist and author who has been active in teaching, leadership, and conservation in multiple local organizations over many years (<https://blueinstitute.org/gilbert-newton>). He will be adding his expert insights along the walk regarding the various habitats and flora.

#### [Bourne-T Hike](#)

**Sun., May 1, 12:45-3pm, Bourne, MA.** This pre-registered 4+ mile, 2 hour hike is limited to 19 participants and 1 leader. This hike is not suitable for novice hikers. The terrain is over wooded trails and fire roads with frequent rolling hills in a loop without easy bailout points. This historic area has pond views. Participants must have sturdy hiking footwear, water, and tick repellent. May have poison ivy exposure. Bring hiking poles if preferred. Driving directions to the trailhead will be sent to pre-registered participants.

#### [Horseneck/Westport Beach B3D](#)

**Thur., May 5, Meet 9:45 am-2:30pm, Westport, MA.** Meet at the Horseneck Beach main parking lot. This first section is a moderate 4.5 mile hike from the parking lot to the Westport River. After returning to the parking lot we will take a short drive (2.5 miles) to Gooseberry Island. The second hike on Gooseberry is less than 2 miles and is optional. The area offers exception views of Buzzard's Bay and a great place for viewing shore birds. Bring snacks/lunch sturdy footwear, water, and rain jacket. Rainy conditions may cancel the hike. Directions: Rte 195 to Exit 16 Rte. 88 south. Follow Rte 88 to parking lot.

#### [North Falmouth Crane Moraine Hike](#)

**Sat., May 7, 9:45am-1:30pm, Crane Wildlife Area West, North Falmouth, MA.** This moderately difficult hike has a lot of hills but rewards with some nice views of Buzzards Bay. We will cover 6 miles or so over 3 1/2 hours, which includes a stop for lunch. Boots and poles recommended. Bring a snack or lunch, and water. There will likely be ticks, and rain cancels.

#### [Crowes Pasture Hike](#)

**Sun., May 8., 12:45-3pm, Dennis, MA.** This is approximately a 4.5 mile hike that will be along a soft sand beach at low tide, include a wooded trail walk with limited elevations and a stretch through a historic neighborhood.

#### [Ryder Beach and National Seashore Trails](#)

**Thur., May 12, 9:45am-12:15pm, Truro, MA.** This 4+ hike includes a beach walk to adjacent woodland National Seashore trails. Points of interest include the Baker Biddle, Atwood Higgins and Hatch properties. Water, hiking boots and poles are recommended. Be prepared to encounter poison ivy and ticks. Directions: Rte 6 East to Orleans Rotary. Continue on 6E for 15 miles. Left on Prince Valley Rd to end (1.7 miles). Right on Old County Rd and next left on Ryder Beach Rd to parking lot at end.

#### [Clapps Pond Hike](#)

**Sat., May 14, 9:45am-1pm, Provincetown, MA.** 3 hour hike. Hike woods, sand dunes, and around pond. Lady Slippers should be in bloom. Directions: From Route 6 in Provincetown take Right on Race Point Road (first traffic light on Route 6 in Provincetown) and go 0.5 miles turning left into Beach Forest Parking Lot. Park at far end. Meet at 9:45 and hike 10 am - 1:00 pm.

#### [Punkhorn Hike](#)

**Thur., May 19, 9:45AM-12PM, Brewster, MA. Open.** Wooded trails over hills with pond views. Hiking boots & poles helpful. Directions: Rt 6 Exit 78B onto Rt 134 N. In 2 miles turn Rt on Setucket Rd & continue bearing Rt on StonyBrook In 0.3 miles turn Rt on Run Hill Road to large parking lot on left

#### [Ryder Lowell Holly Hike](#)

**Thu., May 26, Sandwich, MA.** Hike 4 miles along wooded trails with some elevation, lots of roots. We will have views of both Mashpee and Wakeby Ponds.. Bring fluid for hydration. This will be our end of year hike if you would like to stay at end of hike for a picnic on Wakeby Pond bring a lunch, maybe a treat to share and a beach chair or towel to sit on. Take exit 61 off midcape Rte 6 and turn south, (R from bridge, L from upper Cape). Stay on Quaker Meetinghouse Rd to traffic light and turn L, stay on Cotuit Rd., to small rotary and take first exit. Go short distance to entrance to Ryder on R. THIS IS A NEW START LOCATION., continue past little house to parking area on right. Meet up is 9:45 AM.



## 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)

### [Beginner Hike at D. W. Field Park](#)

**Apr. 23., 9-10:30 am, Brockton, MA.** Do you want to start hiking with a group? This trip is for you! Join us to hike 2.5 miles around the Avon Reservoir on some dirt paths and some pavement. No experience needed. The trip will take about 1.5 - 2 hours. You don't have to be a member of the AMC. Bring a water bottle and wear some comfortable shoes. Meet us at 8:45 am for a 9:00 am start at the first parking lot off Oak St. If this parking lot is not open, park on the other side of Oak St. and walk across the road. Porta Potties are located in the first parking lot. To register or if you have any questions, email the leader and she will get back to you. Looking forward to meeting you and getting you hiking!

### [New Member Hiking Series-Ponkapoag](#)

**Sun., Apr. 24, 10AM. Canton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers, whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers will be acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

### [Blue Hills Spring Conditioning Series: Hike 6 of 12](#)

**Tues., April 26, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. We will meet up at 9:45 AM and will end around 2 PM. Registration is required for each weekly hike. Group size is limited to 15 participants. Each week the hike distance will be longer, we will increase elevation gain, move faster along the trails and add pack weight. When considering this series please plan to attend most of the hikes as it is a building series. Expect challenging terrain including rocks and ledges on most ascents and descents. Weather permitting, we will finish the series on June 7, with an extended day hike on the Skyline trail. You will be ready to take on the NH mountains!

### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., Apr. 28, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. Appropriate hiking clothes and a small backpack are required. Hiking shoes or other functional footwear are required (no work shoes or gym shoes.) We hike until sunset so you must bring a headlamp in case we end up hiking out after dark. As this is a series, new participants will be screened for their initial hike and will not be 'rescreened' subsequently. Also, all participants need to provide proof of Covid vaccination, or in the alternative, a current (within 72 hours) negative PCR test as a condition of attending these hikes. Register once for the series and you will get a weekly email with the location where we will meet. As this series is "Show and Go," you will be required to sign an AMC waiver at the trailhead at the beginning of each hike.

### [Belknap Traverse](#)

**Sat., Apr. 30. New Hampshire Lakes Region.** Join us to explore some of the eastern Belknap Mountains! The Belknap Mountains are a small range of peaks located in the east-central part of New Hampshire south of Lake Winnepesaukee. They are named after Jeremy Belknap, a renowned 18th century preacher, historian, and author of The History of New Hampshire. We plan to traverse 5 of the mountains - East & West Quarry, Rand, Klem, Mack - enjoying views of the Lakes Region along the way. We will hike at a moderate pace for approximately 6.5 miles and 1700 feet of elevation gain. After spotting cars at our endpoint, we will begin at the eastern point of the traverse, climbing nearly 800 feet to our first mountain. This hike is suitable for people who are in good hiking shape and have hiked similar distances and elevation in New England. In the event of adverse weather such as steady rain we will postpone the hike to the following day, May 1.

### [SEM Spring Hike to Mount Tom](#)

**Sat., Apr. 30, Holyoke, MA.** Enjoy spring flowers, soaring birds, and spectacular cliff top views of the Pioneer Valley, the Berkshires, and the Connecticut River Valley. Starting on Reservation Road in the Mount Tom State Reservation, we will follow the M&M/ NET along the cliff edge to Mount Tom. After backtracking we will then visit the Eire Hotel ruins and Mount Nonotuck before returning to Reservation Road. Distance: 10 miles; Elevation gain: 1500; Pace: Moderate; Time Estimate: 6 hrs. Requirements for the hike include: hiking shoes or boots, snacks and lunch, 2 liters water, rain gear, and hiking poles if you use them. Dress in wicking layers. Registration is a two-step process. First, click "Register Now" on the website. Second, expect to be contacted by one of the leaders who will tell you more about the trip and ask some questions to determine whether or not the hike is a good fit for you. You will not be a confirmed participant until after you have spoken with one of the leaders.



## Activities

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

### HIKING

#### [Blue Hills Spring Conditioning Series: Hike 7 of 12](#)

**Tues., May 3, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the SIXTH hike in the 12-week series that runs every Tues. through June 7. See April 26 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 5, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.

#### [Spring Migration Hike](#)

**Mon., May 9, Wompatuck State Park, Hingham, MA.** This moderately difficult hike has a lot of hills but rewards with some nice views of Buzzards Bay. We will cover 6 miles or so over 3 1/2 hours, which includes a stop for lunch. Boots and poles recommended. Bring a snack or lunch, and water. There will likely be ticks, and rain cancels.

#### [Blue Hills Spring Conditioning Series: Hike 8 of 12](#)

**Tues., May 10, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the EIGHTH hike in the 12-week series that runs every Tues. through June 7. See April 26 listing for series details.

#### [Thursday Morning Hike - World's End](#)

**Thur., May 12, 10AM-12PM, World's End, Hingham, MA. Open.** Meet at 10am in the first parking lot. Parking fee is \$10 per vehicle for non-Trustees members. Parking is free for member cars. It is recommended (although not required) to reserve parking passes online ahead of time. Parking passes are not refundable. Moderate 4-5 miles on hilly carriage ways and rocky paths. Explore unique peninsula in Boston Harbor with stunning views, There could be muddy sections. Wear layers, wind protection, good shoes suitable for weather and conditions. Bring water, snacks/lunch. Heavy or steady rain cancels. Directions, property map and reservation information can be found [here](#).

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 12, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.

#### [New Member Hiking Series-Foxboro](#)

**Sun., May 15, 10AM, Foxboro, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from our experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

#### [Blue Hills Spring Conditioning Series: Hike 9 of 12](#)

**Tues., May 17, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the NINTH hike in the 12-week series that runs every Tues. through June 7. See April 26 listing for series details.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 19, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.



## Activities

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

### HIKING

#### [Thur. Morning Hike Along the Lower Neponset River-Wheelchair Accessible](#)

**Thur., May 19, 10:00 AM - 3:00 PM, Open.** This urban hike along the Lower Neponset River is fully paved wheelchair accessible, and flat. Casual clothes, appropriate for the weather, are fine (no specific hiking gear required). This will be a leisurely stroll at a slow to moderate pace comfortable for chatting and getting to know one another. On the way back we will stop for an extended lunch at a great bakery. We will meet at 10 AM at the Butler station, part of the Mattapan trolley extension off the red line. A parking lot next to the station is \$4. We will hike South along the trail on a paved path through Milton to the end then turn around and come back for an extended lunch stop at Steel & Rye. After lunch we'll then return to our cars along the same path. Total distance to this point is four miles. Back at cars between 1 and 2 PM. Each person can decide whether to continue with the hike or whether to leave at this point. For those who continue we'll hike to Pope John Paul II Park at a faster moderate pace, this adds another three miles. This section of the Neponset River Trail is also mostly paved but has a quarter mile stretch of hard packed gravel. Back at cars between 2 and 3 PM. I will have my well-behaved yellow lab with me, he will be on leash the whole time. Families and children are welcome and non-reactive dogs are welcome but must be on-leash. Cyclists and walkers will be sharing the path. Online registration is required so I can give a count to the restaurant. If you have any questions, please email me. For this event everyone will be asked to provide proof that they either are fully vaccinated or have a current (within 72 hours) negative PCR test by emailing me an image of their vaccination card or test results prior to being approved for the hike. Masks will not be required on this hike, but anyone is welcome to wear a mask if desired. The American Planning Association has selected this waterfront trail which spans the city of Boston from its border with Milton to the Dorchester neighborhood as one of the 13 Great Places in America for 2019. This is a lovely urban walk and a great lunch location. I do hope you will join us.

#### [Western Belknap Range Hike](#)

**Sat., May 21, New Hampshire Lakes Region.** Stunning views for modest effort, this loop hike will take us over Gunstock, Belknap and Piper Mountains. Belknap is on the 52WAV list as well as NH Fire tower Quest. Elevation gain of approx. 1200', and 5.6 miles. If weather allows and the group is willing, this hike may be extended by 500' additional elevation and total of 3 more miles. There will be a short car spot required.

#### [Blue Hills Spring Conditioning Series: Hike 10 of 12](#)

**Tues., May 24, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the TENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.

#### [Arnold Arboretum Hike](#)

**Thu., May 26, Arnold Arboretum, Jamaica Plain, MA.** This is the 5th annual "Spring-into-Spring" at the Arnold Arboretum in Jamaica Plain. Included are two vistas, the bonsai exhibit, and the "Explorer's Garden". We will explore this "tree museum" during an approximate five-mile hike at a moderate pace. Bring water, sturdy footwear, sunscreen, bug spray, snack or lunch. Meet at 9:45 for a prompt 10:00 am start. There's plenty of free on-street parking along the Arborway; or walk to the entrance from the Forest Hills Orange-Line MBTA station. The specific meetup point will be sent to all who register two days prior to the event. Steady rain will cancel. Well behaved leashed dogs are O.K. Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well. Online registration is required. AMC membership is not required, but you will need to set up a free AMC online account if you do not already have one. Click "Register" button to accept the risks, provide contact info, and sign the AMC liability waiver. Each person must register individually; you cannot register for a friend or household member.

#### [Trail Trace the Blue Hills-Thursday Evenings](#)

**Thur., May 26, 6PM-8PM. Wait listed.** Join us for the 17th year of this popular series. We hike at a moderate pace for 2 to 3 hours in The Blue Hills Reservation every Thursday evening. This is a great way to end your day, get outside, strengthen your hiking legs, and socialize with a nice group of people. Come as often as you can to hike with us. See April 28 listing for series details.

#### [Blue Hills Spring Conditioning Series: Hike 11 of 12](#)

**Tues., May 31, 9:45 AM - 2:00 PM, Open.** "Blue Hills Spring Conditioning" is a series of 12 hikes designed to get you in shape for more strenuous summer activities. This series is not suitable for beginners. This is the ELEVENTH hike in the 12-week series that runs every Tues. through June 7. See March 22 listing for series details.



## Activities

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

### HIKING

#### [Hike Six 4,000-Footers in 3 Days](#)

**Mon., June 6.** Join us for an ambitious, early June hike, summiting six 4,000 footers (Garfield, Galehead, South Twin, West Bond, Bond, and Bondcliff) with the comfort of a two-night stay at Galehead Hut. Weather permitting, we will witness some of the most spectacular panoramic views in the Whites. Participants must be in good physical condition, capable of hiking 12 miles with 3,000 ft. elevation gain. We have reserved eight bunks at the hut which are being held for us until May 5th. Once you register for the hike and speak with one of the leaders, you will be provided our group reservation number so you can book and pay for your hut stay directly through AMC. A detailed information sheet will be sent one week prior to the hike. Cars will be parked at two spots on Gale River Loop Road, allowing us to hike down a different trail on Wednesday than we hike up on Monday. We will hike up Garfield Trail, along the ridge to Galehead hut, where we will drop some of our things. Weather permitting, we will then summit Galehead and return to the hut in time for dinner. After an early breakfast, we'll begin a strenuous day. Beginning on Garfield Ridge, we'll head for the summit of South Twin, then travel along Twinway Trail to Bondcliff Trail, hitting the summits of West Bond, Bond and Bondcliff before returning to the hut in time for dinner. On our third day, we will hike out after a leisurely breakfast. Gear List: Sturdy hiking boots. Backpack and water bottles or hydration reservoir with at least 2-liter capacity. Hiking poles. Sleeping bag. Puffer jacket, hat & gloves. Bug dope & net. Rain gear - jacket and pants & pack cover. Headlamp with extra batteries. Personal first aid kit and medications.

#### [Lakes of the Clouds Hut Hike](#)

**Wed., June 8-Thu., June 9.** Enjoy expansive views on the shoulder of Mt Washington staying at the Lakes of the Clouds Hut. We will hike up the Ammonoosuc Ravine Trail passing waterfalls fueled by the spring melt along the way. Weather permitting, we hope to summit Mt Washington and then perhaps after dinner, Mt Monroe. The next day we hike to Mt Eisenhower's summit and then make our way out via the Edmands Path where we have cars spotted at the trailhead. Ours will be an above tree line experience and hopefully we'll witness an unforgettable sunset from Lakes of the Clouds. Approximate Total mileage 13 miles. Cost: See rate below - includes one night hut stay, dinner, and breakfast.

#### [New Member Hiking Series - Borderland](#)

**Sun., June 26, 10AM, Easton, MA. Open.** Come join our new member hiking series and start discovering the great outdoors! These hikes are aimed towards new hikers whether AMC members or not. Hikes will be no longer than 4 miles and in fairly easy terrain. Hiking boots/ sneakers are acceptable footwear, but no flip flops or sandals. During the hikes you will learn about the AMC and what hiking gear you will need to pursue moderate to difficult terrain. Gain knowledge from you experienced hike leaders. Rain or inclement weather will cancel. Please bring water to stay hydrated. Email leader to register.

### PADDLING

#### [Agawam Mill Pond](#)

**Sat., Apr. 23. 10 am-3 pm, Wareham, MA.** This trip will be a paddle on the Agawam River exploring the the tributaries that flow into the Mill Pond. The launch will be at the Fisherman's Launch on MA Rt 6/28 in Wareham, MA. Please bring lunch and arrive early enough that you will be in the water and ready to go at 10 AM PFD's are required for all paddlers.

### TRAILS

#### [Earth Day! Trail Maintenance in the Blue Hills](#)

**Sat., Apr. 23, 8:45AM-12PM, Milton, MA.** Join us on Earth Day as we clean the Skyline Trail (and possibly more) by removing small, downed trees, easy maintenance, trimming vegetation, cleaning water bars, remove rocks, etc. SEM will supply tools. Please bring your own work gloves, water, snack, wear appropriate clothing (long pants/long sleeve shirt, boots, hat), sunscreen, bug spray, etc. No open toe sandals! No experience necessary! Everyone welcome! Trail: Skyline Trail, from Hillside Street eastward to Route 28. Directions will be emailed to registered volunteers. Group size is limited and activities are often waitlisted, so please cancel your registration if you can no longer attend or are not feeling well.



*Happy*

*Trails!*

