

THE Charles River Mud

APPALACHIAN MOUNTAIN CLUB / BOSTON CHAPTER :: www.amcboston.org

August 2010 / Vol. 35, No. 8

ARTICLE By *Fruzsina Veress*

Accidents Happen: A Hiker Offers Thanks to Her Rescuers

Watch out for the Leg! Lift the Leg! Pull the Leg to the right!

The Leg was MY leg, hanging uselessly in its thick bandage made from a foam mattress. Suspended by a rope, the Leg was being handled by one of my heroic rescuers while its rightful owner crept along behind on her remaining three limbs (and butt) like a crab led on a leash. The scenery was beautiful, the rocky drops of King Ravine.

Earlier on this day, June 28, climbing happily over the boulder field, hoping to reach the ridge leading to Mount Adams in the White Mountains of New Hampshire, I took a wrong step. There was a pop, and suddenly my foot was in the wrong place and just wouldn't go back where it belonged.

The slightest movement caused excruciating pain, and walking simply wasn't an option.

Hiking in a party of eleven, two of my companions, Nandi Szotak and Marton Keszei (both young men from Hungary) stayed with me while the others pushed on to the ridge, hut and trailhead. Nandi tried hard to fashion some kind of a splint of whatever was at hand, but nothing would keep my foot in place, so we had no choice but to call for help.

Fortunately, one of our three cell phones did work. The backup plan was for the party that had gone ahead to stop at

the hut and ask for help. Indeed, we were happy when they called later to say that they had met the two valiant caretakers from Madison Hut on their way to reach us. After about two hours of anxious waiting spent mostly hunting down mosquitoes, the two kind AMC-ers arrived. They splinted my ankle, and to protect it from bumping into the boulders, they packaged it into the foam mattress.



*Fruzsina Veress manages a brave smile, despite her injury
Photo Credit - Nandi Szotak*

Nandi and Marton were prepared to piggyback me down the ravine, but most of the 'trail' simply consists of blazes painted on the rock, and it is next to impossible for two or more people to coordinate their steps. So I half crawled, half floated along thanks to a lift from my four helpers.

We went on for what seemed a long time, but we covered only a tiny distance. Soon more help would arrive, a sizable crew of workers and volunteers from the N.H. Department of Fish and Game.

A litter was discussed but did not seem possible; the King Ravine trail is so rough that every step needs to be carefully planned, and even people with intact feet might have to use their hands for getting ahead. So there was more crab-like creeping with more people in charge of the Leg. After maybe three hours of agonizingly slow descent, we arrived to a place where the boulders were somewhat sparser.

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IMPORTANT INFORMATION: BOSTON CHAPTER TRIPS

Boston Chapter volunteers lead the following activities. Volunteer leaders do their best to facilitate safe, quality events. Your participation in these trips, however, acknowledges that there are inherent risks in any outdoor activity that cannot be entirely eliminated. You will therefore be required to sign a liability waiver to participate in any AMC event other than social activities. To view the liability waiver and the AMC "Leadership Requirements and Guidelines" which all AMC leaders follow, go to www.outdoors.org/volunteers/leadership/. Organizers of activities are not paid, nor take any personal profit, for running a particular event. However, when funds are collected for food and/or lodging, a portion of each participant's trip fee could possibly be used to subsidize the organizers' expenses. If the trip is being run at a facility owned by a leader, it will be designated with the following code: LOF (Leader Owned Facility).

Rumblings from the Editor

You have probably seen headlines such as, “Hiker Rescued From Mountains.” Perhaps you read Appalachia and turn to the Accident Report section to see what befell others. Seldom do we think it will happen to us, and fortunately for the vast majority it does not. So it was with some curiosity that I started to read the email sent in by Furzsina Veress describing her experience of a *newspaper headline rescue*.

My first reaction was a series of questions, beginning with, ‘Was she on an AMC led hike and adequately equipped for such a tough hike?’ Although not an AMC trip, two things became clear. One, Furzsina is a very experienced AMC member, properly attired for the conditions and two, she had the good fortune to be hiking with a group of compassionate and caring companions. Add a touch of skills from people described only as Madison Hut AMC’ers and the rescuers mentioned and all turned out as well as can be expected.

Naturally my thoughts turned to lessons learned, since newspaper comments were particularly ‘strong’ about people coming to N.H. from M.A. to hike in ‘our mountains’ at a cost to ‘our tax payers’. I am not going get into that, save to say according to Furzsina, N.H. Fish and Game held her

blameless. The only thing I can suggest is taking a future Wilderness First Aid course, where participants learn to carry enough materials to improvise a splint and apply them as the AMC’ers had done. By the way, all Hiking and Backpacking trip leaders have to be so qualified, as are many co-leaders. Also, read the advice at www.hikesafe.com.

Should people get that close to nature in the first place? Our second article by Sara Cleto on page 10 explores a direct link between up-close-an-personal contact with wilderness areas and future conservation funding. Researchers predict a shortage of funding ahead as today’s younger demographic foregoes the pleasures (and perils) of the wilderness.

Tom Connors of Bay Colony Rail Trail (<http://baycolonyrailtrail.org>) asked that I highlight a trip opportunity in part to ‘*get the AMC’s awareness or help in our effort to build the Bay Colony Rail Trail, an 11 mile shared use path proposed for Newton, Needham, Dover and Medfield.*’

Details for the ride on August 14, can be found at <http://bcrt.blackstone.eventbrite.com/> which describe the route along the Blackstone River Canal and Bikeway.

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Backpacking

FRI-WED, AUG 20-25 BAXTER BACKPACK AND KNIFE EDGE AA3B, ME (Hiking/Backpacking). See HIKING section for description.

SAT-SUN, AUG 21-22 TWO HEADS ARE BETTER THAN ONE (A3B), NH (Hiking/Backpacking). See HIKING section for description.

Bicycling

Classification of rides:

Easy: 10-13 mph average speed

Intermediate: 13-16 mph

Advanced: 16 mph and above

Distances and terrain vary. Helmets are required on all AMC Boston Chapter rides. For details and updates check our web site calendar: <http://www.amcboston.org/bicycle/calendar.php>

WEEKLY RIDE SERIES

These are show and go rides, no registration necessary. Tuesday/Thursday start time/location vary: see weekly listing or check our web site calendar.

FRIDAY MORNING RIDE SERIES (INT.) MAY 7- OCT. 29 Meet 10 AM in front of Weston Town Hall. Rides increase in pace and distance throughout the season (15-20 mi. in May to 30 mi. in October). Rolling terrain, some hills. Snow, rain, or temp. below 40F cancels. Rides subject to leader availability. Helmet and bike in good condition required. Directions: From Rt. 128 take Exit 26 and follow 20 West for 1.4 mi. then bear right onto Boston Post Rd. After about 0.4 mi., pass the Common on right and turn right on Townhouse Rd. Town Hall on left.

TUESDAY EVENING RIDE SERIES. (EASY) MAY 4 - AUG. 17 12-15 mi. mostly in Metro West area. Maps and/or cue sheets provided. Helmet and bike in good condition required. Rain cancels. Dinner at local restaurant often follows ride.

THURSDAY EVENING RIDE SERIES (INT./ADV.) MAY 7 - SEPT 14 20-24 mi., mostly in Metro West area. Maps and/or cue sheets provided. Helmet and bike in good condition required. Riders should be able to fix a flat and complete the ride in about 1.5 hrs. Rain cancels. Dinner at local restaurant often follows ride.

INDIVIDUAL TRIPS

TUE AUG 3 TUESDAY EVENING RIDE: CONCORD (Bicycling). (Easy) Evening ride of 15 miles. Meet at 6:15pm; ride departs at 6:30pm sharp, with dinner to follow at a local restaurant. Helmet and bike in good condition

is required. Meet in Concord Center at Monument Square statue. No registration necessary. Rain cancels. No reg. L Dana Gray (danacgray@verizon.net; 978-501-3119).

FRI's AUG 6 TO OCT 29, FRIDAY MORNING SERIES: WESTON (Bicycling). (Intermediate) Meet at 10:00am in front of Weston Town Hall. 13-16mph, 25-30 miles. Rolling terrain, maybe a few hills. Snow, rain, or temp below 40 cancels. No reg. See <http://amcboston.org/bicycle/calendar.php>

FRI-SUN, AUG 6-8 COAST GUARD BEACH WEEKEND, EASTHAM (Intro). A great weekend at a former U.S. Coast Guard station in Eastham, right on the Outer Beach. Adirondack chairs line the porch. Participate in an environmental program after biking and beaching. Cost of \$110 covers two nights lodging, two breakfasts, two lunches and two dinners. Bring bikes, walking shoes and swimsuits. Ls R Lynn Matt (lmatt2002@hotmail.com), Joyce Bailey.

TUE AUG 10 TUESDAY EVENING RIDE: WATERY WAYLAND (Bicycling). (Easy) Lovely ride through Wayland. Meet at 6:00pm behind the Wayland Town Building's southwest side, at the intersection of Routes 20 and 126/27. (NOT the town safety buildings on the northeast side of the same intersection). Mexican dinner to follow. No reg. L Valerie Paul (valerie.paul@gmail.com; 508-561-8097 before 9:00pm).

THU-TUE, AUG 12-17 CAMP ACADIA NATIONAL PARK, ME (Intro). See CAMP-ING section for description.

THU AUG 12 THURSDAY EVENING RIDE: BEDFORD (Bicycling). (Intermediate) Meet at 6:00pm, Bedford Public Library parking lot (7 Mudge Way, Bedford, MA) for an 18-24 mile ride through back roads of Carlisle, Concord, Bedford. Ride leaves at 6:15pm sharp. No reg. L Chris Lennon (kwajguy2002-bikel@yahoo.com; 781-275-7497).

FRI-SUN, AUG 13-15 BIKING THE BERKSHIRES, HANCOCK (Bicycling). Join us for 30-50 mile led road rides over scenic, hilly country roads on both sides of Taconic Range along the New York-Massachusetts border (10-13mph, but intermediate hilly terrain). Cost is \$138-158/pp and includes two nights lodging, two breakfasts, one dinner, and happy hour on Saturday with a relaxing atmosphere at a converted barn (LOF). Call/email for more information. Register with CL. L Mike Barry (mikebarry657@mac.com; 617-257-2251). CL Aldo Ghirin (aggamc@yahoo.com; 617-393-0111 before 9:00pm).

TUE AUG 17 TUESDAY EVENING RIDE: LINCOLN (Bicycling). (Easy) 15 miles. Meet at 6:00pm; departs at 6:15pm. From the Route 2 (Lincoln) exit, take Lincoln Road for 2 miles

THE CHARLES RIVER MUD

is published 12 times a year by the AMC's Boston Chapter. We welcome feedback and contributions from members. Send articles, photos, trip reports, letters, and book reviews to the MUD committee at MUD08@amcboston.org no later than the first of the month preceding the month of publication.

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BOSTON CHAPTER WEBSITE
www.amcboston.org

to the Lincoln Public Schools sign on the right, 0.5 miles before the RR crossing. Turn right, then a second left into primary school lot. Helmet required, rain cancels. No reg. L Gail Ferreira (gailferreira@hotmail.com; 978-314-1106). CL Kathy Blythe (katherineblythe@comcast.net; 617-922-7002).

THU AUG 19 THURSDAY EVENING RIDE: LINCOLN SCHOOL (Bicycling). (Intermediate) Meet at Lincoln Elementary School at 6:00pm to leave at 6:15pm for a 22-mile ride. No reg. L Dana Gray (danacgray@verizon.net; 978-501-3119).

TUE AUG 24 TUESDAY EVENING RIDE: LEXINGTON (Bicycling). (Easy) Meet at 5:45pm, Lexington Common by the minute-man statue, 2 miles east of Route 128/I-95 on Routes 4/225. Come enjoy this show-and-go ride with a 6:00pm departure. Rain cancels. No reg. L Gail Ferreira (gailferreira@hotmail.com; 978-314-1106). CL Janette Noss (jandnoss@yahoo.com; 617-489-4764).

THU AUG 26 THURSDAY BIKE RIDE- LEXINGTON (Young Members/Bicycling). Meet 5:45PM, ride departs 6:00PM sharp, dinner follows at local restaurant. Meet at Minuteman Statue, Lexington Green/Common, intersection Mass. Ave. & Bedford St., Rts. 4&225. No registration necessary. Steady

LISTINGS / TRIPS AND ACTIVITIES 3

rain cancels. No reg. L Mike Barry (mikebarry657@mac.com; 617.257.2251).

Bicycling Cont...

FRI-SUN, AUG 27-29 ANNUAL TOTALLY CASUAL MARTHA'S VINEYARD BIKE TRIP (Intro/Bicycling). Come to Martha's Vineyard near the end of the summer season. Two days of biking, beaching and relaxing. Bike 33 miles (Saturday) along mildly hilly back roads and enjoy a sampling of "Martha's Vineyard's Best Chocolates". Sunday is a shorter ride; return home on a sunset ferryboat cruise. Sign up early to confirm your place. Cost of \$130 covers hostel lodging, two breakfasts and Saturday dinner. L Ed McManmon (epmcmanmon@nii.net; 781-639-4297 before 9:00pm). CL Bruce Ressler (bruce.ressler@alum.mit.edu; 978-486-9426 before 9:00pm). R Ed McManmon (epmcmanmon@nii.net; 781-639-4297 before 9:00pm). See <http://www.usahostels.org/cape/hint/index.shtml>

TUE AUG 31 TUESDAY EVENING RIDE: NORUMBEGA/DUCK FEEDING AREA (Bicycling). (Easy) Meet at 5:45pm, duck pond on Norumbega Road in Waltham off Route 128 at Route 30. Come enjoy this show-and-go ride with a 6:00pm departure. Rain cancels. No reg. L Barbara Bix (Barbara@bbmarket-ingplus.com).

TUE SEP 14 TUESDAY EVENING RIDE: NATICK RAMBLE (Bicycling). (Easy) Meet at 5:30pm for a 5:45pm start at the Gazebo on the Natick Town Green, for a rolling ride through Natick. Ice cream or dinner to follow. No reg. L Valerie Paul (valerie.paul@gmail.com; 508-561-8097 before 9:00pm).

SUN SEP 19 CAPE COD RIDE (Forty Plus). Bike the rail trail from the Dennis end. Mostly flat 25-mile ride at moderate pace with additional loops possible. L Leslie Greer (617-233-6423 7:00-9:00pm). CL Linda Greco (steadyhiker@verizon.net).

FRI-SUN, SEP 24-26 BED, BREAKFAST, BIKE AND BREW (B4) Weekend (Bicycling). (Intermediate/Advanced) Biking in the beautiful Jefferson, NH area of the Whites. Daily rides ranging from 30-50 miles on rolling to hilly terrain. Stay at comfy B&B with a mountain view. This weekend will feature a beer tasting on Saturday before dinner. Bring your favorite brew, and if it's judged worthy by our panel of experts, you may win a prize. Pricing, room availability and signup will be found at the link below. No reg. Ls Jack Donohue (jmdonohue@alum.mit.edu; 781-275-3991 before 9:00pm), Susan Grieb (slgrieb@comcast.net; 781-275-3991 before 9:00pm). See <http://amcboston.org/bicycle/calendar.php>

FRI-MON, OCT 8-11 ACADIA NATION-

AL PARK WEEKEND, ME (Forty Plus). See HIKING section for description.

FRI-MON, OCT 8-11 COLUMBUS DAY WEEKEND ON SCENIC BLOCK ISLAND, RI (Forty Plus). Stay at beautiful island inn and cottage overlooking Old Harbor. Guided combined biking/hiking. Cost is \$265 and includes three breakfasts. Dinners and lunches may be prepared in the cottage kitchen. Restaurants on the island. Bike in good working order and tool kit recommended. Helmets required. Mail \$160 deposit payable to Ken Samoylenko, 256 Thoreau Street, Concord, MA, 01742. L Ken Samoylenko (kostia1932@comcast.net; 978-369-3409 Before 9:00p.m.). CL Karen Dedy (978-369-3409 Before 9:00p.m.). R Mary Ellen Kiddle (781-646-5514 Before 9:00p.m.).

FRI-SUN, OCT 29-31 HALLOWEEN HIKE AND BIKE IN THE BERKSHIRES, HANCOCK (Bicycling/Intermediate) Join us for a 30-50 mile led ride on Saturday over scenic, hilly country roads on both sides of the Taconic Range along the New York-Massachusetts border (10-13mph, but intermediate hilly terrain). Hike on Sunday. \$138-158/pp includes two nights lodging, two breakfasts, one dinner, and a happy hour on Saturday (costumes optional). Relaxing atmosphere at a converted barn (LOF). Call/email for more information. Register with CL. L Mike Barry (mikebarry657@mac.com; 617-257-2251). CL Aldo Ghirin (aggamc@yahoo.com; 617-393-0111 before 9:00pm).

Camping

THU-TUE, AUG 12-17 CAMP ACADIA NATIONAL PARK, ME (Intro). Bring a tent, bike, and hiking boots for five nights of camping in Acadia. During this busy season, we'll be on the quieter side, Seawall. There is a grassy forest area to put tents on, a very short distance to Cobble Beach for lounging and enjoying morning coffee. Hike Valley Peak Trail or whitewater paddle on Union River. Cost is \$130 and includes five nights of camping, five breakfasts, and four dinners (one being a lobster dinner). You'll need to purchase a seven-day private vehicle pass at the entrance (\$20 per vehicle) to get into Acadia National Park. Limited to 15 people. L Lynn Matt. CL TBD. R Lynn Matt (lmatt2002@hotmail.com; 269-673-3672).

THU-MON, AUG 19-SEP 6 FAMILY CAMPING AT NICKERSON - CAPE COD (Family). Annual Family Outings at Nickerson State Park on Cape Cod - a favorite! We've reserved a group of campsites close together in Area 1 which are a short walk from the beach at Flax Pond, where there is swimming, non-

KEY TO TRIP RATINGS

Many of our trips have ratings, indicated by a code immediately following the trip name. Please look under the relevant activity type below for a description of these ratings. Distances and terrain will vary.

Bicycling:

Easy: 10-13 m.p.h. average speed
Int.: 13-16 m.p.h.
Adv.: 16 and over m.p.h.

Day Hikes and Backpacks:

First letters indicate mileage:

AA=13 miles and over
A=9 to 13 miles
B=5 to 9 miles
C=under 5 miles

Number indicates L's pace across "average" terrain:

1=very fast (2.5 mph+)
2=fast (2 to 2.5 mph)
3=moderate (1.5 to 2 mph)
4=leisurely (0 to 1.5 mph)

Last letters-terrain:

A=very strenuous
B=strenuous
C=average
D=easy

Note: Two letters at end indicate a terrain level between the values. Actual trip pace may differ from pace number if trip terrain is not "average". Terrain ratings may not match Connecticut or Southeastern Mass. values. Backpacks rate the most difficult day of hiking planned.

Sea Kayaking:

Intro: Trips with instructional focus lead with the assistance of a professional outfitter who also provides boats and basic gear; no exp. req.

L1: Easier trips in mostly protected waters. Req. Intro Instruction or equiv. exp. inc. familiarity with strokes, maintaining a steady pace/heading, and wet exit demo.

L2: Int. trips with wind and wave exposure. Req. exp. that inc. rescues, solid strokes/braces, and maintaining pace heading in ocean conditions for extended periods.

motorized boating, frog catching, windsurfing and general R&R. Nickerson is convenient to the Outer Cape and local attractions, bike trails, and bayside beaches. Informal group activities. Group size is 25-30, and we dine together and share chores on a communal site affectionately known as the "blue tarp diner". This perennial favorite starts to fill early (especially for Labor Day weekend itself) so sign up quickly! Cost for camping is \$17/night for a half-site (1-4 people) and \$25/night for a full site (5-8 people). Three-night minimum over Labor Day weekend; two nights possible at other times. Cost for food, fuel, wood, and leadership is \$13/day for adults and \$9/day for children 3-8. Children 2 and under are free.

Plus \$10 overhead fee per booking. Ls Jennifer Lombardo (amcfamily@gmail.com; 508-446-3236 Before 9:00p.m.), Kathy Anderson (617-558-1195 Before 9:00p.m.). R Jennifer Lombardo (amcfamily@gmail.com; 508-446-3236).

Hiking

SUN AUG 1 INTRODUCTION TO MAP AND COMPASS, BLUE HILLS (Hiking/Backpacking). See INSTRUCTION (SKILLS) section for description.

TUE AUG 3 PROSPECT HILL PARK, WALTHAM (Local Walks/Hikes). 6:30-8:30pm. Moderately-paced hike on trails and roads with views. From I-95/Route 128 Exit 27A (Totten Pond Road). Continue east 0.7 miles to park on the right. No dogs. Non-AMC members, \$1. No reg. L Henry Gardner (henryhikes@gis.net).

FRI-SUN, AUG 6-8 GENTLE HIKING AND SUMMER THEATER IN THE WHITE MOUNTAINS, WOODSTOCK, NH (Intro). Five-mile hike to scenic overlook at easy pace followed by optional swim. In evening, enjoy dinner at a local restaurant and Professional Summer Theater for musical production of "Drood". On Sunday, hike to nearby Georgiana Falls, or similar hike. Stay at Pembroke Lodge (LOF), Woodstock, NH. \$185 covers lodging, theater, two breakfasts and a restaurant dinner. Ls R Kathy Didier (kdidier@suchmail.com; 603-726-3553), Marilyn Pomerantz (marilyn@firstmark.com; 603-726-3144). See <http://pembroke.blogspot.com>

SAT AUG 7 HALE TO TOM (A2B), NH (Hiking/Backpacking). Ascend two 4000-footers in one day on a thru-hike from Zealand Road to Crawford Notch. We'll hike over Mount Hale to Zealand Hut, then up and over Mount Tom to Crawford Notch. 11 miles with 2700' elevation gain. L Erik Abel (ejabel@gmail.com). CL Jean Devine. R Jean Devine (jeanm.devine@verizon.net).

SAT-SUN, AUG 7-8 TWO-DAY PRESIDENTIAL TRAVERSE (A2A), NH (Hiking/Backpacking). Join us for two days of wonderful hiking across the Presidential Range, where we'll summit Madison through to Pierce. Saturday we'll take the Lowes Path up to Gray Knob cabin (cost is \$12 for the night), drop off our gear, then hike Madison and Adams. We'll return to Gray Knob, cook dinner, and shake off the miles/elevation gain of the day. Cabin has mattresses, so please bring a light sleeping bag. You must supply your own food (stoves available). Sunday we'll hike over Jefferson, Washington, Monroe, Eisenhower, and Pierce, then leave via Crawford Path. Trip

requires strong conditioning, since it is about 21 miles of hiking in two days. Limited to 8 - sign up early! Register at link below. Ls Brian Glenn, Alex Nedzel. CL Gokul Gopal. R Brian Glenn (brianjglenn@gmail.com). See http://www.hbbostonamc.org/registrationSystem/login.php?event_id=23

SAT AUG 7 MOUNT CHOCORUA (B2B), NH (Hiking/Backpacking and Young Members). Mount Chocorua, famous for its bare cone-shaped summit, is perfect for catching a summer breeze. We'll approach via scenic and challenging Brook and Liberty trails. Joint Hiking/Backpacking-Young Members trip will cover 8 miles and 2700' of elevation gain. Rain may cancel. L Brian Spencer (bhspencer@comcast.net). CL David Daiell. R Brian Spencer (bhspencer@comcast.net).

SAT AUG 14 CRAZY CARRIGAIN CIRCUIT (A2B), NH (Young Members). When you're hiking a big mountain, why turn around? Venture into the heart of the Pemi wilderness with this 15-mile 4300' gain hike featuring Mount Carrigain, Norcross Pond, and the cascades of Nancy Brook. Tough hike, fast pace, early start. L Alkes Price. CL Chris Link. R Chris Link (chris.link@yahoo.com).

SAT AUG 14 SANDWICH DOME FROM THE EAST (A3C), NH (Hiking/Backpacking). Sandwich Dome (3980') via less frequently used Bennett Street and Gleason Trails. 8 miles, 2900' vertical. L Bob Kittedge. R George Hovorka (george65m5@hotmail.com).

SAT AUG 14 MOUNT CARRIGAIN HIKE, NH (Forty Plus). Mark off another 4000'er (4700'). Strenuous 10-mile hike with 3,250' of elevation gain for experienced hikers. L Don Provencher (xdap@aol.com). CL Linda Greco (steadyhiker@verizon.net).

SAT AUG 14 MOUNT ISOLATION (AA2B), NH (Hiking/Backpacking). Join Ls and hiking hounds (Porkchop and Paprika) as we do one of the more remote 4000-footers (14.6 miles) with great views. May be combined with L's Sunday hike. Contact L Joe Comuzzi about accommodations (\$5/pp per night). L Joe Comuzzi (jcomuzzi@kateharper.com; 978-448-9837). CL Gokul Gopal (gokulgopal@gmail.com; 614-214-2540).

SUN AUG 15 PORKCHOP HIKES GARFIELD (A2B), NH (Hiking/Backpacking). Join Porkchop (the original hiking hound) as he finishes the New Hampshire 48 for the 5th time! Great hike to a great summit. May be combined with L's Saturday hike. Contact L Joe Comuzzi about accommodations (\$5/pp per night). L Joe Comuzzi (jcomuzzi@kateharper.com; 978-448-9837). CL Kellie Connelly (amckellie@gmail.com; 781-648-0170 before 9:00pm).

SUN AUG 15 HIKE TO MOUNT PEMI-GEWASSET, NH (Forty Plus). Easy 3.5 miles RT (1,170' elevation gain) to fantastic views. Can be combined with Saturday hike. L Don Provencher (xdap@aol.com). CL Linda Greco (steadyhiker@verizon.net).

THU AUG 19 BOARDWALK HIKE III: NORTH STATION TO HARVARD SQUARE (C3D) (Hiking/Backpacking). See WALKS section for description.

FRI-WED, AUG 20-25 BAXTER BACKPACK AND KNIFE EDGE AA3B, ME (Hiking/Backpacking). An end-of-summer 33-mile, five-day trek to include South Branch Pond, Russell Pond, Table Land, Chimney Pond, Pamola Peak, Knife Edge, Mount Katahdin (5267'), and Hamlin Ridge. Perhaps even a moose sighting! Five nights. No tents; all bunk houses and/or lean-tos. Cost is \$60 for lodging only. L Richard Reardon (richreardon2004@juno.com).

SAT AUG 21 CANNON MOUNTAIN, FRANCONIA NOTCH (B3B), NH (Hiking/Backpacking and Intro). Cannon Mountain, Franconia Notch, New Hampshire. Easy-intermediate climb to a 4000-footer with tower, good views, tramway tourists to gawk at, and a probable visit to Lonesome Lake. Including driving, this trip will take all day. Carpooling facilitated, and strongly encouraged. L John Lisker (617-244-1636 before 10:00pm). CL Rokhand Arvan (857-488-0983).

SAT-SUN, AUG 21-22 TWO HEADS ARE BETTER THAN ONE (A3B), NH (Hiking/Backpacking). Thirteen Falls Key Swap. One team will trek along Gale River Trail, stopping to have lunch at Galehead Hut and to take in the incredible view of the Bonds. Then, a quick jaunt to bag Galehead Mountain (4024') before proceeding down Twin Brooks Trail to the Thirteen Falls Tentsite, where we'll be camping overnight. Second team will take the Lincoln Brook Trail, bag Owl's Head Mountain, and then proceed to the Thirteen Falls Tentsite to camp overnight and swap car keys with team one. The beauty of swapping keys at the tent site is that the timing need not be perfect and doing so will allow the teams to do each other's previous day's hikes in reverse! On Sunday, team one will continue on down the Lincoln Brook Trail and bag Owl's Head, and team two will go up Twin Brooks Trail to bag Galehead, and then down the Gale River Trail to end the hike. Both teams should expect to hike 8-10 miles/day with a total elevation gain of 2524'. Participants to provide own meals. Group "happy hour" and tentsite fees TBD. Ls Stephen Conlin, Brian Glenn. CL Vincent Palmieri (vpal23@yahoo.com; 774-526-2537 2:00-9:00pm). R Vincent

Palmieri (vpal23@yahoo.com; 774-526-2537 2:00-9:00pm).

Hiking Cont...

SAT AUG 21 BLUE HILLS, MILTON (Local Walks/Hikes). Moderate-to-strenuous hike. Red Dot Trail to Buck Hill and beyond. 9:30am-3:30pm. From I-93/Route 128 Exit 3, travel north for 0.5 miles to the stop sign and turn right on Hillside Street. Go 0.2 miles to the parking lot on the right. Rain cancels. No dogs. Non-AMC members, \$1. No reg. L Corinne Waite (781-331-8472 7:00-9:00pm).

SAT AUG 28 CONQUER KINSMAN RIDGE (AA3B), NH (Hiking/Backpacking). Full northward Kinsman Ridge traverse. Sixteen arduous miles with 6200' vertical, building to some great views. Moderate pace. Starting in Kinsman Notch and ending at Cannon Mountain Tramway, participants should be in good shape to make this bid for three 4000-footers, and one of New England's 100 Highest! L Alex Nedzel. CL R Vincent Palmieri (vpal23@yahoo.com; 774-526-2537 2:00-9:00pm).

SAT AUG 28 CANNON MOUNTAIN (A3B), NH (Hiking/Backpacking). Great day hike past Lonesome Lake with possible stop at the hut, to Kinsman Ridge and the summit of Cannon Mountain. Join L in finishing the NH 48 peaks on this mountain with great views. 6.5 miles, 2500'. L Bob Knudsen (rknudsen@ren.com). R Maura Hume (mkhume@gmail.com).

FRI-MON, SEP 3-6 LABOR DAY WEEK-END HIKING IN THE WHITE MOUNTAINS, WOODSTOCK, NH (Intro). Cooler days provide great hiking weather. Four Ls offer choice of two hikes each day. 4000'ers and an easier hike with under a 1500' elevation gain. Stay at Pembroke Lodge (LOF) in Woodstock, NH. \$245 for three nights lodging, three breakfasts and two dinners. Ls R Kathy Didier (kdidier@suchmail.com; 603-726-3553), Nancy and Bob DiMeo (bndimeo@gmail.com; 978-649-6255). See <http://pembroke.blogspot.com>

FRI-MON, SEP 3-6 HIKING THE BERKSHIRES, HANCOCK (Hiking/Backpacking). Join us for a three-day weekend of L's choice day hikes in scenic Berkshire Hills and Taconic Range of western Massachusetts (hike on Mount Greylock massif is a likely trip). Cost is \$198-228/pp and includes three nights lodging, three breakfasts, two dinners*, and happy hour on Saturday and Sunday with a relaxing atmosphere at a converted barn (LOF). Call/email for more information. Register with CL. *We've been told we shouldn't be so

modest and go ahead and call it gourmet. OK, so we just did! L Marlene Heroux (hike917@yahoo.com), CL Aldo Ghirin (617-393-0111 before 9:00pm, aggamc@yahoo.com).

SUN SEP 5 MOUNT MISERY, FARRAR POND, AND ADJACENT CONSERVATION AREAS (Local Walks/Hikes). 8-9 miles. Meet at Lincoln RR commuter parking lot at 9:30am. From I-95/Route 128 in Waltham, take Trapelo Road west for 2.5 miles then left on Lincoln Road. Turn right just before the tracks into the RR parking lot. No dogs. Non-AMC members, \$1. No reg. L Jim Loughlin (617-923-8039 6:00-9:00pm).

FRI-SUN, SEP 10-12 HIKING AND KAYAKING ON SQUAM LAKE AT CAMP DEERWOOD WEEKEND, HOLDERNESS, NH (Forty Plus). Hiking and kayaking weekend at Camp Deerwood. Rustic wooded camp, sleep-in cabins with indoor plumbing, a dining hall, and a great lodge with beautiful views. Cost of \$130 includes two dinners, two breakfasts, two trail lunches and happy hours. Free use of kayaks and canoes. Ls Harold Sharff (617-361-3664 between 7:00-9:00pm), Linda Greco (steadyhiker@verizon.net).

SAT-SUN, SEP 11-12 MOUNT CARDIGAN HIGH CABIN, NH (Forty Plus). Backpack to Mount Cardigan High, and overnight at a rustic cabin with a wood burning stove. We'll have the cabin to ourselves to enjoy the sunset, night sky, and sunrise from our isolated vantage point. Cost is \$40 and includes an overnight stay on Saturday, happy hour, group-cooked Saturday dinner, and Sunday breakfast. Group size is limited so register early. Ls R Tom Pettingill (978-346-9053 before 9PM), Ann Hargleroad.

SAT SEP 11 MT. MOOSILAUKE HIKE, NH (Forty Plus). Traditional route from Ravine Lodge: Gorge Brook to Snapper to carriage Rd to summit loop. 7.6-mile RT. Recent 4000' climbs required. L Barbara Fay (bfamc@verizon.net; 617-694-5612). CL Kathy Blythe (Katherineblythe@comcast.net; 617-698-2236).

SAT SEP 11 MIDDLESEX FELS, MEDFORD (Local Walks/Hikes). Six-mile hike over rocky terrain. 9:30am. Bring lunch, water, and hiking boots. Meet at the DCR Flynn Rink on Woodland Road. I-93 Exit 33 (Medford), to Fellsway West (Route 28) for 0.5 miles. Turn right on Elm Street and travel for 0.5 miles to a left at the rotary. Rink is on the left. Heavy rain cancels. No dogs. Non-AMC members, \$1. No reg. L Nick Palky (Nick Palky@Hotmail.com; 781-933-8783).

SAT SEP 11 CARRIGAIN, WITH SERIOUS EXIT VIA VOSE SPUR (A3A), NH (Hiking/Backpacking). Trip will begin

unassumingly enough, with standard 5-mile hike from Sawyer River Road to Mount Carrigain summit (4700'), with its renowned views. However, the rest of the trip will take on a definite edge as we use map and compass skills to force our way northeastward (mostly down, thankfully) through a mile of thick spruce, circumnavigating blowdowns as needed, to reach Vose Spur (3862'), a trailless New England 100 Highest peak. We'll then descend steep slopes to intercept the Carrigain Notch Trail for our exit. Expect great views across Carrigain Notch to Mounts Nancy and Anderson, and most of all, the steep, rocky face of Mount Lowell. Hike is approximately 9 trail miles, 1.5 miles of challenging bushwhacking, and almost 4000' of elevation gain. We'll hike at a moderate pace where possible, but due to the bushwhacking component, expect this strenuous hike to take several hours longer than the 6-7 hours the stats would normally imply. We plan to get an early start. Ls Alex Nedzel (alex@nedzel.com; 781-862-7823 10:00am-9:00pm), Bob Asch. R Michael Swartz (swartz@brandeis.edu; 781-736-4057 9:00am-9:00pm).

SUN SEP 12 WEIR HILL, NORTH ANDOVER (Local Walks/Hikes). Short hike to the summit of Weir Hill, Trustees of Reservations. Double drumlin with a beautiful view of Merrimack Valley. From 9:00-11:00am. Bring hiking boots, water, and snacks. I-93 to Route 125N for 7.3 miles. Left on Route 114W, and right on Route 125 for 0.2 miles. Right at lights, and travel 0.6 miles (past Stevens-Coolidge Place). Right at the fork, and travel 0.2 miles. At Old North Andover Center, stay straight for 0.1 miles, and turn left on Stevens St. Travel 0.8 miles to the entrance on the right. Storm cancels. No dogs. Non-AMC members, \$1. No reg. L Richard Soo Hoo (richsoohoo@aol.com; 978-470-2293).

THU-SUN, SEP 16-19 NH HIGHLAND GAMES: LOON MOUNTAIN, LINCOLN, NH, WOODSTOCK, NH (Intro). See MUSEUM section for description.

SAT SEP 18 WELCH / DICKEY LOOP AND GREEN MT., SOUTH PEAK, NH (Andover). Enjoy popular 4 mi. rocky loop trail combined with lots of open forest and trail-less ledge ridgeline hike toward Green Mtn, S Pk (3312'). REF: For TOPO view, Insert N 43.93752 W 71.56752 into Acme Mapper website below and adjust view. Click on TOPO. Also check out SATELLITE view. Ls Dennis Crispo (highpt@cliffhanger.com), Sonny Martineau (sonnymart27@yahoo.com). See <http://mapper.acme.com/>

Hiking Cont...

SUN SEP 19 HAROLD PARKER STATE FOREST, NORTH ANDOVER (Local Walks/Hikes). 10:00am-2:00pm. 6 miles of mostly flat terrain with some rocky areas. Bring water, lunch, and hiking shoes. No dogs. I-93 Exit 41, Route 125N for 2.8 miles. Turn right at the State Police station (Harold Parker Road). 1.4 miles to the end. Parking lot directly in front. Heavy rain cancels. No dogs. Non-AMC members, \$1. No reg. L Charles Annesi (wdoilrag90@yahoo.com; 781-801-0593).

SUN SEP 19 BAY CIRCUIT TRAIL AND CALLAHAN STATE PARK HIKE (Forty Plus). Hike Bay Circuit Trail and Callahan State Park, Framingham and Sudbury. Varied terrain including some hills, and an aqueduct. 2 miles along Sudbury Reservoir. Bring lunch. Seven miles RT. Limited to 12 participants. L Florence Walker (617-969-8857 before 9:00pm). CL Kathy Moss.

SAT SEP 25 BREAKHEART RESERVATION, SAUGUS (Local Walks/Hikes). Moderate 5-mile hike, 9:30am. Bring snacks, water, and hiking boots. From Route 1 (Saugus), take the Lynn Fells Parkway west for 0.3 miles, then turn right onto Forest Street. Park at Reservation headquarters. Heavy rain cancels. No dogs. Non-AMC members, \$1. No reg. L Nick Palky (NickPalky@Hotmail.com; 781-933-8783).

SAT SEP 25 MIDDLESEX FELS, WINCHESTER (Local Walks/Hikes). 5.2-mile hike along Reservoir Trail (Orange Blazes, Clockwise Loop), 10:30am. Bring lunch, water, and sturdy boots. I-93 Exit 33. Rotary to South Border Road toward Winchester. 2 miles to Long Pond parking lot on the right. Rain cancels. No dogs. Non-AMC members, \$1. No reg. L Dan Pratt.

SAT SEP 25 MOUNT GARFIELD, NH (Forty Plus). Hike a mostly medium grade for views of the Pemi Wilderness. 10 miles with 3000' elevation gain. Register after 9/7. L Leslie Greer (617-233-6423 7:00-9:00pm). CL Linda Greco (steadyhiker@verizon.net).

SUN SEP 26 CARYL PARK, DOVER (Local Walks/Hikes). Fast-paced, starting at Caryl Park in Dover at 10:00am. Approximately 5 miles. I-95/Route 28 Exit 19 (Needham) to Highland Avenue. 1.8 miles to Needham Center, turn right onto Route 135 for a block, then left onto Chestnut Street south for 1.5 miles. Bear right at the fork onto Dedham Street for 1.5 miles to the parking lot on the left just past Mill Farm barn. No dogs. Non-AMC members, \$1. No reg. L Joyce Beatty.

SUN SEP 26 MOUNT WACHUSSET, PRINCETON (Local Walks/Hikes). Moderate-to-strenuous 7-mile hike. 10:00am-3:00pm. Bring lunch, water, and snacks. Route 2 Exit 28. Follow Route 31S for 8.5 miles to Route 62W for 0.6 miles. Turn right on Goodnow Road, at the Wachusset Meadows Sanctuary sign. Parking lot is 1 mile down on the left. \$4 donation if not Audubon member. Rain cancels. No dogs. Non-AMC members, \$1. No reg. L Nelson Caraballo (Nelsonnecl@aol.com; 617-548-8579).

FRI-MON, OCT 8-11 ACADIA NATIONAL PARK WEEKEND, ME (Forty Plus). Hiking, biking, and kayaking on Columbus Day Weekend. This premier vacation town is within walking distance to restaurants, bike rentals, shopping, water views. Cost is \$290/ppdo and includes a three-night stay, three generous happy hours and the visual delights of one of America's gems in a National Park. All meals are out-of-pocket. L Barbara Fay (617-694-5612 before 9:00pm). CL Kathy Blythe (Katherineblythe@comcast.net; 617-922-7002).

FRI-SUN, OCT 8-10 BALDFACE FOLIAGE WEEKEND (B3B), NH (Hiking/Backpacking). Join us for a weekend of car camping at peak foliage. On Saturday we'll do the Baldface Loop, which has above-treeline views like Franconia, minus the crowds. Sunday will be L's Choice. Cost is \$25 and includes camping, Saturday dinner and coffee. L/R Kevin Fredette (kevin_fredette@comcast.net), L/R Rich Reardon (richreardon2004@juno.com).

FRI-MON, OCT 8-11 COLUMBUS DAY WEEKEND ON SCENIC BLOCK ISLAND, RI (Forty Plus). See BICYCLING section for description.

FRI-MON, OCT 8-11 COLUMBUS DAY WEEKEND HIKING IN THE WHITE MOUNTAINS, WOODSTOCK, NH (Intro). Foliage at its best, and something for everybody. Four Ls offer choice of two hikes each day. 4000'ers and easier scenic hikes. Stay at Pembroke Lodge (LOF), Woodstock, NH. \$245 for three nights, three breakfasts and two dinners. Ls R Kathy Didier (kdidier@suchmail.com; 603-726-3553), Nancy and Bob DiMeo (bndimeo@gmail.com; 978-649-6255). See <http://pembroke.blogspot.com>

SAT-MON, OCT 9-11 FOLIAGE HIKING WITH FULL AMC CARDIGAN LODGE SERVICE, NH (Forty Plus/Hiking/Backpacking). Perfect for adventurous individuals, groups of friends or new members that love comfortable accommodations. Join Ls to treeless summits (Firescrew, Cardigan, South Peak, RimRock, Gilbert) with panoramas of MA's Monadnock, NH's White Mountains,

VT's Camel's Hump, and ME's Pleasant Mountain. Cost is \$150/pp and includes two nights lodging, two dinners, two breakfasts, two days trail lunch, NH lodging tax and gratuity to the crew. Please start your trip application at <http://ashearer.com/personal/trips/register.php?tp=2010-10-Cardigan>. One of the Ls will follow up with you to complete the trip registration. Ls Joan Wu Chambers, Cliff Chambers. R w/ CL Maureen McCauley (mo-mac@lycos.com; 781-572-7494).

Instruction (Skills)

SUN AUG 1 INTRODUCTION TO MAP AND COMPASS, BLUE HILLS (Hiking/Backpacking). Instruction and practice in compass use, map reading, and bushwhacking. Blue Hills, Milton, MA. Cost of \$30 includes compass. Small group, hands-on training. Pre-register and pre-pay by 7/23. Ls Roger Coulson (HBtrips@gmail.com), Leandra MacLennan (ILM@gis.net). R Roger Coulson.

SUN AUG 8 MANCHESTER-ESSEX CONSERVATION AREA, MANCHESTER, MA (Local Walks/Hikes). Slow-paced nature walk through forest to the top of Millstone Hill, focusing on plant ID and natural history. 9:30am-12:30pm. Route 128N Exit 15 (School Street). Left on School Street. Go 0.5 miles to a dirt parking lot on the left, just before the Manchester-Essex town line. No registration. Steady rain cancels. No dogs. Non-AMC members, \$1. No reg. L Boot Boutwell (781-729-4712).

SAT SEP 11 ACTON ARBORETUM, ACTON (Local Walks/Hikes). Slow-paced nature walk through woods, fields, and over bog boardwalk. Focus on plant ID and fun natural history. 9:00am-12:00pm. From the Concord Rotary, take Route 2W for 2.2 miles to a right on Taylor Road, then 0.7 miles to the Arboretum parking lot on the right. Parking is limited, so arrive early. Steady rain cancels. No dogs. Non-AMC members, \$1. No reg. L Boot Boutwell (781-729-4712).

SAT-SUN, SEP 25-26 MAP AND COMPASS INSTRUCTIONAL WEEKEND, NH (Hiking/Backpacking). Weekend Map and Compass course held at Harvard Cabin in Pinkham Notch. If you've always wanted to learn how to use a compass, this is the course for you. We'll cover maps, compass, navigation and intentional bushwhacking. Cost is \$70/pp for AMC members. Ls Joe Comuzzi (jcomuzzi@kateharper.com; 978-448-9837), Bob Knutsen. CL Joy Kaufman.

Music

THU-SUN, SEP 16-19 NH HIGHLAND GAMES: LOON MOUNTAIN, LINCOLN, NH, WOODSTOCK, NH (Intro). Largest Scottish Cultural Festival in Northeast. Outdoor music, dance, athletics, Scottish customs. Attend Friday's activities as group. Saturday and Sunday, gentle hikes of 5 miles or less. Possibly attend Highland Game activities on Saturday and Sunday. Pembroke Lodge (LOF), Woodstock. Cost is \$245 for three nights, three breakfasts, two dinners. Admission extra. Ls R Kathy Didier (kdidier@suchmail.com; 603-726-3553), Carol Fyfe (fyfecarol@hotmail.com; 781-944-0221). See <http://pembroke.blogspot.com>

FRI-SUN, OCT 15-17 MUSIC AND MOUNTAINS, PINKHAM NOTCH, NH (Music). For people who share a love of music and the outdoors! Informal chamber music, choral singing, orchestral playing. Hikes in the White Mountains. Instrumentalists and singers should have some playing and singing proficiency. Listeners welcome! Cost is approximately \$168/members, \$188/non-members. Downloadable registration will be available soon at www.amcboston.org/music. Ls Sonia Wallenberg (soniawallenberg@yahoo.com; 617-547-4270), Carolyn Bruse (carolyn.bruse@verizon.net; 781-899-0746). See <http://www.amcboston.org/music>

Paddling

SAT AUG 7 PADDLE QUABOAG RIVER, STURBRIDGE (Forty Plus). Canoe and kayak flatwater along a river that was used as a highway by the Indians during King Philip's War. 12 miles, but can be shortened if some paddlers want less. Rentals are available. Bring lunch, snacks, PFDs, sunscreen, and water. L Paul Shields (508 832 5973 before 9:00pm).

SAT AUG 7 CL2. FARMINGTON AT TARRIFVILLE, CT (Paddling). CL2. Farmington at Tarrifville. Low water backup will be Fife Brook on the Deerfield. L R Chris Rolt (chris_rolt@yahoo.com).

SAT AUG 14 SEAKAYAKING IN BOSTON HARBOR (Paddling). See PADDLING - SEA KAYAKING section for description.

SAT AUG 21 PADDLE ASSABET RIVER, CONCORD (Forty Plus). Return to launching site in Concord by 5:00pm. Bring PFD, water. Potluck supper at L's house optional. L Ken Samoylenko (kostia1932@comcast.net; 978-369-3409 before 9:00pm). CL Karen Deady.

SAT AUG 28 CL2. DEERFIELD RIVER AT FIFE BROOK, CHARLEMONT (Paddling). CL2. Deerfield River at Fife Brook. L Jim McCloud (jimmcloud@ymail.com). R Jim McCloud (jimmcloud@ymail.com).

SAT-SUN, AUG 28-29 MEGALLOWAY WEEKEND TRIP, ME, ME (Paddling). CL3. Megalloway River. Lots of fun on a great little river. Multiple runs likely. L R Vicky Diadiuk (diadiuk@MIT.EDU; 781-259-9899). CL Dan Krupka.

SAT-MON, SEP 4-6 NORTHERN MAINE RIVERS, FORKS, ME (Paddling). Labor Day Weekend paddling in Maine. Canada Falls and Seboomook on Saturday, Dead @5500 on Sunday, Kennebec on Monday. Register at least 1 week in advance. L Craig McKinnon (617-698-0130). CL Norm Rehn (978-462-9062).

FRI-SUN, SEP 10-12 HIKING AND KAYAKING ON SQUAM LAKE AT CAMP DEERWOOD WEEKEND, HOLDERNESS, NH (Forty Plus). See HIKING section for description.

SAT-SUN, SEP 18-19 SEAKAYAK ON LAKE WINNIPESAUKE, NH (Paddling). See PADDLING - SEA KAYAKING section for description.

SUN SEP 19 CL2. DEERFIELD RIVER AT FIFE BROOK, CHARLEMONT (Paddling). CL2. Deerfield River at Fife Brook. L R Chris Rolt (chris_rolt@yahoo.com).

SAT SEP 25 CL2. WEST RIVER RELEASE, JAMAICA, VT (Paddling). CL2. West River Release. L R Jim McCloud (jimmcloud@ymail.com).

Paddling - Sea Kayaking

FRI-SUN, AUG 6-8 CAMPING, STROKE AND RESCUE CLINIC - BOSTON HARBOR (Paddling). Kayak camping on Lovell Island as we improve our stroke and rescue skills in the open-water environment of the harbor. If you are ready to take your kayaking skills and experience to the next level, join us for this adventurous weekend. Our goal will be to make you a safer kayaker. For paddlers with previous open-water training/experience and are comfortable camping. A trip fee will be assessed. L Tom Galvagni (413-447-7698 Before 9:00p.m., tgalvagni@berkshire.rr.com), CL Marjorie Bannish (413-442-0001 Before 9:00p.m., mbannish@verizon.net).

SAT AUG 14 SEAKAYAKING IN BOSTON HARBOR (Paddling). Advanced intermediate seakayak training in Boston Harbor. Expect a full day of paddling, navigation, and

open water rescues and scenarios. L Dennis Blejer (978 774 3085, blejer@ll.mit.edu).

SAT AUG 21 CIRCUMNAVIGATE CASTLE ISLAND, IPSWICH (Paddling). Paddle around Castle Island in Ipswich. Launch at Pavilion Beach at high tide, paddle through Ipswich Bay, around Castle Neck, and return along Crane's Beach. RT 9 miles, with the last half in open water. L R Rob Nardone (rnardone@northandover.k12.ma.us; 978-388-9591). CL Kevin Fredette.

FRI-MON, SEP 3-6 SEA KAYAKING IN WESTERN MAINE, BETHEL, ME (Paddling). Sea kayak on Lake Umbagog, Androscoggin River and North Pond. Must have paddling experience and own sea kayak with PFD and skirt. Overnight bunks in LOF in the Bethel, ME area. Three breakfasts and two dinners, \$90. L Mary Buntin (978 774 3085 before 9:00pm, m.buntin@comcast.net), CL TBA.

FRI-MON, SEP 3-6 MAINE ISLANDS KAYAK AND CAMPING ADVENTURE!, DEER ISLE, ME (Paddling). Kayak and camp among MITA islands between Deer Isle and Vinalhaven for two nights and three days. We'll establish a base camp and, if possible, paddle to North Vinalhaven on Sunday. Winds and weather can change these plans. This is new terrain for CLs, so participants need to be experienced adventurers willing to explore and discover. For experienced paddlers who can pack their own boat, launch and land with loaded boats, and maneuver a loaded kayak in variable ocean conditions. Expect to paddle 15-20 miles on Sunday, with a 2-3 mile open water crossing that might have waves. Cost is approximately \$80 for food, parking, Friday night camping, and launch fees. L Jeff Barrell (617-964-1246, jbarrell@yahoo.com), CL R Kristen Woodberry (kristen.woodberry@gmail.com), CL Roger Good (mgood@verizon.net).

SAT-SUN, SEP 18-19 SEAKAYAK ON LAKE WINNIPESAUKE, NH (Paddling). Seakayaking on the gorgeous east side of Lake Winnepesaukee; dining and hotel in Wolfboro, NH, or wherever you like. Intermediate skill level required. L Dennis Blejer (blejer@ll.mit.edu), CL TBA.

Photography/Social

Wed Sep 22 Slideshow and Potluck: Balkan High Peaks and Monasteries, AMC Auditorium, 4 Joy St. (Hiking/Backpacking). Join us for a slideshow on Silvia's first trip to her native Bulgaria as a CL for AMC Major Excursions. View photos of ancient monasteries, remote peaks, and beautiful landscapes.

Founded in 681, Bulgaria is one of the oldest states in Europe. It is a small country of 7.5 million inhabitants, located on the Balkan Peninsula, the crossroad between Europe and Asia. It is the home of several UNESCO World heritage sites and it boasts the highest peak on the Balkans. It is also an up-and-coming vacation destination, offering outstanding opportunities to ski or visit the beach at a fraction of the cost of other European destinations. If you plan to attend, please RSVP to AMC BostonSlideshow@gmail.com. For those who wish to participate in the potluck at 6:30pm, feel free to use the following guidelines: last names beginning with A-J, bring an appetizer or a side dish, K-S, bring a main dish, and T-Z, bring drinks/dessert. Homemade dishes are welcome, store-bought goodies and takeout are equally welcome. Plates, bowls, cups, cutlery, napkins and drink pitchers will be supplied. Auditorium has a kitchen if any re-warming or prep is needed (with stovetop, oven, microwave, sink, fridge, etc). No reg. L Julie LePage. R Julie LePage (amcbostonslideshow@gmail.com). See <http://www.hbbostonamc.org/index.php/Table/Boston-Chapter-Slideshow-Series/>

Walks

TUE AUG 3 PROSPECT HILL PARK, WALTHAM (Local Walks/Hikes). See HIKING section for description.

FRI-SUN, AUG 6-8 COAST GUARD BEACH WEEKEND, EASTHAM (Intro). See BICYCLING section for description.

SAT AUG 7 MIDDLESEX FELS, WINCHESTER (Local Walks/Hikes). Easy walk in open woods. 10:00am-2:00pm. Meet at Wedgmore Station (Lowell line). I-93 to the Mystic Valley Parkway. Rain cancels. No dogs. Non-AMC members, \$1. No reg. L Betsy Goeke (betsyg@space.mit.edu; 781-729-8484).

SUN AUG 8 MANCHESTER-ESSEX CONSERVATION AREA, MANCHESTER, MA (Local Walks/Hikes). See INSTRUCTION (SKILLS) section for description.

THU AUG 12 CASTLE ISLAND, SOUTH BOSTON (Local Walks/Hikes). Leisurely 4-mile walk along the harbor from 6:45-8:15pm. From I-93, take the JFK exit and follow the beach along Day Boulevard to the end. Meet in front of Sullivan's. Bus: take the Red Line to Broadway Station, then the City Point bus #9 or #11. Walk east toward the water and turn left on Day Boulevard. No dogs. Non-AMC members, \$1. No reg. L Marc Hurwitz.

SAT AUG 14 LINCOLN CONSERVATION LAND (Local Walks/Hikes). Easy 5-mile

walk around Flint's Pond through scenic fields and meadows near the DeCordova Museum, 10:30am-1:30pm. Bring lunch and water. From I-95/Route 128 Exit 28 in Waltham, take Trapelo Road west for 2.5 miles to a left on Lincoln Road. Travel 0.6 miles and turn right at the sign for Lincoln Public Schools. Park at the tennis courts. Storm cancels. No dogs. Non-AMC members, \$1. No reg. L Marc Hurwitz.

SUN AUG 15 MOUNT AUBURN CEMETERY, CAMBRIDGE (Local Walks/Hikes). 2.5-hour afternoon walk exploring the natural beauty and history of Mount Auburn's 174 acres. The theme of the walk is Poets & Writers. No dogs. Non-AMC members, \$1. L Jim Loughlin (617-923-8039).

SUN AUG 15 BEDFORD, BURLINGTON, AND LEXINGTON, MA WOODLANDS (Local Walks/Hikes). Very hilly 6-mile wander from 9:45am-2:00pm. Meet at Shawsheen Cemetery, at the intersection of Routes 4 and 225, and Shawsheen Avenue, Bedford. At the main entrance, keep right and turn left at the directory board. Park beyond the fence in the dirt lot or on adjacent paved roadway. Heavy rain cancels (call if unsure). No dogs. Non-AMC members, \$1. No reg. L Mark Levine (trailmark@verizon.net).

THU AUG 19 BOARDWALK HIKE III: NORTH STATION TO HARVARD SQUARE (C3D) (Hiking/Backpacking). In this third installment of the Boardwalk series, we'll meet outside North Station on the bridge over I-93 (across from the T entrance) at 6:30pm, to walk past Spaulding Hospital and up the Charles River by the Esplanade, crossing over at Harvard. Don't worry if you didn't go on either of the previous two walks, this is a nice way to pass a long summer's evening and meet some interesting folks. All you need are comfortable shoes. L R Brian Glenn (brianglenn@gmail.com).

SAT AUG 21 CHARLES RIVER WALK (Forty Plus). View parks, factory sites, and falls along Charles River DCR path from Watertown Square to Moody Street, Waltham and return. Bring lunch to eat at a park or we will choose a restaurant. 5-6 miles. L Florence Walker (617-969-8857 before 9:00pm). CL Alice McDougall.

SAT AUG 21 BLUE HILLS, MILTON (Local Walks/Hikes). See HIKING section for description.

SUN SEP 5 MOUNT MISERY, FARRAR POND, AND ADJACENT CONSERVATION AREAS (Local Walks/Hikes). See HIKING section for description.

SUN SEP 5 MAUDSLEY STATE PARK, NEWBURYPORT (Local Walks/Hikes).

10:00am. Steady-pace river walk. Sightseeing after lunch. Bring water, lunch, and proper shoes. No dogs. I-95 Exit 57 to Route 113W for 0.7 miles. Right on Hoyt's/Gypsy Lane) to the lot at the end on the right. Parking fee. No dogs. Non-AMC members, \$1. No reg. L Charles Annesi (wdoilrag90@yahoo.com; 781-801-0593).

MON SEP 6 WORLD'S END RESERVATION, HINGHAM (Local Walks/Hikes). Scenic 5-mile walk from 8:30-11:30am. Bring a snack and water. From Route 3 Exit 14, take Route 228N for 6.5 miles. Turn left on Route 3A for 1 mile to the rotary, and turn right on Summer Street. Go 0.5 miles to the light, and left on Martin's Lane to the entrance. Fee for parking. Storm cancels. No dogs. Non-AMC members, \$1. No reg. L Beth Mosias (bmosias@yahoo.com).

THU SEP 9 CASTLE ISLAND, SOUTH BOSTON (Local Walks/Hikes). Leisurely 4-mile walk along the harbor from 6:15-7:45pm. From I-93, take the JFK exit and follow the beach along Day Boulevard to the end. Meet in front of Sullivan's. Bus: Red Line to Broadway Station, then City Point bus 9 or 11. Walk east toward the water, and turn left on Day Boulevard. No dogs. Non-AMC members, \$1. No reg. L Marc Hurwitz.

SAT SEP 11 ACTON ARBORETUM, ACTON (Local Walks/Hikes). See INSTRUCTION (SKILLS) section for description.

SAT SEP 11 MIDDLESEX FELS, MEDFORD (Local Walks/Hikes). See HIKING section for description.

SUN SEP 12 WEIR HILL, NORTH ANDOVER (Local Walks/Hikes). See HIKING section for description.

SUN SEP 12 WOLLASTON BEACH AND MARINA BAY, SQUANTUM (Local Walks/Hikes). Fast-paced scenic 7-mile walk along Wollaston Beach and Marina Bay from 9:00am-12:00pm. Bring snack and water. I-93 Exit 8 (Quincy) to Furnace Brook Parkway. Travel 2.8 miles to a left at the light onto Quincy Shore Drive. Turn left at the first light into the parking lot. Storm cancels. No email after 9/10. No dogs. Non-AMC members, \$1. No reg. L Beth Mosias (bmosias@yahoo.com).

SUN SEP 12 GREAT BROOK FARM STATE PARK, CARLISLE (Local Walks/Hikes). Moderate 5-mile walk passing farmland, ponds, and streams. From 10:00am-1:00pm. Bring lunch and water. Optional ice cream stop afterward. I-95/Route 128 Exit 31 (Lexington). Take Route 225W for 6.8 miles to the Carlisle Center rotary, then turn right on Lowell Road and go 1.8 miles. Cross North Road and turn right into the ski center lot. Parking fee. Storm cancels. No dogs. Non-

AMC members, \$1. No reg. L Marc Hurwitz.

Windsurfing

SAT AUG 14 DAY TRIP TO FOGLAND POINT, TIVERTON, RHODE ISLAND, RI (Windsurfing). Sailing for all abilities and wind directions, not tide dependent. Expect parking fee. Rain/low wind may cancel. Decision will

be made by 8:00pm on Friday 8/13. No reg. L Ginna Day (vday@mitre.org; 978-226-5040). See Please see website for directions- <http://www.amcboston.org/windsurf/upcomingtrips.html>

FRI-SUN, SEP 17-19 FALL TRIP TO LIGHTHOUSE INN, WEST DENNIS BEACH (Windsurfing). Professional instruction (Petra Kanz) for all ability levels. Bring

own equipment. Rooms with bath, small fridge. Included are two breakfasts and one dinner. Heated pool. Seaside location. Non-windsurfing friends and family are welcome. Register by 7/1. L Barbara Gruenthal (617-964-3958). R Russ Keene (66 Beechwood Ave., Sudbury, MA 01776). See For cost, reg. and more information, please go to: www.amcboston.org/windsurf/upcomingtrips.html.

ARTICLE By Sara Cleto

Protecting Nature: Turning Hiking Into Conservation Donations

As you close the car's door and hear the engine purring, you cannot help but to smile... You do it discretely though, as if fearing that someone might be looking and label you wasteful or crazy. But you know better, and you know that your body is about to get flooded by adrenaline and endorphins... As the city skyline becomes a spot of dirt in your rear view mirror, you do wish a hike could be a train ride away, but the reality is that most trails around New England cannot be reached by public transportation.

When surrounded by nature enthusiasts, it can be difficult to conceive that there are, out there, individuals who despise the nature as much as others appreciate it, who ignore it as much as other cherish it. But the sad reality is that surveys indicate that Americans care less and less about environmental issues.

Concomitantly, they seem to be engaging less and less in nature-based pastimes. Researchers fear that such trend might lead to a decrease in conservation support: the geographic expansion of urban areas reduces the population's contact with nature, the involvement in outdoor activities and consequently, on conservation.

The emotional over the rational can also, many times, directly impact such issue: as you surround yourself by mother nature's old, new and re-found smells and sounds, colors and textures, you also immerse yourself in an unexpected and enchanted world of its own. As your goal for the day becomes a visible point in the horizon and then a triumph, you more naturally treasure and understand the importance of preserving such exclusive settings. But those with a more limited and urban way of visiting natural areas – like park visitation and fishing - might generally not explore the natural beauty enough to fully grasp such need.

Seeking to better understand what makes people support conservation, researchers dug into 25 years of records from non-governmental organizations, NGO's (The Nature Con-

servancy; World Wildlife Fund; Sierra Club and Environmental Defense). They also statistically related the data with the personal and national economical contexts – directly associated with the financial support of conservation.

As variables and numbers, dates and data, danced into order they also revealed the truth within: per capita hiking and backpacking correlated positively with conservation support, while public land visitation correlated negatively.

In other words, activities involving a closer and deeper contact with nature seem to be related to donations that support conservation. Nevertheless, between the outdoor activities and the effective support stood a gap of ca. 11 years. The

...activities involving a closer and deeper contact with nature seem to be related to donations that support conservation.

fact that most backpackers are 25-44 years old might explain this, as the younger ones receive higher income a few

years later.

Data analysis often reveals hidden trends and missed facts, important for better understanding of any and all situations. The chemists' rule of thumb "similar dissolves similar" in the ordinary life can very well be rewritten "similar hangs with similar", generalizing but illustrating an important point: even if every hiker has many hiker friends, the truth is that the average American hikes once every 18.5 years (per capita rate of 0.054).

The decrease in hiking and backpacking presently observed is predicted to negatively impact conservation efforts, as fewer donations will supposedly be made - later in life - by those same individuals. The authors of this study hypothesize that "people are more likely to invest in what they know from firsthand experience".

Furthermore, they consider that "high levels of public land recreation might create a sense that access to the outdoors is what is important, rather than preserving less accessible landscapes through conservation NGO's". Thus, promoting hiking and backpacking among young people will reflect, as years go by, in a higher financial support of conservation.

The Leg CONT... FROM PAGE 1

For me, this meant the end of struggle, since what seemed like a crowd waited for us there with a litter at the ready (I was later told there were about 35 rescuers in total). They were volunteers from the National Forest Service, the Randolph Mountain Club, the AMC trail crew and other rescue organizations.

I was placed in the litter, belted in, covered with a blanket and lifted into the air. I felt like a fairytale princess, swinging among the trees, carried by my faithful elves.

By this time it was dark, and I could not see my dear elves' faces, only the light of their headlamps. I could hear their voices, however, and they were exceedingly kind. Torn from their families after a day's work in the forest or the office, they rushed into the dark and rainy mountainside (yes, by that time it was raining too) to carry a heavy litter over one of the toughest terrains in New England, all without a word of complaint.

Six to eight people at a time carried the litter in shifts. The fresh crew would wait ahead in a suitable patch of woods. Sometimes it wasn't possible to carry the litter and find footing for eight people among the boulders, so the litter would be passed on to a waiting company who had already found their foothold. I was surprised once more by how many brave souls had turned up to pass me along the line.

While to me it seemed like we were just swimming ahead, this was no quick romp through the woods. As the hours passed, my heroic elves joked less and less and the shifts got closer and closer together, but the crew pushed ahead through the night. It was close to 2 a.m. by the time we reached the parking lot. A few more minutes, and the ambu-



Marton Keszei tackles the King Ravine terrain before the accident

Photo Credit - Fruzsina Veress

lance was there for me.

While I was talking to the officials from Fish and Game and the paramedics, my elves dispersed. I had not seen the faces of the ones who met me after dark, and I missed writing down everybody's names!

How am I going to thank these selfless men and women, young and old, who sacrificed a night of their lives, risked getting injured and certainly exhausted themselves for a stranger? I know what they would say if I ever managed to thank them: "you would do the same for me." Sure, I would LIKE to do the same ... but I am not sure I would have the strength.

Many months of recovery are ahead of me -- the ankle actually broke in three places. If all goes well, I will heal and be able to hike again, but I will never forget the debt that I owe my team of faithful elves.

Got some extra gear in your closet? Looking to pick up used gear on the cheap?

A new Google Group called the Boston H/B Gear Sale has been created by the AMC Boston H/B Committee specifically for the buying & selling of used hiking, backpacking and car camping gear online!

Instructions for posting & becoming a free Google Group member is available on the site by following the link to: <http://groups.google.com/group/boston-hb-gear-sale>

Young Members

Activities are designed for AMC members in their 20s and 30s (but are open to all 18+). For news and an up to the minute listing of current trips and activities, visit our website <http://amcboston.org/youngmembers/>. For specific questions or more information, contact our Young Members Committee Chair, Dan Westerberg, at ym_chair@amcboston.org.

THE Charles River Mud

BOSTON CHAPTER
APPALACHIAN MOUNTAIN CLUB
5 JOY STREET
BOSTON, MA 02108

AMC's Youth Opportunities Program has been chosen as the beneficiary of the Mayflower Foundation's 2010 events.

Since 2003, the Mayflower Foundation has been raising money for non-profit organizations engaged in improving the mental or physical development of children.

The first of two events to benefit YOP in 2010 will be a Boston Harbor Cruise on Friday, August 6th. Tickets are \$100.00 and proceeds will go directly to AMC's very important work training youth leaders so that they may bring positive outdoor experiences to over 10,000 kids each year.

Tickets may be purchased on the Mayflower Foundation's website (<http://mayflowerfoundation.org/?p=68>).

Map and Compass Instructional Weekend Sept 25-26, 2010, NH

Weekend Map and Compass course held at Harvard Cabin in Pinkham Notch. If you've always wanted to learn how to use a compass, this is the course for you. We'll cover maps, compass, navigation and intentional bushwhacking.

Cost is \$70/pp for AMC members. Ls Joe Comuzzi (jcomuzzi@kateharper.com; 978-448-9837), Bob Knutsen. CL Joy Kaufman.

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Mayflower **MF** Foundation BOSTON PRESENTS OUR 8TH ANNUAL

2010 Summer Gala

FRIDAY, AUGUST 6, 2010
8PM-12AM
PLEASE ARRIVE AT LEAST 30 MINUTES
PRIOR TO DEPARTURE
BAR OPENS AT 7:30 PM

BOSTON HARBOR CRUISE
1 LONG WHARF
BOSTON, MA 02110

TICKETS: \$100 PRIOR TO AUGUST 6TH
\$125 AT THE DOOR

PROCEEDS TO BENEFIT THE APPALACHIAN MOUNTAIN CLUB'S
YOUTH OPPORTUNITIES PROGRAM WHICH PROVIDES
AT-RISK URBAN YOUTH WITH HANDS-ON EXPERIENCES
IN WILDERNESS ENVIRONMENTS EMPHASIZING
ENVIRONMENTAL EDUCATION, LEADERSHIP, COMMUNICATION,
TEAM BUILDING, AND MUTUAL RESPECT.
WWW.OUTDOORS.ORG

SEMI-FORMAL ATTIRE

OPEN BAR, DJ &
SILENT AUCTION



The **AMC Youth Opportunities Program (YOP)** partners with youth workers, teachers, and other youth-service professionals throughout the Northeast to make the outdoors and the environment accessible and meaningful to youth from all socioeconomic backgrounds.

By training and supporting youth workers, YOP ensures that young people enjoy meaningful outdoor experiences with adults who know them and their unique needs.

YOP promotes youth's self-esteem, confidence, and environmental awareness through participation in outdoor adventure experiences such as backpacking, hiking, and canoeing.

To learn more see <http://www.outdoors.org/education/yop/index.cfm>

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