

AMC Forty Plus Newsletter

APPALACHIAN MOUNTAIN CLUB

May 2017

Forty Plus is a committee of the Boston Chapter of the AMC. It is open to all who enjoy outdoor activities, such as hiking, camping, biking, canoeing, kayaking, snowshoeing, downhill and x-country skiing and local walks. Events are particularly aimed at active people over 40 who most like to share these events with people around their own age.

About this Newsletter: The Forty Plus Newsletter updated and published at the beginning of each month. All our trips are posted online and can be viewed immediately. There are many ways to find up-to-date trip information online:

1. The Forty Plus website trip calendar - <http://amcboston.org/forty/site/trips-and-events/>. Click on the day/event and you will retrieve all the information for this event
2. The Boston Chapter website Activities tab will display all trips from its committees. To view the trips, just click on Forty Plus, fill in the dates that you are looking for on the left hand side of the page, hit apply
Boston Chapter website address is: <http://amcboston.org/>

Subscribe to the Newsletter: To receive our Newsletter by e-mail and receive other Forty Plus notices, please subscribe online at <http://amcboston.org/forty/site/newsletter-2/>

SCHEDULE OF ACTIVITIES

Friday May 5, 2017- Broadmoor Wildlife Sanctuary Walk Welcome spring with a beautiful 2-2.5 hour walk along open fields, woodlands, ponds, streams, and the Charles River. Newcomers welcome. Heavy rain cancels. Leader: Angie Evans (evans.afz@gmail.com), (781-326-3892) and co-leader Virginia Ryan. Limit 12. Register with leader. Non-Mass Audubon members \$5. Registration is required. R. Angie Evans evans.afz@gmail.com

Sunday May 7, 2017 – Ridge walk near Squam Lake – Doublehead, Percival and Morgan Take a walk along a ridge above beautiful Squam Lake, passing Doublehead Mountain and Mounts Squam, Percival and Morgan. Total hike is 7.8 miles (including a short road walk) with the option to shorten if weather or time don't cooperate. Total elevation gain 2200 ft, with about 1300 ft of that being getting up to the ridge. We will spot cars and not retrace our route. L. Bill Swanton CL Kathy Blythe. Registration is required: R. Bill Swanton Bill.Swanton@gartner.com.

May 10, 2017- Wednesday Rail Trail Bike Ride – Minuteman 10:00 am – 2:00 pm Minuteman Bikeway (11 mi) with a possible extension including Reformatory Branch trail (4.5mi) from Arlington to Bedford or Concord and back. Leisurely pace. Meet at 9:45am for a 10:00 am start, finish 1-2pm. Helmet, spare tube, snacks required. New members, beginners welcome. No registration but you may wish to contact the leader if you have questions. Rain cancels. If time permits, will review a few basic bike maintenance pointers. Easy (10-13 mph). Meet at Magnolia Park parking lot (Magnolia St) Arlington. L. Emily McPhillips emcp@me.com, CL. Joan Blaustein joanblaustein@comcast.net Registration is not required.

Saturday May 13, 2017 – Pondicherry Wildlife Refuge Want to experience something different in the White Mountains? Come join us to investigate the Pondicherry Wildlife Refuge nestled beneath the northern Presidential Mountains. The refuge is home ponds, wetlands and forests that support a variety of ecological features. The Refuge also supports a tremendous variety of wildlife that include beaver, moose, and over 200 species of birds. We will walk stopping frequently to identify plants, birds, other

wildlife, and ecological features . There are two viewing platforms located at Cherry and Little Cherry Ponds perfect for bird watching. Trip will be approximately 5-6 miles of walking flat trail and boardwalk terrain .L. Ellen Stanley. Registration is required. Register: Ellen Stanley ellstan@comcast.net

Saturday May 13 2017 – Cardigan Spring Hike Join us for our annual hike on Mount Cardigan. Enjoy early spring flowers and the expansive summit view in this moderate-paced hike on a variety of trails. Cardigan has extensive ledges that may be slippery when wet. Some experience is necessary. The distance will be between 5.6 and 6.3 miles. Elev. gain: 2300 ft. Meeting time is 9:00 am. Rain will cancel the trip. L. Maria Constantini mgccare@comcast.net, Joan W Chambers wu.chambers@gmail.com, Registration is required, please contact leaders.

Saturday May 13, 2017- Late Spring Hike at Duxbury Beach Join us for an 8-mile hike along this stunningly beautiful barrier beach from Duxbury to Gurnet Point (part of Plymouth) and back. Bring water, lunch, sunglasses and sunscreen. Layered clothing and sturdy footwear are advised. Optional side trip to Best of Boston's award-winning Farfar's Danish Ice Cream afterwards. Registration is required for this activity. Please contact registrar-Kathy Blythe katherineblythe@comcast.net (L) pagliuca.t@gmail.com

Sunday May 14, 2017 – Lynn Woods 5 miles, Leader's Choice. 9:00am-1:00pm. Bring lunch, H2O, and snacks. I-95/Route 128 to Walnut Street exit, 4 miles. From Route 1, Walnut Street exit, 2 miles. Turn left on Pennybrook Road to Western Gate parking lot. No dogs; Cancel if rain. L Nelson Caraballo (617-548-8579; Nelsonnec1@aol.com) Registration is not required

Friday May 19 – Saturday May 20 Franconia Ridge and Greenleaf Hut Spring Traverse The Franconia Ridge Traverse is one of the most sought after hikes in the White Mountains of New Hampshire. We will hike a total of 8.6 miles on this ridge line traverse. As we ascend via the Falling Waters Trail we will pass distinct cascades such as Stairs Falls, Swiftwater Falls (60 ft), and Cloudland Falls. to 4780 ft Little Haystack Mtn.. From here on we traverse the exposed ridgeline to Mt Lincoln (5089 ft) and Mt Lafayette (5260 ft). Weather permitting we will have the panorama of the Pemigwasset Wilderness before us peering at iconic Mt Washington and remote peaks such as The Bonds, Twins, Owl's Head before hiking to rustic Greenleaf Hut to overnight before descending via the Greenleaf trail. Amazing! Greenleaf Hut is a high mountain hut that offers simple bunk room accommodations; a warm wood burning stove; and a full kitchen where we will prepare our dinner and breakfast and share our camaraderie. Because this is the self service season we will be sharing in packing up our own food supplies and participate in kitchen duties. This trip is scheduled on a Friday, exiting on Saturday to enhance our enjoyment of our surroundings with fewer people around. Early Spring conditions will likely exist. Participants must be familiar with hiking above treeline in the border seasons. That being said, if you have a yearning for adventure and love hiking, please come join us! Cost \$28.00 member, \$34.00 non-member. Friday night Hut stay at Greenleaf Hut -self service season. We will share in packing in food to cook a group dinner on Friday evening and a group breakfast for Saturday morning. Food cost will be additional to cost of the hut. L. Ann Hargleroad ahargleroad@gmail.com, Teresa Pagliuca pagliuca.t@gmail.com, Steve Dennen stevedennen@gmail.com. Registration is required, please contact leaders.

Sunday May 21, 2017 – Lincoln Conservation Land Ramble Join us for a beautiful hike in Lincoln conservation land. We will go through woods and along ponds up to Walden Pond. About 5-5.5 miles (approximately 3 hours) with minimal elevation gain. This hike is suitable for all levels. Bring water and snacks. Rain cancels the hike. Meet at 9:00 am. Parking lot on route 117 (Adams Woods/Mount Misery), less than half a mile west of Concord Road. Registration is not required however you may wish to contact the Leader. Leader: Maria Consantini mgccare@comcast.net, Co-Leader: Emily McPhillips

Wednesday May 24, 2017 – Blackstone River Greenway, RI Blackstone River Bike Path, a leisurely paced 20 mile out and back bike ride along a beautiful bike path that travels along the scenic Blackstone river and includes great views of waterfalls and old Mill buildings. Helmet, spare tube, water and snacks required. Meet in Woonsocket, RI at 9:45 for a 10:00 start and expect 2 -3 hours to do the ride. We add a small detour at the southern terminus to a subway shop if needed. If time permits, basic bike maintenance will be reviewed. Registration required. Rain cancels. L. Emily McPhillips, CL. Joan Blaustein. Registration is required. R. Joan Blaustein joanblaustein@comcast.net, 617-669-3528.

Friday May 26 – Monday May 29 2017 Scenic Block Island Biking/Hiking Memorial Day Weekend
Come with us to scenic Block Island. Stay at a beautiful island inn and cottage overlooking the Old Harbor. Daily guided combined biking and hiking trips. Trip cost \$350 includes 3 nights accommodations and 3 breakfasts. Dinners and lunches can be prepared in the cottage kitchen, there are also plenty of restaurants on the island. Bikes in good condition with fully inflated tires and tool kit recommended. Helmets required. For further info contact. CL Emily Mc Philipps at emcp@me.com or L Karen Deady at karen.deady@alumni.tufts.edu or call 978-369-3409 before 9pm. Mail full payment of \$350 payable to “Constantine Samoilenko”, to 256 Thoreau St, Concord, MA 01742. This will secure your spot.

Sunday May 28, 2017- Middlesex Fells Hike/Walk Sheepfold Pkg. lot. Mod to stren. 7 mi. Hike over many hills & rough terrain. 9am-2pm. Bring lunch, H2O, snacks. Rte. 93 S to exit 35. At stop sign, go L under highway. At next stop sign go R. At first set of lights turn R onto Rte. 28. Turn R into Sheepfold entrance. Rte. 93 N to exit 33 (Route 28). Sheepfold entrance is 2 miles up on the L. Cancel if rain. No dogs; L Nelson Caraballo (617-548-8579; Nelsonnec1@aol.com) Registration is not required.

Saturday June 3, 2017- Little Rhody’s East Bay Bike Trail East Providence to Bristol RI and back. Leisurely 30-35 mile ride at an average pace of 12-14 mph on a paved rail trail along the eastern shores of Narragansett Bay. Lunch stop in Bristol by the Bay - home to one of America’s oldest Fourth of July celebrations in the U.S. Stimulate your senses as we cruise by Del’s lemonade stands and the best ice cream place this side of Somerville. Enjoy stunning views of the Ocean State shoreline. Side trips to Colt State Park and Audubon boardwalk depending on time and interest. Bring your helmet, a bike in good working order, a spare tube, lunch, and a sense of humor. Rain or any other extremes of Mother Nature cancels the ride. L. Steve Dennen, CL. Kathy Blythe. Registration is required. R. Kathy Blythe katherineblythe@comcast.net

Sunday June 4, 2017 – Mt. Moosilauke Spring Hike Come join us for a spring hike to Mount Moosilauke, a 4,802-foot-high mountain at the southwestern end of the White Mountains in the town of Benton, New Hampshire, United States. It is the tenth highest and most southwesterly of the 4,000 foot summits in the White Mountains. Leader: Steve Dennen, Teresa Pagliuca. Registration is required: R. Steve Dennen 781-799-9623, stevedennen@gmail.com

Saturday June 10 – Sunday June 11 2017, Lakes of the Clouds 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. We hope to summit Mt Washington; Mt Monroe perhaps after dinner; and the next day Mt Eisenhower on our way out via the Edmands Path. We will be an above tree line and hopefully we’ll witness an unforgettable sunset from Lakes of the Clouds. Total mileage 13 miles. Cost: \$142.83 includes one night hut stay, dinner, and breakfast. Register with L. Ann Hargleroad, ahargleroad@gmail.com, L. Ellen Stanley.

Wednesday June 14, 2017 – Mashnee Island, Eel Pond, Cape Cod Canal Bike Ride Join us for a leisurely scenic midweek ride exploring Mashnee island and surrounds. The ride is flat, 23 miles-10miles on public roads, 13miles along the south side of the canal. Arrive by 9:15 AM for a 9:30 start. Bring a bike in good condition. Helmet, Spare tube, Snack, water, wind breaker, sunblock. We will start at the canal in Bourne riding around Mashnee Island, then on to Eel pond and then ride the canal and lunch at the pavilion in Sandwich. Limited to 12. Register with Leader. Leader: Emily McPhillips emcp@me.com, Co-Leader: Angie Evans

Friday June 16 – Sunday June 18 2017, Presidential Traverse Without the Peaks - This is the classic Presidential Traverse (without the peaks, we will walk around the mountains) on the ridge line to Mt Madison Hut overnight for the first day. Then to Mt Adams to Mt Jefferson to Mt. Clay and Lake of the Clouds Hut (overnight), then to Mt Monroe, Mt Eisenhower, and finally to Mt Pierce. If you always wanted to walk the ridgeline, without the peaks, this is the trip. Leader and Register: Steve Dennen 718-799-9623, stevedennen@gmail.com

Wednesday June 21, 2017 – Blue Hills Hike (10:00 – 2:00) Celebrate the first official day of summer with a 4 mile invigorating hike to Buck Hill and enjoy stellar 360 degree views. Optional short hike around Houghtons Pond. Heavy rain cancels. Level is Advanced Beginner. Leader: Angie Evans, Co-leader: Joan Blaustein. Registration is required: L. Angie Evans 781-326-3892 (best time to call before 9 pm) evans.afz@gmail.com

Saturday June 24, 2017 – Mt. Eisenhower via Edmands Path This is one of the less difficult approaches to the alpine zone on the Presidential ridge, and an open summit of a 4000-footer, with spectacular views of the Presidentials. The hike is 3.3 miles each way (6.6 miles total) at a moderate pace, with possible short stops for interesting birds. Elevation gain 2670 feet. Hike starts at the Edmand's Path trailhead parking area, 2.3 miles along the Mount Clinton Road off Route 302 near the AMC Highland Center. We will dwell a while at the summit to soak up the scenery. If the entire group is willing, we'll also detour a short way to the north along the Crawford path towards Mt Franklin. The walk along the summit ridge is an easy and beautiful stretch of the AT. Please arrive by 8:50 am for introductions and equipment check so that we can begin the hike at 9:00 am. Maximum group size is 10. The trip will go ahead in light rain but cancel with heavier weather, or with heat index of 95 F or higher. Registration required.. L. Bruce Bolnick. R. Bruce Bolnick bbolnick@gmail.com, 571-340-1629

Wednesday June 28, 2017 – Shining Sea Bikeway Join us for a leisurely scenic ride along the Shining Sea Bike Way from North Falmouth to Wood's Hole (20 miles round trip) with option for Salt Pond Sanctuary and swimming. Lunch option at Wood's Hole. Leisurely pace. Meet at 9:45am for a 10:00 am start, finish by 2pm. Helmet, bicycle in good repair, spare tube, water, snacks, windbreaker, sunscreen required. Registration required. Rain cancels. L. Emily McPhillips, CL. Joan Blaustein. Registration is required. R. Joan Blaustein joanblaustein@comcast.net, 617-669-3528

Saturday July 1 – Monday July 2 – Cape Code Multi-Sport Weekend Join us on this multi-sport weekend of surf and sand on lovely Cape Cod. Bike the Cape Cod Rail Trail , Ocean kayak in Orleans, and visit Mass Audubon's Wellfleet Bay Wildlife Sanctuary. Join us for one or both days. Saturday: Cape Cod Rail Trail Bike ride 44 miles round trip. Bike Helmets required. Bike rentals available at the start of the trail or bring your own. We will lunch on a beach and stop at clam shacks along the way to buy lunch. After the ride join the leaders for activities and dinner-Leader's choice. Sunday: 1/2 day Kayaking on the protected bay off of Orleans. PFDs required. Kayak rentals on site or bring your own ocean kayak. Lunch will be Leader's choice. After lunch we will visit the Mass Audubon's Wellfleet Bay Wildlife Sanctuary and explore the different seaside eco-systems. Join the Leader's for dinner and possible additional activities. Leaders will be staying at Hostel International Eastham on Saturday and Sunday nights (Make own reservations- Please note -try to make reservations as soon as possible as space is limited this time of year on the Cape). (All costs/rentals/entrance fees/meals are out of pocket expenses for participants.) Bring swimsuits, sun screen, a sense of adventure, and hang with us! L. Ann Hargleroad, Teresa Pagliuca. Registration is required. R. Ann Hargleroad ahargleroad@gmail.com

Saturday July 8, 2017 – Welch-Dickey Loop Hike for Beginners and Newcomers Please join us for a leisurely hike to the summits of Welch and Dickey Mountains, that will introduce participants new to hiking to a variety of conditions. Magnificent views from the Welch-Dickey Loop Trail (White Mountain National Forest). This loop hike in the southwest corner of the White Mountain National Forest is as close to the perfect moderate hike that you can get. It takes an average of 4 hours to casually hike this 4.4 mile loop. There are almost constant views in all directions for over half the hike. L. Steve Dennen, CL. Marcella MacKenzie. Registration is required. R. Steve Dennen stevedennen@gmail.com, 781-799-9623.

Saturday Sept 9 – Sunday Sept 10, 2017- Greenleaf and Lafayette via Skoocumchuck Trail Try a different route up Lafayette and stay overnight at Greenleaf Hut. The Skoocumchuck trail is a pleasant and less steep way up to Garfield Ridge and Lafayette starting on Rt. 3 at the northern end of the notch. . After summiting, we will descend to the hut and stay overnight (full service). The next morning we'll descend via Greenleaf Trail to spotted cars. Limited to 10 people. Contact registrar for information on booking the hut from our group reservation - you are not on the trip until you have booked and paid through AMC reservations. L. Bill Swanton, Ellen Stanley, Registration is required. R. Bill Swanton bill.swanton@gartner.com

SAVE THE DATE – FORTY PLUS FALL WEEKEND The Forty Plus Fall Weekend will be on September 15 thru 17 (Friday thru Sunday). More information will be coming later but reserve this date for the very popular event.

The AMC Annual Meeting was held on January 28th. Below are two interesting events that were presented at the meeting that you might like to participate in.

1. **Appalachian Trail Conservancy's Maine 2017 conference:** August 4-11, 2017 at Colby College. Hikes, excursions, bike rides. Camping or dorm lodging. www.atc2017.org. Volunteers needed.
2. A new project initiated by the AMC: **Outdoor Citizen.** To get people outdoors; visit our recreational areas. Goal is to get every citizen outdoors for some activity : www.outdoors.org/outdoorcitizen or Emilly Nason, enason@outdoors.org

Tips on Signing Up for Our Trips

As most of our trips are limited in number, we suggest you register early to ensure a place. If you register for an event and cannot attend, PLEASE call the Leader ASAP to cancel. Most trips have waiting lists and your courtesy will enable another to attend. Also, a group waits for you needlessly if they expect you. It is important to cancel!

When planning trips we try to keep costs reasonable. Checks should always be made payable to the person specified and NOT to Forty Plus or AMC unless so indicated. Please be very sure to enclose your address and telephone number. If we have planned for you and you cancel within 14 days of the trip, we will try to fill your place and refund your deposit. If you are a passenger in carpooling, we suggest you pay the driver \$.10 per mile plus sharing the cost of any tolls.

EXECUTIVE BOARD

		<u>PHONE #</u>	<u>E-MAIL</u>
Chair	Teresa Pagliuca, Natick	978-766-5601	FortyPlusCoChair1@amcboston.org
Vice Chair	Maria Constantini		mgcare@comcast.net
Treasurer	Uschi Kullmann, Medford	781-396-5602	ukullamc@yahoo.com
Past Chairs	Don Provencher	978-766-5601	xdap@aol.com
Secretary	Kathy Blythe, Milton	617-922-7002	Katherineblythe@comcast.net

COORDINATORS

Biking Hiking/Snowshoe Skiing Activity Coordinator Andover Transition Member at Large Newsletter and Membership	Steve Dennen Ellen Stanley, Cambridge Marjorie Jordan, Newton Teresa Pagliuca Faith Evans Bill Swanton Ellen Stanley	781-942-4634 617-547-4095 617-969-6863 508-654-9031 978-356-2098 617-875-2735 617-817-6688	stevedennen@gmail.com ellstan@comcast.net Major@verizon.net Pagliuca.t@gmail.com Fevans27@verizon.net bill.swanton@gartner.com ellstan@comcast.net
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Interested in becoming a AMC Leader?

The AMC Boston Chapter 2016 Leadership Program includes offering two Leadership Training courses. Fall Leadership Training is an extended course that will qualify you to lead trips in Hiking/Backpacking, Forty Plus, Young Members, Biking, Skiing, Paddling and other Boston Committees. This training is necessary for leading trips into the backcountry. The Boston Chapter also offers a 1-day training course that will also qualify you to co-lead trips with the Forty Plus.

Forty Plus shows its appreciation for its active Leaders (those who have led or co-led at least 2 events in the past 12 months) at an annual Leader Appreciation dinner party, and by offering certain subsidies. For example, you can be reimbursed for 2/3rd the cost up to \$100 for AMC-sponsored or safety-related courses such as Solo First Aid. CPR training is available to Leaders for a nominal fee. Leaders also receive subsidies (percentage of cost) for safety-related equipment, such as a large first aid kit or winter gear for groups. Leaders can talk to the coordinator of the sport/activity in which they participate to check out the details.

Park Passes for Seniors

Free admission is available to all MA State Parks for senior citizens, age 62 or older. A one-time application for a Senior MassParks Pass requires proof of age (copy of driver's license) with a letter requesting a pass, and a check for \$10 one-time fee. Mail to DCR MassParks, 251 Causeway St., Boston, MA 02114, Attention: Senior MassParks Pass Coordinator. For those not 62 years or older, an annual MA Parks Pass is available for \$60.00 for in-state vehicles and \$85.00 for out of state vehicles which includes unlimited visits to all parks that charge a fee. For more information go to <http://www.mass.gov/eea/agencies/dcr/massparks/passes-and-fees/senior-massparks-pass.html>

Senior Passes to National Parks and Wildlife Refuges are available to any U.S. Citizen or permanent resident who are 62 years or older for \$80.00. For more information on how to purchase pass go to <https://www.nps.gov/lavo/planyourvisit/upload/-Final-OMB-Approved-Senior-Pass-App80-pdf.pdf>