

Wachusett Views

Worcester Chapter Appalachian Mountain Club



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Summer issue 2017!

Letter from Editors

Welcome to the summer edition of Wachusett Views! As you sit poolside or relax after a day in the great outdoors, enjoy the various stories and articles in this issue—from lessons learned during hikes in the White Mountains and Leave No Trace tips, to a history of the first Worcester Chapter chair and much more.

When we go outside this summer, we'll be reflecting on the enjoyment we get from the hard work of activity leaders and volunteers whose dedication and spirit of volunteerism make hiking, biking, paddling, climbing, and every other activity a fantastic experience for participants of all ages.

So be inspired to get out and enjoy the warm weather, spectacular views, and all the fun that comes with summer outings near or far shared with fellow outdoor enthusiasts.

Cheers!

Alexandra Molnar

Zenya Molnar

Worcester Chapter Communications Chairs



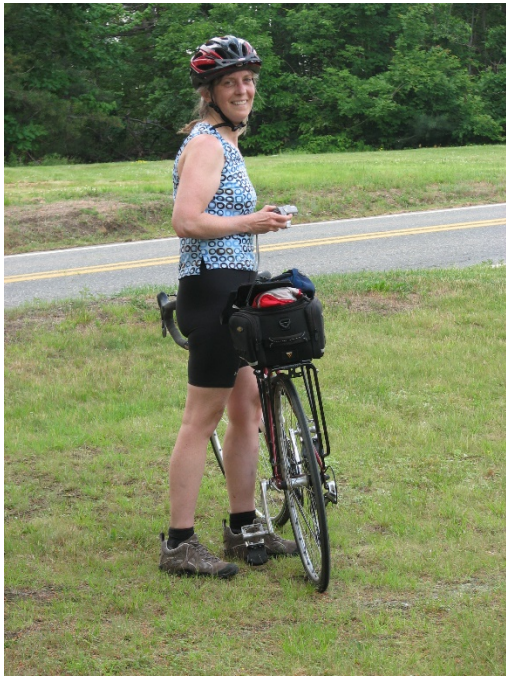
Feedback about the newsletter? We'd love to hear from you! Contact us at: newsletter@amcworchester.org.

AMC Worcester Chapter
amcworchester.org
Appalachian Mountain Club
5 Joy Street
Boston, MA 02108



Colleen McLaughlin, AMC, and I

By Denny LaForce



After many years of backpacking, in 2005 I gave fully loaded/non supported cycle touring a try and loved it with one caveat: it was solitary and lonely. When backpacking you constantly meet people—on the trails, at the shelters, at the viewpoints, going in both directions. When cycling, even those out for an afternoon ride, pass a loaded cyclist quickly with hardly time for a “hello.” As a Worcester Seven Hills Wheelmen (7HW) member, I had a repeating notice in their monthly newsletter looking for touring enthusiasts to ride with. It was a few years before I received my first reply, from Colleen. She saw my plea and invited me to join a three-day mini tour to Western Mass with fellow AMC’r Pete Lane. Serendipitously, about a week later, I received a call from 7HW member Tom Porcher who saw my notice and asked if I had any upcoming touring plans. I advised him to call Colleen to ask if he could join us. He did and she agreed.

Colleen’s plan was a three-day ride, June 4-6, 2010, from the WalMart in Leicester to the AMC Noble View Outdoor Center in Russell, Ma, with a day riding in the area and then the ride home. It became known as “The Tour De Swamp” when, on the third day, we attempted to re-route ourselves around a congested construction area we had passed on the way up and, trusting the mis-guided directions of our GPSs, we traveled a few hours on long abandoned roads that turned to dirt cart paths through a swamp.

I was not a member of AMC at this time. It was later that I found Colleen was the bicycle chair for the Worcester Chapter. As bike chair, she had the freedom and ability to move the focus of cycling in a new direction and in 2011 held her first Touring Fundamentals Seminar for a total of three participants in the garage of her house. About that time, I began to switch my allegiance from the 7HW to AMC. AMC riders were fun to be with, less focused on speed, and the rides usually included an ice cream stop somewhere on route, the latter a big plus for me.

The second tour for the threesome of Colleen, Tom and me was from my home in Manchaug to Otter River, to DAR State Park in Goshen, and back to Manchaug and didn’t take place until September of 2011. It became known as the “Apple Pie Tour” after we passed through Athol’s town center centennial celebration and Tom purchased and then somehow managed to secretly pack a large, whole, home baked apple pie in the top of his pannier and surprised us at the picnic table with desert that night. We finished off the last few slices for breakfast the next morning.

That was followed the next year by a three-day mini tour from Manchaug to Point Judith and Block Island and Colleen’s two day “International Tour of Massachusetts” across Wales and Holland, MA. That spring Colleen had held another seminar, again in her garage, and the number of participants doubled to

six and was followed by the first annual beginner mini-tour to Otter River. That fall featured the first year of Bill Mullen and Andy Wojcikowski's Quiet Corner of Connecticut tour. Colleen had a commitment that weekend but still rode with us for most of the first day. Her efforts to promote touring were paying off.

In 2013, the mini tours continued with a four day "fixed center" ride in the Finger Lakes of N.Y. with Colleen, Andy Wojcikowski, Lynn Shepherd and me, and then Colleen, Tom, Andy and I did six days on the Green Mountain Loop in Vermont, followed by the 2nd annual Quiet Corner. About this time Bruce Wester transitioned into the Worcester Chapter bike chair and put his considerable energy and leadership skills into the task of grooming leaders for both day rides and touring. All the participants in the world are wasted if there aren't enough trip leaders to lead them.

To further promote cycle touring to all the club chapters, Colleen and I gave a two-hour presentation at the AMC Annual Summit on mini tours and the joy of "touring close to home" with a short introduction on how to get started. Then both Colleen and I suffered setbacks. First, in the beginning of 2014, Colleen was diagnosed with cancer that required surgery followed a few months later by my forestry mishap with an unruly tree while cutting firewood. Both our recoveries required time and patience. We met and rode often that summer but few rides exceeded 10 or 12 miles and touring took a back seat. With Colleen still recovering from her surgery, but before my encounter with the tree, I offered to be Colleen's co-leader as we combined with the AMC yearly beginner backpacking workshop to offer a cycle touring segment. The first day covered the equipment used in both sports, and the second day we split into separate groups. The number of participants doubled again to around 14 and new faces were signing up for weekend tours. The group of touring cyclists was increasing every year and others were also leading tours like Pete and Laura Lane's annual Maine Coast ride. On that year's Quiet Corner tour, Colleen was only able to join us for part of the first day and I became exhausted, unable to finish, and was forced to bow out on the second day. 2014 was a year both of us wished we could forget.

By 2015 we had both recovered enough to start touring again. We offered a one-day touring seminar at the Northboro Historical Society and led another Otter River weekend for beginners, a three-day ride to Horseneck Beach, a five-day Tom Porcher-configured mountainous ride to "Water Features of Central Vermont," and Bill and Andy continued the ever popular Quiet Corner tour. Colleen's humble garage seminars had started a new movement and direction that was nurtured further along by Bruce Wester. Late 2015 also confirmed the return of Colleen's cancer.

Undaunted in 2016 Colleen's seminar, with me again as co-leader, drew 22 participants and filled a large room at the Assabet Wildlife Refuge Conference Center, and 13 riders joined for the annual Otter River ride a few weeks later. In the beginning there was little evidence of Colleen's struggle. I, and a few trusted friends, knew of her cancer's return, but she seemed to still be the strong, determined, adventurous cyclist we had known. In June, Colleen, Lynn Shepherd, Tom, and I rode the 375-mile C&O/GAP from Washington, D.C. to Pittsburgh, Pa. and in the mid-summer eleven of us undertook a four-day loop of Cape Cod. She was even able to ride the hilly and very challenging Quiet Corner tour in September.

So far, I've highlighted the effort Colleen put into advancing touring, but through all those years, she was

a very active road cycle leader and hiker. Her listings for road rides were frequent and her catalog of scenic quiet places to ride just on the fringe of suburbia were astounding. We were both fond of bike paths, especially if there was a place to stop for coffee along the way. She was also a hike leader and would lead us out into the serenity found in our numerous state and local parks. She loved the Bay Circuit Path and has completed about half its distance. She took pride every time she was able to mark off another section as finished.

None of us could have imagined the fate about to quickly descend on Colleen. When riding season ended, we started day hiking together. The hikes became shorter and flatter and by mid-winter frequent rest stops were necessary. She confided the cancer's rapid progress and there was little hope of recovery. It was just a matter of time. Additional chemo was scheduled followed by experiential treatment trials, but the cancer continued to spread. In April 2017, just a few days before the start of my three-week tour on the Southern Tier, I drove her to Brigham and Women's where she was admitted for about a week. After just a few days back home, she returned to B&W for almost a month followed by a transfer to hospice in Wayland.

Under the loving direction of her sister Maureen and good friend Jeannie, a team was put together to comfort her and keep her company for as many hours a week as possible. Bruce and Judy Wester, Tom, and I were privileged to be a part of that team. It cannot be stated enough the amount of love, compassion, caring, and time Maureen, Jeannie, Tom, and the Westers devoted to Colleen's well-being. We should all wish for, but few ever obtain, the end of life care Colleen received.

Sometimes someone, or something, that seems insignificant at the time can have a profound life altering impact. Colleen's outreach for the Noble View mini tour was one of those moments. Imagine the courage this woman had to invite two unknown men to join her for a weekend cycle trip. Years later I found that at that time she only marginally knew AMC's Pete Lane. Colleen wanted to cycle tour and was not to be deterred. From that encounter, I was introduced to AMC and a whole new circle of friends, good wholesome friends who love the outdoors and enjoy the things and places I enjoy. Thanks to Colleen, I've had the pleasure to tour, cycle, and hike with many wonderful people, but just as importantly, the opportunity to join Colleen and help others find the joy, adventure, and comradery of cycle touring. With one phone call she changed my life.

If Up Looks Hairy, Down Will Be Scary

By Steph Krzyzewski

Many of us are peak baggers at heart. We smile and nod when we hear “it’s about the journey, not the destination,” but we know better. It’s about getting to the summit, enjoying the view, and checking it off the list. Sometimes arriving at a peak requires days of planning, a long drive, an overnight stay. We invest significant time and energy just to get to the trailhead, so by God we will bag that summit if it kills us. But that’s the thing. That attitude could actually get us killed.

In December 2015 I decided to hike the Wildcats alone. It hadn’t snowed much yet, but there was some ice. On the way up, there’s a spot with steep, exposed slab with railroad tie steps drilled into the side of the rock. The last step required a high step and scramble that made me feel uneasy – couldn’t they have drilled one more tie in? It briefly occurred to me that it would be tough on the way back down, but I pushed onward anyway. Although the forecast was for blue skies, by the time I reached the D summit, it was a white out. Visibility was so bad I couldn’t even figure out where the trail continued on to the A summit, so I decided to turn around. When I got back to that section of exposed slab, the snow had made things even slipperier than before, and I felt like I was going to slide right off the edge and over the cliff. I crab walked toward the point where I would need to slide for a few feet before reaching the first railroad tie and just stared at the rock. For a second I even considered hiking back to the D summit and walking down the ski trail. When I



Wildcat Mountain

started to lower myself, my microspike got stuck and I twisted my knee, which nearly sent me toppling forward. I was lucky to catch myself on the first railroad tie, and once I collected myself, I realized that although I’d made the right decision in turning around, I’d made it about a mile late.

In early April 2016, I was desperate for hiking season to start so I could bag some more 4,000 footers. I agreed to hike Mt. Willey with a friend and her dog on a beautiful day, and we cruised up the trail at a great clip until we reached the ladders. From below, they looked like fun. But the further we climbed, the icier they became to the point that in some places there was really no ladder at all, just a smooth slab of ice completely covering the stairs. Our microspikes were not much help, and we had to coax the dog up each step and pass her across by the handle on her harness at each ladder interchange. It took us nearly an hour to reach the top of the ninth ladder, and the trail above was sheer, slippery ice. About 100 feet further, we were having serious traction problems and decided we needed to turn around. The dog was terrified and would not step on the ladders, so we had to carry her all the way down. Not only did it take an hour and a half to get back to the bottom, but we had to spend half the time with only one hand on the ladder for stability and the other dangling and passing a sixty pound dog back and forth. Although turning around was the right decision, I had again made it too late.



Snow and ice on Mt. Willey.

I'm lucky that I didn't get hurt or killed in either of those situations, and I'm glad to have gotten mistakes like that out of my system before I began leading hikes. Through these experiences and the leadership training I've received, I've learned to reorganize my goals and prioritize safety over fun. I'm still always going to want to reach the summit. But now when things get hairy on the way up, I'll seek an alternate route or bag it until conditions improve. The summits will still be there when I get back.

Mountain Classroom at Cardigan Lodge a success despite rain and cold temperatures!



7th Graders at Ayer-Shirley Regional Middle School enjoying a weekend at Cardigan Lodge in New Hampshire.

2017 Worcester Chapter Backpacking Workshop and Gear Shakedown

By Joe Massery, Vice Chair, Worcester Chapter

In April, the chapter hosted its annual backpacking workshop. A full house of fifty enthusiastic backpacking wannabies heard the latest on backpacking skills, gear, and techniques from the chapter's experienced backpacking leaders.

After a welcome to all attendees from Joe Massery, Kim Beauchemin covered the agenda and aims of the workshop. To give the participants a view into what they might expect in the months ahead if they stuck with the backpacking program, Teresa Iapalucci described her experiences last year as a rookie backpacker and graduate of the 2016 workshop. If any of the participants had doubts about how much fun was in store, they were dispelled after Teresa's talk!

The nuts and bolts of the program came next. Jose Schroen gave some suggestions for getting fit for backpacking season; she also explained clothing, hygiene, and first aid basics. Paul Glazebrook explained the six P's of backpacking ... that's right, the ones that start with proper planning. He also told us about lions, tigers, and bears; well, bears, anyway. Big ones and the micro variety.

The participants had told us that learning about gear was their top priority for the workshop, and Chris Fogarty obliged. She covered essential information on tents, packs, sleeping bags, and poles, and then gave us a short course on backcountry cooking and water purification. Speaking of cooking, participants were treated to breakfast, lunch, coffee, and snacks thanks to Deb Herlihy—to rave reviews.

After each of the presentations, participants went outside to get an up-close view. Participants got to see and touch the gear they had just heard about as our experienced backpacking leaders demonstrated their gear and answered questions. These show-and-tells were conducted by the presenters as well as other leaders: Walt Lazarz, Gina Shea, Marcus Ainsworth, Debi Garlick, Bob Gilcrest, and Dana Perry.



The workshop continued with a Leave No Trace presentation by Kim, and a mesmerizing tale of section hiking the Appalachian Trail by Dana Perry. No doubt that after Dana's talk, some of the workshop participants were motivated not only to take up backpacking, but also to start hiking the AT ... maybe even thru-hike it!

Finally, Joe invited participants to sign up for the rest of program's events, starting with the Gear Shakedown (more below) and the "Explore Your Inner Backpacker" series of backpacking trips. The Inner Backpacker trips were designed specifically for new backpackers, and offered a graduated series of trips that got more challenging as the season progressed.



A few weeks after the workshop came the next step in the chapter's introduction to backpacking: the gear shakedown. Those who completed the workshop were invited to pack up their gear and meet at nearby Upton State Forest for a one-day mock backpacking trip. The goals of the shakedown were to give participants the chance to get some one-on-one advice and feedback on their gear from our backpacking leaders and then to get out on the trail and try it.

Twenty workshop graduates participated along with a half dozen leaders. Each participant unpacked all his or her gear while a leader critiqued the gear and answered questions. The most common questions involved options and tradeoffs. Is the weight savings of a down sleeping bag worth the extra cost? What's the "best" type of camp stove? What size pack do I need?



After an hour and a half of gear inspections and Q&A, we packed up and headed into the forest. We hiked a couple of miles to our mock campsite (no overnight camping is allowed in the forest). We selected tent sites ("look up, down, around"), unpacked, pitched tents, set up sleeping gear, etc.—everything we would do on arrival at camp on a "real" backpack. Small groups took turns hiking down to the stream at Dean Pond where each person

treated water. At noon, we gathered around the fire ring and those with camp stoves cooked lunch. After lunch and cleanup, the leaders demonstrated a couple of methods of hanging ropes for bear bags. Another Q&A period, then we decamped, packed up, and hiked out.

The Inner Backpacker series of trips has since gotten underway, and many of the workshop and shakedown participants now have a couple of backpacking notches in their hiking sticks!

Photos: Shakedown hike into camp with full packs; lesson in water treatment; camp cooking.

Leave No Trace: Please don't feed animals

By Pete Lane

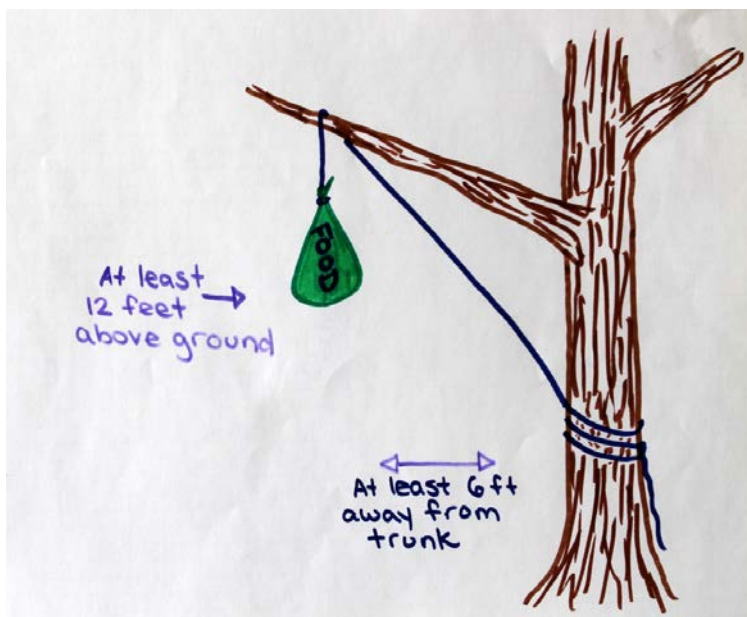
One aspect of the Leave No Trace principle for Respect Wildlife is to never feed animals, either intentionally or unintentionally. Feeding wildlife dangers their health, alters natural behaviors, and exposes them to predators and other dangers.

Feeding bears and other animals (even accidentally) leads to habituation, and habituation with food conditioning leads to relocation or even euthanasia; just like the infamous saying goes, "A fed bear, is a dead bear." This is why it is so important to store food properly while out in the backcountry.

What are animals attracted to? Anything with a scent, including food, food waste, food packaging, personal hygiene items, and lotions (including sunscreen and insect repellent). As the Yosemite Ranger told us, anything and everything that either goes in or on your body may be considered an item that bears can smell.

- At an established campsite, put food, trash, and other items with a scent in a bear box if one is present.
- When a bear box is not available, then hang these items. In order to properly hang a bear bag, there are a few necessary pieces of equipment:
 - 100' of rope or parachute cord
 - 1-2 carabineers
 - Stuff sack large enough for all food, trash and other "smellables" (soap, bug spray, toothpaste, etc.)

Place items in a stuff sack and then hoist at least 12 feet off the ground and six feet away from the tree trunk. This is often easier said than done and is best if practiced at home beforehand.



- A fool proof alternative is a bear canister. Bear canisters may be heavy (2 ¾ pounds) and bulky, but from a wildlife management viewpoint, they are effective.



Bear canisters have a several advantages:

1. Some places don't have adequate trees for a proper bear hang.
2. Bears aren't the only animals wanting to get into your food. Crafty raccoons have been known to thwart bear hangs. Canisters keep these critters out too.
3. "Oh darn, I forgot to put my toothpaste away!" Now you don't have to deal with the hassle of tying and untying the hang to get in and out of your food and other "smellables."
4. They're weatherproof.
5. Many places including the high peaks of the Adirondacks require canisters and don't allow bear hangs.
6. They're just quicker than setting up a hang.

It's never recommended that food and other items not be kept in your tent overnight.

Bear canisters are recommended In the White Mountain National Forest. The United States Forest Service (USFS) loans bear canisters free of charge which are available at all USFS offices and ranger stations.

Interested in learning more?

- Take the Leave No Trace online awareness course at: <https://lnt.org/learn/online-awareness-course>
- Attend a Leave No Trace Trainer course. This is a two day course with overnight. Search on the AMC webpage at www.activities.outdoors.org/search for Leave No Trace or on Leave No Trace website at <https://lnt.org/learn/courses>.

Black Bears and Micro-Bears

By Paul Glazebrook

Black bears are present throughout the New England region. I have never seen a bear in camp. Just seeing a bear is an unusual event. Enjoy the moment but keep your distance if you do encounter one.

I always practice camping techniques to minimize attracting a bear. Black bears are not generally aggressive and real attacks are extremely rare. Bears have very good sense of smell and are easily attracted to food smells. They will tear apart packs or claw tents to get at food and toiletries. Bears are omnivorous and will eat almost anything. On the other hand, bears have very poor eyesight.

Three general strategies have been employed to prevent bears from trying to eat my food:

- a. Hanging a food bag in a tree (the traditional method). This, in practice, is not easy. You have to find a suitable tree and then you have to hang the good bag at least 10 feet off the ground and five feet from the trunk. Bears have been known to chew through ropes or send their cubs up to the bag. Then, to use the food means multiple hangings and re-hangings.
- b. Various bear-proof containers, usually barrels made of stiff plastic, are now available, in which food can be placed and a tight lid can be screwed into place. I use one of these containers on my wilderness canoe trip. Some campsites, mostly in the west and along the Appalachian Trail in Massachusetts and in Ontario have bear-proof lockers for use.
- c. One can buy plastic envelopes (LocSak) that seal completely to prevent odors from escaping. One can place food and toiletries in these envelopes and hide them outside camp. If the envelopes are free of odor on the outside, the bear will not notice them. This might be a useful strategy for personal snacks and lunches.

You can also set up camp to minimize bear encounters:

- a. Keep the campsite as clean as possible; wash up dishes and put away food. Dishwater should be disposed of away from the tenting area. Do not leave any garbage lying around.
- b. If possible, try to separate the tenting area from the cooking area.
- c. Put food in the bear-proof container at night.
- d. NEVER have food in the tent and try to securely close up any lotions or deodorants that have a scent.
- e. In general, we will practice no trace camping. For us, that will mean packing out all plastics and metal and any garbage that will not burn easily.

As a general rule, if you see a bear, you should slowly back away. Do not run. Make yourself large and noisy and try to convince the bear that you are bigger than he is. Bang pots, jump up and down, wave your arms, and yell. If the bear thinks you are larger than he is, he will generally leave.

The greater problem is often chipmunks and mice. Almost every camp has its resident chipmunks. They are cute and curious but will sneak into packs, and, more problematically, chew holes in packs.

Second in a series of stories celebrating Worcester Chapter's 100th Anniversary.

History Corner: A Brief History of Albert H. Inman, First Worcester Chapter Chair

By Michele Simoneau

The first meeting of the Worcester Chapter of the Appalachian Mountain Club was held on November 20, 1918 at 21 Germain Street in Worcester, Massachusetts. This was the family home of Albert H. Inman. At the meeting Albert was elected as the first Chapter Chair of the Worcester Chapter.

Albert was born on June 30, 1868 in Worcester, the son of William H. and Mary E. (Cheney) Inman. He married Effie Barnes Moore on January 1, 1891 in Worcester. They had two children, Chester and Marjorie. Chester married and had four children, but Marjorie never married and lived with her parents until they died. Albert died at his summer home on Sterling Road in Princeton on August 22, 1948 at the age of 80. He is buried in the family plot at Rural Cemetery in Worcester.

At the time that Albert was elected as the first chapter chair in 1918, he owned the company Pratt and Inman, which was a dealer of iron and steel. Albert was the third generation of the Inman family to own the company, which was established as Pratt and Hathaway in 1829. Albert's grandfather, Francis Inman, joined the company in 1853 and worked his way up the ranks until he was invited to be a partner, at which time the company name was changed to Pratt and Inman. Albert's father, William Inman, joined the company as a clerk in 1865 and by 1871 had become a partner with Francis. Albert joined the company as a bookkeeper in 1889. He is listed as a salesman starting in 1896 and as an owner with his father in 1917. Albert's son, Chester, is listed as a salesman starting in 1917. When William retired in 1921, Chester joined Albert as an owner of the company. The company was sold outside the family in 1945-1946, moving to Auburn and retaining the name of Pratt and Inman.

The original address of the company was 17 Washington Square, which changed to 14 Cherry Street around 1900. The business did well and expanded to 12 Cherry Street and then again to 10 Cherry Street. Cherry Street no longer exists and the building that housed Pratt and Inman is no longer there. It was torn down in the 1960s as part of urban renewal. Today the new Worcester Regional Transit Authority (WRTA) headquarters is located where Pratt and Inman once stood.

The Inman family lived for decades in the Vernon Hill section of Worcester, starting in 1948 when Albert's grandfather Francis moved his family to Worcester. Albert moved into the five bedroom house at 21 Germain Street in 1895 and his father William moved into a large eight bedroom mansion at 7 Oak Street in 1898. After his father died in 1924, Albert moved into the house at 7 Oak Street, where he lived until he died in 1948. His daughter, Marjorie, remained in the house until 1950, when she moved to Princeton. His son, Chester, moved into the house at 21 Germain Street when Albert moved out and remained there until 1966. Albert's business must have been successful. The 1940 census lists nine servants living with him at the house on Oak Street. There was a cook, a kitchen man, three waiters, two porters, and two pin boys.

Albert was civic minded and active in the community. He served two terms on the city council and also served on the school committee for several years. When the Worcester Chamber of Commerce was formed in 1913, Albert was its first president. He was a Mason in the Quinsigamond Lodge. Besides being a member of the Appalachian Mountain Club, he was also a member of Worcester Art Museum, Worcester Civic Music Association, Worcester Historical Museum, Worcester Horticultural Society,

Worcester Natural History Society, and many other groups too numerous to list. He was a member of the YMCA for 65 years, which held the record for the longest membership.

Albert travelled extensively with his wife Effie and daughter Marjorie in the 1920s and 1930s to California, Mexico and Hawaii. One trip I took note of was a cruise from New York to California on the SS Columbus in 1931. The ship set sail from New York on January 20 and arrived in Los Angeles on April 25. Three months on a boat! And then there was the return trip.

Below are images of Albert's house at 21 Germain Street where the first meeting of the Worcester Chapter was held of the building which housed Albert's business, Pratt and Inman.



Teen Trail Crews on Bay Circuit Trail: Spaces still open in July and August!



Do you know a teen who is passionate about conservation?

Cares about making a difference in their community?

Wants to help in our mission to make the outdoors more accessible to all?

Maybe they're not ready to carry heavy packs miles into the backcountry, but they are excited to learn about trail stewardship and construction while enjoying the creature comforts of a front country campground...if so, spread the word about AMC's Bay Circuit Trail Base Camp Teen Crews! Our BCT teen crews work on beautiful forest conservation areas in outer-Boston during the day, and come back each night to a camp with a swimming pond, bathhouse, and canoes. [Sign up now through the Outdoor Trip Listings.](#)

Crews dates are:

July: Sun 7/23-Fri 7/28

August: Sun 8/6-Fri 8/11

Photo: 2016 BCT Crew at their worksite improving a steep, eroded slope along the Merrimack River in Andover, MA

Exciting News from AMC!

[Jennifer Norris Named Chief Development Officer](#) at Appalachian Mountain Club

[AMC Books Announces](#) the Publication of AMC's Best Day Hikes near Boston, 3rd Ed.

[AMC Books Announces](#) the Publication of AMC's Best Day Hikes near Washington, D.C., 2nd Ed.

Become an AMC Adventure Travel Leader

Sign up for Adventure Travel Leadership Training!

November 10-12, 2017

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip! This workshop provides important training to people who have AMC chapter leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership



(photo credit: Reji James – AMC AT Trip to Iceland)

training is necessary. Emphasis is on planning, cost estimating, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips. Exchange ideas, problems, and solutions with some of AMC's most experienced and skilled leaders. Small group size assures abundant discussion and access to instructors. Click below for a registration packet -

<http://www.outdoors.org/pdf/upload/LeadershipRegistrationForm2016.pdf>.

Location: Prindle Pond Conference Center, Charlton, MA

Cost: \$95 includes 1 night lodging on Saturday (Saturday lunch through Sunday lunch);

\$115 includes 2 nights lodging Friday and Saturday (Saturday breakfast through Sunday lunch)

Visit www.outdoors.org/adventuretravel for more information.

Hiking Spectacular Bryce & Zion National Parks

September 23 to October 1, 2017



Hike two of Utah's dramatically different National Parks, Bryce and Zion, that attract visitors the world over. Bryce Canyon, known for its hoodoos and sculpted multi-color landscapes, and Zion, for its narrow steep red rock walls and awesome geological features, offer hiking experiences high up on the rim and down on the floor of each canyon. At Bryce for two days we will hike the famous Fairyland Trail plus Navajo and Peekaboo loops for our up close experience with hoodoos. We have four days at Zion to hike high up to the East and West canyon rims, checkout Angels Landing, delve far into the Narrows portion of this slot canyon, and to soak up its many unusual geologic features including the Weeping Rock, Hanging Gardens and Emerald Pools. Trip price \$1,715 includes car rentals, motel lodging, breakfasts, dinners, and park admissions. Las Vegas airfare not included. For details see [trip prospectus](#) or

contact L Sarah Keats, slkski@gmail.com, 207-756-4226, CL Len Ulbricht, lenu44@gmail.com.

2017 AMC Fall Gathering

October 13-15, 2017 – Camp Robin Hood, Freedom, NH

Registration now open for your fall weekend in New Hampshire's White Mountains!

Join fellow AMC members for a great time at the 2017 AMC Fall Gathering in the heart of New Hampshire. Plan your getaway weekend this fall and join this annual AMC October event—a great time to be in the White Mountains! Come to...

Launch and Paddle from the host camp
Hike Mount Chocorua or other White Mountain
greats

Enjoy hearty meals and great company

Celebrate autumn's splendor

Get away and enjoy the great outdoors...



New Hampshire Metacomet-Monadnock Trail Bridge



*Volunteers stand on newly completed bridge on the M+M trail in Troy, NH
Photo Credit: Frank Bequaert*

Trail season is off to a great start on the Metacomet-Monadnock trail with the successful construction of a new bridge at Gap Mountain in Troy, New Hampshire. This project was the result of a successful partnership between AMC's Berkshire Chapter and the Society for the Protection of New Hampshire Forests (SPNHF). Volunteers recruited by both organizations worked over a series of three days to haul in material, prepare the site and construct the bridge. The project was led by the experienced and long-time leader for AMC Mike Zlogar, while funding was provided by SPNHF. To learn about more volunteer opportunities on the

Metacomet-Monadnock trail or its partner trail the New England National Scenic Trail, please contact Bridget Likely at blikely@outdoors.org.
