

Spring 2018

A close-up view of our chapter's vibrancy and dedication.

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Spring issue 2018 Letter from the Editors

The snow is melting (in Worcester county, at least), songbirds are back, and the sound of snowshoes crunching on the trail is transitioning into the squelch of hiking boots in mud. The Worcester Chapter is looking forward to our Annual Spring Picnic in May and to kicking off the spring season with backpacking, hiking, paddling, and biking to name a few activities.

With this new issue, enjoy reading about the history of the Midstate trail in our very own Central Mass., our Conservation Chair's account of the Mass Land Conservation conference in which AMC is just getting involved, adventures of the Burncoat High Adventure Squad (you'll have to read to find out!), leaving no trace in mud season, and more. Thank you to all who contributed articles and photos.

We hope you enjoy reading fellow chapter members' stories, and please be in touch (<u>newsletter@amcworcester.org</u>) with more contributions for the summer edition.

Happy Spring! Zenya and Alex

Alexandra Molnar Zenya Molnar Worcester Chapter Communications Co-Chairs



amcworcester.org Appalachian Mountain Club 10 City Square Boston, MA 02129



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

History Corner: Oh Sugar

Transcribed by Michele Simoneau, Worcester Chapter Historian

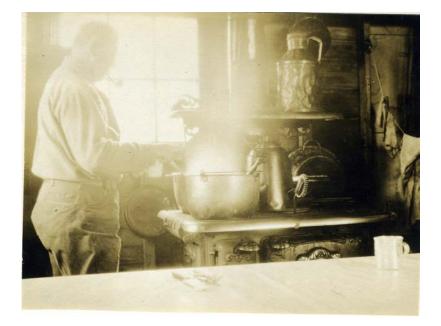
The 100th Anniversary of the Worcester Chapter is on November 20, 2018. Harriet Roe, one of the original Worcester Chapter members, kept a journal of Chapter activities during the years of 1926 – 1928. As part of the Centennial celebration, I will be transcribing entries from the journals for the Chapter newsletter. One popular activity was the annual sugaring off party at the Hut. Below is Harriet's account, along with a picture of Burt Greenwood at the stove boiling the maple syrup and a picture of some of the attendees, with the title of "A. M. C. School of Expression."

Harriet is in the front row. The picture of Burt is not the best because of the steam from the pot and light from the window, but I love the stove, the coffee pot, the water jug, and the clothes hanging on the line. It gives us a glimpse of the inside of the old Hut.

OH SUGAR March 3, 1928 Mr. & Mrs. Burt Greenwood

The familiar figure of Burt Greenwood presides over the pot. Who can make the sugar just as delectable as he can?

Sugar gone, most of the company gone, a few choice spirits remain to dance the wild fantastic. Fitchburg has then to be escorted to the station. Just how many can pile into John's car anyway, and it's no wonder that Dickie is thin.



A.M.C. School of Expression "Peace is what I seek" I see you! IUSE whatdo Pepsodont You can't seeme! I smell! Mary Low2 Hester Lowe J. Greenwood A. Beavmont Onemay smile I doubt it!! You don't! mean it! <u>Mrs. Grissmood</u> Is this a dagger and be a Aw, say! B. Greenwood villain." O. Anson A. Dickie which I see biforeme! Haha! SEcthe W. Braumont Caught you that time! pretty oh splash! Gat m'testy Raynore full-m'lasses covell birdie? smile! J. Knowlton H. Ros candy S. Anson

Adventures with the Burncoat Outdoor Adventure Squad

By Tom Donington

The Burncoat Outdoor Adventure Squad (BOAS) is an after-school organization at Burncoat High School in Worcester that takes students hiking, camping, canoeing, cross-country skiing, backpacking, and to do basically anything outdoors. Primarily serving students in poverty who are at-risk, BOAS works with AMC's Youth Opportunities Program (YOP) to provide free gear rental to students and coordinate trips. It has also become a leadership training program, particularly for recent immigrants and those with limited access to structured leadership opportunities. Students propose trips, participate in the planning and logistics, and then serve as trip leaders in the field.



Run on a volunteer basis by History and ESL teacher, Tom Donington, BOAS receives no funding from Worcester Public Schools, and all expenses are paid for out of his pocket or via donations.

In spring 2017, the AMC Worcester Chapter voted to donate roughly \$2,000 to sponsor two such trips: a June whitewater rafting excursion on the Deerfield River and a four-day trip to Acadia National Park over Labor Day weekend.



Mr. Donington came by the October 2017 Worcester Chapter Executive Committee meeting to share stories and photographs and to express thanks on behalf of himself and the children. He also shared some ideas about how the Chapter could potentially draw more youth from the city as they graduate high school and programs like his.

Enjoy the photos from Acadia National Park (this page top and left, second page top) and the Deerfield River (second page bottom). For more information about BOAS, please reach out to Mr. Donington at tomdonington@outlook.com.





Hiking Tripyramid North and Middle Peaks

Photos by Andrew Tippitt





Leave No Trace: Spring (mud season) hiking

By Pete Lane, Worcester Chapter member

What is mud season?

Mud season is that time of year when the ground is saturated with water. The rain, snow melt and frost thawing all create a condition where is ground is soft and very vulnerable to damage from hiking and other use. When hikers tramp on saturated soils, it causes soil compaction and erosion as well as damage to the trail and surrounding vegetation. It usually extends from mid April until Memorial Day.



One of the principles of Leave No Trace outdoor ethics is to only **travel on durable surfaces**. Rock is durable. Hard, dry soil is durable. **Mud and the surrounding soft ground surrounding are not durable.** Tramping around a wet area or monorail results in trail widening and trail braiding.

Soils in higher elevation soils take longer to dry out. Heavy winter snowfall and spring rains only extend the mud season. In spring, often a trail may be dry at the trailhead, but muddy at higher elevations. When this happens, please turn around!

Guidelines to follow when hiking during mud season

• If a trail is so muddy that you need to walk on the vegetation and soft ground beside it, turn back and seek another place to hike.



- Plan spring hikes in hardwood forests at lower elevations.
- Avoid spruce-fir (conifer) forest at higher elevations and on north slopes before late May and from the end of October until frozen or snow covered.
- As a guideline, stay below 3000 ft from April 15 to Memorial Day weekend. (In Vermont, high elevation trails are closed during this time.)

What are some good places to hike in spring?

- Roads closed in the spring, but mud free
- Recreation trails (rail trails)
- Trails at lower elevations once they have dried out
- Trails with south facing slopes that dry out earlier
- And consider other forms of outdoor recreation, such as paddling and biking.

Interested in learning more about Leave No Trace?

- Take the Leave No Trace online awareness course at: https://Int.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: activities.outdoors.org/search for Leave No Trace or on the Leave No Trace website: https://lnt.org/learn/courses.

The Massachusetts* Midstate Trail (MST) then and now

By Ken Baldyga, MST Archivist

In 1929 Maurice Chevalier sang "Every Little Breeze Seems to Whisper Louise." Today along the MST the breeze may whisper: Stuart & Taimi Van Buren, Bob & Anne Humes (generally regarded as the first woman maintainer), Bob Eaton, Lester Vielle and Stan Whitman. These were the pioneers of the MST who envisioned a continuous hiking path across Central Massachusetts from the New Hampshire line south to the Rhode Island line. In later years the baton was passed onto: volunteers Robert Vickstrom, Robert & Leah Divine, William Christensen, Rolf Larson (1999 Massachusetts Volunteer of the Year), Bob Elms and dedicated state employee Alan Long with the Department of Environmental Management (indicative of the state's commitment to the success of the Trail). In 1926 (three years before Chevalier) the MST had its beginning and the first mention of it appeared in the November 20, 1926 edition of the Boston Evening Transcript (in publication from 1830 to 1941) in an article written by Allen Chamberlain entitled "New Openings for the Year Round Sport of Tramping" (apparently, we didn't have a very good reputation back then ^{SO}). Remarkably, the well-preserved, laminated actual newspaper article (now 92) vears old) is part of the MST archives and states: "The Field and Forest Club adds an eighteen mile link in the cross-country tramping route to the New Hampshire Mountains- a Massachusetts extension of the popular Wapack Trail through Worcester County highlands from Watatic to Wachusett." And so, the MST was born, but it would prove to be a long and difficult birth.

Then came the 1930's...depression, unemployment, bread lines. On April 5, 1933 as part of his New Deal Program President Roosevelt established the Civilian Conservation Corps (CCC), a work relief program that gave young men employment on environmental projects during the Great Depression. In 1933 a CCC camp was established at Crow Hill in Leominster State Forest to build the rock stairs mentioned in the sixth edition of the MST Guide(p.16).** In 1936 the Central Massachusetts Trail Council(CMTC) was formed to lengthen and improve existing hiking and ski trails and connect them with similar trails leading to other states. Currently, the MST connects with the North-South Trail in Rhode Island and the Wapack Trail in New Hampshire providing 200 continuous miles of local hiking from the Atlantic Ocean to beyond Mt. Watatic into New Hampshire. Stuart Van Buren was chosen its Chairman. Among the organizations represented in the conference were the Appalachian Mountain Club and the Green Mountain Club, as well as seven other hiking and ski clubs. On November 16, 1937 Stuart Van Buren wrote a letter to the superintendent of Leominster State Forest indicating the Conference's "first objective was the re-opening of the Trail which formerly ran between Mt. Wachusett and Mt. Watatic, but which has been lost for use for some time... He requested permission to incorporate, in the Midstate Trail, that part of the trail which runs through state land...as well as the section which extends from Crow Hill to Redemption Rock." The MST was devastated by the great hurricane of 1938, one of the most destructive and powerful storms ever to strike Southern New England. In a report to the members of the CMTC Stuart Van Buren reported: "I wish to call your attention to the present unfortunate condition of our hiking and ski trails. Many of these trails have suffered greatly... It will be necessary to do some energetic work on them this fall or winter... I wish to call your attention to the proclamation of the governor in closing the woodlands of the state...The present fire risk is great...I wish to urge all of you to strictly observe this ban even though it will hamper and delay our program. The ban will surely be lifted once the danger is over." Thus, The MST began anew with a rebirth, and so ends the 1930s chapter of the MST.

The 1942 map of the MST indicated it was now in passable condition with some sections that could be more distinctly marked, but it was still only 20 miles in length. Of course, this era was marked by World

War II, and needless to say, the MST once again fell into neglect through the middle 1950s and was almost lost again.

Enter Stan Whitman of Worcester, a lawyer, who was a key figure in the trail's rebirth(yet, another) in the 1970s. Under Whitman, a member of the AMC and GMC, and Lester Vielle of the Worcester Section of the Green Mountain Club, a handful of volunteers began the task of renewing the 20-odd miles of the Trail. As they added members this group had one goal in mind- extend the MST to the Rhode Island border. This time, the MST Committee with Bob Eaton as Chairman and Whitman as Secretary, had firm plans to keep the Trail open and not again fall into disuse. The archives are rife with letters from Whitman to private landowners seeking permission for the Trail to cross their property. Also, about this time Bob Humes, an active trail worker for 30 years, worked to keep the trail open and painted and to get it off-road where possible. On March 15, 2002(generally recognized as the 30th anniversary of the MST's reconstitution) Bob's wife, Anne Humes, spoke before the PA Nature Conservancy: "In March, 1972 the first Tuesday of each month for 14 years became the time when evenings at our house(for the first 4 years at least) were used until very late for group trail planning meetings with table and floors covered with maps... I also worked alone with Bob carrying lumber for bridge construction hiking with a ladder for high installation of signs." Few people have dedicated themselves to the inception of the Trail as much as Stuart Van Buren, Lester Vielle, Bob & Anne Humes, Bob Eaton and Stan Whitman. Their extraordinary commitment and drive was greatly responsible for making the MST a reality.

In 1990, 1991 and 1992 efforts were made to publicize the Trail. Write-ups were made in the following: Fitchburg Sentinel, Leicester Journal, Gardner News, Auburn News, Worcester Telegram, Boston Globe, Charlton Gazette and AMC Appalachia Bulletin. This appears to have been successful based on the popularity of the MST today.

The MST passes through the following public lands: State Forest in Westminster, Westminster Conservation Commission area, Leominster State Forest, Wachusett Mountain State Reservation, Metropolitan District Commission, Barre Falls Dam (U.S Engineers), Rutland State Park, Buck Hill Conservation area, Spencer State Forest, Moose Hill Conservation area, Hodges Village Dam (U.S. Engineers) and Douglas State Forest. Also, the Trail goes through semi-public lands: Redemption Rock (Trustees of Reservations), Wachusett Meadows (Mass. Audubon Society), Treasure Valley (Boy Scouts of America) and Sibley Audubon Reservation(aka Burncoat Pond Wildlife Sanctuary). Also, Sibley Farm property now owned by the Greater Worcester Land Trust should be mentioned. Despite this, only about 55% of the Trail is protected. Another 15% is on roads and the balance, 30%, is on private land generously allowed access by land owners.

Other points of interest along or near the trail include:

- Five open-faced shelters at Muddy Pond in Westminster, Long Pond in Rutland, Buck Hill in Spencer, Moose Hill in Leicester and one in Douglas State Forest
- Mt Wachusett ski area
- Spencer Country Inn
- 10th Mountain Division WWII Memorial
- Historic old Rider Tavern built in 1797 in Charlton
- Historic home of Dr. William T. Morton, discoverer of ether as an anesthetic
- Sampson's Pebble, a large glacial erratic boulder
- Balance Rock on the Balance Rock Trail (go figure!)
- A cow tunnel under Route 20
- A remote one-room schoolhouse built in the 1840's

Some significant dates in the recent history of the MST include:

- September 7, 1985- trail dedication ceremony at the RI line where a new granite marker established the southern terminus of the Trail. On this occasion Governor Michael Dukakis issued a certificate to the MST Committee for "outstanding volunteer service in creating a continuous hiking trail from New Hampshire to Rhode Island through Worcester County."
- October 6, 1988- a granite monument was dedicated at the northern end of the trail on the NH line
- 1991- first organized hike series of entire Trail began. The total attendance on the series of 19 hikes was 493.
- May 19, 1992- MST Committee recognized as a Committee of the Worcester Chapter AMC and no longer regarded as an ad hoc committee.
- June 20, 1992- Ken Gulliver attempted to run the entire Trail in one day. He succeeded in doing 63 miles from the RI line to Route 68 in Princeton before darkness set in.
- June 5, 1993- Certificate from Governor William Weld to Lester Vielle "in gratitude for your path finding endeavors in establishing the MST through Worcester County which is deserving of recognition by all the citizens of Massachusetts".
- 1993- First copyrighted edition of the Midstate Trail Guide published in dedication to the memory of Robert Humes (1925–1991).
- 1996- World-famous rock climber and mountaineer, Henry Barber, participated in a maintenance project to help repair the Midstate Trail at Crow Hill in Leominster State Forest.

Today, the MST Committee, under the auspices of the Worcester Chapter AMC, continues the administration and maintenance of the Trail. The major source of funding continues to come from the sale of guidebooks (7th edition is underway) with supplemental support from AMC Worcester Chapter for special projects and power tools. The Committee is augmented by a large group of volunteer maintainers under the direction of Ed Faron, 2017 Appie of the Year. There are 30 sections of trail with 38 maintainers. Nine sections have two maintainers. There are nine women and eight at-large maintainers. There are nine AMC-certified sawyers (chain saw users) and nine certified swampers (aides who must accompany sawyers). Since 2010, 123 sections of either bog or stringer bridges have been erected totaling a quarter mile in length. The major focus is still on protecting the footpath from erosion and keeping a clear and well-marked trail. In 2017 100 blowdowns or leaners were removed by MST sawyers and Douglas State Forest rangers.

Both AMC and GMC local chapters assist with hike publicity and recruitment of volunteers. The MST Committee's meetings are open to the public on the third Tuesday of the month at the offices of the Greater Worcester Land Trust near Kelly Square in Worcester. The MST is not only a "gem". It's an entire 92 mile necklace. Its users inherit the legacy of those before us who had the vision and persistence we can only admire. The MST Committee welcomes anyone (especially young blood) willing to help maintain a part of this "close to home" Trail.

* There is also a "Midstate Trail" in Pennsylvania which we like to refer to as "the other" Midstate Trail.

** Thanks to Mike Peckar of the Green Mountain Club for mention of the CCC.

Worcester Chapter Volunteers of the Month

January: Joan Lattke

For taking over as co-leader on the annual High Cabin trip and for filling in as volunteer croo at the huts this summer. She is a long standing AMCer and always chips in whenever needed.



February: Barbara Beatrice

For her hard work at the Train the Trainer (T3) practicum at AMC's annual summit.



March: Paul Glazebrook

For his planning and leadership of the Welch-Dickey hike in January and his support of this year's Inner Winter Hiker program.



Spotlight on the Massachusetts Land Conservation Conference

By Jon DiRodi, Conservation Chair



On Saturday, March 24th, two other members from the Worcester and Boston Chapters and I attended the 2018 Massachusetts Land Conservation Conference, whose theme was Leading Locally in a Changing World, at the Worcester Technical High School in Worcester, Mass. I attended this event last year and noticed that AMC did not participate in the conference. My intention was to change that, and for the first time at the conference, which is in its 28th year, we were able to exhibit and

debut AMC. Our table drew various members, and we received interesting questions from members about conservation projects and issues. The conference had several for-profit and non-profit organizations, ranging from all over Massachusetts. There were several workshops throughout the day discussing conservation issues. During the conference the keynote speaker, Rand Wentworth, spoke about how nature can be a healing process for both mental and physical health in his talk entitled, "The Healing Power of the Land." What I took out of this presentation was that sometimes you have to step away from the world just for a while and let yourself indulge in the sounds and stillness of nature. This is definitely true, as if we take the time to appreciate the land and biodiversity that shapes our ecosystem, we will begin to understand why conservation is so important to our everyday lives.



Learn about the possibility of a Massachusetts Appalachian Trail License Plate!

The Appalachian Mountain Club and Appalachian Trail Committee (ATC) in Massachusetts are considering sponsoring a Massachusetts specialty license plate. Proceeds would help fund the maintenance and protection of the Appalachian Trail in Massachusetts. They need your help in determining interest level. Click <u>here</u> for more information on the program and <u>here</u> to go directly to a poll to express your opinion on the idea (no commitment implied). The survey closes on April 30, 2018.

Chapter kayaks available for loan

The Worcester Chapter now has three recreational kayaks, (plus paddle & life jacket) available to rent for chapter paddle trips. Two 13 foot Necky Manitous and a 12 foot Wilderness Systems Pungo, these are sweet boats that love to glide in a straight line on lakes and rivers. Both are also suitable for first time paddlers, particularly the Pungo with its greater width and a larger cockpit that is also helpful for paddlers with mobility challenges.

If interested, well ahead of time register for your event and mention you will need to borrow a boat. Then contact the paddling equipment manager at <u>paddling@amcworcester.org</u> as directed on the paddle listing. If you can transport the boat yourself, great. If not we'll to see what further options may be available.

Volunteer Trail Crew Opportunities

2018 registration is now open for AMC's volunteer trail crews! Being part of a trail crew is one of the best ways to combine your passions – getting outside and making a contribution to the environment. Here are some exciting programs to consider...

Volunteer Vacations – New for 2018

AMC Volunteer Vacation in Golden Gate National Recreation Area – San Francisco, CA Join one of two wee-long crews volunteering on trails in the beautiful Bay Area of northern California. Based out of comfortable hostels in the heart of the Golden Gate National Recreation Area our Adult Volunteer Vacation participants will lend a hand to maintain the popular trail network and have some time to enjoy the sights and sounds of San Francisco. When it is still snowy and cold in the northeast it is pleasant and mild in northern California! For more information and to register: <u>March 11-18, 2018</u> and <u>March 18-25, 2018</u>. For the full list of Volunteer Vacations, visit https://www.outdoors.org/volunteer/volunteer-trails/volunteer-vacations

Teen Trail Crew

A great way for your teen to act on their sense of purpose and contribute to a greater cause. Teen trail crews are active all summer from Pennsylvania to Maine and provide camaraderie with conservation

work. Whether it's 1 week, 10 days, or a 4-week leadership program, this experience will not only build trails, but confidence and commitment. Learn More »

AMC Adventure Travel Opportunities:

Wild Alaska Day Hiking and Touring by Land, Sea, and Air June 24-July 3, 2018

A spectacular trip for those looking to sample Alaska with only a daypack! Due to popular demand, we are offering a second session of this trip in 2018. On this spectacular journey, we will be hiking and sightseeing during the day, staying



in comfortable lodging at night, and eating fresh seafood and local grub all through the long days of Alaska's ephemeral summer. We will spend 10 days and 9 nights exploring Anchorage and the Chugach mountain range, Denali National Park, and rub elbows with the locals in the funky mountain town of Talkeetna (perhaps the model for the TV show, "Northern Exposure"). An 8 hours RT Denali NP Transit Shuttle to Eielson Visitor Center (mile 66) allows us to see high-alpine tundra, tremendous views of Denali on clear days, and chances to see large mammals such as grizzly bears and caribou. These buses stop for wildlife viewing, restroom stops and beautiful scenery, just like tour buses. We will also explore a 7.5 hours Kenai Fjords National Park's marine life and glaciers on a cruise in the fishing port of Seward. For more details, see the activity listing:

https://activities.outdoors.org/search/index.cfm/action/details/id/102528.

Greek Island Hiking Odyssey October 12-24, 2018

From Athens to Crete, Santorini to Mykonos and Delos, with many hidden treasures in between, join us on this fantastic hiking adventure of the Greek Isles. Be tempted by tasty local cuisine and volcanic wines or the celebratory tones of Raki. Gaze endlessly at the bluest of seas and become lost in the labyrinth



of cobbled lanes leading to peaceful coves and sun swept beaches. Hike over Classical Greek ruins and learn how this early civilization shaped the very world we exist in today. The god Apollo himself was born on these islands, so could there be a more appropriate place for a journey of discovery? Our trip is an active hiking excursion that is full of variety, including Crete's legendary hike through the Samaria Gorge, and the most famous hike of the Cycladic Islands - along Santorini's legendary caldera between Fira and Oia towns. For more information and registration, see the activity listing: <u>https://activities.outdoors.org/search/index.cfm/action/details/id/101420</u>

Mountain Leadership School – Learn to Lead

Mountain Leadership School is the AMC's most comprehensive outdoor leadership development program. MLS uses a learn-by-doing approach to teach the interpersonal and technical skills needed to lead and stay safe in the backcountry. Instructors are experienced outdoor leaders who keep the content relevant to today's challenges. The program is applicable whether you hike solo, with friends, or lead trips. Topics include: leadership styles, group dynamics, accident scene management, trip planning, and map & compass.

We're excited to offer three formats this year: standard, advanced, and Women's only. All courses are based out of the AMC Highland Center, and are 5 days with 4 days in the backcountry. June 2018 sessions enrolling now. More information: <u>www.outdoors.org/mls</u>



To register, call AMC Reservations at (603) 466-2727. Scholarships are available for Chapter members! E-mail <u>leadership@outdoors.org</u> for an application.

2018 Fall Gathering Camp Woodstock, Woodstock, CT Hosted by the Connecticut Chapter October 12-14, 2018

Be A Kid Again... Come to Fall Gathering in northeast Connecticut for a weekend of fun, friendship, and adventure. On the shores of Black Pond, Camp Woodstock offers heated cabins, unheated yurts, and a campsite with parking close by. The surrounding hills and dales offer the perfect setting for numerous hiking, biking and paddling activities led by experienced local leaders. At camp, there will be informative talks and activities for all, including archery, arts and crafts, a rock



climbing wall, etc. Tours of nearby wineries, antique shops and historic landmarks are leisurely daytime alternatives. A live band performance will round out the day on Saturday. Come and enjoy this beautiful, autumn getaway. You'll be glad you did!

Register at <u>outdoors.org/fallgathering</u>. Registration opens July 1! [Photo Credit Steve Gartska]

Teen Wilderness Adventure & Advocacy Program

Get out in the wilderness – then learn how to protect it!



In partnership with The Wilderness Society, AMC is excited to launch a new Teen Wilderness Adventure and Advocacy Program. The program will take place July 15 - July 28, 2018.

The program will combine wilderness backpacking in the White Mountains and a canoe adventure in New Hampshire's Lakes Region with learning about our public lands and developing advocacy skills. The advocacy training will culminate with a visit to Beacon Hill in Boston.

Financial aid is available. More info >