Seek the Peak – July 17-18, 2015

As the largest annual fundraiser of the nonprofit Mount Washington Observatory, Seek the Peak welcomes hikers of all ages and abilities to Mount Washington and its neighboring peaks and places of interest in the beautiful White Mountains of New Hampshire.

We invite you to participate and to Seek YOUR Peak... While many hikers will choose the challenge of summiting Mount Washington, others will opt for alternative mountain treks, or may even prefer a short “nature hike.” Some may just want to support the Observatory as “virtual hikers,” or simply join for the weekend festivities.

Of course, all are welcome. Ultimately the weekend invites hikers of all ages and abilities to Mount Washington Observatory, seeking the Peak as part of the nonprofit Observatory’s “virtual hikers,” or simply join for the weekend festivities.

In addition to getting outside and exploring White Mountain trails, the weekend includes:

• Kick-Off Party and Registration at the Weather Discovery Center
• Observatory Weather Station tours on the summit of Mount Washington
• An Expo featuring premier sponsors Eastern Mountain Sports and Vasque along with several other vendors showcasing and giving away product samples
• The famous After Party including a massive gear giveaway, dinner and live entertainment

• All while supporting the non-profit Mount Washington Observatory with pledges which in turn will earn you prizes!

Registrants are asked to raise a minimum of $200 as part of their participation; in turn they are awarded with fabulous prizes and more! Be one of the first 500 to raise $200 and earn a Seek the Peak Eastern Mountain Sports backpack and exclusive Seek the Peak T-shirt.

Since Seek the Peak was established in 2001, this great event has raised over $1.6 million for the nonprofit Observatory, helping it maintain its famous weather station on the summit of Mount Washington and continue its important work collecting weather data, performing research, and educating the public about the science of climate and weather.

Presenting sponsors include Eastern Mountain Sports and Vasque Footwear with support from Fairpoint Communications, White Mountain Oil & Propane, North Conway Lodging.com and Anthem Blue Cross Blue Shield in NH.

You can appear in AMC Outdoors!

Are your creative juices flowing? Good! For our November/December 2015 issue, we’re aiming to capture 48 HOURS IN THE LIFE OF AMC, from the volunteer-managed camps to chapter activities to the trails to the rivers to the movement to yep to—well, you get the idea. The 48 hours in question will be Friday, August 7 through Saturday, August 8, and we want to gather every photo, every paddle, every summit, and every quiet moment of reflection that you’re willing to share from that 48-hour period. We’ll weave all of this rich material from all of our many constituents — members, volunteers, board, staff, and beyond — into one epic timeline conveying just how awesome this club is and how truly proud of it we are. We’ll be reaching out to chapter leaders soon to enlist your help. We’re eager to showcase all of your excellent efforts to work together on these projects celebrating AMC!

Advanced Wilderness First Aid

Photos and story by Lisa Pengel

Advanced Wilderness First Aid certification classes were held May 2 & 3, 2015. This wasn’t just two days of intense training - it was also a lot of fun! We had a fantastic group this year, and the instructor Gerry Brace, of Solo Wilderness Medical Schools was great once again.

Wilderness First Aid certification is a requirement to be a trip leader for the Maine Chapter of the AMC. The Advanced class takes this certification one step further. The course emphasizes leadership skills and presents new skills such as litter packaging and traction splinting. Accidents happen, and you can be assured that your AMC Maine trip leader will have the skills to make a difference between a good outcome and a bad one, and maybe even save a life.

Several mock scenarios were played out during the two day course. One of these was as follows: Our group of seven hikers is in Mexico, hiking along a narrow dirt trail. We have a 40’ drop-off to our right. To our left is a vertical rock wall. We are hiking along, and suddenly a group of mountain bikers comes along a narrow dirt trail. We have a 40’ drop-off to our right. To our left is a vertical rock wall. We are hiking along, and suddenly a group of mountain bikers comes

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Several mock scenarios were played out during the two day course. One of these was as follows: Our group of seven hikers is in Mexico, hiking along a narrow dirt trail. We have a 40’ drop-off to our right. To our left is a vertical rock wall. We are hiking along, and suddenly a group of mountain bikers comes along the corner, knocking us off the 40’ cliff. We fall and land on rocks and dirt. Luckily another group of 14 hikers comes along to help us. Those of us that have fallen have fractures, sprains, spinal injuries, many cuts, and some concussions. The 14 rescuers are all AMC Maine chapter leaders and know exactly how to treat us! They begin with the patient assessment and finish with the treatment of injuries. There are many steps in between and we covered them all in two days of intense training! Hopefully we will never have to use

Annual Photo Contest

AMC’s 21st Annual Photo Contest is coming this summer from AMC Outdoors. This is the contest you know and love, showcasing your gorgeous photography, with a couple of twists. We’re adding a new category in 2016: Recreation Close to Home, focused on the adventures you find in the parks, preserves, and bike paths in your own neck of the woods, throughout the entire AMC region. We’re also upping the ante with a competitive contest pitting chapter against chapter, Maine against Mohawk Hudson: The recipient of our new Chapter Award, delivered to the chapter with the highest percentage of participation in the contest, will win a customized photography workshop with the staff of AMC Outdoors. For details, including the contest’s summertime launch date, stay tuned to outdoors.org/photocontest.

- continued on page 4
From the Editor

This issue we feature three different summer events. The popular Seek the Peak fundraiser will happen in July. The annual AMC photo contest will be running soon. The 48 Hours in the Life of AMC will occur in August. We encourage you to join one or more of these activities!

This issue we are starting a regular feature named The Volunteer Corner. Here we will be highlighting a volunteer opportunity in each issue. Take a look to see if this position will lead to your next great adventure!

We also feature in this issue some news from your regular Wilderness Matters editor, Carey Kish. He is in the middle of a through-hike on the Appalachian Trail. So far he seems to be doing well! His blog is available at http://mainetoday.com/blog/maineiac-outdoors/.

The weekend after Labor Day the chapter executive committee will be on retreat at two of the AMC lodges in Maine. We will be discussing the future of the chapter so if you have any ideas or concerns please let any of the chapter officers know!

Finally, the Maine Chapter’s annual meeting has been set for the weekend of November 6-8, 2015 at Camp Wavus in Jefferson. If you attended 2014’s AMC Fall Gathering you will know how beautiful this weekend of November 6-8, 2015 at Camp Wavus in Jefferson. If you finally, the Maine Chapter’s annual meeting has been set for the weekend so if you have any ideas or concerns please let any of the chapter officers know!

Doug Chamberlin
Chapter vice-chair and acting editor

Wilderness Matters is the newsletter of the Maine Chapter of the Appalachian Mountain Club. Opinions expressed herein do not necessarily reflect the policies or views of the AMC or the Maine Chapter. Not responsible for errors or omissions, except to acknowledge them in a subsequent issue. Copyright 2015 - Maine Chapter of the Appalachian Mountain Club.

Address corrections: Send to AMC Member Services, 5 Joy Street, Boston, MA 02108 | (800) 372-1758 | amcmembership@outdoors.org

Newsletter submissions and photographs: Send to Doug Chamberlin, Acting Editor, at newsletter@amcmaine.org | (978) 761-3815

Maine Chapter Executive Committee

Chair: Roger David, chair@amcmaine.org, (207) 737-9870
Vice Chair: Doug Chamberlin, vice@amcmaine.org, (978) 761-3815
Secretary: Mary Rundead, secretary@amcmaine.org, (207) 247-6123
Treasurer: Cindy Caverly, treasurer@amcmaine.org, (207) 465-9097
At Large & Nominating: Paul Hahn, atlarge@amcmaine.org, (207) 222-2387
At Large: Dave McCarthy, atlarge@amcmaine.org, (207) 363-2791
Conservation: OPEN, conservation@amcmaine.org
Meetings & Education co-chair: Jim Paterson, jeff@amcmaine.org, (207) 733-8156
Meetings & Education co-chair: OPEN, education@amcmaine.org
Membership & PR: Kristen Grant, membership@amcmaine.org
Maine Woods Initiative: Paul Hahn, paul@amcmaine.org, (207) 222-2387
Newsletter Editor: Carey Kish, newsletter@amcmaine.org, (207) 838-9669
Outings: Peter Roderick, outings@amcmaine.org, (207) 293-2704
Past Chair: Larry Dyer, past_chair@amcmaine.org, (207) 655-9097
Trails: Chuck Cram, chuck@amcmaine.org, (207) 247-0007
E-communications: Tim Flett, web@amcmaine.org, (207) 450-8089
Young Members co-chair: Sarah Keats, years@amcmaine.org, (207) 756-4226

Other Contacts

Regional Director: Sam Jamke, other@amcmaine.org, (603) 472-2536
Newsletter Designer: Laura Mier, brightred@blueladyclick.com, laura@brightred.com
E-networker Distribution: Laura Flett, enews@amcmaine.org
Chapter Youth Program: Jeanne Christie, youth@amcmaine.org, (207) 310-8708
Maine Policy Office
Bryan Wentzell, Maine Policy Manager, bwentzell@outdoors.org, (207) 899-0150
Karlin Bernard, Maine Program Associate, kbernard@outdoors.org, (207) 899-0150
Office: 30 Exchange St., Portland ME 04101.
Maine Woods Initiative Office
Dan Rinard, MWI Operations & Facilities Manager, drinard@outdoors.org, (207) 695-3085
Office: 15 Moosehead Lake Rd., PO Box 310, Greenville ME 04441

SUMMER CALENDAR: OUTINGS | EVENTS | MEETINGS | EDUCATION

A note about the listings: The listings below—presented in date order by category—include only those posted online prior to the submission deadline for this issue of Wilderness Matters. For the most complete and accurate information and up-to-date listings—and so you don’t miss spontaneous outings—please periodically check out the calendar online at www.amcmaine.org/calendar.

For general questions or comments regarding these calendar listings, contact Outings Chair, outings@amcmaine.org. Note: Please be courteous when contacting trip leaders by doing so before 9:00 PM unless otherwise specified, please and thank you.

Next Deadline for Wilderness Matters (Fall Issue) is September 1, 2015.

Wilderness Matters is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Please send submissions to newsletter@amcmaine.org. Submission guidelines: Articles, opinions, stories and such are limited to 400-500 words maximum (word counts greater than that will be edited or may not be accepted). Photos should be reduced in size to 1024 x 768 pixels or thereabouts and include a photo title and any other identifying info plus proper photo credit. Thank you!

Hiking

Saturday, July 4-Sunday, July 5: Beginners Backpack- Waterfalls and Ponds Beginners level 2 day backpack in the White Mountains. Visits 3 waterfalls and camps at Ethan Pond. 10.8 mi and 1,500’ elevation gain. Leader: Ray Cooper, 207-929-2726, before 9PM, rcoop207@roadrunner.com.

Saturday, July 11: Puzzle Mtn, Grafton Notch, ME 6.5 miles round trip to the southwest summit of Puzzle and back to the parking area. We will pass several ledges with fine views of the Bear River Valley, the Mahoosuc Range and the Presidential Range beyond. Moderate/ Strenuous, open ledges, steep sections. (approx. 3‘ vertical gain) Email leader for meeting place and time. Leader: Lisa Pengel, 207-212-6464, before 8PM, lisamaine3@yahoo.com.

Wednesday, July 15: Green Mountain, Effingham, NH High Watch Trail is a moderately steep, shaded old road to Fire Tower with great views of Lake Ossipee, White Mt., and Sandwich Range. 2.8 mi rt, 1,150’ gain, Leader: Jane Gibbons, 207-647-3987, before 9PM, patnjane@yahoo.com.

Co-leader: Herb Kingsbury, 207-439-6449, 7-9PM.

Wednesday, July 22: Blueberry Ridge, Evans Notch A pleasant morning loop hike over Blueberry Ridge with beautiful views of Evans Notch area and, of course, blueberries to pick. There are some steep sections. Approx. 4 miles RT. 1,150’ elevation gain, Leader: Jo Anne Dillett, 207-647-2117, before 9PM, jadillett@roadrunner.com.

Friday, July 24-Sunday, July 26: Third Annual Maine Interchapter Camping Weekend Join us for some summer fun and FREE camping at Rangeley Lake State Park! The Maine Young Members group is hosting our Third Annual Inter-Chapter Maine camping weekend! Come and meet folks from all over New England. There are plenty of hiking trails and mountains in the area, including many 4k’s. You can join us on a hike led by one of our volunteer leaders or go off on your own day adventure. We have a group site on the lake, so you can cool off with a swim or bring a canoe or kayak and go paddling (canoes also available to rent) and relax by the fire at night. Potluck dinner Sat night. Leaders: Denise Fredette, 207-939-3670, After 5PM, deniserae77@gmail.com, Sarah Keats, 207-756-4226, before 9PM, slkski@gmail.com.

Saturday, July 25: Burnt Meadow Mt 1575’/Stone Mt 1624’ 4.2 mile loop hike. Ascent over steep open ledges. Views from open summits. Leaders: Lorraine Hussey, 207-619-9444, before 9PM, lorrainehussey66@gmail.com, Debby Kantor, 207-854-3431, before 9PM, dlikan@aol.com.

Saturday, August 29: Caribou Mt 2840’ 7 mile loop hike in Evans Notch, Maine. Views from open summit. Leaders: Lorraine Hussey, 207-619-9444, before 9PM, lorrainehussey66@gmail.com, Debby Kantor, 207-854-3431, before 9PM, dlikan@aol.com.

Saturday, August 29: Isle au Haut Hike What better way to celebrate the final days of summer than a boat ride to an island for a hike. A small slice of Acadia National Park is located on Isle au Haut. The island can be reached by ferry from Stonington. Trails are gently
rolling with great ocean views. It’s estimated the hike will cover 6-8 miles. In addition hikers are responsible for purchasing the $39.00 round trip ticket. Leaders: Jeanne Christie, 207-310-8708, before 9PM, jeanne.christie@aswm.org; Larry DeHof, 207-310-8952, before 9PM, ldehof@access4less.net.

Saturday, September 19: Kearsage North 3268’ 6.2 mile hike to open summit with fire tower. Elevation gain 2600ft. Leaders: Lorraine Hussey, 207-619-9444, before 9PM, lorrainehussey66@gmail.com; Debbi Kantor, 207-854-3341, before 9PM, slkski@gmail.com.

Saturday, September 3: Rattlesnake Mountain · Young Members We will hike Rattlesnake Mountain in Raymond, ME. Enjoy the beautiful fall foliage with views of the surrounding lakes, ponds, and on a clear day, even the White Mountains in NH. We will spot cars and traverse the mountain from Nubble Pond Trailhead to Bri-Mar Trailhead, approx. 3.5 miles and elevation gain 600ft. Optional apple picking across from trailhead after the hike. Leader: Denise Fredette, 207-939-3670, After 5PM, deniserae77@gmail.com.

PADDLING

Saturday, July 19: Portland Harbor Sea Kayaking Young Members Join us for a sea kayak tour of a true New England working harbor; Portland Harbor has both remarkable natural and mammade beauty. Route includes a loop around Great Diamond and Little Diamond Islands and return, 7.5 miles roundtrip. 3 to 4 hours. As part of our water tour, we will also stop at Fort Gorges to take a walking tour of an 1860 stone fort. This trip is intended for kayakers with none to some experience who wish to experience the fun of sea kayaking. No kayak? No problem. Kayak rentals are available at the launch. This is intended as a Young Members trip, though all are welcome. Leaders: Jeff Aceto, 207-650-5674, before 9PM, acetoit@gmail.com; Sarah Keats, 207-756-4226, before 9PM, slkski@gmail.com.

Saturday, July 25-Sunday, July 26: Sea Kayaking: Advanced Skills Development Sea Kayaking: Advanced Skills Development. Join the AMC ME chapter as we advance our paddling skills with ace coach Greg Paquin of Kayakwaveology. http://www.kayakwaveology.com/ we will spend two days working rock gardens, stroke development, rolling and surfing. Group camping will be set up for the participants at an extra cost, but will be very affordable. Meals will be at camp or out, bring lunches, snacks. Breakfasts will be provided by the leader. Contact Al Mandell for registration. mandell.ah@pq.com, 207-402-1089.

Friday, July 31: Evening/Moonlight Canoe on Kezar Lake Join us for an evening/moonlight canoe on Kezar Lake. Kezar Lake has been described by National Geographic as one of the world’s three most beautiful lakes. It’s ‘once in a blue moon’ when the second full moon for the month of July rises on the 31st and we plan to be on the lake to enjoy it. BYOC (bring your own canoe) to enjoy wildlife and beautiful views as we glide through the water. Leaders: Jeanne Christie, 207-310-8708, before 9PM, jeanne.christie@aswm.org; Larry DeHof, 207-310-8952, before 9PM, ldehof@access4less.net.

Sunday, August 9: Sea Kayaking, New Meadows River From the Sawyer Park boat launch in Brunswick, we’ll paddle out with the tide, have lunch on an island, and return on the incoming tide. About 5 hours or so. We’ll watch for ospreys and eagles. Paddlers needing a kayak can rent at nearby SeaSpray kayaking for $35. An after paddle option will be gathering on the veranda at the Seadog for refreshments. Trip difficulty: moderate. Leader: Carolyn Welsh (207)725-8178. cwhelch6789@gmail.com.

Saturday, August 22: Sea Kayaking, Androscoggin River From the Water St. boat launch in Brunswick, we will paddle out with the tide, have lunch on an island, and return on the incoming tide. About 5 hours or so. We’ll watch for ospreys and eagles. Paddlers needing a kayak can rent at nearby SeaSpray kayaking for $35. An after paddle option will be gathering on the veranda at the Seadog for refreshments. If the downstream river flow is heavy, we will go to another nearby location. If weather conditions are not good, we’ll go Sunday, 8/23. Trip difficulty: moderate. Leader: Carolyn Welsh (207)725-8178. cwhelch6789@gmail.com.

TRAIL WORK

Monday, July 6 – Thursday, July 9: Trail Work - Gorman Chairback Lodge and Cabins - July 7-10, 2015 Trail work trip to the Maine Woods Initiative/100 mile Wilderness area. Lodging at Gorman Chairback Lodge and Cabins. Under the direction of Steve Tatro, Land Manager, we will pull a couple of slips out of the AMC job jar and go to work. Gorman Chairback Lodge and Cabins is located on beautiful Long Pond and near to the Appalachian Trail, The Hermitage and Gulf Hagas. When we are not working we can visit all three and more in this northern Maine woods paradise. Come work, hike, paddle, swim or just relax after a day of trail work in support of the AMC mission. Did I mention the delicious meals and beautiful lodge? Contact leader for further information. Leader: Peter Roderick, 207-293-2704, before 9PM, peterroderick1072@fairpoint.net.

Friday, October 9 – Monday October 12: Boundary Work - Little Lyford Lodge and Cabins-WMI Maine With dozens of miles of property lines, the AMC in Maine has lots of boundary marking to maintain. Join us for this unusual and fun activity. Bring your old work clothes (there is paint involved) and try something new. Help us maintain the boundary lines that define AMC property in the northern Maine woods. Stay at historic Little Lyford Pond Lodge and Cabins and experience the best of the old and the new. Comfortable bunksite, newly renovated lodge, fabulous meals and unbeatleable hospitality. Oh and by the way, few biting insects and peak foliage season. To learn more contact leader. Leader: Peter Roderick, 207-293-2704, before 9PM, peterroderick1072@fairpoint.net.

YOUNG MEMBERS

Wednesday, July 15: Happy Hour @ Stockhouse Restaurant - Young Members Celebrate Summer and enjoy Happy Hour out on the deck (weather permitting) with like-minded outdoorsy folks at Stockhouse Station Restaurant starting at 6pm. Make some new friends, catch up with everyone and see what’s in the works. Registration not required but helpful so we save enough seats. See you there! Host: Denise Fredette, 207-939-3670, before 9PM, deniserae77@gmail.com.

Saturday, July 19: Portland Harbor Sea Kayaking Young Members Join us for a sea kayak tour of a true New England working harbor; Portland Harbor has both remarkable natural and mammade beauty. Route includes a loop around Great Diamond and Little Diamond Islands and return, 7.5 miles roundtrip, 3 to 4 hours. As part of our water tour, we will also stop at Fort Gorges to take a walking tour of an 1860 stone fort. This trip is intended for kayakers with none to some experience who wish to experience the fun of sea kayaking. No kayak? No problem. Kayak rentals are available at the launch. This is intended as a Young Members trip, though all are welcome. Leaders: Jeff Aceto, 207-650-5674, before 9PM, acetoit@gmail.com; Sarah Keats, 207-756-4226, before 9PM, acetoit@gmail.com.

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Trip Listings - concluded

bring a canoe or kayak and go paddling (canoes also available to rent) and relax by the fire at night. Potluck dinner Sat night. Leaders: Denise Fredette, 207-939-3670, before 9PM, deniserae77@gmail.com, Sarah Keats, 207-756-4226 before 9PM, slkski@gmail.com.

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Friday-Monday, September 4-7: Inter-Chapter Young Members Adirondack High Peaks Weekend Have you ever been to the Adirondacks and explored their remote high peaks? We will be camping at a group site for three nights at the Wilderness campground at Heart Lake, in the same area as the Adirondack Loj. From there, we will have access to trails to hike Mount Marcy, the highest peak in New York state, and Algonquin, the second highest peak. We will also be in driving distance to numerous other high peaks, including the Adirondacks great range traverse, with one of my favorite mountains, Gothics. The high peaks are rugged mountains with long distances for the most part because they are so remote and they afford breathtaking views of the wilderness around them. Join us for a lead hike by one of our volunteer leaders or go off for your own day adventure. We will also be within driving distance of Lake Placid, which we may check out one of the nights in order to go out for dinner. In order to register officially for the event, a per-person fee will be required. Contact leader for amount. Contact me with any questions! Leader: Sarah Keats, 207-756-4226 before 9PM, slkski@gmail.com.

Our group also covered a mock drowning scenario, and ankle and wrist injuries with a group of trail runners. We all took part in packaging our human burrito volunteer (once she was wrapped in the tarp she resembled a burrito), placing her in a litter, and carrying her several times around the building and up and down hills. It took team work to accomplish this, always keeping in mind that this could be reality some day! Let’s hope not, but if it does happen we will be prepared.

According to a survey by SOLO, here are some of the common expedition problems (in no particular order):

- Blisters
- Burns
- Contact Dermatitis
- Dehydration
- Frostbite
- Headache
- Bites
- Heat Exhaustion
- Fractures
- Hypothermia
- Objects in Eye
- Impaled Objects
- Sunburn

2015 FALL GATHERING

YMCA Camp Chingachgook • Lake George, New York
Hosted by the Mohawk Hudson Chapter
October 16-18, 2015

Join us for a weekend on scenic Lake George in the Adirondacks! Choose from a variety activities including cycling local bike paths, paddling the coves, hiking summits, relaxing by the lake, and much more. Start planning your fall adventure at outdoors.org/fall gathering today!
NEW GUIDEBOOK
AMCs Best Day Hikes Along the Maine Coast

This hiker is pleased to introduce the Appalachian Mountain Club’s “Best Day Hikes Along the Maine Coast,” a brand new guide designed to take readers on a grand journey of discovery.

I had the distinct honor of writing the book and can therefore say with a high degree of confidence that anyone seeking outdoor pleasure and healthful exercise will find the book an interesting, useful and trustworthy pathfinder, and a fine compliment to AMC’s “Maine Mountain Guide.”

The Maine coast ranges over a geographic expanse of 230 miles from Kittery to Lubec as the crow flies, but an incredible 3,500 miles when every nook and cranny and some 3,000 islands are accounted for on the undulating margin along the Gulf of Maine between New Hampshire and Canada.

The topography of the Maine coast is as varied as could be, a natural museum of sandy beaches and rocky headlands, bold ocean cliffs and blueberry barrens, quiet salt marshes and wildlife-rich estuaries, long finger-like peninsulas and deep-water coves, spruce-studded islands and wide bays, pristine lakes and ponds, free-flowing rivers and streams, woods of pine and oak, maple and birch, gentle hills and mountains peaks of pink granite.

Hundreds of miles of foot trails await hikers for many hours and days of exploration through the wealth of conservation lands that protect these special places, from state parks and public lands to federal wildlife refuges, a national park and an estuarine research reserve, to private land trusts and conservation organization properties of every shape and size and character. In fact, in just the last four decades the total amount of land in conservation in Maine has increased from just 1 percent of the state’s area to an estimated 20 percent, or 3.72 million acres.

The hikes are geographically dispersed along the coast so as to provide the best glimpse into the many and varied possibilities along Maine’s coastline and coastal interior, from York County and Casco Bay to the Midcoast to Acadia National Park and Downeast.

Individual hike descriptions include a difficulty rating, distance, elevation gain, estimated time and pertinent trail maps. Directions to the trailhead and GPS coordinates are included. Trails are described in colorful detail, with notes on pertinent natural, human, and geologic history to be found en route, as well as information about flora, fauna, and any landmarks and other points of interest to be encountered. A simple trail map outline and a photo provide perspective.

Through the writing of this book, I enjoyed the incredible opportunity of exploring the full length of the Maine coast while experiencing the bounty of natural beauty that defines its parks and lands and preserves, as well as its people, food and accommodations. What an incredible journey it was!

So many individuals across the state of Maine provided assistance along the meandering two-year path that was this book project from start to finish. A huge thank you from the soles of my hiking boots to the depths of my heart to the smile on my sunburned face is due everyone that lent a hand in any way, from my wife and a handful of friends, to the good folks at the AMC to the many wonderful individuals in the conservation and recreation arena along the Maine coast and beyond.

I hope you’ll grab a copy and spend some quality time discovering the Maine coast on foot this year. As for me, I’m celebrating the completion of the book with a thru-hike of the 2,200-mile Appalachian Trail. Look for dispatches direct from the trail in future columns.

Carey Kish of Southwest Harbor has been exploring Maine’s coastal and mountain hiking trails for more than four decades. Follow Carey’s adventures in his Maineiac Outdoors blog at: mainetoday.com/blog/ maineiac-outdoors.
Tell us a little bit about yourself, where you grew up and how you began hiking.

I was born in CT, grew up in southern NH, and did my first hike at 3 years old, Mt. Monadnock, with my family. Mt. Monadnock is one of the most popular hikes in the world. I don’t remember the hike at all, but have been told I completed it on my own with a little assistance up a handful of small ledges. I am the youngest of three boys. We started hiking regularly when I was 6. The White Mountains of NH are where we spent the most time and I fell in love with the hikes and trails there. I love the variety, it is such a great place. I basically grew up hiking there. It is still my favorite place to be.

I grew up in NH, went to college in NH, and received a BA in politics from Saint Anselm College. I lived in VT for a few years when I attended Vermont Law School, where I earned a JD. I spent 3 years living in VT and got to know that state a lot more. I moved back to NH temporarily to work on a political campaign which eventually brought me to Maine. I moved to Maine in 1997, and currently live in Hallowell, Maine with my wife Maria and our 14 year old son Anthony. I am employed by Maine Coast Heritage Trust and coordinate their public policy activities.


This is my third published book, 115 day hikes in New England covering all six states (ME, NH, VT, CT, MA, RI). The bulk of the hikes are in the 4-8 mile range. However, there are a few shorter walks as well as longer treks for the more adventurous. When possible, I chose trailheads where people can get a variety of mileage options. For example, there are hikes in here with a suggested itinerary of a half dozen miles or so, but once at the trailhead you may have the option to do an all day hike in excess of 10 miles, depending on your schedule or ability. Readers will find the reverse as well. Each hike comes with a map of the trails and a photo that captures one of the journey’s natural or scenic features.

The information for each hike, in addition to the maps and photos, includes distance, difficulty, and whether it is hike-able all year. The book also provides information about many of the region’s land trusts which are actively protecting places researched.

What did you need to do to gather all of the information for this book, and how did you choose which hikes to include?

I started writing book #3 about two years ago, and did most of the research over the course of the following 14 months. You would be surprised at the travelling I did for this research and how many hikes I would do in a short amount of time. For example, I would go to VT or western Massachusetts, spend a week there, line up a list of destinations, often do multiple hikes in a day, and return home with another dozen places researched.

I started with an initial list, a lot of it was based on previous experiences, particularly in northern New England. Some of the southern New England hikes I did for the first time while doing the research for this book. There are great resources available online, for example, the states of CT and MA have informative websites for their public lands. It gave me a good sense of what was out there and how to narrow down possible hikes to include. When possible, I would pick hikes that were part of longer trail systems, such as the Bay Circuit, Wapack, New England, Long, and Appalachian Trails. In many respects, the described hikes I ended up with serve as an introduction to a hiking resource with a seemingly endless list of potential future day hikes.

Tell us a little bit about yourself, where you grew up and how you began hiking.

I grew up in NH, went to college in NH, and received a BA in politics from Saint Anselm College. I lived in VT for a few years when I attended Vermont Law School, where I earned a JD. I spent 3 years living in VT and got to know that state a lot more. I moved back to NH temporarily to work on a political campaign which eventually brought me to Maine. I moved to Maine in 1997, and currently live in Hallowell, Maine with my wife Maria and our 14 year old son Anthony. I am employed by Maine Coast Heritage Trust and coordinate their public policy activities.


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The Appalachian Mountain Club offers annual training opportunities for AMC members to become Information and/or Naturalist Volunteers. The 2015 training sessions were held the weekend of June 5-7, 2015 at the Gorman Chairback Lodge in Greenville, Maine. Two other session were offered during the month of May, at two other locations: Mohican Outdoor Center in NJ, and the Highland Center in NH.

This year’s training was the third such weekend event that Jeff and I have attended. By being naturalist volunteers, we are able to share our love of natural history by staying in the huts and lodges and offering “talks and walks” with anyone interested. We are given a list of available dates for the summer season, where there are openings to hike these naturalist stints. Openings are available for naturalists whenever the AMC staff naturalist is off duty at a particular hut or lodge. During the summer of 2014, Jeff and I had the pleasure of doing four naturalist stints in the high huts of the White Mountains.

Throughout our training weekend, the workshops were organized to include opportunities to learn about the many aspects of the natural world and tips on how to share our enthusiasm for the natural world in both presentations and when speaking to the public when we volunteer. Thanks to Nancy Rigter, AMC Senior Interpretive Naturalist, and Kelli Sheddy, AMC Volunteer Coordinator, for once again putting together a great program.

Friday we arrived at Gorman to a hearty meal of grilled salmon and blueberry sauce, rice pilaf, salads, grilled asparagus, and cheesecake! A full bar is also available. We enjoyed our talk by Steve Tatko, the manager of the Maine lodges. Saturday, after a very hearty breakfast of banana muffins, bacon, fruit salad, and pancakes, we had a full day of workshops, mostly held outside where we enjoyed bluebird skies and views of the ponds and peaks. We managed to fit in a hike to Third Mountain, which connects to the A.T., and many of us participated in role playing and impromptu natural history teaching and learning along the way. Saturday evening we were treated to another fabulous meal, a full turkey dinner, complete with stuffing, potatoes, salads, blueberry sauce, rice pilaf, and strawberry rhubarb cobbler! Saturday evening activities included a bonfire with homemade smores, star gazing, swimming, and paddling. Sunday morning breakfast was just as fabulous, and our morning activities were informative and fun. Several of us gave impromptu teachings and talks, some included walks along the trails outside or wading in the ponds. Each day a bagged lunch was provided to us that we could take with us during our activities and travels.

Being volunteers for AMC is just one way of giving back and encouraging others to step outside and enjoy the world around us!

Link to Gorman Chairback Lodge on AMC Outdoors: http://www.outdoors.org/lodging/lodges/gorman/index.cfm

What are you doing with all of your spare time now that the book is completed?

Currently I am hiking with my son as he completes his first 4k’ list. He is up to approx 35 peaks, and although I have done all of the 100 highest in all seasons, I have not done any of the Baxter peaks in winter, but I imagine my son will drag me up there in winter at some point. I hike for the experience of the hike. I like having a list that encourages me to go places I may not ordinarily go. I may do a weird configuration of a hike, just to do something different. It is also always fun going back to places visited before. The same hike is never the same. Weather conditions are different and who knows what bird or animal will be encountered the next time one journeys along a familiar path?

Volunteer Corner

Currently the Chapter needs a chair or co-chairs for Outings, a chair for Conservation and a member for the newly created position of Chapter Historian/Archivist. The committee chairs are voting members of the Executive Committee. While members may not want to chair a committee, membership on committees is encouraged and appreciated! To express an interest and for more information, contact Paul Hahn, Nominating Chair: atlante@amcmaine.org or (207) 222-2837.

Help Wanted in Bangor Area!

The Maine Chapter is also currently looking for a volunteer to coordinate the Meetings and Education Committee in Bangor. M&E provides evening events on a roughly monthly basis from October through May. These indoor events are typically a presentation on an outdoor adventure or a more educational presentation on topics such as Maine State Parks or winter weather on Mount Washington. Events are typically held at the Fields Pond Audubon Center in Holden or the Bangor Public Library. The events are open to all, members and non-members alike, and sometimes include a potluck meal prior to the presentation.

Gerry Sawyer, our current M&E Chair in Bangor, is moving on to other commitments and so can no longer perform this function. Plenty of help is available for a new volunteer. Both Gerry Sawyer and Lisa Pengel, our current M&E Chair for southern Maine, will help a new volunteer get started in this function. And the Executive Committee can also provide lots of specific help generating speakers and booking venues. This is a Maine Chapter activity that has been very active for the last 10 years and the process is well-documented and easy to learn. If you or someone you know could help the Chapter with evening events, please contact Paul Hahn (contact info above).
Young Members Section

Our focus is to get young folks in their 20’s and 30’s and the young-at-heart involved in outdoor recreation, raise awareness of conservation and sustainability and have fun!

Interchapter Young Members—More Activity, More Fun by Denise Fredette

I can still remember my first Young Members (YM) event a few years ago. I hiked a half mile into the woods to come upon a lodge filled with strangers dressed in all manner of semi-formal wear, and hiking boots, playing lawn games. It was a New Hampshire YM event titled “Suits and Boots – Hikers’ Prom.” I didn’t know anyone there; yet, I was immediately included in the festivities. Everyone was very friendly. The whole thing was so much fun, that I kept signing up for more YM events regardless of Chapter hosting. This is a group of my peers interested in doing more than spending weekends at the bar. They connect with nature and each other through hikes and other outdoor activities, but most importantly, the YM’s have FUN. Now, with more activities being offered because of interchapter partnerships, it is an exciting time to get involved in the Appalachian Mountain Club Young Members group.

This past Memorial Day weekend, both Maine and New Hampshire AMC YM leaders hosted an Interchapter Hut weekend at Carter Notch Hut in the White Mountains of New Hampshire. The activities included an official hike to the Wildcat Mountains as well as several other informal hikes, an amazing burrito potluck dinner on Saturday night, some entertaining games, and even an impromptu group shoulder massage. Members from as far away as Wisconsin and New Jersey attended. Some came, not knowing anyone and left having made 20 new friends. That’s the nature of these gatherings. Many of us come from different states, but we all have a common love of the outdoors. We are a hiking family that may go months without seeing each other, but then these interchapter weekends bring everyone together again.

The Interchapter Hut weekends are part of a growing collaboration among the Young Members from the various chapters. The goal is to be able to offer more activities that appeal to YM’s and increase participation in YM events. There are now several Interchapter Hut and camping weekends offered throughout the year. Trip leaders from New Hampshire and Maine are also co-leading hiking trips and have just started offering kayaking trips this year with the help of established paddling leaders.

Maine will be hosting its Third Annual Interchapter Camping weekend in Rangeley, Maine July 24-26, 2015. This Maine camping weekend is a great chance for YM’s from all over to explore Maine’s beautiful mountains and come together again for a fun weekend with the hiking family. Whether you are a regular attendee or have never participated in an AMC activity before, there’s something for everyone and we always have fun!

To be added to our Events mailing list, email: amcyoungmembers@amcmaine.org
Join our group on Facebook: amcmaineyoungmembers

Young Members Retreat by Kim Sanders

Susannah Hatch, the Volunteer Relations Coordinator on staff at Joy Street, gathered information from the participants beforehand to see how best to use this precious time together. Most individuals’ objectives were to: find out more about AMC, meet other Young Members, capture ideas that are working for YM groups, brainstorm solutions to our common challenges, and networking. Additional presenters were Colleen Youl on college engagement and Kaitlyn Bernard on conservation. Denise Fredette and Sarah Keats from the Maine Chapter, and Alison Terjek from the Connecticut Chapter each lead a hike Saturday afternoon.

Throughout the weekend, we worked hard to foster open communication, solutions-oriented discussions, to build a platform for integrating the information into what is currently being done and thoughts for change for the future, all while keeping it FUN!

Some of the challenges we addressed were getting more participants at our events, getting participants to take the next step and volunteer (ASK THEM!), spreading the word about Young Members, aligning practices within each Chapter, and more training opportunities.

By the end of the weekend, thanks to the supportive and unified group dynamic, most participants had already planned some sort of Inter-Chapter YM event with their neighboring Chapters. We focused on next steps to keep the momentum going as a group as well as back with our own Chapters. We will reconvene at the Fall Gathering on Lake George this October 16-18.

Wildcats Interchapter Hike - May 2015

It wasn’t all work! Half the the group on Pierce Mt (4311 ft). Photo: Chris Higgins

On the last Friday of May, many Young Member Chairs/Co-chairs found themselves traveling to the 2nd Young Members Leaders Retreat, held at the Highland Center in Crawford Notch. Representatives from 9 of the 12 AMC Chapters were present, including the Washington DC Chapter and four folks from New York-North Jersey! It was through the support of our Chapters, the Club, and individual dedication that this weekend was able to happen and be such a huge success!