



MAINE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

Maine Chapter
Appalachian Mountain Club
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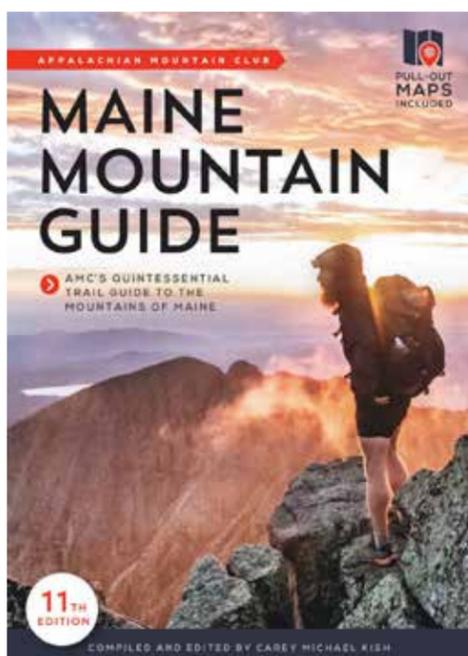
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WILDERNESS MATTERS

VOLUME XLIII • NUMBER 4 • AUTUMN 2018

Newest Maine Mountain Guide Features a Wealth of New Trails and Mountains and Close to 1,500 Miles of Hiking

By Carey Kish



The AMC Maine Mountain Guide is the only comprehensive hiking guide to the mountain trails of Maine and considered by many to be the hiker's bible. The newest edition, the 11th since the book first appeared in print in 1961 is now available online and at bookstores and outdoor retailers most everywhere.

For the second straight time, this hiker has served as the author/editor of the guide. I can tell you first hand with a high degree of confidence, therefore, that this book continues its long tradition as a trusted resource and essential companion for all those who seek outdoor adventure and good fun on the pathways through the woods and mountains of Maine.

Two full years in the making, the latest edition of the Maine Mountain Guide has been painstakingly revised, updated and expanded. The beefy 590-page book, now as thick as the gold standard AMC White Mountain Guide, captures and describes a whole host of new trails and summits as well as all of the old favorites.

More than 175 new trails on 50 new (previously undescribed) mountains have been added, thereby increasing the already wide variety of hiking possibilities available for every interest and ability level. In all, 625 trails are described on 300

mountains, a hiking bounty totaling close to 1,500 miles, from easy woodland walks to moderate hill climbs to strenuous mountain traverses.

The hiking trails are segmented into 12 geographic regions and range from Mt. Agamenticus in the southwestern corner of the state to Deboullie Mtn. and Black Mtn. in northern Aroostook County, and from Aziscohos Mtn. in northwestern Maine near the New Hampshire border to Klondike Mtn. in Lubec, not far from the easternmost point in Maine and the international border with New Brunswick, Canada.

Two folded, full-color topographic map sheets highlight six popular hiking destinations: Baxter State Park and the Katahdin region, the 100-Mile Wilderness, the Bigelow Range, the Camden Hills, Eastern Mt. Desert Island, and the Mahoosuc Range and Evans Notch regions. In addition, there are 17 new black and white maps within the text of the guide (for a total of 22 now) that depict concentrated trail networks in areas like Donnell Pond, the Kennebec Highlands, Bradbury Mountain and Bald Pate Preserve, for example.

The front of the guide provides a wealth of useful information, from an overview of Maine's public and private lands, the state's geography, geology, climate and vegetation, and trip planning, weather and safety, to a complete hiking gear list, backcountry hazards and Leave No Trace principles.

Each trail section begins with an introduction to the region, then provides an overview of the area's geography and general information on road access and camping options. This is followed by a list of suggested hikes, which range from easy to moderate to strenuous, a quick and easy method for choosing where to go.

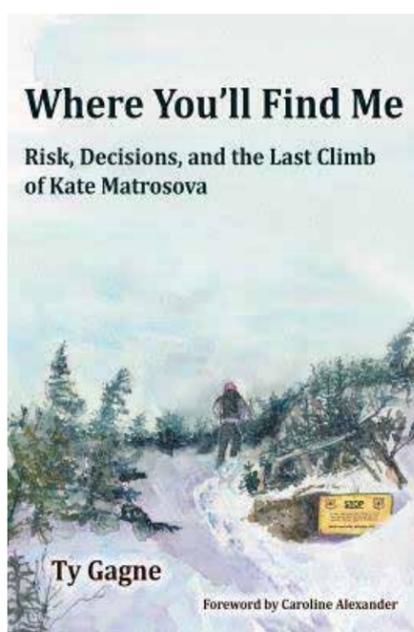
For each individual trail description, detailed directions to the trailhead are provided, thereby eliminating the worry of finding the start. A summary table

- continued on page 2

The Maine Chapter's Annual Meeting Is November 10 at the Clarion Hotel in Portland, with Author Ty Gagne as Featured Speaker

The Clarion Hotel in Portland is the site of the AMC Maine Chapter's Annual Meeting. Festivities will start with registration and social hour at 5:30 PM (one free drink with registration and cash bar). We'll start dinner around 6 PM, and the business meeting with recognitions of our outstanding volunteers will follow at 6:45 PM.

Our featured speaker is Ty Gagne, the author of *Where You'll Find Me: Risk, Decisions, and the Last Climb of Kate Matrosova*. Ty Gagne is an outstanding speaker and prepared a detailed account of the last hike of Kate Matrosova, an avid mountaineer, who set off before sunrise on Feb. 15, 2015 for a traverse of the Northern Presidential Range in New Hampshire's White Mountains. She was found late the following day when rescuers carried her frozen body out of the mountains amid some of the worst weather ever recorded on these deceptively rugged slopes. What went wrong? Ty's book, *Where You'll Find Me*, offers possible answers to that question, demonstrating through Matrosova's story—what



we know and what we will never know—and represents an intriguing and informative case study in risk analysis and decision-making.

Ty's book is highly recommended for anyone who hikes, and particularly those that hike in the winter and in the Presidential Range. The book offers many insights and lessons learned about risk, humility, ego, preparedness, selfcare, technology pros and cons, and more.

Registration for the Annual Meeting is now open. The cost is \$25 per person (includes free parking, buffet dinner, desert, and ticket for one adult beverage). A cash bar will also be available.

Payment may be made by check or PayPal. Please send payment by check to: Cindy Caverly, AMC Maine Chapter Vice-Chair & Treasurer, 76 Pine Beach Rd., Belgrade, ME 04917. To register online and pay via Pay Pal, go to: www.amcmaine.org/2018-annual-meeting.



Night sky at Gorman Chairback Lodge, July 2018. Mother Nature's reward for trail work volunteers in the Maine Woods. Photo by Zoe Dickerson.

Find us on 

<http://www.facebook.com/MaineAMC/>

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 its Maine Chapter. Not responsible for errors or omissions, except to acknowledge them in a subsequent issue. **Copyright 2018 - Maine Chapter of the Appalachian Mountain Club.**

Address corrections: Send to AMC Member Services, 10 City Square, Boston, MA 02129 | (617) 523-0655 | amcmembership@outdoors.org

Newsletter submissions and photographs: Send to Carey Kish, Editor, at newsletter@amcmaine.org | (207) 838-9669

Deadline for submissions to Wilderness Matters (Winter Issue) is December 1, 2018.

Submission info: 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 email submissions to newsletter@amcmaine.org. **Submission guidelines:** Articles, opinions, stories and should be limited to 400-500 words maximum (word counts greater than that may be edited or may not be accepted) in an attached Word or similar document that is clearly labeled. Images should be reduced in size to 1024 x 768 pixels or thereabouts and include a photo title, captions and any other identifying info plus proper photo credit. Use of Dropbox to send images would be great too. Thank you!

Maine Chapter Executive Committee

Chapter Chair: Kathleen Redmond-Miller, chair@amcmaine.org, (207) 400-2529

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Young Members Co-Chair: AVAILABLE

Young Members Co-Chair: AVAILABLE

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15 Moosehead Lake Rd., PO Box 310, Greenville, ME 04441

AMC Headquarters 10 City Square, Boston, MA 02129, (617) 523-0655

Maine Mountain Guide *continued from page 1*

lists distances, estimated times, and elevation gain, which are cumulative from the beginning of the hike.

The back of the book features helpful information and contacts for every organization and concern mentioned in the text, and for peakbaggers, a list of New England 4,000-foot mountains as well as the New England Hundred Highest.



The new Maine Mountain Guide describes a remarkable 625 trails on 300 mountains around the state. Carey Kish photo.

Open the new Maine Mountain Guide wide, thumb through the pages, scribble some notes, pore over the maps, dream a little, and plan your next adventure or two. So many wild and scenic natural places in our beautiful state await your footsteps, your eyes and ears, and the company of family and friends. Start your journey with this guide then go enjoy and savor time well spent in the Maine woods.

I'll be speaking on Maine's remarkable bounty of hiking covered by the guide at numerous locations around the Pine Tree State this summer, fall and winter. Check my Facebook page for information on dates, times and locations. And I hope to see you out on the trail somewhere!



January 26, 2019

Four Points by Sheraton, Norwood MA

Please join AMC in kicking off another year in the outdoors! No matter what adventures you are planning for 2019, the 143rd Annual Summit has something for you. This event will connect both newcomers and lifelong members with valuable resources and provide opportunities for meeting people with similar interests and passions.

Annual Summit is AMC's thank you to our dedicated volunteers and members! We welcome you to sign up for a combination of workshops, trainings, and meetings that matches your interests. The full list of offerings will be available at outdoors.org/annualsummit starting in October.

This event will feature:

- Interactive workshops led by AMC experts and outdoor pros
- Organization-wide committee meetings
- A delicious buffet lunch
- AMC's annual volunteer service awards
- The 143rd Annual Business Meeting
- Early evening reception, with complimentary drink and hors d'oeuvres
- Updates on AMC's work in conservation, recreation, and education

For those interested in staying over Friday and/or Saturday night, AMC will arrange for special group rates. Visit our registration page after October for more details.

Registration Opens November 1st!

Early Bird Special Pricing: Pay \$35 when you register before January 1, 2019. Regular rate of \$45 applies after January 1, 2019

Register starting November 1 at www.outdoors.org/AnnualSummit

STAND UP FOR MAINE!

Say NO! to CMP's 145-mile transmission line across Maine's mountains and rivers *By Kaitlyn Bernard, AMC Maine Policy Manager*

Here in New England much of our energy infrastructure is regional. States have varying energy demands and independently set targets and renewable energy goals. Recently, Massachusetts put out a request for proposals to bring additional renewable energy to the state.

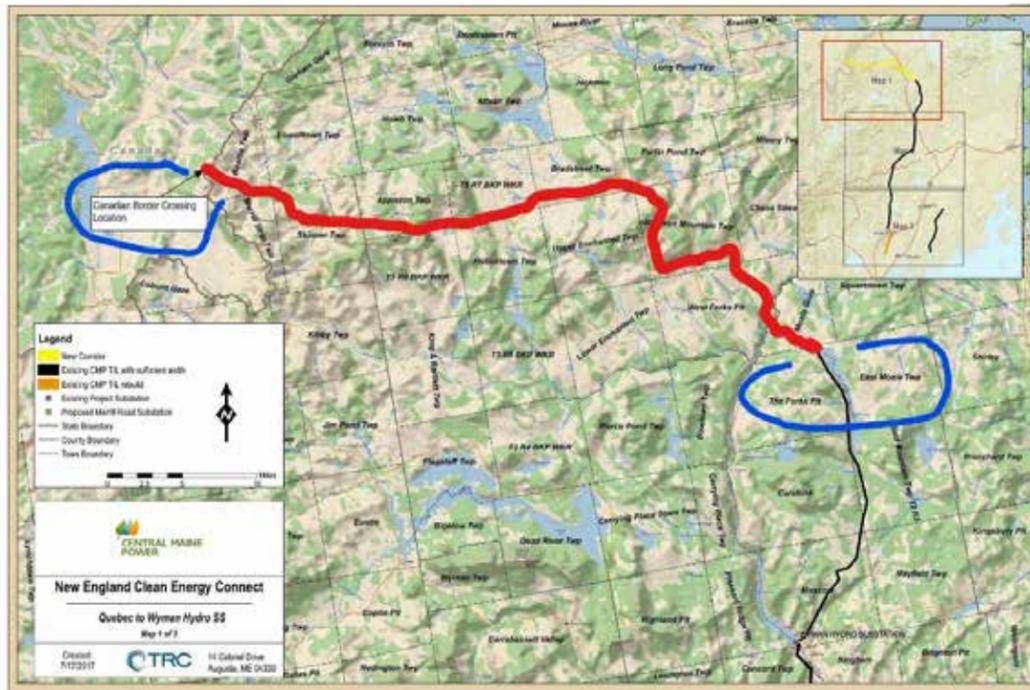
Central Maine Power's "New England Clean Energy Connect (NECEC)" proposal was selected through that process. The proposal from Central Maine Power includes a transmission line project through Maine to transport Hydro Quebec hydropower from Quebec to Massachusetts.

The proposed line would include 53.5 miles of a new 150-foot-wide cleared corridor through undeveloped forest. The remaining 91.5 miles would be co-located within existing transmission corridors but would entail widening of the corridor and/or the installation of taller towers in many areas.

The AMC is opposed to the New England Clean Energy Connect (NECEC) transmission line as currently proposed, citing four primary concerns with this project:

1. The significant scenic impact to the Kennebec River Gorge, a nationally significant whitewater boating area, the value of which is recognized in a wide range of state laws and policies.
2. The increased scenic impact to the Appalachian Trail.
3. The fragmenting impact of the new corridor through undeveloped forest of high ecological value and conservation interest.
4. The lack of evidence that the project will provide real greenhouse gas reduction benefits.

Read AMC's full position at:
www.outdoors.org/articles/blogs/conservation-blog/amc-new-england-clean-energy-connect.



AMC strongly believes that we need to transition away from a fossil fuel-based economy and address climate change impacts. These efforts require a variety of tools, including increased energy efficiency and the development of new renewable energy sources. Technological advances and new market tools offer cost effective alternatives to the current large-scale energy generation and long-distance transmission model with its large environmental footprint.

The impacts of this project and lack of evidence that it is generating new renewable

energy resources are concerning. We are more interested in exploring new models, including distributed energy and local renewable generation, that would eliminate the need for a 145-mile transmission line.

AMC is closely following this issue and will alert interested members when there are opportunities to weigh in. We expect opportunities for public comment to be scheduled later this fall.

If you would like to stay in the loop, please join [AMC's Conservation Action Network](#) or contact AMC's Maine Policy Manager, Kaitlyn Bernard, at kbernard@outdoors.org.



AMC Maine Chapter Executive Committee Notes and Votes

By Kathleen Redmond-Miller, Maine Chapter Chair

If you want to drop in on a Maine Chapter Executive Committee meeting, we typically meet the second Thursday of the odd numbered months at 6 PM, at the Fort Andross AMC Conservation Policy Office in Brunswick. All meetings are open to AMC members and we love seeing new faces.

At our July 2018 meeting, the Maine Chapter's ExCom voted to fund renovations to the bunkhouse at the AMC's Little Lyford Lodge and Cabins near Greenville, Maine. Little Lyford is near and dear to the hearts of many Mainers. Originally established as a logging camp in 1874, Little Lyford has been providing 4-season outdoor experiences in the 100-mile wilderness for over a century. It's also a favorite of many ExCom members and is known for offering an outstanding outdoor experience.

Prior to the July meeting, Dan Rinard, AMC's Maine Operations Director, and Walter Graff, AMC's Senior Vice President, prepared a detailed proposal and sketch of the proposed renovations at Little Lyford based on popular designs of the bunkhouses at Medawisla in Maine and Madison and Zealand Huts in the White Mountains. After discussion of the proposal, the ExCom voted in favor of funding the proposed renovations to the bunkhouse at Little Lyford.

The ExCom also voted to provide funding to the Maine Teen Wilderness Scholarship Fund and the Maine Woods Community Youth and Environment Program, as it has for several years. We also voted to purchase several copies of the 11th edition of the AMC Maine Mountain Guide to make them available for free use to those staying at the AMC's Maine Wilderness Lodges. Also discussed were the AMC Leader Training given at Maine Audubon in Falmouth on August 25, and plans for the upcoming Maine Chapter's Annual Meeting on November 10.



Little Lyford Lodge & Cabins in AMC's Maine Woods Initiative Land in the 100-Mile Wilderness. Carey Kish photo.

FALL CALENDAR: OUTINGS | EVENTS | MEETINGS

The listings—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 the calendar online at www.amcmaine.org/calendar.

For general questions or comments regarding these calendar listings, please contact Bill Brooke, Outings Chair and Master of the Calendar Listings, outings@amcmaine.org or (207) 549-5100.

Note: Please be courteous when contacting trip leaders by doing so before 9:00 PM unless otherwise specified. Thanks!

BACKPACKING

Oct 5: Glastenbury Loop Intermediate Backpack (20's/30's & Young @ Heart), Bennington, VT. www.amcmaine.org/calendar/#108034. Join the Mohawk, Hudson and Maine chapters for a 4-day/3-night backpacking trip on the Glastenbury Loop in beautiful southern VT. We'll start at the Long Trail on Route 9 and traversing the loop counterclockwise, finishing at the Bald Mt. Trail parking, so a car spot will be required. Total mileage is 22+- miles (longest day is 9 miles) with 2,400 ft. elevation gain. Stay at two LT shelters, with last night at wilderness campsite. Enjoy sunning views of foliage, fire tower, mountaintop sunsets, and hunting for quartz crystals. Backpacking experience (with 25+ lb. loads up to 9 miles/day is required. Event is Young Members (20's/30's & Young @ Heart) but open to ALL. Leaders: Denise Fredette, 207-939-3670, deniserae77@gmail.com; Marielle Postava-Davignon, marielle.pd@gmail.com.

TRAIL WORK

Oct 5: Trail and Boundary Work - Medawisla Lodge and Cabins, Bowdoin College Grant East, ME. www.amcmaine.org/calendar/#104510. With hundreds of miles of property lines and trails, the AMC in Maine has lots of volunteer work opportunities. Stay in bunkhouse at new Medawisla Lodge and Cabins. Experience the facilities and help get nearby trails ready for future guests here at this Maine Woods Initiative lodge. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

OUTDOOR INSTRUCTION

Dec 5: Winter Hiking Workshop, Maine Audubon, Falmouth, ME. www.amcmaine.org/calendar/108110. Experienced Maine AMC winter hiking leaders to discuss clothing, gear, snow travel, and other essential knowledge and techniques to prepare you for outings in winter. Intended as introductory course for new and experienced three-season hikers and refresher for experienced winter adventurers. Although focus is on winter hiking, many of the topics apply to any winter outing. An excellent "things-you-need-to-know-before-you-go" workshop. This event is free and open to the public. Contact leader to register or FMI. Leader: Bill Brooke, 207-549-5100, outings@amcmaine.org.

HIKING

Sept 22: Amos Mtn. (955') and Whiting Hill (801'), Heald and Bradley Ponds Reserve, Lovell, ME. www.amcmaine.org/calendar/#108068. 4-mile hike to open peaks in this Greater Lovell Land Trust preserve with good views of Kezar Lake and White Mountains. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Sept 29: Sugarloaf Mtn., Carrabassett Valley, ME. www.amcmaine.org/calendar/#108082. Maine's third highest peak at 4,237 ft., Sugarloaf's summit offers views in every direction. 5.8-mile round trip hike is strenuous. Leader: Susan Surabian, 207-474-6100, suebeau1@gmail.com.

Oct 7: Tumbledown Mtn. Fall Foliage Hike, Weld, ME. www.amcmaine.org/calendar/#108081. The ultimate fall hike in western Maine. 4.1 miles, 1,700 feet elevation gain includes scrambling up steep, rocky

slopes and a squeeze through a narrow rock chimney with only iron handrails for support. Exertion will be worth it for spectacular views of fall colors and lunch on the shore of Tumbledown on the summit ridge. Good hiking shoes and extra preparedness required due to variability of October mountain weather. Registration required; contact leader FMI. Leaders: Natalie Skovran, natalie.skovran@gmail.com; Bill Brooke, 207-549-5100, outings@amcmaine.org.

Oct 28: Mt. Megunticook and Mt. Battie, Camden Hills State Park, Camden, ME www.amcmaine.org/calendar/#108018. Day hike up past Maiden Cliff, over 1,385' Megunticook and then south over Mt. Battie using five trails. Softwood forest, cliffs and ledges, open knobs with good views of Penobscot Bay and mountains of Camden Hills State Park. Will shuttle cars between the trailheads. More info will be sent close to the trip date. 5.5 miles, moderate. For complete hike description see "AMC's Best Day Hikes Along the Maine Coast" by Carey Kish, Trip 28, p. 147; tipsfromchip.blogspot.com/2012/07/hike-mount-battie-megunticook-mountain.html. Leaders: Stephen Brezinski, 207-353-9854, sbrez1@comcast.net; Debby Kantor, 207-854-3431, dlkantor@aol.com.

Nov 11: Megunticook Traverse, Camden Hills State Park, Camden, ME. www.amcmaine.org/calendar/#108074. Enjoy beautiful views as we traverse 5.8 miles across ridge, with views from Mt. Battie, Ocean Lookout and Mt Megunticook. Parts of trail are steep, exposed, and require scrambling. Trip requires car spot. Leader: Kim Sanders, kimberlyannsanders@gmail.com.

BICYCLING

Oct 19: White Mountains Hostel-to-Hostel Bike Tour, White Mountains, NH. www.amcmaine.org/calendar/#107297. Challenging 3-day, 130-mile loop tour of White Mountains. Cycle through stunning notches and over exhilarating mountain roads, ending each day in the comfort of a different hostel. Brand new tour designed for experienced cyclists by owners of Notch Hostel, Rattle River Hostel, and White Mountains Hostel. Participants should be comfortable traveling on major roads and have deep love of hills. First hostel stay is Thursday night. Cycle 38 miles on Friday, 53 miles on Saturday, 38 miles on Sunday. Average ride speed of 12-13 mph, will wait at top of longer hills and crossroads; no one left behind. Self-supported bike tour, no SAG vehicle. All participants must wear helmet, bright clothing, and carry own gear, food and water, prepared for chilly weather. Bike must be in good condition. Leader: Sarah Hunter, raisinghunters@gmail.com.

SNOWSHOEING/SKIING

Dec 28: Pre-New Year Weekend in the Whites (20's, 30's & Young at Heart) AMC Highland Center, Crawford Notch, NH. www.amcmaine.org/calendar/#107712. Entire Shapleigh Bunkhouse reserved, plus space in Highland Center for additional participants. Hiking, snowshoeing, and skiing nearby with relaxing and socializing at night. Chance to show off your coolest/gaudiest holiday clothes with an Ugly Sweater contest Saturday night (optional). AMC Member Rates are pp/night: Shapleigh Bunkhouse \$74, Main Lodge Bunk Room \$115 (non-member rates: \$88/\$138). Includes dinner and breakfast. Linens, blankets, bath towel provided. **Call AMC Reservations by November 28, 2018.** After this date, spots open back up to the public. Space is limited, reserve ASAP. To reserve: Call AMC Reservations Line at 603-466-2727 Mon-Sat, 9am to 5pm. Tell representative you want to reserve into the: AMC Maine Chapter - Reservation # 414631. Then let trip leader know you are booked. Group email will go out a week before with more details. Event listed as Young Members - 20's, 30's & Young at Heart, however, it is open to all. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

MEETINGS

Oct 17: Trip Leader Meeting, AMC Policy Office, 14 Maine St., Suite 0126, Brunswick, ME. www.amcmaine.org/calendar/#108094. Meeting for current trip leaders and others interested in becoming a leader. Agenda: winter activities postings, leader recognition candidates, year-to-date outings activities info. Pizza provided. Leader: Bill Brooke, 207-549-5100, outings@amcmaine.org.

Nov 8 (and again on Jan 10): Maine Chapter Executive Committee, AMC's Maine Policy Office, 14 Maine St., Suite 126, Brunswick, ME. www.amcmaine.org/calendar/#108097. Meetings of the Executive Committee are open to all AMC members. Leader: Kathleen Redmond-Miller, chair@amcmaine.org.

Nov 10: **AMC Maine Chapter Annual Meeting, Clarion Hotel, 1230 Congress St, Portland, ME.** www.amcmaine.org/calendar/#108096.

AGENDA:

5:30 PM Social Hour & Cash Bar (one free drink ticket with registration)
6:00 PM Greetings, Introductions, Dinner and Dessert
6:45 PM Business Meeting (Volunteer Recognition and Executive Committee elections)
7:30 PM Featured Speaker: Ty Gagne
9:00 PM Closing Remarks
Featured speaker is Ty Gagne, is author of "Where You'll Find Me: Risk, Decisions, and the Last Climb of Kate Matrosova." This is a story about Kate Matrosova, an avid mountaineer, who perished during an attempted traverse of the Northern Presidential Range in the White Mountains in February 2015. Gagne's book is an intriguing and informative case study in risk analysis and decision-making. Cost: \$25 per person (includes free parking, buffet dinner, desert and ticket for one adult beverage). Cash bar also available. Payment may be made by check or PayPal. **Please send payment by check to:** Cindy Caverly, AMC Maine Chapter Vice-Chair & Treasurer, 76 Pine Beach Rd., Belgrade, ME 04917. **To register online and pay via Pay Pal,** go to: www.amcmaine.org/2018-annual-meeting. FMI: Kathleen Redmond-Miller, chair@amcmaine.org.

SOCIAL EVENTS

Nov 13: Potluck and Presentation: Paddling Southern Maine, Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant St., Brunswick, ME. www.amcmaine.org/calendar/#107827. Sandy Moore is a former Registered Maine Guide and ACA (American Canoe-Kayak-SUP-Raft-Rescue Association) Kayak Instructor. Passionate about introducing people to the world of paddling, she believes that kayaking, SUP-ing, and canoeing are perfect methods for people with a wide range of abilities to explore nature from a unique and intimate perspective. Kimberlee Bennett is an educator, blogger, amateur photographer, and kayaker. The two paddlers will take us on a journey of Southern Maine's paddling treasures and explain how their book came to be. "Paddling Southern Maine" will be available for purchase (check it out at paddlingsouthernmaine.com). Potluck dinner at 6 PM; please bring dish to share, and your own cup, plates, silverware. Presentation at 7 PM. Free and open to public. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

Dec 6: Potluck and Presentation: Maine Mountain Guide with Carey Kish, Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant St., Brunswick, ME. www.amcmaine.org/calendar/#107655. Carey's informative and entertaining talk will highlight many new hikes, the best of local hikes near you, as well as some old favorites. Newest Maine Mountain Guide includes 175 new trails on 50 new mountains, for a total of 625 trails on 300 mountains, and totaling close to 1,500 miles of hiking. Carey Kish is a veteran hiker, outdoors and travel writer, photographer, and frequent long-distance hiker. Potluck dinner at 6 PM. Please bring dish to share, and your own cup, plates, silverware. Presentation at 7 PM. Free and open to public. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

Jan 17: Potluck and Presentation: Nature Notes from Maine, Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant St., Brunswick, ME www.amcmaine.org/calendar/#108067. Ed Robinson of Harpswell will talk about some of Maine's most beautiful and fascinating wildlife. His new book is full of personal stories of wildlife encounters, along with stunning photographs and lovely sketches. Potluck dinner at 6 PM. Please bring dish to share, bring your own cup, plates, silverware. Presentation at 7 PM. Free and open to public. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

Feb 7: Potluck and Presentation: Critical Hours: Search and Rescue in the White Mountains, Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant St., Brunswick, ME. www.amcmaine.org/calendar/#107828. Sandy Stott, Accidents Editor at AMC's Appalachia journal, will deliver both a history and a celebration of the search and rescue workers who save countless lives in the White Mountains along with a plea for us not to take their steadfastness and bravery for granted. Filled with tales of astonishing courage and sobering tragedy, Critical Hours will appeal to outdoor enthusiasts and armchair adventurers alike. Sandy Stott will share some of these stories and explain what we can do to avoid being a victim in one of these rescues. Books will be available for purchase. Potluck dinner at 6 PM. Please bring dish to share, bring your own cup, plates, silverware. Presentation at 7 PM. Free and open to public. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

VOLUNTEER OPPORTUNITIES

Become an AMC Trip Leader! www.amcmaine.org/calendar/#103364.

Become a leader for hiking, backpacking, biking (road and mountain), paddling, winter hikes and/or Socials, or write articles for the Maine Chapter's Wilderness Matters newsletter. AMC provides leadership training and Wilderness First Aid certification to active leaders. Find out how you can get involved. Young Members (YM) focus is to get young folks in their 20's and 30's, and the young-at-heart, involved in AMC activities: socialization, recreation, and conservation. We're hoping to increase young membership in the AMC and ensure that the chapter remains strong and active into the future. Young Members committee plans workshops, trips and events geared towards specific interests, while also working with other AMC committees and outing clubs on Maine's college campuses. Leaders: Denise Fredette, 207-939-3670, deniserae77@gmail.com; Sarah Keats, slkski@gmail.com.

Help with AMC Programs in Brunswick and Bangor www.amcmaine.org/calendar/#108016. Have you wondered how you could help the AMC Maine Chapter, but not sure what you might be able to do? Do you enjoy the presentations AMC offers in Brunswick or Bangor? Would you be willing to get involved with helping to keep them going? We're looking for volunteers to take over these duties. Volunteer details of the jobs happily explained. Tasks can easily be shared among several volunteers. Contact: Michelle Moody, 207-406-5221, meamc@micstan.us.

Outings Committee Report *By Bill Brooke*

We have one new paddling leader, Alicia Heyburn of Brunswick, who was recently certified as a Maine Chapter paddling leader. Natalie Skovran is a leader-in-training and is working to become a hiking leader. Natalie and her husband live in Westbrook. Meet both here.



ALICIA HEYBURN I bought my first kayak at an end-of-season sale of rental gear from a Midcoast outfitter. It was heavy as lead, and its bottom was full of burrs from being dragged across the barnacles. Weather cocking was fierce, and I would paddle two or three strokes on starboard for every one on port. No love lost when that boat was replaced with a fiberglass Surge built on Westport Island. For the first 10 years I owned it, I just looked at its beautiful lines, smooth hull and cheery yellow deck. It barely left my garage as I navigated the choppy waters of parenting infants and toddlers. But as the kids grew, so did my outdoor time.

I overcame fears by taking rescue classes with experienced leaders and used Meet Up to get to know other paddlers and visit new places. I became a Wilderness First Responder and Registered Maine Guide, joined the board of directors for the Maine Island Trail Association, and am co-captain of the Ladies Adventure Club, leading trips of all kinds. I really enjoy day paddles with people who meet for the first time at the launch ramp and return a few hours later as fast friends, but overnights on Maine's wild islands are my favorite. Sunsets in hammocks after a lovely day on the water, pink sunrises, the sounds of lobster boats heading out to work, priceless experiences that cost pennies. I'm grateful to AMC for providing me with a way to learn new skills in a safe and supportive community, and now for the chance to lead trips along the crenelated coast of Maine.



NATALIE SKOVAN Natalie is a leader-in-training who moved to Maine from North Dakota four years ago. She initially enjoyed exploring southern Maine's hiking, biking, and inland kayaking options, and has since branched out to the western, Midcoast, and Downeast regions. Instead of bagging Maine's highest peaks, Natalie strives to visit trails with waterfalls, swimming holes, and wild blueberries. Her favorite season is winter, and she loves Maine's variety of snowshoeing and cross-country skiing. She is currently working towards becoming a hiking leader and hopes to offer multi-activity trips in the future. Natalie will soon be seeking mentors to help her become a leader for biking, kayaking, snowshoeing, and cross-country skiing.

A Backpacking Trip through Katahdin Woods and Waters National Monument

Two AMC groups hiked the International Appalachian Trail through Katahdin Woods and Waters National Monument during the last weekend in July, each starting from opposite ends of the Monument. Here are their trip reports, as detailed by the leaders of each group.



Meeting of the Northbound and Southbound groups at Little Spring Brook. Bill Brooke photo.

Northbound Group

By Peter Roderick

Day 1: We chose to backtrack south to Orin Falls, a series of cascades (no real falls) on Wassataquoick Stream, which are picturesque and worth checking out if you're passing nearby, but which added six additional miles to our planned day's hike of eight miles. After fording the clear, mid-thigh Wassataquoick Stream, we stopped at a shady spot for lunch. Then we set off to tackle Deasey and Lunksoos mountains. Beyond the summit of Deasey, we started hearing the rumble of thunder and knew stormy weather was near. After holding up on the approach to Lunksoos Mountain for 15-20 minutes, and feeling there was a break, we moved to bag the summit. Our timing was off, though, and we summited during the resumed storm and had to hurry to get off the exposed peak without a chance to check the views. Ahead, the rain increased in intensity. That, combined with a trail section that had seen little maintenance in years, ensured that no one arrived at the shelter with any semblance of dryness. The Lunksoos Lean-to was sturdy and dry. Several of our group of eight chose to spend the night, while the rest pitched tents.



Crossing Wassataquoick Stream. Cindy Caverly photo.

Day 2: The day started off misty, cloudy and damp, but it did not start raining until we had taken just a few steps. The next several miles of trail followed a series of old woods roads. Eventually we reached the Old Telos Road, which parallels the East Branch of the Penobscot River, and we soon met the southbound AMC group. The rest of day was easy, if not

always dry walking. We arrived at Grand Pitch Lean-to in early afternoon. After some drying of clothes and gear, Mother Nature provided one more cleansing storm as a cold front finally pushed through and brought drier air and cooler temperatures.

Day 3: The day dawned drier, sunny and a bit breezy, a nice change. We continued on the easy Old Telos Road. We missed Haskell Hut, but some visited Stair Falls on a side trail. At Haskell Gate we began the final stretch on a drivable gravel road to the Matagamon Lake Road and our cars.

Southbound Group

By Stephen Brezinski

Day 1: We took the half-mile diversion to Stair Falls, a set of parallel cascades across the river, and also went to Haskell Hut, a riverside cabin favored by cross-country skiers. Haskell Rock, worth a short visit, is a tall rock outcrop in the river comprised of 400-million-year-old conglomerate, sometimes referred to as "puddingstone." After Pond Pitch, we arrived at Grand Pitch, a spectacular stretch of falls, and our lean-to for the night, a 9-mile day. Rain and lightning soon followed.

Day 2: The IAT continues along the river on a wide trail, allowing us to walk side-by-side much of the time. Around midday, beyond the bridge over to Bowlin Camps, we passed the northbound group at Little Spring Brook, where we learned of their stressful time crossing Deasey and Lunksoos peaks in the storm. Ahead, the trail climbed to Lunksoos Lean-to, an 11-mile day.

Day 3: We hiked narrow forest trails over Lunksoos and Deasey mountains, about 1,000 feet elevation gain and loss. Views from both peaks were glorious! The Travelers, Katahdin and Barnard Mtn. were obvious to the west. The restored groundhouse cab atop Deasey was worth the visit for lunch. Descending, we eventually crossed Wassataquoick Stream, and reached the cars in mid-afternoon. It was the most strenuous day of the trek, but at eight miles, the shortest.



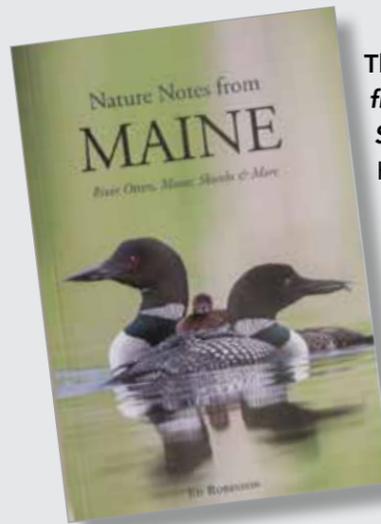
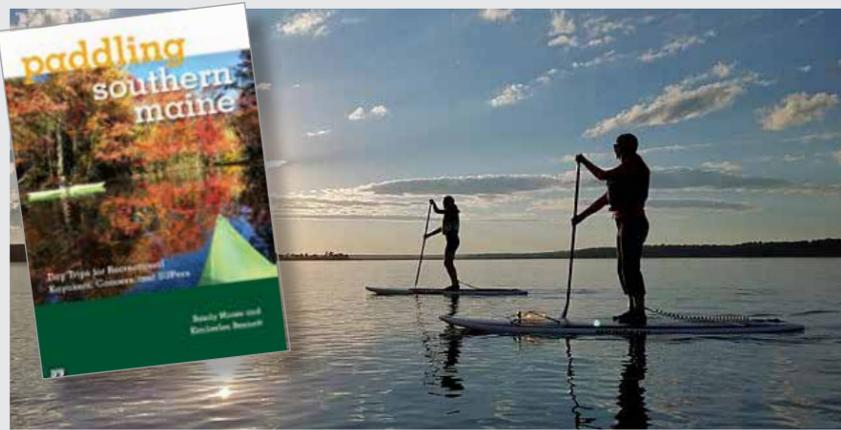
View of Katahdin from Lunksoos Mtn. Bill Brooke photo.

AMC Maine Chapter “Potlucks and Presentations” Will Continue In Brunswick this Fall and Winter

Stan and Michelle Moody have volunteered to take on a few more programs until a new volunteer can be found. All presentations are held at the Curtis Memorial Library, Morrell Meeting Room, 23 Pleasant St., Brunswick. Potluck is at 6 PM, followed by the presentation at 7 PM. The evening wraps around 8:30pm with time for questions. We seem to be on a book theme this go around, but don't let that stop you as there will be plenty of great images and information to be gained from these speakers. Books will be available for purchase.

Here's the Fall and Winter line-up:

Tuesday, November 13: Paddling Southern Maine - Day Trips for Recreational Kayakers, Canoers, and SUPers. Sandy Moore and Kimberlee Bennett will share some of their favorite places to paddle in the southern area of the state. Plenty of wonderful photos will make you want to get out in your own boat and paddle these waters.



Thursday, January 17: Nature Notes from Maine – River Otters, Moose, Skunks & More. Ed Robinson of Harpswell will discuss some of Maine's most beautiful and fascinating wildlife. He has just published a new book full of personal stories of wildlife encounters, along with stunning photographs and lovely sketches. Plenty of photos to help you learn about our wildlife.

Thursday, December 6: The AMC Maine Mountain Guide. For those who have come to Carey Kish's presentations in the past, you know it will be a fun night with lots of information to be gained. This latest edition has plenty of new trails to whet your appetite to put on your hiking shoes. Join us for his updates and always great photography.



Thursday, February 7: Critical Hours – Search and Rescue in the White Mountains. A misread map, a sudden storm, a forgotten headlamp—and suddenly a leisurely hike turns into a treacherous endeavor. Join us as Sandy Stott shares some of these stories and tells us what we can do to avoid being the victim in one of these rescues.

GREAT OUTDOOR MAINE WEEKEND A PROJECT OF THE MAINE OUTDOOR COALITION

14th Great Maine Outdoor Weekend September 21-30

By popular demand, this fall's GMOW will be a full week to allow for more activities and rescheduling of events if the weather does not cooperate. There are more than 60 events planned so far, and more events are being posted to the website every week. Events range from a sunset cruise on Casco Bay to rock climbing in Camden to hiking in western Maine.

AMC is hosting two GMOW events: A yoga retreat at Gorman Chairback Lodge and a fly-fishing weekend at Medawisla Lodge, both in the AMC's Maine Woods Initiative lands east of Greenville.

There are plenty of free and family friendly events that range geographically from York to Fort Kent. Great Maine Outdoor Weekend is an awesome opportunity to try out a new activity or explore a new area of Maine. FMI and to find an event near you, visit www.greatmaineoutdoorweekend.org.

AMC's 2018 Fall Gathering October 12-14 in Connecticut



AMC's 2018 Fall Gathering will be hosted by the Connecticut Chapter at the YMCA Camp Woodstock in Woodstock, CT on the weekend of October 12-14, 2018. Camp Woodstock is on the shores of Black Pond and offers heated cabins, unheated

yurts, and high and dry campsites with parking close by.

Fall Gathering is an opportunity to join with fellow outdoor enthusiasts from Maine to Virginia and:

- Hike a trail with autumn vistas, bike a country road with a stop at a country store;
- Linger at camp on Black Pond and try your steady hand at archery, get up a basketball challenge, wiffleball game, try a climbing wall;
- Local leaders will be there to guide you on outdoor excursions;
- Strike off on your own to explore a nearby winery, historic site, or choose to explore a series of country antique shops;
- Take a quiet paddle from a boat launch down the road.

FMI: <https://www.outdoors.org/fall-gathering>

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!

Cutler Coast Preserve “Bold Coast” Backpack *By Stephen Brezinski*

On June 16-17, AMC Leaders Denise Fredette and Sarah Keats led a group of young member and members young-at-heart on a celebrated overnight hike in the Cutler Coast Public Lands in Downeast, Maine. The trail is a 10-mile circuit featuring 5 primitive first-come, first-serve campsites from Long Point south to Fairy Head. This is a venture every backpacker should do in their lifetime.



The one-mile Coastal Trail took us from Route 191 to the shoreline cliffs and awesome views up and down the coast and to Grand Manan Island across the Bay of Fundy. The trails then continued

on toward Fairy Head, where we picked up the Inland Trail back to the trailhead.

The undulating Inland trail led us through some bog areas. If we wanted to cut the trip distance in half, we could've taken the Black Point Brook Cutoff.

Good drinkable water is a rarity in the preserve, so it's recommended to carry all your water in with you, about a gallon per person for an overnight. I noted several small clear trickles crossing the trail, and water from the wetland and pond could be filtered.

Over the 10 miles there was not any great elevation gain, but there were a lot of small ups and downs, as the trails crosses bedrock ridges and reaches several cobble beaches. The trails are the common New England mix of rocks, roots and some areas of forest soils and intermediate in difficulty. Campsites are simple earthen pads with privies not for the modest (they're open air). Fires are prohibited.



Photos by Stephen Brezinski

The beautiful hike featured pitcher plants around the bog and some interesting geology. The most common rock type here is a diabase, a dark igneous rock that did not form close to the earth's surface, but similar to that forming in the mid-Atlantic ridge. At Fairy Head, I found a great example of glacial plucking and glacial polishing of the bedrock, indicators of the direction the glacier was traveling as it slid across Maine those eons ago.

Coincidentally on the same weekend as our backpack, Carey Kish published an account of his earlier trip through Cutler, praising its beauty yet lamenting about apparent abuse by other hikers in the form of unattended campfires and litter. I am happy we did not experience this abuse as much as he did.

My thanks to Denise, Sarah and everyone for a very good hike.

Outdoors is the best Rx for a Rough Stretch *By Kathleen Redmond-Miller*

Fall has always been one of my favorite seasons. A time of new beginnings, a new school year, a time for gearing up after the winding down of summer.

For me, 2018 has been a particularly challenging year thus far. I like to call these challenging times in life “a rough stretch,” as in a rough stretch on the road of life, hopefully temporary, and one that can be navigated through.

This spring we lost a beloved family member to suicide at the age of 32. Daniel was the middle son of my husband's younger sister who lives in Rochester, NY. He was a sweet quiet kid with a big heart, and his suicide was a tragic loss for our family and it shook my world. In addition, my sister and best friend sold her house in Maine after 25 years to become a full-time Florida resident, and (this is a mom thing) for the first time in 22 years I don't have a kid heading off to school this fall. So, it's been a period of life transitions for me, plus, work has been unusually busy requiring long hours of high stress and night and weekend work and not a lot of time for restoration. I know there are a lot of people out there navigating their own rough stretches, so that's why I'm sharing my story with you here.

This summer following Daniel's suicide, my husband and I had some stuff to work through, so we took to the trails as we often do. We spent full days hiking Cabot, Passaconaway, Whiteface, the Kinsmans, the Tripyramids, the Hancocks, Zealand, Mt. Lincoln and Mt. Lafayette in New Hampshire, in addition to many trips to Pleasant and Cutler mountains, our favorite local hikes in Maine.

There were plenty of times after a very long work week that I was spent and not “up” for a hike on my only day off, but thanks to my husband's planning and packing, we went anyway. There's something about those hours spent in nature working hard that restores and renews one's soul and energy like nothing else. Nature heals on a biological and spiritual level,



Mt. Lafayette in NH's White Mountains, good Rx for the soul. Carey Kish photo.

this I know for sure. Somehow the major export of energy dealing with life challenges has been restored in my cosmic bank account by the days spent sweating in the mountains and forests.

I'm happy to report with the first crisp nights of fall, it feels like this rough stretch is moving to the rearview mirror for us. I strongly encourage anyone who is facing a rough stretch of their own to get outdoors. The AMC makes it easy: all AMC trips have an experienced leader that takes care of the logistics, navigation, and safety of the group. Pick a trip that matches what you can safely do and go – give it a try for the sake of “experimenting” if you have to – but do it. Getting outdoors is so much more than recreation, it really is the best Rx that I know of for navigating life's challenges, and the AMC makes it accessible to anyone willing to give it a try.