



MAINE CHAPTER
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Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

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Nearly 27,000 Acres Purchased in Maine's North Woods for Conservation and Economic Benefits

The Appalachian Mountain Club is teaming up with the country's top ranked environmental nonprofit, The Conservation Fund, to protect nearly 27,000 acres of working forestland in Maine's North Woods.

On February 8, The Conservation Fund purchased the Pleasant River Headwaters Forest in Piscataquis County, Maine, for \$18.5 million from Conservation Resources, LLC. Under temporary ownership, The Conservation Fund will sustainably manage the 26,740 acres for the improvement and protection of forest resources, fish passage and continued recreational use. This arrangement gives the AMC time to raise the \$25 million needed to bring the working forestland into its permanent ownership, protection, and stewardship. A lead gift of \$10 million has recently been secured from the Richard King Mellon Foundation.

The Pleasant River Headwaters Forest is adjacent to more than 75,000 acres currently owned and managed by the AMC. The property is situated in the center of the 100-Mile Wilderness, which stretches along the Appalachian Trail corridor from Monson to Baxter State Park. Acquiring and restoring the property will conserve one of the last remaining large, unprotected forest blocks in the region.

"This acquisition will crystallize the conservation vision that underpins AMC's role as a fully vested partner in Maine's outdoor economy," said AMC President and CEO John Judge. "It means deriving more value for more



Fly Fishing the West Branch of the Pleasant River near Silver Lake. Jerry and Marcy Monkman photo.

people from a more resilient landscape, and that's really exciting."

This noteworthy conservation acquisition was made possible through The Conservation Fund's Working Forest Fund® program, which utilizes bridge capital to protect large, ecologically and economically important forestland from subdivision and fragmentation, allowing time for permanent conservation solutions to be implemented. The land will remain on the tax rolls.

"Working forests, one of a kind outdoor recreation experiences, and aquatic habitats define Maine's environment,

communities, economy and way of life," said Tom Duffus, Vice President and Northeast Representative for The Conservation Fund. "This partnership with the Appalachian Mountain Club will help to protect the beloved and unique characteristics of Maine's North Woods by ensuring that forestland of both community- and nation-wide importance will always remain as forests. Together, we are working to establish permanent conservation solutions that meet the needs of people, protect wildlife habitat and provide economic benefits."

The AMC intends to add the Pleasant River Headwaters Forest to its 75,000-acre Maine Woods property, which is a significant economic driver in the region, with a robust nature-based tourism operation that includes a series of lodges,

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Congress Passes Permanent Reauthorization of LWCF. We did it!

By Mark Zakutansky, AMC Director of Conservation Policy Engagement

After allowing the Land and Water Conservation Fund to expire on September 30, 2018, all eyes have been on Congress as AMC and our partners mounted the #SaveLWCF campaign to permanently reauthorize the Land and Water Conservation Fund (LWCF) and to secure full and dedicated funding for the program. On Tuesday, February 26, the U.S. House of Representatives overwhelmingly voted in support of a package of public lands bills including the permanent reauthorization of the Land and Water Conservation Fund. This vote comes on the heels of the Senate's passage of the identical package of bills on February 12th, now sending S.47, the Natural Resources Management Act, to the president's desk for his expected signature.

The Land and Water Conservation Fund is a national conservation program that uses revenue from offshore oil and gas drilling to support open space, park and trail projects across the country. Many national and state parks, scenic trails like the Appalachian Trail, battlefields and working forests have been conserved with LWCF funds.

During the #SaveLWCF campaign, AMC volunteers hosted trips to places protected by LWCF and thousands of AMC supporters made calls and sent messages to their elected officials.

However, reauthorization for LWCF is only one part of the story. While it is a major victory for LWCF to be permanently reauthorized, these projects cannot be completed without adequate funding. LWCF is authorized to receive \$900 million from Congress each year, but it consistently receives less than half of that amount through the appropriations process. For LWCF to be as efficient,



impactful, and successful as possible, Congress must dedicate the full \$900 million of oil and gas revenue authorized to LWCF.

Please contact your U.S. Senator or Representative today to thank them for their support of LWCF and the outdoors that you love, and make sure they know how much the Land and Water Conservation Fund continues to mean to you. Stay tuned to AMC's Conservation Action Network for future opportunities to speak up in support of the Land and Water Conservation Fund and other important conservation policy issues.



AMC Maine Has a New Chapter Chair

I am Cindy Caverly and I am happy to be serving as your new Chapter Chair. I have served for five years as the Maine Chapter's treasurer and 1 year as the vice-chair. When I started volunteering with the Chapter I was almost brand new, both to the

Chapter and to AMC. Now, I feel like I am part of an extended family.

You may have noticed that AMC has begun a rebranding effort involving a new logo and message...Be Outdoors. Some people like it, many people don't. Change is hard. What never changes, and what keeps me involved with the AMC is the people. The people of the AMC are dedicated to protecting and promoting the resource that brings us together, the Outdoors, in all its many facets. Rebranding is simply a way to try and get the message out to as many people, in as many walks of life, as possible. Be Outdoors is for everyone.

So, if you haven't, I encourage you to join a Chapter-led trip, or social, or attend a presentation or workshop. When you do, you will find a welcoming, and knowledgeable group of individuals in the Maine Chapter and I am convinced you will keep coming back, like I did.

Please contact me anytime, with any question, suggestion, or complaint about the AMC or Maine Chapter at chair@amcmaine.org.

Happy Hiking,
Cindy

Maine's North Woods *continued from page 1*

130 miles of trails for hiking and skiing, an environmental education program for schools throughout the region, and a significant sustainable forestry operation. The AMC currently supports 6% of the Piscataquis County economy including 56 jobs and generates \$1.7 million in annual spending by its operations and lodge guests.



Fly Fishing the West Branch of the Pleasant River near Silver Lake. Jerry and Marcy Monkman photo.

Permanent conservation of the Pleasant River Headwaters Forest property will add to watershed protection of both the West and Middle branches of the Pleasant River, which serve as a critical designated habitat for Atlantic salmon and native brook trout. Future efforts by the Appalachian Mountain Club to remove stream barriers and restore aquatic habitat on the property will help to reestablish renowned native brook trout populations and allow Atlantic salmon to return to native spawning grounds in the headwater streams of the West Branch for the first time in nearly two centuries, making it one of the only places in the state where this will be possible.

Future restorative forestry efforts on the property will position multi-use forestland as the ideal stronghold for ecological resilience and climate adaptability, providing more and higher quality wood certified by the Forest Stewardship Council® (FSC) to local and regional mills while simultaneously improving habitat and doubling carbon sequestration on AMC's Maine lands over the long term. Through careful forest management, AMC will leverage its ownership to sustain local economies and keep the land open for public access.

"The Pleasant River Headwaters Forest represents a keystone parcel—the hole in the doughnut—for landscape connectivity and resilience in the 100-Mile Wilderness," said AMC Senior Vice President Walter Graff. "Securing its future and restoring late successional habitat here will put regional climate adaptation planning in league with the White Mountain National Forest and Adirondack Park, proving that forests that work hard for human communities can rank among those working hardest for natural communities, too."

Wilderness Matters

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

Deadline for submissions to Wilderness Matters (Summer Issue) is June 1, 2019.

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

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Unique single and multi-element wilderness trips for teens aged 12-18.

They'll have fun, gain confidence and competence, and enjoy New England's most spectacular wilderness areas.

More info: www.outdoors.org/teenwilderness

Fire Destroys Cabins at Gorman Chairback Lodge

On February 7, cabins #9 and #10 at AMC's Gorman Chairback Lodge burned to the ground. Two guests in one cabin were safely evacuated and treated for minor injuries. AMC Lodge staff responded quickly to care for the safety of the guests and to protect nearby buildings. The Greenville Fire Department put the fire out. The exact cause of the fire has not been determined. Gorman Chairback is open and construction on the cabins will commence once the road is accessible.

Find us on www.facebook.com/MaineAMC/



Maine Chapter Members Attend AMC Annual Summit

By John Mullens

AMC's Annual Summit, held every January in Norwood, Mass., combines volunteer recognition, meetings, and workshops with the fun and fellowship of being among a large group of people who share many outdoor interests and values. Fifteen Maine Chapter members made the trip this year, and five of them received trail work awards for volunteering long hours maintaining hiking trails in Maine. Kathy Claerr, Peg Nation, Jeff Pengel and Peter Roderick all received awards for more than 95 volunteer hours during 2018. Bill Brooke was recognized for more than 224 hours. Congratulations!

Workshops were the hit of the day. Steve Tatko's presentation, "Stories from the Land: The History of AMC Lands in Maine Before AMC," received rave reviews. Maine Chapter volunteer David McCarthy said, "I have been volunteering and visiting the Maine Woods for over 13 years. In less than two hours, Steve taught me more about the history, geology, sociology, politics, and ecology of the Maine Woods than I have been able to capture in all of my many trips."

Maine members attended other excellent workshops including, "On Getting Lost" and "Look! Up in the Sky! The Sun and the Stars!" AMC's cartographer, Larry Garland, gave a fun and educational presentation on the latest map making techniques using LIDAR. And several members were educated about how the AMC arrived at its new logo by Chief Marketing and Communications Officer Bec Rollins' presentation, "AMC Brand Update."

In addition to workshops, several committee meetings were held at the summit. Maine Outings Chair Denise Fredette presented a trip (Sedona, AZ in April 2020) to the Adventure Travel Committee and it was approved. Fredette was also nominated and elected as a representative for the Outdoor Leadership Development Committee.

Year after year, Maine Chapter members return from the Annual Summit with high praise for the wide variety of workshops and presentations as well as the camaraderie of the group.

Please consider joining us next January.



Maine Mountain Guide: Recommended Spring Hikes

By Carey Kish, Editor

The new 11th edition of the AMC Maine Mountain Guide is a hefty 590 pages that covers 625 trails on 300 mountains for a total of nearly 1,500 miles of hiking. Here are a few suggestions for great hikes this spring to help you shake off the long winter blues.



◀ APRIL: Ragged Mountain, Camden/Rockport

Enjoy extensive open ledges and great views on the section of the Georges Highland Path on Ragged Mountain (1,303 feet). Begin at the Thorndike Brook trailhead and hike south to Route 17. *Moderate, 4.9 miles one-way (car spot necessary), 950 feet elevation gain.*

▶ MAY: Mt. Pisgah, Winthrop/Wayne

Explore the 950-acre Mt. Pisgah Conservation Area via a nice loop hike combining the Tower Trail and Blueberry Trail. Top out halfway at the 60-foot steel firetower, which offers terrific panoramic views. Begin and end at Mt. Pisgah Road. *Easy, 2.0 miles, 545 feet elevation gain.*



◀ JUNE: Mt. Will, Bethel

Hike the loop over Mt. Will (1,276 feet) to the North Ledges and South Cliffs for good views of the Androscoggin River valley. Begin and end at US Route 2 trailhead, hiking the Mt. Will Trail counterclockwise. *Easy, 3.1-mile loop, 750 feet elevation gain.*



SPRING CALENDAR: OUTINGS | EVENTS | MEETINGS

These 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!

CAMPING

June 14 – 17: Camping Weekend in Acadia. Blackwoods Campground, Acadia National Park, ME. www.amcmaine.org/calendar/#110873.

Join us for a long weekend of camping, a hike on Cadillac Mountain in Acadia National Park and maybe some biking. We will be staying at Blackwoods Campground in Acadia National Park starting June 13 for 4 nights in our trailer. Please make your own camping reservation at Blackwoods Campground. If you are not interested in camping, let us know where you are planning to stay. We will plan on a hike up Cadillac Mountain on Saturday (rain date Sunday). For those who enjoy biking, there are lots of carriage roads in the park. Paddling is also an option on several lakes in the area. Feel free to arrive a day early and we could plan something for Friday. Potluck get together on Friday evening. Full details will be emailed upon registration. TO REGISTER: Please email leader with info on your normal activity level (current), activities you hope to do during your stay, where you plan to stay and what nights, and a phone contact. For anyone who has not gone camping before and would like to try it for the first time, give us a call. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

HIKING & WALKING

April 13: Ragged Mountain Hike. Hope, ME.

www.amcmaine.org/calendar/#111070. Join us for a spring hike in the Camden Hills area at Ragged Mountain. The trees are just starting to bud and the views to the ocean and over the lakes are great. 1000' elevation gain. Some rugged sections. We may spot cars and go from Mirror Lake to Hope Street. Lunch with a view on the trail. Footwear with good traction a must as a good portion of the trail is on rock. Plan on 4-6 hours out based on final trails taken. Rain date – Sunday. TO REGISTER: Please email Michelle and include info on your current level of hiking activity including elevation gain done and a phone contact. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

April 18: After Work Hike-Blackstrap Hill Preserve (Dog Friendly).

Blackstrap Hill Preserve, Falmouth, ME. www.amcmaine.org/calendar/#111268. Whether there's snow, ice, or mud... join this hike to enjoy a 1-2 hours in the woods on a Thursday afternoon! The terrain will be lower moderate (hills, but not a mountain) and the pace will be brisk. Participants should be prepared to hike at approximately 1.5 mph with few breaks. While we will plan to finish the hike well before sundown, all group members will be required to bring a flashlight. Dog-Friendliness: The leader will bring her dog and participants are welcome to bring their furry friends as well. Please note that the leader's dog will remain on leash throughout the hike. Any off-leash pets will be required to remain under voice control and owners must pick up and carry out any pet waste. Leader: Natalie Skovran, natalie.skovran@gmail.com.

April 20: Mt. Agamenticus Hike. Cape Neddick, ME. www.amcmaine.org/calendar/#111069. Not ready for the big mountains but looking to try a small one? Here is your perfect choice with ocean views from the top. Mid-morning start with lunch at the top. Moderate pace. Start at the base of Mt. A and go up to the top then on to second and third hill if the group is up to it - 5 to 6 miles. Ocean views from the Lodge. Elevation gain about 400 feet plus some extra up and down on the back side. Plan on about 4 hours out. Footwear with good traction recommend for these

rocky trails. \$2 donation required for Mt. A. TO REGISTER: Please email Michelle with info on your current level of hiking activity and a phone contact. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

May 11: Saddleback Wind Mt Hike. Weld, ME. www.amcmaine.org/calendar/#111141. Saddleback Wind is a beautiful mountain to climb. It has a variety of terrain. There are open ledges with excellent views along the way. The first summit we come to is Bald Mt. and then Saddleback Wind continues to the summit 1.8 miles. Total distance is about 5.5 miles round trip. On the summit of Saddleback Wind are wind turbines nearby and views in all directions are outstanding. Leader: Susan Surabian, 207-474-6100, suebeau1@gmail.com.

May 17: Speckled Mountain Hike. Evans Notch, ME. www.amcmaine.org/calendar/#111209. A moderate 8.4-mile loop via the Blueberry Ridge and Bickford Brook Trails in Evans Notch. Great views from the open ledges at the top! Elevation gain of 2300 ft, pace ~1.5-2 mph. Leader: Kelly Corbin, kelly.corbin33@gmail.com.

May 18: Cliff Walk. Prouts Neck, Scarborough, Maine. www.amcmaine.org/calendar/#111143. Evening walk along the shore where Winslow Homer lived and painted to see the full moon rise over the Atlantic Ocean. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

May 19: East & West Royce Hike. Evans Notch, ME. www.amcmaine.org/calendar/#111159. Join us for a mid-Spring hike to East Royce and West Royce Mountains in Evans Notch. 6.2 miles round trip out and back with 1,790 ft elevation gain. This is your chance to reach summits in two states on the same day. West Royce is on the NH 52 with a view list and East Royce in ME also has wonderful views. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

June 1: Little Bigelow Hike. Carrabassett Valley, ME. www.amcmaine.org/calendar/#111142. Little Bigelow is the most eastern peak of the Bigelow Range. Excellent views along the open ledges. Fine views of Flagstaff Lake. At the summit are views of Sugarloaf ski slopes and the Bigelow range. Round trip 6.5 miles. Summit is 3070 ft. Elevation gain 1900. Leader: Susan Surabian, 207-474-6100, suebeau1@gmail.com.

June 1: Little Deer Hill (1090 ft.) and Deer Hill (1367 ft.) Hike. Evans Notch, ME. www.amcmaine.org/calendar/#111145. 5.4-mile hike to open summit with great views. Leader: Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

June 8: Alpine Garden Hike. Mt Washington, NH. www.amcmaine.org/calendar/#110968. Experience the beauty of the Alpine Garden. We will carpool up the Mt Washington Auto Road to the Cow Pasture parking area. We will then hike down the Huntington Ravine Trail to the Alpine Garden Trail. While taking the Alpine Garden Trail to the Lion Head Trail, we will spend time looking at and identifying the flowers and plants of the Alpine Garden. The moderate round trip hike is a 2.4-mile slow pace hike. Leader: Peg Nation, 207-583-2720, mjnation11@earthlink.net.

June 15: Cadillac Mtn. Hike. Acadia National Park, ME. www.amcmaine.org/calendar/#110876. We will be staying at Blackwoods Campground for a long weekend and will do this as a day hike. We will head up the South Ridge Trail to the top of Cadillac Mt. About 3.5 miles one-way and elevation gain of about 1500'. Great views from the ledges along the way. A steady uphill climb at a moderate pace. Must be used to elevation gain and longer hikes. Enjoy a cold soda and great views at the top (along with the crowds who drove up). Lunch stop on the ledges with a view. Rain date - Sunday, June 16. Join us for the day or come camp for several days. TO REGISTER: Please email leader information on your current level of hiking activity, info on gear and a phone contact. Limit 12. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

June 22: Puzzle Mt. Hike. Newry, ME. www.amcmaine.org/calendar/#111144. This is a moderate to strenuous hike of 8.5 miles and includes the Woodsum Spur Trail. The trail crosses over several exposed granite boulders and ledges offering views of the Sunday River ski area, Grafton Notch and the distant Presidentials. Leader: Susan Surabian, 207-474-6100, suebeau1@gmail.com.

OUTDOOR INSTRUCTION

May 4 - 5: Wilderness First Aid. Maine Audubon, Falmouth, ME. www.amcmaine.org/calendar/#109701. Wilderness First Aid training goes beyond standard Red Cross first aid, providing you with the skills needed when you are more than one hour from medical care. Learn to assess & treat injuries in outdoor situations. This course is two full days, and will be taught at Maine Audubon in Falmouth, Maine by Wilderness Medical Associates (WMA). The fee covers instruction and materials. Lodging and meals are not included. The class includes patient assessment, immediate

life threats, disabling injuries, hypothermia & other environmental hazards, fractures, sprains and more. Upon successful completion students will receive certification in Wilderness First Aid and Adult CPR which are valid for three years. Course costs are \$175 for AMC Maine chapter members, \$200 for AMC members (non-Maine chapter), and \$250 if you are not an AMC member. To register for this course call or email Peter Roderick at 207-293-2704 or roderick1027@fairpoint.net.

May 8: Beginning Backpacking Workshop. Maine Audubon, Falmouth, ME. www.amcmaine.org/calendar/#109702. This workshop is for both beginner and experienced hikers who would like to take the next step from day hiking to multi-day trips. The workshop will cover the basics needed for a safe and enjoyable three season backpacking trip. Topics include: conditioning for backpacking, planning a backpacking trip, dealing with emergencies, food & water considerations, selection of appropriate clothing and footwear, and gear for backpacking. Have your questions on backpacking answered, see backpacking gear, and a demonstration of how to load a backpack. To register for this workshop or for more information contact Bill Brooke, 207-549-5100, outings@amcmaine.org.

LEADER MEETINGS

April 17: Leader Meeting. AMC Policy Office, 14 Maine St., Suite 0126, Brunswick, ME. www.amcmaine.org/calendar/#111178. Trip Leader meeting for current leaders and others interested in becoming a leader. The objectives of the meeting are to define outings committee priorities, develop the training plan for the coming year, and to identify and schedule outings. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

PADDLING

April 11: Plan a kayak trip on the Maine Island Trail, chart reading & suggested itineraries. Coastal Enterprise Office Building, 30 Federal Street, Brunswick, ME. www.amcmaine.org/calendar/#110451. In this interactive evening held in Brunswick, we will share suggested itineraries for single and multi-day sea kayak trips along the Maine Island Trail. The program includes an overview of the MITA Guidebook, chart reading, and recommended weather and navigation apps to help you plan safe expeditions following the principles of Leave No Trace. Free, but registration is required. Offered in conjunction with MITA. Leader: Alicia Heyburn, aheyburn@gmail.com.

June 21 - 25: Sea Kayaking/Camping Marshall Island - Frenchboro and Little Black Island. www.amcmaine.org/calendar/#111255. Multi-day Island camping trip with stays on Marshall Island and Little Black Island and visit to nature preserve on Frenchboro. Comfort with open ocean paddling including self and group rescue skills and fully equipped sea kayak and intermediate skills. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

July 19 - 23: Sea Kayaking/Camping Warren Island - Butter Island - Ram Island. www.amcmaine.org/calendar/#111256. Multi-day trip with stays on Warren Island State Park - Butter Island and Ram Island. Fully equipped sea kayak, open water experience, self and group rescue skills and sense of adventure. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

August 9 - 12: Sea Kayaking - Jonesport - Stevens Island - Great Wass Island - Bois Bubert Island. www.amcmaine.org/calendar/#111257. Experienced open water paddlers with fully equipped boats and sense of adventure. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

POTLUCK AND PRESENTATIONS

April 18: AMC Potluck and Presentation - Wyoming Wilderness Backpacking. Curtis Memorial Library, Morrell Meeting Room, Brunswick, ME. www.amcmaine.org/calendar/#110622. Join us on a photo journey as we make our way, both on and off trail, through Wyoming's spectacular Gros Ventre Wilderness. Five nights, no permits,



no reservations, no crowds, and hardly any trail signs. We'll spend plenty of quality time above treeline, scramble over steep, exposed terrain, and pull native trout out of sparkling backcountry lakes. Jonathan Rundell is an

avid hiker and photographer. This is his third presentation for the Maine chapter. The Gros Ventre Wilderness is a gem in the Greater Yellowstone Ecosystem. The Wilderness provides critical habitat for many species of wildlife, hosts the headwaters of multiple Wild and Scenic Rivers and offers miles and miles of trails. In addition, the Gros Ventre Wilderness is famous for its incredible geological features, from alpine peaks to red, purple and yellow rocky slopes. Potluck dinner will start at 6 pm (please bring a dish to share, help us be green and bring your own cup, plates and silverware). Presentation at 7 pm. Free and open to the public. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

May 2: AMC Potluck and Presentation - Paddle Maine! Tune up your skills, equipment and knowledge. Curtis Memorial Library, Morrell Mtg Room, Brunswick, ME. www.amcmaine.org/calendar/#109761. Have you wanted to get out on the water but not sure where to get started or maybe you want to up your game. What boat is best for you? What equipment do you need? What classes should you take? Where should you go to paddle? How do you go about trying out different options? Are there guided trips in the area? Kayaks, canoes, paddle boards and



more... so many choices! Join Scott Shea, Master Maine Guide and owner of Seaspray Kayaking for over 25 years, as we share and prepare for another season of paddling the beautiful waters of Maine. Scott will discuss cold water safety, rescue techniques, the latest trends in paddling (including stand up paddleboards), and great local places to explore. We have a wealth of opportunities in the Midcoast area from rivers and streams, to local lakes and some of the most wonderful coastline to explore. Scott can guide you to find that perfect spot for the type of outing you are looking for. There will be giveaways during the presentations and lots more... Seaspray Kayaking offers 20% discount on all purchases and rentals to all AMC members. Potluck dinner will start at 6 pm (please bring a dish to share, help us be green and bring your own cup, plates and silverware). Presentation at 7 pm. Free and open to the public. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

June 2: Potluck Social @ Sebago Lake State Park. Casco, ME. www.amcmaine.org/calendar/#111266. Join us for an afternoon of fun at Sebago Lake State Park! Hike on the 4 miles of trails, bring your bike for a ride, or paddle on the lake or up the Crooked River to the Songo Locks. You can even take a refreshing swim or relax at the sandy beach. After the afternoon activities, there will be a group potluck barbecue. Please plan to bring a lawn chair and an item to share. Further details will be provided upon registering with the leaders. This activity is for outdoor enthusiasts of ALL ages including new members, young members, and families. Please view the Sebago State Park webpage for information about the park and trail maps. Leader: Denise Fredette, deniserae77@gmail.com.

SOCIALS

May 21: Deck House Tavern - Social. www.amcmaine.org/calendar/#111164. It's Taco Tuesday at the Deck House in Windham! Join us for Happy Hour starting at 6 pm. If the weather is nice, we'll try and grab a table on the deck. Come and relax, make new friends, and find out how you can get more involved in the AMC. Reservations aren't required but they are appreciated so I know how many seats to ask for (email or text). Look for the signage. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

TRAIL WORK

April 13: Trail Work - Pleasant Mtn - Bridgton, ME. www.amcmaine.org/calendar/#111244. Maine Chapter trail work trip on this popular hiking mountain near Bridgton. Blowdown removal, clearing drainage, tools and training will be provided. Wear appropriate work clothes, pants and boots required, plenty of water and snacks always encouraged. Contact Peter Roderick for meeting time and place. Leaders: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

May 18: Trail Work - Appalachian Trail near Stratton, ME. www.amcmaine.org/calendar/#111226. Trail maintenance on AT near Stratton. Annual 1st trip to clear trail for prime hiking season. Blowdown removal and waterbar cleaning. Too early for black flies (we hope). 3.5 miles and return. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

May 24 - 27: Trail Work – Medawisla Lodge and Cabins. www.amcmaine.org/calendar/#111305. With many miles of trails in the Maine Woods Initiative, the AMC in Maine has lots of volunteer work opportunities. For this trip we will stay in bunkhouse at the newly rebuilt Medawisla Lodge and Cabins. Come experience the new facilities and help get the nearby trails ready for the summer and fall hiking seasons. Cost: \$122. Leader: David McCarthy, 207-363-2791, drmccarthy@aol.com.

May 24 - 27: Trail Work - Little Lyford Pond Lodge and Cabins. www.amcmaine.org/calendar/#111252. Volunteer for trail work at Little Lyford Pond Lodge and Cabins. Help open trails for the summer hiking season. Join other volunteers from Maine Chapter and beyond as we patrol hiking trails in the area in preparation for another busy summer in the Maine Woods Initiative. We berth in the bunkhouse and enjoy off time exploring the area including Gulf Hagas, a beautiful and wild river gorge and Indian Mountain including Laurie's Ledge which provides views north to Katahdin on clear days. Cost: \$122. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

June 1: Trail Work Kennebec Highlands, Rome, ME. www.amcmaine.org/calendar/#111254. National Trails Day work trip in Kennebec Highlands. We will work on one or more trails in preparation for prime hiking season. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

July 8-11: Trail Work - Gorman Chairback Lodge and Cabins. www.amcmaine.org/calendar/#111251. Trail work trip to the Maine Woods Initiative/100 mile Wilderness area. Lodging at Gorman Chairback Lodge and Cabins. Under the direction of Walker Ellis, Trails Supervisor and his staff, 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. Cost: \$122. Leader: David McCarthy, 207-363-2791, drmccarthy@aol.com.

October 11-14: Trail and Boundary Work - Medawisla Lodge and Cabins. www.amcmaine.org/calendar/#111253. With hundreds of miles of property lines and trails, the AMC in Maine has lots of volunteer work opportunities. For this trip will be staying in a bunkhouse at the newly rebuilt Medawisla Wilderness Lodge and Cabins. Come experience the new facilities and help get the nearby trails ready for all the guests who will be staying at this newest Maine Woods Initiative lodge. Cost: \$122. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

AMC Adventure Travel



Photo credit: Mike Darzi

AMC's Adventure Travel Program is taking participants around the world! Led by our trained volunteer leaders, join us on a small group excursion to exciting destinations like skiing in Austria, cycling in Ireland or trekking in Nepal. It is an exciting and affordable way to recharge in nature and experience group travel. To learn about the latest trip offerings, sign up for our quarterly newsletter at www.outdoors.org/ATnews.

Are you an experienced chapter leader looking to take your next step in leadership? Adventure Travel leadership may be for you! Contact the programs manager, Nancy Holland, at nholland@outdoors.org to find out more.



AMC's New Brand

You may have seen the new "Be Outdoors" branding in AMC Outdoors magazine, at the Annual Summit, or on outdoors.org. AMC's new brandmark celebrates that we consist first and foremost of individuals. The new tagline, "Be Outdoors," is an invitation with no strings attached. "Be Outdoors" celebrates the spirit of adventure in every possible form, embracing everything that comes with it—wisdom, humor, work, fun, pain, and triumph. There is no wrong way to "Be Outdoors," and there's room for everyone. Be yourself outdoors. Be together outdoors. Belong outdoors.

You can find gear with our new brand in our digital and destination storefronts. Later this year you'll see an all new outdoors.org with the tools you need to get where you want to go as well as a stunning new look for our award-winning AMC Outdoors magazine. Behind the scenes, we're working to ease and personalize your experience all throughout the AMC community. Visit www.outdoors.org/brandnew to learn more and offer feedback.

AMC Spring Trail Work Opportunities Abound *By Peter Roderick*

Like highways that we travel on in motor vehicles, trails require upkeep and maintenance. Every spring AMC volunteers work to protect trails from erosion and other natural occurrences. No special skills are necessary, just a willingness to get a little dirty.



AMC Maine Chapter volunteers, aka the "bug net gang," enjoy some time well spent in the Maine woods doing some much needed and very satisfying trail work. Kristen Grant photo.

Spring trail work involves removing accumulated debris from drainages or water bars. These ditch-like structures force water to follow the path of least resistance off the trail. Along with providing trail protection, drainages are excellent at catching and holding fallen leaves, silt and small stones. Cleaning water bars is a prime spring-time activity for trail work volunteers. We also trim back encroaching plant growth and check that trail blazes are easily seen. Once these fundamentals are attended to, improvements such as bog bridging or stepping stones may be added to consistently wet areas and other higher-level projects are assessed and scheduled.

Sound fun? Please consider volunteering with us! Trail work yields immediate, easily-seen results. It's quite satisfying. Spring trail work trips are posted in this edition of Wilderness Matters and on the Maine Chapter website, www.amcmaine.org. We're also looking for members to join the Trail Committee team. No prior trail work experience is necessary. If you love Maine trails and you want to help protect them and grow the trail team, consider joining this committee. Contact Phil Coyne, Trail Committee Chair, at trails@amcmaine.org to learn more.

Wilderness Matters Editor to Tackle the 2,650-Mile Pacific Crest Trail

By Carey Kish

There are eleven trails 100 miles or longer in the United States with the designation of "National Scenic Trail." Of these iconic gems, the second longest is the Pacific Crest Trail, which extends 2,650 miles from Mexico to Canada. The Continental Divide Trail gets top honors at 3,100 miles, while the 2,190-mile Appalachian Trail is third.

This hiker plans to tackle the entire Pacific Crest Trail in one continuous push, starting on April 3 at the dusty outpost of Campo on the Mexican border, 50 miles east of San Diego. I'll journey northward through the wilds of California, Oregon and Washington, and with a lot of sweat and toil and no small amount of good fortune, my plan is to walk across the Canadian boundary into Manning Park, British Columbia sometime around September 24.

The PCT used to be a fairly lonely endeavor, but just as Bill Bryson's celebrated book "A Walk in the Woods" helped spark a thru-hiker boom on the AT in the late 1990's, so too has "Wild" by Cheryl Strayed accounted for a recent increase in PCT hikers. Some 50 hikers a day from March through May will head north from the border fence. The pack will thin dramatically, however, because as with the AT, less than 25% will ultimately finish the grueling hike.

The PCT has been on my bucket list for a long time. I first heard about the trail in the mid-1970's when I read "The High Adventure of Eric Ryback" by Eric Ryback, the first person to hike the entire PCT in 1970, when the trail was largely incomplete. Soon after my first AT thru-hike fresh out of high school in 1977, I bought the "Pacific Crest Trail Hike Planning Guide," but that's as far as the dream got. Until now.

California hosts 1,700 miles of the PCT, with another 450 miles in Oregon and the final 500 miles in Washington. The trail wends through 7 national parks, including Sequoia, Kings Canyon, Yosemite, Lassen, Crater Lake, Mt. Rainier and North Cascades, as well as 25 national forests, 4 national monuments and 48 federal wilderness areas.

The first 700 miles of the PCT are through the deserts of southern California, where waterless stretches of 20-30 miles and 90-100-degree temperatures in the Mojave contrast sharply with snow and ice at 9,000 feet on Mt. San Jacinto. The 500-mile section through the Sierra Nevada is the crux of the hike, with the possibility of deep snow and rivers swollen with snowmelt, plus several dozen high mountain passes, including Forester Pass at 13,153 feet, the PCT's apex.

In northern California, the PCT swings west around lofty Mt. Shasta to connect with the Cascade Range, which it follows past Oregon's Crater Lake and Mt. Hood and then Washington's Mt. Rainier to Canada. The trail's low point is the crossing of the Columbia River at Cascade Locks, just 180 feet above sea level.

Perhaps the most stunning PCT statistic of all is the cumulative elevation gain and loss en route, a mind-boggling 489,418 feet of climbing and 488,411 feet of descent. That's roughly equivalent to scaling Katahdin with a full backpack two days out of every three for six solid months. It's no wonder then why I'm planning a moderate average of 15 miles per day.

With the exception of LEKI trekking poles and MSR Pocket Rocket stove, I've almost completely swapped out my gear. The major items include an Osprey Atmos 65 backpack, REI Magma 10 sleeping bag, Sea to Summit Ultralight sleeping pad, Big Agnes Copper Spur UL1 tent and Lowa Renegade boots. My base pack weight is 20 pounds, but that'll swell with food, water and extra Sierra snow gear.

My hike will be fueled with staples like breakfast bars, pasta and rice, tuna and Spam, jerky, cheese and crackers, chocolate, peanut butter, nuts, dried fruit and granola bars, plus all the restaurant meals and junk food I can stuff into my face at every town stop. I'll receive 19 resupply boxes mailed from home to remote locations, and will buy groceries at stores the rest of the time.

I expect to spend \$6,000 while on the 6-month walk. Oh yeah, trail name? Beerman.

Carey Kish of Mt. Desert Island thru-hiked the Appalachian Trail in 1977 and 2015, and completed the 1,100-mile Florida Trail in 2017. Follow Carey's PCT adventures on Facebook @CareyKish.



AMC Maine Chapter Welcomes Phil Coyne as Trails Committee Chair

A couple of years ago I participated in my first trail work weekend to Little Lyford Pond Camps. I loved the opportunity to meet new people who care about wilderness, to give back after all the great experiences I've had hiking with my family throughout Maine, and to work with my hands and spend the weekend exploring a new area. At the end of the day I had a real sense of accomplishment and satisfaction. Since becoming Trails Committee Chair in January, it's been fun to participate in planning for our trail work needs in 2019, and to see volunteers stepping up for trips we're offering.

Whatever your skill level or ability, I welcome you to join us for a trail work event. Activities include trimming, raking and clearing water bars — we leave the big projects to AMC's professional trail crews. Please join us, meet new folks interested in the outdoors, discover a new trail or two, and give a little back to all the great trails we have in Maine. Events at Pleasant Mountain, Mt. Cutler and Campbell Island (near Brooklin), are planned for 2019, along with three trips to the Maine Wilderness Lodges. We are looking to expand trail work to assist local land conservancies. Email me at trails@amcmaine.org with any questions and tell me about your favorite trails — perhaps we can work together to do some upkeep on them!

Hike, Take Photos, Contribute to Science



Labrador Tea flowering in the alpine zone.
Photo by Allison W. Bell

Become a citizen scientist and support AMC Research. Download iNaturalist on your smart phone and join our Northeast Alpine Flower Watch project.

This year the AMC has launched the Northeast Alpine Flower Watch, a smartphone-oriented extension of Mountain Watch, our long-term monitoring program tracking how plants are responding to climate change. Since 2004, AMC has been monitoring the timing of plant seasonal events like leaf-out and flowering in conjunction with weather conditions. From day one of this project we've relied on the help of hikers to tell us what they've seen along the trails. By taking photos of flowers on your hike this summer, you can help too!



Mountain Cranberry Photo by Erica Fraley

The Northeast Alpine Flower Watch tracks the effects of climate change by gathering flowering and fruiting time data with the help of hikers in alpine areas. AMC has partnered

with the Adirondack Mountain Club, Green Mountain Club, and Baxter State Park to achieve this goal in New York, Vermont, New Hampshire, and Maine.

Using the iNaturalist app, your mobile device will automatically geotag the image, assigning its location, and if you're not sure of the name of the species of plant you have observed, the community on iNaturalist, including AMC's own scientists, will help confirm or identify the plant. You don't need to be an expert to identify key species and contribute to this project.

AMC's scientists will use photos of our target plants that you upload, confirming the plant identity and coding their flowering and fruiting status. We will focus on key study regions like the White Mountains, Maine Woods, and along the Appalachian Trail to understand seasonal development in the context of climate change. The more photos that are posted, the more we can capture the large variability that is inherent in mountain environments.

Check out our website for updates: www.outdoors.org/flowerwatch. Join our Webinar Tuesday April 2 at 7 pm or Thursday April 4 at noon to learn how to use iNaturalist, get tips on taking quality photos, learn about our target species, and more. Advanced registration is required. Can't make it? Register anyway and we'll send you the recording.

Maine AMCers Enjoy Winter Fun in the Sugarloaf Region

By Michelle Moody



What do you get when you mix a group of seniors, lots of snow and frigid temperatures? A lot of winter fun. Despite a snowy start, a couple of very windy days, and temperatures in the single numbers, our group seemed to manage to have a good time during our stay at the White Wolf Inn in Stratton. The area offered us the choice of the Sugarloaf Outdoor Center, the Narrow Gauge Pathway, and hikes up to the Maine Huts. The snow was deep, as you can see in the picture of a couple snowshoers on the bridge over Poplar Stream. We enjoyed happy hour in the leaders' room, dinners together, and a mix of outings during the day despite the cold weather. It was a treat to have good snow conditions.

Join Michelle and Stan on their next getaway - Acadia, June 13-17.