



MAINE CHAPTER
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Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

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Maine Mountain Guide: Recommended Summer 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 summer mountain rambles with great views that'll have you itching for more.

► JULY: Big Moose Mountain, Big Moose Township

Climb the Big Moose Mountain Trail to the top of Big Moose Mountain (3,194 feet) in the 15,000-acre Little Moose Public Lands unit. The site of Maine's first firetower (1905), the peak rewards panoramic views over Moosehead Lake to the jumble of peaks ranging as far north as Katahdin. *Moderate, 4.2 miles round-trip, 1,850 feet elevation gain.*

► AUGUST: Tumbledown Mountain, Township 6 North of Weld

Combine the Parker Ridge, Tumbledown Ridge and Loop trails for an outstanding tour of the high alpine-like terrain on Tumbledown (West Peak is 3,068 feet), including spectacular Tumbledown Pond. Start from the Brook Trail trailhead on Byron Road and hike the loop counterclockwise to the Loop Trail trailhead (also on Byron Road) (a car spot is necessary). *Moderate to strenuous, 5.4 miles, 1,750 feet elevation gain.*

► SEPTEMBER: Deboullie Mountain & Black Mountain, T15 R9 WELS

Head for the wilds of northcentral Aroostook County and the 22,000-acre Deboullie Public Lands unit. Combine the Black Mountain, Tower and Deboullie Loop trails for an awesome hike over Black Mountain (1,910 feet) and Deboullie Mountain (1,981 feet), the latter topped by a 1929 firetower, then circle back along pristine Deboullie Pond. It's a huge drive, so plan on car camping. *Strenuous, 5.8 miles, 1,250 feet elevation gain.*



Moosehead Lake vista from high on Big Moose Mountain. Carey Kish photo.



Climbing toward the West Peak of Tumbledown. Tumbledown Pond below, Little Jackson in background. Carey Kish photo.

Discover where the Locals Hike, Bike, and Paddle on Cape Cod at Fall Gathering 2019 Save the dates: October 18-20th, 2019!

Come join the Southeastern Massachusetts Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to let our local leaders "on Cape" share their favorite – and often hidden – hiking trails, bike routes, and paddling areas with you.

The Cape is particularly appealing in the fall when the leaves start to change, the air turns crisp, and the summer crowds disappear. The location we've selected for FG 2019 is the beautiful Camp Burgess in Sandwich, Massachusetts. This great facility spans nearly 300 acres of forests, meadows, trails, and freshwater ponds. It offers a large private lake; spotless cabins (many with lake views); indoor washrooms and shower facilities; and a bounty of on-site recreational opportunities including a zip line, climbing wall, and basketball, volleyball, tetherball, and gaga ball courts.

At this event, you'll be able to explore the best Cape Cod has to offer! We're planning a wide variety of hikes, bike rides on quiet roads and pristine trails, and (weather permitting) one or two paddles. The hikes will include woodland hikes, hikes on the National Seashore, dune walks, and naturalist hikes. We're also planning to have live music, a trivia contest, yoga, campfires, and other activities to keep everyone engaged and entertained throughout the weekend.



One-night, two-night, or single-day options will be available along with delicious and healthy meals in the camp's expansive dining/meeting facility. Please save the date for FG 2019 and visit www.outdoors.org/fallgathering for more details! Registration opens July 1, 2019.

Defend the Clean Water Act — Add Your Voice —

The Environmental Protection Agency is attempting to rollback important protections for our rivers and streams by changing the definition of "waters of the United States". If enacted, this change would strip protections from critical waterways including ephemeral streams, wetlands, and any part of a river that does not flow continuously.

Removing protections from these streams and wetlands is bad public policy that threatens human health and the environment. Small streams and wetlands protect downstream drinking water quality, provide habitat, and ensure ecosystem health. They are also sources of backcountry water supplies for hikers and backpackers.

To tell the EPA to reject harmful changes to the Clean Water Act and take action for other conservation priorities, join the Conservation Action Network at outdoors.org/CAN.



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 (Fall Issue) is September 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!

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FROM THE CHAIR Chapter's Retreat at Corman Harriman Outdoor Center

As a chapter chair, I am privileged to attend my fair share of meetings. It is expected that chairs and vice-chairs will attend the three club-wide Chapter Chair Committee meetings each year. The first is the Annual Summit, held in Norwood, Massachusetts in January. The third meeting is held in October, at Fall Gathering, which rotates between the 12 chapters each year. Each of these meetings is part of a larger gathering for the entire club membership.

In contrast, the second meeting is a weekend retreat, intended solely for chapter chairs, vice-chairs and those who might be interested in moving into those positions. I attended this meeting in mid-May, at the Corman Harriman Outdoor Center in New York, with our vice-chair, Bill Brooke. The Maine Chapter was also well represented by John Mullens, Regional Director and Elizabeth Ehrenfeld, Chair of the Board of Directors for AMC.

Fortunately for us, the recent spate of rainy weekends relented and we had a warm and sunny weekend. The idea of these retreats is to get work done, yes, but also to have fun and bond with our colleagues from the staff and chapters. And we were not the only group enjoying the recently renovated facilities. There was an AMC leadership training and a map and compass workshop being held, as well as a Girl Scout's backpacking group in residence for the weekend.

Most people arrived Friday evening and we were welcomed with a hearty meal in the large dining hall. In fact, all the meals were skillfully prepared, healthful, and plentiful. Afterwards, there was socializing around the campfire. The work started Saturday morning. The theme of this retreat was to develop good onboarding processes for incoming chapter volunteers, especially executive committee members. Thanks to the monumental efforts of the Volunteer Relations staff, Faith Salter, Susannah Hatch, and Justin Bailey, even though the morning was spent inside, it was fun and engaging and we got a lot accomplished.



From L to R Maine Chapter members: Elizabeth Ehrenfeld, John Mullens, Cindy Caverly and Bill Brooke. Photo Credit: Bill Brooke



Relaxing at Breakneck Pond at the Harriman Outdoor Center
 Photo Credit: Bill Brooke

Outside activities were planned for the afternoon. We had a choice of two hikes, one around Breakneck Pond, another was a five-mile hike to a fire tower and the ruins of a mansion and we got to see the NYC skyline! For those who did not want to hike, other options

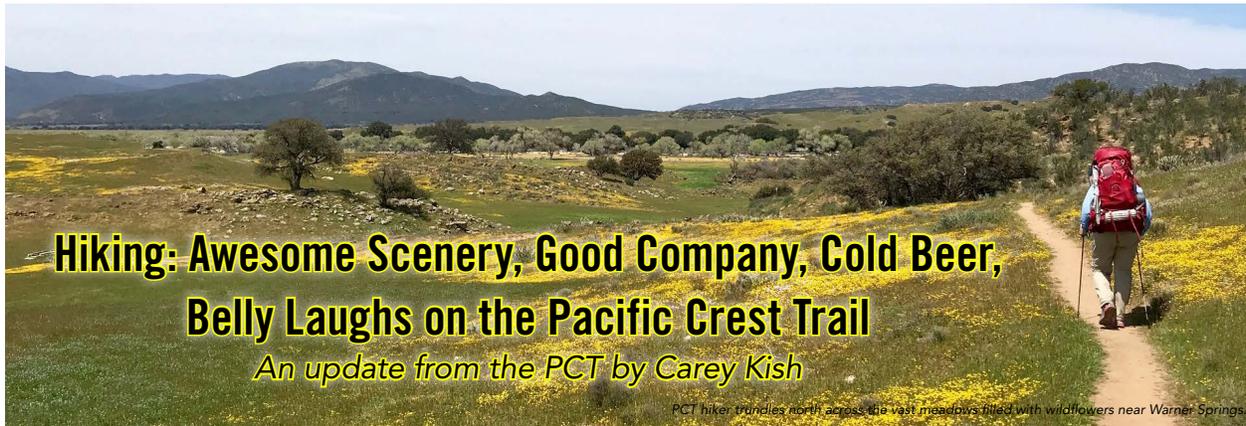
were paddling on the pond, playing lawn games, or just hanging out and enjoying the peaceful surroundings.

Sunday morning was the official Chapters Committee meeting where we discussed ongoing and new business that concerns the chapters and wider AMC. After the meeting and lunch, we all headed back to our respective chapters with a better understanding of how our chapters fit into the "big picture" of AMC's mission.

The takeaway? Being a chapter chair or vice-chair is not all hard work. We get to enjoy the perks of many of AMC's top-notch facilities while getting together for work and play with our peers from all corners of the AMC world.



Happy Hiking!
 Cindy



Hiking: Awesome Scenery, Good Company, Cold Beer, Belly Laughs on the Pacific Crest Trail

An update from the PCT by Carey Kish

PCT hiker trundles north across the vast meadows filled with wildflowers near Warner Springs.

INYOKERN, Calif. — Kennedy Meadows at mile 702 of the Pacific Crest Trail marks the end of the southern California desert and the start of the Sierra Nevada mountain range. Mt. Whitney, the tallest peak in the contiguous United States at 14,505 feet, is just 65 miles distant, and 13,124-foot Forester Pass, the highest point on the entire PCT, is a dozen miles beyond.



Carey near the summit of 9,406-foot Mt-Baden Powell at about mile marker 380 on the PCT.

At this point, more than a quarter of the journey is complete. A million or so footsteps have led me across diverse landscapes to spectacular vistas and comfortable waysides amid the pleasurable company of great people on and off the trail. Such is the true magic of a long walk and my *raison d'être* for being here.

Atop Mt. Baden-Powell, named for the founder of world Boy Scouting, I reveled in the extraordinary panorama of the San Gabriel Mountains from the 9,406-foot peak. I'd camped at the snow line the evening before, then donned micro-spikes at first light for the icy climb that switchbacked over the trail route until it became impossible, necessitating a steep straight-up scramble to achieve the summit.

On the 86-mile stretch from Tehachapi Pass to Walker Pass, the scenery was awesome but it came at a price, as Mother Nature presented one gnarly weather scenario after another. West winds blowing at 35-50 mph and gusting to 60 and 70 mph made forward progress difficult at times. A day of cold rain eventually morphed into snow, soaking my gear and sagging the tent with six heavy, wet inches. But on the one good day of sun I managed 22 wonderful miles, my best day yet.

I've shared the way with a tight-knit trail family who I love dearly. We look out for each other and try to camp together in the evenings. Mostly I walk alone, but on one particularly special segment, a small group of us struck off together in late afternoon and walked into the sunset, following the Los Angeles Aqueduct across the Mojave Desert. We yipped with the coyotes, howled at the waxing moon and sang Hakuna Matata for 17 miles before – exhausted – we cowboy camped trailside well after midnight.

From cold beers and belly laughs around the hot tub at the Acton KOA Campground and camping in the mystical manzanita forest and getting our nails painted crazy colors at Casa de Luna to lodging at what amounts to a western movie set at Hiker Town and ordering \$150 of pizza and soda from a picnic area 40 miles from the nearest town because we could, I've had the time of my life.

Sadly though, I lost my hiking partner, Iron Lady, to a bum knee at Wrightwood. We rendezvoused a week later at Agua Dulce, but the news

was grim. An MRI confirmed a stress fracture, effectively ending my pal's journey and forcing me to carry on solo.

Tucked into the piney woods at 6,000 feet in the Sequoia National Forest, Kennedy Meadows is a veritable hub of activity. There's a general store, two outfitters, a restaurant and campground, Wi-Fi, and a hoard of crusty hikers milling about, some gearing up to enter the snowy Sierra while others consider alternate plans.

Last winter was a real whopper in the Sierra – one of the five snowiest in the last 40 years – depositing enough of the white stuff for an average snowpack 165 percent of normal. This spring has been a lot cooler than usual, which has inhibited melting and brought even



Carey's tent partially buried under heavy wet snow in the Piute Mountains between Tehachapi Pass and Walker Pass.

more snowstorms. The result is that 600 continuous miles of high elevation snow cover lie ahead, a situation that poses significant difficulties for hundreds of concerned foot travelers, me included.

I've decided that rather than just get through the Sierra now, I'd much prefer to enjoy the mountains later, so I am jumping up to Ashland in southern Oregon, just over the California line, at mile 1,700. From there, I'll hike 1,000 miles south back to Kennedy Meadows.

There are long stretches of snow-free trail in northern California right now, and what snow I will encounter is at a lower elevation and will disappear sooner. Through June and into July, the heavy Sierra snows should also reduce to a more reasonable depth, which will make negotiating the high passes much less of a struggle.

Come early August, if all goes well, I'll return to Ashland and merrily resume the northbound hike through Oregon and Washington, the Canadian border at Monument 78 ever in my mind's eye.



Carey at the southern terminus of the PCT at the Mexican border near Campo, California way back on April 3.

SUMMER 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. <http://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. Please make your own camping reservation at Blackwoods. 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.

October 5 - 6: Bigelow Backpack. Horns Pond, Bigelow Preserve, ME. <http://www.amcmaine.org/calendar/#113241>. This trip is for hikers new to backpacking or those who would just like to spend an overnight in the beautiful Bigelow Range. We will hike to Horns Pond from the Stratton Brook Road via the Horns Pond Trail on Saturday (4.8 mi), camp at the Horns Pond Campsite on Saturday night, and hike over The Horns, West Peak and Avery Peak on Sunday via the AT, returning to our cars via the Fire Warden's Trail (8.6 mi). Total elevation gain and loss over 3,000'. Limited to 6 fit, experienced hikers. Difficulty: Strenuous. Leader: Sarah Hunter, raisinghunters@gmail.com.

BICYCLING

July 12: Beginner Mountain Biking. Sebago Lake Land Reserve, Standish, ME. <http://www.amcmaine.org/calendar/#113368>. Enjoy an early start to the weekend with a Friday mountain biking trip in Standish! If you have not visited the Portland Water District's Otter Ponds section of the land reserve, you're in for a treat. There are over 13.5 miles of trails, including a wetland loop, several pond overlooks, an a (mostly) secret beach. This trail is rated as easy, which makes it great for beginner mountain bikers. The trail is old logging road in some sections and well-maintained hiking trail in others. There is flat terrain and both gentle & steep hills, so it will be great for practicing technical skills and becoming more comfortable on a bike in off-road conditions. While this trip is for all level mountain bikers, all participants should be in good physical health and accustomed to some aerobic activity. A reasonably fit person who can bike for at least 1-2 hours should be comfortable on this trip. Helmets will be required and padded biking shorts are strongly recommended. Visit the Sebago Lake Land Reserve webpage to learn more about the land: <https://www.pwd.org/sebago-lake-land-reserve> View the trail map: <https://www.pwd.org/sites/default/files/SLLR-Trail-Map2015.pdf>. Leader: Natalie Skovran, natalie.skovran@gmail.com.

HIKING

June 15: Cadillac Mt Hike. Route 3, Mt. Desert Island, Acadia National Park, ME <http://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. See June 14-17 post for camping info. TO REGISTER: Please email leader information on your current level of hiking activity, info on gear and a phone contact. Limit 12. Difficulty: Moderate plus. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

June 20: Isle au Haut Loop Hike & Ferry Ride. Isle au Haut Unit, Acadia National Park, ME. <http://www.amcmaine.org/calendar/#112164>. Acadia National Park has some great hikes, but this rugged shore hike along the exposed southern & western portion of Isle au Haut is very special. The 75-minute ferry ride and mid-week departure ensure a quiet, no-crowd hiking experience. Although we will not be climbing any mountains, this is a rugged coast trail with much up and down and some scrambling. This approximately 5-mile loop hike incorporates short portions of the park gravel road but will mostly be on footpath. We will walk at a moderate pace with periodic stops for scenery and points of interest. Bring your lunch to eat along the shore. The ferry ride (\$20 each way) on the mailboat from Stonington (Maine's largest lobster fleet) to Duck Harbor adds to the adventure. You can drive to Stonington that morning but allow time for navigating the limited parking options (parking near the ferry is \$8 to \$11/day). We plan an early morning start, so staying nearby on Wednesday night may be preferable. Registration is required for this activity - please contact the leader directly to register, to obtain boat departure details, and for Wednesday night camping options. Space is limited to 14 participants. No fee but you will have to pay for your own parking, ferry & lunch. Leader: Tony Barrett, 207-833-0939, barrettony@mac.com.

June 22: Puzzle Mt. Hike. Puzzle Mountain, Newry, ME. <http://www.amcmaine.org/calendar/#111144>. This is a moderate to strenuous hike of 8.5 miles which includes the Woodspur 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.

June 29 - 30: Borestone and Barren Mountains: A Weekend of Hiking in June. Monson, ME. <http://www.amcmaine.org/calendar/#113319>. Consider one or both of these weekend hikes! Each hike will depart from Monson, Maine (2.5 hours from Portland). Borestone Mountain: On Saturday, we will gather at noon, and drive to the trailhead in Ellitsville Plantation. This is a 4-mile round-trip hike. The trail is maintained by the Borestone Mountain Audubon Sanctuary. It offers a spectacular array of natural features, including rare older forest, three crystalline ponds, exposed granite crags, and sweeping, panoramic views. It is a moderate level hike. Barren Mountain: On Sunday, we will depart from Monson at 10 a.m. and hike 7.5 miles round trip. The trail starts with a steady climb to Barren Slide—a cliff with a large scree slope beneath it. From Barren Mountain's mostly open summit, there are views in every direction of the surrounding 100 Mile Wilderness and the mountains around Moosehead Lake. This hike has a well-earned rating of Strenuous. Opt for one or both of these hikes. For those who choose to do both, we can access one of the local restaurants for dinner together Saturday night. Advice/resources are available regarding available rooms in Monson. Leader: Emily Davis, emilyjdavis@gmail.com.

July 19: Megunticook Traverse in Camden Hills. Camden Hills State Park, Camden, ME. <http://www.amcmaine.org/calendar/#112966>. Enjoy beautiful views from the ridge of Camden Hills. We will traverse 5.8 miles across the ridge, with views from Mount Battie, Ocean Lookout and Mt Megunticook. There are parts of the trail that are steep, exposed, and require scrambling. This trip requires a car spot. Leader: Kim Sanders, kimberlyannsanders@gmail.com.

July 28: Hike Rumford Whitecap Mountain. Rumford Whitecap, Andover, ME. <http://www.amcmaine.org/calendar/#113302>. Rumford Whitecap Mountain is a moderate-level hike for beginners and an easy, enjoyable hike for experienced hikers. The climb has moderately steep sections and parts of the trail are on exposed granite rock. The payoffs are excellent views from the top AND plentiful blueberry bushes along the ledges at the summit. Participants should expect a stop at the top for a snack and

blueberry picking! Total distance: 4.6 miles. Elevation gain: 1610'. Due to the exposed environment at the top of the mountain, weather conditions can change rapidly on Rumford Whitecap. Participants will be expected to wear sturdy hiking boots with good grip in case of rain, as the granite ledges are slippery when wet. The land trust that manages Rumford Whitecap's trails requires dogs to be kept on leash. If you plan to bring your pet, please notify the leader when you sign up for the hike. Although this trip is listed as 20's & 30's, it is open to all who are young at heart. Leader: Natalie Skovran, natalie.skovran@gmail.com.

September 22: North Kearsarge Hike. North Kearsarge Mountain, North Conway, NH. <http://www.amcmaine.org/calendar/#113433>. We will hike North Kearsarge Mountain (3,268 feet). This is a 6.2-mile round-trip hike with 2,600 ft elevation gain. This mountain boasts an enclosed fire tower and outstanding panoramic vista at the summit as well as some nice views along the way; there is a reason this one is on New Hampshire's 52 with a view list. We will hike at an average speed of 1.5 mph. This hike is geared toward folks with some recent hiking experience. Difficulty: Moderate. Leader: Denise Fredette, deniserae77@gmail.com.

INSTRUCTION

June 29: Map and Compass Workshop. Freeport Community Library, Freeport, ME. <http://www.amcmaine.org/calendar/#112213>. Basic Map and Compass course. Good for beginners and those wanting a refresher. About 3 hours of classroom in the morning followed by a similar time in the woods at Bradbury SP in the afternoon putting to practice what was learned in the morning. Class size limited. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

September 21: AMC Outdoor Leader Training. Maine Audubon, Falmouth, ME. <http://www.amcmaine.org/calendar/#113109>. Join experienced Maine AMC Leaders and AMCs Leadership Training Manager for a one-day workshop to develop and practice leadership skills necessary to plan and lead safe and enjoyable chapter activities. This workshop is for new and prospective leaders with no prior AMC leader experience and for experienced leaders looking to improve their skills. The workshop format will be a combination of presentations, discussion, and interactive sessions on outdoor leadership including; leader decision making, group management strategies, accident scene management, trip planning, and others. Whether you are an experienced leader looking to make your trips run more smoothly, or are interested in becoming a leader, this workshop will give you the skills and confidence you need to lead a chapter activity. Participants successfully completing this workshop will meet AMCs requirement for chapter trip leader training. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

MEETINGS

July 11: Maine Chapter Executive Committee Meeting. AMC's Maine Policy Office, 14 Maine Street, (Fort Andross) Suite 126, Brunswick, ME. <http://www.amcmaine.org/calendar/#112282>. The Appalachian Mountain Club's Maine Chapter Executive Committee will be meeting on Thursday, July 11, 2019. Meetings of the Executive Committee are open to all AMC members. Leader: Cindy Caverly, cindycaverly@gmail.com.

PADDLING

June 15: Kayaking Self and Assisted Self Rescue. Range Pond State Park, Poland, ME. <http://www.amcmaine.org/calendar/#111413>. Time to get ready to be safe on the water while kayaking. Join Maine Chapter leaders in this fun day of learning. We will cover the basics of wet exits, self rescue with a few different methods and assisted rescue with a partner. We'll go over gear, safety issues and maybe throw in a few paddle strokes and techniques. Morning learning session. If we have enough energy left, we may spend the afternoon for more learning and/or a paddle outing on the lake. TO REGISTER: Please email leader with boat info including length, gear normally carried, level of experience and a phone contact. Park fee is currently (Maine Residents) \$6 for adults, free for senior 65+, (Non-residents) \$8, seniors \$2. Leader: Albert Mandell, 607-316-5773, mandell.ah@pg.com.

June 21 - 25: Sea Kayaking/Camping Marshall Island - Frenchboro-Little Black Island-Marshall Island, ME. <http://www.amcmaine.org/calendar/#11255>. 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 required. Intermediate skill level. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

June 23: Sea Kayaking Level I Kayaking Class at Seaspray Kayaking. Seaspray Kayaking, Brunswick, ME. <http://www.amcmaine.org/calendar/#113182>. New to kayaking? You've come to the right place. At Seaspray, our experienced instructors will teach you the basics of paddling and equipment selection, how to get in and out of a kayak safely, proper paddle stroke technique, and both self and assisted rescue techniques. What's more, the class includes a FREE half-day rental so you can practice what you've just learned. We are partnering with Seaspray to offer this great introductory kayaking course at a discounted price. Register with trip leader to get special discounted price. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

June 25: Sea Kayaking New Meadows River. Sawyer Park boat launch, Brunswick, ME. <http://www.amcmaine.org/calendar/#112560>. From the Sawyer Park boat launch in Brunswick, we'll paddle out with the tide, have lunch on an island, and return on the incoming tide. About 5 hours or so. We'll watch for ospreys and eagles. Optional gathering on the veranda at the Seadog in Topsham for refreshments after the paddle. If the conditions are unfavorable, we will go on Wednesday June 26th. Trip Difficulty: Moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

July 7: Paddle Strokes and More! Thomas Point Beach, Brunswick, ME. <http://www.amcmaine.org/calendar/#113084>. When is the last time you thought... "She makes it look so easy!" or "Why does it feel like I am working so hard when I paddle?" Join us at Thomas Point Beach as Scott Shea, Master Maine Sea Kayak Guide, and staff from Seaspray Kayaking give tips and techniques to improve our paddle strokes. Learn how to adjust according to conditions and boat size. Try out a variety of new Paddles, including Greenland, Whitewater and Racing. Bring your own kayaks or use Seaspray's kayaks at Thomas Point Beach. Dress to be an active participant. Changing rooms, outdoor showers and bathrooms are available. Cost: \$25 with own equipment / \$35 without equipment. Limit: 15. This is a wonderful deal and a great opportunity to improve your skills at a fun location with skilled staff. Bring a picnic lunch and join us at for time to socialize before the class. Please call Michelle at 207-406-5221 if interested in joining us. Check out the camping opportunities at Thomas Point Beach. See web link for more info. Difficulty: Easy/Moderate. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

July 11 - 12: Sea Kayaking/Island Trail Work Deer Isle. Deer Isle, ME. <http://www.amcmaine.org/calendar/#112387>. Join us for a combined paddling and island trail work trip with Maine Island Trail staff. One day will be devoted to doing trail work on a MITA island, Campbell, located just off Deer Isle. The other day will be a play day with paddling on nearby Eggemoggin Reach and nearby waters. Camping available. Call leader for details. Difficulty: Moderate. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

July 14: Sea Kayaking Level I Class at Seaspray Kayaking. Seaspray Kayaking, Brunswick, ME. <http://www.amcmaine.org/calendar/#113183>. New to kayaking? You've come to the right place. At Seaspray, our experienced instructors will teach you the basics of paddling and equipment selection, how to get in and out of a kayak safely, proper paddle stroke technique, and both self and assisted rescue techniques. What's more, the class includes a FREE half-day rental so you can practice what you've just learned. We are partnering with Seaspray to offer this great introductory kayaking course at a discounted price. Register with trip leader to get special discounted price. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

July 19 - 22: Sea Kayaking - Jonesport - Stevens Island - Great Wass Island - Bois Bubert Island. Jonesport, ME. <http://www.amcmaine.org/calendar/#11257>. Sea Kayaking/Island Camping Jonesport-Stevens Island-Great Wass Island-Bois Bubert Island Experienced open water paddlers with fully equipped boats and sense of adventure. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

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Volunteer Corner

The Maine Chapter is looking for people to help with its programs committee. If you would like to help with organizing speakers and programs in the Portland/Brunswick or Bangor areas please contact chair@amcmaine.org for more information.

Are you a young member in your 20's or 30's? We could use your help with ideas for programs and activities and/or as a leader! Please contact youngmembers@amcmaine.org for information.

July 20: Androscoggin River to Merrymeeting Bay. Water Street Boat Launch, Brunswick, ME. <http://www.amcmaine.org/calendar/#112643>. This outing is a joint venture with the Friends of Merrymeeting Bay. Join us for a morning outing as we take advantage of the tides to take us to Merrymeeting Bay and then helping us return to our launch site. Plenty of opportunities to look for eagles and osprey and other wildlife. We'll try to find a good spot to stop for lunch before we return with the incoming tide. We'll talk about the importance of Merrymeeting Bay (the largest estuary north of Chesapeake Bay) and the rivers that flow into it. This will be a longer paddle based on conditions and group ability. Plan on up to 10+ miles and being on the water for about 5 hours. Best for sea kayaks and longer boats due to length of paddle and open areas subject to wind. PFDs must be worn at all times on the water. Knowledge of self or assisted rescue a plus. Must be able to re-enter boat from the water. Rentals available from Seaspray Kayaking. TO REGISTER: Please email Michelle with info on boat, gear and level of experience including a phone contact. Correct meeting time and full details will be emailed upon registration. Difficulty: Moderate plus. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

July 21: Sea kayak to Woodward Point, New Meadows River. Sawyer Park, Bath Road, Brunswick, ME. <http://www.amcmaine.org/calendar/#112251>. Come join us for an afternoon paddle to check out Woodward Point on the New Meadows River from a water vantage. This will be a leisurely paddle down the river (working a little against the tide) as we watch for ospreys and eagles and their nests along the shore. You'll get to learn a bit about how the project to protect this property by the Brunswick Topsham Land Trust and the Maine Coast Heritage Trust came to be and its current status. This is a joint venture to introduce you to this beautiful part of the coast. After viewing the area around Woodward Point from the water, we will make a group decision on how much further to paddle. There is a small Bureau of Parks and Land island we could visit. We will then paddle back to the launch with the incoming tide. The New Meadows River is home to lobster boats and pleasure crafts. Please be mindful of boat traffic. Sea kayaks with at least one waterproof compartment required. PFDs must be worn at all times. TO REGISTER: Please email information on your level of paddling experience, type of kayak and length, emergency gear you carry, and a phone contact. If you have any questions, please call Michelle. Time and meeting location will be emailed upon registration. Difficulty: Easy/Moderate. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

July 25: Sea Kayaking, Mere Point Brunswick. Mere Point boat launch, Brunswick, ME <http://www.amcmaine.org/calendar/#112563>. From the Mere Point boat launch, we will paddle out with the tide to The Goslings islands, have lunch, and return on the incoming tide. Afterwards, we can stop at Judy's Store for ice cream. Difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

July 26 - 27: Kayak Island Overnight in Middle Bay. Mere Point Boat Ramp, Brunswick, ME. <http://www.amcmaine.org/calendar/#112982>. We will head up into Middle Bay on the rising tide to visit Crow Island Preserve, then make our way to the Norton Preserve on the northeast corner of Birch Island, both are on the Maine Island Trail. We'll have a nice beach and gorgeous views for our overnight. There are hiking trails and a picnic table, but no other amenities. Participants will bring an appetizer to share, their own food and are responsible for transporting all waste (including human) off the island. We will return to the boat ramp by noon on July 27. This is an intermediate level trip of approximately six to eight nautical miles. Kayaking experience is required. Weather conditions can change quickly on a summer afternoon. Participants must have sea kayaks at least 16 feet long (not sit on top) and wear spray skirts and PFDs at all times. This trip is limited to eight participants. Register by emailing Alicia Heyburn at ahayburn@gmail.com to receive a complete gear list for this tent camping trip. Rental equipment and delivery is available through SeaSpray Kayak. This trip is offered jointly with Harpswell Heritage Land Trust. Leader: Alicia Heyburn, ahayburn@gmail.com

August 1: Sea Kayaking Casco Bay - The Goslings and more. Mitchell Field, Harpswell, ME. <http://www.amcmaine.org/calendar/#113416>. A morning start. Mostly open water paddle in Casco Bay from Mitchell Field in Harpswell to The Goslings and maybe Little French Island or Little Whaleboat Island. Launch from a mostly sandy beach. High tide around noon. A great paddle to visit beautiful islands and spot seals along the way as they watch us. We will probably stop at the Gosling Islands for lunch before heading back to shore. Experienced sea kayakers only. Must have knowledge of self and assisted rescue, spray skirt and clothing and gear for the conditions - including water temperatures. Plan on 4-5 hours on the water. Due to the open water

nature of this paddle be prepared for wind, chop or waves. Sea kayaks only. TO REGISTER: Please email Michelle (meamc@micstan.us) and include info about your experience, gear including kayak info, phone contact and any other pertinent info. Difficulty: Moderate plus - experienced paddlers. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

August 2: Sea Kayaking Sebascodogan (Great) Island. Bethel Point, Sebascodogan Island, ME. <http://www.amcmaine.org/calendar/#112480>. We'll put in at Bethel Point mid-morning as the tide is coming in and paddle out to Yarmouth Island. We then have a choice of going east to Malaga Island (Maine Coast Heritage Trust) if conditions are very calm or heading west and north to Little Snow island (Bureau of Parks and Land). Lunch on either island and return as the tide is starting to go out. Plan on at least 4 hours on the water. Parking is just up the road at a commercial lot for a fee. Sea kayakers with 2 waterproof hatches, sprayskirt, and pfd are all required. Knowledge of self and/or assisted rescue. TO REGISTER: Email Michelle with info on your kayak including length, safety equipment and gear you carry, and a phone contact. Also include bit of info of current paddling experience. Correct times will be emailed once you have registered with requested info provided. Difficulty: Moderate. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

August 9 - 13: Sea Kayaking/Camping Warren Island - Butter Island - Ram Island. Warren Island State Park, Islesboro, ME. <http://www.amcmaine.org/calendar/#11256>. 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 10: Cathance River/Head of Tide Paddle. Maily Waterfront Park, Bowdoinham, ME. <http://www.amcmaine.org/calendar/#112642>. This outing is a joint venture with the Friends of Merrymeeting Bay. Join us on a leisurely morning paddle going with the tide up to the Head of Tide. Come learn about the rivers that flow into Merrymeeting Bay and the importance of this area (the largest estuary north of Chesapeake Bay). Great opportunity for seeing ospreys, eagles, and sturgeon jumping out of the water. Enjoy a swim below the waterfall. We also have the opportunity to get out at the picnic area at the Head of Tide Park and go for a short hike or just relax for a bit before heading back out with the tide. About 9 miles of paddling round trip. All boats must have water proof hatch for flotation and at least 12 feet long. PFDs must be worn at all times on the water. Kayak rentals available from Seaspray Kayaking. TO REGISTER: Contact Michelle and include information on boat, gear, level of experience and a phone contact. Correct times and full details will be emailed upon registration. Difficulty: Easy/Moderate. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

August 11: Royal River Kayak/Canoe. Royal River, Yarmouth, ME. <http://www.amcmaine.org/calendar/#113365>. From the Royal River boat launch in Yarmouth, we will paddle upstream against a slight current, quickly losing sight of the houses so it feels like we are on a remote wilderness river. There will be ample opportunities to see wildlife, including blue herons and muskrat. Plan to be on the water for 2-3 hours in the morning with the group deciding when to turn back towards the parking lot. An easy and enjoyable paddle for beginners and experienced boaters alike! This paddle is for all level paddlers, but participants should be in good physical health and accustomed to some aerobic activity. A reasonably fit person who can paddle for at least 2 hours should be comfortable on this trip. Your safety or that of the group may depend on this, so please be prepared. This paddle will be done at an easy pace but you should be able to pick up the pace in case of changing conditions. Please be aware that pfd's will be required to be worn at all times during this paddle, as per AMC policy. When contacting the trip leader to register, please include information about the type of boat and level of experience you have. If you do not have access to a boat, please still contact the leaders as we may be able to lend a single or tandem kayak or canoe. Leader: Natalie Skovran, natalie.skovran@gmail.com.

August 17: Sea Kayaking, Androscoggin River. Water St. boat launch, Brunswick, ME. <http://www.amcmaine.org/calendar/#112558>. From the Water St. boat launch in Brunswick, we will paddle out with the tide, have lunch on an island, and return on the incoming tide. About 5 hours or so. We'll watch for ospreys and eagles. Optional gathering on the veranda at the Seadog for refreshments after the paddle. If the downstream river flow is heavy, we will go to another nearby location. If conditions are unfavorable, we'll go Sunday, 8/18. Trip Difficulty: Moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

August 24: Sea Kayaking - New Meadows River. Sawyer Park, Brunswick, ME. <http://www.amcmaine.org/calendar/#112561>. From the Sawyer Park boat launch in Brunswick, we'll paddle out with the tide, have lunch

on an island, and return on the incoming tide. About 5 hours or so. We'll watch for ospreys and eagles. Optional gathering on the veranda at the Seadog for refreshments after the paddle. If the conditions are unfavorable, we will go on Sunday August 25th. Trip Difficulty: Moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

TRAIL WORK

July 8 - 11: Trail Work Gorman Chairback Lodge and Cabins. Township 7 Range 9, ME. <http://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 Hags. 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. Difficulty: Moderate-Strenuous. Leader: David McCarthy, 207-363-2791, drmcCarthy@aol.com.

July 13: Trail Work Pleasant Mountain. Denmark, ME. <http://www.amcmaine.org/calendar/#112286>. Maine Chapter trail work trip on this popular hiking mountain near Bridgton. Blowdown removal, clearing drainages, tools and training will be provided. Wear appropriate work clothes, pants and boots required, plenty of water and snacks always encouraged. Contact Phil Coyne for meeting time and place: 207-443-6167, trails@amcmaine.org.

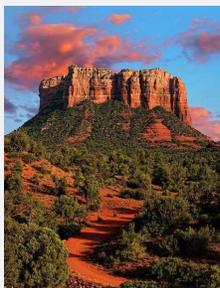
July 14: Trail Work Cutler Mountain. Hiram Hill Road, Hiram, ME. <http://www.amcmaine.org/calendar/#113014>. Maine Chapter trail work trip on Cutler Mountain off of Hiram Hill Road, Hiram, ME. Trail work will be clearing and smoothing of a new trail; tools and training will be provided. Wear appropriate work clothes, pants and boots required, plenty of water and snacks always encouraged. Contact Phil Coyne for meeting time and place. Leader: Phil Coyne, 207-443-6167, trails@amcmaine.org.

July 14: Trail Work Mount Kineo State Park Moosehead Lake. Rockwood, ME. <http://www.amcmaine.org/calendar/#112926>. Trail work trip to Mount Kineo State Park to work on the North Trail. Along with members of Moosehead Trails, we will provide some TLC for this trail. Ferry ride (free) from Rockwood required to get to work site. Difficulty: Moderate. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

October 5: Trail Work - Appalachian Trail. AT crossing of Route 27, Stratton, ME. <http://www.amcmaine.org/calendar/#112973>. Trail maintenance on AT near Stratton. Bridge replacement and blaze refreshing on the job list among other things. Perfect time of year to be out on the trail with foliage near prime and biting insects only a distant memory. Join us please. Difficulty: Moderate. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

October 11 - 14: Trail and Boundary Work. Medawisla Lodge, Bowdoin College Grant East, ME. <http://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. Difficulty: Moderate-Strenuous. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Take your next Adventure with AMC in Sedona!



Join the Adventure Travel program for a week (November 9th - 17th, 2019) of hiking beautiful Sedona in Red Rock Country with deep canyons, soaring mesas, towering pinnacles and massive red rock formations. In addition to hiking, we will explore Native American sites with rock art and cliff dwellings and the area's vortex sites. Trip cost: \$2195. For details contact L Leslie Carson, leslicarson929@yahoo.com; CL Annemarie Langhan, amlhikeamc@gmail.com

To find out more about the program, visit www.outdoors.org/adventuretravel. If you are interested in learning more about becoming an Adventure Travel leader contact Nancy Holland at nholland@outdoors.org.

Outings Report

KWWNM Third Anniversary Celebration

Have you visited Maine's Katahdin Woods and Waters National Monument (KWWNM) yet? Discover this hidden gem just east of Baxter State Park at KWWNM's Third Anniversary Celebration August 24, 2019. There's so much to explore here from roads, to trails and waterways. Sign up for a guided trip or explore on your own. For more info check out the Friends of Katahdin Woods & Waters Anniversary page at: <https://www.friendsofkw.org/anniversary/>

Outdoor Leader Training

The AMC Maine Chapter Outdoor Leader Training Workshop will be held on **September 21, 2019**. This one-day event is a great way to develop and practice leadership skills so that you can plan and lead safe and enjoyable outdoor activities. The workshop format will be a combination of presentations, discussion, and interactive sessions on outdoor leadership. This workshop is geared to both new leaders as well as experienced leaders who are looking to refresh leadership skills. It will fulfill one of the prerequisites to becoming a Maine Chapter Leader. For more information and to find out more about the Leader Training and about volunteering with the Maine Chapter, email Bill and Denise at Outings@amcmaine.org.

Train the Trainer in its Third Year

Want to take your leadership a step further and meet the qualifications to train others in your chapter on a variety of topics? Train the Trainer - also called T3 - is an excellent opportunity to connect with leaders from other chapters, learn different ways of teaching outdoor leadership and skills to others and get the support and resources to offer an effective and fun training program. This year's T3 is happening **November 15-17, 2019** in Charlton, MA. Check the calendar on Outdoors.org for registration information.

Welcome Leaders in Training!

We are pleased to welcome five new Leaders in Training who are on the path to leading their own trips soon: Elizabeth Seabury, Kenyon Grant, Monique Gallant, Joe Dienes, and Ethan Pratt. We are excited to have them join the crew of our Volunteer Leaders.

SAVE THE DATE!

The 2019 Maine Chapter Annual Meeting will be held at Pineland Farms in New Gloucester, Maine on November 9th. Look for more details and registration information in August.



Memorial Day Volunteer Trail Work at Medawisla

Thanks to Shannon Lynch, Sam Read, Bob Read, John Gerard, Tony Musgrave, Gerry Sawyer, and Dave McCarthy for assisting the AMC Maine Woods staff in preparing trails for this summer's guest hikers, bikers, and paddlers.



Members of the crew paddle across Trout Pond to maintain remote camp site and the portage trail to Fourth Roach Pond.



Volunteers at Medawisla get ready to head out from the completed work on the White Trail to the next "job" site.

A Tight Squeeze Up Mount Percival

This spring Debby Kantor and Tom Pettingill led a group of brave hikers up through the caves to the summit of Mount Percival. They were rewarded for squeezing through the tight spaces with a terrific view of Squam Lake. All photos by Paul Higgins.

Below: Debby Kantor, James Fagan, Tom Pettingill, Paul Higgins, Laurent Porter, and Dan Sutelman.



20s & 30s Harriman Takeover

The 20s & 30s are taking over the AMC Corman Harriman Outdoor Center in New York's beautiful Hudson Valley—you won't want to miss out! The weekend will include fun outdoor activities (hikes, swimming, paddling, biking, etc.), workshops, good food, live music, and a campfire. The event will also include a meeting for 20s & 30s leaders from across the region, so if you're interested in getting involved as a volunteer, this is a great way to learn about how it all works. Of course, people of any and all ages are welcome to participate in this event! So sign up, and bring a friend! Spots sell quickly, so claim yours soon! activities.outdoors.org/search/index.cfm/action/details/id/112554



Teen Trail Crew

Still accepting registrations but Register Now—Space is Limited!

Teens 14 to 19 years old can lend a hand maintaining trails across the northeast for one to four weeks! These programs foster leadership and develop conservation ethics while building skills and making lifelong friends. Teen Trail Crew participants can earn 40 hours of community service per week!

Here is a sampling of our 2019 program calendar with more crews available online:



North Country 4-Week Leadership & Conservation Teen Trail Crew
June 23 – July 19, 2019 – <https://activities.outdoors.org/search/index.cfm/action/details/id/110069>

Southern New England Appalachian Trail 2-Week Spike Teen Trail Crew
June 23-July 5, 2019 – <https://activities.outdoors.org/search/index.cfm/action/details/id/109878>



Delaware Water Gap Mohican 1-Week Teen Trail Crews
July 14-19, 2019 – <https://activities.outdoors.org/search/index.cfm/action/details/id/110123>
July 21-26, 2019 – <https://activities.outdoors.org/search/index.cfm/action/details/id/110124>

New England Trail Hike50 Challenge *Have you heard? The New England Trail is launching a 2019 Hike50 Challenge! New year, new and updated challenge! Are you in?*



This year we are celebrating another important milestone on the NET. It has been 10 years since the New England Trail was designated by Congress as a National Scenic Trail. To celebrate this important occasion, and to build on your momentum from last year, we are launching the next Hike50 challenge! The rules are the same - hike 50 miles on the NET during 2019 (or earn 50 points) and get a special edition patch. Along the way, participants will have access to NET Challenge resources and will be entered in a series of prize drawings!

Join the Hike 50 Challenge today to launch your adventure on the New England Trail! For more information and to sign up, visit newenglandtrail.org.