



MAINE

Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

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AMC receives Partnership Award from Maine Island Trail Association

The Maine Island Trail Association (MITA) presented their 2019 Partnership Award to the Appalachian Mountain Club at MITA's annual meeting in Belfast on August 15. This award was in recognition of the recent addition of AMC's Knubble Bay Camp and Beal Island to the Maine Island Trail, the jointly promoted workshops and overnight kayak trips on the Maine Island Trail offered by Maine Chapter leaders Alicia Heyburn and Peter Roderick, and collaborations between MITA and AMC for a July work day on Campbell Island off Deer Isle. The Maine Chapter thanks Alicia and Peter for their significant contributions leading to this MITA Partnership Award.



MITA Executive Director Doug Welch and AMC Maine Chapter Vice Chair Bill Brooke



A happy group of members from Harpswell Heritage Land Trust and AMC paddled up to the head of Middle Bay, visiting MITA's Crow Island, watching an eagle & osprey battle for lunch and learning about oyster aquaculture from their trip organizer, Alicia Heyburn. The group overnighted at HHLT's Helen & Walter Norton Preserve on Birch Island and circumnavigated the next morning, collecting bits of marine debris as part of MITA's Great Island Trash Off (<https://mita.org/trash-off/>) and enjoying a picnic on their way back to Mere Point. Photo by Alicia Heyburn.



View of Mistake Island off Jonesport, one stop on Maine Chapter trip led by Peter Roderick.
Photo by Duncan Tate.

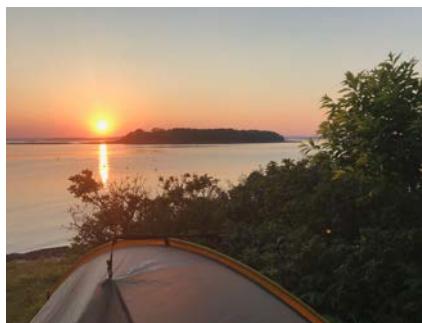
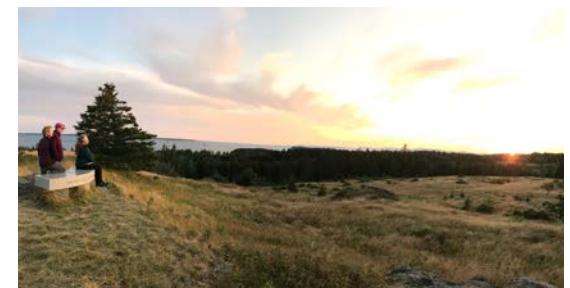


Photo by Alicia Heyburn



View from Monserrat Hill on Butter Island on recent sea kayaking trip. Photo by Duncan Tate.

Annual Meeting at Pineland Farms

The Maine Chapter's Annual Meeting will be held at Pineland Farms in New Gloucester on Saturday, November 9 from 5:30 to 9:00 p.m. The cost is \$35 per person. This is a change of venue for the Chapter, whose recent meetings have been held at the Clarion in Portland. Pineland Farms has a reputation as a wonderful venue for meetings with food catered by The Black Tie Company in Portland. The meeting will be located in the Mt. Washington Room at the Commons.

The meeting will begin with a social hour at 5:30, followed by dinner and dessert, awards, and the business meeting, where the 2020 slate of Executive Committee members will be elected.

To cap off the evening, there will be a presentation by AMC's Land Manager for the Maine Woods Initiative (MWI), Steve Tatko. Steve's presentation will focus on the history of AMC Lands in Maine before AMC. He will explore the complex human relationship with the land and how it has remained a forest for generations. Steve has an in-depth knowledge of all things "Maine Woods." He is a gifted and riveting speaker...you will not be disappointed and will doubtless come away wishing for more.

We hope you can join us! Some of our leaders will be posting activities at Pineland Farms before the meeting. If you work up a sweat, you will have access to the onsite YMCA showers. Check our calendar (<https://amcmaine.org/calendar/>) for updates on available activities. For more information and to register, visit: <https://amcmaine.org/amc-maine-chapter-annual-meeting-registration/>.



Wilderness Matters



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

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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 (Spring Issue) is March 1, 2020.

Submission info: Wilderness Matters is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you!

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

Maine Chapter Executive Committee

Chapter Chair: Cindy Caverly, chair@amcmaine.org, (207) 530-2446

Chapter Vice-Chair: Bill Brooke, vice@amcmaine.org, (207) 549-5100

Secretary: Jeanine Libby, secretary@amcmaine.org

Treasurer: Janet Roderick, treasurer@amcmaine.org,

At Large: Doug Chamberlin, atlarge@amcmaine.org, (978) 761-3815

At Large: AVAILABLE

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Conservation Chair: AVAILABLE

Programs Chair: AVAILABLE

Membership Chair: Kristen Grant, membership@amcmaine.org

Maine Woods Initiative: Paul Hahn, mwi@amcmaine.org

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Young Members Co-Chair: AVAILABLE

Young Members Co-Chair: AVAILABLE

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FROM THE CHAIR Summer in Maine Means Water

As I was trying to think of something to write for this newsletter, it struck me that the theme for the Maine Chapter this summer has been "Have Fun on the Water." AMC started as a hiking club but of course it's much more than that now. The Chapter has several leaders who focus on paddling and numerous trips were offered, both multi-day and day trips, on the coast and rivers.

I took part in a 15-mile paddle through the 30-Mile River Watershed on July 27. This is an annual event that raises money and awareness for the watershed that begins at Minnehonk Lake in Mount Vernon and ends at Androscoggin Lake in Wayne. This was a great way to experience the interconnectedness of all bodies of water. Maine has scores of local lake associations that work to bring awareness and protection to the waters of the state.



Launching-30 Mile River Paddle, photo credit: Cindy Caverly

Everything we do at AMC revolves around three core tenets: Recreation, Education and Conservation. We can argue about which of these is most important, but I posit that conservation is the umbrella under which every other facet of the outdoors is possible. And protection and awareness of our most precious resource, water, whether it be the lakes, rivers and ocean, or drinking water on a hike, is absolutely imperative.

In June the Chapter held an event at the Maine Beer Company in Freeport featuring a presentation by Jen Deraspe. Jen through-paddled the Androscoggin River in the summer of 2018 to bring awareness to that watershed and watersheds in general. She spoke about how the river has been cleaned up but also that there is more to do. She opened her presentation by asking everyone in the audience to think of a body of water that has been special or important to them. Everyone had a story to tell.

So, I leave you with the same question and more. What body of water has been important in your life? How has it influenced your life? How would you feel if it was polluted beyond use? What can you do to help protect it?

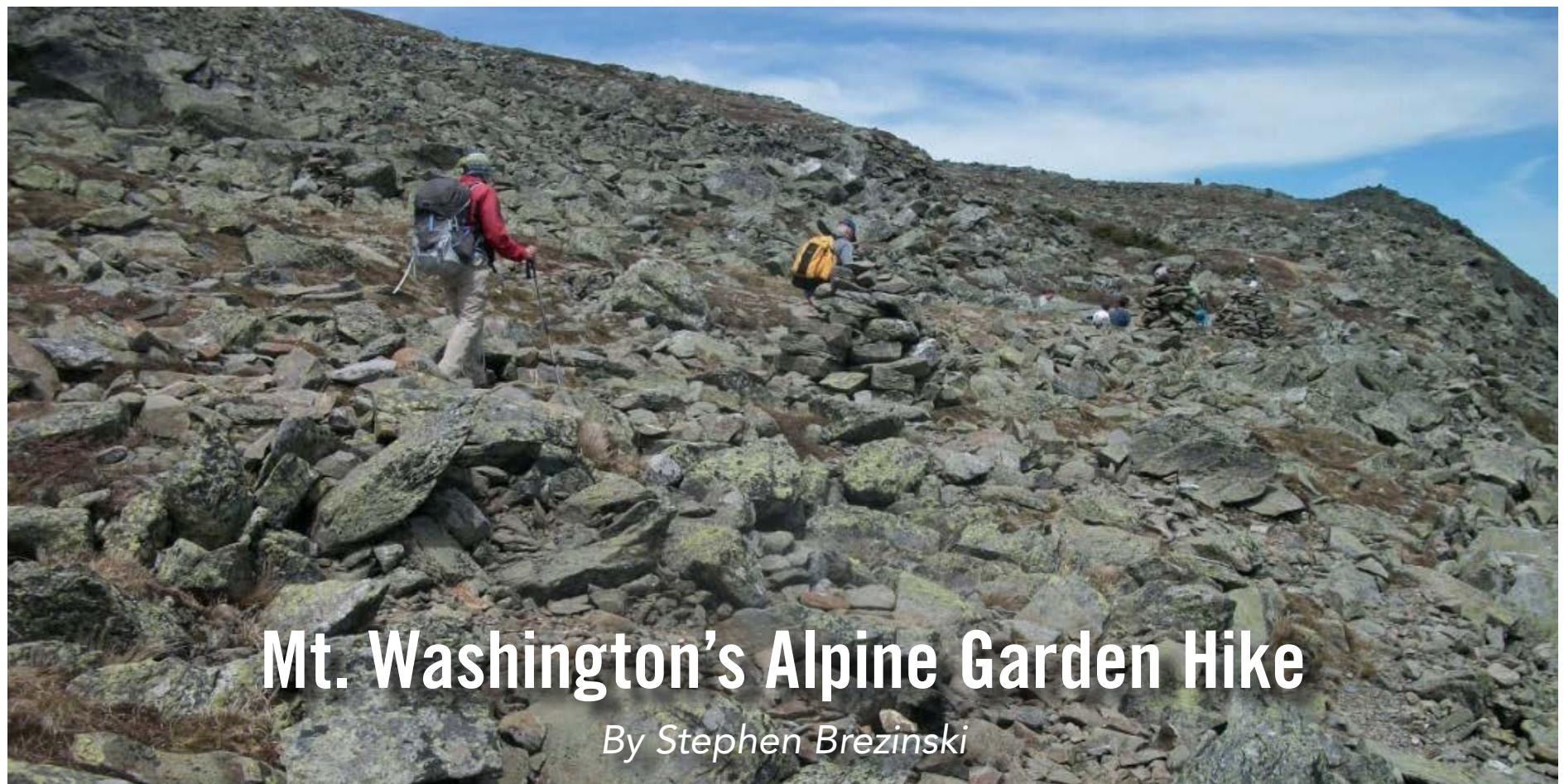
By being a member of AMC, you are already helping to protect precious resources in the Northeast and mid-Atlantic. I urge you to join local land trusts and lake associations to see what they are doing to protect and preserve water in your area.



Happy Hiking (and Paddling)

Cindy

Find us on www.facebook.com/MaineAMC/



Mt. Washington's Alpine Garden Hike

By Stephen Brezinski

Heading back up toward Nelson Crag and the Auto Road.

This summer Margaret "Peg" Nation and JoAnne Diller, two experienced naturalists and guides, led a group of AMC hikers on an exploration of Mt. Washington's Alpine Garden. The Alpine Garden is a unique table land of glacier jumbled rock and exclusive high-altitude flora. Unlike many hikes where we put in the miles and only look at the ground around our feet, the goal of this hike was to stop, look, and enjoy both the vast view and the smallest flower. When in peak bloom, usually in the middle weeks of June, the floral display is spectacular.

We met at the Great Glen Trails Outdoor Center on Route 16 to consolidate into cars for the trip up the auto road to



Just off the auto road. Please read the signs.



Peg Nation leading the group down to the gardens.

the parking lot at 6-Mile Post, 5300 feet. From there we braced against 30-mph gusts and climbed down south several hundred feet to the Alpine Gardens Research Natural Area. The hike in and back over the Alpine Gardens Trail was several miles and hugged the 5300- and 5400-foot contours. Good shoes and hiking poles are highly recommended for this rough, rocky trail. Always come prepared for wind, cold and rain.

This trail is also a good connector trail between the Wamsuta trail, Nelson Craig trail, Lions Head, and Tuckerman Ravine trails. Please stay on the trail and keep to the rocks as damage to the soil and fragile vegetation may take generations to heal.

We were grateful for the services of Peg and JoAnne. They are part of the Alpine Steward Program, a partnership with AMC, USFS and the ATC, with goals to monitor the fauna of the alpine areas and to educate.

To learn more about the alpine garden, visit:

www.nrs.fs.fed.us/rna/nh/white-mountain/alpine-gardens/

www.fs.usda.gov/recarea/whitemountain/recarea/?recid=74417

FALL 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!

BACKPACKING/CAMPING



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.

LODGE/HUT TRIPS

September 29: AMC Medawisla 3 night stay - bunkhouse - 55 plus. Medawisla Lodge and Cabins, Second Roach Pond, ME. <http://www.amcmaine.org/calendar/#114961>. Join our group of seniors in the Maine Woods at Medawisla Lodge. We have space in the waterfront bunkhouse (4

rooms with 4 bunks each). All meals included. Spend your days canoeing from the lodge on Second Roach Pond or other nearby ponds, mountain bike on the off road trails or hike one of the many trails available including Number Four mountain. You can also just sit and enjoy the beauty of the Maine woods and listen for loons on the pond. You might even catch a moose wandering in the area. The group will get together each evening to talk about options for outings. In case of rain, bring a good book or games to share. This is open to all ages but geared to the over 55 crowd. There is plenty to choose from for all levels of activity. The bunkhouse is co-ed, but we will try to keep individual rooms (4) separated. Please call if you are interested. We are in and out a lot enjoying what Maine has to offer so please leave a message. It might take us a couple days to get back to you as we may be on a lake someplace in the wilds. After August 29, you can call directly to AMC to book a spot. Be sure to mention you are joining our group. Difficulty: Mixed based on choice of activities. Leader: Michelle Moody, 207-406-5221, meamc@micstan.us.

November 1: Lonesome Lake Hut Weekend.

Franconia Notch State Park, NH.

<http://www.amcmaine.org/calendar/#114483>. Here's your chance to stay at Lonesome Lake Hut with breathtaking views of Franconia Ridge across a pristine glacial lake! This is the most accessible hut in the White Mountains at just 1.6 miles from the trailhead. This hut offers access to nearby mountains such as Cannon, North & South Kinsman, Bald and the Cannon Balls as well as more leisurely lakeside hiking. There is often snow and ice in November in the White Mountains so you should have hiking experience in cold weather and microspikes or similar boot traction (ask me about our gear-for-lend). Please Note: bunkrooms are unheated and it is self-service season. At least a 20-degree sleeping bag or warmer, appropriate layers to keep warm and nalgene or similar water bottles and insulators recommended. We'll have a potluck burrito dinner Saturday night (all other meals/snack are on your own). Member Rates: Friday: \$28/Saturday: \$45 (taxes not included). Non-Member Rates: Friday: \$34/Saturday: \$54. TO RESERVE YOUR SPOT: *Call the AMC Reservations Line at 603-466-2727 Mon-Sat, 9am to 5pm. Ask to reserve into AMC Maine Chapter & Reservation #451049. **Call AMC Reservations by October 1, 2019. After this date, these spots open back up to the public. Space is limited so reserve early! Send me an email once you reserve your spot and if you have questions. I will send out details to those with confirmed reservations, closer to the event. This Event is listed as Young Members 20's & 30's but is open to ALL. Difficulty: Intermediate. Leader: Denise Fredette, deniserae77@gmail.com.

HIKING

October 5: Goose Eye, East (3794') and West

(3870') peaks. West Bethel, ME, Riley Twp, ME.

<http://www.amcmaine.org/calendar/#115140>. 8.6 mi. hike at moderate pace along scenic streamside trail leading to two wide open summits in the Mahoosuc Range. Difficulty: strenuous. Leader: Debby Kantor, 207-854-3431, dlkantor@aol.com.

MEETINGS

October 16: Leader Meeting. AMC Policy Office, 14 Maine Street, Suite 126, Brunswick, ME. <http://www.amcmaine.org/calendar/#115147>. Trip Leader meeting for current leaders and others interested in becoming a leader. Agenda will include winter activities postings, leader recognition candidates and year to date outings activities information. Pizza will be provided. Leader: Bill Brooke, 207-549-5100, outings@amcmaine.org.



VOLUNTEER OPPORTUNITIES

Become an AMC Trip Leader! <http://www.amcmaine.org/calendar/#112974>. Looking for ways to get involved in the AMC? Become a Leader for: Hiking, Backpacking, Biking, Paddling, Snowshoeing, Meetings/Presentations, Social events hosting. We are also looking for people who would like to write articles for the Maine Chapter Wilderness Matters Newsletter, write trip reports, share photos. There are also a number of positions open in the Executive Committee, including Young Members Chair, Trails and more! You can start the process of becoming a leader anytime of the year and you choose how little or how much you want to do. The AMC provides leadership training and Wilderness First Aid Certification to active leaders. Find out how you can get involved! Contact: Denise Fredette, outings@amcmaine.org

Help with AMC Presentations in Brunswick and Bangor.

<http://www.amcmaine.org/calendar/#110101>. Have you always wondered how you could help the AMC Maine Chapter, but not sure what you might be able to do? Do you enjoy coming to the presentations that AMC offers in Brunswick or Bangor? Would you be willing to get involved with helping to keep them going? We are looking for volunteers to take over these duties. I'd be happy to explain what is entailed in doing the job. The work can easily be shared if there are several volunteers. Contact: Michelle Moody, 207-406-5221, meamc@micstan.us.

October 5: Trail Work - Appalachian Trail near

Stratton. AT crossing of Route 27, Stratton, ME. <http://www.amcmaine.org/calendar/#112973>. Trail maintenance on AT near Stratton. Follow-up trip to take care of maintenance as required. 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 before 9pm, roderick1027@fairpoint.net.

October 11: Trail and Boundary Work - Medawisla

Lodge and Cabins. 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 we will stay 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 before 9pm, roderick1027@fairpoint.net.

Leadership Training Held in September a Success

The Maine Chapter held its annual Leadership Training day at The Audubon in Falmouth, ME on September 21. 17 participants and 5 trainers spent the day learning about leadership styles, accident scene management, trip planning, and more through a combination of hands-on group scenarios, role plays, and classroom time. It was a fun day in a beautiful location. The next Maine Chapter Leader Training day is May 30, 2020. For more info on Leader Training and becoming a Maine Chapter Leader, contact Bill and Denise at outings@amcmaine.org.



Karen Zanni of KTP presents check to Maine Chapter Chair, Cindy Caverly

Kittery Trading Post Donates to the Maine Chapter

The Chapter was surprised and pleased to receive a donation for \$3,040 from the Kittery Trading Post in August. Kittery Trading Post is a frequent donor to the Chapter. Since 2015, its donations to the Maine Chapter have totaled \$10,121. Kittery Trading Post has a Round Up for Conservation program whereby patrons can choose to round-up their purchase, with the excess going to a conservation focused non-profit. We have had the good fortune of being that non-profit several times, so I would like to encourage our members who live in the area or who are just passing through, to patronize Kittery Trading Post. It's a local business, we all use the gear, and their selection is fantastic.





Discover where the locals hike, bike, and paddle on Cape Cod at Fall Gathering 2019

Save the dates: October 18-20th, 2019!

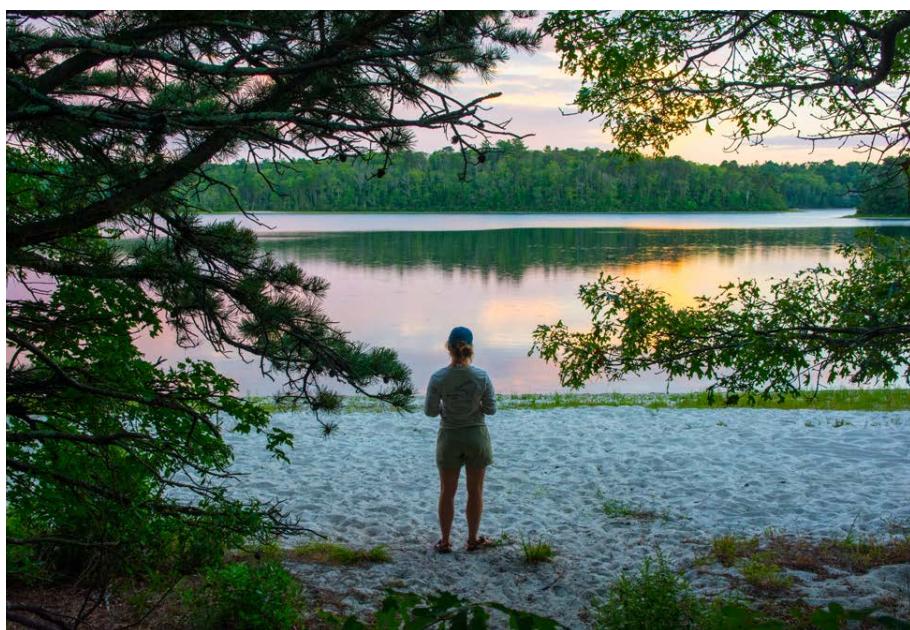
Come join the Southeastern Massachusetts Chapter at AMC Fall Gathering 2019, October 18-20th on Cape Cod. As always, you'll have a chance to meet, socialize, and share ideas with members from AMC chapters up and down the East Coast. And at this Fall Gathering, you'll also have a special opportunity to 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.



Summer Send-off Hike to Kearsarge North

The ME Chapter Young Members (20's, 30's & Young at Heart) spent the last day of summer, September 22, hiking Kearsarge North in North Conway, NH. It was a warm sunny day, the perfect send off to summer, and the group was able to linger on the summit for lunch and enjoy the views. This peak is on the 52 With a View List with almost 360 degree views and on this day, you could see for miles into Maine and New Hampshire.



Back on the Trail

By Melora Norman

When I was just out of college, I was working out almost daily at a gym, and I went on a hike in the nearby Adirondacks. I did ten miles over two high peaks in leather basketball sneakers, and I was ready for more! I hiked eagerly all that summer with the ADK--couldn't get enough of backpacking, hiking, and kayaking the mountains and lakes near my upstate NY home.

Two children, a couple of decades,

a long commute and 60 pounds later, a family outing up Megunticook left me bruised, battered, and exhausted. We got back to the wrong trailhead, and I waited by the road for my husband to get the car and pick me up! A relatively easy three-mile hike hit me like a double marathon. I loved being outdoors, but hated how I felt.

So I lost a few pounds and started exercising. I went on some more short hikes, and they became easier. I longed to get out backpacking, and noticed an announcement for an AMC beginner's hike. I eagerly signed up, bought the basics, drove to the western mountains of Maine, and met up with my awesome hikemates and wonderful leaders, Peter Roderick and Bill Brooke.

We set out into the forest on a hot, humid day. One nice gentleman had a big old frame pack. As the terrain became more challenging, he began falling behind, and one of our two trip leaders had to go back with him. I was definitely starting to feel a bit hot and tired, but I forged ahead. The legendary Appalachian Trail terrain became (of course)



rockier, steeper, and increasingly challenging. There were places where we had to scramble over boulders a little. A lithe young female college student cheered me on--"You got this!" People were very kind. However, I was struggling.

When we got up to the campsite, I was done. The rest of the group set up camp and headed off to summit a nearby peak, while I crawled into my tent aching and

defeated. When they returned, we watched the sun set. I ate hot noodles and enjoyed being in such a beautiful place with its cool pines, darkening skies and friendly people. On the way down, though, every step was painful. My knees ached along with everything else. Some people went ahead with Peter, and Bill carried my pack along with his. It was humiliating!

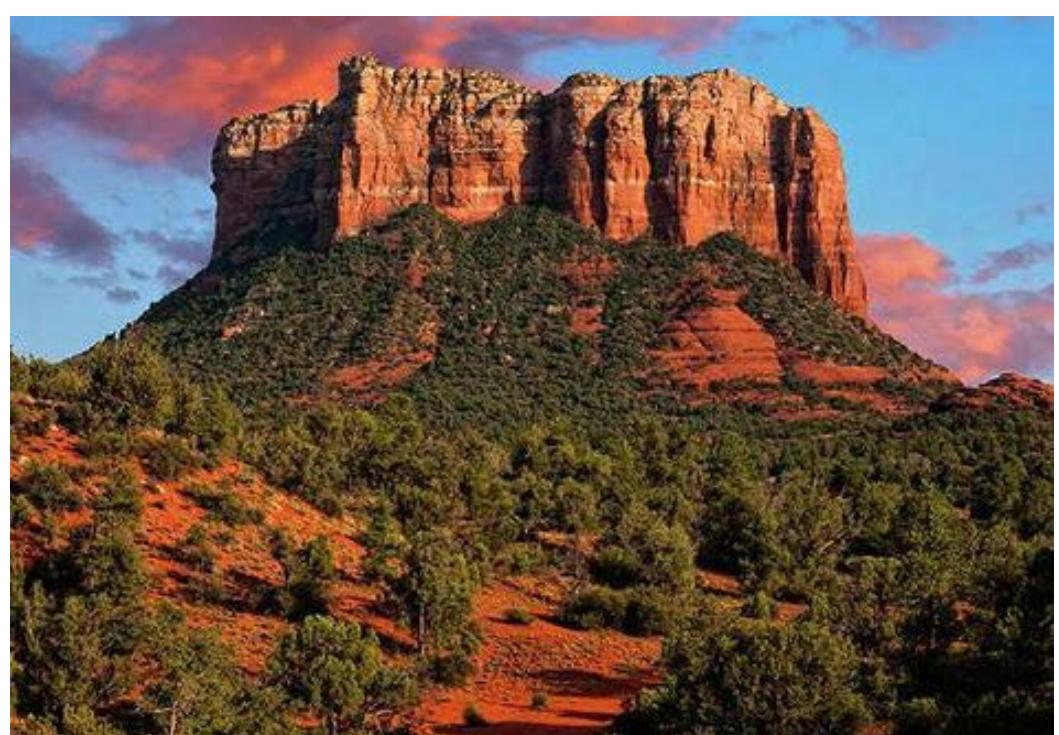
That was my wake-up call. I realized that I had to get moving, and I had to lose some weight. I hiked every weekend, lost my commute--and 30 pounds. I made it up Katahdin on the second try in 12 painful but exhilarating hours. My husband and I spent our first winter hiking in the snow and ice. I discovered microspikes, and learned to love merino wool base layers.

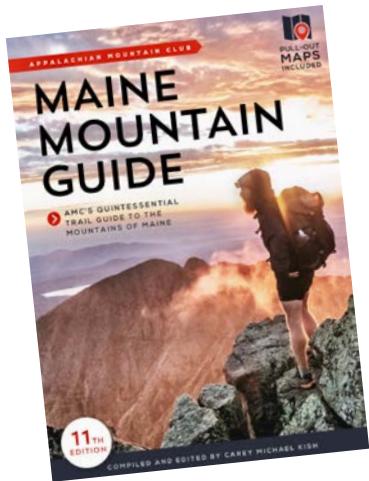
This summer, all that hiking and healthy eating finally paid off. We've hiked much of Acadia. I shaved two hours off my Katahdin time. And, I got to hike Isle au Haut with Bill Brooke and share my found-again joy of hiking.

Take your next Adventure with AMC in Sedona!

Join the Adventure Travel program for a week (April 25 - May 3, 2020) 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: \$1950. **For details contact Denise Fredette, deniserae77@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.





Maine Mountain Guide: Recommended Fall Hikes

By Carey Kish, Editor

Enjoy these great fall hikes, hand-picked by the editor from the pages of the new 11th edition of the AMC Maine Mountain Guide, a treasure trove of 625 trails on 300 mountains that totals nearly 1,500 miles of hiking.



Hikers descending Mt. Abraham on a perfect fall day. L to R- Mt. Redington, South Crocker Mtn., Spaulding Mtn, Sugarloaf. Photo by Carey Kish.



► OCTOBER: Mt. Abraham, Mt. Abram Township

Hike the Fire Warden Trail to the rocky summit of Mt. Abraham (4,049 feet), which is home to the second-largest alpine zone in Maine (Katahdin is first). Steep climbing leads to huge talus fields and far reaching views of high peaks in every direction that'll have you feeling on top of the world.

Strenuous, 9.0 miles round-trip, 3,050 feet elevation gain from the trailhead above Rapid Stream.



► NOVEMBER: Mt. Agamenticus, Second Hill and Third Hill, York

Make a grand loop over Mt. Agamenticus to the wild and wooded backcountry beyond to the north, which includes Second Hill and Third Hill. From the summit of Mt. A, the site of the old Big A ski area, views range from the Atlantic Ocean to Mt. Washington. Combine the Ring Trail, Big A Trail, Sweet Fern Trail, Second Hill Loop, Great Marsh Trail, Wheel Trail, Third Hill Trail, Bobcat Trail and Ledge Trail.

Strenuous, 7.6-mile circuit, 1,340 feet elevation gain.



On the Big A Trail on the summit of Mt Agamenticus looking out to Second Hill and Third Hill. Photo by Carey Kish.



On the Cadillac South Ridge Trail looking north toward the summit.
Photo by Carey Kish.



► DECEMBER: Cadillac Mountain, South Ridge, Acadia National Park

From Route 3 just opposite Blackwoods Campground, hike the Cadillac South Ridge Trail to the summit of Cadillac Mountain (1,528 feet). En route, enjoy the short side loop to Eagles Crag. From the wetland known as the Featherbed, the path is mostly over open pink granite with extraordinary views over Mt. Desert Island.

Moderate, 6.4 miles round-trip, 1,375 feet elevation gain.