



MAINE CHAPTER

YOUR CONNECTION TO THE OUTDOORS

Maine Chapter
Appalachian Mountain Club
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WILDERNESS MATTERS

VOLUME XXXXI • NUMBER 3 • SUMMER 2016

Another Active Year for Maine Woods Trail Crews and Volunteers

By Rob Hopkinson (Maine Woods Trails Coordinator), Dave McCarthy, Peter Roderick

The AMC's Maine Woods Initiative continues to expand in all directions to meet the wide range of interests in the outdoors. Nowhere is this more evident than in the work planned by the professional trail crews and volunteers for 2016.

Anyone who has skied the groomed trails could easily envision a great network of bike trails. MWI shares that vision, but knows that under the snow, the surfaces aren't always suitable for bikes... yet. Efforts are underway to harden and improve the trails to install drainage and bridges. The Trout Brook Trail was done in 2015. The Long Pond Trail, Lodge to Lodge Trail and Hedgehog Gate trail are on this year's list.

The building crews have been hard at work throughout the winter to bring the expanded and improved Medawisla Lodge and Cabins facilities back on line.

Crews and volunteers have been developing and maintaining trails, building canoe-in campsites, and making sure that guests have a full range of outdoor opportunities when Medawisla reopens. The 2016 plans call for upgrading 7 miles of existing trails and building 8 miles of new trails. These trails will provide access to Trout Mountain, a new trail around the north side of Second Roach Pond, connection to existing single track mountain bike trails, and a connector trail to over-the-ice routes in the Third Roach Pond area.



AMC canoe at Trout Pond. Dave McCarthy photo.

Just as ski trails are being improved to support cross country biking, portage trails in the Roach Pond Tract are being improved to provide additional ski trails (as well as making portages easier for canoeists). During the summer, this will

make multi-day canoe camping trips attractive. In the winter, ski trails will provide full-year access to the beautiful area.

In addition to the above, two major new trail developments are also moving forward in 2016.

Last year, crews constructed about 2.6 miles of the 8-mile Shaw Mountain Trail, which will eventually connect Medawisla to First and Second West Branch ponds. The trail offers incredible views of Katahdin and an impressive, fifty-foot section of native stone steps, and is expected to be a heavily-used hiking option for lodge guests for both day hikes and multi-day hikes.

This year, the Gorman Loop Trail will be the focus of many teen trail crews and volunteer weekends with guidance and support from the AMC crews. This 5.3-mile trail originates at the Gorman Chairback Lodge and climbs to the scenic Chairback ridge near West Chairback Pond and return via the Third Mountain Trail. Crews will be able to test their many skills and learn new ones as they deal with stream crossings and challenging terrain.

There remain many opportunities for volunteers to help build the MWI future. Check out what is available at www.outdoors.org.



Mike Zimmerman on portage trail between Trout Pond and Fourth Roach Pond. Dave McCarthy photo.

AMC'S MAINE WOODS BY THE NUMBERS	➤ 70,000 acres
	➤ 130 miles of trails
	➤ 70 miles of ski trails
	➤ 12 backcountry campsites
	➤ 6 canoe-in campsites

Sam Read Receives 2016 Voluntary Trail Crew Award

By Dave McCarthy

At this January's Summit, AMC announced a program to recognize and encourage young trail workers. They gave each Chapter's Trails Chair a certificate for free participation in one of the many Volunteer Trail Crews in 2016. Jeff Pengel agreed that one young volunteer who has been working with Maine Chapter trail crews for five years fit the bill.

Sam Read is being recognized with the award. Many of you know Sam. He and his father, Bob, have visited Little Lyford the past five years on the Columbus Day weekend work parties. They also joined the Chapter work party building canoe-in camp sites in the Roach Pond tract last August.

Sam is a sophomore at Barrington High School, Barrington RI. He's a member of the varsity football and varsity indoor and outdoor track teams and is the sophomore class vice president. He works part-time at Barrington Books.

Sam volunteers at the annual church festival-fundraiser (Holy Angels Church, Barrington, RI) as the games coordinator setting up the various games and making sure they are manned and running smoothly amongst other duties. He also volunteers for the pasta dinners that occur a couple of times a year as a server and cleanup crew member.

Sam was the student representative as a member of a parents' organization, United For Success, that was formed in opposition to a proposed school start time change. He attended and along with other members spoke at a few school committee meetings and ultimately got the start time change postponed for another year so it could be looked into in more detail.

Beyond this impressive resume, those of us who have worked with Sam in the woods and around the lodges know him to be a willing worker, always ready to learn new things, and always with a smile on his face.

Congratulations Sam!



After hours... Trail and campsite building volunteer Sam Read on Second West Branch Pond.

Wilderness Matters

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Speakers Wanted for Fall and Winter Meetings & Education Events

After six very successful presentations and fun potlucks at the Curtis Memorial Library in Brunswick this past winter and spring, it's time to think about programs and presentations for next fall and winter.

Have you taken an exciting vacation, have a skill to share about the outdoors, know lots of fun places to get outdoors and are willing to share info about them, or on an important conservation topic? Not sure you have the right topic or want to suggest something or someone to us? Interested in helping out with the Meetings & Education Committee for southern Maine? Contact Michelle Moody at meamc@micstan.us or 207-406-5221.

After another successful series of presentations in the Bangor area, Nancy is also looking for speakers up her way. Contact Nancy Jacobson at 207-942-4924 or email her at education@amcmaine.org.

Chapter Volunteers Wanted

The Maine Chapter is looking for a few volunteers to join various committees that manage our activities. Do you like to work on trails? Do you like to paddle in lakes or streams? Do you like to gather folks together and help them productively organize themselves? How about journalism, feel like taking a turn at reporting or photographing some of our hikes? Are you a great toastmaster or master of ceremonies?

All of our committees can use additional help in these and other areas. Importantly, the chapter is also looking for a Vice Chair to assist the Chair. So if you are inclined to give back at this time, please contact any of the committee chairs listed on our web site at www.amcmaine.org (or right next door in the adjacent editorial box). We will try to fit you into a compatible role no matter what amount of time you offer. If you cannot find a good fit, contact Doug Chamberlin at chair@amcmaine.org.

LOON ECHO TREK

SEPTEMBER 17, 2016
SHAWNEE PEAK, BRIDGTON MAINE
Benefit for Loon Echo Land Trust



BIKE

Ride the Toughest Century in Maine, or try our 25, 50, or 80 mile cycling routes.

HIKE

4.5 or 6 miles across the ridge line of Pleasant Mountain.

HIKE & BIKE

Challenge yourself! Hike 4.5 or 6 miles, then bike 25 or 50 miles.

Registration includes Post-Trek Party with Free Food, Beer, Massages, Music & More!

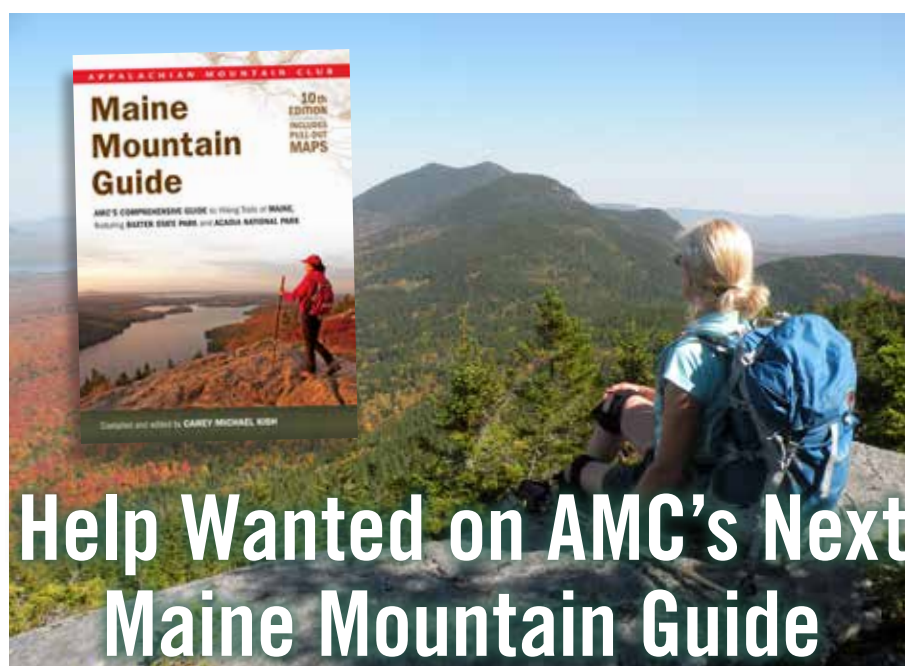
Register at LoonEchoTrek.org
Use code AMC2016 to get \$5 off registration.



PLATINUM SPONSORS



GOLD SPONSORS



Help Wanted on AMC's Next Maine Mountain Guide

For over fifty years, AMC's Maine Mountain Guide has been the trusted resource for hikers on Maine's spectacular mountain trails from Aroostook to Acadia. Believe it or not, the 10th edition of this venerable guide is already five years old, and a revised edition is in its early stages.

It's a huge task to update each edition, so your help is needed. Volunteers are wanted to assist the editor with following:

- Review sections of the text for errors and omissions, noting such and suggesting edits.
- Field check specific trails as requested by the editor to ground truth what's in the book vs. what you see on the ground, taking notes along the way to help with edits.
- Suggest new mountains and new trails around Maine. In just five years there are many. Where are they, and would you like to hike and describe them for the updated guide?

The Maine Mountain Guide covers trails from Baxter State Park, the 100-Mile Wilderness, Bigelow Range, and Camden Hills to Acadia, the Oxford Hills, Mahoosuc Range, Evans Notch and much more in-between.

Any and all assistance with this monumental project is welcome, however much you can in any way. Your help will be duly acknowledged in the front of the 11th edition, which is due to be published in Spring 2018. Thank you in advance!

Please contact the editor, Carey Kish, at 207-838-9669 or maineoutdoors@aol.com.

Appalachian Mountain Club Supports National Monument and National Park in Maine's North Woods

The Appalachian Mountain Club (AMC) supports the creation of a National Park and adjacent National Recreation Area on lands east of Baxter State Park, and designation of a National Monument as a step toward that outcome. The lands proposed for designation, which would be donated by Elliotsville Plantation, Inc. (EPI), especially those between Baxter State Park and the East Branch of the Penobscot River, have long been recognized for their ecological, recreational, and cultural importance to Maine and beyond.

AMC has decades of on-the-ground experience with a variety of federal land units in Maine and across the Northeast, in addition to AMC's own Maine Woods Initiative. Our experience has shown that conserved lands combined with investment in recreational and visitor infrastructure brings long term economic benefits to local communities.¹ A new National Monument in the Katahdin region with appropriate investment in recreational infrastructure is one of the best

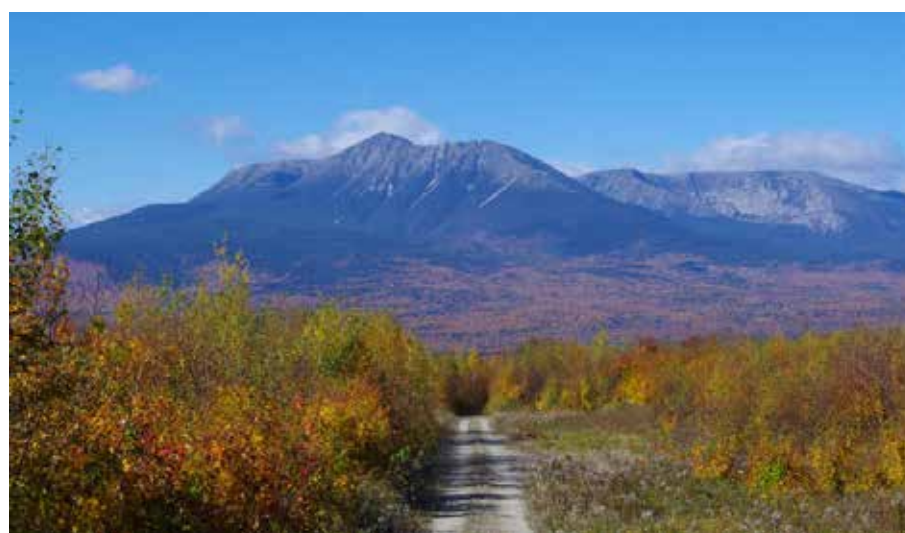
opportunities in recent years to address the serious economic challenges of the region. The forest products industry has and will continue to play a dominant role in the local economy. Federal lands can co-exist with private forestlands and timber harvesting, even providing an opportunity to educate visitors on the history and role of the industry in Maine.

This generous gift of land and endowment by EPI is a first step toward realizing the potential ecological, economic, and community benefits of these lands. To achieve those benefits, it must be followed by ample opportunity for public input, especially from local stakeholders, and sound planning, investment, and management.

We believe that conservation is best when done with the support of local communities. While not unanimous, a multitude of local organizations, businesses, and residents have come to support the national park concept, including the Penobscot Nation, local snowmobile clubs, Chambers of Commerce, and many stakeholders in communities that would be gateways for these new public lands.

AMC uses the following principles to guide our approach to large land proposals—conservation or development—in the Maine Woods region:

¹ See AMC's Contributions to the Maine Woods Economy at <http://news.outdoors.org/2016/03/amc-maine-woods-initiative-contributes.html> and Economic Impact of the Appalachian Mountain Club's Huts and Lodges in New Hampshire at <http://www.outdoors.org/about/newsroom/press/2015/statement-economic-impact-report.cfm>



View of lands of proposed National Monument. Photo by C. Schmidt-NRCM

1. The Maine Woods is the largest undeveloped forested tract in the eastern US, and has long been a focus of AMC conservation efforts. It is also the wood basket for the region's forest products industry. We support strategic fee and easement conservation of large undeveloped parcels especially to conserve important ecological, recreational, cultural, timber, and community resources. Working forest easements, private land conservation, and new public lands are all important conservation tools that can be used depending on the goals and interests of the private landowner and the conservation outcomes being sought.
2. Protection of recreation corridors that provide high-quality multi-day waterway and forest backcountry trips, an extremely limited resource in the Northeast today, is paramount.
3. Long-term planning and predictability are critical to ensuring the ongoing economic vitality of local communities. Large development and conservation proposals should reflect the values of local communities, and their primary economic benefits must accrue locally.
4. Development should be contiguous to existing development, maximizing the economic benefits and minimizing the infrastructure costs to local communities.

2016 FALL GATHERING

URI W. Alton Jones Campus | West Greenwich, RI
Hosted by the Narragansett Chapter
October 14-16, 2016



Join us for some outdoor fun, Southern New England style. A few of the activities we have in store for you include kayaking twisty rivers and our glistening bay; biking through rolling hills painted with Autumn colors; hiking over limestone boulders, and enjoying one of the greatest oceanscapes ever, the world-famous Newport CliffWalk! Then get cozy in your tent or a comfortable cabin nestled among the 2,300 acres of lakes and forests of our beautiful and wild Alton Jones Campus of the University of RI. Start planning your fall adventure at outdoors.org/fallgathering today! Registration closes at 5PM on September 30th.

SUMMER CALENDAR: OUTINGS | EVENTS | MEETINGS

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

For general questions or comments regarding these calendar listings, contact Bill Brooke, Outings Co-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!*

Next Deadline for Wilderness Matters (Autumn Issue) is September 1, 2016.

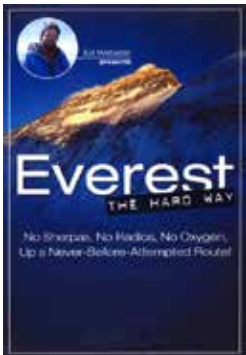
Wilderness Matters is your chapter newsletter. Everyone is welcome and encouraged to contribute, be it stories, news, opinions, photos, or whatnot. We want to hear from you! Please send submissions to newsletter@amcmaine.org. *Submission guidelines: Articles, opinions, stories and such are limited to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

MEETINGS

Chapter Executive Committee Meetings, Brunswick The Maine Chapter Executive Committee meets every odd month (January, March, May, July, September, and November) on the second Thursday at the L.L. Bean facility in Brunswick at 6:30 PM to discuss chapter business. *Chapter members are welcome to attend.* Contact: chair@amcmaine.org or excom@amcmaine.org. Remaining meeting dates for 2016 are:

- July 14
- September 8
- November 10

Saturday, November 12: Maine Chapter Annual Meeting, Portland



This year for our annual meeting we are back with a dinner event, with Ed Webster as our featured speaker. Ed will present "Everest The Hard Way" based on the book he wrote chronicling his 1988 climb up Mount Everest. Ed has a great reputation as a speaker and will bring plenty of pictures to go with his talk.

We expect this will be a very good time to find out about chapter activities and meet the current leadership. We'll have displays covering a range of

events including some interesting historical items from early chapter days. The chapter annual meeting will be Saturday, November 12, 2016 at the Clarion Hotel in Portland. Dinner will be a buffet with a variety of choices including vegetarian. Cost will be \$25 per person for dinner with one drink ticket included. A cash bar will also be available.

Online registration will start in September and end October 10, so check the website for details. More details will appear in the autumn newsletter issue.

August 4-17, 2017: Appalachian Trail Conservancy Conference in Maine



The 41st Appalachian Trail Conservancy Conference (formerly Biennial) will be held at Colby College, Waterville, Maine the week of August 4-11, 2017. The event, cohosted by the Maine Appalachian Trail Club and the Maine Chapter of the AMC, will showcase our great State of Maine and the northern terminus of the AT. Over 1200 participants are expected, making it the largest hiking

conference in the U.S. There will be a wealth of workshops, hikes and excursions. Mark your calendars to save the date! More info and updates are available at www.atc2017.org.

HIKING/WALKING/ BACKPACKING

Starting Thursday, July 7: Thursday Hikes Series in July and August

Hike every week this summer! Scheduled for nearly every Thursday in July and August, these hikes are each 2-3 miles and will take 1-2 hours. Come for one or more, depending on your schedule and your interest. Meet at the trailhead, depart at 3 p.m. Optional dinner nearby after each hike. Participants **MUST SIGN UP WITH LEADER** ahead of time by email. Maximum 8 persons per hike.

- July 7 - Hatchet Mtn. Loop, Hope.
- July 14 - Bald Rock, Lincolnville.
- July 21 - Bald Mtn., Camden.
- July 28 - No hike.
- August 4 - Mt. Battie, Camden Hills State Park.
- August 11 - Mt. Megunticook, Camden Hills State Park.
- August 18 - Cameron Mtn., Lincolnville.
- August 25 - Ragged Mtn., Camden

Leader: Emily Davis, 207-542-2824, emilyjfdavis@gmail.com.

Friday, July 8: Mount Hayes, 2,555 ft. (Young Members) Join us for a beautiful, intermediate hike in the Mahoosuc Range, with views of the Northern Presidentials and Carter-Moriahs from the ledges. 6.6 miles R/T, 1800 feet elev gain with loop hike including Mahoosuc Trail. Prior hiking experience required. Leaders: Kim Sanders, 207-712-0862, kimberlyannsanders@gmail.com; Sarah Keats, 207-756-4226, slkski@gmail.com.

Thursday, July 14: Thursday Hikes Series in July and August: Bald Rock, Lincolnville Bald Rock, Camden Hills State Park, Lincolnville. (See full hike series description on July 7 above.) Meet at trailhead, depart by 3 p.m. Optional dinner nearby after each hike. Participants **MUST SIGN UP WITH LEADER** ahead of time by email. Maximum 8 persons. Leader: Emily Davis, 207-542-2825, emilyjfdavis@gmail.com.

Saturday, July 16: Beginner Backpack to Bigelows This backpack is in conjunction with the introduction to backpacking workshop and is for hikers new to backpacking or those who would just like to spend an overnight at this beautiful high elevation pond. Hike to Horns Pond from Stratton Brook Road via Horns Pond Trail on Saturday (4.8 mi.), camp at Horns Pond Campsite Saturday night, return to Stratton Brook Road via AT on Sunday (5.4 mi.). Optional side hike to South Horn and North Horn, time permitting. Tent and camping gear required. Contact trip leaders to register FMI. Leaders: Bill Brooke, 207-549-5100, bill@mesoft.org; Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Saturday, July 16: Hike Heald & Bradley Ponds Preserve, Lovell 6-mile hike to 3 mountains in Lovell, Maine. Lovely views from Whiting Hill (801 ft), Amos Mtn. (955 ft), Flat Hill (891 ft). No dogs please. Leaders: Debby Kantor, 207-854-3431, dlkantor@aol.com; Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Saturday, July 16: Mt. Abraham Hike (Young Members - 20's & 30's) Hike Mt. Abraham (a Maine 4,000 footer) via Firewarden's Trail. 8 miles RT, approx. 3,200 feet elev gain. Summit offers outstanding 360-degree views, alpine zone is 2nd in size only to Katahdin in Maine. Hike is in conjunction with Rangeley Camping Weekend: activities.outdoors.org/search/index.cfm/action/details/id/89061. Hike is listed as Young Members (20's & 30's & Young at Heart) but is open to ALL. Leader: Denise Fredette, 207-939-3670, deniserae77@gmail.com.

Thursday, July 21: Thursday Hikes Series in July and August – Bald Mtn., Camden Bald Mtn., Camden. (See full hike series description on July 7 above.) Meet at trailhead, depart by 3 p.m. Optional dinner nearby after each hike. Participants **MUST SIGN UP WITH LEADER** ahead of time by email. Maximum 8 persons. Leader: Emily Davis, 207-542-2825, emilyjfdavis@gmail.com.

Thursday, August 4: Thursday Hikes Series in July and August – Mt. Battie, Camden Mt. Battie, Camden Hills State Park. (See full hike series description on July 7 above.) Meet at trailhead, depart by 3 p.m. Optional dinner nearby after each hike. Participants **MUST SIGN UP WITH LEADER** ahead of time by email. Maximum 8 persons. Leader: Emily Davis, 207-542-2825, emilyjfdavis@gmail.com.

Thursday, August 11: Thursday Hikes Series in July and August – Mt. Megunticook, Camden Mt. Megunticook, Camden Hills State Park. (See full hike series description on July 7 above.) Meet at trailhead, depart by 3 p.m. Optional dinner nearby after each hike. Participants **MUST SIGN UP WITH LEADER** ahead of time by email. Maximum 8 persons. Leader: Emily Davis, 207-542-2825, emilyjfdavis@gmail.com.

Thursday, August 18: Thursday Hikes Series in July and August – Cameron Mtn., Lincolnville Cameron Mtn., Camden Hills State Park. (See full hike series description on July 7 above.) Meet at trailhead, depart by 3 p.m. Optional dinner nearby after each hike. Participants MUST SIGN UP WITH LEADER ahead of time by email. Maximum 8 persons. Leader: Emily Davis, 207-542-2825, emilyjfdavis@gmail.com.

Thursday, August 25: Thursday Hikes Series in July and August – Ragged Mtn., Camden Ragged Mountain, Camden. (See full hike series description on July 7 above.) Meet at trailhead, depart by 3 p.m. Optional dinner nearby after each hike. Participants MUST SIGN UP WITH LEADER ahead of time by email. Maximum 8 persons. Leader: Emily Davis, 207-542-2825, emilyjfdavis@gmail.com.

Friday, September 9: Weekend Getaway: Art & Outdoors Combined
This trip will provide time to combine gently facilitated experiences doing artwork alongside hikes or walks in any combination that works for you. Stay just outside north end of Baxter State Park, where less traffic and more wilderness is available. With the comforts of a bed and meals provided at Mt. Chase Lodge, participants will determine how to structure their time between a range of wonderful foliage walks or hikes departing from South Branch Pond Campground, and artistic endeavors including drawing and printmaking in a welcoming space at the lodge. Participants do not need to be skilled artists or accomplished hikers. Enthusiasm for artistic expression and moderate fitness level is required. Holly Berry, a graphic artist, illustrator, and printmaker, will provide materials as well as structure as needed for artistic endeavors of individual choice. Hikes and walks will be led by Emily Davis, AMC Maine Trip Leader. Hikes and walks determined by weather, energy and interest of participants. Minimum participants = 7, maximum is 10. Cost is \$225 and includes lodging and meals from Friday dinner through Sunday lunch and facilitator expenses, plus \$10 materials fee. Extended stay available through Monday morning for additional \$69. Driving times to Mt. Chase Lodge in Patten, Maine from: Boston, 5 hours; Portland, 3 hours; Bangor, 1 hr. 10 min. FMI, contact Leader: Emily Davis, 207-542-2824, emilyjfdavis@gmail.com.

Saturday, September 17: Hike Beech Cliff, Canada Cliff and Beech Mountain in Acadia with Carey Kish Join AMC guidebook author, Carey Kish, for an interpretive hike in Acadia National Park during the Great Maine Outdoor Weekend. The group will enjoy a guided hike on Beech Cliff, Canada Cliff and Beech Mountain, all part of Hike #30 in Carey's latest book, *AMC's Best Day Hikes Along the Maine Coast*. This will be a late morning hike of 3.2 miles, moderate difficulty and 2.5 hours in length. Hike to be followed a brown bag lunch nearby at AMC's Echo Lake Camp, where Carey will talk more about the many great hikes in the guide and the work that went into compiling it. Leader: Carey Kish, 207-838-9669, maineoutdoors@aol.com.

Saturday, September 17: Great Maine Outdoor Weekend - Hike Cadillac Mtn. Stay at Blackwoods Campground for Great Maine Outdoor Weekend and Acadia National Park's 100th anniversary. Hike will leave from the Route 3 trailhead and ascend via South Ridge Trail to top of Cadillac Mtn. 7.1 miles, elev gain about 1,400 feet. Great views en route. Steady climb a moderate pace. Should be used to elevation gain and longer hikes. Aimed at older crowd but open to all. Enjoy a cold soda and great views at the top (along with the crowds who drove up). Rain date is Sept. 18. Join us for the day or camp for several days. See Sept. 16 post under "Camping" for camping info. Include phone contact and level of hiking experience when registering. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

Saturday, September 24: Morse Mtn. – Sewall Beach Conservation Area 4-mile walk to small mountain and spectacular beach. Group size limited. No dogs allowed. Great birding. Leaders: Debby Kantor, 207-854-3431, dlkantor@aol.com; Lorraine Hussey, 207-619-9444, lorrainehussey66@gmail.com.

Saturday, October 22: Miles Notch – Great Brook Loop Hike North Lovell and Stoneham area. Cross Red Rock Mtn. (2141 ft) and Butters Mtn. (2246 ft) on this scenic 10 mi. traverse. Relaxed pace through pristine wooded area with some excellent outlooks. Leaders: Debby Kantor, 207-854-3431, dlkantor@aol.com; Lewis Dow, 207-890-8512, lwsdow@yahoo.com.

CAMPING

Friday-Saturday, July 15-16: 4th Annual Inter-Chapter YM Rangeley Camping Weekend Join us for some summer fun and FREE camping at Rangeley Lake State Park and meet folks from all over New England. Plenty of hiking trails and mountains in the area, including many 4k's. Join us on a hike led by one of our volunteer leaders or go off on your own day adventure. We have a group site on the lake, so you can cool

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

Starting Friday, September 15: Great Maine Outdoor Weekend in Acadia – Blackwoods Campground Join us for a weekend of camping and a hike on Cadillac Mountain in Acadia National Park. We'll be staying at Blackwoods Campground starting Sept. 15 for 6 nights in our trailer. RV and tent camping available. Please make your own reservations for the nights you want and join us for activities to celebrate the Great Maine Outdoor Weekend and the Acadia's 100th birthday. See our Sept. 17 post under "Hiking..." for description of hike to Cadillac Mtn. Let us know if you make a reservation so we can get together up there. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

BICYCLING

Saturday, July 9: Schoodic Peninsula Bike Ride Celebrate the 100th anniversary of Acadia National Park (actual birthday is July 8) by biking the quieter, mainland unit of the park. This 30-mile ride (with 12 & 25-mile options) will follow the Schoodic National Scenic Byway, including the Schoodic Loop Road – truly one of the most scenic bike routes in the state. Will ride at a moderate 10-12 mph pace with stops for scenery and points of interest. Bring lunch to eat at Schoodic Point. Ride will also feature the new additions to this part of ANP, including the new Schoodic Woods Campground, 8.5 miles of carriage roads, Schoodic Institute and Schoodic Marine Center. We'll pass the largest lobster processing plant in Maine and you can get your picture taken with the large lobsterman statue as well as many other stone sculptures along the route. Will also ride on a raised coastal bog, the Corea Heath. You can drive to the ride starting point in Winter Harbor or take the ferry from Bar Harbor (special AMC member rate). We plan a late morning start, which allows for a doable day-trip from southern Maine. Alternatively, AMC has a group campsite for Friday & Saturday night. Contact the leader for more camping details. Leader: Tony Barrett, 207-833-0939, barretttony@comcast.net.

PADDLING

Friday, July 1: Cathance River to Head of Tide Paddle Enjoy a leisurely paddle on the Cathance River from Bowdoinham to the Head of Tide in Topsham. This a relatively wide river has few houses and a nice wild feel that makes for a relaxing outing. There can be wind at times, so longer boats are best. Watch for wildlife on the way. We'll go up with the tide and stop at the Head of Tide Park for lunch. Nice waterfall at the park. Trip geared to over-55 crowd, but everyone is welcome. Knowledge of self and assisted rescue encouraged. Must wear PFD. Please include info on your boat and safety equipment when contacting registrar. Leaders: Michelle Moody, Stan Moody, 207-406-5221, meamc@micstan.us.

Saturday, July 9: Sea kayaking on Androscoggin River From the Water St. boat launch in Brunswick, we'll paddle out with the tide, have lunch on an island, and return on the incoming tide. Watch for ospreys and eagles. Bring lunch, sun screen, bug spray. If the downstream flow from the dam is strong due to recent rain, we'll choose another nearby location. After-paddle option to gather at the Sea Dog in Topsham for refreshments. Rain date: Sunday July 10. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

Friday – Sunday, July 22-24: Introduction to Whitewater Paddling, Errol NH Introductory white water paddling instruction by Mahoosuc Guide Service (www.mahoosuc.com) on the Androscoggin River in Errol, NH. Course is 7:30 PM Friday, July 22 to 4 PM Sunday, July 24. Course is for those with little or no whitewater canoeing experience, also highly recommended for anyone without formal training in whitewater technique. Course includes instruction on canoe design and handling properties, whitewater strokes, whitewater equipment, safety, self-rescue, group management, throw bag use, river hazards, river reading and scouting, paddle signals, and maneuvers, including eddy turns, peel outs, ferries, side slips, and surfing. Lodging and meals provided at Mahoosuc Mountain Lodge, North Newry ME and includes lodging Fri & Sat, breakfast Sat & Sun, supper Sat. Bring own sleeping bag and trail lunch for Sat & Sun. Course instructor is Kevin Slater, Mahoosuc Guide Service. Canoes, paddling and safety equipment is provided by guides. AMC discounted price for course is \$250. Non-refundable deposit of \$100 is required at time of registration, balance due 2 weeks prior to trip date. To register, contact the trip leader, Bill Brooke, 207-549-5100, bill@mesoft.org.

Saturday, August 13: Sea kayaking on New Meadows River From the Sawyer Park boat launch, we'll paddle out with the tide, have lunch on an island, and return on the incoming tide. Bring lunch, sun screen, bug spray. About 5 hours. Watch for ospreys and eagles. After paddle option to gather on veranda at Sea Dog in Topsham. If weather conditions are not good, we'll go Sunday, August 14. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

Saturday, August 27: Sea kayaking on New Meadows River From the Sawyer Park boat launch, we'll paddle out with the tide, have lunch on an island, and return on the incoming tide. Bring lunch, sun screen, bug spray. About 5 hours. Watch for ospreys and eagles. After paddle option to gather on veranda at Sea Dog in Topsham. If weather conditions are not good, we'll go Sunday, August 28. Trip difficulty: moderate. Leader: Carolyn Welch, 207-725-8178, cwelch6789@gmail.com.

TRAIL WORK

Mon-Thurs, July 11-14: Trail work @ Gorman Chairback Lodge and Cabins AMC Maine Woods Initiative/100-Mile Wilderness area. Lodging at Gorman Chairback Lodge and Cabins. Under the direction of Steve Tatko, Land Manager, and his staff, we will pull a couple of slips out of the AMC job jar and go to work. The lodge and cabins is located on beautiful Long Pond near the Appalachian Trail, the Hermitage and Gulf Hagas. When 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 AMC's mission. Delicious family-style meals are a bonus. Contact leader FMI: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Fri-Mon, October 7-10: Boundary work @ Little Lyford Lodge and Cabins AMC Maine Woods Initiative/100-Mile Wilderness area. With dozens of miles of property lines, the AMC in Maine has lots of boundary marking to maintain. Join us for this unusual and fun activity. Bring your old work clothes (there's paint involved) and try something new. Stay at historic Little Lyford Pond Lodge and Cabins and experience the best of the old and the new. Comfortable bunkhouse, newly renovated lodge, fabulous meals and unbeatable hospitality. Bonus: few biting insects and peak foliage season. Contact leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

Fri-Mon, October 7-10: Trail work @ Gorman Chairback Lodge and Cabins AMC Maine Woods Initiative/100-Mile Wilderness area. So many trails, so few volunteers. Join us as we help build and maintain hiking trails near AMC's MWI lodges. We may continue work on Henderson Brook Trail which connects Gorman Chairback Lodge with the AT. Join others in effort to complete the hardening process on this beautiful trail along Henderson Brook as it descends to Pleasant River. Stay in comfortable bunkhouse, eat very well in lodge, enjoy downtime admiring peak foliage and exploring the woods and waters nearby. Leader: Peter Roderick, 207-293-2704, roderick1027@fairpoint.net.

TRIP LEADER INSTRUCTION

Saturday, October 15: AMC Leader Training Workshop Gilsland Farm Audubon Center, Falmouth ME. Join experienced Maine AMC leaders and AMC's Leadership Training Manager for a one-day workshop to develop and practice leadership skills necessary to plan and lead safe and enjoyable chapter activities. Workshop is for new and prospective leaders with no prior AMC leader experience and for experienced leaders looking to improve their skills. Workshop format will include 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. Participants successfully completing this workshop will meet AMC's requirement for chapter trip leader training. Leader: Bill Brooke, 207-549-5100, bill@mesoft.org.

SKIING

Sunday, March 5, 2017: Claybrook Mountain Lodge Ski Week Have you ever thought about checking out the new Maine Huts and Trails system but the thought of carrying an overnight backpack didn't appeal to you?

We have the solution. Join us for a week of great cross-country skiing on MHT's system of well-maintained trails. We'll have the opportunity (weather permitting) to visit each of the four huts without the burden of large backpacks. While enjoying the magnificent trails and scenery in the Bigelow area. Accommodations in shared twin or triple rooms at Claybrook Mountain Lodge in Highland Plantation. Lodge owned by Greg, a certified EMT and Maine Guide, and his wife Pat. Pat is a fantastic cook who will spoil us with her homemade bread, muffins, cookies and multi course meals. Made to order breakfast, trail lunches and dinner included in trip fee. All meals from supper on Sun, March 5 (day of arrival) through and including lunch on Fri, March 10 (day of departure). We'll eat our trail lunch at one of the MHT huts whenever possible, so we can purchase hot food items there as well. Claybrook Lodge has twin and triple rooms located on two levels; with a shared bath on each floor. There's also a living room area on each floor and a large wood stove on first floor. Facility is clean, cozy and rustic surrounded by an array of mountain peaks. Cost of \$815 covers accommodations, all meals including trail lunches, and guiding Monday through Thursday with Greg. This trip tends to fill up quickly so plan on applying early in order to guarantee your spot. Leader: Ginette Beaudoin, 207-294-6302, ginette4000@yahoo.com.

Maine AMCs Help Out Mahoosuc Land Trust

On May 14, AMC Maine Chapter volunteers joined with the Mahoosuc Land Trust to improve trails on Rumford White Cap in Rumford.



▲ Trails Committee Chair, Jeff Pengel, removing an offending stump that has the gall to be in the middle of the trail.

◀ Jeff Pengel and Mike Simoneau doing some "rock work" near the summit.

Maine AMC's Dave McCarthy Honored with Spirit of Cycling Award



Many of you probably know Dave McCarthy only from his work on the Maine Chapter ExCom as an At-Large member organizing the ExCom retreat last fall at the MWI lodges, spearheading our adoption of the Laurie's Ledge trail, and volunteering many hours in the MWI.

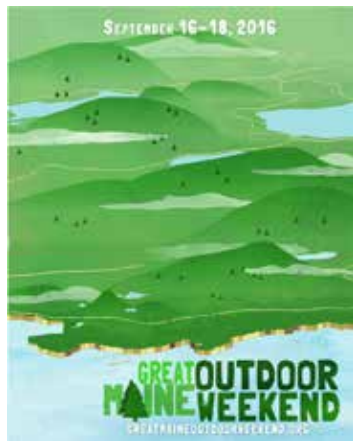
But Dave has many sides to his life and one other passion is volunteering for several biking organizations. One of them, the Bicycle Coalition of Maine, just honored Dave with the Spirit of Cycling Award.

The Jeff Miller Spirit of Cycling Award is named after the first executive director of the Coalition and is presented to a Mainer who demonstrates Jeff's joy from all aspects of biking. This year's winner is Dave McCarthy, of York, serves as a Bicycle Coalition of Maine Community Spokes (local advocate), Chair of York Bicycle and Pedestrian Committee, is on the Executive Committee of the Maine Chapter of the Appalachian Mountain Club and is a member of CycleYork, working to create a town bike/ped committee.

Dave also supports local bicycle and pedestrian education through his work in the York and Kennebunk Elementary School systems as a BPSE instructor as well as helping to organize youth bike rodeos in York. Last, but not least Dave is also a trail steward at Mount Agamenticus, is a trail adopter in AMC Maine Woods, and conducts regular trail maintenance on the Appalachian Trail.

Our congratulations to Dave and our thanks to him for including AMC among his volunteer passions!

Great Maine Outdoor Weekend, September 16-18 All Over Maine



Mark your calendars, folks. September 16-18, 2016 is the 10th Great Maine Outdoor Weekend. From Bethel to Blue Hill, and from Madawaska to Kennebunkport, you're sure to find an outdoor activity to celebrate.

Started in 2012, the Great Maine Outdoor Weekend is a bi-annual series of events happening in February and September aimed at connecting Mainers to outdoor adventures both in their communities and across the state. The initiative has grown consistently since its inception, and we've

now worked with over 200 Maine organizations to host events and have reached more than 51,500 Mainers in five short years.

Each weekend focuses on easy, fun, and family friendly outdoor activities, from classic hikes and snowshoe adventures to bird watching, nature walks, star gazing, outdoor film festivals, and more. The Great Maine Outdoor Weekend is the perfect opportunity to get out and explore Maine's best recreational resources. Explore new trails, parks, and preserves. Get to know organizations in your community or further afield.

This year, the Great Maine Outdoor Weekend is helping celebrate the Acadia National Park Centennial with a special series of events in the Downeast and Acadia region. Our newest GMOW poster is a commemorative tribute to Acadia featuring some of its most iconic features and treasures. Organizers in the Acadia region are using the GMOW to kick off a series of outdoor events.

Visit www.greatmaineoutdoorweekend.org to find out all the details.

Scenes from Wilderness First Aid

AMC members from around New England (28 in all) participated in a Wilderness First Aid Course at Maine Audubon's Gilsland Farm, April 30-May 1. This 2-day training (is required) for all AMC Chapter trip leaders. Thanks to Kim Sanders and Maine Audubon for organizing this course. And thanks to the awesome SOLO instructors.



Clockwise from top right:

1. Chapter Chair, Doug Chamberlin feeling no pain after this excellent splint. Tony Barrett photo.
2. We spent a portion of the time indoors learning lots from the SOLO instructors.
3. Many of the accident scenarios took place outside. Doug Chamberlin photo.
4. Victim and Maine Chapter trip leader, Hsin Chein, is attended to by Bob Dreiscold. Tony Barrett photo.

Be A Leader *By Bill Brooke, Co-Chair Outings Committee*



A beautiful day on Pleasant Mountain in May

"We encourage people to enjoy and appreciate the natural world because we believe that successful conservation depends on this experience." – from AMC's mission statement

Key to the "enjoy and appreciate" part of the Maine AMC mission statement is providing the opportunity for people to enjoy and experience the outdoors as well as developing the skills to do so. This is the vital role that the chapter trip leaders provide.

Last year 26 leaders lead 94 Outings trips in hiking, sea kayaking, bicycling, snow shoeing, and skiing as well as providing instruction in map and compass, backpacking, kayak self-rescue, and winter hiking.

Becoming a chapter outings trip leader takes work, it requires experience in the activity as well wilderness first aid certification, leadership training, co-leading trips, and the endorsement of experienced leaders. It is a job with long hours and no pay, but rewards you with meeting interesting new people, spending time outside, and developing your leadership skills.

If you are interested in joining our group of skilled and experienced trip leaders contact Bill Brooke or Peter Roderick at outings@amcmaine.org

Here are some quotes from current leaders on why they became leaders:

"Why I became a leader? Simple really. I loved being out. Hiking offered a whole new world to discover, even more fun to share in it with others"

"It's a special joy to share favorite outdoor destinations with folks who haven't ever been there before!"

"Why am I a leader? I love nature and the opportunity to explore it and I want you to love it too. Once you love it, then we can all work on protecting it. As much as I'd like to have my favorite places all to myself, I know that they won't be safe unless many others love them too and want to save them."

NEW LEADER



Emily Davis, Hope ME

I have been leading and organizing outdoor experiences for over 30 years, mostly just for fun, for family and friends. As a young adult, I led wilderness and back packing courses for Wheaton College (Illinois) and Hurricane Island Outward Bound School.

In recent years, I have found time to create and complete solo hikes and trips for myself, as well as to offer trips to interested individuals and groups, most of whom are friends, neighbors, or acquaintances.

I am a Registered Maine Guide. I have benefited from the AMC's presence in the White Mountains since I first hiked Mt. Washington at seven years old, so leading trips via the Maine chapter is a great way for me to give back (and get out there to do what I love with like-minded people!).

LEADERS IN TRAINING



Susan Surabian, Skowhegan ME

Hiking, biking and horseback riding are my three favorite sports. I have hiked the Long Trail in Vermont to the shortest trail up Pleasant Pond Mtn. in Caratunk, Maine. I have hiked in winter and summer.

I have been a health care worker all my life and believe exercise is the key to good health. I decided to become a leader because of my passion for physical fitness and to share with others the wonderful trails in the State of Maine.



Tony Barrett, Harpswell ME

I have been an AMC Life Member since 2000. I have tried to do at least one AMC trail work trip per year, and have led numerous A.T. related work trips, particularly to my section on Lone Mtn. I have worked for a small bike touring company and led week-long bike trips in Maine out of Camden and in the Hudson Valley of New York.

My prompt to become an AMC leader is in part the 2017 Maine AT Conference—to better understand the requirements, undergo the training and to help out next August.

Note: Tony is co-chair of the ATC 2017 Maine Conference.

Young Members Section

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

Young Members Weekends *By Denise Fredette*

Young Members hut, lodge, and camping weekends are incredibly fun and hard to put into words. The volunteers who organize these weekends put in countless hours planning, promoting, and assembling these events because the end result is a memorable experience where new as well as renewed friendships are formed and grow among this group of peers who share a common love for the outdoors.



Young Members on Mt Washington. Photo by Marielle Postava-Davignon.

Last May 2016, twenty-two Young Members from five AMC Chapters came together for some epic hiking adventures, the famous potluck burrito buffet, and a lot of laughter. One group woke up early to complete an out and back Southern Presidential traverse

from the hut to Mt. Washington and another took a slightly more moderate hike and later start to visit Mt. Monroe. Others ventured out to other nearby summits and destinations. All of the hiking groups returned in time to prepare and eat the much anticipated burrito dinner.

Young Members groups hold weekend-long events during every season in Maine, New Hampshire and beyond. Young Members are invited to participate in all activities, whichever chapter is hosting. Our next event is Rangeley Camping Weekend July 15-17 in beautiful Rangeley, Maine.

Check out more opportunities to get out with the Young Members (20's & 30's & Young at Heart) on outdoors.org.



Young Members of Mt Eisenhower. Photo by Jamie Gillon.



Young Members in the Presidential Range. Photo by Steph Krzyzewski.

To be added to our Events mailing list,
email: amcyoungmembers@amcmaine.org

Join our group on Facebook:
[amcmaineyoungmembers](https://www.facebook.com/amcmaineyoungmembers)



AMC Leadership Training for 20s & 30s

September 16-18, 2016 – Harriman Outdoor Center, NY

Want to brush up on your outdoor leadership skills? Want to connect with other outdoor enthusiasts in their 20s & 30s? Take the first step to become a trip leader! AMC is organizing its first-ever Leadership Training designed for 20s & 30s and it is sure to be a great time. Participants will have a chance to network with other AMC Young Members (YM) from across the region and learn important leadership skills that will set them on the path to becoming trip leaders for local AMC Chapters.

Registration will be open July 1, 2016 – August 31, 2016. | Questions? Email shatch@outdoors.org



AMC Maine Chapter Memorial Day Weekend Trail Work Trip to Little Lyford Camps and Lodge *By Peter Roderick*

For the 13th consecutive year, the Maine Chapter has sponsored a trail work trip weekend at Little Lyford Camps and Lodge over Memorial Day weekend.

This year, the group patrolled a variety of trails within hiking distance of Little Lyford including the Laurie's Ledge Trail on Indian Mountain, The Indian Mountain circuit trail, the Horseshoe Pond Trail, the Grassy Pond Trail, the trails to the Pearl Ponds, East and West, the trail to Mountain Brook Pond, the loop trails around both Little Lyford Ponds and connecting trails thereof and Nation's Nature Trail.

Blowdowns were removed, other fallen material was thrown off and drainages were cleaned and made ready for another prime hiking season. After the work day was done, many of our group went fishing, hiking, paddling and moose seeking among other activities.

Participants came from Maine and other states with one participant coming from Reston Virginia to attend the trip. Attendees included: Roger David, John Mullens, Paul Hahn, Jane Hahn, Tim Hallee, David McCarthy, Judy Oneal, Kristen Grant, Tony Musgrave, Steph Schlim, David Lynch and Peter Roderick.

Two more trips are scheduled to the MWI lodges for this summer and fall (see the event listing on the chapter website www.amcmaine.org)



Back Row: Dave McCarthy, John Mullens, Tony Musgrave, Tim Hallee. Front Row: Jane Hahn, Judy Oneal, Peter Roderick, Paul Hahn. Still Out on the Trail: Kristin Grant, David Lynch, Stephanie Schlim, Roger David