

# Wachusett Views

## Worcester Chapter Appalachian Mountain Club



**Summer 2018**

***A close-up view of our chapter's vibrancy and dedication.***

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20s & 30s	Steph Murphy
At- Large 100 <sup>th</sup> Anniversary	Steve Ciras

### Summer issue 2018

#### *Letter from the Editors*

As we relish all that comes from the summer—whether it is from the high mountain summits, the cool river waters, or your own backyard—it is important to take the time to reflect on everything our members have been accomplishing over the past couple of months. With the Worcester Chapter's 100<sup>th</sup> anniversary there is ample opportunity to celebrate the history and continue the vibrancy today and into the future. We all play a vital role in the Worcester Chapter community, from voicing support for local conservation initiatives to inspiring others to get outside through fun trips and events.

In this issue enjoy reading about adventures in Zion National Park, how the Kindness Rocks project relates to Leave No Trace principles, all the fun to be had with our bicycling committee, experiences at a skill share weekend, and so much more. As always, an immense thank you to all who contributed stories and photos.

Have a great summer!  
Zenya and Alex

*Alexandra Molnar*  
*Zenya Molnar*  
Worcester Chapter Communications Co-Chairs

**AMC Worcester Chapter**  
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Appalachian Mountain Club  
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## Adventures in Zion National Park

By Marc Spinella



The Zion Half Marathon was an amazing experience that I would recommend to anyone who likes trail running 13.1 miles through the rolling hills of the desert at over a mile up in elevation.

To everyone else, you don't know what you're missing.

Standing at the starting line as the sun barely peaks over the cliffs of Zion in the distance, the realization at mile 2 that this high altitude thing is for real, the crowd of

spectators at mile 7 that I couldn't let down, the photographer for whom I tried not to look like I was dying, the monster hill at mile 11 that I'm pretty sure everyone had to walk up, the best banana and chocolate milk I ever had at the finish line...

In the end I posted my slowest half marathon time yet, but it was definitely my favorite one, and a great way to kick off a trip I'll never forget.

After the race we spent four more days in Zion, where Angel's Landing is the quintessential hike in the park. Rigged with a series of heavy chains to guide hikers over narrow cliffs and ledges to the top, it is not for the faint of heart. We hiked it early one morning, before the first shuttle and the crowds that come with it.



Next was a chilly day in Bryce Canyon where it had snowed the night before. We hiked an 8-mile loop in and around the canyon (actually the side of a plateau), among otherworldly red-orange rock "hoodoos" that look like something out of a Dr. Seuss book.

The last day was spent kayaking 12 miles down the Colorado River, beginning at the Hoover Dam. We explored several small caves and slot canyons along the way, keeping a leisurely pace to wrap up a very busy, very fun vacation.



Photos courtesy of Marc Spinella. Clockwise from top: Race Day, trying to look like I'm not dying; Top of Angel's Landing in Zion; Hoodoos in Bryce Canyon; Kayaking down the Colorado River.

# Party of the Century!

Join the Worcester Chapter in celebrating our 100th Anniversary!

Where: Prindle Pond  
Conference Center Charlton, MA

When: September 28-30, 2018

20's and 30's

Hiking, Biking, Paddling and more!

Fun for all ages

Campfires

Games

Contra Dancing

Social Hour

Special Guests include:

John Judge, President of AMC

Laura Waterman, co-author of Forest and Crag

FMI and to register: [www.amcworchester.org](http://www.amcworchester.org)



## More Worcester Chapter 100<sup>th</sup> Anniversary Fun: Contribute to the Time Capsule!

### If I could save time in a bottle.....

Well, since we can't save actual time in a bottle, we are doing the next best thing. To commemorate our illustrious Chapter's 100th Anniversary, we are creating a time capsule! We will gather items from the past representative of our Chapter's history. The Club will store the capsule on behalf of the Chapter for 50 years. At that time, Worcester Chapter members can open it and marvel at our antiquities and our old fashioned clothing and gear depicted in pictures. "How the heck did they ever climb mountains with THAT?"

### Items included:

- Worcester Chapter specific items
- Pictures: Please print on good quality paper. Include captions (date, location, occasion/trip, names of individuals).
- Past issues of *Wachusett Views*, the Chapter newsletter
- Patches, water bottles, shirts from previous Chapter events
- Use your imagination:
  - Compile a photo album or scrapbook, either as an individual or with a group of friends
  - Write a poem as a tribute to our Chapter
  - Share your favorite memory, in writing, related to the Chapter
  - Share, in writing, why you joined our Chapter and why you remained a member for however long you have been

### Items excluded:

- Gear
- Technological devices that store pictures, documents, etc. Such devices will be outdated in 5 years, let alone 50, and will in all likelihood not be readable.
- Anything that does not specifically commemorate the Worcester Chapter. General AMC, White Mountains, etc. items will be discarded so please do not donate them.
- Piles of pictures that are not organized with relevant information recorded about them.

Items can be donated at the Chapter's [100th Anniversary Celebration](#) at Prindle Pond, Charlton, September 28-30.

If you have any questions, please contact our 100th Anniversary Chair, [Steve Ciras](#).

## Spring Cycling – Something for Everyone

*By Janice Melchiorre, Co-Bicycling Chair*

Thanks to our wonderful Leaders, AMC Worcester is able to offer a wide variety of fun cycling activities including weekday and weekend rides, Tuesday & Thursday evening rides, rail trail rides, weekend, cycle touring and special event rides.

And since we are celebrating our 100<sup>th</sup> Anniversary this year, we have planned many activities, such as a 2-day trip where riders will pedal 100 miles on Route 100 in Vermont, a day of cycling on Block Island, a mid-week 'Century' Ride, a weekend ride in the Berkshires with a concert at Tanglewood, and rides during the 100<sup>th</sup> Anniversary Gala.

New for this year, we are offering rail trail rides for riders who would prefer being off the road and are also offering weekend rides.

AMC Worcester is well known for its Cycle Touring Workshop and Cycle Touring Trip offerings. Cycle Touring has been gaining popularity and AMC Worcester continues to add more qualified leaders and more self-supported trips for the adventurous cyclist. Trips to Lake Champlain and Connecticut's Quiet Corner are planned later in the season.

Other special event rides include 4 days of cycling, hiking & camping in the Berkshires over the July 4th holiday.

Check out our ride schedule on the AMC Worcester Cycling [Webpage](#). And while you're there, sign up for our monthly emails. Hope you can join us on our rides!



## Leave No Trace: Kindness Rocks

*By Pete Lane, Worcester Chapter member*

While out hiking, have you ever noticed small smooth painted rocks with a short message on it? Such rocks are known as kindness rocks.



The kindness rock project is a grass roots movement based on the idea that one message at just the right time can change someone's entire day, outlook, or life. It encourages people to paint rocks, write a short message on them, and place them where someone might find them, and put a smile on their face.

Although the movement's goal is to spread kindness and happiness through these brightly colored rocks, they do not have this desired effect on our public lands, where they disrupt the natural landscape and the ability of visitors to experience wild nature. Most hikers use hiking as an escape

into the outdoors to enjoy the beauty and solitude it offers. Finding a bright painted rock can interrupt someone from his or her reverie and alter that sense of wildness.

Originally these rocks were intended to go in gardens and around cities to be found, similar to a scavenger hunt, where the effect of a painted rock is less jarring and out of sync with its surroundings. However, more and more have found their way into our natural world, which does not align with an outdoor ethic encouraging Leave No Trace. The Leave No Trace Principle of "Leave What You Find" not only means that you shouldn't take something, but that you shouldn't leave anything that doesn't belong there as well. In other words, leave things as they are. And a painted rock with writing on it is an obvious sign of previous human presence. Consider painted rocks as trash and handle accordingly.

Someone might argue, "What about the trail signs, trail markers, cairns and trail bridges? Don't those objects represent humans being in this place before us and degrade a sense of wildness also?" They might for some folks, but those features are approved by the land manager and are meant to protect the resource and keep visitors safe. Painted rocks don't help with either of these objectives. The impact created by painted rocks is completely avoidable. Consider painted rocks as trash and handle accordingly.

The Kindness Rocks Project discourages participants from leaving rocks on public lands: **"It is frowned upon to drop anything in our National Forests and National Parks, where they have a LNT (Leave No Trace) policy for visitors."**

We encourage those enjoying our national forests and other public lands to please help preserve our wild places by following **Leave No Trace** principles and not leave of painted rocks on public lands. Consider painted rocks as trash and handle accordingly.

Leave No Trace outdoor skills and ethics ensure that everybody who visits our public lands has an equal opportunity to experience the beauty of nature as untouched by humans as possible. Leaving just one painted rock might not seem like a big deal, but consider the cumulative impacts of millions of people using our public lands every year. If every visitor left a painted rock then our public lands would not look very natural.

There are other ways to participate in fun community-building activities. Instead of leaving painted rocks on mountains and in forests, leave them in developed areas where it is legal to do so. Downtown areas, neighborhoods, your own yard—these are great places to decorate. Focus the exploration of our national forests and parks on natural objects. Keeping our wild places wild is kinder for everyone.

Interested in learning more about Leave No Trace?

- Take the Leave No Trace online awareness course at: <https://lnt.org/learn/online-awareness-course>
- Attend a Leave No Trace Trainer course. This is a two day course with overnight. Search on the AMC webpage at [activities.outdoors.org/search](https://activities.outdoors.org/search) for Leave No Trace or on Leave No Trace website at <https://lnt.org/learn/courses>.



## **Midstate Trail Update**

*By Kim Simpson, Midstate Trail Chair*

This past winter many blowdowns occurred the length of the Midstate Trail. Our AMC certified sawyers began removing them as spring started. Once the trail was snow free, all our maintainers began walking their sections and clearing minor brush and limbs from their sections of trail.

National Trails Day (NTD) saw a major effort from the Midstate Trail Committee as part of the Worcester Chapter's 100th year anniversary celebrations. Efforts include constructing bog bridging on Goodnow Road in Princeton where it has been flooded by beavers and made impassable and providing volunteers for major water bar work on the Balanced Rock Trail near the Wachusett Mountain Ski area. The day ended with an awards ceremony for a number of our long time maintainers who are retiring.

The 2017 season saw a major increase in using brush cutters to clear many over grown sections of the trail. We expect this heavy work to continue in 2018.

We will use money allocated to our Committee in the AMC Chapter budget to purchase tools for trail maintenance, material for the Goodnow Road bog bridging project, several first aid kits and items needed to refurbish our heavily used brush cutters and chainsaws.

The Midstate Trail opened for hiking by Memorial Day.



## Noble View Skillshare Weekend

*By Steph Murphy, 20s & 30s Chair*

Over the weekend of May 18-20, fifteen 20s & 30s leaders came together at AMC's Noble View Outdoor Center for a first-of-its-kind (at least in recent history) inter-chapter skill share event, initiated by some industrious members of the Boston Chapter. With representation from the Boston, Worcester, Berkshire, Maine, and Mo-Hud Chapters, the weekend provided the opportunity for attendees to share their own personal skills and experiences, learn about how other 20s & 30s groups are working with their chapter leaders to advance their goals and grow their communities, and generally just get to know other leaders who may become partners for future activities and initiatives.

The group was large enough to rent Noble View's [Double Cottage](#) for the weekend, which is a fantastic lodge with beds for eighteen, an industrial kitchen with dual appliances, and an eastward aspect overlooking Westfield and Springfield. Although there are no toilets, sinks, or showers in the cottage, the [Bath House](#) is just steps from the door. (Side note: The Bath House is beautiful, clean, environmentally friendly, and its construction was supported, in part, by the Worcester Chapter.) If you haven't yet had the opportunity to stay at Noble View, do yourself a favor and make the trip!



The group spent Friday evening around a campfire making s'mores and sharing stories about what it's like to advance the 20s & 30s community within our respective chapters, the challenges we each have that are unique to our individual chapters and geographic regions, and how we collaborate with and contribute to our chapter leadership. As the weather forecast for the rest of the weekend called for rain, Carla Palmer from the Boston Chapter set up a telescope, aimed it at the moon, and let us each take a turn admiring the shadows and craters while we still had clear skies.

On Saturday morning, while a couple of our more active attendees started their day with a sunrise trail run, the majority of us started it with a naturalist walk a few hours later, led by Michelle Grzenda of the Boston Chapter. We walked about a quarter mile along the Link Trail while Michelle pointed out flora and (signs of) fauna commonly found around our local New England trails. Michelle encouraged us to become "historical explorers" and think about why the environment around us might have evolved the way it has. Things like a stone wall, an old automobile, or broken birch branches can indicate the probable history of an area or give an idea of what animals are in the area. Even if you don't know the history of an area when you're leading a hike, being able to make observations and point out interesting plants and signs of life can make the experience much more dynamic and engaging so that participants walk away with a distinct memory. One thing I won't forget from our naturalist hike was poking a glob of salamander eggs that we skimmed out of a vernal pond.

The rest of Saturday was rainy, so we spent it doing some indoor workshops. First, Kim Berg and Marielle Postava-Davignon of the Mo-Hud Chapter led a session on Diversity, Equity, and Inclusion (DEI), which included small group dialogue about how we might handle scenarios we encounter in the outdoors in a way that promotes DEI for the AMC. After lunch, we continued with a session that I led on utilizing case studies in leadership training. We broke into small groups and analyzed a couple of case studies, mostly related to issues around group management and preparedness in the outdoors, and discussed the pros and cons of this sort of training method compared to others, like scenario role plays.

The most “hard-skill-based” session of the weekend, led by Chris Neil of the Berkshire Chapter, was intended to be a rock craft course with rappelling and sport climbing anchors. However, the rain limited what we could do, so the session ended up being a basic course on tying into a rope and belaying. The group was heavy on hikers, so this was actually a new skill for quite a few members of the group. Afterward, a couple of serious rock climbers stuck around to practice trad anchoring over the back of a closet door with Chris, while the rest of the group got started on libations and dinner – burritos!



After dinner, Michelle offered to talk some more about her work as a naturalist, since our walk had been cut short by rain in the morning. She shared many of the guide books and resources that she utilizes in her work, and showed us a tree branch covered in beautifully arranged holes left by a yellow bellied sapsucker wood pecker.

The weather cleared up for Sunday morning, and we started off with another quick naturalist walk, this time focused on identifying bird calls. Michelle told us about [mnemonic bird songs](#) (i.e. a Black-capped Chickadee’s song sounds like “chik-a-dee-dee-dee”;

a Chestnut-sided warbler sounds like “pleased-pleased-pleased-pleased-to-meet-ya”) so we can remember their songs and help to identify them on the trail. She also used a birdsong app on her phone to initiate a call and response from a couple of birds she heard in the area, which was really neat. This is something she does not do very often, because it is technically at odds with Leave No Trace to influence an animal to alter its behavior in that way. But some would say that the benefit of helping others develop an appreciation and respect for the ecosystem around them outweighs the harm.

The last session of the weekend was a plant and wildflower identification class with Doug Weihrauch, an AMC staff ecologist. We didn’t have to go far to find lots of interesting flora – in fact, we spent 45 minutes just meandering around the field below the Double Cottage and on a short walk down the hill on Spring Trail. Right behind the house were bleeding hearts, violets, bluets, purple asters, columbine, Canada mayflower, and of course, dandelions. Doug explained the general steps and characteristics to note when classifying flowers – like geographic location, time of blooming, height, flowers, leaves, etc. Doug pointed out an evergreen tree that has recently become endangered in our area, which led to a lively discussion about the impact of humans on our environment and increased extinctions. And of course, given the time of year, much of the conversation was punctuated by stops to knock ticks off our

pants and to identify poison ivy before we brushed against it. We finished up the session with a quick photo of the group before heading home.

Going into the weekend, I was surprised that we wouldn't be sharing more hard skills with each other. I wondered why no one had volunteered to lead a backcountry cooking session, a gear shakedown, or first aid practice. I thought a weekend of mostly naturalist activities sounded boring, to be honest. But upon reflection, the weekend taught me an incredibly valuable lesson: to slow down, look around, and be more mindful and appreciative of the environment around me. As a millennial, I find myself constantly in a hurry to accomplish goals as I'm leading activities – to reach a summit, to beat a speed record I've set for myself, to achieve a level of fitness, to lead a certain number of hikes in a year. And although I take a lot of photos, my appreciation for what I'm looking at can sometimes be impressionist and shallow. But now that I have a base of knowledge and a framework in which to contextualize my surroundings, I find myself looking around more instead of looking down at my feet or at the trail 20 feet ahead of me. A week later I was taking a walk with friends in Beartown State Forest and found myself on the lookout for Jack-In-The-Pulpits, pointing out ramps and red efts, and explaining to my friends why there are so many broken down old cars in Massachusetts forests. We even found a patch of morel mushrooms, which we picked and sautéed, and they were literally the most delicious mushrooms I've ever eaten, found essentially in the backyard. So while it was great to network with fellow 20s & 30s leaders and talk about our communities, my favorite takeaways from the weekend ended up being the things I thought I'd find least interesting. I can't wait to continue sharing the things I learned with other 20s & 30s as I lead future activities and helping others develop a more robust appreciation of the outdoors, as I have been learning to do.



## ***Wachusett Views* needs you!**

Did you go on a memorable outdoor trip recently? Did you participate in an interesting training or program? Do you want to share your knowledge about anything related to the outdoors? We want your stories!

Please submit stories, trip reports, and photos for the fall 2018 *Wachusett Views*. Email all contributions by **September 20, 2018** to: [newsletter@amcworchester.org](mailto:newsletter@amcworchester.org).





## Adult Volunteer Vacations

Looking for an exciting vacation opportunity where you can give back to some of the northeast's most iconic locations? Join an AMC Volunteer Trail Crew in the White Mountains or Cardigan Mountain in NH, or Baxter Park, Acadia National Park, or the 100 Mile Wilderness Area of ME. These crews are open to all 18 and older and can match any experience level. These crews are an excellent way to have fun, meet new people, and give something back to the places you love. Check out the full list of programming and sign up today!:

<https://www.outdoors.org/volunteer/volunteer-trails/adult-crews-full-list>



## 2018 AMC Teen Trail Crews

It's not too late to sign up for an AMC Teen Trail Crew this summer! We have a variety of crews still available from the Delaware Water Gap to northern Maine. Sign up for a week-long crew or one of our 2-Week programs. We have basecamp and backcountry crews to choose from to match up any experience level or interest. These volunteer trail crews also qualify for community service and provide up to 40 hours of service per-week! Check out the full list of programs and sign up today!:

<https://www.outdoors.org/volunteer/volunteer-trails/teen-crews-full-list>

**From now until September 30, 2018 - Speak Up for Conservation!**

## ***52 Weeks Campaign for Land and Water Conservation Fund (#SaveLWCF)***

The Land and Water Conservation Fund (LWCF) is a visionary and bipartisan federal funding program for protecting our nation's most special places. From Sterling Forest in the New York Highlands, to White Cap Mountain in Maine, to the Appalachian National Scenic Trail, LWCF has funded the protection of some of our most iconic landscapes and trails in the Northeast.



In December of 2015, after briefly allowing the LWCF to expire, Congress reauthorized the Land and Water Conservation Fund for three years. Now the clock is ticking down once more, with just a year to go until LWCF expires again in September 2018. As a leader within the nationwide LWCF Coalition, AMC is calling on our elected officials to permanently reauthorize LWCF and provide full and permanent funding to unleash the true promise of this critically important conservation and recreation program.

### **AMC Voices are Needed!**

Countless AMC outdoor trips have been hosted in places protected by this program, many of which may still be private property or would have been lost to development if not for LWCF. But one reason LWCF is threatened with expiration is that most people do not know its role in protecting the places they love. So, this year

we are shining a light on this unsung hero of conservation!

For the year leading up to September 30, 2018, AMC and our LWCF Coalition partners have launched the 52 Weeks Campaign to celebrate and feature every place that we can that has benefited from LWCF funding. This is a great opportunity to get outside to these places and share what you now know about LWCF. Encourage people to communicate with their elected leaders about permanent reauthorization of the fund.

### **Call to Action:**

1. Schedule or attend a trip on LWCF-protected land between now and September 2018.
2. Share photographs on social media using the hashtag: #SaveLWCF.
3. Speak up by going to the [Action Center](#) on Outdoors.org and sending a letter on LWCF to your Members of Congress. Use the drafted a sample letter to get started. We will also be keeping our #SaveLWCF webpage up to date with current news, events and ways to get involved: <http://www.outdoors.org/articles/blogs/conservation/savelwcf/>



### **Fall Hiking Week**

**September 28 - October 5, 2018**

The AMC 2018 Fall Hiking Week will be held at Woodward's Resort, Lincoln, NH (<http://www.woodwardsresort.com/>) from Friday, September 28th to Friday, October 5th. Join us for the weekend, a few days, or for the full week.

There are several guided hikes each day from easy to challenging. Last year we offered a total of 38 hikes over the week. All hikes are led by AMC volunteer leaders.

All meals are included, as well as afternoon tea & cookies, and pre-dinner social hour snacks/appetizers. Social hour is a time for all FHW participants to socialize, review the day's events, and hear about the evening program and the next day's plans.

Resort amenities include an outdoor pool, an indoor heated pool, jacuzzi, and free Wi-Fi. Evening entertainment is provided daily.

For registration information, a tentative hike schedule when it becomes available, and any other information, please visit our website [www.fallhikingweek.org](http://www.fallhikingweek.org). Like us on Facebook: <https://www.facebook.com/AMCFallHikingWeek>.

Registration deadline is August 31.

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### Teen Wilderness Adventures

It's not too late to sign up your teen for an AMC Teen Wilderness Adventure! Are they interested in spending time on the water this summer? We have many different paddling programs, including multi-sport, canoeing, and whitewater kayaking!

[Check out our teen paddling programs >>](#)

### Explore New Places with AMC Adventure Travel

Adventure Travel trips offer an amazing cost-conscious opportunity to explore the world led by AMC volunteers! AT recently held its Summer Meeting at 10 City Square where it approved 14 new AT trips for 2019 and 2020. There are now 41 trip offerings for 2019 and the 2020 calendar is starting. Trip approvals included: Hiking in Switzerland, Skiing in Norway, Exploring the Big Island Hawaii and walking Amsterdam, Bruges and Paris. There are a variety of trips with varying degrees of difficulty, so there is something for everyone. You can see a full list of trips at [www.outdoors.org/adventuretravel](http://www.outdoors.org/adventuretravel). To find out more about specific trips, please contact the leaders directly. To learn about trips as soon as they are approved sign up for the [AT Newsletter](#) distributed quarterly.





## AMC 20s & 30s Leadership Training and Trail Stewardship Weekend

September 21-23, 2018

AMC Corman Harriman Outdoor Center, NY

Want to brush up on your outdoor leadership skills and connect with other outdoor enthusiasts in their 20s & 30s? Take the first step to become a trip leader for your local AMC Chapter! AMC is hosting a 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.

AMC is also offering a separate 20s & 30s Trail Stewardship programs at the Corman Harriman Outdoor Center that weekend. If you're interested in learning trail work skills and networking with other 20s & 30s, this weekend is for you!

Registration will be open June 15, 2018 – September 7, 2018 or until filled. To register, call AMC Reservation at 603-466-2727.



Questions? Email Marielle – [marielle.pd@gmail.com](mailto:marielle.pd@gmail.com)



# 2018 FALL GATHERING

Camp Woodstock, Woodstock, CT  
Hosted by the Connecticut Chapter  
October 12–14, 2018

Morey Pond by Anthony Quintano

## BE A KID AGAIN!

Come to AMC's Fall Gathering in northeast Connecticut for fun, friendship, and adventure.



[outdoors.org](http://outdoors.org)

On the shores of Black Pond, Camp Woodstock offers heated cabins, unheated yurts, and a campsite with parking close by. The surrounding hills and dales offer the perfect setting for hiking, biking, and paddling activities led by experienced local leaders. Camp activities include informative talks, archery, arts and crafts, and a rock climbing wall. Tour nearby wineries, antique shops, and historic landmarks. A live band will perform on Saturday.

Come and enjoy this beautiful, autumn getaway. You'll be glad you did!

Registration opens July 1. Register at [outdoors.org/fallgathering](http://outdoors.org/fallgathering).

# Red Rock Vistas and Vortices

## Hiking in Sedona, AZ

An Appalachian Mountain Club Adventure Travel Trip October 13-21, 2018



*Come hike with us among the spectacular sandstone formations that have drawn nature lovers, artists, spiritual seekers, and even movie directors to the Red Rock area of Sedona. We'll walk in the footsteps of John Wayne and Jimmy Stewart, discover the ruins of ancient cliff dwellers, and explore the vortices that many believe are centers of the earth's energy. You don't need to be a mystic or a fan of Westerns to be amazed by the beauty of Cathedral Rock, charmed by the whimsical Coffee Pot Rock, and energized by the variety of hikes and vistas.*

*We'll explore Sedona's deep canyons, soaring mesas, and gentle streams. The area was created over millions of years, as water carved out a natural corridor between Arizona's northern plateau and the southern desert.*

*Our daily hikes will provide an opportunity to expand our knowledge of this area's vortex sites, geologic features, and culture – both historic and current. In addition to hiking, we plan to visit two native American historic sites, explore the thriving local art and "mystic crystal" scene and enjoy companionable meals with our fellow travelers while sharing the days' exploits.*

The cost for this trip is \$2,225 pp and includes double-occupancy lodging, vehicle rentals, park entrance fees, all breakfasts and 5 group dinners from arrival day to breakfast on departure day. This price does not include airfare (~\$350-\$450), lunches, extra snacks, dinners on nights when there are no group meals, and items of a personal nature.

More info at: <http://activities.outdoors.org/search/index.cfm/action/details/id/101455>

**Call or send us an email:**

Merri Fox, Leader  
(860) 485-1697

Bonnie Riedinger, Co-Leader

[HikeCT2017@gmail.com](mailto:HikeCT2017@gmail.com)

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For more details contact Krissy Fraser  
(603) 356-2137 x231 or [kfraser@mountwashington.org](mailto:kfraser@mountwashington.org)

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