Key to hiking/backpacking trip ratings (indicated by a code in the trip title):

- The first letters indicate mileage: AA: 13 miles + B: 8-9 miles A: 9-13 miles C: under 5 miles
- Number = 1’s pace across “average” terrain: 1: very fast (2.5 mph) 3: moderate (1.5-2 mph), 2: fast (2-7.5 mph) 4: leisurely (0 to 1.5 mph)
- Last letters indicate terrain: A: very strenuous C: average B: strenuous D: easy (Two letters at end indicate a terrain level; between values)
- Actual trip pace may differ from pace number if trip terrain is not “average.” Terrain ratings may not match Connecticut or Southeast Massachusetts values.

Conservation

Sat, May 1 - Sat, May 1 205 & 305: HABITAT SANCTUARY: TRAIL CLEARING AND INVASIVE PLANT REMOVAL (Conservation) Join AMC Boston 20s and 30s for a morning of trail maintenance and invasive clearing work at Habitat Sanctuary! About Habitat Sanctuary: Gentle trails wind through deciduous and evergreen forests, across meadows, and around ponds and vernal pools at Habitat, located just seven miles from downtown Boston. A long-standing center for environmental education, Habitat offers year-round programs for all ages., Massachusetts, Boston Area, L: Jenna Whitney CL: Ryan Braid

Hiking

Sun, April 25 Spring scenery hike in Blue hills: Tower and Buck (Hiking) Located only minutes from the bustle of downtown Boston, the DCR Blue Hills Reservation stretches over 7,000 acres from Quincy to Dedham, Milton to Randolph, providing a green oasis in an urban environment. Rising above the horizon, Great Blue Hill reaches a height of 635 feet, the highest of the 22 hills in the Blue Hills chain. From the rocky summit visitors can see over the entire metropolitan area. With its scenic views, varied terrain and 125 miles of trails, the Blue Hills Reservation offers year-round enjoyment for the outdoor enthusiast. Spring is coming! Let us hike in Blue hills, get on the highest spots to enjoy the beautiful view of Blue hills as well as Boston and surrounding area. We will do 7-8 miles along skyline trail, the terrain will be Rocky and hilly. The elevation gain will be 1800-2000. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out., Massachusetts, Boston Area, L: Majid Ali (uppihi@gmail.com) , moderateCL: Rosa Zhang https://www.mass.gov/locations/blue-hills-reservation

Sun, April 25 - Sun, April 25 20s & 30s Spring hike in the Blue Hills Moderate (Hiking) Join us for a beautiful hike at the Blue Hills Reservation. Be prepared to hike about 4 hours. Bring a backpack with water, extra layers, snacks, lunch, mask, hand sanitizer and sunscreen. The trailhead is accessible via public transit. All participants must sign-up and communicate with the leader ahead of time. In order to adhere to AMC guidance, the total number of participants including leaders will be capped at 10. After you register, the hike leader will send you detailed information on meeting location and planned trails. We will wear masks and abide by social/physical distancing for the duration of the event. This hike and many others are open to the public so you don't have to be an AMC member., Massachusetts, Boston Area, L: Chaoran Xie (chaoranxie@gmail.com) 617-237-0880, Moderate

Sun, April 25 - Sun, April 25 Sawyer Conservation Area (Hiking) On this hike, we'll start in Atkinson, NH and walk into Haverhill, MA. It's a fairly well-traveled and well-marked trail with some elevation, (about 275 ft). The total walking/hiking distance is between 3.5 miles and 4.4 miles. We will customize it based on the groups input. The terrain is mostly flat but there is some gradual climbing, some walking over rocks and logs and, crossing over brooks. At the turn, we'll pass a frisbee golf course in the making. *There are about 5 parking spots at the trailhead on Sawyer Road, Atkinson. Rain or shine, New Hampshire, Merrimack Valley, L: Robin Doyle , moderate

Thu, April 29 Best Day Hikes Near Boston: Great Esker & Osprey Parks (Hiking) Join us for this 4 week series of hikes selected from "AMC's Best Day Hikes Near Boston." Each week will focus on an area South of Boston to explore. Our second hike will bring us to Great Esker and Osprey Overlook Parks. We will hike at a slow/moderate pace among the rolling side trails and simply enjoy being in nature with like-minded outdoor enthusiasts. There will be some climbs up some steep, rocky hills, at a slow side of moderate pace, to catch some scenic views. This area is an outdoor classroom and will thrill at any time of year. Salt water marshes, estuaries, reversing falls, osprey, eagles, herons, and over 30 species of fish abound. Make sure your phone is fully charged, you'll want to take lots of pictures. Plan to start at 9:30am and hike approximately 5 miles within 3.5-4 hours. This is a great way to get out side locally, reinforce your hiking skills, and meet new people. Online registration is required and limited to 10 participants, including leader(s). Bring a back pack with water, rain jacket, snacks, mask, hand sanitizer, and poles if you use them. After you register, the hike leader will send you detailed information on meeting location and planned trails., Massachusetts, Boston Area, L: Cindy Crosby (cindycrosbyamc@gmail.com)

Sun, May 2 Belknap and Gunstock Mtn Hike (Hiking) Are you ready for a day trip up to NH, and get a little more vertical than we have in Eastern MA? Come join Barbara and Jim on this hike in the Belknap range that has great views of Lake Winnipesaukee. We'll hit Gunstock and Belknap Mtns, and also check out beautiful and secluded Round Pond while we're out. The route we have in mind is 8.8 miles and roughly 2,400 feet of vertical gain and does have some sections of rock scrambling on it, so we're hoping you've done one or two warm up hikes this spring before attempting this one. The snow and ice should be all gone by then, but we should expect some mud! We’ll try to average a 2mph pace including stops, so bring your face mask and enough extra clothing, food, and drink to be happy outside for about 6-7 hours. We’ll get an early start to help avoid parking issues. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt out. Finally, if you are a MA resident, we remind you that the March 22 Travel Advisory (see link below) is still in effect, which means you are advised to quarantine for 10 days upon return UNLESS you leave MA for less than 24 hours, or you have a negative COVID-19 test within 72hrs, or you've been fully vaccinated 14 days prior to the trip, New Hampshire, Lakes Region, L: Barbara Amoroso ,, VigorousCL: Jim Hutchinson Belknap Range Trails

Sat, May 8 - Sat, May 8 Warner Trail Hike #5 (Hiking) Join us for our 3rd Warner Trail Loop Hike in the Foxboro State Forest. Highlights include some ancient stone sites, glacial erratic, Carpenter's Pond, Lyons Falls, and more. Approx. 6-8 mile Moderate hike. Severe weather cancels. More detailed information will be provided once participants are confirmed for the hike., Massachusetts, Boston Area, L: Laura Cerier (lcierier@comcast.net) , moderateCL: Roy Wolfe

Sun, May 9 Spring Hike in the Blue Hills Beginners (Hiking) Join us for a beautiful hike at the Blue Hills Reservation. Be prepared to hike about 3.5 to 4 hours. Bring a backpack with water, extra layers, snacks, lunch, mask, hand sanitizer and sunscreen. This hike and many others are open to the public so you don't have to be an AMC
Thu, May 13 Best Day Hikes Near Boston: Whitney and Thayer Woods (Hiking) Join us for this 4 week series of hikes selected from 'AMC's Best Day Hikes Near Boston.' Each week we will focus on an area South of Boston to explore. Our third hike will bring us to Whitney and Thayer Woods. We will hike at a slow-moderate pace among the rolling hills and simply enjoy being in nature with like-minded outdoor enthusiasts. Whitney and Thayer Woods has well maintained woodland trails and if we're lucky, we may be able to see the colorful rhododendrons and azaleas in bloom. Plan to start at 9:30am and hike approximately 5 miles within 3.5 hours. This is a great way to get outside locally, reinforce your hiking skills, and meet new people. Online registration is required and limited to 10 participants, including leader(s). Bring a back pack with water, rain jacket, snack, mask, hand sanitizer, and poles if you use them. After you register, the hike leader will send you detailed information on meeting location and planned trails., Massachusetts, Boston Area, L: Cindy Crosby (cindy Crosbyamc@gmail.com)

Sun, May 23 Mount Monroe (Hiking) Join us for a 7-mile, round trip hike up Mount Monroe. Mount Monroe is a 3,372 ft mountain in the Presidential Range of the White Mountains and the 4th highest mountain on the official 4,000 footer list of New Hampshire. The summit of Mount Monroe offers spectacular 360-degree views that include Mount Washington and the rest of the Presidential Range. Be prepared to hike almost 3,000 ft of elevation gain in around 6-7 hours and bring a backpack with water, extra layers, snacks, lunch, mask, hand sanitizer and sunscreen. This hike is open to the public so you do not have to be an AMC member to join. All participants must sign-up and communicate with the leader ahead of time. In order to adhere to AMC guidance, the total number of participants including leaders will be capped at 10. We will wear masks and abide by social/physical distancing for the duration of the event. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time may be modified. In that event, participants may elect to join in that activity or opt-out., New Hampshire, White Mountains, L: Keith J Watling 508-330-8295, Strenuous, Joe Comuzii CL: Jesse Waites

Sat, June 12 Hike & Butterfly Hunt on Greylock (Hiking) Join us as we try to make history on historic Mount Greylock! Along our route, we will be watching for the elusive Early Hairstreak butterfly, a threatened species which calls Mount Greylock home, with June 1, 2019 as the most recent confirmed sighting. On our route we will travel approximately 8.2 miles and will experience 2,519 feet of elevation gain. To maximize our chance of butterfly sighting, this hike will be appropriate for those interested in a moderate to slow pace and, since Massachusetts is still in a travel advisory, is open to Massachusetts residents only. In compliance with AMC hiking safety rules, participants will be required to bring their own PPE including masks and hand sanitizer as well as practice responsible social distancing throughout the hike. Participants are also required to bring at least 2 liters of water as well as lunch and snacks in addition to the normal 3 season day-hike gear. To review, please see the recommended gear list here: https://www.outdoors.org/trip-ideas-tips-resources/gear-advice/three-season-gear. To address unforeseen challenges such as adverse weather, unacceptable trail conditions or excessive crowding, the planned trip destination, activity and/or meeting place and time will be cancelled., Berkshire, MA: Kyle Vietze , Moderate, Alexandra Benson CL: Alexandra Benson

Instruction (Skills)

Wed, April 28 - Wed, April 28 Hiking Skills Webinar Series #4 - Trip planning and navigation (Instruction (Skills)) This time on the Hiking Skills series, we are going to dig into how to plan a great trip. What do you need to know about researching your location, understanding restrictions and other red tape, and inspiration for your future trips. Unless you are planning to travel off the trails - a topic beyond this series - you'll need to know how to read the signs to stay on them. We'll explain what all those painted marks on the trees mean And finally we'll cover the basics of how to use a map. Note that off-trail navigation and advanced GPS technologies are beyond the scope of this intro series but we hope to cover that in a future talk. Ever wanted to try hiking or backpacking and didn't know where to get started? Are you rusty and want to brush up on your knowledge and skills? Then join AMC Boston's Hiking & Backcountry Committee and friends for the Hiking Skills Webinar Series! Six instructional sessions will introduce the basics of spring, summer and fall day hiking and backpacking in New England. Topics change each week and include clothing, footwear, nutrition, essential gear, backcountry stewardship, navigation basics and more! Sessions are on Wednesdays from 7:00PM to 8:30PM EST. Advanced registration for each session is required. Join as many as interest you. In the event that registration exceeds our Zoom capacity, we will repeat it out to our Facebook page. Access links will be sent to registrants the day before. Some topics will be recorded and made available to everyone who signs up for that session., Massachusetts, Boston Area, L: Elizabeth Ryan , accessible Registration

Wed, May 5 - Wed, May 5 Hiking Skills Webinar Series #5 - All about Backpacking! (Instruction (Skills)) This week's Hiking Skills will focus on everything related to backpacking. While our focus is the woods and mountains of the Northeast, this principles will get you started in many places. We'll cover the additional gear considerations including tents, sleeping bags and stoves. What do you eat when you're "out there." And most importantly, how to put it all together to have a fun trip. Ever wanted to try hiking or backpacking and didn't know where to get started? Are you rusty and want to brush up on your knowledge and skills? Then join AMC Boston's Hiking & Backcountry Committee and friends for the Hiking Skills Webinar Series! Six instructional sessions will introduce the basics of spring, summer and fall day hiking and backpacking in New England. Topics change each week and include clothing, footwear, nutrition, essential gear, backcountry stewardship, navigation basics and more! Sessions are on Wednesdays from 7:00PM to 8:30PM EST. Advanced registration for each session is required. Join as many as interest you. In the event that registration exceeds our Zoom capacity, we will repeat it out to our Facebook page. Access links will be sent to registrants the day before. Some topics will be recorded and made available to everyone who signs up for that session., Massachusetts, Boston Area, L: Elizabeth Ryan , accessible Registration

Wed, May 12 - Wed, May 12 Hiking Skills Webinar Series #6 - First aid and conditioning (Instruction (Skills)) In the final installment of the Hiking Skills series, we're introducing you to the principles of Wilderness First Aid, strength training and all around injury prevention. First Aid on the trails looks a bit different from your standard at home or office protocols. Learn how to care for basic injuries and what to when you need more help. Then a personal trainer will take us through some exercises and pointers on how to keep yourself strong and limber for your outdoor pursuits. Ever wanted to try hiking or backpacking and didn't know where to get started? Are you rusty and want to brush up on your knowledge and skills? Then join AMC Boston's Hiking & Backcountry Committee and friends for the Hiking Skills Webinar Series! Six instructional sessions will introduce the basics of spring, summer and fall day hiking and backpacking in New England. Topics change each week and include clothing, footwear, nutrition, essential gear, backcountry stewardship, navigation basics and more! Sessions are on Wednesdays from 7:00PM to 8:30PM EST. Advanced registration for each session is required. Join as many as interest you. In the event that registration exceeds our Zoom capacity, we will repeat it out to our Facebook page. Access links will be sent to registrants the day before. Some topics will be recorded and made available to everyone who signs up for that session., Massachusetts, Boston Area, L: Elizabeth Ryan , accessible Registration
Meetings
Mon, May 3 BeOnlinewithAMC AMC Boston Chapter - Executive Committee Meeting (Meetings) The next meeting of the Appalachian Mountain Club's Boston Chapter Executive Committee will be on Monday, May 3, 2021. Meetings of the Executive Committee are open to all AMC members. Due to ongoing Covid-19 distancing, this meeting will be held remotely. Meeting Time: 7:00pm - 9:15pm, Massachusetts, Boston Area, L: Cindy Crosby

Mon, May 10 - Mon, May 10 AMC Boston 20s & 30s Steering Committee #BeOnlineWithAMC (Meetings) Interested in learning about the inner workings of the AMC Boston Young Members (20s and 30s) Committee? The Steering Committee is generally scheduled to meet on the second Monday of every month from 7:00 - 9:00 pm. Our meetings are open to all in AMC YM. If interested, contact secretary Michael Hanley (mjh92794@gmail.com) for information on location and other details., Massachusetts, Boston Area, L: Michael Hanley (mjh92794@gmail.com)

Tue, May 11 - Tue, May 11 #BEONLINEWITHAMC - Monthly AMC Boston Hiking/Backpacking Committee Meeting (Meetings) Are you an experienced AMC hiker and curious about how volunteer-led AMC hiking and backpacking activities are governed? The Boston Chapter's Hiking/Backpacking Committee meets monthly to handle such matters as overseeing the chapter's hundreds of hiking/backpacking leaders and leader candidates, coordinating educational programs, administering our finance, setting policy, etc. Interested guests are welcome to sit in. For the particulars, contact Elizabeth Ryan, the chairperson, at chair@hbk.amcboston.org. [NOTE: this is not where our leaders and co-leaders coordinate to plan specific outings -- that happens separately between the relevant individuals as each trip idea develops.], Massachusetts, Boston Area, L: Elizabeth Ryan

Tue, June 8 - Tue, June 8 #BEONLINEWITHAMC - Monthly AMC Boston Hiking/Backpacking Committee Meeting (Meetings) Are you an experienced AMC hiker and curious about how volunteer-led AMC hiking and backpacking activities are governed? The Boston Chapter's Hiking/Backpacking Committee meets monthly to handle such matters as overseeing the chapter's hundreds of hiking/backpacking leaders and leader candidates, coordinating educational programs, administering our finance, setting policy, etc. Interested guests are welcome to sit in. For the particulars, contact Elizabeth Ryan, the chairperson, at chair@hbk.amcboston.org. [NOTE: this is not where our leaders and co-leaders coordinate to plan specific outings -- that happens separately between the relevant individuals as each trip idea develops.], Massachusetts, Boston Area, L: Michael Hanley (mjh92794@gmail.com)

Mon, June 14 - Mon, June 14 AMC Boston 20s & 30s Steering Committee #BeOnlineWithAMC (Meetings) Interested in learning about the inner workings of the AMC Boston Young Members (20s and 30s) Committee? The Steering Committee is generally scheduled to meet on the second Monday of every month from 7:00 - 9:00 pm. Our meetings are open to all in AMC YM. If interested, contact secretary Michael Hanley (mjh92794@gmail.com) for information on location and other details., Massachusetts, Boston Area, L: Michael Hanley (mjh92794@gmail.com)

Paddling - Flatwater
Sat, June 12 - Sat, June 12 Paddle the Upper Charles River to Rocky Narrows (Paddling - Flatwater) Join us for an easy paddle on the upper Charles River through Natick, Dover, & Sherborn to Rocky Narrows, about 10 miles RT. Much of this stretch is undeveloped, such as Audubon's Bromocean sanctuary and Peters Reservation. Heron and beaver are often spotted in this section. Canoes and rec boats are welcome on this trip and expect an easy pace. You must wear a PFD and be capable of maneuvering your boat around obstacles., Massachusetts, Boston Area, L: Jeff Barrell, easyCL: Bill Swanton, Mimi Zucker

Paddling - Sea Kayaking
Tue, May 18 - Tue, May 18 Boston Harbor (Paddling - Sea Kayaking) Mid-week paddle in Boston Harbor is quiet and relaxing. We'll paddle out to Rainsford, Georges, or other islands depending on conditions and group desire. Requirements are a kayak >15' and ability to paddle a moderate pace in level 2 conditions (<15kt wind, <3 seas, 8-12 n-m). Weather and conditions may move this day +/- one day., Massachusetts, Boston Area, L: Jeff Barrell, Moderate, James Slack CL: Jeff Barrell

Sat, May 29 - Sun, June 6 Sea Kayak skills improvement clinic (Paddling - Sea Kayaking) This three-day clinic will focus on familiarization in tidal current. We'll start with an overview of bracing strokes in calm water, progress to a controlled-current location, and the last day exposure to current features typically found in coastal high current areas. While not a substitute for professional coaching, this clinic will help paddlers deal with tidal currents and a foundation for paddling in more demanding environments. First day is 5/29 on lake Cochituate, second is 5/30 in Woods Hole, and third will be picked later (likely 6/6). Participants need to be familiar with a broad range of strokes and braces on calm water and some prior exposure to tidal currents. Helmets will be required in addition to standard sea kayaking equipment. There will be a modest fee (TBD) associated with this clinic to support the Paddling Committee., Massachusetts, Cape Cod, L: Josko Catipovic 401-862-1584 (1800-2000)

Wed, June 2 - Wed, June 2 Boston Harbor (Paddling - Sea Kayaking) A mid-week paddle in Boston Harbor to one or more islands for lunch. The harbor is quiet during the week and this will be a casual tour (12-15mni) at a moderate pace. You must have a suitable boat (>14') and experience with wet exits and assisted rescues. You must be capable of maintaining a moderate pace for the distance mentioned., Massachusetts, Boston Area, L: Jeff Barrell, moderateCL: Jeff Barrell

Sat, June 12 - Sat, June 12 Intro to Coastal Kayaking - Strokes & Maneuvers (Paddling - Sea Kayaking) This is Part 1 of a 5-part instructional series designed to introduce paddlers to kayaking along the ocean coast. In this session, we will begin with a foundation of paddle strokes you will need to control and maneuver your kayak. We will look at edging your kayak to improve your turns and counteract wind and currents. We will discuss wind, waves, and currents and their effect on the kayak. Finally, we will work on balance and bracing to improve your comfort and prevent capsizing. This is NOT a beginner kayaking course. This is a course for paddlers who are comfortable exploring lakes, rivers, and tidal estuaries in their kayak but would like to venture into coastal environments. The class requires participants to own or have access to a kayak >14' or longer with sealed compartments in both the bow and stern, perimeter deck lines, and a cockpit suitable for a spray deck. Participants must have a paddle, PFD, paddle float, and pump. We do not offer rentals with this class, but we can assist you in arranging rentals with one of the area outfitters. While we encourage participants to attend all 3 sessions, you are free to register for a single session if you choose. We require participants to adhere to COVID protocols while participating in this class. Masks will be required on-shore when loading and unloading and social distancing will be observed throughout the class. Participant screening is required. We will contact you after you register to make sure that this class is right for you., Massachusetts, Boston Area, L: Marty Jensen (marty.jensen@live.com), Moderate

Sat, June 19 Introduction to paddling Woods Hole (Paddling - Sea Kayaking) Visit Hadley's Harbor and Elizabeth islands from Woods Hole. The ~12 mile trip will cross Woods Hole channel at slack tide to Lacky's bay, then meander through Hadley's Harbor in time for lunch on one of the Elizabeth islands. In the afternoon, we'll paddle downstream through Woods Hole passage back to the launch. This trip will encounter strong tidal currents and possibly 15-20 knot tailwinds in the afternoon. We will cross Woods Hole passage twice. Paddlers should be experienced with assisted rescues and paddling in level 2 conditions., Massachusetts, Cape Cod, L: Josko Catipovic 401-862-1584 (1800-2000), Level 2 - Moderate to Difficult exertionCL: Michael Dangelo

Sat, June 19 - Sat, June 19 Intro to Coastal Kayaking - Safety & Rescues (Paddling - Sea Kayaking) This is Part 2 of a 3-part instructional series designed to introduce paddlers to kayaking along the ocean coast. In this session, we will focus on the safety gear every coastal paddler should have with them and how to use it. We will discuss emergency communication on the water (VHF radio, cell phone or satellite). We will practice both self-rescue (with a paddle float) and assisted rescues in the event of a capsize. You WILL get wet during this session. A wetsuit or neoprene layer is recommended and you should have a paddle jacket or windsbreaker with you to
Paddling - Whitewater

Sat, May 1 Otter Brook Class 2+ Whitewater (Paddling - Whitewater) The Army Corps of Engineers has scheduled releases for Lower Otter Brook on Saturday May 1 and Sunday May 2. This is a 3-mile run of continuous Class 2+ (the racecourse is 8 miles). See the links below for descriptions by NECKRA and American Whitewater. This run is narrow, technical and fast with a 2-foot ledge drop in one rapid. Eddies are small, often hard to catch, and wood is always a potential hazard. For your safety and the safety of the group, if you have not previously paddled Class 2 or 3 with the trip leader (or someone we know and can talk to), expect to answer a lot of questions to be included. Swims in this river can be problematic. A wetsuit or drysuit will make this trip more comfortable. The water's likely to be cold. Paddlers will need a whitewater-capable canoe or kayak with flotation (mandatory) and the skills to maneuver confidently in continuous, swift-flowing current around rocks, ledges, holes, large waves and strainers. Kayaks and C-1s must have a tight-fitting neoprene sprayskirt or your boat will swamp. All paddlers must wear a helmet and PFD at all times while on the water. Helmets and PFDs are mandatory while on the water. AMC Trip Policy, New Hampshire, Monadnock Region, L: Conrad Nuthmann 978-582-9265 (Any)

Sat, May 8 - Sun, May 9 Cl 2 whitewater tune up (Paddling - Whitewater) The tune up trip will consist of informal practice of skills (river and rescue), technique, group organization, and paddling scenarios. This is not an instructional it is meant to get us reacquainted, and back on the water after a year of Covid cancellations and postponements. 1 day or 2 day availability. Camping in the area will be open. Other accommodations available nearby. Cold water gear required. No group food planned, bring your own. The Trip Leader will bring a stove and grill for group use. Initial group size is limited but Covid guidelines are changing so please keep informed of AMC and other guidelines that may impact your participation. Canoes and Kayaks welcome. Please register by 5/7, Massachusetts, Berkshires, L: Craig McKinnon (wwoc1@yahoo.com), Moderate, Melanie Rausch (melerr@yahoo.com) CL: Jeff Pacuska (jpcuska@yahoo.com) AMC Boston Paddling Committee

Rock Climbing

Sat, May 1 - Sat, May 1 Spring Cragging Day At College Rock (Rock Climbing) The Boston Mountaineering Committee would like to invite volunteers and students from past Rock and Ice Programs to join us for a day of climbing at Quincy Quarries. Before registering here on activities.org, please sign up via our Google Form and await contact from the trip leader to confirm eligibility. You can find the Google Form here: http://bit.ly/AMCBosSP21Cragging, Massachusetts, Boston Area, L: Mark Jourdian (rock@amcbostonclimbers.com)

Yoga

Mon, April 26 - Mon, April 26 CLIMB*OM YOGA SERIES #BEONLINEWITHAMC (Yoga) Climb*Om Yoga Series #BeOnlineWithAMC Mondays 3/1*3/8*3/15*3/22*3/29 4/5*4/12*4/19*4/26 6:00pm- 7:00pm (please arrive on time!) Stressed? Stiff? Sore? Restless? Connect with AMC for an evening of yoga and community. Join AMC co-leader Amber Carr for a virtual vinyasa yoga practice. Amber's classes are unique, often mixing creative cues to a sturdy rhythm. She intertwines playfulness with mindfulness throughout practice that leaves you reflecting on your flow with a new perspective. She enjoys cultivating a playful environment with new and seasoned students alike. She also is an avid adventurer and traveler and is currently looking forward to seeing you outside soon :) All skill levels welcome! What to bring: Comfortable clothes that allow a wide range of movement Yoga mat/ Water Blocks/ strap (nalgene water bottles and a belt work great!), Web Based, L: Amber Carr (Amber.L.carr@gmail.com), Frances Bui (frannie.bui@gmail.com)

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