



The Gansett Gazette

Newsletter of the Narragansett Chapter of the Appalachian Mountain Club

JUNE-JULY
2010
Vol. 7, No. 3

Trails Committee News

After the Historic Floods many trails need help. Chapter members and leaders interested in helping prepare and fix trails and bridges for summer hikes by brushing, blazing and painting please contact Elise DelBarone at edelbarone@yahoo.com.

The trails committee would like to ask your help by reporting any significant trail work/problems that you may find (during your hikes) which needs attention.

Example: water damage, boards missing or broken on a boardwalk, big blow down across the trail, significant erosion, and heavy brushing. This will be primarily in the state management areas. Please report to: Trails Chair Elise Delbarone at edelbarone@yahoo.com. Thank you very much for helping us with this important information.

VOLUNTEERS NEEDED FOR TRAILS PROJECT

Northern Hiking

Mountain hiking is best enjoyed when you are properly equipped and have the appropriate skills to safely travel from trail head to summit and back. Such know-how can be learned by participating in the activities offered by the Chapter's Northern Hikes program. Throughout the year numerous trips and classes are conducted for beginner, intermediate, and experienced hikers. People, new to hiking, can greatly benefit from the Step-by-Step series of entry level trips and instruction. For more information contact Ed Poyer (EdPoyer@gmail.com) or any of the mountain hike leaders.

Canoe Canoe?

There are members with canoes and no partner, and members who prefer canoeing and don't have a canoe. Call 351-2234 or email linda.pease@cox.net to advise of your interest to buddy up and get out on the water. Along with our kayak rentals, we have one rental canoe at \$8 per day.

ACTIVITIES

Tue., Jun. 1. North Rehoboth Bike Ride. 23-mile scenic intermediate ride. 6:00pm start. Helmets required. L Carol Richards (401-434-8448, carol_164@cox.net), CL Barbara Flagg

(bakayaker51@verizon.net)

Wed., Jun. 2. Hike and Social. Meet at the Chafee statue at 6pm. L Wendy Farr (401-533-3084, wfarr42@gmail.com), L Gregg O'Brien (401-245-0677 evenings, goh243@aol.com)

Sat., Jun. 5. Source to Sea Paddle. \$10 donation/WPWA. Put-in: Route 165 Bridge, Exeter. Take-out: Wyoming Dam, Bridge Road, Hope Valley. Lunch at the WPWA Campus. 6.5 miles; one portage. This is the most scenic leg of the trip with winding, challenging stretches through the Arcadia Management Area. Many obstacles to negotiate through this stretch, so long boats may have problems. Must register. 9:00am; be on time. L Denise Poyer (401-539-9017, denisep@wpwa.org)

Sat., Jun. 5-6. Rock Climbing at the Gunks. Climbers comfortable on 5.4 routes or better. Climbers whom have attended the climbing classes are given preference. Contact the L to register and get specific trip information. L Brian Phillips (401-783-0133, bphillips38@cox.net), CL Jeannine Peterson (surnurse@yahoo.com)



Sat., Jun. 5. Step-by-Step: Mount Monadnock. Moderate pace, 6-8 mile hike with time for instruction. Carpool from RI with ice cream afterward. L Steve Harrison (401-270-3363, hikersteve@cox.net), CL Mike Martin (401-437-0957 7:00pm - 9:00pm, seekayak@juon.com), reg/w Mike Martin (401-437-0957 7:00pm - 9:00pm, seekayak@juno.com)

Sat., Jun. 5. Western Scituate/Cranston Bike Ride. Western Scituate/Cranston 30-mile bike ride. Tough hills around the Scituate Reservoir. Strong intermediate riders are welcome. Helmets required. L Dick Schaffner (401-781-6310), CL Jane Vieira

Sun., Jun. 6. Hike Trustum Pond, S. Kingstown. At 9:30 am. A nice peaceful 2-3 mile walk thru this National Wildlife Refuge with beautiful pond views. We will be close by Moonstone beach as well. Good hike for families and new hikers. For info call. L Adele Holcombe (401-284-3061, adelholc@yahoo.com)

Sun., Jun. 6. Family Hike Norman Bird Sanctuary. Family Outings Hike, 1:00pm, Norman Bird Sanctuary. Join us for a short hike geared toward families and children of all ages. Enjoy scenic trails, bridges, covered walkways, dense forests, birds and other species in this beautiful sanctuary. Bring water and snacks. L Terry Gaspard (401-683-7828, gaspard782@aol.com), CL Craig Gaspard

Tue., Jun. 8. Quonset Point Bike Ride. 22-mile ride winding through Quonset Point and Davisville, including a unique waterfront village. 6:00 pm start at Daves Market parking lot across from Burger King, Post Road, North Kingstown. Helmets required. L Barbara Flagg (401-487-4376, bakayaker51@verizon.net), CL Bill Rush

Wed., Jun. 9. Hike and Social. Meet at park near the Towers at 6pm. L Sue Boland (401-783-7461), CL Ginny Calabrese (401-782-6518)

Thu., Jun. 10. Swansea/Somerset Bike Ride. 18 miles, water views. 6:00pm start. Helmets required. L Carol Richards (401-434-8448, carol_164@cox.net), CL Ted Bell (401-615-5348, tcbell1@cox.net)

Fri., Jun. 11-13. Mount Garfield Weekend. Magnificent views. Moderate pace for 10 miles RT with 3000' elevation gain. Sunday Ls choice. \$115 includes two nights, two breakfasts and one dinner. L Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net), CL Mike Martin, reg/w Steve Harrison (200 Cannon St, Cranston, RI 02920, 401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net)

Fri., Jun. 11-13. Bike Maine Shores. Charming villages in scenic, salty Maine. On Saturday, 30-mile Kennebunk loop. On Sunday, 20-30-mile York loop. Some rolling hills. Deluxe motel with breakfast for \$135 dbl/occupancy. (two dinners out). L Jack Schempp (401-331-4553 6:00pm - 9:00pm,

**Narragansett Chapter AMC
Leadership Roster**

Chapter Chair-Tom Eagan,
tomeagan.amc@gmail.com

Vice Chair-Bonnie English,
bonniedune@aol.com

Secretary-Jeannine Peterson,
surmurse@yahoo.com

Treasurer-Debbie Mitchell,
dmitchell@thebravergroup.com

Membership Chair-Robin Kuznitz,
rmd@PSH.com

Membership Vice-Chair-Mary
Bonaventure, mlb448@yahoo.com

Activities Chair-Chris Shafer, 789-8331,
Christopher.Shafer@dem.ri.gov

Communications Co-Chairs-
Mark Dennen, mdennen@cox.net;

Shannon Kelley, outside@cox.net

Conservation Co-Subchairs-
Jack Schempp, 331-4553;

Jschempp1@msn.com;

Linda Pease, linda.pease@cox.net

Leadership Chair-Charlie Killam, (508)
252-4349

Trails Subchair-Elise Del Barone,
edelbarone@yahoo.com

Backpacking & Northern Hikes Subchair-
Ed Poyer, edpoyer@gmail.com

Biking Subchair-Marcie Madsen, 364-6538,
Marcie18@att.net

Local Hikes Subchair-Herrick Spencer,
spencer295@cox.net

Technical Climbing Co-Subchairs-
Peter Barlow, 860-675-3772;

Brian Phillips, 783-0133,
bphillips38@cox.net

Flatwater Paddling Subchair-Linda Pease,
351-2234, linda.pease@cox.net

Sea Kayaking Subchair-Michael Krabach,
333-5350, mkrabach@cox.net

Skiing Co-Subchairs-

Dan Reardon, daniel.reardon@verzon.net;
Elizabeth Reardon- bunnycello@yahoo.com

Young Adult Members Subchair-Chris
Turgeon, nagarnett@yahoo.ca

Family Outings Co-Subchairs-
Tom Eagan, tomeagan.amc@gmail.com;

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jschempp1@gmail.com), L Herb Kingsbury
(207 439 6449 5:00pm - 8:00pm)



**Sat., Jun. 12. Kayaking Wickford Harbor
and More.** Launch at Wilson Park at 10:00am.
Intermediate sea kayaking paddle. Distance (of
at least 10 miles) and route TBD by weather
and members. L Mike Krabach (401-333-5350,
mkrabach@cox.net), CL Ray Bucacci (401-
822-1407)

Sat., Jun. 12. Source to Sea Paddle. \$10
donation/WPWA. Put-in: Behind Dow Little
League field at Hope Valley Fishing Access,
Route 3, Hopkinton. Take-out: Alton Fishing
Access, Hopkinton. Eight miles; three
portages. First short stretch will be on a
seldom-paddled section that includes a portage
around a horseshoe dam at historic Hope
Valley Mill. Abundant Mountain Laurel.
Optional side trip to an abandoned mill
raceway. End at Alton Pond. Must register.
9:00am; be on time. L Denise Poyer (401-539-
9017, denisep@wpwa.org)

Sat., Jun. 12. Block Island Bike Ride. 20-25
miles at a comfortable pace on scenic rolling
terrain. Mountain bikes and hybrids preferred;
some unpaved roads. Enjoy the "Block" early
season. Helmets required. L Sid Wax (401-849-
2595, sid_w@yahoo.com), CL Linda Winters

Sat., Jun. 12. Du Vault Hike. Meet at 9:00am
for a 5-mile hike with nice ups and downs
(good footing). Many mountain laurel and
possible sightings of Block Island. Good hike
for anyone who wants to do a short hike but a
nice workout. Moderate pace. Call by
Thursday. L Maria Earley (401-789-8331
7:00pm-9:00pm, momearley@netzero.com)

Sun., Jun. 13. Easy Rider Clam Cake Ride.

CHAPTER WEBSITE
www.amcnarragansett.org

User Name: members
Password: **climb1953**

South County bike path to Aunt Carrie's, the
beach, and an ice cream break. 25 miles at 10-
12mph; easy paced. Helmets required. L
Michael Krabach (401-333-5350,
mkrabach@cox.net), L Linda Pease (401-351-
2234)

**Sun., Jun. 13. Clam Cake Bike Ride -
Narragansett.** Intermediate 37-mile bike ride
along beaches to a lighthouse with a lunch
stop for famous clam cakes. 11:00am start.
Helmets required. L Barb Flagg (401-487-
4376, bakayaker51@verizon.net), CL Bill
Rush



Wed., Jun. 16. Hike and Social. Meet at
Park/ride at intersection of Rte 4 and 102 in
North Kingstown at 6pm. L Dick Sullivan
(401-338-2880)

Thu., Jun. 17. South County Bike Ride.
Looking for someone to ride with midday
and/or midweek? 35+ miles, South County
area, intermediate pace. 10:00am start.
Helmets required. L Marcie Madsen (401-364-
6538, marcie18@att.net)

Sat., Jun. 19. Source to Sea Paddle. \$10
donation/WPWA. Put-in: Alton Fishing
Access, Hopkinton. Take-out: Potter Hill
Road, Ashaway. 14.5 miles; one portage.
Lunch at Bradford Fishing Access. This is the
longest stretch of the trip. We will be paddling
into the Pawcatuck River, just below our put-
in point. After that, there is a small broken
dam that is easy to run at moderately high
water. After lunch, we will portage around a
functioning fish ladder and continue through
scenic but increasingly settled landscape. Must
register. 9:00am; be on time. L Denise Poyer
(401-539-9017, denisep@wpwa.org)

Sat., Jun. 19. Buzzards Bay Brewery Ride.
30-mile relatively flat ride through scenic

Westport and Dartmouth. Intermediate level at 12+mph, with few stops. Picnic at brewery after the ride. Helmets required. L Sue Rollins (401-521-7188 6:00pm-9:00pm, RollinsLF@excite.com), L Larry Rollins (401-521-7188 6:00pm-9:00pm)



Sat., Jun. 19. Ell Pond, Long Pond, Green Falls Hike. Strenuous in spots but gorgeous. Hope for blooming mountain laurel. Lunch, three quarts of water, and hiking boots are required. Meet at plaza with Town Pizza on Routes 165/138/49S, Voluntown, CT. Wet footing cancels. Registration with Ls is required. L Maria Earley (401-789-8331 7:00-9:00pm), L John Stevens (401-487-2629 7:00-9:00pm, stevens.john.m@cox.net)

Sat., Jun. 19-20. Ben Utter Trail Bridge Project. Join us in installing a sizable footbridge over a low area of the trail. The existing bridge was moved and compromised by the flood due to rain-swollen adjacent river. Rain date Sun. July 27. For further details and to register, contact registrar. L Roy Benoit (christopher.shafer@dem.ri.gov), L Henry Cruciani, reg/w Chris Shafer (401-789-8331 7-9 pm, christopher.shafer@dem.ri.gov)

Sun., Jun. 20. Queen River Hike, Exeter, RI. Easy walk of 3-4 miles along the Queen River with (hopefully) plenty of Mountain Laurel in full bloom. You'll have the option to add another 2 miles. If you are a new hiker/chapter member, this is ideal. L Dick Sullivan (401-338-2880 by Thursday), CL Jill Keating (401-862-6159)



Tue., Jun. 22. Barrington Bike Ride. 18-mile flat ride with water views. All are welcome. 6:00pm start. Helmets required. L Carol Richards (401-434-8448, carol_164@cox.net), CL Ted Bell (401-615-5348, tcbell1@cox.net)

Wed., Jun. 23. Pasta Challenge/Rehoboth Bike Ride. Scenic, rural biking. Two rides start and end in the same location. One for easy riders, one goes at a faster pace. All the pasta you can eat at the Hillside Country Club afterward. 6:00pm start. Helmets required. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush

Wed., Jun. 23. Hike and Social. Meet at the beach parking lot at 6pm. L John Ross (401-884-8458), L cell (401-871-0316)

Fri., Jun. 25-26. Mendon, Killington and Pico Peak Day Hike Bushwhack. Day hike along Mount Killington ridge, Vermont. Bag one NE 4000-footer and two of NE's 100 Highest, with the bushwhack to Mendon Peak as an added interest. 12 miles at a moderate pace. Must be comfortable following L off-trail. Friday night spent at motel in Killington. Cost is \$55 and includes one night lodging and breakfast. L Charlie Killam (508-252-4349, Charlie.Killam@gmail.com), CL Jim Dunn

Sat., Jun. 26. Take A Walk On The Wild Side In Pawtucket. In May we walked on the beautiful paved bike path in Slater Park. Today, we'll cross Armistice Blvd and stroll on the wooded unpaved path along Ten Mile River to Daggett and enjoy this section before it gets paved. Families, new members, YMs, everyone else welcome. L Linda Pease (401-351-2234, linda.pease@cox.net)

Sat., Jun. 26. Full Moon Evening Kayaking. Full Moon Paddle starts at 6:00pm. URI Bay campus. Route and distance TBD. Expect night paddling on return. Light needed. L Ray Bucacci (401-882-1407, rbucacci@netzero.net), CL Barbara Flagg (401-487-4376, Bakayaker51@verizon.net), reg/w Ray Bucacci

Sat., Jun. 26. Scituate/Western Cranston Ride. Intermediate 30-mile ride through Scituate Reservoir lands and rolling country roads. A bit hilly. 10:00am start. Helmets required. L Jane Vieira (401-862-6031), CL Dick Schaffner (401-781-6310)

Sat., Jun. 26. Step-by-Step Mount Osceola and East Peak. Looking for your first 4000-footer? Moderate pace for 8.4 miles RT with 2400' of elevation gain. Carpool from RI with food afterward. L Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net),

CL Mike Martin, reg/w Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net)

Sat., Jun. 26. Source to Sea Paddle. \$10 donation/WPWA. Put-in: Laurel Street, Ashaway. Take-out: India Point, Westerly. Lunch will be pizzas at a private residence in Westerly. 10 miles; no portage. This final leg still holds a few challenges and a lot of interest. We'll encounter two stretches of Class 2 rapids. These are usually fun to run, but, if preferred, may be portaged with some difficulty. The last stretch will be in tidal waters. Expect wind and waves. Certificate of completion will be presented at lunchtime. Must register. 9:00am; be on time. L Denise Poyer (401-539-9017, denisep@wpwa.org)

Sun., Jun. 27. Upper Pawtuxet Afternoon Flat Water Paddle. Beautiful, scenic paddle from the Village of Hope to the dam at the Scituate Reservoir. Hope the glorious mountain laurel is out! Ice cream afterward. L Sandi Barber (401-467-7881), CL Cherine Whitney (401-539-0922, cherinewhitney@cox.net)



Sun., Jun. 27. Family Climbing Event Lincoln Woods. Picnic area TBA with good parking and access to several climbing and bouldering areas, plus the fishing spot. Start at 10:00am. Everyone is welcome, including non AMCers. Spend the day or stop by for a little while. Bring a picnic lunch, and chairs. If you'd like to paddle, EMS rents kayaks and canoes at the park (you'd need to arrange that ahead of time). Hike, walk, paddle, climb swim, run, fish. Casual day in the park to see friends, meet people, and have some fun too! L John Fontaine (401 333-5350, johnfontaine1@verizon.net), L Jeannine Peterson (401-949-4453, surnurse@yahoo.com)

Tue., Jun. 29. Jamestown Bike Ride. 23-mile ride around Jamestown. Shorter route possible. 6:00pm start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Wed., Jun. 30. Hike and Social. Meet at the

Gazebo on South Water St at 6pm. Rain cancels. L Janet Harris (401-272-6772)



Fri., Jul. 2-5. Adirondacks High Peaks Region Three-Day Weekend. Enjoy three days of challenging day hikes to non-4000' footers in the Adirondacks High Peaks region. 4-8 miles featuring steep and very rugged terrain; some scrambling. For fit, experienced mountain hikers. Cost is \$215 and includes three nights lodging at a very nice guide company's lodge, three breakfasts and two dinners. Dinner is supplied by Ls and prepared as a group. Space is limited, so register early. L Sean Buckley (edpoyer@gmail.com), CL Ed Poyer, reg/w Ed Poyer (edpoyer@gmail.com)

Sun., Jul. 4. South Kingstown Bike Ride and Fireworks. 35-mile intermediate afternoon ride with BBQ potluck at CL's house after. Walk to South Kingstown's famous fireworks display. Call for start time. Helmets required. L Bill Rush (whr0316@msn.com), CL Gail Larkin (401-792-2282), reg/w Gail Larkin (401-792-2282, gplarkin@cox.net)

Tue., Jul. 6. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come to observe, practice and learn, including self and assisted rescues. L Mike Krabach (401-333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)

Wed., Jul. 7. Valley Falls & Blackstone River Hike. Explore area & Blackstone River. At 6:00 PM. Directions: 95 N, exit 26 and then L. turn onto Lonsdale Ave. for 3 miles to Rt 123, Make a Rt. turn, then a left turn just 500 ft. on left into Lonsdale Drive In Parking lot. For info. call. L Herrick Spencer (401-723-1974, spencer295@cox.net)(401-663-0267)

Thu., Jul. 8. Older Male Members Canoe/Kayak. Wyoming Pond to Wood River. Open to all who appreciate older male members. See details on Web. L Gary Whitney (401 885-1506, garywhitney3@cox.net), reg/w Gary Whitney

Fri., Jul. 9-11. Mount Moriah. 4049' summit in scenic White Mountains of NH. 10 miles with 3200' elevation gain. For intermediate hikers. Shorter hike on Sunday. Cost is \$100

for two nights lodging, two breakfasts, and one dinner. Register and check due by 6/25. L Sue Warthman (swarthman@cox.net), CL Bob Janus (401 828-5532 7:00-9:00pm), reg/w Bob Janus (401 828-5532 7:00-9:00pm)

Sat., Jul. 10. Fort Barton Hike, Tiverton, RI. Moderate 3-mile hike with lots of streams, plus a great view of the Mt. Hope Bay from the tower. There will be an option to add 2 miles. This is another good one for new members, so join us! Possible carpool. L Dick Sullivan (401-338-2880 by Thursday), CL Linda Pease (401-351-2234)

Sat., Jul. 10-11. Rock Climbing, Cathedral and Whitehorse Ledges - NH. Climbers comfortable on 5.7 routes or better. Participation determined by the number of Ls to seconds. Dinner Saturday is a cost-share BBQ. Register with L to get specific trip information. L Peter Berard (508-285-5975, pberard@ryanironworks.COM), CL John Fontaine (johnfontaine1@verizon.net)

Sat., Jul. 10. Kingston/Narragansett Great Island Bike Ride. Scenic 34-mile flat, easy-intermediate ride along South County bike path and coastline. 10:00am start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com), L Herrick Spencer



Sun., Jul. 11. Fort Wetherill Kayaking. Kayak from Fort Wetherill; 10:00am start. Distance and route TBD by weather and seas. Level 4 type paddle. L Ray Bucacci (401-882-1407), CL Bill Rush (whr0316@msn.com)

Tue., Jul. 13. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come to observe, practice, and learn, including self and assisted rescues. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)

Wed., Jul. 14. Pasta Challenge/Rehoboth Bike Ride. Scenic rural biking. Two rides start and end at the same location. One for easy riders, the other at a faster pace. All the pasta you can eat at the Hillside Country Club afterward. 6:00pm start. Helmets required. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush (whr0316@msn.com)

Wed., Jul. 14. Hike and Social. Meet at the park by the Narragansett Towers at 6pm. L

Sue Boland (401-783-7461), CL Ginny (401-782-6518)

Sat., Jul. 17. Titecansett/Green Falls Hike. Join us for this unique experience! Hike parts of the Titecansett Trail, loop Green Falls Pond and hike through the "Gorge". This is not a beginner hike and will have some rock scrambling. 8-10 miles. Start at 8:30am. Hiking boots are required. Wet conditions will cancel. Call by Thursday. L Maria Earley (401-789-8331 7:00-9:00pm, momearley@netzero.com), CL David Natale

Sat., Jul. 17. Roger Williams Trail Paddle. Starts at Freedom Green, East Prov. to Omega Pond, Seekonk River, Prov. River and ends at Roger Williams Memorial where we'll have a catered lunch and informative talk by Park Ranger John McNiff. Sponsored by Ten Mile River Watershed & Blueways Alliance. Call Linda Pease for details. L Linda Pease (401-351-2234, linda.pease@cox.net)

Sat., Jul. 17. East Greenwich/Exeter/Slocum Bike Ride. Intermediate (12-14mph average speed) 35+ mile beautiful bike ride on rolling country hills. Lunch at Silver Springs Pond. 9:30am start. Helmets required. L Nancy Baker (401-737-3052 6:00pm - 9:00pm), CL Dick Schaffner (401-781-6310)

Wed., Jul. 21. Hike and Social. Meet at 6pm. Call for directions. L Dick Sullivan (401-338-2880)

Thu., Jul. 22. Newport Bike Ride. 20+ mile evening ride along Ocean Drive and beaches. All are welcome. 6:00pm start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)



Sat., Jul. 24. 100-Acre Cove Moonlight Paddle. Start time is TBD. Meet at the Walker Farm parking lot off Route 114 in Barrington. Experienced paddlers only. PFDs, bow and stern lights (flashlights sealed in plastic bags are fine) and water is required. Registration also required. L Gregg O'Brien (401-245-0677), CL Sandy Barber (401-467-7881)

Sun., Jul. 25. Great Swamp Hike. Ok, we have seen fall, winter and spring at the Great Swamp. Now come to see what summer has wrought. Wild life and foliage should be in full flower. Bring bug spray, Water, snacks, sun glasses. shade will be provided. This is a

good hike for new AMC members & families. For info call. L Adele Holcombe (401-284-3061, adelholc@yahoo.com), CL Dave Natle (401-739-9606)



Tue., Jul. 27. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come to observe, practice, and learn, including self and assisted rescues. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)

Wed., Jul. 28. Hike and Social. Meet at the Gazebo on South Water St. at 6pm. Rain cancels. L Janet Harris (401-272-6772)

Sat., Jul. 31. Roger Williams Stroll. Find out what Providence didn't have that Hartford, Connecticut did - and what we have now that Hartford does not. Stroll and learn about Roger Williams from historian and National Park Service Ranger John McNiff at the Roger Williams Memorial. New members, Young Members, and history buffs of all ages are welcome. L Linda Pease (401-351-2234, linda.pease@cox.net), L Margie Parsons (401-247-7760)

ADVANCE NOTICES

Tue., Aug. 3. Kayak Rescue Practice. Join us for improving your kayak rescue skills. Come to observe, practice, and learn, including self and assisted rescues. L Mike Krabach (401 333-5350, mkrabach@cox.net), CL Ray Bucacci (401-882-1407, rbucacci@netzero.net)

Sat., Aug. 7-8. Rock Climbing Rumney - NH. Climbers comfortable on 5.8 routes or better. Camp at local campground. Dinner at an aprÃ's climb restaurant or a cost-share BBQ. Contact the L to register and get specific trip information. L Joe Goudreau (joegudig@hotmail.com), CL Chris Tate (401-742-4289, chrisri01@yahoo.com)

Sat., Aug. 7. Wickford/Narragansett/Wakefield Rike Ride. Intermediate 32+ mile ride with some rolling sections, partly on South County bike path. Lunch in Wakefield. 9:30am start. Helmets required. L Nancy Baker (401-7373052 6:00pm - 9:00pm), CL Dick Schaffner (401-781-6310)

Sun., Aug. 8. Ninegrit Pond Escape:

Midday Sun Late Afternoon Paddle. Flatwater and sea kayakers welcome. Dinner on the beach. We'll be using the new launch in the park. L Linda Pease (401-351-2234, linda.pease@cox.net), L Antoinette Breed (401-751-5086, scenicroute@verizon.net)

Thu., Aug. 12. Narragansett-Galilee Bike Ride. 18 miles along the shore, flat and scenic. All are welcome. 6:00pm start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Sat., Aug. 14. Newport Bike Ride. 30-35 miles of scenic rolling hills from the Newport coastline to the Portsmouth countryside. Intermediate 12-14mph pace. 10:00am start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)

Sun., Aug. 15. Spink Beach Sea Kayaking. Intermediate paddle in Narragansett Bay, Quonset Point. L Anne Fusco (401-884-3205), CL Bill Rush

Wed., Aug. 18. Pasta Challenge/Rehoboth Bike Ride. Scenic rural biking. Two rides start and end at the same location. One for easy riders, the other at a faster pace. All the pasta you can eat at the Hillside Country Club afterward. 6:00pm start. Helmets required. L Linda Pease (401-351-2234, linda.pease@cox.net), L Bill Rush (whr0316@msn.com)



Sat., Aug. 21. Annual Black Tie Sea Kayaking. Launch at Sprague Bridge and paddle out the Narrow River inlet into the open waters of the bay/ocean. Return on the calmer waters of the Pettaquamscutt River for a Black Tie potluck lunch in style with flat water paddlers. L Bill Rush (whr0316@msn.com), CL Ray Bucacci

Fri., Aug. 27-29. Kinsmans Weekend. For experienced Northern hikers. Saturday: 10 miles RT with 3650' elevation gain. Sunday: L's choice. Register by 8/2. Cost is \$110 and includes two nights lodging, two breakfasts and one dinner. L Sue Warthman (401-270-3363 7:00-9:00pm, swarthman@cox.net), CL Steve Harrison, reg/w Sue Warthman (401-270-3363 7:00-9:00pm, swarthman@cox.net)

Fri., Sep. 3-5. Lake Winnepesaukee Hike, Kayak, and Bike. More details at www.winaukee.com. Intermediate-level activities each day including yoga, happy

hour, and evening programs. Lakeside cabins with plumbing and showers. Includes two breakfasts, two trail lunches, and two dinners (with a vegetarian option). Cost is \$140/pp. Deposit of \$50 is required by 7/17, with the balance due by 7/30. Call Linda to qualify, and mail check to Debbie Mitchell, 2945 Mendon Road, Cumberland, RI 02864. Include phone number and email address. L Jack Schempp (401-331-4553 7:00-9:00pm, jschempp1@gmail.com), L Herb Kingsbury (207-439 6449 7:00-9:00pm), reg/w Linda Pease (130 Sunbury St., Providence, RI 02908, 351-2234 7:00-9:00pm, linda.pease@cox.net)

Sat., Sep. 11-12. Rock Climbing Cannon Cliff - NH. Climbers comfortable on 5.8 routes or better, camping is at a private campground that we have arranged. Dinner is at an aprÃ's climb restaurant. Contact the L to register and get specific trip information. L Brian Phillips (401-783-0133, bphillips38@cox.net), CL Peter Barlow (860-675-3772, freeclimb@aol.com)



Fri., Sep. 17-19. Paddling/Camping on Moon Island - Squam Lake, NH. Annual weekend of kayaking and camping on Moon Island, enjoying the last weekend of summer on this pristine lake surrounded by the foothills of Sandwich, NH. Participants should be experienced and have proper equipment for camping/kayaking. Sea kayak is required and participant must be able to carry all of their equipment. Cost is \$35. L Bill Rush (whr0316@msn.com), reg/w Bill Rush

Sat., Sep. 18. Mount Monadnock Hike. Off the beaten path. Let's see where things take us! Carpool from RI with food afterward. L Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net), CL Mike Martin, reg/w Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net)

Sat., Sep. 25. Older Male Members Canoe/Kayak: Potowomut River. Open to all members with appropriate experience and the proper equipment. See details at link provided. L gary whitney (401-885-1506, garywhitney3@cox.net), CL Cherine Whitney, reg/w gary whitney

Sat., Sep. 25. Jamestown Bike Ride. 28

miles of rolling terrain with a few hills. Easy-intermediate ride at a moderate pace. Scenic ocean views and sea breezes. 10:00am start. Helmets required. L Sid Wax (401-849-2595, sid_w@yahoo.com)



Sat., Oct. 2. Mount Welsh and Mount Dickey Hike.

Foliage season, hopefully. Moderately-paced 4.4-mile hike with time for chocolate on the ledges. Carpool from RI with food afterward. L Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net), CL Mike Martin , reg/w Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net)

eating club). 7.4 miles at a moderate pace. Carpool from RI. L Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net), CL Mike Martin , reg/w Steve Harrison (401-270-3363 7:00pm - 9:00pm, hikersteve@cox.net)



Sat., Oct. 23. Fall Foliage Paddle on the Pawtuxet River.

Escape civilization on Pawtuxet River. From Pontiac Mills to Rhodes on the Pawtuxet. Ice cream or coffee/soup afterward. L Bill Rush (401-941-4983, whr0316@msn.com), L Linda Peace (401-351-2234), reg/w Bill Rush

Sat., Oct. 9-10. Rock Climbing, Gunks - NY.

Climbers comfortable on 5.4 routes or better. Lodging is up to you. Dinner at an aprÃ’s restaurant. Contact the L to register and get specific trip information. May limit participation due to L to second ratio. L Dave Curry (401-739-2604, dmcurry13@yahoo.com), CL Bill Baxter (mitzielkramer@yahoo.com)

Sat., Oct. 16. Mount Holyoke and Seven Sisters Hike.

Annual trip to see views and eat at Atkins Farm and Apollo Pizza (we are an

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