



Troop 4 - Seven Sisters Day Hike - March 18, 2017

Holyoke Range - Metacomet-Manadnock Trail (Sections 7 and 8)
Amherst / Hadley, Massachusetts

(From Wikipedia, the free encyclopedia) The Seven Sisters, part of the Holyoke Range and located within the Pioneer Valley region of Massachusetts, are a series of basalt ridgeline knobs between Mount Holyoke and Mount Hitchcock (there are actually more than seven distinct peaks). The knobs offer scenic clifftop views interspersed with oak savanna woodlands. The highest "sister" has an elevation of 945 ft (288 m) and stands 800 ft (244 m) above the valley below. The terrain is very rugged; a continuous walk along the ridgeline includes an overall elevation change of 3,700 ft (1,128 m). The Seven Sisters are traversed by the Metacomet-Monadnock (MM) Trail and is part of the New England National Scenic Trail.

We will meet at the parish center for 8:00 AM for a departure of 8:20 AM. We will return for pick up at the parish center by 6:00 PM that evening.

Scouts need to bring: a bag lunch, poncho or rain coat if it looks like rain that day, boots, a hat and gloves/mittens. A spare pair of socks is a must to bring. If the weather is cold, bring a warm coat as well. Scouts should bring at least one quart/liter of water (no soda, juice, punch, etc.). Do not bring water in disposable water bottles - get a canteen or hiking water bottle at Wal-Mart, Target, etc. for about \$10. Scouts need to bring a day pack (school pack will work fine) to carry their personal and troop gear for the day.

We will divide the scouts into age/ability groups and cover distances that are comfortable for each group. Scouts who will attend Camp Tahosa's High Adventure will start at the Harris Mountain Road and travel down the MM Trail to Skinner State Park a distance of approximately 9 miles. Those attending Tahosa's Eagle Point Base and Tahosa Trek have the option of starting at Harris Mountain Road or at the Notch on Route 116 for a mile hike along the MM Trail to the finish at Skinner State Park. This is our 5-mile route.

At the end of the hike we will have some of Troop 4's famous fried dough!

If your son will be attending the hike, please complete a permission slip (located on the Troop's website) and return no later than the March 9th troop meeting. If you son would like to attend but won't be at this troop meeting, please call or email Brian Weber.

We will need a few parents to drive to/from and/or stay for the event. If you can help out please indicate on the permission slip. A Driving Plan is posted on the Troop website.