

## **Spring Hiking**

Spring is a great time to get outdoors and enjoy nature as it “springs” back to life after the long cold winter. The days start to get longer and the temperatures start to get warmer making it the perfect time to get into the woods and hike.

SEM offers some local hiking series, along with destination hikes to places like Western MA and NH.

### **Tuesday Morning Spring Conditioning Hikes:**

**March 26th thru May 28th**

This annual series starts the first Tuesday after the Spring Equinox in late March and will run until the end of May. This 10-week conditioning series is designed to get you ready for the bigger mountains in The White Mountains of New Hampshire or Western MA. Each week we will add more distance or elevation, or both. The Hikes will be in the Blue Hills Reservation and consist primarily of trails on and around the Skyline Trail. This is a fast, hilly, rocky, steep, several-hours-long ‘conditioning hike.

Check back in early 2025 for a listing of the hikes.

### **Thursday Morning Hiking Series**

This annual series runs from September through May taking a hiatus for the summer months of June, July and August. Click on the Link below to find out more:

[Thursday Morning Hikes](#)

### **Suggestions for Before**

To get ready for spring hiking and to build up a base level of fitness during the winter, you may want to consider participating in the Winter [Trail Trace the Blue Hills](#) series which is also on Tuesday mornings. The first hike of the series is on December 26, 2023 and the last hike is March 19, 2024 (the week before the conditioning series starts up).

### **Suggestions for After**

Once you have completed the conditioning series you are now more than ready for our [Summer Hiking Series](#). In this series we hike in the bigger mountains of New Hampshire and Western Massachusetts.

### **Links**

- For the Spring Conditioning listings click [here](#).
- For all of our hikes click [here](#).

For more information about any of our series email [HikingChair@amcsem.org](mailto:HikingChair@amcsem.org)