

Adirondack Mountain Club-Ramapo

The Ramapough

www.hudsonhikers.org



Winter 2009

The View From The Summit

The hectic holiday season is upon us. Don't forget that this is a good time to enjoy the outdoors as a way of reducing stress and working off some of the extra calories consumed at holiday dinners. Look over our hike schedule for the next three months and find outings that can lead you to new locations and interesting trails. This is a time when we tend to sit home more often and miss out on the opportunities to get out in the fresh air and enjoy the forests around us. There are more than three dozen different hikes and outings to choose from, and I hope to see you on some of them.

The Holiday Party on December 4th was a big success. Thanks to the efforts of Suzan Gordon, we enjoyed a great dinner with many friends. Two of the highlights of the party were stories shared by past chapter presidents about events that occurred during their time in office, and the presentation of the ADK White Birch Award to a very deserving and surprised Chris Connolly. Everyone had time to catch up with old friends and to meet new members who have recently joined. Once again, our holiday dinner helped to solidify the bonds that make us a strong and vibrant chapter.

Do you have the equipment you need for winter outings? Sometimes ice and snow can impede your walking on trails as you climb up and down mountains. There are several products that you can purchase which slip over your boots to give you added traction, including crampons, Yaktrax and Stabilicers. Crampons are outdoor footwear that have

spikes and are worn on boots to provide traction on snow and ice. These products are all lightweight and can be carried in your pack until needed. But once you encounter an icy patch, they're easy to slip on and provide you with safe, sure footing. While we don't promote any product or brand, these types of hiking footwear aids can help to give you confidence and safety during winter outings.

I am now completing my term as President of the Ramapo Chapter. I'm very proud of the support provided by the members of the Board. I feel confident that they will continue to make your chapter stronger than ever, especially under the leadership of our new President, Suzan Gordon. During the past year we have implemented new publicity to create awareness of ADK, completed more than a dozen hiking presentations in New York and New Jersey libraries, strengthened our chapter finances, built and maintained an active informative Web site, and added new hike leaders. The Ramapo Chapter has held informative educational meetings each quarter, expanded our involvement and ties to ADK headquarters, and added many new members. I appreciate the help that each of you has given to spread the word about ADK and our chapter to friends and co-workers. I am pleased to be able to turn over the chapter to a new Board of officers in a stronger position than ever.

See you on the trails,
Peter Reiner, President

Conservation Corner

The **Town of Ramapo** is finalizing the purchase of 420 acres of woodlands along the south edge of Harriman Park from Braen Stone Industries. The land, which includes 262 acres on High Mountain near the New Jersey border, had once been eyed for a power plant and a stone quarry but will now be kept undeveloped to protect the Ramapo River watershed. As part of a deal in which New York State is providing \$2.4 million of the \$5.25 million purchase price, a portion of the land will be turned over to the State and added to Harriman Park.

In July, **Passaic County**, the Borough of Ringwood and the NJ Department of Environmental Protection purchased West Brook Mountain for \$4 million. The mountain, part of the Wyanokies Highlands Greenway, connects Norvin Green State Forest and Long Pond Ironworks State Park. The new Lake Sonoma and Overlook Rock Trails have been built across the mountain.

Submitted by **Chris Connolly**

A Warm Welcome to New Members

David Aikman, Middletown, NY
 Clint and Kim Aylward, New City, NY
 Robert Blanco, Warwick, NY
 Alison Brand, New Windsor, NY
 Sook-Kuen Chang, Waldwick, NJ,
 Judith Debiase, Monsey, NY,
 Nicholas Erb, Springfield, NJ,
 Joe Gemignani, Washington Twshp., NJ
 Richard Grande, Pomona, NY
 Marilyn Heilferty, Mahwah, NJ
 Frank Kammer, New City, NY
 Philip Leonhard, Bardonia, NY,
 Irene Logan, Tuxedo NY,
 Rik Stanulis, New City, NY

News on the Trails

State budget shortfalls in New York and New Jersey have started to affect state park operations. In New Jersey, 19 park administrative offices, including those in Wawayanda State Park and Worthington and Stokes State Forests, will be closed on weekends between November 8 and March 31. However, all parks will remain open to the public. In New York, Minnewaska State Park announced winter service reductions that include the closure of the Awosting overflow parking lot and approximately half of the 20 carriageway miles previously groomed during the winter.

One unintended benefit of the budget cutbacks is that the water main construction work that was to have closed all trails running along Queensboro Creek and Popolopen Brook in Bear Mountain State Park (including the Timp-Torne Trail on the north and the joint 1777/1779/Popolopen Gorge Trails on the south) has been indefinitely postponed. While the work may be rescheduled next year, all trails remain open for now.

On September 10, **Sterling Forest State Park** opened the .65-mile Lakeville Ironworks Trail that provides interpretive signs highlighting the history and physical remains of the Sterling Forest Ironworks, which was active from the Colonial Era until 1921. The new trail is reached from the Visitors Center via the Sterling Lake Loop Trail. In addition, the NY-NJ Trail Conference has issued the 4th edition of its Sterling Forest trails map.

As of October 15, all trails closed because of the **Minnewaska** fire earlier this year - including Jenny Lane Path and the Stony Kill and Smiley Carriageways - have been reopened. The Jenny Lane parking area off Route 44/55 was also reopened, but may be closed during the winter due to the budget cutbacks.

Submitted by **Chris Connolly**

HORROR AT HIPPO ROCK

(a true tale told by Chris Connolly)

Reena Mancuso asked for help in aiding
Long Path blazes on Stockbridge Mtn from fading
Alas I accepted this task not evading.

September 24 we set out paint-blazing
And blow downs my handy bow saw razing
So pleasant a stroll we were lazing.

Round Hippo Rock we were proceeding
Paintbrush in hand I was leading
Lo, yellow jacket nest I trod unheeding.

Suddenly my arm and ear were stinging
Furious insects about me angrily winging
My shouts of pain to Reena ringing.

Circling back to Reena refuge seeking
Vengeful stingers silently came streaking
A horde alighted on Reena shrieking.

Tho we sprinted, flight was unavailing
8 stings inflicted on bodies flailing
When would this hell end, we were wailing.

Two long miles to my car our steps retracing
Demon bees from our clothes displacing
Surviving the swarm with pounding hearts racing.

One month later startled Reena learning
North Jersey leader to Hippo Rock returning
Her counsel he was skeptically spurning.

Reena shows up one fine Thursday morning
To give happy hikers a baleful warning
That their time on the trail was aborning.

Round Hippo Rock once again the nest igniting
The leader spared the penalty of inciting
'Twas Tom Henry taking 5 stabs of bee-biting.

Horrified hikers fall back at the screaming
Mesmerized by hundreds of bees streaming
Up from the trail a maelstrom madly teeming.

The moral of my tale simply bee-ing
When Reena says from bees she was fleeing
Bee-lieving is better than seeing!

A Good Time Was Had by All

On Friday, Oct 31st 19 hiker members and friends arrived for dinner at the **Shawnee Inn** in the Delaware Water Gap National Park to enjoy a wonderful weekend of hiking. The Inn provided us with a very impressive buffet breakfast and packed lunch. The weather was glorious so on Saturday, as planned, Aaron Schoenberg led a hike that included a magnificent waterfall seen with a backdrop of colorful leaves. Some people chose to do a day at the spa, shop, or walk along the Delaware River which was next to the Inn. There was a hay-ride at 4 o'clock and we were able to take a ride around the property and see the neighborhood Jackie Gleason often stayed at Shawnee playing golf and entertaining the guests. We saw his home, which is near the hotel. All of us, plus a few more guests, had dinner and later that evening we went to a campfire to roast marshmallows and eat "s'mores". Sunday was a beautiful day, also. We ate another sumptuous breakfast and ten of us joined sixteen Interstate Hiking Club members to do a hike starting at Lake Lenape on the Pennsylvania side of the Park. We all had a wonderful weekend, and hopefully we will do it again next year.

Suzan Gordon, Chair, Programs and Events

ADK 2009 Calendar

The new ADK 2009 with Wilderness at Heart calendar has been published. It contains twelve beautiful color photographs of the natural beauty of the Adirondack State Park and the Catskill Mountains. The award-winning calendar features scenic views of New York State's wild lands and water created by Sam Ristich, field naturalist and photographer. The photos show scenes of North and South lakes in the Catskills, Blue Mountain and Lake George in the Adirondacks and the Near Trapps in the Shawangunks. Your 2009 calendar can be ordered online at the ADK web site or by calling the Headquarters at 800-395-8080.

HIKE REPORTS**A Late Autumn Hike in Harriman**

On a cold, sunny, November Sunday, 22 hikers from ADK Ramapo, North Jersey, and InterState Hiking Club (IHC) met for a 7.8-mile hike on five trails, up and down four mountains in Harriman State Park. Led by Ramapo's Peter Tilgner and Suzan Gordon, the hearty group ventured off on the wooded Parker Cabin Hollow Trail, following it to its end and juncture with the White Bar Trail. Turning south on the White Bar until it joined with the Triangle Trail, the co-aligned trails were followed until the Triangle branched off, taking our warmed up group to the top of Parker Cabin Mountain and the Ramapo Dunderberg Trail (RD). We were treated to fine views of parklands to the east. Heading north on the RD, we descended Parker Cabin, crossed the Victory Trail and ascended Tom Jones Mountain. The hike continued north descending Tom Jones, crossing Rt. 106, and into the winter forest for lunch, after which Black Rock Mountain was climbed. From Black Rock's breezy summit, where views of the distant Catskills could be seen, the Nurian Trail was picked up and followed west until it met another section of the White Bar. Turning south on the White Bar, again crossing Rt. 106, the ascent of Car Pond Mountain's double top was begun. Upon reaching the second summit of Car Pond, we descended its south face and our fourth mountain. At the White Bar's juncture with the Parker Cabin Hollow Trail, the circular part of the hike was complete. As the late autumn sun danced among the bare branches of the forest, this happy, tired group of hikers returned to the starting point, glad to take off their boots. This hike can be followed on the NY-NJ Trail Conference map 118.

Submitted by Peter Tilgner

Hiking Lake to Lake

On October 26, Peter Reiner led a group of 12 ADK'ers on a 7 mile hike that began at Lake Sebago off Seven Lakes Parkway. On a bright fall day, we started on the Seven Hills Trail to the Tuxedo-Mt. Ivy Trail. After approximately 2 miles we transferred on to Suffern Bear Mountain Trail. Our lunch was beside a large pond which was followed by a climb up to Jackie Jones Mountain and the fire tower on its peak. We continued downward on the SBM until we crossed Route 106 near Lake Welch, where we left some cars from our previous shuttle. The colorful leaves and crisp fresh air made this an enjoyable hike for all.

Tallman Mountain Park and Lunch

Tired of the same boring sandwiches for lunch during a hike? On November 23rd a band of five hikers left their sandwiches at home and started a hike from Tallman State Park on the Long Path traveling northward. Without the leaves on the trees, we enjoyed wonderful views of Piermont marsh and the Hudson River. We followed the Long Path and continued our climb to the top of Tallman Mountain, offering us a view of a red tail hawk. Continuing down from the mountain, we followed the road along Piermont Ave. but soon continued on a woods road that took us past the old Erie Train Station that has undergone a complete renovation. We followed the Erie Railroad Trail southbound until we came to a woods road that took us down to River Road. We walked back toward Piermont along River Rd. enjoying the close-up views of the houses along the river. Upon coming into Piermont, we left our backpacks in our waiting cars and had a very enjoyable lunch at a local restaurant, Bunberry's.

Submitted by Peter Reiner

Brook Crossings-My Nemesis

In all my 50 or so years of hiking, my biggest challenge has been crossing brooks. I enjoyed scrambling over rocks, climbing up boulders, Pyngyp, Breakneck, all no problem, (that is when I was younger), but brook crossings, that's another story. Even brooks in Harriman can be a problem, after a rain storm when the streams are in full spate and there are no handy bridges nearby. Fortunately, Ike was always there to reach out his hand and pull me across.

Since the bridge over the Neversink River in the Catskills was always washed out, I never did get to see the Bouton Shelter. The accepted method of crossing was balancing on a log that was fairly high over the river, or sitting on it and propelling oneself forward. Not for me!

In the Adirondacks I remember watching Ike and our son Ken nimbly hop from rock to rock to cross a rather wide but shallow river. I took off my boots, slung them over my shoulder, and holding on to my trusty hiking stick, waded across. (Somehow, I managed to become a 46'er.)

Years ago when my family was hiking in the White Mountains, my sons would often forge ahead. When they came to a brook, however, they knew to wait for Mom.

My most perilous moment actually occurred in the Whites. Columbus Day weekend, with foliage on the lower half of the mountains and a winter wonderland up above, brought out a large group of people. We came to a brook with ice on it. I was straddling two rocks rather far apart, planning my next move. Just then a dog crossed the river, going between my legs. Quite a shock, etc., etc.

Ike has often related stories to me about his boyhood hiking companion, Sy, who became a well-known mountaineer in the far West. Sy would often camp overnight alongside a raging river, waiting for the upper tributaries to freeze, allowing less water to flow downstream, enabling an easier crossing the next morning. Live and learn!

Did I ever fall into a brook? Once in Harriman, when Ike was not with me, I got slightly wet, but pulled down the kind man who was helping me. He really fell in and got soaked.

Our Elderhostel trip, "Hiking in Death Valley", was thoroughly enjoyable. And climbing Mt. Whitney presented no brook problems. However, there was the altitude, but let's ...etc.

A friend of mine crossed the Sahara Desert. What a great idea!

Submitted by Marilyn Siskind

From North Jersey ADK:

Winter Weekend Feb 6th-8th 2009

Make Your Reservation Now!

The Inn at Starlight Lake
289 Starlight Lake Road
Starlight Lake, PA 18461

Phone: 570-798-2519 or 1-800-248-2519

Fax: 570-798-2672

info@innatstarlightlake.com

<http://www.innatstarlightlake.com>

Total Cost for the weekend:

\$235 per person double occupancy,

\$290 per room single occupancy.

Included:

Lodging Friday & Saturday Night

All meals (Dinner Friday, Breakfast-Lunch-

Dinner Saturday, Breakfast-Lunch Sunday)

and Saturday night cocktail hour (wine, beer and Hors D'oeuvres), all taxes and gratuities

The Inn has 22 rooms, 8 with two twin beds, 14 with Queen beds.

Reservation Policy: Members call the Inn at 1-800-248-2519 and say you are from ADK-North Jersey (or Adirondack Mountain Club, North Jersey Chapter)

Deposit Required: Doubles: \$130, Singles: \$65

Cancellation Policy: Any cancellation after 1/22/09 will be charged one night's stay.

Prior (before 1/22) cancellations will incur a \$25 charge.

The Inn has 30 km (18 miles) of groomed cross country as well as snowshoeing and hiking trails on site.

There are a limited number of rooms available, so book now!

There are NO scheduled events. Come up on your own and do as you please.

**Adirondack Mountain
Club-Ramapo Chapter
20 Gerlach Drive
New City, NY 10956**

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