



FALL 2011

# Trail Talk

Adirondack Mountain Club

NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## A Message From the Chair

Volunteers are the most important part of our chapter. All of the work needed to keep the chapter functioning is done by volunteers working quietly behind the scenes. The newsletter is no exception. Volunteers edit, proofread, and mail the newsletter. When the Ramapo and North Jersey chapters merged in 2009, we decided to make some changes. We kept many features of the two existing newsletters, but we changed the format completely. Judi, our new editor, had recently joined the ADK and had asked Suzan if we needed any help with the newsletter. Suzan accepted (quickly!), so Judi designed our new logo and the layout that provides the new look. Every three months she takes contributions from our members (hike schedule, articles, photographs, drawings, etc.), and uses her knowledge, experience, and skill in graphic design to turn them into an attractive and professional-looking publication. The result has been impressive and I and the other officers and board members of the chapter are very proud of our newsletter. Thank you Judi.

Have I mentioned that Judi is an accomplished artist in addition to being a professional graphic designer? If you would like to see some of her work, she is having a show of photographs at the Suffern Library during the month of November. She also teaches art. This December she is teaching a course titled "You Can Draw", also at the Suffern Library. Contact the library for details and hours. ([www.suffernfreelibrary.org](http://www.suffernfreelibrary.org); 210 Lafayette Ave., Suffern, NY 10901; 845-357-1237)

One last thing. Some members have suggested that we send the newsletter by e-mail instead of by post. Personally I like to have a paper copy, so I would probably print it out. It wouldn't be as nice or as convenient (the hike schedule is an easy pullout) as it is now, and it seems less efficient to me. What do you think? I'd like to hear from you.

*Richard*

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## Black Bear Bears In Harriman?

by Betty Heald

In all my 40+ years of hiking in Harriman, I'd never heard of a bear encounter, nor seen any evidence of their scat in the Park. In August 35 years ago near Bear Lake in Ramapo Reservation, a friend and I came upon a mama and her two cubs in Ramapo Reservation. They were quite a distance away so we did not feel threatened. On a spring AMC trip in Glacier National Park some years ago signs of bear scat and of their digging for roots were frequently found. I was alone but not threatened when I saw a grizzly ambling along the far side of a ravine. On that same trip I met a young woman employee hiking with a companion. Periodically, she gave out a piercing yodel-like yell. I asked her why she did that and she explained that the yell was more effective warning bears away than the common, little jingling bear-bells people wore on their packs. Since then, anyone and everyone hiking with me has had to endure hearing me periodically practice that yell in case a bear was nearby. What would you do if an adult bear suddenly appeared in front of you? Recently a friend and I had to deal with this situation.

On a Thursday in early June, Barbara Goldberg and I were hiking back to our car at Tiorati Road along the Beech Trail. We had been disappointed that the mountain laurel was not yet at its peak. Soon after crossing Hasenclever Road Barbara, who was behind me, suddenly said, "There's a bear up ahead." I lifted my eyes from the trail and saw, at about 150 feet, a large black bear ambling

toward us along the trail. Instinctively, I began the loud yelling, barking noise I'd been practicing lo' these many years. The bear stopped, reared up on its hind legs and looked our way (I don't think it could see us very well). I continued my yelling, uninterrupted. Barbara soon joined me. (She was a fast learner.)

The bear stood for a time. It seemed very long to me, but was probably only 20 seconds or so, before it dropped down on all fours and ambled off into the woods to the north. We knew that bear cubs might be following along, so we stood quietly, waiting. In a minute or so another large black bear came around the bend in the trail toward us. We commenced our loud yelling again. This fellow behaved just as his buddy had and, standing up to peer toward us for a few seconds, dropped to the ground and ambled off in the same direction as the first bear. I expect they were yearlings weighing about 350 pounds each.

We stood some time waiting to see if any more bears would appear. When none did, we trotted on down that trail as quickly as we could, back to the parked car and our drive home. It wasn't until the next day that I realized the possible danger that we had faced. After many years of exposure to articles and video presentations on what to do when a bear is encountered, my reactions had been instinctive. It is reassuring to know that the yell really works.

## HIKER'S GUIDE

**RESPONSIBILITIES** - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is "dog friendly". Non-members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

**RISKS** - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

**FOOTWEAR AND CLOTHING** - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter carry a wool cap and wool or polypropylene gloves or mitts and a windproof shell. Be prepared for rain. Bring a rain jacket and rain pants, preferably of the type that permits venting body moisture. Wear comfortable, sturdy boots. Do not wear cotton garments in winter.

**DRINK AND FOOD** - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

**DOG-FRIENDLY HIKES** - All hikers with dogs must abide by park leash regulations.

**HIKE RATINGS** - represent the Pace, Distance and Terrain covered during the hike. A hike's rating is determined by the hike leader.

**PACE:** A - fast - 2.5 mph or faster  
B - moderate - about 2 mph  
C - easy - 1.5 mph or less

**DISTANCE:** is given in miles as noted

**TERRAIN:** A - Strenuous, long ups and downs, some rock scrambling possible.  
B - Moderate ups and downs as occur typically in Harriman.  
C - Generally flat with little elevation change.

**MAPS** - The TC number indicates a NY-NJ Trail Conference map for the area of the hike. For example: TC-118 refers to the Southern Harriman Park map.

**ABBREVIATIONS** - NCA-No Calls After . . . , Pref.- Leader's contact preference.

**EXPENSE SHARING** - When car-pooling, passengers are expected to offer the driver funds sufficient to cover the cost of fuel, tolls and parking fees. A \$3.00 minimum per person is recommended. Most hike trailhead meeting locations can be found on NY-NJ Trail Conference maps.

**HIKE CANCELLATION POLICY** - Sometimes an illness, injury or other unforeseen problem will make it impossible for a hike leader to lead his/her hike as announced in the schedule. When this happens the leader should first try to find a substitute leader so the hike can proceed as scheduled. The hike schedule chair person or any club officer can assist if necessary. If no substitute leader can be found then the leader or a substitute should appear at the hike meeting place to inform hikers of the situation. If a qualified leader volunteers, he/she should be given the sign-in sheet and the hike can proceed as scheduled. If the hike is one that requires preregistration, the leader must inform all who registered of the change by phone or e-mail.

## ADK NORTH JERSEY RAMAPO CHAPTER

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*Trail Talk is published quarterly in December, March, June and September. Deadline for submissions is generally one month prior to publication date. Please send articles, photos or other contributions to [newsletter@hudsonhikers.org](mailto:newsletter@hudsonhikers.org)*

## ADK STICKERS

Stickers for your car windows are available by contacting Phyllis Key at [pkeyhiker@juno.com](mailto:pkeyhiker@juno.com) or Laurie Schweighardt at [laurie@adk.org](mailto:laurie@adk.org). There is NO charge for the stickers. Be sure to give your full name and address so they can be mailed to you!



## HIKE SCHEDULE • FALL 2011 • OCTOBER • NOVEMBER • DECEMBER

October-December

A Day In The Catskills & Hudson Highland Area B 5.5-9 B  
Deanna Felicetta felicetta.deanna@gmail.com or 845-216-2021  
There is nothing like an entire day spent in the woods. Hikes will often be in the Catskills and other Hudson Highland locations. Difficulty will vary from hike to hike; however, we will be stopping to enjoy views and other beautiful places in the woods. The hikes this season will include such places as The Giant Ledges on Panther Mt., Hunter Mt. and Firetower, Balsam Mt., and a day at Bear Mt. with skating and hiking. The hikes will meet early, allowing us to have the entire day, and relax for a short break before the drive back home. Call between the 23rd and 1st of each month for location and details. Carpooling is welcome among hikers. **MUST REGISTER BY PHONE** before each hike. Your name and cell phone number are needed. Poor weather (thunderstorms, heavy snow or rain etc.) will cancel hike.

Saturday, 10/1 Adirondacks-Mt. Marcy (ascent 3200 ft) C+ 14.8 A+  
Elie Bijou adirondacks@verizon.net or 518-873-2119  
(NCA 9 PM; Fri. and Sat. 5 PM)

A long hike on well-groomed trails to the State's highest peak. Please bring warm clothing, snacks, water, lunch and expect an early start.

Saturday, 10/1 Sterling Forest Fire Tower Ramble B 5 B+  
Jeffrey Sovelove Hiker\_Dood@yahoo.com

We will do the Sterling Forest Fire Tower Ramble with the option to extend if the group desires. This is a moderately strenuous hike with a considerable amount of climbing. Bring water, lunch, and wear hiking boots. No sneakers. Meet at the Visitors' Center at 10 AM sharp. See the Sterling Forest web site for information and directions: <http://nysparks.state.ny.us/parks/74/details.aspx>. Steady/heavy rain cancels. Joint ADK/Sierra Club hike. TC map 100.

Sunday, 10/2 Teatown To Kitchawan Trail B 6 B  
Despina Metaxatos dmetaxatos@hotmail.com (pref.) or 201-952-4151

Meet 10 AM at Westchester County's Teatown Lake Reservation Nature Center Parking Lot (Mapquest directions). Shuttle to Kitchawan Preserve Parking Lot to begin hike on TKT (Teatown Kitchawan Trail, distinctive purple blazes), meandering through old farm fields and woods, along a reservoir, and climbing to the summit of Bald Mountain with Croton Reservoir and Hudson River views. Enjoy the colors of Fall. Steady rain cancels. Contact leader if weather uncertain.

Tuesday, 10/4 Catamount Mt. (ascent 1572 ft) C+ 3.8 A-  
Elie Bijou adirondacks@verizon.net or 518-873-2119  
(NCA 9 PM; Fri & Sat. 5 PM)

A relatively short hike through the woods and then a short chimney climb leads us to the open rock of this great summit. The view is spectacular, ranging from the northern Adirondacks to the High Peaks.

Wednesday, 10/5 Wallkill Valley Rail Trail C 2.5 C  
Louise Parnell 845-290-5287

Meet at 10 AM at the Water Street Market parking lot in New Paltz. Take the New York State Thruway to Exit 18 on to 299 West

(Main St.). The Water Street Market comes before the bridge over the Wallkill River and is on the left. We will all drive to a free parking lot. Please call to register for this walk.

Thursday, 10/6 In the Woods B/C 5/7 B  
Richard Sumner RLS@RSUMNER.COM or 845-362-8470  
Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 10/8 Catskills - Sugarloaf and Plateau A 10 A  
George Preoteasa gvpreo@gmail.com or 201-694-8344  
E-mail or call leader for meeting time and directions by October 6. This trail hike is in the Catskill Mountains, approximately 100 miles north of northern NJ. The arduous ascent is rewarded with great views. Interesting artifacts along the way. If there is interest, may organize as a shuttle to save on walking distance. TC map 141.

Saturday, 10/8 State Line Lookout C 2.5 C  
Louise Parnell parnelljt@optonline.net or 845-290-5287  
Meet at 10 AM at the State Line Lookout Parking Lot. We will walk Old 9W used before the Palisades Parkway was built. Take the Palisades Parkway south to Exit 3 and make the legal U-turn onto the northbound Palisades. The sign for the State Line Lookout Exit comes quickly on the right. TC map 109.

Sunday, 10/9 Hudson Bridge Walk B 6.5 C  
Peggy Wissler (c) 914-260-7506  
Meet 8:00 AM sharp at the NY-NJ Trail Conference parking lot in Mahwah, NJ for car pool. We will drive about 40 minutes north on the NY State Thruway to 87 Haviland Road, Highland, NY entrance to the walkway over the Hudson. We will proceed on the walkway to enjoy the river views and explore the amenities of the park area arriving at 61 Parker Ave., Poughkeepsie, NY where we will have a lunch break and retrace our steps.

Thursday, 10/13 In The Woods B 5/6 B  
Eileen Berch 973-506-7078 (NCA 8 PM)  
Meet at 9:30 AM in the Shop Rite Parking Lot (Rite Aid end) on Marshall Hill Road in the center of West Milford, NJ - which can be reached from Route 511 (Greenwood Lake Turnpike), a mile or so and several curves past Long Pond Ironworks at Monksville Reservoir. We will carpool to the trailhead on Crescent Drive in Ringwood. We'll hike up to Manaticut Point then on to Overlook Rock for lunch passing Lake Sonoma afterward. It's a shorter hike than normal, but we can linger and enjoy the views. Should be out by 3 PM. No need to register. No go if raining. Call by 8:30 AM morning of hike if weather is doubtful. TC map 115.

Saturday, 10/15 Sam's Point Preserve B 10 B+  
Robert Permutt rpermutt2003@yahoo.com (pref) or 914-588-0212

Meet at 9:30 AM. at the parking lot for the Sam's Point Conservation Center. Loop hike through one of the "Last Great Places" on Earth. Highlights include the Ice Caves, Verkeerder Falls and Sam's Point. Registration required for hike on or before October 14. TC map 104.

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Sunday, 10/16 Sterling Forest Twofer B 8 B+  
 Fred Hodde Bullwnk1@aol.com or (H) 973-728-3223  
 (C) 973-722-7824  
 We'll meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30 AM. We'll start with a climb to the Sterling Forest Fire Tower. After taking in the view, we'll hike to the Bare Rock Vista where we'll enjoy lunch. After lunch, we'll continue down the Bare Rock Trail, and then we'll climb back to the tower from the south via the Fire Tower and Sterling Ridge Trails, requiring a mini scramble. Not for beginners. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 100.

Thursday, 10/20 In The Woods B 7/9 B  
 Paul Margiotta pjmm11@verizon.net (pref.) or 201-693-6705  
 "Regular" Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Friday - Sunday, 10/21- 23 NJR Catskill Fall Weekend at the Strauss House.  
 Hikes to the Frank Bouton Memorial Shelter on Table, Slide Mountain summit and the Giant Ledges are all contenders. TC map 143.

Saturday, 10/22 Terrace Pond and More B 10 B  
 Gary Wiltshire gjwiltshire@hotmail.com or 973-728-9011  
 (NCA 9 PM)  
 Meet 9 AM, Hewitt Shopping Center in front of the Sears Hardware. We will drop off a couple of cars on Warwick Tpke and then proceed to Trail Head on Clinton Rd. The hike will take us around Terrace Pond and then across the Pipeline down to the cars. While this is a moderate hike bring plenty of food and water. Rain cancels, contact leader and let him know you're coming. TC map 116.

Saturday, 10/22 Long Path From Rt. 6 C 5 B  
 Denis Kmiec kmiec20@yahoo.com or Cell 845-548-5583  
 (NCA 9 PM)  
 We take the Long Path south to Stockbridge Shelter. We return on the Menomine and Nawahunta Fire Rd. Out by 1:30 PM. E-mail or call for directions. Meet 10 AM Rt. 6 Long Path crossing hikers' parking lot. Chance of heavy T. storms or rain cancels. TC Map 119.

Sunday, 10/23 Pine Meadow Circular B 7.5 B+  
 Peter Reiner psr7777@gmail.com or 845-323-7697  
 Meet at 9 AM at the Reeves Visitors' Center for the start. We will follow the Pine Meadow Trail around Pine Meadow Lake, and then take the Kakiat and Stony Brook Trails back to our meeting spot. This a lovely fall hike with great views of the lake. Call or e-mail leader to register. TC map 118.

Thursday, 10/27 In The Woods B 5/7 B  
 Eileen Berch 973-506-7078 (NCA 8 PM)  
 Meet at 9:45 AM Sterling Forest Visitor's Center, Old Forge Road (off Long Meadow Road) Tuxedo, NY. Park in upper lot and meet in Visitor's Center (rest room facilities). We'll hike to the Fire Tower, then down the ridge looping back toward the lake and VC. No need to register, but no go if raining. Call by 8:15 AM morning of hike if weather is doubtful. TC map 100.

Saturday, 10/29 Palisades & Hudson River Autumn Views C 7 C  
 Hank Zulauf hankz46@verizon.net or 201-391-5867  
 Leisurely paced and hopefully colorful hike on mostly flat terrain south from the State Line Lookout on the PIP past the Women's Federation Monument and the Palisades Parkway Police Headquarters to the Alpine Boat Basin. Lunch right on the Hudson River near the Basin's Pavilion. Beginner hikers welcome. Meet 10 AM in the State Line Lookout Parking Lot on the north-bound side of the PIP just south of Exit 3 on the Parkway. Call by 8 AM morning of the hike if weather is doubtful. TC map 109 (Hudson Palisades).

Sunday, 10/30 Harriman - Lichen/Bald Rocks Hike B 8 B+  
 Peggy Wissler (c) 914-260-7506  
 Meet 9:00 AM sharp at Elk Pen. We follow the AT to the Lemon Squeezer, proceed to the Lichen Trail and Ramapo Dunderberg Trial via Bald Rocks and Valley of Boulders. Continue on Stahahie Brook Trail and complete loop to the Elk Pen. Rain cancels. Call leader by Thursday to register for the hike. TC map 119.

**Reminder: NJR Holiday Party at Marcello's Suffern, NY.**  
 Register by November 25th with Suzan Gordon at browning.27@verizon.net or 201-871-3531.

Thursday, 11/3 In the Woods B/C 5/7 B  
 Richard Sumner RLS@RSUMNER.COM or 845-362-8470  
 Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 11/5 RD Trail Maintenance Hike C 6 B  
 Karen Rose kkarose@aol.com or 201-962-8546  
 Meet Tiorati Circle at 10 AM. Join me to hike and inspect the RD to the Wm. Brien Memorial Shelter and back again. We will be stopping to throw off blowdowns, clip back brush, pick up trash, check blazes, etc. Bring work gloves, clippers if you have them and lunch. Heavy rain cancels. Please call or e-mail to register.

Sunday, 11/6 Daylight Savings Time Ends

Sunday, 11/6 Breakneck Ridge B 5 A+  
 Chris Connolly c.connolly7@verizon.net or 201-321-6605  
 Need I say more? Return via Breakneck Bypass and Wilkinson Trails with Sugarloaf views. Parking area off Rt. 9D on north side of tunnel 2 miles north of Cold Spring. Precipitation cancels. TC map 102. Please register for this hike.

Thursday, 11/10 Stony Brook to Pine Meadow Lake B 7 B  
 Pat Marcotullio patros@optonline.net or 845-729-4046  
 We will hike the Stony Brook Trail to Pine Meadow Lake for lunch, returning on the Pine Meadow Trail. Meet 9:30 AM Reeves Visitor Center. Inclement weather cancels. TC map 118.

Friday, 11/11 Veterans Day Hike B 7/8 B+  
 Allison Tully alitully63@optonline.net or (c) 845-656-0442  
 Seven Hills Trail, Raccoon Brook Trail and surrounding trails. Route will be a loop but exact route will be determined closer to hike

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date. Moderately paced hike with several steep ups and downs. Meet 9:45 AM at Reeves Meadow Visitor Center. Steady rain cancels. Call by 8:30 AM morning of hike if in doubt. RSVP to register by 11/10. TC map 118.

Saturday, 11/12 Lunch With The Rockefeller's C 5 C  
Peter Reiner psr7777@gmail.com or 845-323-7697  
Meet at 9 AM at the Visitors Center at Rockefeller State Park Preserve in Sleepy Hollow off Route 117. We will walk on carriage trails and covered walkways to reach Rockwood Hall, the former home of one of the Rockefeller's, with a great view along the Hudson River. Wear comfortable shoes and pack a lunch. There is a fee for parking at the Preserve. Call or e-mail leader to register. A good beginner's hike.

Sunday, 11/13 Bare Rock Vista B 6 B  
Fred Hodde Bullwnk1@aol.com or (H) 973-728-3223  
(C) 973-722-7824

We'll meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30 AM. We'll start with a climb to the Sterling Forest Fire Tower. After taking in the view, we'll hike to the Bare Rock Vista and enjoy lunch. After lunch, we'll return to the Visitor's Center by "strolling" back down the Bare Rock trail. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 100.

Thursday, 11/17 In the Woods B 5/8 B  
Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM)  
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 11/19 March Through Jockey Hollow B 5 B  
Jeffrey Sovelove Hiker\_Dood@Yahoo.com  
We will do parts of the Grand Loop, Blue Trail, and Yellow Trail at Jockey Hollow National Park in Morristown. We will stop at the Soldiers' Huts. For directions and information see <http://www.nps.gov/more/playourvisit/directions.htm>. Bring lots of water, a light snack, and wear hiking boots. Meet at the Visitors' Center at 10 AM. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Saturday, 11/19 Panther Mt. Giant Ledges A 10+ A  
Thru Hike In The Catskills  
Gary Wiltshire gjwiltshire@hotmail.com or 973-728-9011  
(NCA 9PM)

Meet at the Trail Conference Office on Rt. 202 in Mahwah, NJ by 6:30 AM. We will carpool to Woodland Valley Campground and drop off a car and then proceed to Fox Hollow Rd. This is a long day, not for beginners. Bring plenty of food and water. While challenging it is also a very rewarding hike with great views from the Giant Ledges. Rain/snow cancels. Please notify leader to register.

Sunday, 11/20 Island Pond Circular B 8.6 B+  
P. Tilgner, S. Gordon browning.27@verizon.net or (h) 201-871-3531 (c) 201-546-0509

Meet 9:30 AM White Bar Trail crossing Rt. 106. Our hike takes us on Island Pond Rd., the AT, Long Path, Lichen, RD, Dunning, and White Bar Trails. Please register with leaders for this hike.

Friday, 11/25 **Deadline to register for NJR Holiday Party at Marcello's Restaurant, Suffern, NY. See page 7 for details.**

Saturday, 11/26 Three Hills B 9 A  
Karen Rose kkarose@aol.com or 201-962-8546  
Meet at Silvermine Parking at 9 AM. This is a hike with 3 steady long steep climbs, no easy out. We will car pool to start of hike at Bear Mt. parking lot (parking fee). We will follow the AT over Bear and West and Black Mountains, exiting on Menomine Trail. Rain cancels. Please call or e-mail leader to register.

Sunday, 11/27 Schunemunk Summits B 8 A  
Chris Connolly c.connolly7@verizon.net or 201-321-6605  
Tour both summits taking Sweet Clover to Long Path and returning via Western Ridge, Jessup and Dark Hollow Trails. Precipitation cancels. Meet 9:30 AM at Taylor Road Parking Area. Please register for this hike. TC map 114.

Thursday, 12/1 **NJR Holiday Party 7 PM. Marcello's, Suffern, NY.**

Saturday, 12/3 Palisades Pathways B 8 B  
Chris Connolly c.connolly7@verizon.net 201-321-6605  
Hudson views accompany you along Shore Trail to Greenbrook Sanctuary for lunch and return via Long Path. Icy conditions cancel. Meet 9:30 am at PIPC Alpine headquarters off Exit 2 of Palisades Parkway. Please register for this hike. TC map 108.

Sunday, 12/4 Surprise Lake Loop B 6 B  
Fred Hodde Bullwnk1@aol.com or (H) 973-728-3223 or  
(C) 973-722-7824  
We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford at 9:30 AM. We'll do a loop around the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 116.

Thursday, 12/8 In The Woods B 6/8 B  
Georgette Fazzari grfhiker@gmail.com (pref.) or  
551-265-2369 (NCA 9 PM)  
Varied terrain in Harriman or nearby parks. Contact leader the week of hike for details and to register.

Saturday, 12/10 Palisades Pathways B 8 B  
Chris Connolly c.connolly7@verizon.net or 201-321-6605  
Hudson views accompany you along Shore Trail to Greenbrook Sanctuary for lunch and return via Long Path. Icy conditions cancel. Meet 9:30 AM at PIPC Alpine headquarters off Exit 2 of Palisades Parkway. Please register for this hike. TC map 108.

Sunday, 12/11 Wyanokie High Point Loop B 7 B  
John Roebig jhroebig@gmail.com or 854-357-4538  
We will do a loop hike in the Norvin Green State Forest originating out of the Weis Ecology Center. The trip will climb to the summit of Wyanokie High Point, Yoo Hoo Point and Carris Hill. Meet at 9:30 AM at the Weis Ecology Center at the large dirt parking area on the right side of the road, just before the entrance to the Center. Come prepared with appropriate gear including traction devices. Precipitation or forecast of same cancels. E-mail (pref.) or call for directions and to register for hike. TC map 115.

## HIKE SCHEDULE • FALL 2011 • OCTOBER • NOVEMBER • DECEMBER

Thursday, 12/15 In the Woods B/C 5/7 B  
Richard Sumner RLS@RSUMNER.COM or 845-362-8470  
Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 12/17 Schuber and Cannonball Trails B 7 B  
Pat Marcotullio patros@optonline.net or 845-729-4046  
From upper Skyline Drive parking area we will hike north on the Schuber Trail toward Camp Glen Gray returning on the Cannonball Trail. Meet 9:30 AM at Skyline Drive upper hiker parking area. From Rt. 287 take Exit 57 toward Ringwood. Parking area is on your left 2 miles up. Inclement weather will cancel. TC map 115.

Sunday, 12/18 Old Croton Aqueduct B 10 C  
Aaron Schoenberg askus3@optonline.net or 845-986-8645  
This hike will traverse the aqueduct which is a great engineering achievement of the 19th century. We will follow it from Yonkers to Tarrytown northbound passing spectacular views of the Hudson River and the Palisades cliffs of New Jersey. Along the way I will point out historic and architectural treasures. Meet 9 AM at Doubletree Hotel in Tarrytown which faces you across Route 9 as you get off at Exit 9 of the Thruway (1st exit after crossing Tappan Zee Bridge southbound). Park at south end of parking lot (far left).

Thursday, 12/22 In the Woods B 5/8 B  
Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM)  
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Sunday, 12/25 Christmas-Hannuka Hike B 6 B  
Dave and Naomi Sutter dsuttr@aol.com  
Meet 10 AM at Sloatsburg Municipal Plaza on Rt. .17 north. A festive event along trails dimly remembered by aged leaders. Joint with AMC. Steady precipitation may cancel.

### Trail Maintainer Needed

by Karen Rose

This is a great opportunity to get more involved with our chapter. After many years of service to the chapter, Rudy Garfinkel is retiring from his post as trail maintainer for ADK NJR. Thank you Rudy!

We need a volunteer to maintain the Long Path from Route 6 to the Menomine trail junction. This is about a 2-mile long relatively easy stretch of trail. The maintainer is responsible for patrolling the trail at least 2 times a year and submitting a report in the Spring and Fall. Duties include cutting back brush, checking trail blazes, clearing small blowdowns and reporting any job that would require chainsaw crews' attention. Please contact me at 201-962-8546 or kkarose@aol.com if you are interested.

## Responsibilities of a Hike Leader-10 Tips

by Peter Reiner

If you have thought about becoming a hike leader for our chapter, here are several tips to help you lead a successful hike:

1. Know the route. The leader should be familiar with the trail. It is best to have hiked the route a few days or weeks in advance of the trip so that the trail conditions are fresh in your mind. Locate the trailhead, assess trail conditions, establish a lunch stop, and locate car parks (at both ends if it is to be shuttle hike).
2. When prospective hikers call to ask about the hike, discuss the difficulty of the hike and try to assess the ability of the hiker to handle your hike.
3. Meet at the appointed time and place on the day of the hike. At the meeting place, have each hiker should write his name on the sign-in sheet.
4. The hike leader should assess the equipment and condition of each hiker, and if someone does not appear to measure up to the level of difficulty of the hike this is the time to have a heart-to-heart talk about their participation.
5. Brief hikers about the hike at the trailhead. Be sure you introduce yourself and ask the participants to introduce themselves to the group.
6. Appoint a sweep. The larger the group, the more important it is to station an experienced hiker at the end of the group.
7. Keep track of your hikers. On the trail, make periodic stops to ensure that all hikers are still with you. It is your responsibility to keep the group together and to find lost hikers. Count the number of trip participants at the start of the trip, periodically throughout the trip, and again at the end of the trip to insure that everyone is accounted for.
8. Be prepared for emergencies. Carry a first aid kit. You should be able to take care of minor cuts and scrapes, blisters, bee stings, and so on.
9. Offer guests (nonmembers) a chance to join the club. Carry some ADK brochures/application blanks in your pack.
10. After the hike, be sure to mail the hike sign-up sheet in the envelope provided to you beforehand. Be sure to write the date of the hike, your name and phone number, and the hike length in miles.



Photo by P.Tilgner

Pre-registration is advised in case of a change in schedule.

# Grand Canyon Rim To Rim And More

Pasquale Marcotullio

This is what a ranger told me 25 years ago, on a trip from Las Vegas: "You can see part of the Grand Canyon from either the north or south rim, but if you want to see and feel it, you have to go to the bottom and look up." There are 4 ways to get to the bottom of the Grand Canyon; the most popular option is to go down and up for a long day hike or stay for one night or longer at a campsite or at Phantom Ranch - rustic cabins and dorm type accommodations. The second option is a jarring ride on mule-back with an overnight stay at Phantom Ranch. The third is by raft on the Colorado River and the fourth is by helicopter, which is mostly used for rescue operations. My friend and fellow hiker Mark and I opted to join with Road Scholar (formerly Elderhostel) for a 4-night, 5-day rim to rim hiking trip.

On the first day, May 13, our group of 5 women and 5 men including the leader and co-leader, hiked 4 ½ miles down the Bright Angel trail to the Indian Garden campground with a side trip of 3 miles to Plateau Point, a lookout 1500 ft from the bottom of the canyon where we saw the Colorado river for the first time. Next day, May 14, we crossed the river on the Silver Bridge and reached Bright Angel campground in the early afternoon. After setting camp, I hiked upriver for about 1 ½ miles past the Indian Archeological Excavations, a riverbank site where Havasupai Indians lived and farmed, crossed the river again on the Black Bridge (the south side of the bridge ends in a tunnel), hiked the spectacular river rim of the Kaibab trail and back across the Silver Bridge to the campground.

On May 15 we began our ascent to the north side of the canyon on the Kaibab trail. After hiking 7 ½ miles with a steady climb of 1600 ft, we reached Cottonwood campground in early afternoon. The next day was supposed to be a rest day but we chose to explore upper and lower Ribbon Falls and surrounding area. With temperatures well above 90 degrees, the cool spray of the falls was a welcome relief. Temperatures at the bottom of the canyon can easily reach 115 degrees in summer. In winter it is not uncommon to have 12 ft of snow on the north rim and none on the bottom with a temperature difference of more than 30 degrees.

Road Scholar brochure accurately describes the final climb to the north rim as follows: "After breakfast and early camp break, begin the final climb to the north rim. This is the big climb which will become one of your favorite war stories in the retelling. We will hike up about 4200 vertical feet in about 7 miles through some of the most spectacular scenery the Grand Canyon has to offer". About half way up, there is Roaring Springs, a large stream that comes out of the side of the mountain and comes roaring down for approximately ½ mile to Bright Angel creek and ultimately into the Colorado River. You can hear the water before you see it, and directly across the trail. It is a sight not easily forgotten. We reached the rim about 11 AM. The rest of the group arrived around 12:45 PM, all of us safe, tired and happy.

The Grand Canyon started as a marine environment some 1,200 million years ago depositing 13,000 feet of sediment and lava. After millions of years of lifting, tilting and erosion we now have

some of the most spectacular geology the world has to offer. I feel extremely fortunate to have hiked the Grand Canyon and savored this miracle of nature so closely. I also feel fortunate to live in an area that offers many possibilities for easy and challenging hikes. It offers me and others in the community the opportunity to "feel" our mountains. I love having lunch at Wyanokie High Point, directly across the Wanaque Reservoir with the Ramapo mountains and the NY City skyline as a background. It takes an effort to get to the top, but I assure you, that energy bar tastes better up there.



Pat Marcotullio (left) and fellow hiker Mark Liss at the north rim.

## READ THIS

The plans for the **ADK Fall Weekend** at the **Straus House** in the Catskills are in place. Three days, **October 21st to the 23rd**, will include daily planned hikes, delicious breakfasts, packed lunches and dinners cooked by our personal chef, Francine. The cost for two nights, six meals, tips and taxes is a bargain at \$295 per person. Please contact me by October 1st for registration.

Our annual **Holiday Party** will take place at **Marcello's Restaurant in Suffern, NY** on **Thursday, December 1st** beginning at 7 PM. We will have time to socialize before sitting down for dinner at 7:45. Marcello has promised us another fantastic evening of fabulous food (salad, pasta, choice of entree, dessert, coffee and/or tea) for the unbelievable price of \$29 per person. A cash bar will be available to keep us merry and in a holiday mood. Please let me know if you will join us by contacting me before November 25th.

Looking forward to seeing you then.

Suzan Gordon, Program Chair  
201-871-353  
browning.27@verizon.net

Adirondack Mountain Club  
 North Jersey Ramapo Chapter  
 385 N Franklin Tpke, Box 7  
 Ramsey, NJ 07446

**FALL 2011**

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## Dates to Remember!

**Friday, October 21st to  
 Sunday October 23rd  
 ADK Fall Weekend, Straus House,  
 Claryville, NY.**

Meet Friday at the Inn and stay until Sunday after lunch with three planned hikes in the Catskills. Delicious, healthy cuisine by Chef Francine. Cost is \$295 per person. Register by October 1st. See details in the Newsletter.

### **Thursday, December 1st, HOLIDAY PARTY.**

Begin the holiday spirit at our holiday party to be held at Marcello's in Suffern, NY. Four course dinner is \$29 per person. Please sign up by November 25th. More information on page 7.



## Welcome New Members!

Albert Stadler – Eatontown NJ  
 George Hewitt – Hohokus NJ  
 Kevin Prunty – Stony Point NY  
 Mary Gastrich – Closter NJ  
 Christine Kokoruda – Mahwah NJ  
 Joann & Kurt Hildenbrand – Closter NJ  
 Laura Nugent – Piermont NY  
 Elaine Philis – New York NY  
 Emily Friedhoff – River Vale NJ  
 Frank & Dawn Goldbach - Chatham NJ  
 Nancy Yomtov – Hillsborough NJ

### WELCOME BACK

Alan Sadovnick – Congers NY  
 Donald Tripp – Lambertville NJ  
 Richard Lautenslager – Brielle NJ  
 Alan Sadovnick – Congers NY  
 Richard Silkes – Kinnelon NJ