



SUMMER 2017

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Message From The Chair

Summer is here and it is a great time to get outside and enjoy all that summer has to offer: the glorious green leaves, sweet breezes, singing birds and the warmth of the sun on your face! There is something for everyone in our hike schedule, ranging from gentle walks to challenging hikes and everything in between. I encourage all of our members to come out and join the fun. Look over the schedule and choose one that fits your experience and skill level. Then just take a hike! For even more fun, bring along a friend!

I also want to remind you that in September we will be returning to the Mohonk Mountain House. It has been a very popular outing in past years and I am happy to see it again in our schedule. See the article on page 6 for details. Thanks to Daphne Downes for organizing this special day.

We have some changes to announce in our committee chairs. After many years of service (18, to be exact) Phyllis Key is stepping down as Membership Chair. In past years Phyllis was an active hike leader and hiker and was instrumental in getting our Thursday hike program off to a great start. She will be missed by everyone on the board. Roy Wooters has volunteered to be our new Membership Chair.

Roy will be leaving his current position as Conservation Chair, so we are looking for a replacement. We need someone interested in conservation issues (local and general) to keep abreast of developments, keep the board members informed, and recommend things that our chapter should do to help protect our natural resources.

Another member stepping down is Chris Tausch. Chris is moving out of the area and will likely join a different ADK chapter. Chris was an important part of the North Jersey Chapter for many years and has been our delegate to the New York New Jersey Trail Conference and the alternate ADK director. We thank him for his many years helping make the chapter(s) a success. The job of the NYNJTC delegate is to attend the Trail Conference meetings as a voting member and report back to the board. As the alternate ADK director, Chris was available as a backup to the director to attend the ADK board meetings in Lake George.

We are also still in need of a Programs Chair. The Programs Chair arranges regular public chapter meetings, finds speakers, a meeting room, refreshments and so on. The Programs Chair can also arrange special events, as needed.

These are great opportunities for a few members to step forward and become part of our management team. We're looking forward to welcoming them.

Be on the lookout for our new website. Peter Reiner and Richard Sumner are working on this project and hope to have it up and running soon. The address (hudsonhikers.org) will be the same but with a brand new look!

And next summer (a year from now) I am planning a chapter outing to the Adirondacks. We haven't done one for many years and I'm looking forward to introducing a few brave hikers to the Adirondack Mountains! I'll be looking for volunteers to help organize and lead hikes. Look for more information and dates later this year.

See you on the trails,
Karen

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. 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 STICKERS

You can get ADK stickers for your car windows by contacting Phyllis Key at pkeyhiker@gmail.com. There is NO charge. Be sure to include your name and address so they can be mailed to you!



ADK NORTH JERSEY RAMAPO CHAPTER

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For information: info@hudsonhikers.org
www.hudsonhikers.org

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Trail Talk is published quarterly. The deadline for submissions is generally one month prior to publication date.

Please send articles, photos or other contributions to newsletter@hudsonhikers.org. If you do not receive the newsletter by the beginning of each quarter (January, April, July and October) please contact the membership chair (membership@hudsonhikers.org 201-768-5573).

HIKE SCHEDULE • SUMMER 2017 • JULY • AUGUST • SEPTEMBER

Saturday, 7/1 In Skannatati We Start B 7 B
 Dean Gletsos 845-354-0738 cglestos@yahoo.com
 A hike in a moderate pace, not for runners! Lunch at a newly renovated shelter. Visit several man-made lakes and mines. Meet 9 AM at the Sloatsburg Municipal parking lot, east side of Rt. 17 in Sloatsburg, where we will wait for the bus people. Then we will car pool to the starting point. Be prepared to adjust for conditions and have enough food and water. Joint with AMC. TC Southern Harriman-Bear Mt. Trails map 119.

Sunday, 7/2 No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Thursday, 7/6 Hasenclever Mine B 6 B
 Geoff Fonseca 845-357-9366 geofffonseca@yahoo.com
 Meet at 9:30 AM at Lake Skannatati. We will hike the ASB, Red Cross, and Hasenclever road and return on the Beech and Long Path. Precipitation of any kind cancels. Please e-mail leader to register. TC Harriman-Bear Mt. Northern map 119.

Saturday, 7/8 Hike the AT For Ice Cream B 9 B+
 Peter Reiner 845-323-7697 psr7777@gmail.com
 Meet at 10 AM at the parking area on the Appalachian Trail head located at Continental Rd. Warwick, NY. We will be traveling about 9 miles, 1200 feet vertical in many small ups and downs. Several great views including Greenwood Lake and Cat Rock. At the end we will go to the famous Bellvale Creamery ice cream shop. No beginners please. This is a car shuttle, to start the hike at the NY Rt. 17A by the Allis Trail. Contact leader to register. Rain cancels. TC Sterling Forest Trails map 100.

Sunday, 7/9 AM Hike in Ramapo Reservation B 4 B
 Karen Rose 201-962-8546 kkarose@aol.com
 To beat the heat we will meet early at 9 AM and be out by noon. A loop using the Ridge Trail. Okay for beginners who can hike at a steady pace. Bring plenty of water and a snack. Meet at Ramapo Reservation Parking Lot on Rt. 202. Please e-mail or call to register. Rain cancels. TC North Jersey Trails map 115.

Thursday, 7/13 In The Woods B 6/8 B
 Paul Margiotta 201-693-6705 pjmm11@verizon.net (pref.)
 Active 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 PM on Wednesday.

Saturday, 7/15 Jockey Hollow Leader's Choice B 5 B
 Jeffrey Sovelove Hiker_Dood@yahoo.com
 Leader's choice of trails depending on conditions at Jockey Hollow National Park in Morristown. See <http://www.nps.gov/morr/planyourvisit/directions.htm> for directions and information. Bring lots of water, a snack, and wear hiking boots. Meet at the visitors' center at 10

AM. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 7/16 No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Thursday, 7/20 In the Woods B 6/7 B
 Debbie Bell 845-358-8386 deb2@columbia.edu
 (NCA 9 PM)

Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 7/22 Ramapo Torne B 5.1 B
 Roland Autran (h)201-886-9119 autran@msn.com
 (c)201-699-3388

Meet 9:30 AM at Reeves Meadow Visitor Center Parking off Seven Lakes Drive. Hike south on the Pine Meadow to the Seven Hills to the Hillburn-Torne-Sebago, then north back on the Seven Hills, then west on the Reeves Brook to the Reeves Meadow Visitor Center Parking. This hike is moderate to strenuous. Severe inclement weather cancels. Please register for this hike. TC Southern Harriman-Bear Mt. Trails map 118.

Sunday, 7/23 Orak and The Three Reservoirs B 6 B
 Despina Metaxatos dmetaxatos@hotmail.com
 201-952-4151 (NCA 9PM).

Meet 9:30AM at 2nd hiker parking along Call Hollow Road (Willow Grove Road Exit 14 on PIP). Take Long Path and woods roads to Jackie Jones Mt. Fire Tower, then continue on the SBM to the Third Reservoir for lunch. Return via Second and First Reservoirs along woods roads. Please register with leader. TC Harriman-Bear Mt. map 118.

Tuesday, 7/25 Bare Rock Overlook (Out and Back) B 7 B
 Mario Medici marioamedici@gmail.com (pref.)
 201-396- 9391

Hike to the spectacular Bare Rock Overlook featuring views of Greenwood Lake. First couple of miles are mostly uphill over some rocky terrain. Be sure to wear hiking boots or sturdy shoes and bring a lunch and at least two quarts of water. Park in Sterling Forest Visitor Parking lot (upper lot) and meet at the Visitor's Center (across the road) at 10 AM. Call hike leader before 9 AM, if weather is questionable. Please e-mail or call hike leader to register. TC Sterling Forest Trails map 100.

Thursday, 7/27 Panther Mountain Loop B 7 B
 Roy Wooters (c) 845-304-0867 rfwoot@gmail.com
 Meet at 9:30 AM Ramapo Equestrian Center on Route 202 to hike the Pine Meadow Trail, Suffern Bear Mountain Trail, and various woods roads. Bring lunch and plenty of water. Must contact leader to register via e-mail with phone number. Moderate/heavy rain cancels. TC Harriman-Bear Mt. Southern Trails map 118.

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Saturday, 7/29 Bare Rock Vista B 7 B
 Fred Hodde (h) 973-728-3223 Bullwnkl1@aol.com
 (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 return to the Visitor's Center by "strolling" back down the Bare Rock trail. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest map 100.

Sunday, 7/30 No hikes are currently scheduled
Thursday, 8/3 for these dates. Please check the
Saturday, 8/5 Facebook and/or Yahoo group
Sunday, 8/6 pages for last minute additions
Thursday, 8/10 and changes to the schedule.

Friday, 8/11 NJR Board Meeting
 The North Jersey Ramapo Board will meet at 3 PM at the headquarters building of the NYNJ Trail Conference at 300 Ramapo Valley Rd. (Rt 202). If you plan to attend, please e-mail chair@hudsonhikers.org or call 201-962-8546.

Saturday, 8/12 Tranquility Mine Hike B 7.5/8 B
 Roy Wooters (c)845-304-0867 rfwoot@gmail.com
 Meet at 9 AM at the intersection of Greenwood Tpke and East Shore Rd west of Monksville Reservoir, Hewitt New Jersey. Hike the Sterling Ridge Trail with a short detour to the Tranquility Mine, Lake to Lake, Jennings Hollow trails. Must contact leader to register via e-mail with phone number. Moderate/heavy rain cancels. TC Sterling Forest Trails map 100.

Sunday, 8/13 Jackie Jones Mountain B 5 B
 Peter Reiner 845-323-7697 psr7777@gmail.com
 Meet at 9:30 AM at the parking area on the left of Route 106 just before crossing a bridge. Visit the ruins of ORAK and hike along the SBM trail to the third reservoir, crossing Jackie Jones Mountain and Big Hill to the shelter. Return on the Long Path and back on the SBM trail. Rain cancels. Contact hike leader to register. TC Southern Harriman-Bear Mt. Trails map 118.

Thursday, 8/17 Silvermine Lake & Black Mountain B 6 B+
 Henry Barkhorn hcbarkhorn@hotmail.com
 646-853-0824
 Start at 9:30 AM from the Silvermine parking area off Seven Lakes Drive. We will hike the Menomine, Red Cross, Owl Lake Rd., 1779 and AT/RD, returning on Silvermine Road. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman-Bear Mountain map 119.

Saturday, 8/19 Raccoon Brook Hills B 5.7 B
 Roland Autran (h)201-886-9119 autran@msn.com
 (c)201-699-3388
 Meet 9:30 AM at Reeves Meadow Visitor Center Parking off

Seven Lakes Drive. Hike the Pine Meadow to the Stony Brook to the Kakiat, north on the Raccoon Brook Hills back to the Kakiat and back on the Pine Meadow to the Reeves Meadow Visitor Center. This hike is moderate. Severe inclement weather cancels. Please register for this hike. TC Southern Harriman-Bear Mt. Trails map 118.

Sunday, 8/20 AM Hike in Harriman B 4 B
 Karen Rose 201-962-8546 kkarose@aol.com
 To beat the heat we will meet early at 9 AM and be out by noon. Hike to Pine Meadow Lake. Okay for beginners who can hike at a steady pace. Bring plenty of water and a snack. Meet at Lake Sebago Boat Launch Parking. Rain cancels. Please e-mail or call to register. TC Southern Harriman-Bear Mt. Trails map 118.

Thursday, 8/24 Sterling Lake Loop B- 4.2 B-
 Mario Medici marioamedici@gmail.com (pref.)
 201-396- 9391

A four+ mile hike around picturesque Sterling Lake. Plan on stopping at the "beach" for a short break, so be sure to bring a snack and at least two quarts of water. Park in Visitor Parking lot (upper lot) and meet at the Visitor's Center (across the road) at 10 AM. Leader may stop at the Sterling Lake Iron Works Mine for a few minutes to point out where ore was processed for the "Great Chain" before bringing it to the forge. Call hike leader before 9 AM, if weather is questionable. TC Sterling Forest Trails map 100. Please e-mail or call hike leader to register.

Saturday, 8/26 Pine Meadow Lake & B 6.5 B
 Ramapo Escarpment
 Geoff Fonseca 845-357-9366 geofffonseca@yahoo.com
 Start at 9:30 AM from the Town of Ramapo Equestrian Center off Rte. 202 south of Pomona. We will hike the Pine Meadow Trail to the SBM and Conklin's Crossing and return via the Pine Meadow Trail. Steady rain cancels. Registration by e-mail. TC Southern Harriman-Bear Mt. Trails map 118.

Sunday, 8/27 Out Of The Elk Pen B 6 B
 Fred Hodde (h)973-728-3223 Bullwnkl1@aol.com
 (c)973-722-7824

Meet at the Elk Pen at 9:30 AM. We'll hike the Stahahe Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT trails. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC Northern Harriman-Bear Mt. Trails map 119.

Monday, 8/28 Deadline for payment of \$65 per person for Mohonk Day. See page 6 article for details.

Thursday, 8/31 Sterling Ridge Trail To The Fire B 6.6 B
 Tower And Return
 P.Tilgner/S.Gordon petertilgner@icloud.com
 (c)201-681-0592
 Meet 10 AM at the Sterling Ridge/Allis Trail/Sterling Valley

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Trailhead off Rt. 17 A. The short, rough woods road entrance to parking area (P8 on map), is 5.7 miles west of the traffic light at ramp leading from Rt. 17 to Rt. 17 A. Look for the hiker crossing sign on right. Road to parking will be a short distance on your left. TC Sterling Forest Trails map 100. Please register by e-mail. Steady rain cancels.

Saturday, 9/2 Almost Perpendicular B 5.5 B
& Claudius Smith Den
Roland Autran (h)201-886-9119 autran@msn.com
(c)201-699-3388

Meet 9:30 AM at Tuxedo railroad station parking lot on Village Road. Hike south on the Ramapo-Dunderberg to the Kakiat, south to the Blue Disc, west on the Tuxedo-Mt. Ivy Trail and back to the parking lot on the Ramapo-Dunderberg. This hike is moderate. Severe inclement weather cancels. Please register for this hike. TC Southern Harriman-Bear Trails Southern map 118.

Sunday, 9/3 Skannatati East Side Loop B 8.5 B
Fred Hodde (h)973-728-3223 Bullwnk1@aol.com
(c)973-722-7824

Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned route will use the ASB, Red Cross, Beech and Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Northern Harriman-Bear Mt. Trails map 119.

Thursday, 9/7 Popolopen Torne and Gorge B 6 B+
Henry Barkhorn hcbarkhorn@hotmail.com
646-853-0824

We will start at 10 AM from the parking lot at Fort Montgomery on Route 9W north of the Bear Mountain Bridge. We will hike the Timp-Torne trail to the summit of Popolopen Torne. After enjoying lunch and the views, we will head down the Popolopen Gorge trail along Popolopen Creek, ending with a walk over the suspension footbridge between Forts Clinton and Montgomery. This hike is rated B+ due to short rock scrambles as we approach and descend the summit, but the views are worth it. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman-Bear Mt. Trails map 119.

Saturday, 9/9 Mohonk Mountain House Day
Must register for this event with Daphne Downes:
daphner974@gmail.com or 201-424-9360

A carriage road walk of 4-5 miles, a 6-7 mile hike in the woods, and a rock scramble are planned. Meet by 10AM on the Mountain House lower porch facing the lake. Shower, tea and dinner to follow. See the article on page 6. Payment of \$65 per person must be received by August 28. For driving directions go to www.mohonk.com/location. Car pooling arrangements will be made prior to the event.

Sunday, 9/10 Rain Date Mohonk Mountain House Day

Thursday, 9/14 In The Woods B 6/8 B
Paul Margiotta 201-693-6705 pjmm11@verizon.net (pref.)
Active 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 PM on Wednesday.

Saturday, 9/16 Boston Mine & Stahahe High Peak B 6.5 B
Roland Autran (h)201-886-9119 autran@msn.com
(c)201-699-3388

Meet 9:30 AM at the parking lot on Route 106 at intersection with the White Bar Trail. Hike north on the White Bar to the Nurian then north on the Ramapo-Dunderberg to the Lichen, then west on the ASB, then south on the White Bar and west on the Dunning Trail around Green Pond, then south on the Island Pond Road, and back to the White Bar and our start on Route 106. This hike is strenuous. Severe inclement weather cancels. Please register for this hike. TC Northern Harriman-Bear Mt. Trails map 119.

Sunday 9/17 Pothole Hike B 7 B
Roy Wooters (c)845-304-0867 rfwoot@gmail.com

Meet at 9:30 AM at Lake Skannatati on Seven Lakes Drive, Harriman State Park. Hike the Long Path, RD (examine the pothole), AT, Surebridge Mine Road and ASB trails. Must contact leader to register via e-mail with phone number. Moderate/heavy rain cancels. TC Northern Harriman-Bear Mt. Trails map 119.

Thursday, 9/21 In the Woods C 4/5 C
Debbie Bell 845-358-8386 deb2@columbia.edu
(NCA 9 PM)

Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 9/23 Turtleback Rock B 6 B
South Mountain Reservation

Jeffrey Sovelove Hiker_Dood@yahoo.com
We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission website <http://www.essexcountyparks.org/parks/south-mountain-reservation> for directions or Google "turtle back rock picnic area". Bring lots of water, and wear hiking boots. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 9/24 Lake Sebago Boat Launch B 7 B
Geoff Fonseca 845-357-9366 geofffonseca@yahoo.com

Meet at 9:30 AM at Lake Sebago Boat Launch Parking Lot. We will hike on the Seven Hills, Buck and East Conklin Trails. Lunch at Lake Wanoksink. We will return on Pine Meadow Trail/woods road & Seven Hills trail. Precipitation of any kind cancels. Please email leader to register. TC Southern Harriman-Bear Mt. Trailsmap 118.

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Thursday, 9/28 Pine Meadow Lake (Out and Back) B- 5 B-
Mario Medici marioamedici@gmail.com (pref.)
201-396- 9391

A 5-mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack or lunch and at least two quarts of water. Meet 10 AM at the Reeves Meadow Visitor's Center. Call cell before 9 AM, if

weather is questionable. TC Southern Harriman-Bear Mt. Trails map 118. Please e-mail or call hike leader to register.

Saturday 9/30 No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Mohonk Day, Saturday September 9



Mohonk Mountain House

Once again, we are planning an all-day outing at Mohonk Mountain House on Saturday, September 9th (rain date is Sunday, September 10th). Please keep both dates clear in case of bad weather.

Mohonk Day is doing whatever you'd like to do - the planned activities are optional. Take a walk on the extensive carriage roads, or a 6-mile hike in the woods. The really ambitious can go on a rock scramble. But it's all up to you. You can simply wander in the award-winning gardens, sit on the porch or in a gazebo reading or take part in various other activities (visit the barn museum or greenhouse, lawn bowling, shuffleboard, horseshoes, frisbee golf, and more) or simply enjoy watching the goings-on around this magnificent hotel (www.mohonk.com).

After the day's activities, we will shower and change on the pool level of the hotel's health spa. Then at 4 pm enjoy tea and cookies in the Lakeside Lounge or relax on the Sunset Porch with a cocktail (cash bar). At 6 PM we meet in the main dining room for a delicious buffet dinner, including a

selection of carved meats, hot entrees, vegetables, a salad bar and prepared salads, along with a variety of homemade desserts.

The cost is the same as it has been for the last two years, just \$65.00 per person, which includes tips and taxes. It really couldn't be better and we hope you can join us at this favorite annual event.

RSVP with payment must be received by Monday, August 28.

Checks should be made payable to "NJ-ADK"

Send to :

Daphne Downes
ADK North Jersey Ramapo Chapter
385 N. Franklin Turnpike, Box 7
Ramsey, NJ 07446.

If you have any questions, please contact Daphne at (201) 424-9360 or daphner974@gmail.com.

Yoga for Hikers, Ardha Matsyendrasana

by Deanna Felicetta, E-RYT 200, LPN, Yoga of the Heart Certified

Also known as Half Lord of the Fishes, Ardha Matsyendrasana is a seated, twisted posture. This is a cool reflective posture. It helps one to let go of resistance in the body and the mind. It teaches acceptance and helps one to be grounded in the present. It is best to do this posture later in the day when the body is warmed and stretched. It is wonderful for your spine, core, and shoulders and is also of great value to your digestive system. This is a good pose to do in the summer and the warm weather.

Begin seated on the floor in the DANDASANA pose, the pose in the Spring newsletter. You may wish to sit in this pose for a few moments. Sit up tall with your legs straight in front of you, arms hanging down at your sides. Breathe in fully. Now we will begin with ARDHA MATSYENDRASANA. Cross the right foot over the left leg and place it with the sole firmly on the floor. Next bend your left leg, so that its outer side is flat on the floor with your left foot on the floor close to your right hip. For a moment sit tall with arms by your sides. Then carefully take your straight left arm and press the outer side against the top outside of your right leg with the hand near the ankle. Gently turn and twist your torso and spine to the right. Allow your right arm to come to the floor with the hand on the floor behind your right buttock. Press it down and open your shoulders and chest. Breathe fully as you sit tall and erect. Stay here for several minutes enjoying this spinal twist. Slowly unwrap yourself. Return to Dandasana for a pause before doing other side (I suggest you plan to do each side at least twice).



For the second side, cross the left foot over the right leg, placing it outside of your right leg with the sole firmly on the floor. Next bend the right leg so the outside of the leg is flat on the floor with the outside of the foot flat on floor by the left hip. Sit tall for a moment with arms at your side and breathe in and out. Now turn and twist left pressing your straight right arm against your left leg, firmly turning your torso to the left. The left arm should come to the floor with the hand behind your left buttock, allowing shoulders and chest to open. Sit tall in the twist and breathe fully in and out. Come out of your twist carefully. Sit tall and breathe with your arms up to the sky a few times and then let your hands meet at your heart in NAMESTE. Enjoy this pose often this Summer season.

'til we meet on the trail,
NAMESTE,
Deanna

Welcome New Members

David Cichon – Morris Plains NJ
Megan & Nick D'Ambroso – Monroe NY
Ned Davis – Budd Lake NJ
Keri Demayo – Hoboken NJ
Eric Englot – Wood Ridge NJ
Dayton Geary – Lincoln Park NJ
Deborah Halligan – Warwick NY
Seth Klibonoff – Englewood NJ
Peter Luciano – Paramus NJ
Tom Ludlum – Glen Rock NJ
Juliska & John Martino – Port Chester NY
Kathy Mele – New York NY
Zeynab Moradi – Weehawken NJ

Susan Nostrame – Jamesville NY
Kevin O'Callahan – Jersey City NJ
Kathleen & Alexander Thompson – Walden NY
Ralph Vitaro – Kinnelon NJ
Brian Waniewski & Sem Devillart – Montclair NJ
Judy Weston – Montclair NJ
Jason Wojciechowski – Astoria NY

Welcome Back

Elie Bijiou – Brooklyn NY
Jim McGill & Anecia Jefferson – Tuxedo Park NY
Catherine Kim – Piermont NY
Stephen Parker – Denville NJ
Teresa & Steve Rossi – Milford NJ
David Shapiro – Ringwood NJ

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Save the date!!

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