

WINTER 2017

Trail Talk

Adirondack Mountain Club

NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Message From The Chair

Winter is here and I am eager to get outside to enjoy this season.

The holidays can be hectic, and getting out into the woods is the perfect stress reliever. But be prepared for the cold and ice, dress in layers and keep traction devices at the ready. With the leaves off the trees, views are fantastic and the clear blue of the sky and the bright sun is something no one should miss. And hopefully this year we will see enough snow for snowshoeing!

You have heard this before but I would like to repeat it. Volunteers are the most important part of our chapter. With great pride I am happy to announce that Roy Wooters has volunteered to be our new Conservation Chair. We all know Roy as one of our newer hike leaders, and I am sure he will make a great addition to our board. Thank you Roy and all of our committee chairs who are dedicated to making our chapter successful.

Finally, I would like to wish everyone a Happy and Healthy New Year.

See you on the trails,
Karen

A Year of Hiking, Biking, Running and Skiing

by Diane and Allen Grunthal

The past year was an active one for the Grunthals, the first 12 months of Allen's retirement. His bucket list is long. The only question was how to attack it.

We started in Colorado with three weeks of hiking on successively higher and higher mountains. To acclimatize properly, we started in Boulder at 6,200 feet above sea level and hiked nearby mountains in The Front Range. Then we drove to Rocky Mountain National Park where we hiked mountains of 9,000 to 11,000 feet. If all you do is drive the roads and stop at the lookouts, you will be astounded at the majestic scenery and wildlife viewing. But hiking the trails allows you to really experience the raw beauty of the park. Our final week in Colorado saw us summit Quandary Peak at 14,265 feet. Allen went on to summit 4 more peaks over 14,000 feet in the next 2 days, including 14,433' Mt. Elbert, Colorado's biggest mountain and the 2nd highest mountain in the continental U.S. Mountains taller than 14,000 feet in Colorado are known as 14ers. There is much less oxygen at this altitude, and your lungs gasp for breath at every step.

Next stop was skiing at Killington in Vermont, until it was time to leave in March. Then on to New Zealand for three weeks of hiking. We started with an exciting hike among volcanoes over the Tongariro Crossing in the North Island - hiking through Lord of the Rings filming sites. We continued to the South Island, then on to Stewart Island and one other



Atop the Schwarzenkopf in the Bavarian Alps

small island, where the many flightless birds have no predators.

Allen had never before run a marathon, so he was long overdue. In April he trained hard and won first in his age group in the Lake George Half Marathon, his first half in 23 years. But this was only a tune-up for the main event, the hugely hilly Mad Marathon in July in the mountains of northern Vermont. Allen ran the full marathon and Diane ran the half, and much to the surprise of both of us, we each won first in our age groups. It was a special day for us. (continued on page 7)

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.

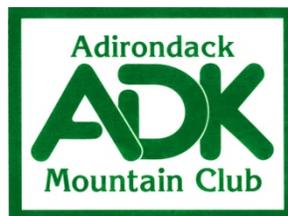
ABBREVIATIONS - NCA-No Calls After . . . , Pref.- Leader's contact preference.

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 an ADK sticker 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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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 • WINTER 2017 • JANUARY • FEBRUARY • MARCH

Sunday, 1/1 Happy Harriman New Year B 6 B
Chris Connolly c.connolly7@verizon.net
201-321-6605

Celebrate 2017 with a winter walk in a place full of wonders. Meet 10 AM at Reeves Meadow parking area. Come prepared for winter weather conditions. TC Harriman-Bear Mt. South map 118.

Thursday, 1/5 Winter Walk in the Woods B 3-6 B
Fred Hodde Bullwnk1@aol.com
(h) 973-728-3223 (c) 973-722-7824

If you received snowshoes for Christmas and haven't used them yet, this will probably be a great chance to try them. This is a literal "Walk in the Woods" in Wawayanda with very little ascent. Actual distance will depend on the conditions. Meet at 9:30 in the Park Office parking lot. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. Proper footgear required (stabilicers, crampons or snowshoes) as appropriate for the conditions ("think snow"). TC North Jersey map 116.

Saturday, 1/7 Ramapo Romp B 7 B
Chris Connolly c.connolly7@verizon.net
201-321-6605

We'll visit a panoply of panoramas via Pond, Vista, Reservoir, Marsh, Yellow/Silver, Schuber and Ridge Trails. Meet 9:30 am at Ramapo Reservation parking lot off Rte 202. Come prepared for winter weather conditions. TC North Jersey map 115.

Sunday, 1/8 Bombay Hook B 7 B+
Peter Reiner psr7777@gmail.com
845-323-7697

Meet 9:30 AM at the Kearney House at Alpine Picnic Area & Boat Basin. About 7 mi. over moderate trails with some challenging slopes. Learn the history of the people who lived in the Undercliff area. Traction devices may be necessary. Call or e-mail hike leader to register. TC Hudson Palisades map 108.

Thursday, 1/12 In The Woods B 6/8 B
Georgette Fazzari grfhiker@gmail.com (pref.)
551-265-2369 (NCA 9pm)

Contact leader the week of the hike for details and to register.

Saturday, 1/14 Jockey Hollow - Leader's Choice B 6 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, lunch, and wear hiking boots. Meet at the visitors' center at 10 AM. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snowshoes) if appropriate for the

conditions. Optional lunch at a local eatery if we get done in time. Joint ADK/Sierra Club hike.

Sunday, 1/15 Fahnestock Loop B 7 B
Fred Hodde Bullwnk1@aol.com
(h) 973-728-3223 (c) 973-722-7824

A favorite hike in Fahnestock. It includes a nice section of the AT. Meet at 9:30 AM at first parking area on the right (where the AT crosses) at Canopus Lake (take Rt. 301 from Cold Spring). Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Foul weather will cancel. Call before 8:00 AM if uncertain. TC East Hudson map 103.

Thursday, 1/19 In The Woods B 6/8 B
Paul Margiotta pjmm11@verizon.net (pref.)
201-693-6705

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, 1/21 Goshen Mountain Circular B 7 B
P.Tilgner/S.Gordon petertilgner@icloud.com
(h) 201-871-3531 (c) 201-681-0592

This is a "Circuit Hikes In Harriman" by Don Weise hike. Meet 9:30 AM at the Tiorati Circle Parking Area off Seven Lakes Drive. We will have winter views from Goshen and Stevens Mountains. Please register for this hike. Traction devices may be required. Rain or treacherous driving conditions cancels. TC Harriman-Bear Mountain Trails North map 119.

Sunday, 1/22 Winter Hike in Harriman B 5/6 B
Karen Rose kkarose@aol.com
201-962-8546 (must e-mail or call to register)

Meet 10 AM at Lake Sebago Boat Launch Parking Lot on Seven Lakes Drive. Get out to enjoy winter. Route determined by weather conditions. Must have traction devices or snowshoes if ice or snow. Bad driving conditions cancel hike. TC Harriman-Bear Mountain Trails map 118.

Thursday, 1/26 Pine Meadow Lake (Out and Back) B 5.5/6 B
Mario Medici marioamedici@gmail.com (pref.)
201-396-9391

A leisurely 5-6 mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack and plenty of water. Meet 10 AM Reeves Meadow Visitor's Center. Call before 9 AM if weather is questionable. Traction devices may be necessary. TC Southern Harriman Trails map 118. Please e-mail or call hike leader to register.

Saturday, 1/28 Silvermine Lake & Black Mountain B 5 B
Mike Prestia prestia.michael@gmail.com
917 841 0120

Start time 9:30AM Meet at Silvermine Picnic Area (off Seven Lakes Drive) GPS 41.29531,-74-05958. We will hike the

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Menomine trail, Appalachian/Ramapo Dunderberg trails and Silvermine Road. Views of Silvermine Lake, Hudson River, surrounding mountains, and a mine. Traction devices may be necessary. See Circuit Hikes in Harriman – Don Weise Ch15. Severe inclement weather cancels. Please register for this hike. TC Northern Harriman map 119.

Sunday 1/29 Long Meadow Road Loop B 7 B
 Roy Wooters rfwoot@gmail.com
 (c) 845-304-0867

Meet at 9:30 AM in Sterling Forest, for a very short shuttle. Hike the Lake to Lake Trail, Sterling Ridge Trail, and Fire Tower Trail. Traction devices will be required. Must contact leader to register via e-mail with phone number for specific details. Bad driving conditions will cancel hike. TC Sterling Forest Map 100.

Thursday, 2/2 New Trails In Ramapo B 6 B
 Valley Reservation
 P. Tilgner/S. Gordon petertilgner@icloud.com (best)
 (h) 201-871-3531 (c) 201-681-0592

Meet 9:30 AM on the east side of the Ramapo Reservation Parking Lot off Rt. 202, Mahwah. We will do a circular hike which includes new trail sections put in by our own Chris Connolly. An up-to-date paper map can be printed from the Trail Conference web site (http://www.nynjtc.org/files/2016RamapoReservation_CurrentTrailMap-August.jpg) Traction devices may be necessary. TC North Jersey Trails map 115.

Saturday, 2/4 The 1777 Trail B 6 B
 Peter Reiner psr7777@gmail.com
 845-323-7697

Meet at 9:30 AM at the parking area off the right side of Route 9W in Tomkins Cove for a hike along the historical 1777 Trail. Car shuttle to the Bear Mountain Inn for the start of the hike. Traction devices may be necessary. Call or e-mail hike leader to register. TC Northern Harriman map 119.

Sunday, 2/5 Wyanokie High Points B 6/8 B
 Chris Connolly c.connolly7@verizon.net
 201-321-6605

We'll enjoy riveting reservoir views along the way. Meet 9:30 AM at end of Snake Den Road East next to New Weiss Center. Come prepared for winter weather conditions. TC North Jersey map 115.

Thursday, 2/9 In the Woods B 6/8 B
 Debbie Bell deb2@columbia.edu
 845-358-8386 (NCA 9 PM)

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

Saturday, 2/11 Patriots Path Stroll C 5 C
 Jeffrey Sovelove Hiker_Dood@yahoo.com

Come take an easy stroll on Patriots Path in Morristown. This 3 - 5 mile stroll will start out from the Speedwell Lake parking lot at 10 AM across the street from Historic Speedwell. See the Morris County Parks website for directions. (<http://www.morrisparks.org/>). The path is wide, partly paved, partly crushed stabilized gravel with very little in the way of elevation gains. We will be strolling at a very moderate pace. Please bring plenty of water and a light snack. Great for beginners. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snow shoes) if appropriate for the conditions. Optional lunch afterwards. Joint ADK/Sierra Club hike.

Sunday, 2/12 Skyline Lakes B 7 B
 Chris Connolly c.connolly7@verizon.net
 201-321-6605

Figure eight hike visits Lakes Tamarack (via new Tamarack Trail), Todd and Ramapo. Meet 9:30 AM Upper Skyline Drive Parking Area. Come prepared for winter weather conditions. TC North Jersey map 115.

Thursday, 2/16 In The Woods B 6/8 B
 Georgette Fazzari grfhiker@gmail.com (pref.)
 551-265-2369 (NCA 9pm)

Contact leader the week of the hike for details and to register.

Saturday, 2/18 South Harriman B 8 B
 (on regular and off-path trails)
 Dean Gletsos cgletsos@yahoo.com
 (h) 845-354-0738

An easy pace hike to check some trails, along with old unmarked ones. Nice views, now that the leaves are gone. Visit three man-made lakes and a shelter. Be prepared for weather conditions and verify hike. Bring some food and plenty of water. Meet 9:30 AM at the Kanawauke parking lot on Rt. 106. TC Southern Harriman Bear Mt. map 118.

Sunday, 2/19 Lake Sebago Boat Launch B 6/7 B
 Geoff Fonseca geofffonseca@yahoo.com
 845-357-9366

Meet at 10 AM at Lake Sebago Boat Launch Parking Lot. We will hike on trails appropriate for the weather. Snowshoes and/or traction devices may be required. Precipitation of any kind cancels. Please e-mail leader to register. TC map 118.

Thursday, 2/23 Pine Meadow Lake (Out and Back) B 5.5/6 B
 Mario Medici marioamedici@gmail.com (pref.)
 201-396- 9391

A leisurely 5-6 mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack and plenty of water. Meet 10 AM Reeves Meadow Visitor's Center. Call before 9 AM, if weather is questionable.

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Traction devices may be necessary. TC Southern Harriman Trails map 118. Please e-mail or call hike leader to register.

Saturday, 2/25 Long Mountain & Turkey Hill Lake B 6 B
Mike Prestia prestia.michael@gmail.com
917-841-0120

Start time 9:30AM. Meet at the Kiosk where the Long Path crosses Rt. 6, GPS Coordinates 41.31638,-74-05053. We will hike the Long Path, Deep Hollow Road, Popolopen Gorge Trail, 1779 trail, and Anthony Wayne Trail. Traction devices may be necessary. See "Circuit Hikes in Harriman" – Don Weise Ch 20. Severe inclement weather cancels. Please register for this hike. TC Northern Harriman map 119.

Sunday 2/26 East Shore Road Loop B 6.5 B
Roy Wooters rfwoot@gmail.com
(c) 845-304-0867

Meet at 10 AM on East Shore Road by Greenwood Lake. Hike the Lake to Lake Trail, Sterling Ridge Trail and Fire Tower Trail. Traction devices will be required. Must contact leader to register via e-mail with phone number for details. Bad driving conditions will cancel hike. TC Sterling Forest map 100.

Thursday, 3/2 High Tor In/Out B 5 B
Fred Hodde Bullwnkl1@aol.com
(h) 973-728-3223 (c) 973-722-7824

This is a nice walk with views of the Hudson. Meet 9:30 AM in the parking lot at the intersection of the Long Path and Route 33. Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail preferred. Foul weather will cancel. Call before 8:00 AM if the weather is uncertain. TC Hudson Palisades map 112.

Saturday, 3/4 AT Piece East of Bear Mountain B+ 10 B+
Peg Wissler/Mike Prestia Pwissler115@gmail.com

Meet at 8 AM: 156 Ramapo Valley Rd., Mahwah, NJ. for car shuttle to hike. We will begin our hike at the Bear Mountain Bridge and explore the scenic woods along the Appalachian Trail as it proceeds north from the Hudson River. The trail includes good climbs with rewards of excellent views. E-mail leader to register and discuss equipment needs depending on weather conditions. TC East Hudson Trails map 101.

Sunday, 3/5 Winter In Ramapo Reservation B 5/6 B
Karen Rose kkarose@aol.com
201-962-8546 (must e-mail or call to register)

Meet 10AM at Ramapo Reservation Parking Lot on Rt 202. Get out to enjoy winter. Route determined by weather conditions. Must have traction devices or snowshoes if ice or snow. Bad driving conditions cancel hike. TC North Jersey map 115.

Thursday, 3/9 Pine Meadow Lake and B 6 B
the Ramapo Escarpment
Henry Barkhorn hcbarkhorn@hotmail.com
646-853-0824

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 Pine Meadow Lake and return via Conklin's Crossing and the SBM. Steady rain cancels. Registration by e-mail preferred. TC Southern Harriman Trails map 118.

Saturday, 3/11 Ramapo Reservation B 6 B
New And Old Trails
Dean Gletsos cgletsos@yahoo.com
(h) 845-354-0738

An easy-going hike to check some new trails, along with old ones. Nice views, now that the leaves are gone. Be prepared for weather conditions and verify hike. Bring some food and plenty of water. Meet 9:30 AM at the Ramapo Reservation parking lot, off Rt. 202, just south of the Ramapo College. TC map North Jersey Trails 115.

Sunday, 3/12 at 2 AM Daylight Savings Time Begins

Sunday, 3/12 Johnstontown Circle B 6/7 B
Geoff Fonseca geoffonseca@yahoo.com
845-357-9366

Meet at the end of Johnstontown Road, off Seven Lakes Drive, Harriman at 10 AM (Daylight Savings Time changes today). Conditions will determine exact route and distance. Inclement weather will cancel. Please e-mail leader to register. TC Map 118.

Thursday, 3/16 In The Woods B 6/8 B
Paul Margiotta pjmm11@verizon.net (pref.)
201-693-6705

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, 3/18 Lewis Morris Park B 7 B
Jeffrey Sovelove Hiker_Dood@yahoo.com

We will start at Sunrise Lake, then hike to the parking upper lot and back down to the lake using a combination of the Yellow and Red trails. The pace will be a moderate to slow one. See the Morris County Parks Commission website <http://www.morrisparks.org/aspparks/lmdir.asp> for directions. Bring lots of water, lunch, and wear hiking boots. Meet in parking lot at 10 AM. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snowshoes) if appropriate for the conditions. Joint ADK/Sierra Club hike.

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Sunday 3/19 Panther Mountain Loop B 7 B
 Roy Wooters rfwoot@gmail.com
 (c) 845-304-0867

Meet at 10 AM to hike the Pine Meadow Trail, Suffern Bear Mountain Trail, and various woods roads. Weather will determine exact route. Traction devices may be required. Must contact leader to register via e-mail with phone number for details. Bad driving conditions will cancel hike. TC Harriman Bear-Mountain Southern map 118.

Thursday, 3/23 In the Woods C 5 C
 Debbie Bell deb2@columbia.edu
 845-358-8386 (NCA 9 PM)

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

Saturday, 3/25 Palisades Circular B 7/8 B
 Margo Moss acephoto@verizon.net
 201-568-5325 (landline)

Meet at State Line Lookout 10 AM, Palisades Parkway North, just south of Exit 3. We will do a scenic loop with about 500' of ascent, descent and enjoy some wonderful Hudson River views. Registration by e-mail preferred. Please register after March 15 as leader will be out of town. Severe inclement weather cancels.

Sunday, 3/26 Sterling Forest Surprise B 6 B
 Fred Hodde Bullwnk1@aol.com
 (h) 973-728-3223 (c) 973-722-7824

Meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30 AM. I haven't a clue what March's weather will be, that's the Surprise. The route will be dependent on trail conditions. The goal will be climbing to the Fire Tower or Bare Rock Vista (both if the weather cooperates). Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest map 100.

Thursday, 3/30 Sterling Lake Loop B 4 B
 Mario Medici marioamedici@gmail.com (pref.)
 201-396- 9391

A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the "beach" for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor's Center (across the road) at 10 AM. Call before 9 AM, if weather is questionable. Traction devices may be necessary. TC Sterling Forest Trails map 100. Please e-mail or call hike leader to register.

Welcome New Members

Julie & Ray Cornacchia – Allendale NJ
 Susan Hanna – Blauvelt NY
 Denise Karolewicz – Staten Island NY
 Loretta Maloney – New Milford NJ
 Jeanne Muller – Wyckoff NJ
 Joann Rean – Mahwah NJ
 Ken Zebrowski – New City NY
 Loretta Grisi-Dicker – Galloway NJ
 Bobbi Breslow – Spring Valley NY
 David Diaz – Hasbrouck Hgts NJ
 Brian Dwyer – Madison NJ (affil)
 Taras Ferencevych – Cornwall-on-Hudson NY (affil)
 Kathleen Griffin – Madison NJ
 Ruth Hiller – New York NY (affil)
 Pravir Khandelwal – Edison NJ
 Leslie Kraus – Tenafly NJ
 Judith Malsbury – Ringoes NJ
 Lisa Negrycz-Gerstein & Sara Gerstein – Ridgewood NJ
 Denise Appel-Baird – Park Ridge NJ
 Cheryl & David Swenson – Montvale NJ

Margaret Wright & Theresa Wright – Bergenfield NJ
 Branka & Mark Ali – Verona NJ
 Christopher Amundson – Jersey City NJ
 Ani & /William Barber – Upper Saddle River NJ
 Jeff Branham – Washington NJ
 Erin & Andrew Brown – Cresskill NJ
 Kathleen Dawson – Hampton NJ
 Susan Gordon – Teaneck NJ
 Sue Henderson – Jersey City NJ
 Sue & Pete Hook – Wyckoff NJ
 Steven Jackson – Northvale NJ
 Lorraine & Andrew Joyce – West Orange NJ
 Stanley Knep – Fort Lee NJ
 Astraea Russell & Andrew Koch – Hellertown PA
 Karen Long – Bloomfield NJ
 Dena Mallach – Maplewood NJ
 Ed Michalowski – Paramus NJ
 Nick Mistretta – Astoria NY

Kevin Mitchel – Sussex NJ
 Betty Nau – Nanuet NY
 Jodi Ordoover – Montvale NJ
 Patricia Park – New York NY
 Donna & Richard Scanlon – Orangeburg NY
 Albert Smith – Suffern NY
 Mindy Rosenthal & John Stephens – Verona NJ
 Jessica & Richard Stewart – Westfield NJ
 Garrett Waller – Toms River NJ
 Kevin Walter – Milford PA
 Martin Wolff – New Milford NJ
 James & Julia Streit – Tarrytown NY (affil)

Welcome Back

Arta & Gerald Boutcher – Teaneck NJ
 Andrew Dunberg – Little Falls NJ
 Kathleen & Robert Bloomer – Toms River NJ
 Thom Patton – Westwood NJ

Yoga for Hikers: Vrksasana, the classic Tree Pose

by Deanna Felicetta, RYT-E

Last issue, we learned about Rooted Tree. Vrakra means tree and Vrksasana means Tree Pose in its fullest expression. As hikers we have a great appreciation of trees. They push roots firmly into the earth. Their strong trunks support the tree and extend up toward the sun with branches and leaves. We will mimic nature as we perform Tree Pose.

We begin by standing alongside a wall, about an arm's length away. Our posture is that of Mountain Pose with our feet parallel and firmly grounded onto the earth. Engage each of your muscles in turn, beginning at your feet and extending your body upward to the sky. Breathe fully in and out as you stand tall. Bring your arms up alongside your head (by your ears) with palms facing inward. Breathe. Now take your right hand and place the palm on the wall about shoulder height. Press your right foot firmly into the floor and raise your left foot and place the curve of the sole of your foot against the calf of your leg. Your knee should point out to the side as much as is comfortable for you. Keep your hips level and square with your tail bone pointing down as you do this. Are you breathing? Relax here and bring your left arm upwards. If you feel stable remove your right hand from the wall and bring both hands over your head pressing palms together with fingertips pointing up. Hold for a few moments and breathe gently. Enjoy the airy, light stillness here. You are now among the treetops.



Step down and turn to the other side. Repeat Tree Pose with your left palm to the wall and your right foot pressing against the left calf. Bring your right hand upwards to the sky, and if you are secure allow your left hand to release from the wall and move to join the right over your head, pressing the palms together. Feel the breeze in the trees, and breathe gently for a few moments.

Notice that Vrksasana requires much focus and centering. It is a wonderful pose for improving balance and equilibrium. These are great qualities for a hiker. There is a great deal of energy used by the feet and body to create grounding to the earth. Legs are energized, as are the torso and spine. The spine is tall and chest open with a level head and eyes forward as you are among the trees. Repeat Tree Pose again on each side and if you want a further challenge raise your foot to your inner thigh an inch or two above the knee instead of your calf. This is a playful pose so enjoy it often.

I think you will find doing this pose of great benefit in the winter months ahead. Enjoy the Tree, and I hope to see you on the trail soon.

Namaste,
Deanna
yogaforhikers@hudsonhikers.org

A Year of Hiking, Biking, Running and Skiing

(continued from page 1)

In May we boated and biked the Cyclade Islands in the south of Greece. Greece is far more mountainous than we anticipated. Diane was very envious of the 40-something women in the group who were smart enough to have rented e-bikes (bikes with tiny battery operated motors) for the entire trip! Riding a bike with a motor is cheating, isn't it?

Our year ended as we journeyed to Austria for 2 weeks of hiking and biking, followed by 1 week of hiking in southern Germany. We highly recommend Austria for its dazzling, dramatic views of high mountain summits spotted with glaciers in flawless skies, and countless dedicated biking paths, mostly paved. Highlights included hiking up 3,000 vertical feet where jaw-dropping 360 degree views awaited us. The scenery could not have been more spectacular. Then we biked inn to inn. Finally, we climbed to the summit of Germany's highest mountain, the Zugspitze, where we had to negotiate near vertical mountain walls, ascending while clinging to iron ladders, chains and rungs bolted into

the rocks. Definitely not for people who are frightened of heights.

Now we are on to Hawaii to hike and bike during the cold winter months before we return to Vermont for the ski season.

We feel very blessed and fortunate to be able to explore the world while exercising and improving our hiking skills.

Many thanks, hike leaders...

...for sending me your registration forms.

Just a reminder: these forms are available on the website so if it is easier for you to obtain a copy there, please do so, but let me know not to mail you one.

Also, completed forms can be emailed to me at:
formcollection@hudsonhikers.org

Mario Medici, Sign-in Form Mailing and Collection
201-396-9391

WINTER 2017

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

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Chapter Meeting with Speaker



Save the date!

All members and the
public are welcome.

Thursday, April 27, 2017, at the Nanuet Library at 7 pm.

Come hear an exciting presentation on
"Fitness and Hiking, Moving with a Purpose."