

SUMMER 2010

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Message From the Chair

Peter Reiner and I have been giving a series of presentations to local libraries entitled "The Joys of Hiking". We have been doing this for about three years. The libraries love to host us because we don't charge a fee and it is actually quite interesting. We have given the program this year in New City, Cornwall, and Chester, NY, and the libraries in Englewood and Hackensack, NJ. Peter and I have our program down pat by now. He begins by talking about the history of ADK, gives some information about our chapter, and mentions where we do our hiking. Then I talk about how to begin hiking. I discuss the hike schedule (hike ratings), the best clothing to wear for the season, what to bring on a hike, ie: food, water, snacks, and I demonstrate the way to use hiking poles and why it is important to have good boots. Peter and I then share other bits of information and finally, he shows a power point presentation depicting views we see on hikes at all times of year, club members at lunch and on the trails, and various other photographs taken by our members. Our audience is always enthusiastic, asking questions after the program during a discussion period. Inquiries about bears, ticks, and snakes always come up and Peter usually says, "This is about the joys of hiking, not the perils of hiking". We encourage the listeners to go on a hike and to join the club. When I am part of one of these presentations I am always reminded of "The Joys of Hiking". It is a way to be with familiar people we care about or a way to make new friends. It is a method of relieving stress and worry. It is healthy and beneficial for the mind and body. I wish more of you would experience "The Joys of Hiking" and join us on the trails. Or perhaps you can see our next presentation at a local library and have a virtual experience. But it is NOT the same. The club is planning many interesting activities this summer and fall.

On **Saturday, September 4th**, Paul Tappenden and Joanna Dickey, Rockland County naturalists, will take us on a **foraging walk** in Little Tor Park, New City, NY. We will meet at the roadside parking area at 10 AM and spend a few hours collecting and sampling different delicious wild edibles. You should bring drinking water, a notepad, a camera, and a collecting bag or two. The cost for the workshop is \$5 per person. Please let me know by August 25th if you plan to join in the fun. A map of the park and meeting place is in the newsletter.

On **Saturday, September 11th**, rain date **Sunday, September 12th**, we will have our annual **Mohonk Day** at Mohonk Mountain House in New Paltz, NY. This is a full day of hiking (if you wish) or just enjoying the pleasures of being at Mohonk. We will have three levels of hikes leaving at 10 AM from the porch facing the lake, tea on the verandah at 4, a shower in the health club, and then a wonderful four-course dinner in the main dining room at 6 PM. The cost for the day, including tax and tips is \$50 per person. The last day to register is August 15th with a check made out to NJR ADK mailed to me by that date. Please clear both Saturday and Sunday in your schedule if you plan to attend.

Our **Fall NJR meeting** is on **Thursday, September 16th**, 7:30 PM at the Nanuet Public Library, 149 Church Street in Nanuet, NY. Join us as Chuck Stead, infamous Ramapo Storyteller, regales us with tales he has collected along the many trails of the Ramapo Mountains. You will hear of 18th century Tories, iron mining hardships, railroad ghosts, Prohibition bootleggers, notorious poachers, beatniks, hippies, and long lost romances. He will include a power point of some of his favorite hikes. Chuck is an adjunct professor of Environmental Studies at Ramapo College in Mahwah, New Jersey, the environmental educator with Cornell Cooperative Extension of Rockland, and a doctoral candidate at Antioch University of Environmental Studies in Keene, New Hampshire.

We've again arranged a special weekend package at the **Shawnee Inn and Resort** in Shawnee on the Delaware, PA for our **Fall Foliage Weekend**. We will be guests at this beautiful and historic hotel, which is situated overlooking the Delaware River and adjacent to National Park lands, for two days of planned hikes in the Delaware Water Gap National Park. The Appalachian Trail, Bushkills Falls Trails, and many other trails are just minutes away. Included in the two-day package are various amenities for non-hikers, such as a spectacular



Illustration by Gregory Benton

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 trail head meeting locations can be found on NY-NJ Trail Conference maps.

For an additional hike schedule please contact Denis Kmiec at kmiec20@yahoo.com or 845-634-1397. The hike schedule can also be downloaded from the website.

Sunscreen and Protective Moisturizers

by Suzan Gordon

In the hot summer sun we are all reminded that taking care to block out the rays of the sun is extremely important. But, how do we know which of the numerous products is best for protection and has the least harmful chemicals? CBS News did an in-depth study and came up with surprising results. After going through their suggested list, I got rid of the products I was using. The link provides a way to buy the suggested products through Amazon.com making it easier to obtain them. The lotions and UV moisturizers are not found on the shelves in local shops and surprisingly, almost all the name brands we are using are NOT good for us. Please take a quick look by going to: www.ewg.org/2010sunscreen/best-beach-sport-sunscreens/

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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

HIKE SCHEDULE • SUMMER 2010 • JULY • AUGUST • SEPTEMBER

- Thursday, 7/1 Popolopen Hike B+ 4/5 A-
Allison Tully alitully63@optonline.net or 845-656-0442
Meet 10 AM at the Fort Montgomery Visitor Center on 9W just north of the Bear Mt. Circle. The route will take us around Brooks Pond and then up Popolopen summit and return to parallel the gorge and Hells Hole. Registration required. Please contact leader by June 30. Limited to 15 hikers. Any precipitation cancels. TC map 119.
- Saturday, 7/3 Norvin Green Spectacular B 7 B+
Robert Permutt rpermutt2003@yahoo.com (pref) or 914-588-0212
Meet at 9:30 AM at the Otter Hole Parking Area on Glenwild Avenue. A loop hike through Norvin Green State Forest. Highlights are Otter Hole, Chikahoki Falls, Carris Hill, Yoo-Hoo Point and High Point. Pre-register with hike leader on or before 7/2. TC map 115.
- Sunday, 7/4 Fahnestock Loop II B 7 B
Richard Sumner rls@rsumner.com 845-362- 8470
A variation on the April hike. A pleasant, mostly shady, loop that includes a nice section of the AT. Meet at 9:30 AM at first parking lot (where the AT crosses) on Canopus Lake (take Rt. 301 from Cold Spring) Foul weather will cancel. Call before 8:00 AM if uncertain. TC map 103
- Thursday, 7/8 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.
- Saturday, 7/10 Ladentown Adventure I B 7 B
Dean Gletsos cgletsos@yahoo.com or 845-354-0738
Meet at 9:30 AM at the Ladentown Parking Area, off Diltz Rd. We will visit two lakes (3rd Reservoir and Breakneck) and three mountains (Breakneck, Ladentown and Limekiln). Also Eagle Rock and more. Lunch on picnic tables by a lake. Bring water, food, boots, and a smile. If questions, call before 9 AM the date of the hike. TC map 118.
- Saturday, 7/10 March Through Jockey Hollow B 5 B
Jeffrey Sovelove Hiker_Dood@Yahoo.com.
We will do a variety of trails including parts of the Grand Loop, Blue Trail, and Yellow Trail with a stop at the reproduction Soldiers' Huts at Jockey Hollow National Park in Morristown. See www.nps.gov/morr/planyourvisit/directions.htm for directions and information. Bring lots of water, a light snack, and wear hiking boots. Meet at Visitors' Center 10 AM. Heavy/steady rain cancels. Optional lunch at a local eatery if we get done in time. Joint Sierra Club.
- Saturday, 7/10 Long Path Thru North Shawangunks B 18 A
Aaron Schoenberg askus3@optonline.net or 845-986-8645
This is a challenging, strenuous and awesome hike on the Long Path through the Shawangunks from near Ellenville to near Kerhonkson. Over 3,000 feet of climbing. Highlights include Sam's Point, Ellenville Ice Caves, Verkeerder Kill Falls, Lake Awosting, Margaret Cliffs, Castle Point & Rainbow Falls. Possible swim in Lake Awosting halfway into hike – bring bathing suit and towel. A car shuttle is required. This will be a full day. Do not plan on being back to Rockland until close to 10 PM. Preregistration required. Must register by 8 PM on 7/8. All registered for hike will get word document attachment with hike fact sheet including meeting place and time. TC map 104.
- Sunday, 7/11 Jeremy Glick's Overlooks B-5-A
Pete Heckler E-mail preregistration to p_heckler@msn.com A rugged loop hike (700' + elev. gain) with views of Greenwood & Surprise Lakes, West Pond, and if we are lucky we pass thru a rhododendron forest in bloom. Meet 9:30 AM at A&P Shopping Center, Warwick Tpk. (Rt. 511) Hewitt, NJ. TC Map 116. Rain cancels hike.
- Sunday, 7/11 Storm King Mt./North Point B 6 B
Dick Ernenwein rernenwein@msn.com H-845-565-3866 C-845-220-7693
Meet 9 AM sharp at Cornwall-On Hudson Storm King Mt. Rt. 218 trail head parking for shuttle to start of hike 2-3 miles south also on Rt. 218. At a steady pace, we will hike steeply 800' up to North Point then descend 500' followed by a 800' steep climb to peak of Storm King Mt. to end hike with a 1200' descent back to Rt. 218 trail head parking. Please call or e-mail leader to register. TC map 113.
- Tuesday 7/13 Basin and Saddleback B 16 A+(3800+ ft ascent)
Elie Bijou adirondacks@verizon.net or 518- 873-2119
A slower moderate-paced hike to two Great Range peaks, passing Bushnell Falls. Please bring lunch, snacks, water and rain gear. Rain postpones hike to Wed. 7/14. Joint with Hurricane Mountain Chapter.
- Thursday, 7/15 In the Woods C 5 B
Phyllis Key pkeyhiker@juno.com H-201-768-5573 C-201-937-8070 (day of hike only) Route to be determined by weather and trail conditions. Must call or e-mail (pref.) no earlier than 3 days prior to hike to register and learn meeting place and time.
- Saturday, 7/17 Skylands/Ringwood C 3/4 B
Betty Heald ebheald@aol.com or 201-967-2937
Steep climb to ridge, Skylands Trail, and woods road followed by tour of gardens. Must contact leader to register. Rain cancels. TC map 115.
- Sunday, 7/18 AT to Wawayanda B 10 A
Cliff West 3cliff@gmail.com or 973-886-4072
Meet 9 AM at the AT parking lot on Route 94 in Vernon. We will hike up the AT into Wawayanda Park and return via the same route. Possible swim at the beach at Wawayanda Lake. Nearby volcanic activity cancels. TC map 116.
- Wednesday, 7/21 Walking In The Evenings C 2/3 C
Deanna Felicetta dollinthewoods@optonline.net 845-216-2021
Evening walks have been popular in the summer. We will walk at a few favorite parks this summer on Wednesday evenings. Locations include Nyack Beach, Bear Mountain, the Pier in Piermont (the ice cream hike). Everyone welcome. Bring a friend. Call for details . Poor weather, especially thunderstorm forecast will cancel.
- Thursday, 7/22 In The Woods B 5/7 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, 7/24 Orange Heritage Trail Bike Ride Moderate
Eileen Berch 973-506-7078
We'll bike about 20 miles of relatively flat, paved rail trail between Monroe and Goshen, NY, stopping at the Chester Depot Museum and

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the Goshen Racetrack. Bring or buy lunch. Rain will cancel this ride. If in doubt, call by 8:00 AM on morning of ride. Any type bike in good condition will do but—helmets and registration REQUIRED. Meet 9:45 AM at Monroe, NY Park and Ride. Directions: Route 17 North through Sloatsburg and past the (now closed) Red Apple Rest; at light (just past Harriman Railroad Station) bear left at fork (Mobil Station) onto Route 17M. After making left turn at light proceed through Monroe past lake, continue on Route 17M West and just outside of town make right turn into Park and Ride parking area.

Saturday, 7/24 Tuxedo Circular B 8 B
Robert Permutt rpermutt2003@yahoo.com (pref) or 914-588-0212
Meet at 9:30 AM at the weekend parking lot for the Tuxedo Train Station. A circular hike through Southern Harriman State Park with a lunch stop at Lake Skenonto. Please pre-register with hike leader on or before 7/23/10. TC map 118.

Tuesday, 7/27 Santanoni Peak B 15 A
Elie Bijou adirondacks@verizon.net or 518- 873-2119
We will follow the new-old path to this majestic peak of 4607 ft. Please bring lunch, water, snacks and rain gear. Possibility of hiking Panther. Joint with Hurricane Mountain Chapter.

Thursday, 7/29 Johnstown Rd Circle Hike B 6/8 B
Georgette Fazzari grfhiker@gmail.com (pref) or 551-265-2369
Meet 9:30 AM at the Johnstown Rd Circle. We will be taking a 6/8 mile loop up Almost Perpendicular passing Black Ash Swamp and Claudius Smith. Weather may cancel. If in doubt e-mail or call leader before 8 AM morning of hike. TC map 118.

Saturday, 7/31 Ladentown Adventure II B 7 B
Dean Gletsos cgletsos@yahoo.com or 845-354-0738
Meet at 9:30 AM at the Ladentown Parking Area, off Diltz Rd. Same area as my Saturday, 7/10 Ladentown Adventure I hike, but we will use old roads and marked trails. Lunch on picnic tables by a lake. Bring water, food, boots and a smile. If questions, call before 9 AM the date of the hike. TC map 118.

Paul Tappenden Foraging Workshop, Saturday, Sept. 4

RSVP by August 25 to: Suzan Gordon browning.27@verizon.net or 201-871-3531. \$5 fee per person

Mohonk Mountain House Day, Saturday, Sept. 11 (rain date Sunday, Sept. 12) Reservation by check dead line August 15. Price per adult \$50. To reserve your day on the mountain make a check payable to "NJR ADK" and mail it to: Suzan Gordon, 27 W. Clinton Ave. 2-N, Tenafly, NJ 07670

Sunday, 8/1 Rockefeller State Park Preserve Walk C+ 6 C+
Peter Reiner 845-323-7697
We will walk on carriage trails from the Preserve's Visitors Center in Sleepy Hollow to the Blue Stone Barn Farm and return. Meet at the Visitors Center off Rt. 117 across from the parking lot at 9:30 AM. Bring lunch and water. Wear comfortable shoes. Parking fee \$6.00.

Sunday, 8/1 Catskills - Big Indian and Fir A 10 A
George Preoteasa gvpreo@gmail.com or 201-694-8344
E-mail or call leader for meeting time and directions by July 30th.

This hike in the Catskill Mountains, approximately 100 miles north of northern NJ, is half trail, half bushwhack with a total elevation gain of 2500 ft. For experienced hikers. New TC map 143.

Tuesday, 8/3 Seymour 4120 ft. B 14 A (ascent 2100 feet)
Elie Bijou adirondacks@verizon.net or 518- 873-2119
A slower moderate-paced hike to a trailless 46'er. 5.5 miles on old truck trails and then a 1.5 mile ascent. Please bring lunch, snacks, water, fleece and rain gear. Rain date: a day or two days later. Joint with Hurricane Mountain Chapter.

Thursday, 8/5 Surprise Lake Hike and Picnic B 4 B
Dave Sutter dsuttr@aol.com (please, no phone calls)
We will hike the State Line Trail to Surprise Lake (long lunch stop) and then return to Greenwood Lake for an optional picnic at South Shore Marina with perhaps a sail if there is wind. Leaders will have hot charcoal grill available for afternoon picnic. Meet at 9:30 AM at A & P Parking Lot (corner Rt. 511), Hewitt, NJ. Leader will collect any perishables for refrigeration at start of hike. Bring your own beverages. Rain cancels. TC maps 115 & 116.

Saturday, 8/7 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 web site (www.morrisparks.org/) for directions or put the following address into your preferred map engine: "300 Speedwell Avenue, Morristown, NJ 07960". The path is wide, partly paved, partly crushed stabilized gravel with very little in the way of elevation gains. Please bring plenty of water and a light snack. Great for beginners. Steady rain cancels. Optional lunch afterwards. Joint with Sierra Club.

Sunday, 8/8 Ramapo Reservation B 8 B
Reena Mancuso reenamayherself@yahoo.com or 914-391-3886
With Susan Bogen. Ups and downs in the beautiful woods of Mahwah, NJ. Meet 9:30 AM at the Ramapo Reservation Parking Lot (Rt. 202, Mahwah). TC map 115.

Thursday, 8/12 In the Woods C 5 B
Phyllis Key pkeyhiker@juno.com H-201-768-5573 C-201-937-8070
(day of hike only) Route to be determined by weather and trail conditions. Must call or e-mail (preferred) no earlier than 3 days prior to hike) to register and learn meeting place and time.

Saturday, 8/14 Hubbard-Perkins Circular B 11 B
Aaron Schoenberg askus3@optonline.net or 845-986-8645
This hike in the newer western section of Fahnestock State Park will meander past lakes and offer pleasant woodland hiking. Pre-registration required. Must register by 9 PM on 8/13. All registered for hike will get word document attachment with hike fact sheet including meeting place and time. TC Map 103.

Sunday, 8/15 Reservation Deadline Mohonk Mountain House Day

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Sunday, 8/15 The Bare Rock Trail B 8.5 B
Peter Tilgner & Suzan Gordon browning.27@verizon.net or 201-546-0509

Join us as we hike Sterling Forest's Bare Rock Trail in its entirety. We depart 9 AM from the Sterling Forest Visitor Center Upper Parking Lot. The hike will take us on the existing Bare Rock Trail to the West Valley Woods Rd. We will hike it south to the new trail head. From there we hike north to Bare Rock for a 180 degree view of Greenwood Lake and lunch. Our hike out takes us to the Sterling Lake Loop and our return to the Visitor Center. TC map 100. The newly completed section of the Bare Rock Trail is not on the 2008 Trail Conference Sterling Forest map.

Wednesday, 8/18 Macomb and Carson (South Dix) B14 A
(Ascent 3000 ft)

Elie Bijou adirondacks@verizon.net or 518-873-2119
Our route takes us on an ascent via the Macomb Slide to Macomb (4405 ft). We then follow well-established herd paths to Carson (4120 ft) descending via Lillian Brook. Please bring lunch, snacks and extra water & rain gear as the ridge is dry. Pace slower, moderate. Consider carpooling as lot has limited parking. Joint with Hurricane Mountain Chapter.

Thursday, 8/19 Ramapo Reservation B 5/6 B
Phyllis Stewart pastewart@optonline.net or 201-327-6319
We'll meet at 9:00 AM. Route to be determined depending upon weather. Please register with leader.

Saturday, 8/21 Skylands/Ringwood C 3/4 B
Betty Heald ebheald@aol.com or 201-967-2937
Steep climb to ridge, Skylands Trail, and woods road followed by tour of gardens. Must contact leader to register. Rain cancels. TC map 115.

Saturday, 8/21 Tallman Mt. State Park B 6 B
John Jurasek Jurasek@optonline.net or 845-365-3618 (NCA 10 PM)
We will meet at 450 Piermont Ave. In Piermont, NY at 10 AM. We will hike through Tallman on the Long Path. Lunch at the Tallman Mountain Shelter. Then out on the pier halfway across the Hudson. Early out possible. Rain cancels. TC map 109.

Sunday, 8/22 Summer Harriman Hike B 6/8 B
Karen Rose kkarose@aol.com or 201-962-8546
Meet Reeves Brook Visitor Center at 9 AM. Leader's choice depending on the temps. If it is hot we will stop at water to cool off. Rain cancels. TC map 118.

Wednesday, 8/25 RSVP Deadline For Paul Tappenden Foraging Workshop

Thursday, 8/26 Diamond Mountain and Beyond B 6/7 B
Irene Logan 111er378@optonline.net or 845-753-5651 (NCA 9 PM or after 8:30 AM day of hike. No e-mails day of hike)
Meet at 10 AM at Lake Sebago Boat Launch Parking Lot. We will hike on the Seven Hills Trail with views, TMI, woods roads and Buck Trail. Bring sufficient water. Precipitation/forecast of same cancels. If in doubt, call the leader by 9 PM Wednesday or by 9 AM Thursday. TC map 118.

Saturday, 8/28 Skannatati Lollipop Loop B+ 8 B
Allison Tully alitully63@optonline.net or 845-656-0442
Meet 9:30 AM at Lake Skannatati Parking Lot. Long Path, Dunning, RD, Nurian, and Lichen. Long Path is the return route. In honor of Canada Day, a visit to Rhodes Tavern in Sloatsburg is in order. Must register. Rain cancels. Call if in doubt. TC map 119.

Saturday, 9/4 Paul Tappenden Foraging Workshop C 1 C
High Tor State Park 10 AM. Parking on Central Highway, Co. Rt. 33, near where Long Path Crosses. TC map 112 (Hudson Palisades).

Sunday, 9/5 Surprise Lake Loop B 6 B
Jennifer Leonard Hahn rudybird2766@yahoo.com
Meet at 9:30 AM at the Sears/A & P parking lot in Hewitt. Bring lunch and plenty of water and we will walk up the Jeremy Glick Trail and hike on Bearfort Ridge to beautiful Surprise Lake and loop back down on the Quail Trail. E-mail Jennifer to register. TC map 116.

Saturday, 9/11 Algonquin and Iroquois B 14.4 B+ (ascent 3200 ft.)
Elie Bijou adirondacks@verizon.net or 518-873-2119
We will hike these two peaks in late summer without the presence of black flies and hoards of tourists. Iroquois is via a herd path and sometimes muddy. Please bring lunch, snacks, water, gaiters, rain gear and a fleece. Joint with Hurricane Mountain Chapter.

Saturday, 9/11 Mohonk Mountain House Day (rain date Sunday, Sept. 12) A day of walking, guided hiking or rock-scrambling ending with a shower at the spa, afternoon tea and a four-course gourmet meal, all in the historic Mohonk Mountain House dining room. Meet 10 AM on the Mountain House Verandah overlooking the lake. TC maps 10 & 10A.

Thursday, 9/16 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.

Thursday, 9/16 NJR Fall Meeting, Nanuet Public Library 7:30 PM
Chuck Stead, infamous Ramapo Storyteller, regales us with tales he has collected along the many trails of the Ramapo Mountains.

Saturday, 9/18 Catskills- North Lake Escarpment B 9 B
Karen Rose kkarose@aol.com or 201-962-8546
Meet 8 AM sharp at Trail Conference parking lot in Mahwah to car pool or at trail head at 9:45 on Schutt Road. Many fantastic views, but be prepared for ups and downs all day. We will follow the Escarpment trail, and have a nice lunch break at the beach on North lake. You can take a quick dip to cool off! Then back on the trail, we will exit on Mary's Glen trail to see the falls and a short road walk back to cars. Rain cancels. Please register by 8 PM Friday. TC map 40.

Sunday, 9/19 Hacklebarney Hills B 6/7 B
Mary Saraco msaraco@aol.com (pref) 908-781-7072 609-577-3296
Meet at historic Cooper Mill, Rt. 513, Chester, NJ at 10 AM. A lollipop loop with varied terrain and ups and downs along the Black River and Conifer Pass Trails. Morris County Park Commission Black River County Park Trails Map. Call or e-mail leader to register by 7 PM the Saturday before the hike.

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Sunday, 9/19 Pyngyp An Easier Way B 8 B
Ike Siskind IkeMar@Verizon.net or 845-3502-8506
Meet 9:30 AM at the south end of the main lot at Anthony Wayne - Exit 17 on the Palisades Pkwy. Using the SBM Trail, we will climb this 1032 ft. summit from the north and avoid the steep south face. After lunch and views we will return on the SBM and 1779 trails. No calls morning of hike. Just show up. Be prepared for hot weather. TC map 119.

Monday, 9/20 Dog-Friendly Reeves Meadow B 7 B
Susan Sterngold banjoldy.susan@verizon.net (pref) or 845-519-4890
Meet 10 AM at Reeves Meadow Parking on Seven Lakes Drive. Views, climbs, maybe waterfall or lake—we will decide. Early outs possible. Dogs must be under the control of owners at all times and park leash rules must be obeyed. Owners must have adequate food and water for their dogs. Joint with AMC. TC map 118.

Thursday, 9/23 In The Woods B 5/7 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, 9/25 AT/Black Rock/Stahahe Loop B 8.6 B
Peggy Wissler 914-260-7506
Meet 9:30 AM sharp at Elk Pen parking lot. At a steady pace we will follow the Appalachian, Arden-Surebridge, Ramapo Dunderberg, Nurian, Stahahe Brook Trails back to the Elk Pen. Heavy rain cancels, call leader during the week to register. TC map 119.

Saturday, 9/25 Long Path From Rt. 6 C 5/6 B
Denis and Joan Kmiec 845-634-1397 (NCA 9 PM)
We take the Long Path south to Stockbridge Shelter. We return on the Menomine Trail and Nawahunta Fire Rd. Out by 1:30. Rain or chance of thunderstorms cancels. E-mail or call for directions. Meet at 10 AM Rt. 6 Long Path Hikers Parking Lot. TC map 119.

Saturday, 9/25 Lewis Morris Park B 6 B
Jeffrey Sovelove Hiker_Dood@Yahoo.com.
Joint ADK/Sierra Club hike. 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 one. See Morris Co. Parks Commission web site www.morrisparks.net/aspparks/Immain.asp for directions. Bring lots of water, lunch, and wear hiking boots. Meet in Sunrise Lake parking lot at 10 AM. Heavy/steady rain cancels.

Sunday, 9/26 Catskills - Kaaterskill High Peak A 9 A
George Preoteasa gvpreo@gmail.com or 201-694-8344
E-mail or call leader for meeting time and directions by September 24. The Catskill Mountains are approximately 100 miles north of northern NJ. This is a hike mostly on a gentle trail with a short, steep bushwhack to get to the top. Lunch with a beautiful view. 2100 ft of total elevation gain. New TC map 141.

Sunday, 9/26 West Hudson Views Shuttle Hike. B+ 8/9 B+
Allison Tully 845-656-0442 or alitully63@optonline.net
Meet 9:00 AM at the end of Riverside Ave. in Haverstraw. (Drive through Tilcon Quarry off 9W North and make right on Riverside Ave.) We take 2-3 cars to private Stone House Road in Valley Cottage and

start our hike. We will hike up fairly new trails to the scenic view of the Hudson (see new map set) and will then hike down the White Path holding the ropes. After we cross 9W, we will head up the Yellow Trail to get on the Long Path. We hike the LP, taking in fantastic Hudson River views, to the windy White Trail and descend down to the foot-path. Registration is necessary and limited to 10. Contact by September 24th. Bad weather cancels. TC map 112.

Sunday, 9/26 Noonmark (3556 ft) and Round Mts. (3150 ft) B 6.6 B (Ascent 1800 Ft)
Elie Bijou adirondacks@verizon.net or 518-873-2119
Hike to two popular local peaks with outstanding views. Please bring water, lunch, snacks and a fleece and rain gear. Joint with Hurricane Mountain Chapter.

Thursday, 9/30 Lake Skannatati Circular B 6/7 B
Irene Logan 11er378@optonline.net or 845-753-5651 (NCA 9 PM or after 8:30 AM day of hike. No e-mails day of hike)
We will meet at the Lake Skannatati Parking Area at 10 AM. The route will be determined by the temperature. Precipitation/forecast of same cancels. TC map 119.

Thursday, 9/30 Reservation Deadline Fall Foliage Weekend
Shawnee Inn and Golf Resort. Reserve by calling the Inn at: 507-424-4000. Make your payment directly to the Shawnee Inn.

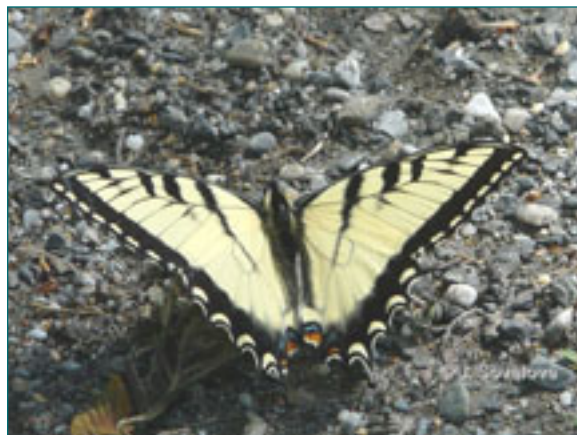


Photo by Jeff Sovelove

On the ADK Summer Hill Circular Hike in Harriman

SIGNUP SHEETS

Thanks to all for sending me the forms promptly. I keep track of hikes held and number participating.

Keep on hiking!
Betty

FREE

Nordictrack ski machine
Call Barbara at 973 506 7078

Ask the Merryweather Hiker



Dear Merryweather Hiker,
I'd be interested to know what kind of fabric is best for hiking clothes. People seem to like the nylon stuff but I find it itchy.
All Dressed Up

Dear All Dressed Up,
Hiking clothes have to deal effectively with a lot of body heat and moisture and should also be lightweight and comfortable. Synthetic materials do a much better job of managing moisture than does cotton. Where cotton absorbs and holds water, good quality synthetics wick the sweat from your skin and move it toward the outside of the clothing where it can evaporate more easily. To perform at their best they should fit close to the skin. Fabrics that hang loosely won't be able to absorb sweat and wick it to the outside to evaporate as efficiently. The colder the weather the more important wicking and evaporation become. Cold weather and sweat that doesn't evaporate chills the body and can eventually lead to hypothermia. So fabrics that wick, especially base-layers, are even more important in the winter-time. If you sweat and you don't like form fitting clothes, loose-fitting wicking hiking clothes are still better than cotton because they are designed to breathe better and carry the moisture away from your skin. It comes down to how active you plan to be. Obviously the more active you are, the more you're going to sweat, and the more important wicking/evaporation and breathability become.

Send your questions to Merryweather Hiker, our fictitious elder hike leader, at Merryweather@hudsonhikers.org Don't worry about asking a "dumb" question, we just won't print it.



Blueberries on the Allis Trail

Photo by Peter Tilgner

What's in YOUR backpack?

Summer is here! You don't need those extra hand-warmers, microspikes, stabilicers or spare mittens that are lurking in the bottom of the pack. And you won't need those snowshoes in the car trunk! So clean out all that winter stuff and get ready for summer, with its bugs and those hot, sunny, 90+ degree days.

For the bugs, insect repellent or head-net. In your first aid kit (check the bandaid supply), a sting stick and perhaps antihistamine tablets (if you have an allergic reaction to bee stings).

For the hot sunny days, sunscreen or a wide-brimmed hat are a must. And water. Lots of water. If the forecast is over 80 and it's a B or better hike, at least 2 quarts per person, either water or a sports drink (replace those electrolytes that you lost sweating on the climb!)

In my pack, in addition to everything above, I tuck in an extra bottle of spring water at the bottom. I don't usually run out of water if I fill my hydration bladder to maximum capacity, but, quite often, somebody else on the hike will. Offer a thirsty hiker a bottle of water when he/she has none and you have a friend for life!



Sterling Ridge Trail over Sterling Lake

Photo by Peter Tilgner

Welcome New Members!

Phyllis Sacchi & Roger Temple – Lincoln Park NJ
Jeanette & Leslie McCook – Mastic Beach NY (affil)
Stephen & Therese Zubarik – Tomkins Cove NY (affil)
Joan Cromeek – Mahwah NJ
William & Kori Phillips – Denville NJ
Richard Held – Warwick NY
Bruce Beranbom – New City NY
Donna & Ed Berstein – Milburn NJ
Matthew Fontana – Sloatsburg NY
Gely & Jakob Franke – Northvale NJ
Frank Pascuzzi – Valley Cottage NY

Marie Pase & Peg Tursi – Plainfield NY
Thomas Tantillo – Little Falls NJ
Ken Texler – Congers NY
Merilee & Ed Timberger – Newburgh NY
Mimi & Rich Trudeau – Monroe NY
Barry Unger – Manhattan NY
Ian Ward – Sloatsburg NY
Mark Witte – Nanuet NY
Barry Wolfe – Livingston NJ
Steve Lieb & Noel Brown – Allendale NJ
Barry Mino – Oradell NJ

Karen & Cam Witt – Basking Ridge NJ
Marie & Jerry Ruebenstahl – Warwick NY (affil)
WELCOME BACK TO NJR
Michele Felicetta – New York NY
John & Brenda Haas – Goshen NY
Joseph & Marilyn Kohler – Oakland NJ
V.Dennis & Paula Sandhage – Pearl River NY
John Sisti – Spring Lake NJ
Diana Cutt & Gerardo Iturrino – Nyack NY

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

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Dates to Remember!

Saturday, Sept. 4th 10 AM
Foraging Walk
 2 hours with Paul Tappenden
 Little Tor Park, New City, NY
 \$5 per person
 Last day to register Aug. 25th

Saturday, Sept 11th, rain date Sept 12th
Mohonk Day
 10 AM front porch
 \$50 per person
 Last day to send check and register Aug. 15th

Thursday, Sept 16th 7:30 PM
NJR fall meeting
 Speaker Chuck Stead, storyteller
 Nanuet Public Library, Nanuet, NY

Friday, Oct. 29th to Sunday, Oct. 31st
Fall Foliage Weekend
 Shawnee Inn and Resort
 Delaware Water Gap, PA
 Last day to register Sept. 30th

A Message From The Chair *continued from page 1*

indoor pool and a nine-hole approach golf course. For an additional fee, you can play their famous 18-hole, River Island course. In addition, fishing and canoeing are options along with shopping at nearby brand-name outlet stores. You can stroll around the Hotel's magnificent property or treat yourself to a massage at the hotel spa. Plan to arrive on **Friday, October 29th** early enough for an afternoon hike or in time to enjoy dinner together at 7 PM. The next day after breakfast, we will take a pack lunch and hike, or engage in other activities. We will have dinner Friday and Saturday evenings in a private dining room. Check-out is after breakfast on **Sunday, Oct. 31st**. We then have the option of participating in one more hike before heading home. The trip is only 75 minutes by car from the Trail Conference Office in Mahwah. Please look at the Hotel's web site, www.shawneeinn.com. Call or e-mail Suzan Gordon for more details at 201-871-3531 or browning.27@verizon.net The cost is \$255.65 per person double or \$373.25 single which includes all meals, tips and tax. There is a lower price for triple or quad shares. Please call the Inn to register and then let me know you have registered.

Please save the dates on your busy social schedules and plan to attend these enjoyable club events.

Suzan Gordon, Chair,
 North Jersey Ramapo ADK