



WINTER 2010

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

Ask the Merryweather Hiker



*Dear Merryweather,
During the winter months, when I'm on a hike, my nose is running constantly. It doesn't in the summer, unless I have a cold. The 'runny nose' hiking season is nearly here and I'd like to know why my nose will be running again, and can I do anything about it?
A Running Hiker*

Dear Running,
Interesting question. According to Dr. Ralph Metson, a sinus surgeon at the Massachusetts Eye and Ear Infirmary, the nose is a kind of "fancy air conditioner" whose job is to warm and humidify the air we inhale. When the air is unusually cold, the nose kicks into high gear to warm and humidify it. Blood vessels dilate, mucosal tissue swells, and glands secrete extra mucus. This extra mucus results in a runny nose. The more surprising part of this answer is that at room temperature, the nose typically produces about four cups of mucus on a daily basis. However, the majority either evaporates or is swallowed, going unnoticed unless it's working overtime.

*Dear Merryweather Hiker,
When hiking, no matter the season, one is advised to drink plenty of water. Does the temperature of the water you drink have any relationship to your system's ability to absorb it?
PT Hiker*

Dear PT,
We all know that drinking water is important. Water helps carry nutrients through the body, flushes toxins out of organs, and maintains the moist environment needed in mucus membranes like the nose and throat. The temperature of the water does not make a difference in terms of absorption, it is equally hydrating whether warm or cold. Just keep in mind that it is not recommended to drink hot water from the tap without boiling it first. It is likely to contain harmful bacteria that find the warmer temperature a perfect breeding ground.

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.

A Letter From the Chair

What will the weather be like this winter? I am looking for small indications that may tell: woolly caterpillars, more leaves have fallen on the trails than in previous years, and the biggest acorns I can remember are scattering the forest floors. Squirrels in my neighborhood (Tenafly, NJ) are scurrying around burying everything they can find. There was one on my terrace recently trying to deposit a bagel in a potted chrysanthemum, not with much success, I might add. Whatever the weather, some of us will be hiking, enjoying the cold, crisp days, brilliant sun, and perhaps enough snow to snowshoe or ski. It is exhilarating to be in the woods during the winter. Hot soup, tea, or cocoa makes lunch a treat when we find a protected spot to sit for a while. Our packs get heavy with the extra layers of clothes we shed because, surprisingly, we DO get warm as we walk. For those of you who have not tried winter walks, look at our new schedule and find a hike suited for you. It is great fun and better than a workout at the gym.



Illustration by Gregory Benton

There are some enjoyable activities planned for the Club this season. On **Wednesday, March 3rd, our annual Banff Film Festival** get together will take place. The show is at the Lafayette Theater in Suffern, NY. We will meet for dinner at 5 PM at the neighboring restaurant, Hacienda de Don Manuel, and after dinner, go to the performance (see the schedule for more details.) On **Thursday, March 18th, our winter meeting** will host Paul Tappenden and Joanna Dickey, Rockland County naturalists. They are going to teach us how to get tasty nutrition from local plants, weeds, berries, and nuts. They will help us rediscover nature and all it has to offer. Paul's main interest in local plants is in eating them! He and Joanna run workshops taking people around and telling them about neighborhood plants. He said, "...people were viewing weeds through different eyes. Many began sampling wild edibles and were surprised how good they were." Paul and Joanna will have samples, pictures, and a lively talk. We will begin the program at 7:30 PM at the Holy Cross Lutheran Church in Mahwah, NJ. More information is in the schedule. Bring friends and family to enjoy this interesting presentation.

Enclosed in this Trail Talk is a roster of our members. Please take time to check your address, phone number, and e-mail address. Headquarters has been known to get some facts mixed up, and if you spot an error or omission, contact Richard Sumner, Vice Chair. He has done a fine job of editing and printing this list. We can have your information corrected for the next roster, or we may put a note in the following schedule. Thank you, Richard for all your efforts.

As a very wise hiker once said to me, "There is no such thing as bad weather. It's just bad clothing." So, take out your fleece jacket, woolen hat and socks, mittens or gloves, eat a hearty breakfast, and pack a lunch. Then, take a hike! See you on the trails.

Suzan Gordon, Chair
North Jersey Ramapo Chapter of ADK

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.

Welcome New Members!

Barbara & James Bager – Mountainside NJ
Michele & John Demaree – West Long Branch NJ
Donn Dwyer – West Windsor NJ
Kathryn Fleissner – Stirling NJ
Bruce Kohut – Toms River NJ
Jim Nuiccio – Brielle NJ
Anne & Michael Zachara – Summit NJ
Monique & Alan Sofen – Suffern NY
Sheree & Fred Bennett – Verona NJ
Jennifer Clark – Suffern NY
Michael Goldey – Harrison NY
Maribeth Hartwick – Glen Rock NJ
Ivan Kossak – Lincoln Park NJ
Patricia & Keith Lewandosky – Montvale NJ

Brian McLaughlin – Spring Lake NJ
Donald McNeil – Bergenfield NJ
Barbara Melli – Florida NY
Doran Racer – South Bound Brook NJ
Sharon & Jeff Sevransky – Newton MA
Stephen Bolster – North Haledon NJ
Kathleen Garrison – Haverstraw NY
Maria Kamins – Chester NY
John Luard – Rumson NJ
Rory MacInnis – Manahawkin NJ
Noreen Pye – New York NY
Elaine & Joseph Rizzo – Orangeburg NY
Marjorie & Richard Taylor – Park Ridge NJ
Stanley Weiss – Nanuet NY

ADK NORTH JERSEY RAMAPO CHAPTER

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

HIKE SCHEDULE • WINTER 2010 • JANUARY • FEBRUARY • MARCH

Friday, 1/1 New Year In Harriman B 8 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
 Meet 9:30 AM at Reeves Meadow Parking Lot on 7 Lakes Drive for winter walkabout to celebrate 2010. TC map 118.

Saturday, 1/2 Jordan Pond Loop (Fahnestock State Park) B 6.5 B
Robert Permutt rpermutt2003@yahoo.com (pref) or 914-588-0212
 Meet at 9:30 AM at the Pelton Pond Parking area on Route 301 and we will shuttle to the Trail Head. This hike is a circular loop in Fahnestock State Park. Highlights include Jordan Pond and Clove Creek. Depending on weather conditions, stabilicers may be necessary. Registration required for hike on or before January 1, 2010. TC map 103.

Sunday, 1/3 Fahnestock Loop B 7.5 B-
Richard Sumner rls@rsumner.com or 845-362-8470
 Meet at 9:30 AM at first parking lot (at AT crossing) on Canopus Lake (take Rt. 301 from Cold Spring). A pleasant 7.5 mile loop that includes a scenic and interesting section of the AT. Appropriate footwear is required, possible snowshoe hike. Foul weather will cancel. Call before 8:00 AM if uncertain. TC Map 103

Sunday, 1/3 Blackhead (3993 ft.) B 5 A
Elie Bijou adirondacks@verizon.net or 718-377-2990 (3-9 pm)
 NCA 12/31
 A required winter peak for the 3500 foot patch. Done as a loop. Ascent is 2000 feet. Joint with ADK- Schenectady and ADK-Long Island. TC map 41

Thursday, 1/7 In The Woods C+ 5/6 C+
Eileen Berch 973-506-7078 (NCA 8 PM)
 We'll start from the upper parking lot of Ringwood Manor (State Park), hiking to Governor Mountain using the Cooper Union and Crossover Trails and possibly a short climb on the Ringwood-Ramapo Trail. Meet at 10 AM in the Upper Parking Area. No need to register, but No Go if raining, sleeting, or snowing. Call by 8:30AM morning of hike if weather is doubtful. Proper equipment required, may need snowshoes, stabilicers and/or crampons. TC map 115.

Saturday, 1/9 Appalachian Trail From Mt. Peter to Wawayanda B 10 A
Gary Wiltshire gjwiltshire@hotmail.com
 Join me for a full day of hiking, maybe if we're lucky snowshoeing. We will begin at Mt. Peter and hike the Bearfort Ridge, following the Appalachian Trail as it turns west and finish at the Park Office in Wawayanda State Park. Shuttle required, all hikers must register by Friday the 8th so I can plan for you. Proper winter equipment will be necessary, water and lunch a must. Heavy snow or rain may cancel. We will meet at the A&P shopping center in West Milford in front of the Sears Hardware at 9 AM. TC maps 100 and 116.

Sunday, 1/10 Delaware & Raritan Canal B 7 C
(Bound Brook to Millstone, NJ)
Aaron Schoenberg askus3@optonline.net (pref) or 845-986-8645
 This trek along the Canal towpath is a flat walk along one of America's busiest navigational canals of the 19th century. Get a glimpse into this engineering marvel of its day. E-mail (call if no computer) leader to register for this hike and to find out meeting location, time, and trail conditions for equipment required (snowshoes, stabilicers or just boots). Car shuttle will be arranged.

Thursday, 1/14 In the Woods C 5/6 B
Phyllis Key pkeyhiker@juno.com or 201-768-5573
 Routes to be determined by weather and trail conditions. Call or e-mail (pref.) no earlier than 3 days prior to hike for time, location and to register for the hike.

Saturday, 1/16 Jockey Hollow Grand Loop B 5 B
Jeffrey Sovelove Hiker_Dood@yahoo.com
 We will do the Grand Loop at Jockey Hollow National Park in Morristown. See <http://www.nps.gov/morr/planyourvisit/directions.htm> for directions and information. 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 with Sierra Club.

Saturday, 1/16 Kaaterskill High Peak (3655 ft.) B 8 A
Elie Bijou adirondacks@verizon.net or 718-377-2990 (3-9 pm)
 NCA 1/15
 From the east, Kaaterskill High Peak stands alone from other mountains, making it appear loftier. We will hike this mountain by a combination of routes and ascend the oldest trail still in use in the Catskills. Ascent about 1800 feet. Joint with ADK- Schenectady and ADK-Long Island. TC map 41.

Saturday, 1/16 Easy Cross-Country Skiing Rated C
Marcia Greenwald 201-797-7541 or mrcgrn@verizon.net
 Paramus Golf Course, near Bergen Community College. Level or some hills as desired. Can have lunch after at golf course restaurant. If no snow, can walk in park.

Sunday, 1/17 The Cannonball C 5/6 B
Pat Marcotullio 845-729-4046 or patros@optonline.net (pref.)
 Meet 10 AM Skyline Drive Upper Parking Area (about 2 miles from the Skyline Drive Exit 57 on Rt. 287). There will be some gentle ups and downs and we will be able to shorten the hike in case of inclement weather. Snow or rain cancels. TC map 115.

Monday, 1/18 Darlington X-Ski
Judith Hishikawa 201-483-8289
 Cross country skiing Darlington Country Club course. Meet 1 PM in the parking lot. If no snow call for a hiking trip.

Thursday, 1/21 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 the leader for hike details.

Thursday, 1/21 Fox Trail Redux B 6 B
Dave Sutter dsuttr@aol.com
 All the old favorites: Bonura Hotel, Hal's Bypass, Pei Yi Wu ascent and finally long abandoned Fox Trail return. Bad weather may cancel. Meet 10 AM Johnstontown Road Circle for this moderate hike. TC map 118.

Saturday, 1/23 A Winter Hike/Cross Country Ski/ or Snow Shoe C 5 C
Barbara Goldberg barbsol@optimum.net or 201-652-4913
 Route and activity to be determined by weather and trail conditions. Call or e-mail for time and location no earlier than 3 days prior to selected date.

HIKE SCHEDULE • WINTER 2010 • JANUARY • FEBRUARY • MARCH

Sunday, 1/24 Silvermine Circular B 7.5 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
 We'll hike Menomine to LP and return via AT. Meet 9:30 AM at Silvermine parking area on 7 Lakes Drive. TC map 119.

Monday, 1/25 Dog Friendly Gate Hill B 8 B
Susan Sterngold banjolady.susan@verizon.net (pref.) or 845-519-4890 cell
 Old ruins, lakes and a view. Moderate pace. Dogs must be under the control of owner at all times and park leash rules must be obeyed. Owners must have adequate food and water for their dogs. Meet 10 AM Gate Hill Parking (Rt. 106), off PIP Exit 14 from South, Exit 15 from North, go West after exiting PIP. Parking on your left shortly after entering Harriman Park. Joint with AMC. TC map 118.

Thursday, 1/28 Sterling Forest B 4/8 B
Irene Logan 845-753-5651 (NCA 9 PM or 8:30 AM day of hike)
 Meet at the Sterling Forest Visitor Center at 10:00 AM. We will hike a variety of trails depending on winter conditions that may modify the hike. Snowshoes and/or traction devices may be required. There will be an opportunity for an early out. Precipitation of any kind cancels. TC map 100.

Saturday, 1/30 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., Piermont, NY at 11:00 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, 1/31 White Bar Circular B 8 B
Chris Connolly c.connolly7@verizon.net or 201-321-6605
 If weather cooperates, we'll take Nurian up Black Rock to the R-D and Lichen before returning home via White Bar-Dunning-Island Pond Road. Meet 9:30 AM at White Bar parking area off Rte 106. TC map 119.

Thursday, 2/4 In the Woods C 5/6 B
Phyllis Key pkeyhiker@juno.com or 201-768-5573
 Routes to be determined by weather and trail conditions. Call or e-mail (pref.) no earlier than 3 days prior to hike for time, location and to register for the hike.

Saturday, 2/6 Wandering Thru Wawayanda B 10+ B
Gary Wiltshire gjwiltshire@hotmail.com
 Join me once again for this all day hike in beautiful Wawayanda State Park. Hopefully we will need snowshoes !!!! Relatively flat with short ups. We will attempt to use less populated trails while exploring this beautiful State treasure. Winter equipment will most likely be required. Heavy snow or rain may cancel. Please register by Friday. We will meet 9 AM at A&P Shopping center in front of Sears Hardware.

Saturday, 2/6 Sherrill (3540 ft.) B 5.5 A
Elie Bijou adirondacks@verizon.net or 718-377-2990 (3-9 pm) NCA 2/5
 A favorite of this leader, in its entirety it is a bushwhack to a canister. While it is usually hiked with North Dome, it allows for slower hikers to join. Ascent 2040 ft. Please bring full winter gear, lunch, extra water. No car shuttle required. Joint with ADK- Schenectady and ADK-Long Island. TC map 42.

Sunday, 2/7 Central Harriman B+ 9 B
Ken Elion kelionhikes@yahoo.com or 914-629-2892
 Meet 9:30 AM at Lake Skannatati Parking Lot. We will utilize a mixture of trails in an area of varied terrain. Steady pace with occasional stops to enjoy the surroundings. Bring traction devices, or snowshoes if needed. Please register by Saturday 2/6. Adverse weather conditions may alter or cancel. TC map 119.

Thursday, 2/11 Harriman State Park B 6/7 B
Irene Logan 845-753-5651
 We will meet at 10 AM at Lake Sebago Boat Launch Parking Lot. Depending on the winter trail conditions we will hike on trails appropriate for the weather. Snowshoes and/or traction devices may be required. Precipitation of any kind cancels. If in doubt call the leader by 9 PM the evening before or by 8:30 AM the morning of the hike. TC map 118.

Thursday, 2/11 Wine Social at Wine in the Woods
Gary Wiltshire gjwiltshire@hotmail.com
 Join us for a relaxing evening at Wine in The Woods in West Milford, NJ. This is a great opportunity to meet other hikers, share stories and plan upcoming hikes. Great atmosphere, good people, always a well attended Social. Contact Gary Wiltshire by Tuesday the 9th so we can plan accordingly. TC map 116.

Sunday, 2/14 Circumambulate Monksville Reservoir B 8.5 B
Cliff West 3cliff@gmail.com or 973-886-4072
 We will use a variety of trails as we hike completely around Monksville Reservoir. Includes a road walk as we cross the dam. Meet 9:00 AM at the parking lot on Beech Road, north of Greenwood Lake Turnpike (the lot with no boat ramp). Winter footgear will hopefully be necessary. TC map 115.

Wednesday, 2/17 Skate Bear Mountain with Family & Friends C 1/2 C
Deanna Felicetta dollinthewoods@optonline.net 845-216-2021
 School break time is a perfect time to skate with the family and friends. We will skate at the lovely outdoor rink and enjoy the view of Hessian Lake with a walk following. Come join us for the walk if you do not skate. Guests are welcome. You must register for this outing.

Thursday, 2/18 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, 2/20 Patriots Path Stroll C 3/5 C
Jeffrey Sovelove Hiker_Dood@yahoo.com
 Come take an easy stroll on Patriots Path in Morristown. We 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. The path is wide, partly paved, partly crushed stabilized gravel with very little in the way of elevation gain. Please bring plenty of water and a light snack. Great for beginners. Inclement weather cancels. Proper footgear required (stabilizers, crampons or snowshoes) if appropriate for the conditions. Optional lunch afterwards. Joint with Sierra Club.

HIKE SCHEDULE • WINTER 2010 • JANUARY • FEBRUARY • MARCH

Saturday, 2/20 **Snowshoe Outing** **C 4 C**
Phyllis Key pkeyhiker@juno.com (pref) or 201-768-55
 Must call to register and find out time and place.

Sunday, 2/21 **Pete's Path & Wanaque Ridge Trails** **B 7 B**
Pete Heckler 973-831-2307 (No calls morning of hike)
 This hike takes us up to where the views of the Wanaque Reservoir are outstanding. Inclement weather or hazardous driving conditions cancel. Snowshoes or stabilicers may be required. Meet 9:30 AM Warren Hagerstrom Ball Field, Warren Hagerstrom Blvd, Wanaque, NJ. Directions: From I-287 Exit 55: Take Rt-511 (Ringwood Ave.) North about 3 mi (3 more traffic lights after exit lights). Right turn to Warren Hagerstrom Blvd. opposite the Wanaque Dam (Look for Wanaque Reserve sign on right). Continue onward 0.3 mi. to entrance of ball field on the left. From Skyline Dr. & Ringwood Ave: Go South on Rt-511 about 4 mi. & two traffic lights. Make a left at the Dam. TC map 115. Joint with IHC. **E-mail pre-registration would be appreciated. Send to P_HECKLER@MSN.COM**

Sunday, 2/21 **Balsam Lake (3723 ft.) and Graham (3868 ft.)** **A 10 B**
Elie Bijou adirondacks@verizon.net or 718-377-2990 (3- 9 pm)
 Balsam Lake Mt. has a firetower that offers considerable views of the western Catskills. Although Graham has a path, it is considered to be a trailless peak, the loftiest in the Catskill Park. Ascent 1900 ft. Joint with ADK- Schenectady and ADK-Long Island. TC map 42.

Sunday, 2/21 **XC Ski trip - Jockey Hollow** **Moderate**
Mary Saraco msaraco@aol.com or 908-781-7072
 Meet at Visitor Center at 10 AM. If there is not enough snow we will hike the Grand Loop Trail through the hardwood forest and over rolling hills. Email or call leader for directions and to register before 9 PM on Saturday.

Monday, 2/22 **Dog Friendly Anthony Wayne** **B 7 B**
Susan Sterngold banjolady.susan@verizon.net (pref.) or 845-519-4890 cell
 Nice hike with climbs and views, early out possible. Dogs must be under the control of owner at all times and park leash rules must be obeyed. Owners must have adequate food and water for their dogs. Appropriate winter footwear and traction aids a must. If coming contact leader for details. Meet 10 AM Anthony Wayne Parking Area, Exit 17 off Palisades Parkway, NY. Joint with AMC. TC map 119.

Thursday, 2/25 **Johnsontown Circ.** **B 6/7 B**
Irene Logan 845-753-5651 (NCA 9 PM)
 Conditions will determine exact route and distance. We will be stopping to enjoy the woods. Inclement weather will cancel. Call between 8-9:30 AM day of hike if in doubt. Meet at the end of Johnsontown Road, off Seven Lakes Drive, Harriman at 10 AM. TC Map 118.

Saturday, 2/27 **XC-Ski Outing** **Moderate 6/7 miles**
Peg Wissler 914-260-7506
 Ski the wooded trails of Sterling State Park. If there is no snow in Sterling, leader hopes to move the ski north to Minnewaska State Park. Meet at Sterling Forest Visitor Center Upper Parking Lot at 9:30 AM. Call leader by Thursday, 2/25 to register and confirm meeting place and time. TC map 100 or TC map 105.

Saturday, 2/27 **Snowshoe In The Nearby Catskills** **B+ 5/6 B**
Deanna Felicetta dollinthewoods@optonline.net or 845-216-2021

Come enjoy the snow this winter in the Catskills. Bring your snowshoes and warm attire for this lovely day outdoors. We plan to snowshoe from 11 AM to around 3 PM. This should allow time for travel and seeing the area. You must register by Wednesday before hike. Call if you need to cancel or have last minute questions.

Sunday, 2/28 **Pequannock Loop** **B 6.5 B**
Richard Sumner rls@rsumner.com or 845- 362-8470
 A pleasant circular hike in the Pequannock Watershed. Normally off limits without individual permits, we will have a group permit to hike in the watershed. The hike will be limited to 16 hikers, due to limited parking at the trailhead and the permit. You MUST register for this hike by Friday, 2/26. Appropriate footwear is required, possible snowshoe hike. TC map 116.

Wednesday, 3/3 **Banff Mountain Film Festival**
 This annual event, at the Lafayette Theater, Suffern, NY, features some of the best short films from this internationally acclaimed film competition. With magnificent cinematography, the films capture the spirit of adventure in the great outdoors. We'll start the evening at 5 PM with dinner at the highly regarded Mexican restaurant, HACIENDA DE DON MANUEL, located a short distance from the theater. At about 6:30, we will head up the avenue to the theater. If you will be joining us for dinner, please RSVP to: ctausch@remax.net. Tickets are available for \$15 in advance at a Ramsey Outdoor Store or \$18 at the door.

Thursday, 3/4 **In the Woods** **C 5/6 B**
Phyllis Key pkeyhiker@juno.com or 201-768-5573
 Routes to be determined by weather and trail conditions. Call or e-mail (pref.) no earlier than 3 days prior to hike for time, location and to register for the hike.

Saturday, 3/6 **Eagle (3600 ft.) & Big Indian (3700 ft.)** **B 7.5 B**
Elie Bijou adirondacks@verizon.net or 718-377-2990 (3- 9 pm)
NCA 3/5
 Please join us for a hike to a different combination of two popular peaks, one trailed and the other considered trailless, complete with a canister. Ascent 2200 ft. Joint with ADK- Schenectady and ADK-Long Island. TC map 42.

Saturday, 3/6 **Bare Rock Trail Clearing Hike** **C 5 B**
Peter Tilgner and Suzan Gordon browning.27@verizon.net or 201-871-3531
 Join us in Sterling Forest as we continue to clear a new trail to and from Bare Rock. You will need lunch, water and work gloves. We have tools. You may bring your own loppers, folding saw, etc. Meet 9 AM at the Sterling Forest Visitor Center Upper Parking Lot. We will car-pool to the trail head and then hike in and out. Please let us know if you plan to join us. TC map 100.

Sunday, 3/7 **Popolopen Hike** **B+ 4/5 A**
Allison Tully alitully63@optonline.net or c. 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

HIKE SCHEDULE • WINTER 2010 • JANUARY • FEBRUARY • MARCH

Hole. Stabilicers could be necessary. Come prepared. Registration required. Contact leader by March 6th. Limit 15 hikers. TC map 119.

Thursday, 3/11 n The Woods B 6/8 B

Paul Margiotta pjmm11@verizon.net or 201-693-6705

Ups and Downs. Call or e-mail leader by 8 PM Wednesday night for details.

Friday, 3/12 NJR Board Meeting 7:30 PM

At the home of Suzan Gordon and Peter Tilgner, 27 W. Clinton Ave. 2-N, Tenafly, NJ. A pizza supper will be served at 7 PM.

Saturday, 3/13 To Lake Skenonto C 6/7 B

Pat Marcotullio 845-729-4046 or patros@optonline.net (pref.)

Meet 9:30 AM Lake Sebago Boat Launch. Some moderate climbs will take us to Lake Skenonto for lunch. Return route will be on the Triangle and TMI Trails. Inclement weather will cancel. TC map 118.

Sunday, 3/14 Daylight Saving Time Begins

Sunday, 3/14 Wearing O' the Green B+ 9 B

Allison Tully alitully63@optonline.net or c. 845-656-0442

Limited to 15 hikers. Register by Friday, 3/12. Meet at Lake Skannatati Parking for a 10 AM start. Rain cancels so call before 9 AM morning of hike if in doubt. Stabilicers may be needed in spots. TC map 119.

Sunday, 3/14 North Dome (3610 ft.) B 5 B

Elie Bijou adirondacks@verizon.net or 718-377-2990 (3-9 pm) NCA 3/12

Another one of my favorite trailless hikes. A great peak with many different ways to ascend. A nice view towards Westkill & Hunter and a canister on the summit. Snowshoes with crampons—crampons (min 6 pts.) a must. Ascent 1900 ft. Joint with ADK- Schnectady and ADK-Long Island. TC map 42.

Thursday, 3/18 Skannatati Circular B 7/8 B

Irene Logan 845-753-5651 (NCA 9 PM or after 8:30 AM day of hike)

We will meet at the Lake Skannatati Parking Area at 10 AM. We will hike on several trails including the ASB, Dunning, Long Path, and Lichen with views. Come prepared with appropriate gear including traction devices. Precipitation of any kind cancels. TC map 119.

Thursday, 3/18 North Jersey Ramapo Chapter Meeting 7:30 PM

Holly Cross Lutheran Church Fellowship Hall, Glasgow Terrace corner of Ramapo Valley Rd. (Rt. 202), Mahwah, NJ.

Artists Paul Tappenden and Joanna Dickey will present "Wild Eatables", a Power Point and hands-on tasting presentation dealing with seasonal plants we walk by on every hike.

Saturday, 3/20 Lewis Morris Park B 5 B

Jeffrey Sovelove Hiker_Dood@yahoo.com

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

Saturday, 3/20 Long Path From Rt. 6 to Brooks Mt. & Return B 7.5 B
Peter Tilgner and Suzan Gordon browning.27@verizon.net or 201-871-3531

Our hike begins at the Rt. 6 Pull Out where the Long Path crosses. We will stop at the Raymond H. Torrey Memorial before moving on to Brooks Mt. for lunch and our return. This hike has some steep ups and downs. Microspikes or stabilicers may be needed. Meet 9:30 AM at the Rt. 6 Pull Out. Heavy rain or treacherous walking conditions cancels the hike. TC map 119.

Sunday, 3/21 Harriman Walkabout B 7 B

June Slade 973-835-2832

Celebrate the arrival of Spring outside -- inside Harriman. Meet at 9:30 AM, Tuxedo Commuter Parking: First right turn from Route 17 north beyond Tuxedo Railroad Station. Cross tracks. Parking area on left. Be sure to park inside white lines as cars touching lines have been ticketed. Inclement weather cancels. TC map 118.

Thursday, 3/25 Johnstown Circular B 6/7 B

Irene Logan 845-753-5651 (NCA 9 PM)

Conditions will determine exact route and distance. We will be stopping to enjoy the woods. Inclement weather will cancel. Call between 8-9:30 AM day of hike if in doubt. Meet at the end of Johnstown Road, off Seven Lakes Drive, Harriman at 10 AM. TC Map 118.

Saturday, 3/27 Bare Rock Trail Clearing Hike C 7 B

Peter Tilgner and Suzan Gordon browning.27@verizon.net or 201-871-3531

Join us in Sterling Forest as we continue to clear a new trail to and from Bare Rock. You will need lunch, water and work gloves. We have tools. You may bring your own loppers, folding saw, etc. Meet 9 AM at the Sterling Forest Visitor Center Upper Parking Lot. We will car-pool to the trail head and then hike in and out. Please let us know if you plan to join us. TC map 100.

Saturday, 3/27 Long Path South From Rt. 6 B 5/6 B

Denis and Joan Kmiec kmiec20@yahoo.com 845-634-1397 c. 845-548--5583

We hike the Long Path south to Stockbridge Shelter. Return on the Menomine Trail and Nawahunta Fire Rd. Out by 1:30. Meet at 10 AM at Long Path Hikers Parking Lot on Rt. 6. Will not hike in snow, ice or if it rains. In doubt call day of hike. We will be up by 6 AM. TC map 119.

Sunday, 3/28 Iona Island Circular B+ 9 B+

Ken Elion kelionhikes@yahoo.com or 914-629-2892.

Meet 9:30 at Iona Island Parking area on Rte. 9W approx. 1.5 miles south of Bear Mt. Inn. Many ups & downs throughout the day passing over Bald, Timp, Cats Elbow and West Mountain. Return trip through Doodletown. Traction devices may be necessary. Please register by Saturday 3/20. Rain may alter or cancel. TC map 119.

Monday, 3/29 Dog Friendly Reeves Meadow B 7 B

Susan Sterngold banjolady.susan@verizon.net (pref.) or 845-519-4890 cell

Meet 10 AM Reeves Meadow Parking on 7 Lakes Drive. Views, climbs, maybe waterfall or lake—we will decide, early outs possible. Dogs must be under the control of owner 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.

A Dance in the Woods

By Michael J. Scugoza

A WINTER HIKE can be a special treat – a respite from “cabin fever” or simply a chance to stretch muscles beginning to atrophy from too many hours “riding the couch”. The leaves will have begun to lose their crunch, and a soft calming stillness soon engulfs you. If you pick a more secluded trail, there is soon no one but you, the deer, and an occasional raccoon sharing the hushed forests. Often, hiking with a friend or mate can heighten the pleasure – each hike brings new experiences, worth re-telling even years hence.

My real preference is to hike the day after a snowfall – the nocturnal creatures which have done their dance of life and death by the moonlight trace the steps of their dance in the snow, belying the seeming lifelessness of the landscape. One can only wonder at the capriciousness of Nature, allowing



Photo Peter Tilgner

Winter hike on the AT in Harriman

some of her creatures to hibernate in protected caves and burrows, yet casting out others to suffer the whims, and often, the bitterness of winter weather. The tracks, and the stories they tell, add yet another dimension to the austere winter landscape, already powerful in its brilliant whites and shades of blue and violet.

In deference to the grace and endurance of the deer, I often fill my knapsack with the small apples that a local orchard sells for applesauce and pies. Hours might then be spent looking for signs that a herd has pawed through the snow for fresh roots or acorns showing me where to spread my meager offering. The shining reds and greens become mere pinpoints of color in this vast sea of white, so I crush a few to put the scent upon the wind, hoping they’ll be found before the cold renders them merely colorful rocks. With luck, this treat may lift of the burden of winter a little for a lucky few, as much as sharing their domain brightens my existence.

Self-appointed duties attended to, my eyes and senses are once again free to wander further from the trail, taking in yet more of the surrounding wilderness. Stands of mountain laurel and rhododendron spot the hillsides, providing shelter for the hapless creatures seeking respite from the slicing winds. Trees creak at the slightest breeze, their frozen limbs stiff and unyielding, aching for the warm surge of fluids that spring will send to revitalize them.

The dark mouths of caves are in evidence against the snow, leaving you wonder whether they reveal the winter lodging of a hibernating bear or two, but there seems no real need to find out. Winter hiking brings with it a sense of adventure; the feeling of aloneness; nothing can be taken for granted. You challenge your balance and your wits to take you in, and to get you back – your ballet along the paths, and among the rocks, sharing this dance

with the spirits of the native peoples who have gone before you.

Hiking early, before the sun has a chance to play upon the forest, reveals the crystals that form along the branches, from moisture drawn out by the cold, more intricate and beautiful than the finest diamonds. They remain there only for the hearty, for the sun erases them in minutes, so delicate is their structure.

Mere words cannot begin to model the beauty of a stream frozen in time, halted in its cascade over the rocks and branches in its path—the imminent threat of an icicle hanging from the edge of a cliff, poised, as if to impale the next living thing passing beneath it. The pale winter sun gathers strength from the snow and becomes a blinding flash, demanding that you shield your eyes, impossible to ignore. Still, when snow creates this blinding intensity, the forest becomes most elegant. Stripped of grass and leaves, it transforms into a crystal palace, a play of lights and prisms; aloof; no welcome extended; enter with deference. So unlike the faces of the other seasons: Spring, bright and bubbling, splashing colors like a child at play, a swath of new greens, brazen yellows, and bursting flowers; Summer’s sophistication, warm and mature, captivating scents and lush colors; Fall’s brashness, a blaze of silent fireworks. Then, Nature, impatient to empty her palette, settles back and casts an icy veil over her domain.

Take up winter’s dare: hike the forest’s trails, reveling in the bite of the wind, and icy kiss of the snow; experience the exhilarating sensations of being alive, and human, in the season that challenges everyone and accepts no excuses.

NJR Comments on Proposed Minnewaska “Multi-use” Trail

By Chris Connolly

The New York State Office of Parks, Recreation and Historic Preservation (OPRHP) is in the midst of a year-long process of developing a new master plan for Minnewaska State Park in the Shawangunks. OPRHP issued this Fall a draft plan that promises to add blazed hiking trails in under-served western areas of the park, including Stony Falls. However, the trail plan for the recently-acquired Awosting Reserve, on the park’s eastern border in Palmaghatt Ravine, contemplates only a single trail traversing the 2,500-acre Reserve—a so-called “multi-use” trail that is, in fact, a narrow single-track mountain bike trail.

The NJR Executive Committee voted at its November meeting for a resolution authorizing Chapter Chair Suzan Gordon to send OPRHP a letter on behalf of NJR objecting to the proposed “multi-use” trail. The letter explained that, while the Chapter does not object to the use of Minnewaska by other recreational users, it strongly objects to restricting hiker access to a trail constructed for the specific use of another user group. In addition, the proposed single track trail is not an appropriate multi-use trail for hikers. NJR requested that a hiking trail loop alternative be designated so that hikers can actually have access to and enjoy the natural beauty of the Awosting Reserve.



Dates to Remember!

Wednesday Feb 17, 2010
FAMILY ICE SKATING AND WALK
 Bear Mountain State Park

Wednesday, March 3, 2010
BANFF MOUNTAIN FILM FESTIVAL
 5:00 PM Dinner at Hacienda De Don
 Manuel

6:30 PM Lafayette Theater, Suffern, NY
 (see Hiking Schedule for more details)

Thursday, March 18 **MEMBERSHIP MEETING**

7:30 PM Holy Cross Lutheran Church, Mahwah, NJ
 Paul Tappenden and Joanna Dickey's presentation "Wild
 Edibles", flowers and weeds—with samples and recipes



Photo: Jeff Sovelove

Hooded Merganser, Speedwell Lake, Morristown.

A Prepared Hiker

by Deanna Felicetta

If you are like me, you wake up all excited the morning of a hike, thinking of the trails you will hike and what you may see. You may have picked this hike because of the location—someplace you've never been before, or a hike you just love to do over and over again. Or you may want good company to walk with on this day in the woods. Whatever your thoughts, you want to be prepared. Most often hikers talk about how they are dressed, how much water to take or what seasonal gear to put in their packs. Do you have a map? Did you let someone know where you would be hiking? You grab your boots and off you go! OOPS! Did you forget something? Some of us do.

A good nutritious breakfast the morning of a hike will perk you up and keep you going on your hike. So often when a hiker is having difficulty on a hike they have not had a good breakfast that morning. Here is one of my favorite breakfasts : Eggs and Cheese

2 eggs lightly beaten with a fork

1 1/2 slices of cheddar cheese

Heat frying pan, grease with butter or canola oil. Pour in the eggs, let cook as for an omelette. Let excess eggs swirl onto the sides of the pan and poke a hole or two in the omelette to allow egg to fully cook. Slide egg onto your dish. Salt and pepper if you like. Lay cheese slices on half of the egg and fold the other half over on top of the cheese. Let it stand for a minute, allowing cheese to soften. I like to accompany this with orange juice or a freshly sliced orange and a cup of herb tea or coffee.

So be prepared, and give breakfast a try! I do hope to see you smiling on a hike soon.

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