



SPRING 2015

# Trail Talk

Adirondack Mountain Club  
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## A Message From the Chair

### WELCOME SPRING!

My first task as your new Chair is to thank those board members that are ending their tenure. I would like to thank our past Chair Jeff Sovelove for leading the chapter for the past 2 years. Thanks also to Suzan Gordon for her many years as Programs Chair, Marcia Greenwald for her many years as Treasurer and Deanna Felicetta for her years as our Delegate to the NYNJ Trail Conference. I also want to welcome Daphne Downes as our new Vice Chair, Allen Grunthal as our new Treasurer and Chris Tausch as our new Delegate to the Trail Conference. These new members will bring fresh ideas to our board meetings. We are actively looking for a volunteer to replace Suzan. Please contact me if you would be interested or if you have any questions about the Program Chair position.

I want to encourage all members to become more involved in our chapter's activities. Do you know we maintain a section of Long Path and a section of the Ramapo Dunderberg trail in Harriman Park? I am leading a trail maintenance hike on Saturday, May 16th; see the hike listing for details. All members are welcome to come and help clean up our section of the R-D.

There are also volunteer opportunities in the Catskills and the Adirondack High Peaks. Click on stewardship at the [adk.org](http://adk.org) website for more information. Since 1986, thousands of volunteers have worked with experienced ADK trail crew leaders to complete trail maintenance and reconstruction projects in the Adirondacks and Catskills. As volunteers work together and form new friendships, they complete quality projects that will protect our natural resources for many years. A fun and rewarding experience is guaranteed. Trail work is demanding, so volunteers should expect to be challenged both physically and mentally. ADK provides leadership, group camping gear, tools, transportation from base camp, and meals for multi-day projects. ADK's volunteer base camp, located at the Adirondack Loj Campground near Lake Placid, serves as the staging area for the four- and five-day trail projects. Project information, including an equipment list, will be sent upon registration. There is no fee for participation, unless otherwise indicated.

As much as I have enjoyed this past winter and the great snowshoeing and skiing, I am looking forward to the spring thaw. We have a full spring hiking schedule thanks to our volunteer hike leaders. I plan to be hiking and hope you will be too.

Karen



Photo by Fred Hodde

*"Are we close to the steep part yet?" Taken on the Devil's Path on Indian Head Mountain in the Catskills.*

## 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 NORTH JERSEY RAMAPO CHAPTER

385 N. Franklin Tpke, Box 7, Ramsey NJ 07446

For information: [info@hudsonhikers.org](mailto:info@hudsonhikers.org)

[www.hudsonhikers.org/catskills.html](http://www.hudsonhikers.org/catskills.html)

### OFFICERS

CHAIR - Karen Rose

201-962-8546 [chair@hudsonhikers.org](mailto:chair@hudsonhikers.org)

VICE CHAIR - Daphne Downes

845-372-5717 [vicechair@hudsonhikers.org](mailto:vicechair@hudsonhikers.org)

TREASURER - Allen Grunthal

973-728-8057 [treasurer@hudsonhikers.org](mailto:treasurer@hudsonhikers.org)

SECRETARY - Fred Hodde

973-728-3223 [secretary@hudsonhikers.org](mailto:secretary@hudsonhikers.org)

### COMMITTEE CHAIRS

ADK BOARD OF DIRECTORS

John Jurasek

845-519-4247 [director@hudsonhikers.org](mailto:director@hudsonhikers.org)

Alternate Director

Christopher Tausch

201-669-3113 [alternate@hudsonhikers.org](mailto:alternate@hudsonhikers.org)

CONSERVATION - Chris Connolly

201-816-9465 [conservation@hudsonhikers.org](mailto:conservation@hudsonhikers.org)

DELEGATE NY-NJTC - Christopher Tausch

201-669-3113 [delegate@hudsonhikers.org](mailto:delegate@hudsonhikers.org)

HIKE SCHEDULE - Peter Tilgner

201-871-3531 [schedule@hudsonhikers.org](mailto:schedule@hudsonhikers.org)

SIGN-IN FORM COLLECTION - Betty Heald

201-967-2937 [formcollection@hudsonhikers.org](mailto:formcollection@hudsonhikers.org)

SIGN-IN FORM MAILING - Lou O'Neill

845-357-0497 [formmailing@hudsonhikers.org](mailto:formmailing@hudsonhikers.org)

MAILING - Denis & Joan Kmiec

845-634-1397 [mailing@hudsonhikers.org](mailto:mailing@hudsonhikers.org)

MARKETING - Peter Reiner

845-634-7635 [marketing@hudsonhikers.org](mailto:marketing@hudsonhikers.org)

MEMBERSHIP - Phyllis Key

201-768-5573 [membership@hudsonhikers.org](mailto:membership@hudsonhikers.org)

MERRYWEATHER HIKER

[merryweather@hudsonhikers.org](mailto:merryweather@hudsonhikers.org)

NEWSLETTER - Judith DeBiase

845-354-7736 [newsletter@hudsonhikers.org](mailto:newsletter@hudsonhikers.org)

NEWSLETTER COPY EDITOR - Sheila Rizzo

201-567-8108 [copyeditor@hudsonhikers.org](mailto:copyeditor@hudsonhikers.org)

SUNSHINE - June Slade

973-835-2832 [sunshine@hudsonhikers.org](mailto:sunshine@hudsonhikers.org)

TRAILS - Karen Rose

201-962-8546 [trails@hudsonhikers.org](mailto:trails@hudsonhikers.org)

WEB MASTER Richard Sumner

845-362-8470 [webmaster@hudsonhikers.org](mailto:webmaster@hudsonhikers.org)

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

*If you do not receive newsletter by the end of each quarter, please contact Phyllis Key 201-768-5573 [membership@hudsonhikers.org](mailto:membership@hudsonhikers.org)*

## ADK STICKERS

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



## HIKE SCHEDULE • SPRING 2015 • APRIL • MAY • JUNE

Thu, Apr 2 Nyack Beach Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)

Meet at 10AM in the Nyack Beach State Park parking lot at the end of North Broadway. TC map 110.

Thu, Apr 2 In The Woods C 5-6 B  
Richard Sumner RLS@RSUMNER.COM or 845-362-8470

Harriman or nearby parks. This will be a C pace and an easy route, no serious hills or rock scrambles. Call or e-mail for details the week of the hike. Details will also be posted on Facebook and the Yahoo group.

Sat, Apr 4 Spring Hike in Ramapo Reservation B 5/7 B  
Karen Rose kkarose@aol.com or 201-962-8546

Must e-mail or call to register. Meet 10AM at Ramapo Reservation Parking Lot on Rt 202. We will look for signs of spring. Rain cancels. TC map 115.

Sun, Apr 5 Terrace Pond North Lollipop B 5.5 B  
P.Tilgner and S.Gordon petertilgner@icloud.com or 201-871-3531 or 201-685-0592 (C)

Meet 9:30 AM at the A&P Parking lot on Rt. 511, Hewitt, NJ. We continue to the trailhead pull-off parking opposite Terrace Pond North Trail (Rt. 511 Warwick Tpk). Our hike will take us to Terrace Pond for lunch. Rain cancels. Please register for this hike. TC North Jersey map 116.

Thu, Apr 9 Johnstontown Circular B 6.5 B  
Fred Hodde Bullwnkl1@aol.com or 973-728-3223 (C) or 973-722-7824 (H)

Meet at the Johnstontown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 118.

Thu, Apr 9 State Line Lookout Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)

Meet at 10AM in the parking lot of State Line Lookout after exit 3 on the northbound Palisades Parkway. TC map 109

Sat, Apr 11 Pyramid Mountain B 4-5 B  
Jeffrey Sovelove Hiker\_Dood@yahoo.com

This will be a 4-5 mile loop hike past Tripod Rock using a variety of trails. Hiking boots are a MUST! There is quite a bit of elevation change and significant climbing. See the Morris County Parks website <http://www.morrisparks.net/aspparks/pyrmtnmain.asp> for directions and info. Bring lots of water and a light snack. Meet in the Pyramid Mountain Visitor Center parking lot at 10 AM. Inclement weather cancels. No pets please. Joint ADK-NJ and Sierra Club hike. TC Map 125.

Sun, Apr 12 Dunderberg's Spiral Railway/  
Bald Mountain Loop B 7 B

Allison Tully alitully63@optonline.net 845-656-0442  
We will be using a variety of trails including the Ramapo Dunderberg and Timp Torne Trail to hike a loop. First we ascend Dunderberg Mountain and then hike parallel to the Hudson. We will have

views of the Hudson River, possibly the New York City skyline, Bear Mountain Bridge and Perkins Tower. Meet at 9:45 AM at the gravel parking lot on the west side of Route 9W just past the anchor. Call or e-mail to register for the hike by 4/11 TC map 119.

Thu, Apr 16 Ramapo Reservation Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)

Meet at 10AM in the parking lot on Ramapo Valley Rd. TC North Jersey map 115.

Thu, Apr 16 Tuxedo Loop B 7 B  
Roy Wooters rfwoot@gmail.com (c) 845-304-0867

Meet at 10:00 AM at hiker's parking in Tuxedo. Walk .6 miles to R-D Trailhead. Trails: Ramapo Dunderberg to Blue Disc to Kakiat back to Tuxedo. Lunch at the Elbow Brush or where the Blue Disc meets the Kakiat trail, depending on our speed. TC map 118.

Sat, Apr 18 Out of Anthony Wayne C 7 B  
Pat Marcotullio patmarcotu@optonline.net 845-729-4046

We'll be hiking some of the trails and woods roads SOUTH of the Anthony Wayne North parking area. Length and route to be determined day of hike. Distance will be 7 miles or less and terrain moderate. Meet 9AM Anthony Wayne north. Inclement weather will cancel. TC map 119.

Sun, Apr 19 West Mountain Fun B 6-8 B  
Deanna Felicetta felicetta.deanna@gmail.com 845-216-2021

Come celebrate Earth Day on Bear Mt Park's lovely West Mt. We will hike a mix of trails including the Timp Torne. Views, scrambles and good company will make a fun day's outing. Dress in layers and bring snacks and water. Poor weather must cancel this hike. No e-mail after Wed evening before hike. Phone after then. Come join the fun! TC map 119.

Thu, Apr 23 Saddle River County Park C 3 C  
Wild Duck Pond Area Walk

Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)

Meet at 10AM in the last parking area before the exit back to Ridgewood Ave.

Thu, Apr 23 In The Woods B 6-8 B

Paul Margiotta pjmm11@verizon.net (pref.) or 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 7:00 PM on Wednesday. No beginners please.

Sat, Apr 25 Vanished Hamlet of Sandyfield Talk  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)

Meet at 2PM for a talk about the vanished hamlet of Sandyfield - Beaver Pond by Elizabeth 'Perk' Stalter, author of 'Doodletown, Vanished Hamlet on The Hudson'. The talk will be given at Rao Cottage, 5 Club House Lane in Stony Point. It will follow a short meeting of the Historical Society of the Palisades Interstate Park Region. Anyone with information or pictures about Sandyfield-Beaver Pond is invited to share their stories after the presenta-

*Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group*

## HIKE SCHEDULE • SPRING 2015 • APRIL • MAY • JUNE

tion by Perk. Take the Palisades Parkway north to exit 14 & make a right on to Willow Grove Rd. At the first light make a left on to Club House Lane. Within ½ mile look for a sign on the left for Rao Cottage and the parking area. Walk to the front & take the ramp into the building. Refreshments will be served.

Sat, Apr 25 Black Rock Forest Adventure B 7.5 A

Peter Reiner, psr7777@gmail.com or 845-323-7697  
Meet at 10 AM at the parking lot off Reservoir Rd. in Black Rock Forest, off Route 9W. This loop hike parallels a cascading stream and climbs to several panoramic viewpoints including Mount Misery, Rattlesnake Mountain and Black Rock Mountain. Bring plenty of water. Call or e-mail to register. TC Map 113.

Sun, Apr 26 Sterling Forest Twofer B 9 B+  
Fred Hodde Bullwnk1@aol.com or 973-728-3223 (C) or 973-722-7824 (H)

We'll meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30 AM. We'll start with a climb to the Sterling Forest Fire Tower. After taking in the view, we'll hike to the Bare Rock Vista where we'll enjoy lunch. After lunch, we'll continue down the Bare Rock Trail and climb back to the tower from the south via the Fire Tower and Sterling Ridge Trails, requiring a mini scramble. Not for beginners. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Map 100.

Sun, Apr 26 Remnants of the Hamlet of Sandyfield C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)

Walk led by Elizabeth 'Perk' Stalter, Finding Remnants of the Hamlet of Sandyfield - Beaver Pond. Meet at 10 AM at the Lake Welch parking lot #1. Bring a snack, some water and a walking stick. Take the Palisades Parkway north to exit 16 and follow the sign to Lake Welch. You must register for this walk using the numbers listed above (The Palisades Interstate Park requirement).

Thu, Apr 30 Ringwood State Park B 7.5 B  
Diane Grunthal njbiker21@gmail.com (pref.) or 973-728-8057  
Expect about 1200' of ascent. Contact leader for meeting time and place. TC Map 115

Thu, Apr 30 Saddle River County Park- C 3 C  
Dunkerhook Area Walk  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714(C)  
Meet at 10 AM in the first parking lot on the right off Dunkerhook Rd.

Sat, May 2 Suffern to Ramapo Equestrian Center B 8.5 B  
Roy Wooters rfoot@gmail.com 845-304-0867(C)  
Meet at the Equestrian Center at 9:30 AM for car shuttle. Hike from Suffern on the SBM to the PM trails to the Equestrian Center. Some rock scrambles involved. Contact leader via e-mail to register and further information. TC map 118.

Sun, May 3 West Brook Mountain Circular B 7 B  
P.Tilgner and S.Gordon petertilgner@icloud.com or 201-871-3531 or 201-685-0592 (C)  
We hike the Hewitt-Butler, Overlook and Manaticut Point Trails

in Norvin Green State Forest to lunch with a view. Our return will take us past Lake Sonoma. Trailhead parking is at the north end of Crescent Drive off Meadow and Magee Roads. For those who might find getting to the trailhead troublesome, meet first at the Stonetown Recreation Area, Mary Roth Drive (off Stonetown Rd.), at 9:30 AM. Please register for this hike. TC North Jersey map 115.

Thu, May 7 In the Woods B 6-8 B  
Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM)  
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Thu, May 7 Bear Mt. Bridge Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)  
Meet at 10AM in the Fort Montgomery parking lot on 9W North. TC map 119

Sat, May 9 Nurian Trail from The Elk Pen B 8 B  
Peter Reiner, psr7777@gmail.com or 845-323-7697  
Meet at 9:30 AM at the former Red Apple rest building off Rt. 17 for a short ride to the parking area. Hiking will be on the Nurian Trail through western Harriman Park with lunch on top of Black Rock Mtn. Return will be on the White Bar and Dunning Trails. Several great viewpoints along the way. Must contact hike leader to register for the hike. TC Harriman North map 119.

Sun, May 10 Out Of The Elk Pen B 6 B  
Fred Hodde Bullwnk1@aol.com or 973-728-3223 (C) or 973-722-7824 (H)  
Meet at the Elk Pen at 9:30 AM. We'll hike the Stahahe Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT trails. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC map 119.

Thu, May 14 Piermont Pier Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)  
Meet at 10AM in the parking lot behind Confetti restaurant in Piermont. TC map 109

Thu, May 14 Out of Anthony Wayne C 7 B  
Pat Marcotullio patmarcotu@optonline.net 845-729-4046  
We'll be hiking some of the trails NORTH of the Anthony Wayne parking area. Length and route to be determined day of hike. Distance will be 7 miles or less and terrain moderate. Meet 9 AM Anthony Wayne North. Inclement weather will cancel. TC map 119.

Sat, May 16 RD Trail Maintenance Hike C 5 B  
Karen Rose kkarose@aol.com or 201-962-8546  
Meet Silvermine Parking Lot 10 AM for shuttle to Tiorati Circle. Starting from Tiorati Circle we hike and inspect the RD to the Wm. Brien Memorial Shelter and exit on the Menomine Trail back to the cars at Silvermine Parking. We will be stopping to throw off blowdowns, clip back brush, pick up trash, check blazes, etc. Bring work gloves, clippers if you have them, and lunch. Heavy rain will cancel. Please e-mail or call to register. TC map 119.

## HIKE SCHEDULE • SPRING 2015 • APRIL • MAY • JUNE

Sun, May 17 West Mountain Loop from Anthony Wayne B 7 B  
Peter Reiner, psr7777@gmail.com or 845-323-7697  
Meet at 10 AM in the parking lot of Anthony Wayne recreation area for the start. Taking the Fawn Trail up to the Timp Torne Trail, we will follow along the ledge atop West Mountain, with views of Perkins Tower. We'll continue on to the Timp and return on the RD Trail. Call or e-mail to register. TC Map 119.

Thu, May 21 Silvermine Circular B 6 B  
Fred Hodde Bullwnk1@aol.com or 973-728-3223 (C) or 973-722-7824 (H)

Meet at the Silvermine Parking Lot off Seven Lakes Drive at 9:30 AM. We'll do a circular starting with the Menomine past Lake Nawahunta, followed by the Long Path and AT Trails and returning to the starting point via the Menomine. Registration by e-mail is preferred. Call 973-722-7824 before 8:20 AM if the weather is questionable. TC Map 119.

Thu, May 21 Walkway Over the Hudson Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)

Meet at 11 AM in the first parking lot on Havilland Rd. near the red caboose. Take the NY State Thruway to New Paltz (exit 18) and turn right on to Route 299. Take Route 299 to Route 9W and turn right (going south). At Havilland Rd. make a left to the first parking area (it is free). We could have lunch at Lola's Cafe on the Poughkeepsie side.

Sat, May 23 Turtleback Rock, South Mountain Reservation B 6 B  
Jeffrey Sovelove Hiker\_Dood@yahoo.com  
We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission website <http://www.essex-countynj.org/p/index.php?section=parks/sites/so> for directions. Bring lots of water, and wear hiking boots. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. No pets. Joint ADK/Sierra Club hike.

Sun, May 24 Half of Stonetown Circular B 8 B  
Despina Metaxatos dmetaxatos@hotmail.com 201-952-4151  
Meet at Stonetown Recreation Area Ball Fields Parking off Mary Roth Drive in Ringwood at 9:30AM. We will shuttle to White Road to begin the hike on the HT Connector, following the Highlands Trail, the White and Red trails. Water views and a rolling up and down 8 miles with a climb up Harrison Mountain, scenic Tory Rocks and a panorama at Signal Rock. TC map 115

Thu, May 28 Perkins Tower Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)  
Meet at 10AM in the parking area near the tower. Take the Palisades Parkway north to exit 19 (Perkins Memorial Drive). A sign will tell you to make a sharp left turn up the hill. TCmap119

Thu, May 28 In The Woods C 5-6 B  
Richard Sumner RLS@RSUMNER.COM or 845-362-8470  
Harriman or nearby parks. This will be a C pace and an easy route, no serious hills or rock scrambles. Call or e-mail for details the week of the hike. Details will also be posted on Facebook and the Yahoo group.

Sat, May 30 Popolopen B 7 B+  
Allison Tully alitully63@optonline.net 845-656-0442  
Hike's first 2 miles are on level ground. Using a variety of trails including the 1777W, 1779, Timp Torne, Popolopen Gorge trails, we warm up with a loop around a pond, and then head into the woods. Lunch will be on the summit of Popolopen. Then we descend to the Popolopen Gorge trail, cross the bridge into the woods for our return. The climb up Popolopen is strenuous, but the rest is moderate. Meet at 10:00 AM at Fort Montgomery Visitor Center lot. Call or register to hike by 5/29 TC 119.

Sun, May 31 Sterling Forest Beaver Dam - Fire Tower B 7-8 B+  
Peggy Wissler pwissler115@gmail.com or (914)260-7506  
Meet at the Sterling Forest Visitor Center at 9:30 AM. Use hiker parking lot (P11) on Old Forge Rd. The hike will take the Bare Rock, West Valley, Fire Tower and Sterling Ridge trails. Tea and lunch breaks will be taken overlooking Greenwood Lake, near a beaver dam and at the Sterling Fire Tower. This route is generally moderate but includes one rock scramble before the fire tower. Contact leader the week before the hike to register. Heavy rain cancels the hike. TC Map 100

Thu, Jun 4 Low Tor Walk C 3 C  
Louise Parnell parnelljt@optonline.net 845-290-5287 or 914-393-2714 (C)  
Meet at 10AM in the small parking area at the top of the hill on Central Highway (Little Tor Rd). TC map 112.

Thu, Jun 4 In The Woods B 6-8 B  
Paul Margiotta pjmm11@verizon.net (pref.) or 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 7:00 PM on Wednesday. No beginners.

Sat, Jun 6 In The Woods C 5 C  
Phyllis Stewart pastewart@optonline.net Or 201-327-6319 (NCA9PM)  
A pleasant C level hike. Contact leader for time and place.

Sun, Jun 7 OCA By Foot and Rail C 8.5 B  
P.Tilgner and S.Gordon petertilgner@icloud.com or 201-871-3531 or 201-685-0592 (C)  
This hike is Dan Chazin's Hike Of The Week (No. 40). Hike the Old Croton Aqueduct from Tarrytown to Yonkers Greystone Metro North Station for a short return train ride (\$2.00 for seniors) to Tarrytown. The walk takes us through the Mercy College campus and past the Octagon house among others and offers fine views of the Hudson and the Palisades. Some street walking will be necessary. Walking shoes, lunch and water are all you need for this outing. Meet 9:30 AM. Steady rain cancels. Register for this outing and get directions to start of walk.

Thu, Jun 11 Skannatati East Side Loop B 6 B  
Fred Hodde Bullwnk1@aol.com or 973-728-3223 (C) or 973-722-7824 (H)  
Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned route will use the ASB, Red Cross, Beech and Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC map 119.

## HIKE SCHEDULE • SPRING 2015 • APRIL • MAY • JUNE

Sat, Jun 13 Gertrude's Nose Trail-Lake Minnewaska B 7 B  
 Karen Rose kkarose@aol.com or 201-962-8546  
 Meet 8AM at Trail Conference Parking Lot in Mahwah at 8AM. We will car pool to Upper Parking Lot Lake Minnewaska to hike at a steady pace along the western shore to Gertrude's Nose and back by the eastern shore. Rain cancels. Must call or e-mail to register. TC map 104.

Sun, Jun 14 The Joy of Twin Twice B+ 8.5 B  
 Deanna Felicetta felicetta.deanna@gmail.com 845-216-2021  
 Annual hike to Twin Mt. includes a stop at wonderful Dibbles Quarry, Pecoy Notch, great scrambles up and down. Views galore and a visit to Jimmy Dolan. If you like a late spring challenge and a fun day in the Catskills come join us for the day. Dress in layers and bring lots to drink. Must register for this hike. Poor weather will cancel hike and we will reschedule. No e-mail after Wed before hike, phone after then. Come join this challenging and fun day outdoors! TC map 141.

Sun, Jun 14 Jordan Pond Loop B 7.6 B  
 Fred Hodde Bullwnkl1@aol.com or 973-728-3223 (C) or 973-722-7824 (H)  
 This is a scenic hike in Fahnstock State Park. Meet at 9:30 AM where the Charcoal Burners trail crosses Route 301 (approximately 3.3 miles east of the Routes 301 and 9 intersection). The trail route will include views of Jordan Pond and Clove Creek. Registration by e-mail preferred. Call cell before 8:00 AM if the weather is questionable. TC Map 103.

Thu, Jun 18 In the Woods C 5 C  
 Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM)  
 Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Sat, Jun 20 Sterling Forest Bare Rock Vista B 6 B+  
 Jeffrey Sovelove Hiker\_Dood@yahoo.com  
 Meet at the Visitor Center at 10 AM sharp. We'll climb to the Sterling Forest Fire Tower then to the Bare Rock Vista for lunch. After lunch, we'll return to the Visitor Center back down the Bare Rock Trail. See the Sterling Forest website for information and directions: <http://nysparks.state.ny.us/parks/74/details.aspx>. No pets please. Inclement weather cancels. Joint ADK/Sierra Club hike. TC map 100.

Sun, Jun 21 SUMMER begins at 11:38 AM. Fifteen Hours of Daylight!

Sun, Jun 21 Beaufort Mountain and the Upper Greenwood AT B 7.5 B  
 Deanna Felicetta felicetta.deanna@gmail.com 845-216-2021  
 We will meet at AT Hikers parking just north of Wawayanda State park entrance. This is on Warwick Tpke about 5 minutes north of A&P West Milford parking lot. Moderate to seasoned hikers will enjoy this outing. Great hike for a June morning. We take a very short car shuttle and begin with some scrambles up the ridge and some nice views. We will stop for them and at Surprise Lake for a summer hiking break. We will continue on to the AT and follow the AT towards Wawayanda, finishing with a leisurely walk to War-

wick Turnpike. Bring plenty to drink. Registration by e-mail until Wednesday before hike. After that Please Call. MUST leave name and contact phone to register. TC map 116 North Jersey Trails.

Thu, Jun 25 In The Woods C 5 C  
 Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9pm)  
 Call leader the week before hike for details and to register.

Sat, Jun 27 The Tors and more B 7 B  
 Dean Gletsos cgletsos@yahoo.com 845-354-0738(H)  
 We will do a hike with the best views in our area. We will meet 9:30 AM at the small parking area, where the Long Path crosses Central Hwy (Rte 33) in Garnerville. If you have questions or weather concerns, call me at home till 9 AM or on my cellphone 914-806-8330. TC Hudson Palisades Trails map 112.

Sun, Jun 28 Southern Harriman Adventure B 8 B  
 Dean Gletsos cgletsos@yahoo.com 845-354-0738(H)  
 We will do a variety of trails (new & old), go to some unusual places, including some old roads. Occasional nice views. We meet and start from Johnstown Circle 9:30 AM. If you have questions or weather concerns, call me at home (pref.) till 9 AM or on my cellphone 914-806-8330. TC Harriman South map 118.



Last-minute changes in the hike schedule will be posted on Facebook and/or Yahoo. This is the place to look for cancellations, changes in meeting place or time and last-minute additions to the hike schedule. The easiest way to get there for the first time is from our website home page. Just click on the icon to go to those pages. Remember, you don't have to join Yahoo or Facebook to see our pages.



### MANY THANKS, HIKE LEADERS ...

... for sending me your hiker registration forms. It is so very important that we have them on file. Thank you, too, for returning unused Accident Forms and stamped envelopes. I see that they get back to Lou for re-cycling. Comments about your hikes are also appreciated.

Betty Heald, Sign-In Form Collection  
 201-967-2937  
 formcollection@hudsonhikers.

## Grace Peak

by Marilyn Siskind

East Dix, a high peak in the Adirondacks (elev.4012 ft.), has been renamed Grace Peak according to an article in "Adirondack Peeks", the magazine of the 46ers. The renaming process took 12 years of hard work, dealing with various state and local agencies.

So who was Grace? Grace Hudowalski was the first woman to climb the 46 Adirondack High Peaks (greater than 4000 ft.) and became the ninth (#9) member of the 46ers. She was a Travel Promotion Supervisor at the NYState Commerce Dept., and for 61 years served as historian of the 46ers.

In that capacity she wrote thousands of letters to aspirants who were climbing the 46ers. An aspirant is one who has climbed about 20 peaks and is eager to complete the 46. Grace kept a personal file on each hiker. The trailless peaks had a canister on the summit with a notepad and you wrote your name and then copied down the names of the last 3 people who were there. Then you mailed this information to Grace. She answered all your letters in a chatty style, ending each letter "Good climbing". Her final letter to me began "It's a great joy to welcome you as an Adirondack Forty-Sixer" (I'm #1703, Ike is #1702).

Now her work is divided among many correspondents. No more canisters. Grace passed away on March 13, 2004. She was 98 years old.

Many of us started our 46ers when the Ramapo Chapter had an annual Memorial Day weekend in the Adirondacks. Actually, we weren't even counting peaks then. While that weekend hasn't

been on our schedule for many years, we hope that some of our newer members will take an interest in the Adirondacks. Our new Chair, Karen Rose (#6072) plans to include some high peak hiking in the hike schedule.



photo by Betty Heald, #1667

Marilyn and Ike on a four peak hike, Colvin, Blake, Nippletop and Dial. Taking a break overlooking Lower Ausable lake.

## Yoga for Hikers, Balasana, the Child's Pose

by Deanna Felicetta E-RYT-200

Balāsana is that quiet favorite of those who practice Yoga. Many students and teachers overlook Balāsana and the great benefits this simple and happy pose can provide to those who regularly use it. Balāsana was an accidental discovery for me when I was little and knew nothing of Yoga. This pose has been a friend of mine ever since. It was the wonderful calming effect that caused me to revisit this asana so many times. When you are relaxing at home after a hike, doing Balāsana can be wonderful. So let's get started.

A Yoga mat and perhaps a soft blanket is an ideal surface for this posture. You should wear flexible pants for child's pose. We begin from an upright kneeling position. The big toes of your feet should be touching! Your knees should be about 3 fist widths apart, creating a V shaped base. Gently bend down to rest your forehead, or third eye, on your mat, using your hands and arms to help you down. If you should find reaching the mat on the floor too difficult, rest your forehead on a small pillow instead. Settle your torso into your folded V shape, spreading your knees as needed.



Now place your hands on either side of your ears with palms facing down on the floor. Begin to breath gently in and out. Slowly slide your hands and arms down alongside your hips. Hands will come to rest palms facing the sky and next to your feet. The focus of your gaze should be towards your feet! This will allow for full relaxation. Now concentrate on complete and gentle breathing in and out.

Stay in this posture as long as you are comfortable. When you are ready slowly sit up. Slowly bring your arms up to the sky, gently stretching as you inhale. Exhale and allow your hands to rest together in front of your heart.

Balāsana is a great stress reduction asana. It is also a great posture to allow the back and lower spine to stretch and release tensions there. You may have noticed that this is a good posture for your digestive system, a passive massage that allows for the natural release of gas. I must say that this pose is not "just a short break between poses" in a Yoga class, but an asana of importance to any practicing Yoga student.

Welcome to Balāsana!

Nameste, Deanna

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

Address Service Requested

Non-Profit Org.  
 U.S. Postage Paid  
 MONSEY NY  
 #5612

## Welcome New Members

Lee Mychajluk – E. Rutherford NJ  
 Karl Bäerwer – Tappan NY  
 Joseph Bonner – Fort Lee NJ  
 Paul Gordon – Washington Twp. NJ  
 Jeannette Grauer – Bedminster NJ  
 Maureen & Mark Gregorio – Warwick NY  
 Marata Maas – Ridgewood NJ  
 Jim McGill – Tuxedo Park NY  
 Peter Canales – Sparta NJ  
 Felix Choy – Matawan NJ  
 Thomas Lambkin – Milford CT  
 Mark Simendinger – Allendale NJ  
 Rich Smith – Oak Ridge NJ  
 Peggy Telgheder – Montvale NJ  
 Wendy Broadbent – Ridgewood NJ  
 Dennis & Marie Curry – Wayne NJ  
 Charles Feldman – Park Ridge NJ  
 Aaron Forste & Jamie Ruch – Ridgefield NJ  
 Rosemary Gallagher – Point Lookout NY  
 Kenneth Goddard – Morristown NJ  
 Sean & Amy McFeely – Dingman's Ferry PA  
 Ralph Phillips – Middletown NJ  
 Joshua Pomerantz – New Milford NJ  
 Joel Studebaker – Princeton NJ

## Welcome Back

Anthony Colombo – Highland Lakes NJ  
 Susan D'Alessandro – East Hanover NJ  
 Kathleen & Stephen Duch – Pearl River NY  
 Frances Harvey – Voorhees NJ  
 Mindy Rosenthal & John Stephens – Verona NJ  
 Diane & Chris Donnelly – Suffern NY  
 Harriet Einschlag – Mahwah NJ  
 Marie Schall – Morristown NJ

## CHAPTER MEETINGS

The executive committee (the officers and committee chairs) of the North Jersey Ramapo Chapter meets four times a year. The next meeting will be held on Friday, May 15. Members are invited to attend as non-voting observers and participants. Attendance is limited by the space available, so please call Betty (201-967-2937) if you would like to learn more about our chapter and how it is governed.