

FALL 2017

# Trail Talk

Adirondack Mountain Club

NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## A Message From The Vice Chair

I can no other  
ANSWER make but  
thanks, and thanks,  
and ever thanks...

www.ThankYouDivya.com

When William Shakespeare penned those words little did he know then how they would apply to Karen Rose more than 400 years later. I now have the enviable task of thanking Karen for all the dedication and hard work that she has provided to our chapter as her 3-year term as Chair comes to an end in December.

But, where does one begin? How about when some of you first had the pleasure of meeting her? Karen joined what was then the North Jersey Chapter (before the merger) of ADK in 1994. She first became a hike leader in 2001 and joined the Board in that year as the Chair of the Activities Committee, with the main responsibility of compiling the quarterly hike schedule. In 2007 Karen moved over to chair the Trails Committee, a position she continues to hold, and is personally responsible for the maintenance of the Ramapo Dunderberg trail by Lake Tiorati in Harriman State Park. Before becoming Chair, Karen served as Vice-Chair in 2013 and 2014.

There have been several noteworthy accomplishments under Karen's leadership as Chair these past three years. Dearest to me was the establishment of the Hike Leader Awards - the first such recognitions since the merger of the North Jersey and Ramapo chapters. Membership in our chapter continued to increase and it has just surpassed 900 individuals! Our annual Mohonk Day was re-established with the attendance increasing each year and a Meetup group was created which has resulted in many new members joining our chapter. In addition, there

has been an ongoing initiative to redesign our chapter's website with the intent now of completing it utilizing in-house expertise.

Karen would always be the first to thank others for their contributions and she would be very disappointed if I did not do so for her now. First thanks to long serving members of the Board who retired after numerous years of dedicated service - Chris Tausch, Phyllis Key, Betty Heald and Chris Connolly. Thanks to Peter Reiner for spearheading the initiative to redesign our website and thanks to the remaining Board members including long serving members Richard Sumner, Fred Hodde, John Jurasek and Peter Tilgner. Special thanks to Daphne Downes who singlehandedly manages both Mohonk Day and our Meetup Group. And thanks to Dean Pittsinger who demonstrated that we had the in-house talent to design a new website.

When Juliet famously said to Romeo "Parting is such sweet sorrow." she did so with the expectation that she would see him again. And so it is with Karen - more so now that she has recently retired. She is already becoming a "regular" Thursday hiker, and perhaps she will now have the time to add to her already very impressive hiking resume - Catskill 3500, including winter, Adirondack 46, Canadian Rockies, French and Italian sections of the Tour de Mount Blanc. And to introduce some of us to the beautiful Adirondacks, she is hoping to organize a chapter trip there next summer.

Now that I have thanked Karen I know that she would really appreciate it if many of you would do so as well. On page 2 of this newsletter are ways to contact her to personally express your appreciation for all that she has given to our chapter over the past 17 years since first becoming a hike leader and member of the Board. Or, better still, thank her in person by joining us on a hike on a Thursday or on a weekend.

See you on the trails Karen Rose.

Paul

### Time To Party!

Marcello's Restaurant  
21 Lafayette Ave  
Suffern, NY  
845-357-9108

Our annual Holiday Party will take place on Sunday, December 10 beginning at 4:00 PM. We will have time to socialize before sitting down for dinner at 5:00 PM. Marcello has promised us another fantastic evening of fabulous food with a first course of pasta, a second course of salad, a third course consisting of your choice of entree (salmon, chicken or veal), a special dessert combination, soft drinks, coffee or tea, for the unbelievable price of \$37 per person (including tax & tip). A cash bar will

be available to keep us merry and in a holiday mood. Accommodations can also be made for vegetarian and gluten free diets.

If you plan to join us, please let me know before Saturday, December 2, by phone or e-mail (201-962-8546 or kkarose@aol.com). Please also let me know if you are interested in car-pooling, either as a passenger or driver. Feel free to contact me with any questions. Hoping to see you then!

## 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.

## Support ADK While You Shop

Adirondack Mountain Club is one of the organizations participating in Amazon's Smile program, where 0.5% of eligible purchases are donated to the charitable organization of your choice.

In your Amazon profile you can set your charity to "Adirondack Mountain Club".  
For more information, visit: <http://smile.amazon.com/about>

## ADK NORTH JERSEY RAMAPO CHAPTER

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

*Please send articles, photos or other contributions to [newsletter@hudsonhikers.org](mailto:newsletter@hudsonhikers.org)*

*If you do not receive the newsletter by the beginning of each quarter (January, April, July and October) please contact the membership chair ([membership@hudsonhikers.org](mailto:membership@hudsonhikers.org) 845-304-0867).*

# HIKE SCHEDULE • FALL 2017 • OCTOBER • NOVEMBER • DECEMBER

## Sterling Forest Hunting 2017

November 18 - December 10 (Gun)

October 1 - 19 (Bow and Cross Bow)

## Black Rock Forest Hunting 2017

November 19 - December 11 (Closed to hiking)

New Jersey does not allow hunting on Sunday.

Stay on trails. Wear bright orange hat, vest.

**Sunday, 10/1** West Valley/Bare Rock Trail Lollipop B 7 B  
P.Tilgner/S.Gordon (h) 201-871-3531  
petertilgner@icloud.com (c) 201-681-0592  
9:30 AM at the Sterling Forest Visitor Center building. Using the Sterling Lake Loop and Bare Rock Trails, we hike the West Valley Trail to the southern trail-head of the Bare Rock Trail where we head north to Bare Rock for lunch and then return to the Visitor Center. Steady rain cancels. Please register for this hike. TC Sterling Forest Trails map 100.

**Thursday, 10/5** Indian Hill from Elk Pen B 6/7 B+  
Roy Wooters (c) 845-304-0867  
rfoot@gmail.com  
9:30 AM at the Elk Pen parking. Trails: AT via Agony Grind to Sapphire trail to Indian Hill trail. Complete 2 or 3 loops using various trails depending on weather and conditions. Lunch to be determined. Please register via e-mail with phone number. Severe weather cancels. TC Sterling Forest Trails map 100.

**Saturday, 10/7** Jessup Trail to the Megaliths B 8 A  
Peter Reiner 845-323-7697  
psr7777@gmail.com  
9:30 AM at the parking area of Schunemunk Mountain State Park off Rt. 32. Hike on the Jessup, Sweet Clover and Highlands trails, with a climb to the top of Schunemunk Mountain. Lunch on the Megaliths with views of the Catskills before we return to the parking area. Rain cancels hike. Call or e-mail hike leader to register. No beginners please. TC West Hudson Trails map 114.

**Sunday, 10/8** RD Trail Maintenance Hike C 5 B  
Karen Rose 201-962-8546  
kkarose@aol.com  
10:00 AM at Silvermine Parking Lot 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 Harriman-Bear Mt. Trails map 119.

**Thursday, 10/12** Surprise Lake Loop B 6 B+  
Fred Hodde (h) 973-728-3223  
Bullwnk1@aol.com (c) 973-722-7824  
9:30 AM at the A&P/Sears parking lot in the Hewitt section of West Milford (Rt. 511). We'll hike to the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Not for beginners. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC North Jersey Trails map 116.

**Friday, 10/13** Palisades Variations #1 B 8 B  
Englewood Boat Basin, Huyler Trail Loop  
Margo Moss 201-568-5325  
acephoto@verizon.net (landline)  
10:00 AM at Englewood Boat Basin ( www.njpalisades.org for directions). This is the first hike in a series of four designed to show off the Palisades with its iconic scenery and views of this area. Our route is the Dyckman Trail to the Huyler Trail, doing a lovely loop, and time permitting, a stop at a nature preserve. This hike follows the Long Path and Shore Path with lovely views of the Hudson and hopefully we will see some eagles who have a nest in this area. Please let leader know by Oct 12, 3 PM if you are coming. TC Hudson Palisades Trails map 108.

**Saturday, 10/14** Johnstontown Road Parking Circle B 7 B  
Geoff Fonseca 845-357-9366  
geofffonseca@yahoo.com  
9:30 AM at Johnstontown Road Parking Circle off Seven Lakes Drive in Harriman. We will hike to Lake Skenonto via the Blue Disc and Victory and return on the yellow Triangle and White Bar. Precipitation of any kind cancels. Please e-mail leader to register. TC Harriman-Bear Mt. Trails map 118.

**Sunday, 10/15** Four Mt. Circular B 6 B+  
P.Tilgner/S.Gordon (h) 201-871-3531  
petertilgner@icloud.com (c) 201-681-0592  
9:30 AM at the White Bar Trail crossing parking on Kanawauke Rd. (Rt. 106). Using a variety of trails we will top Car Pond, Parker Cabin, Tom Jones and Black Rock Mountains. Steady rain cancels. Please use e-mail to register for this hike. TC Harriman-Bear Mt. Trails map 118.

**Thursday, 10/19** In the Woods C 4/5 C  
Debbie Bell 845-358-8386  
deb2@columbia.edu (NCA 9 PM)  
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

**Saturday, 10/21** Turtleback Rock B 6 B  
South Mountain Reservation  
Jeffrey Sovelove  
Hiker\_Dood@yahoo.com  
10:00 AM at Turtleback Rock trailhead. For directions see the Essex County Parks Commission web site

## HIKE SCHEDULE • FALL 2017 • OCTOBER • NOVEMBER • DECEMBER

<https://www.essexcountyparks.org/parks/south-mountain-reservation>. Bring lots of water, and wear hiking boots. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

**Sunday, 10/22**      Black Mountain Loop      B 8 B  
 Mike Prestia      917-841-0120  
 prestia.michael@gmail.com  
 9:00 AM at Anthony Wayne Recreation Area, GPS 41.288905, -74.02333. We will hike over Black and Letterrock Mountains, excellent views. Total vertical ascent will be approximately 800 feet. Severe inclement weather will cancel; check with leader morning of hike if uncertain. TC Harriman-Bear Mt. Trails map 119.

**Tuesday, 10/24**      Palisades Variations #2      B 8 B  
                                  State Line Lookout, Alpine Picnic Area Loop  
 Margo Moss      201-568-5325  
 acephoto@verizon.net      (landline)  
 10AM at State Line Lookout ( www.njpalisades.org for directions). This is an iconic Palisades loop, encompassing lovely trails and views with lunch on the beach! Please let leader know by Oct. 23, 3 PM if you will attend. TC Hudson Palisades Trails map 109.

**Thursday, 10/26**      In The Woods      B 6/8 B  
 Paul Margiotta      201-693-6705  
 pjmm11@verizon.net (pref.)  
 Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7 PM on Wednesday.

**Saturday, 10/28**      Black Rock Forest      B 7.5 B+  
 Roland Autran      (h) 201-886-9119  
 autran@msn.com      (c) 201-699-3388  
 9:30 AM at the Black Rock Forest Main Parking lot on Reservoir Road off Route 9W in Cornwall, NY. Hike south on Duggan to Reservoir to the Stillman to the Scenic then to Tower Vue , the White Oak west, north on Continental Road back to the Stillman, north to the Black Rock Hollow, then east to the Reservoir and back to the Duggan and the parking lot. This hike is strenuous. Severe inclement weather cancels. Please register for this hike. TC West Hudson Trails map 113.

**Sunday, 10/29**      Orak and the Three Reservoirs      B 6 B  
 Despina Metaxatos      201-952-4151  
 dmetaxatos@hotmail.com      (NCA 9 PM)  
 9:30AM at 2nd hiker parking area along Call Hollow Rd. (Willow Grove Rd. Exit 14 on PIP). Shuttle to hike start, where SBM crosses Route 106 West. Take SBM trail to Jackie Jones Mt. Fire Tower, Big Hill Shelter and to Third Reservoir for lunch, then Second and First Reservoirs via woods roads. Please register with leader. TC Harriman-Bear Mt. Trails map 118.

**Thursday, 11/2**      Pine Meadow Lake (Out and Back)      B- 5 B-  
 Mario Medici      201-396-9391  
 marioamedici@gmail.com (pref.)  
 10:00 AM at the Reeves Meadow Visitor's Center. A 5 mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack or lunch and at least two quarts of water. Call cell before 9 AM if weather is questionable. Please e-mail or call hike leader to register. TC Harriman-Bear Mt. Trails Map 118.

**Saturday, 11/4**      Hook Mountain and Eagles      B 4 B  
 Peter Reiner      845-323-7697  
 psr7777@gmail.com  
 9:30 AM at the gravel parking area on west side of Rt. 9W in Valley Cottage at the intersection of Christian Herald Rd. Hike on the Long Path to the top of Hook Mountain for some (hopefully) views of flying eagles. Continue north on the LP to Landing Rd. in Rockland Lake State Park. Shuttle is required. Rain cancels hike. Call or e-mail hike leader to register. TC Hudson Palisades map 112.

**Sunday, 11/5**      Daylight Savings Time Ends

**Sunday, 11/5**      Silvermine Circular      B 6 B  
 Fred Hodde      (h) 973-728-3223  
 Bullwnk1@aol.com      (c) 973-722-7824  
 9:30 AM at Silvermine Parking Lot off Seven Lakes Drive. We'll do a circular hike starting with the Menomine past Lake Nawahunta, followed by the Long Path and AT and return 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 Northern Harriman Bear Mt. map 119.

**Wednesday, 11/8**      Palisades Variations #3      B 6 B  
                                  Englewood Boat Basin, Edgewater Loop  
 Margo Moss      201-568-5325  
 acephoto@verizon.net      (landline)  
 10:00 AM at Englewood Boat Basin ( www.njpalisades.org). On this hike we will have the opportunity to get some aerobic exercise as we will have the option to hike the Carpenter Trail and the Dyckman Trails twice (optional). These trails are short and fairly steep with elevation gains and descents of approximately 400 feet. Great views of the GWB and the Little Red Lighthouse on this hike. Please let leader know by Nov.7, 3 PM if you are joining. TC Hudson Palisades Trails map 108.

**Thursday, 11/9**      Black Rock Mountain      B 6.5 B+  
                                  and Boston Mine  
 Henry Barkhorn      646-853-0824  
 hcbarkhorn@hotmail.com  
 9:30 AM at the parking area on Rt. 106 where the White Bar crosses. We will hike various trails up Black Rock Mountain to the Long Path and return on the White Bar, Dunning and

## HIKE SCHEDULE • FALL 2017 • OCTOBER • NOVEMBER • DECEMBER

Island Pond Road. Steady rain cancels. Registration by e-mail preferred. TC Harriman-Bear Mt. Trails map 119.

**Saturday, 11/11** Jockey Hollow Leader's Choice B 5 B  
 Jeffrey Sovelove  
 Hiker\_Dood@yahoo.com  
 10:00 AM at Jockey Hollow Visitor's Center. Leader's choice of trails depending on conditions at Jockey Hollow National Park in Morristown. For directions and information see <http://www.nps.gov/morr/planyourvisit/directions.htm>. Bring lots of water, a snack, and wear hiking boots. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

**Sunday, 11/12** Silvermine Circular B 6 B  
 Karen Rose 201-962-8546  
 kkarose@aol.com  
 10:00 AM at Silvermine Parking Lot on Seven Lakes Drive. Circular hike using Menomine, Long Path and AT. Bad driving conditions will cancel. Please e-mail or call to register. TC Harriman-Bear Mt. Trails map 119.

**Thursday, 11/16** Sterling Lake Loop B- 4.2 B-  
 Mario Medici 201-396-9391  
 marioamedici@gmail.com (pref.)  
 10:00 AM at Sterling Forest Visitor's Center. Park in upper lot. A four+ mile hike around picturesque Sterling Lake. Plan on stopping at the "beach" for a short break. Be sure to bring a snack and at least two quarts of water. Leader might stop at the Sterling Lake Iron Works Mine for a few minutes to point out where ore was processed for the "Great Chain" before bringing it to the forge. Call hike leader before 9 AM, if weather is questionable. Please e-mail or call hike leader to register. TC Sterling Forest Trails Map 100.

**Thursday, 11/16** Halifax Ruins B 6.5 B  
 Roy Wooters (c) 845-304-0867  
 rfwoot@gmail.com  
 9:30 AM at the Ramapo Reservation parking. Hike a variety of trails going past the Nickel Mine and the Halifax Ruins. Lunch when we get hungry. Please register via e-mail with phone number. Severe weather cancels. TC North Jersey Trails map 115.

**Friday, 11/17** NJR Board Meeting  
 2 PM at the headquarters building of the NY-NJ Trail Conference, 600 Ramapo Valley Rd. (Rt 202), Mahwah. If you plan to attend, please e-mail [chair@hudsonhikers.org](mailto:chair@hudsonhikers.org) or call 201-962-8546.

**Saturday, 11/18** Lunch at Black Rock B 7 B  
 Geoff Fonseca 845-357-9366  
 geofffonseca@yahoo.com  
 9:30 AM at Lake Skannatati Parking. We will hike the ASB and RD to Black Rock for lunch. We will return on the RD, Dunning

and Long Path. Precipitation of any kind cancels. Please e-mail leader to register. TC Harriman-Bear Mt. Trails map 119.

**Sunday, 11/19** Ringwood State Park B 7.5 B  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 9:30 AM at the Shepherd Lake parking area off Sloatsburg Rd. Hike on the Ringwood, Ramapo, Blue, and Hoeflerin Trails and back on the Crossover Trail. We will pass by Ilgenstein Rock. About a half mile roadway walk at the end of the hike back to the parking area. Rain cancels hike. Call or e-mail hike leader to register. TC North Jersey Trails map115.

**Saturday, 11/25** Ramapo Reservation Vista Loop B 6 B  
 Karen Rose 201-962-8546  
 kkarose@aol.com  
 10:00 AM at Ramapo Reservation Parking Lot on Rt. 202 in Mahwah. Hike the Vista Loop and various trails depending on weather conditions. May need traction devices. Bad driving conditions cancels. Please e-mail or call to register. TC North Jersey Trails map115.

**Sunday, 11/26** Lake Skannatati Loop B 6 B  
 Fred Hodde (h) 973-728-3223  
 Bullwnk1@aol.com (c) 973-722-7824  
 10:00 AM at the Lake Skannatati Parking Area. The planned route will use the Long Path, Dunning, RD and ASB Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman-Bear Mt. Trails map 119.

**Thursday, 11/30** Ramapo Torne B 5 B+  
 Henry Barkhorn 646-853-0824  
 hcbarkhorn@hotmail.com  
 9:30 AM from the Reeves Meadow Visitor Center. We will hike to Ramapo Torne on the Seven Hills and HTS trails, returning on the Reeves Brook Trail. Steady rain cancels. Registration by e-mail preferred. TC Harriman-Bear Mt. Trails map 118.

**Friday, 12/1** Palisades Variations #4 B10 B  
 State Line Lookout, Piermont Loop  
 Margo Moss 201-568-5325  
 acephoto@verizon.net (landline)  
 10:00 AM at State Line Lookout ([www.njpalisades.org](http://www.njpalisades.org)). This hike takes us through a beautiful part of the Long Path and is mostly flat with beautiful views. We have a chance to see the Tallman pool and surrounds on our way to Piermont, where we will have time to enjoy this unique town with its wonderful pier. Please let leader know by November 30, 3 PM if you are coming. TC Hudson Palisades Trails map 109.

**Saturday, 12/2** Deadline for holiday party reservations.

## HIKE SCHEDULE • FALL 2017 • OCTOBER • NOVEMBER • DECEMBER

- Saturday, 12/2** Ledges and Lakes B 8.5 B+  
 Roland Autran (h) 201-886-9119  
 autran@msn.com (c) 201-699-3388  
 9:30 AM at Tuxedo railroad station's parking lot on Village Road. Hike on the Ramapo-Dunderberg to the Tuxedo-Mt Ivy east to north on the Triangle, then west on the Victory, north on the White Bar and back south on the Ramapo-Dunderberg, the Blue Disc, west on the Tuxedo-Mt Ivy and back south on the R-D to the parking lot. This hike is strenuous. Severe inclement weather cancels. Please register for this hike. TC Harriman-Bear Mt. Trails map 118.
- Sunday, 12/3** Norvin Green Circular B 7.5 B  
 Chris Connolly 201-321-6605  
 c.connolly@verizon.net  
 9:30 AM at the Manaticut trail-head on Crescent Drive. We'll visit the less explored Manaticut Point and Overlook Rock Loop Trails. Precipitation cancels. TC North Jersey Trails map 115.
- Thursday, 12/7** In The Woods B 6/8 B  
 Paul Margiotta 201-693-6705  
 pjmm11@verizon.net (pref.)  
 Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7 PM on Wednesday.
- Saturday, 12/9** Ramapo Torne B 5.1 B+  
 Geoff Fonseca 845-357-9366  
 geofffonseca@yahoo.com  
 9:30 AM at Reeves Meadow Visitor Center off Seven Lakes Drive. We will hike the Pine Meadow, Seven Hills and Reeves Brook Trails. This hike is rated moderate to strenuous with a few rock scrambles. Precipitation of any kind cancels. Please e-mail leader to register. TC Harriman-Bear Mt. Trails map 118.
- Sunday, 12/10** Holiday Party, 4 PM  
 Marcello's Restaurant  
 21 Lafayette Ave, Suffern, NY
- Thursday, 12/14** Hasenclever Mine B 8 B  
 Henry Barkhorn 646-853-0824  
 hcbarkhorn@hotmail.com  
 9:30 AM at Lake Skannatati. We will do a loop on the Red Cross and Beech Trails, returning on the Long Path. Hike may be shortened to 6 miles, depending on conditions. Steady rain cancels. Registration by e-mail preferred. TC Harriman-Bear Mt. Trails map 119.
- Saturday, 12/16** The Allis/Doris Duke Loop B 8.85 B  
 Roy Wooters (c) 845-304-0867  
 rfwoot@gmail.com  
 9:30 AM at the P8 parking (41.22698, -74.26067) on NY Rt 17A. Hike the Allis Trail to the Doris Duke Trail and complete the loop returning on the Allis Trail. Traction devices may be required. Please register via e-mail with phone number. Severe weather cancels. TC Sterling Forest Trails map 100.
- Sunday, 12/17** Johnstown Circular B 6.5 B  
 Fred Hodde (h) 973-728-3223  
 Bullwnk1@aol.com (c) 973-722-7824  
 9:30 AM at the Johnstown Circle. 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 Harriman-Bear Mt. Trails map 118.
- Thursday, 12/21** In the Woods B 6/7 B  
 Debbie Bell 845-358-8386  
 deb2@columbia.edu (NCA 9 PM)  
 Varied terrain in Harriman or nearby parks. Contact leader for hike details.
- Saturday, 12/23** Breakneck Mountain B 7.1 B  
 Roland Autran (h) 201-886-9119  
 autran@msn.com (c) 201-699-3388  
 9:30 AM at parking lot on Diltzes Lane coming from Route 202 in Ramapo. Hike west on the Tuxedo-Mt Ivy to north on the Breakneck Mountain and then return to the parking lot via the Suffern-Bear Mountain and the Tuxedo Mt. Ivy Trails. This hike is moderate. Severe inclement weather cancels. Please register for this hike. TCHarriman-Bear Mt. Trails map 118.
- Thursday, 12/28** Pine Meadow Lake (Out and Back) B- 5 B-  
 Mario Medici 201-396-9391  
 marioamedici@gmail.com (pref.)  
 10:00 AM at the Reeves Meadow Visitor's Center. A 5 mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack or lunch and at least two quarts of water. Call cell before 9 AM, if weather is questionable. Please e-mail or call hike leader to register. TC Harriman-Bear Mt. Trails Map 118.
- Saturday, 12/30** Popolopen Circular B 5.5 B+  
 Chris Connolly 201-321-6605  
 c.connolly@verizon.net  
 9:30 AM at Fort Montgomery Historic Site Parking Lot. We visit Brooks Lake and ascend the Torne on our tour of the splendid Popolopen Gorge. Precipitation cancels. TC Harriman-Bear Mt. Trails map 119.
- Sunday, 12/31** Ramapo Loops B 6 B  
 Chris Connolly 201-321-6605  
 c.connolly@verizon.net  
 9:30 AM at Ramapo Reservation Parking Lot off Rt. 202. Enjoy a last 2017 ramble before New Year festivities. We traverse Pond, Vista Ridge, Brookside, Reservoir, and Marsh Loop Trails. Out by 2 PM. Precipitation cancels. TC North Jersey Trails map 115.

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

# Yoga for Hikers: Pranayama, The Yogic Exercise of Breathing

By Deanna Felicetta, E-RYT, Yoga of the Heart certified

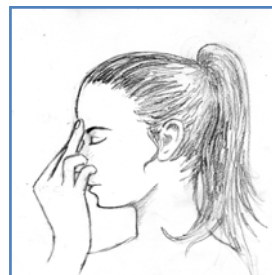
When the Yoga student becomes comfortable with the practice of asana, and is able to sit quietly in a steady manner, he is ready to begin the practice of pranayama. As a student practices asana, he will become aware of the special place of breathing, ayama, and its vital energy. When we practice pranayama we are fully focused on our breathing. The rhythms of pranayama can have a positive effect on our physical body and mind.

Pranayama is also called alternate nostril breathing; it is a powerful expansion of vital energy and must be treated with respect. If you are pregnant, have a serious heart condition, severe high blood pressure or have any history of nervous mental disorder, please consult with your physician before beginning pranayama

Pranayama is a wonderful help to those with allergies and sinus problems, especially when done upon rising in the morning. It can also help those who are fatigued and suffer from insomnia if done in the evening. It can help you relax and restore a natural breathing pattern.



A full breath is composed of three parts: the inhalation, the exhalation and that little pause in between. Breathing is both a voluntary and involuntary activity. The practice of pranayama should be relaxed and pleasant at all times.



We always begin and end with the breath at the right nostril.

Sit comfortably and take in a few normal breaths. Begin by breathing in through the right nostril while closing the left nostril. Now close the right nostril, open the left and exhale on the left side. After a short pause inhale on the left side. Close the left side and open the right side. You can now exhale on the right side. Then inhale on the right side. Close the right side and open the left and exhale on the left. You are now ready to inhale on the left. Continue for about a dozen or so cycles. End with an exhale on the right. Then sit quietly and breathe normally. After a few moments repeat if you wish.

Think of the breath like the ball in a game of tennis, bouncing back and forth across the net (your nose). A nice even rhythm is desired, in and out, in on one side and out on the other. The breath should be even and soft. Pranayama is a great way to exercise your concentration skills!

Have some fun with it! Enjoy!

NAMASTE,  
Deanna

## Welcome New Members

Darvene Adams & Mark Spreger – S. Plainfield NJ  
 Billie Barton – Atco NJ  
 Patricia Blaszkowski – Hillsdale NJ  
 Zandra & Daniel Brown – Westwood NJ  
 Bev Cavalieri - Chester NY  
 Charlene & Jeffrey Clark – Bogota NJ  
 Brad Cleverley – Chester NY  
 Noreen Cummings – Warwick NY  
 Chuck Dearborn & Kathy Mitchell-Norwood NJ  
 Michael Downey – Lake Hopatcong NJ  
 Kelly Downs - Highland Lakes NJ  
 Jaquie Flynn & Michael Baker – Maywood NJ  
 Mary & John Garone - Franklin Lakes NJ  
 Randy Kamen – Hillsdale NJ  
 Peter Manzelmann – Mauricetown NJ  
 Brian McCoy – Roselle Park NJ  
 Joan McKeon – Ridgewood NJ

Joseph Meli – Hawthorne NJ  
 Brian McCoy – Roselle Park NJ  
 Joan McKeon – Ridgewood NJ  
 Joseph Meli – Hawthorne NJ  
 Jerry Meng – Short Hills NJ  
 William Motiel – Clifton NJ  
 Melissa & Miro Muzik – North Haledon NJ  
 Rebecca & Bernt Obert – Union NJ  
 Carol Pastushok – Mahwah NJ  
 April & Rocco Perciballi – Layfayette NJ  
 Monica & David Plotka – Jersey City NJ  
 Paula Ramos – Red Bank NJ  
 Michael Rozycki & Yu Chen – Port Murray NJ  
 Hans Sander – Oxford NJ  
 Clair Siegnist – Branchburg NJ  
 Bobbi Snyder – Westfield NJ  
 Scott Tanner – Scotch Plains NJ  
 Richard Thomas - Upper Montclair NJ  
 Joan Tyminski & Stefan Czaplá – Landing NJ

Robert Wainwright – Neptune NJ  
 Audrey Wolf – Alpine NJ

## Welcome Back

Jon Bentley - Hackettstown, NJ  
 David Cichon – Morris Plains NJ  
 David Ellertson – Glen Ridge NJ  
 Shelia Finneran - Carmel, NY  
 Janet & Peter Fitterer – Roselle NJ  
 Robert Gerdwagen - Brooklyn, NY  
 Dorothy Goren – West Nyack NY  
 Kimi & Steven Gottesfeld – New York NY  
 Lynn & Chip Harrison – Morristown NJ  
 John Markle – Park Ridge NJ  
 Peep Rebassoo – Croton-on-Hudson NY  
 Roselyn & Isadore Shiffman – Hartsdale NY  
 Mary Smock – Clinton NJ  
 Kierstin Young - Branchburg, NJ

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## Dates To Remember

**The Holiday Party**  
**Sunday, December 10**  
**4 PM**  
**At Marcello's in Suffern**

Reserve by December 2



Marcello's Restaurant  
21 Lafayette Ave  
Suffern, NY  
845-357-9108