

FALL 2018

# Trail Talk

Adirondack Mountain Club  
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## A Message From The Chair

The national park is the best idea America ever had. - James Bryce

I had heard that quote before, but I didn't know that it was attributed to James Bryce. Nor did I know that he was the British Ambassador to the United States, from 1907 to 1913, when he became a friend to President Teddy Roosevelt. Although Ambassador Bryce chose to ignore our War and Declaration of Independence and our Constitution in his sentiment, I do agree that the national park is one of our best ideas ever.

My yearning to visit the national parks of the west was first met a few years back with my visit to probably the most famous of all - the Grand Canyon - along with Bryce and Zion. This involved strictly touring, no hiking. Two years ago, I was able to scratch six more parks off the list by touring the American and Canadian Rockies, starting with the Grand Tetons in Wyoming and ending in Jasper in Alberta. Again, no hiking. And, this past summer, I was able to visit three more national parks in Alaska. ...continued on page 2

## Hiking Utah's Mighty Five

Many hikers go to Utah's national parks and monuments and don't feel compelled to write about it. I, on the other hand, was persuaded because I was so unprepared for the unimaginable scenery we encountered hiking southern Utah's five national parks, a national forest and two national monuments. I thought nothing could compare to some of the magical mountains Allen and I hiked in the Rockies, Europe, New Zealand, South America, Alaska and Hawaii.



Utah's parks do compare, and then some. They are a surreal kingdom of massive rock sculptures, red castles, tall pinnacles of various shapes of sandstone, granite rocks and quartz, and ancient sand dunes frozen in time, remnants of geologic processes that ...continued on page 6

## ADK NJR Holiday Party and Election of Officers

Come and enjoy a delicious pot luck dinner and the company of your fellow hikers. Everyone should bring an appetizer, side dish, salad, main dish or dessert for six. Non-cooks can bring a bottle of wine or other beverage. The Chapter will supply a roast turkey breast, a baked ham, rolls and paper goods (plates, silverware, etc).

### Details

- Sunday, December 9, 2018 from 2 to 5PM
- You must RSVP by December 1 to let Karen know what you will be bringing: 201-962-8546 or trails@adknjr.org
- \$5 per person, collected at the door
- Location is NYNJ Trail Conference Headquarters (aka Darlington Schoolhouse) 600 Ramapo Valley Road Mahwah, New Jersey

There will be a very short business meeting to elect our new officers. The nominees:

Chair	Paul Margiotta
Vice Chair	Geoff Fonseca
Secretary	Fred Hodde
Treasurer	Allen Grunthal
ADK director	Peggy Wissler

The informal tradition of a 2-year term for the chair plus succession of vice chair began in 1971 with the Ramapo chapter. A hiccup in 2016 interrupted this pattern but this election should put us back on track. The only other term limit, applicable to all chapters, is 6 years for ADK

director,. So in this election Peggy Wissler replaces John Jurasek as our representative at quarterly meetings in Lake George.

As our new director, Peggy Wissler will be new to the board but not to hiking. She is well known to our regular NJR hikers. An ADK member since 2006, she also is a member of AMC, NYNJTC, and Catskill 3500. She has completed winter Catskills, NE115, ADK winter 46ers and leads hikes! She also does invasive species work. During the day she is a mathematics teacher at Tenafly high school in NJ and lives in Suffern, NY.

Come to the holiday party, have a great afternoon with friends, and VOTE!

...Message continued from page 1...

Denali is the most famous in Alaska, with North America's tallest mountain peak. The lesser known Kenai Fjords National Park is a "marine" park, with nearby Seward the port of call for cruise ships - the choice of travel for the majority of visitors to Alaska. But, it was the unheard of - at least to me - Wrangell-St. Elias National Park that was the highlight of the trip. First, some impressive facts. Wrangell-St. Elias is this country's largest national park at 13.2 million acres. It is 6 times the size of Yellowstone and about the same size as Yellowstone and Yosemite parks and all of Switzerland combined! With 9 of the 16 highest peaks in the U.S., its peaks surpass in height those of Switzerland! And glaciers abound, covering about 35% of the park, with one by itself being larger than the state of Rhode Island! The reason why Wrangell-St. Elias is not better known is its remoteness. The best way into the park is by a single-engine propeller plane - in my case, a 6-seater. During the half-hour flight, the pilot described the grandeur below us- the mountain ranges with their passes and, of course, the glaciers. One's effort to reach the park pays off, as fewer than 70,000 people visit each year, compared to 4.3 million that visit the often crowded Grand Canyon.

And, now I can say that I finally went on a bona fide hike in a national park, and, on a glacier, no less! After hiking some distance with 10-point crampons, it was time for our group to stop for lunch, which included hot chocolate made from freshly chipped glacier ice. (And all along I had thought the ice axes our guides were carrying were for an emergency - like rescuing a fellow hiker from a deep crevasse.)

My hiking experience pales in comparison to that of many members of our chapter. I have said that I live my life vicariously through them, as they hike throughout the world. Two such members are Diane and Allen Grunthal. You can read all about their recent hiking in "Utah's Mighty Five" (page 1).

Closing, I would like to extend a big thank you to new hike leaders - Bob Morrison and Dick Thomas. To them and all hike leaders, I offer the sage advice that I learned many years ago from Phyllis Key, who led more hikes than anybody in the history of the chapter(s): "Never admit that you are lost. You are just temporarily dislocated."

Paul

## REMEMBER – VOLUNTEERS MAKE IT HAPPEN!

### Welcome New Members

Douglas Bern & Karen Maas - Englewood, NJ  
Alyssa Boldurian - Madison, NJ  
Janice Braidech - Hewitt, NJ  
Scott Byrne - Dover, NJ  
Franklin Chavez - Chestnut Ridge, NY  
Gilbert & Joanne De Last - Glen Rock, NJ  
Andrea Emrick - Cresskill, NJ  
Mark Finkel - Englewood, NJ  
Jeffrey Hartman - Oakland, NJ  
Hal Hayward - Ridgewood, NJ  
Theresa Jackson - Allendale, NJ  
Deb & Aaron Kalisher - Hackettstown, NJ  
Kimberly McClintock-Walla & Kevin J Walla - Sloatsburg, NY  
Monica Mulligan - Park Ridge, NJ

James O'Melia - North Arlington, NJ  
John & Jamie Pellington - Butler, NJ  
Susan Sansone & Matt Earley - Allenwood, NJ  
Dr. Amiram Sheffet - Ridgewood, NJ  
Stephen St Hilaire - Bloomfield, NJ  
Alfred Smith & Maria Interlandi - Suffern, NY  
James Taylor - Basking Ridge, NJ  
Pam Weis - North Brunswick, NJ  
David Wilding - Kinnelon, NJ  
Michal Zemo - Ocean, NJ

### Welcome Back

Loretta Grisi-Dicker - Galloway, NJ  
Robert Flannery - Carlstadt, NJ  
Michael Iovino - Nutley, NJ  
Vincent & Theresa Schommer - Monroe, NY

## ADK NORTH JERSEY RAMAPO CHAPTER

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[www.adknjr.org](http://www.adknjr.org)

### OFFICERS

CHAIR - Paul Margiotta  
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TREASURER - Allen Grunthal  
[973-728-8057 treasurer@adknjr.org](mailto:973-728-8057_treasurer@adknjr.org)  
SECRETARY - Fred Hodde  
[973-728-3223 secretary@adknjr.org](mailto:973-728-3223_secretary@adknjr.org)

### COMMITTEE CHAIRS

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*Trail Talk is published quarterly. The deadline for submissions is generally one month prior to publication date.  
Please send articles to [newsletter@adknjr.org](mailto:newsletter@adknjr.org)  
Send photos to [photos@adknjr.org](mailto:photos@adknjr.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@adknjr.org](mailto:membership@adknjr.org) 845-304-0867).*

## HIKE SCHEDULE • FALL 2018 • OCTOBER • NOVEMBER • DECEMBER

### 2018 Hunting Season In Sterling Forest

- Early Bow Hunting: Oct. 1 - 16
- Small game hunting with firearms will begin October 1 only in the hunting area north of 17A and east of the Doris Duke Wildlife Sanctuary.
- Firearms Nov. 17- Dec. 9.
- Late Bow Hunting Dec. 10 - Dec. 18.

Hikers: Stay on trails. Wear bright clothing.

**Thursday, 10/4** Surprise Lake Loop B 6 B+  
 Fred Hodde (h) 973-728-3223  
 Bullwnk1@aol.com (c) 973-722-7824  
 9:30 AM at the former 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 email preferred. Call cell before 9:00 AM if the weather is questionable. TC North Jersey Trails map 116.

**Saturday, 10/6** Lunch at Diamond Mountain B+ 7 A  
 Geoff Fonseca 845-357-9366  
 geoffonseca@yahoo.com  
 9:00 AM at the Reeves Visitor Center. Hike the Pine Meadow and Seven Hills trails to Diamond Mountain for lunch. Return on the HTS and PM trails. This hike is rated strenuous with several rock scrambles. Please register via email. Rain cancels. TC Southern Harriman Bear Mt. Trails map 118.

**Sunday, 10/7** Fingerboard and Goshen Mtns. B 7 B  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 9:30 AM at the parking lot off Tiorati Circle for a climb to Fingerboard Mtn. on the Tiorati Trail to the joint AT and RD trails. We will climb up Goshen Mtn with great views of Lake Tiorati. Return to the same parking area. Rain cancels hike. Call or email hike leader to register. TC Northern Harriman Bear Mt. Trails map 119.

**Thursday, 10/11** Anthony Wayne C 5/6 C  
 Debbie Bell 845-358-8386  
 deb2@columbia.edu (NCA 9 PM)  
 9:30 AM at the northern parking lot of the Anthony Wayne Recreation Area (Palisades Parkway Exit 17) to explore some

Please see the complete Hiker's Guide at  
<https://www.adknjr.org/hikers-guide/>

HIKE RATINGS: represent the Pace, Distance and Terrain covered during the hike.  
 PACE: A - Fast, B - Moderate, C - Easy  
 DISTANCE: is given in miles as noted  
 TERRAIN: A - Strenuous, B - Moderate, C - Easy  
 MAPS: The TC number indicates a NY-NJ Trail Conference map for the area of the hike.  
 ABBREVIATION: NCA-No Calls After . . .  
 Pref.- Leader's contact preference.

less-often hiked trails and woods roads. Please register (and let me know if your plans subsequently change). If the hike is cancelled for weather or other reasons, I will email registered hikers before 7:30 AM on the day of the hike. TC Northern Harriman Bear Mt. Trails map 119.

**Saturday, 10/13** 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  
<https://www.essexcountyparks.org/parks/south-mountainreservation>. 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 10/14** Russian Bear B+ 6 B  
 Mike Prestia 917-841-0120

prestia.michael@gmail.com  
 9:00 AM at Reeves Brook Visitor Center - GPS coordinates 41.17384,-74.16859. Loop hike with steep terrain, interesting rock formations, and panoramic views. Total elevation gain is 1,820 feet. Severe inclement weather will cancel. Please register for this hike. TC Southern Harriman Bear Mt. Trails map 118.

**Thursday, 10/18** Wilkinson Memorial Trail B 7 B+  
 to Sunset Point

Henry Barkhorn 646-853-0824  
 hcbarkhorn@hotmail.com  
 9:30 from the Wilkinson Trailhead on Rte. 9 D about half mile north of the Breakneck Ridge Tunnel. We will hike the Wilkinson Memorial Trail to Sunset Point and return on the Breakneck Ridge, Breakneck Ridge Bypass and WM Trails back to the cars. Eight scenic view stars on the map. Steady rain cancels. Registration by email preferred. TC East Hudson Trails map 102.

**Saturday, 10/20** RD Trail Maintenance Hike C 5 B  
 Karen Rose (c) 551-804-0358

kkarose@aol.com  
 10:00 AM at Silvermine Parking. Shuttle to start of hike at Tiorati Circle. Hike and inspect RD to Brien Shelter and take Menomine back to cars. Stop to clear blowdowns, clip back brush, check blazes, etc. Bring work gloves and clippers if you have them. Rain cancels. Register by email. TC Northern Harriman Bear Mt. Trails map 119.

**Sunday, 10/21** Schunemunk Scrambling B 7.5 A  
 Chris Connolly 201-321-6605

c.connolly7@verizon.net(pref.)  
 9:30 AM at Jessup/Sweet Clover Trail Head Parking on Taylor Rd. Hike features spectacular Hudson Valley autumn views. Not for beginners. Precipitation cancels. TC West Hudson Trails map 114.

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



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**Thursday, 10/25** In The Woods B 6/8 B  
 Paul Margiotta 201-693-6705  
 pjmm11@verizon.net (pref.)  
 Active Thursday hikers will receive a group email from leader by Tuesday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday.

**Saturday, 10/27** Summit Storm King Mountain B 5 B+  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 9:30 AM at the parking lot off Mountain Road about 2 miles off Route 9W in Cornwall-on-Hudson. Start on the Stillman Trail to the Bluebird Trail using a series of switchbacks. We will summit Storm King Mountain and have lunch on rock ledges with panoramic views. Rain cancels hike. This is a strenuous climb. Call or email hike leader to register. Meeting coordinates (41.432191, -74.012237) TC West Hudson Trails map 113.

**Sunday, 10/28** Redback Loop B 7 B  
 Mike Prestia 917-841-0120  
 prestia.michael@gmail.com  
 9:00 AM at Sterling Forest Parking lot P16 –South Gate Road. Loop hike with varied terrain through the southeastern section of Sterling Forest. We will pass the Red Back Mine remnants and Mckeags Meadow. Severe inclement weather will cancel. Please register for this hike. TC Sterling Forest Trails map 100.

**Thursday, 11/1** Buttermilk Falls County Park B 6 B  
 Karen Rose (c) 551-804-0358  
 kkarose@aol.com  
 10:00 AM at parking lot on Greenbush Rd (RT 11) in West Nyack. See the falls and continue on LP through Blauvelt State Park to see WW1 tunnels. 1,200 ft elevation gain. Rain cancels. Must email or call to register. TC Hudson Palisades map 109.

**Saturday, 11/3** Lake Skenonto B 7 B  
 Geoff Fonseca 845-357-9366  
 geofffonseca@yahoo.com  
 9:30 AM at the Skate Park in Tuxedo Park, NY (near the end of East Village Rd, GPS 41.193228, -74.182439). We will hike the RD, TMI, and Yellow Triangle to Lake Skenonto for lunch. We will return on the Victory and RD. Precipitation of any kind cancels. Please email leader to register. TC Southern Harriman Bear Mt. Trails map 118.

**Sunday, 11/4** Daylight Savings Time Ends

**Sunday, 11/4** Out Of The Elk Pen B 6 B  
 Fred Hodde (h) 973-728-3223  
 Bullwnk1@aol.com (c) 973-722-7824  
 9:30 AM at the Elk Pen. We'll hike the Stahahe Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT trails. Registration by email is preferred. Call cell before 8:30 AM if the weather is questionable. TC Northern Harriman Bear Mt. Trails map 119.

**Tuesday, 11/6** Ringwood State Park - B 8.3 B  
 Ilgenstein Rock  
 Allen & Diane Grunthal (c) 862-324-3138 (DOH only)  
 runbikeskihike@gmail.com  
 9:30 AM from Parking Lot A at Ringwood State Park. Yes, you read that right, this is a Tuesday hike. Loop hike to visit Glasmere and Weyble Ponds, with lunch atop Ilgenstein Rock to enjoy the fine views. Total ascent is 1,000 feet. Must register by email - provide your email address and cell phone number. Rain or threat of steady rain cancels. Will email everyone by 7 AM morning of hike if cancelled. TC North Jersey Trails map 115. Joint with ADK Long Island.

**Thursday, 11/8** Ramapo Torne B 5 B+  
 Henry Barkhorn 646-853-0824  
 hcbarkhorn@hotmail.com  
 9:30 AM at the Reeves Meadow Visitor Center. We will hike to Ramapo Torne on the Seven Hills and HTS trails, returning on the Reeves Brook Trail. Rated B+ due to some rock scrambles as we approach the Torne. Steady rain cancels. Registration by email preferred. TC Southern Harriman Bear Mt. Trails map 118.

**Friday, 11/9** NJR Board Meeting  
 The North Jersey Ramapo Board will meet at 1:30 PM at the headquarters building of the NY-NJ Trail Conference located at 300 Ramapo Valley Rd. (Rt. 202) Mahwah, NJ. If you plan to attend please email chair@adknj.org.

**Saturday, 11/10** Jockey Hollow B 5 B  
 Jeffrey Sovelove  
 Hiker\_Dood@yahoo.com  
 10:00 AM at the Jockey Hollow visitors 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. No pets please. Joint ADK/Sierra Club hike.

**Sunday, 11/11** Manor Trail from Ringwood Manor C 3.5 C  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 10:00 AM at the Ringwood Manor parking lot off 1300 Sloatsburg Rd. A fall hike on the Ringwood Manor Trail. The area is filled with iron mines which we will pass along the trail. Lunch will be along Sally's Pond and a return to the Manor house. Call or email hike leader to register. TC North Jersey Trails map 115.

**Thursday, 11/15** Bare Rock Vista B 7 B  
 Fred Hodde (h) 973-728-3223  
 Bullwnk1@aol.com (c) 973-722-7824  
 9:30 AM at Sterling Forest Visitor's Center upper lot. 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 overlooking Greenwood Lake. After lunch, we'll return by "strolling" back down the Bare Rock trail. Registration by

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email is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest Trails map 100.

**Saturday, 11/17** Popolopen Torne and Gorge B 5.5 A  
Mike Prestia 917-841-0120

prestia.michael@gmail.com  
9:30 AM at Fort Montgomery Historic Site (9W) GPS coordinates 41.32405,-73.98772 Great 360 degree panoramic views, rock scramble, rushing rapids and cascades in the Gorge, total elevation gain 1675 feet. Severe inclement weather will cancel. Please register for this hike. TC Northern Harriman Bear Mt. Trails map 119.

**Sunday, 11/18** Pyramid Mountain B 5/6 B  
Sheree Bennett (c) 973-932-9466

Shereestarrett@yahoo.com  
Meet 10:00 AM at Pyramid Mountain Visitor Center, coordinates: N40° 56.81', W74° 23.30'. One steep uphill and one steep descent. We should finish by 1 PM. Bring water and lunch/snack. Call leader by 9 AM if weather is questionable. Steady rain cancels. TC Jersey Highlands Trails map 125. Joint with Tristate Ramblers.

**Thursday, 11/22**  
No hike is currently scheduled for this date. Please check the facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

**Saturday, 11/24** Three Pond Circular/ B 7 B  
Fahnestock State Park

Peter Tilgner and Suzan Gordon (h) 201-871-3531  
petertilgner@icloud.com (c) 201-364-9719  
10:00 AM on County Rd. 301 where the Charcoal Burner Trail crosses. Parking at side of road (R). We will pass by Beaver and Clove Ponds and view Jordon Pond as we traverse farm country. Please register for this hike. If inclement weather we will let you know by 7AM if hike is a go. TC East Hudson Trails map 103.

**Sunday, 11/25** Looking for Waterfalls B-5.5 B  
Karen Rose (c) 551-804-0358

kkarose@aol.com  
10:00 AM at Ramapo Reservation, Rt 202 in Mahwah. Depending on mother nature we might see 2 waterfalls, but we will still enjoy our hike in the woods. Rain cancels. Please email to register. 900 ft elevation gain. TC North Jersey Trails map 115.

**Thursday 11/29** Lakes Skenonto & Sebago Circular B 6.8 B  
Bob Morrison (c) 973-768-6617

mickey7nyy@gmail.com  
9:30 AM from the Johnstown Road Circle. We hike the Blue Disc, Tuxedo-Mount Ivy, White Cross, and Victory Trails. This will take us to lunch at Lake Skenonto. After lunch we will take the Triangle Trail south, skirting the edge of Lake Sebago. We will continue on the Triangle Trail until its terminus, where we intersect the White Bar Trail and back to our start. Rain cancels.

Please register for this hike. TC Southern Harriman Bear Mountain Trails map 118.

**Saturday, 12/1** Pine Meadow Lake & B 7 B+  
Ramapo Escarpment

Geoff Fonseca 845-357-9366  
geoffonseca@yahoo.com  
9:30 AM at the Town of Ramapo Equestrian Center off Rte. 202 south of Pomona. We will hike the Pine Meadow (PM) Trail to the SBM and Conklin's Crossing and return via the PM Trail. Precipitation of any kind cancels. Register by email. TC Southern Harriman Bear Mt. Trails map 118.

**Sunday, 12/2** 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 email preferred. Call cell before 9:00 AM if the weather is questionable. TC Southern Harriman Bear Mt. Trails map 118.

**Thursday, 12/6** In The Woods B 6/8 B  
Paul Margiotta 201-693-6705

pjmm11@verizon.net (pref.)  
Active Thursday hikers will receive a group email from leader by Tuesday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday.

**Friday, 12/7** Palisades Circular B 8 B  
Margo Moss 201-568-5325

acephoto@verizon.net (landline)  
10:00 AM at State Line Lookout. (njpalisades.org for directions) Lovely views and some migrating birds welcome us on this interesting loop. Lunch at a waterfall. Please register by Dec. 6, 5PM. TC Hudson Palisades Trails map 109.

**Saturday, 12/8** Palisades Interstate Park, Giant Stairs B 4.5 A  
Roland Autran (h) 201-886-9119

autran@msn.com (pref.) (c) 201-699-3388  
9:30 AM at State Line Lookout. This hike is strenuous; it's Hike 38 of Dan Chazin's "Hike of the Week". Severe inclement weather cancels. Please register for this hike. TC Hudson Palisades Trails map 109.

**Sunday, 12/9** ADK-NJR Holiday Party 2-5 PM

New York-New Jersey Trail Conference Headquarters building (The Darlington Schoolhouse) at 600 Ramapo Valley Road (just east of Ramapo Reservation Parking Lot) in Mahwah New Jersey. See page2 for details.

**Thursday, 12/13** Silvermine Loop B 7.5 B  
Henry Barkhorn 646-853-0824

hcbarkhorn@hotmail.com  
9:30 AM at Silvermine Lake. We will do a loop on the Menomine, Long Path, Ramapo-Dunderberg and Menomine Trails. Steady rain cancels. Registration by email preferred. TC Northern Harriman Bear Mt. Trails map 119.

## HIKE SCHEDULE • FALL 2018 • OCTOBER • NOVEMBER • DECEMBER

**Saturday, 12/15** To Dutch Doctor Shelter And Back C 5 C  
Dean Gletsos 845-354-0738  
cgletsos@yahoo.com  
9:30 AM at the Johnstown circle. If precipitation or inclement weather, call till 8:30 AM the date of the hike for cancellation. We will use suitable trails and this is an easy-pace hike. Bring a snack and sufficient water. TC Southern Harriman Bear Mt. Trails map 118.

**Sunday, 12/16** Diltzes Loop B 7.5 B  
Roy Wooters (c) 845-304-0867  
rftoot@gmail.com  
9:30 AM at the TMI Trailhead parking on Diltzes Lane, Pomona NY. Hike a loop using several trails & woods roads. Contact leader via email to register with phone number for specific details. Severe weather cancels. TC Southern Harriman Bear Mt. Trails map 118.

**Thursday, 12/20** In The Woods B 6/8 B  
Dick Thomas  
rthomas14@comcast.net  
Active Thursday hikers will receive a group email from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7 PM on Wednesday.

**Saturday, 12/22** To Pine Meadow Lake And Back C 7 C  
Dean Gletsos 845-354-0738  
cgletsos@yahoo.com  
9:30 AM at the Reeves Visitor Center, off Seven Lakes drive. If precipitation or inclement weather, call till 8:30 AM the date of the hike for cancellation. We will use suitable trails and this is an easy-pace hike. Bring a snack and sufficient water. TC Southern Harriman Bear Mt. Trails map 118.

**Sunday, 12/23** Reeves Brook Circular B 6/7 B  
Margo Moss 201-568-5325  
acephoto@verizon.net (landline)  
10:00AM at Reeves Meadow Visitor's Center. Expect lots of climbs on this loop which includes Reeves Brook, Raccoon Hills and Pine Meadow trails. Inclement weather cancels. Please register by Dec. 15, 5PM. TC Southern Harriman Bear Mt. Trails map 118.

**Thursday, 12/27** Doris Duke, Allis, AT, B 6 B  
and Mombosha High Point  
Peter Tilgner and Suzan Gordon (h) 201-871-3531  
petertilgner@icloud.com (c) 201-364-9719  
Meet 10:00 AM at the Doris Duke Trail Head Parking on Benjamin Meadow Rd. From Rt. 17/17A junction take 17A for about 3 miles and passing the Renaissance Festival grounds. Benjamin Meadow Rd. will be on your right with trail access parking .2 miles up Benjamin Meadow on left through a gate. This Sterling Forest in-and-out hike features one of the park's newer trails along with some good views. Please register for this hike. Traction devices may be necessary. TC Sterling Forest Trails map 100.

**Saturday, 12/29** Ledges and Lakes B 8.85 B+  
Roland Autran (h) 201-886-9119  
autran@msn.com (pref.) (c) 201-699-3388  
9:30 AM at the parking lot called "Skatepark" behind the Tuxedo Train Station on E Village Road in Tuxedo. We will hike the Ramapo-Dunderberg, Tuxedo-MT Ivy, Triangle, Victory, and White Bar Trails. This hike is strenuous. It's described in Chapter 9 of Don Weise's "Circuit Hikes in Harriman". Severe inclement weather cancels. Please register for this hike. TC Southern Harriman Bear Mt. Trails map 118.

**Sunday, 12/30** Going In Loops B 7 B  
Chris Connolly 201-321-6605  
c.connolly7@verizon.net(pref.)  
10:00 AM at Ramapo Reservation Parking Lot off Rt. 202. We'll take in skyline/water views of Vista, Ridge, and Marsh Loop Trails. Precipitation cancels. TC North Jersey Trails map 115.



...Utah continued from page 1...

that started some 25 million years ago. Even on a tour bus, or driving in a car, it is possible to see magical scenery. However, hiking here is an otherworldly experience. The five national parks have hiking trails ranging from less than 1 mile to 5+ miles. We hiked 41 trails in 15 days, stringing together 2 to 4 hikes each day, providing new vistas and surprises around every bend. Even when elevation gains were modest, hikes can take longer than expected as the terrain is often soft sand, slickrock, (smooth, not slippery, except if wet) or wash, consisting of loose gravel.

Our favorite was Arches National Park, a land of towering spires, pinnacles, fins and bridges, ranging from sliver-thin cracks to spans greater than 300 feet. This park has the densest concentration of natural stone arches anywhere in the world. The Nuns and Priests pinnacles looked just as they are named, shooting into the sky for hundreds of feet. We hiked up to the ribbon of rock known as Delicate Arch, perhaps Utah's most iconic and famous landmark, looking like a giant fin, standing on the brink of a canyon, with the dramatic La Sal Mountains as backdrop. After scrambling over rock and around boulders, following rock cairns on slickrock on an exposed ledge, we reached the bowed sandstone arch, a spectacular example of the power of erosion.

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...Utah continued...

The Navajo called Capitol Reef the Land of the Sleeping Rainbow. The contrast of red Entrada and white Navajo sandstone and the magnificent rip in the crust of the earth creates surreal landscapes of giant cliffs, massive domes, arches, bridges, and twisting canyons. Hikes not to be missed are the ascents up Cohab Canyon, and the exposed route up Hickman Bridge.

We punctuated our hiking with a one-day scenic road trip to get from Capitol Reef to Grand Staircase-Escalante National Monument on Route 12, one of the premier scenic byways in America. This drive was an extraordinary experience, through a spectacular landscape. We hiked a mile down into a steep wide canyon between sandstone cliffs down slickrock and soft sand leading through a desert moonscape to a 120-foot waterfall. There is an abundance of rock art – petroglyphs and pictographs made by early native inhabitants hundreds of years ago.

Bryce Canyon was our second most favorite of all the parks and monuments. It is unlike anywhere else in the world, with pink limestone cliffs and multicolored pinnacles.

Canyonlands introduced us to wave after wave of deep canyons, mesas, buttes, fins, cliffs and spires in Utah's high desert. The Aztec Butte hike stands out as an exhilarating skitter. We went up slickrock to a Navajo sandstone dome yielding stellar views and endless sky. A small spur trail led us to ruins of an ancestral Pueblo granary.

and buttresses. At over 8,000 feet, Bryce Canyon was blessedly cooler than all the other parks: 70 degree temperatures, versus 80's and 90's. A series of natural amphitheaters are sunk into pink cliffs and filled with statuesque and delicate red rock formations, called hoodoos. These are bulbous columns of pink castle spires resembling daggers. A 4-mile hike down 500 feet into the Bryce Amphitheater took us to a hoodoo named Queen Victoria of England riding a horse. Then there was Zion. One of the most memorable day hikes is Angels Landing, a 5-mile trail ascending first for 1,000 feet in 2 miles; with long switchbacks up the canyon wall, hugging the face of the towering cliff. The final 500 feet of the 1,500 foot total elevation gain ascends a series of switchbacks on a narrow, exposed ridge, impossible without the steel chains to help. Often fellow hikers extended helpful hands, as they waited their turn to come down, as we climbed up single file. The 5,790 foot summit of Angels Landing has 360 degree panoramas of the entire Zion Canyon, towering rock mountains, startling sentinels of stone and sheer milky-white cliffs; rock walls varnished with mineral stains all around. Even on a weekday in late May, it was necessary to arrive at Zion's cavernous parking lot at 8 AM, be lucky enough to find a parking spot, and wait 30 minutes to board the shuttle bus to get to the trailheads.

Our trip finally ended in Salt Lake City after a marvelous two weeks among the 'magnificent five'!

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## Yoga for Hikers, Dandasana with a Twist

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

Dandasana is a quiet and still seated pose. Roll out your mat in a comfortable place and sit on it. You want your spine to sit tall and straight on top of your seat. Danda is a staff or rod, so try to mimic this idea. Your legs should be straight in front of you with your knees and toes pointing skyward. Arms hang gently down at your side with hands resting on the floor by your hips with fingers pointing toward toes. Head and eyes face and focus forward.

This pose puts you in the shape of an "L"! If you find it too intense place a rolled up towel or pillow under your knees. Remember the focus is a still straight spine. Use your abdominal muscles to help support your spine. Chest is open. Shoulders are relaxed. Are you breathing? Yes, breathe in and out fully at a relaxed rate.

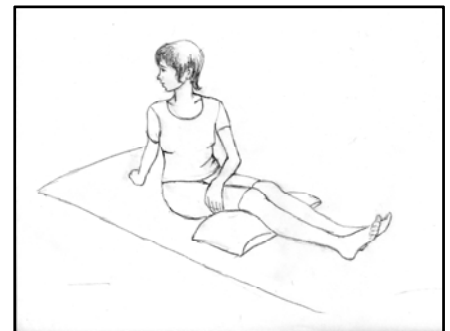
After a few minutes scoop arms up skyward as you breathe. Allow them to return to your sides. Repeat again three or four times. The next time your hands are on the floor press down securely into your right hand and lean over slightly to the right and let your face look down and right. Breathe. Return spine to upright. Repeat on the left side. You may want to do both sides again.

Scoop arms up skyward as if gathering air. Sit erect and tall with toes pointing upwards. Take left hand and place it on your right thigh midway between your hip and knee and press while twisting your torso around your spine, and bring your right hand behind you and put it on the floor. Look right with head level. Breathe. Slowly turn back to center and face front. Do this on your left side taking your right hand and placing it on your left thigh as you twist left and put your left hand on the floor behind you. Turn head left. Breathe. Return head and torso to face front. Be erect and still, and breathe!

Great between hikes! Enjoy all of those lovely FALL days on the trail!

Nameste.

Deanna





**FALL 2018**

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Save The Date!



## Holiday Party and Election of Officers

Sunday December 9, 2018  
2 – 5 PM

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RSVP



Chapter members hiking in  
America's National Parks!

Read all about it inside!