

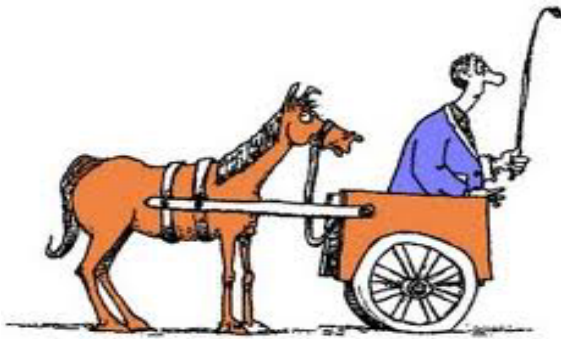


SPRING 2018

# Trail Talk

Adirondack Mountain Club  
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## A Message From The Chair



In my last message, I wrote about our Chapter's need for new volunteers. Perhaps, as the expression goes, I was putting the cart before the horse. I just went through our roster of nearly 900 members and, to my amazement, I found that I have only had the pleasure of meeting about 100 of you.

I joined ADK in 2003 and, aside from our newest members, if I haven't met you yet it is most probably because you haven't been on a hike or attended one of our social events. If you don't participate, how can we expect you to volunteer? You joined ADK for a reason. If not to hike, then what? Perhaps it was for one of our Chapter's other objectives that do not involve hiking: "To further wilderness conservation values, protection of undeveloped areas, and responsible recreational use ...." or "To support efforts to acquire additional public lands and conservation easements ...." Either one is a noble reason to be a member and I thank you if that is the case. However, if you joined to hike, what are you waiting for? Check out the Spring schedule. If you want to ease into it, you will find several easy "C" level hikes to consider. Just - Go Take a Hike!

Speaking of volunteering, at the holiday party last December, Fred "Bullwinkle" Hodde once again received the award for leading the most hikes during the year - 17.

I was most pleased that he received the award. For sure, he's very deserving of such a prestigious award, but, more importantly, he provides one of my all-time favorite lunchtime treats - dark chocolate covered Moose Munch. What's that you are wondering? Why is Fred's nickname "Bullwinkle" and what in the heck is Moose Munch? To get answers to those questions (and many others), come and join us on a hike.

Still on the subject of volunteering, Pete Heckler was recently appointed to be our delegate to the NYNJ Trail Conference. Pete is no stranger to the "old-timers", but new members can learn about Pete's remarkable record of volunteer service for both ADK and the Trail Conference elsewhere in this newsletter. Thank you Pete!

In the Winter newsletter we announced that we were updating our website. Thanks to our webmaster, Richard Sumner, there is a brand new look and new content will be continually added. Go check it out at the new web address: [www.adknjr.org](http://www.adknjr.org). Richard will entertain any comments and suggestions about the new site. To do so, send him an email at: [webmaster@adknjr.org](mailto:webmaster@adknjr.org).

Those with an eye for detail might have also noticed the "Like Us On Facebook" image in the Winter newsletter. Did you know that our Chapter has its own Facebook page: North Jersey - Ramapo ADK? Check it out for great photos from past hikes, as well as postings of special events, and last-minute added hikes and cancellations. While on the page, please "like" us and invite all your friends to "like" us as well. We currently have just over 400 page "likes". We'd like to increase our "likes" so that more people will learn about us and what we do.

So, in summary - participate, volunteer, thank Fred, Pete and Richard, take a gander at our website and "like" us on Facebook - in any order you choose.

Paul

**REMEMBER - VOLUNTEERS MAKE IT HAPPEN!**

# Hiking In 2 Countries At Once

by Diane Grunthal

Allen and I have hiked often in the Austrian, French and Italian Alps, and so we wondered what hiking would be like in mountains of Poland. We chose a guided hiking trip to southern Poland in the Tatra Mountains, adjacent to Slovakia, with a group of people mostly from England.



The glorious scenery reminded us of the Alps - huge mountains reaching skyward with spectacular views. Some days were spent hiking on high mountain ridges, with our left foot stepping in Poland and our right foot stepping in Slovakia. We hiked one day entirely in Slovakia, and you could relax at the end of the hike with a Cannabis Beer (yes, it's what you're thinking it is) purchased at a local food store. Hmm, wonder if my local liquor store would stock this product.

We also spent a week biking with a group of mostly German speaking folks in the Masurian Lake District (3,000 lakes!) in northern Poland, led by a Polish guide who spoke limited English. Ever try to learn Polish? Had to get by with the few phrases we learned in Polish, our rusty German, and finally some English that we could speak with a few Italians and Canadians in our group. The biking was on a mix of asphalt and dirt roads, with constantly changing scenery as we biked from town to town each day. Our luggage was transported by van to a different hotel each day, so we could travel light on our bikes. Having biked across Italy, Venice to Pisa, several months earlier, we found the dirt paths more difficult than we anticipated as these paths often were soft sand.

We visited so many towns rich with history. One highlight was a church located in what was then East Prussia, that was saved from extinction during WWII by Catholic German soldiers. The church, "Dear Lady of Swieta Lipka", a historic monument, is the oldest Marian sanctuary, and is described as one of the most magnificent examples of Baroque architecture in Poland. A truly unforgettable experience was the concert produced by a unique 18th century organ with moving figurines and bells.

Poland is the country where we finally learned the art of sightseeing. Taking time from hiking and biking, we spent a week in Warsaw, Poland's largest city, and Krakow, which is now an international tourist destination. Poland has a rich and varied history, from their kings with their grand palaces, to being occupied and ruled by other countries in recent centuries. We heard many stories of the atrocities of WW II, which resulted in the deaths of over 6 million Poles, more than half of which were Jews. Following the dissolution of the USSR in 1991, Poland rebounded strongly, and now Warsaw and Krakow are delightful to visit. The food and adult beverages we consumed were quite good, and half the price of what they cost in the U.S.

## 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 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 • SPRING 2018 • APRIL • MAY • JUNE

- |  |  |
|--|--|
| <p><b>Sunday, 4/1</b>      Looking for the Easter Bunny      B- 5 B<br/>           Karen Rose      201-962-8546<br/>           kkarose@aol.com<br/>           10:00 AM at Ramapo Reservation, Rt 202 in Mahwah. We will take various trails depending on trail conditions searching for that mysterious bunny. Out by 1:30PM. Rain cancels. Please email to register. TC North Jersey Trails map 115.</p>  | <p><b>Saturday, 4/14</b>      Hike To A Remote Pond      B5B<br/>           Dean Gletsos      845-354-0738<br/>           cgletsos@yahoo.com<br/>           9:30 AM at the small parking lot where the S-BM crosses Rt. 106 in Harriman Park, about 2 miles west of PIP Exit 14. We will hike south to the ORAK ruin, visit the Fire Tower, down to Lake Welch, over the Irish Potato to the mysterious Upper Pond. We will lunch near a tycoon's estate ruins and return via S-BM. Bring plenty of fluids, lunch and a smile! Bad weather may cancel. Register for this hike. Cancellation notification by 8 AM day of hike. TC Southern Harriman Trails map 118.</p> |
| <p><b>Sunday, 4/1</b>      Palisades Variations #1      B 8 B<br/>           Englewood Boat Basin, Huyler Trail Loop<br/>           Margo Moss      201-568-5325<br/>           acephoto@verizon.net      (landline)<br/>           10:00 AM at Englewood Boat Basin (www.njpalisades.org for directions). This is the first hike in a series of 4 showcasing the Palisades with its iconic scenery and lovely views. We will hike the Dyckman and Huyler trails plus the Long Path and Shore Path, enjoy Hudson views, stop at a nature preserve (time permitting), and look for the eagles nesting in this area. Please register by 3PM on 3/29. TC Hudson Palisades Trails map 108.</p> | <p><b>Sunday, 4/15</b>      Out Of The Elk Pen      B 6 B<br/>           Fred Hodde      (h) 973-728-3223<br/>           Bullwnk1@aol.com      (c) 973-722-7824<br/>           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. Register by email. Call cell before 8:30 AM if the weather is questionable. TC Northern Harriman Trails map 119.</p>  |
| <p><b>Thursday, 4/5</b>      North Beacon Mountain      B 7.5 B+<br/>           &amp; Lambs Hill<br/>           Henry Barkhorn      646-853-0824<br/>           hcbarkhorn@hotmail.com<br/>           9:45 AM at the Mt. Beacon Trailhead on Rte. 9D at Howland Ave. We will hike the Casino, Wilkinson Memorial and Fishkill Ridge Trails. 13 scenic view stars on the map! Register by email. Steady rain cancels. TC East Hudson Trails map 102.</p>  | <p><b>Thursday, 4/19</b>      Mahlon Dickerson Reservation      B 6.7 B<br/>           Roland Autran      (h) 201-886-9119<br/>           autran@msn.com      (c) 201-699-3388<br/>           10:00 AM at Saffin Pond parking area at 157 Weldon Road, Jefferson, NJ. Hike Highland to Pine Swamp, then west on Blue blaze, then back on Pine Swamp, to Orange, to south on Ogden Mine and back to the parking area. Severe inclement weather cancels. Please register for this hike. TC Jersey Highlands Trails map 126.</p>  |
| <p><b>Saturday, 4/7</b>      McKeag's Meadow Look (Loop)      C 4 B-<br/>           Mario Medici      201-396-9391<br/>           marioamedici@gmail.com (pref.)<br/>           10:00 AM at Sterling Forest Visitor Center. This hike is for individuals with limited hiking experience and/or wanting an easy hike. Terrain is relatively level with some inclines. Wear hiking boots or sturdy shoes. Bring lunch and at least two quarts of water. Please register by email. Call leader before 9 AM if weather is bad. TC Sterling Forest Trails map 100.</p>  | <p><b>Saturday, 4/21</b>      Lunch at Surebridge Mountain      B 6 B<br/>           (Lichen Trail)<br/>           Geoff Fonseca      845-357-9366<br/>           geofffonseca@yahoo.com<br/>           9:30 AM at Lake Skannatati. We will hike the Long Path, Dunning and RD to the Lichen for lunch. We will return on the RD and ASB. Register by email. Precipitation of any kind cancels. TC Northern Harriman Trails map 119.</p>   |
| <p><b>Sunday, 4/8</b>      Greenbrook Sanctuary Trails      B 5 B-<br/>           Peter Reiner      845-323-7697<br/>           psr7777@gmail.com<br/>           10:00 AM at the gate into Greenbrook Sanctuary, Tenafly, NJ. Entrance is 3 miles south of exit 2 off the PIP on Route 9W. We will hike several trails in this private sanctuary with great Hudson River views. Lunch will be overlooking Greenbrook Falls. Please arrive at gate by 9:50 AM so we can start on time. Must register with hike leader. TC Map Hudson Palisades 108.</p>   | <p><b>Sunday, 4/22</b>      Splitrock Reservoir      B 6/8 B<br/>           Roy Wooters      (c) 845-304-0867<br/>           rfwoot@gmail.com<br/>           10:00 AM at 362-398 Split Rock Road, Boonton NJ, Farny State Park. Hike route to be determined. Register by email with phone number for specific details. Heavy rain cancels. TC Jersey Highlands Trails map 125.</p>   |
| <p><b>Thursday, 4/12</b>      Palisades Variations #2      B 8 B<br/>           State Line Lookout, Alpine Picnic Area Loop<br/>           Margo Moss      201-568-5325<br/>           acephoto@verizon.net      (landline)<br/>           10:00 AM 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 register by 3PM 4/10. TC Hudson Palisades Trails map 109.</p>   | <p><b>Thursday, 4/26</b>      In The Woods      B/C 5/7 B<br/>           Richard Sumner      845-362-8470<br/>           rls@rsumner.com<br/>           Harriman or nearby parks. Call or email for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo Group.</p>  |

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

## HIKE SCHEDULE • SPRING 2018 • APRIL • MAY • JUNE

- Saturday, 4/28** Sterling Forest's New Trails B 6.5 B  
 Roland Autran (h) 201-886-9119  
 autran@msn.com (c) 201-699-3388  
 9:30 AM at the Sterling Forest parking area at the intersection of South Gate Road and Buttonwood Road, south of Tuxedo Lake coming from Route 17 and Sterling Mine Road (coordinates 41.176111, -74.226889). We will hike on the Red Back, Hutchinson (new), and Munsee Eagle (new) trails. This hike is probably moderate; the loop is about 6.5 miles. Severe inclement weather cancels. Register by email. TC Sterling Forest Trails map 100.
- Sunday, 4/29** Harriman Exploration B 7.5 B  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 9:30 at Lake Skannatati. We will take the Long Path to the Dunning Trail, onto the R-D Trail. We will climb Hogencamp Mountain, one of the highest spots in Harriman going to "Times Square." After lunch, we will take the A-SB Trail, passing Pine Swamp and descending back to the parking lot. Must register. TC Northern Harriman Trails Map 119.
- Thursday, 5/3** 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, 5/5** Seven Hills End-to-End B 7 A  
 Geoff Fonseca 845-357-9366  
 geofffonseca@yahoo.com  
 9:00 AM at Sebago boat launch. Short car shuttle to Reeves Visitor Center. Hike the Pine Meadow and Seven Hills trails back to Sebago boat launch. This hike is rated strenuous with a few rock scrambles. Please register via email. Rain cancels. TC Southern Harriman Trails map 118.
- Saturday, 5/5** RD Trail Maintenance Hike C5B  
 Karen Rose 201-962-8546  
 kkarose@aol.com  
 10:00 AM at Silvermine Parking. Shuttle to start 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 Trails map 119.
- Sunday, 5/6** 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). We will have a chance for some extra aerobic exercise as we may choose to hike the Carpenter and Dyckman Trails twice (optional). These trails are short and fairly steep with elevation changes of approximately 400 feet. Expect great views of the GWB and the
- Little Red Lighthouse. Please register by 3 PM on 5/3. TC Hudson Palisades Trails map 108.
- Thursday, 5/10** Not Quite to Pine Meadow Lake C 4 B-  
 (Out and Back)  
 Mario Medici 201-396-9391  
 marioamedici@gmail.com (pref.)  
 10 AM at the Reeves Meadow Visitor's Center. This hike is for individuals with limited hiking experience and/or wanting an easy hike. We will lunch at Ga-Nus-Quah Rock (Big Rock). Bring a snack or lunch and at least two quarts of water. Register by email. Call leader before 9 AM if weather is questionable. TC Southern Harriman Bear Mt. Trails Map 118.
- Friday, 5/11** NJR Board Meeting  
 The North Jersey Ramapo Board will meet 2 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@adknjr.org.
- Saturday, 5/12** Long Path From The Start B 5 C+  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 10:00 AM at the Fort Lee Historic Park off Main St. in Fort Lee. Hike the Long Path starting at the GW Bridge. Head north to Dyckman Hill Trail and down to the Shore Path to return to Fort Lee Park. Must register. TC Hudson Palisades Map 108.
- Sunday, 5/13** Terrace Pond In and Out B 6.5 B  
 Peter Tilgner and Suzan Gordon(h) 201-871-3531  
 petertilgner@icloud.com (best)(c) 201-681-0592  
 9:30 AM at the A&P Parking lot on Rt. 511, Hewitt, NJ. We continue to trailhead parking opposite Terrace Pond North Trail (Rt. 511) Warwick Tpk. Our hike will take us to Terrace Pond for lunch before returning. Steady rain cancels. Register by email. TC North Jersey Trails map 116.
- Thursday, 5/17** Breakneck Mountain – 2nd Edition 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 the Tuxedo-Mt Ivy, Breakneck, and Suffern-Bear Mountain trails. Severe inclement weather cancels. Register by email. TC Southern Harriman Trails map 118.
- Saturday, 5/19** Diltzes Loop B 7.5 B  
 Roy Wooters (c) 845-304-0867  
 rfwoot@gmail.com  
 9:30 AM at the TMI Trailhead parking on Diltzes Lane, Pomona NY. Hike a loop using several trails. Register by email with phone number for specific details. Heavy rains cancels. TC Southern Harriman Trails map 118.
- Sunday, 5/20** Surprise Lake Loop B 6 B+  
 Fred Hodde (h) 973-728-3223  
 Bullwnk1@aol.com (c) 973-722-7824  
 9:30 AM at 1926 Union Valley Road (formerly the A&P/Sears parking lot) in the Hewitt section of West Milford (Rt. 511). We'll

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## HIKE SCHEDULE • SPRING 2018 • APRIL • MAY • JUNE

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. Register by email. Call cell before 9:00 AM if the weather is questionable. TC North Jersey Trails map 116.

**Thursday, 5/24** Piermont-Tallman Hike C 5 C  
Debbie Bell 845-358-8386  
deb2@columbia.edu (NCA 9 PM)  
10:00 AM in Piermont parking Lot "D" where this leisurely hike begins and ends. In Tallman State Park we take the Long Path and unmarked trails. There are no scrambles, but expect uneven surfaces and numerous short ups-and-downs. Hiking poles are strongly recommended. After-hike options include ice cream and/or walking on the Piermont Pier extending into the Hudson River. Please register by email. Adverse weather may cancel. TC Hudson Palisades Trails map 109.

**Saturday, 5/26** 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 website  
<https://www.essexcountyparks.org/parks/south-mountain-reservation>. Bring 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.

**Saturday, 5/26** Fahnestock State Park B 5 B+  
Roland Autran (h) 201-886-9119  
autran@msn.com (c) 201-699-3388  
9:30 AM at the AT parking lot on Dennytown Road, off NY Route 301 (coordinates 41.420759, -73.868793). This is hike 19 of "Hike of the Week" by Daniel Chazin, utilizing the 3 Lakes and AT Trails. Severe inclement weather cancels. Please register. TC East Hudson Trails map 103.

**Sunday, 5/27** Palisades Variations #4 B 10 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 along a part of the Long Path that is mostly flat with beautiful views. We will 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 register by 3PM on 5/24. TC Hudson Palisades Trails map 109.

**Thursday, 5/31** Stockbridge Mountain B 5 B  
Fred Hodde (h) 973-728-3223  
Bullwnk1@aol.com (c) 973-722-7824  
10:00 AM in the parking area where the Long Path crosses Route 6 (Long Mountain Parkway). We will hike a loop up Stockbridge Mountain using the Long Path and Menomine Trails and Nawahunta Fire Road. Register by email. Call cell before 9:00 AM if the weather is questionable. TC Harriman map 119.

**Saturday, 6/2** Hike to a Remote Pond B 5 B  
Dean Gletsos 845-354-0738  
cgletsos@yahoo.com  
9:30 AM at the small parking lot where the S-BM crosses Rt. 106 in Harriman Park, about 2 miles west of PIP Exit 14. We will hike south to the ORAK ruin, visit the Fire Tower, down to Lake Welch, over the Irish Potato to the mysterious Upper Pond. We will lunch near a tycoon's estate ruins and return via S-BM. Bring plenty of fluids, lunch and a smile! Bad weather may cancel. Register for this hike. Cancellation notification by 8 AM day of hike. TC Southern Harriman Trails map 118.

**Sunday, 6/3** 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 email is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest Trails map 100.

**Thursday, 6/7** Black Road Forest's Split Rock B 8.8 A  
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. We will hike on the Duggan, Reservoir, Honey Hill, Stillman, Split Rock, Compartment, Arthur, Scenic, Eagle Cliff, Rut, and Stropel trails plus Bog Meadow, Carpenter, and Reservoir Roads. Along the way we will reach various high points including Honey Hill (1135'), Black Rock (1410'), Split Rock (1400'), Eagle Cliff (1443'), Hill of Pines (1400'), and Mount Misery (1268'). Severe inclement weather cancels. Please register for this hike. TC West Hudson Trails map 113.

**Saturday, 6/9** To Pine Meadow Lake for Lunch B7.5B  
Dean Gletsos 845-354-0738  
cgletsos@yahoo.com  
9:30 AM at the Equestrian Center off Rt. 202, about 3 miles west of Palisades Parkway Exit 13 (Pomona/Suffern Palisades; north side). We will take the Pine Meadow trail all the way to the lake and find a nice spot for lunch. After lunch we will return on the Conklin Crossing, Suffern-Bear Mountain and Pine Meadows. On our way we will visit the "Egg", the Stone Memorial shelter, and the Hawk Cliff. Bring plenty of fluids, lunch and a smile! Bad weather may cancel. Register for this hike. Cancellation notification by 8 AM day of hike. TC Southern Harriman Trails map 118.

**Sunday, 6/10** Sterling Lake Loop (Modified) C 4 B-  
Mario Medici 201-396-9391  
marioamedici@gmail.com (pref.)  
10:00 AM at Sterling Forest Visitor Center upper lot. Hike around picturesque Sterling Lake. This hike is for individuals with limited hiking experience and/or wanting an easy hike. There is an initial climb but relatively level (some moderate inclines) after that. We will stop at the "beach" for a short break; bring a snack and at

## HIKE SCHEDULE • SPRING 2018 • APRIL • MAY • JUNE

least two quarts of water. Please register by email. Call hike leader before 9 AM if weather is questionable. TC Sterling Forest Trails map 100.

**Thursday, 6/14** 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.

Thursday, 6/14 Doodletown Bridle Trails C 5/6 C  
Debbie Bell 845-358-8386  
deb2@columbia.edu (NCA 9 PM)  
10:00 AM at Iona Island parking area on Rt. 9W, south of Bear Mountain Inn. We will walk at a leisurely pace on old carriage trails and country lanes in historic Doodletown. The terrain has some ups and downs. Wear appropriate footwear for unpaved trails. Please register by email. Adverse weather may cancel. TC Northern Harriman Trails map 119.

**Saturday, 6/16** Panther-Diamond Mountains B 10 B  
Geoff Fonseca 845-357-9366  
geofffonseca@yahoo.com  
9:00 AM at Ramapo Equestrian Center off Rt. 202. We will hike the Pine Meadow, S-BM, TMI trails over Panther and Diamond Mountains and return on the Pine Meadow Trail. Precipitation of any kind cancels. Please register by email. TC Southern Harriman Bear Mt. map 118.

**Saturday, 6/16** Lewis Morris Park B 7 B  
Jeffrey Sovelove  
Hiker\_Dood@yahoo.com  
10 AM at Sunrise Lake parking lot. For directions see the Morris County Parks Commission website  
<http://m66.siteground.biz/~morrispa/index.php/parks/lewis-morris-county-park>. We will start at Sunrise Lake, then hike to the parking upper lot and back down to the lake using a combination of the Yellow and Red trails. The pace will be moderate. Bring plenty of water, a snack, and wear hiking boots. Inclement weather cancels. No pets please. Joint ADK/Sierra Club hike.

**Sunday, 6/17** Gertrude's Nose Trail B- 7 B  
Lake Minnewaska  
Karen Rose 201-962-8546  
kkarose@aol.com  
8AM in Mahwah or 9AM at Upper Parking Lot Lake Minnewaska. Hike a steady pace on Gertrude's Nose trail and return on Millbrook Mtn trail. Hope to see mountain laurel in bloom. Rain cancels. Please email to register and for meeting location. TC ShawangunkTrails map 104.

**Thursday, 6/21** Island Pond Lemon Squeezer Loop B 7.5 B  
Henry Barkhorn 646-853-0824  
hcbarkhorn@hotmail.com  
9:30 AM at the Elk Pen. We will hike the AT past Island Pond, through the Lemon Squeezer, returning on Long Path, White Bar,

Dunning and Stahahe Brook trails. Steady rain cancels. Register by email. TC Northern Harriman Trails map 119.

**Saturday, 6/23** Wawayanda State Park B 5.2 B  
Roland Autran (h) 201-886-9119  
autran@msn.com (c) 201-699-3388  
9:30 AM at the parking lot on Clinton Road, Hewitt, NJ (P7 on TC map 116, coordinates 41.146711, -74.403384). We will hike around Terrace Pond using Terrace Pond South, Yellow Dot, Terrace Pond Red, Terrace Pond Circular, and Terrace Pond North trails. Severe inclement weather cancels. Please register for this hike. TC North Jersey Trails map 116.

**Sunday, 6/24** Black Rock Forest – Southern Ledges B 9 B  
Mike Prestia 917-841-0120  
prestia.michael@gmail.com  
9:00 AM at Black Rock Forest Main Parking lot (coordinates N41 25 07 W74 00 39). The hike winds around the southern ledges that border the USMA at West Point. We will climb Mt. Misery, The Hill of Pines, Rattlesnake Hill, Spy Rock and Eagle Cliff. Total elevation gain of 1300 feet. Estimated hiking time is 6.5 to 7 hours (9 miles). TC West Hudson Trails map 113.

**Thursday, 6/28** Ramapo Torne - Evening Hike B 5.5 B  
Roy Wooters (c) 845-304-0867  
rfwoot@gmail.com  
5:00 PM at Reeves Meadow Visitor Center. Hike to the Ramapo Torne via the Reeve Brook, 7 Hills, and HTS trails. Eat on the Torne, dessert provided by hike leader. Watch the sunset then hike down via HTS, 7 Hills & Pine Meadow trails. Please bring headlamps. Any rain or heavy cloud cover cancels. Register by email with phone number for specific details. TC Southern Harriman Bear Mt. Trails map 118.

**Saturday, 6/30** Goose Pond Mountain B 7 B  
Roy Wooters (c) 845-304-0867  
rfwoot@gmail.com  
9:00 AM at 1230 -1330 Rt 17M, Chester, NY. 15 minute car shuttle to parking on Bull Mill Road. Hike over Goose Pond Mountain to Rt 17M. Register by email with phone number for specific details. Heavy rain cancels. No Trail Map available.

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.

# Yoga for Hikers: Fallen Tree, A Pose for any hiker

By Deanna Felicetta, E-RYT

This fun variation of Tree, Vrikshasana, is a wonderful pose. It will help you focus and clear the mind. You will engage the back and shoulder muscles and it requires the strong use of abdominal muscles. Buttocks and leg muscles will also be energized. As you stretch out and lengthen it will require a great focus on core and balance.

Begin with your yoga mat placed in a comfortable floor location. Then go to a nearby wall and stand with your side (either side) touching the wall. Feet are parallel to the wall but not touching it. Reach both arms up to the sky with palms facing each other, and stretch tall. Now take that feeling to the mat and lie flat on your back. Roll your tree trunk on to your left side with left arm long and stretched, and under your left ear palm down (for now) to establish balance. Right hand palm down on the floor in front of your chest. Next stack right leg on top of the left with feet and ankles strongly flexed. Lengthen and energize your torso and core. Breathe. Take your right foot and place it (using your right hand) on your left inner thigh and press the sole strongly against it. Your right knee will be facing the sky. If you are unable to reach the inner thigh, place the right foot down in front of the left calf, pressing toes strongly against the ground. Again focus on core and breath. Slowly move right arm alongside your right ear and move hand to face palm down facing left hand. Lastly flip left palm up to face the sky. Let your Fallen Tree be long and strong as you breathe.

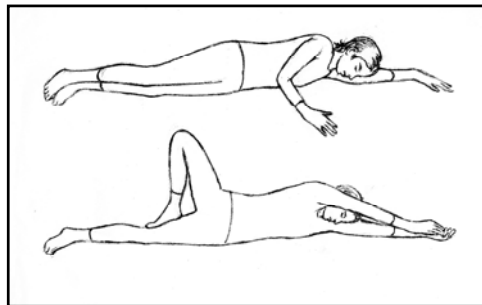
Your breath will soften this challenging but fun pose so relax and slowly breathe.

When you're ready, slowly roll on to your back. Gently shake yourself out.

Again stretch long and roll onto your right side and repeat with your left leg.

Breathe! Celebrate your fallen forest tree.

Nameste.  
Deanna



## Welcome New Members

Deborah Boeni - Suffern, NY  
Donna Carr - Kenilworth, NJ  
Rich Drew - Bogota, NJ  
Eugene Dushkin - Patlin, NJ  
Jonathan Fernandes - Linden, NJ  
Lisa Gollihue - Suffern, NY  
Lynn Gregorski - Park Ridge, NJ  
Brian Hays - Brookside, NJ  
John Kennedy - Glen Rock, NJ  
Dennis Ng - Oradell, NJ  
Tenzin Mannzelmann - Haddon Heights, NJ  
Paul Pomerantz - Newburgh, NY  
Gloris Reisman - Philadelphia, PA  
Alanna Stanton - River Vale, NJ  
Virginia Zipf - Ardmore, PA

## Welcome Back

Charles Feldman - Park Ridge, NJ  
Frank & Karen Graessle -  
Warwick, NY  
Barbars Hayes & David Pocker -  
Plainsboro, NJ  
Herbert Kimmich - Morristown, NJ  
Matt & Debbie Kohlbrenner -  
Ramsey, NJ  
Theodore & Brooke Koven -  
Springtown, PA  
Linda Schutz - Boonton, NJ  
Jeffrey Sovelove - Morristown, NJ  
James Stormes - Eatontown, NJ  
Lee Wilson - Glen Ridge, NJ  
Bennet Zurofsky & Susan  
Vercheak - Newark, NJ

## Our New Delegate to NYNJTC

Pete Heckler was appointed our new delegate at the February board meeting. He is obviously very well qualified to represent us at the Trail Conference because he knows the TC from the inside out! He has held many TC volunteer positions over the past 30 or so years: Trails Maintainer, Trails Supervisor, Trails Chair for Minnewaska, Schunemunk, Blackrock Forest, Storm King Mt., Harriman-Bear Mt., and Sterling Forest Parks and member of the TC board. In 2006 he received the TC's most prestigious Raymond Torrey Award, one of only 13 ever awarded.

He is also a long-time member of the ADK, first joining the Ramapo chapter in 1990.

Pete has hiked throughout the US, Canada and Europe. Locally, he's done the Catskill 3500 (year round), the West Milford 1700, and the complete Long Path. Currently retired, Pete is enjoying kayaking and camping.

We welcome Pete to the board and look forward to working with him!

## An Art Exhibit at NYNJTC Headquarters

Pete Tilgner is another of our busy volunteer members. He manages ADKNJR's hike schedule as our hike schedule chair and volunteers at the Trail Conference as well.

Pete is also an artist and some of his recent work will be featured March 6 until May 8 at Trail Conference headquarters (600 Ramapo Valley Rd Mahwah, NJ) in an exhibit entitled Photographs from Trails Near and Far. There will be a reception on the evening of March 22 from 5:30 to 7:30 PM.



## SPRING 2018

Adirondack Mountain Club  
North Jersey Ramapo Chapter  
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Ramsey, NJ 07446

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Taken an interesting photo on your last club hike? Or when hiking in some exotic location? We're always looking for pictures for the newsletter and the website. Just send it to [photos@adknjr.org](mailto:photos@adknjr.org). Please send the full resolution picture, not 'for email' and include your name, and when and where the picture was taken.



Popolopen Torne

Paul Margiotta