

WINTER 2018

# Trail Talk

Adirondack Mountain Club  
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

## A Message From The Chair

**“Never was so much owed by so many to so few”**

the Prime Minister

The Prime Minister was Winston Churchill and those words were from his speech to the House of Commons on August 20, 1940 after the Battle of Britain. He was referring to the heroic members of the Royal Air Force in defending England at the beginning of World War II.

And so it is with our chapter, with about 900 members, the many, owing to our volunteers, the few. (No, I am not equating fighting the Luftwaffe to leading a hike, but perhaps I now have your attention.)

But let me get to the point. In 2017 our Chapter had a total of 164 scheduled hikes led by 23 different volunteer leaders, a remarkable achievement! That averages to just over 3 hikes per week all year round. Yet just 16 leaders led 148 of those hikes and just 8 leaders accounted for 98. In addition to hike leaders, we have the Officers and Committee Chairs, each with their attendant responsibilities. We also have volunteers maintaining trails, organizing the holiday party and Mohonk day, and maintaining our Meetup site, Facebook and Yahoo pages. If we consider each of the 23 hike leaders in 2017 as an individual volunteer position, there were nearly 60 total volunteer positions available during the year. However, they were filled by fewer than 30 members as several did double, triple and even quadruple duty!

I chose to write about volunteering in my first message as Chair because it is one of the areas that I will be stressing during my term. With the approval of the Board, I hope to expand our very modest hike leader awards and to extend a similar award to other volunteers. Perhaps more importantly, I hope to swell the ranks of volunteers by reaching out to those of you (read beg) who are willing and able. I know that many of you are not able to volunteer for completely valid reasons. But to all those other members I ask you to consider volunteering in some capacity, not just for the benefit of our club, but also for your overall well being. Many studies have demonstrated that the more people volunteer the happier they become (helping others increases happiness!).

Despite having 23 different people lead hikes last year, our greatest need continues to be new hike leaders. If you have considered leading a hike but are unsure how to go about it, ask an experienced leader to be your mentor. He or she will help you select and scout your first hike and co-lead it if you wish. I hereby volunteer to be a mentor and I am certain that many other experienced leaders will do so as well. All you have to do is ask.

Besides a need for hike leaders, there continue to be vacancies in the following Committee Chairs as explained in previous newsletters: Delegate to the NYNJTC, Conservation Chair and Programs Chair. If you feel you might be interested in any of these positions please contact me or any Board member for additional information.

One position we no longer need a volunteer for is Vice Chair. I am very pleased to announce that the Board approved the appointment of Geoff Fonseca to that position at the November meeting.

I look forward to the beginning of my term as Chair of our very robust chapter. I also look forward to working with my fellow officers and members of the Board. We can all be confident that with their knowledge, experience, and dedication, the North Jersey Ramapo Chapter will continue to thrive.

Paul

**REMEMBER - VOLUNTEERS MAKE IT HAPPEN!!**

## Meet Our New Vice Chair, Geoff Fonseca

Geoff joined ADK in 2015, the year he retired as a Chemical Engineer from Avon Research and Development in Suffern, NY. Geoff participates in many of our scheduled Thursday and weekend hikes in our local area, but has expanded his horizons by also hiking in the Catskills, Adirondacks and in the White Mountains. To hear him tell it, he “caught the hiking bug” and has benefited from the “stunning vistas, invigorating exercise, improved health and enduring friendships”.

He became a hike leader in 2016 and was our first chapter member to qualify for the newly established New Hike Leader Award by leading 2 hikes. In 2017 he shattered that number by leading 11 hikes. For the past two years Geoff has also volunteered on the NYNJ Trail Conference Invasive Plant Task Force to survey, eradicate and control the spread of invasive plant species in our area.

The Board chose wisely in appointing Geoff Fonseca as Vice Chair for he stated that he accepted to “serve and support the programs, objectives and members of this chapter.” If you already know Geoff, you know that is precisely what he will do.

## HIKER'S GUIDE

**RESPONSIBILITIES** - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is "dog friendly". Non-members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

**RISKS** - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

**FOOTWEAR AND CLOTHING** - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter carry a wool cap and wool or polypropylene gloves or mitts and a windproof shell. Be prepared for rain. Bring a rain jacket and rain pants, preferably of the type that permits venting body moisture. Wear comfortable, sturdy boots. Do not wear cotton garments in winter.

**DRINK AND FOOD** - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

**DOG-FRIENDLY HIKES** - All hikers with dogs must abide by park leash regulations.

**HIKE RATINGS** - represent the Pace, Distance and Terrain covered during the hike. A hike's rating is determined by the hike leader.

**PACE:** A - fast - 2.5 mph or faster  
B - moderate - about 2 mph  
C - easy - 1.5 mph or less

**DISTANCE:** is given in miles as noted

**TERRAIN:** A - Strenuous, long ups and downs, some rock scrambling possible.  
B - Moderate ups and downs as occur typically in Harriman.  
C - Generally flat with little elevation change.

**MAPS** - The TC number indicates a NY-NJ Trail Conference map for the area of the hike. For example: TC-118 refers to the Southern Harriman Park map.

**ABBREVIATIONS** - NCA-No Calls After . . . , Pref.- Leader's contact preference.

**EXPENSE SHARING** - When car-pooling, passengers are expected to offer the driver funds sufficient to cover the cost of fuel, tolls and parking fees. A \$3.00 minimum per person is recommended. Most hike trailhead meeting locations can be found on NY-NJ Trail Conference maps.

**HIKE CANCELLATION POLICY** - Sometimes an illness, injury or other unforeseen problem will make it impossible for a hike leader to lead his/her hike as announced in the schedule. When this happens the leader should first try to find a substitute leader so the hike can proceed. The hike schedule chair person or any club officer can assist if necessary. If no substitute leader can be found then the leader or a substitute should appear at the hike meeting place to inform hikers of the situation. If a qualified leader volunteers, he/she should be given the sign-in sheet and the hike can proceed as scheduled. If the hike is one that requires preregistration, the leader must inform all who registered of the change by phone or e-mail.

## ADK NORTH JERSEY RAMAPO CHAPTER

385 N. Franklin Tpke, Box 7, Ramsey NJ 07446  
For information: [info@hudsonhikers.org](mailto:info@hudsonhikers.org)  
[www.hudsonhikers.org](http://www.hudsonhikers.org)

### OFFICERS

**CHAIR** - Paul Margiotta  
201-391-6011 [chair@hudsonhikers.org](mailto:chair@hudsonhikers.org)

**VICE CHAIR** - Geoff Fonseca  
845-357-9366 [vicechair@hudsonhikers.org](mailto:vicechair@hudsonhikers.org)

**TREASURER** - Allen Grunthal  
973-728-8057 [treasurer@hudsonhikers.org](mailto:treasurer@hudsonhikers.org)

**SECRETARY** - Fred Hodde  
973-728-3223 [secretary@hudsonhikers.org](mailto:secretary@hudsonhikers.org)

### COMMITTEE CHAIRS

**ADK BOARD OF DIRECTORS**  
John Jurasek  
845-519-4247 [director@hudsonhikers.org](mailto:director@hudsonhikers.org)

**ALTERNATE DIRECTOR**  
[alternate@hudsonhikers.org](mailto:alternate@hudsonhikers.org)

**DELEGATE to NYNJTC**  
[delegate@hudsonhikers.org](mailto:delegate@hudsonhikers.org)

**CONSERVATION**  
[conservation@hudsonhikers.org](mailto:conservation@hudsonhikers.org)

**HIKE SCHEDULE** - Peter Tilgner  
201-871-3531 [schedule@hudsonhikers.org](mailto:schedule@hudsonhikers.org)

**SIGN-IN FORM COLLECTION** - Mario Medici  
201-396-9391 [formcollection@hudsonhikers.org](mailto:formcollection@hudsonhikers.org)

**SIGN-IN FORM MAILING** - Mario Medici  
201-396-9391 [formmailing@hudsonhikers.org](mailto:formmailing@hudsonhikers.org)

**MARKETING** - Peter Reiner  
845-634-7635 [marketing@hudsonhikers.org](mailto:marketing@hudsonhikers.org)

**MEMBERSHIP** - Roy Wooters  
845-304-0867 [membership@hudsonhikers.org](mailto:membership@hudsonhikers.org)

**MERRYWEATHER HIKER**  
[merryweather@hudsonhikers.org](mailto:merryweather@hudsonhikers.org)

**NEWSLETTER** - Pat Banker  
201-390-7755 [newsletter@hudsonhikers.org](mailto:newsletter@hudsonhikers.org)

**NEWSLETTER COPY EDITOR** - Sheila Rizzo  
201-567-8108 [copyeditor@hudsonhikers.org](mailto:copyeditor@hudsonhikers.org)

**NEWSLETTER MAILING** - Paul Margiotta  
201-391-6011 [mailing@hudsonhikers.org](mailto:mailing@hudsonhikers.org)

**PROGRAMS**  
[programs@hudsonhikers.org](mailto:programs@hudsonhikers.org)

**SUNSHINE** - June Slade  
973-835-2832 [sunshine@hudsonhikers.org](mailto:sunshine@hudsonhikers.org)

**TRAILS** - Karen Rose  
201-962-8546 [trails@hudsonhikers.org](mailto:trails@hudsonhikers.org)

**WEB MASTER** - Richard Sumner  
845-362-8470 [webmaster@hudsonhikers.org](mailto:webmaster@hudsonhikers.org)

*Trail Talk is published quarterly. 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 • WINTER 2018 • JANUARY • FEBRUARY • MARCH

**Monday, 1/1** Happy Harriman New Year B 6 B  
 Chris Connolly 201-321-6605  
 c.connolly7@verizon.net  
 10:00 AM at Reeves Meadow Parking Area. Start the New Year on the right (and left) foot. Be prepared for winter conditions. Precipitation cancels. TC Southern Harriman-Bear Mt. Trails map 118.

**Thursday, 1/4** Mahlon Dickerson Reservation B 6.7 B  
 Roland Autran (h) 201-886-9119  
 autran@msn.com (c) 201-699-3388  
 10:00 AM at Saffin Pond parking area on Weldon Road, Jefferson, NJ. (GPS 41.008043, -74.585686). You can access Weldon Road from Route 15 or from Route 23. Hike on the Highland to the Pine Swamp Trail, then West on the Blue blaze trail, then back on the Pine Swamp to the Orange Trail, to South on the Ogden Mine Trail and back to the parking area. Severe inclement weather cancels. Please register for this hike. TC Jersey Highlands Trails map 126.

**Saturday, 1/6** Hasenclever Mine B 6 B  
 Geoff Fonseca 845-357-9366  
 geofffonseca@yahoo.com  
 9:30 AM at Lake Skannatati. We will hike the ASB, Red Cross, Hasenclever road and return on the Beech and Long Path. Precipitation of any kind cancels. Snowshoes and/or traction devices may be required. Please e-mail leader to register. TC Northern Harriman-Bear Mt. Trails map 119.

**Sunday, 1/7** Johnstontown Circular B 6.5 B  
 Fred Hodde (h) 973-728-3223  
 Bullwnk1@aol.com (c) 973-722-7824  
 9:30 AM at Johnstontown Circle. Our route is the Blue Disc, Victory and White Bar trails. Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail preferred. Call before 8:30 AM if the weather is questionable. TC Southern Harriman-Bear Mt. Trails map 118.

**Thursday, 1/11** Pine Meadow Lake B- 5 B-  
 Mario Medici 201-396-9391  
 marioamedici@gmail.com (pref.)  
 10:00 AM at the Sebago Boat Launch Parking Lot (about 2 miles North of the Reeves Visitor Center). Hike to picturesque Pine Meadow Lake for lunch. Be sure to bring a snack or lunch and enough water. May need traction devices. Call cell before 9 AM if weather is questionable. Please e-mail or call hike leader to register. Bad driving conditions cancel. TC Southern Harriman-Bear Mt. Trails map 118.

**Thursday, 1/11** Elk Pen Around Island Pond B 7 B  
 Roy Wooters (c) 845-304-0867  
 rfwoot@gmail.com  
 9:30 AM at the Elk Pen Parking (Arden Valley Road) off Route 17 north of Southfield NY. Hike the AT and Arden Surebridge

trails in a loop around Island Pond. Lunch at the ruins at the south end of Island Pond. Come appropriately prepared (i.e., traction devices as needed, extra clothing layers) for winter hiking. Must register via e-mail with phone number. Inclement weather cancels. TC Northern Harriman-Bear Mt. Trails map 119.

**Saturday, 1/13** Greenbrook Sanctuary B 5 B-  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 10 AM at the entrance gate for Greenbrook Sanctuary, Tenafly, NJ. (3 miles south of exit 2 on the PIP off Route 9W) Please arrive at gate by 9:50 AM so we can start on time. We will hike several trails in this private sanctuary with great Hudson River views and lunch overlooking Greenbrook Falls. Rain or snow cancels hike. Must register with hike leader. Traction devices may be necessary. TC Hudson Palisades Trails map 108.

**Sunday, 1/14** Orak and The Three Reservoirs B 6 B  
 Despina Metaxatos 201-952-4151  
 dmetaxatos@hotmail.com (NCA 9PM)  
 9:30 AM at 2nd hiker parking area along Call Hollow Road (PIP Willow Grove Road Exit 14). Shuttle to hike start where SBM crosses Route 106 West. Take SBM trail to Jackie Jones Mt. Fire Tower, Big Hill Shelter and on to Third Reservoir for lunch, then Second and First Reservoirs via woods roads. Please register with leader. TC Southern Harriman-Bear Mt. Trails map 118.

**Thursday, 1/18** 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 the hike. Others can contact the leader by 7 PM on Wednesday.

**Saturday, 1/20** Jockey Hollow Leader's Choice B 6 B  
 Jeffrey Sovelove Hiker\_Dood@yahoo.com  
 10:00 AM at the 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, lunch, and wear hiking boots. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snowshoes) if appropriate for the conditions. Joint ADK/Sierra Club hike.

**Sunday, 1/21** Ramapo Round About B 6.5 B  
 Chris Connolly 201-321-6605  
 c.connolly7@verizon.net  
 9:30 AM at Upper Skyline Drive Parking Area. We'll hike the Schubert, Yellow, and Tamarack Trails to Twin Hill with lake stops on the way. Be prepared for winter conditions. Precipitation cancels. TC North Jersey Trails map 115.

## HIKE SCHEDULE • WINTER 2018 • JANUARY • FEBRUARY • MARCH

**Thursday, 1/25** Pine Meadow Lake and the Ramapo Escarpment B 6 B  
 Henry Barkhorn 646-853-0824  
 hcbarkhorn@hotmail.com  
 9:30 AM at the Ramapo Equestrian Center off Rte. 202 south of Pomona. We will hike the Pine Meadow / SBM / Conklin's Crossing Trails to Pine Meadow Lake and return via the Pine Meadow Trail. Steady rain cancels. Registration by e-mail preferred. TC Southern Harriman-Bear Mt. Trails map 118.

**Saturday, 1/27** 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.

**Sunday, 1/28** Winter in Ramapo Reservation B 5 B  
 Karen Rose 201-962-8546  
 kkarose@aol.com Must e-mail or call to register  
 10AM at Ramapo Reservation Parking Lot on Rt 202. Get out to enjoy winter. Route determined by weather conditions. Must have traction devices or snowshoes if ice or snow. Bad driving conditions cancel hike. TC North Jersey Trails map 115.

**Thursday, 2/1** Black Rock Forest's Sackett and Golden Ridge B 7.1 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. We will car pool to the parking lot on the western side of the Park at the end of Mine Hill Road (space only for 4 cars). We will start on the Mine Hill trail, then Sackett and Stillman to Black Rock Mountain (1410'). Then White Oak Trail, Tower Vue and Scenic. On the way, we will climb the Spy Rock (1461') using the Spy Rock trail. Then Scenic, Stropel and Rut to climb the Eagle Cliff (1443'). Back on the Scenic Trail, Arthur and Compartment to Split Rock (1400'). Then back to Compartment Hall Road, shortcut, Stillman and finally the Mine Hill Trail and the parking lot. This hike is strenuous. Traction devices may be required. Severe inclement weather cancels. Please register for this hike. TC West Hudson Trails map 113.

**Saturday, 2/3** Patriots Path Stroll C 5 C  
 Jeffrey Sovelove Hiker\_Dood@yahoo.com  
 10:00 AM at the Speedwell Lake parking lot. Come take an easy stroll on Patriots Path in Morristown. This 3 - 5 mile stroll will start across the street from Historic Speedwell. See the Morris County Parks website (<http://www.morrisparks.org/>) for directions. The path is wide, partly paved, partly gravel with little elevation gain. We will stroll at a very moderate pace. Please bring enough water and a light snack. Great for beginners. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snowshoes) as appropriate for the conditions. No pets please. Optional lunch afterwards. Joint ADK/Sierra Club hike.

**Sunday, 2/4** Palisades Panoramas B 7 B  
 Chris Connolly 201-321-6605  
 c.connolly7@verizon.net  
 9:30 AM at 9W Pedestrian Bridge Overpass Pull-Off south of Palisades Parkway Exit 3. We'll enjoy Hudson Views from both top and bottom of the cliffs. Be prepared for winter conditions. Precipitation cancels. TC Hudson Palisades Trails maps 108 and 109.

**Thursday, 2/8** Tuxedo Loop B 7.5 B  
 Roy Wooters (c) 845-304-0867  
 rfwoot@gmail.com  
 9:30AM at playground parking on East Village Road, Tuxedo NY, just before the NY Thruway. Short road walk to the R-D Trail, then the Yellow Triangle to Parker Cabin Mountain for lunch. Return on the R-D Trail. Come appropriately prepared (i.e., traction devices as needed, extra clothing layers) for winter hiking. Must register via e-mail with phone number. Inclement weather cancels. TC Southern Harriman-Bear Mt. Trails map 118.

**Friday, 2/9** NJR Board Meeting  
 The North Jersey Ramapo Board will meet at 2 PM at the headquarters building of the NYNJ Trail Conference at 300 Ramapo Valley Rd. (Rt 202). If you plan to attend, please e-mail chair@hudsonhikers.org. Snow date 2/16.

**Saturday 2/10** Lake Sebago Boat Launch B 5-6 B  
 Geoff Fonseca 845-357-9366  
 geofffonseca@yahoo.com  
 9:30 AM at Lake Sebago Boat Launch Parking Lot. We will hike on trails appropriate for the weather. Snowshoes and/or traction devices may be required. Precipitation of any kind cancels. Please e-mail leader to register. TC Southern Harriman-Bear Mt. Trails map 118.

**Sunday, 2/11** 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.

**Thursday, 2/15** Ramapo Reservation Vista Loop B 5 B  
 Mario Medici 201-396-9391  
 marioamedici@gmail.com (pref.)  
 10:00 AM at Ramapo Reservation Parking Lot on Rt. 202 in Mahwah. Hike the Vista Loop and various trails depending on weather conditions. Be sure to bring a snack and enough water. May need traction devices. Bad driving conditions cancel. Please e-mail or call to register. TC North Jersey Trails map 115.

**Saturday, 2/17** Harriman Exploration B 7.5 B  
 Peter Reiner 845-323-7697  
 psr7777@gmail.com  
 9:30 AM at Lake Skannatati Parking Lot. We will take the Long

## HIKE SCHEDULE • WINTER 2018 • JANUARY • FEBRUARY • MARCH

Path, the Dunning Trail and the R-D Trail. We will climb Hogencamp Mountain, one of the highest spots in Harriman. After lunch, we will take the ASB Trail, passing the Pine Swamp and descending back to the parking area. Rain or snow cancels hike. Must register with hike leader. TC Northern Harriman-Bear Mt. Trails map 119.

**Sunday, 2/18** 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.

**Thursday, 2/22** Sterling Valley Loop B 6.5 B  
Roy Wooters (c) 845-304-0867  
rfwoot@gmail.com  
9:30 AM at the end of Ironwood Drive (P7 parking) off Long Meadow Road. Hike the Sterling Valley Loop trail in its entirety. Come appropriately prepared (i.e., traction devices as needed, extra clothing layers) for winter hiking. Must contact leader via e-mail to register with phone number. Inclement weather cancels. TC Sterling Forest Trails map 100.

**Saturday, 2/24** Ringwood State Park B 7 B  
Roland Autran (h) 201-886-9119  
autran@msn.com (c) 201-699-3388  
9:30 AM at Shepherd Lake Recreation Area at the end of Shepherd Lake Road, Ringwood NJ. Start hike going east the Ringwood-Ramapo (R-R) trail (R) all the way to the Crossover. Crossover past Gatum Pond then the Bike trail around Weyble Pond to the Halifax Trail. At the Glasmere Pond take another Bike trail going north to an unmarked trail. We will cross the R-R Trail (R) in a westerly and northerly direction, meeting again the R-R at Shepherd Lake, and back to the Parking Area. Severe inclement weather cancels. Please register for this hike by e-mail. TC North Jersey Trails map 115.

**Sunday, 2/25** Sterling Forest Surprise B 6 B  
Fred Hodde (h) 973-728-3223  
Bullwnk1@aol.com (c) 973-722-7824  
9:30 AM at the upper parking lot for the Sterling Forest Visitor's Center. I haven't a clue what February's weather will be, that's the Surprise. The route will be dependent on trail conditions. The goal will be climbing to the Fire Tower or Bare Rock Vista (both if the weather cooperates). Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail is preferred. Call before 8:30 AM if the weather is questionable. TC Sterling Forest Trails map 100.

**Thursday, 3/1** Dunderberg Spiral Railway B 7 B+  
and Bald Mountain  
Henry Barkhorn 646-853-0824  
hcbarkhorn@hotmail.com  
9:30 AM at the parking area on Rte. 9W about 4 miles south of the Bear Mountain Circle near the intersection with River Rd.

We will hike a loop on the Timp-Torne/1777/RD Trails. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman-Bear Mt. Trails map 119.

**Saturday, 3/3** Catskills - Eagle Mt. C 8 A  
Roy Wooters (c) 845-304-0867  
rfwoot@gmail.com

9:00 AM at Seager Trailhead (42.05831, -74.53927) at the end of Dry Brook Road (Route 7A), Seager, NY. Hike the Seager Big Indian and West Branch Trails. Snowshoes and crampons required. Trailhead is 107 miles from Suffern, NY, via thruway, rtes 28, 49a and dry brook rd (49), approximately 2 hr drive. Must register via e-mail with phone number. TC Catskill Trails map 142.

**Sunday, 3/4** Twin Hills Circular In B 7 B  
Ramapo Valley Reservation

Peter.Tilgner and Suzan Gordon (h) 201-871-3531  
petertilgner@icloud.com (best) (c) 201-681-0592  
9:30 AM on the west side of the Ramapo Reservation Parking Lot off Rt. 202, Mahwah. Our hike will take us on the Yellow, Yellow Silver, and Schuber Trails among others. Register with leaders. Traction devices may be necessary. TC North Jersey Trails map 115.

**Thursday, 3/8** 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 the hike. Others can contact the leader by 7 PM on Wednesday.

**Saturday, 3/10** Wawayanda Park/Abram B 8 B+  
Hewitt State Forest

Peter Reiner 845-323-7697  
psr7777@gmail.com  
9:30 AM at the 3rd parking area off Warwick Tpke. just west of Greenwood Lake in West Milford. This is a shuttle hike. We will drive from the meeting point to the Wawayanda Park main lot and start the hike on the Hoeflerlin and Appalachian Trails to the State Line Trail and south on the Walter and Bearfort Ridge Trails to the original parking area. Rain or snow cancels hike. Must register with hike leader. TC North Jersey Trails map 116.

**Sunday, 3/11** Daylight Saving Time Begins

**Sunday, 3/11** Reeves Meadow to Ramapo Torne B 5/6 B  
Karen Rose 201-962-8546  
kkarose@aol.com must e-mail or call to register  
9:30AM at Reeves Visitor Center on Seven Lakes Drive. Start up the Seven Hills Trail and then weather conditions will determine the route. Must have traction devices or snowshoes if ice or snow. Bad driving conditions cancel hike. TC Southern Harriman-Bear Mt. Trails map 118.

## HIKE SCHEDULE • WINTER 2018 • JANUARY • FEBRUARY • MARCH

**Thursday, 3/15** Pothole Hike B 7 B  
Roy Wooters (c) 845-304-0867  
rfwoot@gmail.com

9:30 AM at Lake Skannatati on Seven Lakes Drive, Harriman State Park. Hike the Long Path, RD (examine the pothole), AT, Surebridge Mine Road and ASB trails. Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Must register via e-mail with phone number. Inclement weather cancels. TC Northern Harriman-Bear Mt. Trails map 119.

**Saturday, 3/17** Lewis Morris Park B 7 B  
Jeffrey Sovelove Hiker\_Dood@yahoo.com

10:00 AM at Sunrise Lake. From the parking lot we 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 a moderate to slow. Bring enough water, lunch, and wear hiking boots. Inclement weather cancels. Proper footgear required (stabilicers, crampons or snowshoes) as appropriate for the conditions. Joint ADK/Sierra Club hike. For directions see the Morris County Parks Commission website <http://www.morrisparks.org/aspparks/lmdir.asp>

**Sunday, 3/18** Norvin Green State Forest Circular B 8 A  
Sheree Bennett (c) 973-932-9466  
shereestarratt@yahoo.com

9:30 AM at Weis Ecology Center large parking lot. (150 Snake Den Road, Ringwood, NJ) This is a strenuous hike on various trails in Norvin Green. Bring lunch and water and traction devices if snow or ice. Phone service is very poor at trailhead. Please phone or e-mail leader to pre-register. Wet conditions or extreme cold cancels. TC North Jersey Trails map 115.

**Thursday, 3/22** Sterling Lake Loop B- 4.2 B-  
Mario Medici 201-396-9391  
marioamedici@gmail.com (pref.)

10:00 AM at the upper parking lot for the Sterling Forest Visitor's Center. We will do a 4+ mile hike around picturesque Sterling Lake. Plan on stopping at the "Beach" for a short break. Be sure to bring a snack and enough 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. May need traction devices. Bad driving conditions cancel. Sterling Forest Trails Map 100.

**Saturday, 3/24** Tiorati AT Long Path Loop B 6.5 B  
Geoff Fonseca 845-357-9366  
geoffonseca@yahoo.com

9:30 AM at Tiorati Circle Parking. We will follow the Appalachian Trail over Fingerboard Mountain to the intersection of the AT and the Long Path. We will return on

the Long Path, woods road and AT. Snowshoes and/or traction devices may be required. Please e-mail leader to register. TC Northern Harriman-Bear Mt. Trails map 119.

**Sunday, 3/25** Skannatati East Side Loop B 6 B  
Fred Hodde (h) 973-728-3223  
Bullwnk1@aol.com (c) 973-722-7824

9:30 AM at the Lake Skannatati Parking Area. The planned route will use the ASB, Red Cross, Hasenclever Road, Beech and Long Path Trails. Registration by e-mail preferred. Call before 8:30 AM if the weather is questionable. TC Northern Harriman-Bear Mt. Trails map 119.

**Thursday, 3/29** High Tor In/Out B 5 B  
Fred Hodde (h) 973-728-3223  
Bullwnk1@aol.com (c) 973-722-7824

9:30 AM at the intersection of the Long Path and County Route 33 (Central Highway). This is a nice walk with views of the Hudson. Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail preferred. Foul weather will cancel. Call before 8:00 AM if the weather is uncertain. TC Hudson Palisades Trails map 112.

**Saturday, 3/31** Johnstown Circular B 6.5 B  
Peter Reiner 845-323-7697  
psr7777@gmail.com

9:30 AM at Johnstown Circle. Hike the Blue Disc, Victory and White Bar trails. Bad weather cancels hike. Please register with hike leader. TC Southern Harriman-Bear Mt. Trails map 118.



Debbie Bell, hike leader  
Donna Nye, pastry chef  
Laura Schreiber, sketch artist

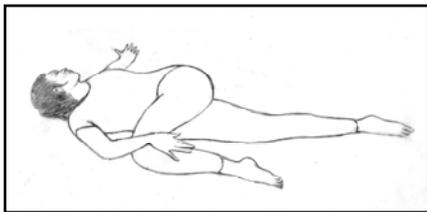
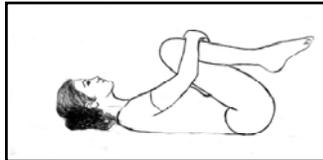
# Yoga for Hikers: Knee Hugs and Torso Twists

## Yoga for outdoor lovers

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

Winter and the cold it brings to the northeast poses a special challenge to those of us who like to spend time outdoors. We need to keep moving and stretched between our outdoor adventures, in order to prevent injury and enable us to enjoy our time hiking. Knee hugs and torso twists will help us to relax and will promote flexibility in the knees, hips and waist. While it helps with digestion and flatulence, it is not recommended for anyone who is pregnant, or has abdominal hernias. It is a wonderful reliever of stiffness in the hips, lower back and shoulders. This series of exercises can be of great benefit the day after a hike when you have carried that heavy winter backpack. It brings blood to the spine, and calms spinal nerves allowing relaxation.

So hikers, let's find a nice comfortable floor space and roll out our mat. This pose starts by lying down on our back. Lie flat and relax by taking a few slow breaths. Now bring the right leg and knee to the chest, and gently squeeze it there, and then straighten it out and do the same thing on the left side. Repeat slowly until you have done it three or four times on each side. Pause for a moment and then bring both knees to your chest and hug them. If you are able, raise your head up towards your knees and hold for three or four breaths. Relax with your head down and softly rock your hips back and forth on the mat. Next stretch each leg straight out on the floor. Slowly turn your head side to side once or twice.



Now begin the twists. Start with both legs straight, and arms by your side. Bring your left knee to your chest, and then bring it down so it is about an inch or two off the mat and the toe touching the inside of your leg just above or at your knee. With your right hand slowly bend your left leg and knee down onto the floor on the right.

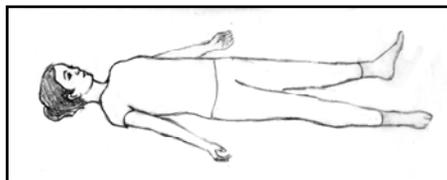
With your left arm, touch the floor on the right. Stay here for a breath or two. Bring the left arm up to the sky, and then stretch it out down to the ground on the left. Just breathe. Roll back up to the center and hold both legs folded firmly to the chest.

Straighten both legs. We are ready to do the other side. Bend the right leg and hug it. Take your left hand and assist the bent right leg and knee causing it to come down to the floor on the left. Relax and breathe. Roll back to center. Rock side to side. Bring legs down straight and breathe.

You may wish to take this opportunity to do Savasana, the Corpse Pose. Just relax on your back with arms and legs stretched out on the floor for a minute or two.

Enjoy your winter season,

Nameste.  
Deanna



## Welcome New Members

John Acacia - Rumson, NJ  
Rose Barranger - Vineland, NJ  
Robert C. Bogart - White House Station, NJ  
Michael Burcher - Cranford, NJ  
Patricia Burke - Wayne, NJ  
John Cembrook - Bernardsville, NJ  
Lenora & Charles Cino - Suffern, NY  
Stephen Crane - Highland Park, NJ  
Paulino & Paula Forte - Red Bank, NJ  
Robert & Barbara Fromowitz - New Windsor, NY  
Stephen Galpin - Bernardsville, NJ  
Bill Guchone - Newark, NJ  
Sandra Guillory - Philadelphia, PA  
Manolita Gude - Livingston, NJ  
Edward Kubersky - Fort Lee, NJ  
Jane Kustin - Bloomfield, NJ  
Rob Lavolette - Mine Hill, NJ  
Elizabeth Le Bras - New York, NY  
Elise Morrison - Edgewater, NJ  
Denise Nicolisi - Oakland, NJ  
John Nolan - Wyckoff, NJ  
Charles Pack - Red Bank, NJ  
C. Rojas - Summit, NJ  
Joanne Smolen - Ramsey, NJ  
Sean & Caitlin Walker - Bordentown, NJ

## Welcome Back

Kenneth Altman - Tenafly, NJ  
Kate Asslein - Verona, NJ  
Lorraine Calvano - Washingtonville, NY  
Mahlona Capistrano & Noel Salinas - Wayne, NJ  
Jennifer Clark - Suffern, NY  
Linda DeWolfe & Michael Reingold - Mahwah, NJ  
Richard Douris - Lk Hopatcong, NJ  
Robert Harris - Pitman, NJ  
Paul Hummel - Saddle River, NJ  
Judith Murphy - Montclair, NJ  
Frank & Rosina Porco - Pearl River, NY  
Eric Johnson & Raffle Saleem - Montclair, NJ  
Joel Studebaker - Princeton, NJ  
Douglas & Wendy Webb - Mullica Hill, NJ

## We're Updating Our Website!

Our new website will be live by the time you get this newsletter in your mailbox. We've changed the layout and made it more readable on smartphones. There's new content, with even more to come. We have also added a new web address, [www.adknjr.org](http://www.adknjr.org), that more accurately describes our chapter as part of adk. The address [www.hudsonhikers.org](http://www.hudsonhikers.org) is still there (it more accurately describes where we hike), so either one will get you to the same website. Comments and suggestions are always welcome. Send an e-mail to the webmaster.

## WINTER 2018

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

Address Service Requested

|  |
|--|
| Non-Profit Org.<br>U.S. Postage paid<br>MONSEY NY<br>#5612 |
|--|

### Volunteering: The happiness effect

Helping others creates happiness. A study at the London School of Economics examined the relationship between volunteering and happiness in a group of American adults. They found the more people volunteered, the happier they were. Compared with people who never volunteer, the odds of being “very happy” rose by 7% for those volunteering once a month, and by 16% for those volunteering every week. So find something that you want to do that helps others and VOLUNTEER!

**the essence of life is to serve others and do good.... Aristotle**