NJ ATV Legislation on the Line

by Chris Connolly
All hikers have suffered the sickening sight of a favorite trail segment ruined by unlawful all-terrain vehicle (ATV) traffic. Even worse, New Jersey ATV abuses are largely uncontrolled and result annually in $1 million in land repair costs, because too many municipalities and agencies are reluctant to penalize ATVers given the current weak statewide regulatory regime. Following many years of persistent efforts by the NY-NJ Trail Conference, spearheaded by Chapter member Brenda Holzinger, legislation for ATV registration and enforcement is expected to be voted upon by both houses of the state legislature after the November elections. New Jersey members are strongly encouraged to lend their personal support for this legislation by contacting their state legislators and legislative leaders when the ATV bills (S2055 and A823) come up for a vote. Current updates on the ATV legislation and how to contact legislators will appear on the Trail Conference website at www.nynjtc.org.

Open Space Funding On NJ November Ballot

New Jersey ADKers take note: the November 3rd gubernatorial election will also feature a vote on a $400 million Green Acres bond measure to fund farmland and historic preservation and purchase open space for recreation and conservation over a three-year period. Conservation groups had lobbied for a permanent open space funding source as part of the state’s regular operating budget, but could not reach agreement with Governor Corzine in the face of the state’s continuing budget woes. Although all previous Green Acres bond measures have passed, the last bond received the lowest support ever because of voters’ rising concerns about the state’s long-term fiscal crisis. The NJ Keep It Green Coalition of over 135 member groups is promoting passage of this year’s bond measure, and voters can connect to the coalition’s www.njkeepitgreen.org website for further information.

A Letter From the Chair

Dear ADK Members,
It was a wonderful summer for wild berries. Many trails were lined with blueberry and huckleberry bushes, allowing hikers to easily snatch bunches of berries to munch on as they walked. Hike leaders would turn around to see that the group had been waylaid by high bush blueberries (the best), blackberries, wine berries, or raspberries. It was a very berry feast all summer. I liked them most mid-morning, before lunch; they were plump, juicy, and warm from the sun. Then I learned that these little treats were rich in antioxidants making them healthy as well as delicious. What could be better?

Mushrooms enjoyed the damp weather this summer. The forest floor was dotted with mushrooms in various shades of orange, purple, green, red, white, yellow, and brown. I carried my handy little mushroom guide, stopping only to identify them, but not to eat. The book was often vague about the aspect of edibility. For example, “Parasol Mushroom, edibility, choice, with caution as it resembles toxic species”, or “Golden Trumpets, edibility unknown, too small and tough to be interesting”. It was fun to identify them; they were so varied and in such abundance.

Fall is approaching and soon the leaves will be brilliantly colored. It is a marvelous time to be hiking in the woods. We have planned an ADK fall foliage weekend from Friday, October 30th to Sunday, November 1st at the Shawnee Inn and Resort on the Pennsylvania side of the Delaware Water Gap. This beautiful hotel is situated adjacent to National Park lands. From the verandah you can see the Delaware River, the hotel’s beautiful grounds, and mountain views. We have a two-night package which includes dinner Friday and Saturday, breakfast Saturday and Sunday and a packed lunch on Saturday. There will be three days of NJR guided hiking, if you wish, or you can enjoy the hotel’s indoor pool or spa, play golf, fish, canoe, and shop at nearby outlet stores. You may want to go to their web site www.shawneeeninn.com to see the lovely accommodations and what the hotel offers. Call the hotel directly to make a reservation (570-424-4000), ask for the Gordon Hiking Weekend, and then let me know you will be joining us. The cost is $273 pp for a double room and $392 for a single. This price includes all tips and tax. We really enjoyed the hikes, food, campfire, and hay ride during our stay last fall. The last day to reserve is October 15th.

Our annual Holiday Party will be held Thursday, December 10th at Pasta Cucina Restaurant, 253 South Little Tor Road, New City, NY. We have had our party there for two years and everyone agrees it is a wonderful place to socialize with friends and have a delicious four-course Italian dinner. The cost is $29.00 which includes dinner, coffee, tea, soft drinks, tip and tax. A cash bar will be available. Please contact me by Dec 1st if you plan to join in the fun.

Hoping to see you at these events and on the trails.

Suzan Gordon,
Chair, North Jersey Ramapo ADK
Welcome New Members!

Robert Maloney – Jackson Heights NY
Jan Leung & Pam Hecht – Hackensack NJ
Kathleen Yudd – West Caldwell NJ
Nancy Fezell – Mahwah NJ
Ken Whitmore – Whippany NJ
Charlene & Michael Warren – Warwick NY
Matthew Sedlak – Chatham NJ
Ken Leon – Bedford NY
Stella Silberberg – Pomona NY
Mary Brauchle – Maplewood NJ
Linda & Richard Brown – Upper Saddle River NJ

Madeline Coronato – Passaic NJ
Laura & Steve Diamond – Middletown NY
Ken Elion – Bedford NY
Kathleen & Matt Farley – Pittstown NJ
Robert Flannery – Carlstadt NJ
Debra & Arnold Links – New City NY
John Lynch – Piscataway NJ
Krista & Robert Melady – New Hampton NY
Richard Whitby – South Hackensack NY

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 wear 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.- Leaders’ 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 trail head meeting locations can be found on NY-NJ Trail Conference maps.

For an additional hike schedule please contact Denis Kmiec at kmiec20@yahoo.com or 845-634-1397. The hike schedule can also be downloaded from the website.

ADK NORTH JERSEY RAMAPO CHAPTER

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For information contact: info@hudsonhikers.org
www.hudsonhikers.org www.hikeleader.com

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Trail Talk is published quarterly in December, March, June and September. Deadline for submissions is generally one month prior to publication date.
Please send articles, photos or other contributions to newsletter@hudsonhikers.org
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Map</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, 10/1</td>
<td>In The Woods</td>
<td>C 5-6 B</td>
<td>Phyllis Key <a href="mailto:pkeyhiker@juno.com">pkeyhiker@juno.com</a> (Pref.) or 201-768-5573</td>
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<tr>
<td></td>
<td>Route to be determined by weather and trail conditions. Call or e-mail</td>
<td></td>
<td>for time and location no earlier than 3 days prior to hike date.</td>
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<tr>
<td>Thursday, 10/1</td>
<td>In The Woods</td>
<td>B 7.5 B</td>
<td>Robert Danetz <a href="mailto:rdanetz@aol.com">rdanetz@aol.com</a> or 201-692-9217</td>
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<tr>
<td></td>
<td>The White Bar to the Triangle to Victory to RD to top of Black Rock to</td>
<td></td>
<td>Nurian to White Bar and back. The trailhead is 2.7 miles off of Rt. 17 on Route 106. It is the first parking</td>
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<td>lot on the right. TC map 118.</td>
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<tr>
<td>Saturday, 10/3</td>
<td>Tiorati Brook/Pine Swamp Mt.</td>
<td>B 9 B+</td>
<td>Rich Holden 609-308-2100 (NCA 9:00 PM)</td>
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<td></td>
<td>We will meet at Beech Trail Parking on Tiorati Brook Rd at 9:15 AM.</td>
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<td>Beech Trail and Hasenclever Rd. to Lake Askoti, then up to Pine Swamp viewpoint for lunch. After lunch we'll</td>
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<td></td>
<td>have 4+ miles of rugged climbing and hiking on the Long Path and Beech Trail to finish. Rain cancels. TC map</td>
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<td></td>
<td>119.</td>
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<tr>
<td>Sunday, 10/4</td>
<td>Oktoberfest Loop</td>
<td>B 7 B+</td>
<td>Robert Permutt 914-588-0212 or <a href="mailto:rpermutt2003@yahoo.com">rpermutt2003@yahoo.com</a> (Pref.)</td>
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<td></td>
<td>Meet at 9:00 AM in front of the Merry-Go-Round Pavilion at the Bear</td>
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<td>Mountain Inn. Hike from the Bear Mountain Inn to the summit of Bald Mountain via the Cornell Mine and Ramapo</td>
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<td>Dunderberg Trails. Return to the Bear Mountain Inn through the abandoned village of Doodle-town using the</td>
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<td>Ramapo Dunderberg and 1777 Trails. Afterwards, stay at the park and enjoy German Food and Spirits at Oktoberfest</td>
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<td>(optional). Rain cancels. Fee for parking as well as for food and drink at Oktoberfest. Registration required</td>
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<td>on or before October 3. TC map 119.</td>
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<tr>
<td>Thursday, 10/8</td>
<td>Fall Along The Hudson</td>
<td>B 6 C</td>
<td>John Geary 201-641-3407 or <a href="mailto:JGEARY@nj.rr.com">JGEARY@nj.rr.com</a></td>
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<td></td>
<td>Meet 10 AM at the Alpine Boat Basin off Palisades Parkway (Exit 2), go down the</td>
<td></td>
<td>hill past the police station to the Boat Basin Parking Lot. We hike along the Hudson to Huyler’s Landing and</td>
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<td>climb up the trail to the top. Lunch will be at the Alpine Lookout. We continue north on the Long Path for</td>
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<td>our return on the Closter Dock Trail. Rain cancels. TC map 119.</td>
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<tr>
<td>Thursday, 10/8</td>
<td>Wyanokie Circular</td>
<td>B 6 B</td>
<td>Phyllis Stewart <a href="mailto:pastewart@optonline.net">pastewart@optonline.net</a> or 201-327-6319</td>
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<td></td>
<td>Meet at NY-NJ Trail Conference Parking at 9:15 AM Lot on Rt. 202 (156 Ramapo Valley</td>
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<td>Rd.) to carpool to Camp Wyanokie for moderately strenuous hike on Wyanokie Circular Tail and the Monroe Loop.</td>
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<td>Great views. Hike will afford many pauses to enjoy scenery, take pictures and catch your breath. TC map 115</td>
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<tr>
<td>Saturday, 10/10</td>
<td>Sterling Forest Fire Tower Ramble</td>
<td>B 5 B+</td>
<td>Jeffrey Sovelove <a href="mailto:Hiker_Dood@yahoo.com">Hiker_Dood@yahoo.com</a></td>
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<td></td>
<td>We will do the Sterling Forest Sterling Fire Tower loop with the option to extend if</td>
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<td>the group desires. This is a moderately strenuous hike with a considerable amount of climbing. Meet at the</td>
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<td>Visitors’ Center at 10 AM sharp. See the Sterling Forest web site for information and directions:</td>
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<td>TC map 100.</td>
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<tr>
<td>Saturday, 10/10</td>
<td>Tallman Mt. State Park</td>
<td>B 6-7 B</td>
<td>John Jurasek 845-365-3618 (NCA 10 PM) or <a href="mailto:Jurasek@optonline.net">Jurasek@optonline.net</a></td>
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<td></td>
<td>We will meet at 450 Piermont Ave. in Piermont, NY at 10:00 AM. We will hike</td>
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<td>through Tallman on the Long Path. Lunch at the Tallman Mountain Shelter. Then out on the pier halfway across</td>
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<td>the Hudson. Early out possible. Rain cancels. TC map 109.</td>
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<tr>
<td>Sunday, 10/11</td>
<td>Hike To Surprise Lake In Hewitt</td>
<td>B 5-6 B</td>
<td>Jennifer Leonard Hahn <a href="mailto:rudylrd2766@yahoo.com">rudylrd2766@yahoo.com</a></td>
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<td></td>
<td>Meet at Sears parking lot on Greenwood Lake Tpk. in Hewitt at 9:30 AM. We will</td>
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<td>hike Bearfort Ridge to Surprise Lake and stop for lunch and then hike back down the Quail Trail to Warwick</td>
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<td>Tpke. Please register by e-mail.</td>
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<tr>
<td>Thursday, 10/1</td>
<td>Skylands NJ Botanical Gardens</td>
<td>B 4 C</td>
<td>Betty Heald 201-967-2937 or ebheadl @ aol.com (NCA 9 PM)</td>
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<td></td>
<td>Climb Mt. Defiance at a gentle pace. Return to Gardens on woods roads, and tour</td>
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<td>gardens. Meet 10 AM at parking area near kiosk. Register with leader. TC 115.</td>
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<tr>
<td>Saturday, 10/17</td>
<td>Harriman Ship Rock Hike</td>
<td>B 6-7 B</td>
<td>Peg Wiessler 914-260-7506 or <a href="mailto:mwissler@tenafly.k12.nj.us">mwissler@tenafly.k12.nj.us</a></td>
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<td></td>
<td>See what sails on Hogencamp Mountain.</td>
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<td>Meet at the Elk Pen 9 AM. Please contact the leader to register for the hike by Thursday, Oct. 15. Heavy</td>
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<td>rain cancels. TC map 119.</td>
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<tr>
<td>Sunday, 10/18</td>
<td>Central Harriman</td>
<td>B 9 B</td>
<td>Ken Elion <a href="mailto:kleon806@yahoo.com">kleon806@yahoo.com</a> or 914-629-2892</td>
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<td></td>
<td>Meet 9:30 at the Lake Skannatati Parking Lot. We will utilize a mixture of trails in</td>
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<td>an area of varied terrain. Moderate pace with occasional stops to enjoy the surroundings. Please register by</td>
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<td>Saturday 10/17. TC maps 118 &amp; 119.</td>
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<tr>
<td>Thursday, 10/22</td>
<td>Skannatati Circular</td>
<td>B 7-8 B</td>
<td>Irene Logan 845-753-5651 (NCA 9 PM or after 8 AM day of hike)</td>
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<td></td>
<td>Meet at the Lake Skannatati Parking Area at 9:30. We will hike on several trails</td>
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<td>with views including the ASB, Dunning, Long Path, and Lichen. Come prepared with appropriate gear including</td>
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<td>hiking boots, fall clothing layers, and sufficient water. No stragglers. Rain cancels. TC map 119.</td>
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<tr>
<td>Saturday, 10/24</td>
<td>RD Trail Maintenance Hike</td>
<td>C 6 B</td>
<td>Karen Rose 201-962-8546 or <a href="mailto:kkarose@aol.com">kkarose@aol.com</a></td>
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<td></td>
<td>Meet at Tiorati Circle 10 AM. Join me to hike and inspect the RD to the Wm. Brien</td>
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<td>Memorial shelter and then return the same way. We will be stopping to cut back undergrowth, throw off</td>
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<td>blowdowns, pick up trash, etc. Bring work gloves, clippers if you have them and lunch. Heavy rain cancels.</td>
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<td>TC map 119.</td>
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<tr>
<td>Saturday, 10/24</td>
<td>Clarke Trail</td>
<td>C 3 C</td>
<td>Louise Parnell 845-290-5287</td>
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<tr>
<td></td>
<td>Meet at 10 AM in the Lowe’s Parking Lot (north side of the building and towards</td>
<td></td>
<td>the back), Route 303, Orangeburg, NY</td>
</tr>
</tbody>
</table>
or road walk? If there are enough cars and it's not too complicated we
and park. Meet at 10:30 AM at cemetery on Mountain Road. Shuttle
to Walpack Center. Left at Post Office on corner (which looks like a
Road) to Layton, right on Bevans Road (Co. 604 passing Peter's Valley)
with several cascades. Directions from PA: take Rt. 209 N to Dingman's
Vieau, and a bonus is to finish in Tillman Ravine, a lovely hemlock ravine
views to the west over the Delaware River and out to the Pocono pla
At the southern end of Stokes State Forest is a wonderful section of
Linda Schutz 973-353-6973 or LindaSchutz@msn.com
Sunday, 10/25  Meet Mr. Nurián  B 6-8 B
Peter Reiner 845-634-7635 or psr7@aol.com
Meet at the Elk Pen parking lot off Arden Valley Rd. at 9:30 AM. This
hike will follow the Nurián Trail. Lunch will be on Black Rock Mt. We’ll return on the Dunning Trail. Tales of the “Mad Bulgarian” Kerson
Nurian who created the trail in 1929 will be included. Rain cancels. TC
map 119.

Sunday, 10/25  Lake Skannatati Lollipop Hike  A 9 B
Allison Tully  allittuly63@optonline.net or c. 845-656-0442
Limited to 15 hikers. Register by Friday, 10/23. Meet at Lake Skannatati
Parking for a 10 AM start. Rain cancels so call before 9 AM morning of
hike if in doubt. TC Map 119.

Thursday, 10/29  In The Woods  B 6-8 B
Paul Margiotta 201-693-6705 or pjmm11@verizon.net
Ups and Downs. Call or e-mail leader by 9 PM Wednesday night for
details.

Friday 10/30 - Sunday 11/1  Shawnee Inn Fall Foliage Weekend

Saturday, 10/31  Lake Skannatati  C 6-7 B
Lou O’Neill 845-357-0497 (NCA 8 PM)
We will meet at Lake Skannatati at 10 AM. We will hike the ASB, RD,
Dunning to the Bald Rock Shelter for lunch and out on the Dunning and
Long Path. Rain cancels. TC map 119.

Fall Foliage Weekend Hike One
Saturday, 10/31  Sunfish Pond Circular  B 8 B
Aaron Schoenberg  askus3@optonline.net or 845-986-8645
This hike in the Kittatinnyns will take us to the scenic Sunfish Pond. We
will be traversing a few miles of the Appalachian Trail thru the lush
Dunnfield Hollow. A possible extension of a split-off stronger group to
make a 10 mile loop to look down into the Delaware Water Gap from
our perch on Mt. Tammany. After the hikes an optional shower/chang-
ing/dinner at the Shawnee Inn can be arranged. The price for dinner
is $28.50 paid directly to the Shawnee Inn. Meet 7:15 AM at the New
York-New Jersey Trail Conference Office Bldg. in Mahwah, NJ (US 202/
Ramapo Valley Road) or 9:15 AM at the Delaware Water Gap Visitor
Center, exit on I-80. TC Map 17. Hikers staying at the Shawnee Inn will
meet Aaron at the Visitor’s Center 9:15 AM.

Registration is required for those attending only for the day.

Sunday, 11/1  Daylight Savings Time Ends

Fall Foliage Weekend Hike Two
Sunday, 11/1  Buttermilk Falls/Tillman Ravine Circular  B 8 B
Linda Schutz 973-353-6973 or LindaSchutz@msn.com
At the southern end of Stokes State Forest is a wonderful section of
the AT. For over 4 miles the trail follows open ridges with expansive
views to the west over the Delaware River and out to the Pocono pla-
deau, and a bonus is to finish in Tillman Ravine, a lovely hemlock ravine
with several cascades. Directions from PA: take Rt. 209 N to Dingman’s
Ferry bridge, cross to NJ, straight on Rt. 739 (Tuttles Corner/Dingmans
Road) to Layton, right on Bevans Road (Co. 604 passing Peter’s Valley)
to Walpack Center. Left at Post Office on corner (which looks like a
house), cross the bridge over Flat Brook and turn right at cemetery
and park. Meet at 10:30 AM at cemetery on Mountain Road. Shuttle
or road walk? If there are enough cars and it’s not too complicated we
can shuttle to the falls. I prefer to walk the road (35 minutes) to warm
up before the climb and it saves a bit of time at the end if all cars are
right there. Hikers staying at the Shawnee Inn will leave after breakfast
to join the hike. TC map 17.

Sunday, 11/1  Johnstown Circle/Black Ash Mt.  B 9 B+
Rich Holden 609-308-2100 (NCA 9:00 PM)
We will meet at Johnstown Circle at 9:00 AM. Blue Disc Trail to Tri-
Trail Corner (scrambling involved). Climb Black Ash Mt. (strenuous)
for lunch on top. On the other side of the mountain we’ll take the White
Bar Trail, following it all the way back to our trailhead. Rain cancels. TC
Map 118.

Thursday, 11/5  In The Woods  C 5-6 B
Phyllis Key pkeyhiker@juno.com (Pref.) or 201-768-5573
Route to be determined by weather and trail conditions. Call or e-mail
for time and location no earlier than 3 days prior to hike date.

Thursday, 11/5  In The Woods  B 5-7 B
Eileen Berch 973-506-7078 (NCA 8 PM)
We’ll start from Johnstown Road Circle hiking 5 to 7 miles depend-
ing on the group, weather, and trail conditions. Meet to hike at 10:00
AM at Johnstown Circle Parking Area. No need to register, but
No Go if raining steady and hard. Call by 7:30 AM morning of hike if
weather is doubtful. TC map 118.

Saturday, 11/7  Walk over The George Washington Bridge  C 3 C
Louise Parnell 845-290-5287
Meet in Fort Lee at 10 AM. Call for the exact meeting place.

Saturday, 11/7  Jockey Hollow Grand Loop  B 5 B
Jeffrey Sovelove  Hiker_Dood@Yahoo.com
We will do the parts of the Grand Loop, Blue Trail, and Yellow Trail at
Jockey Hollow National Park in Morristown. We will stop at the Sol-
htm for directions and information. Bring water, a light snack, and
wear hiking boots. Meet at the visitors’ center at 10 AM. Heavy/steady
rain cancels. Optional lunch at a local eatery if we get done in time.
Joint ADK/Sierra Club hike.

Saturday, 11/7  Long Path From Rt. 6  C 5-6C+
Denis & Joan Kmiec 845-634-1397 or c. 845-548-5583 or
mailing@hudsonhikers.org (NCA 9 PM)
We take the Long Path south to Stockbridge Shelter. Our return takes
us on the Menomine Trail and the Nawahunta Fire Road. Rain cancels.
Meet at Rt. 6 Hikers Parking Lot (Long Path Crossing) at 10 AM. Out by
1:30. TC map 119.

Sunday, 11/8  Schunnemunk Sightlines  B 7.5 A-
Chris Connolly c.connolly7@verizon.net or 201-321-6605
Up Dark Hollow to Megaliths, Crisscross ridges via Western Ridge and
Sweet Clover Trails, return down Jessup Trail. Meet 9:30 AM Taylor
Road Parking Area off Rt. 32, Mountainville, NY. Rain, ice cancels. TC
map 114.

Sunday, 11/8  Beyond Little Doe  B 7 B
Dave Sutter dsutter@aol.com
Forgotten trails, old shelter, many surprises. Rain cancels. Meet 9:30
AM Sebago Boat Launch. Joint with AMC. TC map 118.
HIKE SCHEDULE • FALL 2009 • OCTOBER • NOVEMBER • DECEMBER

Thursday, 11/12  Sterling Forest  B 4-8 B
Irene Logan  845-753-5651 (NCA 9 PM or 8:30 AM day of hike)
We will meet at the Sterling Forest Visitor Center at 10:00 AM. We will hike a variety of trails starting with the Blue Trail to the Red Trail and the Fire Tower. Then we will hike along the ridge and take the Orange Trail down to Sterling Lake where there will be an opportunity for an early out. For those who wish to continue the hike, we will follow the Blue Trail around Sterling Lake. Rain cancels. TC map 100.

Saturday, 11/14  Norvin Green State Forest  B 6-7 B
Pat Marcottullio  patos@optonline.net or c. 845-729-4046 (pref.)
Not a beginner’s hike as there will be some moderate climbing to High Point. Meet 9:30 AM Weis Ecology Center. E-mail or call for details. Steady rain cancels. TC map 115.

Sunday, 11/15  Sterling Forest Fire Tower Loop  B 8 B
Robert Permutt  914-588-0212 or rpermutt2003@yahoo.com (pref.)
Meet at 9:30 AM at the parking lot for the Sterling Forest Visitor Center. We will hike from the Visitor Center to the Fire Tower via the Connector Trail and the Fire Tower Trail. On the return trip we will hike around Sterling Lake on the Sterling Lake Loop Trail. Registration required on or before November 14. TC map 100.

Thursday, 11/19  West Mt. Circular via AT, Timp-Torne, & Fawn Trails  C 4 B
Betty Heald  201-967-2937 or ebheald@aol.com (NCA 9 PM)
Meet 10 AM at Anthony Wayne North Parking Area. Register with leader. TC map 119.

Thursday, 11/19  In The Woods  B 6-8 B
Hank Zulauf  hankz46@verizon.com
Meet at 10 AM at the Visitor Center off of Seven Lakes Drive in Harriman State Park. Will hike the Seven Hills Trail and will climb Diamond Mountain continuing north toward Monitor Rock. Return via Stony Brook Trail. TC map 118. Leader may alter hike if weather is an issue.

Saturday, 11/21  Breakneck Ridge + Casino Tail  A 6 A
Dick Ernemwein  845-565-3866 or c. 845-220-7693 (NCA 8 pm)
We will meet at the MT Beacon Casino Trail kiosk parking lot just south of Beacon at 9 AM. Then we will car shuttle to the Break Neck Ridge Trail Head at the large parking lot just north of the 9D tunnel. We will hike steeply up 800 ft. in the first half mile and then continue on up to 1300 feet. Some exposure. Hike the ridge to the Mt. Beacon Tower and then down the Casino Trail to Beacon. TC map 102.

Saturday, 11/21  Wallkill Valley Rail Trail  C 10 C
Aaron Schoenberg  askus3@optonline.net or 845-986-8645
On this venture we will walk the Wallkill Rail Trail from Gardiner on US 44 northbound until we cross the rail bridge over the Wallkill River. This is a multi-use trail that is open to bicyclists, horseback riders as well as walkers. It has a gravel/dirt surface. If dry, sneakers will suffice and be adequate for footwear. Lunch will be spent indoors in a café along Main Street in New Paltz. We also will take an hour break for browsing in the various boutiques along the avenue. A car shuttle is involved. Registration is required. This insures adequate transportation for the car shuttle. For meeting place and time contact leader.

Sunday, 11/22  Equestrian Shuttle  B 8 B
Richard Sumner  845-362-8470 or rls@rsumner.com
Meet 9:30 AM at the Ramapo Equestrian Center on Rt. 202 between Suffern and Pomona. Shuttle to Rt. 106 (SBM crossing). Downhill (average) using SBM, Breakneck Mountain and TMI Trails. Foul weather will cancel. Call before 8:30 AM. TC map 118.

Sunday, 11/22  Bockberg North and South  B 5 A
Dave Sutter  dsutt@aol.com

Thursday, 11/26  In The Woods  B 7/8 B
Suzan Gordon and Pete Tilgner browning.27@verizon.net or 201-871-353
Ups and downs. Call or e-mail leader by 8 PM Wednesday night for details.

Saturday, 11/28  Blackhead, Thomas Cole, Black Dome  B 7 A
Gary Wiltshire  gjwiltshire@hotmail.com
Great Hike in the Catskills, meet at 6:45 at the Mason Jar, on Rt. 202 in Mahwah for those who would like to car-pool. Please register by Friday night and let the leader know whether you’re car-pooling or meeting at the trailhead. Steady rain or snow will cancel. Winter equipment may be necessary. TC map 41.

Sunday, 11/29  Three Hills  B 9 A
Karen Rose  201-962-8546 or kkarose@aol.com
This is a hike with several long, steep climbs at a steady pace. No easy outs. Meet at Silvermine Parking 9 AM. We will car-pool to start of hike at Bear Mt. Parking Lot. (parking fee). We will follow the AT over Bear Mt., West Mt., and Black Mt., exiting on the Menomine Trail. Rain will cancel. Call leader if weather uncertain. TC map 119.

Sunday, 11/29  Dater Park Ramble  B 6.5 B
Ike Siskind  845-352-8506 (Please no calls AM of hike)
Meet at Reeves Meadow Parking Lot 9:30 AM. We will enjoy a pleasant hike in a Rockland County Park recently connected to the Harriman Trail system. We will be using a combination of the Kakiat, Blue Disc and County trails. Possible views from Almost Perpendicular depending upon the group and the weather. Heavy rain cancels. TC map 118.

Thursday, 12/3  In The Woods  C 5-6 B
Phyllis Key  pkeyhiker@juno.com (pref.) or 201-768-5573
Route to be determined by weather and trail conditions. Call or e-mail for time and location no earlier than 3 days prior to hike date.

Thursday, 12/3  In The Woods  B 5-7 B
Debbie Bell  deb2@columbia.edu or 845-358-8386 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact the leader for details.
HIKE SCHEDULE • FALL 2009 • OCTOBER • NOVEMBER • DECEMBER

Saturday, 12/5  Nyack Beach  C 3 C
Louise Parnell  845-290-5287
Meet 10 AM at the Nyack Beach Parking Lot at the end of North Broadway in Nyack. TC map 110.

Saturday, 12/5  Horse Stable Mt. I  C 7 B
Dean Gletsos  845-354-0738
We will meet at the Ladentown parking area 9:30 AM. Persistent rain or hazardous conditions cancel. We will hike to the Horse Stable monolith, summit the Horse Stable Mt., proceed to the Stone Memorial shelter and return via a variety of old roads and trails. TC map 118.

Sunday, 12/6  High Tor Out and Back  B 9 B-
Richard Sumner  845-362-8470 or rls@sumner.com
Meet at 9:30 AM in the commuter lot at Rts. 45 and 202 (next to Palisades Parkway Exit 13). Not flat, but easy terrain and nice view from High Tor. Foul weather will cancel. Call before 8:30 AM. TC map 112.

Sunday, 12/6  Fire Escape in Winter  B 7 B
Dave Sutter  dsutter@aol.com
Remember this antique gem? Rain cancels. Not for beginners. Meet Iona Island Parking on Rt. 9W at 9:30 AM. Joint with AMC. TC map 119.

Thursday, 12/10  In The Woods  B 6-8 B
Paul Margiotta  201-693-6705 or pjmm11@verizon.net
Ups and Downs. Call or e-mail leader by 9 PM Wednesday night for details.

Saturday, 12/12  Horse Stable Mt. II  C 7 B
Dean Gletsos  845-354-0738
We will meet at the Ladentown parking area 9:30 AM. Same hike name, meeting place and time as 12/5. However, we will use different trails and old roads. Persistent rain or hazardous conditions cancel. TC map 118.

Sunday, 12/13  Cooper Mill  B 6-7 B
Mary Saraco  msaraco@aol.com (Pref.) or  c. 609-577-3296 or 908-781-7072
Meet at historic Cooper Mill, Rt. 513, Chester, NJ at 10 AM. A lollipop loop with varied terrain with ups and downs along the Black River and Conifer Pass Trails. Call or e-mail leader to register before 7 PM Saturday.

Sunday, 12/13  What Happened To The Elk?  B 7 B
June Slade  973-835-2832
Meet at the Elk Pen 9:30 AM and perhaps we’ll find out. Experience some of the fantastic views available in that part of Harriman. Rain cancels. TC map 119.

Thursday, 12/17  Diamond Mountain And Beyond  B 7 B
Irene Logan  845-753-5651 (NCA 9 PM or 8:30 day of hike)
We will meet at the Lake Sebago Parking Area at 10 AM. We will hike on the Seven Hills, Tower, TMI, Buck and return on the Seven Hills Trail. Be prepared with traction devices for late fall hiking conditions as there could be ice on the trails. Precipitation of any kind and/or forecast of same cancels the hike. TC map 118.

Saturday, 12/19  Roomy Way to Wyanokies  B 7-8 B
Chris Connolly  c.connolly7@verizon.net or 201-321-6605
Explore new access route to Wyanokie viewpoints via Highlands/Roomy Mine Trails. Meet 9:30 AM at Skyline Diner on Rt. 511 opposite West Brook Road. TC map 115.

Saturday, 12/19  Peekamoose and Table Mts.  B 9 A
Gary Wiltshire  gjwiltshire@hotmail.com
Meet at 7 AM at the Mason Jar off Rt. 202 in Mahwah. This is a tough hike not for beginners, winter equipment may be necessary. Please register by Friday night and let the leader know whether you’re carpooling or meeting at the trail head. Steady rain or snow will cancel. Winter equipment may be necessary. TC map 43.

Saturday, 12/20  Rockland Lake To Haverstraw Loop  B 7 B
Despina Metaxatos  dmetaxatos@hotmail.com (Pref.) or 201-952-4151
Meet 9:30 AM at Landing Hill Road dead end near Rockland Lake (accessible from both Lake Road and Rockland Lake Roads off 9W). Hike Long Path north, descending White Trail to where we take short unmarked trail to lunch at riverside ruins. Return via flat bike path along Hudson back to Landing Hill Road. Steady rain cancels. TC map 111.

Thursday, 12/24  Allis and AT Trails To Fitzgerald Falls  B 6 B
Despina Metaxatos  dmetaxatos@hotmail.com
Meeting at Sterling Forest Visitor Center at 9 AM, this hike involves a car shuttle to hike start and finish. We hike the blue Allis Trail to its junction with the AT which we will take to Fitzgerald Falls. The hike takes about 4 hours. Must e-mail hike leader to register. Inclement weather or bad driving conditions cancels hike. For more info about the Highlands Trail see: www.highlands-trail.org. TC map 100.

Saturday, 12/26  Halcott Mt. Catskills  B 5 A
Elie Bijou  718-377-2990 or adirondacks@verizon.net

Sunday, 12/27  Palisades Pathways  B 7.5 B
Chris Connolly  c.connolly7@verizon.net or 201-321-6605

Sunday, 12/27  AT On Bellvale Mountain  B 7 A
Cliff West  3cliff@gmail.com or 973-886-4072
We will hike the Appalachian Trail from the State Line Trail to where it crosses 17A at Mt. Peter. Car shuttle required. Meet 9:00 AM at the intersection of 17A and the AT in Warwick, NY. Snow/ice may necessitate stabilizers or other traction aids. Contact leader for trail conditions and/or directions. TC map 100 and 116.

Sunday, 12/27  Rusk Mt. Catskills  B 6 A
Elie Bijou  718-377-2990 or adirondacks@verizon.net
Meeting Mister Moose

Aaron Schoenberg celebrated July in Vermont leading a 14-strong group on the third installment of his six-year quest to traverse the Green Mountain State’s picturesque Long Trail from Canada to Massachusetts. Year Three featured 58 miles of hiking in five days in the Camel’s Hump and Sugarbush ski resort areas, which also afforded cheap and comfortable lodgings for Aaron’s off-season expedition. This summer’s rainfall made for sometimes muddy footing, but Chris Connolly and six others had a once-in-a-lifetime trailside encounter with a bull moose traipsing down the path in the opposite direction. It was difficult to discern whether Chris or Mr. Moose was the more startled by their face-to-face rendezvous, but Chris and his fellow hominids soon made way for the bigger mammal. Sorry that no one had the presence of mind to photograph this memorable meeting.

Right: Clockwise from top left: Alex, Chris, Jeff, Keld, Peggy & Aaron. The six of us have hiked the northern half of Vermont from the Canadian border to here at Middlebury Gap over the course of three trips. Here are the six of us at the end of LT III at Middlebury Gap. (note that all but Keld are New Jersey Ramapo chapter members)

Camel’s Hump summit. Front: Aaron. Middle row: Cam, Gary, Peggy & Christine. Back row: Chris, Alex, Keld, Jeff & Ed. Camels Hump was tied for highest point on the trip with Mt. Ellen (4,083 feet).

Ask the Merryweather Hiker

Over the years, our members have had many questions about hiking and the outdoors but no good place to get answers. So, as a service to those who care, we introduce our newest column to Trail Talk. We invite you to submit your questions to Merryweather Hiker, our fictitious elder hike leader, to be published in our newsletter. Don’t worry about asking a “dumb” question, we just won’t print it.

Dear Merryweather Hiker,
I’ve recently started hiking and have noticed that many people use ski poles while hiking, even in the summer. Why do they use them? Don’t they just get in the way?

Stick in the Mud

Excellent question! Actually, they are not ski poles but are poles designed for hiking called trekking poles. The most notable difference is that trekking poles are collapsible so that they can easily be reduced to only about 18” long. That way, they can be attached to your backpack out of the way when not needed. Of course the most obvious advantage of using poles is to improve your balance, especially helpful when crossing a stream. In addition, using poles can significantly reduce the impact on your knees and feet. Walking on level ground, poles reduce the strain on your legs by about eleven pounds per step. On an incline, the reduction is almost 18 pounds per step. That’s over 38,000 pounds per mile! Another benefit is improved circulation caused by the continuous movement of your hands and arms (say goodbye to swollen hands on hot hikes). This reduces the strain on your heart and leads to improved stamina. All in all, I’d say that the minor awkwardness of getting used to them is certainly worth the effort.

Send your questions to MerryWeather@hudsonhikers.org

Attention All Cross Country and/or Snowshoe Leaders

Please contact Ed Fanslau by Nov 20th to arrange dates and content. Ed Fanslau 201 652-1496 edfanslau@gmail.com

Mohonk Day was great!
**Dates to Remember!**

Friday, Oct. 30 - Sunday Nov. 1
**FALL FOLIAGE WEEKEND AT THE SHAWNEE INN**
Call the Inn (570) 424-4000 to pay and
Suzan Gordon 201-871-3531 or
browning.27@verizon.net to confirm.
**Final date to register Sept. 30**

Thursday, Dec. 10
**ANNUAL HOLIDAY PARTY**
Pasta Cucina Restaurant, 253 South Little Tor Road, New City, NY.
Register with Suzan Gordon (browning.27@verizon.net or 201-871-3531) **by Dec. 1**

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**Take Note:**
We are planning to print a membership roster with names, phone numbers and e-mail addresses for every member. It will be helpful to contact one another. If you do NOT wish to be on this list please contact Richard Sumner RLS@rsumner.com.

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**“Fall” Hiking**

*by Sheila Rizzo*

Some advice: While hiking, if you want to look at a bird or gaze at a tree; if you need to get out your camera or adjust a layer of clothing, STOP first. this is no time for multi-tasking. I learned this lesson the hard way, literally, when I tripped over a rock as I slipped off a sweater while still walking, and crash-landed, head first. Stunned and a bit shaky, but otherwise OK, I was able to continue and finish the hike. By the end of the hike, I had a large, tender goose egg on my forehead. Over the next few days, as I developed an impressive shiner, I started to prepare various responses to the expected questions: “I fell,” or “I tripped over a rock on a hike” sounded rather bland; maybe “I was running away from a bear,” or “You should have seen the other guy…”

Have you ever noticed that if you have the misfortune to need crutches, or if your arm is in a sling, you are greeted everywhere with sympathetic cries of “What happened?”, “You poor thing!”, “Let me help you,” etc. etc. But if you show up with a black eye, a broken nose, or any other facial wound, your friends and acquaintances will look askance at you, or even avert their eyes, and will not say a word, either of concern or curiosity!

Is everyone afraid of getting involved in a “domestic abuse” case?

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**Thanks Leaders!**

Keep up the good work of sending me the Sign-in Forms.
It helps keep track of who is “on the trail.”
Keep on hiking!  Betty Heald