FALL EVENTS . . .

. . . We are planning another wonderful day at Mohonk Mountain House this year on Saturday, September 8th (rain date September 9th). Please have both dates clear just in case of bad weather.

Mohonk Day is doing what you’d like—joining one of three levels of planned hikes, visiting the hotel and gardens, sitting on the porch or in a gazebo reading, or simply watching the goings on around this magnificent hotel.

The choice of hikes includes a carriage road walk, a seven mile hike in the woods, and a rock scramble. Each will be guided by one of our members.

After the day’s activities, we will shower and change in the Health Spa, and all meet at 4 PM on the verandah for tea, and then have a delicious four-course dinner at 6 PM in the main dining room. The cost is $58 per person which includes tips and taxes. It can’t be better!

So join the fun and RSVP by August 20th to:

Suzan Gordon, Programs Chair
201-871-3531
browning.27@verizon.net

A Message From the Chair

When this newsletter arrives in your mail it will only be a few more days until summer officially arrives. But the hot weather is here already as I was reminded when hiking a section of the AT at the end of May. It was seven hours and almost 9 miles, lots of hills and the temperature approaching 90°. I had two and a half liters of water and drank nearly all of it. But by the end of the hike I had all the symptoms of moderate dehydration, including feeling excessively tired. After weighing myself at home I calculated that I was dehydrated by nearly 5%. Instead of two and a half liters of water I should have had four! The lesson is clear. Strenuous hikes on a hot day require lots of water. Older hikers like me need to be especially careful as the symptoms can be more severe. I’ve had this lesson before and I hope I don’t have to experience it too many times again before I learn it.

Our nominal deadline for the newsletter is one month before the new schedule starts. We don’t always make it but it looks like we will this time so I can remind you about the picnic. It’s at the Tenafly Nature Center on July 1 at 4 PM. RSVP to Suzan by June 24 and bring a dish to share. The chapter will supply things to drink, paper plates, etc. Our last picnic two years ago was a smashing success and I expect this one will be too. Come a little early and take a walk in the Nature Center (it’s flat!). Non-hikers are welcome too. I’m looking forward to seeing you there.

Richard

On the Sterling Lake Loop in Sterling Forest
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 STICKERS

Stickers for your car windows are available by contacting Phyllis Key at pkeyhiker@juno.com or Laurie Schweighardt at laurie@adk.org. There is NO charge for the stickers. Be sure to give your full name and address so they can be mailed to you!
HIKE SCHEDULE • SUMMER 2012 • JULY • AUGUST • SEPTEMBER

Sunday, 9/9 - 9/16 Long Trail Trip VI - B 8/17 A Vermont Appalachian Trail III Plus Aaron Schoenberg askus3@optonline.net (pref.) or 845-986-8645 This is my sixth and last annual section hike on the LT and third section of the AT in Vermont which is a series of day hikes following this trail for over 50 miles in six days. We will traverse this trail southbound from near Manchester, VT to North Adams, MA. Mileages range from 8-17 miles per day. This is a strenuous trip. Lodging will be at a house rental in West Dover, VT (Mt. Snow). Advance deposit of $150 required. Contact Aaron for detailed itinerary. Deadline to register: July 28.

Sunday, 7/1 NJR Picnic at the Tenafly Nature Center 4 PM (rain or shine)
For directions go to: www.tenaflynaturecenter.org/directions.html Come early and with a map from the Education Building take a stroll on the Center’s Trail Conference maintained trails. TC map 108 (Hudson Palisades NJ).

Thursday, 7/5 In The Woods B 6/8 B Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader the week of the hike for details and to register.

Saturday, 7/7 Rockefeller Park Preserve C 4 C Peter Reiner psr7777@gmail.com or 845-634-7635 Meet at the Rockefeller Park Preserve off Route 117 in Sleepy Hollow Visitor Center Parking Lot at 10 AM. We will walk on carriage ways, trails, around a beautiful lake and have lunch at the picnic area by the Blue Stone Barn (bring your own lunch). We will explore the farm area and return on new trails. Easy walk with a few slight hills.

Sunday, 7/8 Surprise Lake Loop B 6 B Fred Hodde Bullwnkl1@aol.com or (H) 973-728-3223 or (C) 973-722-7824 We’ll meet at the A&P/Sears parking lot in the Hewitt section of West Milford at 9:30 AM. We’ll do a loop around the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 116.

Tuesday, 7/10 Adirondacks: Saddleback and Basin B 15 A+ Elie Bijou adirondacks@verizon.net or 518-873-2119 (9 AM to 9 PM)
A moderate paced hike to two of the Great Range peaks. Please bring lunch, snacks, water, rain gear and fleece. This is not a beginners hike, though strong beginners are welcome. Ascent 3600 feet. Leader is located in the Adirondacks and cannot carpool from NJ.

Thursday, 7/12 Harriman - Seven Hills Circular B 5.5 A Diane Grunthal dgrunthal@yahoo.com (pref.) or 973-728-8057 (NCA 9 PM)
Loop hike in Harriman, mostly on but not all of the Seven Hills Trail. This hike will be slow-moderate because much of it will be on steep and rolling terrain. Cumulative elevation gain is between 1600’ and 1800’. Please register to learn meeting place and time. E-mail preferred. Rain cancels. Call morning of hike if in doubt. TC Map 118.

Saturday, 7/14 To Bald Rocks B 6.5 B Pat Marcotullio patmarcotu@optonline.net or 845-729-4046 From Lake Skannatati we’ll hike to Times Square, Bald Rocks and back on the Dunning and LP. Meet 9 AM Skannatati Parking Area off Seven Lakes Drive. This is an exposed hike. Bring plenty of water. Not for beginners. A steady rain will cancel. TC map 119.

Saturday, 7/14 March Through Jockey Hollow B 5 B Jeffrey Sovelove Hiker_Dood@Yahoo.com.
We will do a variety of trails including parts of the Grand Loop, Blue Trail, and Yellow Trail with a possible stop at the reproduction Soldiers’ Huts at Jockey Hollow National Park in Morristown. See http://www.nps.gov/morr/planyourvisit/directions.htm for directions and information. Meet at the visitors’ center at 10 AM. Heavy/steady rain cancels. Join with Sierra Club.

Sunday, 7/15 West Brook Mountain Circular B 7.5 B P. Tilgner, S. Gordon browning.27@verizon.net or 201-871-3531 We hike the Hewitt-Butler, Overlook and Manaticut Point Trails in Norvin Green State Forest to lunch with a view. Our return will take us past Lake Sonoma. Trail head parking is at the north end of Crescent Drive off Meadow and Magee Roads. For those who might find getting to the trail head troublesome, meet first at the Stonetown Recreation Area, Mary Roth Drive (off Stonetown Rd.), at 9:30 AM. You must register for this hike. TC map 115.

Sunday, 7/15 Adirondacks: Algonquin and Iroquois B 10.2 A Elie Bijou adirondacks@verizon.net or 518-873-2119 (9 AM to 9 PM)
We’ll begin from Heart Lake and hike to the top of Algonquin (5115 ft/1557 m) and then down to an often muddy herd path that will lead us to Iroquois (4840 ft/1476 m) We’ll look at a possible ascent of Shepherd’s Tooth and then return over Algonquin to our start. You’ll need to bring gaiters and water repellent boots for the long mud wallows. Total ascent 3150 ft.

Thursday, 7/19 In the Woods B 5/8 B Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM)
We will do a variety of trails including parts of the Grand Loop, Blue Trail, and Yellow Trail with a possible stop at the reproduction Soldiers’ Huts at Jockey Hollow National Park in Morristown. See http://www.nps.gov/morr/planyourvisit/directions.htm for directions and information. Meet at the visitors’ center at 10 AM. Heavy/steady rain cancels. Join with Sierra Club.

Monday, 7/23 Macomb, Carson, and Grace B 14 A+ Elie Bijou adirondacks@verizon.net or 518-873-2119 (9 AM to 9 PM)
We will hike about 3 miles in and then ascend via the Macomb Slide and hike these three peaks on herd paths. Please bring extra water as the ridge is dry. Ascent 3100 ft. Pace, slower/moderate. Long pants/sleeves preferred though not mandatory. Leader is located in the Adirondacks and cannot carpool from NJ.

Thursday, 7/26 Johnsontown Circular B 6.5 B Fred Hodde Bullwnkl1@aol.com or (H) 973-728-3223 or (C) 973-722-7824 Meet at the Johnsontown Circle at 9:30 AM. The planned route

Pre-registration is advised in case of a change in schedule. Changes will be posted on facebook and the Yahoo group
HIKE SCHEDULE • SUMMER 2012 • JULY • AUGUST • SEPTEMBER

Thursday, 8/9   In The Woods     B 7/9 B
Paul Margiotta  pjmm11@verizon.net (pref) or 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Saturday, 8/11 Harriman Loop    B 10 B
Bob Fiscina    fis6973@verizon.net
A loop hike using the R/D, AT, White Bar and Nurian trails. Rain cancels. Contact leader for more information and to register. TC map 119.

Sunday, 8/12 Wyanokie High Point Circular  B 6.8 A-
P. Tilgner, S. Gordon browning.27@verizon.net or 201-871-3531
We hike the Highlands Trail from West Brook Rd. to the Wyanokie High Point for lunch and grand views, returning on several different trails. Trail head parking is limited. Meet first at the Stonetown Recreation Area, Mary Roth Drive (off Stonetown Rd.), at 9:30 AM for a short car shuttle to trail head. You must register for this hike. TC map 115.

Thursday, 8/14 Evening Walk And Yoga      C 1/3 C
Deanna Felicetta felicetta.deanna@gmail.com or 845-316-2021
Meet in Harriman State Park for this leisurely summer evening walk and some relaxing YOGA. Wear comfortable walking shoes and bring a beach towel or mat and perhaps a small hand towel. Bring a small snack and water. Call or e-mail for more details by Sunday before hike. After Sunday phone calls only. Summer storms will cancel hike.

Thursday, 8/16 In the Woods          B 5/8 B
Debbie Bell  deb2@columbia.edu or 845-358-8386 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 8/18 Patriots Path Stroll    C 5 C
Jeffrey Sovelove  Hiker_Dood@Yahoo.com
Come take an easy stroll on Patriots Path in Morristown. This 3 to 5 mile stroll will start out from the Speedwell Lake Parking Lot at 10 AM (across the street from Historic Speedwell). See the Morris County Parks website (http://www.morrisparks.org/) for directions or put the following address into your preferred map engine: “300 Speedwell Avenue, Morristown NJ 07960”. The path is wide, partly paved, partly crushed stabilized gravel with very little in the way of elevation gains. We will be strolling at a moderate pace. Please bring plenty of water and a light snack. Great for beginners. Heavy/steady rain cancels. Optional lunch afterwards. Joint ADKNJR/Sierra Club hike.

Sunday, 8/19 Summer Harriman Hike     B 6/8 B
Karen Rose    kkarose@aol.com or 201-962-8546
Meet at Lake Sebago Boat Launch Parking 9 AM. Leader’s choice depending on the temps. If it is hot we will stop at lake to cool off. Rain cancels. TC map 118.

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

will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Map 118.

Saturday, 7/28 Catskills- North Lake Escarpment     B 9 B
Karen Rose    kkarose@aol.com or 201-962-8546
Meet 8 AM sharp at Trail Conference parking lot in Mahwah to car pool or at trail head at 9:45 on Schutt Road. Many fantastic views, but be prepared for ups and downs all day. We will follow the Escarpment Trail, and have a nice lunch break at the beach on North Lake. You can take a quick dip to cool off! Then back on the trail, we will exit on Mary’s Glen Trail to see the falls and a short road walk back to cars. Rain cancels. Please register by 8 PM Friday. TC map 40.

Sunday, 7/29 Merrill Creek Reservoir Circular     C 7 C
and Memorial Hike
Aaron Schoenberg  askus3@optonline.net or 845-987-4893
This hike offers many scenic views and passes through a wide variety of habitats including woodlands, early succession fields, evergreen plantations and wetlands. On this hike we will take time out to remember past members who are no longer with us and have made major contributions to our chapter’s success. Meet 8:15 AM at the NY-NJ Trail Conference Office, 156 Ramapo Valley Road in Mahwah, NJ (Route 202) for carpooling or meet at the Merrill Creek Reservoir Visitor Center, 34 Merrill Creek Rd., Washington, NJ at 10:00 AM.

Thursday, 8/2 South From Skyline Drive     B 6 B
Pat Marcotullio  patmarcotu@optonline.net or 845-729-4046
Meet 9 AM Upper Skyline Drive Parking Area for moderate hike past Camp Glen Gray and returning on the Cannonball Trail. Not for beginners. A steady rain will cancel. TC map 115.

Thursday, 8/2 Seymour (4120 ft.)     B 14 A
Elie Bijou  adirondacks@verizon.net or 518-873-2119 (9 AM to 9 PM)
A moderate paced hike to a trailless 46’er. Please bring lunch, snacks, water, fleece and rain gear. Pace slower/moderate. As temps are wide, partly paved, partly crushed stabilized gravel with very little in the way of elevation gains. We will be strolling at a moderate pace. Please bring plenty of water and a light snack. Great for beginners. Heavy/steady rain cancels. Optional lunch afterwards. Joint ADKNJR/Sierra Club hike.

Saturday, 8/4 Seven Hills Trail End to End     B 8.5 A
Peter Reiner  psr7777@gmail.com or 845-634-7635
Starting at the Reeves Center, we will hike all Seven Hills including Diamond Mountain and finish up at Lake Sebago. Meet hike leader at Lake Sebago boat ramp/parking lot off Seven Lakes Drive at 9 AM. This hike has several major climbs. Car shuttle is required. TC Map 118.

Sunday, 8/5 Fahnestock Loop     B 7 B
Fred Hodde  Bullwnkl1@aol.com or (H) 973-728-3223 (C) 973-722-7824
Pleasant loop starting with a nice section of the AT. Much of the hike will be in shaded areas. Meet at 9:30 AM at the first parking lot on the right (when taking Rte. 301 from Cold Spring) where the AT crosses on Canopus Lake. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC Map 103.
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Map Code</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 8/20</td>
<td>Last Day to RSVP Suzan Gordon for the Mohonk Mountain House Outing. Call or e-mail Suzan at: 201-871-3531 or <a href="mailto:browning.27@verizon.net">browning.27@verizon.net</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday, 8/23</td>
<td>In The Woods  B/C 5/7 B</td>
<td></td>
<td>Richard Sumner <a href="mailto:RLS@RSUMNER.COM">RLS@RSUMNER.COM</a> or 845-362-8470 Harriman or other nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on my knees, the group and the weather. Details will also be posted on FaceBook and the Yahoo group.</td>
</tr>
<tr>
<td>Thursday, 8/23</td>
<td>North Jersey Ramapo Board Meeting</td>
<td></td>
<td>Meet 7:30 PM at the home of Peter Reiner, 7 Cranford Drive, New City, NY.</td>
</tr>
<tr>
<td>Saturday, 8/25</td>
<td>Lenape Ridge-Minisink Trail Loop  B 5 B  Chris Jones <a href="mailto:editor@pikedispatch.com">editor@pikedispatch.com</a> or 845-856-5481 Meet at 10 AM at Planet Fitness (large building on right of ramp at Exit 1 of I-84 West in Port Jervis, NY). We will loop around a scenic ridge with spectacular views of Neversink Valley, hidden lakeside mansion, Metro North rock cut, interesting rock formations. Call leader for sign-up and/or directions. Heavy rain cancels.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday, 8/25</td>
<td>State Line Lookout  C 3 C</td>
<td></td>
<td>Louise &amp; John Parnell <a href="mailto:parnelljt@optonline.net">parnelljt@optonline.net</a> or 845-290-5287 Meet at 10 AM in the State Line Parking Lot on the Palisades P’way North after Exit 3. We will enjoy the views of the Hudson River and walk Old Route 9W. If there are any questions call.</td>
</tr>
<tr>
<td>Sunday, 8/26</td>
<td>Bare Rock Vista  B 6 B</td>
<td></td>
<td>Fred Hodde <a href="mailto:Bullwnkl1@aol.com">Bullwnkl1@aol.com</a> or (H) 973-728-3223 or (C) 973-722-7824 Meet at the upper parking lot for the Sterling Forest Visitor’s Center at 9:30 AM. 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 while overlooking Greenwood Lake. After lunch we’ll return to the Visitor’s Center by ‘strolling’ back down the Bare Rock trail. Register by e-mail. Call cell before 9:00 AM if the weather is questionable. TC Map 100.</td>
</tr>
<tr>
<td>Thursday, 8/30</td>
<td>Johnstown Circular  B 6 B</td>
<td></td>
<td>Irene Logan <a href="mailto:11ler378@optonline.net">11ler378@optonline.net</a> or 845-753-5651 Meet at 10 AM sharp at the end of Johnstown Road in the circular parking area. At a moderate pace, we will let the weather determine the route. Sufficient water a must since it might still be hot. Inclement weather or forecast of same will cancel the hike. Registration by e-mail with your phone number is preferred in case there is a need other than weather to cancel the hike. Call after 7 AM the day of the hike if in doubt. TC map 118.</td>
</tr>
<tr>
<td>Sunday, 9/2</td>
<td>Bare Rock Vista Loop  B 8 B</td>
<td></td>
<td>Fred Hodde <a href="mailto:Bullwnkl1@aol.com">Bullwnkl1@aol.com</a> or (H) 973-728-3223 (C)973-722-7824 We’ll meet at the upper parking lot for the Sterling Forest Visitor’s Center at 10:00 AM. Starting from there we’ll hike to the Bare Rock Vista using the Sterling Lake Loop and Bare Rock Trails. After an early lunch at the Vista, we’ll continue down the Bare Rock Trail. We’ll climb to the tower from the south via the Fire Tower and Sterling Ridge Trails, requiring a mini scramble. Not for beginners. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Map 100.</td>
</tr>
<tr>
<td>Thursday, 9/6</td>
<td>Piernont Pier  C 2 1/2 C</td>
<td></td>
<td>Louise &amp; John Parnell <a href="mailto:parnelljt@optonline.net">parnelljt@optonline.net</a> or 845-290-5287 Meet in the parking lot behind Confetti Restaurant on Ash Street in Piermont. TC map 110.</td>
</tr>
<tr>
<td>Thursday, 9/6</td>
<td>In The Woods  B/C 5/7 B</td>
<td></td>
<td>Richard Sumner <a href="mailto:RLS@RSUMNER.COM">RLS@RSUMNER.COM</a> or 845-362-8470 Harriman or other nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on my knees, the group and the weather. Details will also be posted on FaceBook and the Yahoo group.</td>
</tr>
<tr>
<td>Saturday, 9/8</td>
<td>Mohonk Mountain House Day (rain date Sun, 9/9)  C 2 C walk  B 6/7 B  hike  B 4/5 A rock scrambling A day of walking, guided hiking, or rock-scrambling, ending with a shower at the Spa, afternoon tea and a four-course gourmet meal in the historic Mohonk Mountain House Dining Room. Meet 10 AM on the Mountain House Verandah overlooking the lake. TC maps 105/106. For directions go to: <a href="http://www.mohonk.com/getting_here/directions.cfm">www.mohonk.com/getting_here/directions.cfm</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday, 9/8</td>
<td>Saddleback 3615 ft. (Jay Range)  B 4 A  Elie Bijou <a href="mailto:adirondacks@verizon.net">adirondacks@verizon.net</a> or 518-873-2119 (9 AM to 9 PM) Join me for a bushwhack to the highest peak of the Jay Range. This is not a 46er. Please wear long sleeves, bring gloves and eye protection. Bring lunch, snacks, at least 2-3 liters of water, and a big smile. Don’t let the distance fool you - this is a strenuous hike. Leader is located in the Adirondacks and cannot carpool from NJ.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday, 9/13</td>
<td>In The Woods  B 6/8 B</td>
<td></td>
<td>Georgette Fazzari <a href="mailto:grfhiker@gmail.com">grfhiker@gmail.com</a> (pref.) or 551-265-2369 (NCA 9 PM) Varied terrain in Harriman or nearby parks. Contact leader the week of the hike for details and to register.</td>
</tr>
<tr>
<td>Thursday, 9/13</td>
<td>Fort Montgomery &amp; Bear Mt. Bridge  C 3 C</td>
<td></td>
<td>Louise &amp; John Parnell <a href="mailto:parnelljt@optonline.net">parnelljt@optonline.net</a> or 845-290-5287 Meet at 10AM in the parking lot of Fort Montgomery. Take the Palisades P’way north toward Bear Mt. At the circle take Route 9W North to Fort Montgomery on the right. We could have two groups-one group will walk over the pedestrian walkway to the Bear Mt. Zoo &amp; over the bridge, the other group will walk to the Bear Mt. Bridge from Ft. Montgomery. Call if there are any questions. TC map 119.</td>
</tr>
<tr>
<td>Saturday, 9/15</td>
<td>Pyramid Mountain  B 4/5 B</td>
<td></td>
<td>Jeffrey Sovelove <a href="mailto:Hiker_Dood@yahoo.com">Hiker_Dood@yahoo.com</a> This will be a loop hike past Tripod Rock using a variety of trails. There is quite a bit of elevation change and significant climbing. See the Morris County Parks website <a href="http://www.morrisparks.net/asp-parks/pyrmtmmain.asp">www.morrisparks.net/asp-parks/pyrmtmmain.asp</a> for directions and info. Bring lots of water and a light snack. Meet in the Visitor’s Center parking lot at 10 AM. Inclement weather cancels. Joint ADK-NJR and Sierra Club hike.</td>
</tr>
</tbody>
</table>

Pre-registration is advised in case of a change in schedule. Changes will be posted on facebook and the Yahoo group.
HIKE SCHEDULE • SUMMER 2012 • JULY • AUGUST • SEPTEMBER

Thursday, 9/20 In The Woods B 7/9 B
Paul Margiotta pjmm11@verizon.net (preferred) or 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Thursday, 9/20 NJR Club Meeting Nanuet Library 7 PM
Presentation by Jeff Blumenfeld, editor of Expedition News, an 18-year-old monthly newsletter that covers the adventure marketing world. A resident of New Canaan, CT, he is a Fellow of The Explorers Club and Fellow of the Royal Geographical Society. In January 2010 he traveled to Antarctica.

Saturday, 9/22 Columbia Rail Trail C 11 C Despina Metaxatos dmetaxatos@hotmail.com or 201-952-4151 (NCA 9 PM)
The Columbia Trail strings together forests, farms and parklands as it stretches 11 miles among the small towns of High Bridge, Califon and Long Valley in New Jersey. Most of the corridor parallels the South Branch of the Raritan River. A NY/NJ Trail Conference web site with more information on this trail is at www.nynjtc.org/park/columbia-trail. Contact Despina for further info about meeting location, time, and registering. Car shuttle required.

Saturday, 9/22 Doodletown B 4 1/2 B Louise & John Parnell parnelljt@optonline.net or 845-290-5287
Take the Palisades P’way north to Exit 19 (Perkins Drive). Make a right into the first parking area. We will meet at 10 AM. We will park some cars on Route 9W where the walk will end. Call ahead to coordinate. If possible, we will have a former resident of the vanished hamlet of Doodletown on our walk. TC map 119.

Sunday, 9/23 Long Path Clausland Mountain B 4.5 C+ Peter Reiner psr7777@gmail.com or 845-634-7635
Hike along the Long Path from Nike Overlook Park to Buttermilk Falls Park on beautiful woods trails. Car shuttle is required. Meet hike leader at 9:30 AM at Buttermilk Road in Blauvelt, NY. Trail Map 109 (Hudson Palisades).

Sunday, 9/23 Suffern/Bear Mountain Trail Traverse B 6 A-Peggy Wisser 914-260-7506
Meet 9:15 AM at the Suffern Commuter Parking Lot opposite the Shamrock Inn for car shuttle to Kakiat Park and start of hike. Hike will begin with Kakiat Trail to Suffern Bear Mountain Trail where we will pass the Valley of the Dry Bones, Kitchen Stairs and Nordkop Mountain. Good views at beginning and end of the hike. Some rock scrambling. Call leader to register. TC map 118.

Thursday, 9/27 In The Woods B/C 5/7 B Richard Sumner RLS@RSUMNER.COM or 845-362-8470
Harriman or other nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on my knees, the group and the weather. Details will also be posted on FaceBook and the Yahoo group.

Thursday 9/27 Walkway Over the Hudson C 3 1/2 C Louise & John Parnell parnelljt@optonline.net or 845-290-5287 Meet at 11:20 AM at the parking lot on Haviland Rd. near the old red caboose. Take the NY State Thruway North to New Paltz (Exit 18). Turn right onto Route 299 East to 9W and turn right going south. At Haviland Ave. make a left to first parking area on the left. It’s possible we will eat at a restaurant. Call if you have any questions.

Saturday, 9/29 Radiant Ramapo Romp B 7 B Hank Zulauf hankz46@verizon.net or 201-391-5867
Experience some great fall colors in Ramapo Reservation including colorful views from both Hawk Rock and Ilgenstein Rock. Start at 10 AM from the Ramapo Valley Reservation Parking Lot off Rt. 202 in Mahwah, NJ. We’ll pass Scarlet Oak Pond and take the Halifa Trail to the Hoeferlin Memorial Trail to Ilgenstein Rock for lunch. On a clear day, the NYC skyline is visible. Passing both Bear Swamp Lake and the MacMillan Reservoir, we’ll return to the start of the hike using various trails including the historic Cannonball. Call if weather uncertain. TC map 115.

Sunday, 9/30 Sterling Forest Twofer B 8 B+ Fred Hodde Bullwnkl1@aol.com or (H) 973-728-3223 (C) 973-722-7824 Meet at the upper parking lot for the Sterling Forest Visitor’s Center at 9:30 AM. 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. After lunch, we’ll continue down the Bare Rock Trail to the Fire Tower and Sterling Ridge Trails and a climb to the Fire Tower, requiring a mini-scramble. Not for beginners. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is uncertain. TC map 100.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and/or Yahoo. This is the place to look for cancellations, changes in meeting place or time and last-minute additions to the hike schedule. The easiest way to get there for the first time is from our website home page. Just click on the icon to go to those pages. Remember, you don’t have to join Yahoo or Facebook to see our pages.
“You Want to Go Where?”
by Suzan Gordon, Programs Chair

Doesn’t that sound interesting? At our next Chapter Meeting, Jeff Blumenfeld will give a presentation based on his new book of this title that covers some of the world’s most historic expeditions and adventures and how they obtained funding. Blumenfeld will explain that companies are not here to pay for a vacation, but if you have a purpose in mind, it may be possible to obtain funding.

His presentation will include: Norman Vaughan - Climbed Antarctic mountain named after himself; Will Steger - First confirmed dogsled trek to the North Pole; Reid Stowe - Recently concluded history’s longest sea voyage - 1,152 days; Barbara Hillary - Went to North Pole then to South Pole at age 79; and André Tolme - Adventure golf? Yes indeed. He hit a golf ball across Mongolia.

Jeff Blumenfeld is editor of Expedition News, a monthly newsletter that covers the adventure marketing world. He is a world traveler and his talk promises to be most exciting.

The meeting is Thursday, September 20th, 7 PM at the Nanuet Public Library in Nanuet, NY. Please bring family and friends for an evening of education and enjoyment.

Beware Of Hungry Ticks

Remember fall 2010 when there were so many acorns in the woods? In some places it was like walking on marbles. This led to a big increase in the mouse population (in the woods) and that was good for ticks. Lyme ticks don’t just feed on deer; any mammal will do. So they had no trouble finding food and their population increased. But last fall there were almost no acorns so now the mouse population is way down and the tick population is up. That means there will be a lot of ticks looking for a mammal to feed on! That means us. Ticks feed as larvae, nymphs, and as adults. The nymph season is May to July so be careful. The weather affects the behavior of ticks. When it’s hot and dry ticks may be dormant but they’re not gone. The nymphs are very small, about the size of a poppyseed, so they are hard to spot and easy to miss. If you find one after a hike and remove it promptly you’re probably okay. If you find one the next day go see your doctor.

For more information search for ticks on the New York Times or other Internet news sites.

Ask the Merryweather Hiker

Dear Merryweather,
The weather will be getting warm soon. When we hike, we should consider use of a sunscreen and a bug spray. Usually both are needed, does it make any difference in effectiveness which is applied first?
Bitten & Blistered

Dear Bitten & Blistered,
A very interesting question. While a seemingly obvious answer might be to use a product that provides both sunscreen and DEET, a common ingredient in insect repellent (there are many on the market), there is research that suggests that this might not be the best way to go. A study in 2004 showed that combining the two ingredients caused the skin to absorb the DEET over 3 times faster than when using DEET alone. Unfortunately, there haven’t been any further studies to determine if this increased potency is harmful. In addition, the application of both products at the same time has been shown to decrease the effectiveness of the sunscreen. So, what to do... As always, it is best to wear light colored clothing with long sleeves and long pants tucked into your socks. Apply sunscreen to exposed skin first and allow about 30 minutes for it to be fully absorbed into your skin. Then apply a DEET based insect repellent on the exposed skin and to your pants below the knees, including the socks. Don’t forget that you will need to reapply the sunscreen every 3-4 hours and bug spray as needed.

RSVP!
Monday, 8/20 Last Day to RSVP Suzan Gordon for the Mohonk Mountain House Outing. Call or e-mail Suzan at: 201-871-3531 or browning.27@verizon.net
SUMMER 2012

Dates to Remember!

Sunday, July 1st  4 PM
PICNIC at the Tenafly Nature Center, Tenafly NJ.
Bring your favorite picnic dish to share. Hike in the Nature Center and then dine with friends in the Pavilion at 4PM.

Saturday, September 8th (rain date September 9th)
MOHONK DAY
Enjoy a day at Mohonk Mountain House hiking or relaxing, and then having dinner at 6PM.
See Newsletter for details.

Thursday, September 20th  7PM
CHAPTER MEETING - “You Want to Go Where?”
Jeff Blumenfeld will present a program on expeditions and adventures.
More information in the Newsletter.

Welcome New Members!

Peter Coy – Demarest NJ
Mike Deyo – Newburgh NY
Sylvia & Michael Mabunay – Sparta NJ
Carolyn & Edward Demarest – Woodcliff Lake NJ
Karen Lazar – West Orange NJ
Michael Symonds – Ridgewood NJ

TAKE NOTE:
We are planning to print a new membership roster with names, addresses, phone numbers and e-mail addresses for every member. This will be included in a future newsletter. If you do NOT wish your address, phone or e-mail to be on the list please email Richard Sumner (chair@hudson-hikers.org) or call 845-362-8470 promptly.