A Message From the Chair

Fellow Hikers,

Even though it’s the beginning of Summer, it’s not too early to begin thinking about elections. Since it’s an even year, the following chapter officers are up for election to serve a 2-year term: Chapter Chair, Vice Chair, Secretary, Treasurer, Director (our representative to the ADK Board of Directors). Alternate Director.

In keeping with our tradition, Karen Rose as the current Vice Chair is the candidate for Chapter Chair and Fred Hodde, our very capable Secretary is the candidate for that office.

Our long time Treasurer, Marcia Greenwald, is stepping down. Marcia, we thank you for your many years of outstanding service and dedication to our club and wish you well.

In addition, our Programs Chair, Suzan Gordan, will be stepping down at the end of the year. Suzan, it has been a privilege working with you on the Board these past years.

As you can tell, we have some big shoes to fill but I’m confident that the members of our club will step up and get involved. Don’t forget, this is YOUR club. Get out there, lead a hike, step up, and get involved! Please don’t hesitate to contact me or any officer if you can help fill the Treasurer, Programs Chair, or any other office.

We have great hikes and events coming up this year, including a pot luck Holiday Party and general club meeting in December. Be sure to check our website, newsletter, Facebook page, and Yahoo Group for updates and last minute additions to our schedule.

I also wanted to share a few tips for how to be a good hiker:

- Be on time for the hike and show up ready to hike
- Stay with the group – a good hiker doesn’t push the pace or slow the group down
- Don’t get ahead of the leader or behind the sweep – it’s just bad hiking etiquette
- Do let the leader know if you’re having trouble or need to leave for any reason
- Don’t demand that the leader change his/her plans because you have to be somewhere at a certain time
- Remember that leaders are volunteers – they give selflessly of their time and expertise
- Help make the hike fun for everyone – turn off your iPod, cell phone and socialize with your fellow hikers
- Leave no trace – apple cores and banana peels do not belong in the woods and they teach animals that food can be found near the trails.

Above all have fun!

See you on the trails!

Jeff Sovelove
Chapter Chair
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@gmail.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!

ADK NORTH JERSEY RAMAPO CHAPTER

385 N. Franklin Tpke, Box 7, Ramsey NJ 07446
For information: info@hudsonhikers.org
www.hudsonhikers.org/catskills.html

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845-362-8470 webmaster@hudsonhikers.org

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

If you do not receive newsletter by the end of each quarter, please contact Phyllis Key 201-768-5573 membership@hudsonhikers.org
Sept. 13-20   Explore Acadia National Park  B 14
Aaron Schoenberg  askus3@optonline.net
We will spend a week hiking to all the major scenic attractions in Acadia National Park. In addition we will also take a boat trip to Isle au Haut and hike there as well. Another day will be spent bicycling the carriageways around Acadia. There will also be free time to explore Bar Harbor. Our base will be a home in Somesville, ME. Strenuous hiking is the rule. Up to a maximum of 14 miles of hiking per day. You should have no fear of heights as we will be climbing up ladders and hiking along ledges at various times. Contact Aaron for registration application & itinerary. Deadline for registration: July 31. Deposit fee of $150 required towards house rental to be submitted with registration application. Lodging will run $225 or $425 for the week at the house we are renting.

Thursday, 7/3   In The Woods  B 6/8 B
Georgette Fazzari  grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9PM)
Contact leader the week of hike for details and to register.

Saturday, 7/5   Gertrude's Nose Trail-Lake Minnewaska  B 7 B
Karen Rose  kkarose@aol.com or 201-962-8546
Meet 8 AM at Trail Conference Parking Lot in Mahwah. We will car pool to Upper Parking Lot Lake Minnewaska State Park to hike at a steady pace along the western shore to Gertrude's Nose and back by the eastern shore. Rain or temps over 90 cancels. Must call or e-mail to register. TC Shawangunk Trails map 104.

Sunday, 7/6   Bare Rock Vista  B 6 B
Fred Hodde  Bullwnkl1@aol.com 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. We’ll hike to the Bare Rock Vista where we’ll have lunch while taking in the view. After lunch, we’ll take the Bare Rock and Sterling Ridge trails to the Fire Tower. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest map 100.

Thursday, 7/10   In The Woods  B/C 5/7B
Richard Summer  RLS@RSUMNER.COM or 845-362-8470
Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 7/12   Jockey Hollow Leader’s Choice  B 5 B
Jeffrey Sovelove  Hiker_Dood@yahoo.com
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Saturday, 8/2  The Allis to the AT and Back  B 7.5 B
P. Tilgner and S. Gordon  petertilgner@icloud.com or 201-871-3531 (c) 201-681-0592
Starting from the Sterling Ridge/Allis Trailhead parking (about 6.8 miles from the junction of Rt. 17/17A) look for the hiker crossing sign on the right. Trailhead access road is a few hundred feet on the left as you head west. We hike the Allis Trail through the Doris Duke Wildlife Sanctuary to the AT for lunch and return. Steady rain cancels. Please register for this hike. TC Harriman-Bear Mt. map 119.

Thursday, 8/7  Long Path Hike  B 4 B
Peter Reiner  psr7777@gmail.com or 845-323-7697
Meet at 9:30 AM at parking area at the end of Landing Road on the east end of Rockland Lake State Park. We will shuttle to a parking area at Christian Herald Rd. & 9W to begin the Long Path hike. The hike will include great views from Hook Mountain and may be extended to a walk down to the river along Landing Rd. E-mail or call to register for hike. TC Sterling Forest map 100.

Sunday, 8/10  AM Hike in Harriman  B 4 B
Karen Rose  kkarose@aol.com or 201-962-8546
To beat the heat we will meet early at 9 AM and be out by noon. Hike to Pine Meadow Lake. Okay for beginners who can hike at a steady pace. Bring plenty of water and a snack. Meet at Lake Sebago Boat Launch Parking. Rain cancels. Please e-mail or call to register.

Thursday, 8/14  In The Woods  B/C 5/7 B
Richard Sumner  RLS@RSUMNER.COM or 845-362-8470
Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 8/16  Patriots Path Stroll  C 5 C
Jeffrey Sovelove  Hiker_Doode@yahoo.com.
Take an easy stroll on Patriots Path in Morristown. We 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”. Great for beginners. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Saturday, 8/23  Exploring Middle Harriman Park  B 6 B
Dean Gletsos  cgletos@yahoo.com or 845-354-0738
We will visit Cape Horn, Times Square and lunch at Fingerboard shelter, overlooking Lake Tiorati. Back via other trails and old lumber roads. Bring plenty of fluids and lunch. Dress appropriately for weather (call if in doubt). Meet 9:30 AM at Lake Skannatati Parking Area. TC Harriman-Bear Mt. map 119.

Thursday, 8/28  Skannatati East Side Loop  B 6 B
Fred Hodde  Bullwnkl1@aol.com or (c) 973-728-3223 or (h) 973-722-7824
Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned route will use the ASB, Red Cross, Beech and Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman-Bear Mt. map 119.

Sunday, 8/31  Fahnestock Loop  B 7 B
Fred Hodde  Bullwnkl1@aol.com or 973-728-3223(h)/ 973-722-7824(c)
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 East Hudson map 103.

Saturday, 9/6  Four Birds Trail  B 7/8 B
Pat Marcotullio  patmarcotu@optonline.net 845-290-5287
Meet at 10 AM in the parking lot on Gilcrist Rd. off Route 303. TC Hudson Palisades map 111.

Saturday, 9/11  In The Woods  B 6/8 B
Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9PM)
Contact leader the week of hike for details and to register.

Thursday, 9/4  Congers Lake  C 3 C
Louise Parnell  parnelljt@optonline.net or 201-290-5287
Meet at 10 AM in the parking lot on Gilcrist Rd. off Route 303. TC Hudson Palisades map 111.

Saturday, 8/16  Exploring Middle Harriman Park  B 6 B
Dean Gletsos  cgletos@yahoo.com or 845-354-0738
We will visit Cape Horn, Times Square and lunch at Fingerboard shelter, overlooking Lake Tiorati. Back via other trails and old lumber roads. Bring plenty of fluids and lunch. Dress appropriately for weather (call if in doubt). Meet 9:30 AM at Lake Skannatati Parking Area. TC Harriman-Bear Mt. map 119.

Thursday, 8/28  Skannatati East Side Loop  B 6 B
Fred Hodde  Bullwnkl1@aol.com or (c) 973-728-3223 or (h)973-722-7824
Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned route will use the ASB, Red Cross, Beech and Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman-Bear Mt. map 119.

Sunday, 8/31  Fahnestock Loop  B 7 B
Fred Hodde  Bullwnkl1@aol.com or 973-728-3223(h)/ 973-722-7824(c)
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 East Hudson map 103.

Saturday, 9/6  Four Birds Trail  B 7/8 B
Pat Marcotullio  patmarcotu@optonline.net 845-729-4046
Meet 9 AM Stop and Shop parking area off 287 exit 55 for a 20 minute ride to trail head. If you like to meet at trail head consider that there is very limited parking. Short car shuttle needed. Not for beginners. Please register for this hike. TC Jersey Highlands map 125.

Sunday, 9/7  Lake Skannatati Lollipop  B 8 B
Fred Hodde  Bullwnkl1@aol.com or (c) 973-728-3223(h)/973-722-7824
Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned route will use the Long Path, Lichen, RD, Dunning and (back to) Long Path Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman-Bear Mt. map 119.

Thursday, 9/11  In The Woods  B 6/8 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.

Pre-registration is advised in case of a change in schedule. Changes will be posted on Facebook and the Yahoo Group.
HIKE SCHEDULE • SUMMER 2014 • JULY • AUGUST • SEPTEMBER

Thursday, 9/11  State Line Lookout  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM at the State Line Lookout parking lot after Exit 3 on the north-bound Palisades P’way. We will walk Old Route 9W. TC Hudson Palisades map 109.

Saturday, 9/13  Parker Cabin Mountain  B 6 B
Fred Hodde  Bullwnk1@aol.com or 973-728-3223(h)/973-722-7824(c)
Meet at the Route 106 parking area just east of I-87 (near the Parker Cabin Hollow trail-head) at 9:30 AM. The planned route will use the Parker Cabin Hollow, White Bar, White Cross, RD and Triangle Trails with lunch at a Parker Cabin Mountain vista. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman-Bear Mt. Southern map 118.

Sunday, 9/14  Butter Hill Views  B 6.5 B+
Peter Reiner  psr7777@gmail.com or 845-323-7697
Meet at 9:30 AM in the Storm King Park parking lot off Rt 9W. Steep climb up Butter Hill, past ruins onto the Bluebird and Stillman Trails. Great views from several peaks within Storm King State Park. Call or e-mail to register for the hike. TC West Hudson map 113.

Thursday, 9/18  Ramapo Reservation  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM at the parking lot on Ramapo Valley Rd.(Route 202). TC North Jersey map 115.

Thursday, 9/18  In The Woods  B 6/8 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.

Sunday, 9/21  Pyngyp An Easier Way (Ike’s hike)  B 8 B
PTilgner and S. Gordon  petertilgner@icloud.com or 201-871-3531 c 201-681-0592
Meet 9:30 AM at the south end of the main lot at Anthony Wayne - Exit 17 on the Palisades Pkwy. Using the SBM Trail, we will climb this 1032 ft. summit from the north and avoid the steep south face. After lunch and views we will return on the SBM and 1779 trails. Steady rain cancels. Please register for this hike. TC Harriman-Bear Mt. map 119.

Sunday, 9/21  Historical Talk & Walk of the Brick Industry in Haverstraw
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 1 PM at the Haverstraw Brick Museum, 12 Main St. off Rt. 9W in Haverstraw. Free parking on Sunday in the back of the building as well as free coffee & cake. TC Hudson Palisades map 112.

Thursday, 9/24  In The Woods  B 6/8 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.

Thursday, 9/25  Piermont Pier  C 3 C
Louise Parnell  parnelljt@optonline.net or 845-290-5287
Meet at 10 AM at the parking lot behind Confetti Restaurant on Ash St. in Piermont. TC Hudson Palisades map 109.

Thursday, 9/25  In The Woods  B/C 5/7 B
Richard Sumner  RLS@RSUMNER.COM or 845-362-8470
Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 9/27  Turtleback Rock, South Mountain Reservation
Jeffrey Sovlove  Hiker_Dood@Yahoo.com.
We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission website http://www.essex-countynj.org/p/index.php?section=parks/sites/so for directions. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/ Sierra Club hike.

Sunday 9/28  The 4 Birds Trail Farney State Park  B 7 B
Pete Heckler  p_heckler@msn.com or 973-831-2307(NC morning of hike)
This is a new and enjoyable shuttle hike in the Pequannock Watershed. We will have great views of Splitrock & Charlotteburg Reservoirs from Indian Cliffs & along the trail. Also of a masterpiece beaver dam on Timberbrook Pond. Meet at 9:30 at the ball field parking lot across the tracks from the Newfoundland Train Station off Rt. 513 after exiting from Rt. 23 south to Green Pond Rd.,Rt.513. Rain or hazardous driving conditions cancel this hike. Registration by e-mail preferred. TC Jersey Highlands map125.

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

Photo by Jeff Sovlove
Last-minute changes in the hike schedule 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.

**MANY THANKS, HIKE LEADERS …**

...for sending me your hiker registration forms. It is so very important that we have them on file. Thank you, too, for returning unused Accident Forms and stamped envelopes. I see that they get back to Lou for re-cycling. Comments about your hikes are also appreciated.

Betty Heald, Sign-In Form Collection
201-967-2937
formcollection@hudsonhikers.

**Welcome New Members**

- Charles Dolin – Livingston NJ
- Susan Lilly – Ft. Lee NJ (aff)
- Samuel McCaulley – Andover NJ
- Susan & Thomas Carney – River Edge NJ
- Thomas Foligno – New City NY
- Chris Fuehrer – Stockholm NJ
- Richard Mara – Bayonne NJ
- David Salembier – Suffern NY
- Gretchen Taldell – Rockaway NJ
- Lora Kasney – Pearl River NY
- Kathy Botti – Rutherford NJ (aff)
- Henry Aubynn – Hackensack NJ
- Don Brown – Randolph NJ
- Kathleen Chichetti – Pearl River NY
- Erica & Peter Diestel – Allendale NJ
- Grace Lin – Jersey City NJ
- Justina Moser – Florida NY
- Laura Paradiso – Staten Island NY
- Gina & John Rescigno – Ocean NJ
- Melissa Riario – Westwood NJ

**Welcome Back**

- Kate Liebhold – Englewood NJ
- David Rosenfeld – Tappan NY
- Peter Burger – Monsey NY
- Maureen Conroy – Warwick NY
- William Deegan – Mahwah NJ
- Robert Flannery – Carlstadt NJ
- Anthony Franco – Stony Pt. NY
- Linda Lang – Cedar Knoll NJ
- Diane Tkach – Highland NY

**PARKING**

Summer is here and that means parking fees! Between Memorial Day and Labor Day NYS Parks (Harriman, Bear Mountain) collect a fee for parking. Some areas will be collecting a fee every day and some only on weekends. There is a way to park free, at least on weekdays!

CARPOOL WITH A NYS SENIOR CITIZEN!
FREE PARKING at NY State parks: Only works on weekdays.
If you are a New York State resident 62 or older, on any weekday (except Holidays), you can obtain...

* Free vehicle access to state parks and arboretums
* Fee reduction to state historic sites
* Fee reduction for state-operated swimming, golf, tennis and boat rental simply by presenting your current valid New York State Driver’s License or New York State Non-Driver’s Identification Card.
YOGA FOR THE SUMMER HIKER, Prasarita Padottanasana

by Deanna Felicetta, RYT-E

After a summer hike you may find you would like to “take a break” before getting into your car for the ride home. This simple wide leg stretch and inversion will help you to do just that.

Begin by standing in the classic Mountain Pose, Tadasana (Fall 2013 newsletter). Remember to stand tall with your toes pointing straight ahead. Take in a few full breaths in this pose and gently exhale them fully. Let your breath be natural as you begin to widen your stance bringing each foot out to the side about two feet. Keep the toes pointing straight ahead. You will have created a wide-V shape with your legs. Now slowly bend forward and down (walk your hands down your legs to assist if you need to), placing your hands on the floor directly under your shoulders. Softly bend your knees a little if you need to. You can also use yoga blocks on the ground under your hands. Now relax and breathe for a moment or two in this new upside down world. When comfortable you can begin to slowly walk your hands back in between your legs so they are even with your feet and the finger tips are pointing forward, just as the toes are, with the palms flat on the floor (or just your fingertips if you can’t quite get the palms down flat).

Pressing down into your feet and your hands gently pull your head down lower to the ground. Be careful not to hyper-extend the back of your legs or tighten your knees too strongly. Your hips will be rising up to the sky as you lengthen and stretch your spine and head downward remembering to relax your shoulders. IT IS IMPORTANT THAT YOU BE SOFT and RELAXED in this wide leg stretch and inversion. Now relax into slow, even and deep breaths. You should feel peaceful here. When you are ready to leave Prasarita Padottanasana soften your knees, bending them as you let your hips lower and you press and straighten your arms. Continue lifting your upper body and head as you become upright. Gently shake out your legs and arms. Return your legs to a proper standing Tadasana position with hands heart high with fingers pointing toward sky in Namaste. Now that you are relaxed and refreshed, enjoy your ride home! Looking forward to seeing you on the trail,

NAMESTE.

Hike Leader Skills

by Diane Grunthal

Our ADK chapter is fortunate to have so many excellent hike leaders. They scout the trails; they look for appropriate hikes with attractive views and pleasant spots for lunch. They measure the miles and estimate elevation gain so prospective hikers know what to expect and can decide if it’s right for their abilities. These are the leader’s “technical skills”. But often the difference between an enjoyable hike and an arduous hike can depend on the hike leader’s “soft skills”.

It is important to remember that after 1.5 to 2 hours into a hike, participants likely have not eaten for perhaps 4 hours. Energy levels may begin to decrease at this time, especially if the hike is strenuous. A 5 or 10-minute snack break would be welcome by most hikers (British hikers might call this an elevenses break).

After an obstacle (climbing over fallen trees, a difficult rock scramble or steep uphill) the group will start to stretch out. A short pause after the obstacle until everyone is past will keep the group together. A compact group is usually a sociable group with several conversations going on as they hike.

Most leaders pause often enough for water breaks, but sometimes they forget that the last hiker to arrive at the stop needs to have adequate time for a break as well.

Thanks to all those ADKers who lead hikes; it certainly isn’t an easy job, but they do it well!

Long Path near Lake Skannatati.
SUMMER 2014

Bald Rock