A Message From The Chair

As I write this it is a 58 degree day in February and it feels like Spring already! A big contrast to last winter’s endless cold days! This winter we had a year’s worth of snow on one day and it barely stuck around long enough for the snowshoers and skiers to enjoy. But overall it has been a great winter, milder than the last few years, but with plenty of great days to get outdoors and enjoy nature. I hope you have enjoyed hiking this winter as much as I have.

I am happy to announce we have two new volunteers. Dean Gletsos will be maintaining our section of the Long Path in Harriman State Park. It is a 2 mile section between Route 6 and the Menomine trail junction. He will be taking over from Fred Hodde; thank you Fred for your many years working on this trail. Paul Margiotta has volunteered to take charge of the newsletter mailing, taking over from Denis Kmeic. Thanks are due to Denis and Joan for many years of stapling, folding, sealing, stamping and addressing newsletters for the Ramapo chapter (before the merger) and shepherding the transition to bulk mailing as a non-profit.

Speaking of the newsletter, we are in need of an editor. Richard Sumner, our webmaster, has taken on the job in the interim, but we need someone to step up to volunteer for this position. We are also still in need of a Programs Chair, someone who will organize quarterly meetings with speakers on various topics of interest to our club members.

I need to remind everyone that the newsletter is available on-line well ahead of the mailing and the pictures are in color! I have asked if you would like to receive the newsletter by e-mail, instead of postal mail. There have been disappointingly few responses. Printing and mailing is a large expense that could be better spent on other things. Our goal by the end of the year is to primarily distribute the newsletter by e-mail (a .pdf file), with mailing a printed copy limited to those who opt out of the e-mail. So please let me know your preference (and your e-mail address!).

Our chapter is growing and our hikes have been well attended, but I’ve noticed that there seem to be fewer strenuous, longer and more challenging hikes in the schedule. I am sure we have members who are doing these kinds of hike. How about sharing with your fellow members of NJR-ADK by becoming a hike leader? I also invite you to share your hiking experiences with us by writing an article for this newsletter. We would love to hear from you about unusual hiking experiences either in nearby or in exotic faraway locations.

Last but not least I want to thank our board of directors for leading the chapter into the future. Our Meet-Up and Facebook pages have opened our club to new members, and we are looking for ways to improve our website. We have given “Joys of Hiking” programs at several local libraries and are focusing on outreach to younger members. Our board meetings are open to all members; please come and join the discussions, we welcome new ideas.

See you on the trail,
Karen

Spring on the AT
Peter Tilgner
HIKERS’ 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.

One of our neighbors to the north, The Mid-Hudson Chapter, has an extensive and varied outings schedule. In addition to hikes in the Hudson valley (some as far south as Harriman and Furnestock) they also have kayak paddles (and lessons) on lakes and rivers (including the Hudson) and some interesting longer trips (a section of the AT in Maine for example).

There is a printable pdf copy on our website, or just go directly to the source, http://midhudsonadk.org/outings/

ADK NORTH JERSEY RAMAPO CHAPTER

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Trail Talk is published quarterly. The deadline for submissions is generally one month prior to publication date. Please send articles, photos or other contributions to newsletter@hudsonhikers.org. If you do not receive the newsletter by the beginning of each quarter (January, April, July and October), please contact the membership chair, (membership@hudsonhikers.org 201-768-5573).
HIKE SCHEDULE • SPRING 2016 • APRIL • MAY • JUNE

Saturday, 4/2  The Spectacular Tors  B 7 B
Dean Gletsos  cgletos@yahoo.com  845-354-0738(h)
Guaranteed the best views for the effort! We will meet at 9:30 AM at the small parking area, where Long Path intercepts Central Hwy. (Rt. 33) in Garnerville. If you are having questions or concerns, you can call me at home till 9 AM the day of hike or at 914-806-8330(c), if you're lost. TC Hudson Palisades Trails map 112.

Sunday, 4/3  Ramapo Ramble  B 7 B
Chris Connolly  c.connolly7@verizon.net (pref.) 201-321-6605
We'll take the Schuber to loop around the MacMillan Reservoir, than take the Marhn and Yellow/Silver Trails to lunch view points, and return via Schuber and Silver Trails. Meet 9:30 AM at Ramapo Reservation Parking Lot off Rt. 202. TC North Jersey map 115.

Thursday, 4/7  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, 4/9  A Lake, a Shelter and Catamount Mt.  B 7 B
Dean Gletsos  cgletos@yahoo.com  845-354-0738(h)
We will meet at 9:30 AM at the Equestrian Center parking area, off Rt. 202 in Pomona. We will take the Pine Meadow, Conklin and S-BM trails for a leisurely lunch at Pine Meadow lake. Then we will visit "The Egg"! If you are having questions or concerns, you can call me at home till 9 AM the day of hike; or at 914-806-8330(c), if you're lost. TC Southern Harriman map 118.

Sunday, 4/10  Summer Hill Loop  B 5.5 B
Peter Reiner  psr7777@gmail.com  845-3237697
Meet 10 AM at the parking area off Rt. 6 about 1 mile past the Long Mountain traffic circle. Travel on the Long Path, Anthony Wayne, 1779 and PG trails around Summer Hill. Severe inclement weather cancels. Please register for this hike. TC Northern Harriman map 119.

Thursday, 4/14  Tuxedo Loop  B 7.5 B
Roy Wooters  rfwoot@gmail.com (c) 845-304-0867
Meet at 9:30 AM at Fisherman's parking on East Village Road just north of Tuxedo R.R. Station. Road walk .6 miles on R-D Trail to park. Trails: R-D to Yellow Triangle to Parker Cabin Mountain for lunch. Return on R-D trail. Please register via e-mail with phone number. Severe weather cancels. TC Harriman-Bear Mountain Trails map 118.

Saturday, 4/16  Stonetown Rocks  B 5/6 B
Despina Metaxatos  dmetaxatos@hotmail.com  201-952-4151
Meet at 10 AM at Stonetown Recreation Area (Mary Roth Drive) off Stonetown Rd. in Ringwood, NY. Take Stonetown Circular Trail to Tory Rocks and back along woods roads to explore interesting rock formations, including Signal Rock. Some climbing and potential bushwhacking. Please register for this hike. TC North Jersey Trails map 115.

Sunday, 4/17  Surprise Lake Loop  B 6 B+
Fred Hodde  Bullwnk1@aol.com or 973-728-3223 (h) 973-722-7824 (c)
We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford (Rt. 511) at 9:30 AM. We'll hike to the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Not for beginners. Registration by e-mail preferred. Call cell before 9 AM if the weather is questionable. TC North Jersey map 116.

Thursday, 4/21  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 PM on Wednesday. No beginners please.

Saturday, 4/23  Clausland Mountain County Park  B 5.5  C+
Peter Reiner  psr7777@gmail.com  845-3237697
Meet at 9:30 AM Buttermilk Falls Park off Greenbush Rd. in West Nyack for a car shuttle to the hike starting at Nike Overlook Park. Hike along the Long Path through three parks and, if there's been some recent rain, views of Buttermilk Falls. Please register for hike. TC Hudson Palisades map 109.

Sunday, 4/24  Appalachian Trail  B 8/9 B
Peggy Wissler  Pwissler115@gmail.com (c) 914-260-7506
Meet at 9 AM (place to be determined) and hike a piece of the AT near Warwick, NY. Enjoy early spring foliage. Trip will include car shuttle. Contact leader to register and for directions. TC AT map.

Thursday, 4/28  Johnstown Circular  B 6.5 B
Fred Hodde  Bullwnk1@aol.com or 973-728-3223(h) 973-722-7824(c)
Meet at the Johnstown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9 AM if the weather is questionable. TC Southern Harriman map 118.

Pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group.
HIKE SCHEDULE • SPRING 2016 • APRIL • MAY • JUNE

Saturday, 4/30
No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Sunday, 5/1
Jordan Pond Loop B 7.6 B
Fred Hodde Bullwnkl1@aol.com or 973-728-3223 (h) 973-722-7824 (c)
This is a scenic hike in Fahnestock State Park. Meet at 9:30 AM where the Charcoal Burners trail crosses Route 301 (approximately 3.3 miles east of the Routes 301 and 9 intersection. The trail route will include views of Jordan Pond and Clove Creek. Registration by e-mail preferred. Call cell before 8 AM if the weather is questionable. TC East Hudson map 103.

Sunday, 5/8
No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Thursday, 5/12
In the Woods C 5/6 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, 5/14
Storm King B+ 8/9 B+
Bob Fiscina fis6973@verizon.net
Starting from 9W, we climb Butter Hill, descend to Rt 218, continue on to Storm King and Crows Nest Mountains before returning to the cars. For information or to register contact leader. No beginners please. Rain cancels. TC West Hudson Trails map 113.

Thursday, 5/19
Sterling Lake Loop B 4 C+
Mario Medici marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10 AM. Call or e-mail leader to register. Call cell before 9 AM if weather is questionable. TC Sterling Forest map 100.

Thursday, 5/19
In The Woods B 5/6 B
Georgette Fazzari grfhiker@gmail.com (pref.) or 551-265-2369 (NCA 9 PM)
Please contact leader the week of the hike for details and to register.

Friday, 5/20
North Jersey Ramapo Chapter Board Meeting
The time is 7PM, but the location is still to be determined. Members interested in how our chapter is governed are invited to attend. Send an e-mail to info@hudsonhikers.org a few days before the meeting for details.

Saturday, 5/21
RD Trail Maintenance C 5 B
Karen Rose kkarose@aol.com or 201-962-8546
Meet Silvermine Parking Lot 10 AM for shuttle to Tiorati Circle. Starting from Tiorati Circle we hike and inspect the RD to the Wm. Brien Memorial Shelter and exit on the Menomine Trail back to the cars at Silvermine Parking. We will be stopping to throw off blowdowns, clip back brush, pick up trash, check blazes, etc. Bring work gloves, clippers if you have them, and lunch. Heavy rain will cancel. Please e-mail or call to register. TC Harriman-Bear Mountain Trails map 119.

Sunday, 5/22
No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group.
HIKE SCHEDULE • SPRING 2016 • APRIL • MAY • JUNE

Thursday, 5/26  Pine Meadow Lake (Out and Back)  B 5.5 C+  Mario Medici  marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack and plenty of water. Park car at Reeves Meadow Visitor's Center at 10 AM. Call or e-mail leader to register. Call cell before 9 AM if weather is questionable. TC Southern Harriman map 118.

Saturday, 5/28  Popolopen Torne and Gorge  B 6 B+  Henry Barkhorn  hcbarkhorn@hotmail.com or 646-853-0824
We will start at 10 AM from the parking lot at Fort Montgomery on Route 9W north of the Bear Mountain Bridge. We will hike the Timp-Torne trail to the summit of Popolopen Torne. After enjoying lunch and the views, we will head down the Popolopen Gorge trail along Popolopen Creek, ending with a walk over the suspension footbridge between Forts Clinton and Montgomery. This hike is rated B+ due to short rock scrambles as we approach and descend the summit, but the views are worth it. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman map 119.

Sunday 5/29  Mt. Defiance Circular  B 7 B  P.Tilgner / S.Gordon  petertilgner@icloud.com (h) 201-871-3531 (c) 201-681-0592
This Ringwood State Park hike is taken from Dan Chazin's Hike Of The Week book. The hike will take us on footpaths, carriage roads and a mountain bike trail. Meet 10 AM at the Shepherd Lake parking lot near the Boat Launch. Please register for this hike. TC North Jersey map 115.

Thursday 6/2  In the Woods  B 6/7 B  Roy Wooters  rfwoot@gmail.com (c) 845-304-0867
Meet at 10:00 AM to hike varied trails in Sterling Forest. Hike will be posted on ADK’s Facebook page or contact leader for details. Heavy rain cancels. TC Sterling Forest map 100.

Saturday, 6/4  Today is National Trails Day. Celebrate by taking a hike!

Saturday, 6/4  Breakneck Mt. and Pond  B 7 B  Dean Gletsos  cgletsos@yahoo.com  845-354-0738 (h)
We will meet 9:30 AM at the parking area, off Diltz Rd. (from Rte 202 take Ladentown Rd. to Mountain Rd to Diltz Rd.) We will take a variety of trails and will visit the new AMC Camp by the lake. If you are having questions or concerns, you can call me at home until 9 AM the day of hike; or at 914-806-8330(c), if you’re lost. TC Southern Harriman map 118.

Thursday, 6/9  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 PM on Wednesday. No beginners please.

Saturday, 6/11  Appalachian Trail  B 8/9 B  Peggy Wissler  Pwissler115@gmail.com (c) 914-260-7506
Meet at 9 AM (place to be determined) and hike a piece of the AT near Greenwood Lake, NY. Enjoy early spring foliage. Trip will include car shuttle. Contact leader to register and for directions. TC AT map.

Sunday, 6/12  Sterling Lake Loop  B 4 C+  Mario Medici  marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely 4 mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10 AM. Call or e-mail leader to register. Call cell before 9 AM if weather is questionable. TC Sterling Forest map 100.

Thursday, 6/16  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.

Pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group
HIKE SCHEDULE • SPRING 2016 • APRIL • MAY • JUNE

Saturday, 6/18 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 at the Darlington schoolhouse. We will car pool to the Upper Parking Lot at Lake Minnewaska to hike at a steady pace along the western shore to Gertrude’s Nose and back by the eastern shore. Rain cancels. Must call or e-mail to register. TC Shawangunk Trails map 104.

Sunday, 6/19  Out of the Elk Pen  B 6 B  
Fred Hodde  Bullwnkl1@aol.com or 973-728-3223 (h) 973-722-7824 (c)
Meet at the Elk Pen at 9:30 a.m. We’ll hike the Stahahe Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT trails. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC Northern Harriman map 119.

Monday 6/20  
The Longest Day  
The Summer Solstice occurs at 6:34 PM EDT  
SUMMER BEGINS!

Thursday, 6/23  Pine Meadow Lake (Out and Back)  B 5.5 C+
Mario Medici marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely 5-6 mile hike to picturesque Pine Meadow Lake. Plan on stopping at the lake for lunch. Be sure to bring a snack and plenty of water. Meet 10 AM Reeves Meadow Visitor’s Center. Call or e-mail leader to register. Call before 9 AM if weather is questionable. TC Southern Harriman map 118.

Thursday, 6/23  Russian Bear  B 6 B  
Henry Barkhorn hcbarkhorn@hotmail.com or 646-853-0824
We will start at 9:30 AM from the Reeves Meadow Visitor Center. We will hike a lollipop on the Reeves Brook, Seven Hills and Hillburn-Torne-Sebago trails, taking in the views from Chipmunk Mountain, Russian Bear and other viewpoints. Steady rain cancels. Registration by e-mail preferred. TC Southern Harriman map 118.

Saturday, 6/25  
No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

Sunday, 6/26  Bare Rock Vista Easy Way  B 6 B  
Fred Hodde  Bullwnkl1@aol.com or 973-728-3223(h) 973-722-7824(c)
We’ll meet at the upper parking lot for the Sterling Forest Visitor’s Center at 10:00 AM. We’ll climb to the Bare Rock Vista using the Sterling Lake Loop and Bare Rock trails where we’ll take in the view and have lunch. After lunch, we’ll hike to the Fire Tower using the Bare Rock and Sterling Ridge trails. We’ll return to the Visitor’s Center by “strolling” down the Fire Tower, F.T. Connector and Sterling Lake Loop trails. Registration by e-mail is preferred. Call 973-722-7824 before 9 AM if the weather is questionable. TC Sterling Forest map 100.

Welcome New Members

Tim McNeilly – Bayville NJ  
Jim & Joanne Delillo – Oakland NJ  
Reginald Gagliardo – Wanaque NJ  
Susan Koscielny – Cresskill NJ  
Roger Cucci – Little Falls NJ  
John & Melissa Glynn – Ridgewood NJ  
Edgar Krois & Joan Hayden – South Orange NJ  
Steve Dixon – Morristown NJ  
Allison Schwartz – Nanuet NY  
Jane Stevens & Paul Greene – New York NY  
James Geitz – Westwood NJ  
Igor & Margarita Grapp – Fair Lawn NJ  
David Oliver – Hackensack NJ  
Erik & Meredith Valenzuela – Warren NJ  
Richard Watkins – Hackensack NJ  
Jane Stevens & Paul Greene – New York NY (affil)

Welcome Back

Mary Ellen & Frank Paticchio – Toms River NJ  
David Hultgren – Monroe NY

Pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group.
Yoga for Hikers: Cat, Table & Dog

by Deanna Felicetta, E-RYT, Certified R-of the Heart

Marjaryasana, also known as Cats, when allowed to pass through Table into Dog (or Cow) Pose creates a lovely Vinyasa flow with a focus on breathing. To a hiker, breathing is essential!

This vinyasa combination is just wonderful because it is not just about the postures themselves, but allows for a wonderful fluid focus on the breath! So many of us only think about the asanas themselves, but it is the breathing that makes Yoga so unique and healthy for us.

This combination of poses is beneficial for us in several ways in addition to helping us focus on our breathing. It is good for balance and helps strengthen our arms. As hikers you will value that. It is good for your belly and its organs especially the uterus and reproductive organs for females. I really enjoy the great massage for my spine, as it increases both strength and flexibility there. This is another plus for hikers. But be aware, if you have serious back or neck injuries this may not be the posture for you.

Let’s begin by grabbing our yoga mat (or you can fold a blanket to the size of a yoga mat). Kneel on all fours: Knees on the mat about a hip-width apart. Your hands should be on the mat with fingers pointing away from your torso and directly under your shoulders. Gently breathing, proceed into a Table Pose with your back STRAIGHT and your head and neck straight and horizontal, as if you are leaf on that table as you look at the floor. Continue your gentle breathing.

You are now ready to do a full exhalation into the familiar Halloween Black Cat shape. The shape itself helps with your exhalation. When your lungs are empty return to your Table as you inhale and continue on to look like a Dog or a Cow standing in the pasture, head up and looking straight ahead. This posture of your body will allow you to fill your lungs completely and easily. Your arms are strong and chest is open.

Once you have filled your lungs fully, return to Table as you exhale and on to Cat to empty your lungs. Embrace the urge to fill your lungs as you come back to Table and then on to Dog/Cow pose and a full inhalation. Mmmmmmm Ahhhhhhh!

Keep going for a dozen or so complete cycles of Table-Cat-Table-Dog. When you are satisfied gently come down into Child’s Pose. In Child’s Pose your toes are now touching and yours legs are a Vee-shape with knees about as wide apart as your mat. Sink your torso into your “Vee” allowing your forehead to touch the floor. Melt into the earth and RELAX as you breathe gently. Mmmmmmm Ahhhhhhh! Enjoy this place!

Great after any hike!

Nameste,
Deanna