A Message From The Chair

It's already 94 degrees outside at the end of May and summer is still three weeks away! It's time to start thinking about summer hiking conditions. Dehydration and heatstroke can make summer just as dangerous as winter if you are not prepared. Losing 2% of your body weight as sweat can cause extreme fatigue and perhaps dizziness. Losing 5% might mean a trip to an ER!

Here are some summer essentials: Water and plenty of it, at least 2 quarts. On a strenuous hike on a hot day, a hiker might lose as much as a gallon of fluid. Salty snacks or sports drinks help maintain your electrolytes. Wearing modern technical sportswear that wicks the moisture away will be more comfortable. Hat and sunglasses, sun screen and insect repellent also can make the hike more enjoyable. Starting your hike earlier in the day and planning a route in the shade also helps to beat the heat.

There are some changes to our board of directors. Pat Banker is the new newsletter chair. Daphne Downes is stepping down as Vice Chair and Paul Margiotta is taking her place. Daphne will continue as a volunteer. She is again organizing our annual Mohonk Day outing and will maintain our Meet-Up website. We welcome Pat and Paul to the board and thank Daphne for her work.

Our board meetings are now being held at the New York-New Jersey Trail Conference offices at the Darlington Schoolhouse in Mahwah. All are welcome to attend (please RSVP). We are still looking for a volunteer to fill our Programs Chair. The Programs Chair plans our public chapter meetings and other special events. If you have been a member of ADK for a while perhaps it would be fun to become a little more involved. We need your help!

Join us on a hike, bring a friend to share the fun! Enjoy the Summer!

Karen

Mohonk Day, Saturday September 10

Once again, we are planning an all day outing at Mohonk Mountain House on Saturday, September 10th (rain date is Sunday, September 11th). Please keep both dates clear in case of bad weather.

Mohonk Day is doing whatever you want to do, the planned activities are optional. Take a walk on the extensive carriage roads, or a 6-mile hike in the woods. The really ambitious can go on a rock scramble. But it’s all up to you. You can simply wander in the award-winning gardens, sit on the porch or in a gazebo reading or take part in various other activities (barn museum, greenhouse, lawn bowling, shuffleboard, horseshoes, frisbee golf, and more) or simply enjoy watching the goings-on around this magnificent hotel.

After the day’s activities, we will shower and change on the pool level of the hotel’s health spa, meet at 4 pm on the veranda or porch for tea or cocktails (cash bar), then have a delicious buffet dinner at 6 pm in the main dining room, including a selection of carved meats, hot entrees, vegetables, a salad bar and prepared salads, along with a variety of homemade desserts. The cost for the day is the same as last year, $65.00 per person, which includes tips and taxes. It couldn’t be better!

RSVP with payment must be received by Monday, August 26 to Daphne Downes, (201) 424-9360 or daphner974@gmail.com. Checks should be made payable to “NJR-ADK.”

Karen

Walking on a carriage road

Jeff Sovelove
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

You can get an ADK sticker for your car windows by contacting Phyllis Key at pkeyhiker@gmail.com

There is NO charge. Be sure to include your name and address so they can be mailed to you!
Mohonk Mountain House Day will be September 10, rain date September 11. Registration and payment are due by August 26

Saturday, 7/2 Appalachian Trail B 9/10 B Peggy Wissler pwissler115@gmail.com Meet at 7 AM (place to be determined) and hike a piece of the AT near the Connecticut/Massachusetts border. Hike from Great Falls Overlook to Billy's View and return. Please register by e-mail for this hike.

Saturday, 7/3 AM Hike in Ramapo Reservation 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. A loop using the Ridge Trail. Okay for beginners who can hike at a steady pace. Bring plenty of water and a snack. Meet at Ramapo Reservation Parking Lot on Rt. 202. Please e-mail or call to register. Rain cancels. TC North Jersey Trails map 115.

Thursday, 7/7 Island Pond Circular B 6.5 B Henry Barkhorn hcbarkhorn@hotmail.com or 646-853-0824 We will start at 9:30 AM from the Elk Pen parking lot. We will hike the ASB trail around Island Pond, returning on the AT. Optional side trip through the Lemon Squeezer. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman Trails map 119.

Saturday, 7/9 Black Rock Forest Trails B 8 B+ Peter Reiner psr7777@gmail.com or 845-323-7697 Meet at 9:30 am at the parking area along Reservoir Rd. to hike on the Stillman Trail, followed by the Scenic Tower View, White Oak and Black Rock Hollow Trails. Great views from Mt Misery. Bring plenty of water. Rain cancels. Call or e-mail hike leader to register. TC West Hudson Trails map 113.

Thursday, 7/14 Moderate Anthony Wayne Circular B 7 B Pat Marcotullio pmarcotullio@optonline.net or 862-228-7521 Meet at 9:30 AM Anthony Wayne north parking area. We’ll be hiking the Timp Torne to 1779 with lunch at Turkey Hill Lake. Return on the Anthony Wayne. The more adventurous have the option to go up Torrey Memorial and back. Steady rain cancels. Please register for this hike. TC Northern Harriman Trails map 119.

Saturday, 7/16 Jockey Hollow Leader’s Choice B 6 B Jeffrey Sovelove Hiker_Dood@yahoo.com Leader’s choice of trails depending on conditions at Jockey Hollow National Park in Morristown. See http://www.nps.gov/morr/planyourvisit/directions.htm for directions and information. Bring lots of water, a snack, and wear hiking boots. Meet at the visitors’ center at 10 AM. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 7/17 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.

Wednesday, 7/20 Pine Meadow Lake B 5.5/6 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 at Reeves Meadow Visitor’s Center at 10 AM. Call or e-mail leader to register. Call before 9 AM if weather is questionable. TC Southern Harriman Trails map 118.

Thursday, 7/21 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, 7/23 Fahnestock Park Loop B 7.5 B+ Peter Reiner psr7777@gmail.com or 845-323-7697 Meet at 9:30 am at the Hubbard Lodge off Rt 9, 0.2 mile north of Rt 301 and continue past a house on the left, and park along the right side of the road. The route will include the School Mountain Rd. and a climb up East Mountain. We will follow the Perkins to the Fahnestock Trail, finishing with a climb over Round Hill. Bring plenty of water. Rain cancels. Call or e-mail hike leader to register. TC East Hudson Trails map 103.

Sunday, 7/24 Pine Swamp Mountain B- 6 B Roy Wooters rfwoot@gmail.com or (c) 845-304-0867 Meet at 9:30 AM at Lake Skannatatti on Seven Lakes Drive. Trails: Long Path to ASB to Bottle Cap to RD to A-SB to parking. Please register via e-mail with phone number. Severe weather cancels. Don Weise’s book “Circuit Hikes in Harriman” chapter 18. TC Harriman-Bear Mountain North Trails map 119.

Thursday, 7/28 Sleater Hill and Almost Perpendicular B 5 B Allen and Diane Grunthal jerseyskier@yahoo.com (862-228-1024 cell day of hike only) Meet 10 AM at end of Johnsontown Road for this 2 park hike: Harriman State Park & Dater Mountain Nature County Park. Panoramic views from Almost Perpendicular & Sleater Hill, & wildlife viewing opportunities. 5.2 mile loop hike with 1,140’ total ascent. Rain cancels. Please register. Hike taken from Don Weise’s book “Circuit Hikes In Harriman” hike #7. TC Harriman Southern Trails map 118.

Saturday, 7/30 West Brook Mountain Circular B 7.5 B P.Tilgner/S.Gordon petertilgner@icloud.com or (h) 201-871-3531 (c) 201-681-0592 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. Meet at the north end of Crescent Drive off Meadow and Magee Roads at 9:45 or at the Stonetown Recreation Area, Mary Roth Drive (off Stonetown Rd.) at 9:30 AM. Please register for this hike. TC North Jersey Trails map 115.

Pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group
HIKE SCHEDULE • SUMMER 2016 • JULY • AUGUST • SEPTEMBER

Sunday, 7/31
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, 8/4  In the Woods  C 5 C
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, 8/6  Patriots Path Stroll  B 5 C
Jeffrey Sovelove  Hiker_Dood@yahoo.com
Come take an easy stroll on Patriots Path in Morristown. This 5-mile stroll will start out from the Speedwell Lake parking lot at 10 AM across the street from Historic Speedwell. See this website (http://www.morrisparks.org/) for directions or put the following address into your gps “300 Speedwell Avenue, Morristown NJ 07960”. Please bring plenty of water and a light snack. Great for beginners. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 8/7  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, 8/11  Lake Skannatati Loop  B 5.5 B
Fred Hodde  Bullwnkl1@aol.com  (h) 973-728-3223 or (c) 973-722-7824
Meet at the Lake Skannatati Parking Area at 10:00 AM. The planned route will use the Long Path, Dunning, RD and ASB Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman Bear Mountain Trails North map 119.

Friday, 8/12
North Jersey Ramapo Chapter Board Meeting 7PM
New York New Jersey Trail Conference Office Board Room, 600 Ramapo Valley Rd., Mahwah, NJ. Members interested in how our chapter is governed are invited to attend. RSVP by e-mail to info@hudsonhikers.org a few days before the meeting to let the Board know you will be attending.

Saturday, 8/13 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, 8/14  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. TC Harriman Bear Mountain South map 118.

Thursday, 8/18  In the Woods  B 5/7 B
Georgette Fazzari  grfhiker@gmail.com or 551-265-2369 (no calls after 9pm)
Contact leader the week of the hike for details and to register.

Saturday, 8/20 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, 8/21  Peanut Leap Cascade  B 7.5 A
Peter Reiner  psr7777@gmail.com or 845-323-7635
Start at 9:30 am in the parking lot of State Line Lookout near Exit 3 Palisades Parkway. Using both the Long Path and the Shore Trail we will hike down to the river. We will follow the river to the Giant Stairs for a rock scramble upward, passing Peanut Leap Cascade waterfall. Bring plenty of water. Call or e-mail hike leader to register. TC Hudson Palisades Trails map 109.

Wednesday, 8/24  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 Trails map 100.

Thursday, 8/25  Bare Rock Vista Easy Way  B 7 B
Fred Hodde  Bullwnkl1@aol.com  (h) 973-728-3223 or 973-722-7824
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 9:00 AM if the weather is questionable. TC Sterling Forest Trails map 100.

Friday, 8/26  Last Day to Register for Mohonk Mountain House Day
Registration and payment due by Friday, 8/26 ($65. Make check payable to “NJR-ADK”). To register contact Daphne Downes at daphner974@gmail.com or 201-424-9360

Pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group
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**Saturday, 8/27**
No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

**Sunday, 8/28**
Lake Skannatati Lollipop  B 6 B  
Fred Hodde  Bullwnkl1@aol.com  (h) 973-728-3223  
(c) 973-722-7824  
Meet at the Lake Skannatati Parking Area at 9:30 AM. The planned route will use the Long Path, Dunning, RD, Lichen 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 Mountain Trails North map 119.

**Thursday, 9/1**
Jackie Jones & Big Hill  B 6.5 B  
Roy Wooters  rfwoot@gmail.com or (c) 845-304-0867  
Meet at 9:30 AM at hiker’s parking where the SBM Trail crosses Rt 106. Trails: SBM to woods road going past the third and second reservoirs to the Long Path, woods road back to the SBM to parking. Please register via e-mail with phone number. Severe weather cancels. Don Weise’s book “Circuit Hikes in Harriman” Chapter 6 - DOUBLE LOOP. TC Harriman-Bear Mountain South Trails map 118.

**Saturday, 9/3**
Lunch at Shepherd Lake  B 7 B  
Pat Marcotullio  patmarcotu@optonline.net  862-228-7521  
Meet 9:30 Ringwood First Presbyterian Church parking lot. From Sloatsburg Rd. take Carletondale Rd. (near High School) for about a mile. Ringwood First Presbyterian Church parking area is on your right. Hike the Cooper Union to Shepherd Lake and back. Steady rain cancels. Please register for this hike. TC North Jersey Trails map 115.

**Sunday, 9/4**
Big Bog Mountain Circular  B+ 7 B  
PTilgner/S.Gordon  petertilgner@icloud.com or (h) 201-871-3531  
(c) 201-681-0592  
Leave 9:30 AM from Anthony Wayne Recreational Area South Parking Lot. We hike a ski trail to the AT/RD crossing the PIP to climb Black Mountain then on to the Brien Memorial Shelter where we take the Menomine to the Red Cross. We cross the PIP again to reach the 1779 and a ski trail for our return. We will have a good up and a down with some minor rock scrambling. Rain cancels. Please register for this hike. TC Harriman Bear Mountain Northern Trails map 119.

**Sunday, 9/4**
Walk the Piermont Pier  C 3 C  
Louise Parnell  parnelljt@optonline.net 845-290-5287  
(c) 914-393-2714  
Joint with Piermont Historical Society. Meet 10:00 AM in the parking lot behind Confitti restaurant on Ash Street in Piermont and walk out to the pier and enjoy the views. Richard Esnard of the Piermont Historical Society will explain the history of Piermont and Bogertown. Please call to register. TC Hudson Palisades Trails map 109.

**Thursday, 9/8**
Skannatati East Side Loop  B 6 B  
Fred Hodde  Bullwnkl1@aol.com  (h) 973-728-3223  
(c) 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 Mountain Trails North map 119.

**Saturday, 9/10**
Mohonk Mountain House Day  
Carriage road walk and a 6/7 mile hike are planned. Meet by 10 AM on the Mountain House lower porch facing the lake. Shower, tea and dinner to follow. Car pooling arrangements will be made prior to the event. For driving directions go to: http://www.mohonk.com/location.

**Sunday, 9/11**
Mohonk Mountain House Day Rain Date.

**Sunday, 9/11**
No hike is currently scheduled for this date. Please check the Facebook and/or Yahoo group pages for last minute additions and changes to the schedule.

**Wednesday, 9/14**
Pine Meadow Lake  B 5.5/6 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 cell before 9 AM if weather is questionable. TC Southern Harriman Trails map 118.

**Thursday, 9/15**
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.

**Saturday, 9/17**
Sterling Ridge Trail  B 7.5 B  
Peter Reiner  psr7777@gmail.com 845-323-7697  
Meet at 9:30 am in the parking area just off Route 17A west which is 5.5 miles from Rt 17. The parking area is on the left side of the road, just beyond a green-and-white sign indicating a hiker crossing. Follow the dirt road past the gate to a large parking area. Hike on the Sterling Ridge Trail in Sterling Forest south to the Fire Tower Trail. Return on the Sterling Lake Loop to the Sterling Valley Trail. Rain cancels. Call or e-mail hike leader to register. TC Sterling Forest Trails map 100.

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*Pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group.*
HIKE SCHEDULE • SUMMER 2016 • JULY • AUGUST • SEPTEMBER

Sunday, 9/18  Historic Walk of Piermont  C 3 C
Louise Parnell  parnelljt@optonline.net  845-290-5287 or (c) 914-393-2714
Joint with The Piermont Historical Society. Meet 10:00 AM in the parking lot behind Confetti restaurant on Ash St. in Piermont. Richard Esnard of the Piermont Historical Society will lead a walk to the birth place of Piermont. We will walk along the Sparkill Creek and see the Rockland Road Bridge which is listed on the National Register of Historic Places. For your information the Piermont Station Museum will be open from 12 - 3 PM, Art in the Piermont Flywheel Park will be from 1-6 PM and the Piermont Lobster Fest at the Goswick Pavillion with bluegrass music will be from 2-6 PM. Please call to register for the historic walk only. TC Hudson Palisades Trails map 109.

Sunday, 9/18  Black Rock Forest  B+ 7.5 B
Roy Wooters  rfwoot@gmail.com or (c) 845-304-0867
Meet at 9:30 AM at parking on Stillman Road approximately 9 miles north of Bear Mtn Bridge just off 9W (please register to receive exact parking directions.) Multiple trails: with several scenic views. Please register via e-mail with phone number. Severe weather cancels. Hike taken from Daniel Chazin's book "Hike of the Week" number 22. TC West Hudson Trails map 113.

Thursday, 9/22  Sadly, Summer ends at 10:21 EDT.

Thursday, 9/22  In The Woods  B 6/8 B
Paul Margiotta  pjmm11@verizon.net (pref.) 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, 9/24  Turtleback Rock  B 6 B
Jeffrey Sovelove  Hiker_Dood@yahoo.com
We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission website http://www.essexcountynj.org/p/index.php?section=parks/sites/so for directions. Bring lots of water, and wear hiking boots. 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, 9/25  Jordan Pond Loop  B 7.6 B
Fred Hodde  Bullwnkl1@aol.com  (h) 973-728-3223  (c) 973-722-7824
This is a scenic hike in Fahnestock State Park. Meet at 9:30AM 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 8:00 AM if the weather is questionable. TC East Hudson Trails map 103.

Thursday, 9/29  Cat’s Elbow  B 6 B
Henry Barkhorn  hcbarkhorn@hotmail.com or 646-853-0824
We will start at 9:30 AM from the Far South parking lot at Anthony Wayne Rec. Area. After a brief stretch on the Horn Hill Bike Path, we will hike a loop using the Ramapo-DUNDERBERG, Timp Torne and Appalachian trails. Some of the Park’s best panoramic views. Steady rain cancels. Registration by e-mail preferred. TC Northern Harriman Trails map 119.

Welcome New Members
Kevin O’Callahan – Jersey City NJ
Kathleen & Alexander Thompson – Walden NY
Janet & Richard Bernard – Oakland NJ
Judy Bernstein – Maplewood NJ
Erik Brachman – Harrison NJ
Kelly & Jason Briggs – Ringwood NJ
Steven Ciesla – Branchville NJ
Claudio DeMarco – E. Rutherford NJ
Ruth Gilchrist – New Milford NJ
Kathleen Grotto – Butler NJ
Luke Hansen – Nanuet NY
Scott Herland – Oak Ridge NJ
Patricia Landi – Westwood NJ
Tiffany & Seth Lebowitz – Bergenfield NJ
John Lopez – Holmdel NJ
Michael Mitra – Titusville NJ
Mary Lou & Wayne Owens – Pearl River NY
Ann & Shaun Rice – Ringwood NJ
Kenneth Sands – Roslyn NY
Shelby Smith – Jersey City NJ
Alicia & Anthony Vaccaro – Monroe NY
Claudia & Tom Vahey – Nanuet NY
Brian Wunder – Monroe NY
Dawn Aubel & John Timoney-Basking Ridge NJ
Marina Goldin – Livingston NJ
Lisa Jakob – Hoboken NJ (affil)
Gabrielle & Stuart Morrell – New City NY (affil)
Po Ravel – Waldwick NJ (affil)
Ellen Blumenkrantz- Closter NJ
Robert Joyce – Tappan NY
Stephanie Birisky & Robert Miller- Northfield NJ
Terry Nedelka – Suffern NY

Welcome Back
Brian McLaughlin – Spring Lake NJ
Deborah Vallorano & Jon Ralofski – Hopatcong NJ
Beth & Joseph Hehn – Hackettstown NJ
A. Scott Herland – Oak Ridge NJ
Ann & Shaun Rice – Ringwood NJ

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: Wide Angle Adho Mukha Savansana

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

This is a great variation for the well-known Yoga pose “Down Dog”. This wide angle version puts less stress on the hands, legs and upper torso. This posture is a semi-inversion. Any inversion is a truly rejuvenating pose for an individual and is great for the mind. In addition, Adho Mukha Savansana is good for grounding, a concept important for any hiker planting their foot on the ground on a hike will value. Your arms will also get a workout as they balance you in this posture.

While yoga is wonderful for all, there are some postures that can be difficult for some. This is one of those postures. If you suffer from carpal tunnel or any wrist problems, glaucoma or detached retina, then this posture is not for you. Those with heart problems, other than High blood pressure, should proceed with caution or not at all. A safe alternative is to do this pose with your hands on a couch or sturdy chair and not on the floor.

Now let’s begin to create that desired connection with the earth that we hikers enjoy! This asana is known for connecting with the mother earth and giving us a feeling of stillness. It causes humility and introspection. It is much like quietly walking alone in the woods.

Stand with your feet planted firmly on the floor about four inches apart. Stretch your arms to the sky with energy as you plant your feet into the earth. Hold for a moment and then bring them to your sides. Breathe. Do this again. Now Gently, you will swing legs first to the left and then to the right. Your feet should be about 3 to 4 feet apart.

Now slowly bend over one vertebra at a time until your hands reach the floor and then walk them out to about 4 feet or more in front (depending on your height) of your planted feet. Make your hands as large as you can, spreading your fingers and pressing them into the earth strongly as you press your feet down and push your buttocks up to the sky. You are now in a double V shape (like a tripod)! Think about those yoga helping hands pulling your hips up to the sky as your legs straighten as much as they can. Elongate and straighten your spine and back. Let your neck and head relax and just hang down. Ahhh, let us remember to breathe fully in and out several times. Continue to press your feet firmly into the floor and push those buttocks into the sky.

Slowly come down onto your knees. Lay on your belly with one hand on the other, resting your forehead on them. Now just Relax and Breathe. Enjoy this moment.

See you on the trail,

Nameste,

Deanna

When Five Miles Became Ten

Pete Tilgner

Having completed leading a five mile hike on the Three Lakes/AT loop in Fahnestock State Park, I suggested a two mile extension on the Catfish/AT Trail loop for a total of seven miles of hiking, (so I thought!). The group agreed, so off we went.

Leading a hike requires paying attention to details, like which way to turn at a trail intersection, left or right? In my case it was taking the wrong leg of the Catfish Loop Trail, four miles instead of one. This is how five miles became ten. After two hours and no end in sight, I was not leading a band of happy hikers! We all did return to the parking area safely but tired. What saved the day, at least for me, was the sighting of two Scarlet Tanagers and a patch of Lady Slippers.

www.hudsonhikers.org Facebook & Yahoo Group: North - Jersey - Ramapo

A relaxing lunch during the first 5 mile part! Fred Hodde
SAVE THE DATE!

Saturday September 10 is our all day Mohonk Mountain House Outing! Rain date is Sept. 11 RSVP before August 26 to Daphne Downes. See inside for details.

Mohonk - View from the Tower