Guided Hiking in the Dolomites

by Pat Banker

As do many ADKers, Art and I like to hike with a group. A great way to do this when traveling is to join a guided hiking tour. In June, we did just that, spending a week in the Dolomites – the Italian Alps up near Austria. We enjoyed fantastic hikes, excellent food, and congenial companions. Sound like fun? It was!

Our base was Selva, at about 5000 feet. Selva is at the eastern end of Val Gardena, under the Sella massif and facing the iconic formation of Sasso Lungo and Sasso Piatto. We hiked along Val Gardena, up to Sasso Lungo, near Castelrotto at the other end of the valley from Selva, and into the adjacent valley of Val Badia on the other side of the Sella massif.

The tour lasted 6 days/7 nights and included guided hikes on 5 days with a “day off” available for rest, other sightseeing in the area, or a self-guided hike. Each evening the group

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A Message From The Chair

REMEMBER - VOLUNTEERS MAKE IT HAPPEN!

Up to now, that slogan has appeared after each “Message”, but it is fitting that it be the title of this one, for I have many volunteers to thank.

With the sudden passing of Richard Sumner, we not only lost a dear friend, but we lost, arguably, the most valuable member of our Board, for Richard was involved in many critical aspects of our Chapter. Most notably, he designed the current website and was its webmaster, assisted in the production of and wrote feature articles for our newsletter Trail Talk, and was instrumental in the conversion to e-delivery of the newsletter. It took a concerted effort of volunteers to replace Richard, both in the near and long terms, including Pat Banker, Daphne Downes, Mike Downes, Geoff Fonseca, Peter Reiner, Sheila Rizzo and Roy Wooters. I thank them all.

Our Chapter recently sponsored the first blood drive ever held by ADK. According to the Manager for Mobile Recruitment: “We had 27 registered donors which is fantastic. We appreciate your efforts very much! Those units are needed desperately, especially during the summer months!” Thank you to Fred Hodde, Peter Reiner, Karen Rose and Roy Wooters for volunteering to staff our “welcome” table. Karen even left some of her blood behind!

Our Chapter co-sponsored the annual ADK Fall Outing, held September 6-8. I want to thank the following hike leaders who had volunteered their services: Roland Autran, Geoff Fonseca, Suzan Gordon, Pete Heckler, Mario Medici, Margo Moss, Peter Reiner, Peter Tilgner and CE Roy Wooters.

After a pot-luck dinner last year, we are returning to Marcello’s Restaurant in Suffern, NY for our holiday party on December 8. (See the front page for the details.) A big thank you to Karen Rose for again volunteering to organize it.

And kudos to Chris Connolly and Mario Medici for recently receiving awards from the NYNJ Trail Conference - ADK’s sister organization - for their outstanding volunteer work.

Finally, I want to thank volunteer Peter Tilgner, who has the unenviable task of compiling the “Outings Schedule” each quarter of the year. With the passing of Richard and with injuries and relocations of experienced leaders, Peter’s task has become ever more difficult. In my first message as Chair, I stated “…. our greatest need continues to be new hike leaders. If you have considered leading a hike but are unsure how to go about it, ask an experienced leader to be your… continued on page 4

WHY DIDN’T I GET ONE?

IF YOU DIDN’T RECEIVE AN ELECTRONIC COPY (E-DELIVERY) OF “TRAIL TALK”, IN LIVING COLOR, IT IS BECAUSE WE DO NOT HAVE YOUR CURRENT EMAIL ADDRESS ON FILE.

TO CORRECT THAT, SIMPLY SEND AN EMAIL, WITH YOUR FULL NAME TO: MEMBERSHIP@ADK.ORG.
Richard Sumner

The ADK hiking community is saddened by the sudden death of Richard Sumner, a long-time and outstanding club member. Richard joined the ADK in 1998, and soon became involved in its activities, first as a hike leader, then as Treasurer of the Ramapo Chapter, and later as Vice-Chair and finally Chair from 2011 to 2013. He was instrumental in the merger of the Ramapo and North Jersey Chapters, helping to write the new Charter. In addition, he took on coordinating the Newsletter and its mailing, and also wrote the Merryweather Hiker column, providing humorous answers to questions posed by members. Serving as the chapter’s Webmaster since 2010, he built the current web site and provided key guidance throughout the process of transitioning to e-delivery of this Newsletter.

Richard was a talented physicist who made significant contributions to the field of particle research. In his spare time, he liked dreaming up ingenious solutions to problems large and small, be they the New York Times Saturday crossword puzzle or a misbehaving computer, and he took enormous glee in outwitting squirrels raiding his bird-feeder. He had a sensational sense of humor and loved music and travel. Richard was also a wiz in the kitchen, and as anyone who joined his hikes knows, he baked scrumptious cookies. We appreciate all that he did for the ADK and will miss him greatly.

ADK NJR’s First Kayak Outing

On a hot Thursday in August, ten members participated in the first kayak paddle offered by the North Jersey - Ramapo Chapter. A contribution of $15 to the “Hackensack Riverkeeper” - a very worthy not-for-profit - provided up to 2 hours on serene Overpeck Lake. The hearty members braved a heat index reaching into the 90s, but were soon relieved by a gentle breeze and cool water, as it dripped down the paddle after every stroke. Cathy and Roland Autran were the first to be “launched” into the lake in their tandem kayak, soon to be followed by 8 single kayaks. An optional walk along the lake was offered, for those few members seeking additional exercise after the paddle. All agreed that it was a fun diversion from hiking and that another paddle should be in the offing. Photographs of the outing can be viewed at: Facebook: North - Jersey - Ramapo. (You need not have a FB account.)

Photo by Cathy Cullen-Autran
Roland Autran relaxing in a tandem kayak as his wife takes a photo of him with one hand while paddling with the other.

www.adknjr.org • Meetup: NJR - Adirondack - Mountain - Club • Facebook: North - Jersey - Ramapo
A Message From The Chair ... continued from page 2

mentor. He or she will help you select and scout your first hike and co-lead it if you wish. I hereby volunteer to be a mentor and I am certain that many other experienced leaders will do so as well. All you have to do is ask.” That offer still stands.

There is an old African proverb that states: “If you think you are too small to make a difference, you haven’t spent the night with a mosquito.” So, if you feel you can not become a hike leader at this time, for whatever reason, but would be interested in volunteering in another capacity, please contact me.

In closing, the entire Board of the North Jersey-Ramapo Chapter wishes you and yours a safe and happy fall and holiday season.

Paul

New Members

Ksawery Biskup - Clifton, NJ
Nancy & Andrew Burns - Oxford, NJ
Rejesh & Anita Chojar - Upper Saddle River, NJ
Barbara Chuck - West Nyack, NY
John Gardner - Chestnut Ridge, NY
Andrea & Jeffery Greenberg - Westwood, NJ
Walter Heading & Fang Huang - Great Neck, NY
Gayle Kesselman - Carlstadt, NJ
Denise Kronstadt - Piermont, NY
Ross Linegar - New York, NY
David & Sharon McBride - New York, NY
Jane Muhlstock - Hackensack, NJ
Sharon Norbeck - Mohegan Lake, NY
Stacey Pearce - Ringwood, NJ
Kevin Piwoski - Belvidere, NJ
Jess Prekel - Bogota, NJ
Beri Wajnberg - Waldwick, NJ
George Williams - Jackson, NJ
Mitchell Yarvin - Fair Lawn, NJ

Welcome Back

Susan Koscielny - Cresskill, NJ
David & Monica Plotka - Jersey City, NJ
Jeffery Sovelove - Morristown, NJ
Dan Yutkowitz - Nyack, NY

HIKER’S GUIDE

RESPONSIBILITIES - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is “dog friendly”. Non-members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

RISKS - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

FOOTWEAR AND CLOTHING - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter 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. The leader must inform all who registered of the change by phone or email.
Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
Thursday, 10/10 To Matapan Rock C 4/5 B
Pat Marcotullio 862-774-2030
patmarcotu@optonline.net
10:00 AM at upper Skyline Dr. This is a loop hike using the Schuber and Matapan Rock Trails to Matapan Rock for lunch. Cannonball Trail will bring us back to the parking area. Rain cancels. Email registration appreciated. TC North Jersey Trails Map 115.

Saturday, 10/12 Turtleback Rock B 5 B
South Mountain Reservation
Jeffrey Sovelove Hiker_Dood@yahoo.com
9:45 AM for at 10 AM start at the Turtleback Rock Trailhead. Google “377 Walker Rd West Orange, NJ 07052” or see https://www.somocon.org/about-the-reservation/directions-to-south-mountain-reservation/ for directions. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy or steady rain cancels. Joint ADK/Sierra Club hike.

Saturday, 10/12 Schunemunk Mountain B 7 B+
Monarch Migration Hike
Roland Autran (h) 201-886-9119
autran@msn.com (c) 201-699-3388
9:30 AM at Schunemunk Mountain Trail Head on Taylor Rd, Mountainville, NY. We will hike on the Jessup Trail to Taylor Hollow where we continue on the Jessup to the Megaliths for lunch and the view. After lunch, we continue on the Jessup to the Dark Hollow and Sweet Clover Trails returning to the parking lot. Along the Jessup Trail at the beginning of the hike there is a huge field covered with grasses, wild flowers and milkweed. At this time of the year, Monarchs congregate by the thousands to feed on the milkweed. You will have a chance to see them as they stop during their migration south. TC West Hudson Trails Map 114.

Sunday, 10/13 RD Trail Maintenance Hike C 5 B
ADK NJR maintains this trail – we need your help!
Karen Rose (c) 551-804-0358
kkarose@aol.com
10:00 AM at Silvermine Parking. Shuttle to start of hike at Tiorati Circle. Hike RD to check blazes, clear blowdowns, clip back brush, etc. Return on Menomine Trail. Bring work gloves and clippers if you have them. Rain cancels. Register by email. TC Northern Harriman Trails Map 119.

Thursday, 10/17 North Beacon Mountain B 7.5 B+
and Lambs Hill
Henry Barkhorn 646-853-0824
hc bark horn@hotmail.com
9:30 AM at the Mt. Beacon Trailhead on Rte. 9D at Howland Ave. We will hike the Casino, Wilkinson Memorial and Fishkill Ridge Trails. 13 scenic view stars on the map! This hike is rated B+ due to a steep ascent near the start and the 7.5 mile length. Steady rain cancels. Register by email. TC East Hudson Trails Map 102.

Saturday, 10/19 Turkey Hill Lake B 7 B
Peter Reiner 845-323-7697
psr7777@gmail.com
9:30 AM at Fort Montgomery Historical Site. Hike to Turkey Hill Lake along the 1779, Timp Torne and Popolopen Gorge Trails. Call or email hike leader to register. Rain cancels. TC Northern Harriman Trails Map 119.

Saturday, 10/20 No hike is currently scheduled for this date. Please check the NJR web site for last-minute additions and/or changes to the schedule.

Thursday, 10/24 In The Woods B 6/8 B
Paul Margiotta 201-693-6705
pjmm11@verizon.net (pref.)
Active Thursday hikers will receive a group email from leader by Tuesday for location, time and other details of the hike. Others can contact the leader by 6 PM on Wednesday.

Saturday, 10/26 Summit Storm King Mountain B 5 B+
Peter Reiner 845-323-7697
psr7777@gmail.com
9:30 AM at the parking lot off Mountain Road about 2 miles off Route 9W in Cornwall-on-Hudson. Start on the Stillman Trail to the Bluebird Trail using a series of switchbacks. We will summit Storm King Mountain and have lunch on rock ledges with panoramic views. This is a strenuous climb. Rain cancels. Call or email hike leader to register. Meeting coordinates (41.432191, -74.012237), TC West Hudson Trails Map 113.

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
OUTINGS SCHEDULE • FALL 2019 • OCTOBER • NOVEMBER • DECEMBER

Sunday, 10/27  Wawayanda Circular  B 6 B
Peter Tilgner and Suzan Gordon  (h) 201-871-3531
petertilgner@icloud.com  (c) 201-364-9719
10:00 AM at Wawayanda State Park Boating/Fishing Parking Lot. We will hike the Double Pond, Red Dot, Cherry Ridge Road, Old Coal, Lookout Lake, Laurel Pond and Sitting Bear Trails. Rain cancels. TC North Jersey Trails Map 116.

Thursday, 10/31  Tripod Rock and Reservoir Hike  C 5 B
Karen Rose  (c) 551-804-0358
kkarose@aol.com
10:00 AM at Pyramid Mt. Visitor Center on Rt. 511, Boonton. Hike to Tripod Rock and return on the trail along the reservoir. About 500 ft. elevation gain. Rain cancels. TC North Jersey Highlands Trails Map 125.

Saturday, 11/2  Ramapo Reservation Hike  C 4 B
Karen Rose  (c) 551-804-0358
kkarose@aol.com
Mario Medici  201-396-9391
marioamedici@gmail.com
10:00 AM at Ramapo Valley County Reservation, 608 US-202, Mahwah, NJ. Hike leaders will decide hike route on the day of hike. TC North Jersey Highlands Trails Map 125.

Saturday, 11/2  Tiorati AT Long Path Loop  B 7 B
Geoff Fonseca  845-357-9366
goofffonseca@yahoo.com
9:30 AM at the Tiorati Circle Parking. We will hike the Appalachian Trail at Fingerboard Mountain to the intersection of the AT and the Long Path. We will return on the Long Path, a woods trail and AT. Please email leader to register. TC Northern Harriman Trails Map 119.

Sunday, 11/3  Daylight Savings Time Ends

Sunday, 11/3  State Line Trail To AT and Surprise Lake  B 4.5 B+
Deanna Felicetta  845-216-2021
felicetta.deanna@gmail.com
Eileen Turner  201-774-4876
eileenkt@gmail.com
8:45 AM at State Line Parking / Rt 511 opposite Greenwood Lake Marina. This will be a fun hike for strong hikers with great scrambles, views of NYC skyline, Surprise Lake, Greenwood Lake, and also AT State Line. Dine and socialize at Breezy Restaurant after the hike. Registration limited. Poor weather will cancel. TC North Jersey Trails Map 116.

Thursday, 11/7  Conklin Mountain  C 5 B
Debbie Bell  845-358-8386
deb2@columbia.edu  (NCA 9 PM)
10:00 AM at Sebago Boat Launch. This will be a moderately-paced hike on the Seven Hills, TMI, and Buck Trails. If the hike is cancelled for weather or other reasons, leader will email registered participants before 8 AM on the morning of the hike. TC Southern Harriman Bear Mountain Trails Map 118.

Saturday, 11/9  Jockey Hollow Leader's Choice  B 6 B
Jeffrey Sovelove
Hiker_Dood@yahoo.com

Saturday, 11/9  Black Rock Forest Trails  B 7 B+
Peter Reiner  845-323-7697
psr7777@gmail.com
9:30 AM at the parking area along Reservoir Rd. Hike on the Stillman Trail, followed by the Scenic Tower View, White Oak and Black Rock Hollow Trails. Bring plenty of water for the hike. Rain cancels. Call or email hike leader to register. TC West Hudson Trails map 113.

Sunday, 11/10  Silvermine Circular  B 6 B
Fred Hodde  (c) 973-722-7824
Bullwnkl1@aol.com
9:30 AM at the Silvermine Parking Lot off Seven Lakes Drive. We’ll do a circular starting with the Menomine past Lake

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
Nawahunta, followed by the Long Path and AT Trails and returning to the starting point via the Menomine. Registration by email is preferred. Call 973-722-7824 before 8:20 AM if the weather is questionable. TC Northern Harriman Trails Map 119.

**Thursday, 11/14**  
**Twin Hill Circular**  
B 5.5 B  
Chris Connolly  
201-321-6605  
c.connolly7@verizon.net(pref.)  
9:30 AM at Upper Skyline Drive parking area. We visit 3 lakes and NYC skyline viewpoint via Schuber, Tamarack, Yellow and Millstone Trails. Precipitation cancels. TC North Jersey Trails Map 115.

**Saturday, 11/16**  
**Southfields Furnace Loop**  
C 4.6 B  
Karen Rose  
(c) 551-804-0358  
kkarose@aol.com  
Mario Medici  
201-396-9391  
marioamedici@gmail.com  
10:00 AM at Hall Drive Parking (P2), Orange Turnpike. TC Sterling Forest Trails Map 100.

**Sunday, 11/17**  
**Hike to Bare Rock**  
B 7 B  
Ross Linegar  
917-319-3166  
ross.linegar@hotmail.com  
9:30 AM at Sterling Forest Visitor’s Center upper lot. We’ll start with a climb to the Sterling Forest Fire Tower. After taking in the view, we’ll continue to the Bare Rock Vista where we’ll enjoy lunch overlooking Greenwood Lake. After lunch, we’ll return by “strolling” back down the Bare Rock Trail. Registration by email is preferred. Call 917-319-3166 before 9:00 AM if the weather is questionable. TC Sterling Forest Trails Map 100.

**Thursday, 11/21**  
**Ramapo Lake Circular**  
B 6 B  
Chris Connolly  
201-321-6605  
c.connolly7@verizon.net(pref.)  
10:00 AM at Upper Skyline parking area. We enjoy numerous lake and reservoir views traversing Castle Point, Cannonball and Hoeferlin Trails. Precipitation cancels. TC North Jersey Trails Map 115.

**Saturday, 11/23**  
**Greenbrook Nature Sanctuary**  
B 5 C  
Peter Reiner  
845-323-7697  
psr7777@gmail.com  
9:45 AM at the entrance to Greenbrook Sanctuary off Rt 9W Tenafly. Hike on various trails with scenic viewpoints along the Hudson River. Bring water and lunch. This is a gated entrance so you must arrive by 9:45 for a 10 AM start. Call or email hike leader to register.

**Sunday, 11/24**  
**Hike to Ga-Nus-Quah**  
C 3.7 B-  
Mario Medici  
201-396-9391  
marioamedici@gmail.com  
9:30 AM at Reeves Visitor Center. Inclement weather or snow on the ground cancels. TC Sterling Forest Trails Map 118.

**Sunday, 12/1**  
**Bare Rock Vista Easy Way**  
B 7 B  
Fred Hodde  
(c) 973-722-7824  
Bullwnkl1@aol.com  
10:00 AM at the upper parking lot for the Sterling Forest Visitor’s Center. 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 email is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest Trails Map 100.

**Thursday, 12/5**  
**Blauvelt State Park**  
C 6 B  
Debbie Bell  
845-358-8386  
deb2@columbia.edu  
(NCA 9 PM)  
9:30 at Tackamack Park North on Clausland Mountain Road. We will explore the Hudson Palisades trails between Piermont and Nyack using the Long Path and other unnamed blazed trails. If the hike is cancelled for weather or other reasons, leader will email registered participants before 7:30 AM on the morning of the hike. TC Hudson Palisades Trails Map 109.
Saturday, 12/7  Lunch at Black Rock Mountain  B 7.5 B  
Geoff Fonseca  845-357-9366  
geofffonseca@yahoo.com  
9:30 AM at Lake Skannatati. Hike the A-SB to Times Square, and then to Black Rock Mountain on the RD, and return on the RD, Dunning and Long Path Trails. Please email leader to register. TC Northern Harriman Trails map 119.

Sunday, 12/8  Abram Hewitt State Forest Mountain  B 8 B  
Mary Gelber  917-922-3203  
mlgel91@aol.com  
9:00 AM sharp at parking area off Warwick Turnpike GPS coordinates 41.155715,-74.362748 (Rt. 511). Hike the Bearfort Ridge Trail to the Ernest Walter Trail to Surprise Lake (lunch) and back to cars on the Quail Trail. North Jersey Trails map 116.

Thursday, 12/12  In The Woods  B 6/8 B  
Paul Margiotta  201-693-6705  
pjmm11@verizon.net (pref.)  
Active Thursday hikers will receive a group email from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 6 PM on Wednesday.

Saturday, 12/14  Wawayanda State Park  B 5.2 B  
Roland Autran  201-886-9119  
autran@msn.com (pref.)  
9:30 AM at the parking lot on Clinton Road, Hewitt, NJ at “41.146711, -74.403384” coordinates (P7 on TC North Jersey Trails map 116). This hike is moderate. Severe inclement weather cancels. TC North Jersey Trails map 116.

Sunday, 12/15  Ringwood Circular  B 7 B  
Chris Connolly  201-321-6605  
c.connolly7@verizon.net(pref.)  
9:30 AM at Ringwood State Park parking lot C. We visit scenic vistas and several ponds using Halifax, High Mountain Brook, Crossover and woods road trails. Precipitation cancels. TC North Jersey Trails map 115.

Thursday, 12/19  Goshen Mountain  B 7 B  
Henry Barkhorn  646-853-0824  
hcbarkhorn@hotmail.com  
9:30 AM at Lake Tiorati parking. We will do a loop north on the RD/AT, the RD, the AT and the Long Path. This is the hike described in Chapter 17 of Circuit Hikes in Harriman. Steady rain cancels. Registration by email required. TC Northern Harriman Trails map 119.

Saturday, 12/21  Ramapo Reservation  C 5 B  
Kathy Gauth  (c) 551-804-0358  
kkarose@aol.com  
10:00 AM at Ramapo Reservation Parking Lot on Rt. 202 in Mahwah. Weather conditions will determine route. Rain cancels. TC North Jersey Trails map 115.

Sunday, 12/22  Norvin Green Circular  B 7 B  
Chris Connolly  201-321-6605  
c.connolly7@verizon.net(pref.)  
9:30 AM at Manaticut Point trailhead on Crescent Drive. We take in views along Manaticut Point and Overlook Rock Trails. Precipitation cancels. TC North Jersey Trails map 115.

Thursday, 12/26  Ringwood State Park  B 7 B  
Roland Autran  201-886-9119  
autran@msn.com (pref.)  
9:30 AM sharp at Shepherd Lake Recreation Area, Ringwood NJ at the end of Shepherd Lake Road in the picnic area. This hike is part of “Hike of the Week” Hike 9 by Daniel Chazin. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC North Jersey Trails map 115.

Saturday, 12/28  Manitou Point Preserve Loop  C 3 C  
Karen Rose  (c) 551-804-0358  
kkarose@aol.com  
Mario Medici  201-396-9391  
marioamedici@gmail.com  
10:00 AM at 90 Mystery Point, Garrison, NY. From Bear Mountain Bridge head north approximately 1.5 miles on Route 9D. Parking area and trailhead are on the left. TC East Hudson Trails map 101.

Sunday, 12/29  Wyanokie High Point Circular  B 7 B  
Chris Connolly  201-321-6605  
c.connolly7@verizon.net(pref.)  
9:30 AM at New Weis Center parking area. We stroll through classic NJ Highlands scenery. Precipitation cancels. TC North Jersey Trails map 115.
Guided Hiking in the Dolomites

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gathered before dinner for drinks, rehashing the day’s events, and briefing on the next day’s hikes. Each day you chose the “easy” or “hard” hike. Typically the easy hikes were 7-8 miles with about 800 feet of ascent and 1500 feet of descent while the hard hikes were 9-10 miles with 1300 – 1500 feet of ascent and descent. Some days there was a bus to or from the hike and frequently (at least on the easy hikes) we avoided the grueling climb to the lofty heights with good views by taking a gondola up.

One day our hike followed an old railroad route along the north side of Val Gardena. There were lovely views across the valley, several small but elegant churches including two with elaborate graveyards, and a museum in one of its tunnels about how the railroad was built.

Another day we were bussed over the pass to Val Badia – think switchbacks and precipitous drops – where a pair of gondolas whisked us up to a ridge with great views of the spectacular Sella massif. We walked along the ridge and finally descended through fields of wild flowers into a small town.

My favorite day began with a gondola up from Selva. We walked around to the other side of Sasso Lungo and Sasso Piatto through the “City of Stones”, an area featuring rock formations artistically interspersed with heather, pine, and wildflowers. Once we were around, we braved the coffin lift up to the notch between Sasso Lungo and Funffinger (almost 9000 feet). The coffin lift was a panic: 2 to a “coffin”, boarding and exiting on the fly with operator assistance – a shove getting in and a yank getting out. There was plenty of time as we swayed back and forth to question the wisdom of being so cocooned, but it was worth it. Once there, we slipped around on the snow and admired Selva far below.

Our sightseeing day took us to South Tyrol Museum of Archaeology in Bolzano to be mesmerized by Ötzi, a bronze age man frozen in the Alps until found in 1991. Everything about him is incredible: the unlikely series of events causing his preservation and discovery, how the artifacts were extracted and preserved, and what has been learned from studying his remains and the remains of his gear. For instance, the Bronze Age was thought to be 4000 years ago but now that has been corrected to 5000 years. It is known what he ate for his last meal, what he was
wearing, how he died, his blood type, and where he was from (he was traveling at the time of his death). DNA tests show that his mother’s line has died out but his father’s has not. He may have living descendents.

I find that using a reputable tour group precludes nasty surprises. Our room was spotless and roomy with lots of storage, plus a nice view across the valley from our 2 balconies. Food was excellent and plentiful with all dinners, breakfasts (and gondolas) included. We usually stopped at a local bakery to buy lunch as we left town for the day. See https://www.hfholidays.co.uk/holidays-and-tours/guided-walking-selva for more information about this particular tour.

This was not a crazy expensive tour. Our cost for the week, including the tour itself, lunches, and our bar bill, was comparable to a 7 day cruise. (ref: https://cruisemarketwatch.com/financial-breakdown-of-typical-cruiser/). Since the tour company did most of the planning and logistics for us, we only had to get ourselves to Selva. We flew to Verona and drove to Selva, but driving was not required – half of our fellow hikers came by public transportation.

A tour like this makes a great vacation. Fellow hikers share their diverse backgrounds and expand your world view. Our group of 9 couples and 8 singles were 15 English, 1 Welsh, 2 American, 1 Canadian, and 5 Australian. New friendships were formed, one couple got engaged, and another was on their honeymoon (they met on a tour in Alaska).

What could be more fun than having a great time with each other while sharing our good times and theirs with our fellow hikers in new and beautiful surroundings?

Connecting with others in Yoga and Life
by Deanna Felicetta, E-RYT, 500/ Yoga of the Heart Certified

In Yoga practice and meditation we most commonly seek the company of others who are also interested in the same practice. For this reason many seek out a favorite Yoga studio. We are looking for like-minded seekers. As hikers, we are much the same in our coming together and meeting with a leader for a hike with other people. We enjoy a lovely time outdoors in nature together. In both these instances we create friendships with others. This bonding and harmony among people is so valuable and special.

Over the past few years we have lost some of our dear ADK friends. I miss my friends, and I know you miss yours too. Just recently we lost our friend Richard Sumner. He has been involved in ADK in so many capacities, always quietly doing and helping all at the club. He was our webmaster, a coordinator for our newsletter, and filled many other roles. We value his service greatly and are going to miss him.

In the past, Richard and Alta hiked with us. More recently, Richard hiked and traveled with Sheila. Family and friends mattered to him. He enjoyed taking photos. Over the past few years he became interested in Yoga; he coordinated the series of Yoga articles that usually appears in this space. It is so strange but fitting that his last hike was atop Bear Mountain for our ADK Earth Day Yoga Hike and Meditation in late April 2019. The photo below is the site of our meditation that day. Richard would be glad that you saw it.

I would love for us all to sit quietly for a moment in some quiet space, to meditate on the value of our friendships at ADK, and remember all of our dear friends. We hope and wish they are in that next better and special place. Let us remember that we should value each of our fellow hikers and continue to enjoy that group of ADK friends we look forward to seeing every time we meet outdoors for a hike!

Until we hike again on the trail…

Nameste,
Deanna
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Photo by Deanna Felicetta
FALL 2019

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North Jersey - Ramapo Chapter
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Address Service Requested

Lunch at the Bat Cave in Norvin Green State Forest, Roomy Mine Trail hike, August 24, 2019

Photo by Mario Medici