A Message From The Chair

THE LAST TIME

“Well I told you once and I told you twice” is the opening line of the Rolling Stones hit song “The Last Time”. And, so it is with the delivery of our newsletter - Trail Talk. In the Winter 2019 issue, I first “told you” that the Board unanimously approved the electronic distribution (e-delivery) of the newsletter beginning this year. Starting with the last issue - Spring 2019 - you should have received both the traditional postal mail copy and, for the first time, a second copy by e-delivery. **If you did not receive an e-delivery, it is important that you follow the directions on page 11 in order to correct the problem.** This issue was also delivered by both methods - a printed copy by postal mail, for “The Last Time”, and e-delivery. Beginning with the Fall 2019 issue, the newsletter will be distributed to you by e-delivery only, unless you have opted for the printed copy. **(For reasons beyond our control, if you had previously opted for the printed copy by sending an email to paper@adknjr.org, you must resubmit your request by using the form on page 11.)**

You may recall that our principal reasons for switching to e-delivery were “going green” and saving money, as the cost of printing and mailing over 700 copies of Trail Talk, four times each year, consumes nearly half of our income. Well, I am very pleased to report that, to date, about 97% of our members have chosen to participate in our “going green” and cost reduction initiative by not opting for the printed copy. As a chapter, we should be very proud of this achievement!

In my previous message I listed several “happenings” scheduled for the year. Let me provide more information on a few:

- **A blood drive is scheduled for Wednesday, August 7, from 12 noon to 8 pm in Montvale, NJ.** It is a first for our chapter and, we believe, a first for ADK. If you have never donated blood before, what better time to do so than with your fellow chapter members? See page 3 for the details.

- **A kayak paddle is scheduled for Thursday, August 22.** It is a first for our chapter and no prior experience is required. You don’t even need to know how to swim! (I can’t). See the Outings Schedule for further details.

- Along with the Mid-Hudson, Mohican, Long Island, and New York Chapters, we are co-sponsoring the annual ADK Fall weekend to be held from Friday, September 6 to Sunday, September 8, with hikes and activities centered on Harriman State Park. Again, we can be very proud of our chapter, as 10 members are leading 11 hikes over the weekend. In addition to leading a hike, (Super) Mario Medici is offering a lecture on Central Park on Friday evening and is leading a tour of the Brooklyn Bridge and DUMBO section of Brooklyn on Saturday. For further details of the weekend see page 4.

As I mentioned in the Spring, this only takes us into September. Again, if you should have an idea for a new outing or event, or would like to volunteer to assist in planning and executing one, please do not hesitate to call or email me.

Paul

REMEMBER – VOLUNTEERS MAKE IT HAPPEN!

www.ADKNJR.org • Meetup: NJR - Adirondack - Mountain - Club • Facebook: North - Jersey - Ramapo
Richard Sumner

Near the publication deadline of this newsletter, we received very sad news of the sudden passing of Richard Sumner. Richard, who was a long time member of our chapter and our board, was involved in many aspects of our Chapter, including being its webmaster. He will be sorely missed. A fitting tribute to Richard will appear in the Fall issue of Trail Talk.

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.
Sponsored By: Adirondack Mountain Club:
North Jersey Ramapo Chapter

Wednesday, August 7, 2019
12:00 pm - 8:00 pm

Vitalant Montvale Donor Room
102 Chestnut Ridge Road
Montvale, NJ 07645

FREE T-SHIRT FOR EACH DONOR!!!
Appointments are preferred, but walk-ins are welcome.

All Donors will receive the following free health screenings: Cholesterol, Blood Pressure, Temp, Iron, Pulse & Blood Type

Donor Guidelines:
* Weigh at least 110 lbs.
* Eat a meal before donation
* Bring ID
* Drink plenty of water before and after donation

Ann
BLOOD RECIPIENT:

“I wish I could tell my donor how grateful I am for your selfless act. You may have wondered what became of your donation well, it saved my life.”

FORERLY COMMUNITY BLOOD SERVICES.

To learn about our programs or how we can help your transfusion service, call 201.251.3703 or visit us at vitalant.org
FRIDAY, SEPTEMBER 6 – SUNDAY, SEPTEMBER 8TH
HARRIMAN STATE PARK
HOST CHAPTERS: MID-HUDSON, MOHICAN,
NORTH JERSEY-RAMAPO, NEW YORK AND LONG ISLAND

The 2019 ADK Fall Outing will be in the Lower Hudson Valley, based at The Stephen & Betsy Corman AMC Harriman Outdoor Center on Breakneck Pond in the heart of Harriman State Park. Harriman and adjacent Bear Mountain and Sterling Forest State Parks feature more than 225 miles of marked trails, including the famed Appalachian Trail, Long Path, and numerous lakes, making it a hiker’s and paddler’s paradise. Other notable parks, Hudson Highlands and the magnificent Hudson River are nearby, as is The Big Apple—just 30 miles from the Center.

Five downstate chapters are collaborating to offer club members and their families and friends a rich selection of outings for all tastes and abilities. In addition to daily hikes, paddles, and other exclusive excursions offered by host chapters, we have evening presentations on Central Park and Sterling Forest, and a singalong with the famous Walkabout Clearwater Chorus, founded by Pete Seeger.

The entire Harriman Outdoor Center has been reserved for on-site lodging, camping, and meals. On-site, but nearby, hotel rooms are being held for us at discounted rates. Details and relevant links can be found online by visiting the Web address below.

Registration is online, and you will be able to select your accommodations, meals, and outings. All will be available on a first-come, first-serve basis. Don’t wait. Early registration is encouraged to secure your preferred lodging and outings.

Go to midhudsonadk.org today to find more details about the weekend, including outings and food/lodging options, and to register (online only).

This is only page 1 – Go to midhudsonadk.org for the complete brochure.
Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
Saturday, 7/27    Goshen Mountain Circular   B 6.9 B  
Roland Autran  
(h) 201-886-9119  
autran@msn.com (pref.)  
(c) 201-699-3388  
9:30 AM sharp at the parking lot at Lake Tiorati Circle on Seven Lakes Drive.  Please look at hike’s description from Don Weise’s “Circuit Hikes in Harriman” page 107. This hike is easy to moderate.  Severe inclement weather cancels.  Please register for this hike by email.  TC Northern Harriman Trails map 119.

Sunday, 7/28    Lake Skannatati Loop   B 5.5 B  
Fred Hodde  
(h) 973-728-3223  
Bullwknkl1@aol.com (c) 973-722-7824  
10:00 AM at the Lake Skannatati parking area.  The planned route will use the Long Path, Dunning, RD and ASB Trails.  Registration by email preferred.  Call cell before 9:00 AM if the weather is questionable.  TC map Northern Harriman Trails map 119.

Thursday, 8/1    Tallman Mountain State Park   C 4/5 C  
Debbie Bell  
845-358-8386  
deb2@columbia.edu  
(NCA 9 PM)  
10:00 AM at the main parking lot in Tallman State Park in Piermont, NY (email leader for directions).  We will explore most of the park atop the Palisades using the Long Path, unmarked trails, and woods roads.  Lunch will be at a scenic viewpoint looking north to Nyack and the new bridge.  Hikers who want a relaxed day in the woods are welcome.  Please register if you plan to come and let me know if your plans subsequently change.  If the hike is cancelled for weather or other reasons, I will email registered participants before 8 AM on the day of the hike.  TC Hudson Palisades map 109.

Saturday, 8/3    Sterling Lake   C 4 C  
Dean Gletsos  
845-354-0738  
cgletsos@yahoo.com  
10:00 AM at the Sterling Forest Visitor Center.  Park in the upper parking area.  We will explore around this beautiful lake at an easy pace.  This hike is good for beginners and those who prefer not to rush.  Rain cancels.  Bring a light lunch and plenty of fluids.  Registration by email preferred.  TC Sterling Forest Trails map 100.

Sunday 8/4    Tuxedo Loop   B 7.5 B  
Roy Wooters  
(c) 845-304-0867  
rfwoot@gmail.com  
9:30 AM at the Skate Park, 54 E Village Rd, Tuxedo Park, NY (GPS 41.193228, -74.182439).  Trails:  R-D and Triangle to Parker Cabin Mountain for lunch.  Return on R-D.  Please register via email with phone number.  Rain cancels.  TC Southern Harriman Trails map 118.

Wednesday, 8/7    NJR “Blood Drive”  
See page 3 for details.

Thursday, 8/8    Pine Meadow Lake   B 6 B  
Nick Loudon  
973-619-5913  
nickloudon@comcast.net  
10:00 AM at Ramapo Equestrian Center.  Hike the Pine Meadow Trail to Pine Meadow Lake, then return via S-BM and Pine Meadow Trails.  Severe inclement weather cancels.  TC Southern Harriman Trails map 118.

Friday, 8/9    NJR Board Meeting  
The North Jersey Ramapo Board will meet 1:30 PM at the headquarters building of the NYNJ Trail Conference at 600 Ramapo Valley Rd. (Rt 202).  If you plan to attend, please email chair@hudsonhikers.org or call 201-693-6705.

Saturday, 8/10    Patriots Path Stroll   C 5 C  
Jeffrey Sovelove  
Hiker_Dood@yahoo.com  
10:00 AM at Speedwell Park parking lot located across the street from Historic Speedwell.  Come take an easy 5-mile stroll on Patriots Path in Morristown.  See the Morris County Parks website (http://www.morrisparks.org) for directions or put the following address into your preferred map engine: “Speedwell Park, 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, 8/11    Pine Meadow Lake   C 6 C  
Dean Gletsos  
845-354-0738  
cgletsos@yahoo.com  
10:00 AM at the Reeves Meadow Visitor Center, off Seven Lakes Drive.  Places of interest will be pointed out along the way.  This hike is good for beginners and those who enjoy hiking at a slower pace.  Bring a light lunch and plenty of fluids.  Registration by email preferred.  Rain cancels.  TC Southern Harriman Bear Mountain Trails map 118.

Thursday, 8/15    Fahnestock Three Lakes Loop   B 6.5 B  
Roland Autran  
(h) 201-886-9119  
autran@msn.com (pref.)  
(c) 201-699-3388  
9:30 AM at second parking area on Denny Town Rd. off Rt 301.  (GPS 41.420759, -73.868793).  Driving directions from east side of Bear Mt. Bridge:  Take Rt. 9D north for about 8.5 miles to junction with Rt. 301 (Cold Spring, NY).  Drive east following Rt. 301 (crossing Rt 9) for about 5 miles to Dennytown Rd, on right.  Follow it south for 1.1 miles to grass parking area on left side of road.  This Fahnestock State Park hike was taken from Dan Chazin’s Hike Of The Week Book.  Severe inclement weather cancels.  Please register for this hike by email.  TC East Hudson Trails map 103.

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
Saturday, 8/17  Introduction to Hiking C 2 C
Mario Medici 201-396-9391
marioamedici@gmail.com (pref.)
Karen Rose (c) 551-804-0358
kkarose@aol.com
10:00 AM at the New York/New Jersey Trail Conference Building, 600 Ramapo Valley Road, Mahwah, NJ. This is a one-hour class covering the basics of hiking followed by a short, one to two mile hike at Ramapo Reservation located just outside the Trail Conference building. The class is designed for individuals who have little or no hiking experience and would like to understand hiking protocols, trail markings, apparel, and related matters. Space is limited so please register early for this class - email preferred.

Saturday, 8/17  Hike the AT For Ice Cream B 9 B+
Pete Reiner 845-323-7697
psr7777@gmail.com
9:30 AM at the parking area on the Appalachian Trail head located at Continental Rd. and Rt. 17A, Warwick, NY. We will be hiking about 9 miles, 1200' vertical in many small ups and downs. Several great views including Greenwood Lake and Fitzgerald Falls. At the end we will go to the famous Bellvale Creamery ice cream shop. No beginners please. This hike requires a car shuttle to start the hike at the parking lot (P8) on NY Rt. 17A by the Allis Trail. Rain cancels hike. TC Sterling Forest Trails map 100.

Sunday, 8/18  Bare Rock Vista 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 hike 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, 8/22  On The Water
Paul Margiotta 201-693-6705
pjmm11@verizon.net (pref.)
Overpeck Park, Teaneck, NJ. No prior experience required. $15 cash donation to Hackensack Riverkeeper for 2 hours. Includes single or tandem kayak, short lesson, orientation and safety equipment. Bring lunch; optional walk to follow. More details and directions provided upon registration. Rain cancels. LIMITED TO 15 MEMBERS.

Saturday, 8/24  Roomy Mine Trail C 3 B
Mario Medici 201-396-9391
marioamedici@gmail.com (pref.)
Karen Rose (c) 551-804-0358
kkarose@aol.com
10:00 AM at Norvin Green State Forest. From Rt. 287 take Skyline Drive to CR 511. Turn left onto West Brook Road for 1.6 miles. Turn right and cross Wanaque Reservoir. At T-junction, turn left for .4 miles. Turn right onto Townsend Road and proceed 500 feet to parking area. See caves, glacial erratics, and views. Registration by email preferred. TC North Jersey Trails map 115.

Saturday, 8/24  Breakneck Mountain, Harriman B 7 B
Geoff Fonseca 845-357-9366
geofffonseca@yahoo.com
9:30 AM at parking at Diltzes Lane, Pomona, NY (GPS 41.18512, -74.07453). Hike the T-MI, S-BM, T-MI, and Breakneck Mountain trails to the Third Reservoir. Return on the S-BM, Red Arrow and T-MI. Please register via email with phone number. Rain cancels. TC Southern Harriman Trails map 118.

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

Thursday, 8/29  Sterling Lake Loop C 4.2 C+
Mario Medici 201-396-9391
marioamedici@gmail.com (pref.)
Susan Serico (c) 973-809-7307
sterlingfiretower01@gmail.com
10:00 AM at Sterling Forest Visitor Center upper parking lot. The hike will take us around Sterling Lake stopping at the “beach” for lunch. Registration by email is preferred. TC Sterling Forest Trails map 100.

Saturday, 8/31  Ledges and Lakes B 8.85 B+
Roland Autran (h) 201-886-9119
autran@msn.com (pref.)
10:30 AM at the parking lot called “Skatepark” on E. Village Road in Tuxedo, NY. From there we hike a loop on the R-D,
Outings Schedule • Summer 2019 • July • August • September

T-MI, Triangle, Victory, White Bar, R-D, Blue Disc, and R-D trails. Please look at the description of this hike in Chapter 9 of Don Weise’s “Circuit Hikes in Harriman”. This hike is strenuous. Severe inclement weather cancels. Please register for this hike by email. TC Southern Harriman Trails map 118.

Sunday, 9/1
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, 9/5  Lunch at Lake Skenonto  B 6 B
Karen Rose (c) 551-804-0358
kkarose@aol.com
9:30 AM at Johnstown Rd Circle, Harriman State Park.
Hike the White Bar and Victory trails to the lake and return via Triangle and White Bar. About 700 ft elevation gain. Rain cancels. TC Southern Harriman Trails map 118.

Friday, 9/6  ADK Fall Outing at AMC
Saturday, 9/7  Harriman Outdoor Center
Sunday, 9/8  You must register with ADK to participate in any of the weekend’s outings. See page 4 for more information on the Fall Outing.

Thursday, 9/12  Anthony Wayne Recreation Area  C 6 C
Debbie Bell 845-358-8386
deb2@columbia.edu (NCA 9 PM)
9:30 AM at the northern end of the northern parking lot of the Anthony Wayne Recreation Area (Palisades Parkway Exit 17). We will explore some less-often hiked trails and woods roads. The hike crosses the PIP. Most of the terrain is moderate, but hiking poles will be helpful for several short sections. If the hike is cancelled for weather or other reasons, I will email registered hikers before 7:30 AM on the day of the hike. TC Northern Harriman Bear Mt. Trails Map 119.

Thursday, 9/12  3 Lakes/AT in Fahnestock  B 5 B
Henry Barkhorn 646-853-0824
hcbarkhorn@hotmail.com
10:00 AM at parking on Dennytown Rd., 1.1 mi. south of Rt. 301. We will do a loop north on the 3 Lakes Trail, returning south on the AT. This is the hike described in Chapter 19 of Hike of the Week. Steady rain cancels. Registration by e-mail is required. TC East Hudson Trails map 103.

Saturday, 9/14  Turtleback Rock  B 6 B
South Mountain Reservation
Jeffrey Sovelove Hiker_Dood@yahoo.com
10:00 AM at Turtleback Rock trailhead. See the Essex County Parks Commission website http://www.essexcountyparks.org/parks/south-mountain-reservation for directions or Google "Walker Road, West Orange NJ". We will take the Orange Trail down to Hemlock Falls and see the famous Turtleback Rock. Heavy/steady rain cancels. Joint ADK/Sierra Club hike.

Sunday, 9/15  Lunch On the State Line  B 4.5 A
E. Turner & D. Felicetta 201-774-4876
eileenkt@gmail.com
8:45 AM at State Line Parking area off Lakeside Rd. (Rt. 511), West Milford, NJ. Hike the State Line to AT, then to Ernest Walter Trail, Beaufort Ridge and back to State Line then down and out. This hike is strenuous. Severe inclement weather cancels. TC North Jersey Trails Map 116.

Thursday, 9/19  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, 9/21  Pine Meadow Lake  B 4.5 B
Mario Medici 201-396-9391
marioamedici@gmail.com (pref.)
9:30 AM at Reeves Visitor Center, Harriman State Park.
Moderate hike to Pine Meadow Lake and back. Registration by email is preferred. TC Southern Harriman Trail map 118.

Saturday, 9/21  Black Rock Forest  B 7.5 B+
Roland Autran (h) 201-886-9119
autran@msn.com (pref.)
(c) 201-699-3388
9:30 AM at the Black Rock Forest Main Parking Lot, Reservoir Road, Cornwall, NY. From there we hike on the Duggan, Reservoir, Stillman, Scenic, Tower Vue, White Oak, Continental Road, Stillman, Black Rock Hollow, Reservoir and back to the Duggan Trail. Please look at the hike’s description in Daniel Chazin’s “Hike of the Week” p.137. This hike is strenuous. Severe inclement weather cancels. Please register for this hike by email. TC West Hudson Trails map 113.

Sunday, 9/22  Silvermine Circular  B 6 B
Fred Hodde (h) 973-728-3223
Bullwnk1@aol.com (c) 973-722-7824
9:30 AM at the Silvermine Parking Lot off Seven Lakes Drive. We’ll do a circular hike starting with the Menomine past Lake Nawahunta, followed by the Long Path and AT Trails

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
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 9/26**  
Splitrock Reservoir  
B 7/8 B  
Roy Wooters  
(c) 845-304-0867  
rfwoot@gmail.com  
9:30 AM at 362-398 Split Rock Road, Boonton NJ, Farny State Park (GPS 40.96305, -74.45613). Hike the Splitrock Loop on the southeast side of the reservoir. Moderate rain or thunderstorm cancels. Register by email with phone number for specific details. TC Jersey Highlands Trails map 125.

**Saturday, 9/28**  
Pine Meadow Lake  
B 7.5 B+  
and Ramapo Escarpment  
Geoff Fonseca  
845-357-9366  
geofffonseca@yahoo.com  
9:30 AM at the Town of Ramapo Equestrian Center off Rte. 202 south of Pomona, NY. We will hike the Pine Meadow Trail to the S-BM and Conklin's Crossing and return via the Pine Meadow Trail. Rain cancels. Please register by email. TC Southern Harriman-Bear Mt. Trails map 118.

**Sunday, 9/29**  
Fahnestock/Charcoal  
B 7.5 B  
Burners Lollipop  
Peter Tilgner and Suzan Gordon  
(h) 201-871-3531  
pertertilgner@icloud.com  
(c) 201-364-9719  
10:00 AM at the AT crossing, Rt. 301, Fahnestock State Park. We will hike the AT north to the Fahnestock, Clove Greek, Wyccopee, and Charcoal Burners Trails returning on the AT. Trail head parking is available on Rt. 301 south side or north side where the AT enters after crossing Rt. 301. Driving directions from east side of Bear Mt. Bridge: Take Rt. 9D north for about 8.5 miles to junction with Rt. 301 (Cold Spring, NY). Drive east following Rt. 301. Cross Rt. 9 driving about for about 5 miles to AT trail head crossing parking. Canopus Lake will be on your left. TC East Hudson Trails map 103.

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**42nd Annual ADK-LI Columbus Day Weekend**  
Oct 11-14

New adventures await. Join us for a weekend of hiking, biking, leaf-peeking, museums, friends and fun. There’s more than bagging one of the 46 high peaks. Hike the peaks of the Lake Placid 9 Challenge, the Saranac 6, or the Tupper Lake Triad. Bike the Adirondack Byways. Visit the Wild Center. Explore Paul Smith’s VIC. Hike some of the lesser peaks of Pharaoh Mountain, Noonmark or Indian Head. From Heart Lake, take a short jaunt up Mount Jo, or venture to the high peaks of Wright, Phelps, and Algonquin. Begin and end your day at the classic ADK LOJ at Heart Lake.

*All participants must be current ADK Club members.*

**Accommodations:** Accommodations available this year are the entire LOJ, plus the Campground and Tyler Cabins, and Lean-To’s #1 and #4. The LOJ has 3 bunkrooms, 5 private rooms, and a 12 bed Loft. The LOJ provides linens and towels. The Campground Cabin and Lean-to’s do not provide linens or towels. The Tyler Cabin only has linens. For further information about each of these accommodations, go to www.adk.org and click on the STAY link. Navigate to the ADK LOJ at Heart Lake, Heart Lake Camps, and Wilderness Campground. For CD weekend lodging rates, go to https://www.adkli.org/cd2019.

**Schedule:** Activities for Saturday, Sunday and Monday will be posted in the Great Room of the LOJ.

**Reservations and payment:** First-come, first-serve! Register early to secure the accommodations you want. Online registration only: https://www.adkli.org/cd2019.

**Waiting List:** Reservations received after the trip is filled will be placed on a waiting list.

**Cancellations:** Cancellations made before September 11th will incur a $20 cancellation fee. After September 11th, a full refund is available only if your reserved space is filled by someone on the Waiting List.

**Meals:** Daily breakfast is a buffet. Saturday’s dinner is Family Style. Please notify the LOJ staff for vegan/vegetarian and other dietary concerns at least 24 hours before arrival. Trail lunches are available for purchase. You may also purchase breakfast and dinner separately. Call the LOJ directly with requests.

**Further details** about the weekend and a list of participants and their contact information will be available in September. Participants are to bring an appetizer or hors d’oeuvre for the Traditional Happy Hour.

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
Yoga For Hikers: Cows and Cats, Bitilasana and Marjaryasana

by Deanna Felicetta, E-RYT, 500 hour and Yoga of the Heart Certified.

Cows and Cats is the common name for a Bitilasana and Marjaryasana yoga flow. It is one of my favorite asana combos because it helps a person learn about their breathing. Pranayama, the breathing and flow of energy throughout the body are so important to an active person. We breathe in and out all the time and never give it much thought. Being conscious of our breathing at times can be useful and calming.

Physically, these two poses are a perfect complement to each other. Starting in COW and going through neutral (table shape) into CAT provides a sequence with a smooth full range of motion for your spine. Also stretching your neck, torso, and stomach, it is an ideal morning stretch or breathing exercise before any workout! It promotes pelvic mobility, helps you consciously exercise your lungs, and brings clarity to your mind.

Use a yoga mat or folded blanket under your knees if they need a little padding. Begin by kneeling on all fours with hands flat to the floor directly under your shoulders, fingers forward and spread apart, and knees directly below your hips. This is your neutral table shape to start and you will pass through this place between every COW and CAT! Now is the time to imagine that grand pasture cow … tall, strong, proud! Next we will be Black Halloween Cats ... curl up strongly into that shape. Now that you have your target places to go to we will add breathing.

Go to your table shape and breathe a few easy breaths. Next, move into your grand and chest-proud COW shape with a full inhalation. Return to a table shape, head beginning to drop down. Continue on into your Halloween CAT shape and a full exhalation. Then slowly return to table. Continue back into your proud Cow and chest filling inhalation. Do this for a dozen rotations at a comfortable breathing pace. It is nice to follow this with Child’s Pose, Balasana, or any relaxing seated posture.

If your knees are a severe problem, you can do this flow seated in a chair. Sit tall with hands pressed down on the chair just by your hips/thighs. Cows and Cats flow nicely from the chair.

Enjoy this smooth but lively combination any time and have a great summer.

Namaste!

Deanna

Welcome New Members

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>Richard Augsbach</td>
<td>Westwood, NJ</td>
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<tr>
<td>Scott Baird</td>
<td>Nyack, NY</td>
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<tr>
<td>Richard Bowers &amp; Claudia</td>
<td>Westfield, NJ</td>
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<tr>
<td>Marilyn Bridges</td>
<td>Warwick, NY</td>
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<tr>
<td>Rebeccah Chew &amp; Thomas Zorn</td>
<td>Hewitt, NJ</td>
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<tr>
<td>Andy Cohen</td>
<td>Millburn, NJ</td>
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<tr>
<td>Erin Crawford</td>
<td>Montclair, NJ</td>
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<tr>
<td>Audra Cruz &amp; Paul Tulli</td>
<td>Oak Ridge, NJ</td>
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<tr>
<td>Griffith Dudley</td>
<td>Jersey City, NJ</td>
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<tr>
<td>Sandra Galindo Cardenas &amp;</td>
<td>Paramus, NJ</td>
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<tr>
<td>Rudolph Gilbert</td>
<td>Interlaken, NJ</td>
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Welcome Back

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<tr>
<td>William &amp; Karen Allen</td>
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<tr>
<td>Martin Bedell</td>
<td>Pearl River, NY</td>
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<tr>
<td>Frank Carey</td>
<td>Ramsey, NJ</td>
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<tr>
<td>Edward &amp; Helen Geismar</td>
<td>Glen Rock, NJ</td>
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<tr>
<td>Brad &amp; Cristina Cleverley</td>
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<tr>
<td>Lori Kurtz</td>
<td>Fair Lawn, NJ</td>
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<tr>
<td>Lynn Groves</td>
<td>Newton, NJ</td>
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<tr>
<td>Elizabeth Hanson &amp; Burke</td>
<td>Nyack, NY</td>
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<tr>
<td>Jin Hur-Kupperman &amp; David</td>
<td>Demarest, NJ</td>
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<tr>
<td>Paul &amp; Tori Kaminski</td>
<td>Wall Township, NJ</td>
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<td>David Lee</td>
<td>Succasunna, NJ</td>
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<td>Daniel Lees</td>
<td>Lyndhurst, NJ</td>
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<td>Frederick Little</td>
<td>Palisades, NY</td>
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<tr>
<td>Constantine Loukedis</td>
<td>Montvale, NJ</td>
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<td>Daniel Lynch</td>
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<td>Douglas Mauro</td>
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<tr>
<td>James Nealis</td>
<td>Katonah, NY</td>
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<tr>
<td>Gary &amp; Yvonne Nedbal</td>
<td>Middletown, NY</td>
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<tr>
<td>Nicholas &amp; Kristen Panagakos</td>
<td>Chatham, NJ</td>
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<tr>
<td>Olga Plitt</td>
<td>Tenafly, NJ</td>
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<tr>
<td>Vivienne Rollins</td>
<td>New City, NY</td>
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<tr>
<td>Robert Rycharski</td>
<td>Haskell, NJ</td>
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<tr>
<td>Marcia Samuel</td>
<td>Hackettstown, NJ</td>
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<tr>
<td>Susan Serico</td>
<td>North Haledon, NJ</td>
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<tr>
<td>Kevin Smith</td>
<td>Silver Spring, MD</td>
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<td>Richard Tesoriero</td>
<td>Waldwick, NJ</td>
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<tr>
<td>Ryan Tierney</td>
<td>Budd Lake, NJ</td>
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<tr>
<td>Gary Wersinger</td>
<td>West Long Branch, NJ</td>
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<tr>
<td>Meiling Wong &amp; John Chao</td>
<td>West New York, NJ</td>
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<td>John Giorgio</td>
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<tr>
<td>Christopher &amp; Nicola Jones</td>
<td>Port Jervis, NY</td>
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<tr>
<td>John Markle</td>
<td>Park Ridge, NJ</td>
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<tr>
<td>Eleanor Medora</td>
<td>Stony Point, NY</td>
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<tr>
<td>Margarite E. Remsey</td>
<td>Little Falls, NJ</td>
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<tr>
<td>William Rifkin</td>
<td>Nanuet, NY</td>
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<tr>
<td>Joe DePlasco &amp; Nahela Hadi</td>
<td>Roseland, NJ</td>
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This is the last TRAIL TALK being automatically mailed to all members.
Beginning with the FALL 2019 issue,
Trail Talk will use e-delivery instead of postal mail.
If you want the printed version, you must request it!

If you did not receive this newsletter by email, your email address is probably missing or incorrect in the ADK database. To ensure your e-delivery for future newsletters, send an email to membership@adk.org with your name, address, and ADK ID number (it’s on your membership card).

If you want to continue receiving the printed version of the newsletter by postal mail, you must mail this form. Cut off this page at the dotted line on the left and fold at the fold lines so that this part of the page is hidden and the address at the top of this page is visible. Tape the 3 open sides, add a stamp, and drop it in the mail.

(For reasons beyond our control, if you had previously opted for the printed copy by sending an email to paper@adknjr.org, you must resubmit your request by using this form.)
SUMMER 2019

Adirondack Mountain Club
North Jersey Ramapo Chapter
385 N Franklin Tpke, Box 7
Ramsey, NJ 07446

Address Service Requested

40 Chapter Outings Inside

PLUS

ADK’s Annual Fall Outing is in Harriman this year!
Sept 6-8

www.ADKNJR.org • Meetup: NJR - Adirondack - Mountain - Club • Facebook: North - Jersey - Ramapo