

WINTER 2019

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Message From The Chair

HAVE YOU HUGGED A TREE TODAY?

Well, the Board of Directors metaphorically hugged a tree at its last meeting, when it unanimously approved the electronic distribution of this newsletter beginning in 2019. (Did you know that a single tree can absorb up to 48 pounds of carbon dioxide a year?) Besides “going green”, an equally important factor in reaching this decision is the cost of printing and mailing over 700 copies of Trail Talk four times each year, since it consumes 43% of our revenues. It is our single largest expense by far! Another advantage of electronic distribution is that we will no longer be limited to 8 pages. And you will be receiving the newsletter sooner and in living color!

We do not take this change lightly, as we expect there might be some hiccups along the way. Therefore, there will be a transition period beginning with the Spring issue, when you will receive both an electronic version and the traditional postal mail copy. Success of that delivery will determine when electronic delivery will begin. **For this endeavor to be successful we need your correct email address.** For about one third of our members we have either no email address or an incorrect one. See the article on page 2 for details about how to ensure that ADK has your correct email address. As always, you will continue to have access to the most recent and archived newsletters on our website: adknjr.org.

Now that I have taken care of “business”, I have many kudos and thank yous to report. First, 2018 was yet another very successful year for our chapter, as we had 165 scheduled hikes! At our holiday party in December it was my pleasure to have presented or announced awards to 16 members who led 4 or more hikes during the year. There was a tie for the coveted “Bullwinkle” award - going to the leader with the most hikes - between Roy Wooters and Roland Autran, with 16 hikes each. (For the first time since its inception, Fred Hodde did not receive the eponymous

award, just missing out with 15 hikes.) Thank you to all 24 members who led hikes in 2018.

Did you know that our chapter, under the leadership of Trails Committee Chair Karen Rose, maintains three sections of trails in Harriman State Park for the NYNJ Trail Conference? For the first time in our chapter’s history, awards were granted to long-term maintainers Reena Mancuso, Dean Gletsos and the aforementioned Karen Rose. Many thanks to the diligent trail maintainers! And, speaking of Karen, I would be remiss if I didn’t thank her for again helping to organize another holiday party.

Continuing with awards, Spruce Cone patches were presented to Allen Grunthal, Pat Banker and Sheila Rizzo for their years of excellent work as Treasurer, Newsletter Chair and Copy Editor, respectively. Thank you for your unheralded, behind-the-scenes work.

Lastly, Peter Reiner received the White Birch Award - one of the most prestigious that ADK has to offer. Peter was the Chair of the Ramapo Chapter before its merger with North Jersey, and since then he has been a member of the NJR Board, serving as Committee Chair for Marketing. In this position, he is credited for attracting many new members to our chapter. In addition, Peter is always one of our top hike leaders. Congratulations Peter!

In closing, with the continued hard work and dedication from returning fellow officers Geoff Fonseca, Allen Grunthal and Fred Hodde and all the other Board members, including newly elected Peggy Wissler, I expect 2019 to be a banner year for YOUR chapter of ADK. From the entire Board of the North Jersey-Ramapo Chapter, we wish you and yours a Happy and Healthy 2019.

Paul

REMEMBER – VOLUNTEERS MAKE IT HAPPEN!

Welcome New Members

Elisabeth Ammann - Ridgewood, NJ
Daniel Ayers - Manasquan, NJ
Greg Bassett - Basking Ridge, NJ
Jacob Campbell - River Edge, NJ
Rebecca Cannata & Lisa Davenport - Weehawken, NJ
Margaret Casagrande - Fort Lee, NJ
Kevin & Meredith Caulfield - Ridgewood, NJ
Colleen Chorak - Pen Argyl, PA
J Barry Cocoz - Roseland, NJ
Maureen Curry - Union, NJ
Paul Danforth - Demarest, NJ
Joe DePlasco - Maplewood, NJ
Diane Donovan - Montvale, NJ
Eric Ebeling - Elmwood Park, NJ
John Egan - Lyndhurst, NJ
Freida Ehrenmal - Monsey, NY
Muriel Fitzpatrick - Woodcliff Lake, NJ
Randolph Floyd - Lebanon, NJ
David Flume - Lyndhurst, NJ
Daniel Gomez - Carteret, NJ
Susan Grant - Shrewsbury, NJ
Jesse Gusler - Feasterville Trevose, PA
Paul Guth - Freehold, NJ
Gail Hammell - Haddon TWP, NJ
Jean Marie & John Herron - Mahwah, NJ
Fran Horn - Red Bank, NJ
Robert & Sharon Kilcarr - Nanuet, NY
Cynthia Klenk - Greenfield Township, PA
Paul Labay - Lodi, NJ
Martha Landy - Colonia, NJ
Richard Loeb - New City, NY

Joyce Lorusso - Pompton Lakes, NJ
Dawn Martin - Browns Mills, NJ
Shelby Meyers - Wanaque, NJ
James Meyerson - Mine Hill, NJ
Margaret Nicola - Pearl River, NY
Craig Oppenheimer - Rahway, NJ
Alba Osorno & Juan Quijano - Paramus, NJ
Bill Phillips - Riverdale, NJ
Vernon Post - Summit, NJ
Shawn Rezendes - Garfield, NJ
G N Rosenlof - Hillsdale, NJ
Kim Rowe - Brielle, NJ
Thomas Rubino - Piscataway, NJ
Joe Satella - Jersey City, NJ
Willa Scantlebury - Hopatcong, NJ
April Schoenherr - Monroe, NY
Joe Schuldner - Sparta, NJ
Alex Skatchkov - Bloomingdale, NJ
Joseph N Straus - Princeton, NY
Andy & Betty VanOrder - Newton, NJ
Peter & Marilyn Varley - Mamaroneck, NY
Rick Vollmar - Denville, NJ
A Dennis White - Summit, NJ
Alexander & Bobbi Whiteside - Brick, NJ
Eloise & Carl Williams - Mt Laurel, NJ
Tim Zebo - Red Bank, NJ

Welcome Back

Edward & Donna Dowd - Ridgewood, NJ
Robert Marschall - Long Valley, NJ
Nancy McGohey - Riverdale, NJ
Stuart Morrell - New City, NY
Mary Ellen Patichio - Toms River, NJ
Elyse Stoller - Suffern, NY

E-Delivery of This Newsletter

As the first step in our transition during 2019 to electronic delivery of Trail Talk, the Spring issue will be sent to you both as a pdf file by email and as a printed copy by postal mail. **For this to succeed we need to have the correct email address for every member.**

If you are currently receiving occasional emails from adk.org, then ADK does have your correct address. No further action is required. If not, then send an email to membership@adk.org (and to email-list@adknjr.org) with your correct email, name, address and membership number. Do not log in to your ADK account and change your email address yourself. That will not change your email in the main ADK database.

Of course, those members without an email address (and those that request it) will continue to receive a printed copy. If you have a comment or a question about this change to e-delivery, please email to chair@adknjr.org



ADK NORTH JERSEY RAMAPO CHAPTER

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Trail Talk is published quarterly. The deadline for submissions is generally one month prior to publication date. Please send articles to newsletter@adknjr.org. Send photos to photos@adknjr.org. If you do not receive the newsletter by the beginning of each quarter (January, April, July and October) please contact the membership chair (membership@adknjr.org 845-304-0867).

HIKE SCHEDULE • WINTER 2019 • JANUARY • FEBRUARY • MARCH

Tuesday, 1/1 Happy Harriman New Year B 6/7 B
 Chris Connolly 201-321-6605
 c.connolly7@verizon.net(pref.)
 10:00 AM at Reeves Meadow Parking Area
 Start 2019 on the right (and left) foot. Precipitation cancels. TC Southern Harriman-Bear Mt. map 118.

Thursday, 1/3 Elk Pen Circular B 6.5 B
 Roy Wooters (c) 845-304-0867
 rfwoot@gmail.com

10:00 AM at the Elk Pen parking
 Hike to Green Pond on A-SB & Stahahe Brook trails, then proceed toward the Lemon Squeezer via the Nurian, Dunning, White Bar, & A-SB trails. AT back to the Elk Pen. Lunch spot to be determined. Traction devices may be required and proper cold weather clothing (no cotton) is required. Severe weather cancels. Please register via email with your phone number. TC Northern Harriman - Bear Mt. Trails map 119.

Saturday, 1/5 Black Rock Forest Hike B 6.5 A
 Roland Autran (h) 201-886-9119
 autran@msn.com (pref.) (c) 201-699-3388

9:30AM sharp at the Black Rock Forest Main Parking Lot, Reservoir Road, Cornwall, NY
 We hike a variety of trails to the Black Rock (altitude 1410'). Moving on, we climb Mt Misery (altitude 1268') where we pause to enjoy the view before returning to the parking lot. Severe inclement weather cancels. Please register for this hike by email. Traction devices may be necessary. TC West Hudson Trails map 113.

Sunday, 1/6 Bare Rock Vista B 5/7 B
 Fred Hodde (h) 973-728-3223
 Bullwnk1@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, 1/10 Pine Meadow Lake (Out and Back) C 5 C
 Mario Medici 201-396-9391
 marioamedici@gmail.com (pref.)

10:00 AM at the Reeves Meadow Visitor's Center
 An easy 5 mile hike to Pine Meadow Lake. Plan on stopping at the lake for lunch and bring two quarts of water. Call cell before 8 AM, if weather is questionable. Please email or call hike leader to register. Snow cancels. TC Southern Harriman-Bear Mt. Trails map 118.

Saturday, 1/12 Turtle Back Rock, South Mountain B 6/7 B
 Sheree Bennett (c) 973-932-9466
 shereestarett@yahoo.com (day of hike only)
 10:00 AM at Turtle Back Rock, coordinates N40° 45.96'

Please see the complete Hiker's Guide at
<https://www.adknjr.org/hikers-guide/>

HIKE RATINGS: represent the Pace, Distance and Terrain covered during the hike.

PACE: A - Fast, B - Moderate, C - Easy

DISTANCE: is given in miles as noted

TERRAIN: A - Strenuous, B - Moderate, C - Easy

MAPS: The TC number indicates a NY-NJ Trail Conference map for the area of the hike.

ABBREVIATION: NCA-No Calls After . . .

Pref.- Leader's contact preference.

W74° 16.46'. Turn east on Northfield Ave., pass South Mountain Arena, about 0.25 mile, to Walker Rd. and turn right (traffic light). Park entrance is first road on the right. This hike on leader's choice of trails is at a moderate pace in South Mountain Reservation. Wear hiking boots. Bring lunch and water. Wet conditions will cancel hike. Joint ADK/Tristate Ramblers. Please pre-register with hike leader by phone or email.

Sunday, 1/13 Ramapo Roundabout B 7 B
 Chris Connolly 201-321-6605
 c.connolly7@verizon.net(pref.)

9:30 AM at Ramapo Reservation Parking Lot off of Rt. 202
 Winter conditions permitting, we'll reach Ilgenstein Rock as our mid-point. Precipitation cancels. TC North Jersey Trails map 115.

Thursday, 1/17 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 7 PM on Wednesday. Traction devices may be necessary.

Saturday 1/19 Long Mountain to Turkey Hill Lake B 5 B
 Peter Reiner 845-323-7697
 psr7777@gmail.com

9:30 AM at the Long Mountain parking area 1.2 miles past Palisades Parkway exit 18 traffic circle. Look for sign on right side "Long Path/Raymond Torrey Memorial."
 Hike the Long Path to the Torrey Memorial on Long Mtn, then back down to the Popolopen Gorge Trail passing by Turkey Hill Lake. After lunch, we hike the 1779 and Anthony Wayne Trails back to the parking area. Rain/snow cancels hike. Please register for this hike. TC Northern Harriman-Bear Mt. Trails map 119.

Sunday, 1/20 Lake Sebago Boat Launch B 7.5 B
 Geoff Fonseca 845-357-9366
 geofffonseca@yahoo.com

9:30 AM at Lake Sebago Boat Launch Parking Lot.
 We will hike on the Seven Hills, Buck, Breakneck Mountain and Suffern Bear Mountain Trails. Lunch at Big Hill Shelter. We will return on woods & ski trails. Precipitation of any kind cancels. Traction devices/snowshoes may be required. Please email

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leader to register. TC Southern Harriman - Bear Mt. Trails map 118.

Thursday, 1/24 In The Woods B 6/8 B/B+
Henry Barkhorn 646-853-0824
hcbarkhorn@hotmail.com
Active Thursday hikers will receive a group email from the leader on Monday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday. All participants must register with the leader in advance - email preferred. Traction devices might be necessary.

Saturday, 1/26 Jockey Hollow Leader's Choice B 6 B
Jeffrey Sovelove
Hiker_Dood@yahoo.com
10:00 AM at Jockey Hollow Park visitors' center
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. Inclement weather cancels. Traction devices may be necessary. Optional lunch at a local eatery if we get done in time. Joint ADK/Sierra Club hike.

Sunday, 1/27 Campgaw Canter B 5.5 B
Chris Connolly 201-321-6605
c.connolly7@verizon.net(pref.)
10:00 AM at main parking lot on Park Drive off Campgaw Road (not the Ski Lot)
Check out Ramapo Reservation's sister park. Precipitation cancels. TC North Jersey Trails map 115.

Thursday, 1/31 Pyramid Mountain B5/6B
Sheree Bennett (c) 973-932-9466
shereestarr@ yahoo.com (day of hike only)
10:00 AM at Pyramid Mountain Visitor Center, coordinates: N40° 56.81'; W74° 23.30'
One steep uphill and one steep descent. We should finish by 1 PM. Call leader by 9 AM if weather is questionable. Steady rain cancels. Joint ADK/TriState Ramblers hike. Please pre-register with hike leader by phone or email no later than the day before the hike. Traction devices might be necessary. TC North Jersey Highlands Trails map 125.

Saturday, 2/2 Patriots Path Stroll C 5 C
Jeffrey Sovelove
Hiker_Dood@yahoo.com
10:00 AM at the Speedwell Lake parking lot located across the street from Historic Speedwell
Come take an easy stroll on Patriots Path in Morristown. This 3 - 5 mile walk will start out from the parking lot. See the Morris County Parks website (<http://www.morrisparks.org/>) for directions. Great for beginners. Inclement weather cancels. Traction devices may be necessary. Optional lunch afterwards. Joint ADK/Sierra Club hike.

Saturday, 2/2 Lake Stahahe High Point Loop B 6 B
Peter Reiner 845-323-7697
psr7777@gmail.com

9:30 AM at the Elk Pen Parking Area off Arden Valley Rd. Starting on the AT we hike the Arden Surebridge Trail to the Stahahe Brook Trail, link with the Nurian Trail and then onto Island Pond Road to climb up to Stahahe High Point. Return on Island Pond Rd. passing the Boston Mine to the Arden Surebridge Trail and out. Rain/snow cancels hike. Please register for this hike. TC NorthernHarriman-Bear Mt. Trails map 119.

Sunday, 2/3 Suffern to Kakiat Park B 6.25 B
Roy Wooters (c) 845-304-0867
rfwoot@gmail.com

9:30 AM at Kakiat Park
Shuttle to trailhead of the SBM in Suffern. Hike back to Kakiat Park via SBM and Kakiat trails. Traction devices may be required and proper cold weather clothing (no cotton) is required. Severe weather cancels. Please register via email with your phone number. TC Southern Harriman- Bear Trails map 118.

Thursday, 2/7 Ad Hoc B 6/8 B
Fred Hodde (h) 973-728-3223
Bullwnk1@aol.com (c) 973-722-7824

Let's see what 2019 brings us. I'll send an email to active Thursday hikers by Monday before the scheduled hike day with the needed location, time and hike details. Others can contact the leader by 7 PM on Wednesday.

Saturday, 2/9 Boston Mine Stahahe High Peak B 6.5 A
Roland Autran (h) 201-886-9119
autran@msn.com (pref.) (c) 201-699-3388

9:30AM sharp at the parking lot on Route 106 that you can find at "1369 Kanawauke Road, Southfields, NY.
We hike a variety of trails passing the Boston Mine to get to the Stahahe High Peak from which we return to our starting point. Inclement weather cancels. Traction devices may be necessary. Please register for this hike by email. TC Northern Harriman-Bear Mt. Trails map 119.

Sunday, 2/10 Indian Hill Loop Sterling Forrest B- 4.5 B
Mike Prestia 917-841-0120
prestia.michael@gmail.com

9:30AM at Parking area #2 Hall Drive (GPS coordinates N41 15'11", W74 10'59") Directions to trailhead: from Rte 17, turn onto Orange Turnpike (County Rte 19), go .06 miles to Hall Drive on left. Parking area located on left side of road at the curve.
We will pass several viewpoints including views of Ramapo River valley and Harriman State Park. Please register for hike. Traction devices may be necessary. Contact leader if you have any questions. Elevation gain 900 feet. TC Sterling Forest Trails map 100.

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- Thursday, 2/14** In The Woods B 6/8 B/B+
Henry Barkhorn 646-853-0824
hcbarkhorn@hotmail.com
Active Thursday hikers will receive a group email from the leader on Monday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday. All participants should register with the leader in advance - email preferred. Traction devices may be necessary.
- Thursday, 2/28** Lunch at the Fire Tower Loop B4.5 B
Roy Wooters (c) 845-304-0867
rfwoot@gmail.com
10:00 AM at P11 parking, Sterling Forest Visitor Center
Hike to the Fire Tower for lunch using various trails then back using different trails to complete the loop. Traction devices may be required and proper cold weather clothing (no cotton) is required. Severe weather cancels. You must register for this hike via email with your phone number. TC Sterling Forest Trails map 100.
- Saturday, 2/16** Iron Mine Hike B 8 B
Geoff Fonseca 845-357-9366
geoffonseca@yahoo.com
9:30 AM at Lake Skannatati Parking
We will hike the Long Path, ASB to the AT and return on Surebridge Mine Road and ASB. Precipitation of any kind cancels. Traction devices/snowshoes may be required. Please email leader to register. TC Northern Harriman-Bear Mt. Trails map 119.
- Saturday, 3/2** Ringwood State Park B 7 B
Roland Autran (h) 201-886-9119
autran@msn.com (pref.) (c) 201-699-3388
9:30 AM at Shepherd Lake Recreation Area, Ringwood NJ
This moderate hike will use a variety of hiking/biking trails. Severe inclement weather cancels. Please register for this hike by email. Traction devices may be necessary. TC North Jersey Trails map 115.
- Sunday, 2/17** West Mountain Circular B 7 B
Chris Connolly 201-321-6605
c.connolly7@verizon.net(pref.)
9:30 AM at Anthony Wayne Parking Lot (PIP Exit 17)
Circuit will include West Mt and Cat's Elbow with views. Precipitation cancels. TC Northern Harriman-Bear Mt. Trails map 119.
- Sunday, 3/3** Wanaque Wandering B 6.5 B
Pete Heckler
p_heckler@msn.com
9:00 AM at ball field on Hagerstrom Blvd. (turn off Ringwood Ave./Rt.511) Wanaque NJ.
Route: Pete's Path, Wanaque Ridge, Indian Rock, Cannonball, McAvoy, Wanaque Ridge Trails. Traction devices might be required. Conditions to be determined by leader; if not good hike will be cancelled. Email registration required by 7:00 PM day prior to hike. Notice of cancellation will be sent. TC North Jersey Trails Map 115.
- Thursday, 2/21** Breakneck Mountain B 7.1B
Roland Autran (h) 201-886-9119
autran@msn.com (pref.) (c) 201-699-3388
9:30 AM sharp at the parking lot on Diltzes Lane coming from Route 202 in Ramapo
We will hike the TMI and Breakneck Mountain Trails returning to the parking lot via the SBM and the TMI Trails. Severe inclement weather cancels. Please register for this hike by email. Traction devices may be necessary. TC Southern Harriman-Bear Mt. Trails map 118.
- Thursday, 3/7** In The Woods B 6/8 B
Paul Margiotta 201-693-6705
pjmm11@verizon.net (pref.)
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Traction devices may be necessary. Others can contact the leader by 7 PM on Wednesday.
- Saturday, 2/23** The Hook Circular B- 5.3 B
Mike Prestia 917-841-0120
prestia.michael@gmail.com
9:15AM for 9:30 AM start at Nyack Beach State Park, (GPS coordinates 41 7.235'N, 73 54.685'W)
We will hike along the following trails: Hook Mountain/Nyack Beach Bikeway, Long Path, and the Upper Nyack Trail. Elevation gain 1200 feet. Please register for this hike. Severe inclement weather cancels. Traction devices might be necessary. TC Hudson Palisades Trails map 111.
- Saturday, 3/9** Bombay Hook B 7 B
Peter Reiner 845-323-7697
psr7777@gmail.com
9:30 AM at the Kearney House at Alpine Boat Basin, exit2 off Palisades Parkway
Hike over moderate trails including the Shore Trail and a challenging slope on the Forest View Trail. Return on the Long Path. Rain/snow cancels hike. Please register for this hike. TC Hudson Palisades map 108.
- Sunday, 2/24** South Mountain Reservation B 6/7 B
Sheree Bennett (c) 973-932-9466
shereestarrett@yahoo.com (day of hike only)
10:00 AM at Turtle Back Rock: Coordinates: N40° 45.96', W74° 16.46'
Leader's choice of trails. Wet conditions will cancel hike. Joint ADK/TriState Ramblers hike. Please pre-register with hike
- Sunday, 3/10** Norvin Green State Forest, Wanaque B 8 B
Sheree Bennett (c) 973-932-9466
shereestarrett@yahoo.com (day of hike only)
10:00 AM at The New Weis Center (formerly Weis Ecology

Pre-registration is required in case of a change in the schedule. Changes will be posted on Facebook.

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Center) parking lot

This is a strenuous hike of 8 miles. Must wear hiking boots and traction devices if snow. Wet conditions will cancel hike. Joint ADK/TriState Ramblers hike. Please pre-register with hike leader by phone or email no later than the day before the hike. TC North Jersey Trails map 115.

Thursday, 3/14 Surebridge and Fingerboard Lollipop B 6.6 B
 Peter Tilgner and Suzan Gordon (h) 201-871-3531
 petertilgner@icloud.com (c) 201-364-9719
 9:30 AM at the Tiorati Circle Parking Area off Seven Lakes Drive
 We will hike the AT, RD, Long Path and Bottle Cap Trails. Rain cancels. TC Northern Harriman-Bear Mt. Trailsmap 119.

Saturday, 3/16 Lewis Morris Park B 7 B
 Jeffrey Sovelove
 Hiker_Dood@yahoo.com
 10:00 AM at Sunrise Lake parking area.
 We will start at Sunrise Lake, then hike to the upper parking lot and back down to the lake using a combination of the Yellow and Red trails. The pace will be a moderate to slow one. See the Morris County Parks Commission <http://m66.siteground.biz/~morrispa/index.php/parks/lewis-morris-county-park> for directions and map. Inclement weather cancels. Traction devices may be necessary. Joint ADK/Sierra Club hike.

Sunday, 3/17 Pine Meadow Lake from Kakiat Park B 8 B
 Geoff Fonseca 845-357-9366
 geofffonseca@yahoo.com
 9:30 AM at Kakiat Park on Rt 202
 We will hike on the Mountain and Kakiat trails and Torne Valley Road to Pine Meadow Lake. We return on the PM, Conklin Crossing, SBM and Kakiat trails. Precipitation of any kind cancels. Traction devices/snowshoes may be required. Please email leader to register. TC Southern Harriman-Bear Mt. Trails map 118.

Thursday, 3/21 In The Woods B 6/8 B/B+
 Henry Barkhorn 646-853-0824
 hcbarkhorn@hotmail.com
 Active Thursday hikers will receive a group email from the leader on Monday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday. All participants should register with the leader in advance - email preferred.

Saturday, 3/23 Bull Hill (Mt. Taurus) Loop B+ 5.2 B
 Mike Prestia 917-841-0120
 prestia.michael@gmail.com
 9:15AM for a 9:30 start at the north end of the large parking lot located on Route 9D near Fair Street. (about .7 miles north of the 9D-Rt., 301 junction in Cold Spring, NY). Type "Bull Hill, NY" into google maps and your GPS will navigate you to the main parking area. Contact leader for directions or if you have any questions.
 We will hike the Washburn, Notch, Brook, and Cornish Trails.

This hike offers opportunity to scale an imposing peak with iconic viewpoints and dramatic rock ledges. Elevation gain 1400 feet. Not a beginner hike. Please register for this hike. Severe inclement weather cancels. TC East Hudson Trails map 102.

Sunday, 3/24 Mousey, Hutchinson, Red Back Loop B 7 B
 Peter Tilgner and Suzan Gordon (c) 201-364-9719
 petertilgner@icloud.com (morning of hike)
 Hike Sterling Forest's newest trails. We share them with Mountain Bikers. They get the thrills. We get the views as we switchback our way through the forest. You must register for this hike to get meeting time and place information. TC Sterling Forest Trails map 100 (2019 edition).

Tuesday, 3/26 Lake Askoti – Fingerboard B 6.2 B
 Shelter Circular
 Bob Morrison (c) 973-768-6617
 mickey7nyy@gmail.com
 9:30 AM from Lake Skannatati
 Hike the Long Path and RD Trails to the AT. We will continue to the Hurst Trail and Fingerboard Shelter taking a woods road to the ASB which takes us back to the parking area. This is a moderate hike with an elevation gain of 1120 ft. Please register by 7:30PM on 3/25 providing your cell phone number. If the weather is unfavorable, the hike will be canceled. TC Northern Harriman-Bear Mt. Trails map 119.

Thursday, 3/28 Skannatati East Side Loop B 6 B
 Fred Hodde (h) 973-728-3223
 Bullwnk1@aol.com (c) 973-722-7824
 9:30 AM at the Lake Skannatati Parking Area
 Route will use the ASB, Red Cross, Hasenclever Road, Beech and Long Path Trails. Registration by e-mail preferred. Call before 8:30 AM if the weather is questionable. TC Northern Harriman- Bear Mt. map119.

Saturday, 3/30 Southfields Furnace Loop C 4 B
 Karen Rose (c) 551-804-0358
 kkarose@aol.com
 10:00 AM at Hall Drive Parking (P2) on Orange Tpke.
 See the remains of the Southfields Iron Furnace site using the Furnace, Warbler, and Indian Hill Trails, about 600 ft elevation gain. Please register by email. Rain cancels. TC Sterling Forest Trails map 100.

Sunday, 3/31 Doris Duke Loop B 6 B
 Roy Wooters (c) 845-304-0867
 rfwoot@gmail.com
 10:00 AM at the Doris Duke trailhead parking on Benjamin Meadow Road
 Hike to Mombashha High Point for lunch via the Doris Duke, Allis, & AT Trails. Complete the loop returning on the AT, Allis & Doris Duke Trails. Traction devices may be required and proper cold weather clothing (no cotton) is required. Severe weather cancels. Please register via email with your phone number. TC Sterling Forest Trails map 100.

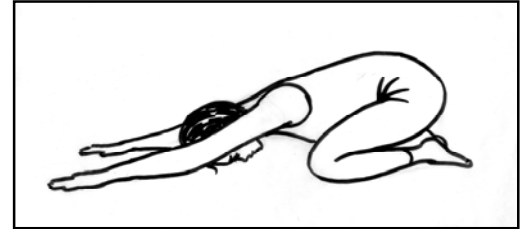
Pre-registration is required in case of a change in the schedule. Changes will be posted on Facebook.

Yoga for Hikers, Balsana Pose, Flow and Variations

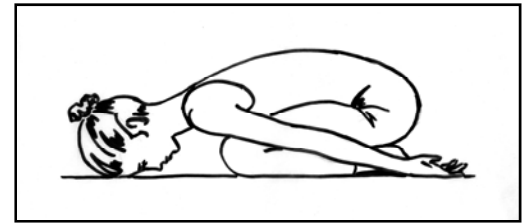
By Deanna Felicetta, E-RYT, Yoga of the Heart certified

Balāsana (Child Pose) is a wonderful pose that is great for helping to relieve anxiety and tension. As you relax and breathe calmly and evenly in this posture, you will normalize your respiration and circulation. Circulation to the brain is promoted. It relaxes shoulders and spinal ligaments and muscles. You will notice a stretch in your hips, thighs, knees and ankles. It has a positive influence on reproductive functions. This is a good posture for fatigue and for anyone with dizziness. In a yoga class, it is a common counterstretch for back bending poses. I especially enjoy this pose in some comfy sweatpants and a warm sweater after shoveling snow.

Hmmm, it is winter and we may need this pose, so let's begin! Let us start on our mat with a small pillow and a soft blanket. The pillow is optional to sit back on (on top of your heels). The folded blanket is nice to place on the mat to rest your forehead on. Now that we have our props ready, we can begin. Kneel on the center of the mat with knees just slightly wider apart than hips, and the big toes touching the floor behind you. Roll hips back to sit on your heels (or pillow). Breathe naturally and softly. Begin to fold at your hips and lean forward, as you walk your hands out in front of you on the floor. Gently rest your head on the floor (or folded blanket). Stretch your arms long with palms down. Stay in Child Pose for several deep and full breaths (or for several minutes). Become calm and relaxed. Allow your mind to become still and peaceful.



For another variation of Child Pose (with or without props) just move your arms down by your hips. Place hands (thumbs in) by your feet with palms facing up. Relax your shoulders. Continue to breathe fully. When ready to come out of the pose, just place both hands with palms down on the floor by your hips. Press them down firmly as you come upright to sit on your heels. I like to end with my hands in front of my heart in Namaste!



Hope your winter will be fun, safe and full of light fluffy white snow! I'll see you out there!

Om Shantih!

Deanna

Scenes from hikes in November 2018



WINTER 2019

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- How To Update Your ADK Email
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