Safe Summer Hiking

Longing for bucolic views and serene beauty in the summer? Wait no longer. Summer is here, ushering in warmth, abundant sunshine, lush leafy trees, and an understory of a deep verdant green. We look forward to hiking in the warm weather with many more hours of daylight. With climate change, average summer temperatures are now hotter than they were only a few years ago. For a more pleasurable experience, plan your hike earlier in the day to beat the afternoon heat and before parking lots fill up. Try the lesser-traveled trails to avoid the crowds. On a hot day, take cover under canopied trails in densely wooded areas, shaded from the sun and flanked by cool streams, mountain laurels and rhododendron rather than exposed rocky ridges.

How to hike safely in the hot weather? Remember to pack abundant water, electrolytes, and chilled drinks. Hydrate sufficiently and keep cool and comfortable to reduce the risk of heat-related illnesses. Severe dehydration and loss of salts lead to heat cramps — sudden muscle spasms — and heat exhaustion expressed by pale, clammy skin, fatigue, headache, and dizziness, which can develop into heatstroke. On hot days, reduce the intensity of your hike to prevent excessive perspiration. Receive the best protection from the sun by covering up with a wide all-around brim hat, a long-sleeved breathable shirt, and long but lightweight pants. Use a broad-spectrum sunscreen with SPF 30 or higher and reapply every 2 hours or according to instructions on the bottle.

Keep safe with the summer essentials. Apply bug repellent to repel buzzing insects and pack a head net. Consumer Reports™ studies show insect repellents work well with one of these three active ingredients: DEET at levels of 15 to 30%, oil of lemon eucalyptus at 30%, or picaridin at 20% when used as directed. Clothing and gear treated in advance with permethrin remain effective in repelling insects through 6 or more washes. To prevent being bitten by ticks, tuck your pants into your socks and wear light-colored pants to help spot ticks. Most ticks are harmless but some of them (e.g., black-legged tick also known as a deer tick) can carry Lyme disease. Check for ticks and...

...continued on page 2
shower within two hours of returning from the trail. Washing your hiking clothing won’t kill ticks, so put them in the dryer on high heat for 10 minutes.

Watch out for wasps and hornets. Add an antihistamine such as Benadryl* and an anti-sting applicator with benzocaine or ammonia to your first aid kit to reduce the pain, itching, and swelling from mosquitos and other insects. While it’s rare for a hiker to be bitten by a rattlesnake or copperhead, stay safe by being on the alert for them. Back away and give them a wide berth if you see them. Recognize how to identify skin-irritating poison ivy and poison oak, which are climbing vines or low bushes with waxy, broad green leaves in the summer. Remember the warning: “Leaves of three, let them be.”

While protecting yourself this summer, also protect Mother Nature. We need to practice Leave No Trace. Summer is a perfect time to hit the trails. So, get out and enjoy nature with like-minded folks in our club, enjoy the social hike and camaraderie, and marvel at expansive vistas, serene lakes, abundant wildlife, and good old fresh air.

Best,
Geoff

**ADK NJR VOLUNTEERS MAKE IT HAPPEN!**

*All photos in chair’s message by Geoff Fonseca unless otherwise indicated.

**REMEMBERING JUNE SLADE**

It was with much sadness when we heard of the passing of June Slade, at the age of 97, after a “full and well-lived life”. June had held several positions on the Boards of the North Jersey and Ramapo Chapters before their mergers, including Hospitality Chair, Secretary, Vice Chair, and Chair. In 2019, for her many years of service and dedication, she was presented with a Lifetime Volunteer Award, our Chapter’s most prestigious recognition.

Besides board positions, June was a delegate to the NYNJ Trail Conference and led innumerable hikes, including to Minnewaska State Park, which was one of her favorites. She greeted every hiker with a warm smile, which was an especially welcome sight to a first-time guest. No doubt, it was her genuine warmth that was responsible for many new hikers becoming lifelong members of ADK.

June leaves behind 2 children and several grandchildren, whose wish is that donations be made in her honor to the New York-New Jersey Trail Conference.

We, at the North Jersey-Ramapo Chapter of ADK, and all who knew her in the hiking community, will forever miss June’s companionship, warmth, and, of course, seeing her beautiful big smile. May she rest in peace.
Upcoming Events

**Summer Chapter Meeting**

**Best Practices on Smartphone Photography for the Outdoors**

**Wednesday, August 17, 2022, from 7:00 to 8:30 PM, via ZOOM**

Presented by Steffen Kaplan

To register for the Zoom meeting and presentation, send an email to membership@adknjr.org

Your Smartphone Camera is a great way to capture the beauty of the outdoors and the joy of group hiking. Join us as photographer and photo journalist, Steffen Kaplan, teaches us how to use our smartphones to take stunning photos and video.

Steffen Kaplan, CEO of Spin It Social, is a former award-winning supervising photo editor at The New York Times turned social media and visual strategist, and live stream producer for many top organizations, non-profits, universities, and professionals. As an Adjunct Professor at The Fashion Institute of Technology, he teaches the fundamentals of social media to photography students. He is a born-and-bred New Yorker who documented the NYPD and street life in NYC for years, and has been living in Ramsey, NJ for 13 years now.

He has discovered a true passion for nature photography especially since the pandemic hit. He uses his smartphone camera Winter, Spring, Summer, and Fall to capture the beauty of the nature preserves and state parks in Northern NJ and NY State, including local wildlife. Steffen has lectured at libraries throughout Bergen County and will share key information about your smartphone’s settings, so we can all use our smartphones to take incredible high-quality photos for our social media purposes and printing. He will also share a bunch of his favorite apps. So come learn how to up your smartphone photography game on Wednesday, August 17th, from 7:00 pm to 8:30 pm.

**ADK’s Centennial Celebration & Fall Outing**

**September 23 - 25, 2022**

The Cold River Chapter is hosting ADK’s Centennial Celebration & Fall Outing at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY (near Hague). Open to the public, this event will celebrate ADK’s century of teaching people how to explore and protect New York’s public lands and waters. Scenic views of Lake George will serve as the backdrop to three days and two nights of guided hikes, music, boat tours, food, and more. In addition to 60 planned outings, highlights of the celebration include music by Dan Berggren and the Jamcrackers on Friday night, and a special guest speaker on Saturday night: noted environmentalist and author, Bill McKibben.

Lodging is available for an additional cost at the Silver Bay YMCA. Participants are also welcome to join for just the day, or to stay at other areas nearby.

To register, go to [https://adk.org/event/centennial-fall-outing/](https://adk.org/event/centennial-fall-outing/)

For event details, go to [https://adk.org/event/centennial-fall-outing/](https://adk.org/event/centennial-fall-outing/)
Conservation

Invasive Insect Alert: Spotted Lanternfly

by Jane Auriemo

The spotted lanternfly (SLF) or Lycorma delicatula is a so-called “true bug” whose infestations are spreading alarmingly throughout our region. The SLF is an invasive insect from Asia which threatens not only our precious hiking trails but also our agricultural products and agricultural economy. Also in jeopardy are the plant life and trees outside our homes and in our neighborhoods. Interestingly, a favorite host of the SLF is another invasive- the Tree of Heaven or Ailanthus altissima. However, according to the New York State Integrated Pest Management Program, a collaborative with Cornell College of Agricultural Life Sciences, over 70 different plant species may serve as host to the SLF including maple, black walnut, apple and cherry trees, vegetables, herbs, blueberries, vines such as grapes, and grains.

The SLF looks like a moth, but it is actually a “plant hopper”, a species of insect with strong jumping ability. They are able to hop from location to location evading predators. Speaking of “hopping”, beer lovers take note - hops is another potential host for this pest. The SLF’s anatomy has evolved to include a needle-shaped mouth capable of piercing the host to extract and feed on sap. The SLF, in turn produces a sticky substance containing excess sugar called “honeydew”. Its appearance is similar to sap. The honeydew promotes development of a sooty mold fungi which also attracts other insects. In the case of an agricultural crop or orchard, the ramifications of an SLF infestation can be costly. Since the honeydew can appear on outdoor furniture and playground equipment, the SLF can put a literal damper (in the form of sooty mold fungi) on outdoor enjoyment.

The SLF was first detected in Pennsylvania in 2014. The suspected source was a shipment of stone. Infestation areas have spread to Maryland, Delaware and Virginia. It was first sighted in NYS in 2017 and in NJ in 2018. Since first detected in our regions, infestations have abounded in NJ with many counties from Salem to Morris implementing quarantine protocols to prevent further spread. Both urban and rural regions have been adversely impacted. In NYS, the first infestation area was Staten Island in 2020. Infestation areas include New York, Westchester, Rockland, Orange, Broome and Thompson counties. Connecticut’s Fairfield County has also experienced infestation.

While the insect is not believed to be harmful to humans or animals, humans are largely responsible for transmission. This is because the SLF lays eggs on a multitude of hard surfaces which may include everything from trees, tree stumps, stones, outdoor furniture and playground equipment to firewood, lumber, building supplies, vehicles, tool boxes and camping gear. The New Jersey Department of Conservation (NJ DEC) lists items to inspect for SLF. These include coolers, bicycles, scooters, backpacks, tents and poles, garden tools and garden appliances like lawn mowers. The full checklist can be found at https://www.nj.gov/agriculture/divisions/pi/pdf/NJResidenceSLFChecklist.pdf.

The timeline of egg production, nymph and adult development is relevant to us, as we need to know what to look for when we’re on the trails or in our yards and neighborhoods. Egg “masses” typically arise in the fall, appearing as shiny patches about 1 inch long. If you spot them, it is suggested you scrape them off and dispose of the scrapings into hot soapy water. Nymphs are either black or red with white spots. The early, black nymphs are prevalent April through July, the red nymphs can be seen from July through September. Adult bugs, moth-like in appearance, are grey with black spots and red and black banded hind wings.

If you see these, please make careful note of the location (GPS coordinates if possible), take photos and report to the US Department of Agriculture at https://arcgis/0DXHai. Alternatively, both the NY and NJ DEC also have reporting forms. You can also email these organizations. Before using pesticides check the US Department of Agriculture list of acceptable chemicals. The prevailing advice is that if you observe the SLF, document your encounter with photos, capture, squish, and dispose of the insect and report the sighting. The NJ DEC suggests we all “Join the battle, beat the bug, and stomp it out.”
Welcome New Members

Lauren Byma - Nyack, NY
Denise Dunchus - Kinnelon, NJ
Andres Fabian - Port Jervis, NY
Christopher Gillespie & Catherine Twigg - Philadelphia, PA
Lennea & Jacob Gordon - Brooklyn, NY
Rozsa Kovesdi - Madison, NJ
Peter Loeber - Hazlet, NJ
Michael Luraschi - Warwick, NY
Thomas & Patricia MacMillan - Fair Haven, NJ
David & Maureen Rogers - Morristown, NJ
Carl Vogelzang - Cranford, NJ
Gautam Vohra - Westfield, NJ
Robert Watson - Yorktown Heights, NY
Patsy Geena Williams - Monroe, NY
Kan Yu - Bellerose, NY

Welcome Back

Michael Berman - Lawrenceville, NJ
Patrick Burke & Joan Dragonet - Wayne, NJ
Harriet Einschlag - Mahwah, NJ
Arthur Glickman - Pomona, NY
Richard Hibbert - Hewitt, NJ
Leslie Kraus - Tenafly, NJ
Jeffrey Lawyer - New Windsor, NY
John Markle - Park Ridge, NJ
Ed Michalowski - Paramus, NJ
Bill Phillips - River Vale, NJ
Allison Tully - Valley Cottage, NY

ADK NJR NEEDS YOU!

We are a volunteer-led ADK chapter and rely on the generosity and leadership of our members to make the chapter work. These folks serve in many ways to foster a community based around responsible recreation in the outdoors, education, and conservation. If you would like to volunteer for any of these opportunities, please contact Geoff Fonseca or any of the chapter board members.

Get the most out of your membership! Help run the show!

Current opportunities:

Conservation Chair: We need someone interested in conservation issues (local and general) to keep abreast of developments, keep the board and members informed, and recommend what our chapter should do to help protect our natural resources, include advancing the ADK's commitment to the principles of Leave No Trace across all our outdoor activities.

Programs Chair: The Programs Chair arranges regular chapter membership meetings, finds speakers and organizes chapter meetings via Zoom or in person. The Programs Chair can also arrange special events, as needed.

For more information, please contact Geoff Fonseca, chair@adknjr.org.
HIKING IN THE "NEW NORMAL"

- For updated guidance from ADK, Lake George, click here.
- We are requiring proof of vaccination for all participants unless a valid medical exemption is provided.
- The size of the NJR group on any particular hike is entirely at the discretion of the hike leader, must comply with local park limits on group size, and must follow CDC guidelines for the vaccinated and unvaccinated.
- ADK NJR members in good standing get priority over members from other chapters, guests of NJR members, and Meetup people.
- An electronic Release of Liability form, which will be linked to the hike schedule, must be completed by each participant, including the leader, at least 48 hours before the hike. Alternatively, participants may sign the Release of Liability form at the trailhead at least 15 minutes before the hike, when they are approved to do so in advance by the hike leader.
- Each participant will be required to have personal protection equipment (PPE), including a face mask, gloves, and hand sanitizer.
- Participants will be required to answer the following questions. A "yes" answer to any question will result in a participant being ineligible to hike that day.
  1. Do you currently have any symptoms of a respiratory infection (including cough, fever, sore throat, shortness of breath, or loss of taste/smell)?
  2. Have you had any of the above symptoms in the past 10 days?
  3. Have you tested positive for COVID-19 in the past 10 days?
  4. Have you had contact with a confirmed or suspected COVID-19 case within the last 10 days?
- Face masks should be worn when sharing vehicles, regardless of vaccination status.
- The CDC has released a set of guidelines for fully vaccinated people. You can read their current guidance here. You can see New York’s current travel advisory here, and New Jersey’s here. All chapter activities and participants must comply with these state guidelines.
- As in the past, hike leaders retain the right to request any participant to leave the group if he/she is not adhering to any of the guidelines.

HIKER'S GUIDE

RESPONSIBILITIES - All hikers are required to contact the hike leader in advance to register for the hike. The hike leader will help determine if the hike is suitable for you if you are unsure. 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. 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 required to sign a statement acknowledging that fact when registering for 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 mittens 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.

Both alcohol and smoking are prohibited on all ADK NJR hikes.

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:  
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.

CEG - stands for Cumulative Elevation Gain: an estimate of the sum of all the uphill portions of the hike, given in feet.

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.

DOG-FRIENDLY HIKES - Pets are not permitted on hikes unless the hike description clearly states that it is “dog friendly”. All hikers with dogs must abide by park leash regulations.

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 files and the hike can proceed as scheduled. The leader must inform all who registered of the change by phone or email.
**OUTINGS SCHEDULE · SUMMER 2022 · JULY · AUGUST · SEPTEMBER**

**Tuesday, 7/5**
Almost Perpendicular Loop  
Roland Autran  
autran@msn.com  
201-886-9119 (c) 201-699-3388

9:15 AM sharp at the parking lot of Tuxedo Train Station on E. Village Road, exact location will be specified. We start on the Ramapo-Dunderberg Trail go to the Blue Disc Trail taking it to Almost Perpendicular scramble and going back to the parking lot via the Kakiat. This hike is moderate to strenuous. This hike is described in chapter 8 of Circuit Hikes in Harriman by Don Weise. Severe inclement weather cancels. Please register by email for this hike. TC Harriman-Bear Mountain Southern Trails map 118.

**Thursday, 7/7**
Sleater Hill and Almost Perpendicular  
Nick Loudon  
nicklouden@comcast.net  
973-619-5913

9:30 AM at the parking lot at the end of Johnstown Road off 7 Lakes Drive, Sloatsburg, NY. We will hike Blue Disc Trail to the Kakiat, the Orange and Blue trails completing the first loop; and back to the Orange and Kakiat Trails completing the second loop, back to the car park. The hike is described in Don Weise’s Circuit Hikes in Harriman Chapter 7. This is a moderate to strenuous hike. Rain cancels. Please register with leader by email. TC Harriman-Bear Mt. Southern Trails map 118.

**Tuesday, 7/12**
Hasenclever Mine  
Geoff Fonseca  
geofffonseca@yahoo.com  
845-390-1937

9:00 AM from Lake Skannatati Parking Lot in Harriman State Park. We will hike the A-SB, Red Cross, Beech, and Long Path Trails. Precipitation of any kind cancels. Please email leader to register. TC Northern Harriman-Bear Mountain Trails map 119.

**Wednesday, 7/13**
Modified Lake Sebago, Diamond Mountain Hike  
Roland Autran  
autran@msn.com  
201-886-9119 (c) 201-699-3388

9:15 AM sharp at the circle at the end of Johnstown Road in the town of Sloatsburg, NY off Seven Lakes Drive in Harriman Park. We will hike a variety of trails from the White Bar, T-MI, Seven Hills, and HTS. This is a modification of the hike described in Don Weise’s “Circuit Hikes in Harriman” page 19. This hike is moderate to strenuous. If rain, we will cancel. Please register for this hike by email. TC Harriman-Bear Mountain Southern Trails map 118.

**Sunday, 7/17**
Southern Harriman Circular  
Petra Weller  
pwellerappelstein@gmail.com  
201-280-9500

8 AM at the circle end of Johnstown Rd in Harriman. We will begin on the Blue Disc Trail and loop around the Red, Yellow Triangle, and White Bar Trails. Steady rain cancels. Register by email. TC Southern Harriman Trails map 118.

**Tuesday, 7/19**
Norvin Green State Forest Hike  
Roland Autran  
autran@msn.com  
201-886-9119 (c) 201-699-3388

9:15AM sharp at the Otter Hole Parking Lot, Glenwild Avenue, Bloomingdale, NJ. We start on the Hewitt-Butler Trail going east for about 0.6 mile then back on the Hewitt-Butler Trail passing Yoo-Hoo Point, Wyanokie High Point to the Macopin Trail. Then the Otter Hole Trail to the Wyanokie Circular, the Outlaw Trail, the Wyanokie Crest Trail and back on the Otter Hole Trail to the Parking Lot. This is Hike 37 of “Hike of the Week” by Daniel Chazin. This hike is a moderate to strenuous hike. Severe inclement weather cancels. Please register by email for this hike. TC Northern New Jersey Highlands Trails map 151 (old map 115).

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Pre-registration by email is required for all outings. Click here for the registration form. PARTICIPATION IS RESTRICTED TO NORTH JERSEY-RAMAPO MEMBERS IN GOOD STANDING FIRST, THEN OTHER ADK MEMBERS, THEN ADK-NJR GUESTS AND OTHERS. EMAIL A COMPLETED "RELEASE OF LIABILITY" FORM TO THE LEADER NO LATER THAN 48 HOURS PRIOR TO THE OUTING (ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED), OR SIGN A PAPER RELEASE AT THE TRAILHEAD.
Thursday, 7/21
Butter Hill/Stillman/Bluebird Loop
Peter Reiner
B 6.5 B+ CEG 1200 ft
psr7777@gmail.com
845-323-7697
9:30 AM at the hiker’s parking lot on Rt 9W by Storm King State Park. Hike up Butter Hill past the ruins to the Bluebird and Stillman Trails. Lunch on top of Storm King Mt with great views. Rain cancels hike. Email leader to register. TC West Hudson Trails map 113.

Tuesday, 7/26
Ramapo Mountain Twin Hill
Roland Autran
autran@msn.com (preferred)
201-886-9119 (c) 201-699-3388
B 7.1 B CEG 1380 ft
9:15 AM at the Parking Lot on “Ramapo Mountain State Forest (upper lot)” or 265 Skyline Drive, Oakland, NJ 07436. We cross the street going east on the Tamarack Loop to the Yellow Trail going north for about 2.5 miles all the way to the Schuber Trail going west and south to the Parking Lot area. This hike is moderate. Severe inclement weather cancels. Please register by email for this hike. TC Northern New Jersey Highlands Trails map 150 (old map 115).

Thursday, 7/28
Almost Perpendicular & Claudius Smith Den
Rich Scala
jereysilver393@gmail.com
B 5.5 B CEG 1300 ft
9 AM at East Village Road Skate Park, Tuxedo, NY. We will traverse the Kakiat, Blue Disc, Tuxedo-Mt. Ivy, and Ramapo-Dunderberg as described in Chapter 8 of Circuit Hikes in Harriman. Lunch and views at the top of Almost Perpendicular (2.4 miles). This shorter hike is rated moderate with one relatively steep climb. Email registration is required. Heavy rain cancels hike. TC Southern Harriman-Bear Mountain Trails map 118.

Sunday, 7/31
Black Rock Forest Trails
Peter Reiner
psr7777@gmail.com
845-323-7697
B 7 B+ CEG 1400 ft
9:30 AM at the parking area along Reservoir Rd. to hike on the Stillman Trail, followed by the Scenic Tower View, White Oak and Black Rock Hollow Trails. Great views from Mt Misery. Bring plenty of water for the hike. Rain cancels hike. Email hike leader to register. TC West Hudson Trails map 113.

Tuesday 8/2
Goshen Mountain Circular
Roland Autran
autran@msn.com
201-886-9119 (c) 201-699-3388
B 6.9 B CEG 1533 ft
9:15 AM sharp at the parking lot for Lake Tiorati Circle on Seven Lakes Drive. We start on the Blue Trail to the RD/Appalachian Trails going north to the Arden Valley Road. We stay on the road for about 0.3 mile to the Long Path going north for about 0.3 mile to the Forest Road connecting to the Appalachian Trail. We continue on the Appalachian Trail, cross the Seven Lake Drive and continue to the RD Trail. We return re-crossing the Seven Lake Drive using the RD Trail back to the Appalachian Trail and Blue Trail to the parking lot. This hike is the reverse of the one described in Don Weise’s “Circuit Hikes in Harriman” page 107. This hike is moderate. Please register by email. TC Harriman-Bear Mountain Northern Trails map 119.

Thursday, 8/4
Lunch at Pine Meadow Lake
Paul Margiotta
pjmm1177@gmail.com (pref)
201-693-6705 (day of hike)
B 6.5 B CEG 800 ft
9:30 AM at the Sebago Lake boat launch off Seven Lakes Drive. We will hike to and around Pine Meadow Lake, where we will stop for lunch at a shady, secluded spot on the south shore. TC Southern Harriman Bear Mountain Trails map 118.

Saturday, 8/6
Hike The AT For Ice Cream
Peter Reiner
psr7777@gmail.com
845-323-7697
B 9 B+ CEG 1300 ft
9:30 AM at the parking area on the Appalachian Trailhead located at Continental Rd, Warwick, NY. Several great views including Greenwood Lake and Cat Rock. At the end we will go to the famous Bellvale Creamery ice cream shop. No beginners please. This is a car shuttle. We start the hike at the NY Rt. 17A Allis, Sterling Ridge trailhead parking (P8). Email hike leader to register. Rain cancels hike. TC Sterling Forest Trails map 100.

Tuesday, 8/9
Hibernia Mines Green Pond Rd
Roland Autran
autran@msn.com
201-886-9119 (c) 201-699-3388
B 6 B CEG 1480 ft
9:15 AM sharp at the parking lot at the intersection of Green Pond Rd & Lower Hibernia Rd. We hike a variety of trails from the Four Birds to the Saint Patrick Cemetery, Hawk Watch and the Beaver Pond. This hike is moderate to strenuous. Please register by email for this hike. TC Jersey Highlands Trails map 125.

Pre-registration by email is required for all outings. Click here for the registration form.

PARTICIPATION IS RESTRICTED TO NORTH JERSEY-RAMAPO MEMBERS IN GOOD STANDING FIRST, THEN OTHER ADK MEMBERS, THEN ADK-NJR GUESTS AND OTHERS.
EMAIL A COMPLETED “RELEASE OF LIABILITY” FORM TO THE LEADER NO LATER THAN 48 HOURS PRIOR TO THE OUTING (ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED), OR SIGN A PAPER RELEASE AT THE TRAILHEAD.
Thursday, 8/11  
B 6.4 B+ CEG 750 ft  
Almost Perpendicular and Claudius Smith Den  
Nick Loudon  
nickloudon@comcast.net  
973 619 5913  
9:30 AM in the Skate Park parking lot on East Village Road near the Thruway underpass in Tuxedo, NY. We will start the hike on the R-D Trail switching to the Kakiat Trail, and then onto the Blue Disc Trail before meeting up with the R-D Trail back to the car park. The hike is a variation of the hike in Don Weise's Circuit Hikes in Harriman Chapter 8. It is rated moderate. Rain cancels. Please register with leader by email.TC Harriman-Bear Mt. Southern Trails map 118.

Saturday, 8/13  
B 6 B CEG 800 ft  
Long Pond Iron Works  
Peter Reiner  
psr7777@gmail.com  
845-323-7697  
9:30 AM at Long Pond Iron Works Visitor Center on Greenwood Lake Turnpike in Hewitt, NJ for a hike on the Sterling Ridge Trail, over the bridge to the Hasenclever Trail and a circular of the Monks Trail around Monks Mountain at the Monksville Reservoir. Rain cancels hike. Email hike leader to register. TC Northern New Jersey Highlands Trails map 151 (old map 115).

Tuesday 8/16  
B 6 B CEG 1430 ft  
Pine Meadow Lake via Ramapo Equestrian Center  
Roland Autran  
autran@msn.com  
201-886-9119 (c) 201-699-3388  
9:15 AM sharp at Ramapo Equestrian Center off Route 202. We start on the Pine Meadow Trail taking it to the Conklin's Crossing Trail. Our return is on the Suffern-Bear Mountain and Pine Meadow Trails. This hike is moderate to strenuous. It is described in chapter 5 of Circuit Hikes in Harriman by Don Weise. Severe inclement weather cancels. Please register by email for this hike. TC Harriman-Bear Mountain Southern Trails map 118.

Wednesday, 8/17  
Chapter Membership Meeting  
7:00 - 8:30 PM  
Smartphone Photography for the Outdoors Meeting will be held via Zoom. See page 3 for more information. To register, email your full name and telephone number to membership@adknjr.org

Tuesday, 8/23  
B 7 B+ CEG 1600 ft  
Wildcat Mountain  
Geoff Fonseca  
geofffonseca@yahoo.com  
845-390-1937  
9:00 AM from the commuter's parking lot at the intersection of Rt. 17A and Rt. 17 (GPS 41.22962-74.18428). We will hike the Wildcat Mountain Trail and Furnace Loop for lunch. We return on the Wildcat Mountain Trail. Please email leader to register. TC Sterling Forest Trails map 100 (P5 parking).

Wednesday, 8/24  
B 6.6 B CEG 1655 ft  
Island Pond  
Roland Autran  
autran@msn.com  
201-886-9119 (c) 201-699-3388  
9:15 AM sharp at the Elk Pen parking lot. Access to the Elk Pen by car from Rt. 17 is not possible. Road closed. To get to the Elk Pen parking you must access it on Arden Valley Rd from Tiorati Circle on Seven Lakes Drive. We start on Arden-Surebridge and return on the AT. This hike is described in Weise's “Circuit Hikes in Harriman" page 81 and is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Northern Trails map 119.

Pre-registration by email is required for all outings. Click here for the registration form.

PARTICIPATION IS RESTRICTED TO NORTH JERSEY-RAMAPO MEMBERS IN GOOD STANDING FIRST, THEN OTHER ADK MEMBERS, THEN ADK-NJR GUESTS AND OTHERS.  
EMAIL A COMPLETED "RELEASE OF LIABILITY" FORM TO THE LEADER NO LATER THAN 48 HOURS PRIOR TO THE OUTING (ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED), OR SIGN A PAPER RELEASE AT THE TRAILHEAD.
OUTINGS SCHEDULE • SUMMER 2022 • JULY • AUGUST • SEPTEMBER

Thursday, 8/25
Island Pond and Lemon Squeezer
Rich Scala
jerseysilver393@gmail.com
9 AM at Elk Pen parking lot off Arden Valley Road. Access to the Elk Pen by car from Rt. 17 is not possible. Road closed. To get to the Elk Pen parking lot you must access it on Arden Valley Rd from Tiorati Circle off Seven Lakes Drive. Southfields, NY. We will hike the Arden-Surebridge to the Appalachian Trail with lunch at Island Pond. This hike is described in Chapter 13 of Circuit Hikes in Harriman. Email registration is required. Heavy rain cancels. TC Northern Harriman-Bear Mountain Trails map 119.

Tuesday, 8/30
Silvermine Lake & Big Bog Mountain
Roland Autran
autran@msn.com
201-886-9119 (c) 201-699-3388
9:15 AM sharp at the parking lot of Silvermine Lake. We start on the Menomine Trail going to the Red Cross, 1779 Trails, and the AT. We take Silvermine Road back to the parking lot. This hike is moderate to strenuous. It is a version of the hike described in chapter 15 of Circuit Hikes in Harriman by Don Weise. Severe inclement weather cancels. Please register by email for this hike. TC Harriman-Bear Mountain Northern Trails map 119.

Saturday, 9/3
Panther & Ladentown Mts
Mary Gelber
midgegelber@gmail.com
917-922-3203
7:30 AM Town of Ramapo Equestrian Center (GPS 41.174394, -74.086091) Loop Pine Meadow Trail to S-BM across Breakneck Trail to TMI to S-BM to Pine Meadow. Registration by email required. TC Southern Harriman Trails map 118.

Tuesday, 9/6
Parker Cabin Mountain
Roland Autran
autran@msn.com
201-886-9119 (c) 201-699-3388
9:15 AM sharp at the parking lot on Route 106 that you can find at “1369 Kanawauke Road, Southfields, NY”. We start going south on the White Bar all the way to the R-D trail where we make a left going north to the Nurian and back to the White Bar and the parking lot. This hike is strenuous. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Southern Trails map 118.

Saturday, 9/10
West Mt, Cat’s Elbow, & The Timp
Mary Gelber
midgegelber@gmail.com
917-922-3203
9:00 AM Anthony Wayne North Parking Area, Exit 17 off Palisades Interstate Parkway. Hike across West Mt on to Timp-Torne Trail, south on S-BM to Cat’s Elbow and Horn Hill, northwest on Red Cross to R-D to Timp, Timp-Torne up to West Mt shelter to AT to Beechy Bottom Rd to cars. Registration by email required. TC Northern Harriman Trails map 119.

Tuesday, 9/13
Wawayanda Circular
Roland Autran
autran@msn.com
201-886-9119 (c) 201-699-3388
9:15 AM at Wawayanda boat house Parking Lot. We hike the Double Pond, Red Dot, Cherry Ridge Road, Old Coal, Lookout Lake, Laurel Pond and Sitting Bear Trails. This hike is moderate. Severe inclement weather cancels. Please register by email for this hike. Northern New Jersey Highlands Trails map 153 (old map 116).

Saturday, 9/17
Sebago Stony Brook Special
Mary Gelber
midgegelber@gmail.com
917-922-3203
8:00 AM at Lake Sebago Boat Launch Parking Area. Seven Hills to TMI to Stony Brook, then east on Kakiat to Seven Hills up and around Chipmunk Mt on HTS, then back to Seven Hills up Diamond Mt and back to cars. Registration by email required. TC Southern Harriman Trails map 118.

Stonybrook
Facebook Photo

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<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Leader Name</th>
<th>Contact Information</th>
<th>Distance</th>
<th>Trail</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, 9/21</td>
<td>9:15 AM</td>
<td>Sebago Boat Launch Parking Lot on Seven Lakes Drive</td>
<td>Roland Autran</td>
<td><a href="mailto:autran@msn.com">autran@msn.com</a></td>
<td>9.6 B</td>
<td>CEG 1650 ft</td>
<td>We start going east on the Seven Hills Trail to the Buck Trail going north and on to Meadow Road to catch the T-MI Trail and the Breakneck Mountain Trail to the S-BM, passing by the Third Reservoir all the way to the T-MI Trail back to the Buck and the Seven Hills and the Sebago Boat Launch. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Southern Trails map 118.</td>
</tr>
<tr>
<td>Thursday, 9/22</td>
<td>9 AM</td>
<td>Lake Skannatati parking lot on Seven Lakes Drive</td>
<td>Rich Scala</td>
<td><a href="mailto:jerseysilver393@gmail.com">jerseysilver393@gmail.com</a></td>
<td>6.4 B</td>
<td>CEG 1200 ft</td>
<td>We will hike the Arden-Surebridge, Dunning, Ramapo-Dunderberg, and Long Path trails. This hike is described in Chapter 19 of Circuit Hikes in Harriman. Email registration is required. Heavy rain cancels. TC Northern Harriman-Bear Mountain Trails map 119.</td>
</tr>
<tr>
<td>Saturday, 9/24</td>
<td>8:30 AM</td>
<td>Scutt Road Trailhead, Haines Falls, NY</td>
<td>Mary Gelber</td>
<td><a href="mailto:midgegelber@gmail.com">midgegelber@gmail.com</a></td>
<td>12.1 A-</td>
<td>CEG 2900 ft</td>
<td>We will hike to Kaaterskill Falls, then back up and along Escarpment Trail to North Point. Return on Mary Glen to Rock Shelter to cars. TC Northeastern Catskill Trails map 141.</td>
</tr>
<tr>
<td>Tuesday, 9/27</td>
<td>9:15 AM</td>
<td>Manaticut Point trailhead on Crescent Drive, Ringwood, NJ</td>
<td>Roland Autran</td>
<td><a href="mailto:autran@msn.com">autran@msn.com</a></td>
<td>7 B</td>
<td>CEG 1300 ft</td>
<td>We start going west on the Manaticut Point Trail to the Overlook Rock, Tapawingo, Burnt Meadow and Highland Trails. Then south on the Stonetown Circular, Lake Sonoma and back to the parking lot via the Manaticut Point Trail. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. Northern New Jersey Highlands Trails map 151 (old map 115).</td>
</tr>
<tr>
<td>Thursday, 9/29</td>
<td>9:30 AM</td>
<td>Skylands Manor/ NJ Botanical Gardens, Parking Lot “A”, in Ringwood State Park</td>
<td>Paul Margiotta</td>
<td><a href="mailto:pjmm1177@gmail.com">pjmm1177@gmail.com</a></td>
<td>8.5 B</td>
<td>CEG 1400 ft</td>
<td>We will hike to Ilgenstein Rock for lunch, utilizing the Crossover, Five Ponds Loop, Ringwood-Ramapo, Blue and Hoeferlin Trails. Our return will be via the Crossover Trail. For directions enter “NJ Botanical Garden” into Google Maps. TC Northern New Jersey Highlands Trails map 150 (old map 115).</td>
</tr>
</tbody>
</table>

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

SUMMER 2022

Bucolic Island Pond
Photo from Facebook