A Message From The Chair

What an eventful year it’s been! A deadly virus silently struck without warning last spring, sending shock waves through every aspect of our lives, upending daily routines, causing a hiatus in our chapter outings, warping our sense of time, and leaving us gasping for normality. Nature beckoned to us to take comfort in her, thus making responsible outdoor recreation an essential refuge for peace and solace. As a chapter, we answered the call, thankful that we were able to safely restart chapter outings in July.

We are grateful for a myriad of things: for reopening outings with minimal risk, a big thank you to our past chair, Paul Margiotta. He carefully thought through a reopening strategy, discussing options with the chapter board and ADK club to develop our “Hiking in the New Normal” rules. He organized pilot hikes with a small group of experienced leaders to test the new rules and look for safer ways to hike. Thanks also to our ADK NJR outing leaders and our outings chair, Peter Tilgner. Hiking could not have resumed at all without their efforts.

At the recent Annual Membership Meeting, which took place on December 6, the new bylaw amendments were unanimously approved. To see the complete bylaws document, click here. Also approved was the slate of members of the board: Chair – Geoff Fonseca, Vice-Chair – Mary Gelber, Secretary – Fred Hodde, and Treasurer – Allen Grunthal. I am confident that they will all strive to keep the chapter robust and vibrant. … continued on page 4

Adopt A Trail

Become a Trail Maintainer and the trails will thank you!

WINTER 2021

Adirondack Mountain Club

Adopt A Trail

Trails throughout our hiking area need someone to show them some care and attention. In partnership with the New York New Jersey Trail Conference, our chapter is responsible for three sections in Harriman Park – one on the RD trail and two on the Long Path. These are heavily used trails and hikers rely on our members to keep these sections in good condition.

This is your opportunity to contribute to ADK NJR in a meaningful way by doing little more than going on a hike. Adopt your own section of the Long Path and enjoy great satisfaction for your time.

Why Is Trail Maintenance Important?

• Makes trails safe and easy for users to follow
• Minimizes impact of trails on the environment
• Minimizes or addresses problems
• Provides for a pleasant and complete hiking experience

A maintainer develops a close relationship with his or her trail and has the pride of keeping it in great shape for the public. Trail maintainers hike their trail twice a year, clipping branches, checking blazes, and picking up trash, and reporting problems such as blowdowns to a supervisor. Sections are about 2 miles long. The volunteer can work on the trail when it suits their schedule and may bring friends and family along for the experience too. Trail maintenance training is available.

To adopt your own trail section, please contact Karen Rose (trails@adknjr.org).
Marilyn Adair was the sole recipient of ADK NJR’s Lifetime Volunteer Award for 2020. Due to the Covid pandemic, the award was presented virtually during the Zoom version of the chapter’s annual meeting. Unfortunately she was not in attendance to accept the honor.

Marilyn Adair has a long volunteering history with ADK. As a founding member of the North Jersey Chapter, she attended the very first two meetings of the chapter. As the years went by, she served in many roles. In 1972 she was Vice Chair. She began organizing canoe trips in 1977. In 1980–1981, she was the chapter’s treasurer and in 1982–1983 she was chair of the North Jersey Chapter. During the 1980’s and early 1990’s she led hikes regularly.

But Marilyn’s enthusiasm went beyond the chapter level. Beginning in 1980 she served several terms as a Governor on the main club’s board and she was a member of the Executive and Development Committees in 1994 – 1995, the Education Committee from 1986 – 2000 and she was a Director in 2003.

Marilyn’s own words of praise for ADK and ADK volunteers excerpted from a 2003 Trail Talk issue:

“Over many years I have met many interesting people who have given tremendous numbers of hours of their time dedicated to ADK and the North Jersey Chapter. I can never forget them. By spending time in the Adirondacks and becoming involved in committees of the main club, I came to know many more ADK volunteers who have been tremendous achievers on behalf of ADK. They are a caring, hardworking, honest and devoted cross-section of humanity.”

A long time resident of Upper Saddle River, Marilyn is a real estate agent with Terrie O’Connor Realtors.
HIKING IN THE “NEW NORMAL”

(Changes since Fall Trail Talk in **bold**)

- As per ADK guidelines: “Groups should be limited to 50% of typical group size and no more than ten participants…” **NJR is currently hiking with a group size up to 10, including the leader, and will continue to do so if there are no adverse incidents. The size of the group on any particular hike is entirely at the discretion of the hike leader but shall never exceed 10 under any circumstances.**

- Only members in good standing, as determined by the current ADK NJR chapter membership roster, may participate in hikes. Children under 18 and guests will not be allowed to participate.

- Until further notice, each member may only participate in one hike **in any 7 day period**. However, a member may be put on a waiting list for an additional hike should that hike not be filled, by contacting the hike leader directly.

- 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 in advance of the hike.

- As per ADK guidelines, each participant will be required to have personal protection equipment (PPE) including a face mask, gloves, and hand sanitizer.

- As per ADK guidelines, participants will be required to answer the following four questions. A “yes” answer to any question will result in a participant being ineligible to hike that day.
  - Do you currently have any symptoms of a respiratory infection (including cough, fever, sore throat, shortness of breath, or loss of taste/smell)?
  - Have you had any of the above symptoms in the past 14 days?
  - Have you tested positive for COVID-19 in the past 14 days?
  - Have you had contact with any confirmed or suspected COVID-19 case within the last 14 days?

- Social distancing of 6 feet should be maintained. Where that is not possible - such as at trailheads, parking areas, passing others on the trail, etc. - face masks must be worn.

- Crowded, popular trailheads/parking areas will be avoided. Hikes will be “off the beaten path” and will be carefully chosen by the leader. Hikes requiring car shuttles will not be permitted.

- Participants should not carpool or share items such as sunscreen, insect repellent, etc. Lunchtime treats should also not be shared.

- **Travel advisories are** in effect in New York and New Jersey. If you have recently traveled to or from any state on **either** advisory, you are required to quarantine for 14 days before registering for a hike. See [adk.org](http://adk.org) and [covid19.nj.gov](http://covid19.nj.gov) for additional information and a list of those states on travel advisories in NY and NJ **respectively**.

- 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.

Sketches by Sheila Rizzo

adknjr.org  •  Meetup: NJR - Adirondack - Mountain - Club  •  Facebook: North - Jersey - Ramapo
A Message From The Chair
...continued from page 1

Honorees at the membership meeting were Roland Autran, who received the distinguished “Bullwinkle” award for leading the most outings, and Marilyn Adair who received the prestigious Lifetime Volunteer Award. Thank you to all 18 outing leaders who led outings in 2020. You can read more about Marilyn Adair and her contributions on page 2.

I thank our former chair, Paul, for his many accomplishments over his 3 years’ tenure:
• initiated and implemented the electronic distribution of the newsletter. By “going green”, we have reduced the cost of distributing the newsletter by about 90%,
• led outreach programs to attract new members through our chapter’s participation at street fairs, trails day, a blood drive, and by reaching out to members-at-large,
• directed amendments to the bylaws of the chapter and instituted internal annual audits of the financial statements of the chapter to ensure proper governance of the chapter,
• set up a framework for staff backups of important board roles
You will continue to enjoy his selection of funny Non Sequitur cartoons in the newsletter. I am pleased to announce that he will return as a Chapter Advisor to continue serving on the chapter board.

I must also thank our board members who kept the business of the chapter going through difficult times.

Remember, we are a volunteer-based organization. We currently need more hike leaders, 2 trail maintainers, plus conservation and programs committee chairs. If you feel you might be interested in any of these positions, please contact me for additional information. We also need a chapter archivist (see page 6).

Winter Hiking

Winter is here. Isn’t it sublime to enjoy a brisk hike on a cold winter day, marveling at the winter scenery and its breathtaking beauty? Leafless trees and scanty undergrowth provide unobscured views of clear blue skies and undulating mountains. There are no annoying bugs or mosquitoes, and no overbearing heat or humidity. Snow-capped landscapes form memorable scenes. Icicles cling to tree branches and rock overhangs. Impressive ice needles magically sprout from the ground. Streams fed by snowmelt and mountain springs display a mesmerizing sight flowing over ice-capped rocks and singing a symphony of soothing sounds.

In these times traumatized by Covid, feel the power of nature, sense the connectedness, get inspired and energized by being outdoors. Nature offers many benefits for us to heal, relieve stress, and rejuvenate. We are blessed to have incredible natural beauty in scores of nearby parks and natural habitats, abounding with recreation opportunities.

In these dire times, be reminded to protect yourself, protect one another, and also protect nature. The trails are getting a lot of use so please hike responsibly. Be aware of the seven principles of Leave No Trace.

On a practical note, prepare for safe winter hiking. I recommend you read the ten essentials of hiking. Review the section on Footwear and Clothing in the Hiker’s Guide on page 7. Dress in layers of thermal wicking materials such as synthetics, merino wool, and silk. A waterproof outer layer will help keep out wet snow. Don’t forget wool socks, waterproof hiking boots, a warm hat, and insulated gloves or mittens with inner liners. Important, too, are leg gaiters to keep your legs free of snow and moisture. Microspikes are required for firm traction on ice and snow (see linked ADK video). Trekking poles aid with balance and also protect your knees, especially on steep descents. For warmth and comfort, carry a thermos flask and hand and toe warmers. Enjoy a drink of hot soup, hot chocolate, or lemon tea.

So go outdoors, feel connected, get invigorated, and enjoy your winter. Thank you for your contributions, and everything that you do to support ADK.

Stay safe and be well.

Geoff

ADK NJR VOLUNTEERS
MAKE IT HAPPEN!
Mindful Focus in Difficult Times
By Deanna Felicetta, E-RYT, 500/Yoga of the Heart Certified

If you are like most of us, the current times are very stressful. The turnings of the mind seem endless, as you sort through how we live in our new reality, our “2020 lives”. Some of us are isolated from family, home alone and, when lucky, working there. Others are home with the children negotiating their virtual school reality and, if lucky, a work schedule. There may be parents in the nursing home that we do not get to visit to ensure they are safe. Family may live in a HOT SPOT, and so visiting is not prudent at this time, and you miss them. AND our healthcare heroes, first responders, road crews and those in the supermarket and other urgent stores and shops so crucial to our daily lives: are you one of them? You are appreciated! But how do all of us stay centered and focused? Mindful focus can be helpful.

It is good to take a break from our normal mental habits. Yoga can help. It can be like that weekend vacation, leaving you refreshed and de-stressed, a little! So many people do not realize that yoga is more than asanas. Asanas are poses we do with our bodies as we breathe. Yoga is more than meditation and sitting still. It is the mind, the body, and the spirit! Allowing the whole self to take a break using mindful focus on the present moment, we become absorbed in the present moment. This focus and stillness of mind helps calm our emotions, quiet our body, and center our mind and spirit.

As hikers you will find that standing still and quiet in Tadasana, Mountain Pose, as you allow your breath to gently flow in and out can be a perfect way to work on your skills of mindfulness. Do not be frustrated if physical balance or the focus of the mind are difficult at first. Practice will develop a healthy discipline. A warming and calm feeling will soon welcome those who are persistent. Do focus your mind fully on the stillness and your breathing. Let your mind be full of just this. Push other thoughts away. This is mindfulness.

Tadasana is a great pose in learning mindful focus. It is a pose that is wonderful for strengthening your core and body alignment. It improves your balance. Allowing your breath to flow in and out fully is good for your entire body. We know how important these things are when hiking. So begin by standing on a solid surface or yoga mat. Your feet should be about a fist’s width apart. Toes will be pointing forward. Your inside foot from heel to toe will be in a straight line. Legs are straight but knees are not locked. Hips are level. Stomach is strongly engaged with muscles pressing against inner spine for support. Lift your chest and shoulders upward. There should be a lightness in this. Neck and shoulders are relaxed and head is level with eyes looking forward. Breathe. Breathe fully and gently. Review your posture, toes to top, and breathe. Your arms are relaxed by your sides with palms facing forward. Think how you, the hiker, are now a grand mountain! Stay in Tadasana for several moments and think only of how you are in your body and that you are a Mountain in your mind and spirit! I wish you pleasant “Mindfulness”. Be safe, healthy and at peace!

Namaste,
Deanna

Chapter Membership Meeting (via Zoom)
Feb 24, 2021 6:30 – 8:00 PM
Photographic Tour of Governors Island

This is a "must see" for anyone interested in going to Governors Island, or just wanting to know more about New York City and part of its early history. Mario Medici, ADK member and hike leader, NY/NJ Trail Conference volunteer trail maintainer, and licensed NYC Tour Guide, will lead the session and provide commentary.

Starting at the Battery Maritime Building in Manhattan for a short ferry ride to Governors Island this virtual photograph tour will walk the path of history, a history dating back to mid-18th century and, until 1996, a base of military operation for 200 years. Explore Castle Williams (War of 1812) and Fort Jay and its important role during the Civil War and subsequent wars. Climb or walk the serpentine path up the newest addition, The Hills, with Outlook Hill, a 70-foot high structure permitting the only 360-degree view of New York Harbor and surrounding area. Tour will continue around the entire island taking in the island’s current sights and attractions.

adknjr.org  •  Meetup: NJR - Adirondack - Mountain - Club  •  Facebook: North - Jersey - Ramapo
Welcome New Members

Navaljit Bhasin & Manpreet Sodhi - Edison, NJ
Thomas Burrell - Brick, NJ
Nicole Callen - Denville, NJ
Vincent & Julianne Cantarella - Closter, NJ
Elizabeth Cole & David Kahn - Wyckoff, NJ
Melissa Czechowski - Circleville, NY
Bruce D’Alfonsi - Egg Harbor Township, NJ
Kristen Decker - New Windsor, NY
Stefanie Delletorri - Weehawken, NJ
Anat & Hila Doron - Tenafly, NJ
Maria Dvorozniak - Cresskill, NJ
Marlene Forrester - Hawthorne, NJ
Ryan Gallagher - Morristown, NJ
Steven Goldstein & Kerstin Lehnert - Sparkill, NY
Mindy & Josh Huber - Summit, NJ
Christopher & Jessica Lauver - Fair Lawn, NJ
Nicole Levy - Wayne, NJ
Brian McKay - Orangeburg, NY
Mimi Medina - Bronx, NY
Kyle Morgan & Sharon McAuliffe - Woodbridge, NJ
Lillian & Edward Negron - North Bergen, NJ
Alan Paul & Rebecca Blumenstein - Maplewood, NJ
Nicholas Pelliga & Kate Ackerman - Guttenberg, NJ
Naomi Pelzig - Nyack, NY
Robert & Linda Pinchak - Garfield, NJ

Russell Porrino - Cliffside Park, NJ
Kathe Roberts - Montclair, NJ
Mary Sari - Sterling Forest, NY
Diane Scarangella - Leonia, NJ
Meave Sheehan - Nutley, NJ
Emilio & Gloria Streppone - Cream Ridge, NJ
Martha Sutphin - Allendale, NJ
Petra Weller Appelstein - Midland Park, NJ
Scott Valastyan - Pennington, NJ
Kevin Young - Ludlow, MA

Welcome Back

Denise Appel-Baird - Park Ridge, NJ
Michele Campbell - Florida, NY
Lewis Cowan - Ridgewood, NJ
David & Beatriz Diaz - Hasbrouck Heights, NJ
David Emanuel & Deborah Hammond - Ridgewood, NJ
Steve & Gerri Fleming - Wall Township, NJ
Jamie Harrington - Chester, NY
Darlene Lear - Glen Gardner, NJ
Marybeth & Peter Moltzen - Montvale, NJ
Stephanie & William O’Donnell - Bloomfield, NJ
Walter & Diane Windish - Wayne, NJ
Audrey Wolf - New York, NY

New ADK NJR Volunteer Position – Chapter Archivist

Are you intellectual, inquisitive, and methodical, with basic computer skills? If you answered yes, then you are in luck! We have the perfect volunteer opportunity for you – become our Chapter’s first Archivist.

The primary responsibility of the Archivist will be to collect and preserve items deemed of value from former members of the North Jersey and Ramapo Chapters before the merger and from members of our current Chapter. The items will include photographs, photograph albums, newsletters, hike schedules, newspaper articles, and other miscellaneous items.

Particular emphasis will be collecting and cataloging photographs into digital albums, some of which will be transferred onto our website by our Webmaster.

If you are interested or would require further information before considering, please send an email to info@adknjr.org.

Image by Mary Pahlke from Pixabay.com
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. 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.

Due to the pandemic, until further notice no children or non-members will be permitted on ADK-NJR hikes.

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: 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.

CEG – stands for Cumulative Elevation Gain: an estimate of the sum of all the uphill portions of the hike.

down the Bare Rock trail. Call 917-319-3166 before 8:00 AM if the weather is questionable. Bring traction devices and suitable winter clothing. TC Sterling Forest Trails Map 100.

Thursday 1/7  Lake Sebago in the Winter   B 5.0 B-9:30 AM
Paul Margiotta   201-693-6705
pjmm1177@gmail.com (cell, morning of hike only)
Hike starts from Johnsontown Circle, at the end of Johnsontown Road, in Harriman State Park. We will hike on the White Bar and Triangle trails and an unblazed trail to reach Lake Sebago, where we will stop for lunch. Our return will be via a woods road and the White Bar trail. Icy and/or snow covered trails could be expected. Therefore, all participants will be required to have proper traction devices, as determined at time of registration. TC Southern Harriman Trails Map 118.

Saturday, 1/2 Bare Rock Via The Fire Tower  B 7 B 9:00 AM  CEG 900 ft
Ross Linegar   917-319-3166
linegarross@gmail.com
Leave from Sterling Forest Visitor’s Center upper lot. Start with a climb to the Sterling Forest Fire Tower, take in the view, and continue to the Bare Rock Vista for lunch overlooking Greenwood Lake. After lunch, we’ll return by “strolling” back

Saturday, 1/9 Dunderberg Spiral Railway, B+ 8 B+ 9:00 AM  The Timp & Bald Mountain  CEG 2047 ft
Mary Gelber   917-922-3203
mgel91@aol.com
Start at trailhead parking 4 miles south of the Bear Mt. Traffic

THE NUMBER OF PARTICIPANTS IS LIMITED DUE TO SOCIAL DISTANCING REQUIREMENTS. ONLY MEMBERS OF THE NORTH JERSEY-RAMAPO CHAPTER IN GOOD STANDING CAN PARTICIPATE. TO REGISTER SEND A COMPLETED “RELEASE OF LIABILITY” FORM VIA EMAIL TO THE LEADER BETWEEN 48 HOURS AND 7 DAYS PRIOR TO THE HIKE. ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED.

Click here for the registration form

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.

Hikers please note: – hikes do not “meet” at the specified time – they leave at that time!
OUTINGS SCHEDULE • WINTER 2021 • JANUARY • FEBRUARY • MARCH

Circle on Route 9W, GPS 41.281137,-73.962838. Climb Dunderberg, head over to the Timp, then continue around the Spiral Railway Loop. Beautiful expansive views of the Hudson and a rewarding, tough climb. Severe inclement weather cancels. TC Northern Harriman Trails Map 119.

**Sunday, 1/10**
Ringwood State Park  B  7.5 B
9:30 AM
Peter Reiner  845-323-7635
psr7777@gmail.com
Meet at the Shepherd Lake parking area off Sloatsburg Rd. for a hike on the Ringwood Ramapo, Blue, and Hoefelrin Trails returning on the Crossover Trail. We will pass by Ilgenstein Rock. There is about a half mile roadway walk at the end of the hike back to the parking area. Rain cancels hike. TC North Jersey Trails Map 115.

**Thursday, 1/14**
Long Path-AT Loop  B  6 B
9:30 AM  CEG 1280 ft
Henry Barkhorn  646-853-0824
hcbarkhorn@hotmail.com
Leave from Lake Tiorati parking. We will do a loop on the Long Path, returning on the AT. This is the hike described in Chapter 16 of Circuit Hikes in Harriman. Steady rain cancels. TC Northern Harriman Trails Map 119.

**Saturday, 1/16**
In The Woods  B  10 A
9:00 AM
Mary Gelber  917-922-3203
mlgel91@aol.com (before 9PM)
Contact leader for details.

**Thursday, 1/21**
Tallman Mountain State Park  B  4/5 C
11:00 AM
John Jurasek  (c) 845-519-4247
jurasek@optonline.net
Meet at the main parking lot in Tallman State Park in Sparkill, NY (Northern lot off Rockland Road). We will explore most of the park atop the Palisades using the Long Path, unmarked trails, and woods roads. Ground conditions will modify the hike. TC Palisades Map 109.

**Saturday, 1/23**
The Osborn Loop  B  6.8 B
9:00 AM  CEG 750 ft
Ross Linegar  917-319-3166
linegarross@gmail.com
Leave from the Castle Rock Unique Area hiker parking (type 29-31 Wing and Wing, Garrison, NY into your GPS) to hike the Osborn Loop in Hudson Highlands State Park. From the Bear Mt. Bridge east side, drive about 4 miles north on Rt. 9D. Look for the Castle Rock Unique Area sign on your right after a stone wall. Turn in on a farm road following it to the hiker parking area surrounded by open fields. Call 917-319-3166 before 8:00 AM if the weather is questionable. Bring traction devices and suitable winter clothing. TC East Hudson Trails Map 101.

**Tuesday, 1/26**
Lunch on Diamond Mountain  B  6 B
9:00 AM  CEG 1000 ft
Geoff Fonseca  845-390-1937
geofffonseca@yahoo.com
Meet at Lake Sebago Boat Launch off Seven Lakes Drive in Harriman. We will hike the Seven Hills, Buck, and T-M-I trails to Diamond Mountain. We return on the Seven Hills trail. Rain cancels. Traction devices may be required. TC Southern Harriman Trails Map 118.

**Saturday, 1/30**
Fahnestock Canopus Lake  B  8 B to Shenandoah Mountain  CEG 1000 ft
9:00 AM
Mary Gelber  917-922-3203
mlgel91@aol.com (before 9PM)
Leave from AT crossing on Route 301, 1.4 miles west of Taconic State Parkway (GPS coordinates 41.4526580, -73.8378470). From Bear Mt. Bridge drive north on Rt. 9D to the light in Cold Spring, NY. Then drive east on Rt. 301 to a light at Rt. 9. Continue for about 4.5 mi. to AT crossing parking on either side of 301. We will hike the AT up to Shenandoah Mt. with beautiful views of Canopus Lake, and return the same way with a detour to the shores of Canopus. Severe, inclement weather cancels. TC East Hudson Trails Map 103.

**Tuesday, 2/2**
In The Woods  B  6/8 B
9:30 AM
Roland Autran  201-886-9119
autran@msn.com (c) 201-699-3388
Active hikers will receive a group email from leader by previous Saturday for location, time and other details of the hike. Others can contact the leader (by email) by 6 PM on Monday.

The number of participants is limited due to social distancing requirements. Only members of the North Jersey-Ramapo Chapter in good standing can participate. **To register send a completed “Release of Liability” form via email to the leader between 48 hours and 7 days prior to the hike.** All sections, including the top, must be completed.

Click [here](#) for the registration form.

Pre-registration is **required.** All changes and additions to the schedule will be posted at [www.adknjr.org/changes](http://www.adknjr.org/changes).

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OUTINGS SCHEDULE • WINTER 2021 • JANUARY • FEBRUARY • MARCH

Saturday, 2/6  Long Pond Iron Works    B 6 B
9:00 AM   CEG 921 ft
Ross Linegar  917-319-3166
linegarross@gmail.com
Depart from Long Pond Iron Works Visitor Center on Greenwood Lake Tpke. (Rt. 511) in Hewitt, NJ. Hike on the Sterling Ridge Trail, over the bridge to the Hassenclever Trail and then circle around the Monksville Reservoir on the Monks Trail. Call before 8:00 AM if the weather is questionable. Bring traction devices and suitable winter clothing. TC North Jersey Trails Map 115.

Sunday, 2/7  Breakneck Pond and Reservoir Loop    B 10.4 B+
9:00 AM   CEG 2638 ft
Mary Gelber  917-922-3203
mlgel91@aol.com
(before 9PM)
Leave from Call Hollow Rd (0.5 miles south of turn from Willow Grove Rd, GPS coordinates 41.2165511, -74.0511574). Hike up Long Path from Call Hollow Rd, take SBT to cutoff to loop around Breakneck Pond, back to SBT to Woodtown Rd across to Second Reservoir up to Big Hill Shelter and back down Long Path to cars. Severe inclement weather cancels. TC Southern Harriman Trails Map 118.

Tuesday, 2/9  Pound Mountain Circular    B 7.5 B
9:30 AM
Roland Autran  201-886-9119
autran@msn.com
(c) 201-699-3388
Meet at the parking lot called “Skatepark, Tuxedo, NY” behind the Tuxedo Train Station on E. Village Road in Tuxedo. I will send the details when you register. This hike is a variation of Hike 9 from Don Weise’s “Circuit Hikes in Harriman”. This hike is a moderate to strenuous hike. TC Southern Harriman Trails Map 118.

Thursday, 2/11  Goshen Mountain    B 7 B
9:30 AM   CEG 1425 ft
Henry Barkhorn  646-853-0824
hcbarkhorn@hotmail.com
Leave from Lake Tiorati parking. We will do a loop north on the RD/AT, the RD, the AT and the Long Path. This is the hike described in Chapter 17 of Circuit Hikes in Harriman. Steady rain cancels. TC Northern Harriman Trails Map 119.

Tuesday, 2/16  In The Woods    B 6/8 B
9:30 AM
Roland Autran  201-886-9119
autran@msn.com
(c) 201-699-3388
Active hikers will receive a group email from leader by previous Saturday for location, time and other details of the hike. Others can contact the leader (by email) by 6 PM on Monday.

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Click here for the registration form

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.

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OUTINGS SCHEDULE • WINTER 2021 • JANUARY • FEBRUARY • MARCH

Tuesday, 2/23  Goshen Mountain Circular  B 6.9 B  9:15 AM sharp
Roland Autran  201-886-9119
autran@msn.com  (c) 201-699-3388
Meet at the parking lot for Lake Tiorati Circle on Seven Lakes Drive. I will send the details when you register. Please look at the hike’s description from Don Weise’s “Circuit Hikes in Harriman” page 107. This hike is the reverse of Don Weise’s. TC Southern Harriman Trails Map 118.

Wednesday, 2/24  Chapter Membership Meeting  6:30 - 8:00 PM
Photographic Tour of Governor’s Island
Mario Medici
Meeting will be held via Zoom. See page 5 for more information. To register, email your full name and telephone number to membership@adknjr.org.

Thursday, 2/25  Tallman Mountain State Park  B 3.5 C 10:00 AM
Peter Reiner  845-323-7697
psr7777@gmail.com
Start at the main parking lot to hike on bike path and Long Path. Lunch at the shelter and return to the parking area. Beautiful views of the Piermont Marsh and the Hudson River. TC Hudson Palisades Trails Map 109.

Saturday, 2/27  Tuxedo Loop  B 6.5 B+  9:00 AM
Ross Linegar  917-319-3166
linegarross@gmail.com
Meet at the Skate Park, 54 E Village Rd, Tuxedo Park, NY (GPS 41.193228, -74.182439). We hike on the R-D and Triangle Trails to Parker Cabin Mountain for an early lunch. Return on the R-D. Call cell before 8:00 AM if the weather is questionable. Bring traction devices and suitable winter clothing. TC Southern Harriman Trails Map 118.

Tuesday, 3/2  Tallman Mountain State Park  B 4/5 C 11:00 AM
John Jurasek  (c) 845-519-4247
jurasek@optonline.net
Meet at the main parking lot in Tallman State Park in Sparkill, NY (Northern lot off Rockland Road). We will explore most of the park atop the Palisades using the Long Path, unmarked trails, and woods roads. Ground conditions will modify the hike. TC Palisades Trails Map 109.

Thursday, 3/4  Breakneck Mountain Hike  B 7.1 B  9:15 AM sharp
Roland Autran  201-886-9119
autran@msn.com  (c) 201-699-3388
Meet at the parking lot on Diltz Road (or Diltzes Lane) off Route 202 in Pomona. I will send the details when you register. Please look at the hike’s description from Don Weise’s “Circuit Hikes in Harriman”. TC Southern Harriman Trails Map 118.

Saturday, 3/6  Silvermine Lake/Lake Nawahunta  B 8 B+  9:00 AM
Mary Gelber  917-922-3203
mlgel91@aol.com  (before 9PM)
Meet at Silvermine Lake Picnic Area parking (Old Silver Mine Ski Center). Hike south on Menomine to Letterrock, west on AT to RD, to Long Path across Stockbridge Mt., and back to Menomine by Hippo Rock. Severe weather cancels. TC Northern Harriman Trails Map 119.

Tuesday, 3/9  In The Woods  B 6/8 B  9:30 AM
Roland Autran  201-886-9119
autran@msn.com  (c) 201-699-3388
Active hikers will receive a group email from leader by previous Saturday for location, time and other details of the hike. Others can contact the leader (by email) by 6 PM on Monday.

Thursday, 3/11  Ramapo State Forest  B 6 B+  9:30 AM
Peter Reiner  845-323-7697
psr7777@gmail.com
Meet at parking area located at 174 Skyline Drive, Wanaque. Hike will cover the Tamarack, Yellow, Millstone and Schuber Trails, with great views of the county and, maybe, NYC. We will stop at the millstones left on site and have lunch at Lake Vreeland. Rain or snow cancels hike. Bring traction devices for this hike. TC North Jersey Trails Map 115.

Saturday, 3/13  Wildcat Mountain  B 9 B+  9:00 AM
Ross Linegar  917-319-3166
linegarross@gmail.com
Depart from the commuter’s parking lot at intersection of Rt. 17A and Rt. 17 (GPS 41.2296200 - 74.1842800). We will hike

THE NUMBER OF PARTICIPANTS IS LIMITED DUE TO SOCIAL DISTANCING REQUIREMENTS. ONLY MEMBERS OF THE NORTH JERSEY-RAMAPO CHAPTER IN GOOD STANDING CAN PARTICIPATE. TO REGISTER SEND A COMPLETED “RELEASE OF LIABILITY” FORM VIA EMAIL TO THE LEADER BETWEEN 48 HOURS AND 7 DAYS PRIOR TO THE HIKE, ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED.

Click here for the registration form

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
Hikers please note: – hikes do not “meet” at the specified time – they leave at that time!
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the Wildcat Mountain Trail, Furnace Loop, and Indian Hill Loop, enjoying lunch in the shaded glen. We then rejoin the Furnace Loop and return to the car park by retracing our steps on the Wildcat Mountain Trail. Call cell before 8:00 AM if the weather is questionable. Bring traction devices and suitable winter clothing. TC Sterling Forest Map 100 (P5 parking).

Sunday, 3/14 Daylight Savings Time Begins

Tuesday, 3/16 Sterling Forest's New Trails Hike B 7.7 B
9:00 AM sharp
Roland Autran 201-886-9119 autran@msn.com (c) 201-699-3388
Meet at the Sterling Forest parking area located at the intersection of South Gate Road and Buttonwood Road (P16), Tuxedo Park, NY. I will send the details when you register. TC Sterling Forest Trails Map 100.

Thursday, 3/18 Stockbridge Mt. & Lake Nawahunta B 6.0 B
9:30 AM
Paul Margiotta 201-693-6705 pjmm1177@gmail.com (cell, morning of hike only)
Hike starts from the Long Path parking area located off the north side of Rt. 6, Long Mountain Parkway, in Harriman State Park. We will hike up Stockbridge Mt. to and Lake Nawahunta utilizing the Long Path, Menomine Trail and Nawahunta Fire Road. Icy and/or snow covered trails could be expected. Therefore, all participants will be required to have proper traction devices, as determined at time of registration. TC Northern Harriman Trails Map 119.

Saturday, 3/20 Mt. Taurus B+ 7.6 B+
9:00 AM CEG 2077 ft
Mary Gelber 917-922-3203 mlgel91@aol.com (before 9PM)
Leave from the Washburn Trailhead located along Rt. 9D about .8 mi. north of Rt. 301, Cold Spring, NY (GPS 41.42659, -73.96534). Expect a long, steep climb, awesome sweeping views, an abandoned quarry, and some ruins. We will hike the Washburn, Notch, and Brook Trails, returning on the Undercliff Trail to rejoin the Washburn and back to the parking lot. Severe weather cancels. TC East Hudson Trails Map 102.

Sunday, 3/21 Sterling Forest McKeags Meadow Loop C 4 B
9:30 AM CEG 400 ft
Mario Medici (c) 201-396-9391 marioamedici@gmail.com
This hike is intended to provide an opportunity for individuals who have limited hiking experience and/or want an easier hike. Meet at the Sterling Forest Visitors Center upper parking lot. Hike will start and end at the McKeags Meadow connector trail. Rain cancels hike. Must contact hike leader to register via email with phone number. Wear bright colors – possibly a hunting area. Sterling Forest Trails Map 100.

Tuesday, 3/23 Fingerboard, Goshen, & Letterrock Mountains B 8.4 B+
9:00 AM CEG 1600+ ft
Geoff Fonseca 845-390-1937 geofffonseca@yahoo.com
Leave from Tiorati Circle parking lot. We will hike the Blue Connector, AT, and RD Trails to the Brien Memorial Shelter for lunch. We return on the AT and Blue Connector Trails. Rain or snow cancels. Traction devices may be required. TC Northern Harriman-Bear Mt. Trails Map 119.

Thursday, 3/25 Ringwood State Park Shepherd Lake Hike B 7 B
9:15 AM sharp Shepherd Lake Hike
Roland Autran 201-886-9119 autran@msn.com (c) 201-699-3388
Meet at the parking lot of Shepherd Lake Recreation Area, at the end of Shepherd Lake Road, Ringwood, NJ (GPS coordinates 135696, -74.232233). I will send the details when you register. This hike is part of “Hike of the Week” Hike 9 by Daniel Chazin. TC North Jersey Trails Map 115.

Saturday, 3/27 Out Of The Elk Pen B 6 B
8:00 AM CEG 1655 ft
Ross Linegar 917-319-3166 linegarross@gmail.com
Depart from the Elk Pen. We’ll hike the AT, Arden Surebridge, White Bar, Ramapo Dunderberg, Nurian (see the Valley of Boulders) and back to the car park via Staahahe Brook. Bring traction devices and suitable winter clothing. TC Northern Harriman Trails Map 119.

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

Address Service Requested

Photo by Deanna Felicetta