



FALL 2022

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A MESSAGE FROM THE CHAIR



Surprise Lake, Bearfort Mountain (Facebook Photo)

Fall's arrival has provided much-needed relief from the punishing temperatures and record-breaking heat waves this summer that have battered our hiking area, leaving in their wake dry streams, historic low water levels in the lakes in our area, and withering brush. Leaves on stressed trees turned color earlier and faster and fell to the ground.

Now, fall's longer nights and cooler days spur the seasonal color changes in leaves. Trees respond to the difference in temperature and sunlight by slowing photosynthesis. As the chlorophyll breaks down in green leaves, new chemical compounds emerge. Some of these pigments are like those in carrots and buttercups and make leaves appear orange, yellow, and amber. Other compounds are akin to those found in berries, grapes, and currants, giving leaves red, purple, and burgundy tones.

So, while experiencing the joy of hiking outdoors with our chapter, marvel at the spectacular bounty of colors offered by red oaks and sugar maples, flowering dogwoods and white ash, and black walnut and cherry.

CHAPTER BOARD AND VOLUNTEER ACTIVITIES

The updated website will have easy-to-use navigation menus offering new features and functionality to meet the needs of our ADK NJR club members. Our chapter board and volunteers have been tirelessly keeping the business going. Our chapter website is being updated - a project spearheaded by Peter Reiner, Paul Margiotta and Jimmy Garingo, our webmaster. The website update team hopes to have it up and running soon.

Please join us for our annual chapter membership meeting that is scheduled for November 16, Wednesday, starting at 6:30 pm via Zoom. The first portion will be our chapter's business meeting, followed by a presentation on mapping and using the Avenza phone app.

Our annual holiday party, a potluck dinner, will be held on Sunday, December 4. If you would like to help, please contact Karen Rose, who is leading the organizing committee for this year's holiday party. Thank you, Karen.

I am pleased to announce that our board has selected and approved our chapter's Nominating Committee, comprising Paul Margiotta, Karen Rose, and Peter Reiner. The Nominating Committee will recommend a list of candidates for the positions of the Chapter Chair, Vice Chair, Secretary, Treasurer, Trustee, and Alternate Trustee for our chapter elections that will occur at our annual membership meeting in 2023.



Lake Sebago (Facebook photo)

CHAIR MESSAGE, continued

Our chapter needs you! We need volunteers for a Program Chair and Conservation Chair. The Program Chair arranges regular chapter membership meetings, finds speakers, and organizes chapter meetings via Zoom or in person. The Conservation Chair keeps abreast of conservation issues and developments, keeps the board and members informed, and recommends what our chapter should do to help protect our natural resources. For more information on any of these positions, please contact me at chair@adknjr.org. We continue to need new hike leaders. If you have considered leading a hike but are unsure how to go about it, ask an experienced leader to be your mentor. We are seeking Trail Maintainers. Trails in our hiking area need someone to show them some care and attention, keep them in good condition, and make them safe and easy for trail users to follow. If you'd like to volunteer for this

important work, please contact our Trails Chair, Karen Rose. We are a volunteer-led ADK chapter and rely on the generosity and leadership of our members to make the chapter work. To the many volunteers who lead, organize, and support our chapter activities and programs, thank you.

Best,
Geoff



Ramapo Dunderberg Trail (Facebook Photo)

WELCOME NEW MEMBERS

Sue Hope Altkin - Spring Valley, NY
Frank Armocida - Fords, NJ
Daniel Barenholtz - Woodland Park, NJ
Christopher & Stephanie Byers - Wyckoff, NJ
Elizabeth Costello - New Milford, NJ
Fred De Boer - Suffern, NY
Stuart Forman - Florida, NY
Steven Lancman - W Orange, NJ
Sarah Linehan - Englewood, NJ
Brian & Heather Morgan - Morris TWP, NJ
Ben Rich - Montclair, NJ
Danielle Neubauer - Jersey City, NJ
Arnulfo Pachon - South Richmond Hills, NY
John & Elizabeth Richardson - Bloomfield, NJ
Philip Ross - Summit, NJ
Matthew Starr - New Providence, NJ
Jeffery Summerville & Kristen Plumley - Ridgewood, NJ
Anastasia Tavaroz - Bronx, NY
Milan Vaclavik - Princeton, NJ

WELCOME BACK

Sheree & Fred Bennett - Verona, NJ
Martin Dunn - Paterson, NJ
Elyse Stoller - Suffern, NY
Thomas & Edith Williams - Potterville, NJ

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 and/or photos to newsletter@adknjr.org



Image Pixabay



Upcoming Events

ADK North Jersey-Ramapo Chapter Zoom Meeting – November 16, 2022, at 6:30 pm

6:30 pm Chapter Business



7:00 pm On the Trail with the Avenza Maps App-

Presented by Jeremy Apgar

All trail users, from casual walkers to experienced hikers, should have access to a good trail map and know how to use it to enjoy the outdoors responsibly. Jeremy will share the best practices of creating a map from the perspective of an organization with over 90 years of trail mapping experience. He will lead you on the trail with the Avenza Maps app showing you how to plan a trip, mark places of interest, attach photographs and record your route with GPS tracking. You will know where you've been and see profiles of your speed and elevation change on your outdoor adventure. Learn about the app, including its new features introduced as part of a major update released this past spring. Discover how to obtain trail maps and how to make the most out of them.

Jeremy Apgar has been the cartographer for the New York-New Jersey Trail Conference for 15 years, creating maps to assist with all aspects of building, maintaining, and educating people about trails and the protected lands they traverse. He aims to produce trail maps that are simple in design, yet detailed, accurate, and attractive.



-ADK NJR HOLIDAY PARTY and HIKE -

Sunday, December 4, 2022, from 1 to 4 PM



Come and enjoy a delicious potluck lunch and the company of your fellow hikers. Attendees should bring an appetizer, side dish, or dessert for 6. Beverages such as soda, water or juice are also needed. The Chapter will arrange for a few main dishes from an Italian restaurant and paper goods (plates, silverware, cups, etc.).

There will be a morning hike before the party, details to be announced.

Party Details:

Sunday, December 4, 2022, from 1 to 4PM

You must RSVP by December 1st to let Karen know what you are bringing. Cell 551-804-0358 or email kkarose@aol.com. \$5 per person, collected at the door.

The location is the Sterling Forest Visitor Center, 116 Old Forge Road, Tuxedo Park, NY 10987

RSVP by 12/1 to Karen Rose at 551-804-0358 or kkarose@aol.com.



Facebook photo



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WILEYINK@EARTHLINK.NET

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Out-Hiking COVID

by Diane Grunthal

Once Covid struck in early 2020, convinced that we should do our best to eat healthy and continue to exercise, Alan and I started our hiking, biking and skiing

adventure, traveling to 15 different states. We initially selected hotels which were contactless and afforded access to rooms without going through corridors or elevators. Often we had a kitchenette, where we cooked our own meals or procured restaurant takeout. Every National Park or National Forest or State Park in which we hiked was distinctive in a special way.



Acadia National Park

Our first drive in 2020 was to Acadia National Park in Maine, a magical place on Mt. Desert Island; one of the top 10 most-visited national parks in the country. There are numerous trails in this park that will satisfy everyone, from those who want a serene nature walk to adrenaline seekers. We also hiked in Camden Hills State Park.

Our next drive was to Shenandoah National Park in Virginia, a land bursting

with cascading waterfalls, spectacular vistas, fields of wildflowers, and quiet wooded hollows, with over 200,000 acres of protected lands that are haven to deer, songbirds, and black bear. Here we went on 17 hikes over 11 days. Everyone told us before we left that we had to hike Old Rag, the park's iconic peak, which Outside Online considered one of the 25 best hikes in the world. Winter 2020-2021 brought us to Vermont many times, with its strict Covid testing and masking requirements. Skiing was different in that you had to mask up on ski-lift lines and could only stay in the ski lodge for lunch for 1/2 hour. You had to warm up fast. In between ski days we also snowshoed. After ski season, the year 2021 ushered in trips to the Berkshire Mountains of western Massachusetts, the Catskill Mountains of NY, the White Mountains of New Hampshire, and trips to the central and southern Adirondacks. Adirondack Park is the largest park in the continental U.S. At 6 million acres, it is bigger than Yosemite, Yellowstone, Glacier & Grand Canyon National Parks combined (yes we've been to all 4). Is it any wonder we return again and again to the Adirondacks? Also in 2021,



Shenandoah National Park

we traveled to eastern Pennsylvania where we climbed up the very popular Mt. Tammany in the Delaware Water Gap National Recreation area. It is a 4.8 miles, with 1300 feet of ascent, a glorious hike which climbs steeply uphill to a fantastic overlook of the Delaware Water Gap and Mt. Minsi across the way. We climbed the equally popular Mt. Minsi. Also on our hiking list was Big Pocono State Park, Hickory Run State Park & Bear Creek Preserve.



Badlands National Park

The highlight of 2021 was our hiking trip to South Dakota; the scenery was unlike anything we had ever seen. Badlands National Park is a place of unimaginable natural beauty. In its more than 242,000 acres, we saw evolution on display. Its otherworldly appearance makes walking through much of the Badlands like exploring a strange and distant planet; it is the result of millions of years of erosion of the soft sedimentary rocks.

Out-Hiking COVID (continued)

In Badlands we walked through a maze of canyons, gullies, ridges and mesas that occasionally give up ancient secrets like fossils of extinct animals that lived 20 to 40 million years ago. Among the larger animals that call the park home are bison, bighorn sheep, mountain lions, coyotes and whitetail deer. Smaller mammals you may come across range from jackrabbits and prairie dogs to raccoons and porcupines. We also hiked in Buffalo Gap National Grassland, Wind Cave National Park and Custer State Park, which included a climb up 7242' Black Elk Peak - South Dakota's biggest mountain. We hiked among bison, elk, goats and prairie dogs - imagine our angst when we had to bushwhack around bison lying on our hiking path. You don't want to get too close to these guys. The best part of South Dakota was the cordiality of the people.



Custer State Park

We experienced totally different landscapes in November, 2021, exploring the southeastern coast of the US, based in Virginia Beach VA, Wilmington NC and Myrtle Beach SC. We did lots of flat hiking/walking in wildlife refuges, town parks and ocean and river boardwalks. We biked on the East Coast Greenway and dined on crabs, oysters, gumbo, collard greens and yes, grits. The people in South Carolina are most congenial, with strangers regularly greeting us hello. We concluded we'd love to live in a warmer climate, but flat walking 100% of the time is not for us. December's two weeks in southern Arizona brought us to truly unique hiking venues in Saguaro National Park (pronounced Suh-WAH-row) with its signature saguaro cactus. The saguaro is the park's centerpiece along with the brilliant gold of Mexican poppies, penstemons, lupines, desert marigolds, brittlebushes, and globe mallows.



Saguaro National Park

*Park Photos Courtesy of Allen and Diane Grunthal

A most delightful hiking experience was in the McDowell Sonoran Land Conservancy, in the upscale Scottsdale area. The McDowell Sonoran Preserve protects more than 30,000 acres of pristine desert in north Scottsdale. This is a hiker's paradise, with more than 115 miles of trails, including more than 60 miles of shared-use trails.

Winter skiing in Vermont was better in 2021-2022 than the previous year, with most Covid restrictions lifted. After the ski season, we were back to Pennsylvania, this time central PA, where we biked with our bike club, the Bicycle Club of Philadelphia, a welcoming and amiable club with bike trips and picnics, each with rides for all levels. Throughout the years, we have hiked in 26 national parks and numerous state parks and national forests, and I never looked carefully at the trees as I was hiking, until we hiked in Allegheny National Forest and Cook Forest State Park in western Pennsylvania. It was absolutely mesmerizing to see the trees in the Forest Cathedral which are 500 years old or older. Some began growing back in the late 1400s or early 1500s. We walked through canopies of ancient trees, including towering white pines, ancient eastern hemlocks, white and chestnut oaks, red maples, and cucumber trees. Many of the magnificent pine and hemlock trees exceed three feet in diameter with the tallest pines approaching 180 feet in height. I had always considered the breath-taking massifs in the Austrian Alps to be my favorite place to hike. Now, we found our beautiful country offers equally spectacular panoramas and a panoply of awe-inspiring vistas. Next up: Smoky Mountain National Park.

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 • FALL 2022 • OCTOBER • NOVEMBER • DECEMBER

Saturday, 10/1

Black Rock Forest Bonanza
Mary Gelber

B+ 9.5 A- CEG 2100 ft

midgegelber@gmail.com
917-922-3203

8:30 AM at parking lot on 9W (NOT the main parking lot). Type "Black Rock Forest Consortium 9W South parking area"(GPS 41.420211,-74.028283). Hike Black Rock Hollow Trail, cross Ben's Bridge, head up Mt. Misery, Hill of Pines, and Rattlesnake Hill to Tower View to Stillman Trail to Black Rock, and then return via Black Rock Hollow. Tough hike but beautiful. Registration by email required. TC West Hudson Trails map 113.

Tuesday, 10/4

Five Summits Hike
Geoff Fonseca

B 7 B+ CEG 1700 ft

geofffonseca@yahoo.com
845-390-1937

9:00 AM at the parking lot on Kanawauke Road (former Rt 106) in Harriman at the intersection of Kanawauke Road and the White Bar Trail (GPS 41.23488,-74.14906). We will hike the White Bar and R-D trails to Carr Pond, Tom Jones, Parker Cabin, Black Rock Mountains, and Bald Rocks. We return on the Dunning and White Bar Trails. Precipitation of any kind cancels. TC Southern Harriman Trails map 118.

Wednesday, 10/5

Parker Cabin Mountain Circular
Roland Autran

B 5.4 B CEG 1640 ft

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15AM at the parking lot on Route 106 where the White Bar Trail crosses. You can find it at "1369 Kanawauke Road, Southfields, NY". We start at 9:30 AM sharp going south on the White Bar to the R-D Trail then north to the Nurian and White Bar Trails and the parking lot. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Southern Trails map 118.

Thursday, 10/6

Lunch at "The Timp"
Paul Margiotta

B 6.5 B+ CEG 1600 ft

pjmm1177@gmail.com (pref)
201-693-6705 (day of hike)

9:30 AM at the Cornell Mine Trailhead on Route 9W, Tompkins Cove, Rockland County, NY. We will hike on the Cornell Mine and R-D trails to reach "The Timp", where we will have lunch. Our return will be via 1777 Trail. The hike is rated "B+" for the long, very steep climb in the beginning. The trailhead is located approx. 1.3 miles south of the Bear Mountain Circle. For directions enter "Trailhead for Cornell Mine Trail and Doodletown Brook" into Google Maps. TC Harriman-Bear Mountain Northern Trails map 119.

Saturday, 10/8

Black Rock Forest
Peter Reiner

B 6 B-

psr7777@gmail.com
845-323-7697

9:45 AM at 16 Old Mineral Spring Rd. Cornwall, NY for a hike in the western part of Black Rock Forest. Hike on the Scenic Trail to Jim's Pond and return back on the woods road back to parking area. Short climb to the Eagle Cliff viewpoint. Rain cancels hike. Register via email with the hike leader. TC West Hudson Trails map 113.

Tuesday, 10/11

Wawayanda State Park Circular
Roland Autran

B 6.7 B CEG 1045 ft

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15AM at Wawayanda Boathouse Parking Lot. We start at 9:30 AM sharp going east to 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 for this hike by email. Northern New Jersey Highlands Trails map 152.

Thursday, 10/13

Bear Mountain from Anthony Wayne
Henry Barkhorn

B 6.5 B+ CEG 1,500 ft

hcbarkhorn@hotmail.com
646-853-0824

9:30 AM from north parking lot at Anthony Wayne. We will hike the Fawn to the AT and up the southwest side of Bear Mountain. Lunch at Perkins Tower. Return down newly rerouted NB AT to woods road and back to SB AT. Steady rain cancels. Registration by e-mail required. TC Northern Harriman Trails map 119.

Saturday, 10/15

Whitney High Point & Burnt Knob, Catskills
Mary Gelber

B+ 8.5 A- CEG 2200 ft

midgegelber@gmail.com
917-922-3203

8:30 AM Elm Ridge Wild Forest Escarpment Trailhead Parking on Rt 23 (GPS 42.312700,-74.190300). Out and back hike to Whitney High Point to Burnt Knob. Spectacular views. On the moderate side for a Catskill hike. Registration by email required. TC Northern Catskill Trails map 141.

Tuesday, 10/18

Lake Sebago Ladentown Mountain Circular
Roland Autran

B 9.2 B CEG 1810 ft

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15 AM at the Sebago Boat Launch parking lot on Seven Lakes Drive. We start at 9:30 AM sharp going east across the road on the Seven Hills Trail to the Buck Trail going north. We make a right on the Meadow Road to catch the T-MI Trail to the Breakneck Mountain Trail. We make a right on the S-BM, passing by the Third Reservoir, all the way to the

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.

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T-MI Trail returning to the Buck and the Seven Hills Trails and the Sebago Boat Launch. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Trails map 118.

including the "ladder" and some city views. Steady rain cancels. Registration by email required. TC Southern Harriman Trails map 118.

Thursday, 10/20

Western Harriman 1
Peter Reiner

B 5.5 B CEG 1200 ft

psr7777@gmail.com
845-323-7697

9:30 AM at the third parking area on Route 106 (Kanawaukie Road) after the traffic circle for start of hike on the Victory Trail, Dunderberg and R-D Trails. Climb includes Parker Cabin Mountain. Rain cancels hike. Register via email with the hike leader. TC Southern Harriman Trails map 118.

Saturday, 10/29

West Mt, Cat's Elbow, & The Timp
Mary Gelber

B+11.2 A- CEG 2800 ft

midgegelber@gmail.com
917-922-3203

9:00 AM Anthony Wayne North Parking Area, Exit 17 off Palisades Interstate Parkway. Across West Mt to on 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-Bear Mountain Trails map 119.

Saturday, 10/22

Storm King/Butter Hill
Mike Prestia

B 6 B CEG 400 ft

prestia.michael@gmail.com
917-841-0120

8:30 AM, parking is located on the northbound lane of US 9W from the intersection of US 9W and NY 293/218 (3 miles north of intersection). This portion of US 9W does not allow for U-turns. If you are coming southbound on 9W (from Cornwall) you must proceed to the intersection of 9W and 293/218, make U-turn and proceed north as described previously. (GPS 41. 25.390,-74.00.087) This hike will include a steep ascent (rock scramble), and scenic views of the Hudson. It is among the shorter and easier hikes in the Highlands. Steady rain cancels; leader will notify participants by 7AM day of hike. Registration by email required. Contact leader with any questions. TC West Hudson Trails map 113.

Tuesday, 11/1

Russian Bear Loop
Geoff Fonseca

B 7.2 B CEG 1800 ft

geofffonseca@yahoo.com
845-390-1937

9:00 AM from Reeves Meadow Visitor Center off Seven Lakes Dr. We will hike on the Pine Meadow, Seven Hills, H-T-S and Raccoon Brook Hills Trails to the Ramapo Torne, Russian Bear and Torne View for lunch. We will return on the Pine Meadow Trail. Precipitation of any kind cancels. Please email leader to register. TC Southern Harriman-Bear Mt. Trails map 118.

Tuesday, 10/25

Norvin Green Circular
Roland Autran

B 7 B CEG 1200 ft

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15 AM at Manaticut Point trailhead on Crescent Drive, Ringwood, NJ. We start at 9:30 AM sharp hiking the Manaticut Point Trail to the Overlook Rock, Burnt Meadow Trails to the Highland, south to the Stone Town Circular and Lake Sonoma Trails returning us to the parking lot via the Manicut Point Trail. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Northern New Jersey Highlands Trails map 151.

Wednesday, 11/2

Hogencamp Mountain Loop
Roland Autran

B 6.7 B CEG 1600 ft

autran@msn.com (Preferred)
201-886-9119 - (c) 201-699-3388

9:15 AM at Lake Skannatati parking lot on Seven Lakes Drive. We start at 9:30 AM sharp going west to the Long Path to Time Square where we make a left on the R-D going south to the Lichen Trail going north. Then on to the A-SB, Bottle Cap R-D Trails returning to Time Square. We take the A-SB back to the parking lot. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Northern Trails map 119.

Thursday, 10/27

Raccoon Brook Hills Circular
Rich Scala

B 5.7 B CEG 1,140 ft

jerseysilver393@gmail.com
201-819-6101

9:30 AM at Reeves Meadow Visitor Center. We will do the Raccoon Brook Hills hike as described in Chapter 3 (2nd edition) of Circuit Hikes in Harriman traversing the Pine Meadow, Stony Brook, Kakiat, Raccoon Brook, Kakiat and Pine Meadow Trails. This hike has some interesting features

Thursday, 11/3

Western Harriman 2
Peter Reiner

B 5.5 B CEG 1500 ft

psr7777@gmail.com
845-323-7697

9:00 AM at the third parking lot on Route 106 (Kanawaukie Road) after the traffic circle to hike on the White Bar, Nurian, Ramapo-Dunderberg, Dunning and Long Path to end at Lake Skannatati. This is a car shuttle which requires leaving cars at both parking areas. Highlights include Black Mountain and Hogencamp MIne. Great viewpoints with long climbs. Rain cancels hike. Register via email with the hike leader. TC Southern Harriman Trails map 118.

Pre-registration by email is required for all outings. Click [here](#) for the registration form.

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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 • FALL 2022 • OCTOBER • NOVEMBER • DECEMBER

Saturday, 11/5

Norvin Green Circular
Mary Gelber

B+ 11.5 A- CEG 2683 ft

midgegelber@gmail.com
917-922-3203

9:00 AM at New Weis Center (150 Snake Den Rd, Ringwood, NJ 07456) gravel parking area on right before the Center (GPS 41.070369280376916, -74.32195201408298). Hike much of the southern section of Norvin Green: Wyanokie High Point, Torne Mt, Osio Rock, Otter Hole, and Assiniwikam Mt. Registration by email required. TC Northern New Jersey Highlands Trails map 151.

Tuesday, 11/8

Long Path - Appalachian Trail Loop
Roland Autran

B 5.6 B CEG 1280 ft

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15 AM at Lake Tiorati Circle parking lot on Seven Lakes Drive. We start at 9:30 AM sharp going west to the Long Path, hiking south to the AT for our return to the parking lot. This hike is moderate to strenuous. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Northern Trails map 119.

Saturday, 11/12

Bull Hill (Mt Taurus)
Mike Prestia

B 5 B CEG 1400 ft

prestia.michael@gmail.com
917-841-0120

8:30 AM at parking lot on right side of 9D (traveling north from Bear Mt Bridge). Type Bull Hill, NY into Google Maps for directions to parking lot. This will be a loop hike following the Washburn, Notch, Brook, and Cornish trails. The hike offers panoramic views of the Hudson Highlands, dramatic ledges and some minor rock scrambles, as well as some old ruins. This hike has something for everyone. Steady rain cancels; leader will notify participants by 7AM day of hike. Registration by email required. Contact leader if you have any questions. TC East Hudson Trails map 102.

Tuesday, 11/15

Wyanokie High Point Circular
Roland Autran

B 7 B CEG 1830 ft

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15 AM at New Weis Center Education parking area. We start at 9:30 AM sharp on the Otter Hole going south to the Outlaw then the Wyanokie Crest Trails. Returning on the Otter Hole, Hewitt Butler, the Posts Brook and up the Carris Hill and HB Trails to the parking area. This hike is moderate to strenuous. Severe inclement weather cancels. Please register for this hike by email. TC Northern New Jersey Highlands Trails map 151.

Wednesday, 11/16 6:30-8:30 PM

Annual Chapter Membership Meeting

Chapter Business and "On the Trail with the Avenza Maps App" presented by Jeremy Apgar, NYNJ Trail Conference Cartographer. Meeting will be held via Zoom. See page 3 of the newsletter for more information. To register, email your full name and telephone number to: membership@adknjr.org

Thursday, 11/17

The Timp
Henry Barkhorn

B 6 B+ CEG 1,830 ft

hcbarkhorn@hotmail.com
646-853-0824

9:30 AM from the parking lot on Route 9W south of the Bear Mountain Bridge opposite Iona Island. We will do the loop hike that climbs to the Timp passing by Cornell Mine and over Bald Mountain. After enjoying lunch and the views on the Timp, we will head down the 1777 trail through Doodletown. Rated B+ due to steep 1,000' climb up the Cornell Mine trail at the start. Steady rain cancels. Registration by e-mail required. TC Northern Harriman Trails map 119

Saturday, 11/19

Claudius Smith/Parker Cabin Mountain Loop
Mary Gelber

B+ 10 A- CEG 2152 ft

midgegelber@gmail.com
917-922-3203

9:00 AM fast-paced hike from Tuxedo Park commuter lot on R-D to TMI to Claudius Smith, then up Blue-Disc and retrace Blue-Disc to TMI to Dutch Dr Shelter, then Triangle Trail to Lakes Sebago and Skenonto to Parker Cabin Mt and back to car. (GPS 41.196228,-74.184270) or type "Powerhouse Lane, Tuxedo Park, NY" into Maps. Go east on East Village Rd in Tuxedo Park, immediately cross RR tracks and turn left into commuter lot. Registration by email required. TC Southern Harriman-Bear Mountain Trails map 118.

Tuesday, 11/22

Hibernia Mines Green Pond Rd Loop
Roland Autran

B 6 B CEG 1483 ft

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15 AM at the parking lot at the intersection of Green Pond Rd and Lower Hibernia Rd. We start at 9:30 AM sharp on a variety of trails from the Four Birds to the Saint Patrick Cemetery, the Hawk Watch peak and the Beaver Pond. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Jersey Highlands Central North Region Trails map 125.

Pre-registration by email is required for all outings. Click [here](#) for the registration form.

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OUTINGS SCHEDULE • FALL 2022 • OCTOBER • NOVEMBER • DECEMBER

Tuesday, 11/29

B 7 B CEG 1375 ft

Ringwood State Park Shepherd Lake Circular

Roland Autran

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15 AM at Shepherd Lake Recreation Area, Ringwood NJ on Shepherd Lake Road. We start at 9:30 AM sharp going east and south on the Ringwood-Ramapo Trail all the way to the Crossover Trail past Gatun Pond then take the bike trail around Weyble Pond to the Halifax Trail going west. At Glasmere Pond we will take another bike trail going north. We will cross the R-R Trail in a westerly and northerly direction staying on the bike trail until we meet again at the R-R returning to the parking area. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Northern New Jersey Highlands Trails map 150.

Thursday, 12/1

B 8.5 B CEG 800 ft

Lunch at Sterling Lake

Paul Margiotta

pjmm1177@gmail.com (pref)
201-693-6705 (day of hike)

9:30 AM at parking area P8 in Sterling Forest. We will hike on the Sterling Ridge, Bare Rock & Sterling Lake Loop trails to Sterling Lake, where we will have lunch. Our return will be via the Sterling Valley trail. The parking area is located approx. 5.6 miles west of Route 17. For directions enter "Sterling Ridge trailhead" into Google Maps. TC Sterling Forest Trails map 100.

Saturday, 12/3

B+8.3 A- CEG 1000 ft

Bear Mountain & Doodletown

Mary Gelber

midgegelber@gmail.com
917-922-3203

8:30 AM Route 9W 1.4 miles south of the Bear Mountain Traffic Circle or type "Doodletown Trailhead, Dunderberg Turnpike, Tomkins Cove" into Google Maps. The small parking area is on the east side of 9W (GPS 41.301235,-73.985040). Walk to Bear Mountain, climb Major Welch (long rock scramble) up to Perkins Memorial Tower, and then AT south to 1777 Trail through Doodletown. Registration by email required. TC Northern Harriman-Bear Mountain Trails map 119.

Sunday, 12/4 1:00-4:00PM

NJR Holiday Party At Sterling Forest

The North Jersey Ramapo Chapter of ADK will hold its annual holiday party at the Sterling Forest Visitor Center located at 116 Old Forge Road, Tuxedo Park, NY (<https://parks.ny.gov/parks/sterlingforest/details.aspx>).

RSVP by 12/1 please to Karen Rose at 551-804-0358 or email kkarose@aol.com.

Tuesday, 12/6

B 7.8 B+ CEG 1500 ft

Claudius Smith-Parker Cabin Loop

Geoff Fonseca

geofffonseca@yahoo.com
845-390-1937

9:00 AM at DEC parking lot in Tuxedo, NY, off East Village Rd (GPS 41.19573, -74.18381). We will hike on the R-D, T-MI, and Triangle Trails to Claudius Smith Den, Lake Skenonto and Parker Cabin Mountain for lunch. We return on the R-D trail. Precipitation of any kind cancels. Traction devices may be required. Please email leader to register. TC Southern Harriman Trails map 118.

Wednesday, 12/7

B 5.35 B CEG 1100 ft

Fahnestock State Park 3 Lakes - AT Circular

Roland Autran

autran@msn.com (Preferred)
201-886-9119, (c) 201-699-3388

9:15 AM at the parking lot on Dennytown Road, off NY Route 301 (GPS 41.420759, -73.868793). We start at 9:30AM sharp at the south-east corner of the parking area hiking on the AT to the 3 Lakes Trail for our return. This hike is moderate to strenuous. Severe inclement weather cancels. Please register for this hike by email. TC East Hudson Trails map 103. This hike is hike 19 of "Hike of the Week" by Daniel Chazin.

Thursday, 12/8

B 6 B CEG 1,200 ft

Black Rock Forest

Henry Barkhorn

hcbarkhorn@hotmail.com
646-853-0824

10:00 AM from parking on west side of 9W at Peck's Road (GPS 41.25132,-74.01401). Approaching from the south, there is a U-turn cut just beyond the parking area. We will do a loop on Peck's Road, Black Rock Hollow, Stillman, White Oak, White Oak Road and Reservoir Trails. Nice view from the top of Black Rock. Steady rain cancels. Registration by e-mail required. TC West Hudson Trails map 113.

Saturday, 12/10

B 4 B CEG 700 ft

Anthony's Nose

Mike Prestia

prestia.michael@gmail.com
917-841-0120

8:30AM in the Bear Mountain Inn Parking Lot. This hike will feature a steep accent, then levels off. It promises dramatic views of the Hudson and Bear Mountain Bridge. From the parking lot we will follow the trail past the Inn and Hessian Lake, following the Appalachian Trail (through the zoo- if open) across the Bear Mountain Bridge to 9D, we then follow the Appalachian Trail as it ascends to the Camp Smith Trail and the open ledges of Anthony's Nose. Steady rain cancels; leader will notify participants by 7AM day of hike. Registration by email required. Contact leader if you have any questions. TC East Hudson Trails map 101.

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OUTINGS SCHEDULE • FALL 2022 • OCTOBER • NOVEMBER • DECEMBER

Tuesday, 12/13

B 7 B CEG 1600 ft

Hook Mountain State Park Circular

Roland Autran

autran@msn.com (Preferred)
201-886-9119 , (c) 201-699-3388

9:15 AM at Rockland Lake State Park Playground Parking Lot #2 in Nyack, NY. We start at 9:30 AM sharp around the north side of Rockland Lake via Rockland Lake Road to Landing Road to catch the Long Path going north to the Treason Trail then down the Bike Path to the Hudson River. We then take the trail going back up to Landing Road and the parking lot. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Hudson Palisades Trails map 111.

Saturday, 12/17

B+ 9 A CEG 2208 ft

Sterling Forest

Mary Gelber

midgegelber@gmail.com
917-922-3203

8:45 AM at Sterling Forest Visitor's Center upper lot. Hike entire Bare Rock Trail to Fire Tower Trail to Fire Trail Connector. Optional extra mileage of loop around Sterling Lake. Registration by email required. TC Sterling Forest Trails map 100.

Tuesday, 12/20

B 6.5 B CEG 1515

Ramapo Mountain State Forest Twin Hill

Roland Autran

autran@msn.com (Preferred)
201-886-9119 , (c) 201-699-3388

9:15 AM at the Upper Parking Lot (265 Skyline Drive, Oakland, NJ 07436). We start at 9:30 AM sharp and cross the road 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. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Northern New Jersey Highlands Trails map 150.

Tuesday, 12/27

B 7.5 B CEG 1440 ft

Pond Mountain Circular

Roland Autran

autran@msn.com (Preferred)
201-886-9119 , (c) 201-699-3388

9:15 AM at the DEC Parking, Tuxedo Park, NY on E. Village Road. Starting 9:30 AM sharp on the Ramapo-Dunderberg Trail which follows E. Village Road under the Thruway to Grove Drive North. Following the R-D passing the Black Ash Mine we continue on to the Victory and White Bar Trails. Then we pick up the Kakiat Trail taking us back to the Ramapo-Dunderberg and the parking lot. This hike is moderate to strenuous. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Southern Trails map 118.



Sterling Forest(Facebook Photo)

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FALL 2022

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

Address Service Requested