A MESSAGE FROM THE CHAIR

Spring brings warmer weather, melting snow, and budding flora. It’s the perfect time to explore nature on the trails. Enjoy the beauty of the leafy trees, blooming flowers, and singing birds. Join our chapter outings to deepen your connection to the natural world and discover the diverse landscapes of our area, including verdant forests, winding streams, and towering hills.

Belonging to a hiking club is not only about outdoor fun and social interaction, but also inspiring others to appreciate nature. Consider volunteering as an outing leader. Leading hikes allows you to share with others your knowledge, skills, and passion for hiking and make a positive impact. Volunteering provides a sense of purpose, personal growth, and the opportunity to meet new people.

If you feel uneasy about leading for the first time, ask an experienced hike leader to join you. You can receive training on how to lead. This year, ADK is planning to launch an outing leader’s guide with valuable information and certifications for hike leaders, including Leave No Trace, confronting harassment, first aid, map and compass use, and outdoor leadership. Become an outings leader and enhance your leadership skills with these training opportunities.

Spring Outing to Governors Island
Sunday, June 11, 2023

Often confused with other New York islands, Governors Island is located just 800 yards from lower Manhattan. From 1776 until 1996, the island served as posts for various branches of the military. Our all-day outing features a guided tour of the island and loads of options for other activities.

Space is limited – don’t delay – sign up today
Details on page 3

The 10 Essentials of Hiking
By Peter Reiner

The 10 essentials are what you should bring with you on every hike. They are the items that will help you in the event of an emergency, sudden weather changes, or if there’s a delay in returning from a hike. I’m not recommending a specific brand or type, but these essentials should be in every backpack when you set out on a hike.

1. Navigation
   A trail map, compass, or GPS device to communicate in areas where there’s no Wi-Fi. These devices can help you find your way back to your route in the event you wander off track.

2. Illumination
   A headlamp or flashlight if you run out of daylight. Make sure you pack extra batteries for your device.

3. Sun Protection
   Sunglasses, sun hats, sun-protective clothing, and sunscreen all fall into this category. You’ll want to protect your skin and eyes against harsh UV rays that are responsible for sunburns.

Continued on page 2
Chair Message- continued

Check out our updated website at www.adknjr.org, with an easy-to-use menu, new graphics, and content continually added. Our newsletter is also improved, thanks to a dedicated volunteer, Bob Zachowski, who has worked hard to produce it, automating some sections to ease the editing and save time. Meet our new trail maintainer volunteer, Mike Prestia, who having undergone rigorous training and education, will keep our trails in pristine condition for all to enjoy. We extend our gratitude to all our volunteers, including Bob and Mike, who bring their expertise and dedication to the club.

Our chapter’s Nomination Committee is seeking volunteers for officer positions. If you are interested in being considered for candidacy, please get in touch with Paul, Peter, or Karen on the committee. You can find their contact details under "Contact Us" on our website. Our annual elections will take place during our year-end meeting in November. Volunteering for a leadership role provides you with a sense of purpose and accomplishment and inspires you to develop different skills and challenge yourself in new ways.

See you on the trails.

Best,
Geoff

ADK NJR VOLUNTEERS MAKE IT HAPPEN!

The 10 Essentials of Hiking (continued)

4. First Aid
   A small first aid kit with bandages and tube of antibiotic ointment can be helpful for cuts and scrapes.

5. Knife and Repair Kit
   A small folding knife and duct tape can become very useful in many situations.

6. Fire Starter
   Matches, lighter or tinder can be used to start a small fire to signal an emergency or keep warm.

7. Shelter
   Get caught out in a storm and you’ll appreciate having an emergency bivy, tent or tarp.

8. Extra Food
   Feeling hungry leads to tiredness, so carry more high energy food like trail bars, nuts, and raisins.

9. Extra Water
   Carry more water than you think you need. Also carry some way to purify water whether it is purification tabs, filter, or a way to boil water.

10. Extra Clothes
    Beyond what you wear on the hike, you want extra socks, pack rain gear, gloves, a hat, and base layer. Extreme weather means you may need more weather protection.

These essentials will ensure you’re prepared for any emergency and add to your enjoyment on every hike.

Volunteers

NEWSLETTER COPY EDITOR – Sheila Rizzo
201-567-8108 copyeditor@adknjr.org

MEETUP ORGANIZER – Mary Gelber
917-922-3203 meetuporganizer@adknjr.org

WEBMASTER – Jimmy Garingo
845-358-6050 webmaster@adknjr.org

SIGN-IN FORMS – Bob Morrison
973-768-6617 hikingforms@adknjr.org

NEWSLETTER – Bob Zachowski
631-935-2217 newsletter@adknjr.org

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
ADK NJR Spring Outing to Governors Island
Sunday June 11, 2023
(or Sunday June 18, 2023 if tour must be rescheduled)

Join fellow ADKers for a walking tour of Governors Island. Often confused with other New York islands, Governors Island is located just 800 yards from lower Manhattan. From 1776 until 1996, the island served as posts for various branches of the military. Licensed New York City tour guide and ADK hike leader Mario Medici will guide our tour of the island highlighting its history and architecture. The island’s many sites include Fort Jay, Liggett Hall (once a site candidate for LaGuardia Airport), and Castle Williams (built for the War of 1812).

ATTRATIONS
- Liggett Hall – once the largest US Government Building in the world (pre-Pentagon)
- Fort Jay – Civil War era fort
- Castle Williams – “The Cheese Box” built for the War of 1812
- Explorer Hill – Climb or walk up for a 360-degree view of the NY Harbor and surrounding area
- Enjoy the history along with wonderful breezes surrounded by water.

TOUR INCLUDES
- Luxury transportation to/from the Governors Island ferry
- Round trip ferry to Governors Island

MEETING LOCATION at 8:30 AM
Westwood Municipal Complex Parking Lot
101 Washington Avenue, Westwood, NJ 07675
(Lot is behind the building)

DETAILS
- This tour is restricted to ADK members and their guests and limited to just 14 people so don’t delay - mail your check today!
- Wear comfortable shoes. This is a walking tour and will cover about 4-5 miles.
- Bring your camera – this is a photo opportunity like no other place!
- Food can be purchased from a variety of food trucks on the island, or you may bring your own lunch. There are many tables available for dining.
- Rain date is June 18, 2023. Please keep both dates open. There are no refunds unless your place can be filled from the waiting list.

If additional information is required, please contact:
Mario Medici  Cell: 201-396-9391  Email: marioamedici@gmail.com
Karen Rose  Cell: 551-804-0358  Email: kkarose@aol.com

Deadline for reservations is May 7, 2023. Space is limited – don’t delay – mail your check today!

Tour Date: Sunday, June 11, 2023
(Alt. Date: June 18)
Van Departs: 9:00 AM (Sharp!)
Meeting Time: 8:30 AM

Checks made payable to:
ADK North Jersey Ramapo Chapter

Mail to:
ADK NJ Ramapo Chapter
385 N Franklin Tpke, Box 7
Ramsey, NJ 07446

Name: _________________________________
Email: _________________________________
Ticket Price: $70  Telephone: _____________________
(Discounted Price)
No. Tickets: _______  Amount Enclosed: ___________________
Upcoming Events

May 17th, 2023, Wednesday, from 6:30 to 8:00 pm

Native and Invasive Plant Communities Found on the Hiking Trails
Presented by Brent Boscarino, Associate Director of Stewardship, NYNJTC

ADK North Jersey-Ramapo Spring 2023 Chapter Membership Zoom Meeting

Brent Boscarino joined the New York-New Jersey Trail Conference in 2019 as the Invasive Species Citizen Science Program Coordinator and now serves as the Associate Director of Stewardship. He has a wealth of experience, having spent the previous 10 years as a high school science teacher and environmental outreach coordinator at the Poughkeepsie Day School and the Harvey School. In his role as Senior Research Associate at Poughkeepsie Day, Brent ran multiple invasive species-based research projects in collaboration with Hobart and William Smith, Ithaca, and Bard colleges. He holds an undergraduate degree from Middlebury College and a Ph.D. in Natural Resources from Cornell University. Brent is an enthusiastic nature lover who aims to inspire a sense of wonder about the natural world.

The theme of the evening will be native and invasive plants (communities and species) found on the hiking trails in the area. Brent will share his expertise as the Lower Hudson Partnership for Regional Invasive Species Management (PRISM) Coordinator and provide information on key features of common native and invasive trees and shrubs, as well as introduce some useful nature identification apps. The presentation will enhance our members' nature experience by increasing their knowledge and understanding of the diversity of life along the trails.

To register, email your full name and telephone number to membership@adknjr.org

Can you identify these wildflowers found along the hiking trails?

A

B

C

D

G

F

E

All images from Pixabay

Answers at the bottom of page 5
WELCOME NEW MEMBERS

Gretchen Aiken - Warwick, NY
Nick & Jane Barch - Nyack, NY
Susan Bennett - Middlesex, NJ
Olivari Bree - Madison, NJ
Patrick Carle - New City, NY
Pamela Chiani - Glen Oaks, NY
Julia Chudnovsky - Scardale, NY
Michele Cozza - New York, NY
David Drucker - Jersey City, NJ
Desiree Feldberg - Chestnut Ridge, NY
Charles Frost - Yardley, PA
Xuan Gao - Warren, NJ
Alan Gerstein - Maplewood, NJ
Von Hintermeister - Chester, NY
Erik & Sara Iversen - Caldwell, NJ
Reuven Kaswin - Edison, NJ
Sharon & Stuart Klein - Dumont, NJ
John Liu - Parsippany, NJ
Joseph Madrigano - Asbury Park, NJ
Karen McCormick - Piernmont, NY
J. Benjamin McDivitt - Medford Lakes, NJ
Michael Morris - Branchburg, NJ
Matt Menzel - Hohokus, NJ
Matthew Nahoum - Nyack, NY
Robert Nahoum - Palisades, NY
Mark Nicholson - Mahwah, NJ
Lynn Novack - Mahwah, NJ
John Ott - Glen Rock, NJ
Devin O’Connor - Morristown, NJ
Frank Piccione - Bow, NH
Brian Polkowski - Montville, NJ
Thomas Quinn - River Vale, NJ
Arelis Reynoso - Yonkers, NY
Maria Rivers-Caravello - Haledon, NJ
Jonathan Rogow - Jersey City, NJ
Sheyla Romano - Suffern, NY
Gray Russell - Montclair, NJ
Janine Santacroce - Saddle Brook, NJ
Lopburi Sasinin - Fords, NJ
Amy Schecter - Morris Plains, NJ
Denise Weiss - New City, NY
Wynn Werner, Warwick, NY
Barbara Witas - Bayonne, NJ
Linda Wogulis - Philadelphia, PA

WELCOME BACK

Doris Andersen - Norwood, NJ
Justin Beck - Clifton, NJ
Krysia Caldwell - Milford, PA
Lorraine Calvano - Washingtonville, NY
Felix Choy - Matarna, NJ
Noreen Cummings - Warwick, NY
Paul Diamond - Suffern, NY
David Dixler - Monroe, NY
Jay Eriebacher - Tenafly, NJ
Charles Feldman - Park Ridge, NJ
Steven Goldfinger - Hastings-on-Hudson, NY
Hendrik Hartog - Princeton, NJ
Richard Holden - East Windsor, NJ
John Luard - Rumson, NJ
Matthew Miller - Montclair, NJ
Samuel & Joyce Moulthrop - North Caldwell, NJ
Craig Oppenheimer - Rahway, NJ
James & Lisa Osbome - Westfield, NJ
Elsie Rattenbury - Pleasantville, NY
Susan Serico - North Haledon, NJ
Joel Studebaker - Princeton, NJ
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.

DRINK AND FOOD - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

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.

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 change. 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.
Saturday, 4/1
Schunemunk
Mary Gelber midgegelber@gmail.com 917-922-3203
8:45 AM at Otterkill Rd Parking (GPS 41.425755, -74.101685). Hike Trestle Trail to Western Ridge Trail to Ridge-to-Ridge Trail to then head back east on Jessup Trail with a stop at the Megaliths and then continue east on Jessup to south on Sweet Clover Trail to east on Otterkill Trail back to cars. Please register by email and send completed Liability Waiver. TC West Hudson Trails map 114.

Sunday, 4/2
Bear Mountain
Mike Prestia prestia.michael@gmail.com 917-841-0120
Meet 8:15 AM at Bear Mountain Inn parking lot (parking fee of $10.00 may apply (Booth usually opens at 8:30 AM) Parking GPS 41.31271, -73.98892. Hike will start at 8:30 AM. We will do a loop on the Appalachian and Major Welch Trails, there is some road walking (scenic drive), and climbing of stone stairs. Spectacular views of the Hudson and surrounding landscape as we circle the mountain. Don Weise describes the hike in his book “Circuit Hikes in Harriman”, chapter 28. We will hike as a group; leader will adjust pace of hike to accommodate participants. Steady rain cancels; leader will notify participants by 7AM day of hike. Registration by email required. TC Northern Harriman Trails map 119.

Tuesday, 4/4
Wawayanda State Park
Roland Autran autran@msn.com (preferred) 201-886-9119, (c) 201-699-3388
Meet 9:15 AM at the parking lot on Clinton Road, Hewitt, NJ at “Hiking Terrace Pond Parking”. We will start at 9:30 AM sharp and hike on the loop Terrace Pond South and Terrace Pond North. This hike is moderate. Severe inclement weather cancels. Please register for this hike. TC Northern Jersey Highlands Trails map 152.

Thursday, 4/6
Hudson Highlands
Bob Fiscina fis6973@tutamail.com
We will use the Wilkinson, Nimham, Undercliff, Notch and Bypass trails to climb both Breakneck Ridge and Mt. Taurus. Meeting time and place provided upon registration. Rain cancels. TC East Hudson Trails map 102.

Saturday, 4/8
Island Pond & Lemon Squeezer
Mike Prestia prestia.michael@gmail.com 917-841-0120
We will meet at 9:00 AM at Elk Pen. Hike will start at 9:15 AM. Parking GPS coordinates 41.26475, -74.15434. We will do a loop on the Arden-Surebridge, woods roads, and the Appalachian Trail, returning to the Elk Pen. Don Weise describes the hike in his book “Circuit Hikes in Harriman”, chapter 13. We will hike as a group; leader will adjust pace of hike to accommodate participants. Steady rain cancels; leader will notify participants by 7AM day of hike. Registration by email required. Contact leader for directions if unsure (assuming bridge over NYSThruway is still closed). You can access Elk Pen from Tiorati Circle via Arden Valley Rd. TC Northern Harriman - Bear Mt. Trails map 119.

Sunday, 4/9
Summer Hill Loop
Peter Reiner psr7777@gmail.com 845-323-7697
Meet 10:00 AM at the parking area off Rt 6 about 1 mile past the Long Mountain traffic circle. Travel on the Long Path, Anthony Wayne, 1779 and PG trails around Summer Hill. Severe inclement weather cancels. Must register for this hike with hike leader. TC Northern Harriman - Bear Mt. Trails map 119.

Tuesday, 4/11
Hasenclever Mine
Roland Autran autran@msn.com (preferred) 201-886-9119, (c) 201-699-3388
Meet 9:15 AM at the Lake Skannatati parking area. We will start at 9:30 AM sharp going North on the A-SB Trail to the Red Cross to the Beech to the Long Path back to the parking lot. This hike is moderate. It’s described in Chapter 19 of Don Weise’s “Circuit Hikes in Harriman” Longer Hike. Severe inclement weather cancels. Please register for this hike. TC Harriman-Bear Mountain North Trails. map 119.

Thursday, 4/13
Long Mt. / Turkey Hill
Rich Scala jerseysilver393@gmail.com 201-819-6101
Leave 9:30 AM from the Long Path/Raymond Torrey parking lot off Rt.6 (second exit on Long Mountain Circle. We will hike the route described in Chapter 21 of “Circuit Hikes in Harriman” which includes the Long Path, Deep Hollow Road, Popolopen Gorge, 1779, and the Anthony Wayne Trails. Views of Popolopen Torne, Bear Mt., and Perkins Tower. Rain cancels. Email registration required. TC Northern Harriman - Bear Mt. Trails map 119.

Saturday, 4/15
Island Pond & Lemon Squeezer
Mike Prestia prestia.michael@gmail.com 917-841-0120
We will meet at 9:00 AM at Elk Pen. Hike will start at 9:15 AM. Parking GPS coordinates 41.26475, -74.15434. We will do a loop on the Arden-Surebridge, woods roads, and the Appalachian Trail, returning to the Elk Pen. Don Weise describes the hike in his book “Circuit Hikes in Harriman”, chapter 13. We will hike as a group; leader will adjust pace of hike to accommodate participants. Steady rain cancels; leader will notify participants by 7AM day of hike. Registration by email required. Contact leader for directions if unsure (assuming bridge over NYSThruway is still closed). You can access Elk Pen from Tiorati Circle via Arden Valley Rd. TC Northern Harriman - Bear Mt. Trails map 119.
**Tuesday, 4/18**  
Jackie Jones Mountain and Big Hill  
Roland Autran  
autran@msn.com (preferred)  
201-886-9119, (c) 201-699-3388  
Meet at 9:15 AM at the parking lot on Rt 106 that you can find at “Big Hill and Jackie Jones Mountain Trail” in Stony Point, NY. Parking spaces are on both sides of the road. We start at 9:30 AM sharp going south on the S-BM Trail to the Third Reservoir on the Woods Road back to the Big Hill on the S-BM and then on to the Long Path crossing the Old Turnpike, making a left on the Woods Road and a right soon after to the S-BM and the parking lot. Please look at the attached hike’s description from Don Weise’s “Circuit Hikes in Harriman” page 33. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain North Trails map 119.

**Thursday, 4/20**  
Munsee-Eagle Trail  
Roy Wooters  
rfwoot@gmail.com  
(c) 845-304-0867  
Meet 10:00 AM at the Caretakers Parking at 1028 County Road 84, Tuxedo Park, NY (GPS N41°12'40.1" W74°14'32.5"). Hike in and out on the Munsee-Eagle Trail in Sterling Forest. Register by email, include phone number. Rain cancels. TC Sterling Forest Trails map 100.

**Saturday, 4/22**  
Giant Stairs Long Path Loop  
Bob Fiscina  
fis6973@tutamail.com  
This loop follows the Long Path and Shore Trail across the Giant Stairs and along the river. An early out is available. Meeting time and place provided upon registration. Rain or wet conditions cancels. TC Hudson Palisades Trails maps 108 & 109.

**Saturday, 4/22**  
Bombay Hook Palisades Park  
Peter Reiner  
psr7777@gmail.com  
845-323-7697  
Meet 9:30 at the Kearney House at Alpine Picnic Area & Boat Basin. Hike along the Shore Trail with a challenging slope up the Forest View Trail to the Long Path. Stops at historic ruins of houses on the Palisades cliff. Must register for hike with the leader. TC Hudson Palisades Trails map 108/109.

**Sunday, 4/23**  
Lunch at Black Rock Mt. (Nurian Trail)  
Geoff Fonseca  
geofffonseca@yahoo.com  
845-357-9366  
9:00 AM at Lake Skannatati. We will hike the ASB to Times Square and on the RD to the Black Rock Mountain for lunch. We will return on the RD, Dunning, and Long Path Trails. This 7.5-mile hike has an elevation gain of about 1200 feet. Precipitation of any kind cancels. Please email leader to register. TC Northern Harriman-Bear Mt. Trails map 119.

**Tuesday, 4/25**  
Abram S. Hewitt State Forest  
Roland Autran  
autran@msn.com (preferred)  
201-886-9119, (c) 201-699-3388  
Meet by 9:15 AM at “22 Warwick Turnpike, West Milford, NJ”. We will start at 9:30 AM sharp on the Bearfort Ridge Trail taking it to the Ernest Walter Trail. We then hike east on the Ernest Walter Trail to the intersection with the Quail Trail which we hike back to where we began. This hike is moderately strenuous. Severe inclement weather cancels. Please register for this hike. This is Hike 51 of “Hike of the Week” by Daniel Chazin. TC Northern New Jersey Highlands Trails map 152.

**Thursday, 4/27**  
Lunch at the Second Reservoir  
Paul Margiotta  
pjmm1177@gmail.com (pref)  
201-693-6705 (day of hike)  
9:30 AM at the parking area off Diltzes Lane in Ladentown, Town of Pomona, Rockland County, NY. We will hike the T-MI and S-BM trails and a woods road along the north shores of the Third and Second Reservoirs before stopping for lunch. Our return will be via Woodtown Road and the Red Arrow and T-MI Trails. TC Southern Harriman Trails map 118.

**Sunday, 4/30**  
Jackie Jones Mountain and Big Hill  
Mike Prestia  
prestia.michael@gmail.com  
917-841-0120  
We will meet at 8:30AM at parking area on Rt 106 (right side of road) coming from Kanawauke Circle Parking GPS coordinates 41.22978, -74.06042 Hike will start at 8:45. This will be a single loop hike following the Suffern-Bear Mountain, Long Path Trails, and woods roads. Don Weise describes the hike in his book “Circuit Hikes in Harriman”, chapter 6. We will hike as a group; leader will adjust pace of hike to accommodate participants. Steady rain cancels. Leader will notify participants by 7AM day of hike. Registration by email required. TC Northern Harriman Trails map 119.

**Tuesday, 5/2**  
Boston Mine Stahahe High Peak  
Roland Autran  
autran@msn.com (preferred)  
201-886-9119, (c) 201-699-3388  
Meet at 9:15 AM at the parking lot on Rt 106 that you can find at “1369 Kanawauke Road, Southfields, NY”. We will start at 9:30 AM sharp going north on the White Bar to the Nurian then north on the Ramapo-Dunderberg to the Lichen, then west on the A-SB then south on the White Bar and west on the Dunning around Green Pond then south on the Island Pond Road and then back on the White Bar and to the parking lot. This hike is strenuous. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain North Trails map 119.
<table>
<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Elevation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturday, 5/6</strong></td>
<td>B 5.2 B CEG 1400 ft</td>
<td></td>
<td>Bull Hill (Mt. Taurus) by email. We will hike as a group; leader will adjust pace of hike to accommodate participants. You can find a detailed hike description in “50 Hikes in the Upper Hudson Valley”, chapter 2, by Derek Dellinger. Steady rain cancels. Leader will notify participants by 7 AM day of hike. Registration by email required. TC East Hudson Trails map 102.</td>
</tr>
<tr>
<td><strong>Saturday, 5/13</strong></td>
<td>B+ 9.7 A- CEG 2707 ft</td>
<td></td>
<td>Sebago Stony Brook Special by email. We will hike as a group; leader will adjust pace of hike to accommodate participants. You can find a detailed hike description in “50 Hikes in the Upper Hudson Valley”, chapter 2, by Derek Dellinger. Steady rain cancels. Leader will notify participants by 7 AM day of hike. Registration by email required. TC East Hudson Trails map 102.</td>
</tr>
<tr>
<td><strong>Sunday, 5/14</strong></td>
<td>B+ 11 B+ CEG 2500 ft</td>
<td></td>
<td>Harriman Highlands Trail by email. We will hike as a group; leader will adjust pace of hike to accommodate participants. You can find a detailed hike description in “50 Hikes in the Upper Hudson Valley”, chapter 2, by Derek Dellinger. Steady rain cancels. Leader will notify participants by 7 AM day of hike. Registration by email required. TC East Hudson Trails map 102.</td>
</tr>
<tr>
<td><strong>Tuesday, 5/9</strong></td>
<td>B 7.5 B+ CEG 1700 ft</td>
<td></td>
<td>Pine Meadow Lake from Kakiat Park by email. We will hike as a group; leader will adjust pace of hike to accommodate participants. You can find a detailed hike description in “50 Hikes in the Upper Hudson Valley”, chapter 2, by Derek Dellinger. Steady rain cancels. Leader will notify participants by 7 AM day of hike. Registration by email required. TC East Hudson Trails map 102.</td>
</tr>
<tr>
<td><strong>Tuesday, 5/16</strong></td>
<td>B 6.9 B CEG 1150 ft</td>
<td></td>
<td>Lake Sebago, Diamond Mountain by email. We will hike as a group; leader will adjust pace of hike to accommodate participants. You can find a detailed hike description in “50 Hikes in the Upper Hudson Valley”, chapter 2, by Derek Dellinger. Steady rain cancels. Leader will notify participants by 7 AM day of hike. Registration by email required. TC East Hudson Trails map 102.</td>
</tr>
<tr>
<td><strong>Thursday, 5/11</strong></td>
<td>B 5.8 B CEG 1440 ft</td>
<td></td>
<td>Cats Elbow by email. We will hike as a group; leader will adjust pace of hike to accommodate participants. You can find a detailed hike description in “50 Hikes in the Upper Hudson Valley”, chapter 2, by Derek Dellinger. Steady rain cancels. Leader will notify participants by 7 AM day of hike. Registration by email required. TC East Hudson Trails map 102.</td>
</tr>
<tr>
<td><strong>Wednesday, 5/17</strong></td>
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<td>Chapter Membership Meeting 6:30-8:00PM Native and Invasive Plants Found on the Trails Meeting will be held via Zoom. See the meeting notice on page 4 of the newsletter for more information. To register, email your full name and telephone number to <a href="mailto:membership@adknjr.org">membership@adknjr.org</a>.</td>
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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.
Pre-registration by email is required for all outings. Click here for the registration form.  

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## OUTINGS SCHEDULE · SPRING 2023 · APRIL · MAY · JUNE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Leader</th>
<th>Contact Information</th>
<th>Registration Details</th>
<th>Notes</th>
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<tbody>
<tr>
<td><strong>Sunday, 6/11</strong></td>
<td></td>
<td>Breakneck Mountain, Harriman</td>
<td>Geoff Fonseca</td>
<td><a href="mailto:geofffonseca@yahoo.com">geofffonseca@yahoo.com</a> 845-357-9366</td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>9:00 AM</td>
<td>at parking at Diltzes Lane, Pomona, NY (GPS 41.18512, -74.07453). Hike the T-MI, S-BM, T-MI and Breakneck Mountain Trails to the Third Reservoir. Return on the S-BM, Red Arrow and T-MI Trails. This 7-mile hike has an elevation gain of about 1500 feet. Please register via email with phone number. Rain cancels. TC Southern Harriman Bear Mountain South Trails map 118.</td>
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<tr>
<td><strong>Sunday, 6/11</strong></td>
<td>Trip to Governors Island</td>
<td>C 4-5 C</td>
<td>Mario Medici</td>
<td><a href="mailto:marioamedici@gmail.com">marioamedici@gmail.com</a></td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>(Rain Date 6/18)</td>
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<td>See page 3 of newsletter for details.</td>
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<td><strong>Tuesday, 6/13</strong></td>
<td></td>
<td>Surebridge Mountain Circular</td>
<td>Roland Autran</td>
<td><a href="mailto:autran@msn.com">autran@msn.com</a> (preferred) 201-886-9119, (c) 201-699-3388</td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>9:00 AM</td>
<td>at parking at Rt 106 that you can find at 1369 Kanawauke Road, Southfields, NY. We start at 9:15 AM sharp going north on the White Bar for about 2.15 miles to the A-SB Trail east and then south on the Lichen to the RD, and the Nurian to go back to the parking lot. This hike is strenuous due to 5 peaks. Severe inclement weather cancels. Please register for this hike. TC Harriman-Bear Mountain North Trails map 119.</td>
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<td><strong>Thursday, 6/15</strong></td>
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<td>Raccoon Brook Hills</td>
<td>Rich Scala</td>
<td><a href="mailto:jerseysilver393@gmail.com">jerseysilver393@gmail.com</a> 201-819-6101</td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>9:30 AM</td>
<td>from 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 including the “ladder” and some city views. Steady rain cancels. Registration by email required. TC Southern Harriman-Bear Mt. Trails map 118.</td>
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<td><strong>Sunday, 6/18</strong></td>
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<td>Cat’s Elbow</td>
<td>Mike Prestia</td>
<td><a href="mailto:prestia.michael@gmail.com">prestia.michael@gmail.com</a> 917-841-0120</td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>9:00 AM</td>
<td>at parking lot (2nd lot) at Anthony Wayne Recreation Area. Meet at 9:15 AM at the kiosk. Hike will start at 9:30. Parking GPS coordinates 41.28866,-74.02306. From the parking lot we will hike along the Horn Hill Bike Path then hike a loop using the Ramapo Dunderberg, Timp Torne and Appalachian Trails. This hike offers some of the park’s best panoramic views. Steady rain cancels. Registration by email with release required. TC Northern Harriman Trails map 119.</td>
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<td><strong>Tuesday, 6/20</strong></td>
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<td>Dutch Doctor, Blauvelt Mountain, Pound Mountain</td>
<td>Roland Autran</td>
<td><a href="mailto:autran@msn.com">autran@msn.com</a> (preferred) 201-886-9119, (c) 201-699-3388</td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>9:00 AM</td>
<td>at parking lot at the Circle at the end of Johnsontown Road in the town of Sloatsburg, NY off the Seven Lakes Drive in Harriman Park. We start at 9:15 AM sharp going north on the White Bar to Dutch Doctor Shelter to the White Cross and back on the Blue Disc through Almost Perpendicular to the parking lot. This hike is moderate. Severe inclement weather cancels. TC Harriman-Bear Mountain South Trails map 118.</td>
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<td><strong>Thursday, 6/22</strong></td>
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<td>Pine Meadow Lake &amp; Diamond Mountain</td>
<td>Paul Margiotta</td>
<td><a href="mailto:pjmm1177@gmail.com">pjmm1177@gmail.com</a> (pref) 201-693-6705 (day of hike)</td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>9:30 AM</td>
<td>at Sebago Boat Launch off Seven Lakes Drive. Utilizing the 7 Hills Trail and woods roads, we will hike to and around Pine Meadow Lake, where we will have lunch. After lunch we will climb up Diamond Mountain on the Diamond Mountain Tower Trail, and return to the parking area via the 7 Hills Trail. TC Southern Harriman Trails map 118.</td>
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<td><strong>Sunday, 6/25</strong></td>
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<td>Hudson Highlands Loop</td>
<td>Bob Fiscina</td>
<td><a href="mailto:fis6973@tutamail.com">fis6973@tutamail.com</a></td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td><strong>Tuesday, 6/27</strong></td>
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<td>Ramapo Lake &amp; Castle Loops</td>
<td>Roland Autran</td>
<td><a href="mailto:autran@msn.com">autran@msn.com</a> (preferred) 201-886-9119, (c) 201-699-3388</td>
<td>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-NJ guests and others. Email a completed &quot;Release of Liability&quot; 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.</td>
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<td>9:30 AM</td>
<td>at parking lot “Ramapo Mountain State Forest” on Skyline Drive, Oakland, NJ 07436. We start at 9:15 AM sharp going to the north corner (Cannonball Trail) of the parking lot (same side of the road) part of the Castle Loop (W), Pass the Stone Tower, the Castle Ruins, proceed to the Cannonball &amp; Ramapo Lake Loops (R) (B), then to LeGrande-Lake Connector (RB), make a right on the (R) fork to cross the dam and return to the parking lot via the right side of the Castle Loop. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Northern New Jersey Highland Trails map 150.</td>
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Facebook Photo: Ramapo Mountain State Forest