Outdoor Leadership

As outdoor enthusiasts, we all share a common passion for exploring the wilderness in a group and immersing ourselves in nature. However, with this comes a great responsibility to not only ensure our own safety but also minimize our impact on the environment. During our Winter Chapter Membership meeting, Mary Glynn, ADK’s Education Programs Manager, delivered a thought-provoking presentation on leadership styles and essential skills for outdoor enthusiasts. Her insights not only shed light on the importance of risk management but also provided practical tips for reducing our ecological footprint. Here’s a glimpse of what I gleaned from her enlightening presentation.

Outdoor leadership involves guiding and motivating others toward common group goals. The four main goals are:

- Minimizing risk
- Minimizing impact
- Maximizing learning
- Maximizing enjoyment.

A good leader must have excellent technical skills, interpersonal skills, and sound judgment. Technical skills such as using a compass, reading a map, practicing Leave No Trace principles, wilderness first aid certification, and camping skills are important. Good interpersonal skills, such as clear communication and building rapport, are also essential. A leader should have good judgment with proper motivation to make sound decisions. All three skills are vital for effective leadership, and any deficiency in them can negatively impact it. A good leader should always look out for the best interests of their group and aim to have all three skill sets.

The primary objectives of outdoor leaders are to reduce risk and environmental impact while enhancing the learning experience and enjoyment of the participants. Minimizing risk is crucial for safety and to prevent negative experiences. Following Leave No Trace principles helps to protect the environment while maximizing learning and enjoyment are also important for a successful outing.

There are four types of outdoor risks: actual, perceived, inherent, and acceptable. Actual risk refers to the likelihood of physical harm, perceived risk is one’s personal emotional assessment of risk, inherent risk is the actual risk after reasonable mitigation strategies have been taken, and acceptable risk is the maximum level of risk that is ethically and socially acceptable. The level of risk can vary depending on the activity. On a graph of actual risk versus perceived risk, hiking falls in the area with low scores on both axes, while stream crossing scores high on actual risk but low on perceived risk. Rock climbing is low on the actual risk axis but high on perceived risk, while whitewater rafting is high on both axes. To minimize risks while hiking, various strategies can be employed, such as using hiking poles, wearing traction gear in winter, retreating during storms and lightning, and assessing the strength of the current and water depth before crossing a stream. To determine acceptable risk, it’s important to assess the actual risk of an activity and determine how much risk is acceptable, which may vary depending on the group and its abilities. Key to being a good leader is making good decisions based on the situation and the abilities of the group. Utilizing risk mitigation strategies is equally essential.

Continued on page 2
The four leadership styles are: directing (the leader makes decisions and informs participants), selling (the leader makes decisions but discusses with participants), participating (the leader and participants make joint decisions), and delegating (participants make decisions within limits defined by the leaders). The appropriate leadership style can vary depending on the participants' ability and the level of risk associated with the activity. Situations may arise during an outing where different leadership styles may be appropriate, such as a delegating style for experienced participants in low-risk situations and a directing style for high-risk situations where participants' ability is low. Some leaders tend to use a participating or selling style of leadership to give participants decision-making power and encourage them to learn.

The third and fourth goals of an outdoor leader are to maximize learning and enjoyment through effective communication and tailoring the experience to the group's needs. To achieve this, the leader should get to know the participants beforehand by asking about their previous experience, interests, and goals. The leader should also consider factors such as fitness level, medical issues, and gear needs. Managing participants' expectations, such as informing them of the hike's route, anticipated difficulty, duration, risk factors, and pace, can also contribute to their comfort and preparedness. To minimize impact, the leader should follow Leave No Trace principles, which include planning ahead and preparing by knowing the area's rules and regulations, appropriate gear, and map usage. By being well-prepared and minimizing impact, the leader can reduce stress and make the experience enjoyable and educational for everyone involved.

To wrap up, remember the four goals of a good leader: minimize risk, minimize impact, maximize learning, and maximize enjoyment. As leaders, we should strive to keep these goals in mind, ensuring safety, minimizing our impact on the environment, promoting learning, and facilitating an enjoyable experience for all. When you take care of the first three goals, the fourth goal will usually fall into place naturally. Moreover, a leader must also have good technical skills, interpersonal skills, and sound judgment. So, enroll in ADK courses, which are available for hike leaders at no cost, to enhance your skills and enjoy the rewards of being a hike leader.

Best,
Geoff

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ADKNJR Volunteers Make It Happen!

New Outing Leader Requirements

ADK has released a new outing and trip leader's guide, which includes certification requirements, a standardized trip rating system, and more.

If you currently lead trips for ADK or are interested in doing so, ADK has prepared a resource page for you so that you can remain current with these new requirements. The webpage includes:

- The complete guide and implementation plan
- A presentation on the guide
- An online submission form for certifications

Please click here to learn more.
Nominations for Chapter Elections to be held at 2023 Annual Meeting

Wednesday, November 15, 2023

Chair Henry Barkhorn
Vice Chair Rich Scala
Treasurer Allen Grunthal
Secretary Patsy Wooters
Trustee Mike Prestia
Alternate Trustee TBD

Henry Barkhorn
Henry is currently completing his term as Vice Chair of our chapter. He joined the club in 2013 after deciding that a good thing to do in retirement is to spend at least one day a week outdoors. He became a regular participant in our Thursday hikes, and began leading in 2015. Since then, he has led about one Thursday hike each month, usually ones that include a few vistas.

Henry’s return to hiking has emboldened him to try some challenging adventures, including reaching the summit of Mt. Kilimanjaro in 2015, the bottom of the Grand Canyon in 2018, and (almost) the summit of Mt. Whitney in 2019.

Henry is retired from a career in finance, and lives in New York City.

He looks forward to leading the Board and the membership to foster the fellowship and growth of the Chapter.

Rich Scala
Rich is an avid hiker, who joined ADK in 2015. That was shortly after he attempted to hike the entire length of the Appalachian Trail. Unfortunately, he had had enough of the AT after backpacking for 3 weeks through Georgia and North Carolina.

Rich began leading Thursday hikes for our chapter in 2022, sharing what he describes as “the best cookies”. He prefers hikes with no steep ascents and does not care to bushwhack.

He is now retired, after a 45 year career in commercial banking, and resides in River Edge, New Jersey.

Rich looks forward to joining the board as its Vice Chair, while bringing some fresh ideas to the table.

Allen Grunthal
Allen is a very seasoned hiker, who has been a member of ADK for over 45 years. During this time, he led many multi-days trips for ADK to the Catskills, Adirondacks and Vermont. Additionally, he estimates that he has climbed about 1000 peaks throughout North America and Europe.

Allen, who is retired, holds an MBA, and held several senior financial positions, including Controller for a multinational company.

He is our chapter’s current Treasurer, and we were pleased when he agreed to be nominated for another 3-year term.

Patsy Wooters
Patsy began hiking at a young age in the Girl Scouts. She did not become an avid hiker until she retired, after 40 years as a teacher. Patsy became a member of the 3500 Club after hiking the tallest peaks in the Catskills.

She is a conservation advocate, with an emphasis on land use, as well as an amateur nature photographer.

Patsy volunteered over many years with our sister organization - the New York-New Jersey Trail Conference. With that organization, she served on the board in positions of increasing responsibility as Secretary, Vice Chair, and Chair.

Mike Prestia
Mike began hiking in 2015, with the ultimate goal of hiking the Appalachian Trail. Thus far he has hiked sections of the trail in New York, New Jersey, and Connecticut. He is a member of the Catskill 3500 club, having hiked the 35 highest summits in the park.

Mike has become a top hike leader for our chapter during the past 5 years. And he will soon be completing his 3-year term as the Alternate Trustee to the Advisory Council of ADK.

He retired from the NYPD with the rank of Sergeant and is currently employed in corporate security management. Mike has a MS degree in Security and Protection Management.
Conservation
Habitat and Population Alert: The Monarch Butterfly
by Jane Auriemo

You don’t need to be a lepidopterist to recognize Danaus plexippus, the beautiful monarch butterfly with its characteristic orange and black markings. Monarchs are important pollinators that enhance our ecosystems. Their efforts contribute to the success of flowering plants in forests, grasslands, meadows and gardens. They also support our food supply acting as pollinators for agricultural products such as blueberries. Organizations involved in conservation including the US Department of Agriculture Forestry Service, the World Wildlife Fund, the Xerces Society, Monarch Watch and Monarch Joint Venture report concern about population decline in this important insect. The dramatic population decreases have been attributed to the cumulative and interrelated factors of climate change, deforestation and invasive species.

Several generations of monarchs are produced each year, with most living for only weeks. Eastern and western monarch populations participate in unique migrations. Eastern cohorts from the US and Southern Canada may travel 50-100 miles per day for many weeks- almost 3000 miles to overwinter in Mexico, in forests near the Pacific coast. There they hibernate, gathering mainly on oyamel fir trees which provide them with protection from extreme cold or winds, in the cool, moist environment they require. In spring they mate and return to North America, where female monarchs lay their eggs in milkweed plants. Western monarchs, or those found west of the Rocky Mountains, overwinter on California’s Pacific Coast where groups gather on eucalyptus, pine, cypress and sycamore trees for their hibernation. For the most part, the population and migration of the 2 cohorts are separate. A massive decrease in monarch population has occurred over the past decades. The World Wildlife Fund reports an overwintering habitat loss of 22% for Eastern monarchs. The Xerces Society reports a decrease in the number of migrating Western monarchs of 90%. The insect was classified as endangered in 2022. Deforestation is a contributing factor affecting both Eastern and Western monarchs. In Mexico, social and economic factors have resulted in the logging of the monarchs’ favored oyame trees. In the western US, overdevelopment has reduced the monarch habitat, including the number of sycamore trees. Climate change is, of course, a major contributor to the population slides and habitat shifts. Climate trends have created warmer temperatures, but also extremes in both dry and wet conditions in different regions. As mentioned, monarchs require specific conditions in order to thrive. And of course, climate change can impact the health and bloom timing of milkweed. Monarchs seek milkweed plants in which to lay they’re eggs. Milkweed plants have become scarce, due to overdevelopment. In addition, since the milkweed is toxic to many animals, it is intentionally removed or killed by pesticides. Monarchs are uniquely able to use the plants as food while isolating the poisons. The toxins are then routed into the insects’ exteriors for use as protection against predators. Propagation of invasive species such as pale and black swallow-wort present an additional threat to the monarch. These flowering vines are related to milkweed but toxic to the insects.

Programs have been discussed or initiated in both Mexico and the US to attempt to protect the monarchs. These include proposals to ensure Mexican citizens benefit financially from protecting the monarch habitat, and programs in the US limiting habitat loss by setting aside portions of proposed developments for monarch friendly environment. Conservation organizations, including those that monitor pollinators and their migration, suggest ways individuals can help protect the monarch, such as creating monarch-friendly gardens or “waystations” by planting milkweed and other butterfly nectar plants, see https://monarchwatch.org/conserve/. The Xerces Society describes the milkweed varieties of our region at https://xerces.org/sites/default/files/publications/19-029.pdf. More information about selecting plants for pollinators can be found at https://pollinator.org/PDFs/EasternBroadleafOceanic rx18.pdf. Removing swallow-wort plants is another important activity. This can be tricky as the plants must be removed from the entire root. Cutting them back might actually encourage growth. More information including effective herbicides can be found at https://nys.info/invasive_species/swallow-wort/#: --text=York%20Distribution%20Map-- Background%20erbaceous%20invasive%20plant%20species. Individuals interested in educational and research activities should visit https://monarchwatch.org/class/index.html#research or https://monarchjointventure.org/get-involved.
August 16th, 2023, Wednesday, from 6:30 to 8:00 pm

**Highlights of Central Park presented by Mario Medici**

**ADK NJR 2023 Summer Membership Zoom Meeting**

Mario Medici, a retired Information Technology executive, born and raised in New York City, is a licensed tour guide, has traveled the world, and is a passionate history enthusiast who nurtures his curiosity about everything. He holds an undergraduate degree from Bernard Baruch College (CUNY) and an MBA from Long Island University. Using his research skills, computer expertise, and love for amateur photography, Mario presents intriguing lectures on various topics, including the captivating history of New York City. His lectures combine video and music, as well as elements of art, architecture, and notable individuals, making them both fascinating and fast-paced. Mario's clients include schools, community organizations, and libraries, and he currently lectures at Bergen Community College’s Institute for Learning in Retirement (ILR).

**Highlights of Central Park**

See Central Park through the lens of a camera along with commentary describing each photo. Since the mid-nineteenth century, Central Park with its 843 acres has been referred to as “The Jewel of New York City” and has many wonderful sights and experiences. Each year, 40 million people visit Central Park and are treated to several wonderful sights. Whether it’s the 80 sculptures that dot the landscape, or the 33 bridges and arches (some dating back to 1863), or the acres of waterbodies, lawns and woodlands, you will be treated to a wonderful viewing and informational experience. This lecture will cover some of the park’s history and many of its sights and attractions.

Click on this link to register!
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.
Hikers must contact the hike leader in advance to register for the hike and be prepared to sign the ADK Release of Liability form before the hike.
### OUTINGS SCHEDULE · SUMMER 2023 · JULY · AUGUST · SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Level</th>
<th>Elevation</th>
<th>Route</th>
<th>Leader/Contact Information</th>
<th>Summary</th>
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<tbody>
<tr>
<td><strong>Thursday, 7/20</strong></td>
<td>C 4.2</td>
<td>CEG 750 ft</td>
<td>Sleater Hill Loop</td>
<td><a href="mailto:rfwoot@gmail.com">rfwoot@gmail.com</a> (c) 845-304-0867</td>
<td>Hikers must contact the hike leader in advance to register for the hike and be prepared to sign the ADK Release of Liability form before the hike. Meet 9:00 AM at the Johnsontown Road Circle (199-31 Johnsontown Rd, Sloatsburg NY) and hike a loop over Sleater Hill in Dater Mountain Nature County Park. Please register by email, include phone number. Hike should be less than 3 hrs, out by lunch. Rain cancels. TC Southern Harriman-Bear Mountain Trails map 118.</td>
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<tr>
<td><strong>Saturday, 7/22</strong></td>
<td>C 3.2</td>
<td>CEG 750 ft</td>
<td>Old Cedar Trail Loop – Campgaw Mountain County Reservation</td>
<td><a href="mailto:prestia.michael@gmail.com">prestia.michael@gmail.com</a> (preferred)</td>
<td>Meet at 9 AM, southern entrance to parking lot, 200 Campgaw Rd, Mahwah NJ. GPS coordinates 41.055566, -74.189722. This is a beginner loop hike which will follow the Rocky Ridge Trail and Old Cedar Hill. Hike should take approximately 2.5 to 3 hours. Bring water and snack. (Dog friendly, must be on leash at all times.) Steady rain cancels; leader will notify participants by 7AM day of hike. Registration by email required. TC Northern New Jersey Highlands Trail map 150.</td>
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<tr>
<td><strong>Tuesday, 7/25</strong></td>
<td>B 6.5</td>
<td>B+ CEG 1515 ft</td>
<td>Ramapo Mountain State Forest Twin Hill</td>
<td><a href="mailto:autran@msn.com">autran@msn.com</a> (preferred)</td>
<td>Meet at 9:00 AM at the parking lot on “Ramapo Mountain State Forest (upper lot)” or “265 Skyline Drive, Oakland, NJ 07436”. We start at 9:15 AM sharp and cross the street and will start going east on the Tamarack Loop to the Yellow Trail going North for about 2.5 miles all the way to the Schuber Trail going west and south to the parking lot area. This hike is moderate. Severe inclement weather cancels. Please register for this hike. TC Northern New Jersey Highlands Trails map 150.</td>
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<tr>
<td><strong>Thursday, 7/27</strong></td>
<td>B 7</td>
<td>B CEG under 1000 ft</td>
<td>Island Pond &amp; Stahahe High Peak</td>
<td><a href="mailto:prestia.michael@gmail.com">prestia.michael@gmail.com</a> (preferred)</td>
<td>We will meet at 8:30 AM at the Sterling Forest State Park Visitor Center, on Old Forge Road. GPS coordinates 41.1989, -74.25684. This hike is classified as moderate to strenuous. It is a loop hike, and we will follow the Sterling Lake Loop, Bare Rock, Fire Tower, West Valley Trails, and a woods road. We will pass remnants of old mines and infrastructure, great views of Greenwood Lake, and climb the fire tower, offering panoramic views of the surrounding area. 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 Sterling Forest Trails map 100.</td>
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<tr>
<td><strong>Saturday, 7/29</strong></td>
<td>C 3.5</td>
<td>CEG 200 ft</td>
<td>Closter Nature Center</td>
<td><a href="mailto:psr7777@gmail.com">psr7777@gmail.com</a> (preferred)</td>
<td>9:30 AM at Closter Nature Center building at 190 Ruckman Rd. for a walk around the Nature Preserve for views of swampy area, boardwalks and nature trails.</td>
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<td><strong>Tuesday, 8/1</strong></td>
<td>B 6</td>
<td>B CEG 1300 ft</td>
<td>Ramapo Valley Reservation: Monroe Ridge</td>
<td><a href="mailto:autran@msn.com">autran@msn.com</a> (preferred)</td>
<td>Meet at 9:00 AM at the parking lot at 610 Ramapo Valley Road, Mahwah, NJ. We start at 9:15 AM sharp on the Yellow blaze Trail at the southwest corner of the parking lot. Then we take the northern side of the Blue blaze loop to Yellow blaze Vista loop going east. At the Hawk Rock we make a left on the Green Halifax Trail following the Havemeyer Hollow ridge. We make a left on the Purple Havemeyer Trail crossing the White blaze Trail to the Blue blaze loop. We make a right on the Blue blaze Loop and stay on it back to the parking lot. This hike is moderate. Please register for this hike by email. TC Northern New Jersey Trails map 150.</td>
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<tr>
<td><strong>Saturday, 8/5</strong></td>
<td>B 7.5</td>
<td>B CEG 1000 ft</td>
<td>Bare Rock Trail to Greenwood Lake Overlook</td>
<td><a href="mailto:prestia.michael@gmail.com">prestia.michael@gmail.com</a> (preferred)</td>
<td>We will meet at 8:30 AM at the parking area at the Sterling Forest State Park Visitor Center, on Old Forge Road. GPS coordinates 41.1989, -74.25684. This hike is classified as moderate to strenuous. It is a loop hike, and we will follow the Sterling Lake Loop, Bare Rock, Fire Tower, West Valley Trails, and a woods road. We will pass remnants of old mines and infrastructure, great views of Greenwood Lake, and climb the fire tower, offering panoramic views of the surrounding area. 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 Sterling Forest Trails map 100.</td>
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<thead>
<tr>
<th>Date</th>
<th>Distance</th>
<th>Grade</th>
<th>Elevation</th>
<th>Location</th>
<th>Leader Contact Information</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Tuesday, 8/22</td>
<td>B 6.4 B+ CEG 1600 ft</td>
<td>Saturday, 9/2 C5C+CEG 700 ft</td>
<td>Meet at 9:00 AM at Shepherd Lake Recreation Area, Ringwood NJ at the end of Shepherd Lake Road in the picnic area. We will start at 9:15 AM sharp going west on the R-R Trail to the junction with the Blue blaze; we continue on the Blue blaze to the junction with the White blaze Trail; we make a right on the White blaze Trail to the R-R Trail, we continue on the R-R Trail passing the Shelter Ruin on our left, going to the White blaze Crossover. We stay on the Crossover to the Five Ponds Loop going over the peak of Mt. Defiance, down to Glasmere Ponds and back to the parking lot using the Race Trail. This hike is moderate. Severe inclement weather cancels. Please register for this hike by email. TC Northern New Jersey Highlands Trails map 118.</td>
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<td>Thursday, 8/24</td>
<td>B 5.7 B CEG 1140 ft</td>
<td>Tuesday, 9/7 C5.25 C+C EG 1200 ft</td>
<td>Leave 9:30 AM 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>Tuesday, 8/29</td>
<td>B 6.4 B+ CEG 1600 ft</td>
<td>Tuesday, 9/5 B5.4 B+ CEG 1640 ft</td>
<td>Meet 9:00 AM at the parking lot of Silvermine Lake. We start at 9:15 AM sharp on the Menomine Trail; go to the Red Cross Trail to the 1779 Trail, to the AT to the Silvermine Road, back to the parking lot. This hike is moderate to strenuous. It is a version of the hike described in chapter 15 of “Circuit Hikes in Harriman” by Don Weise. Severe inclement weather cancels. Please register for this hike by email. TC Northern Harriman-Bear Mt. Trails map 119.</td>
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<td>Saturday, 9/2</td>
<td>C 4.2 C</td>
<td>Tuesday, 9/12 C 3.3 C CEG 400 ft</td>
<td>Meet at 9:00 AM at the parking lot at the Circle at the end of Johnsontown Road in the town of Sloatsburg, NY off Seven Lakes Drive in Harriman Park. We start at 9:15 AM sharp from the White Bar going north and then to Lake Sebago using the T-MI going east to the woods road going south along Seven Lakes Drive to the parking lot. This hike is easy. Severe inclement weather cancels. Please register for this hike by email. TC Harriman-Bear Mountain Southern Trails map 119.</td>
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Hikers must contact the hike leader in advance to register for the hike and be prepared to sign the ADK Release of Liability form before the hike.
Thursday, 9/14  B 7.5 B+  CEG 1200 ft  
Silvermine Lake & Black Mountain
Henry Barkhorn  
hc barkhorn@hotmail.com  
646-853-0824

9:30 AM from Silvermine Lake parking. We will do a lollipop on the Menomine, Red Cross, Owl Lake Road, 1779 and AT, returning down the Menomine as we came. Steady rain cancels. Registration by email required. TC Northern Harriman - Bear Mountain Trails map 119.

Sunday, 9/17  B 7.8 B+  CEG 1500 ft
Pine Meadow Lake & Ramapo Escarpment
Geoff Fonseca  
geofffonseca@yahoo.com  
845-357-9366

9:00 AM from the Town of Ramapo Equestrian Center (Rebellious Stables) off Rt 202 south of Pomona (GPS 41.174018, -74.083406). We will hike the Pine Meadow Trail to the S-BM and Conklin's Crossing to Pine Meadow and Wanoksink Lakes and return via the Pine Meadow Trail. This 7-mile hike has an elevation gain of about 1500 feet. Steady rain cancels. Registration by email. TC Southern Harriman Trails map 118.

Tuesday, 9/19  B 7/8 B+  CEG 1600 ft
Ramapo Valley Reservation: Monroe Ridge
Roland Autran  
autran@msn.com (preferred)  
201-886-9119, (c) 201-699-3388

Meet at 9:00 AM at the parking lot at 610 Ramapo Valley Road, Mahwah, NJ. We start at 9:15 AM sharp on the Yellow blaze Trail at the south west corner of the parking lot. Then we take the southern side of the Blue blaze Loop to Mill Race Ruins where we go south on the Red blaze Marsh Loop to the Yellow-Silver blaze Trail to the Twin Hill peak on the Yellow blaze/orange blaze trails. We stay on the Yellow/orange blaze trails up to the split to take the Orange blaze Schubert Trail. We take the same Blue blaze loop to return to the parking lot. This hike is moderate/strenuous. Please register for this hike by email. TC Northern New Jersey Highlands Trails map 150.

Thursday, 9/21  B 8 B+  CEG 1500 ft
Lunch at Pine Meadow Lake
Paul Margiotta  
pjmm1177@gmail.com (pref)  
201-693-6705 (morning of hike only)

Meet 9:30 AM from the Kakiat County Park on Rt 202 in Montebello, Rockland County, NY. We will hike to the south shore of Pine Meadow Lake for lunch, utilizing the Mountain and Kakiat trails, Torne Valley Rd and an unblazed Trail. Our return will be via the Conkln's Crossing, S-BM, Kakiat and Old Mill trails. Please be informed that, in addition to the usual climbs in Harriman State Park, there is a long, very steep climb at the very beginning of the hike. Registration by email is required. TC Harriman Bear Mountain Trails map 118.

Saturday, 9/23  B 6.6 B
Claudius Smith Rock Loop from Tuxedo
Mike Prestia  
prestia.michael@gmail.com  
917-841-0120

Moderate plus, Circuit hike (approximate hiking time 4.5 to 5 hours) Meet at 9 AM – Fisherman's parking lot – East Village Road, Tuxedo. GPS Coordinates 41.195754, -74.184073. We will hike along the Ramapo Dunderberg, Kakiat, Blue Disc, and woods roads. This hike features panoramic views and interesting rock features. 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 Southern Harriman-Bear Mountain Trails map 118.

Tuesday, 9/26  B 6 B  CEG 1480 ft
Hibernia Mines Green Pond Rd
Roland Autran  
autran@msn.com  
201-886-9119, (c) 201-699-3388

This hike is scheduled to correspond to the Raptors' Fall Migration in New Jersey. Meet at 9:00 AM at the parking lot at the intersection of Green Pond Rd & Lower Hibernia Rd. We start at 9:15 AM sharp and hike a variety of trails from the Four Birds to the Saint Patrick Cemetery, the Hawk Watch and the Beaver Pond. This hike is moderate to strenuous. Please register for this hike by email. TC Jersey Highlands Central North Region Trails map 125.

Thursday, 9/28  B 5.8 B  CEG 1440 ft
Cat's Elbow Circular
Rich Scala  
jerseysilver393@gmail.com  
201-819-6101

Leave 9:30 AM from the south end of the (2nd) Anthony Wayne Rec. Area parking lot off Exit 17 of the PIP. We will hike the route described in Chapter 23 of “Circuit Hikes in Harriman” which includes the Horn Hill Bike Path, Ramapo-Dunderberg, Timp Torne, and AT Trails. Views of Hudson River and NYC. Rain cancels. Email registration required. TC Northern Harriman-Bear Mt. Trails map 119.

Hikers must contact the hike leader in advance to register for the hike and be prepared to sign the ADK Release of Liability form before the hike.