Fall 2026

North Jersey Ramapo ADK

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A MESSAGE FROM THE CHAIR

By Henry Barkhorn

Benefits of Being a Member of the Adirondack Mountain Club

The headquarters of the Adirondack Mountain Club are in Lake Placid, New York in the heart of the Adirondacks. Our Chapter in the lower Hudson Valley is the second southernmost of the 23 ADK Chapters, and one of the farthest from headquarters - although the Niagara Frontier Chapter around Buffalo holds the distance prize. Given the distance, I think it is probably safe to say that the majority of our Chapter membership has never been to see what goes on in the headquarters region. Here is a summary:

High Peaks Information Center. ADK's High Peaks Information Center (HPIC) is the premier visitor information center for the Adirondack High Peaks, located at ADK's Heart Lake Program Center, about 8 miles south of Lake Placid. Open year-round, the HPIC is the go-to resource for hikers, backpackers, campers, snowshoers, and cross-country skiers exploring the High Peaks region.

ADK's knowledgeable staff provide up-to-date trail conditions, weather information, trip planning assistance, route recommendations, Leave No Trace guidance, and gear advice to help visitors have a safe and enjoyable adventure.

The Center carries Adirondack guidebooks, trail maps, and essential backcountry supplies, including first-aid kits, insect repellent, batteries, and snacks. It also offers bear canisters, Microspikes, and snowshoe rentals, plus outdoor apparel, patches, stickers, and other Adirondack souvenirs.

Adirondak Loj. The Adirondak Loj property is also at Heart Lake, offering comfortable lodging, essential services, and easy wilderness access.

- **The Loj:** provides private accommodations and bunk rooms, meals and more on the shores of Heart Lake.
- **Wilderness Campground:** features campsites, lean-tos, private cabins, and, in winter, a four-person heated camping Yurt.
- **Mount Jo:** located on property, is a popular 2.9 mile/700 ft. elevation gain round trip hike to the summit featuring sweeping views of the high peaks.
- **Hungry Hiker:** ADK's seasonal café at Heart Lake, serving food, drinks, and grab-and-go options for visitors.

Johns Brook Lodge. This backcountry haven, opened in 1925, is New York State's only wilderness lodge. Located in the Adirondack High Peaks Wilderness, JBL is only accessible by a scenic 3.5-mile hike from the Garden trailhead in Keene Valley. Accommodations include two cabins, three lean-tos and the Lodge itself. The Lodge serves as the perfect backcountry basecamp in the High Peaks Wilderness.

Workshops and Training. ADK offers a wide range of workshops and trainings at its Heart Lake Program Center. Courses include Map & Compass, Wilderness First Aid, Wilderness First Responder, and Introduction to Leave No Trace, among others. These courses can help you qualify as an Outings Leader and introduce others to the wonders of the great outdoors.

Conservation. The Club also participates in a number of conservation efforts in the High Peaks region. They organize a group of "Trailhead Stewards" at 5 trailheads along the busy Route 73 corridor. These stewards share up-to-date information about trails and conditions and educate the public about Leave No Trace and responsible recreation.

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The Club's "Summit Stewardship" Program was started in 1989 in response to alarming declines of alpine habitat in the latter half of the 20th century. Stewards work on mountains that have alpine vegetation to interact with visitors with the goal of inspiring them to become stewards themselves by staying off fragile alpine plants. Doing the "rock walk" is a key part of this, where stewards ask hikers to stick to bare rock surfaces when above treeline.

During the summer months, ADK's professional and volunteer trail maintainers are active across the Adirondack Park's 2000 miles of trails so people can stay safe and reduce their impacts while enjoying the backcountry.

Finally, the Club maintains an active advocacy program at the local, state and national levels, championing initiatives that protect natural resources and expand access to the outdoors.

The Adirondack Mountain Club has a lot more to offer than the fine program of local hikes our Chapter supports. Plan a trip up north some time to participate in the varied programs the Club offers in the Adirondacks themselves.

ADK NJR VOLUNTEERS MAKE IT HAPPEN!

Hike the NJ Appalachian Trail

This fall, we're bringing back Bob Zachowski's popular 2025 Appalachian Trail series covering the entire 72-mile New Jersey section of the AT over nine Sundays in November and December.

Led by Nikki Nasr, the series uses shuttle hikes, allowing us to hike continuously northbound from the Delaware Water Gap to the New York state line.

Along the way, we'll experience some incredible scenery: Sunfish Pond, High Point Monument, Sunrise Mountain, the Pochuck Boardwalk, Stairway to Heaven, and Pinwheel Vista. The trail also takes us along ridges, through forests, wetlands, and farmland.

The hikes range from approximately 5 to 10.5 miles, with varying elevation gains, making this a great way to experience the NJ section one manageable piece at a time.

There's no obligation to complete them all - join us on one, some, or all of the hikes!

Sign up at: **hudsonhikers.org/hike-schedule/**

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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

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Celebrating Summer at the ADK NJR Picnic
by *Nikki Nasr*

Our ADK–NJR picnic was a wonderful day of friendship, good food, and fun! Members came together to enjoy a beautiful summer day, catch up with old friends, meet new ones, and simply spend time together outside of our usual hikes.

For those looking to hit the trails, there were three hikes to choose from, giving members an opportunity to explore the area before joining everyone at the picnic. But hiking was just one part of the day. The real focus was on coming together as a chapter and enjoying each other's company.

And there was plenty to enjoy! The picnic tables were filled with delicious food, snacks, and an impressive assortment of sweets. There was lots of conversation and laughter as longtime members reconnected and newer ones got to know their fellow members.

A special thank you to Anastasia Tavarez for organizing the picnic and helping bring everything together. We're also grateful to Patsy and Roy Wooters for their help with the picnic preparations, and to our hike leaders for leading the three hikes. Your efforts helped make the day such a success.

Most of all, thank you to everyone who came out and helped make the picnic such a fun and welcoming event. Days like this are a great reminder that ADK NJR is about more than trails and summits—it's about the people we meet, the friendships we make, and the community we build along the way.

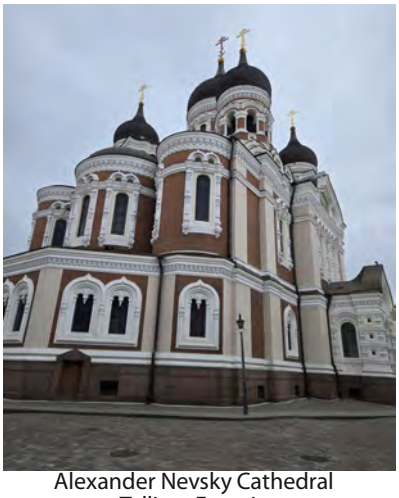
Walking and Hiking Our Way Thru Northern Europe
by Allen Grunthal

Royal Palace - Stockholm, Sweden

Diane and I spent two weeks walking and hiking our way through 6 countries (11 cities) in northern Europe: Sweden, Estonia, Poland, Germany, Denmark, and Norway. We avoided all of the extreme heat at home and in southern Europe, with mild temps each day. Delightful! Daylight 19 hours a day due to its northern location.

We began our journey in Stockholm, capital of Sweden, which was established over 1,000 years ago and flourished due to Viking established trade routes. Stockholm resides on 13 islands so there were ever changing water views. Toured the quaint Old Town.

We especially enjoyed exploring the Royal Palace, now home to King Carl Gustaf and Queen Silva for 53 years, and the 747-year-old Stockholm Cathedral.



Alexander Nevsky Cathedral
Tallinn, Estonia

Next stop was Tallinn, capital of Estonia, a small country the size of Maine, which has a history shaped by trade, conquest and its strategic position along the Baltic Sea.

The area has been inhabited since at least the second millennium BC, and finally gained its independence from the Soviet Union in 1991. Estonia shares a border with Russia, whom they still hate to this day. We visited Tallinn's preserved medieval Old Town, whose streets are covered with cobblestones.

Great Armory - Gdansk, Poland

We cruised the Baltic Sea for a full day and landed in Gdansk Poland. You know Gdansk - Lech Walesa and the Solidarity uprising were the focus of the world in 1981. Gdansk is known as the city of glowing amber and Gothic cathedrals.

We enjoyed strolling the many pedestrians only streets of the Old Town, whose Gothic, Renaissance and Baroque style buildings were remarkably restored following the bombings of WWII.

It was off to Berlin, capital of Deutschland. So much history in Germany, some of it quite nasty, but Berlin is now one of Europe's most cosmopolitan and cultural capitals. We had the pleasure of strolling thru the enormous 235-year-old Brandenburg Gate. I touched a piece of the actual Berlin Wall, which divided East and West Berlin from 1961 to 1989.

Then we boated to Copenhagen, capital of Denmark, among the Baltic's most beautiful cities which charms visitors like a Danish fairy tale.

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Bradenburg Gate - Berlin, Germany

Christiansborg Palace - Copenhagen, Denmark

Tivoli Gardens, the world's 2nd oldest amusement park, the Little Mermaid statue, grand palaces, castles, need I say more?

Fun fact - there are more bikes than people in Copenhagen.

We also toured Denmark's lovely small island of Bornholm and the historic town of Aalborg, established by the Vikings 1,100 years ago.

Our final country was beautiful Norway, the first stop being Oslo, its capital. Oslo is one of Scandinavia's most vibrant cities, set on a bay amid stunning fjords and hills. The Akershus Fortress, the King's palace, Gustav Vigeland's 200 sculptures, Edward Munch's work The Scream, all call Oslo home.

Entrance to a Fjord - Eidfjord, Norway

Our final stops in Norway were Stavanger, Eidfjord and Bergen. In Eidfjord we hiked in Hardangervidda, Norway's largest national park, chock full of fjords and reindeer. In Bergen we hiked Mount Floyen, located right in town.

With so much beauty and grandeur in all these countries, it was hard to return home. I highly recommend GPSMyCity app for walking tours and AllTrails app for hikes, both of which we've used all over North America and Europe.

Leading the Way: Become an ADK NJR Hike Leader

Every great hike happens because someone stepped up to lead it. Our hike leaders are the heart of the ADK North Jersey Ramapo chapter — and we're always looking for members ready to join them.

The mission of ADK NJR hiking leaders is to create meaningful and safe outdoor experiences, foster a strong sense of community, and inspire and develop the next generation of hiking leaders.

Interested in becoming a hike leader? Connect with any of our current leaders — we're here to support and guide you every step of the way.

WELCOME NEW MEMBERS

Eva Leva Basko - Parsippany, NJ
Nicholas Harold Borsevich - Breinigsville, PA
Lynn DePaola - Cedar Grove, NJ
Diane Egner - Neptune, NJ
Seongah Han - Leonia, NJ
Jane Aijian Liu - Cranbury,NJ
Avraham Marcucci - Fair Lawn, NJ
John Martin - Pompton Plains, NJ
Anna Ruiz-Werkema - Salisbury Mills, NY
Neil Schneider - West Orange, NJ
Sarah Vazquez - Montclair, NJ
Amy Wilcox - Ramsey, NJ

WELCOME BACK

Rocco Della Serra - Cranford, NJ
Sanford Fink - Mahwah, NJ
Connie Lee - Fort Lee, NJ
Steven Leonardi - River Edge, NJ

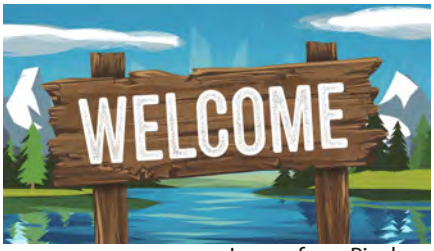


Image from Pixabay

Upcoming Events

Leave No Trace

Presented by Daniel Auwarter

NOV 11

ADK NJR 2026 Fall Membership Zoom Meeting
Wednesday, November 11, 2026 - 6:30 to 8:00 PM

Click here to register!

At our next chapter meeting, Daniel will share his knowledge of Leave No Trace principles and outdoor ethics, with practical guidance we can all use on the trail. Whether you're a seasoned hiker or just getting started, this is a great opportunity to learn how small choices can make a big difference in protecting the places we love to explore.

Daniel Auwarter is the Commissioner for the Chenango County Department of Human Services, where he provides oversight for the agency's many programs serving the community. He is a past board member of the Rogers Environmental Center and has served on several other boards and committees, including the Chenango-Delaware-Otsego Workforce Development Board, United Way, Christopher Community Inc., Hospice of Chenango County, Headwaters Youth Conservation Corps, the Community Board for Colgate's Upstate Institute, and the Chenango Youth Bureau.

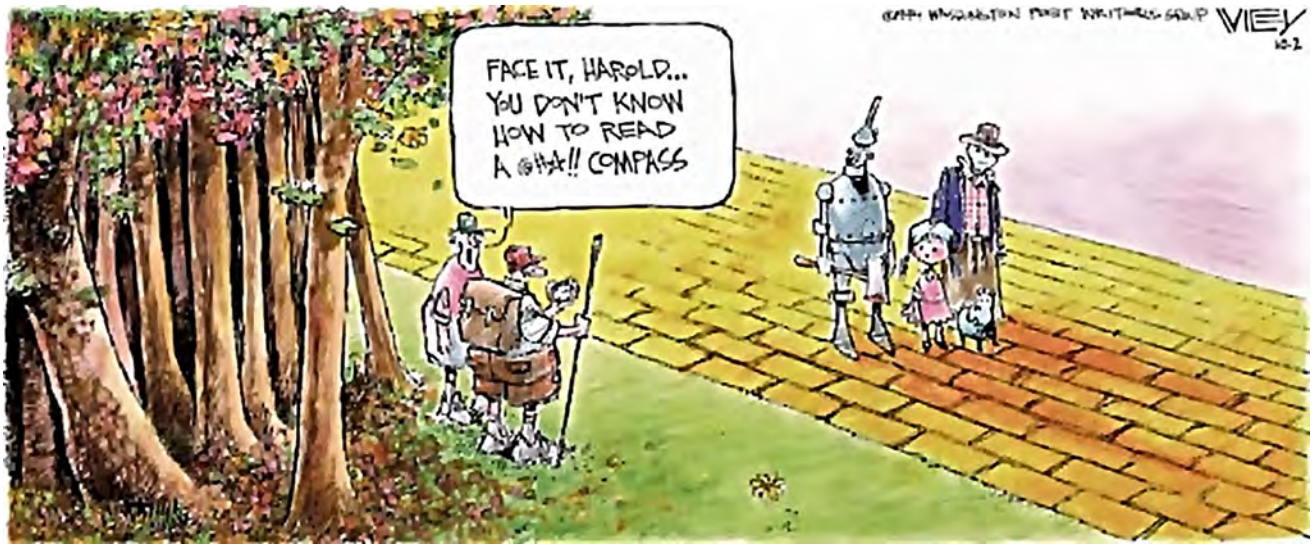
Daniel is also co-chair of the Adirondack 46er Outdoor Skills Workshop. His inspiration for bringing outdoor leadership skills to human service agencies comes from a lifetime spent in wild places. He is a graduate of the National Outdoor Leadership School (NOLS) Alaska program and attended the North Carolina Outward Bound School instructor program.

Daniel helps teach outdoor leadership and skills as an instructor for the Adirondack Forty-Sixers. He holds 46er number 7934V for climbing the 46 highest peaks in New York and has also successfully summited Mount Rainier in Washington. He is a New York State Licensed Guide and a Master Educator through the Leave No Trace Center for Outdoor Ethics.

Daniel is a graduate of Leadership Chenango, completed Cornell University's ILR School Human Services Leadership Institute, and holds a B.S. in Community and Human Services.

Join us for an informative and engaging evening with Daniel and bring your questions about Leave No Trace!

View past chapter meeting presentations on YouTube: **https://www.youtube.com/@adknynjramapo**



OUTINGS SCHEDULE

You'll no longer find the outings schedule in the newsletter. Since hikes are often added or updated after publication, the most current and complete information is always available on our website, which serves as the official source for upcoming outings.

To view and sign up for upcoming hikes and events,
visit hudsonhikers.org/hike-schedule or scan the QR code:

Check the site regularly so you don't miss a great hike—we look forward to seeing you on the trails!

Image from Pixabay

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.

If you have any signs or symptoms of a respiratory infection, please do not participate in the outing. Additionally, if you have tested positive for COVID-19 within 10 days of the outing, please follow CDC guidelines.

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.

NO DOG-FRIENDLY HIKES - Pets, including dogs on leashes, are not permitted on hikes.

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.

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Address Service Requested

ADK NJR Meetup Photo