



ADK Mohican Hikes December 2015-February 2016

Come join our club on one of our hikes listed on the following pages. No matter what your level of hiking, there is something for everyone.

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while care will drop off like autumn leaves." John Muir



APPALACHIAN MOUNTAIN CLUB FOUR THOUSAND FOOTERS



Westmoreland Sanctuary is on Chestnut Ridge Road, off Route 172 west of I-684, Exit 4



HIKES and STUFF

Attention Leaders and Hikers

When car-pooling, it is recommended that a charge of \$.30 per mile be equally divided among passengers, including the driver, and that everyone shares in the tolls. Trip tales go to c.harting@verizon.net. To enter the **leader lottery**, send your signup sheets to Jeanne Thompson, P.O. Box 219, Somers, NY 10589-0219

Saturday, December 5

Five Sites History Walk (Joint with WTA)

6 miles, easy to moderate. Montrose is rich in hidden history. Some members have been to the ruined McAndrew estate at Oscawana County Park. However, very few have visited the nearby forgotten Wagenhals estate nearby, which was called "Wunnegin". The stone courtyard still stands. Montrose Point State Forest is home to the remains of the brick industry, residential foundations, a stone arch bridge, and champion Osage orange trees. In addition to these three places, we'll also visit Oscawana Point and the Graff Sanctuary. The leader will bring a few pictures, and briefly talk of the history. We'll walk 3 miles in one area, then a very brief car pool to the next. Meet at 10:30 a.m. at the Montrose Point State Forest lot, 225 Kings Ferry Road, Montrose. To register, contact leader Mark Jelléy at 914-261-0987 or email hvdaytrips@comcast.net.

Sunday, December 6

Seven Hills Trail, End-to-End (Joint with WTA)

7 miles, moderate to strenuous. We will do the complete Seven Hills Trail in Harriman, which runs from the Reeves Meadow Visitors Center to the Sebago Boat Launch. For information or to register, contact Bob Fiscina at fis6973@verizon.net. Rain cancels. No beginners please; short shuttle required.

Sunday, December 6

Around the County - Bedford to Lewisboro Part 2: Pound Ridge (Joint with WTA)

6 miles, moderate. As we continue east on our journey around the county we come to two delightful preserves, Henry Morgenthau and the Westchester Wilderness Walk, and today we will explore them both. Morgenthau features rolling hills and lakes, while the winding route through the Wilderness Walk heads up and down over varied terrain to imaginatively named features. We will meet at the main entrance to the Westchester Wilderness Walk on Upper Shad Road in Pound Ridge, 1/4 mile east of its intersection with Long Ridge Road, and shuttle from there to the start of the hike. For meeting time or other questions, contact the

leader Eileen West at eileenw1000@gmail.com. Rain or heavy snow cancels.

Saturday, December 12

Bear Mountain

Approximately 6 miles. (4-5 hours). Moderate to strenuous. Winding steps (800 or more) to the midway point, then a trail with minor scrambling to the top. A beautiful view from the top surrounding Perkins Tower (historical museum-not open at this time of year). To register, call leader Jean Dolen at 914-948-4585.

Saturday, December 12

Woodstock Pre-Holiday Outing (Joint with WTA)



5 miles, moderate. We will climb Overlook Mountain, which has a steady up on a good grade. Then we will adjourn to the quaint town of Woodstock for some holiday shopping and a warm up beverage. To register, contact leader Jane Restani at irabjanea@aol.com as early in the week as possible but no later than 5 p.m. Friday so that we can arrange a suitable

meeting place to carpool to the Catskills.

Saturday, December 12

Teatown-Kitchawan Trail (Joint with WTA)

6.5 miles, easy to moderate. We will do an end-to-end hike on this trail, heading west from Kitchawan Preserve to Teatown Lake Reservation, hiking through hardwood forest and meadows, along dirt roads, and climbing Bald Mountain with stunning views of the Croton Reservoir and the distant Hudson Highlands. There will be a short shuttle. Meet at the Nature Center in Teatown. To register, contact leader Jane Smalley, 914-276-0413 or jsmallpt@aol.com.

Sunday, December 13

WTA Holiday Party, Plus Morning/Afternoon Hikes

See Page One for details

Sunday December 13

Claudius Smith's Den in Harriman

We will meet at the Tuxedo Train Station, hike up to Daters Mt. and Pound Mt., lunch at Claudius Smith's Den and back to the cars. This is a moderate hike of

about five hours in length. We will then stop at Dunkin' Donuts for some hot chocolate. To register, contact Carol Harting at c.harting@verizon.net or call 845-669-6731.

Saturday, December 19

Dr. Dolittle in Central Harriman (Joint with WTA)

6-7 moderate to strenuous. We will hike on woods roads, the Suffern-Bear-Mt. (SBM) Trail and the Long Path over Horse Chock Mountain and up Jackie Jones Mountain and its fire tower in our pilgrimage to all Harriman locales named for an animal. To register, contact Debbie Farrell at debfarpr@gmail.com or call 914-282-9942.

Saturday, December 19

Central Park - Harlem to Midtown.

Approximately 6 miles. (7-8 hours--3-4 hours in the park), includes picture taking, 3 hours travel time to and fro, and maybe an hour checking out holiday decorations at Rockefeller Center and wandering back to Grand Central). Moderate to strenuous. Beautifully designed park with an extraordinary history--monuments that practically bring the stories to life, exquisite gardens, theaters, zoo, ice skating, swimming pool, boating, athletic fields, weather vane, playgrounds, chess building, amusement park, winding paths, rolling hills, etc. Bathrooms are available in the park. To register, call Jean Dolen at 914-948-4585.

Sunday, December 20

Harriman's Hidden Wonder (Joint with WTA)

6 miles, moderate. Yes, it's true: we'll visit a rarely seen, totally awesome natural wonder hidden in the Harriman woods. Want to know more? Then be there with your camera. Some (light) bushwhacking and lots of trail switching. Meet at 10:00 a.m. at the Bear Mountain rear (southern) parking lot near the ice skating rink. To register, contact leader Howard Millman at 914-439-8031, hwardmillman@aol.com.

Sunday, December 20

Teatown Lake Reservation

4-6 miles, moderate. We will hike on various wooded trails including the new Twin Lakes trail. Meet at 10 a.m. at the Nature Center (if the lot is full there is additional parking across the road). For directions see the Nature Center's website at www.teatown.org or call them at 914-762-2912. If you need a ride, please contact the leader in advance. Inclement weather may cancel. To register, contact leader Sue Soni at surekhasoni1968@gmail.com or 914-747-2452. This is a WTA hike

Friday, December 25

NO HIKES SCHEDULED but if you wish to hike, sent out a notice on YahooGroups



Saturday, December 26

Gentleman's Farm (Joint with WTA)

7 miles, moderate. Hike past three lakes in Fahnestock Park. Modest elevation gain. Mostly in the woods with a nice section across an open field. Traction aids might be a good idea. To register, contact leader Steve Klepner at spk010@yahoo.com, (h) 914-617-9193, (mobile) 845-297-7066.

Saturday, December 26

Rockefeller Preserve

4-5 miles, easy. This is a relaxing hike in a pretty part of the preserve. Meet the leader at 10 a.m. at the trailhead parking on Old Sleepy Hollow Road. To register, contact leader Toby Garfinkel, 914-337-6612.

Sunday, December 27

Sterling Forest Circular

6-8 miles, moderate. We will hike a loop in beautiful Sterling Forest, including the Highlands trail, Bare Rock trail, and the Fire Tower trail. To register, please contact Judy Hirschman at hirschmanjudith@gmail.com no later than December 25th. Heavy rain or icy conditions cancel.

Sunday, December 27

Kensico Cemetery Tour - a "Slow But Steady" Hike



3-5 miles, easy to moderate. There are many points of interest in this 460 acre cemetery, including gravesites of celebrities, structures with architectural interest and special landscape features. Sturdy shoes, water and a small lunch recommended. Meet at 10:30 a.m. in the parking lot of the Administrative Building (273 Lakeview Avenue, Valhalla). Directions: Take the

Taconic Parkway to Lakeview Avenue. Turn west, pass the monument shop, cross the railroad tracks, and turn right into the parking lot. If you need a ride, please contact the leader in advance. Inclement weather may cancel. To register, contact leader Sue Soni, surekhasoni1968@gmail.com or 914-747-2452. This is a WTA hike.

Thursday, December 31
Early New Year's Eve

Meet at 2:30 p.m. at North White Plains, or 3:00 p.m. at the Rockwood Hall State Park trailhead on Rockwood Road, just west of Route 117. Two miles, mostly level. A return to the Pocantico Hills former estate lands (now part of the Rockefeller State Park Preserve) for our traditional sundown toast to the old year within sight of the Hudson River. Alcohol-free beverages will be offered, and afterwards we'll continue the celebration with an optional dinner at The Cabin, 1172 Knollwood Road (although located in Valhalla, the official address is White Plains). Event coordinator: Carolyn Hoffman, earthwormch@aol.com, 914-948-0608. **Please notify Carolyn in advance if you are coming to either the hike or the dinner.** Inclement weather postpones the hike for 365 days.

Friday, January 1
**New Year's Day at Greenwich Point Park
Greenwich, CT (Joint with WTA)**



3.5 miles, easy. The leader has planned a special figure 8 hike/walk to cure what ails you. For an even better post-party cure, take a refreshing dip in the Long Island Sound. Warm up goodies will be available thereafter. Swimmers have first dibs. No need to register. Meet at 10:30 a.m. at the Main Concession Stand at Greenwich Point Park for the walk. Dip follows but if it is raining there may be little or no walk. If you need directions and to register, contact the leader, Jane Restani, at irabjanea@aol.com.

Saturday, January 2
Westchester Wilderness Snowshoe/Hike

5-6 miles, moderate. There are plenty of trails in this relatively new hiking location in Pound Ridge, New York. If there is snow, it's great fun for snowshoeing but if not, it is equally enjoyable for hiking. We will plan to leave at 10:30 a.m. for 3-4 hours of exciting trails created from the "back yards" generously donated for our use from the large properties of several landowners whose names are pretty famous. It will be a fine way to welcome in the New Year. For further information and to register, contact leader Carole

Ehleben email ehleben@optonline.net or phone 914-205-3207.

Sunday, January 3
Ward Pound Ridge (Joint with WTA)

4-5 miles, moderate. We will welcome in the New Year with a brisk hike in Ward Pound Ridge. If there is snow on the ground, we will snowshoe in the northern section and if there is not snow, we will do a hike in the southern part. To register, contact leader Sarah Davis at 917-501-1322 (c), 212-873-4018 (h) or sewdavis@gmail.com.

Saturday, January 9
**Appalachian Trail-Long Path Loop
(#16 Circuit Hikes in Harriman)**

Although this hike is only 5.5 miles long, it may feel a bit longer due to the 6 climbs it makes along the way! This loop will begin and end at Tiorati Circle. To register, contact Kathie Laug 203-348-3993 or e-mail kfriedmanlaug@optonline.net.

Saturday, January 9
Hook Mountain (Joint with WTA)

6 miles, moderate. Starting near Rockland Lake State Park, we will take the aqua-blazed Long Path south and do a counter-clockwise circular to the white Upper Nyack Trail and then return along the shore. Bring traction devices if needed; route may be altered if there is significant snow and ice on the ground. Contact leader for meeting time. To register, contact leader Frank Lee at fleessa@yahoo.com.

Sunday, January 10
Teatown Lake Reservation (Joint with WTA)

5 miles, moderate. We will do the Hidden Valley Loop and then continue on the Northwest Trail around the lake and back to the Nature Center. Meet the leader in the main parking lot at 9:30 a.m. To register, contact leader Minu Chaudhuri at 914-391-5918 or email minu1@optonline.net.

Sunday, January 10
Mountain Lakes Camp – North Salem

Approximately 5-6 miles (3-4 hours). Moderate carriage roads and mildly strenuous wooded trails combined in an old campground which has been partially revitalized with yurts and log cabins which can be rented, as well as rowboats, etc. If snowy, bring snowshoes. To register, call leader Jean Dolen at 914-948-4585.

Saturday, January 16
Angle Fly Preserve (Joint with WTA)

5-7 miles, easy to moderate. The network of trails extends roughly 10 miles and spans the entire Preserve property - we will spend about four hours here, including lunch, exploring some of these trails. Bring snowshoes and traction aids (i.e., MICROspikes®) as weather and trail conditions will dictate what we use. To register, contact leader Jane Smalley, 914- 276-0413 or jsmallpt@aol.com.

Sunday, January 17
Around the County - Bedford to Lewisboro Part 3: Pound Ridge (Joint with WTA)

7-8 miles, easy to moderate. The town of Pound Ridge has many small, lesser known preserves near Westchester's southeastern border, and today we will visit five of them: Bye Preserve, Pound Ridge Town Park, Carolin's Grove, Halle Ravine and Eastwoods Preserve. Connections from one area to the next will be via road walks and a bike path but the preserves may be muddy, icy or snow-covered, so wear comfortable hiking boots. We will meet in the parking lot of the Scott's Corner Market, 55 Westchester Avenue in Pound Ridge and consolidate cars for a shuttle, since there is very little room to park at the trailheads. For meeting time or other questions, contact leader Eileen West at eileenw1000@gmail.com. Rain or heavy snow cancels.

Sunday, January 17
Tarrywile Park in Danbury, CT

5 miles, easy to moderate. Join the leader for a hike (or snowshoe) of about 2-1/2 to 3 hours with a couple of moderate climbs and descents. Tarrywile is a beautiful, diverse gem and this hike takes us through hay fields, past ponds and brooks, and into the woods. 10:00 a.m. start. We will meet in the parking lot which is located just inside the Southern Blvd. entrance. To register, contact the hike leader Rosanne Schepis, 203-417-5552 (cell) or rschep@yahoo.com.

Saturday, January 23
Blue Mountain Reservation, Peekskill (Joint with WTA)

5-6 miles, easy to moderate. Scenic trails with massive rock formations. Trails are mostly easy; steady ascent on Blue Mountain. Meet at 9:30 a.m. at North White Plains. For time and place to meet at the park, contact leader Catharine Raffaele at 914-948-4061.

Saturday, January 23
Fahnestock Ski Only (Joint with WTA)



If there is enough snow and the Winter Park is open, join us for cross-country skiing in Fahnestock State Park. There is a variety of beginner and intermediate groomed trails with a rental ski shop and a warming hut serving hot drinks and food. A fee is charged for skiing. To register, contact leader, Jane Smalley at 914-276-0413 or jsmallpt@aol.com.

Sunday, January 24
Wonder Lake State Park

6 miles, easy to moderate. Acquired by New York in 1998 and expanded in 2006, this Putnam County park covers over 900 acres in the Towns of Paterson and Kent. Although easy to moderate, this hike is not for first-time hikers. There is the main lake, a smaller pond and some hills. To register, please call leader Barry Leibowitz by 5 p.m. on the day before the hike at 845-278-2479 (home) or 914-774-5321 (cell). Snow shoes or traction aids such as MICROspikes® or STABILicers™ may be required depending on trail conditions. Rain cancels.

Sunday, January 24
Island Pond Harriman State Park

5 miles, easy to moderate. We will hike or snowshoe to and around Island Pond using the White Bar trail and Island Pond Road. This is a scenic hike without a lot of elevation gain, and will include a lunch stop on a rock outcrop overlooking the pond. Don't forget to bring soup or hot chocolate! E-mail the leader, Alice Benash, for information about meeting time and place at ajrb3@verizon.net or call 914-723-8722. Cell for last minute changes on the day of the hike only: (914) 261-1462.

Sunday, January 24
Rockefeller Park – Main Gate – Sleepy Hollow

Approximately 5-6 miles. (4 hours). Easy to moderate. Wide carriage roads, beautifully landscaped farms, wooded trails, lakes, and streams along the way. and if interested we can eat lunch at the Blue Stone Café. If snowy, bring snowshoes. To register, call leader Jean Dolen at 914-948-4585.

Saturday, January 30

**Balsam Lake Fire Tower in the Catskills
(Joint with WTA)**



6 miles, moderate to strenuous. We did this hike last winter as a “beginner snowshoe” hike and it was such a success because the snow conditions were perfect. Those who had never been on snowshoes thought it was wonderful and the “old timers” could not believe how beautiful it was with the sun shining on the trees up at the fire tower. Snowshoes or traction devices are a must. This will be a relatively gentle route to a Catskill 3500 peak (about 6 miles and less than 1500 feet elevation gain). The date makes it count as a winter peak. Register with leader Carol Harting at c.harting@verizon.net or 845-669-6731 so we can arrange carpools.

Saturday, January 30

**Old Croton Aqueduct and Rockefeller State Park:
Ski or Hike (Joint with WTA)**

We'll cross country ski if there is sufficient snow, otherwise we'll do a 4-5 mile easy to moderate hike. Meet at North White Plains at 9:30 a.m., or call leader to meet at trailhead. Leader: Carolyn Hoffman, earthwormch@aol.com, home 914-948-0608, cell on day of hike only 914-420-5778.

Sunday, January 31

Mountain Lakes Park (Joint with WTA)

5 miles, easy to moderate. Enjoy a quiet hike with virtually no road noise and visit the highest point in Westchester County. Distance might be more or less than five miles depending on the temperature and weather. Snowshoeing is possible if there is sufficient snow cover. Bring water, lunch. To reach Mountain Lakes, take I-684 to Exit 6 (Route 35) and drive east on Route 35. Turn left where Route 121 leaves Route 35, and head north for 4.5 miles. At Hawley Road, turn right and continue 1.5 miles to the park entrance to the left. Meet leaders at the parking area by the white trail at 10:15. There is a train to Katonah arriving at 9:59 a.m. Contact leader in advance if you need a pickup and to register. Leaders: Jane and Walt Daniels 914-245-1250, jdhikes@gmail.com.

Sunday, January 31

Fahnestock Cross Country Ski

Approximately 6 miles (4-5 hours). Moderate to strenuous. Cross country ski on groomed trails. There are easy trails, moderate to strenuous trails, and expert trails. We will probably go on moderate trails. There is a cafe that serves chili to warm you up. Bad weather and icy roads cancel. To register, call leader Jean Dolen at 914-948-4585.

Winter Park:

Admission: Adult \$10; Under 17 \$7; Sr. \$9

Ski Rental: Adult \$17; Jr. \$15

Snow shoes: \$15/adult; \$14/Jr.; \$7/hr.

Baby sled: \$20; \$7/hr.

Saturday, February 6

Boeing 727 Crash Memorial (Joint with WTA)

6-7 miles, moderate. Visit the just-dedicated memorial to the three crew members who perished in the Northwest Flight 6231 crash in Harriman near Stony Point in 1974. (There were no passengers on this JFK - Buffalo flight to pick up the Baltimore Colts.) An imprint from the impact is still visible at the site. The exact hike route, while certainly including the Long Path near St. John's Road, will depend on winter ground conditions and may or may not encompass an animal locale. To register, contact leader Debbie Farrell at debfarpr@gmail.com or call 914-282-9942.

Sunday, February 7

**Around the County - Bedford to Lewisboro Part 4:
Lewisboro (Joint with WTA)**

8 miles, easy to moderate. The town of Lewisboro is shaped like the number “7”, wrapping around Pound Ridge to its east and north. Today we will explore the preserves on Lewisboro's eastern side. As was the case with the previous hike in this series, we will be visiting several lesser known hiking areas: Old Church Lane Preserve, St. Paul's Chapel, Onatru Farm Park and Leon Levy Preserve. Connections from one hiking area to the next will be via road walks but the preserves themselves may be muddy, icy or snow-covered, so wear comfortable hiking boots. We will meet at the Leon Levy parking lot on Route 123 in Vista, just south of Route 35, and shuttle from there to the start of the hike. For meeting time or other questions, contact leader: Eileen West at eileenw1000@gmail.com. Rain or heavy snow cancels.

Sunday, February 7
Edith Read Sanctuary, Rye, NY



Approximately 2-3 miles (2 hours more if we add on boardwalk at Playland). Easy stroll through wooded, beachy area behind Playland, which

includes a bamboo forest. If snowy, bring snowshoes. To register, call leader Jean Dolen at 914-948-4585.

Saturday, February 13
Pine Meadow Lake (Joint with WTA)

Hike or snowshoe around Pine Meadow Lake in Harriman. Bring traction aids if needed. Starting from the Visitor's Center on Seven Lakes Drive, we will go to the Lake and then hike around it, adjusting for conditions. To register, contact leader Mike Kaplan, kaplanm2001@yahoo.com. No first time hikers please. Carpooling from North White Plains train station

Saturday, February 13
Croton Point Park (Joint with WTA)

4 miles, easy. We will explore this small scenic peninsula, where eagles are often sighted in winter. Dress very warmly for the winds blowing off the Hudson. Meet at 9:30 a.m. at North White Plains, or for time and place to meet at the park, contact leader Catharine Raffaele at 914-948-4061

Sunday, February 14
Hudson Highlands Osborn Loop (Joint with WTA)

7 miles, moderate. We will start from Manitoga and hike along the Osborn Loop up to the wonderful lunch spot on Sugarloaf South overlooking the Hudson. Traction devices may be required. To register, call Carol Harting at 845-669-6731 or e-mail at c.harting@verizon.net.

Saturday, February 20
Anthony Wayne Area in Harriman: Ski or Hike (Joint with WTA)

We'll cross country ski if there is sufficient snow, otherwise we'll do a 4-5 mile easy to moderate hike. Meet at North White Plains at 9:30 a.m. To register or to meet at trailhead, call leader Carolyn Hoffman, earthwormch@aol.com, home 914-948-0608, cell on day of hike only 914-420-5778.

Sunday, February 21
Harriman Hike (Joint with WTA)

6-7 miles, moderate. After a short road walk from the Kanawauke Circle parking area, we will hike on ridges mainly on the Dunning and Ramapo-Dunderberg trails. There will be plenty of beautiful views. To register contact the leader, Sarah Davis at 917-501-1322 (c), 212-873-4018 (h) or sewdavis@gmail.com.

Saturday, February 27
Mount Taurus Ramble (Joint with WTA)



7 miles, moderate to strenuous. Ascent of Mt. Taurus, then the Blue Trail into the Clove. We may ascend the side of Breakneck depending on what's on the ground. Exact route to be determined. About 1500 ft. of elevation gain at a compassionate pace (it's the best the leader can do.) To register, contact leader Steve Klepner, spk010@yahoo.com, (h) 914-617-9193, (mobile) 845-297-7066.

Saturday, February 27
Butler Sanctuary in Bedford/Mt. Kisco (Joint with WTA)

3-4 miles, one trail is easy, the other is moderate. If sufficient snow, this is an ideal place for snowshoes. If not, we will hike at a leisurely pace, but traction devices may be needed. To register, call Carol Harting at 845- 669-6731 or e-mail at c.harting@verizon.net.

Sunday, February 28
West Mountain, Pawling, NY

Approximately 7.4 miles (4-5 hours plus travel time). Moderate to strenuous. Appalachian Trail South. Terrain starts out flat for a mile through a marsh area that has a wooden pathway, then continues up through the woods, eventually through a farming area, gradually going down to a road with a giant oak tree, then more wooded trails uphill and eventually will reach view point at 3.7 miles where lunch is planned. Return trip follows the way we came up. Parking is at the Appalachian Trail Train Station just to the west of Route 22 in a small lot. If crowded, then you must park up the road after the nursery where there is a lot on the left. To register, call leader Jean Dolen 914-948-4585.

Sunday, February 28

Marshlands Conservancy (Joint with WTA)

3-4 miles, easy. Enjoy a two hour hike in this Rye preserve on a network of trails through a field, a deciduous forest and a salt marsh. Meet leader at 10:30 a.m. at the Conservancy parking lot, located at 220 Boston Post Road near the Rye Golf Course. To register, contact leader Leslie Millman at oooleslie@aol.com. Cell number is for day of hike changes only: 914-552-7720.