



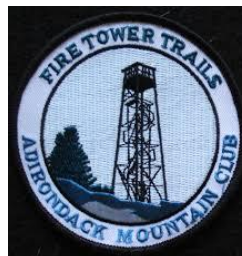
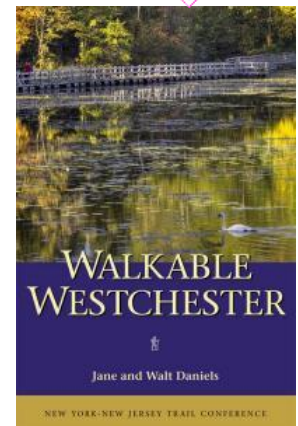
ADK Mohican Hikes June-August 2017

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. You too can get some of these great patches below by setting some hiking goals and hitting the trail.

"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 (**new ones please**) to Jeanne Thomson, P.O. Box 219, Somers, NY 10589-0219

Saturday, June 3 **Trail Work in Harriman State Park**

In the spring of 2010, I adopted a 2.5 mile section of the Suffern Bear Mountain Trail in Harriman State Park. The requirements for a trail adopter are to walk the trail twice a year, provide basic maintenance such as removing overgrowth, and report any major problems to the New York Jersey Trail Conference. I have performed these duties faithfully for the past 7 years with the help of chapter members. It has been a fun and rewarding project, but I think it is time for someone else to take on this responsibility. If interested, please show up on June 3 or give me a call to discuss it. If no one from our chapter volunteers, I will give the trail back to the NY/NJTC for another group or individual to take on.

Let's have a good turn out on June 3 so I can hand the trail over to the next maintainer in good condition. It is a good opportunity to give back to the trails we use all year. To sign up, contact leader Kathie Laug via email kfriedmanlaug@optonline.net or 203-348-3993

Finally, I would like to thank all of those who have helped with this project over the years: Jane Restani, Barbro Thelemarck, Carol Harting, Jane Smalley, Pat Johnston, Margaret Freifeld, Fran Resch, Barry Leibowitz, Paula Schouten, Ed Aloe, Leslie Millman, Nancy Lentner, Mary Hilley, Carole Ehleben, Debbie Farrell, Annette Grau, Olga Libman-Roshal, Mikhail Roshal, Lev Roshal, Sophia Roshal, Dalia Roshal, Lisa Weismiller, Katsue Maki.

Saturday, June 3 **Anthony's Nose**

6-7 miles, strenuous. The Camp Smith Trail is said to be the most rugged trail in Westchester County. You will be rewarded for your efforts with many panoramic views along this scenic route. Lunch will be at Anthony's Nose and then we will head back to the starting point. To register, contact co-leaders: Lillian Wolfe-Brown, sunset922@aol.com or (914) 668-3184, and Alice Benash, ajrb3@verizon.net or (914) 723-8722. Rain cancels. *Qualifies for the Westchester 100 (No. 50).* This is a WTA hike.

Sunday, June 4 **Tuxedo Circular (This is a Ramblers Hike)**

15 miles, moderate to strenuous. Starting from the Tuxedo Station we hike to Dater Mountain Nature Park, circle the park exiting to pick up the Blue Disc Trail, which we take to its terminus. Continuing north, we climb Parker Cabin and Tom Jones Mountains, cross Route 106, then climb Black Rock Mountain before heading south and returning to Tuxedo. Many early outs are available. For further information or to register, contact the leader, Bob Fiscina at fis6973@verizon.net. Rain cancels. No beginners please.

Sunday, June 4 **PepsiCo Sculpture Garden (Joint with WTA)**

2 miles, easy. This is an easy, meandering walk through beautiful gardens and sculptures in PepsiCo's newly reopened sculpture garden on Anderson Hill Road in Purchase (opposite SUNY Purchase). To register, contact leader Jean Dolen, (914) 522-4310.

Friday, June 9 **FIOS "Fitness Friday" at Ward Pound Ridge (Joint with WTA)**

5-6 miles, easy to moderate. Lorin Richardson, the host of FIOS-1's "Fitness Fridays", and her photographer, will be joining us for a hike on the Leatherman's Loop and other trails in Ward Pound Ridge today. Eileen will talk about WTA's Westchester 100 project at the summit view, Howard will explain the history of the Leatherman (without making anything up) as we explore the cave, and we can all put in our two cents about the joys of hiking. There is an entrance fee at the Reservation, so we'll meet at the Cross River Shopping Center at the intersection of Routes 35 and 121 and carpool to the hike. To register or for meeting time and information, contact one of the leaders Eileen West, eileenw1000@gmail.com or Howard Millman, (914) 439-8031, hwardmillman@aol.com.

Saturday, June 10 **Canoe/Kayak - Bashkill (Joint with WTA)**

This is the largest freshwater wetland in southeastern New York which protects acres of habitat for all kinds of wildlife. If we are lucky we may catch the spring bird migration. The leader will set up a shuttle for a one way paddle through the entire wetlands. There may be space in leader's canoe. Bring binoculars, lunch, and a sense of adventure. To register, call leader Jane Smalley, (914) 276-0413 or e-mail jsmallpt@aol.com.

Saturday, June 10
Giant Stairs (Joint with WTA)



6-8 miles, moderate to strenuous. Starting from the State Line Lookout we head north along the Palisade cliffs, descend to the river then pass Peanut Leap Cascade before reaching the Giant Stairs. After about a mile of scrambling, we reascend the cliffs for a south/north loop, then

return to the cars. For further information or to register, contact the leader Bob Fiscina at fis6973@verizon.net. Rain or wet conditions cancel. No beginners please.

Saturday, June 10
Iona Island



3 miles, easy. We have been invited by Doc Bayne, the speaker at WTA's recent annual dinner and president of Friends of Sterling Forest, to accompany

him on a 3-hour, leisurely paced lecture and walking tour of Iona Island. Be sure to bring water and a snack and wear comfortable, sturdy shoes. Iona is closed to the public except for special occasions so try to take advantage of this opportunity to see the island firsthand. Meet at 10 a.m. at the Iona Island parking lot by the railroad tracks. (Iona is just off Route 9W, about one mile south of the Bear Mt. Inn). To register or for more information, contact Doc Bayne at (845) 988-7969 or docforest@optonline.net.

Sunday, June 11
Harriman Hike

6-7 miles, moderate Harriman Hike leaving from Lake Sebago parking lot. Searching for mountain laurel around Pine Meadow Lake. To register, contact leader Sarah Davis, sewdavis@gmail.com, 212-873-4018 h, 917-501-1322 c.

Sunday, June 11
Mountain Lakes Camp
Hawley Road off Route 121 – North Salem

Join us for this moderate 6 mile hike done at a leisurely pace on carriage roads and wooded trails with some short steep hills. We will be out for about 3-4 hours. Call Jean Dolen to register at 914-522-4310.

Saturday, June 17
West to West (with West) on the AT Hike # 2
(Joint with WTA)

Route 9D to Chapman Road. 8.4 miles, moderate to strenuous. This is the second in a series of six hikes on the Appalachian Trail, from West Mountain in Harriman to West Mountain in Pawling. Today we'll encounter several ascents and some familiar terrain near the Osborn Loop and the White Rocks view before continuing into the Graymoor Friary property and descending to Chapman Road. Rain cancels. To register or for meeting time and other information, contact leader Eileen West via email at eileenw1000@gmail.com.

Saturday, June 17
Old Croton Aqueduct, Dobbs Ferry to
Tarrytown and Back



8 miles, easy. Historic sites along the way include the Octagon House, estate of Madam C.J. Walker, and the Lyndhurst estate. Then we stroll down Main Street in Irvington to Scenic Hudson Park for lunch overlooking the Hudson River

before returning. Meet 10:30 a.m. at the corner of Main Street and Walnut near the Dobbs Ferry train station. To register, contact leader Marvin Pasternak, hikermarv@aol.com, (718) 261-7199. Rain cancels. This is a WTA hike.

Sunday, June 18
Fahnestock's Unknown Vistas (Joint with WTA)

7 miles, moderate. A mix of civilized wooded and streamside trails, woods roads and two bushwhacks with three sweeping vistas that are absolutely worth the effort to get there. While the woods road sections are EZ, one of the bushwhacks is, ahem, a tad challenging. However, good news for sensible hikers who prefer trails to brambles, you can take a bypass for one or both bushwhacks. Some simple scrambles, no exposures and probably no zombies. Certainly one

of the best and lesser known hikes in Fahnestock. Meet at 9:30 a.m. at the A.T. parking area on Dennytown Road. To register, contact leader Howard Millman, hwardmillman@aol.com, (914) 439-8031.

Sunday, June 18
Silver Lake Preserve

4-5 miles, easy to moderate. The route of this 3-hour hike is through woods, on some hilly terrain and along a lake in this West Harrison, NY preserve. To register, contact leader Jean Dolen, (914) 522-4310.

Saturday, June 24
Harriman Circuit Hike # 9, Ledges and Lakes
(Joint with WTA)

9 miles, strenuous. Starting from East Village Road near the Tuxedo train station, we will take various trails to reach Lake Skenonto and gain more than 2000 feet of elevation during the hike. To register and for start time, contact Jane Restani by 5 p.m. the day before the hike at iranjanea@aol.com. Inclement weather, i.e., heavy rain or extreme heat cancels.

Saturday, June 24
Harts Brook Park and Preserve
(This is a WTA hike)

3 miles, easy. Stately woodlands, flowing streams, open fields, flowering trees, a secluded pond--summer bliss. Meet the leader at 10:00 a.m. at the preserve's parking area. The preserve is located at 156 Ridge Road in Hartsdale; the New York New Jersey Trail Conference has GPS and map directions on its website at: <https://www.nynjtc.org/park/harts-brook-park>. Rain cancels. To register, contact leader Toby Garfinkel (914) 337-6612. Qualifies for the Westchester 100 (No. 5).

Sunday, June 25
Schunemunk Circular (Joint with WTA)

6-8 miles, moderate to strenuous. This is a moderate hike with a distinct climb at the start, then ups and downs on the following ridges. Views of the Hudson River, Storm King Art Center. We will probably do both ridges depending on the weather and signups. Lunch, sunblock, broad-brimmed hat and two liters of water is a good idea. Compassionate pace. It's not a race. To register, contact leader Steve Klepner at spk010@yahoo.com, (mobile) 845-297-7066.

Sunday, June 25
Pound Ridge Reservation, Pound Ridge, NY
(Joint with WTA)

3-5 miles, easy to moderate. This morning hike will start out with a short but steady climb up to the fire tower, then down onto a trail surrounded by beautiful rock formations and then out to the flat and level Laurel Trail ending up at the Kimberly Bridge area where the cars will be parked. We will have lunch there and then can do another hour or so for those who wish to do additional hiking. We will carpool into the park as there is a parking fee. To register, contact Carol Harting at c.harting@verizon.net.

Saturday, July 1
Russian Bear (#2 Circuit Hikes in Harriman)

Strenuous hike of 6.2 miles and 1800 feet elevation gain offers steep terrain, interesting rock formations, and panoramic views. Should get everyone in good shape for those summer hiking adventures. Sadly the large boulder said to resemble a dancing bear fell off the cliff in 2004. To register, contact Kathie Laug 203-348-3993 or email kfriedmanlaug@optonline.net.

Saturday, July 1
West to West (with West) on the AT Hike # 3
(Joint with WTA)

Chapman Road to Rt. 301. 9.1 miles, moderate. On this hike we'll climb Canopus Hill, head through Fahnestock State Park, and end at Canopus Lake, as we continue along the Appalachian Trail on this series of six hikes from Harriman to Pawling. Rain cancels; contact leader for meeting time and other information. To register, contact leader Eileen West at eileenw1000@gmail.com.

Saturday, July 1
California Hill State Forest (Joint with WTA)



3-4 miles, easy to moderate. Explore woods roads in California Hill State Forest, east of the Taconic State Parkway. One feature is several of the so called "Stone Chambers" of Putnam County. There are no marked trails here yet but the roads are open and it is not a bushwhacking hike. Meet at 10 a.m. in the State Forest's parking lot. Driving directions: From the northbound Taconic Parkway, exit to go east on Pudding Street about 2 miles to a gravel road on the

right that heads toward the fire tower. Parking is 0.8 on the gravel road at 41.437001, -73.783102, aka 170 Wawayanda Court, Carmel, NY. To register, contact leaders Jane and Walt Daniels, jdhikes@gmail.com, (914) 245-1250.

Sunday, July 2
Rockefeller Preserve

5 miles, easy to moderate. Buy lunch at the café or bring your own. To register, contact leader Sarah Davis, sewdavis@gmail.com, (212) 873-4018 h, (917) 501-1322 c.

Monday, July 4
Catfish Loop in Fahnestock (Joint with WTA)



5 miles, moderate. This will be a circular hike with gentle ups and downs on the Catfish Loop in Fahnestock State Park starting (and ending) on Dennytown Road. You will have plenty of time to attend those July 4th barbecues. The parking area is 1.2 miles down Dennytown Road coming from Route 301. To register, e-mail Carol Harting at c.harting@verizon.net.

Saturday, July 8
Bear Mountain

5 miles, moderate plus. We will take 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, a historical museum. There is a parking fee of \$10/car without an Empire Passport. To register, call the leader Jean Dolen at (914) 522-4310.

Saturday, July 8
Canoe/Kayak - Bantam River - Litchfield, CT (Joint with WTA)

We'll explore the Bantam River in CT. The river enters and exits the lake at the north end providing superb quiet water paddling through an extensive tract of land protected by the White Memorial Foundation. We will paddle upstream on this gently twisting river for a few miles to Little Pond; then downstream reaching the north end of the lake and explore along the shoreline. Meet at 10 a.m. at the Bantam Market on the right near the junction of Rt. 202 and Rt. 209. Bring binoculars, lunch, and a willingness to explore. There may be space in leader's canoe. To register, call leader Jane Smalley, (914) 276-0413 or e-mail jsmallpt@aol.com.

Sunday, July 9
Breakneck Ridge

5 miles, moderate to strenuous. Less steep ascent up along Breakneck Brook and the Blue Trail. Then the ridgeline trail with views of the Hudson River valley, where we'll take a lunch break. Descent down the Undercliff Trail and along the brook back to the parking area. For those that want, we'll stop for ice cream in Cold Spring. For meeting time and directions, call leader Dod Chahroudi (845) 878-6869.

Sunday, July 9
Island Pond Circular



5 miles, easy to moderate. We will park at the Elk Pen and start with the steep climb up the A-SB. Pace will be adjusted to weather conditions. Return on the AT. To register, contact leader Catharine

Raffaele via email at raffaele.catharine@yahoo.com.

Saturday, July 15
Long Path/1779 Loop (Joint with WTA)

10 miles, moderate to strenuous. This hike in Harriman State Park features 3 lakes, 2 shelters, one mine and 2000 feet elevation gain. For further information or to register, contact leader Bob Fiscina at fis6973@verizon.net. Rain cancels. No beginners please.

Saturday, July 15
Teatown Lake Reservation (This is a WTA hike)

4-6 miles, easy to moderate. We will hike on various shaded trails including the Twin Lakes trail. Meet at 9.45 a.m. at the Nature Center. For directions, see the Nature Center's website at www.teatown.org or call them at (914) 762-2912. To register or if you need a ride, please contact the leader in advance. Sue Soni, surekhasoni1968@gmail.com or (914) 747-2452. Inclement weather may cancel.

Saturday, July 15
**Run the Rapids on the Delaware River
See Full Notice on Page 2**



Sunday, July 16

Sterling Forest (This is a WTA hike)



6-8 miles, moderate. Let's skip the hordes of hikers in Harriman, and hike in Sterling Forest instead. We'll have lovely forest scenery, some nice views of Greenwood

Lake, and we will visit the Fire Tower. Heavy rain/foul weather cancels. To register and for meeting time and place, please contact the leader Judy Hirschman no later than Friday, July 14, at hirschmanjudith@gmail.com.

Sunday, July 16

**West Side Greenway and the High Line
(This is a WTA hike)**

6 miles, easy. Come celebrate with an after-Bastille Day walk through the Greenway from 79th Street to 42nd Street. Then we will head over to the High Line (about 1.5 miles crowded with tourists, but with fantastic views of Manhattan). We have the choice of coming back the same way or of shortening the hike by returning by the subway at 14th Street. Meet at 9:30 a.m. at the Van Cortlandt Golf club parking lot. We will take the subway at 242nd Street (about 25 minutes to 79th Street). Bring plenty of water, a hat, sunscreen and summery clothing. We can find food along the way (or bring your own). People coming from Manhattan can meet us in the Greenway about 2 blocks south from 79th Street by the restrooms. To register or for directions, call leader Diana S. Catz at (718) 549-1735 or email to dscatz@gmail.com.

Saturday, July 22

Fishkill Ridge (Joint with WTA)

7 miles, moderate to strenuous. From Pocket Road, we'll follow a somewhat steep trail along a lovely creek with tiered waterfalls to reach Fishkill Ridge and its multiple stupendous views. To register, contact leader Debbie Farrell, debfarpr@gmail.com, (914) 282-9942. Transportation from the train station may be arranged.

Saturday, July 22

Lake Taghkanic Hike and Swim

5 miles, easy to moderate. We'll do a loop around the lake, then enjoy a swim in this Columbia County park in Ancram, NY. There is a bath house for changing, and snacks are available. Expect a parking fee of \$8/car without an Empire Passport. Exit at the large

green sign for the park exit off the Taconic State Parkway, past the Columbia County sign. To register, call the leader, Jean Dolen at (914) 522-4310.

Sunday, July 23

Gentleman's Farm (Joint with WTA)

8 miles, easy to moderate. This hike in Fahnestock Park has modest, gentle ascents, which we will do at a moderate pace. It's not a race--just a nice morning and early afternoon summer outing. Views of three lakes/ponds. Mostly through shaded woods but with a stretch through open fields. Lunch, sunblock, insect repellent, broad-brimmed hat and two liters of water is a good idea. To register, contact leader Steve Klepner, spk010@yahoo.com, (mobile) 845-297-7066.

Sunday, July 23

**Saxon Woods, PepsiCo Sculpture Garden
and More (This is a Ramblers Hike)**



15-16 miles, easy to moderate. From the Mamaroneck train station, hike to and around Saxon Woods Park on most of its perimeter trails before heading north via the

Hutchinson horse path and local roads into Purchase, where we'll explore the newly renovated PepsiCo Sculpture Garden. Out to the Port Chester train station by way of Crawford/Rye Hills Park and more local streets. Those arriving by train, take the 8:36 a.m. New Haven line train from Grand Central to Mamaroneck. Drivers: park at the Mamaroneck station in time to meet the incoming 9:18 a.m. train. To register, contact leader Eileen West, eileenw1000@gmail.com. Awful weather cancels.

Sunday, July 23

Dog Friendly Hike at Ward Acres Park, New Rochelle (Joint with WTA)



2-3 miles, easy. Enjoy a slow but steady small dog friendly hike with woodlands, a stream, and wetlands before the afternoon heat. To register, contact leader Carolyn Hoffman,

earthwormch@aol.com, home (914) 948-0608, cell on day of hike only (914) 420-5778. Meet at 9:30 a.m. at the North White Plains train schedule for carpooling.

Saturday, July 29

Route 106 Circular in Harriman (Joint with WTA)

6-8 miles, moderate. Using the S-BM, Long Path and other trails, we will hike past the Orak ruins and up to the fire tower, then head over to the second and third reservoirs and other scenic spots. To register, email the leader Mike Kaplan kaplanm2001@yahoo.com for start time and other information. No first time hikers, please. Rain cancels.

Saturday, July 29

Saxon Woods Park (This is a WTA hike)

3 miles, easy. Trails have gentle elevation and woods roads, tall trees, wetlands, rock outcroppings, typical Westchester woodlands. Meet leader at 9:30 a.m. at the pool area off Mamaroneck Ave. Rain cancels. To register, contact leader Toby Garfinkel (914) 337-6612

Sunday, July 30

Fahnestock State Park

8 miles, easy to moderate. Hike on beautiful cross country ski trails with no snow through wooded areas and on rolling hills with beautiful scenery. Call the leader Jean Dolen to register at (914) 522-4310.

Sunday, July 30

Manitou Preserve off 9D (Joint with WTA)

3.5 miles, easy to moderate. This is perfect for a summer morning hike since it takes only 2-3 hours at the most and 40% of the hike is right along the Hudson River. It is considered an easy hike but the trails are "rugged" meaning there are some branches on the trail and some blowdowns. Good hiking boots and hiking poles are suggested. Bring sufficient water and a snack. To register, contact Carol Harting at c.harting@verizon.net.

Saturday, August 5

Minnewaska Hike and Swim



8 miles, easy to moderate. This is a scenic hike on carriage roads plus a cooling swim at Lake Awosting (a dressing area is available). Bring

water shoes if you have them for the rocks. There is a \$10/car parking fee unless you have an Empire

Passport so carpooling is encouraged. From the Thruway (I-87), head west on Rt. 299. Turn right at Rt. 44--it is 4-5 miles to the park entrance. Park in the upper lot. Call the leader, Jean Dolen, to register at (914) 522-4310.

Saturday, August 5

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 at 10 a.m. at the Conservancy parking lot located at 220 Boston Post Road near the Rye Golf Course. To register, contact leader Leslie Millman by e-mail at oooleslie@aol.com. Cell number is for day of hike changes only: (914) 552-7720.

Saturday, August 5

Canoe/Kayak - Chodikee Lake, Highland, NY (Joint with WTA)

About 5 or 6 miles of lake and stream paddling. We will explore the meandering streams at both ends of the lake. They provide wildlife habitat with extensive wooded swamps plus stands of cattails and other marsh vegetation. We may encounter a beaver dam or two on the South stream. There may be space in leader's canoe. Directions: New York State Thruway to Exit 18, New Paltz. We'll meet at 10 a.m. at the Mall. Turn left onto 299 and then a right into the mall. To register, call leader Jane Smalley (914) 276-0413 or e-mail jsmallpt@aol.com.

Sunday, August 6

West to West (with West) on the AT Hike # 4 (Joint with WTA)

Rt. 301 to Miller Hill Rd. 7.3 miles, moderate. The route of today's hike takes us along the shore of Canopus Lake and up to the expansive viewpoint on Shenandoah Mountain before descending to Miller Hill Road at the point where the AT crosses under the Taconic State Parkway. Rain cancels. To register or for meeting time and other information, contact leader Eileen West via email at eileenw1000@gmail.com



Sunday, August 6

Canoe/Kayak at White Pond

Paddle one of the most natural, clear bodies of water in Putnam County. Will also include a short shoreline, forest hike

(easy). Bathing suits are a cooling off option. Bring a lunch, your boat and a PFD. To register or for meeting time and directions, call leader Dod Chahroudi (845) 878-6869.

Saturday, August 12

Raccoon Brook Hills (#3 Circuit Hikes in Harriman)

Moderate hike of 5.7 miles and 1100 feet of elevation gain. We will hike along the cascading Pine Meadow Brook and past the roaring Cascade of Slid which should be cooling if it is a hot day. To register, contact Kathie Laug by phone at 203-348-3993 or via email kfriedmanlaug@optonline.net.

Saturday, August 12

Stonetown Circular (Joint with WTA)

10.6 miles, moderate to strenuous. This Jersey Highlands loop climbs and descends five mountains while providing views of the Wanaque and Monksville Reservoirs. For further information or to register, contact the leader Bob Fiscina at fis6973@verizon.net. Rain cancels. No beginners please.

Saturday August 12

Sylvan Glen Park Preserve (Joint with WTA)



5 miles, easy to moderate. This wooded Yorktown nature preserve was home to a quarry business yielding the honey-hued

stone used in the Cathedral of St. John and the U.S. Senate Office Building. Some highlights are artifacts from the quarrying operation, the massive "quarry oak", an old stone explosives shed, a trail that passes under a distinctive rock bridge, and wetlands including Westchester's largest aquifer. To register, contact leader Debbie Farrell, debfarpr@gmail.com, (914) 282-9942.

Sunday, August 13

Harriman Circuit Hike # 20 - Long Mt., Turkey Hill and Queensboro Lakes (Joint with WTA)

6 miles, moderate. This hike climbs hills and parallels lakes, and has 1300 feet of elevation gain. We will start from Route 6. To register and for start time, contact

Jane Restani by 5 p.m. the day before the hike at irabjanea@aol.com.

Sunday, August 13

Rockefeller Park - Main Entrance

5-6 miles, easy to moderate. This is a three-to-four hour hike which may be longer if we eat at the Blue Stone Café. Bring lunch or buy lunch. There are picnic tables indoors and outdoors. There is a \$6/car parking fee unless you have an Empire Passport. To register, contact leader Jean Dolen, (914) 522-4310.

Monday, August 14

Dog Days of Summer at the Armstrong-Richards Preserve (Joint with WTA)

2-3 miles, easy to moderate. If it's a typical hot and humid day in August (Dog Day of Summer), let's do a relatively short and not too difficult hike (walk) at the Armstrong-Richards Preserves in Pound Ridge between 2-4 p.m. This could become a regular monthly Monday afternoon hike. To register, please call the leader Barry Leibowitz no later than 5 p.m. on the day before the hike. Home number (845) 278-2479, cell number (914) 774-5321. Rain cancels.

Saturday, August 19

Three Lakes/AT Loop (Joint with WTA)

6 miles, moderate. Enjoy a circular hike through the woods of Fahnestock State Park with some ups and downs on the Appalachian and Three Lakes Trails. Meet the leader at 9:30 a.m. at the large Canopus Lake parking area on Route 301. To register, contact leader Minu Chaudhuri 914-391-5918 or email minu1@optonline.net.

Saturday, August 19

Pound Ridge Reservation, Pound Ridge, NY (Joint with WTA)

5.6 miles, easy to moderate. This is a pleasant "walk in the woods" on gentle terrain on the Reservation's red ski trails. Bring lunch or a snack and plenty of water. To register, contact Carol Harting via email at c.harting@verizon.net.

Sunday, August 20

Tarrywile Park in Danbury, CT

Join me for an easy hike 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, passed ponds and brooks, and into

the woods. 10 a.m. start. We will meet in the parking lot which is located just inside the Southern Blvd. entrance. To register, please contact the hike leader Rosanne Schepis, 203-417-5552 (cell) or rschep@yahoo.com.

Sunday, August 20

East Hudson Highlands Loop (Joint with WTA)

9 miles, moderate-to-strenuous with several steep climbs and descents. Well-marked trails--Brook, Breakneck Ridge and Wilkinson Memorial in highlands overlooking Hudson River north of Cold Spring. Dry forested area, varied terrain. To register, contact Elena Burova at (914) 729-0076 or elena.burova@gmail.com. Bring lunch and plenty of water. Carpooling from North White Plains. Those wishing to go directly to the trailhead, meet the leader in the Mt. Taurus parking lot (on Rt. 9D, 0.7 miles north of Rt. 301) at 10 a.m. for a short drive to the start of the hike. Rain cancels.

Saturday, August 26

Black Rock Forest Hike and Swim (Joint with WTA)



Carpooling from North White Plains train station. 5 miles, moderate, plus time to swim at Sutherland Pond. May also see waterfall and "Jupiter's Boulder."

To register or for trailhead meeting time or other information, contact leader Carolyn Hoffman, earthwormch@aol.com, home (914) 948-0608, cell on day of hike only (914) 420-5778. Short shuttle involved.

Sunday, August 27

Blue and Spitzenberg Mts. (Blue Mt. Reservation) (Joint with WTA)

7 miles, easy to moderate. From Depew Park in Peekskill, we will hike over the peak of Blue Mountain, then up the Spitzenberg climb, and then return to Depew Park on different trails with lake views. To register, contact leader Frank Lee via email fleessa@yahoo.com. Meet at North White Plains train station at 8:30 a.m.

Sunday, August 27

Mianus River Gorge (Joint with WTA)



4-5 miles, easy. This lovely preserve offers a cool retreat from the summer heat. Lunch after the walk at the preserve entrance. To register, contact leader Catharine Raffaele via email at raffaele.catharine@yahoo.com.
