



ADK Mohican Hikes March - May 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

Saturday, March 11

Rainbow Taurus (Joint with WTA)

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, March 4

Mountain Lakes Camp, North Salem Hawley Road off Route 121

6 miles, easy to moderate. This is a three-to-four hour hike through a County park with a partially restored camp from the olden days. Yurts and log cabins, bonfire pit, bathrooms, dining hall, etc. Trails are beautifully marked through the camp with some view areas. Bring lunch and water. To register, contact leader Dolen, 914-522-4310. *Qualifies for the Westchester 100 (No. 57).*

Sunday, March 5

New Rochelle to Larchmont, the Long Way (Joint with WTA)

12-13 miles, easy. From the New Rochelle train station, hike along or near the sound by way of Five Islands Park, Premium Marsh Conservation Area, Manor Park, Flint Park, Hommocks Conservation Area and Harbor Island Park using roads and streets to connect these areas. Return to the Larchmont train station via the full length of the Leatherstocking Trail with a detour through the Sheldrake River Conservation Area. Drivers: park in the Radisson Hotel lot (2 River Street) in New Rochelle at 9:15 a.m. and meet those arriving by train at the northeast corner of Huguenot and Cedar Streets (if coming by train, please contact the leader for information). To register, contact leader Eileen West, eileenw1000@gmail.com. Awful weather cancels. **This hike is also on the New York Ramblers schedule.** *Qualifies for the Westchester 100 (Nos. 68, 89, 90 and 100b).*

Sunday, March 5

Hudson Highlands Gateway Park (Joint w/WTA)

This is a pleasant 4-5 mile moderate hike with gentle ups and downs. Take Bear Mountain Parkway north to Highland Avenue to Sprout Brook Road and the parking lot is on the right designated by a sign for the Gateway Park. To register, email Carol Harting at c.harting@verizon.net. Traction devices may be needed. *Qualifies for the Westchester 100 (No. 31).*

6-7 miles, moderate to strenuous. From the Fishkill Road trailhead, trek along a multi-colored assortment of trails--red, white, blue, green and yellow--with a possible segue to the Haldane Loop Trail. Great views of the Hudson, Breakneck, Cold spring, West Point, etc. To register, contact leader Debbie Farrell, debfarpr@gmail.com, 914-282-9942.

Saturday, March 11

Rockwood to Rockefeller

6 miles, easy to moderate. This hike will be approximately four hours through rolling hills and carriage roads with views of the Hudson River. Bring lunch, water, snacks. To register, contact leader Jean Dolen, 914-522-4310. *Qualifies for the Westchester 100 (Nos. 38 and 59).*

Sunday, March 12

Around the County - Lewisboro to North Salem Part 4: North Salem (Joint with WTA)

6-7 miles, easy to moderate. This is the last in our "Around the County" series for the 2016-17 season. We'll begin the day with a circuit hike in Franklin Fels Preserve, then take a short drive to the start of our thru-hike. First, we'll explore the Hayfield on Keeler trail, take a detour to view North Salem's mysterious



Balanced Rock (a 60-ton boulder atop five much smaller rocks), and continue on to Baxter Preserve. After exploring the trails in Baxter, we'll head north again, to and through the Bloomerside

Preserve, where our hike will end just south of the North Salem/Putnam County line. Shuttle required. For meeting time and place, contact leader Eileen West at eileenw1000@gmail.com. Rain or heavy snow cancels. *Qualifies for the Westchester 100 (Nos. 3 and 46).*

Saturday, March 18

Windham High Peak, Catskills (Joint with WTA)



6.5 miles, moderate. This hike has approximately 1800 feet of elevation gain. If there is snow, it is a good beginner's snowshoe. If there is an overwhelming outcry for

a "required" winter peak, the leader will consider a change. To register, email leader Jane Restani by 5 p.m. on Friday evening at irabjanea@aol.com.

Saturday, March 18
Silver Lake Preserve (Joint with WTA)

3-4 miles, easy to moderate. This will be a hike of about 3 hours or less with lunch. The Battle of White Plains in 1776 took place in this Preserve on Merritt Hill where we will see the monument erected in the parking lot. It is also the site of Westchester's first free black community. To register, contact leader Jane Smalley, (914) 276-0413 or e-mail jsmallpt@aol.com. *Qualifies for the Westchester 100 (No. 40).*



Sunday, March 19
Anthony's Nose via Camp Smith Trail (Joint with WTA)

7 miles, strenuous. This hike has lots of ups and downs. Starting from the Toll House, we ascend the Camp Smith Trail to Anthony's Nose. Nice views of the Hudson River. Return is via the same route. (It looks different going in the opposite direction.) To register, contact leader Steve Klepner, spk010@yahoo.com, (home) 914-617-9193, (cell) 845-297-7066. *Qualifies for the Westchester 100 (No. 50).*

Sunday, March 19
Pound Ridge Reservation (Joint with WTA)

4-5 miles, easy to moderate. We will be starting this hike on trails in the Lewisboro Town Park before entering the Reservation. This will be an easy 2-3 hour hike on very pleasant trails. No lunch is needed, but we will have a snack break at the Meadow. To register, email Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 63).*

Saturday, March 25
The Catfish Loop and More

7-8 miles, moderate. This is a figure-eight hike incorporating the Catfish Loop at Fahnestock State Park in the morning and a loop around John Allen Pond in the afternoon, with plenty of rolling hills and water views to enjoy. Contact one of the leaders for information about meeting time and place. Co-leaders: Alice Benash, ajrb3@verizon.net or 914-723-8722; and Lillian Wolfe-Brown, sunset922@aol.com or 914-668-3184. Rain cancels. This is a WTA hike.

Sunday, March 26
Hook Mountain (Joint with WTA)

6 miles, moderate. Panoramic views from the ridge, with an easy return on the Shore Path. To register, contact leader Catharine Raffaele, c (914)260-0343 or raffaele.catharine@yahoo.com.

Sunday, March 26
Cranberry Lake, Old Orchard Street Off Route 22 in North White Plains

This hike is approximately 3-4 miles (2-3 hours) on moderate trails with dirt, rocks, roots, quarry, etc. Quarry climb is optional. To register, contact Jean Dolen at 914-522-4310.

Saturday, April 1
Parker Cabin Mountain, Harriman State Park Circuit Hike #10

A moderately strenuous hike that is only 5 miles in length but ascends 5 summits (Car Pond Mountain North and South, Parker Cabin Mountain, Tom Jones Mountain, and Black Rock Mountain.) There will be excellent views of the surrounding park and Sterling Forest. For meeting time and place, contact leader Kathie Laug by phone at 203-348-3993 or email kfriedmanlaug@optonline.net.

Saturday, April 1
Buttermilk Falls County Park, Rockland County (Joint with WTA)



Carpooling from North White Plains train station at 9:30 a.m. 3-5 miles, easy to moderate. Spring means waterfalls! This hike, only 20 minutes from North White Plains, also includes panoramic views. To register, contact leader Carolyn Hoffman at earthwormch@aol.com, home 914-948-0608, cell on day of hike only 914-420-5778.

Sunday, April 2

**Breakneck Ridge and Sugarloaf Mountain
(Joint with WTA)**



6 miles, strenuous. We'll go up the face of Breakneck to the ridge, descend on the Bypass, then go up again to the Sugarloaf Mountain summit. Be prepared for a

lot of rock scrambling on this hike, rewarded by almost constant views. Meet the leader at 9:15 a.m. in the Route 9D parking area on the left, just north of the tunnel. For further information or to register, contact Steve Singlak by email at srshudson@verizon.net or cell (845) 641-4132. No beginners please. Rain cancels.

Sunday, April 2

Westchester Wilderness Trail



6-7 miles, moderate. Another popular destination in Pound Ridge is this wonderful collection of "backyards" whose

famous owners have given permission for their land to be used for miles of lovely wooded trails. Come join us and enjoy a 3-4 hour outing with options for a shorter hike if you are pressed for time. To register, contact Carole Ehleben at (914) 205-3207 or ehleben@optonline.net. Qualifies for the Westchester 100 (No. 64).

Saturday, April 8

Schunemunk Circular (Joint with WTA)

6-7 miles, moderate to strenuous. The Schunemunk conglomerate ridge is known for its interesting geology and varied terrain. Morning ascent via the Sweet Clover, lunch at the Megaliths and return on the Jessup trail. To register, contact leader Catharine Raffaele, cell phone (914) 260-0343 or raffaele.catharine@yahoo.com.

Saturday, April 8

Croton Trifecta (Joint with WTA)



4-5 miles, easy to moderate. Begin by strolling Lytle Arboretum, then taking the

Croton Village Trail to explore some Brinton Brook

Sanctuary trails. Our return path will complete our Lytle circuit. To register, contact leader Debbie Farrell, debfarpr@gmail.com, (914) 282-9942. Qualifies for the Westchester 100 (No. 22).

Sunday, April 9

**Serenity at Black Rock in the Spring
(Joint with WTA)**

6 miles, moderate. Love is in the early spring air in this new variation of the hike along recently opened trails. Start in Cornwall and wind two miles through pristine woodlands and ridges to connect with the Sackett and likely the Stillman Trails near Mine Hill. The first part of the hike is a continual, mostly moderate (notice the word "mostly") climb on smooth trails through lightly wooded forests. Very civilized, perfect for an April day. No scrambles, no exposures, no zombies. We'll see some sweeping vistas including a viewpoint that's rarely visited and enjoy an extra-long (15 minute!) lunch there. Meet at 10 a.m. in the parking lot at the Hudson Highlands Nature Museum's Outdoor Discovery Center, 120 Muser Drive in Cornwall (zip: 12518) off Angola Road, about 1/4 mile west of Route 9W. Please remember to bring snacks for the leader. To register, contact leader, Howard Millman, hwardmillman@aol.com, (914) 439-8031.

Saturday, April 15

The Eastern Side of Black Rock



7-8 miles, moderately strenuous. Enjoy sweeping views from the Hill of Pines, Rattlesnake Hill and, of course, Black Rock Mountain, on this circular hike in Black Rock

Forest. 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. This is a WTA hike.

Saturday, April 15

**Canoe/Kayak - Harriman State Park
(Joint with WTA)**



We will open the season by exploring Lake Kanawauke and all three of its connecting lakes in Harriman State Park along Seven Lakes

Drive. The yearly fee is \$30 registration per boat, good through November 30. It includes several of the lakes in the park plus Rockland Lake. Bring canoe, paddle,

lifejacket, and lunch. May be space in leader's canoe. We'll meet at Tiorati Circle at 10:00 a.m. To register, contact leader Jane Smalley, (914) 276-0413 or e-mail jsmallpt@aol.com.

Sunday, April 16 EASTER
**Bald Mountain, the Timp and Doodletown
Harriman Park Circuit Hike No. 24**



6 miles, moderate to strenuous. This hike, which ascends to the summits of Bald and Timp mountains, involves over 1800 ft. elevation gain. Parking is on Route 9W south of the Bear Mt. recreation area. Register with leader Jane Restani by email at irabjanea@aol.com by 5 p.m. Saturday evening.

Saturday, April 22
Route 9D to Bear Mountain (Joint with WTA)

5-6 miles, moderate to strenuous. This hike is mostly moderate except as noted. We start from Rt. 9D, cross the Bear Mountain Bridge (nice river views), go through the zoo (if open) and then down to the river. Circling around Hessian Lake, we then ascend Bear Mountain on the Major Welch trail. This section can be considered strenuous but will be done at a moderate pace. Descent is via the AT. To register, contact leader Steve Klepner, spk010@yahoo.com, (home) 914-617-9193, (cell) 845-297-7066.

Saturday, April 22
**Butler Sanctuary in Bedford/Mt. Kisco Area
(Joint with WTA)**

3-4 miles, easy to moderate. This is a lovely 3-4 mile hike perfect for those hikers who want to graduate from easy hikes to moderate hikes. One trail is fairly level and the other trail we take is moderate as there is some elevation. To register, contact Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 49).*

Sunday, April 23
Three Lakes/AT Loop (Joint with WTA)



6-7 miles, moderate. This circular hike in Fahnestock Memorial Park passes two lakes and features multiple ups and downs through wooded areas. Meet

leader at North White Plains at 9:00 a.m. or at the large Canopus Lake parking lot on Route 301 at 9:45 a.m. To register, contact the leader Elena Burova, by phone (914) 837-4235 or e-mail at elena.burova@gmail.com before the hike if you need details.

Sunday, April 23
Edith Read Sanctuary, Rye, NY

2-3 miles, easy. Wooded trails, a marsh, a lake, a rocky beach, and a bamboo forest. The planned hike is 2-3 hours, but we can add more walking on the boardwalk for another hour or two. There is a parking fee of \$10 per car. To register contact leader Jean Dolen, (914) 522-4310. *Note: Qualifies for the Westchester 100 (No. 16).*

Saturday, April 29
**Sugarloaf, Breakneck and Mt. Taurus
(Joint with WTA)**

9-10 miles, moderate to strenuous. Starting from Route 9D, we ascend Sugarloaf Mountain, continue to the Breakneck Ridge Trail, pass Sunset Point and on to Mt. Taurus before descending to 9D. For further information or to register, contact the leader Bob Fiscina at fis6973@verizon.net. A shuttle is required. Rain cancels. No beginners please.

Saturday, April 29
**Rockefeller – Main Gate off Route 117 in
Sleepy Hollow**

Easy-to-moderate hike on carriage roads with rolling hills. Approximately 5-6 miles (3-4 hours)--longer if we eat at Blue Stone Cafe). Fee (\$6/car) without Empire Passport. To register, call Jean Dolen at 914-522-4310.

Saturday, April 29
Hike and Geocache Hunt (Joint with WTA)



If you have experience finding geocaches or would like to see what it's all about, join us for a hike and geocache hunt. The location is to be determined but possible locations are: Teatown, Saxon Woods, Bennett Pond, and Butler Sanctuary. If interested, please call the leader as soon as possible with your thoughts on location.

Leader: Barry Leibowitz (h) 845-278-2479, (c) 914-774-521. Rain cancels.

Sunday, April 30
Hudson Highlands (Joint with WTA)

7 miles, moderate. One way hike from Garrison to Anthony's Nose via Sugarloaf South, Osborn Loop and along the AT to the spectacular view from Anthony's Nose. Meet at the Castle Rock Parking Area at 9:30 a.m. To register, contact leader Minu Chaudhuri (914) 391-5918, minu1@optonline.net.

Sunday, April 30
Irvington Woods Preserve

3-4 miles, easy to moderate. An easy paced hike on various trails in a lovely wooded, 43 acre nature preserve. Meet the leader at 10 a.m. at the O'Hara Nature Center, 170 Mountain Road in Irvington. Directions: From Rt. 9, turn east on Sunnyside Lane, then make a right onto Mountain Road. The parking lot is a short distance up the hill. Lunch optional in the garden next to the center after the hike. Rain cancels. To register, contact leader Asha Chauhan, (212) 730-2351, a1chauhan@gmail.com. *Qualifies for the Westchester 100 (No 54)*. This is a WTA hike.

Saturday, May 6
West Mountain, Pawling, NY

7.4 miles, moderate. This hike uses the Appalachian Trail, starting out through a marsh area with a wooden pathway, continuing through the woods and farmland to a huge oak tree, and then ascending West Mountain to a viewpoint at 3.7 miles, where we will have lunch and then return the way we came. Parking is at the Appalachian Trail train station, just to the west of Route 22; if crowded, there is a large lot a bit further north, past the Native Landscapes Nursery. To register, call the leader, Jean Dolen at (914) 522-4310.

Saturday, May 6
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. *Qualifies for the Westchester 100 (No. 9)*.

Sunday, May 7
West Mountain, Harriman Park Circuit Hike No. 23 (Joint with WTA)

6.5 miles, moderate. This hike, with lots of views and an elevation gain of over 1800', leaves from the north end of the Anthony Wayne parking lot off the Palisades Parkway. To register, email the leader Jane Restani at irabjanea@aol.com by 5 p.m. the evening before the hike.

Sunday, May 7
Manitou Preserve

There are several trails in this preserve, some of which are on paths through a hemlock forest with cairns guiding the way, and others that run parallel to the river with lovely Hudson views, and we will explore most of them on this 2-3 hour hike. To register, contact Carol Harting at c.harting@verizon.net.

Saturday, May 13
Boston Mine and Stahahe High Peak, Harriman State Park Circuit Hike #12



This 7.5 mile hike is rated strenuous by the Circuit Hikes in Harriman book. It includes Bald Rocks at 1,382 feet, the highest elevation in Harriman, Ship Rock, one of the larger and more interesting mines in the park a secluded pond, and a side trip on an unmarked trail to a summit with open rock ledges. For meeting time and place, contact leader Kathie Laug at 203-348-3993 or email kfriedmanlaug@optonline.net.

Saturday, May 13
Canoe/Kayak - Mohansic Lake and Crom Pond (Joint with WTA)



This will be a new lake and pond to explore located in FDR State Park, Yorktown. After exploring the lake, we will look for the tiny connector into Crom Pond, truly a wilderness retreat. Bring own canoe or kayak, lifejacket, and lunch. There is a \$10 charge for boat access. There may be space in leader's canoe. For information and to register, call Jane Smalley (914) 276-0413 or e-mail jsmallpt@aol.com.

Saturday, May 13
Hudson Highlands (Joint with WTA)

9-10 miles, moderate to strenuous. Starting at Pocket Road, we will climb Lambs Hill, go along Fishkill Ridge and over Bald Hill, then out along Scofield Ridge before descending to 9D. For further information or to register, contact the leader Bob Fiscina at fis6973@verizon.net. A shuttle is required. Rain cancels. No beginners please.

Sunday, May 14
**West to West (with West) on the A.T.
West Mt. to Route 9D (Joint with WTA)**

7.8 miles, moderate to strenuous. This is the first in a series of 6 hikes which will take us from West Mountain in Harriman State Park to West Mountain in Pawling, NY, a distance of just under 50 miles, all while enjoying a very scenic part of our local Appalachian Trail. Today's hike begins at the south end of the Anthony Wayne parking area. We'll take Beechy Bottom Road to access the A.T. and almost immediately ascend Harriman's West Mt. Continuing past multiple viewpoints, we descend to cross Seven Lakes Drive and then go up and over the Bear Mt. summit, stopping at Perkins Tower and an expansive outlook to enjoy the views before tackling the 800 or so steps that lead down to the Inn. The rest of the hike is easy and relaxing, as we walk through the zoo and over the Bear Mt. Bridge to end on Route 9D. Shuttle required; contact leader for meeting time and place. Rain cancels. To register, contact leader Eileen West at eileenw1000@gmail.com.

Sunday, May 14
Lasdon Park, Somers

2-3 miles, easy. Enjoy the spring flowers in this lovely Westchester County park as we walk the path of war memorials and then through the gardens and a field of beautiful trees, leading us to the historic tree section, and circle a pond with a pagoda. To register, call leader Jean Dolen, (914) 522-4310. *Qualifies for the Westchester 100 (No. 34).*

Saturday, May 20
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 per car without an Empire Passport. To register, call the leader Jean Dolen at (914) 522-4310.

Saturday, May 20
Mianus River Gorge Preserve (Joint with WTA)

4.5 miles, easy to moderate. The Mianus River Gorge Preserve is nearly 800 acres of old-growth forests, rare hemlock forests, woodlands, stone walls, abundant wildlife and the Mianus River - a water supply for over 150,000 people in Westchester and Fairfield counties. Some of the highlights of the hike include the seasonal Havemeyer Falls and the Hobby Hill Quarry. Directions: Route 684 to Exit 4 (NY 172), Route 172 East toward Bedford Village, left on Route 22 North. At the village green (church on right), take the right fork. Follow NY 172 out of the village, right turn on Long Ridge (Mobil gas station on right) for less than 1/2 mile to Miller's Mill Road, right on Miller's Mill Road, go down the hill and across the bridge, left on Mianus Road (dirt road) 1/2 mile to parking lot (marked) on the left. To register, contact leader Art Adelman at aadelman@optonline.net or (914) 765-0542 for meeting time. Rain cancels. *Qualifies for the Westchester 100 (No. 56).*

Sunday, May 21
Rockland Lake and Hook Mountain

6 miles moderate. Hike begins on the Long Path near the entrance to Rockland Lake State Park. Sites along the way include an old cemetery, views of the Hudson River, and railroad tunnels through the mountain. We return on the bike path passing abandoned buildings and quarries. Call leader for meeting time and place. To register, contact leader Marvin Pasternak, hikermarv@aol.com, (718) 261-7199. Rain cancels. This is a WTA hike.

Saturday, May 27

Fahnestock State Park (Joint with WTA)

5-6 miles, moderate. Figure 8 on Three Lakes Trail, AT, and Sunk Mine Road. Varied terrain: on a ridge, past marshes, iron mines, lily pad pond, lunch at waterfall or at pond. Meet the leader at North White Plains at 9:30 a.m., or at the parking area along Canopus Lake on Route 301 just west of the boat rental in Fahnestock State Park at 10:20 a.m. To register, contact leader Carolyn Hoffman, earthwormch@aol.com, home (914) 948- 0608, cell on day of hike only (914) 420-5778.

Sunday, May 28

Wilkinson/Casino Trails (Joint with WTA)

8-9 miles, moderate to strenuous. This linear hike begins at the Wilkinson trailhead on Rt. 9D, continues up to the Sugarloaf and Sunset Point summits and on to the fire tower on South Beacon Mt., finally descending via the Casino Trail to the parking area at the base of the Mount Beacon Incline Railway on 9D. If you use a GPS, you can enter 640 Wolcott Ave, Beacon, NY 12508 (Bob's Corner Store address) right across from the parking area where we'll meet at 9:15 a.m. and shuttle from there to the beginning of the hike. For further information or to register, contact Steve Singlak by email at srshudson@verizon.net or cell (845) 641-4132. No beginners please. Rain cancels.

Sunday, May 28

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

5-6 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. Meet at NWP at 9:00 a.m. To register, contact leader Frank Lee, fleessa@yahoo.com. *Qualifies for the Westchester 100 (No. 48).*

Monday, May 29 (Memorial Day)

**Leatherman's Loop in Pound Ridge Reservation
(Joint with WTA)**



5 miles, easy to moderate. We will visit the legendry Leatherman's Cave where it is said he spent some time on his 365-mile loop walking thru Connecticut and Putnam and Westchester Counties. Bring lunch and plenty of water. To register, email Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 63).*