



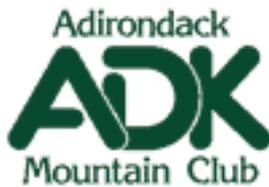
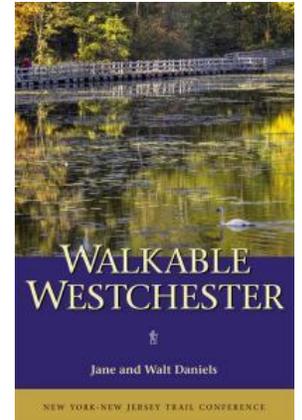
ADK Mohican Hikes Dec 2018-February 2019

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



HIKES and STUFF

Be courteous to the leaders: If you are registering for more than one person, give the

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

leader all the names; and if you have registered and your plans change, let the leader know so he/she knows not to wait for you. All hikes are Joint with WTA.

If There's Snow We Go: Cross-Country Skiing on Short Notice. Any Tuesday afternoon, Friday, Saturday or Sunday that there is enough snow for cross-country skiing within one to one and a half hour's drive, contact Carolyn Hoffman at (914) 948-0608 or carhof123@aol.com and we'll try to schedule a last minute skiing adventure. Please call prior to 9:30 p.m. the evening before.

Saturday, December 1

Hi-Tor

7 miles, moderate. We will have spectacular views on this shuttle hike, which begins at Ridge Road (near Rockland State Park), goes north along the Long Path with a side visit to the Youmans winery ruins, then heads up and over Hi-Tor and Little Tor, and ends at Gurnee County Park in Mount Ivy. Contact leader Frank Lee at fleessa@yahoo.com to register and for details.

Saturday, December 1

Orchard Beach, Twin and Hunter Islands

3-4 miles, easy. Enjoy the diverse environments of this park (marshlands, woodlands, meadows) with wonderful views of the Long Island Sound. Meet the leader at the Orchard Beach parking lot at 10 a.m. on the right side closest to the beach. To register, contact leader Diana Catz, dscatz@gmail.com or (718) 549-1735. Rain cancels.

Sunday, December 2

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. Call the leader, Jean Dolen, to register at (914) 522-4310.

Sunday, December 2

Irvington Woods Preserve

3-4 miles, easy to moderate. An easy paced hike on various trails in a lovely wooded, 430 acre nature preserve. Meet the leader at 10 a.m. at the O'Hara



Nature Center, 170 Mountain Road Irvington. Directions: From Route 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. To register, contact leader Asha Chauhanat at A1chauhan@gmail.com, 212-730-2351.

Saturday, December 8

Overlook Mountain, Woodstock NY



5 miles, moderate. This is our annual pre-holiday hike to the fire tower. The footing is good but it does go up. We will have plenty of

time to shop and snack in town. Contact leader Jane Restani at irabjanea@aol.com by 5 p.m. on Friday for time and carpool meeting spot.

Saturday, December 8

Twin Lakes Trail and Teatown Lake

4-5 miles, moderate. Visit three lakes today--Vernay Lake, Shadow Lake and Teatown Lake, and make a detour to Griffin Swamp. Bring snacks and water. Meet in the parking lot across the street from the Nature Center. Carpooling is encouraged as there is a \$5/car charge. Please register with the leader Sheila Sarkar, shechris6@gmail.com, (914) 498-2464. In the event of rain, sleet or snow, the hike will be cancelled.

Sunday Evening, December 9
ADK Holiday Party at Casa Rina
See newsletter for details

Sunday, December 9
Morning and Afternoon Hikes
See front page for details

Start the day with a 3-4 mile morning hike in Westmoreland Sanctuary in Mt. Kisco. In the afternoon, there will be a 2-3 mile hike on the trails of nearby Merestead. For those joining the morning hike, meet at Westmoreland at 9:45 a.m. For information about the hikes and to register contact Eileen West at eileenw1000@gmail.com.

Saturday, December 15
Bear Mountain via Major Welch Trail

5-6 miles, strenuous. We will have constant views of the Hudson River on this strenuous but rewarding hike. Meet the leader at 9:30 a.m. on the east side of the Bear Mountain Bridge. Inclement weather cancels. To register, contact leader Steve Singlak, srshudson@verizon.net.

Saturday, December 15
Within the County: Towns of Cortlandt and Ossining. Part 1: Briarcliff/Peekskill and Croton Gorge Trails

7-8 miles, easy to moderate. Now that we have completed our "Around the County" series we're starting a new project, this time to explore the parks and preserves in Westchester County's interior. This season's hikes will be in the Towns of Cortlandt and Ossining. First we'll take the Briarcliff/Peekskill Trail from Watch Hill Road in Cortlandt to Croton Gorge Park and have lunch near the spillway. Then we'll hike south to the Village of Croton on other trails. Our route will be along both sides of the Croton River as we travel through Croton Gorge Park and on the Croton River Gorge Trail, where today's hike will end. To register, contact leader Eileen West at eileenw1000@gmail.com. Shuttle required; rain cancels.

Sunday, December 16
Old Croton Aqueduct, Dobbs Ferry to Tarrytown and Back

8 miles, easy. Let's close out the year with a leisurely roundtrip walk. Historic sites along the way include the Octagon house built in 1860, the estate of Madam C.J. Walker and Lyndhurst Castle. Meet at the Dobbs Ferry train station. To register and for meeting time, contact leader Marvin Pasternak, hikermarv@aol.com (718) 261-7199. Rain or snow cancels.

Sunday, December 16
Silver Lake Preserve, West Harrison, NY

4-5 miles, easy to moderate. The route of this three-hour hike is through woods on varied terrain with some fallen trees to navigate, and along a lovely lake. To register, contact leader Jean Dolen, (914) 522-4310.

Saturday, December 22
Sylvan Glen Park Preserve



5-6 miles, moderate. Sylvan Glen in Yorktown is a nature preserve of over 400 acres. This hike will cover most of the trails in the park, and will be about four

hours with lunch. It is a heavily wooded park with wetlands that include Westchester's largest aquifer. We will hike past the remains of the Mohegan Quarries--discarded granite columns, old machinery, and cables high in the trees or buried underfoot giving us a look back into the history of the granite construction business a century ago. To register, call leader Jane Smalley (914) 276-0413 or email jsmallpt@aol.com.

Saturday, December 22
Untermeyer Park and Old Croton Aqueduct

4 miles, easy. This walk, which does have some hills and steps, allows us to explore the park, the Persian Garden and the Temple of Love. We will then hike south on the Aqueduct, exit at Shonnard Terrace, and proceed to the Hudson River Museum where we will have time to explore the exhibits and/or have lunch indoors or outside the museum. Our return to Untermeyer Park will have some variations in the route. The park is located at 945 North Broadway (U.S. 9), just south of St. John's Hospital in Yonkers. Meet the leader at 10 a.m. inside the park's entrance, near the Community Center building. There is a small parking lot inside the park; if it is full, park on the street along Broadway. Many beautiful views. Bring lunch and water. To register, contact leader Ellie Carren (914) 591-7038. May call up to 11p.m

Sunday, December 23
Muscot Farm

4 miles, easy. This two-hour hike is on interesting terrain and will be a nice break from the holiday

preparations. There is some elevation gain but most of the hike is flat. Afterward, the farm exhibits can be checked out. Snow or ice can make the outing more difficult. Bringing Microspikes or equivalent would be a good idea. To register, contact leader Steve Klepner, spk010@yahoo.com, (845) 297-7066.

Tuesday, December 25

Christmas Day Walk on the Bronx River Pathway

4-5 miles, easy. This will be a leisurely walk from the North White Plains (NWP) train station to Kensico Dam Plaza and back. There is an option for lunch in Valhalla, and another option to go up to the top of the Dam. Meet at NWP at 11:00 a.m. To register, contact leader Carolyn Hoffman, carhof123@aol.com, home (914) 948-0608, cell on day of hike only (914) 420-5778.

Saturday, December 29

Wonder Lake State Park

5-7 miles, moderate. This hike of about 3-4 hours is not for first-time hikers. Wonder Lake State Park is in Putnam County and was acquired by New York State in 1998 and expanded in 2006. The park covers nearly 1000 acres in both the Towns of Paterson and Kent. Traction aids such as Stabilicers or Microspikes may be required by the leader. To register, call leader Barry Leibowitz by 6 p.m. on the day before the hike at H: (845) 278-2479 or C: (914) 774-5321. Snow on the road or rain cancels.

Saturday, December 29

Jack Harrington Greenway and Bryant-Mamaroneck Park



4 miles, easy. This will be a hike on two different trails in White Plains. First, we will walk along the Greenway and return, then head over to the Bryant-Mamaroneck Park

where we will walk the path and walk back. Meet the leader at 85 Gedney Way in White Plains at 10:15 a.m. To register, contact leader Patti Kass, puddicats@gmail.com or (914) 946-6414. Cell on day of hike only (914) 525-6853.

Sunday, December 30

Rockefeller Preserve

6 miles, easy to moderate. Starting with the 13 Bridges Trail, we will explore various parts of the Preserve, stopping at the café where you can buy lunch or bring your own. To register contact leader Sarah Davis, (917) 501-1322 or sewdavis@gmail.com.

Monday, December 31

Early New Year's Eve

Meet at 2:30 p.m. at the North White Plains train station or 3:00 p.m. at the Rockwood Hall State Park trailhead on Rockwood Road, just west of Route 117. We'll do a two mile, mostly level walk around the former Pocantico Hills estate of William Rockefeller (now part of the State Park Preserve) and then offer our traditional sundown toast to the old year within sight of the Hudson River. Due to time constraints this year we won't be able to have goodies brought to the toast in advance, so please bring snacks and alcohol-free beverages with you to share with the group. Afterwards, we'll continue the celebration with an optional dinner beginning at 5:15 p.m. at The Cabin in Valhalla. Reservations for the dinner must be made by December 27, as we are limited to 18 people, so if you would like to join us please notify Carolyn Hoffman at carhof123@aol.com or (914) 948-0608 before that date. Inclement weather postpones the hike - but not the dinner - for 365 days.

Tuesday, January 1

New Year's Day at Greenwich Point Park, Greenwich CT



3 miles, easy. We will walk around the seaside park, and then those who are willing may jump in the Sound. Goodies will follow.

Celebratory wear is appreciated. No requirements and no registration necessary. Meet at 10:30 a.m. at the second concession stand. Email Jane Restani at irabjanea@aol.com if you need directions.

Saturday, January 5

Devil's Den, Weston, CT

7-8 miles, moderate. Devil's Den is the largest Nature Conservancy preserve in Connecticut and contains sites of historical and archeological significance. We will do the Grand Tour of the park

utilizing all the outer trails with an extension to the Great Ledge, a high rock formation with a spectacular view of the Saugatuck Reservoir. Traction devices may be needed. For meeting time and place, contact leader Kathie Laug, (203) 348-3993, (203) 722-5490 (cell), kfriedmanlaug@optonline.net.

Saturday, January 5

Bennett's Pond State Park, Ridgefield CT.

4-5 miles, easy. Enjoy a 2-3 hour walk through meadows, along a lake with beaver dams and water fowl, then onto a woods trail. Sturdy shoes and water are recommended. 10:00 a.m. start. To register, contact the leader Rosanne Schepis at rschep@yahoo.com or (203) 417-5552.

Sunday, January 6

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. Rain cancels. For meeting time and other information, contact leader Mike Jablonski, mjab5749@gmail.com

Sunday, January 6

Rockwood to Rockefeller

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

Saturday, January 12

Pine Meadow Lake

7-8 miles, moderate. Hike or snowshoe around Pine Meadow Lake in Harriman. Bring Stabilicers or other 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.

Saturday, January 12

Within the County: Towns of Cortlandt and Ossining. Part 2: Croton Preserves

7 miles, easy to moderate. Today we'll continue to explore the trails in Croton, going from Oscawana Park to Graff Sanctuary, then to Brinton Brook Sanctuary and the Lytle Arboretum. Along the way,

we'll be treated to views of the Hudson River and the hills to the east. To register, contact leader Eileen West at eileenw1000@gmail.com. Shuttle required; rain or heavy snow cancels

Sunday, January 13

Hook Mountain

6 miles, moderate, with easy return on shore path. Lovely views from the ridge. Snow and ice may make this a more rigorous hike. To register, contact leader Catharine Raffaele at raffaele.catharine@yahoo.com.

Sunday, January 13

Rockefeller Preserve

4-5 miles, easy. Enjoy 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

Saturday, January 19

Black Rock Forest



6 miles, moderate. We will meet at the Hudson Highlands Museum's Outdoor Discovery Center and ascend into Black Rock Forest for a circular hike on various trails. Although rated moderate, the difficulty is greater if there is snow on the ground. Participants may be required to carry snowshoes and Microspikes or equivalent (last year this hike was truncated because of deep snow and the absence of snowshoes). To register, contact leader Steve Klepner, spk010@yahoo.com, (845) 297-7066.

Saturday, January 19

Butler Sanctuary, Bedford/Mt. Kisco Area

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

Sunday, January 20
Ward Pound Ridge

5 miles, moderate. 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 no snow, we will do a hike in the southern part. Traction devices may be needed. Bring lunch, snacks and water. We will carpool from the Cross River Shopping Center. To register contact leader Sarah Davis, (917) 501-1322 or sewdavis@gmail.com.

Sunday, January 20
Cranberry Lake Preserve

3-4 miles, easy to moderate. This is a two-to-three hour hike through a North White Plains preserve in an area of quarry used to build the Kensico Dam a century ago. Trails, some of which may be rocky, go past various ponds, woods, rock formations, bridges and the foundation of an old quarry building (the quarry climb is optional). To register, contact leader Jean Dolen, (914) 522-4310.

Saturday, January 26
Hudson Highlands in Nelsonville

8-9 miles, moderate to strenuous. We will meet in Nelsonville and hike on the Undercliff, Notch and Nelsonville Trails. Views should be nice in the winter. Be prepared for winter conditions with



appropriate clothing, snowshoes and traction devices. To register, contact Janice Miller at madjan11@optonline.net.

Saturday, January 26
Rockefeller State Park

6-8 miles, easy to moderate. The distance of this hike will be determined based on weather conditions and ground cover, but no matter what we will make our way around a series of loops throughout the park including the Thirteen Bridges Trail, Ash Tree Loop and Eagle Hill. To register, contact leader Alice Benash, ajrb3@verizon.net or (914) 723-8722. Rain cancels.

Sunday, January 27

Within the County: Towns of Cortlandt and Ossining. Part 3: Briarcliff/Peekskill Trail, the OCA, and Sing Sing Kill Gorge



9 miles, easy to moderate. Today's hike is on a southern segment of the Briarcliff/Peekskill Trail, which we'll take from Spring Valley Road to the Croton Dam. There

we meet up with the start of the Old Croton Aqueduct, which until 1955 brought water from the Dam to NYC, and follow it into the village of Ossining. We'll end the hike with a short stroll through the Sing Sing Kill Gorge along the recently built Greenway. To register, contact leader Eileen West at eileenw1000@gmail.com. Shuttle required; rain or heavy snow cancels.

Sunday, January 27
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. To register, contact leader Jean Dolen, (914) 522-4310.

Saturday, February 2
**Turkey Hill and Queensboro Lakes
Harriman State Park**

5-6 miles, moderate. This will be a relaxing hike that starts from the Anthony Wayne Recreation Area and goes to Queensboro and Turkey Hill Lakes in Harriman. To register, contact leader: Minu Chaudhuri, minuch50@gmail.com or (914) 391-5918.

Saturday, February 2
Croton Point Park

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. To register, contact leader Catharine Raffaele at raffaele.catharine@yahoo.com.

Sunday, February 3

Fahnestock Winter Park, Carmel, NY



Cross-country ski on groomed trails if the winter provides adequate snow. Otherwise, we can hike or snowshoe. Information about admission and rental fees can be found on the Park's website; hot food is available in the park's café. Call

the leader, Jean Dolen, to register at (914) 522-4310.

Sunday, February 3

Cliffdale-Teatown Trail and Teatown Lake

4 miles, easy to moderate. Bring a thermos of hot chocolate and enjoy a hike from the Visitor's Center to the Cliffdale Education Center, using part of the Teatown Lake and other trails. We'll have a snack on the benches at Cliffdale, then return to the Visitor's Center on the other side of the lake. To register or for meeting time and information, contact the leader Elspeth Kramer, elspethkramer@aol.com, (347) 262-4802.

Saturday, February 9

Anthony's Nose via Camp Smith Trail

7.4 miles, moderate to strenuous. This is the most rugged trail in Westchester County. We will start at and return to the historic Bear Mountain Bridge toll house on Route 6. The hike will afford panoramic views of the Hudson River, Bear Mountain Bridge, and Iona Island. The summit of Anthony's Nose is an excellent spot for viewing raptors. Traction devices may be needed. To register and for meeting time, contact leader Kathie Laug, (203) 348-3993, (203) 722-5490 (cell), kfriedmanlaug@optonline.net.

Saturday, February 9

Marshlands Conservancy

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 10:30 a.m. at the Conservancy parking lot, located at 220 Boston Post Road near the Rye Golf Course. To register, contact leader Leslie Millman by e-mail at oooleslie@aol.com. Cell number is for day of hike changes only: (914) 552-7720.

Sunday, February 10

Mountain Lakes Camp, North Salem NY

6 miles, easy to moderate. This is a three-to-four hour hike through a County park with carriage roads, wooded trails and a few short steep hills. Bring lunch and water. To register, contact leader Jean Dolen, (914) 522-4310. *Qualifies for the Westchester 100 (No. 57).*

Sunday, February 10

Kensico Cemetery Tour

4-5 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 lunch recommended. Meet 10.30 a.m. in the parking lot of the Administration Building, 273 Lakeview Avenue, Valhalla. Directions: Taconic Parkway to Lakeview Avenue. Turn west, pass the monument shop, cross the railroad tracks and turn right into the parking lot. More information about the cemetery is available at www.kensico.org. To register, contact leader Sue Soni, surekhasoni1968@gmail.com or (914) 747-2452.



Friday-Monday
February 15-18, 2019
X-Country Ski Weekend
See page two for details

Saturday, February 16

Long Path/Hudson River

6 miles, moderate. We will start this circular hike at the Long Path just east of Rockland Lake State Park. There is an initial steep ascent to reach the top of the Palisades and breathtaking views of the Hudson. We will follow the Long Path with its many spectacular vistas and return on the trailway along the Hudson River. The hiking route may be changed if the ascent on the Long Path is deemed dangerous due to winter weather conditions. To register or for information, please email Joe Rodriguez jpr50@optonline.net by February 14.

Saturday, February 16

Within the County: Towns of Cortlandt and Ossining. Part 4: Sunny Ridge and Teatown

5-6 miles, easy to moderate. We return to Ossining today to explore one of its less-visited preserves (Sunny Ridge) and a much more popular one (Teatown), using another short segment of the Briarcliff/Peekskill Trail to connect the two. While in Teatown, we'll hike along the Waterfall and Twin Lakes trails to take in the water views. To register, contact leader Eileen West at eileenw1000@gmail.com. Shuttle required; rain or heavy snow cancels.

Sunday, February 17

Harriman Circular

6-8 miles, moderate. We will take in views from the beautiful Blue Disc Trail and Parker Cabin Mountain on this hike. Excessive snow, ice, and extreme cold may shorten the route. If conditions are icy, traction devices such as Microspikes or Stabilicers may be insisted upon by the leader. Please contact the leader, Judy Hirschman, at hirschmanjudith@gmail.com no later than 48 hours prior to the hike for meeting time and place.

Sunday, February 17

Snow Shoe at Richter Park in Danbury CT

Snowshoe (conditions permitting) on a beautiful golf course with ups and downs. If there's no snow, there is the option of a beginner hike (on a wooded trail) of about two hours. Will start at 10:30 a.m. For more information or to register, email the leader Rosanne Schep at rschep@yahoo.com or (203) 417-5552.

Saturday, February 23

Balsam Lake Fire Tower in the Catskills



5 miles, moderate. This out and back Catskill 3500 peak with less than 1500 feet of elevation gain makes it an ideal winter hike. If there is snow, it is a perfect snowshoe hike especially for beginners. If no snow, we will just hike up to the fire tower; and if the sun is shining on the trees at the top, it is wonderful. Snowshoes or traction devices are a must. We

will carpool from Exit 19 in Brewster off Route 84, or we could also meet at the park and ride in New Paltz off the NYS Thruway. Register with leader Carol Harting at c.harting@verizon.net so we can arrange carpools.

Saturday, February 23

Sylvan Glen

6 miles, easy to moderate. This underused gem of a hike offers up soft earth and well-marked trails, enough climbs to keep us warm, views, streams, and a huge 200-year old Oak tree used to hang horse thieves (but not recently). All that plus a long-abandoned granite quarry to explore. There's a lot of local history here, and I'll share my enhanced insights as we go along. You may want to leave room in your pack to collect chunks of granite as souvenirs. Meet at 10 a.m. at the Morris Avenue parking lot, just 1/4 mile east of Lexington Avenue in Yorktown (Mohegan Lake). If there's sufficient snow, we'll modify our route so we can snowshoe about three miles... and look UP the sheer quarry walls. To register, contact leader Howard Millman, hwardmillman@aol.com, (914) 439-8031.

Sunday, February 24

Doodletown at Bear Mt State Park

5-6 miles, moderate. On Routes 9W and 202, there is a parking area just south of the Bear Mountain Inn near Iona Island, where we will meet. We will explore Doodletown starting on the 1777E trail and returning on various ski trails. Hopefully there will be enough snow for snowshoeing. Bring lunch, snacks, water, layers and appropriate footwear. To register contact leader Sarah Davis, (917) 501-1322 or sewdavis@gmail.com.