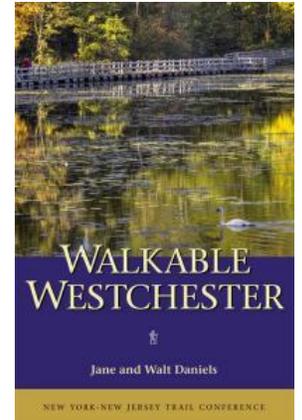




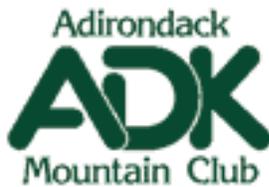
ADK Mohican Hikes March-May 2019

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 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, March 2

Within the County: Towns of Cortlandt and Ossining. Part 5: Teatown-Kitchawan Trail and John Hand Park

7 miles, easy-to-moderate terrain. Now that we've visited the parks and preserves on the western side of Cortlandt and Ossining, let's hike over to Ossining's eastern side via the Teatown-Kitchawan Trail. On the way, we'll take a side trip to the view at the summit of Bald Mountain in John Hand County Park, then walk along the banks of the New Croton Reservoir and into the Kitchawan Preserve, where today's hike, and this year's series, will end. Contact leader to register: Eileen West at eileenw1000@gmail.com. Shuttle required; rain or heavy snow cancels. *Qualifies for the Westchester 100 (No. 28).*

Saturday, March 2

Turkey Mountain Preserve, Yorktown Heights

Two-hour, 3-mile hike--easy with a short climb. This is a delightful hike to just get outdoors for a few hours with one of the best viewpoints in Westchester. The entrance is directly across the street from Peter Pratt Restaurant on Route 118. You can Google the Preserve or Peter Pratt for directions. Contact Carol Harting at c.harting@verizon.net to register.

Sunday, March 3

Silvermine Lake, Black Mountain and the AT

7 miles, moderate to strenuous terrain. We will do a circular from the Silvermine parking lot, with an option at the end to walk up to the top of the old ski run, if folks want. Rain or snow cancels. To register,

contact leader Mike Kaplan at kaplanm2001@yahoo.com.

Sunday, March 3

Arthur Butler Sanctuary, Mt. Kisco, NY

4-5 miles, easy-to-moderate terrain. This is a nice mixture of some steep hills in between rolling hills and flat terrain and varying scenery including ferns, large boulders, several streams, and a hawk watch area. To register, call the leader Jean Dolen at (914) 522-4310. *Qualifies for the Westchester 100 (No. 49).*



Saturday, March 9

Blue Mountain Reservation, Peekskill

5-6 miles, easy-to-moderate terrain. Scenic trails with massive rock formations. Trails are mostly easy with rolling hills, but there is a steep ascent to the summit of Blue Mountain. To register, contact leader Catharine Raffaele via email at Raffaele.Catharine@yahoo.com. *Qualifies for the Westchester 100 (No. 48).*

Sunday, March 10

Hillside Park and Woods The OCA and Lenoir Preserve

7-8 miles, easy-to-moderate terrain. We will use the Old Croton Aqueduct on this shuttle hike to connect three



preserves. The warren of trails in Hillside includes the Algonquin Trail said to be an old Native American trail with beautiful rock outcroppings. Lenoir Preserve is a birder's heaven with a nature preserve and an old mansion, views of the Hudson, and some stately old trees. Untermyer boasts Persian gardens on an elegant old estate. To register and to meet at trailhead, contact leader Carolyn Hoffman via email at carohof2@gmail.com, (914) 420-5778. Meet at North White Plains at 9:30 a.m. *Qualifies for the Westchester 100 (No. 8 and 30).*

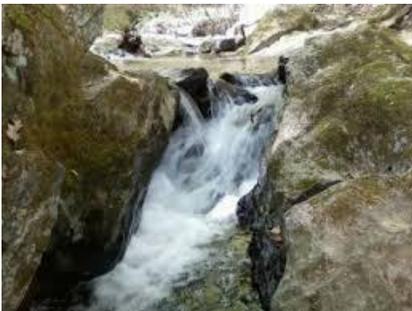
Saturday, March 16
St. Patrick's Special
East Hudson Highlands

6-7 miles, moderate terrain. A segue to a mysterious seanchaí (Irish storyteller) site highlights a journey starting at the Appalachian Trail at Route 9 in Garrison. Short shuttle involved. For information and to register, contact the leader Debbie Farrell via email at debfarpr@gmail.com or (914) 282-9942.

Saturday, March 16
Hilltop Hanover Farm, Yorktown Heights

3-4 miles, easy terrain. Look for signs of spring as we hike through open fields and then enter the woods passing a vernal pond and rock cliffs, and ascending to a viewpoint. Meet in the parking area outside the farm. From the Taconic State Parkway, take the exit for Route 100, head north for 3.9 miles, turn left onto Route 118. Take the first right turn onto Hanover St. and proceed 1.4 miles to the farm. Register with the leader Sheila Sarkar at shechris6@gmail.com or (914) 498 2464. *Qualifies for the Westchester 100 (No. 6).*

Sunday, March 17
Pawling Nature Reserve
and the Appalachian Trail



5-7 miles, moderate terrain. The Pawling Nature Reserve in Dutchess County within the towns of Pawling and Dover is owned by the Nature Conservancy. It includes almost 1,000 acres and contains a Hemlock-lined gorge, swamps, old fields and fern glens which supports populations of deer, amphibians, reptiles, wild turkeys, bobcats and beavers. Several color-coded trails run throughout the Reserve, some connecting to the AT. To register, call leader Barry Leibowitz at cell (914) 774-5321 or home (845) 278-2479 before 6 p.m. the day before the hike. Snowshoes or traction aids such as Microspikes may be required depending on trail conditions. Snow on the roads or rain cancels.



Sunday, March 17
Teatown Lake
Reservation

3 miles, easy-to-moderate terrain. Come out on this St. Patrick's Day and enjoy a hike at Teatown. This hike combines several trails and includes a stop at scenic waterfall. Wear something green, bring snacks and water. For time and meeting spot, contact leader Elspeth Kramer at (347) 262-4802 or email elspethkramer@aol.com. *Qualifies for the Westchester 100 (No. 62).*

Saturday, March 23
Cat's Elbow (Harriman Circuit Hike #22)

5.8 miles, moderate terrain. This hike, with 1,830' of elevation gain, starts and ends at the Anthony Wayne parking area and contains some of the park's best panoramic views, volcanic rock ledges, and a boulder strewn side trip. For meeting time and place, contact leader Kathie Laug, (203) 348-3993(H), (203) 722-5490(C), kfriedmanlaug@optonline.net.

Saturday, March 23
Early Spring Walk on the Bronx River Trailway

4-5 miles, easy terrain. We will walk on scenic paths along the Bronx River from the Crestwood train station to a waterfall in Scarsdale, pause to refresh, and then head back to Crestwood. To register, contact the leader Toby Garfinkel at (914) 337-6612. Meet him at 10:30 a.m. on the west side of the Crestwood station, which is just off Exit 8 of the Bronx River Parkway. Rain or snow cancels.



Sunday, March 24
Nelsonville/Taurus

8 miles, moderately strenuous terrain. This will be a figure-eight hike from Route 10 over the Taurus summit, down the Undercliff Trail, and back over the shoulder of Taurus. To register, email leader Jane Restani at irabjanea@aol.com by 5 p.m. Saturday.

Sunday, March 24
Rockwood to Rockefeller

7 miles, easy-to-moderate terrain. This hike will be approximately four hours through rolling hills and on flat carriage roads with views of the Hudson River and Hook Mountain in Nyack. Bring lunch, water, snacks. To register, contact leader Jean Dolen,

(914) 522-4310. *Qualifies for the Westchester 100 (Nos. 38 and 59).*

Saturday, March 30

Popolopen Gorge and Torne, and More



5-8 miles, moderately strenuous terrain. The route and distance of this hike will depend on ground conditions and the mood of the group, but no

matter what, we will do the scramble up Popolopen Torne and a hike along the gorge. Rain cancels. For meeting time and other information, contact leader Mike Jablonski at mjab5749@gmail.com or (914) 588-1761.

Saturday, March 30
Angle Fly Preserve

Come hike this preserve in late winter/early spring. There are more than 10 miles of trails that span the entire Preserve property. Leader will choose a couple of loops for an easy-to-moderate hike of 5-7 miles-- about 4 hours including lunch. May need Microspikes or other traction aides depending on trail conditions. To register, call the leader Jane Smalley 914-276-0413 or contact via e-mail at jsmallpt@aol.com.

Sunday, March 31
Hudson Highlands Loop

7 miles, moderate-to-strenuous terrain. Join the leader for a hike in the Hudson Highlands. The Wilkinson Memorial and Breakneck Bypass trails will be combined for an outing with significant elevation gain (a minimum of 1500' but possibly much more). The pace will be compassionate as we want to stay together and so we don't leave the leader behind. To be clear, we will not be doing the steep Breakneck Ridge ascent. Bring a lunch and two liters of water. To register, contact leader Steve Klepner at spk010@yahoo.com, (845) 297-7066.

Sunday, March 31
Mountain Lakes Camp

6-7 miles, easy-to-moderate terrain. This is a three-to-four hour hike through a County park on carriage roads and wooded trails with a few short steep hills and some view areas plus a partially restored camp from the olden days. Bring lunch and water. To

register, contact leader Jean Dolen, (914) 522-4310. *Qualifies for the Westchester 100 (No. 57).*

Saturday, April 6
Sterling Forest

8 miles, moderate terrain. We will start at the Visitors' Center and hike to and up the fire tower, and then hike along the ridge with spectacular views of the lake and surrounding hills. Easy return along the lake shore. To register, contact leader Catharine Raffaele at Raffaele.Catharine@yahoo.com.

Saturday, April 6
Walk to Roosevelt Island in NYC

11 miles, easy terrain. From Grand Central Station walk northeast to the Roosevelt Island tram (MetroCard). Circle the island from the 19th century lighthouse to the Four Freedoms Park. Stop for lunch (bag it or buy it). Depart the island via the Roosevelt Island Bridge to Long Island City and return to Manhattan via the Ed Koch/Queensboro Bridge and back to Grand Central Station. There will be options to shorten the walk. For questions and to register, contact the leader Linda Wildman at lindawildman88@verizon.net or text/call (914) 316-5674.



Sunday, April 7
Fondly Fahnestock

6 miles, moderate terrain. Discover civilized unspoiled picturesque trails in this sensibly paced adventure. Something here for everyone: marked, trails, woods roads, soft earth paths, and...two bushwhacks. One of those is a short intense climb (but not a scramble) up a slope to Bushy Ridge. For your effort, you'll be rewarded with multiple views along a scenic, little used, ridge top trail. Along the way, we'll briefly explore some small mines and a waterfall. Easy parking in the area just across from the boat launch at Canopus Lake (south side of Route 301). Meet at 10 a.m. To register, contact leader Howard Millman at hwardmillman@aol.com or (914) 439-8031.

Sunday, April 7
Edith Read Sanctuary, Rye, NY



2-3 miles, easy terrain. Wooded trails, a marsh, a lake, a rocky beach, and a bamboo forest, plus a newly renovated boardwalk (the old one had

been damaged by Hurricane Sandy). To register, contact leader Jean Dolen, (914) 522-4310. *Qualifies for the Westchester 100 (No. 16).*

Saturday, April 13
**Almost Perpendicular through
Claudius Smith's Den**

5-6 miles, moderate-to-strenuous terrain. This circular hike starts and ends on Johnstown Road in Harriman State Park. Using the Blue Disc trail, we will head up Almost Perpendicular and past Claudius Smith Den to the R-D, then around on other trails to finish on the White Bar. The hike will include steep climbs, spectacular views and interesting history. To register or for further information, email Joe Rodriguez at jpr50@optonline.net.

Saturday, April 13
Orchard Beach, Twin and Hunter Islands

3-4 miles, easy terrain. 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, April 14
Silvermine Circular in Harriman

8.5 miles, moderate-to-strenuous terrain. This pleasant spring hike will incorporate sections of the Menomine, Long Path, and a very nice stretch of the A.T. To confirm and to get exact meeting place and time, please email the leader Judy Hirschman at hirschmanjudith@gmail.com no later than 48 hours prior. Excessive rain/foul weather cancels.

Sunday, April 14
Eastern Side of Rockefeller State Park

4-6 miles, easy-to-moderate terrain. We will explore several trails on this less traveled side of the preserve, which will enable us to see views of the Saw Mill River Valley. Meet the leader at 9:45 a.m. in the large parking lot for the North County Trailway on Route 117 in Mt. Pleasant. If you are heading west, the lot is on your left between Routes 9A and 448. Inclement weather may cancel. To register, contact leader Sue Soni, surekhasoni1968@gmail.com or (914) 747-2452. *Qualifies for the Westchester 100 (No.59).*

Saturday, April 20
Southern Harriman Circular



8-9 miles, moderate to strenuous terrain. This hike will bring us to two scenic lakes, the Dutch Doctor Shelter and Claudius Smith's Den all while providing panoramic views and over 2,100 feet elevation gain. For further information or to register, contact Bob Fiscina at fis6973@verizon.net. Rain cancels. No beginners please.

Saturday, April 20
Squantz Pond State Park, Fairfield, CT

5 miles, easy-to-moderate terrain. This beautiful hike travels through meadows...onto a carriage road...up a trail to an overlook with a view of Candlewood Lake. The hike has some ups and downs, and one short but fairly steep climb. Allow about three hours round trip. 10 a.m. departure. Steady rain cancels. To register, contact the hike leader Rosanne Schepis at (203) 417-5552 (cell) or rschep@yahoo.com.

Sunday, April 21 (Easter)
Ringwood-Ramapo Trails and Gardens

7-8 miles, moderate terrain. Explore the ridges and valleys of the nearby Ringwood-Ramapo forest topped off by a stroll through Skylands (the New Jersey Botanical Gardens) to see the spring blooms. No Easter eggs or bunnies, but there will be pretty trails, a nice view at lunch, and maybe an Easter lily or two blooming in the gardens. To register, contact the leader Eileen West at eileenw1000@gmail.com. Rain cancels. Carpooling from North White Plains train station.



Saturday, April 27
Bear Mountain via Major Welch Trail

5-6 miles, strenuous terrain. 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. Parking on Route 9D shoulder. Inclement weather cancels. To register, contact leader Steve Singlak at srshudson@verizon.net.

Saturday, April 27
Hudson Highlands Gateway Park

4-5 miles, easy-to-moderate. This is a pleasant 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. *Qualifies for the Westchester 100 (No. 31).*

Saturday April 27
Canoe/Kayak - Harriman State Park

We will open the season by exploring Lake Kanawake 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. We'll meet at Tiorati Circle at 10 am. To register, call leader Jane Smalley at 914-276-0413 or email jsmallpt@aol.com.

Sunday, April 28
West Mountain, Pawling, NY

7.4 miles, moderate terrain. 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, April 28
Irvington Woods Preserve



3-4 miles, easy-to-moderate terrain. 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 (away from the river) on Sunnyside Lane, then bear 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 Chauhan at A1chauhan@gmail.com, (212) 730-2351. *Qualifies for the Westchester 100 (No 54).*

Saturday, May 4
Storm King

8-9 miles, moderate to strenuous terrain. Starting from 9W we will hike down to Cornwall Landing on the Hudson River, then return to the cars climbing Storm King Mountain. For further information or to register, contact Bob Fiscina at fis6973@verizon.net. Rain cancels. No beginners please.

Saturday, May 4
Croton Gorge Park and the OCA



5-6 miles, easy terrain. This mainly linear hike starts at the base of Croton Dam, continues south

above the Croton River, and then along the Old Croton Aqueduct trail to the Ossining border. We will return to our starting point via the OCA, then head to the top of the dam to enjoy the views across the Croton reservoir. Meet in the main parking lot off route 129; bring lunch or a snack. To register, please e-mail the leader Sheila Sarkar at shechris6@gmail.com.

Sunday, May 5
Three Lakes/A.T. Loop

6-7 miles, moderate terrain. 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 a.m. or at the large Canopus Lake parking lot on Route 301 at 9:45 a.m. To register and if you need details before the hike, contact the leader Elena Burova by phone (914) 837-4235 or e-mail at elena.burova@gmail.com. Carpooling from North White Plains train station.

Sunday, May 5
Silver Lake Preserve, West Harrison, NY

4-5 miles, easy-to-moderate terrain. The route of this three-hour hike is through the woods with some fallen trees to navigate, and along a lovely lake. To register, contact leader Jean Dolen, (914) 522-4310. *Qualifies for the Westchester 100 (No. 40).*

Saturday, May 11
Pingyp (Harriman Circuit Hike #21)

7.1 miles, strenuous terrain. This hike is not for the faint-hearted! Although the elevation gain is “only” 1,495 feet, it includes steep climbs up craggy, pitch pine-dotted ledges and a crevice and is considered the most challenging hike in Harriman State Park. Of course, you will be rewarded for all your hard work with spectacular views. For meeting time and place, contact leader Kathie Laug at (203) 348-3993(H), (203) 722-5490(C), kfriedmanlaug@optonline.net.

Saturday, May 11
Rockland Lake State Park

6 miles, moderate terrain. The hike begins on the Long Path and climbs the ridge of Hook Mountain above the Palisades cliffs. Interesting points include a cemetery from the 1800s, trains tunneling through the mountain, and old stone buildings. Scenic views over the Hudson River include Croton Point Park and the Village of Ossining. The hike returns on the Hook Mountain Bike Path. Directions: Take Route 9W to the entrance of Rockland State Park (Rockland Lake Road). Stay to the right until the end going past a fire station. Park in the spaces before the barricade. To register and for time and/or directions, call leader Marvin Pasternak, marvp7025@gmail.com (917) 733-2259. Rain cancels.

Saturday, May 11
Marshlands Conservancy

3-4 miles, easy terrain. 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 12
Stonetown Circular



10.5 miles, moderate-to-strenuous terrain. This hike climbs five mountains with over 2,500 feet of elevation gain while offering views of the

Wanaque and Monkville Reservoirs. For further information or to register, contact Bob Fiscina at

fis6973@verizon.net. Rain cancels. No beginners please.

Sunday, May 12
Rockefeller Park - Main Entrance

5-6 miles, easy-to-moderate terrain. This is a three-to-four hour hike along carriage roads with rolling hills (the hike may be longer if we eat at the Blue Stone Café). The peonies should be blooming this time of year. There is a \$6/car parking fee unless you have an Empire Passport. To register, contact leader Jean Dolen at (914) 522-4310. *Qualifies for the Westchester 100 (No. 59).*

Saturday, May 18
Island Pond Circular



7 miles, moderate terrain. Starting from the Elk Pen, we will hike up to the ridge on various trails leading to expansive views

along the R-D and Lichen, and then head over to Island Pond for a relaxing break on a rock outcrop overlooking the water. Return is via the A.T. To register, contact leader Alice Benash via email at ajrb3@verizon.net. Rain cancels. Carpooling from North White Plains train station.

Saturday, May 18
Untermeyer Park and Old Croton Aqueduct

4 miles, easy terrain. 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, depending on the weather. Our return to Untermeyer Park has 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 11 p.m.

Saturday May 18

Canoe/Kayak Bantam River, Litchfield, CT

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

Sunday, May 19

Somers to Goldens Bridge (a Farm, a Garden, a Reservoir)



13 miles, easy-to-moderate terrain. Start with a visit to Muscote Farm to welcome the baby animals born this spring, then hike through Muscote to Lasdon Park and Gardens. Explore the

trails within, passing specimen trees and plants as well as a memorial to fallen soldiers from the Revolutionary War to modern day. Then it's on to Angle Fly Preserve for a hike on its blue through-trail. Finally, reach the Kennedy Trail, which winds its way past the Muscote Reservoir and into Goldens Bridge. To register, contact the leader Eileen West at eileenw1000@gmail.com. Awful weather cancels. **NOTE: This is also a Ramblers hike.** *Qualifies for the Westchester 100 (Nos. 34, 53 and 58).*

Sunday, May 19

Hudson Highlands

5-6 miles, moderate terrain. Starting from Garrison, we will climb Sugarloaf South, then hike the carriage roads of the Osborne Loop, and take various trails to White Rock. Meet at the Castle Rock Unique Area on Route 9D at 9:30 a.m. To register, contact leader Minu Chaudhuri, (914) 391-5918 or minuch50@gmail.com.

Sunday, May 19

Cranberry Lake Preserve

3-4 miles, easy-to-moderate terrain. 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 at (914) 522-4310. *Qualifies for the Westchester 100 (No. 51).*

Saturday, May 25

Catskill Escarpment Trail

9-10 miles, moderately strenuous with a good deal of elevation. Walk in the footsteps of the Hudson River school artists in the North-South Lakes area. There are beautiful and historic outlooks with a good deal of elevation. Car shuttle required so register with leader Jane Restani at irabjanea@aol.com by noon on Friday so transportation can be arranged. With travel and taking time for vistas, this will be an all-day venture.

Saturday, May 25

Gentlemen's Farm

7 miles, easy-to-moderate terrain. Join the leader on an outing in Fahnestock Park. While most of the hike is in the woods, a section is across open fields. Modest elevation gain and a view of two lakes. Bring a lunch. It could be warm and sunny so two liters of water and a broad brimmed hat for the open areas are a good idea. To register, contact leader Steve Klepner at spk010@yahoo.com, (845) 297-7066.

Sunday, May 26

Rocks Trail in Ward Pound Ridge Reservation



7 miles, moderate terrain. Hike along this interesting trail at the Ward Pound Ridge Reservation, passing features including Spy Rock, Dancing Rock and an Indian Petroglyph of a bear. Appropriate

footwear, lunch and sufficient water are required. If it is very hot, we can always adjust the hike to accommodate the weather as this hike has several ups and downs. To register, contact leader Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 63).*

Sunday, May 26

New York City Walk

8 miles, easy terrain. This will be a U-shaped walk around Manhattan. Along the East River pedestrian path, down to Wall Street, west to the West Side pedestrian path, north to 42nd Street, then east along

42nd Street back to Grand Central Station. Meet the leader at Grand Central Station, a few feet south of the clock. To register and for meeting time, contact leader Frank Lee at fleessa@yahoo.com.

Sunday, May 26

**Leatherstocking and Sheldrake River Trails, and
Optional Larchmont Reservoir**

4 miles (+ optional 2), easy terrain. We will find shade in woodlands and along streams and lakes, and Sheldrake helps conserve native plants and animals. Meet at North White Plains at 9:30 a.m. Short shuttle required. To register or to meet at trailhead, contact leader Carolyn Hoffman at carohof2@gmail.com or (914) 420-5778.

Monday, May 27 (Memorial Day)

Devil's Den Ice Cream Hike



8 miles, easy-to-moderate terrain. What better way to welcome the unofficial start of summer than an outing that tops off the hike with some great homemade

ice cream? First, we'll do a circuit of the perimeter trails in Devil's Den in Weston, CT taking in several outlooks and some pretty forest scenery. Then, we'll head over to Heibeck's Stand for an ice cream treat-they've been around since 1931 so they must be doing something right. To register, contact the leader Eileen West at eileenw1000@gmail.com.



Thank you to all our soldiers who given
of themselves for our freedom!