



WESTCHESTER TRAILS ASSOC.

Visit us on the web at: www.westhike.org

SUMMER NEWSLETTER AND HIKING SCHEDULE JULY, AUGUST and SEPTEMBER, 2023

National Park Service
U.S. Department of the Interior
ENTERING
**Acadia
National
Park**

Save the Dates:



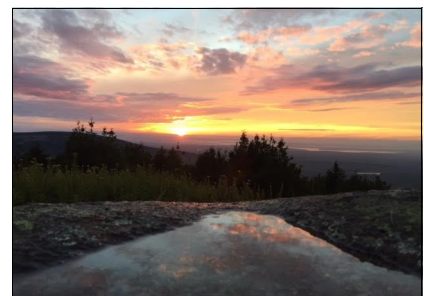
Wednesday, Sept. 6 - Friday, Sept. 15
Hiking Week at Acadia National Park
Reserve before August 6th

Saturday, September 23
100th Anniversary Celebration at Teatown Reservation
Register before September 17

NEWS AND NOTICES

Come to Our Hiking Week in Acadia National Park! We're working on a hiking schedule that will be chock full of options, with a minimum of two outings per day and often more. And if there's a day when you'd rather not hike there are plenty of other activities to do on your own, including biking, golfing, fishing, kayaking and whale watching. Or, you can just relax and take in the beauty of this gem along the coast of Maine.

We will arrive in Acadia on Wednesday, September 6 and leave on the morning of Friday, September 15 (although, as usual, you can go for whatever number of days you prefer), and we'll be staying at the Bar Harbor Motel (see their website at <http://barharbormotel.com> for more information). Our discounted group rate is \$209 plus tax per day for a room with either one king or two queen beds; the rate includes a continental breakfast, free wifi, a refrigerator and coffeemaker in the room, indoor bike and kayak storage, plus a heated outdoor pool, badminton court and other outdoor activities. So far 25 people have registered and we expect many more to sign up so don't miss out - our room guarantee is valid only until August 6th. To make reservations call (207) 288-2072 and speak with Norm; if he is unavailable you can try his cell at (207) 812- 6703 or leave a message and he will call you back. Tell him you are part of the Westchester Trails Association group so you get the discounted



Cadillac Mountain Sunrise (2016)

rate, and then contact Eileen West at eileenw1000@gmail.com or (914) 747-3776 to let her know you are coming and to be placed on an e-mail list for future updates about the trip.

This trip is a WTA-member benefit. Friends and family are welcome, but please have them join the club prior to making reservations. Participation in our Hiking Week is limited to vaccinated people only.

Election Results. The following officers and board members were unanimously elected at our annual meeting held this June at Westmoreland Sanctuary: Officers: President: Sheila Sarkar; Vice President: Lauren Linkowski; Secretary: Catharine Raffaele; Treasurer: Mike Doehring. Board Members elected for two year terms are Mike Kaplan, Steve Klepner and Elspeth Kramer. Gail Blumenfeld was elected to fill the remaining year of Lauren Linkowski's term; and Cynthia Moro and Carol Pamm, who have one year remaining on their terms, will continue on the board. Congratulations to all! Thank you to our outgoing President Alice Benash, and our outgoing board member Helen Wu, for their dedicated service to the club. And thank you also to our Nominating Committee: Carolyn Hoffman (Chair), Debbie Farrell and Sue Soni.

Our Annual Dinner in April at the Casa Rina Restaurant was most enjoyable! 36 people gathered to socialize with friends old and new. We were treated to a talk by Cary Andrews, an avid birder and Saw Mill River Audubon board member, who spoke about the effects of climate change on our local bird population and what we can do to mitigate these problems. We enjoyed good food and good company, and we're looking forward to next year's gathering.

Centennial Updates:

We're having a party! On September 23rd we'll be celebrating our 100th anniversary at Teatown Reservation. Be sure to check out the insert enclosed with this schedule for the details.

The Trail Walker, a publication of the New York-New Jersey Trail Conference, has an article in its spring edition about WTA's anniversary and its history over the past 100 years (see p. 9): https://www.nynjtc.org/sites/default/files/documents/Trail%20Walker%20-%20Spring%202023_1.pdf

State Senator Pete Harckham will be presenting us with a Proclamation from the NYS Senate in recognition of the club's work throughout the decades.

And more to come.....



History Hikes. As part of our 100th anniversary celebration we're featuring hikes from our old schedules throughout the year. Each hike will be done in the month that it originally took place, and you can identify the ones in previous summer schedules by the WTA logo to the left. You'll also find information about the original hike on the History Hike page enclosed with this newsletter.

Ice Cream Hikes. Some of our leaders have incorporated an ice cream stop into their hikes - look for the ice cream cone icon to find your "just desserts".



Congratulations to Kay Cynamon, who recently completed all of the trails on our Westchester 100 list. Kay has long been familiar with the County's larger parks and linear corridors, but said she hadn't explored most of the smaller preserves until a couple of years ago. She told us that her favorite was Halle Ravine, which she called a "true gem". Kay encouraged everyone "to try a dozen or so unknowns to explore...you will find surprises and delights in any season and at least come away with some decent exercise". To find out more about WTA's Westchester 100 challenge, see the "News and Notices" section of our website: <http://www.westhike.org/news-and-notice.html>

HIKING SCHEDULE

Covid-19 Policy

**Outings that are limited to vaccinated participants will say so in the description.
The restrictions below apply regardless of vaccination status.**

You must have a mask or other face covering with you at all times, which must be worn in crowded outdoor areas, when indoors, and during carpools. Those who are not from the same household should maintain at least 6' of social distance.

For the safety of all concerned, anyone who answers "yes" to any of these questions cannot be allowed on the hike:

1. Do you currently have any symptoms of a respiratory infection (including cough, fever, sore throat, shortness of breath, or loss of taste/smell)?
2. Have you had any of the above symptoms in the past 5 days?
3. Have you tested positive for Covid-19 in the past 5 days?
4. As far as you know, have you had contact with any confirmed or suspect Covid-19 case within the last 5 days?



Hiking boots and sufficient water (1-2 liters) are required on all hikes. A trail lunch should be carried unless otherwise noted. Hikers with improper footwear, without enough water, or who are otherwise unprepared, may be refused or turned back by the leader. In fairness to yourself and others, please be honest about your hiking experience and choose a hike within your abilities. Check with the leader if you have any questions about pace, terrain, or any other aspect of the hike.

Ratings are based on terrain (mileage is stated separately in the description). An "easy" hike is one with relatively flat terrain or gentle hills. A "moderate" hike has steeper grades, possibly going up and down all day, and may involve some bushwhacking or short rock scrambles (like much of Harriman Park). A "strenuous" hike has steep ascents, often with rough or difficult terrain on much of the hike (like most Schunemunk trails, Breakneck Ridge, etc.). These ratings apply during good weather; bad weather may lead to poor footing and increase a hike's difficulty.

Carpooling arrangements are entirely voluntary and entail no obligation on the part of the drivers. Passengers should reimburse the driver for a share of the expenses. We suggest that you multiply the miles driven round trip (to and from the trailhead) by 30¢ per mile, add tolls and parking fees if applicable, and divide the total by the number of people in the car (including the driver). You may wish to round these amounts up or down to the nearest dollar, to make things easier.

Unless otherwise noted, all of our hikes are co-listed with ADK Mohican

Saturday, July 1 - TWO HIKES TODAY:

Saturday, July 1 - Piermont Exploratory. 6-7 miles. easy terrain. We begin our walk on Rails to Trails where we will enjoy great views of the Mario Cuomo Bridge. We then walk to Sparkill and view the interesting war memorials and explore the town where we will enjoy our lunch. Our walk continues on a lower path through an interesting neighborhood with views of the creek, and we return to Piermont where we will walk the pier and hopefully see a variety of birds. Meet in Parking Lot D in Piermont (next to the main parking lot). Please register with the leader not later than 5 PM on June 30. Leader: Margo Moss (201) 568-5325 landline or acephoto@verizon.net.

Saturday, July 1 - Silver Lake Preserve. 3-4 miles, easy to moderate terrain. We will depart from the West Harrison parking lot on Old Lake Street and follow the blue and yellow trails, descending on the white trail to Silver Lake and proceeding to Liberty Park along quiet, shaded trails. We will circle around the lake on the road that passes through the West Harrison village green, returning to the parking area via the historic site of Merritt Hill which marks one of the actions of the Battle of White Plains in the Revolutionary War. Bring water and a snack. Vaccination is required on this hike. Contact leader for meeting time or other information. Leader: Sheila Klatzky, srklatzky@gmail.com. *Qualifies for the Westchester 100 (No. 40).*

Sunday, July 2 - TWO HIKES TODAY:

Sunday, July 2 - Shady Side of the Hook. 6 miles, easy to moderate terrain, plus a steep, rocky descent down the Treason Trail. We will walk north on the Long Path, which provides Hudson River views filtered by foliage and ample shade. The ridge provides many ups and downs, and then descends to the lower path, which is shared with bicycles. Vaccination is required on this hike. Leader: Catharine Raffaele, catharineraffaele@gmail.com.



Sunday, July 2 - Sunny Ridge. 4-5 miles, easy-to-moderate terrain. This is a wonderful little gem in Ossining that is usually passed over, coupled with a visit to the nearby ruins of a former estate. Usual ups and downs with one steep climb. Lots of interesting trail texture. Relaxed pace. To register contact leader Art Almeida, (914) 319-4701 or arta@croton10520.com. *Qualifies for the Westchester 100 (No. 19).*

Saturday, July 8 - TWO HIKES TODAY:



Saturday, July 8 - Both Sides of Route 106. 7-8 miles, moderate terrain. We will take the SBM north to climb Irish Mountain and check out the "Potato". Then we'll use unmarked paths in the Lake Welch area to access the southbound SBM and ascend to the fire tower. We will head over to the second and third reservoirs and other scenic spots, returning past the ORAK ruins on the way back to our cars. Vaccination is required on this hike. Email the leader for start time and other information: Mike Kaplan, kaplanm2001@yahoo.com. No first time hikers, please. Rain cancels.

Saturday, July 8 - Briarcliff Peekskill Trailway Part 3: Blue Mountain Reservation to Watch Hill Road. This hike is being repeated due to rain when it was last on the schedule, with a little change. Two possibilities: 1) If the temperature is over 85 degrees, it will be about 3 miles, easy to moderate, shuttle. 2) If the temperature is lower, it will be about 6 miles, lollipop, no shuttle. Woodlands, wetlands, and views of the Hudson Valley from Mt. Spitzenberg. Contact leader for time and meeting place. Leader: Carolyn Hoffman, carohof2@gmail.com or (914) 420-5778.

Sunday, July 9 - Tarrywile Park, Danbury, CT. 4 miles, moderate terrain. Once a dairy farm, the park encompasses more than 720 acres of woodlands, fields, ponds and 21 miles of hiking trails. Although the hike is on the easier side of moderate, it includes some rocky areas and a long, moderately steep ascent and descent. We'll pause at Mootry Peak to enjoy the view. To register, email leader Brent Laymon at belaymon@gmail.com or call (475) 206-7599.

Saturday, July 15 - Three Lakes/AT Loop. 6.8 miles, moderate terrain. Enjoy a circular hike through the woods of Fahenstock State Park with some ups and downs on the Appalachian and Three Lakes Trails. Leader: Minu Chaudhuri, minuch50@gmail.com or (914) 391-5918.

Sunday, July 16 - TWO HIKES TODAY:

Sunday, July 16 - Palisades Alpine Loop. 6-7 miles, moderate terrain. This is a lovely loop from the Alpine Boat Basin with changing views as we walk through scenic woods, passing some remains of old homestead areas and enjoying some river views on our return. Because there are parking fees at the Boat Basin, we will meet in the parking lot of the Brownstone Pancake Factory in Englewood Cliffs, right off of Exit 1 on the PIP, and then do a short carpool to the trailhead so we can share the parking expenses (masks are required for the carpool). Please register with the leader not later than Saturday, July 15 at 5PM. Leader: Margo Moss (201-568-5325), acephoto@verizon.net.

Sunday, July 16 - Larchmont and Mamaroneck Shores, Hot Dogs and Ice Cream, Oh My! 7-8 miles, easy terrain. This leisurely summer hike begins with an exploration of the trails along and above the Larchmont Reservoir. From there we'll access the Leatherstocking Trail, take that north to the Sheldrake River Conservation Area, and check out its streamside trails. Then we'll head down to the iconic Walter's Hot Dog Stand, on the National Register of Historic Places and a fixture in its present Mamaroneck location since 1928. Feel free to bring a sandwich if you don't want one of their award-winning hot dogs, but save room for dessert - today is National Ice Cream Day and both their ice cream and Italian ices are homemade. After lunch we'll continue to the Long Island Sound and Harbor Island Park, and then walk southwest along the Sound and its inlets, on local streets and through Hommocks Conservation Area, Flint Park and Larchmont Manor Park, where the hike will end. Short shuttle involved (masks required). Leader: Eileen West, eileenw1000@gmail.com. *Qualifies for the Westchester 100 (Nos. 90, 99a and 100b).*



Saturday, July 22 - TWO HIKES TODAY:

Saturday, July 22 - Cat Rocks from Route 22. 6.5 miles, moderate terrain. Join the leader on a hike on the AT from Route 22 in Pawling to the Cat Rocks overlook and back, with a total elevation gain of 990 feet. Passing the charming, one car Appalachian Trail train stop, we traverse a boardwalk across a wetland. At Mile 2 we encounter County Road 20 and the famous centuries-old Dover Oak. At this point we start the climb to Cat Rocks where we will have lunch, before returning to our cars the way we came. The drive north of RT 84 is pleasant with views of the ridges on the west, with the landscape blending from the suburban to the rural. Bring a lunch, 1.5 liters of water, a hat, bug spray and sunblock. Hiking poles are strongly recommended. Leader Steve Klepner, (845) 297-7066, spk010@yahoo.com. Email preferred with 'hike' in the subject line.

Saturday, July 22 - Manitou Point Preserve. 4 miles, easy to moderate terrain. Even though this is only a 3 hour hike or less, it is one of the best. They have done a great deal of work in this preserve off Route 9D in Garrison - redesigning and blazing trails, adding a stone stream crossing, and constructing a riverfront cantilevered bridge on the river trail. 40% of the route is right along the Hudson River. It is considered a relatively easy hike but the trails are "rugged" meaning that they are narrow and rocky, but we will take our time. Wear good hiking boots; hiking poles are suggested. Bring sufficient water and a snack. The parking lot can be easily passed as the sign is not that great. The actual address is 411 Route 9D, Garrison, NY. There is a small wooden sign which has the numbers "411" at the parking lot and a small white sign which says Manitou Point Preserve. It is 1.7 miles as you get on 9D from the bridge. Contact Carol Harting at c.harting@verizon.net to register.

Sunday, July 23 - Mianus River Gorge Preserve. 5-6 miles, easy to moderate terrain. Hike in a scenic old growth forest. We follow the red trail for the length of the preserve, take 2 short side trails to see a Mica mine and a waterfall, and end at the Bargh Reservoir. Then we will make our way back to the parking lot along the blue and red trails and include the yellow loop to Todd pond. Leader: Carol Pamm (646) 346-0371 or CarolJoyce2@aol.com. *Qualifies for the Westchester 100 (No. 56).*

Saturday, July 29 - **Sylvan Glen Park Preserve**. 5-6 miles, easy to moderate terrain. Starting from the parking lot on Stoney Street, we'll do a full circuit, visiting a number of attractions including the High Quarry and several smaller granite quarries, as well as remnants of quarry operations, the Quarry Oak, and a former riding ring, now overgrown with barberry. Directions: from the Taconic State Parkway, take exit 17B to the Bear Mountain Parkway Then take the first right turn onto Stoney St. and head steeply uphill for 0.5 miles. Just after #2820, turn left onto a dirt entrance road to the parking lot. Vaccination is required on this hike. To register, contact leader, Sheila Sarkar, at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 20)*.

Sunday, July 30 - **TWO HIKES TODAY;**

Sunday, July 30 - **AT, Bull's Bridge and the Herrick Preserve, Sherman CT**. 8.6 miles, moderate to strenuous terrain. Starting from the parking area for the AT on Route 55, we will use the AT to visit the beautiful Bull's Bridge area, complete with covered bridge and paths along the Housatonic River. Return will be on the little used paths of the Herrick Preserve, with a few more good views. This hike does have a .7 mile road walk, done at the beginning of the hike; depending on the group we can discuss a car shuttle. The leader stops at King Kone on her drive home - all welcome. Elevation change is 1900 feet. Extreme heat or bad weather may cancel or change the route. To register, contact Lauren Linkowski at llinkowski@gmail.com not later than Saturday morning. Vaccination is required on this hike.



Sunday, July 30 - **Leon Levy Preserve**. 3-4 miles, easy to moderate terrain. This is a 2-3 hour hike at the 370 acre Leon Levy Preserve featuring wetlands rich in wildlife, a ravine with 75 foot cliffs, and a diverse hardwood forest. See the ruins of the Black Mansion (1899-1979). Many of the trails are easy but there are ups and downs so hiking poles are recommended. The main entrance is on Route 123, just south of the intersection with Route 35, and 9.4 miles east of Route 684. Leader: Gail Blumenfeld, gailrb@yahoo.com. *Qualifies for the Westchester 100 (No. 35)*.

Saturday, August 5 - **Black Rock Forest, Hike & Swim**. 5-7 miles, moderate terrain. Great views, "Jupiter's Boulder," a waterfall (hopefully), swim at Sutherland Pond, and possibly wild blueberries. Contact leader for meeting time and place. A forecast of over 85 degrees may cancel. Leader: Carolyn Hoffman, carohof2@gmail.com or (914) 420-5778.

Sunday, August 6 - **TWO HIKES TODAY:**

Sunday, August 6 - **Jackie Jones Mountain and Big Hill Shelter**. 6.5 miles, moderate terrain at a relaxed pace. The hotter the temperature, the more relaxed the pace will be. This will be a loop hike in Harriman State Park. We will take the Suffern-Bear Mountain Trail past the ruins of a large estate known as ORAK and up to Jackie Jones Mountain. We will continue on to the Big Hill Shelter which offers panoramic views. Continuing on the S-BM and an unmarked trail we pass two scenic reservoirs. We will have a leisurely lunch by the Third Reservoir and try to keep cool; then we'll take the Long Path back to the Suffern Bear Mountain Trail for a return to our cars. Vaccination is required on this hike. Leader: Veronica O'Neil, text (914) 523-9418, email missyellierosa@yahoo.com.

Sunday, August 6 - **Cranberry Lake**. 3-4 miles, easy to moderate terrain. Come out and enjoy a hike around this County owned preserve through a forest, past a quarry (the quarry climb is optional) and of course along Cranberry Lake. Bring plenty of water and snacks. Leader: Elspeth Kramer, elspethkramer@gmail.com , (347) 262-4802. *Qualifies for the Westchester 100 (No. 51)*.

Saturday, August 12 - **TWO HIKES TODAY:**

Saturday, August 12 - **Pelton Pond To Shenandoah Mountain.** 6 miles, moderate terrain.

Join the leader on a hike that is on the easier side of moderate, from Pelton Pond (Fahnestock Park) to Shenandoah Mountain and back. The elevation gain is gradual, then steepening somewhat as the mountain is ascended, with a sometimes rocky descent. Bring a lunch, 1.5 liters of water, a hat, bug spray and sunblock. Hiking poles are recommended. Leader Steve Klepner, 845-297-7066, spk010@yahoo.com. Email preferred with 'hike' in the subject line.

Saturday, August 12 - **Muscot Farm.** 4 miles, easy to moderate terrain. This hike, on the yellow trail, will take us past fields and through the woods along the perimeter of this County owned preserve in Somers. Group size is limited to 10 people including the leaders. For information and to register, contact the leaders, Vipin and Usha Shukla, at shukla_vipin@hotmail.com. Rain cancels. *Qualifies for the Westchester 100 (No. 58).*

Sunday, August 13 - **TWO HIKES TODAY:**

Sunday, August 13 - **Fishkill Ridge from the Overlook Trail.** 8.6 miles, moderate to strenuous terrain. This "lollipop" hike starts and ends at the less-used Overlook Trail and then joins the Fishkill Ridge Trail to do a loop around Lambs Hill and Bald Hill, providing views and rugged terrain on the way up, down and around the northern section of Hudson Highlands State Park. Leader: Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, August 13 - **Bartlett Arboretum, Stamford Museum & Nature Center.** 3-4 miles, easy terrain. Enjoy a hike on the grounds and through the woods of these rarely-visited gems in Stamford, CT. The hike leader will discuss some of the trees and other plants as we go along the trails at both properties. Bring lunch and plenty of water. Participation is limited to 10 people, and vaccination is required on this hike. Call leader, Barry Leibowitz at (914)774-5321 to register up until 6 PM the evening before the hike. Rain cancels.

Saturday, August 19 - **TWO HIKES TODAY:**

Saturday, August 19 - **Harriman Hike.** 7-8 miles, moderate to strenuous terrain. Starting from the parking area on Kanawauke Road (formerly Route 106) at the Ramapo-Dunderberg trailhead, we'll head up Tom Jones Mountain to Parker Cabin Mountain, connect to the Blue Disc Trail, pass Claudius Smith Den and loop back on the White Cross Trail. There are plenty of viewpoints along the way. Leader: Alice Benash, ajrb3@verizon.net.

Saturday, August 19 - **Ward Pound Ridge Reservation.** 6-7 miles, easy to moderate terrain. From the parking area by the Trailside Nature Museum, we'll visit Fox Hill, continue on the trail to the Cross River and follow the course of the stream, loop into Deer Hollow, and return via Kimberly Bridge. Option to park at the Cross River shopping center and carpool from there in order to split the \$10 per car entry fee. Vaccination is required on this hike. To register, contact leader Sheila Sarkar at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 63).*

Sunday, August 20 - **TWO HIKES TODAY:**

Sunday, August 20 - **Sleeping Giant State Park, Hamden CT.** 6 miles, moderate plus. While this hike is mostly moderate it does have a few more difficult sections. If it is not too hot we will likely do the violet and orange trails with a detour on the blue to the tower before continuing on the blue to rejoin the violet. If it is too warm for that plan we will skip a lot of the ups and downs and do a mostly



shady perimeter hike, also with a tower trip. Carpooling (masks required in the car) from Exit 35 of the Merritt Parkway is planned as Connecticut cars can enter without a parking fee. An ice cream stop is planned afterwards. Contact leader Jane Restani at irabjanea@aol.com by Friday at 5 PM to register.

Sunday, August 20 - **Eastern Side of Rockefeller**. 4-6 miles, easy to moderate terrain. We will explore several trails on this less traveled side of the preserve. Bring lunch and water. Meet the leader at 9:45 a.m. in the small Rockefeller parking lot on Route 117 in Mount Pleasant between Routes 9A and 448 (if you are heading west on Route 117, the lot is on the left, just past a parking area for the North County Trailway). Leader: Sue Soni, surekhasoni1968@gmail.com. *Qualifies for the Westchester 100 (No. 59).*

Saturday, August 26 - **TWO HIKES TODAY:**

Saturday, August 26 - **Ashokan High Point, Catskills**. 7.5 miles, moderate to strenuous terrain. We will do an out-and back, with a total elevation gain of 2000', not the entire loop as that would add another 1.5 miles to the hike. This trail has a gentle uphill slope for the first 2.72 miles as we follow a path alongside the Kanape Brook. When we reach a trail junction, we will climb 1000' gradually to the summit of Ashokan High Point. We will enjoy some scenic views along the way and at the top. To register or for more information, contact Trish Johnston at patcjohnston@gmail.com.

Saturday, August 26 - **Hike the NCIT. Section 1: Putnam Memorial to Collis Huntington State Parks**. 6-7 miles, easy to moderate terrain. This hike, the first in a series on the "Nearby Connecticut Imaginary Trail" (the NCIT), was on the schedule last time but had to be postponed, so we'll try again. For our inaugural outing we'll do loops in two state parks in Redding, combine them with visits to the smaller Plishner and Couch Hill Preserves, and connect them all via a walk on a local scenic road. The route winds through historic sites from the Revolutionary War and around lakes, into forests, and along a broad open field. If you would like some good homemade ice cream after the hike, we can drive to Dr. Mike's in Bethel (it's conveniently located on the way back to Route 84, for those going home on the Interstate). Short shuttle involved (masks required). Leader: Eileen West, eileenw1000@gmail.com. Rain cancels.



Sunday, August 27 - **TWO HIKES TODAY:**

Sunday, August 27 - **Fahnestock State Park**. 9 miles, moderate to strenuous terrain. The group will meet at Dennytown Road and use mine roads, unmarked trails, the 3 Lakes Trail to visit at least 4 mines, plus John Allen Pond, Hidden Lake, and a lunch stop at Canopus Lake. Elevation change is 1400 feet. Extreme heat or bad weather may cancel or change the route. The leader stops at 7 Scoops in Shrub Oak on her way home - all are welcome. To register, contact Lauren Linkowski at llinkowski@gmail.com not later than Friday evening. Vaccination is required on this hike.



Sunday, August 27 - **Brooklyn Bridge, Dumbo and Promenade**. 8-9 miles, easy terrain. We will enjoy a fun and interesting walk. The Brooklyn Bridge with its impressive double gothic arches. DUMBO with its cobble stone streets and Jane's Carousel. Brooklyn Bridge Park with its meandering paths and six piers. Brooklyn Promenade with its grand townhouses and mansions. The plan is to take the train from Grand Central Station to City Hall and walk across the bridge. We will wander hither and thither, and return by ferry. Participation is limited to 12 people, and vaccination is required on this hike. For questions and to register, contact the leader, Linda Wildman at lindawildman88@gmail.com or text/call (914) 316-5674.

Saturday, September 2 - **TWO HIKES TODAY:**

Saturday, September 2 - **Catfish Loop in Fahnestock**. 5 miles, moderate terrain. This will be a circular hike on the Catfish Loop in Fahnestock State Park with some gentle ups and downs, starting (and ending) on Dennytown Road. 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, September 2 - **Twin Lakes/Nature Study Woods (Eastchester to New Rochelle Loop)**. 4.6 miles, easy terrain. Enjoy woodlands, waterfalls, and a walk around Twin Lakes. This is a circular hike with gentle ups and downs. While it is a mostly smooth hike, stretches on the Nature Study path can be rocky. The entrance to the parking area is at 960 California Road, at the Twin Lakes Farm Stable northern entrance. Park in the lot to the left, available to hikers. There is also street parking off California Road. Vaccination is required on this hike. Rain cancels. Leader: Lynn McBride, almcb@aol.com or (914)439-0879. *Qualifies for the Westchester 100 (No. 43).*

Sunday, September 3 - **Oscawana Ridge, Putnam Valley**. 3-4 miles, moderate terrain. New trail! Tranquil lake shore and sweeping panoramic views. First things first: you know that any trail containing the word "ridge" or "mountain" implies some heavy breathing. We'll hike along well-shaded, soft earth paths traversing the ridge, down to the lake and, yes, back up. Total elevation gain is about 600', in short but steep spurts. Sound like a bit of effort? It is, but the scenery is absolutely worth the effort. Break for a short lunch at a fantastic viewpoint. 10:30 start - parking is limited so where we meet and where we park depends on the number of cars. Specifics provided by September 1st. Looking forward to seeing you on this great hike. Leader: Howard Millman, hwardmillman@runbox.com, day of hike phone: (914) 439-8031.

Saturday, September 9 - **Old Croton Aqueduct**. 4-6 miles, easy terrain. This will be an easy morning hike along the Old Croton Aqueduct starting at Sleepy Hollow High School going northward for 2 or 3 miles, then a return. This section of the Aqueduct is generally less crowded than the southern sections but is just as nice to explore. We may see the NYC skyline. Rain cancels. Leader: Cynthia Moro, Cynlyn24@gmail.com

Sunday, September 10 - **TWO HIKES TODAY:**

Sunday, September 10 - **Terrace Pond**. 8 miles, moderate to strenuous terrain. This hike, in West Milford, NJ, features rugged terrain, several rock scrambles, lots of rhododendron tunnels, and plenty of views to enjoy on trails that wind around a remote and scenic pond. A recent reroute by the NY-NJ Trail Conference and some engineering knowhow has resulted in an interesting way to cross an area that is almost always wet from beaver activity: a floating bridge reached via a descent on a long wooden ladder, which we'll try out on today's hike. Leader: Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.



Sunday, September 10 - **Manitoga**. 4 miles, easy to moderate terrain. We will meet at Manitoga off Route 9D in Garrison (584 Route 9D, Garrison) and explore the trails within for a hike with some ups and down for about two - three hours. This historic property was once owned by Russel Wright, an industrial designer. Contact Carol Harting at c.harting@verizon.net to register.

Saturday, September 16 - **TWO HIKES TODAY:**

Saturday, September 16 - **Devil's Den, Weston, CT**. 7-8 miles, easy to moderate terrain. 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 view of the Saugatuck Reservoir. Participation on this hike is limited to 12 people. Register with leader Jane Restani at irabjanea@aol.com by noon Friday.

Saturday, September 16 - **Angle Fly Preserve**. 5 miles, easy terrain. We'll reconnoiter at Westchester's only trout spawning brook by traversing county as well as NYC watershed properties using their wonderfully marked trails with lovely vistas, including a 300-400 year old Beech tree. There are also reminders that the property was going to be sacrificed for a development until the local citizenry saved the day and preserved this treasure in northern Westchester. Directions: From I-684, take Exit 6 (Route 35), head west to Route 100 and turn right. In 0.6 mile bear left onto Route 139 (Primrose Street). Go 1.0 mile to the main entrance, on the left. The parking lot is at the end of the entrance road. Bring sun protection, insect (tick) repellent, snacks and water. When registering please include your cell number just in case there is a last minute unforeseen cancellation. Leader: Ann Autieri, (914) 539-1620 or ann@cilia.org. *Qualifies for the Westchester 100 (No. 53).*

Sunday, September 17 - **TWO HIKES TODAY:**

Sunday, September 17 - **Stahahe High Peak and Island Pond**. 6.5 miles, moderate+ terrain at a relaxed pace. Leaving from the Elk Pen, we will take various trails, including the Nurian, through the Valley of the Boulders and the Dunning with some challenging, rocky terrain and beautiful views. We will follow unmarked trails to Stahahe High Peak with more great views and then visit the southern point of Island Pond. Return to the Elk Pen on the ASB. Vaccination is required on this hike. Leader: Veronica O'Neil, text (914) 523-9418 or email missyellierosa@yahoo.com.

Sunday, September 17 - **Westchester Wilderness Walk/Zofnass Family Preserve**. 4-5 miles, easy to moderate terrain. On this hike, in Pound Ridge, NY, we will visit the Westchester Wilderness Walk. A newer park, it features lovely streams and quiet woods on whimsically blazed and signed trails, plus a pretty little arboretum. Depending on the size of the group, we may have to meet at the Pound Ridge Town Park to carpool, just a few miles away (masks required for the carpool). Very inclement weather may cancel or change the route. Vaccination is required on this hike. Register with the leader, Lauren Linkowski at llinkowski@gmail.com by Saturday morning. *Qualifies for the Westchester 100 (No. 64).*

Saturday, September 23 - **WTA's 100th Anniversary Party!**

Sunday, September 24 - **TWO HIKES TODAY:**

Sunday, September 24 - **Sterling Forest**. 7 miles, moderate terrain. We will ascend the Bare Rock Trail and stop at scenic Bare Rock with its scenic view of Greenwood Lake. Return on the Sterling Ridge Trail with a stop at the Fire Tower. Vaccination is required on this hike. Leader: Catharine Raffaele, catharineraffaele@gmail.com.

Sunday, September 24 - **Weir Farm and Nod Hill Preserve, Wilton, CT**. 4-6 miles, easy to moderate terrain. Weir Farm, the only National Historic Site in Connecticut, was the property of Julian Weir, an American Impressionist artist who was struck by nature's beauty. We will do a 4 mile hike on gently rolling but somewhat rugged trails with rocks, roots and stream crossings, past the stone walls, woodlands, pond and meadow that inspired him as an artist. We will have lunch near the "secret garden" and family home (in sight of the cars in case you need an early out), then hike another 2 miles to and around Weir Pond across the road. Bring your National Park Passport Book if you have one, as those can be stamped on the porch of the visitor center. Contact leader Lisa Weismiller at lisaweismiller@gmail.com to register and for start time and directions.

Saturday, September 30 - TWO HIKES TODAY:

Saturday, September 30 - Fishkill Ridge Hike. 8-9 miles, moderate to strenuous terrain. Starting from the parking area at Sunnyside Road, we'll climb the Overlook Trail with several viewpoints and continue to Lambs Hill. From there, we'll loop around Fishkill Ridge and return to our cars on the Overlook Trail. Leader: Alice Benash, ajrb3@verizon.net.

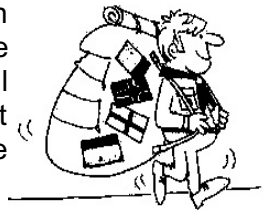
Saturday, September 30 - Silver and Cranberry Lakes. 5-6 miles, easy to moderate terrain. This hike pays homage to the very first outing led by WTA in 1923, and allows us to visit several historical sites and two central Westchester preserves where the stones for the Kensico Dam were quarried. We'll begin in Liberty Park and hike along Silver Lake, through the woods past "Hermit's Cave" and up to the Stoney Hill Cemetery, the last remaining parcel of land in a community of formerly enslaved African Americans known as "the Hills". From there we continue on the White Plains Heritage Trail to a local road that leads to the Cranberry Lake Preserve. We'll enjoy the view from the high quarry, and then take an interpretive trail where we can learn about the Preserve's history while catching glimpses of the Dam in the distance. Short shuttle involved (masks required). Leader: Eileen West, eileenw1000@gmail.com. Rain cancels. *Qualifies for the Westchester 100 (Nos. 40 and 51).*



... AND MORE

Weekday Hikes with Hank. WTA's twice-per-month weekday hikes will continue throughout the summer, with outings planned in the months ahead to Devil's Den, Mt Beacon, Mt Taurus, Old Croton Aqueduct Trailway, Rockefeller, Storm King and more! These hikes are not included in our quarterly newsletter or weekly updates, but you can join the mailing list by notifying WTA hike leader Hank Zupnick of your interest at hank.zupnick@gmail.com. Hikes are usually announced 3 to 5 days in advance, and range from easy-to-moderate (such as Rockefeller) to moderate/strenuous (such as Mt. Beacon). Whether your interest is just an occasional weekday hike or a regular twice-per-month regimen, your participation is welcome. Vaccination is required on these hikes.

Ten Essentials For Your Pack. What to keep in your pack on a day hike depends on where you're hiking, the time of year, and whether you're alone or with a group. Multiple websites, such as REI and the American Hiking Society, have lists of the ten essential items to bring with you, ranging from the vital (food and water) to things that are important but need not be carried with you on a morning hike in a local preserve (like a tarp or space blanket). Here is our Top Ten list of what to bring on a club hike:



1. Water - at least 1-2 liters.
2. Food - not just for lunch, but extra bars and snacks in case you're out longer than expected.
3. Headlamp or flashlight - if you need the extra bars and snacks, then you may need the extra light.
4. Electrolyte replacements - sports drinks, tablets or gels.
5. Extra socks - for wet feet.
6. Rain gear - for you and your pack.

7. First aid/repair kits - with bandages (both Ace and adhesive), moleskin and the three “aunties” (antiseptics, anti-inflammatories and antihistamine for bee or wasp stings). Duct tape and a knife or multi-tool.

8. Toilet paper - no explanation needed.

9. Map and compass. Bring them, and learn how to use them. They weigh almost nothing and fit anywhere in your pack.

10. GPS units and phones are good to have, but may lose power or not work in the woods. Bring them, but don't rely on them.

Net Notices: Join our Google Group to receive weekly hike reminders and find out about last minute schedule changes. To sign up, contact Catharine Raffaele at catharineraffaele@gmail.com and she'll add you to the list. Don't forget to check out our website at www.westhike.org. And be sure to visit our Facebook page at <https://www.facebook.com/westhike> to post photos of our WTA hiking adventures. Or, if you prefer, you can send your photos to Catharine for posting. All our friends are welcome!

An E-mail Option for Your Schedules. If you prefer to receive your schedule by e-mail instead of regular mail, please contact Catharine Raffaele at catharineraffaele@gmail.com to get added to our e-mail list.

Board meetings are open to all our members. Meetings are usually held on the second Wednesday of the month, and take place in March, June, September and December. If you would like to attend an upcoming meeting, please contact Sheila Sarkar at shechris6@gmail.com for more information.

WTA Officers, Board Members and Committee Chairs

Officers:

President: Sheila Sarkar

Vice President: Lauren Linkowski

Secretary: Catharine Raffaele

Treasurer: Mike Doehring

Board Members:

Gail Blumenfeld

Mike Kaplan

Steve Klepner

Elspeth Kramer

Cynthia Moro

Carol Pamm

Committees:

Hospitality: Nancy Vincent

Mailings: Carolyn Hoffman

Membership: Catharine Raffaele

Trails: Alice Benash/Kevin McGahren

NYNJTC Delegate: Carolyn Hoffman

Hike Coordinator/Schedule Editor: Eileen West

WTA Welcomes its New Members: Richard Aloia, Phyllis Bock, Jack Doyle, Steve Galla, Bette Heben, Ludwig Hendel, Kansu Lee, Joanne Medeot, William Medeot, Lucia Motta e Silva, Gelsomina Rinaldi, Terry Roche, Barbara Santoro, James Seymore, Martin Van Der Werff, Shelley Weber.

And Welcome Back: Beth Ackers, Beth Baron, Bob Fiscina, Bob Howard, Janet Rivera, Raya Schulderein, Debbie Silverman, Bernice Simmons.

For questions or further information about WTA, contact Sheila Sarkar at shechris6@gmail.com or Eileen West at eileenw1000@gmail.com. To become a member, please complete the application on the next page. And if you're currently a member, please share the application with a friend or acquaintance who might have an interest in joining the club.

Have a most enjoyable summer. See you on the trail!



WESTCHESTER TRAILS ASSOC.
P.O. Box 736
White Plains, New York 10602

MEMBERSHIP APPLICATION - PLEASE SHARE THIS WITH FRIENDS AND ACQUAINTANCES WHO MIGHT HAVE AN INTEREST IN BECOMING A MEMBER
(Check One) **This is a new membership application** (please provide all information below)
 Membership renewal (please provide your name, address and contact information; the other questions are optional)

Applicants must be at least 18 years old. Dues are \$12 per member; couples at the same address pay \$22 for one set of mailings or \$24 for two sets of mailings. Membership ends December 31 of each year. New applicants joining between October 1 and December 31 will get the last quarter free and have their dues applied to the following year. Make checks or money orders payable to Westchester Trails Association and send with this form to Westchester Trails Association, P.O. Box 736, White Plains, NY 10602. If you prefer to pay with PayPal, use the application on our website's "Join/Contact" page instead: <http://www.westhike.org/join-contact.html>

Please print the following information: **Name(s):** _____

Address: _____

Primary Phone # () _____ **e-mail:** _____

If you would prefer to receive your schedules via e-mail instead of regular mail, please check here _____

If you do not want your address, phone/e-mail published in WTA membership lists, indicate here _____

How did you hear about WTA? _____

List membership in other hiking/conservation organizations: _____

Check the areas that interest you: Hike leading _____ Trail maintenance _____ Clerical work _____

Membership _____ Planning/helping with social events _____ Other (describe) _____

Signature of Applicant(s) _____ Date: _____

_____ Date: _____