

MOHICAN

Newsletter of the Mohican Chapter of the Adirondack Mountain Club
Serving Westchester, Putnam, and Fairfield Counties ...and Beyond

From the Chapter Chair

Group Hikes and Our Shared Responsibilities

Recently, on a short hike I was leading along trails I know like the back of my hand, the weather suddenly turned nasty. The predicted brief snow flurries exploded into a snow squall, transforming what in good weather is a mildly challenging descent into a slippery ordeal along a narrow, rocky path.

My first thought: Can I get these hikers, including one novice, down and safely back to the trailhead? We made it by helping each other find footholds and in spots by inching along by the seats of our pants.

The experience once again drove home for me the responsibilities our volunteer leaders take on, even on easy hikes. The people who sign up for hikes trust our leaders, once we lead them into the woods, to get them out again.

It's a weighty enough responsibility that some hiking groups, like the Appalachian Mountain Club, require certification of leaders of more challenging hikes. A number of our own leaders are trained in areas like wilderness first aid and map and compass navigation.

For me, there's a kind of social contract in play here; that hike participants assume responsibilities of their own when they register for a hike--to the other hikers and to the leader.

A timely example is the updated COVID policy you'll find in this quarter's newsletter. We're lifting the across-the-board vaccination requirement, and emphasizing the responsibility of each hiker to help keep all of us safe, by staying home, say, if they've recently tested positive or exhibited symptoms of COVID.

The responsibilities of individual hikers are mostly a matter of common sense. Which is why I like **"Group Hiking Etiquette"**--a friendly, straightforward guide from the website of our sister club, the **Westchester Trails Association (WTA)**. It offers the kind of advice you'd find in any Miss Manners column. Arrive on time. Let the leader know if can't make it. Turn off your phone (or keep it on airplane or set it to vibrate). Observe the ethics of **Leave No Trace**. (Even a discarded orange peel disrupts the local ecosystem.)

There's even some Greek philosophy here. "To know thyself is the beginning of wisdom," Socrates said. So, ask yourself whether you're up for a particular hike--in fairness to the group and for your own well-being. (And don't bristle if the leader asks about your experience when you sign up for the hike.)

I'd suggest one more rule.

In "A League of Their Own," the 1992 movie about a professional women's baseball league, Manager Jimmy Dugan, played with deranged flair by Tom Hanks, berates a player over a blown play, reducing her to tears, which only fuels his temper tantrum. "There's no crying in baseball!" he screams. "No crying!"

Likewise, let's agree that there is to be no complaining on hikes, whether it's about a lagging hiker or the route the leader has charted. We're out there to enjoy ourselves--nature and each other's company. No complaining!

Brent Laymon



With Our Members

Trip Tales

Hiking the CT State Parks

Friday-Monday, January 13-16, 2023 Vermont X-Country Ski Weekend

Lisa Weismiller recently was given a beautifully illustrated CT State Parks book called "A Shared Landscape-A Guide to the History of CT State Parks & Forests" and was inspired to hike all the parks in the book, adding others from the official list, which totals about 140 parks.



Lisa in front of Kent Falls, a short hike from the main road in Kent, CT

She started her adventure in November 2022 and then asked me to join her to hike on some of the northern CT parks. Since I live in the Berkshires, and it's only about 30 minutes from the CT border, I enthusiastically joined her quest. So far, we have hiked 14 state parks, but Lisa has done many others. We have thoroughly enjoyed exploring parts of CT we probably would have not seen were it not for this book. The quest continues...

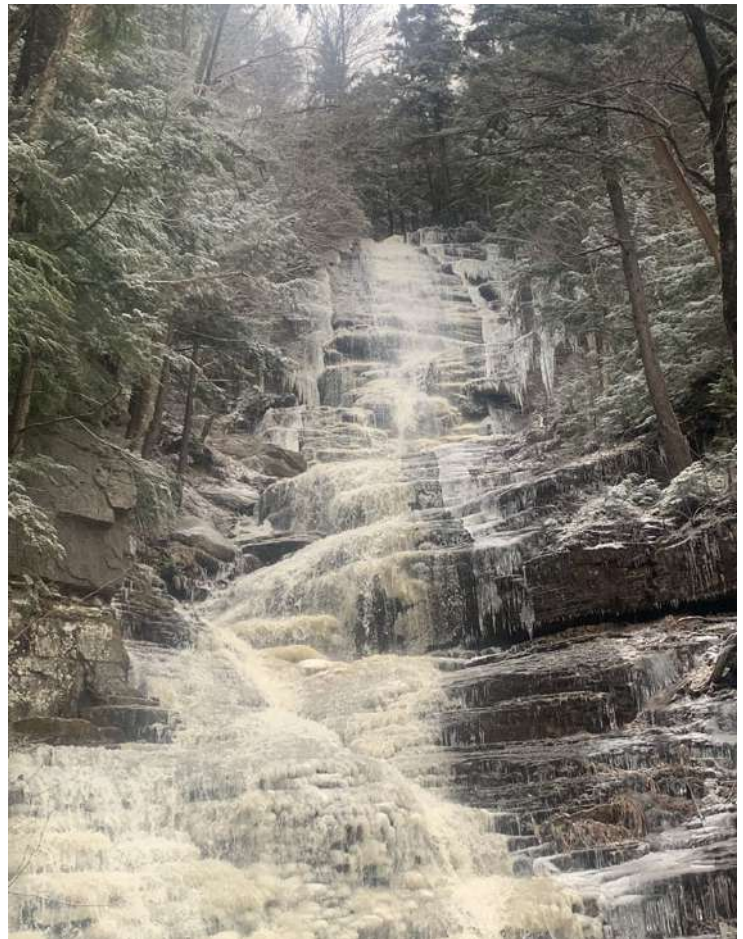
Submitted by Trish Johnston

It was three years since our last x-country ski weekend (on hiatus because of COVID). Our high hopes for returning to Prospect Mountain for some great skiing, was not meant to be—the rain had melted the snow at the ski center. But I wasn't without a plan for us to appreciate the outdoors in winter by hiking on the local trails.


Saturday, eight of us hiked to Lye Brook Falls, which is one of the highest waterfalls in the state—125 feet of rushing, icy water with icicles clinging to the rocks. An amazing spot to sit, have our lunch and listen to the raging waters. The challenge getting here was crossing the high-water brook—some crossed a log and others shimmied over a downed tree, but we all made it safely to the other side. It's all part of the adventure!!!

WELCOME new members

Month	Member
December	Rejoined: Pamela and Robert Golde, Daniel Miller and Peggy Evans Miller and Judith Gordon
January	Luke Mahier, April Alfarano, Joe and Meghan Catalanotto Rejoined: Dan Foreman
February	Shoshana Goldhaber, and Robert and Heather Lachanse



Lye Brook Falls, Manchester, VT



This column is dedicated to you, our members, whose lives, events, and achievements on and off the trail are to be recognized and shared. If there is a special event, vacation or achievement in your life you would like to share, please send in your news via email to Trish Johnston at patcjohnston@gmail.com



Group carefully crossing brook with high water.

Sunday, we hiked Bromley Mt. Because of the higher elevation, there was snow and ice all the way to the summit. A glorious sunny, blue-sky day. When we reached the summit, the Long Trail/Appalachian Trail skirts the ski trail so lots of skiers/snowboarders whizzing by us and looking quizzically at hikers on the slopes. Even saw some skiers skinning to the top (that's walking on their skis with skins for traction) from the bottom of the resort to the top and then skiing down (which they said is the best part). After all that exercise, we enjoyed our second night of pot luck dinners and desserts; and some home-made wine from Bjorn. Looking forward to next year's trip to Vermont.



*L to R: Minu, MaryAnn, Lisa, Bjorn, Cindy, Art and Janice.
Submitted by Trish Johnston*

New Year's Day 2023 Greenwich Point Park



There were 23 hikers that ventured out New Year's Day for the annual walk around Greenwich Point and polar plunge. It was a balmy 52 degrees and everyone enjoyed the warmer weather. No one did the "plunge", but it was fun watching many others do just that. We decided instead to gather for tailgate refreshments and visiting with one another. A great way to bring in the New Year!!!!

Submitted by leader/photographer Lisa Weismiller

Saturday, January 21 Lasdon Park, Arboretum & Veterans Memorial

12 hikers enjoyed bursts of sunshine on a cold winter's day on this 5.5-mile hike. We visited the Trail of Honor, Chinese Pavilion, Historic Tree Trail in Lasdon Park and hiked several loops in the woods. The highlight was the Dinosaur Garden (there's the dinosaur watching over them).



Submitted by leader/photographer Lisa Weismiller

**Sunday, February 19
Fishkill Ridge**

I led a small group of hikers, Kay Cynamon, Hank Zupnick, and Karen Levine, on a lollipop hike to Fishkill Ridge. The hike started at Pocket Road and headed over Lamb Hill to Dozer Junction. It was a beautiful day and the loop around Fishkill Ridge provided many views toward the quarry in the east. With the views to the west from Lamb Hill and the bumps along the way, this made for a very scenic, and somewhat strenuous route. As always, a good time was had by all.

Submitted by leader Janice Miller

**Saturday, February 25
Tarrywile Park, Danbury, CT**



From left: Carol Harting, Barry Leibowitz, Julie DiRaimondo and newcomer Glenny Valoy braved an unexpected snow squall during their hike that rendered the long, rocky descent more arduous than usual. Submitted by leader/photographer Brent Laymon (not pictured).

**Sunday, March 5
Mount Beacon**

Five hardy hikers joined the leader for a snowy adventure on Mt. Beacon and the Hudson Highlands. While there was no snow at the parking lot and lower trail, there was a wet, slippery, slushy snow on the majority of the hike, thanks to a bit of weather the previous day. The conditions were such that spikes were nice in some places where there was snow, and

not as convenient on the dry rocks, so they were used by some but not all. We ran into a number of hikers without maps, requesting assistance. An unfortunate sign of the times. It was a beautiful day with a mix of sun and clouds and great views. After 8.5 miles, everyone went home for a good rest, happy; but with more than a few achy muscles. Hikers were Janice Miller, Lauren Linkowski, Kay Cynamon, Hank Zupnick, Vivian Odorizzi and Mike Jablonski.

Submitted by leader Janice Miller

Attention: Hikers

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 does not wait for you. **Participants should arrive at the trailhead ready to hike at the designated time in the write-up.**

Hikes are joint with WTA

ATTENTION: LEADERS

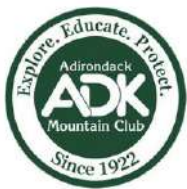
(Make sure you have the updated ADK Release Form, which you can get [here](#)) Since all our hikes are joint, all leaders are required to have both forms filled out and mailed as indicated below. Click here for

[WTA Attendance Sheet](#)

After the hike, please mail form to:
Jeanne Thomson, P.O. Box 219
Somers, NY 10589

UPDATED COVID POLICY

- No vaccination requirement for all activities, unless specified in the write-up;
- Masks must be worn when carpooling or when indoors in groups;
- Ask that anyone with signs or symptoms of a respiratory infection at the time of the outing/program refrain from participating, and that anyone who has tested positive for COVID within 5 days of the outing, follow CDC guidelines;
- Leaders can post requirements as they determine, and any participant may choose to wear a mask at any time;
- These guidelines may be changed at any time as circumstances (i.e., ADK Club policies, CDC guidelines) may require.



Hikes and Stuff

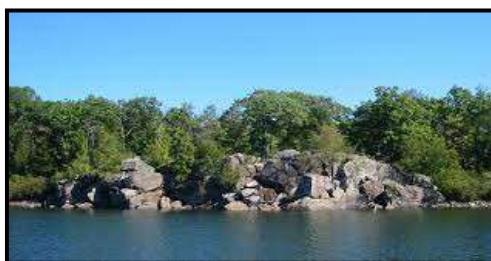
Saturday, April 1 **Silvermine Circular**

8 miles, moderate terrain. This very hilly hike in northern Harriman Park will be led at a moderate pace. We'll begin on the Menomine Trail which will take us to the Brien Memorial Shelter. From there we take the RD Trail west over Letterrock and Goshen Mountains. After crossing Seven Lakes Drive, we continue until we meet the Long Path, which we will take over Stockbridge Mountain; then we'll take the Menomine Trail back to our cars. Hopefully, we will hear the spring peepers. It should be a great day - prepare for a good workout! To register, contact leader Judy Kossover, woodtuxduo@aol.com or (845) 548-7604.

Saturday, April 1 **Manitoga, Garrison, NY**

3-4 miles, easy-to-moderate terrain. We will meet at Manitoga off Route 9D (584 Route 9D, Garrison) and explore the trails within the forest for a relatively easy hike with some ups and downs for about two or three hours. This historic property was once owned by Russel Wright, an industrial designer. Contact Carol Harting at c.harting@verizon.net to register.

Sunday, April 2 **Spring Waters, Harriman State Park**



7-8 miles, easy-to-moderate terrain.

Celebrate the advent of spring with a circular hike in the

southwestern part of Harriman State Park that's never far from a roaring brook or a peaceful lake. There are a couple of moderate climbs and some rocky terrain in here, but nothing we can't handle. Using the Stony Brook and Pine Meadow Trails with a few others added for good measure, we'll have lunch at the summit of Diamond Mountain with a view of Lake Sebago, then enjoy an afternoon break at Pine Meadow Lake before returning to the cars. To register, contact leader Eileen West, eileenw1000@gmail.com. Rain cancels.

Sunday, April 2 **Saxon Woods**

3 miles, easy-to-moderate terrain. We will do a circular hike in this lovely park, which goes through surprisingly wooded, shady and serene areas in spite of the park's location near the city of White Plains. Meet the leader in the pool parking lot off Mamaroneck Avenue on the far side (away from the road), near the southern portion of the lot. **Vaccination is required on this hike.** For meeting time, other information and to register, contact leader Sheila Klatzky, srklatzky@gmail.com. *Qualifies for the Westchester 100 (No. 60).*

Saturday, April 8 **Meyer Preserve to Butler Preserve**

7 miles, easy-to-moderate terrain. This History Hike is inspired by an outing done by our predecessors. It includes several flat sections and a few ascents, one long but gradual and a few short but less gradual. The hike will be done at a compassionate pace with regroupings as needed to keep the group together. We will hike in the Meyer Preserve, take the little-known Aqueduct Trail to Byram Lake, and proceed north on Byram Lake Road with views of the water. We will then ascend the blue trail into Butler. Hiking boots are necessary; poles are highly advisable. Bring a lunch/snack and a liter of water. Short shuttle involved (masks required). To register, contact leader Steve Klepner, spk010@yahoo.com or (845) 297-7066. *Qualifies for the Westchester 100 (Nos. 49 and 55).*

Saturday, April 8 **Bennett's Pond State Park, Ridgefield, CT**

3-4 miles, easy terrain. This is a 2-3-hour hike with a walk through meadows, along a lake with beaver dams and water fowl, then onto a woods trail. Sturdy shoes and water are recommended. Participation on this hike is limited to 10 people, including the leader. For information and to register, contact leader Rosanne Schepis at rschep@yahoo.com or (203) 417-5552.

Sunday, April 9 **Fahnestock State Park**

6 miles, moderate terrain. The plan is to begin from the Round Hill/ Perkins Access Parking area on Route 301,





about a mile east of Route 9. After we explore the summit of Round Hill, we will return to the Round Hill Bypass and cross over East Mountain. Then we will take the Perkins and Fahnstock trails to complete this scenic loop. There is a “hill” and a “mountain” plus the usual ups and downs, but we won’t run. If weather suggests an ice cream stop after the hike, it likely will occur. Register with the leader, Jane Restani, at irabjanea@aol.com by 5 pm the Friday before the hike.

Sunday, April 9
Richter Park, Danbury, CT

3-4 miles, easy-to-moderate terrain. This is a short, satisfying hike with views of Boggs Pond and points north; the perfect way to work off those extra Easter candy calories. The trails are hidden behind the city’s award-winning public golf course. Elevation gain is 370’ with a couple of short, rocky ascents/descents. The primary route is about three miles, with an option to add another half mile or so, depending on conditions. To register, email the leader Brent Laymon at belaymon@gmail.com or call (475) 206-7599.

Saturday, April 15
Bald Mountain, Timp, and Doodletown

6-7 miles, moderately strenuous terrain. This hike is steep and rocky with most of the climbing before lunch. We will take the Cornell Mine and Ramapo-Dunderberg (R-D) trails to Bald Mountain for great views, and then continue to the Timp with more great views. After lunch we descend to Timp Pass Road and access the 177E. **Vaccination is required on this hike.** To register, contact leader Catharine Raffaele, catharineraffaele@gmail.com.

Saturday, April 15
Montrose State Forest, Seward Estate and Georges Island

5 miles, easy-to-moderate terrain. Ample woods and water; the home site of Frederick Seward, who saved his father Treasury Secretary William H. Seward’s life amid the Lincoln Assassination conspiracy; NYS’s second largest shell midden, and much more. To register, contact leader Debbie Farrell, debarpr@gmail.com or (914) 282-9942. *Qualifies for the Westchester 100 (No. 26 and 80).*

Sunday, April 16
Harriman Loop

9 miles, moderate-to-strenuous terrain. We will meet at Lake Skannatati and make a large loop (with some detours!) to visit the Hogencamp, Surebridge, and Pine Swamp mines, along with views from Hogencamp and Surebridge Mountains and the remains of a girl scout camp. Elevation change is moderate (1500’), but there are some steep and off-trail sections. To register, contact Lauren Linkowski at llinkowski@gmail.com or (914) 907-6764 no later than Friday, April 14. **Vaccination is required on this hike.**

Sunday, April 16
Hidden Valley Loop and Teatown Lake

4-5 miles, easy-to-moderate terrain. Come enjoy a nice invigorating hike at Teatown. Bring water, snacks and if it’s a chilly day a thermos of either tea, coffee or hot chocolate. For meeting time, information and to register, contact leader Elspeth Kramer at elspethkramer@gmail.com or (347) 262-4802. *Qualifies for the Westchester 100 (No. 62).*

Saturday, April 22
Giant Stairs/Long Path Loop



10 miles, moderate-to-strenuous terrain. This loop follows the Long Path and Shore Trail along the river and across the Giant Stairs with its multiple boulder scrambles. An early out is available. No beginners please. **Vaccination is required on this hike.** To register, contact leader Bob Fiscina, fis6973@tutamail.com. Rain or wet conditions cancel.

Saturday, April 22
Fahnstock History Hike

7 miles, moderate terrain. We will begin on the AT near Canopus Lake, continue on the Three Lakes Trail, then left on Sunken Mine Road to the Blue Scout Trail. Return by the Green Trail to the Three Lakes Trail and out. To register, email leader Kathy Skura at kathyskura@gmail.com.



Saturday, April 22
FDR Park in Yorktown Heights, NY

3-5 miles, easy terrain. We will enter the park from the eastern entrance using the Mohansic Trailway. For part of the way, we'll be walking on boardwalks built by volunteers under the leadership of Walkable Westchester authors Jane and Walt Daniels, making it possible to traverse many wetlands to view the elusive Crom Pond and enjoy the beautiful woodland trails in the park. **Vaccination is required on this hike.** Please call or email leader Ann Autieri to register or for more information at (914) 539-1620 or ann@cilia.org. *Qualifies for the Westchester 100 (No. 24).*

Sunday, April 23
Weir Farm and Nod Hill Preserve, Wilton, CT



4-6 miles, easy-to-moderate terrain. Weir Farm, the only National Historic Site in CT, 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, April 29
Ives Trail in CT

12 miles, moderate terrain. We'll follow a uniquely-blazed trail named for one of Danbury's most famous citizens, going from Bennett's Pond in Ridgefield to Tarrywile Park in Danbury. We traverse Pine Mountain (site of Ives' cabin), Wooster Mountain, Moses Mountain, and Thomas Mountain; these are actually hills and not mountains, but the elevation accrues. Leader brings brownies. A short car shuttle is involved (masks required). Contact leader Kay Cynamon at kcynamon@gmail.com to register and for information.

Saturday, April 29
Mianus River Gorge Preserve

4-5 miles, easy-to-moderate terrain. Hike in an old growth forest and along the scenic Mianus River. We follow the red trail for the length of the preserve. Along the way, we visit a Mica mine and a waterfall ending at the Bargh Reservoir. Then, we'll make our way back to the parking lot along the blue and green trails. To register, contact leader Carol Pamm, (646) 346-0371 or CarolJoyce2@aol.com. *Qualifies for the Westchester 100 (No. 56).*

Sunday, April 30
Camp Smith Trail, Harriman State Park

We will hike from Camp Smith to Anthony's Nose and back. This is a moderate-to-strenuous 7-mile hike with lots of ups and downs. There are plenty of views across the Hudson along the way. To register, contact leader Janice Miller via email at madjan11@optonline.net or (845) 891-7434.

Sunday, April 30
Muscoot Farm, Somers, NY

4-5 miles, easy terrain. We'll hike on several trails, through the woods and across rolling farmland. There should be plenty of signs of spring in the woods, and maybe baby animals at the farm. Meet in the main parking lot (51 NY Route 100, Katonah), preferably closer to the exit as the lot usually gets crowded later on. **Vaccination is required on this hike.** To register, contact the leader, Sheila Sarkar at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 58).*

Saturday, May 6
Sleeping Giant State Park, Hamden, CT

6 miles, moderate-to-strenuous terrain. We will make a loop of 6 miles using the violet trail (on the easier side of moderate) and the white trail (strenuous). Views of the quarry from the violet trail and several viewpoints from the white trail looking down at Quinnipiac University and out to Long Island Sound. Option to add the tower path up to the tower for those who have not seen it. This hike has a 12-person maximum. To register and for meeting time and place, contact leader Kathie Laug at kfriedmanlaug@optonline.net or (203) 722-5490.



Saturday, May 6
Old Croton Aqueduct Walk

4-6 miles, easy terrain. We will begin our walk in Hastings-on-Hudson and walk south towards Yonkers. We will pass the lower entrance to Untermyer Gardens and see the lion and the unicorn guarding the entrance. We will also see an area often visited by the Son of Sam, and don't forget several Hudson River views. We will also admire the spring blooms at Untermyer gardens--we can decide by group consensus whether to take the graded path up and a series of 120 steps down, or the reverse. Bring water and a snack. To register, contact leader Cynthia Moro cynlyn24@gmail.com.

Saturday May 6
Canoe/Kayak - Harriman State Park
All must be vaccinated for COVID-19

We will open the season by exploring Lake Kanawauke and all three of its connecting lakes in Harriman State Park along Seven Lakes Drive. The yearly fee is \$35 registration/boat, good through November 30. The permit includes 5 other lakes in the park. Bring boat, paddle, lifejacket, and lunch. There are no rentals nearby. We will meet at Tiorati Circle at 10 a.m. Please register with leader at JSmallpt@aol.com or call 914-276-0413.



Sunday, May 7
People's State Forest, Barkhamsted, CT



5 miles, moderate-to-strenuous terrain. This loop hike has approximately 1,000' elevation gain. We will follow various trails: Robert Ross, Jessie Girard, Charles Pack, Agnes Bowen Loop trails. We will hike the trail clockwise to get the elevation done in the morning and enjoy stunning views looking out over the Farmington River and rolling hills/mountains of Massachusetts--some of the best views in northern CT. A carpool can be arranged from the Mill Plain Road (Danbury) Park & Ride (Exit 2 off Route 84) - check with the leader for details. For more information and to register, contact Trish Johnston at patcjohnston@gmail.com.

Sunday, May 7
Fahnestock- Bushy Ridge

6 miles, moderate terrain. Starting from Pelton Pond, we will hike past Stillwater Pond and then onto Bushy Ridge. Our return will be via the Three Lakes trail and past the Canada Mine. To register, contact leader Minu Chaudhuri minuch50@gmail.com or (914) 391-5918.

Sunday, May 7
Tarrytown to Irvington and Back

5-6 miles, easy terrain. We'll park at 333 South Broadway, Tarrytown, and meet in the outdoor area near the rest rooms. From there, we'll walk to the Riverwalk entrance along the Hudson and onto the Old Croton Aqueduct. We will stop for lunch at Main Street in Irvington. You can bring your own lunch or purchase food at one of the shops on Main Street. Then, we'll return along the OCA and walk through Lyndhurst to South Broadway and back to our cars. To register, contact leader Patti Kass, puddicats@gmail.com or (914) 946-6414. Cell phone on day of hike only (914) 525-6853.

Saturday, May 13
Long Path in Northern Harriman

9 miles, moderate terrain. This is an out-and-back hike starting from Route 6 and heading south along the ridge over Stockbridge and Fingerboard Mountains. We will continue to the Bradley Mine, explore its ruins, and then return on the same route to our starting point. There are several good views along the way and some interesting rock formations including the Cave Shelter and Hippo Rock. At the end of the hike, there's a possibility, for those who wish, to add another 1.5 miles by doing an out and back to the Torrey Memorial view. To register, contact leader Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Saturday, May 13
Jean Dolen Memorial Hike at Rockefeller Preserve

3, 5 or 7 miles, easy terrain. This is a circular hike in memory of our dear friend, Jean Dolen, with options for different lengths so that everyone who would like to visit some of Jean's favorite places can participate. The route is fairly easy with a few hills, and goes along some of the preserve's prettiest paths. We'll all start with a visit to the peony garden, hopefully in glorious



bloom in mid-May, where we will find a memorial plaque in a spot just outside Jean's office window. From there, we will take the Overlook Trail above Swan Lake, and then continue to Eagle Hill up to the bench placed there in her memory. After descending the

hill, those who want the 3-mile option can return to the parking lot. Everyone else will hike to and around the 13 Bridges Trail, along a peaceful stream for much of the way. At the end of the trail, there is another option for people to leave the group. Those choosing to do the full hike will continue along the Witch's Spring Trail, where Jean would tell the story of Hulda the Witch on the preserve's Halloween hikes, and we'll return to the cars via the Pocantico River Trail and Nature's Way. There is no need to register for this hike; we will go rain or shine. The hike starts promptly at 9:30 a.m. from the preserve's main parking lot (125 Phelps Way, Pleasantville), so if you plan on attending, please be there before that time. There is an entry fee of \$6/car; free if you have an Empire Pass. For questions, contact leader Eileen West, eileenw1000@gmail.com. *Qualifies for the Westchester 100 (No. 59).*

Sunday, May 14
Harriman Circular

11 miles, moderate-to-strenuous terrain. This loop, with a cumulative elevation gain of about 2500', makes use of the R-D, Dunning, Arden-Surebridge (A-B), AT and Nurian Trails in the northern section of Harriman State Park. No beginners please. **Vaccination is required on this hike.** To register, contact leader Bob Fiscina, fis6973@tutamail.com. Rain cancels.

Sunday, May 14
Butler Sanctuary, Mt. Kisco, NY

3-4 miles, easy-to-moderate terrain. This is a lovely hike, perfect for those who want to graduate from easy

hikes to moderate hikes. One trail is fairly level but the other has multiple ups and downs on somewhat steep terrain. Good hiking boots are suggested, and bring water and a snack. The preserve's address is 265 Chestnut Ridge Road, Mt. Kisco, NY. To register, contact Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 49).*

Saturday, May 20
Dunderberg and the Timp

7-8 miles, moderate-to-strenuous terrain. Starting from Route 9W, we will ascend to the ridge on the Ramapo-Dunderberg trail with frequent ups and downs rewarded by expansive views. We'll have lunch on the summit of the Timp, then enjoy even more views as we take the Timp-Torne trail back to our cars. **Vaccination is required on this hike.** To register, contact leader Mike Kaplan, kaplanm2001@yahoo.com. No first-time hikers please.

Saturday, May 20
Briarcliff Peekskill Trailway: Blue Mountain Reservation to Watch Hill Road

3-4 miles, easy-to-moderate terrain. Woodlands, wetlands, and views of the Hudson Valley from Mt. Spitzenberg as we hike on the northern portion of this trail. The path was recently rerouted to go through the woods instead of along the Sportsmen's Center's driveway so we will have a chance to see the new section as well. A short shuttle is involved (masks required). To register and for time and meeting place, contact leader Carolyn Hoffman, carohof2@gmail.com or (914) 420-5778.

Sunday, May 21
Black Rock Forest Views

9-10 miles, moderate-to-strenuous terrain. This loop hike takes in many of the summits (and viewpoints) in Black Rock Forest. Starting from the parking area on Reservoir Road, we'll take the Stillman Trail up Whitehorse Mountain and continue on the Scenic (white) Trail to the views on Mount Misery, the Hill of Pines, and Rattlesnake Hill. We'll head over to Eagle Cliff for another view, then return to the Stillman and ascend Black Rock Mountain for a final sweeping view. Heading down from Black Rock, we'll connect with the Black Rock Hollow Trail, take that to the water filtration station, and return to the parking area on the blue and red trails. To register, contact leader Alice Benash, ajrb3@verizon.net.



Sunday, May 21

Cliffdale-Teatown Trail and Teatown Lake

4 miles, easy-to-moderate terrain. Bring plenty of water 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, and then return to the Visitor's Center on the other side of the lake. To register and for meeting time or information contact leader Elspeth Kramer elspethkramer@gmail.com or (347) 262-4802. *Qualifies for the Westchester 100 (No. 62).*

Saturday, May 27

Garrison Exploration

9 miles, moderate-to-strenuous terrain. The group will meet in Garrison and use marked and unmarked trails plus a bit of road walking to link together Castle Rock Unique Area, Glenclyffe/Arden Point, and the Garrison School Forest to get river views, explore the South Redoubt in time for Memorial Day, and check out a few ruins along the way. Elevation change is moderate (1500'), but there are some steep and overgrown sections. **Vaccination is required on this hike.** To register, contact Lauren Linkowski at llinkowski@gmail.com or (914) 907-6764 no later than Friday, May 26.

Saturday, May 27

Gateway Park

4-5 miles, easy-to-moderate terrain. Join the leader on this pleasant outing on the grounds of a former dairy farm. The terrain on this hike is somewhere between easy and moderate with hills, but no killer climbs. It will be done at a compassionate pace with regroupings as needed to keep the group together. Bring a lunch/snack and a liter of water. To register, contact leader Steve Klepner, spk010@yahoo.com or (845) 297-7066. *Qualifies for the Westchester 100 (No. 31).*

Sunday, May 28

**Greystone to Tarrytown
History On and Off the Aqueduct**

8 miles, easy terrain. This hike uses part of the Old Croton Aqueduct, but we'll also be leaving and returning to it in order to visit a few historical sites that we don't usually pass: Draper Observatory and the former home of Admiral Farragut in Hastings; a Dobbs

Ferry monument where Washington's Headquarters was (falsely) rumored to be; a short side trail in Dobbs Ferry that parallels what used to be a Native American village and which is now--what else--a condominium complex; and perhaps others. As we pass these sites, we'll learn a little history of the places we visit. Short shuttle involved (masks required). To register, contact leader Eileen West, eileenw1000@gmail.com. Rain cancels.



Sunday, May 28

Chimney Top/Moneyhole Mountain



4-5 miles, easy-to-moderate terrain. Let's face it: most trails suffer from a lackluster past. But not Chimney Top. Attend this hike and learn the scandalous history of infidelity, arson and villainy about that burned to the ground pied-a-terre hideaway. The most challenging part of this hike is getting to the trailhead. So, we'll meet in the parking lot of the Bird and Bottle Inn on Route 9, 1.5 miles south of Route 301. Large sign on the road. We'll caravan for a few minutes from there. The hike is reasonably scenic and civilized, and may include a section of the Moneyhole Mountain trail (but that's a scandal for another day). To register, contact leader Howard Millman, wardmillman@runbox.com. Cell on day of hike only (914) 439-8031.

Saturday June 3

Stahahe High Peak and Island Pond

6.5 miles, moderate+ terrain. 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 Arden-Surebridge. Vaccination is required on this hike. To register, contact leader Catharine Raffaele, catharineraffaele@gmail.com.



Saturday June 3
Kitchawan Preserve

4-5 miles, easy-to-moderate terrain. We'll start with a hike on the Ledge Trail and follow a short section of the North County Trailway to take in the view from the bridge over the Croton Reservoir. Then we'll head back into the preserve and do three or four loops on varied terrain off the main White Trail. Meet in the preserve parking lot at 712 Kitchawan Road, Ossining (please be careful entering and exiting the lot as it is on a blind corner). **Vaccination is required on this hike.** To register, contact the leader Sheila Sarkar at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 33).*

Saturday June 3
Canoe/Kayak – Basher Kill
All must be vaccinated for COVID-19



This is the largest freshwater wetland in southeastern NY which protects acres of habitat for all kinds of wildlife. If we are lucky, we may catch the spring bird migration; also keep an eye out for the Eagle's nest shortly after lunch. The leader will set up a shuttle for a one-way paddle through the entire wetlands. There are no rentals nearby. Bring boat, lifejacket, water, and lunch. We will meet at 10 a.m. at the first put-in above Haven Road. Please register with leader Jane Smalley at jsmallpt@aol.com or call 914-276-0413.

Sunday, June 4
Minnewaska State Park



This moderate hike will be on a mix of carriageways and trails. We will take the Hamilton Carriageway to Hamilton Point and Castle Point, and take Blueberry Run on the return trip. The hike will be 9-10 miles with over 1000' elevation gain. Expect great views from the cliffs. If we are lucky, we will catch the mountain laurel in bloom. To register contact leader Janice Miller at madjan1@optonline.net or (845) 891-7434.

Sunday, June 4
Governors Island

8 miles, easy terrain. Governors Island is an oasis away from New York City's hustle and bustle. The island is nestled in the water between Manhattan and Brooklyn, and is only accessible by ferry. We will walk here and there on the island. For an unparalleled 360-degree view, we will head to Overlook Hill and reach the summit by a winding path or a granite scramble. Trivia: In 2003, after 200 years of federal control, Governors Island was sold to the State of New York for a whopping \$1. The plan is to walk from Grand Central Station down to the ferry and take a bus or train back to Grand Central. 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.

Sunday, June 4
Baxter Preserve

3 miles, easy terrain. Join us for a short hike in North Salem over pastures and gentle rolling hills. 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 p.m. the evening before the hike. Rain cancels. *Qualifies for the Westchester 100 (No. 46).*

Saturday, June 10
Timp-Torne Trail End-to-End



10 miles, moderate-to-strenuous terrain. We will do the complete Timp-Torne Trail from Jones Point all the way to Fort Montgomery. Multiple ups and downs with a cumulative elevation gain of about 2000'. No beginners please. Short shuttle involved (masks required). **Hikers must be vaccinated to participate.** To register, contact leader Bob Fiscina, fis6973@tutamail.com. Rain cancels.



Saturday, June 10
Devil's Den, Weston, CT

7-8 miles, easy-to-moderate terrain. Devil's Den is the largest Nature Conservancy preserve in CT 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. For meeting time and place and to register, contact leader Kathie Laug, (203) 722-5490, kfriedmanlaug@optonline.net.

Saturday, June 10
Oscawana Island Park and Graff Sanctuary



4 miles, easy terrain. Walk along a stream and through a forest with remains of old estates (including a race track!), around a bird sanctuary, and ending with Oscawana Island, along the river and adjacent wetlands. To register, contact leader Carolyn Hoffman, carohof2@gmail.com or (914) 420-5778. *Qualifies for the*

Westchester 100 (No. 13.)

Sunday, June 11
Pound Ridge Reservation

This will be a 5-6-mile hike on several trails less traveled in the reservation. We will carpool (masks required) from the Green Way Market shopping center, 20 North Salem Road, Cross River, NY. For those who do not wish to carpool, we will meet at the upper parking lot on Michigan Road within the park. Bring lunch and plenty of water. To register, email Carol Harting at c.harting@verizon.net.

Saturday, June 17
Lake Sebago Circular

8-9 miles, moderately strenuous terrain. Starting from the Lake Sebago Boat Launch, we will take the Seven Hills Trail up and over Diamond Mountain with outstanding views from the summit. We'll descend the mountain on rocky terrain, connect with the Pine

Meadow Trail, and hike along Pine Meadow Lake to Conklins Crossing. From there, we access the Suffern-Bear Mountain (S-BM) trail, passing the Egg until we reach the Stone Memorial Shelter. The Pine Meadow Trail and a series of woods roads will loop us back to Lake Wanoksink and Monitor Rock before we return on the Seven Hills Trail to our cars. To register, contact leader Alice Benash, ajrb3@verizon.net

Saturday, June 17
**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. To register, contact leader Lynn McBride, almcb@aol.com or (914) 439-0879. *Qualifies for the Westchester 100 (No. 43).*

Sunday, June 18
Southern Harriman Circular

9-10 miles, moderate-to-strenuous terrain. Using the Seven Hills, Hillburn Torne Sebago (HTS) and Raccoon Brook Hills trails, among others, we will do a loop from the Visitor Center that includes outstanding views from several summits plus a couple of interesting rock scrambles. To register, contact leader Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, June 18
**Hike the NCIT-Section 1: Putnam Memorial to
Collis Huntington State Parks**

6-7 miles, easy-to-moderate terrain. This is the first in a series of hikes on the "Nearby Connecticut Imaginary Trail" (the NCIT). For this 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). To register, contact leader Eileen West, eileenw1000@gmail.com. Rain cancels.

Sunday, June 18

Buttermilk Ridge and Glenville Woods, Tarrytown

5 miles, easy-to-moderate terrain. This is an out-and-back hike with a mix of easy sections and hills to climb. We will enter the preserve from the Tarrytown Lakes eastern end, take a white trail to reach Glenville Woods where we will break for lunch, and then return on the blue and white trails. Bring lunch and water. Meet at the Eastview commuter parking lot off Neperan Road. Directions: From the Saw Mill River Parkway, take the Eastview exit and turn west towards the park-and-ride. For meeting time, other questions and to register, contact leader Sue Soni surekhasoni1968@gmail.com. *Qualifies for the Westchester 100 (No. 2).*

Saturday, June 24

Jackie Jones Mountain and Big Hill Shelter



6.5 miles, moderate terrain. This will be a loop hike in Harriman State Park. We will take the Suffern-Bear Mountain

(S-BM) trail past the ruins of a large estate known as ORAK and up to Jackie Jones Mountain, marked by a steel fire tower, then descend to the Big Hill Shelter, which offers panoramic views. Continuing on the S-BM and an unmarked trail, we pass two scenic reservoirs. The Long Path will take us back to the S-BM trail for a return to our cars. To register, contact leader Carol Pamm, (646) 346-0371 or CarolJoyce2@aol.com.

Saturday, June 24

Manitou Point Preserve

3-4 miles, easy-to-moderate terrain. Even though this is only a three-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. Forty percent 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. Good hiking boots and 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 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, June 25

Hudson Highlands Loop

7-8 miles, moderate-to-strenuous terrain. We will do this loop hike, encompassing the Overlook, Fishkill Ridge, Casino and Wilkinson trails, at a brisk pace and enjoy plenty of ups, downs and views along the way. No beginners please. **Vaccination is required on this hike.** To register, contact leader Bob Fiscina, fis6973@tutamail.com. Rain cancels.

Sunday, June 25

Silvermine to Black Mountain

5 miles, moderate terrain. This hike in Harriman State Park has a total elevation gain 1,125', and will be done at a relaxed pace. We'll take the Menomine Trail up to the Brien Memorial Shelter, continue on the AT/Ramapo-Dunderberg (R-D) and ascend Black Mountain, where we will enjoy a leisurely lunch. Then we will retrace our steps to Silvermine Road, and return to our cars via a different route. There are views along the way of Silvermine Lake, the Hudson River, and the surrounding mountains. This hike is limited to 10 people, **and vaccination is required.** To register, contact leader Veronica O'Neil via email at missyellierosa@yahoo.com or (914) 523-9418.





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Helpful Links

Some of these are updated in every newsletter so check them out!!!

<p><u>Hike Smart</u> (Info from NYS DEC) Watch a clip about hiking safety and how to leave no trace during your hike, and check out other clips on DEC's YouTube Channel.</p>	<p><u>ADK Videos on Informational Topics</u> (anything you want to know about being in the outdoors)</p>
<p><u>How to Size and Fit a Backpack</u> <u>How to Choose a Backpack</u></p>	<p><u>Ten Reasons for Trekking Poles</u> <u>What to Wear Hiking</u> (Advice from REI)</p>
<p><u>10% Partner Discounts</u> if you are a member of the NY/NJ Trail Conference</p>	<p><u>Looking to find a hike,</u> check out the NY/NJ Trail Conference interactive map.</p>

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- ADK/National Geographic maps
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- ADK Clothing including: hats/shirts/bandanas/neck gaiters/jackets/vests

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Nature Quotes

"If you wish to know the divine, feel the wind on your face and the warm sun on your hand." *Buddha*

"We don't inherit the earth from our ancestors, we borrow it from our children." *Chief Seattle*

"I firmly believe that nature brings solace in all troubles." *Anne Frank*



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