



# MOHICAN

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

## From the Chapter Chair

### Leading a pilgrimage, yesterday and today



When Geoffrey Chaucer's motley collection of pilgrims set out for Canterbury 600 years ago, they needed a leader. They found one in tavern owner Harry Bailey, who volunteers to travel with them as a guide. He promises to keep everyone happy, arbitrate disputes, and act as judge of the tales to be told along the way.

Chaucer's pilgrims begin their journey just as spring rains are awakening new life across the natural world, around this time of year, in fact. They came to mind recently while I was slogging through muddy woods to a chorus of spring peepers, newly awakened from their frozen winter sleep. Bird song sounded nearby. Maybe an Eastern Phoebe, an early migrator. Or a Northern Cardinal, a year-round resident. The skunk cabbage was already in bloom.

Chaucer's pilgrims were on their way to the shrine of St. Thomas Becket in Canterbury. As outdoorspeople, we're pilgrims, too, making our way into the woods or across the water. For some, it's a social activity. For others, it's in pursuit of good health. Or it might be a spiritual journey, or a form of ecotherapy that the Japanese call forest-bathing--shinrin-yoku.

And like Chaucer's pilgrims, most of us need a guide to safely get us to where we're going – and back home again. We trust our guides to plan the route, monitor weather and trail conditions, know some basic first aid, and be able to calmly handle the unexpected.

The ADK's Mohican Chapter urgently needs more people like Chaucer's Harry Bailey to serve as leaders,

and what's more, people who take on the volunteer role knowing they will need to take the training now required of ADK hike and paddle leaders. Because if more people don't step up, the Mohican Chapter's future will be in doubt. For a variety of reasons, we don't even have enough people to fill all our board seats.

Our leaders have long been the chapter's stalwarts, ensuring that hundreds of our members each year get to experience the joys of nature together. But the numbers have dropped precipitously in the last year since the new training requirements were implemented.

The amount of training required depends on a new system that classifies outings by difficulty and distance, from easy to very strenuous: Levels 1, 2 & 3. Level 1 training can be completed online in just 90 minutes.

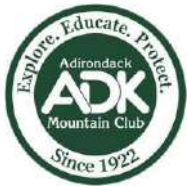
As of this writing, 17 of 27 Mohican leaders had completed the training that qualifies them to lead Level 1 hikes, or roughly 60%. It's disappointing. Just look at the outings in this newsletter. Half are listed as "WTA hikes," offered by the Westchester Trails Association, our sister organization, which doesn't require its leaders to receive any formal training. In January and February, the WTA ran more hikes than we did.

Why get certified? Personally, I'm proud to be a certified ADK leader. There's also the confidence that comes with being trained to handle situations that might occur on an outing. And let's not forget the moral imperative, giving back to the community that's done so much for you.

If you'd like to learn about how to volunteer as an ADK leader and where to sign up for leader training, contact me at [belaymon@gmail.com](mailto:belaymon@gmail.com) or Trish Johnston at [patcjohnston@gmail.com](mailto:patcjohnston@gmail.com).

*Brent Laymon*

Visit our Chapter Webpage:  
[www.adkmohican.org](http://www.adkmohican.org)



# With Our Members

## WELCOME new members



**Lakes Region Conservation Trust Castle in the Clouds, Moultonborough, NH Completed in 2 Years, 4 Months (3 Trips)**

Trish Johnston and Lisa Weismiller completed the 5 summits, 19 trails and 30 miles in the Castle in the Clouds Conservation Area. What



brought us to this area of NH were two mountains we needed to hike from the "52 With A View" (52WAV) list. We enjoyed the area so much we decided to hike all



*Lisa on the top of Black Snout*

the trails; and, of course, get a patch. Our final three days of hiking were challenging especially our second day, which ended up being 12

miles, 2800' elevation gain and

8 hours hiking time. The trails had a bit of everything—mud, ice, and snow all against a bright sky-blue day, moderate temperatures and absolutely gorgeous views of Lake Winnepesaukee and the surrounding mountains, which made for the perfect day.

If you are interested in exploring this area, check out the following link: [LRCT Castle in the Clouds](#). There is also another hiking challenge called the [Explorer Patch Program](#)—one of our next challenges.

*Submitted by Trish Johnston*

Month	Member
December/January	John Thorn, Holly Adams, Sherry Dudeck Rejoined: Jim Cowen, Clifford and Linda Weber, Kristan Crage, Barry Tuch, Lauren Linkowski, Alan Lewis
February	Mark Hancock

Please note that as a member of ADK Mohican, you can **affiliate with any other Chapter of the ADK**—there is no longer an extra fee charged. Just send an email to [membership@adk.org](mailto:membership@adk.org) and ask to be added to our Chapter.

*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](mailto:patcjohnston@gmail.com)*

### WHAT'S NEW?

#### UPDATED COVID POLICY

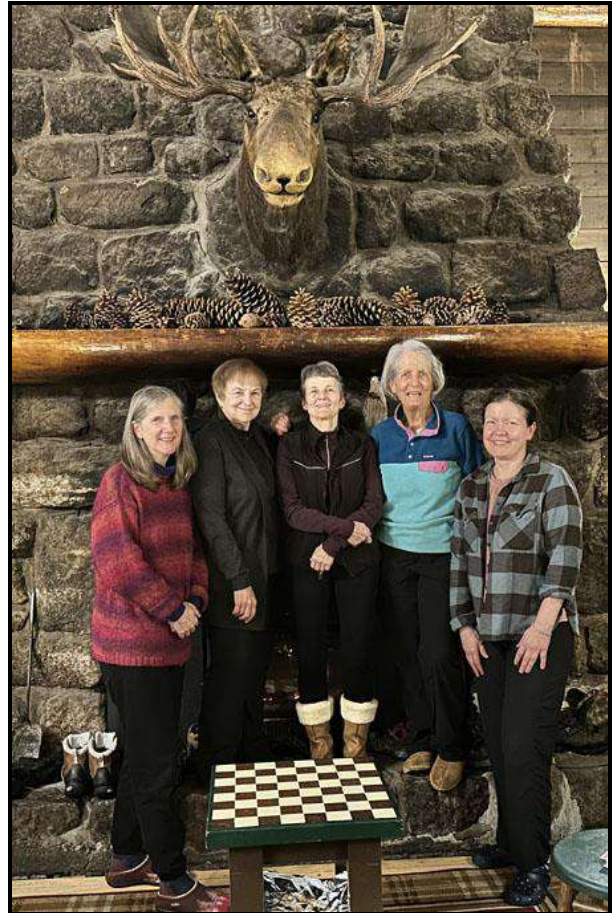
- No vaccination requirement for all activities, **unless specified in the write-up;**
- Masks must be worn when carpooling or when indoors in groups;
- Ask that anyone with signs or symptoms of a respiratory infection at the time of the outing/program refrain from participating, and that anyone who 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.



# Trip Tales

**Martin Luther King Weekend  
Adirondack Loj – Lake Placid, NY  
January 12-15, 2024**

The Mohican Chapter returned to the Loj after missing last year because of the large crowds expected at the International University Sports Federation FISU World University Winter Games that were being held in Lake Placid. There were only five of us, and we were happy to be back in the beautiful Adirondacks. Saturday turned out to be a partial rainy day and warmer than usual temperatures, but that didn't stop us from taking a hike to Avalanche Lake. The temperatures dropped in the afternoon and it started snowing so we decided to hike the new Mt. Jo trail from the Loj. Climbing the short trail to the summit where we encountered the new ladders which made for a much easier and safer climb on the rocks to the summit. Extremely windy but the views from there never disappoint. When we awoke on Sunday, the temps were in the single digits and windy, but we headed over to the Olympic Center to do the newly constructed Mt. Van Hoevenberg trail to the summit and continue down the old trail for a thru-hike. Amazing views at the top but so windy, we headed down to a sheltered area and had our lunch. A perfect day to enjoy all the wonders of the snow-laden woods. Nothing better after a frigid day of hiking to go back to the Loj and sit by the fireplace. On our last night, we had the opportunity to listen to some of the staff and visitors playing guitars and mandolins and singing rock/folk songs. Come join us next year!!!!



*L to R: Janice Miller, Jane Restani Trish Johnston, Lisa Weismiller and Ewa Witkowska in front of the Loj fireplace with the famous moose head.*

## **President's X-Country Ski Weekend Prospect Mountain, Vermont February 16-19, 2024**

We finally had some incredible ski conditions this year. Eleven excited skiers came to Bennington, VT to enjoy the freshly fallen snow on the trails at Prospect Mt. Saturday we arrived early to check out the trails while snow kept falling covering the trails most of the day. The Winter Carnival competition between the local New England colleges brought large crowds but mostly to watch the teams ski their hearts out—the trails were relatively quiet. Sunday was another cold day for skiing, which made for the best conditions. After our morning session of skiing, we took a much needed warmth break at the lodge before heading out in the afternoon for another few runs on the trails.



*L to R: Trish Johnston, Janice Miller, Ewa Witkowska, Jane Restani, and Lisa Weismiller at the top of Mt. Van Hoevenberg.*





*L to R: Lisa Weismiller, Kathie Laug, Janice Miller, Art Katz, Marcia Lange and Trish Johnston on a frozen beaver pond.*

Our evening consisted of lots of hors d'oeuvres and drinks before dinner, and our potluck menu for each night were absolutely delicious and so much variety. And of course, there was dessert—hard to believe we had room for it, but somehow we managed. Sitting around the fire in the living room was the highlight of our evening as we played games and had so many laughs our sides hurt. We have already decided we want to come back next year.

*Submitted by Trish Johnston*



*What a feast!!! All of us around the dinner table enjoying all the wonderful food we shared over the weekend. Our photographer and missing from photo: 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 unless specified otherwise**

**Leaders, please make sure that ALL participants FILL OUT and SIGN the Release Form/Attendance Sheets.**

**For those hikes that are listed as WTA only, hikers need only to sign the WTA form.**

**ADK Release Form  
WTA Release Form**

**Please remember to mail your ADK form to:  
Jeanne Thomson, P.O. Box 219  
Somers, NY 10589**

## Hikes and Stuff

Saturday, April 6  
Onatru Farm Park and Preserve



This working farm and trails are owned by the Town of Lewisboro. It will be an easy hike of 2-3 miles on trails that lead through hardwood forests and a strand of Scotch pine. The loop across the street consists of marsh and a small pond. Bring water and lunch or snack as there are picnic tables. *The latest vaccination for COVID-19 is required on this hike.* To register call or email Jane Smalley at 914-276-0413, [jsmallpt@aol.com](mailto:jsmallpt@aol.com).

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[www.adkmohican.org](http://www.adkmohican.org)*



Saturday, April 6  
**Storm King and North Point**

8-9 miles, strenuous terrain. This hike has two steep climbs and ups and downs throughout, which we will do at a moderate pace. Views of the Hudson River from different perspectives will be enjoyed by all. To register, contact leader Alice Benash, [ajrb3@verizon.net](mailto:ajrb3@verizon.net). WTA Hike.

Sunday, April 7  
**Stahahe High Point and Island Pond**

6.5 miles, moderate+ terrain. Steady, moderate 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 Point with more great views and then visit the southern point of Island Pond. Climb up and over Green Pond Mountain on the Arden-Surebridge A-SB trail to return to the Elk Pen. *Vaccination against COVID-19 is required on this hike.* To register, contact leader Catharine Raffaele via email at [catharineraffaele@gmail.com](mailto:catharineraffaele@gmail.com).

Sunday, April 7  
**Mianus River Gorge, Bedford, NY**

5 miles, easy-to-moderate terrain. This hike is at an easy pace in a Nature Conservancy property. Bring a snack to have at a "viewpoint." And then we will proceed to Havermeyer Falls (which may or may not be flowing) for lunch. To register, email leader Carol Harting at [c.harting@verizon.net](mailto:c.harting@verizon.net). *Qualifies for the Westchester 100 (No. 56).*

Saturday, April 13  
**Sleeping Giant State Park, Hamden CT**

6-7 miles, moderate terrain. We will use a mix of east/west trails with a lot of ups and downs at a moderate pace, skipping the scarier parts of the Blue Trail while still getting nice views by joining it after we warm up on the Tower Trail. We will return on the Violet and/or White trail. Carpooling from the Park & Ride at Exit 35 of the Merritt is possible. Register with leader Jane Restani at [irabjanea@aol.com](mailto:irabjanea@aol.com) between Monday and 5 p.m. Thursday the week of the hike.

Saturday, April 13  
**Westmoreland Sanctuary**

3-4 miles, easy-to-moderate terrain. We'll do a loop, starting with a steady climb on the yellow trail. Then we continue to the Lost Pond, where we'll pause to contemplate its lovely spillway before heading back on different trails. Bring water and a snack; hiking poles recommended. To register, email the leader Brent Laymon at [belaymon@gmail.com](mailto:belaymon@gmail.com) or call (475) 206-7599. *Qualifies for the Westchester 100 (No. 65).*

Sunday, April 14  
**Victory Hike in Harriman State Park**



5 miles, moderate terrain. Join the leader for a hike that includes the Victory, White Cross, and Ramapo-Dunderberg R-D) trails. Each has a variety of terrain from

rocks, earth trails and some paved road. We will do this hike at a steady pace and climb Parker Cabin and Tom Jones mountains, both of which have beautiful views. Bring lunch, snacks and plenty of water. Rain cancels. To register, contact leader Elspeth Kramer at [elspethjkramer@gmail.com](mailto:elspethjkramer@gmail.com) or (347) 262-4802. WTA Hike.

Sunday, April 14  
**On the Waterfront: H<sub>2</sub>O, Art and Eels**

Four miles. The internationally recognized Saw Mill River Daylighting Park, a distinctive eel ladder, the sculpture-punctuated Hudson esplanade, murals and much more art, river and history highlight this eclectic exploration. To register, contact Debbie Farrell [debfarpr@gmail.com](mailto:debfarpr@gmail.com). If not attending, contact morning of hike only at 914-282-9942. WTA Hike.

Saturday, April 20  
**Teatown Lake Reservation**

5-6 miles, moderate terrain. We will do a combination of the Three Lakes Loop, Hidden Valley Loop, and Overlook Loop on varied terrain at a moderate pace, and hopefully see some wildflowers in bloom. Participation is limited to 12 people. To register, contact leader Kathie Laug via email at [kfriedmanlaug@optonline.net](mailto:kfriedmanlaug@optonline.net), (203) 722-5490. *Qualifies for the Westchester 100 (No. 62).*





Saturday, April 20  
**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 lunch or a snack. We will eat at the gardens. Rain cancels. To register, contact leader Cynthia Moro [cynlyn24@gmail.com](mailto:cynlyn24@gmail.com)

Sunday, April 21  
**Hike the NCIT. Section 4: Trout Brook Preserve and the Saugatuck Trail**

8 miles, moderate terrain. Today's Nearby Connecticut Imaginary Trail (NCIT) hike is on the easier side of moderate, and will be done at a leisurely pace. We'll return to the Trout Brook Preserve, but begin at the north end, allowing us to explore different trails from the ones we visited before. Our route will be along a ridge and past some interesting rock formations, eventually reconnecting with the unmarked path that parallels the Reservoir and continues to the Saugatuck Trail where we left it last time. We'll remain on the Saugatuck Trail for the rest of the hike, passing frequent water views, and end near the Reservoir's western side. Short shuttle involved (masks required). To register, contact leader Eileen West, [eileenw1000@gmail.com](mailto:eileenw1000@gmail.com). Rain cancels.

Sunday, April 21  
**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 9:45 a.m. 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 & Ride. For GPS, use Hudson River Recreation, Tarrytown Lakes, Tarrytown, N.Y. To register, contact leader Surekha Soni, [surekhasoni1968@gmail.com](mailto:surekhasoni1968@gmail.com). *Qualifies for the Westchester 100 (No. 2).* WTA Hike.

Saturday, April 27  
**Garrison Metro North to Sugarloaf**

5-6 miles, moderate terrain. Join the leader in a hike from the Garrison Metro North station to Sugarloaf and possibly beyond. There is an elevation gain of 750' (which is the reason for the moderate designation). Bring a lunch and 1.5 liters of water. Hiking boots and poles are recommended. To register, contact leader Steve Klepner (845) 297-7066, [spk010@yahoo.com](mailto:spk010@yahoo.com). Email preferred with 'hike' in the subject line. WTA Hike.

Saturday, April 27  
**Manitou Point Preserve**

3-4 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, addition of a stone stream crossing, and construction of 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. 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](mailto:c.harting@verizon.net) to register.

Sunday, April 28  
**Stonetown Circular**

11 miles, moderate-to-strenuous terrain. The Stonetown Circular Trail is one of the most rugged in the area, going over five peaks and offering multiple views of the Wanaque Reservoir to the east and the surrounding valleys to the west. We will do the route at a moderate-plus pace, hopefully on a cool spring day. To register, contact leader Kevin McGahren, [kmcgc@optonline.net](mailto:kmcgc@optonline.net) or (914) 772-0600. WTA Hike.



Sunday, April 28

**Family Friendly Hike in Butler Sanctuary**

3-4 miles, easy-to-moderate terrain. Highlights include pretty streams to cross, glacially deposited rocks and skunk cabbage marshes. Bring snacks, lunch and water. The sanctuary's address 265 Chestnut Ridge Road, Mt. Kisco, NY. To register, please email the leader, Kristen Soni, at [kmim2000@yahoo.com](mailto:kmim2000@yahoo.com). "Co-leader" Jianna Soni. *Qualifies for the Westchester 100 (No. 49).* WTA Hike.

Saturday, May 4

**Sterling Forest and Greenwood Lake**

9 miles, moderate terrain. Starting from the visitor center, we will head to Bare Rock for a beautiful view of Greenwood Lake. From there, we'll loop back to the Sterling Forest fire tower. The hike will be done at a moderate pace. It has about 1800' of elevation gain with some ups and downs throughout the day, a steep ascent up boulders, and some stream crossings. To register, contact leader Alice Benash, [ajrb3@verizon.net](mailto:ajrb3@verizon.net). WTA Hike.

Saturday, May 4

**Irvington to Dobbs Ferry on the OCA**

5 miles, easy terrain. Approximately two years ago Ellie Carren led this walk on her 100th birthday. In her memory, we will recreate part of the walk, which started in Irvington and ended at the Gatekeeper's house in Dobbs Ferry, but we will go a bit further to see the giraffes. Ellie's daughter Claire will be coming from Colorado to join us. Bring lunch or a snack; after the walk, we will take an optional drive to the Scenic Park in Irvington on the Hudson River to see the tree and plaque in Ellie's memory. If you did not know Ellie come anyway--you'll be inspired by stories of her intellect, level of activity and joy of life. Plus, it's a lovely walk with much to see. Contact the leader for time and meeting place. To register, contact leader Cynthia Moro, [cynlyn24@gmail.com](mailto:cynlyn24@gmail.com).

Sunday, May 5

**Fishkill Ridge**

9 miles, moderate-to-strenuous terrain. This is a lollipop hike with about 2,000' elevation gain, which we will do at a moderately fast pace going over Lambs Hill to Fishkill Ridge in the Hudson Highlands. For a

change of scenery, we will take the Overlook Trail from Sunnyside Road. Along the way, there are many beautiful views in all directions. No beginners please. To register contact leader Janice Miller at [majian11@yahoo.com](mailto:majian11@yahoo.com).

Sunday, May 5

**Cold Spring: History and River Views**

8 miles, easy-to-moderate terrain. This hike begins and ends with an exploration of local preserves along and near the Hudson River that feature the diverse history of this region, with a walk in between through the village of Cold Spring. First, we'll visit Little Stony Point. Once used for mining operations and then destined to be a factory site, it was saved from development when it became part of the Hudson Highlands State Park. Across the road is the primary state park area, where we will access several trails through the ruins of Northgate (the former Cornish Estate built ca. 1910), past a waterfall and along a dam. We'll visit the estate's former dairy farm, a sprawling and remarkably well preserved complex, and then head into town, stopping along the way for a trail lunch. Finally, we'll explore the West Point Foundry Preserve, where we'll find paths along the river that lead to the remnants of ironworks which made some of America's first steam engines and Civil War cannons. Rain cancels; short shuttle involved (masks required). To register, contact leader Eileen West, [eileenw1000@gmail.com](mailto:eileenw1000@gmail.com).

Saturday, May 11

**Southern Harriman Circular**



9-10 miles, moderate terrain. There are plenty of ups and downs on this hike rewarded by views on several ridges as we do a wide loop at a steady, brisk pace

from the Visitor Center. We will head east on the Reeves Brook and Kakiat trails, north on the Suffern-Bear Mountain trail (S-BM), back along Pine Meadow Lake, up Diamond Mountain, and down on the Hillburn-Torne-Sebago (H-T-S) and Pine Meadow trails to our starting point. *Vaccination against COVID-19 is required on this hike.* Leader brings brownies. To register, contact leader Kay Cynamon, [kcynamon@gmail.com](mailto:kcynamon@gmail.com).

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Saturday, May 11  
**Fahnestock Park, Charcoal Burners**

5.2 miles, moderate terrain. This hike, with 572' of elevation gain, traverses parts of Fahnestock Park on both the north and south sides of Route 301. Beginning on the Appalachian Trail, the hike proceeds over an old railroad bed which was used to bring out iron mined in the area, and passes several lakes before crossing to the north side of Route 301 to begin our return. There will be a lunch break. The leader has deliberately chosen to lead these types of hikes to reach less experienced or even new hikers, to expose them to the beauty of the woods and the pleasures of hiking, giving back something from his own years of hiking and backpacking. His hikes are not designed for speed but for enjoyment along the way. To register, contact the leader Aaron Bock at [acbock52@gmail.com](mailto:acbock52@gmail.com). WTA Hike.

Sunday, May 12  
**Macedonia Brook State Park, Kent CT**



Moderate hike approximately 7 miles and 1000' elevation gain. This park has great views from its summits and as the name indicates a lovely brook. There are also remains of the CCC work. Among others, we will traverse the Cobble Hill trail and parts of the Ridge trail. We will skip the difficult ascent of Cobble Hill from the north. Carpooling is possible; but if you want to explore the quaint town of Kent or Kent Falls after the hike, that is a possibility. Register with leader Jane Restani via email at [irabjanea@aol.com](mailto:irabjanea@aol.com) between Monday and 5 p.m. Friday the week of the hike.

Sunday, May 12  
**Hart's Brook Preserve & Optional Ridge Road Park**

3-5 miles, easy terrain. On Mother's Day, enjoy a 3-mile walk in the Hart's Brook Preserve, described in Walkable Westchester as "stately woodlands, flowing streams, and flowering trees." Perhaps the abundant rhododendrons will be in bloom. There is an option to do another 2 miles across the street on the trails and walks at Ridge Road Park. To register, contact leader Carolyn Hoffman, [carohof2@gmail.com](mailto:carohof2@gmail.com), cell (914) 420-5778. *Qualifies for the Westchester 100 (No 5).*



Saturday, May 18  
**Mt. Taurus via Nelsonville**

5 miles, moderate terrain. We'll take the less crowded (but rocky) route up Mt. Taurus at a brisk (but not killer), pace, and do a loop down the back side. Meet at the Undercliff Trailhead, 18A Secor St., Nelsonville, NY 10516. From the traffic light at the intersection of Routes 9D and 301 in Cold Spring, go approximately 1/2 mile east and turn left onto Pearl St. (If you see Juanita's Kitchen, you've gone too far.) Pearl St. ends, and the parking lot is directly across Secor St. Park in this lot or on the street, but not in the Masonic lot. *Vaccination is required on this hike.* To register, call or email leader Bruce Collins, (646) 584-1227 or [actz1015@gmail.com](mailto:actz1015@gmail.com). WTA Hike.

Saturday, May 18  
**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 against Covid-19 is required on this hike.* Rain cancels. To register, contact leader Lynn McBride, [almcb@aol.com](mailto:almcb@aol.com) or (914) 439-0879. *Qualifies for the Westchester 100 (No. 43).* WTA Hike.

Sunday, May 19  
**Storm King and Butter Hill**

5 miles, moderate-to-strenuous terrain. All morning we'll be climbing on the Stillman Trail with views of the Hudson River and surrounding mountains to our spectacular lunch spot. After lunch, we continue hiking on the scenic Stillman Trail to beautiful Butter Hill. Our return will be on the Bluebird and Stillman Trails. This very hilly hike will be led at a relaxed moderate pace. Use the West Hudson Trails Map #113 and meet the leader at 42 Bayview Ave (Route 218) Esty and Hellie Stowell Trailhead, Cornwall Landing, NY. To register and for meeting time or other information, email the leader, Judy Kossover at [woodtuxduo@aol.com](mailto:woodtuxduo@aol.com). WTA Hike.





Sunday, May 19

**Hidden Valley Loop and Teatown Lake**

4 miles, easy-to-moderate terrain. Come out on this spring day for a nice invigorating hike at Teatown Lake Reservation. Bring plenty of water and snacks. Rain cancels. To register, contact leader Elspeth Kramer, [elspethkramer@gmail.com](mailto:elspethkramer@gmail.com) or (347) 262-4802. *Qualifies for the Westchester 100 (No. 62).* WTA Hike.

Saturday, May 25  
**Terrace Pond**

8 miles, moderate-to-strenuous terrain. This hike, in West Milford, NJ, features rugged terrain, several rock scrambles and lots of rhododendron



tunnels. We'll see plenty of views as we wind up, down and around the trails at a moderate-plus pace to access this 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. To register, contact leader Kevin McGahren, [kmccg@optonline.net](mailto:kmccg@optonline.net) or (914) 772-0600. WTA Hike.

Saturday, May 25  
**Oscawana Island Park**

3 miles, easy terrain. We'll follow the Blue trail alongside Furnace Brook, then take the White trail to see the ruins of the McAndrew's estate and circle the former racetrack. We'll then return to our starting point and continue along to the Hudson River, where we'll have lunch on the river bank. To register, contact the leader, Sheila Sarkar, at [shechris6@gmail.com](mailto:shechris6@gmail.com).

Sunday, May 26  
**Millionaire's Row. Closter, NJ**

9.5 miles, moderate terrain. This hike utilizes the Long Path, Huyler's Landing trail, Shore Path, and Forest View trail to make a loop that passes several points of

interest including river views, the ruins of mansions, and the Women's Federation Monument. While parts of the hike are easy, particularly along the shoreline, there is a steep climb to get onto the palisade and a steep climb down. The leader moves at a moderate+ pace. Extreme heat or heavy rain may cancel or change the route. To register, contact leader Lauren Linkowski at [llinkowski@gmail.com](mailto:llinkowski@gmail.com). *Vaccination is required on this hike, and participation is limited to 15 people.* WTA Hike.

Sunday, May 26  
**Silver Lake Preserve**

3-4 miles, easy-to-moderate terrain. We will depart from the West Harrison parking lot and follow the Blue, Yellow and White trails, circling around the lake and returning 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. To register, contact leader, Sheila Klatzky, at [srklatzky@gmail.com](mailto:srklatzky@gmail.com). *Qualifies for the Westchester 100 (No. 40).* WTA Hike.

Saturday, June 1  
**Black Rock Forest**

6 miles, moderate terrain. Starting from the Hudson Highland Nature Museum/Outdoor Discovery Center, we ascend into the Mine Hill Road area of Black Rock Forest. We should have a nice view or two. Although this hike is moderate, we do have a significant climb at the beginning and a total of approximately 1100' elevation gain, which will be done at a compassionate pace with regroupings as needed. To register, contact leader Steve Klepner (845) 297-7066, [spk010@yahoo.com](mailto:spk010@yahoo.com). Email preferred with 'hike' in the subject line. WTA Hike.

Saturday, June 1  
**Appalachian Trail at a Gentle Pace: Route 301 to Dennytown Road in Fahnestock State Park**



3.7 miles, moderate terrain. Beautiful woodlands and wetlands, ridges, one waterfall/cascade, and hopefully mountain laurel in bloom. Shuttle involved (masks required). To register, contact leader Carolyn Hoffman, [carohof2@gmail.com](mailto:carohof2@gmail.com), cell (914) 420-5778.



Sunday, June 2  
**Sterling Forest**

7 miles, moderate terrain. Steady, moderate pace. We will ascend the Bare Rock Trail and stop at Bare Rock with its scenic view of Greenwood Lake. Return on the Sterling Ridge trail with a stop at the Fire Tower. *Vaccination against COVID-19 is required on this hike.* To register, contact leader Catharine Raffaele, [catharineraffaele@gmail.com](mailto:catharineraffaele@gmail.com).

Sunday, June 2  
**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



Manitoga for a hike at an easy pace with some ups and down for about 2-3 hours. This historic property was once owned by Russel Wright, an industrial designer. Contact Carol Harting at [c.harting@verizon.net](mailto:c.harting@verizon.net) to register.

Saturday, June 8  
**Stillman Trail End-to-End**

11 miles, moderate-to-strenuous terrain. This hike was on the schedule last fall but was cancelled due to bad weather, so we will try again. We access the western end of the Stillman Trail from Mine Hill Road in Black Rock Forest (now at a viewpoint in the middle of nowhere). Heading east, we stop for another view at Split Rock, continue over the summits of Black Rock Mountain and Mt. Misery, up to the rocky top of Butter Hill, over Storm King Mountain, and out to our cars. There is plenty of elevation change on this hike, which will be done at a steady, brisk pace. Short shuttle involved (masks required). No beginners please. To register, contact leader Bob Fiscina, [fis6973@tutamail.com](mailto:fis6973@tutamail.com). Rain or wet conditions cancel. WTA Hike.

Saturday, June 8  
**Mountain Lakes Park**

6-7 miles, easy-to-moderate terrain. We will do a circuit of the park on varied terrain at a moderate pace, utilizing several different trails including some that go alongside roads and including climbs of Bailey Mountain (the highest point in Westchester County) and Look Out Point. Participation is limited to 12 people. To register, contact leader Kathie Laug, [kfriedmanlaug@optonline.net](mailto:kfriedmanlaug@optonline.net), (203) 722-5490. *Qualifies for the Westchester 100 (No. 57).*

Sunday, June 9  
**Hudson Highlands Gateway Park**

4-5 miles, easy-to-moderate. This is a pleasant 3-hour hike with gentle ups and downs. We will take a break for lunch. Take Bear Mountain Parkway north to Highland Avenue to Sprout Brook Road (street sign may be down – turn at the Gulf Station), 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](mailto:c.harting@verizon.net).

Saturday, June 15  
**Norvin Green State Forest, Ringwood, NJ**

6 miles, moderate terrain. This route of this hike is mostly moderate with one steep climb, which we will do at a moderate pace. We'll hike along the Otter Hole to the Mine Trail and climb Carris Hill with views of the Wanaque Reservoir. Then, we continue on the Hewitt-Butler Trail to Yoo-Hoo Point and Wyanokie High Point with views of the NYC skyline before returning to our cars. To register, contact leader Minu Chaudhuri, [minuch50@gmail.com](mailto:minuch50@gmail.com) or (914) 391-5918. WTA Hike.

Saturday, June 15  
**Weir Farm National Historic Site**

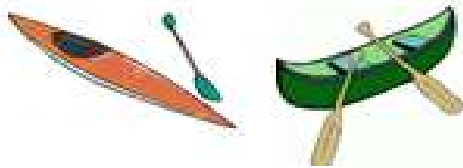
4-6 miles, easy-to-moderate terrain. This hike in the only NHS in CT is on the property of Julian Weir (1852-1919), an American Impressionist artist who was struck by nature's beauty. Come see the stone walls, woodlands, pond and meadow that inspired him as an artist. We will hike 4 miles in the Preserve on gently rolling trails that have rocks, roots and stream crossings, doing an out and back on the Blue and Yellow trails. We will have lunch near the Secret Garden, Studio and home. (We will be near the cars, if



you need an early out at this point.) Then we will hike 2 miles out to and around Weir Pond on the other side of Nod Hill Road. Restrooms are available and open on the property. So Westchester folks, venture across the border to this lovely spot. Bring your National Park Passport Book if you have one, as those can be stamped at the Visitor Center. Contact [lisaweismiller@gmail.com](mailto:lisaweismiller@gmail.com) to register, and for start time and directions.

Saturday, June 15

**Paddle the Bashkill One-Way with Shuttle**



This outing is joint with Mid-Hudson Chapter. The Bashkill is the largest freshwater

wetland in southeastern NY, which protects acres of habitat for all kinds of wildlife. The leaders will set up a short shuttle (mask) for a one way paddle about 6 miles through the entire wetlands. Bring lunch, own boat, and lifejacket, as there are no rentals nearby. Limit 8 boats. We will meet at 10 a.m. at the first put in above Haven Road. *The latest vaccination for COVID-19 is required on this paddle.* To register, call or email Jane Smalley 914-276-0413, [jsmallpt@aol.com](mailto:jsmallpt@aol.com).

Sunday, June 16

**Minnewaska State Park**



9 miles, moderate terrain. Minnewaska has an abundance of mountain laurels, and hopefully they will be in bloom. The majority of this hike will be on hiking trails and not carriage

roads. We will take the Mossy Glen, Blueberry Run, and Rainbow Falls trails moving at a moderately fast pace, and have nice views from Castle Point. To register, contact leader Janice Miller at [madjan11@yahoo.com](mailto:madjan11@yahoo.com).

Sunday, June 16

**Fahnestock Perambulation**

3-4 miles, easy-to-moderate-terrain. A Zen-like stroll, minor ups/downs around the Fahnestock Winter Park trails to Stillwater Lake, and maybe even a short lunch break. Meeting place and time TBA. To register, contact leader Howard Millman, (914) 439-8031 (day of hike), [hwardmillman@runbox.com](mailto:hwardmillman@runbox.com) (any time). WTA hike.

Saturday, June 22

**Scenery, History, Bamboo, Cactus, "Forbidden Castle"**



6.5 miles, moderate terrain. We'll hike at a "moderate+" pace, enjoy some of the best Hudson River scenery, and see where the Revolutionary War was almost lost! Meet at the Garrison Metro-North RR Station (free parking on weekends). We'll pass through the bamboo jungles on the Glenclyffe Loop, then cross Route 9D, view (but not go too near!) the "Forbidden Castle," tackle

the short steep trail up Sugarloaf Hill, and possibly see cacti blooming at the summit. *Vaccination is required on this hike.* To register, call or email leader Bruce Collins, (646) 584-1227 or [actz1015@gmail.com](mailto:actz1015@gmail.com). WTA Hike.

Saturday, June 22

**Westmoreland Sanctuary**

4 miles, easy-to-moderate terrain. Join the leader on a hike on lovely and varied terrain featuring the new Raptor Ridge trail. There is a wonderful nature center and historic museum that we can visit after the hike. The Sanctuary's address is 260 Chestnut Ridge Road, Mt. Kisco. To register, contact leader Ann Autieri at [ann@cilia.org](mailto:ann@cilia.org) or (914) 539-1620. *Qualifies for the Westchester 100 (No. 65).* WTA Hike.



Sunday, June 23  
**Tuxedo Circular**

7-8 miles, moderate-to-strenuous terrain. This loop hike starts from the commuter lot in Tuxedo and continues on the Ramapo-Dunderburg (R-D) to Parker Cabin Mountain. We will have lunch with a view on the mountain, and return via the Triangle trail. Participation is limited to 12 people. Bring sufficient water, snacks and lunch. No runners, please--this is a hike to enjoy our surroundings on an early summer day. To register, contact the leader Carol Ann Benton via email [aquariuscab@gmail.com](mailto:aquariuscab@gmail.com) or text (914) 960-3317. WTA Hike.

Sunday, June 23  
**Three Bridges and One Ferry**

7-8 miles, easy terrain. Walk NY's BMW (Brooklyn, Manhattan, and Williamsburg) bridges and explore what's on each side of the BMW. *Participation is limited to 12 people, and vaccination against Covid-19 is required.* For questions and to register, contact the leader, Linda Wildman, at [lindawildman88@gmail.com](mailto:lindawildman88@gmail.com) or text/call (914) 316-5674. WTA Hike.

Saturday, June 29  
**The Quiet Side of Sterling Forest, Tuxedo, NY**

9.5 miles, moderate-to-strenuous terrain. This hike will utilize trails in Sterling Forest, unmarked woods roads, and a bit of the Appalachian Trail to make a figure 8 that takes in several nice views, the ruins of the Southfield furnace, and a lovely pond. The route has lots of rolling ups and downs, and the leader moves at a moderate+ pace. Extreme heat or heavy rain may cancel or change the route. To register, contact Lauren Linkowski at [llinkowski@gmail.com](mailto:llinkowski@gmail.com). *Vaccination is required on this hike, and participation is limited to 15 people.* WTA Hike.

Saturday, June 29  
**Mianus River Gorge Preserve**

4-5 miles, easy-to-moderate terrain. Hike in a scenic old growth forest. We follow the Red trail for the length of the preserve. We will take side trails to view a Mica mine and waterfall ending at the Bargh Reservoir. The trail includes a series of ups and downs. We 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](mailto:CarolJoyce2@aol.com). *Qualifies for the Westchester 100 (No. 56).*

Sunday, June 30

**A.T. from Route 22 to Cat Rocks, Pawling NY**

6 miles, moderate terrain. This out-and-back hike offers a variety of terrain at a pace of about 1-1/2 to 2 mph. We'll travel south over boardwalks, up and down hills and through meadows and woods and climb steeply to our destination with a view of where we've traveled. We'll start at the AT train stop (there is plenty of parking along Route 22 just north of the AT). Rain or excessive heat cancels at the leader's discretion. Limit 10 hikers. Contact Brent Laymon at [belaymon@gmail.com](mailto:belaymon@gmail.com) to register.

Sunday, June 30  
**Ward Pound Ridge**

3.8 miles, easy-to-moderate terrain. We will hike most of the Blue trail loop at Ward Pound Ridge Reservation, which takes us to the old fire tower--the highest point in the park. We begin the hike with a moderate climb to the top, then a moderate descent by way of a detour on the White trail. When we return to the Blue Trail, the remainder of the hike is flat and easy. Hiking poles suggested. The park is located at Reservation Rd, Pound Ridge, NY 10576. Parking is \$5 with a park pass, \$10 without the pass. Carpooling from the Orchard Square Shopping Center in Cross River is a possibility. To register and for information, contact the leader, Gail Blumenfeld, at [gailrb@yahoo.com](mailto:gailrb@yahoo.com). WTA Hike.

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**WTA's Annual Spring Dinner**



**You are cordially invited!!!** Dinner being held on Sunday, April 21 from 5-9 pm at the Casa Rina Restaurant, 886 Commerce Street in Thornwood. For a fixed price of \$40 including tax and tip, you can enjoy a complete dinner and have your choice of: an appetizer, soup or salad; eleven different meat, fish, chicken and vegetarian entrees; four different desserts; and coffee, tea or soda with the meal. Although prices have gone up considerably in the past few years, WTA is continuing to subsidize part of the beverage and gratuity charges to keep the cost as low as possible. The only items not included are orders from the bar. To see all the choices available, visit [www.casarinarestaurant.com](http://www.casarinarestaurant.com) and click on their "Sunday thru Wednesday" menu.

Visit our Chapter Webpage:  
[www.adkmohican.org](http://www.adkmohican.org)





The featured speaker is Jason Klein, Director of Conservation for the Westchester County Department of Parks, Recreation and Conservation, who will tell us about biodiversity in Westchester County and emerging trends and threats. Jason has worked for the Department for over 25 years. As Conservation Director, he oversees more than 20 parks including Muscoot, Ward Pound Ridge, Lasdon Park and Arboretum, the North and South County Trailways and the Bronx River Parkway Conservancy. Jason is also a President-emeritus of the Federated Conservationists of Westchester County and a current board member, as well as being the current Mayor of Rye Brook and the former Chair of its Sustainability Committee.

A private room has been reserved at the restaurant from 5-9 p.m. Those wishing to do so can arrive for cocktails starting at 5:00 p.m.

We'll order dinner around 5:30 p.m. and should start dining shortly after 6 p.m. Please note that **payment for the dinner must be received by April 15.**

Make your check or money order for \$40 payable to Westchester Trails Association, and mail it to P.O. Box 736, White Plains, NY10602. You can use your PayPal account instead by selecting the appropriate payment option on the "Join/Contact" page of WTA's website: <http://www.westhike.org/join-contact.html>. They are not set up for multiple dinner payments, so if there is more than one person in your party please make individual payments, and then follow up by sending an email to Catharine Raffaele at [catharineraffaele@gmail.com](mailto:catharineraffaele@gmail.com) to tell her who each payment is for, so that she can keep track of everyone. Attendees at the Annual Dinner must be vaccinated against COVID-19.

↓ Helpful Links ↓

<b><i>Item Highlighted in Red is New Information</i></b>	
<p><b><u>Hike Smart</u></b> (Info from NYS DEC) Watch a clip about <b>hiking safety</b> and <b>how to leave no trace during your hike</b>, and check out other clips on DEC's <b>YouTube Channel</b>.</p>	<p><b><u>ADK Videos on Informational Topics</u></b> (anything you want to know about being in the outdoors)</p>
<p><b><u>NY/NJ TC Resources</u></b> (NY/NJ Trail Conference Trail Resources)</p>	<p><b><u>Ten Reasons for Trekking Poles</u></b> <b><u>What to Wear Hiking</u></b> (Advice from REI)</p>
<p><b><u>10% Partner Discounts</u></b> if you are a <b>member of the NY/NJ TC</b></p>	<p><b><u>Looking to Find a Hike</u></b>--check out the NY/NJ Trail Conference interactive map.</p>
<p><b>Check out this website: <u>Section Hiker</u></b> 10 Best Gear Guides, Gear Reviews, Gear Lists, FAQs and more Lots of useful information and recommendations on outdoor gear</p>	



**Mohican ADK**  
**P.O. Box 218**  
**Bedford, NY 10506**



**Notify ADK of address change at least six weeks in advance via email at [membership@adk.org](mailto:membership@adk.org) or call 1-800-395-8080 M-F 8:30 a.m.-5:30 p.m.**

**If you would like to be added to our ADK Mohican Google Groups, just send an email to [patcjohnston@gmail.com](mailto:patcjohnston@gmail.com)**

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**Vice Chair (Vacant)**

**Secretary**

Jeanne Thomson  
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