

MOHICAN

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

From the Chapter Chair



For years, I've been happy to follow the leader on hikes, lost in thought or maybe conversing with another hiker – but mostly oblivious to our surroundings

and our path through the woods. I am perpetually lost. But once I signed up to lead a few hikes, I knew I needed to learn at least the basics of navigation.

It was this sudden sense of responsibility that led me to Ulster County's Bluestone Wild Forest on a recent chilly, overcast Sunday, learning how to navigate off-trail with just a map and compass – in an introductory class sponsored by the ADK's Mid-Hudson Chapter and taught by Lyn Walker, an accomplished hiker and member of the Catskills' Search and Rescue team.

I've carried a compass in my pack for years. But I had no idea how to use it: How to set declination to account for the difference in degrees between true north and magnetic north, for starters; or how to take a bearing from a map to determine direction of travel; or how to take a bearing in the field to figure out where you are on the map. As Lyn repeatedly reminded us, a miscalculation of even a single degree on a compass can send you miles off course.

The lessons came as a revelation: A discovery at once so profound and exhilarating that it makes you giddy. It wasn't just me. Throughout the day, I could

hear my fellow classmates let out little laughs of relief and pride when the bearings they plotted using their compass and map got them to the exact point in the forest they'd been aiming for.

It's no wonder the Chinese count the compass among their "Four Great Inventions," along with gunpowder, paper and printing.

Lyn isn't one of those purists like the writer of a recent piece in [Appalachian Journal](#) who suggests that smartphones have no place in the wilderness – that the technology violates his "ethics of self-reliance."

Sure, we can all agree that we've become too reliant on electronic devices. Power drains away. Signals fail. A self-described "map nerd," Lyn urges every hiker to carry at least two methods of navigation: a map and compass for one, and some form of GPS.

The point here is that you must know how to use them.

You might recall the case of Geraldine Largay, the retired nurse who disappeared while hiking the AT in July 2013. When Largay's body was found two years later, the Maine Warden Service said she'd lost her way when she left the trail for a separation break.

Largay apparently had a compass with her, but a friend who had hiked part of the way with her told authorities that Largay's skills were questionable. That's a sobering thought for all of us.

NOTE: ADK offers [Map and Compass Skills Workshops](#) online and in-person.

REI offers [Navigation Skills Classes](#). Just type in your location and you may find classes in your area.

Brent Laymon



With Our Members

Long Path Reunion

In 1996 and 1997 Ernest Laug led a series of hikes for our chapter on the Long Path for a distance of 257 miles from the George Washington Bridge to the intersection of Huntersmark and Macumber Roads in the Catskills. That was the distance required to qualify for a Long Path End -to -End certificate at the time. Our group of 20 included participants from 3 ADK chapters and we are still the largest group to complete the trail together. Over the next several years, we continued to hike together on to John Boyd Thacher State Park southwest of Albany, the current terminus of the trail.

On November 2, we held a reunion lunch at Ristorante Lucia in Bedford. Twelve of the original 20 were able to make it and we thoroughly enjoyed catching up as well as sharing memories of the Long Path and other hiking adventures. The day ended with a special cake!

Submitted by Kathie Laug

Catskill Fire Tower Challenge 2022



Four ADK Mohican members, Lisa Weismiller, Jane Restani, Janice Miller and Trish Johnston completed the challenge on December 4, 2022. Our final hike was on Overlook (no snow this year); and afterwards we did our annual shopping trip to Woodstock, NY. To get the patch and certificate, you are required to visit all six Catskill Fire Towers between January 1 and December 31, 2022, i.e., Overlook Mountain (Woodstock, NY); Hunter Mountain (Hunter, NY); Red Hill Mountain (Denning, NY); Balsam Lake Mountain (Hardenburgh, NY); Tremper Mountain (Shandaken, NY); and Upper Esopus (Mt. Tremper, NY).

Climbing fire tower always rewards you with incredible views in all directions, and sometimes you are fortunate enough to meet a volunteer fire tower steward on duty.



**From L to R:
Carol Harting,
Fran Levy,
Kathy Mario,
Jane Smalley,
Barbro Thelemarck,
Kathie and Ernest Laug,
Carole Ehleben,
June Fait and
Herb Coles,
Roeli Johansson,
and Diane Bamford.**



Visit our Chapter Webpage:
www.adkmohican.org

Trip Tales

Sunday, November 6
Rockefeller



L to R: Trish Johnston, Lisa Weismiller (holding certificate), Janice Miller and Jane Restani happy with their completed Catskill Fire Tower Challenge.

As substitute leader for this hike, I started out with much trepidation as I never led a hike in Rockefeller before. I had called for a 10 a.m. meeting time, and I arrived at 9:30 a.m. to find the parking lot completely filled. No problem--just go into the overflow parking area which I did, but within 10 minutes that too started filling up. However, one of the wonderful park employees set up another row for parking; and after we rounded up all the hikers from both parking lots, we started out.

During the week there was absolutely no prediction of rain, but it did rain slightly. As we were at an intersection and either putting on or taking off rain jackets, down the trail comes this buggy with two very spirited horses which took us completely by surprise, and we had to scurry out of the way.


But this is what hiking is all about – being out in nature and seeing something totally unexpected – this buggy being driven down a trail covered in fallen leaves. P.S. I did get everyone back without getting lost!

*Submitted by Carol Harting
Photo submitted by Nancy Adams*



WELCOME new members

Month	Member
August	Angela Reyes Rejoined: Mary Crewe, Andrew and Kristine Cunningham, and Brian and Mary Shanly
September	Anthony Troiano, Robert Connolly And Ryan Dwyer
October	Benjamin Kelly, Aurora Zahm, Eric Monsonis, Kyle Branin and Ben Spencer and Georgia Close Rejoined: Karen Dolan, Kathleen Radice, Maurice Reidy, David Watson, and Dod Chahroudi



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

Visit our Chapter Webpage:
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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.*

ADK requires for its outings, walks, and hikes that all participants be vaccinated for COVID.

Hikes are joint with WTA

ATTENTION: LEADERS

(Make sure you have the updated ADK Release Form, which you can get [here](#))

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

Saturday, January 7
Kensico Cemetery Tour

3-5 miles, easy-to-moderate terrain. There are many points of interest in this 460 acre cemetery including grave sites of celebrities and structures with architectural interest. Although most of the walk is paved, expect some hills and uneven ground. Sturdy shoes, water and lunch recommended. The cemetery's address is 273 Lakeview Avenue, Valhalla. Meet at 10:30 a.m. in the upper parking lot. Directions: Taconic Parkway to Lakeview Avenue. Turn west, pass the monument shop, cross the railroad tracks and turn right. Go past the Administration Building to the upper lot, which is also accessible through the next street (Commerce Street). More information about the cemetery is available at www.kensico.org. Hikers must be vaccinated and follow COVID policy. To register, contact leader Sue Soni surekhasoni1968@gmail.com.

Sunday, January 8
Black Rock Forest

6 miles, moderate terrain. Starting from the Hudson Highlands Nature Museum/Outdoor Discovery Center, we ascend into the Mine Hill area of Black Rock Forest via the Stern trail; once in the Forest, we will do the Sackett-Stillman-Hall Road loop. The hike has a significant climb at the beginning and a total elevation gain of approximately 1100', but it will be done at a compassionate pace (so the leader can keep up), with regroupings as needed. Bring traction aids (like Microspikes) with you regardless of conditions - they might be necessary at higher elevations. Hikers must be vaccinated and follow COVID policy. To register, contact leader Steve Klepner, (845) 297-7066 or spk010@yahoo.com. Email preferred with 'hike' in the subject line.

Sunday, January 8
Ellie Carren Memorial Hike at Irvington Woods

4-5 miles, easy-to-moderate terrain. An enthusiastic hiker, Ellie died in December at age 100, having lived an active and rewarding life. This is a hike that Ellie Carren led in January of 2010, and we will share Ellie memories as we retrace her steps through woodlands and to "Hermit's Grave". We'll also try to find the Macy Monument with a plaque in honor of V. Everit Macy, who served Westchester County in various capacities including its Commissioner of Parks. Hikers must be vaccinated and follow COVID policy. To register, contact Carolyn Hoffman (914) 420-5778, carohof2@gmail.com. *Qualifies for the Westchester 100 (No. 54).*

Hikes and Stuff

Sunday, January 1
New Year's Day Walk and Swim
Greenwich Point Park

3 miles, easy terrain. Okay, you don't have to swim if you don't want to. There will be an approximately 3-mile walk starting around 10:30 a.m. from the main concession stand. Bring holiday treats if you have them for a post hike celebration. Our traditional leader, Jane Restani, may not be able to make it this year, so register instead with Lisa Weismiller at lisaweismiller@gmail.com in order to get weather-impacting news or directions. Participants must be vaccinated and follow COVID policy.

Saturday, January 7
Lake Skannatati Circular

6 miles, moderate terrain. This will be a loop starting from Lake Skannatati, taking the ASB and Red Cross with panoramic views of Lake Askoti to Hasenclever Mine. We then continue on Hasenclever Road to the Beech Trail past a cemetery and back to Lake Skannatati via Rockhouse Mountain Road. Hikers must be vaccinated and follow COVID policy. To register, contact leader Minu Chaudhuri (914) 391-5918 or minuch50@gmail.com.

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Saturday, January 14
Silvermine Circular in Harriman



5.2 miles, moderate terrain. On this hike, which has about 1,000' of elevation gain, we'll start by heading west on the Menomine,

passing the Lewis family cemetery and crossing Seven Lakes Drive to the Nawahunta Fire Road. We'll take a look at the Lewis Mine while on our way to the Long Path, then head south on the LP uphill to the cave shelter before a short scramble to lunch at the Stockbridge Shelter. Upon reaching the Menomine, we'll go east and admire the CCC pine plantation on Lake Nawahunta before we return to the starting point. If snow or ice, traction will be mandatory. Hikers must be vaccinated and follow COVID policy. Contact leader for more information and to register. Rich Salz, richsalz10@gmail.com or (914) 260-1337.

Saturday, January 14
Hardscrabble Wilderness Area

4-5 miles, easy-to-moderate terrain. Let's fully explore this small but interesting preserve in Mt. Pleasant as we wind our way up, down and around almost every trail, past old stone walls and through deep woodlands. A short carpool from the Pleasantville train station is necessary because parking where we enter the preserve is limited, but that gives us an option to enjoy a hot beverage and delicious pastry at Jean Jacques when we return. Bring Microspikes or Stabilicers if conditions warrant. Hikers must be vaccinated and follow COVID policy. To register, contact leader Eileen West, eileenw1000@gmail.com. *Qualifies for the Westchester 100 (No. 29).*

Sunday, January 15
Hook Mountain

6 miles, moderate terrain. Ups and down on ridge with sweeping views, and rocky descent on the Upper

Nyack Trail. If wintry conditions prevail, traction devices will be essential. Easy return on the Shore Path, and then a climb back up to the cars at the end. Hikers must be vaccinated and follow COVID policy. Contact leader to register: Catharine Raffaele at catharineraffaele@gmail.com.

Sunday, January 15
Bronx River Pathway: Kensico Dam Plaza to NWP Station and Back

4 miles, easy terrain. Bring a lunch/snack and water. We will hike on the pathway, have lunch at the picnic tables near the Dam on our return, then take an optional walk to the top of the Dam and back down and visit the 9-11 Memorial. Winter Wonderland decorations may (or may not) still be up. Heavy precipitation on day of the hike may cancel. Hikers must be vaccinated and follow COVID policy. Contact leader for meeting time and location, contact Sheila Klatzky, srklatzky@gmail.com.

Saturday, January 21
Southern Harriman Hiking

5-6 miles, moderate terrain. We will meet at the Lake Sebago parking lot and begin our hike on the Seven Hills Trail. From there, we will take an appropriate hike for the weather and ground conditions. Expect to be on the Tuxedo-Mt. Ivy Trail and the Buck Trail. Going up to Diamond Mountain will depend on the conditions of the day. Microspikes might be necessary; if unsure, check with the leader. Hikers must be vaccinated and follow COVID policy. To register, contact leader Judy Kossover, woodtuxduo@aol.com or (845) 548-7604.

Saturday, January 21
Lasdon Park and Sanctuary

5.5 miles, easy-to-moderate terrain. Take in the dormant beauty of this park and arboretum. We will travel forest trails, walk the Trail of Honor, visit the dinosaur garden, and walk the historic tree trail to the Chinese pavilion. Then we'll continue on to Lasdon Sanctuary for an out and back hike before returning to the cars. Be prepared with Microspikes and/or snow shoes as conditions permit. Hikers must be vaccinated and follow COVID policy. To register, contact leader Lisa Weismiller, lisaweismiller@gmail.com. *Qualifies for the Westchester 100 (No. 34).*



Sunday, January 22
Old Croton Aqueduct

7-8 miles, easy terrain. We will walk from Irvington to Hastings-on-Hudson and circle back to Irvington. The Old Croton Aqueduct, the system that once delivered fresh water from the Croton River to New York City, was a huge and complex marvel of engineering. The trail we will walk on sits on top of the aqueduct system. In Dobbs Ferry, outside the Gate Keeper's House, there is a new full scale model of the tunnel underneath the trail. In Hastings, we will go to their waterfront. Hikers must be vaccinated and follow COVID policy. For questions and to register, contact the leader, Linda Wildman at lindawildman88@gmail.com or call/text (914) 316-5674.

Sunday, January 22
Cranberry Lake

3-4 miles, easy-to-moderate terrain. Come out and enjoy a hike around this County-owned preserve through a forest, past a quarry (the quarry climb is optional) and of course, along Cranberry Lake. Bring a thermos of hot chocolate or another hot beverage to keep you warm, plenty of water, and snacks. Hikers must be vaccinated and follow COVID policy. To register and for time and meeting spot, contact leader Elspeth Kramer at (347) 262-4802 or email elspethkramer@gmail.com. *Qualifies for the Westchester 100 (No. 51).*

Saturday, January 28
Rockefeller State Park

10 miles, easy-to-moderate terrain. Starting at the Old Sleepy Hollow Road kiosk, we'll head up to Eagle Hill for views of the Hudson. From there, we'll take the 13 Bridges Trail to the OCA, where we'll connect to the Rockwood area for more views of the Hudson. Then, back on the OCA to the Gory Brook Trail and up to Cedar Hill for yet another river view. We'll return to our cars along the Pocantico River Trail. Deep snow and/or ice may result in a shorter hike. Hikers must be vaccinated and follow COVID policy. To register, contact leader Alice Benash via email at ajrb3@verizon.net. *Qualifies for the Westchester 100 (No. 59).*

Saturday, January 28
Mountain Lakes Park

3-6 miles, easy-to-moderate terrain. The route and distance of this hike will depend on the weather and the group, but no matter what we will enjoy the scenery and visit a beautiful overlook. This park is in northern Westchester County adjacent to Ridgefield, CT, and is mostly covered with hardwood forest and lakes. The property was purchased by Westchester County in 1961 and now includes 1,082 acres. There is also a summer camp for children, Camp Morty, which teaches campers environmental awareness. Hikers must be vaccinated and follow COVID policy. Contact the leader, Barry Leibowitz, at cell (914) 774-5321 or home (845) 278-2479 by 6 p.m. on January 26th to register. Rain, snow on the roads, or harsh wind chills cancel the hike. *Qualifies for the Westchester 100 (No. 57).*

Sunday, January 29
Trout Brook Valley Preserve, Easton, CT

6-7 miles, moderate terrain. Saved from developers in 1999 by the Aspetuck Land Trust, this lovely 730-acre preserve in Connecticut's Fairfield County is host to more than 100 plants and animal species of conservation concern, so it's important to stay on the carefully maintained and well-marked trails. Starting on the White Trail off Route 58 (Black Rock Turnpike), we'll pick up the Red Trail and do a "lollipop" hike on the Red, Orange, Yellow, and back to the White before returning to our cars. Parking is on Connecticut Route 58, opposite Country Club Lane. Address is 1012 Black Rock Turnpike, Easton, CT. Look for a small sign that says, "Jump Hill Nature Preserve." Hikers must be vaccinated and follow COVID policy. To register, email leader Brent Laymon, at belaymon@gmail.com or call (475) 206-7599.

Sunday, January 29
Kitchawan Preserve

4-5 miles, easy-to-moderate terrain. Depending on ground conditions, we'll take several loops in the preserve and also follow a short section of the North County Trailway to the pedestrian bridge over the New Croton Reservoir. Hikers must be vaccinated and follow COVID policy. To register, contact leader, Sheila Sarkar, at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 33).*



Saturday, February 4

People's State Forest, Barkhamsted, CT



5 miles, moderate-to-strenuous terrain. This loop hike has approximately 1,000' of elevation gain. We will follow various trails: Robert

Ross, Jessie Girard, Charles Pack, Agnes Bowen Loop trails. We will do 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. Hikers must be vaccinated and follow COVID policy. For more information and to register, contact Trish Johnston at patcjohnston@gmail.com.

Saturday, February 4
Sterling Lake Circular

5-7 miles, easy-to-moderate terrain. On this hike, we'll walk around the lake with a stop for lunch at a small beach near the water's edge. The route we take is dependent on ground conditions--we may stay fairly close to the shore or take some lesser used trails for a wider loop. Either way, Sterling Lake is a lovely destination for a winter hike. Bring Microspikes or Stabilicers, if conditions warrant. Hikers must be vaccinated and follow COVID policy. To register, contact leader Eileen West, eileenw1000@gmail.com.

Sunday, February 5
Norvin Green Circular



9 miles, moderate-to-strenuous terrain. This hike, in New Jersey's Norvin Green State Forest, uses multiple

trails including the Highlands, Burnt Meadow, Hewitt-Butler (now called "Tapwingo"), Lake Sonoma and

Stonetown Circular, to ascend to several summits with views of the Wanaque Reservoir and beyond. Bring traction devices or snowshoes, if conditions warrant. Hikers must be vaccinated and follow COVID policy. To register, contact leader Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, February 5
Sylvan Glen Ramble

5 miles, easy-to-moderate terrain. Tucked behind busy Route 202 are former quarry operations that at one time employed about 250 people. Join the leader on an interpretive hike to view what remains there, while also enjoying a woodland experience with trails that wind past interesting rock formations. Driving Directions: From the Taconic State Parkway, take the Route 202 exit 17A and turn west. Continue 1.8 miles to the traffic light at Lexington Avenue and turn right. Drive 0.6 mile to Morris Lane and turn right. The parking lot is at the bottom of the hill. (The preserve does not have a street address; use 1770 Morris Lane, Mohegan Lake, then continue past that house into the parking lot.) Hikers must be vaccinated and follow COVID policy. To register, contact leader Ann Autieri, ann@cilia.org or (914) 539-1620. *Qualifies for the Westchester 100 (No. 20).*

Saturday, February 11
Circle Around Bear Mountain

10 miles, moderate terrain. This is a hike with no strenuous ascent but long distance with plenty of rolling up and down. We will make a big loop around Bear Mountain, taking in many nice landscapes and historic features, including the Doodletown ruins, two mines, the Popolopen Gorge, Fort Clinton and Hessian lake along the way. Very inclement weather may cancel the hike or change the route. Hikers must be vaccinated and follow COVID policy. To register, contact the leader Lauren Linkowski at linkowski@gmail.com or (914) 907-6764.

Saturday, February 11
Cross-Country Ski or Hike

Ski location TBA, at the closest site with sufficient snow. Don't give up if snow is feeble nearby: conditions may be glorious at High Point, NJ, or at Minnewaska. If no snow, we'll hike in Saxon Woods Park. Participants must be vaccinated and follow



COVID policy. To register, contact leader Carolyn Hoffman carohof2@gmail.com or (914) 420-5778.

Saturday, February 18
Meyer Preserve

5-6 miles, easy-to-moderate terrain. Join the leader on this hike through varied terrain. We will walk through open fields as well as woods with a few ascents and a moderate pace with the goal of all of us staying together. Participants are expected to bring traction aids and know how to put them on; poles are a really good idea. Participants must be vaccinated and follow COVID policy. To register, contact leader Steve Klepner, spk010@yahoo.com, (845) 297-7066. *Qualifies for the Westchester 100 (No. 55).*

Sunday, February 12
Stockbridge Mountain/Lake Nawahunta Loop

5 miles, moderate terrain. On this hike in Harriman State Park, which will be done at a relaxed pace, we will start from the Silvermine parking area on the Menomine Trail.



Near the beginning of the hike, we pass through Lewis Cemetery with tombstones from the mid 1800's. We'll cross over Seven Lakes Drive, then ascend on the Nawahunta Fire Road to the Long Path and up to the summit of Stockbridge Mountain. Lunch will be at the Shelter. Heading down the mountain, we pick up the Menomine Trail again and take that down to the starting point. Have Microspikes or snowshoes handy, just in case you need them. Hikers must be vaccinated and follow COVID policy. To register, contact leader Veronica O'Neil, missyellierosa@yahoo.com or (914) 523-9418.

Sunday, February 19
Fishkill Ridge

7.5 miles, moderate-to-strenuous terrain. This is a lollipop loop hike over Lambs Hill to Fishkill Ridge in the Hudson Highlands. There are several views to enjoy along the way. Be prepared with traction devices and snowshoes, as needed. Hikers must be vaccinated and follow COVID policy. Please register with the leader Janice Miller at madjan11@optonline.net no later than Friday, February 17.

Sunday, February 12
Croton Point

4 miles, easy terrain. We will explore this small scenic peninsula in the Hudson River where eagles are often sighted in winter. Dress very warmly for the winds blowing off the river. Hikers must be vaccinated and follow COVID policy. Contact leader to register: Catharine Raffaele at catharineraffaele@gmail.com. *Qualifies for the Westchester 100 (52).*

Sunday, February 19
Snow Shoe at Richter Park in Danbury CT



Snow shoe (conditions permitting) on a beautiful golf course with ups and downs. If there's no snow, there is the option of a beginner hike (on a wooded trail with a hill) of about 2 hours. Will start at 10:30 a.m. Hikers must be vaccinated and follow COVID policy. Please call or email the leader, Rosanne Schepis, to register or for more information at (203) 417-5552 or rschep@yahoo.com.

Saturday, February 18
Tibbetts Brook - Van Cortlandt Loop

10-12 miles, easy terrain. We will meet in Tibbetts Brook Park and hike south to Van Cortlandt Park to visit some historic sites, then back to Tibbetts Brook. The hike will be done at a brisk pace depending on weather and ground conditions. Leader brings brownies. Hikers must be vaccinated and follow COVID policy. To register and for information, contact leader Kay Cynamon, at kcynamon@gmail.com. *Qualifies for the Westchester 100 (No. 41).*

Saturday, February 25
Tarrywile Park, Danbury, CT

4 miles, moderate terrain. Once a dairy farm, the park encompasses more than 720 acres of woodlands, fields, ponds and 21 miles of hiking trails. Although the hike is on the easier side of moderate, it includes some rocky areas and a long, moderately steep ascent and descent. We'll pause at Mootry Peak to enjoy the view; on a clear day, you can see forever! Hikers must be vaccinated and follow COVID policy. To register, email leader Brent Laymon at belaymon@gmail.com or call (475) 206-7599.

Saturday, February 25
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. Hikers must be vaccinated and follow COVID policy. Rain cancels. To register, contact leader Lynn McBride, almcb@aol.com or (914) 439-0879. *Qualifies for the Westchester 100 (No. 43).*

Sunday, February 26
Orchard Beach to City Island and Back

7 miles, easy terrain. Explore the more remote areas of Orchard Beach with a walk through the woodlands of Twin and Hunter Islands. From there, we'll access a bike path and head over to City Island where we can purchase hot soup or a beverage while enjoying lunch indoors. Then we'll return to the mainland and stroll along the beach on the way back to our cars. Dress warmly since it can be windy along the water. Hikers must be vaccinated and follow COVID policy. To register, contact leader Eileen West, eileenw1000@gmail.com.

Saturday, March 4
Storm King

5.5 miles, moderate-to-strenuous terrain. This hike has approx. 1,200' of elevation gain rewarded by multiple views. From the Stowell trailhead (42 Bayview Ave., Cornwall-on-Hudson), we'll take the Highlands Trail to the Stillman, with some nice early views of Cornwall and possibly the Catskills and the Shawangunk Ridge.

Once we reach the summit's flat rocks, we'll enjoy lunch and great views of the Hudson, Cold Spring, Taurus and Breakneck. After lunch, we'll see views looking north to Bannerman's Island and Mt. Beacon while going to the Butter Hill viewpoint; and then we will take the Bluebird Trail back to the Highlands and the parking lot. If snow or ice, traction will be mandatory. Hikers must be vaccinated and follow COVID policy. Contact leader for more information and to register. Rich Salz, richsalz10@gmail.com or (914) 260-1337.

Saturday, March 4
Snow Shoe at Richter Park in Danbury CT

Snow shoe (conditions permitting) on a beautiful golf course with ups and downs. If there's no snow, there is the option of a beginner hike (on a wooded trail with a hill) of about 2 hours. Will start at 10:30 a.m. Hikers must be vaccinated and follow COVID policy. Please call or email the leader, Rosanne Schepis, to register or for more information at (203) 417-5552 or rschep@yahoo.com.

Sunday, March 5
Mt. Beacon Loop



8-9 miles, moderate-to-strenuous terrain. We will go up Mt. Beacon and continue on the Wilkinson trail to make a Hudson Highlands loop hike. There will be several views to enjoy along the way. Be prepared with traction devices and snowshoes, as needed. Hikers must be vaccinated and follow COVID policy. Please register with the leader

Janice Miller majian11@optonline.net no later than Friday, March 3.

Sunday, March 5
Mountain Lakes Park

6-7 miles, easy-to-moderate terrain. Starting at the Tamarack parking lot, we'll hike around Hemlock Lake, Spruce Lake and Laurel Lake, and return on the white trail, stopping at Look Out Point. Since this is a History



Hike which originally featured a trip to Sarah Bishop's cave (now on private property), we'll talk about her life as we pass the place where the cave would have been accessed. There is also an option to drive over to the June Road cemetery in North Salem after the hike to see Sarah Bishop's grave. Hikers must be vaccinated and follow COVID policy. To register contact the leader Sheila Sarkar at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 57).*

Saturday, March 11
Pawling Nature Reserve

8 miles, moderate terrain. This hike uses Duell Hollow Road parking to access the Appalachian Trail and make a lollipop in the Pawling Nature Reserve. Nice view of the Harlem River Valley and peaceful, underutilized trails. Very inclement weather may cancel the hike or change the route. Hikers must be vaccinated and follow COVID policy. To register, contact leader Lauren Linkowski at linkowski@gmail.com or (914) 907-6764.

Saturday, March 11
Outdoor Discovery Center, Cornwall, NY

4 miles, easy-to-moderate terrain. Yes, it's still possible to hike along soft earth trails winding through hardwood forests and pond-dotted parklike meadows. The Outdoor Discovery Center is one of a dwindling few. Trails consist of two contiguous loops totaling about 600' of overall elevation gain that lead to modest viewpoints looking north and east. Need more convincing? Ample parking and real bathrooms. Directions to hike: Drive north on 9W from Bear Mountain Bridge (pass Storm King) to Angola Road, exit then turn left (west) about ¼ mile to: 120 Muser Drive, Cornwall, NY 12518. Hikers must be vaccinated and follow COVID policy. To register, contact leader Howard Millman, hwardmillman@runbox.com, cell on the day of hike only (914) 439-8031.

Sunday, March 12
Ramapo Mountain State Forest

8-9 miles, moderate-to-strenuous terrain. The route of this loop hike makes for a good winter outing, winding around to views and past historical ruins on various trails in nearby New Jersey's Ramapo State Forest. Bring traction devices or snowshoes, if conditions

warrant. Hikers must be vaccinated and follow COVID policy. To register, contact leader Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, March 12
Van Cortlandt Park

3-4 miles, easy terrain. Come see the second largest park in New York City: an urban forest with great diversity of trees, plants and birds. Although there are deer, their population is not big enough to eat everything under the trees. We may be lucky enough to see some early season wildflowers. Weather permitting, we will meet at the Van Cortlandt Stables parking lot off Mosholu Ave. Hikers must be vaccinated and follow COVID policy. To register and for directions, contact leader Diana S. Catz (347) 533-0554.

Saturday, March 18
Lake Skannatati Loop



8 miles, moderate terrain. We will take the Long Path to the Dunning and the White Bar, returning to our cars on the Arden-

Surebridge Trail. The hike will be done at a brisk pace with several options to lengthen depending upon weather and ground conditions. Leader brings brownies. Hikers must be vaccinated and follow COVID policy. Contact leader Kay Cynamon at kcynamon@gmail.com to register and for information.

Saturday, March 18
Cemetery Walk

2-3 miles, easy terrain. On this afternoon walk, we will explore Gate of Heaven Cemetery in Hawthorne. We'll pay our respects to actor James Cagney, then walk up the hill to see Babe Ruth and Billy Martin, and a few other notables as well. Very cold temperatures will cancel the walk. Hikers must be vaccinated and follow COVID policy. To register, contact leader Cynthia Moro, cynlyn24@gmail.com.



Sunday, March 19
Fahnestock Hike

5-8 miles, moderate terrain. The length of this hike will depend on ground conditions. Starting from the Dennytown Road parking area, we'll make a loop on the Three Lakes Trail and the A.T. We will pass by John Allen Pond, Hidden Lake, and perhaps we'll make it to Canopus Lake, if conditions allow. Hikers must be vaccinated and follow COVID policy. To register, contact leader Alice Benash at ajrb3@verizon.net.

Sunday, March 19
Mianus River Park, Stamford, CT

4.5-5 miles, easy-to-moderate terrain. This late-winter outing will follow the park's yellow perimeter trail, counter-clockwise from Merriebrook in Stamford. Conditions permitting, we'll possibly add on the short Fisherman's Loop Trail at the north end of the park. If the weather is great, there may also be the option of a 2-3 mile encore hike at either the Babcock Preserve (4 miles away) or the Greenwich Audubon (8 miles away). Hikers must be vaccinated and follow COVID policy. Register with leader Hank Zupnick, preferably by Friday evening: hank.zupnick@gmail.com.

Saturday, March 25
Johnsontown Circular



6-7 miles, moderate terrain. This hike uses several southern Harriman trails, all of which we'll do at a

relaxed pace (about 1.5 mph). We will take the Blue Disc up to Almost Perpendicular, continue to Claudius Smith's Den, and access the White Cross and Victory Trails on our way to Lake Skenonto, where we'll have lunch. Our return will be on the Triangle and White Bar trails passing the Dutch Doctor shelter. Hikers must be vaccinated and follow COVID policy. To register, contact leader Veronica O'Neil, missyellierosa@yahoo.com.

Saturday, March 25
RiverWalk and the Old Croton Aqueduct

5 miles, easy terrain. We will walk at a relaxed pace starting from the RiverWalk entrance past the Lyndhurst grounds taking in views of the Tappan Zee (Cuomo) Bridge and the Hudson River. We continue south on the Old Croton Aqueduct to Main Street in Irvington and break for lunch. Eat in town at your choice of one of several restaurants, or bring your own. After lunch, we will walk back on the Aqueduct the same way we came. Directions: from Route 9, turn west on the first street south of the Tappan Zee Bridge (the sign has two names--Paulding and VanWart Avenues). Bear left at the fork and continue down Paulding to Hudson Place (the last street before the dead end sign). Turn right, park on Hudson Place or Van Wart Avenue. Meet the at the Van Wart Avenue RiverWalk entrance gate. Maximum number of hikers is 10. Snow/rain cancels. Hikers must be vaccinated and follow COVID policy. Contact leader to register and for meeting time, contact Nancy Vincent, nevincent09@gmail.com.

Sunday, March 26
Lillinonah Trail, Newtown, CT

6.2 miles, moderate terrain. Located within the 800-acre upper block of the Paugussett State Forest, this trail is surrounded on three sides by water, including Lake Lillinonah created in 1955 by the construction of the Shepaug Dam, which we'll be able to see at various points along the way. The trail has multiple ups and downs and plenty of views to enjoy. Hikers must be vaccinated and follow COVID policy. To register, email leader Brent Laymon, at belaymon@gmail.com or call (475) 206-7599.

Sunday, March 26
Afternoon Hike at Cranberry Lake

3-5 miles, easy-to-moderate terrain. Visit this county-owned preserve in North White Plains and see an early spring waterfall. Enjoy woodlands budding, views of wetlands, and history of quarrying for the Kensico Dam, and broad views from the top of the quarry (optional). Hikers must be vaccinated and follow COVID policy. To register, contact leader Carolyn Hoffman, carohof2@gmail.com, cell (914) 420-5778. *Qualifies for the Westchester 100 (No 51).*



ADK Voices captures brief oral histories with photographs from ADK chapter members whose perspectives and experiences we collect and share with you here. Our stories are about ADK history, conservation, ADK events, nature, ADK staff and volunteers, outings, chapter projects, and people, over the last 100 years and into our future.

Interested in sharing your stories? Email adkvoices1@gmail.com for more information or go to the [Contact Us Story](#)

WTA's Annual Spring Dinner will take place on Sunday, April 23 from 5-9 p.m. at the Casa Rina Restaurant, 886 Commerce Street in Thornwood, NY with cocktails starting at 5 pm and will order dinner around 5:30 pm. Fixed price is \$35 including tax and tip, and 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. To check out menu prices, visit www.casarinarestaurant.com and click on their "Sunday thru Wednesday" menu.

There will be a featured speaker, Cary Andrews, an avid birder and Saw Mill River Audubon board member. She will speak about the effects of climate change on our local bird population resulting in declining numbers, habitat loss, effects on migration and changes in habitat selection. She'll also tell us what we can do as a group and as individuals to mitigate these problems.

Payment for the dinner must be received by April 15. Make your check or money order for \$35 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 our website's "Join/Contact" page: <http://www.westhike.org/join-contact.html>. Any questions, please contact Catharine Raffaele via email at catharineraffaele@gmail.com



If There's Snow We Go: Easy-to-moderate cross-country skiing on short notice, whenever there is enough snow within one and a half hour's drive. For information and to be put on a list if you wish, contact Carolyn Hoffman at carohof2@gmail.com or (914) 420-5778 (call the evening before, please, prior to 9:00 p.m.). Participants must be vaccinated and follow COVID policy.



Get Ready for our 2023 Hiking Week! Back by popular demand, we'll be returning to Acadia National Park in Maine for an extended hiking "week" this September. We are staying again at the comfortable and convenient Bar Harbor Motel for 9 nights and 8 full days of hiking, arriving on Wednesday, September 6 and departing on the morning of Friday, September 15. You can't register yet because the Motel is closed for the season, ***If you are interested in participating in hiking week, you must be a member of WTA.***



ADK Membership Online

To join ADK, Renew Your Membership or Purchase/Renew a Gift Membership Online,

Click on the following link: <https://www.adk.org/membership/>

Helpful Links

<u>Cold Weather Hiking Tips</u>	<u>Ten Reasons for Trekking Poles</u>
<u>How to Size and Fit a Backpack</u> <u>How to Choose a Backpack</u>	<u>ADK Videos on Informational Topics</u> <u>Ten Essentials for Every Hike from ADK</u>
<u>10% Partner Discounts</u> if you are a <u>member of the NY/NJ Trail Conference</u>	<u>Looking to find a hike</u> , check out the NY/NJ Trail Conference interactive map.
<u>Dressing for Cold Weather Hiking</u> From the ADK Onondaga Chapter	<u>Video on How to Properly Fit Your Kahtoola Microspikes</u>

LOOKING FOR

- ADK/National Geographic maps
 - Books on hiking/paddling/birding
 - ADK Clothing including: hats/shirts/bandanas/neck gaiters/jackets/vests
- [Shop here](#)

Nature Quotes

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts." *Rachel Carson*

"In all things of nature there is something of the marvelous." *Aristotle*

"Nature does not hurry, yet everything is accomplished." *Lao Tzu*



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



**Notify
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patcjohnston@gmail.com**

**Officers
Chair**

Brent Laymon
C 475-206-7599
belaymon@gmail.com

Vice Chair

Jane Restani
irabjanea@aol.com

Secretary

Jeanne Thomson
C 914-409-3405

Treasurer/Membership

Lisa Weismiller
C 203-246-8200
lisaweismiller@gmail.com

Trustee

Rex Brown
H 203-869-8792
rxbrown@verizon.net

Alternate Trustee

Leslie Millman
C 914-552-7720
oooleslie@aol.com

**Delegate to NY/NJ
Trail Conference**

Barry Leibowitz
barry.leibowitz@gmail.com

**Outings Coordinator/
Newsletter**

Carolyn Harting
H 845-669-6731
c.harting@verizon.net

Newsletter/Website

Trish Johnston
H 832-649-0372
patcjohnston@gmail.com

Paddling Coordinator

Jane Smalley
H 914-276-0413
jsmallpt@aol.com