

# MOHICAN

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

## *From the Chapter Chair*

### *Count Your Blessings, But Don't Forget the Sheep*

This is the time of year to count our blessings instead of sheep, Bing Cosby croons in the cheery holiday classic "White Christmas." If you don't know the Irving Berlin song, look for it on [YouTube](#): "When I'm worried and I can't sleep, I count my blessings instead of sheep. And I fall asleep, counting my blessings."

Here in the ADK Mohican chapter, we have a lot to be thankful for. First of course are the many friendships we've formed over the years and the outdoor adventures we've shared. We are also lucky that we're able to maintain a rich calendar of outings – three or four hikes most weekends throughout the year, led by a roster of nearly 30 experienced leaders. Some clubs offer just a fraction of that. And when I'm counting my Mohican blessings, I always include the [Westchester Trails Association](#), our vibrant sister organization, which marked its centenary in 2023, an awesome milestone.

Still, nobody would mistake me for a starry-eyed Polyanna. There's plenty that keeps me up at night counting sheep: wars in the Middle East and Ukraine, ferocious political discord at home, climate change, the looming apocalypse. Going from the sublime to the ridiculous, I've also been fretting about the future of the Mohican chapter.

Right now, I'm most concerned about getting our leaders to embrace the new certification requirements introduced by ADK headquarters. The deadline for completing Level 1 certification

was December 31, 2023. As I write this in mid-December, 16 of 26 Mohican leaders had completed the training, or roughly 60%. Good but not great, I'd say, given that Level 1 training consists of two easy online courses that together take just 1½ hours to finish. Who knows what will happen next year, when leaders of more strenuous outings will need to complete additional training that's more rigorous and time-consuming?

In the era of no-rules, no-commitment Meetup groups, clubs like ours are imperiled--if not an endangered species, at least threatened. A recent ADK Advisory Council meeting opened with the announcement about the demise of yet another chapter, and a plea for ideas on how to recruit younger people into the ADK.

What does the Mohican chapter need to survive and thrive well into the future? For starters, we need all our current leaders to get certified. We also need to recruit additional leaders – people who sign up understanding that they'll need to get trained. We also need to enroll the next generation of hikers. Inevitably, our membership profile is skewing older. We need to find ways to convince a younger, more diverse audience that we have something to offer.

On the 60th anniversary of his death, it seems fitting here to invoke the memory of John F. Kennedy and his stirring inaugural, with its call to service: "Ask not what your country can do for you – ask what you can do for your country."

*Brent Laymon*

# With Our Members

New England Trail (NET) in MA  
Completed in 3 Years, 5 months-102.3 miles

**WELCOME**  
new members

Month	Member
September	Rejoined: Brach and Hedy Simpson Affiliate Member: Herb Coles & June Fait
October	Peter Hofmann
December	Ellen Jorgensen



L to R: Lisa Weismiller, Jane Restani, and Trish Johnston holding their certificates at the MA/NH border. Janice Miller shared in our finish, but still has 4 sections remaining and will complete in 2024.

Very warm temperatures for two days accompanied four intrepid hikers to complete the remaining three sections of Massachusetts NET. Friday's 11-mile hike proved to be a challenge as the weather was in the low 80's and humid. Our first climb of the day to the summit of Stratton Mountain rewarded us with beautiful views on the site of the newest fully enclosed Richardson-Zlogar Cabin. Our second climb of the day was up to the



fire tower to the summit of Mount Grace for more views.

Saturday, we had two sections remaining for a total of 10.5 miles. Our first section (8.9

miles) included a walk in the woods along Richards Reservoir inside Warwick State Forest; and for the final .7 mile section to the border of NH, we enjoyed a beautiful gorge filled with mossy rocks and a meandering stream. We also hiked the extra .2 miles to Royalston Falls and took a break to enjoy the falls and take some photos.

*Submitted by Trish Johnston*

WHAT'S NEW?

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)

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

**Saturday, November 4  
Gertrude's Nose  
Minnewaska State Park**



Hikers came from near and far for this hike to Gertrude's Nose and Millbrook Mountain. The group met at the Minnewaska Visitor Center, but were joined along the way by Skip, who arrived by bicycle. The group ran into a Jolly Rovers Trail Crew that was packing up after working on a beautiful set of stone steps. We stopped to chat and thank them for all the work they do to improve the trails. As always, the views from the cliffs were stunning. It was especially nice for those who had never been to Minnewaska before. It was a great day, at a location that never fails to please.

*Submitted by Janice Miller*

**Saturday, November 18  
East Mountain Round Hill Loop  
Fahnestock State Park**

This hike was planned as a Round Hill East Mountain loop. But it became an East Mountain Round Hill loop. "New bridge under construction" meant old bridge (two metal beams) was removed, and there was no new bridge yet. So heeding wise advice from Janice Miller, we decided to risk wet feet closer to our cars. Hence the reverse move. The weather was great, whichever way one went. And the leafless trees allowed views from numerous vantage points. The speedy hikers covered the ground quickly, but we had time to study the mullein (fuzzy plant) on the upper reaches of the Fahnestock trail. Great day! *Submitted by Jane Restani*



*Hikers enjoying the view from the summit on the East Mountain Round Hill Loop*

## 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

Monday, January 1

## New Year's Day at Greenwich Point Park



3 miles, easy terrain. Join us for a leisurely walk around the Todd's Point peninsula. There will be shorebirds and other inhabitants to

observe. The traditional leader is returning for a plunge to start off the New Year. Participants willing to get wet are particularly welcome. We meet at 10:30 a.m. at the main concession. Registration is not required, but for directions contact the leader, Jane Restani at [irabjanea@aol.com](mailto:irabjanea@aol.com). Note that post swim refreshments are usually available, especially if you bring them. Swimmers get first pick.

Monday, January 1

## Mt Taurus/Bull Hill Full Loop, Cold Spring, NY



5.5 miles, moderate terrain. Start the New Year right with this classic Hudson Valley hike - what better way to begin the 2024 hiking season than the 45-

minute ascent of the Washburn Trail, with its panoramic views of the Hudson River, Storm King and West Point's Thayer Hotel? If it's an especially clear day, we may even get a glimpse of Manhattan. While the initial ascent is challenging, the hike overall is rated "moderate." After reaching Mt Taurus, the trail levels off, and we'll continue on a gradual descent towards the ruins of the Cornish Dairy. After a brief snack/lunch stop there, we'll conclude our hike on the mostly flat and partially paved Cornish Trail, passing and optionally stopping briefly to view additional century-old ruins. If the weather is mild and sunny, there may also be an optional post-hike 40-minute easy walk on the flat Stony Point loop along the water. **Vaccination against COVID-19 is required on this hike.** Register with the leader Hank Zupnick at [hank.zupnick@gmail.com](mailto:hank.zupnick@gmail.com), preferably by Saturday evening. **WTA Hike.**

Saturday, January 6

## Christie Mine and Reservoirs in Harriman

8 miles, moderate-to-strenuous terrain. The group will meet at Call Hollow Road and use the Long Path, Suffern Bear Mountain Trail (S-BM) and a combination of unmarked trails and woods roads to enjoy views from Big Hill and Iron Mountain, three reservoirs, and the rarely visited Christie Mine. Elevation change is 1700 feet, and there is a bit of bushwhacking/walking in a gas pipeline. Optional visit to the Letchworth Village Cemetery at the end of the hike. Heavy rain or snow/ice may cancel or remove the bushwhack portion. **Vaccination against COVID-19 is required on this hike.** To register, contact Lauren Linkowski at [linkowski@gmail.com](mailto:linkowski@gmail.com) no later than Friday evening. **WTA Hike.**

Saturday, January 6

## Angle Fly Preserve

Join me for an easy, adventurous hike on these less trodden trails of the preserve about 3.5 miles with a few moderate ascents. We will explore across Rt.139 where the trail is not as well maintained. Walking along a ridge, we will catch winter views and then descend to an isolated pond. Expect to encounter the thorny 'mile a minute' invasive bush and wet muddy trails.

Bring snacks and water. Meet in the parking lot at the top of the hill. **The latest vaccination for COVID-19 is required on this hike.** To register, call leader Jane Smalley 914-276-0413 or e-mail [jsmallpt@aol.com](mailto:jsmallpt@aol.com).

Sunday, January 7

## Fishkill Ridge

7 miles, moderate-to-strenuous terrain. This will be a lollipop loop hike on Fishkill Ridge in the Hudson Highlands. Be prepared with traction devices and snowshoes, as needed. Register with the leader Janice Miller at [madjan11@yahoo.com](mailto:madjan11@yahoo.com) by 4 p.m. on Saturday.

Sunday, January 7

## Hardscrabble Wilderness Area (a Hike and Hot Soup)

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 (**masks required for the carpool**), but that gives us a chance to enjoy hot soup and delicious pastry at Jean Jacques when we return. Bring Microspikes or Stabilicers if conditions warrant. To register, contact leader Eileen West at [eileenw1000@gmail.com](mailto:eileenw1000@gmail.com). *Qualifies for the Westchester 100 (No. 29).*

Saturday, January 13  
**Hudson Highlands**

9 miles, moderate-to-strenuous terrain. We'll hike the Camp Smith Trail from the Toll House, over Canada Hill to Curry Pond, and then all the trails and views in Manitoga. Lots of rocky trails and elevation. Wear sturdy boots and bring traction devices for ice. Short shuttle involved (**masks required**). Leader brings brownies. To register, contact leader Kay Cynamon, [kcynamon@gmail.com](mailto:kcynamon@gmail.com).

Saturday, January 13  
**Kitchawan Preserve**

4-5 miles, easy-to-moderate terrain. We'll hike along several loops in this pretty preserve; depending on ground conditions, we may also follow a short section of the North County Trailway to the pedestrian bridge over the New Croton Reservoir to enjoy the views. To register, contact the leader, Sheila Sarkar, [shechris6@gmail.com](mailto:shechris6@gmail.com). *Qualifies for the Westchester 100 (No. 33).*

Sunday, January 14  
**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. Bring water and a snack. Hiking poles recommended, as are traction devices. To register, email the leader Brent Laymon at [belaymon@gmail.com](mailto:belaymon@gmail.com) or call (475) 206-7599.

Saturday, January 14  
**Kensico Cemetery Tour**

3-5 miles, easy 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](http://www.kensico.org). To register, contact leaders Sue and Ashok Soni, [surekhasoni1968@gmail.com](mailto:surekhasoni1968@gmail.com). **WTA Hike.**

Saturday, January 20  
**Stockbridge Mountain and Lake Nawahunta in Harriman, at a Relaxed Pace**

5.2 miles, moderate terrain. This hike features mountaintop views, a scenic lake, a mine and a rock cave shelter. The hike starts on the Menomine Trail from the Silvermine parking area. We will pass Lake Nawahunta before turning onto the Nawahunta Fire Road. The Lewis mine is 0.15 miles after leaving the Menomine Trail. We will pick up the Long Path and climb steadily to the Cave Shelter rock formation and to the Stockbridge Shelter. Then we'll rejoin the Menomine Trail back to the cars. Be prepared for winter conditions. Leader Veronica O'Neil. To register, email or text: [missyellierosa@yahoo.com](mailto:missyellierosa@yahoo.com) or (914) 523-9418. **WTA Hike.**

Saturday, January 20  
**Tibbetts Brook to Van Cortlandt Park and Back**

3-4 miles, easy terrain. Starting from Tibbetts Brook Park, we will take the South County Trailway to Van Cortlandt Park, then return the way we came. Meet at Tibbetts Brook in the lot closest to the entrance. Rain or snow may cancel. **Vaccination against COVID-19 is required on this hike.** To register, contact leader Lynn McBride, [almcb@aol.com](mailto:almcb@aol.com) or (914) 439-0879. *Qualifies for the Westchester 100 (No. 41).* **WTA Hike.**



Sunday, January 21  
**Hook Mountain**

6 miles, moderate terrain. Ups and down on the ridge with sweeping views, and a 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. **Vaccination against COVID-19 is required on this hike.** To register, contact leader Catharine Raffaele, [catharineraffaele@gmail.com](mailto:catharineraffaele@gmail.com).

Sunday, January 21  
**Muscot Farm**

4 miles, easy-to-moderate terrain. This hike will be done at an easy pace, and on interesting terrain. It's a nice opportunity to get outside. There is some elevation gain but much of the hike is flat. Afterward, the farm exhibits can be checked out. Snow or ice can make the outing more difficult - depending on the weather, Microspikes or equivalent would be a good idea. To register, contact leader Steve Klepner at [spk010@yahoo.com](mailto:spk010@yahoo.com), (845) 297-7066. *Qualifies for the Westchester 100 (No. 58).* **WTA Hike.**

Saturday, January 27  
**Rockefeller State Park**

9-10 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 Old Croton Aqueduct, 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 view of the Hudson. We'll return to our cars along the Pocantico River Trail. Deep snow and/or ice may result in a shorter hike. To register, contact leader Alice Benash, [ajrb3@verizon.net](mailto:ajrb3@verizon.net). *Qualifies for the Westchester 100 (No. 59).* **WTA Hike.**

Saturday, January 27  
**Butler Sanctuary, Mt. Kisco, New York**

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 required and possibly traction devices if there is snow or ice. The preserve's

address is 265 Chestnut Ridge Road, Mt. Kisco, NY. To register, contact Carol Harting at [c.harting@verizon.net](mailto:c.harting@verizon.net). *Qualifies for the Westchester 100 (No. 49).*

Sunday, January 28  
**Mianus River Park, Greenwich, CT**

6-7 miles, easy-to-moderate terrain. We'll follow the park's yellow perimeter trail counter-clockwise, as well as smaller side trails if the ground is dry and the trails are passable. Some mild-to-moderate hills interspersed with flat but at times rocky terrain. Extreme cold or wind may result in a shorter route; conversely, if the weather is great, there may also be the option of a 2-3 mile encore hike at the Greenwich Audubon (8 miles away). Parking at Mianus may be tight; carpooling is encouraged. **Vaccination against COVID-19 is required on this hike.** Register with the leader, Hank Zupnick, [hank.zupnick@gmail.com](mailto:hank.zupnick@gmail.com) preferably by Friday evening. **WTA Hike.**

Sunday, January 28  
**Sylvan Glen Ramble**



3-4 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. We will also visit one of the oldest trees in Westchester County--the quarry oak. There are some elevation gains and losses, so hiking poles are encouraged. 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.) To register, contact Ann Autieri, [ann@cilia.org](mailto:ann@cilia.org). *Qualifies for the Westchester 100 (No. 20).* **WTA Hike.**



Saturday, February 3  
**Minnewaska State Park**



7-8 miles, moderate terrain. This hike is mostly on hiking trails with some carriage roads. We will take Jenny Lane, go to Rainbow Falls, and return on Mossy

Glen. Be prepared with traction devices and snowshoes, as needed. Since it is winter, and it may be icy, this route will not take us on any cliffs. Please register with the leader Janice Miller, [madjan11@yahoo.com](mailto:madjan11@yahoo.com) no later than 4 pm on Friday, February 2.

Saturday, February 3  
**Yonkers Trails Trio**

4-5 miles, easy-to-moderate terrain. This is a ramble in Untermyer Gardens on the Old Croton Aqueduct, and in Lenoir Preserve, with one long-ish climb and nice river views. To register, contact Debbie Farrell, [debfarpr@gmail.com](mailto:debfarpr@gmail.com). Phone for morning of hike only: (914) 282-9942. *Qualifies for the Westchester 100 (No. 8).* **WTA Hike.**

Sunday, February 4  
**Terrace Pond**

8 miles, moderate-to-strenuous terrain. This hike, in West Milford, NJ, features rugged terrain, several rock scrambles, lots of rhododendron tunnels, a floating bridge, and plenty of views on trails that wind around a remote and scenic pond. Bring traction devices or snowshoes if conditions warrant. Leader: Kevin McGahren, [kmcgc@optonline.net](mailto:kmcgc@optonline.net) or (914) 772-0600. **WTA Hike.**

Sunday, February 4  
**Orchard Beach and City Island  
(a Hike and Hot Soup)**

7 miles, easy terrain. Folks enjoyed this outing when it was on last winter's schedule as a History Hike, so let's do it again! We'll start with an exploration of the more remote areas of Orchard Beach and the woodlands of Twin and Hunter Islands. Then we'll walk over to City Island and stop at a local eatery where we can

purchase hot soup or a beverage while enjoying lunch indoors. Afterwards, we'll return to our cars via a path along the beach. Dress warmly as it can be windy by the water. To register, contact leader Eileen West, [eileenw1000@gmail.com](mailto:eileenw1000@gmail.com).

Saturday, February 10  
**Ward Pound Ridge**

6 miles, easy-to-moderate terrain. We will be hiking the Red trail from Michigan Road, stopping at the Raven Rocks overlook for lunch. Bring Microspikes in case of snow. Hiking poles suggested. To register, contact leader Gail Blumenfeld, [gailrb@yahoo.com](mailto:gailrb@yahoo.com). *Qualifies for the Westchester 100 (No. 63).* **WTA Hike.**

Saturday, February 10  
**Croton Point Park**

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. There will be an optional lunch at the Croton Diner following the hike. **Hikers must be vaccinated against COVID-19.** To register, contact leader Catharine Raffaele at [catharineraffaele@gmail.com](mailto:catharineraffaele@gmail.com). *Qualifies for the Westchester 100 (No. 52).*

Sunday, February 11  
**Devil's Den, Weston CT**

6-8 miles, easy-to-moderate terrain. The length of this hike will depend on winter trail conditions. There will be modest elevation gain. Expansive reservoir views are expected. Consider the weather as you prepare. As always, boots need to be on your feet; water and food in your pack. Carpooling from Merritt Parkway Exit 35 (High Ridge Rd.) is possible. Register with leader Jane Restani at [irabjanea@aol.com](mailto:irabjanea@aol.com) between Monday of the week of the hike and 5 p.m. Friday.

Sunday, February 11  
**Cranberry Lake**

3-4 miles, easy-to-moderate terrain. Come out and enjoy a hike along Cranberry Lake and in other parts of this County-owned preserve through forested areas and past a quarry (the quarry climb is optional). Bring plenty of water, a thermos of warm liquid, and snacks. To register contact leader Elspeth Kramer, (347) 262-



4802 or [elspethjkramer@gmail.com](mailto:elspethjkramer@gmail.com). Qualifies for the Westchester 100 (No. 51). **WTA Hike.**

register, contact leader Alice Benash at [ajrb3@verizon.net](mailto:ajrb3@verizon.net). **WTA Hike.**

Saturday, February 17  
**Silvermine Lake and Black Mountain in Harriman at a Relaxed Pace**



5 miles, moderate terrain. This hike features wonderful views of Silvermine Lake, the Hudson River, surrounding mountains and a stone shelter. We'll begin on the Menomine Trail which runs along the

shore of Silvermine Lake. Our route will then take us onto the Appalachian and Ramapo-Dunderberg Trails up to Black Mountain. We will retrace our steps and pick up Silvermine Road with a short road walk on Seven Lakes Drive back to our cars. Be prepared for winter conditions. Leader Veronica O'Neil. To register, email or text: [missyellierosa@yahoo.com](mailto:missyellierosa@yahoo.com) or (914) 523-9418. **WTA Hike.**

Saturday, February 17  
**Irvington to Dobbs Ferry and Back**

3-4 miles, easy terrain. We will walk the Old Croton Aqueduct Trail from downtown Irvington to Dobbs Ferry and back, stopping for lunch along the way. The trail passes by a number of historic properties, including the Armour-Stiner Octagon House. Park behind the school building at 101 Main St. in Irvington and meet in front of the school. Pack a lunch, and bring water. **Vaccination against COVID-19 is required on this hike.** To register, contact the leader Sheila Klatzky, at [srklatzky@gmail.com](mailto:srklatzky@gmail.com). **WTA Hike.**

Sunday, February 18  
**Storm King State Park**

5-9 miles, moderately strenuous terrain. The length of this hike will depend on snow conditions. Starting from Route 9W, we'll hike halfway around North Point and make the climb up from the base of Route 218. If ground conditions allow, we will then cut across to Storm King Mountain on the Howell Trail to a viewpoint along the Stillman Trail and backtrack to our cars. To

Sunday, February 18  
**Westmoreland Sanctuary**

5-6 miles, easy-to-moderate terrain. We'll do a double loop that reaches the outer boundaries of this meticulously tended preserve. Features include a forest, nature garden, lake, moderate slopes, nature benches, and rock outcroppings. Bring water and a snack; hiking poles recommended, especially given the time of year. 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).

Saturday, February 24  
**Appalachian Trail - Route 22 to Nuclear Lake**



8.5 miles, moderate terrain. This one way hike, which is rated "moderate" but has one steep climb up to the Cat Rock view will begin at the Appalachian Trail train station and continue south to the pretty and historic Nuclear Lake. We will traverse a beautiful boardwalk, admire views from West Mountain and stop to see the Dover Oak along the way. There will be a 10-minute car shuttle at

the beginning (**masks required**); and **vaccination against COVID-19 is required on this hike.** To register, contact Lauren Linkowski at [llinkowski@gmail.com](mailto:llinkowski@gmail.com) no later than Friday evening. **WTA Hike.**

Saturday, February 24  
**Rockefeller State Park, West Side (Eagle Hill area)**

5 miles, easy-to-moderate terrain. Along the Pocantico River, Witch's Spring, Gorey Brook, Big Tree Trail and Peggy's Way, 13 Bridges, and up Eagle Hill to see the Jean Dolen Memorial bench. Depending on ground conditions and the mood of the group, there may be options for a longer or shorter hike. Although unlikely, if there is plenty of snow, it can be a cross-country ski outing instead. To register, contact leader Carolyn Hoffman, [carohof2@gmail.com](mailto:carohof2@gmail.com), cell (914) 420-5778. Qualifies for the Westchester 100 (No. 59).





Sunday, February 25

**Hudson Highlands Gateway Park**

4-5 miles, easy-to-moderate terrain. This is a pleasant three-hour hike with gentle ups and downs. Good hiking boots are required and possibly traction devices if there is snow or ice. 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 the leader Carol Harting at [c.harting@verizon.net](mailto:c.harting@verizon.net). *Qualifies for the Westchester 100 (No. 31).*

Saturday, March 2

**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. It is a challenge in any season, but especially in winter. Bring traction devices or snowshoes, if conditions warrant. To register, contact leader Kevin McGahren, [kmcgc@optonline.net](mailto:kmcgc@optonline.net) or (914) 772-0600. **WTA Hike.**

Saturday, March 2

**Family Friendly Hike in Butler Sanctuary**

3-4 miles, easy-to-moderate terrain. Highlights include pine grove, marsh, various tree types and a stone gathering at the trailhead. Bring snacks, lunch and water. Meet in the parking lot at 10 a.m. To register, contact leader Kristen Soni, [kmjm2000@yahoo.com](mailto:kmjm2000@yahoo.com), “co-leader” Jianna Soni. *Qualifies for the Westchester 100 (No. 49).* **WTA Hike.**

Sunday, March 3

**Harriman Geology Hike**

7 miles, moderate terrain. We will do a loop starting at Lake Skannatati and going past Bowling Rocks, Hogencamp Mountain and the Pine Swamp area. As we head along the route, which includes the Long Path, Dunning, R-D and A-SB trails, the leader will tell us about the landscape and how it was formed through geological events such as the ice age. **Vaccination against COVID-19 is required on this hike.** Leader: Mike Kaplan, [kaplanm2001@yahoo.com](mailto:kaplanm2001@yahoo.com). **WTA Hike.**

Sunday, March 3

**Above Ground and Underground in Lower Manhattan**

7 miles, easy terrain. We will walk here and there. We'll see public art, places of historical interest, some amazing structures, and memorials. We will navigate various underground passageways and be inside different buildings to try to minimize time outdoors. Participation is limited to 12 people. **Vaccination against COVID-19 is required on this hike.** 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, March 9

**Black Rock Forest from the Outdoor Discovery Center**

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. With the leaves down, we should have several nice views. There is a significant climb at the beginning, which will be done at a compassionate pace with regroupings as needed. Expect approximately 1100' of total elevation gain. Traction aids may be necessary. To register, contact leader Steve Klepner, [spk010@yahoo.com](mailto:spk010@yahoo.com), (845) 297-7066. **WTA Hike.**

Saturday, March 9

**Rhinoceros Creek Reservation**



Somers newest open space was donated to the Somers Land Trust in 2017 by the Beshar family who restored and lived in the nearby Stone House. It

originally was constructed in 1849 by Gerard Crane who was a major figure in the menagerie business. The land consists of two parcels totaling 115 acres, the southern portion 55 acres, off Rt. 202 is the area we will hike--a rocky, undulating trail under three miles. Good hiking boots and hiking poles will be helpful as it is 'a rough gem in the making'. Bring water and snacks. Call leader to register. **The latest vaccination for COVID 19 is required on this hike.** Jane Smalley 914-276-0413 or e-mail. [jsmallpt@aol.com](mailto:jsmallpt@aol.com).



Sunday, March 10

**Teatown Lake and the Teatown-Kitchawan-Trail**

8 miles, easy-to-moderate terrain. Join the leader for a lovely winter hike in Teatown Lake Reservation. We will start on the Lakeside Trail and continue on the T-K-T for a total of about 4 miles. After having lunch, we will return to our starting point. Please bring plenty of water, lunch/ snacks and a thermos of warm liquid. To register, contact leader Elspeth Kramer at (347) 262-4802 or [elspethkramer@gmail.com](mailto:elspethkramer@gmail.com). *Qualifies for the Westchester 100 (No. 62).* **WTA Hike.**

Sunday, March 10

**Croton Gorge Park and the OCA**

5-6 miles, easy terrain. Meeting at Gerlach Park in Ossining, we'll walk up the Old Croton Aqueduct Trail to Croton Dam, cross the top of the dam with its beautiful views, and then visit the park at the base of the dam, where we'll have lunch at the picnic tables. We'll continue along a short section of the lower trail, then rejoin the OCA and go back to the cars. To register, contact the leader Sheila Sarkar at [shechris6@gmail.com](mailto:shechris6@gmail.com).

Saturday, March 16

**Black Rock Forest from the Scenic Trail**



8 miles, moderate terrain. This hike will start on the Scenic Trail from Old Mineral Springs Road, passing waterfalls and Jupiter's Boulder to panoramic views from Eagle Cliff. Then, we will pass several ponds and head back to Jupiter's Boulder and the start of the hike. To register, contact leader Minu Chaudhuri (914) 391-5918 or [minuch50@gmail.com](mailto:minuch50@gmail.com). **WTA Hike.**

Saturday, March 16

**Cranberry Lake Preserve**

4-5 miles, easy-to-moderate terrain. Enjoy woodlands, views of wetlands, history of quarrying for the Kensico Dam, a lovely small waterfall, and broad views from the top of the quarry (optional). To register, contact leader Carolyn Hoffman, [carohof2@gmail.com](mailto:carohof2@gmail.com), cell (914) 420-5778. *Qualifies for the Westchester 100 (No 51).*

Sunday, March 17

**Lake Sebago Circular**

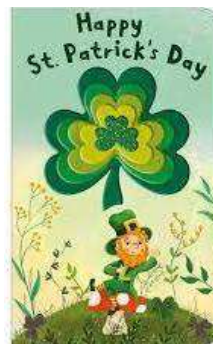
5-7 miles, moderate terrain. Come hike in this beautiful area of Harriman Park where we will see striking views and lovely woods. Since it is towards the end of the winter, ground conditions are uncertain so the exact route and length of the hike will be determined at that time. Microspikes might be necessary. The day should be fun! To register, contact leader Judy Kossover, [woodtuxduo@aol.com](mailto:woodtuxduo@aol.com). **WTA Hike.**



Sunday, March 17

**Ward Pound Ridge Reservation**

5-6 miles, easy terrain. This is a pleasant "walk in the woods" on gentle terrain on the Reservation's red ski trails. Bring lunch or a snack and plenty of water, and wear something green for St. Patrick's Day. Traction devices may be needed, if there is snow or ice. We will meet at the Green Way Market Shopping Center, 20 North Salem Rd., Cross River, and carpool into the park as there may be a parking fee. To register, contact Carol Harting at [c.harting@verizon.net](mailto:c.harting@verizon.net). *Qualifies for the Westchester 100 (No. 63)*



Saturday, March 23

**Diamond Mountain and Pine Meadow Lake in Harriman, at a Relaxed Pace**

6 miles, moderate terrain. This hike features views from Diamond Mountain and two scenic lakes. Hike from Lake Sebago on the Seven Hills Trail to Diamond Mountain. Then continue down the Diamond Mountain Trail and pass an old foundation of a Civilian Conservation Corps camp to the Pine Meadow Trail and Pine Meadow Lake. Follow an unmarked trail to Lake Wanoksink, and reconnect to the Seven Hills Trail back to the cars. Be prepared for winter conditions. Leader Veronica O'Neil. To register, email or text: [missyellierosa@yahoo.com](mailto:missyellierosa@yahoo.com) or (914) 523-9418. **WTA Hike.**



Saturday, March 23  
**Cemetery Walk**

3 miles, easy terrain. Come on an afternoon walk in Gates of Heaven Cemetery in Hawthorne, NY. We will see movie stars James Cagney and Sal Mineo, Yankee greats Babe Ruth and Billy Martin, plus a Brooklyn Dodger. We will also see a Jewish Mafia gangster who is buried in this Catholic Cemetery. Rain or snow cancels. To register and for meeting time and place, contact Cynthia Moro [Cynlyn24@gmail.com](mailto:Cynlyn24@gmail.com).

Saturday, March 30  
**Harriman Mines and Lakes**

9.7 miles, moderate-to-strenuous terrain. Using the parking area at the Long Mountain Parkway, we will take the Nawahunta Fire Road, Menomine, Appalachian Trail and Anthony Wayne Trails to create a large loop that visits the Lewis Mine, Cranberry Mine, Spanish Mine, Lake Nawahunta and Silvermine Lake, with some nice views along the way. **Vaccination against COVID-19 is required on this hike.** To register, contact Lauren Linkowski at [llinkowski@gmail.com](mailto:llinkowski@gmail.com) no later than Friday evening. **WTA Hike.**



Sunday, March 24  
**Long Path over Romer Mountain, Catskills  
Phoenicia, NY**



Moderate 7-mile hike approximately 1300' elevation gain. Wonderful views on this section of the Long Path. Most of the grades are moderate, climbing on switchbacks to the

crest of Romer Mountain. After a relatively level stretch, the trail resumes its climb to the summit of Romer Mountain (2,240 feet). There are no views from the summit, but after descending a little, you'll come to a viewpoint about 25 feet to the left of the trail. Tremper Mountain is visible to the northeast. This is a good place to take a break and turn around. Car shuttle possible from New Paltz Park n' Ride off I-87. Traction aids and/or snowshoes may be required depending on the conditions. To register or for more information, contact leader Trish Johnston at [patcjohnston@gmail.com](mailto:patcjohnston@gmail.com).

Saturday, March 30  
**Hike the NCIT - Section 3  
The Aspetuck and Saugatuck Trails  
and Trout Brook Valley Preserve**



6-7 miles, easy-to-moderate terrain. Our hike today on the Nearby Connecticut Imaginary Trail (NCIT) is entirely within the boundaries of Easton, CT. We'll begin on the Aspetuck Trail where we left off last time, continue to its terminus, and connect with the Saugatuck Trail (also part of Connecticut's Centennial Watershed State Forest). After a short distance, we'll detour onto an unmarked path which parallels the reservoir (fear not - we will return to the Saugatuck Trail on the next hike). Our path leads to the Trout Brook Valley Preserve, a large property owned by the Aspetuck Land Trust which has a wealth of trails. We'll explore some of them as we hike through the woods and up to a former apple orchard on a hill affording expansive views of the surrounding area, and end the hike on the southern side of the preserve. Short shuttle involved (**masks required**). Bring Microspikes or Stabilicers if conditions warrant. To register, contact leader Eileen West, [eileenw1000@gmail.com](mailto:eileenw1000@gmail.com).

Sunday, March 24  
**Westmoreland Sanctuary**

5-6 miles, easy-to-moderate terrain. We'll do a double loop that reaches the outer boundaries of this meticulously tended preserve. Features include a forest, nature garden, lake, moderate slopes, nature benches, and rock outcroppings. Bring water and a snack; hiking poles recommended, especially given the time of year. 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, March 31

**Redwing Conservancy, Lagrangeville, NY**



3-5 miles, moderate terrain. In a continuing quest to find less-known trails in well-known places, let's hike some newly discovered trails in Redwing Conservancy.

This time we'll enter the park on the west side, circle a lake, walk along a fast flowing stream following pine tree lined paths. From there, we'll climb to two viewpoints. These are great hiking trails but...at the higher elevations some get a bit convoluted. And not all are marked, so please bring breadcrumbs. Distance T.B.D. Meeting near the intersection of Routes 82 and 55, LaGrangeville. **Vaccination against COVID-19 is required on this hike.** To register, contact the leader Howard Millman at [howardmillman@runbox.com](mailto:howardmillman@runbox.com). Cell on day of hike: (914) 439-8031. **WTA Hike.**

Sunday, March 31

**Bronx River Pathway: Kensico Dam Plaza to NWP station and back**

4 miles, easy terrain. 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. Bring a lunch/snack and water. Heavy precipitation on day of the hike may cancel. **Vaccination against COVID-19 is required on this hike.** To register and for meeting time and location, contact leader Sheila Klatzky, [srklatzky@gmail.com](mailto:srklatzky@gmail.com). **WTA Hike.**

## WTA ANNUAL SPRING DINNER



You are cordially invited to WTA's Annual Spring Dinner to be held this year on Sunday, April 21 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, the club 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.

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.

The club has reserved a private room from 5-9 p.m. Those wishing to do so can arrive for cocktails starting at 5 p.m. We'll order dinner around 5:30 and should start dining shortly after 6 o'clock. 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.**

**"It is not so much for its beauty that the forest makes a claim upon one's hearts, as for that subtle something, that quality of air that emanation from old trees, that so wonderfully changes and renews a weary spirit."**

– Robert Louis Stevenson

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



# Helpful Links

<p><b><u>Hike Smart</u></b> (Info from NYS DEC) Watch a clip about <a href="#">hiking safety</a> and <a href="#">how to leave no trace during your hike</a>, and check out other clips on DEC's <a href="#">YouTube Channel</a>.</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>Winter Hiking Safety</u></b> (NYS Department of Environmental Conservation)</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 <a href="#">member of the NY/NJ Trail Conference</a></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>	

## Benefits of being an ADK member

### ADIRONDAC MAGAZINE

A subscription to Adirondac, ADK's quarterly magazine, connects you to the places you cherish, the mission you support, and the activities you enjoy. Adirondac provides news and views on organization activities, conservation updates, and outdoor recreation features

### DISCOUNTS

50% off hiker parking at Heart Lake Program Center  
20% off all ADK guidebooks, maps, calendars, and other ADK publications  
10% off outdoor education and skill-building programs

10% off ADK logo merchandise.  
10% off lodging at the Heart Lake Program Center and Johns Brook Property

### OUTDOOR PROGRAMS

Are you an outdoor enthusiast or natural history buff? Our staff offer over 200 workshops, both in-person at our Heart Lake Program Center and online. We teach a variety of courses from beginner canoeing and kayaking to winter mountaineering—and everything in between.

### FREE SKIING & SNOWSHOEING

ADK membership includes a season pass for skiing and snowshoeing at [Cascade Welcome Center](#). Come explore over 12 miles of groomed, family-friendly trails in the heart of the High Peaks region.

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



**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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