



MOHICAN

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

From the Chair

No one could be more surprised than I am to be writing my first "From the Chair" column. I'm succeeding the remarkable Jane Smalley – an accomplished paddler, hiker, skier and outings leader who gave us four years of wise and steady leadership during a tenure that included an outbreak of plague that threatened the club's existence. She's a tough act to follow--especially for a casual hiker like me who has a habit of getting lost in the woods.



The crazy notion of my standing for board chair came up over dinner at a Chinese restaurant in Danbury last Christmas Eve, when Carol Harting told me the chapter was having a hard time finding someone to succeed Jane. I knew I would be retired by the end of Jane's term and volunteered, eager to do more to support the ADK.

A bit about me: I split my professional life between journalism and corporate communications. My wife Sarah and I have two grown daughters: Hannah, who graduated from Columbia and now lives in Brooklyn; and Nora, who just graduated from the University of Vermont with a degree in wildlife biology--and the family's only true outdoors person. I started hiking at Sarah's suggestion back in 2009 to relieve job stress. I tried various hiking clubs, including AMC and the New Haven Hiking Club, but found a home with the ADK Mohican chapter.

After just a few months as Mohican's board chair, I now better appreciate the handful of people doing the work needed to sustain our chapter today and keep us healthy and growing into the future: the people who recruit hike leaders, put together the jigsaw puzzle of the quarterly hike schedule, produce our newsletter,

manage our finances, keep our membership rolls, maintain our website, and manage relations with ADK headquarters. For me, it's inspiring to know that these stalwarts are working behind the scenes so that we--the nearly 500 members of the Mohican Chapter--can enjoy the great outdoors together.

You probably already know who I'm talking about. But if not, you can find their names on last page of our newsletter. And if you want to thank them, I'm guessing that the best way to express your appreciation is to volunteer your time in some capacity – by leading a hike, for instance. You'll notice I'm leading one in August, my first after years of resisting the entreaties of hike coordinators. Join me. I promise not to get lost.

Brent Laymon

With Our Members

Catskill Mountain Club Trail Challenge



Trish Johnston, Jane Restani, Janice Miller and Lisa Weismiller completed the above trail challenge on Sunday, April 3rd. Summit views were missing on Bramley Mountain, but the woods were blanketed with beautiful snow formations throughout the hike. Despite



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Welcome

the falling snow, we managed to hold up our Certificates of Completion on the summit. It took two weekends to complete the nine hikes. We truly enjoyed the challenge as it brought us to new areas of the Catskills we had never really explored. If anyone is interested in taking on this challenge, here's the [link](#) to their website. *Submitted by Trish Johnston*

ADK's Centennial Celebration and Fall Outing



Cold River Chapter is hosting ADK's Centennial Celebration & Fall Outing on **September 23-25, 2022** at the Silver Bay YMCA Conference & Family Retreat Center in Silver Bay, NY (near Hague).

There will be over 40 outings, including a pontoon boat tour of Lake George, musical entertainment on Friday night by Dan Berggren and Jamcrackers, and a special guest speaker on Saturday night--noted environmentalist and author Bill McKibben.

At this time, no more rooms are available for reservation, but may still register to participate in Fall Outing hiking and paddling activities, and attend the Friday and Saturday evening programs, but you will need to make lodging reservations elsewhere, or there is camping nearby at NYS Rogers Rock Campground. Please check back periodically in case rooms become available due to cancellations.

You may also purchase a day pass at Silver Bay giving you access to all of their facilities.

The Saturday night catered barbecue and buffet dinners are sold out. However, a limited number of reservations are available for the Friday night buffet dinner in the dining room, which includes a free day pass giving you access to all of Silver Bay's facilities. See registration website link below for information about waiting list or for further details.

[ADK Fall Outing Registration](#)

New Members

Month	Member
February	Rejoined: Cynthia Moro
March	Christophe Berlow, Bette Heben Rejoined: Jodi McKee
April	Thomas Wong, Gerard Pagani, Stephen and Gretchen Beth Lebowitz, Michael O'Brien, Donald and Gina Mostrando Rejoined: Daniel and Edward Wesolowski, Alan Ivicic, Patricia Butter
May	Milo Cowles, Rozsa Kovessi, Stephen Bugeya & Stephanie Medrano, Sue and Craig Ornstein Gertian Falstrom and Barry Nelson



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 patjohnston@gmail.com

Trip Tales

Saturday, March 26
Mt. Beacon Lop

To hike or not hike, that was the question. Despite a forecast for afternoon rain, hail and thunderstorms, four intrepid hikers, Veronica, Bob, Svetla and Lauren, joined the leader for a loop hike on Mt. Beacon. We started out in sunshine which quickly clouded over. We made it to the tower for lovely views of the Hudson and mountains in the distance. The



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weatherman was accurate and it started to hail at noon with showers and rain to follow. Luckily, no thunderstorms. For future reference, an advantage of hail is that it bounces off and you don't get wet. A great time was had by all, and we were happy we had come out despite the forecast. *Submitted by Janice Miller*

Saturday, May 21
Canoe/Kayak - Mohansic Lake and Crom Pond



Saturday was a hot and humid day. I mean hot and humid. Where else to be but on the water? Three of us enjoyed paddling the perimeter of a calm Mohansic Lake and Crom Pond. Lunch was on shore at the pond followed by a short walk to stretch our legs. The highlight was viewing an eaglet in the nest and a protective parent nearby. *Submitted by Jane Smalley*

Saturday, June 4
Canoe/Kayak, Basher Kill



We were a foursome of women paddling the beautiful Basher Kill. It was a perfect weather day; the occasional burst of wind

kept the insects away. *Submitted by Jane Smalley*

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 writeup.*

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

Hikes are joint with WTA

Attention: Leaders

For Signup sheets (release forms), [click here](#)

After the hike, please mail form to:

Jeanne Thomson, P.O. Box 219, Somers, NY 10589

Tuesday Hikes are Coming!

Missed the weekend hike? Want to get out during the week? Then join Art Almeida on one of his Tuesday hikes. Most will be easy-to-moderate hikes, about 4 or 5 miles. If interested, please email Art at arta@croton10520.com or text/call at (914) 319-4701 to find out where he'll be going and to be put on a list for future hikes.

Hikes and Stuff

Saturday, July 2

Garrison Metro North to Sugarloaf (and Beyond?)

5-7 miles, moderate terrain. Join the leader in a hike from the Garrison Metro North station to Sugarloaf Hill and possibly beyond. We'll have at least 750 ft. of elevation gain and plenty of views. Bring a lunch and 1.5 liters of water. Hiking boots and poles are recommended. Hikers must be vaccinated and follow COVID policy. To register, contact leader Steve Klepner, (845) 297-7066, spk010@yahoo.com. Email preferred with 'hike' in the subject line.

Saturday, July 2

Twin Lakes/Nature Study Woods (Eastchester to New Rochelle loop)

4.6 miles, easy terrain. Enjoy shady 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, July 3

Within the County Grand Finale, Part 1: Lasdon and Muscoot Parks

7-8 miles, easy-to-moderate terrain. Today's hike, which is the first in our final "Within the County" series, is in two preserves within the Town of Somers. We'll start at Lasdon Park and explore trails through woodlands and gardens, along a path honoring veterans of past wars, and near a lake and the Chinese Friendship Pavillion. Then we'll walk down a local road to Muscoot Farm, stopping along the way to view a small spillway on the Muscoot River. While at the Farm, we'll hike along many of its trails through forest and field; and at the conclusion of the hike, we'll take a quick drive to King Kone for some well-earned treats. This hike involves a short shuttle; participants must be vaccinated and follow COVID policy. To register, contact leader Eileen West at eileenw1000@gmail.com. Rain cancels. *Qualifies for the Westchester 100 (Nos. 34 and 58).*

Sunday, July 3

North Fahnestock Park



5.3 miles, easy-to-moderate terrain. Appropriate for the summer, this is a fairly easy hike with some rolling hills. We will leave from the Round

Hill/Perkins Access trailhead on Route 301, proceed north to the Fahnestock Trail, take the Cabot trail to Jordan Pond, and end at the Big Woods trailhead. From there, we can drive over to the Homestyle Creamery in Nelsonville. This hike involves a short car shuttle. Hikers must be vaccinated and follow COVID policy. Register with leader Jane Restani by 5 p.m. on the Friday before the hike at irabjanea@aol.com.

Monday, July 4
Manitou Point Preserve

4 miles, easy-to-moderate-terrain. Even though this is only a 3 hour hike or less, it is one of the best. They have done a great deal of work in this preserve off Route 9D in Garrison: redesigning and blazing trails, 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. Hikers must be vaccinated and follow COVID policy. Contact Carol Harting at c.harting@verizon.net to register.

Saturday, July 9

Black Rock Forest Loop

9-10 miles, moderate-to-strenuous terrain. Starting from the parking area on Reservoir Road, we'll take the Stillman Trail up White Mountain to viewpoints at Mount Misery, the Hill of Pines, and Rattlesnake Hill. Continuing on the white trail, we will head over to Eagle Cliff for another viewpoint and back to Continental Road where we'll connect to the yellow trail to yet another viewpoint at Black Rock. Heading down from Black Rock, we then connect with the Black Rock Hollow trail to the water filtration station and head back to the parking area on the blue and red trails. Hikers must be vaccinated and follow COVID policy. To register, contact leader Alice Benash, ajrb3@verizon.net.

Saturday, July 9

Piermont Exploratory

6-7 miles, easy-to-moderate terrain. Rails to Trails with great views of the Mario Cuomo Bridge, then walk to Sparkill with its war memorials and interesting town. Return to Piermont to explore the pier and hopefully visit the fabulous Farmers Market. Moderate pace,



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photos encouraged. We will meet in Parking Lot D in Piermont. Hikers must be vaccinated and follow COVID policy. To register, contact leader Margo Moss (201) 568-5325 landline, or acephoto@verizon.net. Please register by 4 p.m. on Friday, July 8.

Usha Shukla, shukla_vipin@hotmail.com. Rain or bad weather cancels. *Qualifies for the Westchester 100 (No. 58).*

Saturday, July 16
Castle Rock

Saturday July 9
Canoe/Kayak Bantam River, Litchfield, CT

This is a favorite, the Bantam River in Connecticut. The river enters and exits the lake at the north end providing superb quiet water paddling through an extensive and protective tract of land. We will put in on the inlet paddling downstream reaching the lake; explore along the shoreline and then look for the outlet paddling upstream a short distance. Our lunch stop will be at a beach with a swim. Meet at 10 a.m. at the Bantam Market on the right near the junction of Rt. 202 and Rt. 209. Bring boat, paddle, lifejacket, and lunch. To register, contact Jane Smalley 914-276-0413 or e-mail jsmallpt@aol.com.



5 miles, easy-to-moderate terrain. This is an interesting variant of a hike from Route 403 south of Garrison up to a junction where we hike on a woods road over to Lake Lucretia. Then back down and up where we'll hike to an overlook on the relatively new Green Trail. Down again onto the AT and back to the cars. Trail conditions may modify the hike, and mileage and time will vary. Relaxed pace. Hikers must be vaccinated and follow COVID policy. To register, contact leader Art Almeida at (914) 319-4701 or arta@croton10520.com.

Sunday, July 17
Mines and Candlewood Hill Loop

8 miles, moderate terrain. This hike will begin at the new AT lot near Canopus Lake, go out to the summit of Candlewood Hill with some nice ponds along the way, and return via old mining roads and the AT. Extreme heat or heavy rain may cancel or change the route. The leader will be taking a short detour on her way home at Scoops N More in Carmel; all are welcome to join her. To register, contact Lauren Linkowski at linkowski@gmail.com or text (914) 907-6764.

Sunday, July 10
Shady Side of the Hook

6 miles, moderate terrain. We will climb north on the Long Path, which offers Hudson River views filtered by foliage and ample shade. The ridge provides many ups and downs, and then a steep, rocky descent to walk south for an easy return on the lower path, which is shared with bicycles. We will get an early start to do most of our climbing before the heat of the day, but we will climb back at the end to return to our cars. Hikers must be vaccinated and follow COVID policy. To register, contact leader Catharine Raffaele, Raffaele.Catharine@yahoo.com.

Sunday, July 17
Cranberry Lake Preserve



4-5 miles, easy-to-moderate terrain. Hike on various trails around the lake, a marsh, an old quarry and woods. One short, steep climb to the quarry top offers splendid views of the surrounding trees. Bring lunch and water, and meet the leader at the Nature

Sunday, July 10
Muscoot Farm

3-4 miles, easy terrain. This hike, on the yellow trail, will take us past fields and through the woods along the perimeter of this County-owned preserve in Somers. Participation is limited to 12 people, including the leaders. Hikers must be vaccinated and follow COVID policy. To register, contact leaders Vipin and

Center at 10 a.m. The Preserve's address is 1609 Old Orchard Street in North White Plains; their phone number is (914) 428-1005. Hikers must be vaccinated and follow COVID policy. To register, contact leader Sue Soni, surekhasoni1968@gmail.com. *Qualifies for the Westchester 100 (No. 51).*

Saturday, July 23
Seven Hills Circular

9-10 miles, moderate-to-strenuous terrain. We will do a circular using the Seven Hills, Hillburn-Torne-Sebago (HTS) and Tuxedo-Mt. Ivy (T-MI) trails. Lots of ups and downs and plenty of views on this hike. For more info and to register, contact Bob Fiscina at fis6973@tutamail.com. Rain cancels. Hikers must be vaccinated and follow COVID policy. No beginners please.

Saturday, July 23
Westmoreland Sanctuary

4-5 miles, easy-to-moderate terrain. This is an old favorite with lots of wonderful stone walls and sweeping topography. There are a fair amount of ups and downs, and some of those are long, but nothing we can't handle. Relaxed pace. Hikers must be vaccinated and follow COVID policy. To register, contact leader Art Almeida, (914) 319-4701 or arta@croton10520.com. Qualifies for the Westchester 100 (No. 65).

Sunday, July 24
**Within the County Grand Finale
 Part 2: Mt. Kisco Trails**



7-8 miles, easy-to-moderate terrain. The Village of Mt. Kisco has several well-known parks

and preserves, and lesser known paths with historical significance, and this hike will visit many of them. Closer to easy than moderate, we'll be doing a few out-and-back walks and some loop trails with connections via local streets. Our Mt. Kisco tour will begin, of course, with an exploration of Kisco Mountain. From there, we'll drive to the Peninsula Wetlands Trail where our linear hike begins. We'll check out this peaceful trail along the Kisco River, then head over to the Early Settlements Trail (also along the river), continue through tiny Kirbyville Park into Leonard Park, and then on to the Marsh Memorial Sanctuary. After hiking on most of the Sanctuary's trails, we'll return to Leonard

Park with a diversion to do a loop on the Woodlands Wetland Trail (an oasis in the middle of a condominium development). Finally, we'll take a different route back to Kirbyville Park, and walk a tenth of a mile to...Ben & Jerry's Ice Cream, where our hike will end. This hike involves a short shuttle; participants must be vaccinated and follow COVID policy. To register, contact leader Eileen West at eileenw1000@gmail.com. Rain cancels. *Qualifies for the Westchester 100 (No. 36).*

Sunday, July 24
A Most Unusual Lollipop

4-5 miles, easy-to-moderate terrain. Staying aware of the temperature and humidity, this "mostly" flat hike meanders along shaded trails that border Stillwater Lake in Fahnestock State Park--with one exception. We'll meet at the Pelton Pond parking lot (east end) and follow the yellow to blue to white trails. After 1.5 miles (here's the exception), we'll do a moderately steep 200' bushwhack to the Bushy Ridge trail for a cooling breeze and scenic views. From there, we loop back to the southern end of the white trail and return. The pace will be civilized and weather dependent. Hikers must be vaccinated and follow COVID policy. To register, contact leader Howard Millman, isayso@runbox.com. Cell on the day of the hike only: (914) 439-8031.

Saturday, July 30
Oscawana Island Park and Graff Sanctuary

4-5 miles, easy-to-moderate terrain. We'll start on a trail alongside Furnace Brook, cross over Furnace Dock Rd. to Graff



Sanctuary and do a loop there, then cross back and explore the ruins of the McAndrews Estate and racecourse. We'll then continue to Oscawana Island and have lunch by the Hudson River. Hikers must be vaccinated and follow COVID policy. To register, contact Sheila Sarkar, shechris6@gmail.com or (914) 498 2464. *Qualifies for the Westchester 100 (No. 13).*

Saturday, July 30
Route 106 Circular

6-8 miles, moderate terrain. Using the Suffern-Bear Mountain (S-BM), Long Path and other trails, we will hike past the ORAK ruins and up to the fire tower, then head over to the second and third reservoirs and other scenic spots. Hikers must be vaccinated and follow COVID policy. Email the leader for start time and other information: Mike Kaplan, kaplanm2001@yahoo.com. No first time hikers, please. Rain cancels

Sunday, July 31
Storm King and Pitching Point



8 miles, strenuous terrain. The route of this hike is an elongated figure 8 with two clockwise circulars that incorporate the scramble up

Butter Hill, views from Storm King Mountain, views from Pitching Point, and views in between. It's a difficult hike, but well worth the effort, and can be shortened in the event of extreme heat or other adverse weather conditions. Hikers must be vaccinated and follow COVID policy. To register, contact leader Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, July 31
Cliffdale - Teatown Trail and Teatown Lake

4 miles, easy-to-moderate terrain. Bring plenty of water and enjoy a hike from the Visitors Center to the Cliffdale Education Center, using part of the Teatown Lake and other trails. We'll have a snack on the benches at Cliffdale, and then return to the Visitor's Center on the other side of the lake. Hikers must be vaccinated and follow COVID policy. To register and for meeting time or information, contact the leader Elspeth Kramer, elspethjkramer@gmail.com or (347) 262-4802. *Qualifies for the Westchester 100 (No. 62).*

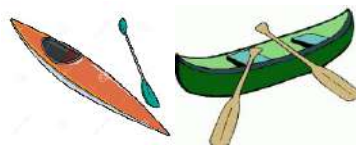
Saturday, August 6
Popolopen Gorge and Torne

6 miles, moderately-strenuous terrain. We will hike along the gorge and do the scramble up Popolopen Torne for sweeping views from the summit. Hikers must be vaccinated and follow COVID policy. Rain cancels. To register and for meeting time and other information, contact leader Mike Jablonski, mjab5749@gmail.com.

Saturday, August 6
**Montrose State Forest
Seward Estate and Georges Island**

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

Saturday August 6
**Canoe/Kayak
Chodikey Lake, Highland, NY**



About 5 or 6 miles of lake and stream paddling. We will explore the meandering streams at both ends of the lake.

They provide wildlife habitat with extensive wooded swamps plus stands of cattails and other marsh vegetation. Directions: NYS Thruway to Exit 18, New Paltz. We'll meet at 10 a.m. at the Mall. Turn left onto Rt 299 and then a right into the mall. Call or email leader to register. Jane Smalley 914-276-0413 or jsmallpt@aol.com

Sunday, August 7
Garrison/Arden Point Circular

4-5 miles, easy-to-moderate terrain. Starting from the Garrison train station, we'll walk around woods roads and trails with great views of the Hudson. Interesting structures--some abandoned-bamboo groves. Nice

way to spend an enjoyable day at a relaxed pace. Maybe a bushwhack - short but could be challenging. Lunch across 9D and up to the Gazebo. Hikers must be vaccinated and follow COVID policy. To register, contact leader Art Almeida, (914) 319-4701 or arta@croton10520.com.

Saturday, August 13
Black Rock Forest Hike and Swim

5-7 miles, moderate terrain. Great views, "Jupiter's boulder," (hopefully) a waterfall, a swim at Sutherland Pond, and possibly wild blueberries. Hikers must be vaccinated and follow COVID policy. Contact leader for time and place. To register, contact leader Carolyn Hoffman, carohof2@gmail.com, cell (914) 420-5778.



Saturday, August 13
Tarrywile Park, Danbury, CT

4 miles, easy-to-moderate terrain. Once an active dairy farm and fruit orchard, the park encompasses more than 720 acres of woodlands, fields, ponds and 21 miles of hiking trails. The Tarrywile Mansion is listed on the National Register of Historic Places as a prime example of New England shingle-style architecture. Our hike includes one long, moderately steep ascent. Hikers must be vaccinated and follow COVID policy. To register, email the leader, Brent Laymon, at belaymon@gmail.com or call (475) 206-7599

Sunday, August 14
Three Lakes/AT Loop

6.5 miles, moderate terrain. Enjoy a circular hike through the woods of Fahenstock State Park with some ups and downs on the Appalachian and Three Lakes Trails. Afterwards, we can take a short drive over to Nelsonville and visit its popular roadside ice cream stand. Hikers must be vaccinated and follow COVID policy. To register, contact leader Minu Chaudhuri, (914) 391-5918 or minuch50@gmail.com.

Saturday, August 20

Tallman Mountain, Piermont Pier, and Ice Cream

6-7 miles, easy-to-moderate terrain. On this circular hike, we'll explore some of the trails within Tallman Mountain State Park in the morning, have lunch at the summit of the mountain with sweeping views of the Hudson, and then descend into the village of Piermont. We'll take a detour to the Piermont Creamery for some homemade treats, and then continue on the Pier walkway out to an observation platform almost in the midpoint of the River before retracing our steps to the cars. Hikers must be vaccinated and follow COVID policy. Rain cancels. To register, contact leader Eileen West eileenw1000@gmail.com.



Sunday, August 21
NYC Walk

9 miles, easy terrain. We will begin our walk at Grand Central Station and amble south along the west side of Manhattan. We will stop at a new Hudson River Park and more (to be decided). Never know what you will see because the city always has surprises. Options to shorten the walk are available. Participation is limited to 12 people. Hikers must be vaccinated and follow COVID policy. For questions and to register, contact the leader, Linda Wildman at lindawildman88@gmail.com or text/call (914) 316-5674.

Sunday, August 21
Dog Days of Summer at Baxter Preserve



3 miles, easy terrain. During one of the hottest months of the year, come join us for a short easy hike in North Salem over pastures and gentle rolling hills. Call leader, Barry Leibowitz at (914)774-5321 to register up until 6 p.m. the evening before the hike. Rain cancels. *Qualifies for the Westchester 100 (No. 46).*

Saturday, August 27
AT to Fitzgerald Falls and Back



8 miles, moderate-to-strenuous terrain. This hike will begin at the Mt. Peter parking area and go north on the AT to take in Cat Rocks and the Eastern Pinnacles; the turnaround point is Fitzgerald Falls. The parking area is next to the fabulous Bellvale Creamery for ice cream after the hike. Extreme heat or heavy rain may cancel or change the route. To register, contact Lauren Linkowski at

llinkowski@gmail.com or text (914) 907-6764.

Saturday, August 27
Muscot Farm

4-5 miles, easy-to-moderate terrain. The leader tried this twice before--snowed out and rained out. Third time is a charm! This is a nice hike in the summer lineup. A little steep at the beginning and easy-to-moderate (mostly farmland) for the rest of the way. Stone walls abound (there's a stone wall song we can sing along the way...short and sweet). Relaxed pace. Hikers must be vaccinated and follow COVID policy. To register, contact leader Art Almeida, (914) 319-4701 or arta@croton10520.com. Qualifies for the Westchester 100 (No. 58).

Sunday, August 28
Suffern-Bear Mountain (S-BM) North to the Tuxedo-Mt. Ivy (T-MI)

9 miles, moderate-to-strenuous terrain. From the start of the SBM on Route 59, we will do a linear hike on this long-distance Harriman trail to the TMI at Diltz Road, passing views and several landmarks along the way. For more information or to register, contact Bob Fiscina at fis6973@tutamail.com. Rain cancels. Hikers must be vaccinated and follow COVID policy. No beginners please. A shuttle is required.

Sunday, August 28
Mountain Lakes Park

6-7 miles, easy-to-moderate terrain. We'll visit the highest point of the park, Mt. Bailey, descend and hike around Spruce Lake and Hemlock Lake, and then take the white trail to Lookout Point, with its sweeping views. Hikers must be vaccinated and follow COVID policy. To register, contact Sheila Sarkar, shechris6@gmail.com or (914) 498 2464. *Qualifies for the Westchester 100 (No. 57).*

Saturday, September 3
Within the County Grand Finale Part 3: Katonah Exploration

9 miles, easy terrain. Our day begins with a visit to the Hunt Parker Sanctuary, with a steady up



(and down) through woods and past some wetlands. The rest of the hike is on dirt roads and trails with gentle terrain. We'll head over to the Cross River Reservoir and have lunch near its spectacular spillway, then continue on an unpaved road that parallels the reservoir and later passes a few horse farms. When we come to a fork in the road, we'll take it to the John Jay Homestead. This former residence of the first Chief Justice of the United States has a short trail which will get us to a bustling Farmers Market, where we might be able to find that perfect dessert. Finally, we'll head down to the Beaver Dam Sanctuary and stroll through its mowed fields and on paths along the Beaver Dam River. This hike involves a short shuttle; participants must be vaccinated and follow COVID policy. To register, contact leader Eileen West at eileenw1000@gmail.com. Rain cancels. *Qualifies for the Westchester 100 (Nos. 32 and 47).*

Saturday, September 3
Blue Mountain Reservation, Peekskill

4 miles, easy-to-moderate terrain. This park has granite boulders, glacial erratics, rock outcroppings, creeks, bridges, fallen trees, ferns and mosses making it a great place to hike. There are going to be ups, downs and some level trails. Ice cream at the Hudson Creamery is an option after the hike. Hikers must be vaccinated and follow COVID policy. To register or for questions, please contact the leader Linda Wildman at lindawildman88@gmail.com or text (914) 316-5674. Qualifies for the Westchester 100 (No. 48).

in Cold Spring, go approx. ½ 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 carefully, not on the Masonic side, or find parking on the streets. Hikers must be vaccinated and follow COVID policy. Note: Cold Spring and Nelsonville are ice cream-friendly areas, and we’ll pick a place to go at the end of the hike. To register, call or email leader Bruce Collins, (646) 584-1227 or actz1015@gmail.com.

Saturday September 10
Minnewaska State Park

Sunday, September 4
Brinton Brook Sanctuary, Croton on Hudson



4-5 miles, easy-to-moderate terrain. Another delight. Lots of ups and downs, some steep but nothing long, all at a relaxed pace. Extra bonus: a wonderful vista. Some sections can be quite gnarly. Participation is limited to 11 people; hikers must be vaccinated and follow COVID policy. To register, contact leader Art Almeida, (914) 319-4701 or arta@croton10520.com. Parking is limited at the trailhead so a short shuttle may be required. *Qualifies for the Westchester 100 (No. 22).*



9 miles, moderate-to-strenuous terrain. From the lower lot, we’ll hike on the Mossy Glen trail alongside Peter’s Kill stream. Next, we’ll make our way to Rainbow Falls, where we’ll stop for lunch. An ascent after lunch will take us to views from Castle Point, and from there we’ll take the Blueberry Trail and the Awosting Carriage road back to our cars. Hikers must be vaccinated and follow COVID policy. To register, contact leader Alice Benash, airb3@verizon.net.

Monday, September 5 (Labor Day)
Mt. Taurus via Nelsonville

5 miles, moderate terrain. We’ll take the less rocky, less crowded route up Mt. Taurus and do a loop



down the back side. Or, with sufficient drivers, we’ll do a car shuttle so that we can include a seldom-hiked section of the Highlands Trail. Meet at the Undercliff Trailhead, 18A Secor St., Nelsonville, NY 10516. From the traffic light at the intersection of Routes 9D and 301

Saturday, September 10
AT from Route 22 to Cat Rocks, Pawling NY

6 miles, moderate terrain. This out-and-back hike offers a variety of paths. We’ll travel south over boardwalks, up and down hills and through meadows and woods to our destination with a view of where we’ve traveled. We’ll commence 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. This hike is limited to 10 participants. Hikers must be vaccinated and follow COVID policy. To register and for departure time and meeting location, contact hike leader Rosanne Schepis at (203) 417-5552 or rschep@yahoo.com.

Saturday September 10
Canoe/Kayak Croton River



This is a favorite; an easy and relaxing flatwater paddle on the Croton River. We will meet at 10 a.m. at the Croton RR station and paddle under 9A heading into the river on the incoming tide as this is a tidal river. Taking advantage of high tide, we'll explore the river, its side channels and estuaries. Lunch and swimming at the gravel beach. Rentals at the launch site will be available through www.kayakhudson.com. Call leader to register. Jane Smalley 914-276-0413 or e-mail jsmallpt@aol.com.

Sunday, September 11
Black Rock Forest

6 miles, moderate terrain. Starting from the Hudson Highlands Nature Museum/Outdoor Discovery Center, we ascend into the Mine Hill Road area of Black Rock Forest. This is a moderate hike with a significant climb at the beginning and a total elevation gain of approximately 1100 ft. It will be done at a compassionate pace with regroupings as needed. Hikers must be vaccinated and follow COVID policy. To register, contact leader Steve Klepner, (845) 297-7066, spk010@yahoo.com. Email preferred with 'hike' in the subject line.

Sunday, September 11
Briarcliff Peekskill Trail

**Part 1: Watch Hill Road to New Croton Dam
 Plus an Option**

4.8 (+1.2) miles, easy-to-moderate terrain. The Trail Tramps have recently reconstructed much of Briarcliff Peekskill Trailway, which now has less road walking and better conditions. We will do a shuttle hike from Watch Hill Road to the New Croton Dam, with an option to add the Croton Gorge Trail for those who wish. Shady woods and wetlands followed by dramatic views from the dam and the gorge. To register and for time and meeting place, contact leader Carolyn Hoffman, carohof2@gmail.com, cell (914) 420-5778. Hikers must be vaccinated and follow COVID policy. *Qualifies for the Westchester 100 (No. 67 if done with Part 2 of this series, and No. 99b if the option is added).*

Saturday, September 17
Stahahe High Point and Island Pond



6.5 miles, moderate terrain. Leaving from the Elk Pen, we will take various trails, including the Nurian through the Valley of the Boulders and the Dunning with some challenging, moderate plus 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. Hikers must be vaccinated and follow COVID policy. To register, contact leader Catharine Raffaele via email at Raffaele.Catharine@yahoo.com.

Saturday, September 17
Mianus River Gorge, Bedford, NY

5 miles, easy-to-moderate terrain. This is an easy paced hike in a Nature Conservancy property. Bring a snack and plenty of water if it is a hot day. Then we will proceed to Havermeyer Falls, which may or may not be flowing. Hikers must be vaccinated and follow COVID policy. To register, email Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 56).*

Sunday, September 18
North and South Redoubts in Garrison

4-5 miles, easy-to-moderate terrain. Fantastic views!! Lots of History!! Plus other lesser hiked trails. Good amount of heavy breathing. Relaxed pace. Hikers must be vaccinated and follow COVID policy. To register, contact leader Art Almeida, (914) 319-4701 or arta@croton10520.com.

Saturday, September 24

Hogencamp Mountain Loop, Harriman Park



6.5 miles, moderate terrain. This hike has 1200 feet of elevation gain with good views, and we will also pass

several mines and interesting rock formations. We can do a bit of exploring of the mine entrances. Hikers must be vaccinated and follow COVID policy. Register with leader Jane Restani at irabjanea@aol.com by 5 p.m. on the Thursday before the hike.

challenging trail knew what they were talking about! There is plenty of scrambling and the descent is not for the height-averse. Hikers must be vaccinated and follow COVID policy. To register, contact leader Kevin McGahren, kmccgc@optonline.net or (914) 772-0600.

Sunday, September 25

Ward Pound Ridge Reservation

5.6 miles, easy-to-moderate 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, especially if it is a hot day. For those interested, we can carpool from the Greenway Shopping Center, 20 North Salem Road, Cross River, New York. Hikers must be vaccinated and follow COVID policy. To register, contact Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 63).*

Saturday, September 24

Larchmont and Manor Park Walk



3-5 miles, easy terrain. We will walk a section of Larchmont on the Long Island Sound and see many amazing houses. We will walk through the

beautiful Manor Park which has stunning views of the Long Island Sound, and then make a stop at a small beach (bring lunch). Following lunch, we can walk to downtown Larchmont and have dessert at the Longford’s Ice Cream shop. Our walk will begin at 10:30 a.m. To register and for the meeting place, contact leader Cynthia Moro at Cynlyn24@gmail.com. Hikers must be vaccinated and follow COVID policy.



Photos from Sunny Ridge Preserve hike led by Art Almeida on Saturday, June 4. Photos courtesy of Nancy Adams.



Sunday, September 25

Agony Grind and Indian Hill “Lollipop” Hike

7 miles, moderate-to-strenuous terrain. Enjoy multiple views on this traverse of rarely visited portions of Harriman and Sterling Forest. We’ll do a strenuous ascent to the ridge on Agony Grind, a moderate loop around Indian Hill, and then return to Agony Grind for our descent. Be warned--whoever named this short but



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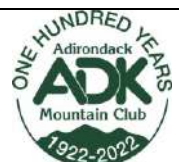
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Helpful Links

<u>Hot Weather Hiking Tips</u>	<u>Ten Reasons for Trekking Poles</u>
<u>Hiking Smart NY</u> General guidelines about Hiking Smart from the NYS DEC (Department of Environmental Conservation)	<u>Leave No Trace</u> Set of 7 Outdoor Principles Promoting Conservation in the Outdoors
<u>How To Fit a Backpack</u>	<u>Looking to find a hike</u> , check out the NY/NJ Trail Conference interactive map.
<u>How to Choose a Backpack</u>	<u>10% Partner Discounts</u> if you are a <u>member of the NY/NJ Trail Conference</u>

Provide a Place for Pollinators:

[Watch a video for tips](#) from NYS DEC on how to "Green Your Backyard" and support New York's native pollinators at home.



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