

MOHICAN

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

From the Chapter Chair

Being a Hike Leader Demands More Than Knowing the Way

A recent [YouGov poll](#) found that roughly 1 in 3 Americans think they could safely land a jetliner in an emergency – confidence that commercial pilots like Patrick Smith consider laughable.

“There is zero percent chance of someone pulling that off,” Smith told the [Washington Post](#). “Do people think they can perform transplant surgery? No. Then why do they think they can land a plane?”

And sure enough, when the Post enlisted a handful of ordinary people to see how they would perform in this scenario, most crashed and burned. Of course, this was a controlled experiment using a flight simulator. Nobody died.

The Post story, which was really about how we humans tend to think we know more than we do, came to mind when the ADK announced new certification requirements for hike and paddle leaders, mandating that leaders take specific training, based on the difficulty of the outing involved.

To me, it all seems like commonsense stuff aimed at keeping us safe and insurable – and in keeping with what other serious outdoor organizations like the Appalachian Mountain Club require of their leaders. Yet the development and roll out of the new guidelines has been contentious. Some people seem offended by the new requirements; others are bothered by the inconvenience. Some even say they will give up leading rather than take the training.

It's true that most of our hikes are routine, a pleasant walk in the woods. Still, it's a mistake to think that because you know the way that you're qualified to lead.

Hiking at Butler Preserve with an ADK group this spring, I tripped while going down a small hill. There I was, flying crazily through space before landing face-first on something hard. Haven't we all?

Lucky for me, another hiker calmly took charge, assessing the damage, stopping the blood that was gushing from a cut on my nose, cleaning my wounds, getting me back on my feet and determining if I was fit to get out of the woods on my own power. She exhibited the qualities we all want in a leader. Calm, decisive, knowledgeable.

I also remember the first day of winter back in 2019, when a 71-year-old woman, hiking with a group along the Table Rocks trail in Mohonk Preserve, fell 50 feet to her death after sliding down an icy slope and into a narrow rock crevice as her fellow hikers watched, horrified but helpless. The authorities ruled her death an accident. I'd call it a failure of leadership. What were the hikers doing on that trail, known for its rocky ledges and deep crevices, on that day, when temperatures were well below freezing, during a month when snowfall was heavier than normal?¹

It was source of pride when I started leading hikes for the ADK after years of just tagging along. I will be even prouder when I can say that I am a certified ADK hike leader, equipped with the knowledge that such a designation denotes. It will be like earning my pilot's wings. I hope others will feel the same way and follow suit. All of us will benefit – all 361 members of the ADK Mohican Chapter.

Brent Laymon

Say **YES** to **HIKER TRAINING**

¹ Annual Weather Summary for 2019, Mohonk Lake Cooperate Weather Station, <https://www.mohonkpreserve.org/what-we-do/conservation-programs/conservation-science/weather-data/>



WELCOME new members

Month	Member
March	Alexander Weiss-Richmond and Tressa Johnson Rejoined: Edgardo and Svenja Resto
April	Matthew Lowenbraun and Michelle Meltzer, and Melissa Ray Rejoined: Veronica O'Neil
May	Elizabeth and Kevin Landers Rejoined: Patricia Vaughn

detour to the cliffs above Lake Minnewaska before saying goodbye. It is always an impressive view.



Submitted by Janice Miller


Saturday, June 10 Oscawana Nature Preserve



10 hikers enjoyed the woods and estate relics (including racetrack) at Oscawana Park, marshes and birds (especially a bald eagle and a great blue heron who posed for us as we ate lunch) at the tidal estuary at the mouth of Jamawissa Creek (Furnace Brook) and clambered on rocks along the Hudson at Oscawana Nature Preserve.

Submitted by Carolyn Hoffman

Photo courtesy of Claudia Schellenberg



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

Trip Tales

Easter Sunday, April 9 Fahnestock State Park

It was a small but well-known group: Eileen West, Janice Miller, Bob Fiscina and leader, Jane Restani. The weather was perfect--sunny but cool with no leaf canopy to block the blue sky. That also made the three planned viewpoints more or less really viewpoints. There was some debate about the leader's definition. With the new Schoolhouse Perkins trail configuration, we think we did about 6.5 miles, and there was plenary of elevation to help rid us of winter lethargy.

Submitted by Jane Restani

Sunday, June 4 Minnewaska State Park

After a few unseasonably hot days, the weather decided to cool down to the 60's and low 70's for Janice Miller's hike at Minnewaska State Park. There were a total of eight hikers for the stroll to Hamilton Point and Castle Rock. The views were spectacular, as always. We mixed things up by taking the Blueberry Run trail back to the Visitor Center. Unfortunately, we were a week or so too early for the mountain laurels, but we did get to see a large black snake. Since some of the hikers had never been to the park, we took a

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

Leaders are required to have both **Release Form/Attendance Sheet** filled out and mailed as indicated below.

ADK Release Form

WTA Attendance Sheet

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



UPDATED COVID POLICY

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

Vaccination is required on this hike. To register and for meeting time or other information, contact leader Sheila Klatzky, srklatzky@gmail.com. *Qualifies for the Westchester 100 (No. 40).*

Sunday, July 2
Shady Side of the Hook

6 miles, easy to moderate terrain, plus a steep, rocky descent down the Treason Trail. We will walk north on the Long Path, which provides Hudson River views filtered by foliage and ample shade. The ridge provides many ups and downs, and then descends to the lower path, which is shared with bicycles. Vaccination is required on this hike. To register, please contact Catharine Raffaele, catharineraffaele@gmail.com.

Sunday, July 2
Sunny Ridge

Hikes and Stuff

Saturday, July 1
Piermont Exploratory

6-7 miles. easy terrain. We begin our walk on Rails to Trails where we will enjoy great views of the Mario Cuomo Bridge. We then walk to Sparkill and view the interesting war memorials and explore the town where we will have lunch. Our walk continues on a lower path through an interesting neighborhood with views of the creek, and we return to Piermont where we will walk the pier and hopefully see a variety of birds. Meet in Parking Lot D in Piermont (next to the main parking lot). Please register with the leader Margo Moss (201) 568-5325 landline or acephoto@verizon.net.no later than 5 p.m. on June 30.

Saturday, July 1
Silver Lake Preserve

3-4 miles, easy-to-moderate terrain. We will depart from the West Harrison parking lot on Old Lake Street and follow the blue and yellow trails, descending on the white trail to Silver Lake and proceeding to Liberty Park along quiet, shaded trails. We will circle around the lake on the road that passes through the West Harrison village green, returning to the parking area via the historic site of Merritt Hill which marks one of the actions of the Battle of White Plains in the Revolutionary War. Bring water and a snack.



4-5 miles, easy-to-moderate terrain. This is a wonderful little gem in Ossining that is usually passed over, coupled with a visit to the nearby ruins of a former estate. Usual ups and downs with one steep climb. Lots of interesting trail texture. Relaxed pace. To register, contact

leader Art Almeida, (914) 319-4701 or arta@croton10520.com. *Qualifies for the Westchester 100 (No. 19).*

Saturday, July 8
Both Sides of Route 106

7-8 miles, moderate terrain. We will take the Suffern-Bear Mountain north to climb Irish Mountain and check out the "Potato". Then we'll use unmarked paths in the Lake Welch area to access the southbound S-BM and ascend to the fire tower. We will head over to the second and third reservoirs and other scenic spots, returning past the ORAK ruins on the way back to our cars. **Vaccination is required on this hike.** To register and for start time and other information, email the leader Mike Kaplan at kaplanm2001@yahoo.com. No first time hikers, please. Rain cancels.

Visit our Chapter Webpage:
www.adkmohican.org



Saturday, July 8

Briarcliff Peekskill Trailway

Part 3: Blue Mountain Reservation to Watch Hill Road

This hike is being repeated due to rain when it was last on the schedule, with a little change. Two possibilities: 1) If the temperature is over 85°, it will be about 3 miles, easy to moderate, shuttle. 2) If the temperature is lower, it will be about 6 miles, lollipop, no shuttle. Woodlands, wetlands, and views of the Hudson Valley from Mt. Spitzenberg. To register and for time and meeting place, please contact leader Carolyn Hoffman, carohof2@gmail.com or (914) 420-5778.

Sunday, July 9

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. To register, email leader Carol Harting at c.harting@verizon.net.

Saturday, July 15

Three Lakes/AT Loop

6.8 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. To register, please contact Minu Chaudhuri, minuch50@gmail.com or (914) 391-5918.

Sunday, July 16

Palisades Alpine Loop

6-7 miles, moderate terrain. This is a lovely loop from the Alpine Boat Basin with changing views as we walk through scenic woods, passing some remains of old homestead areas and enjoying some river views on our return. Because there are parking fees at the Boat Basin, we will meet in the parking lot of the Brownstone Pancake Factory in Englewood Cliffs, right off of Exit 1 on the PIP, and then do a short carpool to the trailhead so we can share the parking expenses (masks are required for the carpool). Please register with the leader Margo Moss at (201-568-5325) or email acephoto@verizon.net no later than Saturday, July 15 at 5 p.m.

Sunday, July 16

**Larchmont and Mamaroneck Shores,
Hot Dogs and Ice Cream, Oh My!**



7-8 miles, easy terrain. This leisurely summer hike begins with an exploration of the trails along and above the Larchmont

Reservoir. From there, we'll access

the Leatherstocking Trail, take that north to the Sheldrake River Conservation Area, and check out its streamside trails. Then we'll head down to the iconic Walter's Hot Dog Stand, on the National Register of Historic Places and a fixture in its present Mamaroneck location since 1928. Feel free to bring a sandwich if you don't want one of their award-winning hot dogs, but save room for dessert--today is National Ice Cream Day and both their ice cream and Italian ices are homemade. After lunch, we'll continue to the Long Island Sound and Harbor Island Park, and then walk southwest along the Sound and its inlets, on local streets and through Hommocks Conservation Area, Flint Park and Larchmont Manor Park, where the hike will end. Short shuttle involved (masks required). To register, please contact Eileen West, eileenw1000@gmail.com. *Qualifies for the Westchester 100 (Nos. 90, 99a and 100b).*

Saturday, July 22

Cat Rocks from Route 22

6.5 miles, moderate terrain. Join the leader on a hike on the AT from Route 22 in Pawling to the Cat Rocks overlook and back, with a total elevation gain of 990 feet. Passing the charming, one car Appalachian Trail train stop, we traverse a boardwalk across a wetland. At Mile 2, we encounter County Road 20 and the famous centuries-old Dover Oak. At this point, we start the climb to Cat Rocks where we will have lunch, before returning to our cars the way we came. The drive north of RT 84 is pleasant with views of the ridges on the west, with the landscape blending from the suburban to the rural. Bring a lunch, 1.5 liters of water, a hat, bug spray and sunblock. Hiking poles are strongly recommended. To register, contact leader Steve Klepner, (845) 297-7066, spk010@yahoo.com. Email preferred with 'hike' in the subject line.



Saturday, July 22
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, adding a stone stream crossing, and constructing 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 they are narrow and rocky, but we will take our time. Wear good hiking boots; 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 the numbers "411" at the parking lot and a small white sign which says Manitou Point Preserve. It is 1.7 miles as you get on 9D from the bridge. Contact Carol Harting at c.harting@verizon.net to register.

Sunday, July 23
Mianus River Gorge Preserve

5-6 miles, easy-to-moderate terrain. Hike in a scenic old growth forest. We follow the red trail for the length of the preserve, take 2 short side trails to see a Mica mine and a waterfall, and end at the Bargh Reservoir. Then we will make our way back to the parking lot along the blue and red trails and include the yellow loop to Todd pond. To register, please contact Carol Pamm (646) 346-0371 or CarolJoyce2@aol.com. *Qualifies for the Westchester 100 (No. 56).*

Saturday, July 29
Sylvan Glen Park Preserve

5-6 miles, easy-to-moderate terrain. Starting from the parking lot on Stoney Street, we'll do a full circuit, visiting a number of attractions including the High Quarry and several smaller granite quarries, as well as remnants of quarry operations, the Quarry Oak, and a former riding ring, now overgrown with barberry. Directions: from the Taconic State Parkway, take exit 17B to the Bear Mountain Parkway Then take the first right turn onto Stoney St. and head steeply uphill for 0.5 miles. Just after #2820, turn left onto a dirt entrance road to the parking lot. **Vaccination is required on this hike.** To register, contact leader Sheila Sarkar at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 20).*

Sunday, July 30
AT, Bull's Bridge and the Herrick Preserve, Sherman CT

8.6 miles, moderate-to-strenuous terrain. Starting from the parking area for the AT on Route 55, we will use the AT to visit the beautiful Bull's Bridge area, complete with covered bridge and paths along the Housatonic River. Return will be on the little used paths of the Herrick Preserve, with a few more good views. This hike does have a .7 mile road walk, done at the beginning of the hike; depending on the group, we can discuss a car shuttle. The leader stops at King Kone on her drive home--all welcome. Elevation change is 1900 feet. Extreme heat or bad weather may cancel or change the route. To register, contact Lauren Linkowski at llinkowski@gmail.com no later than Saturday morning. **Vaccination is required on this hike.**

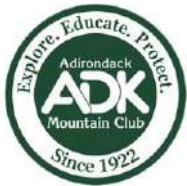
Sunday, July 30
Leon Levy Preserve

3-4 miles, easy-to-moderate terrain. This is a 2-3 hour hike at the 370 acre Leon Levy Preserve featuring wetlands rich in wildlife, a ravine with 75 foot cliffs, and a diverse hardwood forest. See the ruins of the Black Mansion (1899-1979). Many of the trails are easy, but there are ups and downs so hiking poles are recommended. The main entrance is on Route 123, just south of the intersection with Route 35, and 9.4 miles east of Route 684. To register, please contact Gail Blumenfeld, gailrb@yahoo.com. *Qualifies for the Westchester 100 (No. 35).*

Saturday, August 5
Black Rock Forest, Hike & Swim



5-7 miles, moderate terrain. Great views, "Jupiter's Boulder," a waterfall (hopefully), swim at Sutherland Pond, and possibly wild blueberries. A forecast of over 85 degrees may cancel. To register and for meeting time and place, please contact Carolyn Hoffman, carohof2@gmail.com or (914) 420-5778.



Sunday, August 6

Jackie Jones Mountain and Big Hill Shelter

6.5 miles, moderate terrain at a relaxed pace. The hotter the temperature, the more relaxed the pace will be. This will be a loop hike in Harriman State Park. We will take the Suffern-Bear Mountain Trail past the ruins of a large estate known as ORAK and up to Jackie Jones Mountain. We will continue on to the Big Hill Shelter which offers panoramic views. Continuing on the S-BM and an unmarked trail, we pass two scenic reservoirs. We will have a leisurely lunch by the Third Reservoir and try to keep cool; then we'll take the Long Path back to the Suffern-Bear Mountain Trail for a return to our cars. **Vaccination is required on this hike.** To register, please contact Veronica O'Neil, text (914) 523-9418, email missyellierosa@yahoo.com.

Sunday, August 6

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 plenty of water and snacks. To register, please contact Elspeth Kramer, elspethkramer@gmail.com or (347) 262-4802. *Qualifies for the Westchester 100 (No. 51).*

Saturday, August 12

Pelton Pond to Shenandoah Mountain

6 miles, moderate terrain. Join the leader on a hike that is on the easier side of moderate, from Pelton Pond (Fahnestock Park) to Shenandoah Mountain and back. The elevation gain is gradual, then steepening somewhat as the mountain is ascended, with a sometimes rocky descent. Bring a lunch, 1.5 liters of water, a hat, bug spray and sunblock. Hiking poles are recommended. To register, contact leader Steve Klepner, 845-297-7066, spk010@yahoo.com. Email preferred with 'hike' in the subject line.

Saturday, August 12

Muscoot Farm

4 miles, easy-to-moderate 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. Group size is limited to 10 people including the leaders. For information and to register, contact the leaders, Vipin and Usha Shukla, at shukla_vipin@hotmail.com. Rain cancels. *Qualifies for the Westchester 100 (No. 58).*

Sunday, August 13

Fishkill Ridge from the Overlook Trail

8.6 miles, moderate-to-strenuous terrain. This "lollipop" hike starts and ends at the less-used Overlook Trail and then joins the Fishkill Ridge Trail to do a loop around Lambs Hill and Bald Hill, providing views and rugged terrain on the way up, down and around the northern section of Hudson Highlands State Park. To register, please contact Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, August 13

Bartlett Arboretum, Stamford Museum & Nature Center

3-4 miles, easy terrain. Enjoy a hike on the grounds and through the woods of these rarely-visited gems in Stamford, CT. The hike leader will discuss some of the trees and other plants as we go along the trails at both properties. Bring lunch and plenty of water. Participation is limited to 10 people, and **vaccination is required on this hike.** Call leader, Barry Leibowitz at (914) 774-5321 to register up until 6 p.m. the evening before the hike. Rain cancels.

Saturday, August 19

Harriman Hike

7-8 miles, moderate-to-strenuous terrain. Starting from the parking area on Kanawauke Road (formerly Route 106) at the Ramapo-Dunderberg trailhead, we'll head up Tom Jones Mountain to Parker Cabin Mountain, connect to the Blue Disc Trail, pass Claudius Smith Den and loop back on the White Cross Trail. There are plenty of viewpoints along the way. To register, please contact Alice Benash, airb3@verizon.net.



Saturday, August 19
Ward Pound Ridge Reservation

6-7 miles, easy-to-moderate terrain. From the parking area by the Trailside Nature Museum, we'll visit Fox Hill, continue on the trail to the Cross River and follow the course of the stream, loop into Deer Hollow, and return via Kimberly Bridge. Option to park at the Cross River shopping center and carpool from there in order to split the \$10/car entry fee. **Vaccination is required on this hike.** To register, contact leader Sheila Sarkar at shechris6@gmail.com. *Qualifies for the Westchester 100 (No. 63).*

Sunday, August 20
Sleeping Giant State Park, Hamden CT

6 miles, moderate plus. While this hike is mostly moderate, it does have a few more difficult sections. If it is not too hot, we will likely do the violet and orange trails with a detour on the blue to the tower before continuing on the blue to rejoin the violet. If it is too warm for that plan, we will skip a lot of the ups and downs and do a mostly shady perimeter hike, also with a tower trip. Carpooling (masks required in the car) from Exit 35 of the Merritt Parkway is planned as Connecticut cars can enter without a parking fee. An ice cream stop is planned afterwards. Contact leader Jane Restani at irabjanea@aol.com by Friday at 5 PM to register.

Sunday, August 20
Eastern Side of Rockefeller

4-6 miles, easy-to-moderate terrain. We will explore several trails on this less traveled side of the preserve. Bring lunch and water. Meet the leader at 9:45 a.m. in the small Rockefeller parking lot on Route 117 in Mount Pleasant between Routes 9A and 448 (if you are heading west on Route 117, the lot is on the left, just past a parking area for the North County Trailway). To register, please contact Sue Soni, surekhasoni1968@gmail.com. *Qualifies for the Westchester 100 (No. 59).*

Saturday, August 26
Ashokan High Point, Catskills

7.5 miles, moderate-to-strenuous terrain. We will do an out-and back with a total elevation gain of 2000', not

the entire loop as that would add another 1.5 miles to the hike. This trail has a gentle uphill slope for the first 2.72 miles as we follow a path alongside the Kanape Brook. When we reach a trail junction, we will climb 1000' gradually to the summit of Ashokan High Point. We will enjoy some scenic views along the way and at the summit. To register or for more information, contact Trish Johnston at patjohnston@gmail.com.

Saturday, August 26
Hike the NCIT. Section 1: Putnam Memorial to Collis Huntington State Parks

6-7 miles, easy-to-moderate terrain. This hike, the first in a series on the "Nearby Connecticut Imaginary Trail" (the NCIT), was on the schedule last time but had to be postponed, so we'll try again. For our inaugural outing, we'll do loops in two state parks in Redding, combine them with visits to the smaller Plishner and Couch Hill Preserves, and connect them all via a walk on a local scenic road. The route winds through historic sites from the Revolutionary War and around lakes, into forests, and along a broad open field. If you would like some good homemade ice cream after the hike, we can drive to Dr. Mike's in Bethel (it's conveniently located on the way back to Route 84, for those going home on the Interstate). Short shuttle involved (masks required).



To register, please contact Eileen West, eileenw1000@gmail.com. Rain cancels.

Sunday, August 27
Fahnestock State Park

9 miles, moderate-to-strenuous terrain. The group will meet at Dennytown Road and use mine roads, unmarked trails, the 3 Lakes Trail to visit at least four mines, plus John Allen Pond, Hidden Lake, and a lunch stop at Canopus Lake. Elevation change is 1400 feet. Extreme heat or bad weather may cancel or change the route. The leader stops at 7 Scoops in Shrub Oak on her way home--all are welcome. To register, contact Lauren Linkowski at llinkowski@gmail.com no later than Friday evening. **Vaccination is required on this hike.**



Sunday, August 27

Brooklyn Bridge, Dumbo and Promenade



8-9 miles, easy terrain. We will enjoy a fun and interesting walk. The Brooklyn Bridge with its impressive double gothic arches. DUMBO with its cobble

stone streets and Jane's Carousel. Brooklyn Bridge Park with its meandering paths and six piers. Brooklyn Promenade with its grand townhouses and mansions. The plan is to take the train from Grand Central Station to City Hall and walk across the bridge. We will wander hither and thither, and return by ferry. Participation is limited to 12 people. To register and for questions on time/meeting place, contact the leader Linda Wildman at lindawildman88@gmail.com or text/call (914) 316-5674. **Vaccination is required on this hike.**

Saturday, September 2

Catfish Loop in Fahnestock

5 miles, moderate terrain. This will be a circular hike on the Catfish Loop in Fahnestock State Park with some gentle ups and downs, starting (and ending) on Dennytown Road. The parking area is 1.2 miles down Dennytown Road coming from Route 301. To register, e-mail Carol Harting at c.harting@verizon.net.

Saturday, September 2

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

4.6 miles, easy terrain. Enjoy woodlands, waterfalls, and a walk around Twin Lakes. This is a circular hike with gentle ups and downs. While it is a mostly smooth hike, stretches on the Nature Study path can be rocky. The entrance to the parking area is at 960 California Road at the Twin Lakes Farm Stable northern entrance. Park in the lot to the left, available to hikers. There is also street parking off California Road. **Vaccination is required on this hike.** Rain cancels. To register, please contact Lynn McBride, almcb@aol.com or (914)439-0879. *Qualifies for the Westchester 100 (No. 43).*

Sunday, September 3

Oscawana Ridge, Putnam Valley

3-4 miles, moderate terrain. New trail! Tranquil lake shore and sweeping panoramic views. First things first: you know that any trail containing the word "ridge" or "mountain" implies some heavy breathing. We'll hike along well-shaded, soft earth paths traversing the ridge, down to the lake and, yes, back up. Total elevation gain is about 600' in short but steep spurts. Sound like a bit of effort? It is, but the scenery is absolutely worth the effort. Break for a short lunch at a fantastic viewpoint. 10:30 a.m. start--parking is limited so where we meet and where we park depends on the number of cars. Specifics provided by September 1st. Looking forward to seeing you on this great hike. To register, please contact Howard Millman, hwarmillman@runbox.com. Day of hike phone: (914) 439-8031.

Saturday, September 9

Old Croton Aqueduct

4-6 miles, easy terrain. This will be an easy morning hike along the Old Croton Aqueduct starting at Sleepy Hollow High School going northward for 2 or 3 miles, then a return. This section of the Aqueduct is generally less crowded than the southern sections, but is just as nice to explore. We may see the NYC skyline. Rain cancels. To register, please contact Cynthia Moro, Cynlyn24@gmail.com

Sunday, September 10

Terrace Pond

8 miles, moderate-to-strenuous terrain. This hike in West Milford, NJ features rugged terrain, several rock scrambles, lots of rhododendron tunnels, and plenty of views to enjoy on trails that wind around a remote and scenic pond. A recent reroute by the NY-NJ Trail Conference and some engineering knowhow has resulted in an interesting way to cross an area that is almost always wet from beaver activity: a floating bridge reached via a descent on a long wooden ladder, which we'll try out on today's hike. To register, please contact Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.





Sunday, September 10
Manitoga

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

Saturday, September 16
Devil's Den, Weston, CT



7-8 miles, easy-to-moderate terrain. Devil's Den is the largest Nature Conservancy preserve in Connecticut and contains sites of historical and archeological significance. We will do the Grand Tour of the park, utilizing all the outer trails with an extension to the Great Ledge, a high rock formation with a view of the Saugatuck Reservoir. Participation on this hike is limited to 12 people. Register

with leader Jane Restani at irabjanea@aol.com by noon Friday.

Saturday, September 16
Angle Fly Preserve

5 miles, easy terrain. We'll reconnoiter at Westchester's only trout spawning brook by traversing county as well as NYC watershed properties using their wonderfully marked trails with lovely vistas, including a 300-400 year old Beech tree. There are also reminders that the property was going to be sacrificed for a development until the local citizenry saved the day and preserved this treasure in northern Westchester. Directions: From I-684, take Exit 6 (Route 35), head west to Route 100 and turn right. In 0.6 mile bear left onto Route 139 (Primrose Street). Go 1.0 mile to the main entrance, on the left. The parking lot is at the end of the entrance road. Bring sun protection, insect (tick) repellent, snacks and water. When registering, please include your cell number just in case there is a last minute, unforeseen cancellation. To register, please contact Ann Autieri, (914) 539-1620 or ann@cilia.org. *Qualifies for the Westchester 100 (No. 53).*

Sunday, September 17
Stahahe High Peak and Island Pond

6.5 miles, moderate+ terrain at a relaxed pace. Leaving from the Elk Pen, we will take various trails, including the Nurian, through the Valley of the Boulders and the Dunning with some challenging, rocky terrain and beautiful views. We will follow unmarked trails to Stahahe High Peak with more great views and then visit the southern point of Island Pond. Return to the Elk Pen on the Arden-Surebridge trail (A-SB). **Vaccination is required on this hike.** To register, please contact Veronica O'Neil, text (914) 523-9418 or email missyellierosa@yahoo.com.

Sunday, September 17
**Westchester Wilderness Walk
Zofnass Family Preserve**



4-5 miles, easy-to-moderate terrain. On this hike, in Pound Ridge, NY, we will visit the Westchester Wilderness Walk. A newer park, it features lovely streams and quiet woods on whimsically blazed and signed trails, plus a pretty little arboretum. Depending on the size of the group, we may have to meet at the Pound Ridge Town Park to carpool, just a few

miles away (masks required for the carpool). Very inclement weather may cancel or change the route. **Vaccination is required on this hike.** Register with the leader, Lauren Linkowski at linkowski@gmail.com by Saturday morning. *Qualifies for the Westchester 100 (No. 64).*

Saturday, September 23
(No Hike Leaders Available so No Hikes Scheduled)

Sunday, September 24
Sterling Forest

7 miles, moderate terrain. We will ascend the Bare Rock Trail and stop at scenic Bare Rock with its scenic view of Greenwood Lake. Return on the Sterling Ridge Trail with a stop at the Fire Tower. **Vaccination is required on this hike.** To register, please contact Catharine Raffaele at catharineraffaele@gmail.com.



Sunday, September 24

Weir Farm and Nod Hill Preserve, Wilton, CT



4-6 miles, easy-to-moderate terrain. Weir Farm, the only National Historic Site in Connecticut, was the property of Julian Weir, an American Impressionist artist who was struck by nature's beauty. We will do a 4-mile hike on gently

rolling but somewhat rugged trails with rocks, roots and stream crossings, past the stone walls, woodlands, pond and meadow that inspired him as an artist. We will have lunch near the "secret garden" and family home (in sight of the cars in case you need an early out), then hike another 2 miles to and around Weir Pond across the road. Bring your National Park Passport Book if you have one, as those can be stamped on the porch of the visitor center. To register and for start time and directions, contact leader Lisa Weismiller at lisaweismiller@gmail.com.

Saturday, September 30

Fishkill Ridge Hike



8-9 miles, moderate-to-strenuous terrain. Starting from the parking area at Sunnyside Road, we'll climb the Overlook Trail with several viewpoints and continue to Lambs Hill. From there, we'll loop around Fishkill Ridge and return to our cars on the Overlook Trail. To register, please contact Alice Benash, ajrb3@verizon.net.

Saturday, September 30

Silver and Cranberry Lakes

5-6 miles, easy-to-moderate terrain. This hike pays homage to the very first outing led by WTA in 1923, and allows us to visit several historical sites and two central Westchester preserves where the stones for the Kensico Dam were quarried. We'll begin in Liberty Park and hike along Silver Lake, through the woods past "Hermit's Cave" and up to the Stoney Hill Cemetery, the last remaining parcel of land in a community of formerly enslaved African Americans known as "the Hills". From there, we continue on the White Plains Heritage Trail to a local road that leads to the Cranberry Lake Preserve. We'll enjoy the view from the high quarry, and then take an interpretive trail where we can learn about the Preserve's history while catching glimpses of the Dam in the distance. Short shuttle involved (masks required). To register, please contact Eileen West, eileenw1000@gmail.com. Rain cancels. *Qualifies for the Westchester 100 (Nos. 40 and 51).*



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

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

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



Water Fountain Mushroom

Sometimes when you are hiking in the woods, you come across an amazing find, and this is just one of those rare occasions. We don't know what type of mushroom this is, but it definitely looks like a **water fountain!!!**



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Notify ADK of address change at least six

weeks in advance via email at 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

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