

MOHICAN

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

From the Chapter Chair

I spent a good bit of the summer on the couch, recuperating from surgery and counting the days until I could get back to the woods. When my doctor ordered me to lay off hiking for a couple of months, I worried first about the inevitable loss of stamina; but what I missed even more was the camaraderie of group hikes--the sense of belonging I get from hiking with our club.

Happiness is a hot topic for psychologists and journalists these days, no doubt because we're still recovering from the social isolation inflicted by COVID 19. The New York Times recently ran a series titled the "Happiness Challenge," with daily exercises for reclaiming our joie de vivre. Their experts said it comes down to rebuilding closer ties to the friends and loved ones who matter most in our lives. They even offered advice on [how to be a better friend](#).



But it turns out that the casual connections in our lives are just as important to our well-being as our tight-knit network of close friends and family. Think of the barista who serves you coffee every day, the person who cuts your hair, the folks you see at the gym--and your hiking buddies.

It's the people we encounter in the course of daily life that give us a feeling of belonging, and this sense of community is itself a basic human need,

says Karen L. Fingerman, a professor of psychology at the University of Texas, Austin, and co-author of the book "Consequential Strangers: The Power of People Who Don't Seem to Matter ... But Really Do."

My wife Sarah is a master at forging these casual connections. When we first met decades ago, she confided that she loved chatting up clothing-store salespeople, as if it were a secret I needed to know. Today, she's still chatting up strangers with gusto, from postal carriers to people in parking lots to New York City subway riders.

I know that deep friendships have been forged over decades in the Mohican Chapter. Marriages and partnerships trace their beginnings to the club. For others, the connections are more informal, but important nevertheless: casual friends of longstanding, acquaintances, newcomers who show up as strangers, hoping to be welcomed into the fold.

Like Sarah, many of us love to talk while hiking--about family, our travels, the natural wonders we encounter along the way. Temperamentally, I'm more of a listener, happy to trudge, trudge, trudge, as Sarah complains, but taking it all in: the friendly chatter, the sounds of the woods, the beating of my heart, the passing of air through my lungs--and finding peace in our community of hikers.

I'm happy to report that I recently joined my first post-op Mohican hike--Cattfish Loop in Fahnestock State Park. Just what the doctor ordered.

Brent Laymon

Visit our Chapter Webpage:
www.adkmohican.org



WINTER TRIP NOTICES

Adirondack Loj Trip Is BACK

Friday-Monday, January 12-15, 2024

DEADLINE – DECEMBER 2, 2023



Join us for a fun-filled winter weekend in the heart of the high peaks region of the Adirondack Mountains.



The ADK Loj will be our base where you can enjoy hiking, snowshoeing, back-country or cross-country skiing, or just relax by the fire in the rustic gathering room.



A short drive will take you to Lake Placid for ice skating. You can cross-country ski at the nearby Olympic Sports Complex (Mt. Van Hoevenberg) or the Cascade Welcome Center. For the downhill skiers among us, Whiteface Mountain is only a short distance away.

Your 3% bed tax, dinners and trail lunches will be added at the time of check out. Your deposit will be 50% of the room cost with the balance to be paid by you at checkout time. The room cost includes 3 breakfasts, but NO dinners. Dinners are \$27, and reservations can be made upon arrival. **NOTE:** Reservations must be received by 11 a.m. so if you are planning on having dinner Friday night upon arrival, **YOU NEED TO MAKE YOUR OWN RESERVATIONS.** Trail lunches are also available for \$11. The private and family rooms tend to fill up quickly so send in your reservation as soon as you can, **but no later than December 2nd**. If your choice is no longer available, I will call you to discuss alternatives. Cancellations received on or after December 2nd will lose the deposit unless we can fill the spot from a waiting list.

Please express your interest in attending and room preference by contacting Lisa Weismiller at 203-246-8200 or lisaweismiller@gmail.com **before the December 2nd deadline.** Deposits can be collected after the deadline.

Private Rooms

#5 - two twin beds #6 - two twin beds

Deposit of \$128/person for the weekend

#4 - Queen Size bed

Deposit of \$246.15 for the weekend*

#3-4 person bunkroom

Deposit of \$98/person for the weekend

Loft (coed bunkroom) – 2 spaces

Deposit of \$85/person for the weekend

*This is not a “per person room” as it is for a couple or one person.

X-COUNTRY SKI TRIP VERMONT

MLK Weekend

Friday-Monday, February 16-19, 2024

DEADLINE – January 5, 2024

We are scheduling our x-country ski weekend in February as last year there weren't good ski conditions in January. Hopefully February will provide us with some great x-country skiing.



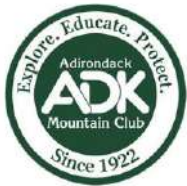
We will be staying once again at [White Rock Farm](#), which is a 295-acre working farm in Bennington, VT, part of the scenic and historic Valley of Vermont and surrounded by the Green and Taconic Mountains. There are accommodations for a minimum of 8 people. Reservations will be on a first-come, first-served basis. Cost is approximately \$175/person/3 nights.

Skiing will be available at local Prospect Mountain in Woodford, VT (only 15 minutes from the farm). There are more than 30 kilometers of trails groomed for both skating and classical cross-country skiing. There are also special snowshoeing and single-track trails, and trails from beginner to expert.

The base elevation of Prospect Mountain. X-C Ski Area is 2250'. This is the highest base elevation of any alpine or cross-country ski area in VT. The high elevation is an important factor in providing consistently good ski conditions at Prospect.

We will have potluck dinners on Saturday and Sunday nights. If you want to save your spot, or have questions, please contact Trish Johnston at patcjohnston@gmail.com.

Visit our Chapter Webpage:
www.adkmohican.org



WELCOME
new members

Trip Tales

Month	Member
June	Rejoined: Tony Spagnoletti
July	New Member: Nina Semczuk Rejoined: James Manolatas
August	New Member: Michael Henry O'Keefe, Carol Pamm Rejoined: Alice Benash Affiliate Member: Skip Doyle

Saturday, August 26

Hike the NCIT. Section 1: Putnam Memorial to Collis Huntington State Parks

On a lovely day in August, ten people turned out for an inaugural hike on the NCIT, a 76 mile continuous route existing only in the mind of the leader, and therefore called the "Nearby Connecticut Imaginary Trail". The first segment goes from Putnam Memorial Park to Collis Huntington State Parks in Redding. Along with trails and lakes, the parks feature statues by Anna Hyatt Huntington, a sculptor whose family donated the land for Collis Huntington. This photo shows a statue of Israel Putnam, a Major General during the Revolutionary War who distinguished himself by leading troops at the Battle of Bunker Hill. While some of the hikers gathered round, Jane Restani shared some local lore about the General's stay in Greenwich. One night, while Putnam was upstairs at a tavern, now known as Putnam Cottage, with a woman apparently not his wife, a messenger came to give him the news that the British were advancing towards Greenwich. The General dressed immediately and took off on his horse with clothes a-flyin'. Although we carefully examined the statue, Huntington's rendition had Putnam's outfit carefully buttoned so she may not have known about the local gossip.

Please note that as a member of ADK Mohican, you can **affiliate with any other Chapter of the ADK—there is no longer an extra fee charged.** All you have to do is just send an email to membership@adk.org.



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

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.



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

Hikes and Stuff

We managed the full 8 mile-ish park loop at a fairly fast pace. Two guests were excellent hikers, and we were 6 total. Some usual suspects can be seen in the picture in front of a portable saw mill from the 1800's. Ambler Gorge was a bit of a disappointment with limited views and just a trickle on the stream even after a wet summer. But the Great Ledge with its grand reservoir view came through for us.



Submitted by leader Jane Restani

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**

Sunday, October 1

Black Mountain in Harriman

6 miles, moderate terrain. Enjoy the beautiful woods, perhaps we will see some early fall color. We will meet at the Silvermine parking area in Harriman State Park. The hike will begin on the Menomonie Trail, which will take us around part of Silvermine Lake, and then we'll have a long climb up to the shelter. From there, we will enjoy climbing on the AT/R-D to spectacular Black Mountain where we will have our lunch. After lunch, we return on the Appalachian Trail (AT)/Ramapo-Dunderberg (R-D) and then walk out on a woods road. This hike will be led at a moderate pace. Expect a great deal of climbing in the morning. To register, contact Judy Kossover, woodtuxduo@aol.com

Sunday, October 1

Tibbets Brook Park+

3-4 miles, easy terrain. This ramble in an area once the site of Native American Councils and stirring Revolutionary encounters with British forces and will also skirt the Croton Aqueduct and South County Trailway. To register, contact Debbie Farrell, debfarpr@gmail.com or (914) 282-9942. *Qualifies for the Westchester 100 (No. 41).*

Saturday, October 7

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 Arden-Surebridge (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 is required on this hike.** To register, contact leader Mike Kaplan, kaplanm2001@yahoo.com.



Saturday, October 7
Pound Ridge Reservation

5-6 miles, easy-to-moderate terrain. This is a pleasant hike in the woods on the Reservation's red ski trails. Bring lunch or a snack and plenty of water. To register, contact Carol Harting at c.harting@verizon.net. *Qualifies for the Westchester 100 (No. 63).*

Sunday, October 8
Mount Nimham Multiple Use Area, Kent, NY



6-7 miles, moderate terrain, 1500' el gain. Starting from the parking area on Gypsy Trail road, the group will use marked trails,

unmarked trails, and some bushwhacking to make a loop through this wonderful park. There will be an option to climb a fire tower that offers excellent views of the Hudson Valley, as well as stops at one of the stone chambers of Putnam County, with possible other surprises along the way. The leader will bring some historical pictures and documents to share about the fire tower, Chief Daniel Nimham, and the colonial history of the area. Hikers should wear bright colors as there is legal hunting as well as mountain biking in the area. Inclement weather may cancel or change the route; occasional timber clearing and arsenic mining remediation in the area may also change the route. **Vaccination is required on this hike.** To register, contact Lauren Linkowski at llinkowski@gmail.com.

Sunday, October 8
Westmoreland Sanctuary

4-5 miles, easy-to-moderate terrain. Join the leader on a hike with modest elevation gain. The many varied, short trails will be combined to make a nice outing. The pace will be moderate to accommodate all the participants. To register, contact Steve Klepner, (845) 297-7066, spk010@yahoo.com. *Qualifies for the Westchester 100 (No. 65).*

Saturday, October 14
Jackie Jones Mountain and Big Hill Shelter

6.5 miles, moderate terrain. This will be a loop hike in Harriman State Park. We will take the Suffern-Bear Mountain (S-BM) trail past the ruins of a large estate known as ORAK and up to Jackie Jones Mountain, marked by a steel fire tower, then head down (and up) to the Big Hill Shelter, which offers panoramic views. Continuing on the S-BM and unmarked trails, we pass two scenic reservoirs. The Long Path will take us back to the S-BM trail for a return to our cars. To register, contact Carol Pamm, CarolJoyce2@aol.com or (646) 346-0371.

Saturday, October 14
**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, contact leader Lynn McBride at almcb@aol.com or (914)439-0879. *Qualifies for the Westchester 100 (No. 43).*

Sunday, October 15
**Moderate Hikes at a Gentle Pace:
AT Fahnestock**

3.7 miles, moderate terrain at gentle pace. This is the first in an irregular series for hikers who would like to go on moderate hikes at the pace of the easy-to-moderate hikers. We will hike on the Appalachian Trail from Route 301 to Dennytown Road in Fahnestock State Park through beautiful woodlands and wetlands, along ridges, and past a waterfall/cascade. Short shuttle involved (**masks required**). To register, contact Carolyn Hoffman, carohof2@gmail.com, cell (914) 420-5778.



Sunday, October 15

NCIT-Section 2: Collis Huntington State Park and the Aspetuck Trail

7-8 miles, easy-to-moderate terrain. For our second hike on the Nearby Connecticut Imaginary Trail (NCIT), we'll pick up where we left off last time, near the imposing statues of wolves and bears that guard the entrance to Collis Huntington State Park. We continue through the Couch Hill Preserve and into the woods, hopefully with some nice fall foliage, and then access the Aspetuck Trail. This trail, within Connecticut's blue-blazed system, is part of the Centennial Watershed State Forest. It heads south along a ridge, and our hike will end a mile or so before its terminus in Easton, CT (we'll complete the trail as part of the next hike in this series). Short shuttle involved (**masks required**). To register, contact Eileen West, eileenw1000@gmail.com.

Saturday, October 21

Neversink Gorge: Three Falls Loop

8.4 miles, moderately strenuous terrain. Enjoy walking through a pine forest, along a rambling river, and taking in three waterfalls on this hike in a rarely visited area with several steep ups and downs and approximately 1600' total elevation gain. Since the hike is located in the Neversink Unique Area near Wurtsboro, NY (about 1.25 hours from the Mario Cuomo Bridge), carpools can be arranged for those interested. To register and for details, contact Alice Benash at ajrb3@verizon.net.

Saturday, October 21

Mountain Lakes Park

6-7 miles, easy-to-moderate terrain. Starting at the Tamarack parking lot, we'll follow the white trail to Look Out Point, stopping to admire the view, and continue around Laurel Lake, Spruce Lake and Hemlock Lake. Hopefully the fall foliage will be at or near peak! To register, contact Sheila Sarkar at shechris6@gmail.com. *Qualifies for the Westchester 100 (No.57).*

Sunday, October 22

Harriman State Park Victory Hike

5 miles, moderate terrain. Join the leader for a hike that includes the Victory, White Cross and Ramapo-

Dunderberg trails. They have a variety of different terrain from rock, earth trails, and some paved road. We will climb Parker Cabin and Tom Jones mountains, which both have beautiful views. Bring lunch, water, snacks and a thermos of warm liquid if the weather is cool enough. To register and for meeting time and location, contact Elspeth Kramer at (347) 262-4802 or elspethkramer@gmail.com

Sunday, October 22

Muscot 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 leaders, Vipin and Usha Shukla, at shukla_vipin@hotmail.com. Rain cancels. *Qualifies for the Westchester 100 (No. 58).*

Saturday, October 28

Fahnestock Hike

5.3 miles, moderate terrain. This hike begins on the Appalachian Trail along tree-lined ridges, and returns on the Three Lakes Trail. We will pass several lakes before ascending a final ridge providing good views of the Hudson Highlands and beyond. We will explore various habitats including wetlands, marshes, lakes and forested areas. On the way, we'll also learn about the history of the area and the flora that we pass. To register, contact leader Aaron Bock at acbock52@gmail.com.

Saturday, October 28

Manor Park Larchmont



3-4 miles, easy terrain. We will walk through the beautiful Manor Park which overlooks the Long Island Sound. We will then walk through the nearby local streets to admire the

numerous amazing older homes, which includes the oldest built in 1797 by Founding Father John Jay's nephew. There are still a few original Larch trees (from which Larchmont is named) on the property. To register and for information, contact leader Cynthia Moro at cynlyn24@gmail.com



Sunday, October 29
Stillman Trail End-to-End

11 miles, moderate to strenuous terrain. This hike, based on a 1980 WTA outing aptly called "Death March Revisited", retraces the original route of the Stillman Trail. Starting at Mine Hill Road in Black Rock Forest, we will hike to the original "trailhead" (now at a viewpoint in the middle of nowhere) and head east, stopping for another view at Split Rock, then over the summits of Black Rock Mountain and Mt. Misery, up to the rocky top of Butter Hill, over Storm King Mountain, and out to our cars. This hike involves a short shuttle (masks required). No beginners please. Leader: Bob Fiscina, fis6973@tutamail.com. Rain or wet conditions cancel.

Sunday, October 29
Red Wing Conservation Area

4-5 miles, moderate terrain. Few hikes offer the tranquility, views and quality trails of Red Wing. Our mini odyssey, mostly moderate with a few easy sections, includes two civilized climbs (at a genteel pace), scenic ridge walks and, of course, some backwoods wandering. Exact combination of trails to be decided based on weather conditions and hikers' energy level. We will meet at the trailhead on the shoulder of Route 82, across the street from the sand and gravel company (2332 Route 82, Billings, NY 12510). To register, contact Howard Millman, hwardmillman@runbox.com. Day of hike cell: (914) 439-8031. **Vaccination is required on this hike.**

Saturday, November 4
Gertrude's Nose



7 miles, moderate-to-strenuous terrain. This popular hike starts from the Minnewaska Visitor Center on carriage roads. We will then hike on trails to

Gertrude's Nose and Millbrook Mountain. We will take a trail back to Lake Minnewaska and complete a loop

around the lake. We will be on rocky cliffs with gorgeous views for much of the hike--not for the faint of heart. To register, contact Janice Miller at madjan11@yahoo.com.

Saturday, November 4
Post-Halloween Hike - Dobbs Ferry to Sleepy Hollow Following the Legend

8 miles, easy hiking into the unknown. This hike, mostly on the Old Croton Aqueduct, will start out happily enough, as we walk from the site of the former OCA Keeper's House in Dobbs Ferry to Lyndhurst. There, we'll begin reading excerpts from Washington Irving's "Legend of Sleepy Hollow". As the story unfolds, we will follow the route, as best we can, taken by Ichabod Crane through Tarrytown and Sleepy Hollow on the fateful night when he met the Headless Horseman. As sundown approaches, we'll walk through the burying ground of the Old Dutch Church and visit the graves of the author and some of the characters in the story. The plan is to (hopefully) return safely to our cars via the Old Croton Aqueduct, but bring a flashlight "just in case". To register, contact Eileen West, eileenw1000@gmail.com. *Qualifies for the Westchester 100 (No. 74).*

Sunday, November 5
Harriman State Park: Pine Swamp and Hogencamp Mountains

6.5 miles, moderate terrain. This is a figure 8-loop hike with about 1200' of elevation gain, which we'll do at a relaxed pace. There are views, a side trip to Pine Swamp mine, interesting rock formations, and scenic Lake Skannatati. Participation is limited to 12 people. To register, please text (914) 523-9418 or email leader Veronica O'Neil at missyellierosa@yahoo.com.

Sunday, November 5
Saxon Woods

3 miles, easy-to-moderate terrain. We will do a circular hike in this lovely park, which goes through surprisingly wooded, shady and serene areas in spite of the park's location near the city of White Plains. Meet the leader in the pool parking lot off Mamaroneck Avenue on the far side (away from the road), near the southern portion of the lot. **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. 60).

Saturday, November 11
Mt. Taurus via Nelsonville

5 miles, moderate (but rocky) terrain. We'll take the 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 an under-hiked, under-rated 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 in Cold Spring, go approx. 1/2 mile east and turn left onto Pearl St. (If you see Juanita's Kitchen, you've gone too far.) Pearl St. ends and the parking lot is directly across Secor St. Park in this lot or on the street, but not in the Masonic lot. **Vaccination is required on this hike.** To register, call or email leader Bruce Collins, (646) 584-1227 or actz1015@gmail.com.

Saturday, November 11
Family Friendly Walk at Gedney Park

2 miles, easy terrain. Bring the whole family to this lovely park in Millwood, NY for a walk on the Outer Loop Trail, which takes about an hour to complete. Playground and bathrooms are available. Children under 18 must be accompanied by an adult. Dogs are welcome but must be on a leash. Meet the leaders at the picnic tables near the playground entrance at 10 a.m. To register, contact Kristen Soni, "co-leader" Jianna Soni. For information, contact Kristen at kmjm2000@yahoo.com. Rain cancels. *Qualifies for the Westchester 100 (No. 25).*

Sunday, November 12
Stahahe High Peak 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, 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 A-SB. **Vaccination is required on this hike.** To register, contact Catharine Raffaele, catharineraffaele@gmail.com.

Sunday, November 12
Kitchawan Preserve

3-5 miles, easy-to-moderate terrain. We will explore various trails in this county owned preserve. Bring lunch and water. Meet the leader at 10 a.m. at the preserve parking lot, 712 Kitchawan Road off Route 134 between the Taconic Parkway and Route 100 in Ossining. To register, contact Sue Soni, surekhasoni1968@gmail.com. *Qualifies for the Westchester 100 (No. 33).*

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

8 miles, moderate terrain. This hike has two good climbs to nice views with a total elevation gain of about 1500'. We will meet at the Hubbard Perkins Lodge. Contact leader Jane Restani at irabjanea@aol.com during the week of the hike to register, but no later than 5 p.m. on Thursday.

Saturday, November 18
Georges Island Plus



5 miles, easy-to-moderate terrain with one steep hill. This hike features Georges Island, a bit of Montrose

State Forest and the Seward Estate. Ample woods and water; 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 more. To register, contact Debbie Farrell, debfarpr@gmail.com or (914) 282-9942. *Qualifies for the Westchester 100 (No. 26).*

Sunday, November 19
Ives Trail in Connecticut

12 miles, moderate terrain. We'll follow a uniquely-blazed trail named for one of Danbury's most famous citizens, going from Bennett's Pond in Ridgefield to



Tarrywile Park in Danbury. We traverse Pine Mountain (site of Ives' cabin), Wooster Mountain, Moses Mountain, and Thomas Mountain; these are actually hills and not mountains, but the elevation accrues. Leader brings brownies. A short car shuttle is involved (**masks required**). To register and for more information, contact leader Kay Cynamon at kcynamon@gmail.com.

Sunday, November 19
Teatown Lake Reservation

5 miles, easy-to-moderate terrain. Come out on this fall day and enjoy a hike at Teatown. This hike combines the Lakeside Loop, the Briarcliff Peekskill Trail and the Three Lakes Loop. It also includes a stop at a scenic waterfall. Bring lunch, snacks, water, and a thermos of warm liquid. To register and for meeting time and location, contact Leader Elspeth Kramer at (347) 262-4802 or elspethkramer@gmail.com. *Qualifies for the Westchester 100 (No. 62).*

Saturday, November 25
Schunemunk Two Ridge Circular

8-9 miles, moderately strenuous terrain. This will be a loop hike starting at the Otterkill Road parking area. The hike begins on the Otterkill Trail and ascends on the Jessup Trail to its ridge. We'll continue on the ridge with its many beautiful viewpoints along the way and head over to the Megaliths. From there, we'll take the Ridge-to-Ridge Trail which connects to the Western Ridge, make our way along this ridge to the Trestle Trail, and descend back to our cars. To register, contact Alice Benash, airb3@verizon.net.

Saturday, November 25
Butler Sanctuary

3-4 miles, easy-to-moderate terrain. We start on the Orange trail with large ferns lining our path and then proceed to the Red trail around the perimeter of the park to the Hawk watch where will have lunch before returning to the cars. Along the way, there are some ups and downs and a couple of steep climbs. We will walk through Evergreen and White Pine forests, some small stream crossings and beautiful glacial rock formations. To register, contact Carol Pamm, CarolJoyce2@aol.com or (646) 346-0371. *Qualifies for the Westchester 100 (No. 49).*

Sunday, November 26
Claudius Smith Circular

9 miles, moderate-to-strenuous terrain. This hike combines various trails in Harriman State Park including the R-D, Blue Disc, White Bar and others to go over Tom Jones and Parker Cabin Mountains with a lunch stop at the top of Claudius Smith's Den and a return on (somewhat) easier trails. Lots of views and ups and downs on this hike. To register, contact Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, November 26
Dumbo and Promenade

8.5 miles, easy terrain. This will be a fun and interesting walk. DUMBO with its cobblestone streets; Brooklyn Bridge Park with its meandering six piers; and Brooklyn Promenade with its grand townhouses. We will wander hither and thither. The weather will determine if this is doable. An alternate plan would be to walk north on the East River Walkway and south through Central Park. Participation is limited to 12 people. **Vaccination is required on this hike.** For questions and to register, contact leader Linda Wildman at lindawildman88@gmail.com or text/call (914) 316-5674.

Saturday, December 2
Overlook Mountain, Woodstock NY



5 miles, moderate terrain. Join us for a steady climb to a fire tower and hopefully great views of the Hudson Valley. Afterwards, there will be time for refreshments in the picturesque town and some pre-holiday shopping. Register with the leader, Jane Restani, at irabjanea@aol.com by 5 p.m. Thursday. Carpooling likely will

be available.



Saturday, December 2
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 take the Blue trail down to 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 and then rejoin the OCA back to the cars. To register, contact leader Sheila Sarkar at shechris6@gmail.com.

Sunday, December 3
Sylvan Glen Ramble

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

Saturday, December 9
Bald Mountain/Timp Circular

7 miles, moderate+ terrain. Marked trails and an old railway bed will lead us to an unfinished tunnel. There are multiple ups and downs on this hike with beautiful views of the Hudson and surrounding mountains. **Vaccination is required on this hike.** To register, contact leader Catharine Raffaele, catharineraffaele@gmail.com.

Saturday, December 9
Manitoga

4 miles, easy-to-moderate terrain. We will meet at Manitoga off Route 9D in Garrison (584 Route 9D, Garrison) and explore the trails within Manitoga for a hike 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.

Sunday, December 10
Storm King State Park

7-9 mile strenuous terrain. This is a hike with rocky terrain full of ups and downs. Plan on 1500-2000 feet of elevation gain. It is a great hike with many beautiful views of the Hudson River and Hudson Highlands. To register, contact leader Janice Miller at madjan11@yahoo.com.

Saturday, December 16
Harriman State Park

7.5 miles, moderate terrain. This will be a loop hike from Johnstown Circle to Claudius Smith Den and continuing on to Lakes Skenonto and Sebago with views and scenic lakes done at a relaxed pace. Participation is limited to 12 people. Leader Veronica O'Neil. To register, please text (914) 523-9418 or email missyellierosa@yahoo.com.

Saturday, December 16
Leon Levy Preserve



3-4 miles, easy-to-moderate terrain. The 370 acre Leon Levy Preserve in Lewisboro features wetlands rich in wildlife, a ravine with 75 foot

cliffs and a diverse hardwood forest. View the remains of the Black Mansion and other ruins. Hike 2-3 hours on mostly easy trails, but hiking poles encouraged for the small ups and downs. Go east on Route 35 from 684 for about 9 miles. The main entrance is on Route 123, just south of the intersection with Route 35. A white sign marks the entrance. To register, contact Gail Blumenfeld, gailrb@yahoo.com. *Qualifies for the Westchester 100 (No. 35).*



Sunday, December 17
Lasdon Park and Sanctuary

5.5 miles, easy-to-moderate terrain. Take in the dormant beauty of this park and arboretum. We will travel forest trails, walk the Trail of Honor, visit the dinosaur garden, and walk the historic tree trail to the Chinese pavilion. Then we'll continue on to Lasdon Sanctuary for an out and back hike before returning to the cars. To register, contact Lisa Weismiller, lisaweismiller@gmail.com. *Qualifies for the Westchester 100 (No. 34).*

Saturday, December 23
Baileytown, Lakes and Brooks Hollow Highlands NY

9 miles, moderate-to-strenuous terrain. Elevation change is 1600' with some off-trail exploration. We will start from the parking area by Turkey Hill Lake and use a combination of the Long Path, Baileytown Road, and unmarked/woods roads. The route will visit views from the Torrey Memorial and Howell Mountain, as well as the ruins of Baileytown, a cemetery and what is left of several Boy Scout camps. Heavy rain/snow or ice may cancel or change the route. To register, contact Lauren Linkowski at llinkowski@gmail.com no later than Friday afternoon. **Vaccination is required on this hike.**

Saturday, December 23
Tarrywile Park, Danbury, CT

4.5 miles, moderate terrain. An urban gem, Tarrywile features 720 acres of rolling fields, glistening ponds, and dense forests of hemlock, oak, and maple, along with steep hillsides punctuated by dramatic outcrops of granite. We'll pause at Mootry Peak to enjoy the view. Elevation gain about 700 feet. To register, email leader Brent Laymon at belaymon@gmail.com.

Sunday, December 24
Mount Beacon Circular

8 miles, moderate-to-strenuous terrain. We will use the Casino, Wilkinson and Fishkill Ridge Trails, and others, to do a wide loop along the hills surrounding the Beacon Reservoir with lunch at the Beacon Mountain fire tower. There are plenty of views along the way, and over 2,000' of elevation gain to give us a good workout before sitting down to enjoy that Christmas dinner. To register, contact Kevin McGahren, kmcgc@optonline.net or (914) 772-0600.

Sunday, December 24
Greenburgh Nature Center



2-3 miles, easy terrain. We will do an easy afternoon stroll in this rarely-visited sanctuary. Near busy Central Avenue but away from the road noise is a peaceful oasis of rambling forest trails, native plants, meadows, ponds, open green spaces, Native American replica structures, and animal habitats surrounding the Manor House. To register, contact Carolyn Hoffman, carohof2@gmail.com, cell (914) 420-5778.

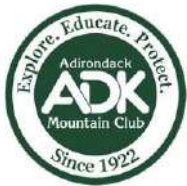
Saturday, December 30
Elmsford-Tarrytown Circular

6 miles, easy-to-moderate terrain. This is an exploration of marked and unmarked trails within the Glenville Woods and Buttermilk Ridge Parks. Although mostly used for linear hikes between Route 119 and Tarrytown Lakes, the paths in these preserves offer a wide variety of terrain, and we will take advantage of that by doing several loops around the property, including a winding ascent of the rarely visited Beaver Hill. To register, contact Eileen West, eileenw1000@gmail.com.

Sunday, December 31
Early New Year's Eve



Meet at 2:45 p.m. at the Rockwood Hall State Park parking lot on Rockwood Road, just west of Route 117. We'll do a two mile, mostly level walk around the former Pocantico Hills estate of William Rockefeller (now part of the State Park Preserve) and then offer our traditional sundown toast to the old year within sight of the Hudson River. Alcohol-free beverages will be served, and you are welcome to bring snacks to share if you wish. Afterwards, we'll continue the celebration with an optional dinner beginning at 5:15 p.m. at The Cabin in Valhalla. There is no need to



register for the hike, which will be led by Catharine Raffaele. If you would like to join us for the dinner, please notify Carolyn Hoffman at carohof2@gmail.com or (914) 948-0608 no later than December 27th. Inclement weather postpones the hike - but not the dinner - for 365 days. *Qualifies for the Westchester 100 (No. 38).*

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 leader Jane Restani at irabjanea@aol.com. Note that post swim refreshments are usually available, especially if you bring them. Swimmers get first pick.



CONGRATULATIONS ON YOUR FLT FINISH

Lisa Weismiller and I completed



L to R: Lisa, Martha, and Janice

the Finger Lakes Trail on Saturday, September 16. This is a 590-mile trail that spans from the Catskills in Ulster County to Allegheny State Park in Cattaraugus County, NY. Travelling through 9 counties, each summer the Finger Lakes Conference schedules 5-6 hikes in one county. Organizers arrange for shuttle buses and snacks midway along the hike (yum!) for 60-130 hikers.

Participating in this endeavor took us to new places where we made lasting friendships.

Submitted by Janice Miller

PHOTOS FROM ICELAND TRIP



Trish Johnston, Jane Restani and Janice Miller went on the most amazing 9-day adventure in Iceland in late June/early July with Road Scholar. It is truly the land of fire and ice. There are 3 stunningly beautiful national parks, 269 named

glaciers, icebergs, mountainous landscapes in shades of red, green and yellow, tremendous cascading waterfalls, hexagonal basalt columns and much, much more! It's only a 5-hour flight from NY so put it on your bucket list.



Visit our Chapter Webpage:
www.adkmohican.org



Helpful Links

Updated items appear in **red** 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>Winter Hiking Safety</u> (NYS Department of Environmental Conservation)</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>	



HIKE LEADERS!!!! For those that haven't completed their Level 1 training, there is still time—deadline is December 31, 2023. Just click on the links below to start your training (takes less than 1 hour to complete).

Most of our ADK leaders are in Level 1, and we appreciate your efforts to complete this training. We know you put substantial time and effort into this volunteer work, and hope you will continue to lead for our chapter—we need you!!!!!!

[Leave No Trace Training](#)

[Sexual Harassment Training](#)

Upload your Certificates of Completion (generated automatically by each site) [here](#).





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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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