

SPRING 2017

Trail Talk

Adirondack Mountain Club
NORTH JERSEY RAMAPO CHAPTER NEWSLETTER & HIKE SCHEDULE

A Message From The Chair

Spring is the season of new beginnings. The grays and browns of the winter forest give way to a beautiful green as new leaves start to peek out from the barren branches. Freshly formed buds turn into spring blossoms and flowers, and the earth seems to come to life again. This is the perfect time to get outside and experience this annual rebirth firsthand. Listen to the birdsongs and smell the sweet odor of the colorful spring wildflowers.

Our spring hike schedule gives you many opportunities. There are short C level hikes perfect for beginning hikers and those experienced hikers just wanting a relaxing day in the woods. And there are long A level hikes for experienced hikers looking for a challenge. Thanks to our hike leaders and Peter Tilgner the spring hike schedule is full, three hikes, Thursday, Saturday and Sunday every week. We have some new hike leaders and I hope to see some new hikers in the coming months.

Here are a few tips for beginners (and a reminder for experienced hikers) on how to be a good hiker:

- ❖ Choose the right level of hike (pace, length and difficulty) for your abilities. Call the leader if you're not sure.
- ❖ Be on time for the hike and be ready to hike at the starting time.
- ❖ Stay with the group – a good hiker doesn't push the pace or slow the group down.
- ❖ Don't get ahead of the leader or behind the sweep – it's just bad hiking etiquette.
- ❖ Do let the leader know if you're having trouble or need to leave for any reason.
- ❖ Don't demand that the leader change the hike because you have to be somewhere at a certain time. Call the leader to check when the hike will finish.
- ❖ Help make the hike fun for everyone – turn off your iPod, cell phone and socialize with your fellow hikers.
- ❖ Leave no trace – candy wrappers, apple cores and banana peels do not belong in the woods and they teach animals that food can be found on the trails.
- ❖ Remember that leaders are volunteers, they don't get paid for this! They give selflessly of their time and expertise so that you can enjoy a day in the woods.

See you on the trail,
Karen

North Jersey Ramapo Chapter Public Chapter Meeting

Thursday, April 27 at 7 PM
At the Nanuet Public Library
149 Church Street, Nanuet, NJ 10954

If you walk, hike, run, or participate in any exercise, come listen to an exciting and informative presentation at our next chapter meeting.

The speaker, Dr. Keith O'Connell, is a chiropractor specializing in body movement and healing. He has studied the relationship between physical activity and the aging spinal column.

Dr. O'Connell's goal is to further develop your passion for walking, hiking, running, etc. He will describe the best way to prepare your body for whatever athletic pursuits you choose, leading to more efficient and enjoyable performance, plus improving recovery.

Choices we make regarding how we move determine how efficient our body is when we need it to be at its best! The techniques Dr. O'Connell will talk about are part of the healing system he has used in his chiropractic practice over the last 35 years.

As we all know, regular physical activity has tremendous health benefits, strengthening the heart, bones, and muscles, and reducing the risk of certain diseases. This presentation will appeal to all ages and fitness levels. Come learn how to maximize your ability, and how to condition your body for optimal performance.

Members, their guests and the general public are all invited to attend. Light refreshments will be served.

HIKER'S GUIDE

RESPONSIBILITIES - Hikers with children under 16 and new hikers are required to contact the hike leader in advance to determine if the hike is suitable for them. Minors under 16 are welcome on day hikes when accompanied by a parent or guardian. No person under 18 shall participate in overnight outings unless accompanied by a parent or adult sponsor over 21. The hike leader may refuse to allow a person to hike who is judged to be poorly equipped or unable to do the published hike. Pets are not permitted on hikes unless the hike description clearly states that it is "dog friendly". Non-members are welcome on two hikes after which ADK membership is required. Participants should get to the hike at least 10 minutes prior to the starting time.

RISKS - As with all physical activities, hiking involves hazards. Persons participate at their own risk and will be asked to sign a statement acknowledging that fact before starting the hike. Prior to the hike please advise the leader of any medical condition or physical liability that could affect you during the hike.

FOOTWEAR AND CLOTHING - Wear clothing suited to the weather and carry extra garments for unexpected weather conditions. Dress in thin layers so that you can adjust the number of layers as required to maintain comfort. In winter carry a wool cap and wool or polypropylene gloves or mitts and a windproof shell. Be prepared for rain. Bring a rain jacket and rain pants, preferably of the type that permits venting body moisture. Wear comfortable, sturdy boots. Do not wear cotton garments in winter.

DRINK AND FOOD - Adequate hydration is important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop.

DOG-FRIENDLY HIKES - All hikers with dogs must abide by park leash regulations.

HIKE RATINGS - represent the Pace, Distance and Terrain covered during the hike. A hike's rating is determined by the hike leader.

PACE: A - fast - 2.5 mph or faster
B - moderate - about 2 mph
C - easy - 1.5 mph or less

DISTANCE: is given in miles as noted

TERRAIN: A - Strenuous, long ups and downs, some rock scrambling possible.
B - Moderate ups and downs as occur typically in Harriman.
C - Generally flat with little elevation change.

MAPS - The TC number indicates a NY-NJ Trail Conference map for the area of the hike. For example: TC-118 refers to the Southern Harriman Park map.

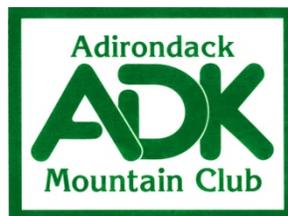
ABBREVIATIONS - NCA-No Calls After . . . , Pref.- Leader's contact preference.

EXPENSE SHARING - When car-pooling, passengers are expected to offer the driver funds sufficient to cover the cost of fuel, tolls and parking fees. A \$3.00 minimum per person is recommended. Most hike trailhead meeting locations can be found on NY-NJ Trail Conference maps.

HIKE CANCELLATION POLICY - Sometimes an illness, injury or other unforeseen problem will make it impossible for a hike leader to lead his/her hike as announced in the schedule. When this happens the leader should first try to find a substitute leader so the hike can proceed. The hike schedule chair person or any club officer can assist if necessary. If no substitute leader can be found then the leader or a substitute should appear at the hike meeting place to inform hikers of the situation. If a qualified leader volunteers, he/she should be given the sign-in sheet and the hike can proceed as scheduled. If the hike is one that requires preregistration, the leader must inform all who registered of the change by phone or e-mail.

ADK STICKERS

You can get ADK stickers for your car windows by contacting Phyllis Key at pkeyhiker@gmail.com. There is NO charge. Be sure to include your name and address so they can be mailed to you!



www.hudsonhikers.org

Facebook & Yahoo Group: North - Jersey - Ramapo

ADK NORTH JERSEY RAMAPO CHAPTER

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Trail Talk is published quarterly. The deadline for submissions is generally one month prior to publication date.

Please send articles, photos or other contributions to newsletter@hudsonhikers.org

If you do not receive the newsletter by the beginning of each quarter (January, April, July and October) please contact the membership chair (membership@hudsonhikers.org 201-768-5573).

HIKE SCHEDULE • SPRING 2017 • APRIL • MAY • JUNE

Sunday, 4/23 Skyline Lakes B 7 B
 Chris Connolly 201-321-6605 c.connolly7@verizon.net
 This figure 8 hike visits Lakes Tamarack (via new Tamarack Trail), Todd and Ramapo, plus Castle Point vista. Meet 9:30 AM Upper Skyline Drive Parking Area. TC North Jersey map 115.

Wednesday, 4/26 Sterling Lake Loop B- 4/5 B-
 Mario Medici marioamedici@gmail.com(pref.)
 201-396-9391
 A 4-5 mile hike around picturesque Sterling Lake. Plan on stopping at the "beach" for lunch. Bring a snack or lunch and at least two quarts of water. Meet 10 AM at the Sterling Lake Visitor's Center. Park in the Visitor's Parking lot (upper lot). The Visitor's Center is across the road. Time permitting, hike may be extended slightly to visit the Sterling Lake Mine. Call before 9 AM if weather is questionable. Please e-mail or call hike leader to register. TC Sterling Forest map 100.

Thursday, 4/27 Johnstown Circular B 6.5 B
 Fred Hodde (h) 973-728-3223 Bullwnk1@aol.com
 (c) 973-722-7824
 Meet at the Johnstown Circle at 9:30 AM. The planned route will be on the Blue Disc, Victory and White Bar Trails. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Southern Harriman map 118.

Saturday, 4/29 Breakneck & Mt Taurus B+ 9/10 A
 Bob Fiscina fis7380@protonmail.com
 Starting from 9D we ascend Sugarloaf Mountain, continue to the Breakneck Ridge Trail, pass Sunset Point and on to Mt Taurus before descending to 9D. For further information or to register contact the leader. Rain cancels. No beginners please. A shuttle is required. Joint with ADK Mohican. TC East Hudson map 102.

Saturday, 4/29 Hogencamp Mountain B 6.5 B
 Mike Prestia (917) 841-0120 Prestia.michael@gmail.com
 Start time 9:30 AM at Lake Skannatati Parking (off Seven Lakes Drive). GPS coordinates 41.24202,-74.10229. Figure 8 loop hike, with an elevation gain of 1200 feet, featuring sweeping views, iron mines, interesting rock formations and a scenic lake. Severe inclement weather will cancel. Please register for this hike. TC Northern Harriman map 119.

Sunday, 4/30 Lunch at Surebridge Mountain B 6 B
 Geoff Fonseca 845-357-9366 geoffonseca@yahoo.com
 Meet at 9:30 AM at Lake Skannatati. We will hike the Long Path, Dunning and RD to the Lichen for lunch. We will return on the RD and ASB. Precipitation of any kind cancels. Please e-mail leader to register. TC Northern Harriman map 119.

Thursday, 5/4 In The Woods B 6/8 B
 Paul Margiotta 201-693-6705 pjmm11@verizon.net (pref.)
 Active Thursday hikers will receive a group e-mail from the leader by Tuesday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday.

Saturday, 5/6 Turtleback Rock C 4 B
 South Mountain Reservation
 Jeffrey Sovelove Hiker_Dood@yahoo.com
 We will start at Turtleback Rock trailhead at 10 AM. See the Essex County Parks Commission website <http://www.essexcountyparks.org/parks/south-mountain-reservation> for directions. We will take the orange trail down to Hemlock Falls and also see the famous Turtleback Rock. Heavy/steady rain cancels. Joint with Sierra Club. GPS Address: Walker Rd, West Orange, NJ 07052.

Sunday, 5/7 Sterling Forest Twofer B 9 B+
 Fred Hodde (h) 973-728-3223 Bullwnk1@aol.com
 (c) 973-722-7824

We'll meet at the upper parking lot for the Sterling Forest Visitor's Center at 9:30 AM. We'll first climb to the Sterling Forest Fire Tower. After taking in the view, we'll hike to the Bare Rock Vista where we'll enjoy lunch. After lunch, we'll continue down the Bare Rock Trail, and climb back to the tower from the south via the Fire Tower and Sterling Ridge Trails, requiring a mini - scramble. Not for beginners. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. TC Sterling Forest map 100.

Thursday, 5/11 Out Of The Elk Pen B 6 B
 Fred Hodde (h) 973-728-3223 Bullwnk1@aol.com
 (c) 973-722-7824

Meet at the Elk Pen at 9:30 a.m. We'll hike the Stahahe Brook, Nurian (see the Valley of Boulders), Dunning, White Bar, ASB and AT trails. Registration by e-mail is preferred. Call cell before 8:30 AM if the weather is questionable. TC Northern Harriman map 119.

Friday, 5/12 NJR Board Meeting
 The North Jersey Ramapo Board will meet at 3 PM at the headquarters building of the NYNJ Trail Conference at 300 Ramapo Valley Rd. (Rt. 202). If you plan to attend please e-mail chair@hudsonhikers.org or call 201-962-8546.

Saturday, 5/13 Hudson Highlands B+ 9/10 A
 Bob Fiscina fis7380@protonmail.com
 Starting at Pocket Road we will climb Lambs Hill, go along Fishkill Ridge and over Bald Hill then out along Scofield Ridge descending to 9D. For further information or to register contact the leader. A shuttle is required. Rain cancels. No beginners please. Joint with ADK Mohican. TC East Hudson map 102.

HIKE SCHEDULE • SPRING 2017 • APRIL • MAY • JUNE

Thursday, 5/18 Seven Hills - End to End B 6.9 A
 Roy Wooters (c) 845-304-0867 rfwoot@gmail.com
 Co-leaders: Geoff Forseca and Roland Autran. Meet at 9:30 AM at Sebago boat launch for a short car shuttle. Hike the Pine Meadow and Seven Hills trails back to Sebago boat launch. Please register via e-mail with phone number. Rain cancels. TC Southern Harriman map 118.

Saturday, 5/20 Long Pond Iron Works Circular B 4.5 C
 Peter Reiner 845-323-7697 psr7777@gmail.com
 Meet at 9:30 AM at Long Pond Iron Works Visitor Center on Co. Rt. 511 in Hewitt, NJ for a hike on the Sterling Ridge Trail, over the new bridge to the Hassenclever Iron Trail, the Monks Connector Trail along the Monksville Reservoir and a 0.4 mile road walk for our return to the Visitor Center. Rain cancels hike. Call or e-mail hike leader to register. TC North Jersey map 115.

Sunday 5/21 Popolopen Torne & Gorge B 5.5 B
 Mike Prestia 917-841-0120 Prestia.michael@gmail.com
 Start time 9:30 AM at Fort Montgomery Historic Site (Rt. 9W) GPS coordinates 41.32405,-73.98772. Great 360 degree panoramic views, rock scramble, rushing rapids and cascades in the Gorge, total elevation gain 1675 feet. Severe inclement weather will cancel. Please register for this hike. TC Northern Harriman map 119.

Wednesday, 5/24 Bare Rock Overlook (Out and Back) B 5.7 B
 Mario Medici marioamedici@gmail.com(pref.)
 201-396-9391
 Hike to spectacular Bare Rock Overlook featuring views of Greenwood Lake. First half of the hike is mostly uphill over some rocky terrain. Wear hiking boots or sturdy shoes and bring a lunch and at least two quarts of water. Park in Visitor Parking lot (upper lot) and meet at Visitor's Center (across the road) at 10 AM. Call hike leader before 9 AM, if weather is questionable. Please e-mail or call hike leader to register. TC Sterling Forest map 100.

Thursday, 5/25 Hudson Palisades B 7.8 B+
 Roland Autran (h) 201-886-9119 autran@msn.com
 (c) 201-699-3388
 Meet at 9:30 AM at Police Station/Park Headquarters on Palisade Interstate Parkway Exit 2. You can park at the Police Station parking lot along the Alpine Approach Road next to the Police Station. We will start South on the Long Path trail to the Closter Dock Trail and down to the Shore Trail. Then North along the Hudson River to Forest View Trail. This trail is mostly steps climbing 500 feet to the Long Path. We will continue North on the Long Path to the C trail returning on the Old Route 9W toward the State Line Lookout and then on the Long Path to the parking lot. TC Hudson Palisades maps 108 and 109.

Saturday 5/27 Skannatati Conundrum B 7 B
 Dean Gletsos (845) 354-0738 cgletsos@yahoo.com
 A hike at a moderate pace, not for runners! Lunch at a newly renovated shelter. Visit several man-made lakes and mines. Meet 9 AM at the Sloatsburg Municipal parking lot, east side of Rt. 17 in Sloatsburg, where we will wait for the bus people. Then we will move to starting point. Be prepared to adjust for conditions and have enough food and water. TC Northern Harriman Park map 119.

Sunday, 5/28 Canopus Lake / AT Lollypop B 5.5 B+
 P.Tilgner/S.Gordon petertilgner@icloud.com
 (h) 201-871-3531 (c) 201-681-0592
 Depart 9:30 AM from the AT roadside parking at the west end of Canopus Lake, Fahnestock State Park. We hike the AT to the Appalachian Way Trail returning via Canopus Lake Beach and the AT. From Bear Mt. Bridge drive north on Rt. 9 D to the light in Cold Spring, NY. Then drive east on Rt. 301 to light at Rt. 9. Continue for about 4.5 mi. to AT crossing and park on either side of 301. TC East Hudson Trails map 103.

Thursday, 6/1 In The Woods C 4/6 B/C
 Richard Sumner 845-362-8470 rls@rsumner.com
 Harriman or nearby parks. Call or e-mail for details the week of the hike. Details will also be posted on Facebook and the Yahoo group.

Thursday, 6/1 Into The Woods B+ 5/8 B+/A
 Bob Fiscina fis7380@protonmail.com
 Contact leader for information and registration.

Saturday, 6/3 Ashokan High Point, Catskill State Park B 7.6 B+
 Roy Wooters (c) 845-304-0867 rfwoot@gmail.com
 Meet at 7AM at the SBM Trailhead parking under the Thruway in Suffern for car pooling, driving to the Pine View Diner, 3374 Route 28 Shokan NY for breakfast. OR Meet at the Trailhead parking (821 Watson Hollow Rd, West Shokan, NY) at 9:30AM. We will hike the Ashokan High Point trail (no bushwack) to the peak, have lunch then hike back down to the parking. Call for more information. Please register via e-mail with phone number. Moderate to heavy rain cancels. TC Catskill map 143.

Sunday, 6/4 Surprise Lake Loop B 6 B+
 Fred Hodde (h) 973-728-3223 Bullwnk1@aol.com
 (c) 973-722-7824
 We'll meet at the A&P/Sears parking lot in the Hewitt section of West Milford (Rt. 511) at 9:30 AM. We'll hike to the Surprise Lake area on Bearfort Ridge going up via the Bearfort Ridge Trail and returning via the Quail Trail. Not for beginners. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC North Jersey map 116.

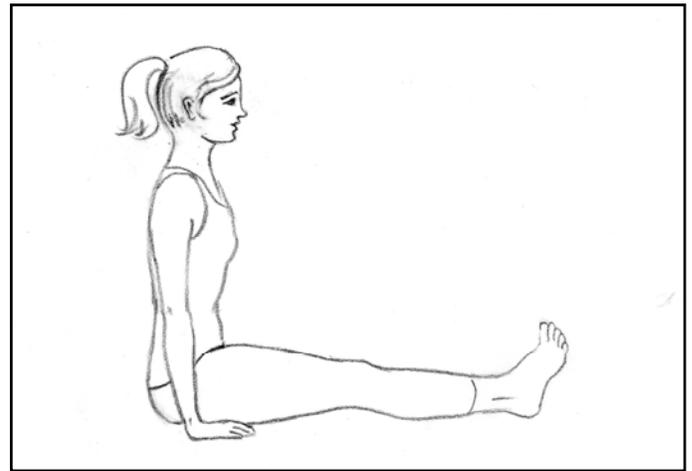
Yoga for Hikers, Dandasana

by Deanna Felicetta, RYT-E

Dandasana is one of my favorite poses. Danda means “staff or rod”. If you are like many hikers in spring, your pack is pretty full. You have to be prepared for winter, summer and everything in between! Carrying microspikes, extra clothing, rain gear and hot drinks can make a heavy pack. At the end of a long hike you may feel stressed and tired, especially in your core. The practice of Dandasana, on days in between your hikes, will allow you to work your spine, abdomen and legs as you enjoy a strengthening and quiet yoga pose. This will help you bounce back from a hard hike.

So let's begin! The main focus in this pose is your spine, and it is to be straight as a “staff or rod”. This is the challenge of this pose, as is the stillness it creates. The body is still except for your breathing. The pose puts your body in the shape of an “L”. We will first try Dandasana at the wall, but you will want to move away from the wall after a few times, returning now and then if you need to.

You will need a yoga mat or blanket, a rolled-up beach towel or small pillow and easy comfortable access to a wall. Place your mat at the base of the wall. Have the rolled-up blanket within easy reach. Sit on your mat with your back straight. SIT UP TALL! Firmly press your back straight against the wall. The base of the pose and of your spine is your pelvis. Your spine will extend skywards out of it, straight up. Your legs extend out from your spine. They are directly ahead of you with your kneecaps straight UP. The spacing between your knees should be



about the width of your fist. Kneecaps up and continuing out to your feet, calves sit on the earth. Do this with energy radiating from your pelvic base continuing out using every leg muscle, all the way to your heels. Let this energy continue on through your feet. They are flat with toes straight up. If you are sitting at the wall the back of your head will touch it. Now bring your thoughts to your base and your pelvis. Use your abdominal “sit-up” muscles to support your spine and help it to be upright and skywards. Chest is open and up. Shoulders relax, allowing arms to hang down with palms resting on the earth, fingers pointing forward to your feet. Keep your head level with eyes looking forward.

Are you breathing? Do so gently, both in and out continuously. This is my favorite part because I sit by a cracked open window and enjoy the spring air. Ahhhh! Just enjoy the stillness this pose creates. Focus on the sounds and smells of spring for a few moments. If your legs are too intense just grab that rolled up blanket and put it on the floor under your knees allowing them to bend slightly. It is vital to keep your back and spine upright with belly muscles working, feet and toes upwards! BREATHE.

This is a great time to think about that beautiful spring you will get to enjoy soon!!! I know I will!

Store this asana in your memory as it will be the start of some future poses. For now just enjoy this pose and its lovely stillness.

See you on the trail soon.

Nameste,
Deanna

Welcome New Members

Mona Spiegel – Monsey NY
Madeleine Valle – Cortland Manor NY
Victoria & Frank Kaczkowski – Mahwah NJ
Leslie & James Ragucci – Union NJ
Barbara Roguski – Fair Haven NJ
Frank Sabella – Harrington Park NJ
Marki Danbe – Oradell NJ
John Mallon – Cranford NJ
Jane Auriemmo – New York, NY
Martin Egan – Springfield NJ
Katherine Roselli – Middletown NJ

Welcome Back

Roe Dibona – Montclair
Ellise Geiger – Ramsey NJ

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Dates to Remember:

- ❖ **Chapter Meeting** -- April 27
Conditioning your body
for optimal hiking
- ❖ **NJR Board Meeting** -- May 12