A Message From The Chair

A new year is about to start, a perfect time to reflect on 2015 and talk about plans for 2016.

In 2015 after an absence of one year we were able to return to Mohonk Mountain House for our fall day outing. The weather cooperated and it was a great success! Look for it on our schedule again in 2016.

We returned to Marcello’s Restaurant in Suffern for our holiday party. Some members prefer a restaurant setting, others prefer a pot luck party (as in 2014). Perhaps we will alternate.

We also launched our Meet-Up site to attract new hikers (and members!). Special thanks to Daphne Downes for organizing these events.

Thanks goes out to all of our board members and hike leaders for making this chapter a success. We do have a new volunteer and board member, Mario Medici, who will be mailing out the sign-up forms to our hike leaders. Thank you Mario.

I am sad to announce that Judith DeBiase, our newsletter editor, is no longer able to continue in this role. She is a busy artist (getting busier, perhaps you have seen her work at a local show) and no longer has the time. Judi has designed our newsletter since the very first issue (summer 2009) for our combined North Jersey and Ramapo chapter, and is responsible for our logo and the professional look of our newsletter. Thank you Judi for doing such a great job! Your shoes will be hard to fill!

In addition to a newsletter editor we also need a programs chair and someone to help with mailing the newsletter. This is an opportunity for a member to step up and volunteer. If you would like to join the board and help manage the chapter, please contact me or any board member.

Looking forward to 2016, we are considering how our newsletter and hike schedule should evolve in this new on-line-always-connected-world. Should we make the transition to a digital newsletter? Or keep mailing members the printed version? What do you think? Would you prefer to receive your newsletter and hiking schedule by e-mail, instead of the post office? We’ll start by giving you the option to receive not the printed copy, but a pdf file by e-mail (the same file that is available on the website). To opt for the e-mail version, send me your name, address and e-mail address. We’ll start with the Spring 2016 newsletter.

Printing and mailing the newsletter is our largest expense. Perhaps this money could be better spent on other things.

Hope to see you all out hiking this winter and Happy New Year!

Karen
chair@hudsonhikers.org

Snowshoers in Sterling Forest State Park

www.hudsonhikers.org Facebook & Yahoo Group : North - Jersey - Ramapo
## 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.

<table>
<thead>
<tr>
<th>PACE:</th>
<th>A - fast - 2.5 mph or faster</th>
<th>B - moderate - about 2 mph</th>
<th>C - easy - 1.5 mph or less</th>
</tr>
</thead>
<tbody>
<tr>
<td>DISTANCE:</td>
<td>is given in miles as noted</td>
<td></td>
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</tr>
<tr>
<td>TERRAIN:</td>
<td>A - Strenuous, long ups and downs, some rock scrambling possible.</td>
<td>B - Moderate ups and downs as occur typically in Harriman.</td>
<td>C - Generally flat with little elevation change.</td>
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**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.

The observant reader might notice differences between this newsletter and previous newsletters. There is a reason for this. This is our first newsletter without Judi at the helm. Judi used Adobe Indesign (she is professional, after all), we used Open Office (it’s free). Not everything translated perfectly, but we’re working on it. We’re trying to make the transition to a new editor as easy as possible. Please be patient. And if you would like to do this, please let us know!
HIKE SCHEDULE • WINTER 2016 • JANUARY • FEBRUARY • MARCH

Friday 1/1 Happy Harriman New Year B 7 B
Chris Connolly c.connolly7@verizon.net (pref.) 201-321-6605
Celebrate 2016 with a winter walk in a place full of wonders. Meet 10 AM at Reeves Meadow Parking Area. Come prepared for winter weather conditions. TC Harriman-Bear Mountain Trails South map 119.

Saturday 1/2 Silvermine Circular B 6.5 B
Chris Connolly c.connolly7@verizon.net (pref.) 201-321-6605
Enjoy an excursion along the Menomine, LP and AT trails. Meet 9:30 AM at Silvermine parking area. Come prepared for winter weather conditions. TC Harriman-Bear Mountain Trails North map 119.

Sunday, 1/3 Fahnestock Loop B 7 B
Fred Hodde Bullwnkl1@aol.com or 973-728-3223(h)/ 973-722-7824(c)
A favorite hike in Fahnestock. It includes a nice section of the AT. Meet at 9:30 AM at first parking area on the right (where the AT crosses) at Canopus Lake (take Rt. 301 from Cold Spring). Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Foul weather will cancel. Call before 8:00 AM if uncertain. TC East Hudson map 103.

Saturday, 1/9 Half Stonetown Circular B+ 6.5 A
Peter Reiner psr777@gmail.com 845-327-7697
Meet 9:30 AM at Mary Roth Dr. Stonetown Rec. Center, off Stonetown Rd. Shuttle to the Lake Riconda Dr. parking area to hike on the Stonetown Circular Trail. Hike will include going over Little Windbeam, Windbeam, Bear,and Board Mountains. Severe inclement weather cancels. Please register for this hike. TC North Jersey map 115.

Thursday, 1/14 Johnstown Circular B 6.5 B
Fred Hodde Bullwnkl1@aol.com or (h) 973-728-3223/ (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. Come appropriately prepared (i.e. traction devices as needed) for winter hiking. Registration by e-mail preferred. Call cell before 9:00 AM if the weather is questionable. TC Harriman-Bear Mountain Trails map 118.

Saturday, 1/16 Jockey Hollow Leader's Choice B 6 B
Jeffrey Sovelove Hiker_Dood@yahoo.com

Sunday 1/17 Wyanokie High Points B 7/8 B
Chris Connolly c.connolly7@verizon.net (pref.) 201-321-6605
We'll take in riveting reservoir views along our way. Meet 9:30 AM at parking area at end of Snake Den Road East. Come prepared for winter weather conditions. TC North Jersey Trails map 115.

Thursday, 1/21 In The Woods B 6/8 B
Paul Margiotta pjmm11@verizon.net (pref.) or 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.

Saturday, 1/23 Tuxedo Loop B 7.5 B
Roy Wooters rfwoot@gmail.com (c) 845-304-0867
Meet at 10:00 AM at hiker's parking on East Village Road just north of Tuxedo R.R. Station. Road walk .6 miles on R-D Trail to park. Trails: R-D to Yellow Triangle to Parker Cabin Mountain for lunch. Return on R-D trail. Traction devices may be required. Please register via e-mail with phone number. Severe weather cancels. TC Harriman-Bear Mountain Trails map 118.

Sunday 1/24 Scenic Skannatati B 7/8 B
Chris Connolly c.connolly7@verizon.net (pref.) 201-321-6605
Lakes, mines, Lichen, and Bottle Caps are included on the itinerary. Meet 9:30 AM at Lake Skannatati parking area. Come prepared for winter weather conditions. TC Harriman-Bear Mountain Trails map 118.

Thursday, 1/28 In The Woods B/C 5/7 B
Richard Sumner rls@rsumner.com or 845-362-8470
Harriman or nearby parks. Call or e-mail for details the week of the hike. Pace may be B or C depending on the group and the weather. Details will also be posted on Facebook and the Yahoo group.

Saturday, 1/30 Winter In Ramapo Reservation B 5/7 B
Karen Rose kkrose@aol.com or 201-962-8546 (must e-mail or call to register)
Meet 10AM at Ramapo Reservation Parking Lot on Rt 202. Get out to enjoy winter. Route determined by weather conditions. Must have traction devices or snowshoes if ice or snow. Bad driving conditions cancel hike. TC North Jersey map 115.

Thursday, 2/4 In the Woods B 6/8 B
Debbie Bell deb2@columbia.edu or 845-358-8386 (NCA 9 PM). Varied terrain in Harriman or nearby parks. Contact leader for hike details.

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pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group.
HIKE SCHEDULE • WINTER 2016 • JANUARY • FEBRUARY • MARCH

Saturday, 2/6 Patriots Path Stroll C 5 C Jeffrey Sovelove Hiker_Dood@yahoo.com
Come take an easy stroll on Patriots Path in Morristown. This 5-mile stroll will start out from the Speedwell Lake parking lot at 10 AM across the street from Historic Speedwell. See the Morris County Parks website (http://www.morrisparks.org/) for directions or put the following address into your preferred map engine: “300 Speedwell Avenue, Morristown NJ 07960”. Please bring plenty of water and a light snack. Great for beginners. Heavy/steady rain cancels. Proper footgear required (stabilizers, crampons or snowshoes) if appropriate for the conditions. Optional lunch afterwards. Joint ADK/Sierra Club hike.

Sunday, 2/7 The Completed Doris Duke Trail & More B 5.5 B P.Tilgner and S. Gordon peter.tilgner@icloud.com or 201-871-3531 (c) 201-381-0592
Hike the newly completed Doris Duke Trail in Sterling Forest. Meet 10 AM at the Doris Duke Trail Head Parking on Benjamin Meadow Rd. From Rt. 17 take 17A for about 3 mi. passing the Ski and Renaissance Festival area. Benjamin Meadow Rd. will be on your right with trail access parking.3 mi on left through gate. Please register for this hike. Snowshoes or traction devices may be required. Rain or treacherous driving conditions cancels. TC Sterling Forest map 100 (2013 edition).

Thursday, 2/11 Winter Walk in the Woods B 3-6 B Fred Hodde Bullwnkl1@aol.com or 973-728-3223(h)/ 973-722-7824(c)
If you received snowshoes for Christmas and haven’t used them yet, this will probably be a great chance to try them. This is a literal “Walk in the Woods” in Wawayanda with very little ascent. Actual distance will depend on the conditions. Meet at 9:30 in the Park Office parking lot. Registration by e-mail is preferred. Call 973-722-7824 before 9:00 AM if the weather is questionable. Proper footgear required (stabilizers, crampons or snowshoes) as appropriate for the conditions (“Think Snow”). TC North Jersey map 116.

Saturday, 2/13 Storm King State Park B 5.5 B+ Peter Reiner psr7777@gmail.com 845-323-7697
Meet at 9:30 AM at parking lot off RT 9W by Storm King Mountain. Hike up to Butter Hill followed by hiking on the Stillman Trail around Storm King Mtn. Beautiful views of the Hudson River. Severe or wet weather cancels. Please register for the hike. TC West Hudson map 113.

Thursday, 2/18 In The Woods B/C 5/7 B Richard Sumner rls@rsummer.com or 845-362-8470
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.

pre-registration is advised in case of a change in the schedule. Changes will be posted on Facebook and the Yahoo group.

Friday, 2/19 North Jersey Ramapo Board Meeting 7PM
This meeting is open to any NJR member in good standing. Space is limited so if you wish to attend please notify Betty Heald at: ebheald@aol.com or 201-967-2937.

Saturday, 2/20 Indian Hill from Elk Pen B 6/7 B Roy Wooters rwoot@gmail.com (c) 845-304-0867
Meet at 10:00 AM at the Elk Pen Parking. Trails: AT via Agony Grind to AT Link to Indian Hill Trail. Complete 2 or 3 loops using various trails depending on weather and conditions. Lunch spot to be determined. Traction devices may be required. Please register via e-mail with phone number. Severe weather cancels. TC Sterling Forest map 100.

Sunday, 2/21 Seven Hills B 7 B+ Daphne Downes daphner974@gmail.com or 201-424-9360
Meet 9:15 AM Sloatsburg Municipal Building for carpool to trailhead or 9:30 AM at Reeves Meadow Visitor Center. Reeves Brook to Seven Hills, past Diamond Mountain, then return via the Tuxedo-Mt. Ivy and Stony Brook Trails. Steady rain/snow cancels. Please register for this hike, and notify leader in advance if arriving on 8:40 Suffern train or 9:15 Sloatsburg bus to ensure someone will be there to pick you up. TC Harriman-Bear Mountain Southern Trails map 118.

Thursday, 2/25 Sterling Lake Loop B 4 C+ Mario Medici marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10:00AM. Call or e-mail leader to register. Call cell before 9:00 AM if weather is questionable. TC Sterling Forest map 100.

Saturday, 2/27 Reeves Meadow To Ramapo Torne B 5/7 B Karen Rose kkarose@aol.com or 201-962-8546 (must e-mail or call to register)
Meet 9:30AM at Reeves Visitor Center on Seven Lakes Drive. Up the Seven Hills Trail and then weather conditions will determine the route. Must have traction devices or snowshoes if ice or snow. Bad driving conditions cancel hike. TC Harriman-Bear Mountain Trails map 118.

Thursday, 3/3 In The Woods B 6/8 B Paul Margiotta pjmm11@verizon.net (pref.) 201-693-6705
Active Thursday hikers will receive a group e-mail from leader by Tuesday for location, time and other details of hike. Others can contact the leader by 7:00 PM on Wednesday. No beginners please.
HIKE SCHEDULE • WINTER 2016 • JANUARY • FEBRUARY • MARCH

Saturday, 3/5  Johnstown Circular  B 6.5 B
Peter Reiner  psr7777@gmail.com  845-323-7697
Meet at 9:30 AM on Johnstown Circle for a hike on the Blue Disc, Victory and White Bar Trails. Bad weather cancels hike. Please register with hike leader. TC Harriman-Bear Mountain Trails map 118.

Sunday, 3/6  Winter Hike in Harriman  B 5/7 B
Karen Rose  kkarose@aol.com or 201-962-8546 (must e-mail or call to register)
Meet 10AM at Lake Sebago Boat Launch Parking Lot on Seven Lakes Drive. Get out to enjoy winter. Route determined by weather conditions. Must have traction devices or snow-shoes if ice or snow. Bad driving conditions cancel hike. TC Harriman-Bear Mountain Trails map 118.

Thursday, 3/10  Sterling Lake Loop  B 4 C+
Mario Medici  marioamedici@gmail.com (pref.) 201-396-9391
A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10:00AM. Call or e-mail leader to register. Call cell before 9:00 AM if weather is questionable. TC Sterling Forest map 100.

Saturday, 3/12  In the Woods  B 6/7 B
Roy Wooters  rfwoot@gmail.com  (c) 845-304-0867
Hike varied trails in Harriman or Sterling Forest starting at 10 AM. Distance to be determined by weather conditions. Contact leader for details and to register. Traction devices may be required.

Sunday, 3/13  Daylight Savings Time Begins at 2 AM

Sunday, 3/13  Sterling Forest Surprise  B 6 B
Fred Hodde  Bullwnkl1@aol.com or (h) 973-728-3223/(c) 973-722-7824
Meet at the upper parking lot for the Sterling Forest Visitor’s Center at 9:30 AM. I haven’t a clue what March’s weather will be, that’s the Surprise. The route will be dependent on trail conditions. The goal will be climbing to the Fire Tower or Bare Rock Vista (both if the weather cooperates). Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail is preferred. Call cell before 9:00 AM if the weather is questionable. TC map 100.

Thursday, 3/17  In the Woods  C 5 C
Debbie Bell  deb2@columbia.edu  845-358-8386 (NCA 9 PM)
Varied terrain in Harriman or nearby parks. Contact leader for hike details.

Saturday, 3/19  Lewis Morris Park  B 7 B
Jeffrey Sovelove  Hiker_Dood@yahoo.com
We will start at Sunrise Lake, then hike to the parking upper lot and back down to the lake using a combination of the Yellow and Red trails. The pace will be moderate to slow. See the Morris County Parks Commission website http://www.morrisparks.org/asparks/lmdir.asp for directions. Bring lots of water, lunch, and wear hiking boots. Meet in parking lot at 10 AM. Inclement weather cancels. Proper footgear required (stabilizers, crampons or snowshoes) if appropriate for the conditions. Joint ADK/Sierra Club hike.

Sunday, 3/20  Goshen Mountain Circular  B 7 B
P. Tilgner and S. Gordon  petertilgner@icloud.com or 201-871-3531 (c) 201-381-0592
This is a “Circuit Hikes In Harriman” by Don Weise hike. Meet 9:30 AM at the Tiorati Circle Parking Area off Seven Lakes Drive. We will have winter views from Goshen and Stevens Mountains. Please register for this hike. Traction devices may be required. Rain or treacherous driving conditions cancels. TC Harriman-Bear Mountain Trails map 119.

Thursday, 3/24  High Tor In/Out  B 5 B
Fred Hodde  Bullwnkl1@aol.com or 973-728-3223(h)/ 973-722-7824(c)
This is a nice walk with views of the Hudson. Meet 9:30 AM in the parking lot at the intersection of the Long Path and Route 33. Come appropriately prepared (i.e., traction devices as needed) for winter hiking. Registration by e-mail preferred. Foul weather will cancel. Call before 8:00 AM if the weather is uncertain. TC Hudson Palisades map 112.

Thursday, 3/31  Sterling Lake Loop  B 4 C+
Mario Medici  marioamedici@gmail.com (pref.) or 201-396-9391
A leisurely 4-mile hike around picturesque Sterling Lake. Plan on stopping at the “beach” for a short break, so be sure to bring a snack and water. Park car in Visitor Parking lot and meet at Visitor’s Center (across the road) at 10:00AM. Call or e-mail leader to register. Call cell before 9:00 AM if weather is questionable. TC Sterling Forest map 100.

MANY THANKS HIKE LEADERS . . .

… For sending me your hiker registration forms. It so very important to have them on file.
Thank you, too, for returning unused Accident Forms and stamped envelopes for future use.
Comments about your hikes are also appreciated.
Betty Heald, Sign-In Form Collector
201-967-2937
formcollection@hudsonhikers.org
The Benefits of Hiking To Your Health
by Peter Reiner

Many people hike because they enjoy the scenic views, others because it’s a chance to get away from stress in their lives, and still others like the challenge of climbing peaks and going long distances. However, hiking also has substantial benefits to your health in many ways.

“Hiking is a wonderful way not only to participate in exercise, but also to clear your head," says board-certified family physician Ray Sahelian, MD, who recommends hiking to his patients and also practices what he preaches by hiking regularly. Hiking is a weight bearing exercise that can help prevent osteoporosis. Being out in the sunshine provides you with vitamin D which also helps to strengthen bones.

Hiking is an aerobic exercise, and offers important cardiovascular benefits, because going up and down hills gives the heart a great workout. As you pump along the trail, you’re giving your heart and cardio system a chance to work at an optimum level. Hiking can also help you manage your weight, possibly reduce, or even eliminate, your need for insulin if you have Type 2 diabetes, but you should check with your doctor for expert advice. According to AMA studies, hiking burns up to 400 calories per hour.

Medical researchers also say that hiking can help lower cholesterol levels and triglycerides. This is important for keeping your heart healthy. Studies also show that hiking can lower the risk of high blood pressure.

Finally, hiking can reduce stress and help you get a better night's sleep. A day of hiking, breathing fresh air and relaxing your mind can lead to better quality and deeper sleep. So, if you are having trouble getting to sleep, my advice is

Take a Hike!

The ADK Winter Mountaineering School

is a non-profit group that has been sponsored for 62 years by the Adirondack Mountain Club (ADK). The purpose of the program is to promote enjoyable and successful winter mountaineering and camping through a learn-by-doing approach. Our program is held in the Adirondack Mountains of New York. Past participants have included three-season hikers and backpackers looking to expand their skills to include winter hiking, backpacking and mountaineering, as well as more experienced skiers, trip leaders and winter mountaineers who are wishing to refine their skills or are looking for some excitement and adventure. Our friendly, experienced, all-volunteer staff, low student-instructor ratio, and pricing make the ADK Winter Mountaineering School the best value in the Northeast for learning winter skills. We offer day trip, weekend and weeklong backpacking options.

http://www.winterschool.org/index.html

Welcome New Members

Kenneth Arntzen – Denville NJ
Nancy Perry – Haledon NJ
Michele Campbell – Rutherford NJ (affiliate)
Pamela & Henry Cardenas – Chester NY
Paul Diamond – Suffern NY
Sam Fleischer – Freehold NJ
Mrs Colby L. Leffeld – Randolph NJ
Mr. & Mrs. Eliot Lerman – Englewood NJ
Charles Morgan – Huguenot NY
Pat O’Keefe – Garfield NJ
Adam Ozcan – Wayne NJ
Anthony Puma – Matawan NJ
Johnathan Rush – Sparta NJ
Richard Savino – Ramsey NJ
Robert Titus – Mahwah NJ
Linda Anastasia – New City NY
Donald Budd – Oak Ridge NJ
Mandy & David Connolly – Wyckoff NJ
Daniel Cowan – Piermont NY
Robert L. Denniston – Fort Lee NJ
Geoff Fonseca – Suffern NY
Tom Gillespie – Glassboro NJ
Donna Gormley – Wyckoff NJ
Amy Green – Montclair NJ
Lynn & Chip Harrison – Morristown NJ
Dave Herman – Newark NY
Leslie & Marc Hollander – New City NY
Nancy Lengle – Lebanon PA
Thomas Lloyd – Lake Hopatcong NJ
Pauline Nevin – West New York NJ
Douglas Ortele – Hillsdale NJ
Christine Rennie & Eileen Vanderheyden – Hoboken NJ
Richard Scala – River Edge NJ
Jane Smith – Kenilworth NJ
Russell W Steenberg – Westfield NJ

Welcome Back

Sue & Mark Alleman – Florida NY
Robert Frascati – Bloomfield NJ
Bruce Borofsky – Washingtonville NY
Sally & Michael Isaacs – Oradell NJ
Karen Gollop & Scott Lowenthal – Pomona NY
Jane & Michael Manhardt – Cornwall-on-Hudson NY
Janice Oursler – West Orange NJ
Diane & Carrow Thiabutl – Hoboken NJ

www.hudsonhikers.org   Facebook & Yahoo Group :  North - Jersey - Ramapo
Hiker's Yoga: Legs on the chair

By Deanna Felicetta, RYT-E200

Legs on the chair is a wonderful variation of the Mother of Asanas. It is a posture done later in a yoga class, after a busy day at work or even as an "end of class posture" instead of Savasana. It is an introspective posture that sublimates the ego due to the servant legs being elevated higher than the King of the body, the head. You will experience rejuvenation and quiet peace in this pose. I always like to remain in this asana for at least 10 minutes so I really experience the benefit.

You need a solid chair, a thick blanket (folded 3 or 4 times) and your yoga mat (you can use your sofa instead of a chair). Place your chair at one end of your mat, placing only two of the feet of the chair on the mat. The other chair feet should be on the floor. Place your blanket, folded to 1-2 inches thickness, so that it is touching the feet of the chair on your mat. Sit centered on the blanket facing away from the mat so that your right arm is touching the chair. Then place your hands on the blanket and behind you a few inches and near your left hip. (Left-handed hikers may find this easier to do by exchanging left and right.)

Begin to come down gently onto your elbows behind your back as you rotate your body, lifting your legs, one at a time, onto the seat of the chair. Begin to lie down on your back, wiggling your hips side to side so they become close to the chair and permit your knees to be almost directly above your hips. Place your legs in the middle of the chair seat. Your hips should be on the blanket with your back and shoulders on the yoga mat only. Let your arms drape alongside your torso so that the hands can come to rest by your hips. Let your back gently melt onto the ground and your neck and head be very still. Take three slow and complete breaths. Close your eyes and remain in this quiet pose for about 10 minutes. This is truly one of my favorites! Enjoy this quiet place and the calming effect it provides.

Namaste, Deanna Felicetta

My Last Hike Was the Best

by Mario Medici

After participating in or leading dozens of hikes this last year, I reflected on my very last one and concluded it was the best. Why was it the best? It had everything. Great October weather, beautiful scenery, and wonderful hiking companions. As I'm sure most people would agree, a hike is always better when the individuals are of the same mind. At one point in time, we just sat soaking up the sun, the view, and spent a great deal of time just chatting.

The hike was made more interesting by the migrating ospreys, peregrine falcons, and a wide variety of hawks. On the day of the hike, up to that point in time, 129 migrating birds were recorded by State Line Hawk Watchers, and a total of 4794 migrating birds, since the migration began.

And if that isn't enough to make a hike enjoyable, discovering the Women's Federation Monument, a trailside monument on the cliff top in Alpine, dedicated in 1929 to honor the role that the New Jersey State Federation of Women's Clubs played in preserving the Palisades was an added plus.

The cliffs, the canyons, and the historic ruins of the Burnett Estate made this a 5★ hike. Don't get me wrong, every hike is "the best" but this hike really was the best.

The Hudson River from Alpine

Facebook & Yahoo Group: North - Jersey - Ramapo
Winter Hiking in Tallman Mountain State Park

Fred Hoddes

www.hudsonhikers.org  Facebook & Yahoo Group: North - Jersey - Ramapo