Hiking Poles -- To use them or not?

by Geoff Fonseca

That is the 64 thousand dollar question and one that can sometimes erupt in a raging debate among hikers. Some love them, others hate them. Here is a list of pros and cons to help you decide.

**PROS**

◆ It takes more energy to use hiking poles actively (not carrying them on your pack). Engaging upper body muscles boosts your heart function, breathing, and metabolic rate. You burn more calories and the body fat melts away.

◆ Hikers with poles tend to walk faster when allowing their arms to assist their legs by propelling them forward and upward or braking on descents. Using poles facilitates a gait with longer and quicker strides. Some hikers perceive less effort and increased pace when climbing a hill with a heavy backpack.

◆ Poles lighten the load on your knees, ankles, and other joints when hiking both uphill and downhill. For anyone older, overweight, or with joint issues, this will be welcome news. Using poles going downhill reduces the stress on muscles and wear and tear on joints, prevents overuse injuries, and delays fatigue.

◆ Studies have confirmed that subjects balance better when walking across a 10-foot “simulated log”. An interesting nuance: you need two poles to improve your balance.

◆ Many find using poles can be indispensable on mud, stream crossings, and wet, snowy, and icy trails. They provide a third and fourth point of contact and can even prevent a fall if you stumble or lose your balance.

◆ Poles can be useful in probing questionable surfaces, checking the depth of puddles, snow bridges, and quicksand.

**CONS**

◆ Some studies sound a more skeptical tone, suggesting that using poles too much will sap your balance and coordination, thus raising the risk of accidents in situations like crossing ridges that are too narrow for poles.

◆ Metal tips offer unreliable grip on hard or wet rock and icy surfaces. They get tangled in brush and they are a liability on unstable terrain, rocky talus fields, and steep slopes covered with bare rocks.

◆ TSA regulations prohibit poles as airplane carry-ons. They must go in your checked baggage.

◆ Poles can inhibit hands-free activities like snacking, picture-taking, map-reading, scrambling, and so on.

◆ Using poles may cause you to miss out on the training benefits of moderate joint stress, such as strengthening your braking muscles and triggering adaptations in your knee cartilage.

In summary, you use more calories with poles and gain better balance, less joint stress, and faster speed, all with less effort. The pros are mostly small, and you have to weigh them against the tradeoffs, like tying up your hands. When snowshoeing or skiing poles are a must. I remember that in winter several years ago I fell on ice when I was not using hiking poles. Since then I’ve used hiking poles on every one of my winter hikes and other season outings as well.

continued on page 6...
NYNJTC Honors Karen Rose

The New York New Jersey Trail Conference has awarded its Paul Leiken Award for Going the Extra Mile to Karen Rose, ADK NJR’s Trails Chair. This honor recognizes volunteers whose extra efforts produced noteworthy results. In Karen’s case, this was single handedly tending all trail sections that ADK NJR is committed to maintaining when we were short of volunteers.

Congratulations Karen!

Ashokan Hydro Project Drowned at Inception

It is not often that a major power project implodes within a month of its announcement. But such was the fate over the winter of a proposed pumped-storage hydroelectric facility to be set within the Catskills Forest Preserve.

On February 18, a California energy company (Premium Energy Holdings), with the minimum newspaper notice required under federal law, sought a preliminary application from the Federal Energy Regulatory Commission (FERC) to construct a pumped-storage facility. The plan was to use an existing water source to draw water uphill to a new dammed storage reservoir and powerhouse producing hydroelectric power, to be distributed through new powerlines. The proposed water source happened to be the Ashokan Reservoir, a key link in New York City’s water supply. Those with long memories may recall that a similar power facility proposal at Storm King on the Hudson in the 1960s energized the burgeoning environmental movement in our area and led to years of activism and litigation up to the U.S. Supreme Court.

Times have changed, however, though not corporate ineptitude. Premium Energy apparently told no one of its plans before filing the application. If the company was hoping that a stealth approach would avoid controversy, it soon learned otherwise, as the project aroused a tidal wave of opposition from affected communities and user groups. The most forceful opponent was NYC’s Department of Environmental Protection, which noted that the project’s impact on water turbidity was simply not compatible with the City’s operation of an unfiltered water supply directly dependent on the chain of reservoirs including the Ashokan. The New York-New Jersey Trail Conference was one of many nonprofit groups deploing the negative consequences on hiking and other recreational opportunities.

April 12 was the deadline for submitting comments to FERC on the application request. It also turned out to be the project’s end date, as Premium Energy withdrew its application. A company representative acknowledged that its stealth submission, with no attempt at outreach, had been a mistake. He also hinted that the project could reappear at a different venue, such as the Neversink or Rondout Reservoirs, which also happen to be NYC water supply feeders. So stay tuned!
A MESSAGE FROM THE CHAIR

Brighter Days Are Here Already

The dark Covid clouds are clearing and brighter skies and optimism are unfolding in the U.S. Summer brings a feeling of renewal but this year it is especially poignant as plans to fully reopen unfold. Warmer weather means that more people are leaving their homes — often with cautious optimism. Many are boosting and ratcheting up their interactions beyond their pandemic pods.

Some of you are already itching to indulge in warm weather hiking! So go out and commune with nature. Get connected with like-minded folks in our club, enjoy the social hike and camaraderie, and marvel at expansive vistas, serene lakes, abundant wildlife, and good old fresh air. Try scheduling your outing earlier in the day to beat the summer crowds and afternoon heat. And always remember the necessities of hiking in summer — abundant hydration, electrolytes, chilled drinks, sunscreen, and bug repellant.

SERENITY: Pine Meadow Lake on a Calm Day in Summer

Photo courtesy of Geoff Fonseca

While protecting yourself this summer, also protect Mother Nature. At our recent chapter membership meeting ADK’s Kayla White and Bobby Clark highlighted the tools and techniques of “Leave No Trace”. Their presentation was packed with information on the broad human impacts on wildlife, vegetation, soil, and cultural resources. They helped us better understand outdoor skills and ethics, and educated us on the history and seven principles of Leave No Trace. Thank you Kayla and Bobby for inspiring us to enjoy the outdoors responsibly.

Our Summer Membership Meeting features a timely summertime topic: “Bears, Rattlesnakes, and Ticks — How to cope with them”. Join Dr. Chuck Stead’s Zoom presentation on August 18th. See page 4 for details.

I am excited to announce the appointment of Bob Morrison to the vacant Vice Chair position. Bob’s family connections with our club extend back to the 70’s and Bob has been a member of our chapter for about 20 years. He currently volunteers as an outings leader and collects the outings sign-in forms. Congratulations, Bob, and thank you for volunteering to serve on the board. Be sure to see Bob’s open letter to the chapter on page 5.

Lastly, as stated on ADK.org, “ADK is dedicated to protecting and advocating for the state’s wildlands and waters with a commitment to environmental stewardship and ethical outdoor recreation. For almost a century, ADK has offered people opportunities to stay and play in as well as protect, discover, and explore the outdoors.” Today, the ADK organization comprises 30,000 members in 27 chapters. The North Jersey-Ramapo chapter comprises 1000 members in 650 households. Remember, we are a volunteer-run chapter. You can volunteer for one of the many opportunities we have here in our chapter. We’re always looking for new volunteers and we look forward to working together with you all in the coming months.

Best,
Geoff

ADK NJR VOLUNTEERS MAKE IT HAPPEN!

adknjr.org  Meetup: NJR - Adirondack - Mountain - Club  Facebook: North - Jersey - Ramapo
UPCOMING EVENTS

Summer Chapter Meeting
Bears, Rattlesnakes, Ticks, and how to cope with them

Wednesday, August 18, 2021, from 6:30 to 8:00, via ZOOM

Presented by Dr. Chuck Stead

Meet these 3 wild neighbors residing just beyond the ‘edge-effect.’ Woven throughout the suburban community and parks are stream channels and forested easements that offer avenues for a host of wildlife that continues to grow in number and variety. Management issues of the growing population of these creatures while sharing terrain with them is a challenge. Our local black bear population has adapted to our presence and has become a scavenger of our trash. Unless we consider what it means to live close to these bruins, we will continue to face conflict with them. Rattlesnakes are a threatened species in the region and have come to play the role of ecological indicator for environmental engineers. But this infamous viper is surprisingly vulnerable to habitat impact. Learning to ‘Live and Let Live’ with our notorious ‘buzz-baby’ is a challenge that cannot be met if we do not dispel the myths around our ‘Rattler.’ And then there are ticks, residents of the edge effects. We may not be able to eradicate the ‘tick threat’ but we can reduce it and take preventative measures when we go out to enjoy the outdoors.

Chuck Stead, a long-time resident of the Ramapo Mountains, holds a PhD from Antioch University New England in Environmental Studies. His published dissertation Get the Lead Out: The Endangered Turtle Clan of the Ramapough Lunamee, Ford Wastes, Superfund, Environmental Injustice, and Recovery, is available at Ramaposhop.com. Dr. Stead has worked in Rockland County as an environmental educator with schools, camps, Cornell Cooperative, and local municipalities. He is a storyteller and his book Back Porch Stories is also available at Ramaposhop.com. Stead worked closely with the NYDEC on a major watershed clean-up funded by Ford Motor Company. He is currently working with members of the Turtle Clan to bring attention to the Ford contamination in Ringwood, NJ.

ADK Fall Weekend

September 24-26

The 2021 ADK Fall Weekend will be held in the Old Forge/Inlet Area with headquarters (trips and food) at the Old Forge Recreation Center. The Onondaga Chapter of the ADK is offering ADK members, their families, and friends a rich Adirondack experience with a selection of outings for all interests and abilities. Outings will feature hiking in old growth forests, mountain biking on professionally built trails at McCauley Mountain, climbing fire towers that are part of the ADK Challenge, and paddling on the Moose River and several lakes. Earn a patch by completing the Fulton Chain Trifecta during the weekend. Participants can hike two sections of the North Country National Scenic Trail and explore the Pigeon Lake Wilderness. We even offer a docent-led tour of Camp Sagamore.

The center is a large facility with a spacious kitchen and ample parking. Guests and volunteers will need to arrange for their own accommodations. A list of motels is provided. Campsites will be available at Nicks Lake and Eighth Lake. Outings will leave from the recreation center, meals will be catered at the recreation center, and programs for Friday and Saturday night will also be held at the center.

Join the camaraderie of like-minded ADK friends and soak up the Fall ambiance of the Adirondacks.

adk-on.org/fall-weekend/

adknjr.org  Meetup: NJR - Adirondack - Mountain - Club  Facebook: North - Jersey - Ramapo
May 28, 2021

Hi Everyone,

Recently I had the honor of being appointed Vice Chair of our North Jersey Ramapo Chapter of the ADK. I am looking forward to working with my fellow Board Members and the general membership to ensure that our chapter continues to provide all the opportunities necessary to enjoy this beautiful area in which we live. Your participation in hiking and volunteering will help to make that happen.

My family has been involved with ADK North Jersey Ramapo since the early 1970’s, with my parents leading hikes and participating in many of the programs that were offered at the time. Even before that, in the 50’s and 60’s, we were frequent visitors to Bear Mountain. I remember as a kid, a decal they had on the window of the back door. It said “Get Outdoors”!

So I urge you all to join the hikes and start meeting and getting to know your fellow members. You will enjoy it! The picture was taken from Skytop Tower at the top of Mohonk Mountain, before having lunch with our ADK members at the Mohonk Mountain House in Sept. 2017.

Best Wishes,

Bob Morrison
TIPS FOR GETTING THE MOST OUT OF YOUR POLES

1. Use both poles. Using a single pole can unduly stress one side of the body and sacrifice balance. Avoid gripping poles tightly, which can create strain up your arm to your neck.

2. Adjust the length as you go. Make them shorter on uphills and lengthen them for downhills. On even ground, arms should bend at 90 degrees or what feels comfortable to you. When crossing streams, lengthen poles so that the tips are firmly planted on the streambed. Maintain proper posture and balance.

3. Position poles straight up and down on slick terrain to prevent them from slipping, and when secure, ease down and move safely.

4. Engage your core and hips for better balance and reduced pressure on your knees and joints.

5. When buying poles, keep in mind that the shafts are made of either aluminum or carbon fiber. While carbon fiber poles are lighter and stiffer, they will snap when loaded to excess. The aluminum shaft will bend but normally remain partially functional. Most poles can be collapsed either by telescoping or foldable shafts making them more travel-friendly and they can even be packed away when scrambling. Lever lock types are more reliable than twist-style nuts which tend to slip when cold or wet. Handle grips are made of cork (preferred), high-density foams, or rubber. Collapsible poles have three independent shafts connected and tightened with a durable inner cord, but the joints wiggle noticeably. Hiking poles are equipped with small durable carbide tips which need to be replaced about every 1500 to 2000 miles depending on the terrain. Trekking baskets, used in soft sand and snow, are normally included.
HIKING IN THE "NEW NORMAL"

"New Normal" is gradually migrating back to "Old Normal"!

- NJR is currently hiking with a group size of up to 15, including the leader, and will continue to do so if there are no adverse incidents. Keeping the size of the group within this limit, on any particular hike, is entirely at the discretion of the hike leader.
- ADK NJR members in good standing get priority over members from other chapters, guests of NJR members, and Meetup people.
- An electronic Release of Liability form, which will be linked to the hike schedule, must be completed by each participant, including the leader, at least 48 hours before the hike.
- As per ADK guidelines, each participant will be required to have personal protection equipment (PPE), including a face mask, gloves, and hand sanitizer.

- If not fully vaccinated, social distancing of 6 feet should be maintained. Where that is not possible - such as at trailheads, parking areas, passing others on the trail, etc. - face masks must be worn.
- Face masks should be worn in crowded areas and when indoors or sharing vehicles, regardless of vaccination status.
- The CDC has released a set of guidelines for fully vaccinated people. You can read their current guidance here. You can see New York's current travel advisory here and New Jersey's here. All chapter activities and participants must comply with these state guidelines.
- As in the past, hike leaders retain the right to request any participant to leave the group if he/she is not adhering to any of the guidelines.

HIKER'S GUIDE

RESPONSIBILITIES - All hikers are required to contact the hike leader in advance to register for the hike. The hike leader will help determine if the hike is suitable for you if you are unsure. 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 participant to hike who is judged to be poorly equipped or unable to do the published hike. 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 required to sign a statement acknowledging that fact when registering for 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 mittens 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 an important year round. Drink frequently during the hike. Carry food to enjoy during the midday lunch stop. Both alcohol and smoking are prohibited on all ADK NJR hikes.

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:
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.

CEG - Stands for Cumulative Elevation Gain: an estimate of the sum of all uphill portions of the hike.

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.

DOG-FRIENDLY HIKES - Pets are not permitted on hikes unless the hike description clearly states that it is “dog friendly”. All hikers with dogs must abide by park leash regulations.

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 hike 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 files and the hike can proceed as scheduled. The leader must inform all who registered of the change by phone or email.
OUTINGS SCHEDULE • SUMMER 2021 • JULY • AUGUST • SEPTEMBER

Thursday, 7/1  B+ 8 B+
Hudson Highlands Circular  CEG 2000+ ft
Bob Fiscina  fis6973@tutamail.com
Meeting place and start time provided upon registration. We will do a loop encompassing the Undercliff, Breakneck Ridge, Notch and Nelsonville trails. Rain cancels. TC East Hudson Trails Map 102.

Tuesday, 7/6  B 6.7 B
Almost Perpendicular Loop  CEG 1705 ft
Roland Autran  autran@msn.com
201-886-9119, (c) 201-699-3388
9:15 AM sharp at the Skate Park, 54 E Village Rd, Tuxedo Park, NY (GPS 41.193228, -74.182439). We will hike the Ramapo-Dunderberg and Blue Disc Trails to Almost Perpendicular and return on the Kakiat. This moderate to strenuous hike is described in Chapter 8 of Circuit Hikes in Harriman by Don Weise. Severe inclement weather cancels. TC Southern Harriman Trails Map 118.

Tuesday, 7/13  B 5.5 A
Bear Mountain Appalachian Trail Loop  CEG 1700 ft
Peter Reinier  psr7777@gmail.com
845-323-7697
9:00 AM in the Bear Mountain Inn parking lot off Rt 9W. Parking fee charged. The hike will begin on the Appalachian Trail climbing up to Perkins Tower. The return will be on the Major Welch Trail over Bear Mountain and around the lake. This is a strenuous hike. Rain cancels hike. TC Northern Harriman Map 119.

Wednesday, 7/21  B 5 B+
Storm King Mountain  CEG 1300 ft
Henry Barkhorn  hcbarkhorn@hotmail.com
646-853-0824
10:00 AM from Highlands Trail parking off Bayview Ave. (Rt. 218) south of Cornwall Landing. We will hike the Highland, Stillman and Bluebird Trails. Terrific views of the Hudson from Storm King Mountain and Butter Hill. Steady rain cancels. TC West Hudson Trails Map 113.

Saturday, 7/17  B 7.5 B
To Bare Rock The Long Way  CEG 1240 ft
Ross Linegar  linegarross@gmail.com
917-319-3166
7:30 AM at Sterling Forest Visitor’s Center upper lot. We’ll start by hiking the Bare Rock Trail. After a short break we will continue on the Bare Rock Trail to the Fire Tower Trail, then onto the West Valley Trail to view an abandoned beaver dam. From there we continue on the Fire Tower Trail to a rock scramble and then lunch enjoying a view of the valley. Next is an easy walk to the Sterling Forest Fire Tower. After a short break we return to the car park via the Fire Tower and Fire Tower Connection Trails. Call 917-319-3166 before 7:30 AM if the weather is questionable. TC Sterling Forest Trails Map 100.

Tuesday, 7/20  B 8.4 B
Hasenciwer Mine  CEG 1500 ft
Geoff Fonseca  geofffonseca@yahoo.com
845-390-1937
9:00 AM at Lake Skannatat parking lot in Harriman State Park. We will hike the ASB, Red Cross, and Beech Trails and the Long Path. Precipitation of any kind cancels. TC Northern Harriman Trails Map 119.

Wednesday, 7/21  B 6.5 B
Boston Mine & Stahahe High Peak  CEG 1382 ft
Roland Autran  autran@msn.com
201-886-9119, (c) 201-699-3388
9:15 AM sharp at the parking lot on Rt 106. You can find it at 1369 Kanawauke Road, Southfields, NY. We will hike the Norian, D, Lichen, A-5B, White Bar, and Dunning to Green Pond, and the Norian Trail to Island Pond Road to get to Stahahe High Peak and back to the parking lot. This strenuous hike is described in Don Weise’s Circuit Hikes in Harriman page 75. Severe inclement weather cancels. TC Northern Harriman Trails Map 119.

Thursday, 7/22  B 6.5 B+
Burr Hill/Stillman/Bluebird Loop  CEG 1200 ft
Peter Reinier  psr7777@gmail.com
845-323-7697
8:30 AM at the hikers parking lot on Rt 9W by Storm King State Park. Hike up Burr Hill past the ruins to the Bluebird and Stillman Trails. Lunch on top of Storm King Mt. with great views. Rain cancels hike. TC West Hudson Trails Map 113.

Tuesday, 7/27  B 4.5 A
Palisades Interstate Park, Giant Stairs  CEG 1200 ft
Roland Autran  autran@msn.com
201-886-9119, (c) 201-699-3388
9:15 AM at the parking lot on the State Line Lookout on the Northbound Palisades Interstate Parkway. This hike is strenuous. Severe inclement weather cancels. TC Hudson Palisades Trails Map 109.

Pre-registration by email is required for all outings. Click here for the registration form.

THE NUMBER OF PARTICIPANTS IS LIMITED TO 15. PARTICIPATION IS RESTRICTED TO NORTH JERSEY-RAMAPO MEMBERS IN GOOD STANDING FIRST, THEN OTHER ADK MEMBERS, THEN ADK-NJR GUESTS AND OTHERS.

TO REGISTER, EMAIL A COMPLETED "RELEASE OF LIABILITY" FORM TO THE LEADER BETWEEN 48 HOURS AND 7 DAYS PRIOR TO THE OUTING. ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED.
Thursday, 7/29  
**B 6 B**  
Lunch on Diamond Mountain  
Paul Margiotta pjmm1177@gmail.com  
(c)201-693-6705 (morning of hike only)  
9:30 AM at Lake Sebago boat launch off of Seven Lakes Drive. We will do a loop utilizing the 7 Hills and Buck Trails, Pine Meadow Road and T-MI Trail. We will take a short detour to a scenic vista on Diamond Mountain for lunch. TC Southern Harriman Trails Map 118.

Saturday, 7/31  
**B 8 B+**  
Schunnemunk Challenge  
Ross Linegar linegarross@gmail.com  
917-319-3166  
7:00 AM at Otterkill Road parking lot. We’ll ascend by Trestle Trail to Western Ridge then down Sweet Clover to Barton Swamp Trail and then up the Ridge to Ridge Trail to join the Jessup and take the White Trail to view one of the park’s attractions, ‘The Megaliths’. Then we continue along the Jessup to the Otterkill and back to the car park. Not for beginners. Call cell before 6:00 AM if the weather is questionable. TC West Hudson Trails Map 114.

Tuesday, 8/3  
**B 8.5 B+**  
Ledges and Lakes  
Roland Autran autran@msn.com  
201-886-9119, (c)201-699-3388  
9:15 AM at the parking lot called “Skatepark” behind the Tuxedo Train Station on E Village Road in Tuxedo. We will hike the Ramapo-Dunderberg, Tuxedo-MT Ivy, Triangle, Victory, and White Bar Trails. This strenuous hike is described in Chapter 9 of Don Weise’s *Circuit Hikes in Harriman*. Severe inclement weather cancels. TC Southern Harriman Trails Map 118.

Thursday, 8/5  
**B 7.5 B**  
Island Pond Lemon Squeezer Loop  
Henry Barkhorn hcbarkhorn@hotmail.com  
646-853-0824  
9:30 at the Elk Pen parking lot. We will hike the AT over the north end of Island Pond, through the Lemon Squeezer, then return on the Long Path, White Bar, Dunning, Nurian and Stahhae Brook trails. Steady rain cancels. TC Northern Harriman Trails Map 119.

Saturday, 8/7  
**B 9 B+**  
Hike the AT For Ice Cream  
Peter Reiner psr7777@gmail.com  
845-323-7697  
9:30 AM at the parking area where the Appalachian Trail crosses NY Rt 17A located at Continental Rd., Warwick, NY (GPS 41.24741067641504, -74.28797700239467). Several great views including Greenwood Lake and Cat Rock. At the end we will go to the famous Bellvale Creamery ice cream shop. No beginners please. This is a car shuttle. We will start the hike at the Allis-Sterling Ridge head parking area (P8) off NY Rt 17A. Rain cancels hike. TC Sterling Forest Map 100.

Tuesday, 8/10  
**B 6.8 B**  
Modified Lake Sebago, Diamond Mountain  
Roland Autran autran@msn.com  
201-886-9119, (c)201-699-3388  
9:15 AM sharp at the parking lot at end of Johnsontown Road in the town of Sloatsburg, NY off the Seven Lakes Drive in Harriman Park. We will hike a variety of trails from the White Bar going North and then to Lake Sebago using the T-MI crossing Seven Lakes Drive, to Diamond Mountain on the Seven Hills then on the HTS to the T-MI, and the White Bar returning to the parking lot. This moderate to strenuous hike is a modification of the hike’s description from Don Weise’s “Circuit Hikes in Harriman” page 19. Rain cancels. TC Southern Harriman Trails Map 118.

Thursday, 8/12  
**C 4.2 C**  
Tallman Mountain State Park  
Mario Medici marioAmedici@gmail.com (pref.)  
201-396-9391  
10:00 AM at the Tallman State Park parking lot. Driving north on Rte. 9W (1.1 miles north of Oak Tree Road), turn right on Rockland Road at the sign ‘Tallman Mountain State Park’ TC Hudson Palisades Trails Map 109. There is no charge for parking on weekdays.

Saturday, 8/14  
**B 9 B+**  
Wildcat Mountain and Indian Hill Loop  
Ross Linegar linegarross@gmail.com  
917-319-3166  
7:00 AM at the commuter’s parking lot at intersection of Rt 17A and Rt 17 (GPS 41.2296200 - 74.1842800). We will hike the Wildcat Mountain Trail, Furnace Loop, and Indian Hill Loop, enjoying lunch in the shaded glen. We then rejoin the Furnace Loop and return to the car park by retracing our steps on the Wildcat Mountain Trail. Call cell before 7:00 AM if the weather is questionable. Not for beginners. TC Sterling Forest Map 100 (PS parking).

Tuesday, 8/17  
**B 8.5 B**  
Elk Pen Double Loop  
Geoff Fonseca geofffonseca@yahoo.com  
845-390-1937  
9:00 AM at the Elk Pen parking lot in Harriman State Park. We will hike the AT to Island Pond and the Lemon Squeezer, loop around the Long Path and AT back to the Lemon Squeezer, then on the ASB to the southern end of Island Pond for lunch. We return on the ASB. Precipitation of any kind cancels. TC Northern Harriman Trails Map 119.

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OUTINGS SCHEDULE · SUMMER 2021 · JULY · AUGUST · SEPTEMBER

Thursday, 8/19
Norvin Green State Forest
Roland Autran
autran@msn.com
201-886-9119, (c)201-699-3388
9:15 AM sharp at the Otter Hole parking lot, Glenwild Avenue, Bloomingdale, NJ. We will start on the Hewitt-Butler Trail to the Posts Brook, Carris Hill, and Hewitt-Butler Trails passing Yoo-Hoo Point to Wyanokie High Point, Macopin Trail. Then we catch the Otter Hole Trail to the Wyanokie Circular, Outlaw Trail, Wyanokie Crest Trail and back on the Otter Hole to the parking lot. This hike is 37 of “Hike of the Week” by Daniel Chazin. Severe inclement weather cancels. TC North Jersey Trails Map 115.

Tuesday, 8/24
Rampone Mountain Trail Hill
CEG 1300 ft
Roland Autran
autran@msn.com
201-886-9119, (c)201-699-3388
9:15 AM at the parking lot on “Rampone Mountain State Forest (upper lot)” or “265 Skyline Drive, Oakland, NJ 07436. We cross the road going east on the Tamarack Loop Trail to the Yellow to the Schuber Trail and south to the parking lot area. This hike is moderate. Severe inclement weather cancels. TC North Jersey Trails Map 115.

Thursday, 8/26
Russian Bear
CEG 1820 ft
Nick Loudon
ncloudon@comcast.net
973-619-5913
9:30 AM at the Reeves Visitor Center on Seven Lakes Drive. We start on the Pine Meadow Trail, and almost immediately turn onto the Reeves Brook Trail. We turn onto the Seven Hills Trail and then onto the HTS. Turning onto the Seven Hills Trail, to Reeves Brook Trail and back to the start. See Chapter 2, Don Weise’s Circuit Hikes in Harriman. Rain cancels. TC Southern Harriman Trails Map 118.

Saturday, 8/28
Bearfort Ridge Loop
CEG 2654 ft
Ross Linegar
linegarross@gmail.com
917-319-3166
7:30 AM at the car park just past Union Valley Rd. on Warwick Turnpike (GPS 41.155715, 74.362748). We’ll hike to Surprise Lake via the Bearfort Ridge Loop and Ernest Walter Trails, enjoy lunch overlooking Surprise Lake, and then return on the Bearfort Loop (formerly the Quail Trail). Not for beginners. Call cell before 7:30 AM if the weather is questionable. North Jersey Trails Map 116.

Tuesday, 8/31
Goshen Mountain Circular
CEG 1425 ft
Roland Autran
autran@msn.com
201-886-9119, (c)201-699-3388
9:15 AM sharp at the parking lot for Lake Tieraci Circle on Seven Lakes Drive. We take the blue blazed trail to the RD/AT going north to Arden Valley Road then the Long Path where we connect to the Appalachian Trail. We continue on the Appalachian Trail, cross Seven Lakes Drive, and go all the way to the RD Trail. We return by re-crossing Seven Lakes Drive using the RD back to the AT, crossing Arden Valley Road and then to the blue blazed trail back to the parking lot. This hike is described in Don Weise’s Circuit Hikes in Harriman” page 107. TC Northern Harriman Trails Map 119.

Saturday, 9/4
Black Rock Forest
CEG 2000 ft
Mary Gelber
mlgel91@aol.com (preferred)
917-922-3203 (NCA 9PM)
8:00 AM at parking lot on 9W (NOT the main parking lot). Type “Black Rock Forest Consortium 9W South parking Area” into your GPS. Hike some of the less known trails of Black Rock Forest as we head into the western area of the forest and have lunch at the lovely Moretti Outpost. TC West Hudson Map 113.

Tuesday, 9/7
Hibernia Mines Green Pond Rd.
CEG 750 ft
linegarross@gmail.com
201-871-3531
7:30 AM from the Castle Rock Unique Area hiker parking (GPS 41.370278, 73.945) to hike the Osborn Loop in Hudson Highlands State Park. From the Bear Mt. Bridge east side, drive about 4 miles north on Rt 9-D. Look for the Castle Rock Unique Area sign on your right after a stone wall. Turn in on a farm road following it to the hiker parking area surrounded by open fields. One of the highlights of this hike is the viewpoint that looks northwest towards Storm King Mountain, the United States Military Academy at West Point, and the East Hudson Highlands. Rain cancels. TC East Hudson Trails Map 101.

Saturday, 9/11
The Osborn Loop
Ross Linegar
linegarross@gmail.com
201-871-3531
7:30 AM from the Castle Rock Unique Area hiker parking (GPS 41.370278, 73.945) to hike the Osborn Loop in Hudson Highlands State Park. From the Bear Mt. Bridge east side, drive about 4 miles north on Rt 9-D. Look for the Castle Rock Unique Area sign on your right after a stone wall. Turn in on a farm road following it to the hiker parking area surrounded by open fields. One of the highlights of this hike is the viewpoint that looks northwest towards Storm King Mountain, the United States Military Academy at West Point, and the East Hudson Highlands. Rain cancels. TC East Hudson Trails Map 101.

Tuesday, 9/14
Tuxedo Loop
CEG 1600 ft
GeoFF FONSecA
gEOFFFOngS-detA@yAmAho.com
845-390-1937
9:00 AM at DEC parking lot at East Village Road in Tuxedo Park, NY (GPS 41.15951, -74.18380). We hike on the R-D and TMI to Claudius Smith Den and the Dutch Doctor, then on the White Bar and Triangle Trails to Lake Sebago, Lake Skennato and Parker Cabin Mountain. Return on the R-D. Rain cancels. TC Southern Harriman Trails Map 118.

Pre-registration by email is required for all outings. Click here for the registration form.

THE NUMBER OF PARTICIPANTS IS LIMITED TO 15. PARTICIPATION IS RESTRICTED TO NORTH JERSEY-RAMAPO MEMBERS IN GOOD STANDING FIRST, THEN OTHER ADK MEMBERS, THEN ADK-NJR GUESTS AND OTHERS.

TO REGISTER, EMAIL A COMPLETED "RELEASE OF LIABILITY" FORM TO THE LEADER BETWEEN 48 HOURS AND 7 DAYS PRIOR TO THE OUTING. ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED.
Thursday, 9/23
Island Pond & Stahae High Peak
Paul Margiotta pjmm1177@gmail.com
(c)201-693-6705 (morning of hike only)
9:30 AM at the White Bar Trail crossing parking area located on the south side of Rt 106, approx. 2.25 miles east of Rt 17 in Orange County, NY. We will hike to and around Island Pond utilizing the White Bar, ASB, and AT trails and Island Pond Road. Lunch will be at the south side of the pond. Our return will be via Island Pond Road with a climb to Stahae High Peak for a vista of Lake Stahae. TC Northern Harriman Trails Map 119.

Saturday, 9/25
Hubbard Lodge, Fahnstock
Mary Gelber mlgel91@aol.com (preferred)
917-922-3203 (NCA 9PM)
8:30 AM at Hubbard Lodge (GPS 41.442292, -73.915487, 2880 Campbell Rd, Cold Spring Rd) 300 feet north of Rt 301 intersection on Rt 9. Take School Mountain Rd, then go up Round Hill on the Fahnstock Trail. Follow Fahnstock Trail along the marsh and over to Beaver Pond. Then north on Charcoal Burners, east on Wiccopee, and southwest on School Mountain Rd back to the cars. Enjoy ruins, cascading streams, wooden bridges, many good climbs, and beautiful forest. TC East Hudson Map 103.

Sunday, 9/26
Bearfort Ridge/ Hewitt State Forest
Peter Reiner psr7777@gmail.com
845-323-7697
9:30 AM at Warwick Tumpike, Hewitt, NJ (GPS 41.155715, -74.362748) for a hike on the Bearfort Ridge Loop Trail with some steep ascents. Return on the loop (formerly the Quail Trail) back to the parking area. Rain cancels hike. TC North Jersey Trails Map 116.

Tuesday, 9/28
Silvermine Lake & Big Bog Mountain
Roland Autran autran@msn.com
201-886-9119, (c)201-699-3388
9:15 AM sharp at the parking lot at Silvermine Lake. Start on the Menominee Trail to the Red Cross, 1779 to the AT and Silvermine Road back to the parking lot. This moderate to strenuous hike is a version of the hike described in Chapter 15 of Circuit Hikes in Harriman by Don Weise. Severe inclement weather cancels. TC Northern Harriman Trails Map 119.

Thursday, 9/30
Dunderberg Spiral Railway and Bald Mountain
Henry Barkhorn hcbarkhorn@hotmail.com
646-853-0824
9:30 AM at the parking area on Rt 9W about 4 miles south of the Bear Mountain Circle near the intersection with River Rd. We will hike a loop on the Timp-Torne, 1777, and RD Trails. Steady rain cancels. TC Northern Harriman Trails Map 119.

Pre-registration by email is required for all outings. Click here for the registration form.

THE NUMBER OF PARTICIPANTS IS LIMITED TO 15. PARTICIPATION IS RESTRICTED TO NORTH JERSEY-RAMAPO MEMBERS IN GOOD STANDING FIRST, THEN OTHER ADK MEMBERS, THEN ADK-NJG GUESTS AND OTHERS. TO REGISTER, EMAIL A COMPLETED "RELEASE OF LIABILITY" FORM TO THE LEADER BETWEEN 48 HOURS AND 7 DAYS PRIOR TO THE OUTING. ALL SECTIONS, INCLUDING THE TOP, MUST BE COMPLETED.
SUMMER 2021

Adirondack Mountain Club
North Jersey - Ramapo Chapter
385 N Franklin Tpke, Box 7
Ramsey, NJ 07446

Address Service Requested

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Do You Know What To Do If You Encounter One Of These?

Learn all about bears and rattlesnakes ... and ticks, too!
Attend ADK NJR's Summer Chapter Meeting on August 18, 2021.

Details Inside...