WINTER FUN! WINTER SAFE!

Winter is here! Snow is falling, creating a pretty white wonderland outside your window. The Farmer’s Almanac calls for a “Wet and Wild” winter. I have been feeling that snow was coming for some time now. Are you anxious to get out there, to play in the snow? But to keep winter fun, it is important to be WINTER SAFE.

Planning ahead is crucial; the weather forecast is key to a successful day outdoors. Driving conditions to any hike or snowshoe outing are important to consider. People have different tolerances for winter driving, and this should be taken into consideration. You do not want to be running out of the woods due to nervousness about the ride home.

Deciding on the hike route ahead of time is smart. It is also good to have a backup plan, should conditions prove too difficult. Remember both terrain and distance are more difficult and limiting in snow and ice. Never underestimate the impact of the wind. Always check the temperature for the entire day. Will it snow, rain, or sleet? And don’t forget about sunrise/sunset times - winter days are short.

What to wear and bring? We are all a little different with what keeps us warm outside. That being said, remember layers are best. Wear what keeps you warm from head to toe. I highly recommend good winter boots, gloves or mittens, and a hat. Hand warmers should be packed even if you do not ordinarily use them, just in case. And take sunglasses and a scarf. What gear do you need? Traction assists such as Microspikes are a must if it is icy. Is this a snowshoe hike? Do you have your poles? Bring water, something warm to drink, and snacks for energy. Last but not least are your map, compass, flashlight, whistle and whatever technology you prefer. I like my cell phone! And do let others know of your plan to hike.

So - get out your maps. Are you ready? Let’s go have some winter fun together. And stay winter safe!

See you on the trail this winter.

Deanna Felicetta

Hiking and Biking in Spain

by Diane Grunthal

Allen and I started our bike tour in the southern part of Spain, known as Andeluci: a kaleidoscope of 10 centuries of history, great artistic masterpieces, and many different forms of architecture.

Seville’s cathedral, the third largest in Europe (after St. Peter’s at the Vatican and St. Paul’s in London), is the largest Gothic church anywhere. The lavish 10th century Moorish royal palace in Seville, the residence for Spain’s rulers for 2000 years, features mixed Islamic and Christian elements, a style called Mudejar.

Cordoba is a city with a glorious Roman and Moorish history. During the Dark Ages, it was a haven of enlightened thought, famous for religious tolerance, …continued on page 2

Hiking in Capileira
Photo by Allen Grunthal
Hiking and Biking in Spain

… continued from page 1

artistic expression, and dedication to philosophy and the sciences. The most impressive and exciting site for us was the Mezquita in Cordoba, an exquisite wonder of the medieval world. The mosque dates from A.D. 784 and a 16th century church rises in the center. This has to be the most beautiful building we had ever seen.

We cycled through olive plantations and a town known as the “Last Arabian Frontier”. In Subbetica National Park, we stayed overnight in the Baroque town of Priego de Cordova. We took part in a cheese festival in Zuheros, a village hanging from rocks, with a dramatic Moorish castle. The further south we pedaled, the more often we needed our studied Spanish, but we were happy to occasionally have our pronunciation corrected: try saying corkscrew in Spanish (sacacorchos).

Our biking tour ended in Granada, home of the Alhambra, the last and greatest Moorish fortress. Its jewel is the royal palace, built mostly in the 14th century. Despite the Dark Ages, here Moorish opulence blossomed—ornate stucco, plaster stalactites, carved wood ceilings, and exuberant gardens. One can imagine sultans with hookah pipes lounging on pillows upon Persian carpets.

On this biking tour our lodgings included haciendas, old monasteries, and convents, many dating from the 15th and 16th centuries and some with stupendous views of the mountains and castles.

The bus to meet our hiking tour in the Sierra Nevada mountains took a winding narrow road with hairpin turns to the sleepy country village of Capileira, located in the Alpujarras mountains. Capileira, built into a hillside and sitting at nearly 5000 feet, is the highest and most remote of 3 whitewashed villages in the Poqueira Gorge, an area of rugged scenery and 1000 year-old narrow, twisting cobblestone streets undulating throughout the village. Many hikers come here because so many trails go right from the town.

The British group with whom we have hiked in Europe every year for over 9 years, offered its usual 2 hikes each day. Their hikes are described as harder walks and easier walks, the term “easier” being relative: easier hikes on this particular holiday were 5 to 8 miles with ascents from 800 to 1800 feet. Allen took several days to hike by himself in the Sierra Nevada mountains, scaling peaks from 8500 feet to 10,000 feet and one day covering 15 miles and 6000 feet of ascent.

The most exciting part of our trip was ascending Mulhacén, at 11,400 feet the highest peak in the Spanish mainland: 250 feet higher than Aneto, the highest mountain of the Pyrenees. The 9.2 mile round trip took almost 6.5 hours.

…continued on page 5

ADK NORTH JERSEY - RAMAPO
CHAPTER
385 N. Franklin Tpke, Box 7, Ramsey NJ 07446
For information: info@adknjr.org
www.adknjr.org
OFFICERS
CHAIR - Paul Margiotta
201-391-6011 chair@adknjr.org
VICE CHAIR – Geoff Fonseca
845-357-9366 vicechair@adknjr.org
TREASURER – Allen Grunthal
973-728-8057 treasurer@adknjr.org
SECRETARY - Fred Hodde
973-728-3223 secretary@adknjr.org
ADK BOARD OF DIRECTORS - John Jurasek
845-519-4247 director@adknjr.org
ALTERNATE DIRECTOR - Peggy Wissler
914-260-7506 alternate@adknjr.org

COMMITTEE CHAIRS
DELEGATE to NYNJTC – Pete Heckler
delegate@adknjr.org
CONSERVATION
conservation@adknjr.org
OUTINGS SCHEDULE - Peter Tilgner
201-871-3531 schedule@adknjr.org
SIGN-IN FORMS - Mario Medici
201-396-9391 hikingforms@adknjr.org
MARKETING - Peter Reiner
845-634-7635 marketing@adknjr.org
MEMBERSHIP – Roy Wooters
845-304-0867 membership@adknjr.org
NEWSLETTER - Pat Banker
201-390-7755 newsletter@adknjr.org
PROGRAMS
programs@adknjr.org
TRAILS - Karen Rose
201-962-8546 trails@adknjr.org

VOLUNTEERS
NEWSLETTER COPY EDITOR - Sheila Rizzo
201-567-8108 copyeditor@adknjr.org
SOCIAL MEDIA & EVENTS COORDINATOR – Daphne Downes
845-372-5717 daphner974@gmail.com
WEB MASTER – Jimmy Garingo
845-358-6050 webmaster@adknjr.org

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

Please send articles and/or photos to newsletter@adknjr.org

www.adknjr.org • Meetup: NJR - Adirondack - Mountain - Club • Facebook: North - Jersey - Ramapo

Mulhacen
Photo by Allen Grunthal
A Message From The Chair

Yes, indeed, 2019 was yet another banner year for our Chapter! We had 168 outings scheduled throughout the year! (For those who have never seen it, the above is a photo of our 6 foot long banner.)

Notice that I stated “outings” in lieu of “hikes”. For, although most of the outings were hikes, we had our Chapter’s first ever kayak paddle and, we believe, the first blood drive by any chapter of ADK. In addition, a tour of Bannerman Island was held and a bike ride was reintroduced into the schedule. You should expect more of the same for the coming year. All of this would not have been possible without volunteers -- volunteers make it happen.

At the holiday party/chapter meeting on December 8, I had the pleasure of recognizing many of our volunteers. Outing leader awards were presented to or announced for 16 members for leading 4 or more outings during the year. The coveted “Bullwinkle” award for leading the most outings in 2019, at 17, went to Karen Rose. I would be remiss if I didn’t thank Karen for, once again, organizing the holiday party. We were fortunate to have 4 members who led hikes for the first time in 2019 - Mary Gelber, Ross Linegar, Nick Loudon and Eileen Turner - who each were recognized with an award. And, an overdue award was announced for Daphne Downes for many years of volunteer service as our Social Media & Events Coordinator, most notably as the coordinator of our Meetup group.

For the last several years, we have been recognizing the services of “active” volunteers. However, there are many who came before us, who are no longer “active”, but were leaders in the North Jersey and Ramapo Chapters before their merger into our current Chapter, and may have remained active after the merger. So, to honor those leaders, we have established the “Lifetime Volunteer Award”, which is now the most prestigious award that we can bestow. The first three to be so recognized for their service are Phyllis Key, Ike Siskind, and June Slade. You can read about their invaluable contributions starting on page 4.

Another volunteer to thank is John Jurasek, who has served for 7 years on the ADK HQ Board of Directors. Replacing him will be Peggy Wissler, who has served as the Alternate Director during the past year and, I am confident, will well represent us on the ADK Board.

Now, a word about the weather, which is a first for me. Please do not let the cold, snow and ice keep you from all the fun of hiking in the winter. On the back page of the newsletter, you will find a photo with a tongue-in-cheek caption about traction devices for hiking on icy trails. If you have a question on how to select traction devices, poles, snowshoes, a windbreaker or any other question concerning winter hiking, send it to info@adknjr.com. I guarantee you will receive a response from one of our on-staff experts. After all, we do not want you “left out in the cold”. Also, check out the safety tips for winter hiking, which appear on the front page of this newsletter.

In closing, from all the members of the Board of the North Jersey - Ramapo Chapter of ADK, we wish you and yours a Happy and Healthy 2020.

Paul

REMEMBER - VOLUNTEERS MAKE IT HAPPEN!
2019 Lifetime Volunteer Awards

**Phyllis Key** had two working careers. The first was as a Licensed Registered Nurse, mostly in the field of geriatrics. She later retired as a Manager of Customer Service for a manufacturing company. In retirement, she volunteered at Pascack Valley Hospital and Nyack Hospital.

In 1997, we were fortunate that Phyllis decided to join ADK as a member of the North Jersey Chapter, before its merger with the Ramapo Chapter in 2009. In 1999 she became Membership Chair and remained in that position until 2017.

During her active hiking years, she probably led more total hikes than any other member. Most notable were her hikes for beginners, as she warmly welcomed newcomers regardless of their ability and/or fitness. It was on these hikes that Phyllis taught the participants how to follow a trail by reading a map and identifying the different types of blazes.

Phyllis also enlightened hikers with her “pearls of wisdom”. Such as - “When scrambling, never put a hand where you can’t see it, because a snake could be there”. Or - “When leading, never admit you are lost. You are just temporarily mis-located”.

From her 18-year tenure as Membership Chair and leading hikes for beginners, Phyllis, undoubtedly, can be credited with increasing the membership roster of our chapter(s) more than any other person.

Phyllis Key is truly deserving to be one of the first recipients of our Chapter’s highest recognition - “Lifetime Volunteer Award”.

**Ike Siskind** earned his Lifetime Volunteer Award mainly for his many years of outstanding service with the Ramapo Chapter, of which he was one of the founding fathers.

Ike joined the Board of the Ramapo Chapter in 1972 as the Hike Chair. He became Vice President in 1974 and in 1975 became its first elected President. He went on to serve in various other roles, all while leading innumerable hikes.

Ike also volunteered over many years for our sister organization - the NYNJ Trail Conference, where he was a trail maintainer and supervisor in Harriman State Park. In 1997 the NYNJTC presented Ike and his wife Marilyn with the William Hoeferlin Award in recognition of their outstanding contributions to the maintenance and management of regional hiking trails. Also noteworthy was his supervision of the construction of the Frank Bouton memorial shelter in the Catskills.

Ike is a member of the Catskill 3500 Club and is an Adirondack 46er. He has hiked renowned peaks around the world, including the Matterhorn in Switzerland. Besides being an accomplished hiker, Ike was a nationally ranked swimmer in his age group, for a variety of strokes, until 2010.

As for the kind of person Ike Siskand is, another past President of the Ramapo Chapter recently wrote, rather succinctly, “He was a great person to hike with and a good conversationalist”. There is no better compliment to pay a person, after being with them in the woods many times for 5 or more hours.
June Slade wore many hats over her very illustrious tenure with both the North Jersey and Ramapo Chapters before their merger, which qualifies her for the Lifetime Volunteer Award for 2019.

She joined ADK in the late 1970s and first joined the Board of the North Jersey Chapter as the Hospitality Chair. She then rose in rank being nominated and voted to the Secretary and Vice Chair positions, and, finally, to Chair of the North Jersey Chapter in 1986.

A move prompted her to transfer to the Ramapo Chapter, where she was responsible for compiling the hike schedule for many years, as well as being the chapter’s delegate to the NYNJ Trail Conference.

During June’s very long “active” period with ADK, she led innumerable hikes. Whether it was in her favorite park - Minnewaska State Park - or closer locales, she always greeted new members warmly. As a member of the Board recently put it: “And I remember her on my first hike with ADK, not knowing anyone, she greeted me and made me feel welcome. I think she did that to every new hiker! She was the welcoming committee!”

June never misses the chapter's holiday party held every December, so please make it a point to congratulate her if you see her there. If you have never met her, you will recognize her by the big smile on her face.

Hiking and Biking in Spain

... continued from page 2

For the final leg of our trip, we went to Madrid, Toledo and El Escorial, home to some of the world's artistic masterpieces and architectural wonders. Madrid's Prado museum has 3000 canvases including a great collection of paintings by the European masters, including Raphael, Titian, Fra Angelico, Rubens, Durer, Bosch, Montegna and of course the Spanish painters El Greco, Velazquez and Goya. The museum's centerpiece and perhaps the most important painting in the museum is Velazquez's "Maids of Honor" (Las Meninas, c. 1656). Some art critics consider this work the best masterpiece ever created!

Madrid's massive gray-and-white cathedral is 110 yards long and 80 yards high with a 5000-pipe organ. Madrid's center of power ranges from Moorish castle to Christian fortress to Renaissance palace to the current Royal Palace, built in the 18th century. It is Europe's 3rd largest palace, after Versailles and Vienna's Schonbrunn, with 2,800 rooms, imposing Baroque architecture, and a sumptuous interior packed with royal antiques. Imagine a room with frescoed ceiling, silk-embroidered walls, painted stucco figures, chandelier, and multicolored marble floor in Rococo style with exotic motifs.

The town of Toledo, an hour south of Madrid, has been declared a national monument, with a rich mix of Jewish, Moorish, and Christian heritage. This stoney wonderland remains the historic, artistic and spiritual center of Spain. Toledo is Spain's leading Catholic city where, in the same spot as the present day cathedral, people have worshiped for more than 1500 years: Visigoth Christians, Islamic Moors, and Christians. The cathedral contains a five-story Gothic altarpiece, Renaissance-era frescoes, one-of-a-kind ten-foot tall golden monstrance and artistic masterpieces, including El Greco's original "The Spoliation" a.k.a."The Disrobing of Christ", 1579 A.D.

It would have been difficult to leave Madrid without seeing Picasso's "Guernica", housed in the Centro de Arte Reina Sofia. It was born in response to the Spanish civil war; a monumental mural - 286 square feet - and stands as Spain's national work of art.

All in all our trip was great exercise, an inspiring history lesson, and an artistic adventure, from the Visigoths to the Moors to the conquering Christians who made Spain what it is today.
New Members

Gary Ahrens - Kingston, NJ
Shari & Marc Bernstein - Old Tappan, NJ
Linda Bissell - Valley Cottage, NY
Breann Coffaro - Highland Park, NJ
Jack D’Apice - Monroe, NY
Paul Digasbarro & Nancy Derbyshire - Somerville, NJ
Nicole Dion - Hewitt, NJ
Linda Hartley - River Vale, NJ
Scott Herrick - Montclair, NJ
Paige Hiemier - Ramsey, NJ
Regina Jacobson - Tarrytown, NY
John Mandredonia - Demarest, NJ
Brian & Christina McKittrick - New Vernon, NJ
Alan & Debbie Palley - Sparkill, NY
Heidy Peterson - Tuxedo Park, NY
Alexandra Rodriguez - Hackensack, NJ
Amy Sackin - Rockaway Park, NY
Gene Smith - Gillette, NJ
Kristin Sostowski & Steve Herbes - Mendham, NJ
David Tarlo - Brooklyn, NY
Stephen Toth - Ho Ho Kus, NJ
Lars Tribus - Milford, NJ
Christian Veneri - Ridgewood, NJ
Catherine Zang - Monroe, NY

Welcome Back

Sue & Mark Alleman - Florida, NY
June Auger - East Rutherford, NJ
Carol Blum & Andrew Elkin - Jersey City, NJ
Pamela & Henry Cardenas - Chester, NY
Kate D’Angelo - Mahwah, NJ
John M & Rosa Festa - Metuchen, NJ
Daphnee Fromentin - Piermont, NY
David & Lisa Miller - Woodmere, NY
Thomas Tantillo - Little Falls, NJ
James Vanness - Wharton, NJ

WHY DIDN’T I GET ONE?

IF YOU DIDN’T RECEIVE AN ELECTRONIC COPY (E-DELIVERY) OF “TRAIL TALK”, IN LIVING COLOR, IT IS BECAUSE WE DO NOT HAVE YOUR CURRENT EMAIL ADDRESS ON FILE.

TO CORRECT THAT, SIMPLY SEND AN EMAIL, WITH YOUR FULL NAME TO:
MEMBERSHIP@ADK.ORG.

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-member 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.

CEG – stands for Cumulative Elevation Gain: an estimate of the sum of all the 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.

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. The leader must inform all who registered of the change by phone or email.
**OUTINGS SCHEDULE • WINTER 2020 • JANUARY • FEBRUARY • MARCH**

**Hikers, please note:**
- Hikes do not “meet” at the specified time -- they leave at that time.
- Some leaders have included cumulative elevation gain in their descriptions. This appears as “CEG xxx ft”

### Wednesday, 1/1
Happy Harriman New Year  
**9:30 AM**  
CEG 800 ft  
Chris Connolly  
201-321-6605  
c.connolly7@verizon.net (pref.)  
**Start out 2020 the right way in the great outdoors. Meet at Reeves Meadow parking area. TC Southern Harriman Trails map 118.**

### Thursday, 1/2
Ad Hoc  
**9:30 AM**  
CEG 800 ft  
Fred Hodde  
(c) 973-722-7824  
bullwknl1@aol.com  
Let's see what 2020 brings us. I'll send an email to active Thursday hikers by the Monday before the scheduled hike day with the needed location, time and hike details. Others can contact the leader by 7 PM on Wednesday.

### Saturday, 1/4
Fahnestock Canopus Lake  
**9:00 AM**  
to Shenandoah Mountain  
Mary Gelber  
917-922-3203  
mlgel91@aol.com  
**Leave from AT crossing on Route 301, 1.4 miles west of Taconic State Parkway (GPS coordinates 41.4526580,-73.8378470). 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 parking on either side of 301. We will hike the AT up to Shenandoah Mt. with beautiful views of Canopus Lake, and return the same way with a detour to the shores of Canopus. Severe, inclement weather cancels. TC East Hudson Trails map 103.**

### Sunday, 1/5
Ramapo Loops  
**9:30 AM**  
CEG 800 ft  
Chris Connolly  
201-321-6605  
c.connolly7@verizon.net (pref.)  
**Leave from Ramapo Reservation Rt. 202 parking lot. Stunning skyline and water views using Pond, Vista, Ridge, Reservoir and Marsh Loop trails. TC North Jersey Trails map 115.**

### Thursday, 1/9
Wawayanda State Park  
**9:30 AM**  
Roland Autran  
(h) 201-886-9119  
autran@msn.com (pref.)  
(c) 201-699-3388  
**Leave from parking lot on Clinton Road, Hewitt, NJ (41.146711, -74.403384 coordinates, P-7 on map). We will hike the Terrace Pond South and Terrace Pond North Trails. This hike is moderate. Severe inclement weather cancels. TC North Jersey Trails map 116.**

### Saturday, 1/11
Turkey Hill & Queensboro Lakes Circular  
**10:00 AM**  
Peter Reiner  
845-323-7697  
psr7777@gmail.com  
**Leave from the Anthony Wayne Recreation North Parking lot. We’ll do a circular hike to Queensboro and Turkey Hill lakes in the northern section of Harriman Park using the Anthony Wayne and 1777 Trails. Rain cancels hike. Contact hike leader to register. TC Northern Harriman Trails map 119.**

### Sunday, 1/12
Bare Rock Via The Fire Tower  
**9:30 AM**  
Ross Linegar  
917-319-3166  
ross.linegar@hotmail.com  
**Leave from Sterling Forest Visitor's Center upper lot. We'll start with a 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 overlooking Greenwood Lake. After lunch, we'll return by “strolling” back down the Bare Rock trail. Registration by email is preferred. Call 917-319-3166 before 9:00 AM if the weather is questionable. Bring traction devices and suitable winter clothing. TC Sterling Forest Trails map 100.**

### Thursday, 1/16
Hasenclever Mine  
**9:30 AM**  
Henry Barkhorn  
646-853-0824  
hcbarkhorn@hotmail.com  
**Leave from Lake Skannatati Boat Launch parking. We will do a loop on the Red Cross and Beech Trails, returning on the Long Path. Hike may be shortened to 6 miles, depending on conditions. Steady rain cancels. Registration by email required. TC Northern Harriman Trails map 119.**

### Saturday, 1/18
Diamond Mountain & Pine Meadow Lake Loop  
**9:30 AM**  
Geoff Fonseca  
845-357-9366  
geofffonseca@yahoo.com  
**Leave from Lake Sebago Boat Launch parking Lot. We will hike on the Seven Hills, Diamond Mountain, and Pine Meadow Trails over Diamond Mountain and around Pine Meadow Lake. Lunch at Pine Meadow Lake. We return on the Diamond Mountain and Seven Hills trails. Expect steep ascents and a couple of scrambles. Precipitation of any kind cancels. Traction devices/snowshoes may be required. Please email leader to register. TC Southern Harriman Trails map 118.**

### Saturday, 1/18
Jockey Leader's Choice  
**9:45 AM**  
Jeffrey Sovelove  
Hiker_Dood@yahoo.com  
**Leave from the visitor's center, GPS address: 586 Tempe Wick Road, Morristown NJ 07960. Reminder: This address is approximate. Leader’s choice of trails depending on conditions at Morristown National Historical Park in**
Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
OUTINGS SCHEDULE • WINTER 2020 • JANUARY • FEBRUARY • MARCH

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.

description in Don Weise’s “Circuit Hikes in Harriman”, page 107. This hike is easy to moderate. Severe inclement weather cancels. Please register for this hike by email. TC Northern Harriman Trails map 119.

Sunday, 2/9 West Mountain In Winter B 9 A- 9:30 AM Deanna Felicetta 845-216-2021 felicetta.deanna@gmail.com Eileen Turner 201-774-4876 eileenkt@gmail.com This hike is for experienced hikers. Leave from Anthony Wayne North Parking Lot and proceed to the Timp Torne for ascent of West Mountain and the West Mt. Shelter to enjoy great views. Snowshoes or traction devices may be necessary. Have fluids to drink. Descent will depend on conditions but we hope to descend on SMB to Beechy Bottom road returning us to our start. A shorter route out will be done if conditions are severe. Ice, rain and/or snow storm will cancel hike. Call or email after 5:00 PM the day before with your questions. Leader and co-leader plan to do dinner/drinks after at Bear Mountain Inn. Please let either of us know if you wish to join us. TC Northern Harriman Trails map 119.

Thursday, 2/13 In The Woods B 6/8 B/B+ CEG about 1,500 ft 646-853-0824 Henry Barkhorn hcbarkhorn@hotmail.com Active Thursday hikers will receive a group email from the leader on Monday for location, time and other details of the hike. Others can contact the leader by 7 PM on Wednesday. All participants are required to register with the leader by email in advance.

Saturday, 2/15 Patriots Path Stroll C 5 C 10:00 AM Jeffrey Sovelove Hiker_Dood@yahoo.com Joint ADK/Sierra Club hike. Great for beginners. Leave from Speedwell Lake Park, Morristown, across the street from Historic Speedwell. The path is wide, partly paved, partly crushed stabilized gravel with very little in the way of elevation gains. We will be strolling at a moderate pace. Please bring plenty of water and a light snack. Inclement weather cancels. No Bathroom Facilities at the trailhead or along the trail. Google “Speedwell Lake Park, Morristown” for directions.

Saturday, 2/15 Johnsontown Circle Loop B 7 B+ 9:30 AM CEG about 1400 ft Geoff Fonseca 845-357-9366 geofffonseca@yahoo.com Leave from Johnsontown Circle parking. We will hike on the Blue Disc and Victory Trails to Claudius Smith Den, Black Ash Dam, and Lake Skeneonto for lunch. Our return will be on the Yellow Triangle and White Bar Trails. Precipitation of any kind cancels. Traction devices/snowshoes may be required. Please email leader to register. TC Southern Harriman Trails map 118.

Sunday, 2/16 Ramapo Lakes B 6/7.5 B 9:30 AM CEG 600/750 ft Chris Connolly 201-321-6605 c.connolly7@verizon.net(pref.) Leave from Skyline Drive upper parking area. Hikers will have alternative of 6-mile hike around Ramapo Lake or 7.5 miles adding Lakes Tamarack and Todd. TC North Jersey Trails map 115.

Thursday, 2/20 Ringwood State Park B 7 B 9:30 AM Roland Autran (h) 201-886-9119 autran@msn.com (pref.) (c) 201-699-3388 Leave from Shepherd Lake Recreation Area parking lot at the end of Shepherd Lake Road. This is a moderate hike taking us on the Ringwood-Ramapo Trail all the way to the Crossover Trail going around the Weyble Pond. A bike trail then takes us to the Halifax Trail on the west side of Glasmere Pond. Another bike trail takes us to the R-R Trail and back to the parking area. This is Hike #9 from the “Hike Of The Week” by Daniel Chazin. Severe inclement weather cancels. Please register for this hike by email. TC North Jersey Trails map 115.
Saturday, 2/22  Pine Swamp Mt The Easy Way  C 4 B  
10:00 AM  
Karen Rose  
(c) 551-804-0358  
kkarose@aol.com  
Leave from Lake Skannatati parking lot off Seven Lakes Drive, Harriman Park. Starting on the Long Path, weather conditions will determine the route. May need traction devices. Email or call to register. TC Northern Harriman map 119.

Sunday, 2/23  Stone Memorial for Lunch  B 5 B  
10:00 AM  
Roy Wooters  
(c) 845-304-0867  
rfwoot@gmail.com  
Leave from the Town of Ramapo Equestrian Center to hike the Pine Meadow & Suffern Bear Mountain Trails to the Stone Memorial. Proper winter attire (no cotton) and traction devices required. Must contact leader to register via email with phone number. Bad driving conditions or rain cancels hike. TC Harriman Bear-Mountain Southern map 118.

Sunday, 2/23  Frick Pond Snowshoe  B 3/4.5 B  
10:00 AM  in the Catskills  
Deanna Felicetta  845-216-2021  
felicetta.deanna@gmail.com  
Frick Pond is a lovely Catskill winter hike in Sullivan County, NY. The trail offers views and little elevation gain. Distance will depend on snowfall amounts and wind which will determine our using the inner or outer trail loop. Dress warmly and bring fluids and snacks. Best access is route 17, exit 96, Livingston Manor. It’s next to Mongaup State Park. Register by Thursday before hike. TC Catskills Trails map 144.

Thursday, 2/27  The Old Alpine Trail  C 4 B-  
10:00 AM  (Used by British Troops in 1776)  CEG 460 ft  
Mario Medici  201-396-9391  
marioamedici@gmail.com  
Co-leader: Susan Serico  973-809-7307  
stirlingfiretower01@gmail.com (pref.)  
Leave from the PIP Alpine Boat Basin. This hike is intended for people with limited hiking experience or who want an easy hike. There is a sustained uphill portion at the beginning and several moderate up and down portions. Please email hike leader to register. TC Hudson Palisades Trails map 108/109.

Saturday, 2/29  Dunderberg Spiral Railway & Bald Mountain  B+ 8 B+  
9:00 AM  
Mary Gelber  917-922-3203  
mlgel91@aol.com  
Leave from RD-Timp Torne Trailhead parking 4 miles south of the Bear Mt. Traffic Circle on Route 9W (GPS 41.281137,-73.962838). This is a loop hike following portions of the never completed Dunderberg Spiral Railway to the summit of Bald Mt. with beautiful expansive views of the Hudson. The hike offers a tough climb with rewarding views. It is hike #52 in Dan Chazin’s book “Hike Of The Week”. TC Northern Harriman Trails map 119.

Pre-registration is required. All changes and additions to the schedule will be posted at www.adknjr.org/changes.

Sunday, 3/1  Ramapo Reservation  C 5 B  
10:00 AM  
Karen Rose  
(c) 551-804-0358  
kkarose@aol.com  
Leave from the Ramapo Reservation parking lot on Rt. 202 in Mahwah. Weather conditions will determine the route. May need traction devices. Must call or email to register. TC North Jersey Trail map 115.

Thursday 3/5  Big Hill Shelter for Lunch  B 5 B  
10:00 AM  CEG 1250 ft  
Roy Wooters  
(c) 845-304-0867  
rfwoot@gmail.com  
Leave from the parking area where the Long Path crosses Route 75 (Call Hollow Road). Hike the Long Path to the shelter. Return on the SBM, Old Turnpike Woods Road and the Long Path. Proper winter attire (no cotton) and traction devices required. Must contact leader to register via email with phone number. Bad driving conditions or rain cancels hike. Bear-Mountain Southern Trails map 118.

Saturday, 3/7  Lewis Morris Park  B 6 B  
10:00 AM  
Jeffrey Sovelove  
Hiker_Dood@yahoo.com  
Joint ADK/Sierra Club hike. Leave from the lower Sunrise Lake parking lot. We will hike to the upper parking lot and back down to the lake using a combination of the Yellow and Red Trails. The pace will be moderate. Bring water, a snack, and wear hiking boots. Inclement weather cancels. See the Morris County Parks Commission website http://www.morrisparks.net/index.php/parks/lewis-morris-county-park for directions. GPS Address: 270 Mendham Rd, Morris Township, NJ 07960.

Sunday, 3/8  Daylight Savings Time Begins  

Sunday, 3/8  The Bottle Cap End To End  B 7 B  
9:30 AM  
Peter Tilgner and Suzan Gordon  
(h) 201-871-3531  
petertilgner@icloud.com  
(c) 201-364-9719  
Leave from Lake Skannatati parking lot. The hike will use the ASB and Red Cross Trails plus an unmaintained trail to the Camp Thendora Road. Crossing Seven Lakes Drive we join the Bottle Cap and on to the Long Path for our return. Please let us know if you will join us for this walk in the woods. Rain cancels. TC Northern Harriman Trails map 119.
Pre-registration is **required**. All changes and additions to the schedule will be posted at www.adknjr.org/changes.
This photo depicts the question that humanity has pondered since the dawn of civilization - when is the best time to don traction devices? Obviously the photographer and the hiker in the background put theirs on while sitting in the comfort of their still warm autos. The others were concerned about premature wear and tear of their devices from walking with them on the roadway to get to the trailhead. So, they had no choice but to sit on the ice cold pavement while struggling to put them on. The poor hiker standing on the left hasn’t even reached that stage, as he is still untangling his microspikes! If you look closely, you can see by the smile on her face that the standing hiker finds it quite amusing,