

HIKES and STUFF

Attention Leaders and Hikers

Please phone Ed Aloe at 203-618-0260 or email: ealoe@Verizon.net with names and contact info of hikers new to ADK. When car-pooling, it is recommended that a charge of 30¢ per mile be equally divided among passengers, including the driver, and that everyone shares in the tolls. Trip tales go to c.harting@verizon.net. To enter the **leader lottery**, send your signup sheets to Pat Johnston, 35 Milburn Road. Apt. 1. Goshen. NY 10924

Saturday, July 3 **Lake Sonoma Loop** (Joint with WTA)

This will be a 6.5 mile moderate hike. Using the Hewitt-Butler Trail and the recently blazed Lake Sonoma and Overlook Rock trails, we will do a loop from Burnt Meadow Road. Meet at the Long Pond Ironworks parking lot in Ringwood, NJ at 9:45 a.m. for a short ride to the trail head. Contact leader Carol Ann Benton 914-762-7347 (NCA 9:30 p.m.); email: aquarius2950@hotmail.com. Must contact leader to confirm. Inclement weather (extreme heat or rain) cancels.



*HAPPY 4th
of July*

Sunday, July 4 **Pound Ridge Reservation (Joint with WTA)**

Before going to those cookouts and fireworks, join us for an easy-to-moderate hike in Pound Ridge. We will start out with a climb up to the old fire tower, then down through some wonderful rock formations and out to Kimberly Bridge picnic area where we will enjoy a snack or lunch. Then continue for another hour or so before heading home. Contact Carol Harting at 845-669-6731 to register.

Tuesday, July 6 **Mohican Walkers**

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between 1 and 1½ hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, July 10 **Wawayanda State Park (Joint with WTA)**

This 9-10 mile, easy-to-moderate circular hike takes us through New Jersey's Wawayanda State Park and along Wawayanda lake on the leader's annual quest to find rhododendron in bloom. Pace will be adjusted to the weather. Contact leader: Eileen West at 914-747-3776 for meeting time and place or e-mail at: eileenw1000@yahoo.com. Rain cancels.

Sunday July 11 **Rockefeller State Park**

Come on this easy morning hike with lots of different trails to choose from. Our leader is the expert on this park and can answer any questions regarding the trails and its history. With 180 recorded species of birds and its IBA (Important Bird Areas) designation by the National Audubon Society, the preserve is a must visit area for birders. Call Jean Dolen for meeting time and place at 914-948-4585.

Sunday, July 11 **Canoe/Kayak** **Basher Kill or Leader's Choice**

This is the largest freshwater wetland in southeastern New York which protects acres of habitat for all kinds of wildlife. The middle section of the Shawangunk Mountains runs down the eastern shore of the Basher Kill, providing a scenic backdrop for paddlers and hikers alike. There may be space in leader's canoe. Bring binoculars, lunch, and a sense of adventure. To register, contact leader Jane Smalley at 914-276-0413 or e-mail jsmallpt@aol.com.



Tuesday, July 13
Mohican Walkers

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between 1 and 1 ½ hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, July 17
Crazy Eight Hike

We will go up and over Mt. Taurus on the Washburn Trail, circle down and around on the Blue and Red Trails to get to the Undercliff Trail going up the side of Breakneck Ridge. We will continue up on Breakneck to where the Blue Trail comes down again, finally hooking up again with the Undercliff going in the opposite direction to climb back up Taurus, returning on the Washburn to our starting place. This crazy eight hike has a total elevation of about 3000 feet broken up into four separate climbs. There will be wonderful views since the leaves will have fallen, and those who are short of time or inclination or if the day turns out to be very hot and humid, the hike can easily be cut short, returning on the Blue Trail at a couple of points along the way. The hike length is about 6 miles. It's my current favorite! To register, contact leader Carole Ehleben at 914-205-3207 or email Ehleben@optonline.net.

Saturday, July 17
**Bennett's Pond State Park
Ridgefield, CT**

Easy two-hour hike--enjoy a lovely summer walk through meadows, along a lake with beaver dams and water fowl, then onto a woods trail. Sturdy shoes and water are recommended. We will then head over to a great eating place in Danbury for the "best coffee in town", to eat either breakfast or lunch depending on your preference. To register, contact leader Rosanne Schepis at 203-417-5552 or rschep@yahoo.com for time and meeting location.

Sunday, July 18
**Island Pond Circular
(Joint with WTA)**

This is a 5-mile moderate hike. We will park at the Elk Pen and start with the steep climb up the ASB. Pace will be adjusted to weather conditions. Long lunch break by Island Pond, but the no swimming policy is vigorously enforced. Return on the A.T. Leader: Catharine Raffaele at 914-948-4061 or via email at callen@juno.com.

Tuesday, July 20
Mohican Walkers

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between 1 and 1 ½ hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, July 24
**NY/NJ State Line Lookout at the Palisades
(Joint with WTA)**

Hike 5-6 miles, mostly moderate but with some steep sections and some rock scrambling on the Giant Stairs. We will hike on the Long Path and Shore Trails, while enjoying constant views of the Hudson River. Bring plenty of water and lunch. Meet at the State Line Lookout at 10 a.m. or at North White Plains at 9:15 a.m. For more information and to register, contact leader Margaret Freifeld at 914-666-0710 or via email at: mcfreifeld@yahoo.com.

Sunday, July 25
**A Biking Adventure from Amenia to Millerton
and Back on the Harlem Valley Rail Trail**

Get those bikes out of the basement or from the back of the garage--dust them off and come join us for this 16.2 mile bike ride done at a leisurely pace. This bike trail is absolutely flat but beautiful as you pass through farmland and streams and is completely off all roads.

From the beginning of Route 22 as you leave Interstate 684 heading North, travel 32 miles to Amenia, turn right onto 343 and then turn right on

Mechanic Street into the parking lot for the rail trail. We will meet there at 10:00 a.m. We will then hop on our bikes and travel 8.1 miles to Millerton, which we should reach well before noon. We can then spend an hour or two eating lunch (bring your own or eat out), enjoying free samples of tea at Harney Tea house, having ice cream, shopping at a wonderful thrift store where the proceeds go to an early childhood program, etc., etc. Then back on the bikes for another 8.1 miles back to the cars. Make sure to bring a bike lock so it can be locked at Millerton. For those who want to do more can travel an additional 5 miles to Wassaic and back. Call Carol Harting at 845-669-6731 to register.

Tuesday, July 27
Mohican Walkers

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between 1 and 1 ½ hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, July 31
Appalachian Trail/Long Path
(Joint with WTA)

This is a 7.6 mile, moderately strenuous hike. We will do a loop hoping to find ripe blueberries to munch on. Meet at the Silvermine parking lot off Seven Lakes Drive at 9:45 a.m. (a parking fee is charged so you may want to carpool and split the cost). Leader: Carol Ann Benton 914-762-7347 (NCA 9:30 p.m.); aquarius2950@hotmail.com. Must contact leader to confirm. Inclement weather (extreme heat or rain) cancels.

Sunday, August 1 at Noon
Annual Picnic--Croton Point Park



Sunday, August 1
West Rock Ridge State Park
(Joint with WTA)

Enjoy a 7-8 mile moderate hike along the trap rock ridges of the Regicides Trail in Hamden, Connecticut, and a return through forested areas and along a lake. The Regicides Trail is named for two of the 59 judges who signed a death warrant for King Charles I of England. When the monarchy was restored and Charles II sought revenge, these two judges fled to New Haven and hid in the "Judge's Cave", which we also pass. Contact leader Eileen West for meeting time and place at 914-747-3776; e-mail at eileenw1000@yahoo.com. Rain cancels.

Tuesday, August 3
Mohican Walkers

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between 1 and 1 ½ hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, August 7
Bearfort Ridge/Quail Trail Loop

This 6-mile moderate loop hike in Abram S. Hewitt State Park in northern New Jersey (close to NY state line border), traverses the Bearfort Ridge with its unusual puddingstone conglomerate rock and pitch pines growing out of bedrock, passes through a rhododendron tunnel, and comes out on the shore of Surprise Lake. Views of Upper Greenwood Lake, and if the skies are clear, the NYC skyline may be seen in the distance to the east. Contact leader Pat Johnston for meeting time and place at hikerqueen@aol.com or by phone: 845-294-3439.

Sunday, August 8
Four Park Walk
Hike in Greenwich, CT

We will hook together four parks for our two hour, 3-4 mile morning hike. There will be some rough footing and possibly a few nasty plants in spots so good footwear and long trousers are recommended. Water and snacks for our break are



also recommended although there are a few fountains. There will also be lovely flowers and some nice stream overlooks, plus a bit of history. We will likely meet at 9:30 a.m. at the Central Middle School at Orchard St. and Indian Rock Lane. To register, contact leader Jane Restani via email at irabjanea@aol.com by 5 p.m. Saturday. Leave your telephone number so that you may be contacted about any changes.

Sunday, August 8
Fahnestock State Park Mine Ramble
(Joint with WTA)

This is a 7.5 mile, moderate to strenuous hike. Meet leaders at the parking lot on Route 301 just west of the boat rental in Fahnestock at 9:45 a.m. Hike the Appalachian and Three Lakes trails in Fahnestock State Park with off-trail hiking to look at former iron mines in the park through hilly terrain that will "nickel and dime" you. Bring water, lunch. Contact leaders Jane and Walt Daniels at 914-245-1250 or via email at: jdhikes@gmail.com.

Tuesday, August 10
Mohican Walkers

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between 1 and ½ hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, August 14
Mianus River Gorge Preserve
(Joint with WTA)

Enjoy this 4-5 miles easy hike. This lovely preserve offers a cool retreat from the summer heat. Lunch after the walk at the preserve entrance. Contact leader Catharine Raffaele at 914-948-4061 or callen@juno.com. *Qualifies for the Westchester 100 (No. 56).*

Sunday, August 15
Dog Days of Summer Part 2

If the heat and humidity of August (dog days of summer) bother you as much as it does me, let's do an easy hike (or two) in Carmel, NY. We will go

to the Fred Dill Wildlife Sanctuary, the Tilly Foster Farm, the Putnam County Bikeway, or a combination of two of them depending on how hot and humid it is that day. Rain cancels. To register, contact hike leader Barry Leibowitz by phone at 845-278-2479 by 9 p.m. on Friday, August 13 (I will be away on Saturday).

Tuesday, August 17
Mohican Walkers

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between an 1 and ½ hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, August 21
Old Croton Aqueduct

We will start this easy morning hike at Old Croton Aqueduct. This is a good summer hike since it is mostly shaded. We will also try a few trails in Rockefeller Park. Children are more than welcome. Call Becky Whipple at 914-747-0018 for meeting time and place.

Saturday, August 21
Wilkinson Memorial Trail End-to-End
(Joint with WTA)

Join us for a 9 mile, moderate-to-strenuous hike at a reasonable pace. This hike, covering the full length of the Wilkinson Memorial Trail, takes us along Scofield Ridge, over Sugarloaf Mtn. and down to the Hudson River. About 2500 feet elevation gain with some steep ups and downs, and featuring spectacular views overlooking the Hudson and the skyline of NYC. We'll set up a shuttle on Route 9D and begin the hike off Route 9, three miles north of Route 301. Contact one of the co-leaders to register. Co-leaders: Jane Smalley at 914-276-0413 or e-mail jsmallpt@aol.com and Eileen West at 914-747-3776 or email at eileenw1000@yahoo.com. Anyone wishing to meet at North White Plains should contact Eileen for information.



Sunday, August 22
Constitution Island

(Joint with Shorewalkers and WTA)

Meet at 10 a.m. at North White Plains (NWP) to optional return (11 a.m. if going directly to meeting place at Cold Spring southbound commuter parking facility). This is a child-friendly hike. Strolling, sightseeing at a gentle pace and/or an easy hike up to the Revolutionary War redoubt. Bring photo I.D. Expect entrance fee of \$10, covering mini-bus transport onto Island, possible boat ride, guided walks or independent exploration privileges. Amenities include shaded picnic groves, public restrooms, a gift shop in the historic Warner House, walking trails, and a hot dog vendor. Rain or shine except if stormy, but note repeat visit tomorrow. Contact leader Stewart Manville at 914-582-1237.

Sunday, August 22
Lillinonah in Newtown, CT

Come on this moderate 6.3 mile hike with many ups and downs and a beautiful view over Lake Lillinonah. Call Roeli Johansson for meeting time and place at 203-267-5619.

Tuesday, August 24
Mohican Walkers

Fran and Bella will be continuing their popular weekday rambles in the preserves described in Jane and Walt Daniel's Walkable Westchester. Each easy-to-moderate walk will last between 1 and 1 1/2 hours and will be posted on our club's yahoo groups, or you may contact Fran Resch at 914-255-7742 or email at dbvfxr@earthlink.net by 5:00 p.m. the Monday before each walk.

Saturday, August 28
Sleeping Giant State Park, Hamden, CT

We will do a 6 or 7 mile loop incorporating the blue and white trails--the two most difficult trails in the park. Expect some rock scrambling, lots of ups and downs, and great views. Expect about 2000 feet elevation gain. To register, call leader Kathie Laug at 203-348-3993 or via e-mail at kfriedmanlaug@optonline.net.

Sunday, August 29
Osborn Loop (Joint with WTA)

Join us on this "almost end of summer hike" where we will start from Manitoga and hike along the Osborn Loop up to the wonderful lunch spot on Sugarloaf South overlooking the Hudson. You will be in for a treat if the cactus is in bloom. This will be a moderate hike of about 4 hours plus lunch. Call Carol Harting to register at 845-669-6731.

MEMBERSHIP APPLICATION

To join:
Send this form with payment to:
Adirondack Mountain Club
814 Goggins Road
Lake George, NY 12845-4117
Or call 800-395-8080
 Family Life \$1950
 Individual Life \$1300
 Adult \$50
 Family \$60
 Senior (65+) \$40
 Senior Family (65+) \$50
 Student (full time 18+) \$40
School _____

ADK is a non-profit, tax-exempt organization. Membership fees are tax deductible, as allowed by law. Please allow 6-8 weeks for receipt of first issue of Adirondac.

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____
Home Phone: (____) _____
 I want to be a Mohican Member
List spouse and children under 18 and birth dates:
Spouse: _____
Child: _____ Birth Date: _____
Child: _____ Birth Date: _____
Bill my: Visa Mastercard Discover
Expiration Date: _____ Account #: _____

Signature (required for charge)