



HIKES and STUFF

Attention Leaders and Hikers

Please phone Ed Aloe at 203-618-0260 or email: ealoe@optonline.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, September 4

Lion's Head and Bear Mt., CT (Joint with WTA)

We will ascend via the Undermountain and Paradise Lane trails to the summit of Bear Mt. (at 2,316 feet the highest mountain entirely in CT), then continue south on the Appalachian Trail to Lion's Head lookout and end at Rt. 41 in Salisbury. About 9 miles at a moderate pace with some steep and rocky sections. Great views from both Bear Mountain and Lion's Head. To register, contact leader Kathie Laug at 203-348-3993 or e-mail kfriedmanlaug@optonline.net

Sunday, September 5

Canoe/Kayak Chodikee Lake, Highland, NY

About 5 or 6 miles of lake and stream paddling. The meandering streams at both the north and south ends provide plenty of wildlife habitat, extensive wooded swamps and stands of cattails and other marsh vegetation. In September, we may see the beginning of the fall bird migration. Bring lunch and binoculars. There may be space in leader's canoe. Directions: NYS Thruway to Exit 18, New Paltz. Turn left onto 299 and then a right into the mall. We'll meet at 10:00 a.m. at the Mall. To register, call leader Jane Smalley at 914-276-0413 or e-mail jsmallpt@aol.com

Sunday, September 5

The Appalachian Trail and Indian Hill Loop (Joint with WTA)

This will be an 8-mile moderate-to-strenuous hike. Start the day on the A.T. with an ascent of Agony Grind. After enjoying the view, we'll head over to Indian Hill, wind our way around the loop, head back to the AT, and continue past Little Dam Lake

to end on East Mombasha Road. Contact Eileen West via e-mail at eileenw1000@yahoo.com. Rain cancels. Short shuttle required.

Monday, September 6

Labor Day Hike at Hudson Highlands Gateway Park (Joint with WTA)

This is an easy 4-5 mile hike in the town of Cortlandt, with gentle ups and downs. Take Highland Avenue off the Bear Mountain Expressway and turn on Sprout Brook Road to the second parking lot designated by the sign for the Park. To register, contact Carol Harting at 845-669-6731 for meeting time. Qualifies for the Westchester 100 (No. 31).

Tuesday, September 7

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 1-1½ 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, September 11

Harriman State Park

This 6-7 mile hike will start from Skannatati parking lot off Seven Lakes Drive, hiking on the Ramapo-Dunderberg trail to Times Square to the Lichen trail, and then various trails back to the cars. One moderate up and then lots of nice views. There's just the little bump in the beginning and then it's fairly easy. Deirdre Feeney co-leading with Sarah Davis. E-mail Deirdre at feeney@fideslic.com or call: 914-591-5112 (home) or at 914-649 5062 (cell) to register.

Sunday, September 12

Mountain Lakes Camp in North Salem, NY

This hike will be about three hours of moderate walking on rolling hills in an old campsite. Call Jean Dolen for meeting time and place at 914-948-4585.



Tuesday, September 14
Mohican Walkers

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Saturday, September 18
Zoar Trail in Connecticut

This is a moderate 6-7 mile hike with gentle ups and downs. Contact Roeli Johansson at 203-267-5619.

Sunday, September 19
Tarrywile Park in Danbury, CT

Moderate 3.2 mile hike with a couple of climbs and descents to Mootry Peak lookout. This hike takes us through hay fields, past ponds and into the woods. Bring water and snack/lunch. Meet at 10:00 a.m. at the parking lot just inside the Southern Blvd. entrance. Contact hike leader Rosanne Schepis to register at 203-417-5552 or rschep@yahoo.com.

Tuesday, September 21
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, September 25
Highlands Trail Continuation

This end-to-end 8.8-mile moderate hike follows the Highlands/Stonetown Circular trails through the North Jersey District Water Supply Commission land in northern NJ. Enjoy many scenic viewpoints from Board, Bear, Windbeam, and Little Windbeam mountains. Upon entering Norvin Green State Forest, the Highlands trail will follow the Wyanokie Circular trail over Wyanokie High Point (with a

panoramic 360° view of the NYC skyline visible to the east on a clear day). Then the coaligned Hewitt-Butler/Highlands trails will take us over Carris Hill and Yoo-Hoo Point. The hike finishes at Otter Hole, where we may enjoy a waterfall depending if there's been some rain. For meeting time and place, contact leader Pat Johnston at 845-294-3439 or via email at hikerqueen@aol.com.

Saturday, September 25
**North County Trailway Bike Trip
(Joint with WTA)**

Participants should meet at 9:30 a.m. at the Old Saw Mill River Road parking lot in Tarrytown/Eastview (the lot is next to the trailway and just east of the reservoir), with bicycle, helmets and water. Possible stop at a pizza place for lunch. For more details, call Will Raffaele at 914-948-4061 or e-mail wgr6@hotmail.com.

Sunday, September 26
West Mountain Loop (Joint with WTA)

6.5 miles, moderate to strenuous. This hike features several expansive views over the Hudson River and surrounding hills. Meet in the north parking lot of Anthony Wayne Recreation Area at 9:45 a.m. Inclement weather cancels. Contact Carol Ann Benton to confirm 914-762-7347 or e-mail at aquarius2950@hotmail.com.

Tuesday, September 28
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 1-1½ 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, October 2
East Hudson Highlands Loop (Joint with WTA)

9 miles, moderate to strenuous with several steep climbs and descents. Well-marked trails: Brook, Breakneck Ridge and Wilkinson Memorial in highlands overlooking Hudson River north of Cold Spring. Dry forested area, varied terrain. Rain cancels. Contact Elena Burova at 914-729-0076 or



elena.burova@gmail.com; or Valery at 917-853-0317 the day before to confirm and for the hike status. Bring lunch and plenty of water. Those wishing to go directly to the trailhead, meet the leader in the Mt. Taurus parking lot (on Rt. 9D, 0.7 miles north of Rt. 301) at 10:00 a.m. for a short drive to the start of the hike.

Saturday, October 2
**Walkway Over the Hudson and
Franny Reese State Park Loop**

Easy-to-moderate 6-mile panoramic "hike" over the Hudson River on the restored railroad bridge between Poughkeepsie and Highland, NY, with a loop through Franny Reese State Park and return over the Mid-Hudson Bridge. The Walkway part of the hike is easy with some moderate elevation gain in Franny Reese State Park. We will meet on the Poughkeepsie side of the river in the Walkway parking lot at 9:30 a.m. To register and for directions, contact Steve Singlak at 845-628-1812 or via email at: srshudson@verizon.net.

Sunday, October 3
Rockhouse Loop in Harriman (Joint with WTA)

This 7.3-mile hike, which starts at Tiorati Brook Road, features history and views. We will stop and visit the old cemetery on the Beech Trail, which was cleaned and restored by Eagle Scouts in 1990. Some of the headstones date back to the mid-1800s. We then will take the Long Path up to the Pine Swamp Mountain vista, and head back to the cars on the Red Cross Trail. For meeting time and place, call Carol Harting at 845-669-6731.

Sunday, October 3
**Canoe/Kayak
Bantam River, Litchfield, CT**

We'll explore a new river and lake in CT about an hour north of I-684. The north end of the lake and the Bantam River, which enters and exits the lake here, provides superb quiet water paddling through an extensive tract of land protective by the White Memorial Foundation. We will paddle upstream on this gently twisting river for a few miles to Little Pond and then downstream reaching the north end of the lake to explore along the shoreline. We'll meet at 10:00 a.m. at Rt. 202 and 209. Bring binoculars, lunch, and a willingness to explore. There may be space in leader's canoe. To register,

call leader Jane Smalley at 914-276-0413 or e-mail jsmallpt@aol.com.

Tuesday, October 5
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 1-1½ 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, October 9
**Bedford and Mount Kisco on Westchester 100
Trails (Joint with WTA)**

An 8-9 mile moderate hike. We'll start the day with a short foray into Westmoreland Sanctuary from a Westchester 100 Mystery Trail, then shuttle over to Marsh Sanctuary where we'll enjoy the different paths, continue hiking through Leonard Park and onto another Marsh trail, and then explore the trails at Merestead estate, for a full day of hiking on varied terrain. Qualifies for the Westchester 100 (Nos. 10, 36, 65 and 100). Contact leader Eileen West via e-mail at eileenw1000@yahoo.com. Due to the car shuttle required, you must register no later than Wednesday, October 6, to ensure transportation for everyone.

Saturday, October 9
**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 I-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 return to the bikes for another 8.1 miles back to the cars. Make sure to bring a bike lock so it can be secured at Millerton. For those who want to do more, you can travel an additional 5 miles to Wassaic and back. Call Carol Harting at 845-669-6731 to register.

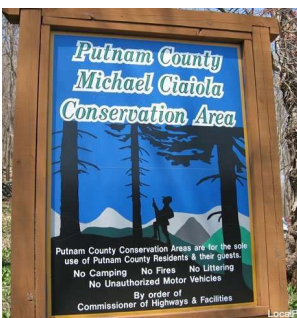
Sunday, October 10

Along the Sound, New Rochelle, Larchmont and Mamaroneck on Westchester 100 Trails (Joint with WTA)

This is an easy 7-mile hike, with an option to do about half that distance by meeting or leaving the group after lunch. Explore different parks and conservation areas along Long Island Sound, with visits to Five Islands Park, Premium Marsh, Manor Park, Hommocks Conservation Area and Harbor Island Park, plus two Westchester 100 Mystery Trails. Hiking boots are not required, but wear comfortable shoes because part of the hike will be on less travelled roads and sidewalks. Qualifies for the Westchester 100 (Nos. 89, 90 and 100). Contact Eileen West via e-mail at eileenw1000@yahoo.com. Due to the car shuttle required, you must register no later than Wednesday, October 6, to ensure transportation for everyone.

Monday, October 11

Ciaiola Conservation Area Putnam County, Patterson, NY



Moderately difficult with some up and down hills but at a reasonable pace. Hike on a variety of trails through woods and to brooks and waterfalls (if enough water is flowing). There are at least two view points along the way. This park was formerly called

the Walter G. Merit Park but was renamed in memory of Michael Ciaiola, long time land conservationist and president of the Putnam Land Trust. Contact hike leader Barry Leibowitz by phone at 845-278-2479 between October 5, 6 p.m. and October 10, 6 p.m. Rain cancels.

Tuesday, October 12
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 1-1½ 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, October 16
Sterling Forest (Joint with WTA)

A 6-7 mile moderate hike. We will travel from the Visitor's Center, with its beautiful view of Sterling Lake and the surrounding foliage, up to the fire tower and along the ridge. Return on the lake shore. Contact leader Catharine Raffaele at 914-948-4061 or via email at callen150@juno.com.

Sunday, October 17
Ward Pound Ridge Reservation (Joint with WTA)

Meet at North White Plains at 9:00 a.m. or at Michigan Road parking area within the Reservation at 9:30 a.m. This will be a 7.5-8 mile moderate hike along wide woods roads and narrow trails stopping to see the Civilian Conservation Corps camp. Enjoy the rocks along the new Rocks Trail: Indian Shelter, Raven Rocks, Castle Rock, Spy Rock, Bear Rock and Dancing Rock. There is no rock scrambling on this hike, but lots of ways to enjoy rocks from an historical perspective—views of, views from, a climb up to, a petroglyph, and exposed bedrock where people supposedly danced. Bring lunch and water. Leaders: Jane and Walt Daniels 914-245-1250 or jdhikes@gmail.com. Qualifies for the Westchester 100 (No. 63).

Tuesday, October 19
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 1-1½ 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, October 23

Southern Shawangunks, Sam's Point, Ice Caves Mountain (Joint with WTA)



This 8-mile moderate hike features panoramic views from many points along the way. We will start at Sam's Point and take the Long Path to Verkeerderkill Falls, which are quite spectacular when water levels are adequate.

Beyond the falls, we will turn north through the Badlands to High Point. Our return will be via the High Point Carriageway, passing Lake Maratanza. If time and energy levels permit, we will take the side trail to Indian Rock. Some parts of the hike are on carriage roads. Meet the group at 10 a.m. in the Sam's Point parking lot. For more information and to register, contact leader Margaret Freifeld 914-666-0710 or mcfreifeld@yahoo.com. There is a fee for parking, and carpooling is suggested. Those wishing to carpool from Westchester should contact Eileen West e-mail at eileenw1000@yahoo.com.

Saturday, October 23

Hudson Highlands Fall Foliage Cruise

Three-hour cruise (12:30-3:30 p.m.) aboard the historic M/V Commander. Board at Peekskill and Sail up to West Point and back. Cost is \$35/pp or \$30/pp 62+; \$25 for children. Call Barry Leibowitz at 845-278-2479 to reserve your places. Space is limited so do not delay!

Sunday, October 24

Westchester Wilderness Trails in Pound Ridge

This will be an easy or moderate hike of 2-4 hours depending on what the group wants to do. It is comprised of acreage all put together from the "backyards" of several famous residents of Pound Ridge, who have generously allowed these trails to be open to the public. Although I use the word "backyard," you will still need boots and probably sticks to navigate the ups and downs. Bring water and snacks too. The parking area is on Upper Shad Road, which is off Long Ridge Road. For time and directions and to register, contact leader Carole Ehleben via phone at 914-205-3207 or email Ehleben@optonline.net.

Sunday, October 24

Rockwood Park/Rockefeller State Park

Join us on this easy morning hike along the Hudson River. Call Joel Engelbrektsen at 914-769-2198 for meeting time and place.

Tuesday, October 26

Mohican Walkers

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Saturday, October 30

Dunderberg Circular (Joint with WTA)

This is an 8-9 mile, moderately strenuous hike. We will ascend via the Ramapo-Dunderberg trail, visit Bald Mt. and the Timp, and return on the Timp Torne trail. Lots of ups and downs all day long with rewarding views in all directions. Although it is Halloween Eve, we do not plan to spend the night on Bald Mountain! Contact leader Catharine Raffaele at 914-948-4061 or callen150@juno.com.

Saturday, October 30

Devil's Den, Redding, CT

This is an easy-to-moderate 5-6-mile hike depending on the preferences of the group. Please wear hiking boots. We will most likely do the Northern end in order to get to the scenic Great Ledges area. To register, e-mail Jane Restani by 5 p.m. Friday at irabjanea@aol.com.

Sunday, October 31

Timp Torne Circular (Joint with WTA)

This is a 5-mile moderate hike with some rock scrambling, which starts and ends at the Anthony Wayne parking lot in Harriman. We will be using several trails including the Fawn, Timp Torne and SBM, providing multiple views from the ridge top. Contact leader Mike Kaplan at 914-552-4933 or e-mail kaplanm2001@yahoo.com.