We could camp here, but it’ll be on rocks!” came a voice out of the trees. So we started paddling down the east side of Minisink Island looking for a more comfortable spot. It was getting dark and the campsites on the map all seemed to have been abandoned. (It was an old map.) In desperation, we began to examine any place that appeared flat only to find that it was hopelessly overgrown or crawling with poison ivy. So we keep going south and turned on our headlamps. In the moonlight, at the southern tip of the island, we dimly spied what seemed to be a large open space. There was no campsite shown here on the map, but we quickly pulled ashore. It had been used for camping; there was a fire ring. We had finally found our home for the night.

Saturday morning, bright and clear, we made our breakfasts, packed up and paddled south on the Delaware River. We saw no one on the river. It was mid-September, we felt relieved that the crowds had gone home. The river was ours!

When we reached Dingmans Ferry, about 5 miles downriver, we realized that we were not alone. The landing was hopping. A fleet of Kittatinney canoes took up most of the landing. A Kittatinney bus pulled up and disgorged itself of an army of eager young paddlers, laughing and shouting. A couple of dogs roamed about prodding food bags with their noses and drooling. We watched the travelers rummage through their camping gear, trying to fit coolers, chairs and their kitchen sinks into their boats. One would-be paddler sat in the bow seat, facing stern. “It’s time for us to shove off!, we thought. “We’d better keep ahead of these characters.”

We paddled another solitary 8 miles to Buck Island, where I remembered a really nice campsite at the downstream point, facing a Class 1 rapids. The site was no longer there! I grumbled to myself, “I’d better call for an updated map as soon as I get home!”

By the time we got to Poxono Island, we hadn’t realized that the fog had vanished as stealthily as it had crept up to surround us. It was now another sunny, clear, cool day. We had only drifted about 8.5 miles and there were only about another 2 miles to go. We’d better pull out at the Pahaquarry access, on the Jersey side, to pee, have a snack and stretch out legs. We’d better beat them!

As we paddled the S turn of Wallpack Bend, we evaluated the campsites of other groups, as paddlers crawled out of their tents, stood, stretched or scratched. Some Boy Scout groups were just beginning to load up. It’s amazing how much stuff some paddlers float downstream. The fog was still exercising its fragile beauty.

By the time we got to Pocono Island, we hadn’t realized that the fog had vanished as stealthily as it had crept up to surround us. It was now another sunny, clear, cool day. We had only drifted about 8.5 miles and there were only about another 2 miles to go. We’d better pull out at the Pahaquarry access, on the Jersey side, to pee, have a snack and stretch out legs. We had plenty of time to kill.

There was, what we labelled, a mother and son sitting in folding chairs on the launch ramp. The older woman was bundled in a blanket. They were amazed that we had paddled down from New Milford, PA, and even slept out on the river. We felt like explorers. They offered us some food.

We pushed off. Soon an armada of rented canoes surrounded us. "It must be one of the Scout groups we saw loading at Wallpack. Wow! There must be 15 canoes and kayaks, too. And look at all that stuff almost hanging over the gunnels! If they're heading for Smithfield Beach, it'll be hours by the time they unload all that stuff and get those boats out of the way. We'd better beat them!” Digging my paddle in, I drew with force. I got ahead and left the mob behind.
Elected Officers

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>E-mail</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Chair</td>
<td>Daniel Jones, Jr.</td>
<td><a href="mailto:jones.daniel.jr@gmail.com">jones.daniel.jr@gmail.com</a></td>
<td>845-485-7969</td>
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<tr>
<td>Chapter Director</td>
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<td>845-462-0142</td>
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<td>Lalita Malik</td>
<td><a href="mailto:lalitamalik@aol.com">lalitamalik@aol.com</a></td>
<td>845-592-0204</td>
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Committee Chairs & Other Volunteers

<table>
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<tr>
<th>Title</th>
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<tr>
<td>Conservation</td>
<td>Sayi Nulu</td>
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<td>845-454-5441</td>
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<td>Winter Trails &amp; Paddles</td>
<td>Russ Faller</td>
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<td>845-297-5126</td>
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<tr>
<td>NY-NJ Trail Conf. Del.</td>
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<td><a href="mailto:sadecker2002@yahoo.com">sadecker2002@yahoo.com</a></td>
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<td>845-462-0142</td>
</tr>
</tbody>
</table>

MAP & COMPASS WORKSHOP

Due to the popularity of the Map and Compass Workshop held last October, the workshop will be offered on Tuesday night, March 25th, at 6:00 PM in Poughkeepsie. Hank Osborn will be the instructor. Although there is no charge for this workshop, pre-registration is required due to limited space. Participants must bring their own compass. If you need to buy a compass, Hank recommends the Shunto A-10. Trail maps and memberships to the NY-NJ Trail conference will be available for purchase at the workshop. A Map and Compass Skills-Practice Hike is scheduled for Sunday afternoon, May 18th. Details about the hike will be provided at the workshop and in the Weekly e-mail Updates.

Register for the workshop with Salley Decker. E-mail: sadecker2002@yahoo.com before Friday, March 21st or call: (845) 454-4206 evenings until 9:30 PM. If necessary to leave a message, please provide name, telephone number, and the best time to call back.

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- Outings Log : Pages 10 & 11

In This Issue

You’re Invited!

Mid Hudson ADK Chapter Meeting

February 23, 2014

Place: Milanese Restaurant – 115 Main St., Poughkeepsie, NY

- 3:00 PM Board Meeting – All members are welcome to attend.
- 4:00 PM Presentation on the History of the Catskills. Guest Speaker will be Jeff Senterman, Senior Program Coordinator for the NY-NJ Trail Conference.
- Dinner will be served after the presentation (optional)
  * Cost per person is $27 including tax & tip.
  * Choice of three Entrées:
    - Eggplant Parmigiano
    - Chicken Marsala
    - Stuffed Fillet of Sole
  * Dinner includes Salad/Penne Pasta and coffee/tea.

Please RSVP if you would like to attend and if you would like to stay for dinner to: Brenda Harding Tel: 845-456-5914 Email: brendaharding99@yahoo.com

Mid-Hudson Trails
Chapter News & Events

March – May 2014

SAVE THESE DATES!

◊ Sat, June 7 – National Trails Day – Chapter ‘trek and trim’ - TBA

◊ Sat., June 14  10AM - 4PM Kingston Kayak Festival at Kingston Point Beach.
  ♦ Activities for Beginners who are curious about getting their feet wet with kayaks. Also be activities for experienced paddlers bringing their own kayaks and gear. Mid-Hudson Chapter ADKers will be admitted free. Bring your ADK membership card.

◊ Sun. June 15 - Kayak Skills Session – 9:00 am, Plum Point, New Windsor (All Levels)
  ♦ Leader: Don Urmston: mrurmston@gmail.com or 845-457-4552 (before 9pm)
  ♦ Come get a free lesson from our ADK paddling trip leaders. we will cover basic strokes, rescues & safety. Whether you are new to kayaking or just need to brush up on your basics, we’ll have something for you. Meet at Plum Point in New Windsor at 9:00am. Participants must preregister with leader. PFD required.

◊ Wed, July 2 – Wed, July 9 - Sixth Annual Erie Canal Trip – Sylvan Beach to Little Falls (C+, Easy but long)
  ♦ Leader: Don Urmston: mrurmston@gmail.com or 845-457-4552 (before 9pm)
  ♦ This year’s journey will have us base camping at Verona Beach for 2 nights and Little Falls for 3 nights. We will cover approx. 60 miles of the canal. Minimum 12’ kayak. Contact leader for more information. ADK Members only.

◊ Sat. July 12 - Plum Point, New Windsor (All skill levels welcome)- Kayak Safety on the Hudson River – Kayak talk & paddle
  ♦ Leader: Don Urmston Mrurmston@gmail.com or 845-549-4671
  ♦ The Hudson River has its own special challenges and dangers. Many kayakers are simply unaware of these special considerations. We will discuss many of these issues including, tides, currents, winds, charts, proper crossing techniques and what equipment should be in your kayak to safely navigate the Hudson. Then we will head out for a paddle and practice some of the techniques. “Big water” rules apply: 13.5’ kayak or longer with dual bulkheads or flotation. PFDs required, spray skirt recommended. Meet at Plum Point beach at 1pm. Participants must preregister.

◊ Sun July 13- Cold Spring to Bannerman’s Castle – (B, Intermediate)
  ♦ Leader: Don Urmston: Mrurmston@gmail.com or 845-549-4671 (before 9pm)
  ♦ We will paddle north from Cold Spring to see Bannerman’s Castle from the water. There is a rest stop at Little Stony Point. Approx. 6-8 miles total. This is a good paddle for novice paddlers who want to gain more experience on the Hudson. Big water rules apply: 13.5’ kayak with bulkheads or flotation. Participants must preregister with leader. PFD required. Launch from Foundry Cove Park at the Metro North station in Cold Spring.

◊ Sun July 20- Kayak Skills – Rescues 10:00 am, White Pond, Carmel, NY (All Levels)
  ♦ Leader: Don Urmston: Mrurmston@gmail.com or 845-457-4552 (before 9pm)
  ♦ Come get a free lesson from our ADK paddling trip leaders. We will cover rescues & safety. Whether you are new to kayaking or just need to brush up on your rescues, we’ll have something for you. White Pond is a nice, clean pond where the water is usually warm. Meet at 10:00am, bring change of clothes and be ready to get wet. Participants must preregister with leader. PFD required.

◊ Sat, Aug 2 – Outing Leaders picnic

◊ Sun, Aug 10 – Sat, Aug 16 – Annual White Mountains, NH Trip  FULL Contact Ginny Fauci gefauci@gmail.com to be put on wait list.

◊ Sun., Aug. 17 - Fri., Aug. 29, 2014  Appalachian Trail Backpack: 100-Mile Wilderness, Maine
  ♦ Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com.
GENERAL OUTINGS GUIDELINES

⇒ Notify leader of your intent to join an outing at least 2 days prior to the outing.
⇒ Be at designated meeting place 10 minutes prior to the scheduled departure time.
⇒ Car pooling is encouraged, riders are expected to share the expenses equally at a rate of $.20 per mile plus any tolls and parking fees incurred.
⇒ Dogs may be allowed on some outings, check with trip leader. If allowed; bring a leash, be able to control your dog and provide for its needs (especially water).
⇒ Guests are welcome to participate in two outings. After that they are encouraged to become members of the Mid-Hudson Chapter of the ADK.
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⇒ PFDs (Personal Flotation Devices) must be worn at all times on the water.
⇒ On “Big Water” trips, such as those on the Hudson River (see exceptions below), Long Island Sound, and Lake George, the minimum boat length is 13.5 feet and must have dual bulkheads or flotation (unless the boat is a sit-on-top kayak).

Hiking Guidelines
⇒ Check out the Ten Essentials (www.midhudsonadk.org/outings/tenessentials)
⇒ Wear sturdy footwear as required for season and type of outing.
⇒ Be equipped with water, lunch, snacks, extra clothing and foul weather gear.
⇒ HIKE RATINGS indicate relative degree of difficulty and may vary with terrain, weather, season, etc. Check with Trip Leader to verify that the trip is suitable for your ability.
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MHADK OUTINGS SCHEDULE SPRING 2014 – March, April & May

If changes/additions to these hikes occur, they will be found on the website & will be listed in the weekly e-mail

Mid Week Hikes - The leaders offer 3-6 hour hikes of varying difficulty to different areas of the Mid Hudson Valley. Hikes may be followed by a stop for refreshments. Leaders: Ginny Fauci, gefauci@gmail.com 845-399-2170 or Lalita Malik, Lalitamalik@aol.com (845) 592-0204. They will be held on the 1st and 3rd Thursday of each month until November when they will be held every Thursday. To add your name to the Mid-Week hike list, go to the bottom of the weekly e-mail to update your subscription.

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High Hopes Hikes - These are easier hikes for those who still want to get out but don’t want to hike long distances or climb high mountains. They will be led by various leaders on one or two Wednesday’s during each month.

Leisurely Tuesdays - Walks or easy hikes on the 4th Tuesday of each month.

Mid Week Paddles - We paddle scenic creeks, rivers, and lakes on most 2nd and 4th Thursdays until October. Occasionally when the weather is perfect, additional impromptu paddles will be arranged. Most of the paddles are moderate in pace and distance. A few are easy, a few more challenging. Leader: Shari Aber shna@Yahoo.com Specific details of each paddle will be sent to anyone on the Mid-Week kayak list. If you'd like to be added to the list, go to the bottom of the weekly e-mail to update your subscription. They will begin Mid-April.

MHADK OUTINGS SCHEDULE SPRING 2014 – March, April & May

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Kayak Library Presentations will be given by Don Urmston mrurmston@gmail.com on the following dates. He’s always looking for members to join him. If you can help him please email him.

- Thurs. March 6, Beacon Library 6:30pm
- Tues. March 18, Saugerties Library 6pm
- Sun. April 6, Pine Plains Library 2pm
- Tues. April 22, Elting Library, New Paltz (Ulster Co.) 7pm
- Tues. April 29, East Fishkill Library, 7pm
- Fri. June 13, Mt. St. Mary Desmond Campus 6pm

The Joys of Hiking Library Presentations will be given by Lalita Malik lalitamalik@aol.com or Ginny Fauci gefauci@gmail.com on the following dates. They are looking for members to join them. If you can help, please email.

- Mon, March 10, Saugerties – 6 pm - Ginny
- Mon, April 7, East Fishkill - 6:30 or 7pm - Lalita
- Tues, May 6, Mt St Mary College – 6pm
- Tues, May 20, Elting Library, New Paltz –7pm - Ginny

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<th>Description</th>
<th>Leader</th>
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<tr>
<td>Saturday, March 1</td>
<td>Castle Point Unique Area</td>
<td>Mel Kleiman</td>
<td>845-216-6805 <a href="mailto:nivlem.mk@gmail.com">nivlem.mk@gmail.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Saturday, March 1</td>
<td>Photo Hike – Duck Pond, Mohonk Preserve</td>
<td>BT Sullivan</td>
<td>845-594-9545 (before 9PM)</td>
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<tr>
<td>Sun, March 2</td>
<td>Quarry Inquiry with Codfish</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM) <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Class B</td>
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<tr>
<td>Sat, March 8</td>
<td>Stony Kill farm trails</td>
<td>Sayi Nulu</td>
<td>845-264-2270 <a href="mailto:sayileela@gmail.com">sayileela@gmail.com</a></td>
<td>Class C</td>
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<tr>
<td>Sun, March 9</td>
<td>Afternoon at Tivoli Bays</td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Class C</td>
</tr>
<tr>
<td>Saturday, March 15-Sunday, March 16</td>
<td>An Evening at the Dutch Doctor's - a Harriman backpack</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM) <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Moderate Backpack</td>
</tr>
<tr>
<td>Sat, March 15</td>
<td>Catskill Slide Mountain</td>
<td>Jean-Claude Fouéré</td>
<td>845-462-1909 <a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a></td>
<td>Class A</td>
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<tr>
<td>Sat, March 15</td>
<td>Fahnestock State Park</td>
<td>Georgette Weir</td>
<td>845-462-0142 <a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>Class B</td>
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<tr>
<td>Tues, March 25</td>
<td>Map and Compass Workshop</td>
<td>Salley Decker</td>
<td>845-454-4206 <a href="mailto:sadecker2002@yahoo.com">sadecker2002@yahoo.com</a></td>
<td>Workshop</td>
</tr>
<tr>
<td>Sat, March 29</td>
<td>Silver Mine (Harriman State Park)</td>
<td>Mel Kleiman</td>
<td>845-216-6805</td>
<td>Class B</td>
</tr>
<tr>
<td>Sun, March 30</td>
<td>Lost City (Minnewaska State Park)</td>
<td>Roberta Forest</td>
<td>845-750-7059</td>
<td>Class B</td>
</tr>
<tr>
<td>Sun, March 30</td>
<td>Castle Rock Unique Area and Arnold’s Flight</td>
<td>John Ragusa</td>
<td>917-692-1159</td>
<td>Class B</td>
</tr>
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</table>
Sat, March 1  Castle Point Unique Area  
Leader: Mel Kleiman nivlem.mk@gmail.com 845-216-6805  
End of winter hike in the Unique Area. Meet at 10 am at the Unique Area parking lot off of 9D, half mile south of Rte 403. 7-8 Miles, Class B. Contact leader with questions.  

Sat, March 1  Photo Hike – Duck Pond, Mohonk Preserve  
Think green and take a bus. Meeting place is 10 am at Trailways in New Paltz, NY on corner of Prospect & Main (Route 299). If driving park along Prospect Road. Extreme cold or inclement weather cancels. Bring camera, water, food, etc. See the last signs of winter. Contact leader for additional information.  

Sun, March 2  Quarry Inquiry with Codfish  
Leader: Russ Faller 845-297-5126 (before 9PM) or russoutdoors@yahoo.com  
This Catskills hike/bushwhack was cancelled in Dec. due to a snowstorm. Since Plattekill Mt. (3100’) is a favorite of Alan Via, author of The Catskill 67, let’s try it again. It’s mostly a trail hike, with a short 0.25-mile bushwhack. Good for those who want to see what bushwhacking is all about. Longtime bushwhackers will also enjoy it. After taking in a view of 60 miles of the Hudson River Valley against a backdrop of the mountains of Massachusetts from Codfish Point, we’ll leave the marked trail for a faint, unmarked quarry path. At the last quarry, we’ll start the short bushwhack to Plattekill’s summit. Total mileage is @5, with a 1400-ft ascent. Bring lunch, snacks, water and winter hiking gear, including microspikes or Stabilizers. Contact leader for meeting time/place & carpool info.  

Sat, March 8 - Stony Kill farm trails.  Class C  
Leader: Sayi Nulu 845-264-2270 sayileela@gmail.com  
Weather permitting we will take a leisurely walk in the Stony Kill farm, visit barn animals. It would be 2 to 3 hr walk/hike; prepare for winter weather with warm clothing. Meet at 11AM in parking area in front of Barn.  

Sun, March 9 - Reschedule from Feb Afternoon at Tivoli Bays  
Walk Leader: Sue Mackson 845 471 9892 suemackson@gmail.com  
The Hudson River marshes near Tivoli and abutting Bard College Campus are known to local exercisers out for a brisk walk, to paddlers out to see the wildlife, and to researchers of marsh life. Let’s just get out when the grass is not too tall and see if we see some eagles. We can walk up to 4.5 miles or cut it short. Meet at 1:30 pm at the Bard College Performing Arts (Fischer) Center—last parking lot past the center. Call for carpooling. We’ll stop for hot drink at the end of our sojourn.  

Sat., March 15 & Sun., March 16  An Evening at the Dutch Doctor’s - a Harriman backpack  
Leader: Russ Faller 845-297-5126 (before 9PM) or russoutdoors@yahoo.com  
From Tuxedo, NY, we’ll hike to the Dutch Doctor’s Shelter, passing viewpoints along the way. If the doctor’s not in, we’ll sleep there anyway. Two options: 13 or 18-mi. loop to be decided by group prior to trip, but could be changed during the hike if warranted. Moderate pace. Cold weather clothing/gear required. Limited to 6 hikers not afraid of the cold. Joint with AMC-NY/NJ.  

Sat, March 15  Catskill Slide Mountain  A level outing  
Leader: Jean-Claude Fouéré jcfouere@gmail.com; 845-462-1909  
A six to seven miles hike with plenty elevation taking us from the Frost Valley Road along the Curtis-Ormsbee trail to Slide Mountain (Ulster highest point) and back down along the Wintenberg trail. Meeting place and time: Frost Valley Road parking area at 9:00AM. Contact hike leader for detailed information and for car pooling.  

Sat, March 15: Fahnestock SP  
Leader: Georgette Weir 845-462-0142 georgette.weir@gmail.com  
Moderately strenuous 6-mile loop at a moderate (2mph) pace on the Appalachian Trail and Blue Trail in Fahnestock SP from Route 301. Find details at http://www.nynjtc.org/hike/fahnestock-state-park. Meeting Time/Place & carpool directions: Contact leader for info. Best time to Call: before 9pm.  

Tues, March 25 – Map and Compass Workshop  
ADK Leader contact Salley Decker 845-454-4206 sadecker2002@yahoo.com  
Location: Poughkeepsie Day School. Time: TBA. This is a free workshop, but registration is required since space is limited. Participants must provide their own compass. Instructor: Hank Osborn of the NNYTTC. NNYTTC memberships and maps will be for sale after the workshop. Register with Salley Decker no later than Friday, March 21st. If using e-mail, please put Map and Compass Workshop in subject line. Please provide telephone number on answering machine and/or in e-mail.  

Sat, March 29 – Silver Mine- 8 miles, Class B  
Leader: Mel Kleiman nivlem.mk@gmail.com 845-216-6805  
We’re looking for signs of spring at Silver Mine. Meet at 10 am at the Silver Mine Lake parking area. Contact leader for additional information.  

Sun, March 30 – Lost City- 7 miles, Class B  
Leader: Roberta Forest 845-750-7059  
Meet at the Minnewaska State Park Peters Kill lot at 10 am. The Minnewaska State Park fee applies. This hike is a joint hike with Mohonk Preserve Hikers. Contact leader for additional information.  

Sun, March 30 – Castle Rock Unique Area and Arnold’s Flight Hike Class B, 4 miles – Moderate  
Leader: John Ragusa – 917-692-1159  
We will hike in the Castle Rock Unique Area in Garrison, NY up to the top of Sugarloaf Hill for some great views of the Hudson and West Point and look for one of the few outcrops of native cactus in the state. We will then take the path down to the River where Benedict Arnold took flight from the colonialists and headed down the river towards the British. Meet at 11:00 am in the parking lot of the Castle Rock Unique Area located on Route 9D in Garrison, about a ¼ mile on the left after the intersection of Routes 9D and 403. Look for a brown NYS DEC sign designating the area. Heavy rain cancels.  

Mid-Hudson Trails  
Page 6
Sat, April 5  Photo Hike - Lake Minnewaska to Gertrude’s Nose, Minnewaska State Park  
Leader: Brian Sullivan Phone: (845.594.9545), Leave message.  
Think green and take a bus. Meeting place is 10 am at Trailways in New Paltz, NY on corner of Prospect & Main (Route 299). If driving park along Prospect Road. Extreme cold or inclement weather cancels. Bring camera, water, food, etc. Contact leader for additional information.

Sun, April 6  Millbrook Mt. and Gertrude’s Nose  
Leader: Roberta Forest 845-750-7059  
Meet at 10 am at the upper lot of Minnewaska. The Minnewaska State Park fee applies. This hike is a joint hike with Mohonk Preserve Hikers. Contact leader for additional information.

Sat, April 12  Breakneck-Beacon, 7 miles; B+; Map: East Hudson 102  
Leader: Alvin DeMaria 845-255-1704; demonalvin@yahoo.com  
Short car shuttle. We will hike the Wilkinson trail over Sugarloaf to South Beacon, then down the Casino trail to cars on Rt. 9D parking. Meet: Parking area on Rt. 9D at base of Mt Beacon at 9:30 AM.

Sat, April 12  Nuclear Lake & Cat Rocks AT, Moderately strenuous 6-7 miles at a moderate pace (2 mph)  
Leader: Georgette Weir 845-462-0142 georgette.weir@gmail.com  
We’ll take Appalachian Trail from Rt. 55, passing Nuclear Lake on our way to Cat Rocks for the view. Retrace steps to Nuclear Lake, than back on other side of the lake on Yellow Trail.
Spring Outings Schedule

www.midhudsonadk.org

Sat, April 26 - Trail Maintenance Workshop
Instructor: Tom Amisson, MHADK Trails Chair
Set-up and registration at 9:30; indoor workshop 10:00-11:30; lunch 11:30-12:00; light trail work 12:00-2:00. All at Stony Kill on Rt 9D in Wappinger Falls, near Beacon.

Sun, April 27 - Constitution Marsh, Cold Spring – Beginning Paddlers Welcome! (C, Easy)
Leader: Don Urmston 845-457-4552 (before 9pm) Mrurmston@gmail.com

MAY OUTINGS OVERVIEW (details follow)

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, May 3</td>
<td>Norwalk Islands, Norwalk, CT</td>
<td>Don Urmston</td>
<td>845-457-4552(before 9PM) <a href="mailto:Mrurmston@gmail.com">Mrurmston@gmail.com</a></td>
<td>Class A</td>
</tr>
<tr>
<td>Sunday, May 4</td>
<td>Acra Point &amp; Burnt Nob</td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Saturday, May 10</td>
<td>Hike from Rt.55 over to and around Nuclear Lake</td>
<td>Ellen Zelig and Bill Beehler</td>
<td>845-473-5557</td>
<td>Class C</td>
</tr>
<tr>
<td>Saturday, May 10</td>
<td>Hudson River Sweep: Lower Wappinger Creek</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM) <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Clean Up</td>
</tr>
<tr>
<td>Saturday, May 10</td>
<td>Harriman- Black Mountain Loop</td>
<td>Alvin Demaria</td>
<td>845-255-1704 <a href="mailto:demonalvin@yahoo.com">demonalvin@yahoo.com</a></td>
<td>Class B+</td>
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<tr>
<td>Saturday, May 10</td>
<td>Kenco Trail Fest, Rt. 28 Kingston</td>
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<tr>
<td>Saturday, May 17</td>
<td>Hyde Park Patch in a Day, Hudson River at Beacon</td>
<td>Mike Cunningham</td>
<td>203-748-7233 <a href="mailto:hikermiker@yahoo.com">hikermiker@yahoo.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Saturday, May 17</td>
<td>Black Creek Paddle &amp; Clean-out</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM) <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Clean Up</td>
</tr>
<tr>
<td>Sunday, May 18</td>
<td>Paddle the Fishkill Creek</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM) <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Easy</td>
</tr>
<tr>
<td>Sunday, May 18</td>
<td>Map &amp; Compass Skills Practice Hike</td>
<td>Salley Decker</td>
<td>845-454-4206</td>
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</tr>
<tr>
<td>Friday, May 23</td>
<td>Bard Rock Greenway Kickoff Ribbon Cutting with Hudson River paddle</td>
<td>Salley Decker</td>
<td>845-454-4206</td>
<td></td>
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<tr>
<td>Saturday, May 24</td>
<td>Black Rock Forest Wanderings</td>
<td>Georgette Weir</td>
<td>846-462-0142 <a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Sunday, May 25</td>
<td>Memorial Day Weekend at Cold Spring</td>
<td>Jeff Kaplan</td>
<td><a href="mailto:fitdoc@sprintmail.com">fitdoc@sprintmail.com</a></td>
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<tr>
<td>Tuesday, May 27</td>
<td>Leisure Hike, TBA</td>
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<tr>
<td>Saturday, May 31</td>
<td>Kayak from Long Wharf, Beacon, to Fishkill Creek Estuary</td>
<td>Tom Amisson</td>
<td><a href="mailto:tamisson@aol.com">tamisson@aol.com</a></td>
<td></td>
</tr>
</tbody>
</table>

Sat, May 3 - Norwalk Islands, Norwalk CT. (A, Advanced)
Leader: Don Urmston 845-457-4552 (before 9pm) Mrurmston@gmail.com

We will launch around 9:30am from Foundry Park, to catch the tide right. We will spend about 3-4 hours exploring the marsh. Hopefully, we will get to see the waterfall and the Audubon center. PFD Required! Register with leader by 4/25/14.

Sun, April 27 – West Mountain-Timp Hike 9 miles B+
Leader: Mel Kleiman nivlem.mk@gmail.com 845-216-6805
Hike in the high alpine meadows of Harriman. Meet at Anthony Wayne parking area at 10 am. Contact leader for additional information.

Sat, May 3 - Norwalk Islands, Norwalk CT. (A, Advanced)
Leader: Don Urmston 845-457-4552 (before 9pm) Mrurmston@gmail.com

Exact launch and route to be determined, but expect to take a whole day for this trip. From Newburgh, the drive is less than 1.5 hours to Norwalk. We will explore the islands off shore. This is a “big water” trip, so experienced paddlers only. Minimum 13.5’ kayak with flotation. PFDs required. The water may be cold enough to require wet or dry suits as well. Call for more information closer to trip date. Register by 5/1/14 please.

Sun, May 4 - Acra Point, and maybe Burnt Nob Either 3.3 or 5.2 miles 1,000 to 1,300 ft alt gain
Leader: Sue Mackson 845-471-9892 suemackson@gmail.com
Join me at my slow pace on this well known trail -- part of the escarpment trail in the north east Catskills. You may expect excellent views, and plenty of spring wildflowers. Length of hike will depend on the hikers who join. Leave from 299 & 9W park and ride in Highland. Call leader for other car pool options.
Sat, May 10  Hike from Rt55 over to and around Nuclear Lake
Hike leaders: Ellen Zelig and Bill Beehler. Phone 845-473-5557
Enjoy a picnic lunch (you have to bring your own). It’s a pleasant hike, a few
ups and downs, about 3 miles total. If you don’t want to hike all
the way around the lake, you can go as far as the lake and meet us on
the way back. If it’s a nice sunny day we may stop for ice cream on the
way home. Meet at 10 AM at the AT parking Lot on Rt. 55 about 3/4
miles east of Route 216, on the left side of Rt. 55 just up the long hill
after Rt. 216. Rain or snow cancels

Sat, May 10  Hudson River Sweep: Lower Wappinger Creek
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russout-
doors@yahoo.com
Join Riverkeeper for the Hudson River Sweep. We’ll pick up litter
while we paddle along the lower Wappinger Creek from the falls to the
Hudson. Come out to do your part and make a difference at a paddling
location that we use a lot. Wouldn’t you rather paddle in clean sur-
roundings? If you don’t clean it up, who will? If you don’t have a boat,
contact leader for a loaner. Meet at 10 AM at the boat launch on River
Rd. near the Village Highway garage and Temple Field in the Village of
Wappingers Falls. Contact leader if you need driving directions. Please
RSVP. Riverkeeper will supply plastic bags.

Sat, May 10  Harriman - Black Mtn Loop  7.5m; B+ Map:
North Harriman- 119
Leader: Alvin DeMaria; 845-255-1704; demonalvin@yahoo.com
From Anthony Wayne parking area, we will head south, cross the Pali-
sades parkway and ascend Black and Letterrock mountains. Then we
will loop back, using Menominee and Red Cross trails.
Meet: Harriman Park Anthony Wayne Rec Area on Palisades parkway;
9:30 AM

Sat, May 17  Hyde Park Patch in a Day  6.1 m  B @ Fast Pace
Leader: Mike Cunningham 203-748-7233, hikermiker@yahoo.com
Best time to call: 7-9 PM. Deadline for email is before noon on 5/16.
Hike 5 Hyde Park walkabout trails & get a free patch. We will hike 5 of
the trails in one day covering the following: Pinewoods Nature Trail
loop, Hackett Hill park trails, Winnakee Nature preserve Trail, Elea-
nor’s walk & Top Cottage Trail. We will need to drive between hikes.
Trail map http://www.hydeparkny.us/Recreation/Trails/
WalkaboutTrails.pdf  Bring rain gear and no dogs please. Meet 9:30
am at Roosevelt Farm Lane parking lot just West of Rt. 9G, opposite
entrance to Val-Kill where we will finish.

Sat, May 17  Black Creek Paddle & Clean-out
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russout-
doors@yahoo.com
Help us with our Chapter’s annual clean-out of the Black Creek in the
Town of Lloyd. We’ll spend a few hours of typically light water trail
work in the morning, then take an optional paddle to enjoy what we’ve
accomplished. Bring boats, gear, lunch, water and tools (e.g. loppers,
saws, rope, work gloves). If you don’t have a boat and/or tools, contact
leader for a loaner. Meet at 10 AM in the grassy parking area on the
SW side of the bridge over the Black Creek on Rt. 299. This is across
from Motel 299 and about 6 mi. E of New Paltz or about 1 mi. W of the
jct. of Rtes. 9W & 299. Please contact leader to confirm participation.

Sun, May 18  Paddle the Fishkill Creek
Leader: Russ Faller 845-297-5126 (before 9PM) or russout-
doors@yahoo.com
Come and see how our Chapter’s Fishkill Creek Water Trail project is
progressing. You will not be asked to do any work. This is purely a
pleasure paddle. The Fishkill Creek will surprise you! Novice paddlers
are welcome. Gently moving water, with one easy rapids that can be
Carried around. For rentals, contact EMS in Poughkeepsie or Mtn. Top
Outfitters in Beacon. Bring lunch, snacks & water. Contact leader for
meeting place & time.

Sun, May 18  Map and Compass Skills-Practice Hike
MHADK Coordinator – Salley Decker 845-454-4206
This hike, involving some easy bushwhacking, is an opportunity to
practice the skills which have been learned at either Map and Compass
Workshop. Location to be announced at Map and Compass Work-
shop on 3/25/14 and in Weekly E-mail Up dates after that. This after-
noon hike is open to all ADK members as long as space is available.
L: Hank Osborn. Please register with coordinator on or before Monday,
May 12th.

Fri, May 23 – Bard Rock Greenway Kickoff Ribbon Cutting with
Hudson River paddle
Contact person: Salley Decker 845-454-4206
Details will be provided in weekly email updates as soon as available

Sat, May 24  Black Rock Forest Wanderings Moderately
strenuous 6-7 miles at a moderate (2mph) pace
Leader: Georgette Weir Phone: 845-462-0142 and/or email
georgette.weir@gmail.com
We’ll enjoy views, ponds, trails, and woods roads in this scenic pre-
serve.
Meeting Time/Place & carpool directions: Contact leader for info. Best
time to Call: before 9pm

Sun, May 25  Memorial Day Weekend at Cold Spring
Leader: Jeff Kaplan, email: fitdoc@sprintmail.com
High tide in Peekskill is 9 AM so if we launch from the train station
area put-in at 9:30, we’ll be in good shape. Itinerary: The C.C.A.P. Trip -
- Constitution marsh then to Constitution island to Arden Point (lunch
spot), crossing the Hudson after lunch to skirt the shores of West Point
and return. Heavy rains or winds cancels. Must be comfortable in a
confused sea and have good flotation and wits about you for this pleas-
ent excursion.

Sat, May 31  10:00 AM.  4 mile round trip Kayak from Long
Wharf, Beacon, to Fishkill Creek Estuary
Leader: Tom Amission  E-mail only, tamisson@aol.com
An open water guided paddle around historic Dennings Point to check
out the plant and animal life in the estuary and to view the spectacular
waterfalls in Madam Brett Park. We will stop for lunch on the beach at
Dennings Point. Kayak (1 and 2 person) and gear rentals are available
from Mountain Top Outdoors 845-831-1997. Advance reservations are
necessary for kayak rentals. Instruction will be offered for first timers.
Nov. 2       Schunemunk
We started on Rte 32, near the railroad trestle. Up steeply to Little Knob (great view) and High Knob and then to top of ridge at junction with yellow Jessup trail. North to the high point (1664') and lunch.

Nov. 9       Olderbark Mtn. Bushwhack in the Catskills
We were getting our packs and poles together in the parking lot when someone approached us. We asked if he was there for the ADK hike. He said "No", but he had read of it in the Woodstock Times and continued that it is one of his favorite mountains. He came to meet us because he lives nearby and refers to Olderbark as "my backyard". He went into great detail telling us which route he likes to use in climbing the mountain, what other routes are like, what one can expect to find there (eg. the ruins of an old camp) and all kinds of useful information. We tried to convince him to join us, but he had young children to watch. So we parted Olderbark just misses being a Catskill High Peak by only 60 ft. and going up from the east is steep. At about 2200 ft, we found at least an inch of snow. First snow of the season! We also found a great lookout from which we could see Overlook Mtn., the Hudson River, the Ashokan Reservoir and Cooper Lake. Since Olderbark is essentially a ridge protruding southward from Plateau Mtn., it was hard to actually find the summit. Eventually, we decided that a spot about 8 to 12 inches higher than other spots was, in fact, the summit. Satisfied, we picked our way down the steep descent back to our cars. Participants were: Tom Amisson, Mel Kleiman, Marsha Kramer, Catrine Moore, Gino Platania, Rick Taylor & leader, Russ Faller.

Nov. 10      Triborough (Robert F. Kennedy) Bridge–Wards and Randalls Island
Not too cold, threatening rain—we walked from the 125th St Metro North Station, past the singing Salvation Army recruiters, onto the Manhattan leg of the bridge, quickly down to Randalls Island and along its shore. Our small group—Maggie Atkins, Ellie Shortle, Judy Kito, Bill Jacobs, Glenda Schwarze and leader, Sue Mackson, enjoyed the views, the salt water marsh and wooded area, the architectural and engineering features of both the Triborough and the Hellgate rail bridge which crosses the islands. We skipped the Bronx leg of the "tri" and walked the long Queens leg trying to identify from on high the Steinway piano factory just as a drizzle began. Left is a view of the vaulted arches of the Hellgate bridge towering over the ADK walkers, photo by Judy Kito.

Nov. 16       Tree Discovery Hike Minnewaska
Eleven ADK members joined science teacher Maribel Pregnall, also an ADK member and 46'er; on a six mile walk along the Peterskill stream and the Jenny Lane trail to learn about resident trees (silver maples, white pines, pitch pines, hemlocks, birches, oaks, sassafras, ..), bushes (mountain laurels, rhododendrons, ..), plants and local ecology on an ideal hiking day. Maribel's wide knowledge and enthusiasm plus questions from fellow hikers made it a very enjoyable day. Bob & Paul Silverstein, Dan Fitzgerald, Le-nore Mennin, Robert Fisch, Tom Amisson, Georgette Weir, Doris Chorny, Roberta Forest, Susan Lerner
By popular demand, a similar hike will be scheduled in the spring when trees have regained their full foliage. Thank you Maribel! Leader: JC Fouere

Nov. 17       Burger Hill, Fernwood Forest
Sunday morning at 10:30 ten of us met at Burger Hill parking lot. Weather was cool, overcast and drizzly, which lost us the views. But nevertheless this hike was a pleasant warm up for the coming events. We took a short drive to Fernwood Forest and had a quick lunch in the parking lot. There was a pleasant quiet within the forest due to dampened leaves underfoot. With the fall opening of the woods, beaver dams and beavers huts became visible. There was good camaraderie in the group; a few intrepid souls climb the lookout tower. Lesson learned: cloudy drizzly days do not impede a successful hike and fun day.

Nov. 23       Locust Grove Walk
A sunny morning with temps in the 40's brought out 19 hikers to join the leader on a moderately-paced 1 & 1/2 hour loop hike around Locust Grove, featuring lovely views of the Hudson River, Sunfish Cove, and a small waterfall. Several species of birds, including a pileated woodpecker, were spotted by the more observant among us. Photo below credit Aimee LaBarr, Doug Kramer, Judith Aarens, Mary Young, Duva Terry, Bev Hanna, Dottie Halligan, Bill Smith, S. Mackson, Connie Haven, Carol Gray, Marian Zimmer, Connie Bueselinck, Rich Held, Jerry & Marie Rubenstahl, Veronica Lyttle, Ellen Kelly.
Dec. 1 Hike to Romantic Paradise Rock in Harriman

Taking the AT, we set out from the Elk Pen to seek Paradise in Harri-man State Park. After walking about 4.5 miles and getting squeezed by the Lemon Squeezer, we spied Upper Cohasset Lake. "Ha! Paradise Rock, where young Girl Scouts learned the secrets of amore!" (Presumably from Boy Scouts, although there was no Boy Scout camp nearby - only the Girl Scout camp on the lake.) Lustful thoughts springing into our minds, we rushed towards the lake in search of that infamous rock outcrop with a view of the lake. The leader had been told that this would be the place of ill repute. Alas, we couldn’t find any rocky points. So we settled for a flat area covered with moss and prairie-like sedge. "Heck! This looks comfortable enough to lie on and it does have a view of the lake." So we perched on a downed tree and fantasized about puppy love as we put food to our lips. Sated, we rose and followed the Long Path back. It was not until the next day that it was discovered that Paradise had eluded us. Tom looked it up in Yules' Harriman guidebook and read that Paradise Rock is not actually on the lake. It’s a short bushwhack up to a rocky spot on a hill off the Long Path! Now, why didn’t the leader research this beforehand rather than relying hearsay? Someday, we all hope to reach Paradise. Quixotic searchers were: Tom Amisson & Peter Senica (ADK), Carol Pamm & Shu Chin Li (AMC) and the leader, Russ Faller.

Dec. 15 X-C Ski at Stony Kill Farm & Environmental Center

This was the first outing of the season for the Quick Response X-C Skiers and sweet it was! The location was chosen for its easy terrain because we needed to get our ski legs back. It was kept short, with an early start, because Ron had to get to work. As it was, he was at least an hour late. The snow was very good - probably 6" to 8" and with a thin crust, which was easily broken. We made tracks on the loop from the Sierra Trail parking lot and stopped at the pond. Our small group consisted of Ron Gonzalez, Tom Amisson and the leader, Russ Faller.

Dec. 19 Quick Response X-C Ski #3 Faller

On this last day before the threatened rain and meltdown, we drove up to the Mohonk Mtn. House again to enjoy more of the groomed and tracked trails that we tasted 3 days before. We skied up to Sky Top. Just before the tower, Russ spied a young buck staring at him. We enjoyed the view from Sky Top until the wind drove us back down. Back at Huguenot Dr., we opted to take the long way back to the hotel and followed a 6.2-mile loop. Along Forest Dr., we heard thunderous crashing as if rocks or huge chunks of ice were breaking off the cliffs, but saw nothing. Back at the hotel, we had lunch in the Lake Lounge. Tom Amisson, Mimi Zucker and the leader, Russ Faller.
Stay Connected…..

Adirondack Mountain Club:  www.adk.org
Mid-Hudson Chapter:  www.midhudsonadk.org
NY/NJ trail Conference:  www.nynjtc.org

To make a change of address, phone or email, send a message with the specifics to: adkinfo@adk.org or call 1-800-395-8080 x22

To be included in the Mid-Hudson Chapter e-mail list or to change your e-mail please send a message to ebc12533@yahoo.com