The Appalachian Trail
Route 22 (Pawling) to Bulls Bridge (Kent, Connecticut)
by Skip Doyle

The Appalachian Trail platform on the Metro-North Rail Line is merely a whistle-stop in Pawling, but it is from here that hikers from metro NYC can step onto the Trail. Though it’s the only whistle-stop on the entire AT, MetroNorth offers hikers several whistle-stops in our region – Manitou and Breakneck on the Hudson Line, and Mount Pleasant and the Appalachian Trail on the Harlem Line.

A Whistle Stop in Pawling

The Appalachian Trail northward from the train stop is immediately interesting: to cross an extensive pasture requires climbing over three stiles, providing a tranquil start to this trek. As one enters the thick woods blazed White, the terrain inclines and then levels off for an easy walk of several miles to the Wiley Shelter. With a lean-to and ample tent facilities, people from the area can use the AT and Wiley Shelter as a weekend of solitude via train and trekking.

Leaving Dutchess County and crossing into Connecticut, after a day of hiking easy rolling terrain, it’s a substantial climb up to the high point of the day, 1,000 foot Tenmile Hill. From here is the day’s first vista. Atop the summit is an amusing sign

Continued on Page 11

RAPTOR PRESENTATION!
Sat, Apr 2 - 2 pm, Boughton Place, 150 Kisor Road, Highland, NY

Please join us for an exciting and educational presentation of raptors - birds such as hawks and owls - presented by Anne Mardiney.

Anne Mardiney is one of four Ulster County-based state-certified wildlife rehabilitators. She also holds a federal migratory bird license from the U.S. Fish & Wildlife Service and works with Ulster County SPCA, Ravensbeard Wildlife Center, Sunnyskies Bird & Animal Sanctuary and Forsyth Nature Center. There are also calls from local and state police, SUNY New Paltz, apartment managers and golf courses with animal woes to deal with.

“The easiest critters for me to take care of are orphaned baby birds and bunnies,” said Annie. “It’s still enormously time-consuming. Most nestling birds need to be hand-fed every 20-30 minutes, all day. Baby bunnies need to be hand-fed every morning and evening. Mardiney takes in roughly 200 birds and rabbits per year, the vast majority of whom are injured by domestic cats. She added that the second-most common injury to birds is collision with windows and cars.

Mardiney recently developed an outdoor aviary (with the John Burroughs Natural History Society) with two flight rooms and an entry room, enabling her to rehabilitate even more birds, so they can rehabilitate flight skills and wing strength before their release. This work is one of the most satisfying and intriguing things I’ve done in my life,” Mardiney said.

Wildlife rehabilitators are not allowed to charge for their services. Their work is completely voluntary. But they can accept cash donations and donations of supplies, such as animal crates, bags of shavings, bags of feed, etc.

This event is free and open to the public, but reservations are strongly recommended. Light refreshments will be served. Reservations will be taken by Sue Mackson, 845-471-9892 or suemackson@gmail.com

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www.midhudsonadk.org
Elected Officers

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<th>TITLE</th>
<th>NAME</th>
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</thead>
<tbody>
<tr>
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<td>845-592-0244</td>
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Committee Chairs & Other Volunteers

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<td>Conservation</td>
<td>Sayi Nulu</td>
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<td>845-264-2270</td>
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YOU CAN HELP

Keep Our Trails Open for Hiking!

Trails in our parks are maintained largely by the people who use them, hikers who volunteer their time.

If you enjoy hiking and would like to volunteer as a trail maintainer in our area, there are varied opportunities to do so, either by adopting a trail section or by joining a clipping crew.

The NY-NJ Trail Conference is looking for people to volunteer on group clipping outings in parks west of the Hudson River—including Minnewaska, Schunemunk, and Storm King State Parks.

Some trails in these parks are becoming overgrown as individual volunteer maintainers retire and replacements are hard to find. Group maintenance outings are an alternative. Join a group outing as you are able, or become a Clipping Crew Leader by scheduling work outings, and help keep the trails we enjoy open!

For more information on getting involved, contact Trail Conference West Hudson Program Coordinator Sona Mason at smason@nynjtc.org or call her at (201) 512-9348 x16.

LETTERS

Dear Peter and Daniel,

Thank you so much for your (and the Mid-Hudson Chapter’s) support of Winterfest! Thanks to your help, over 275 children and adults were able to come out and try skiing, snowshoeing, tracking, participate in a ski mountaineering race, or learn about dog sledding, winter preparedness, or ski waxing. Twenty-one different workshops and clinics were offered; every single one had participation. At the kid’s zone, children were sledding, making snow art, trying paintball biathlon, and enjoying skiing throughout the day. All of these events were offered free of charge, thanks to your generosity.

The day was a grand success, and it wouldn’t have been possible without your support! If you’d like to see some images from the day, check out our album here: https://www.facebook.com/media/set/?set=a.10156397952080111.1073741834.3378693980110&type=3

Thank you!
Ian Ellbogen, Winterfest Steering Committee
Julia Goren Education Director and Summit Steward Coordinator

W E REGRET THE PASSING of member Arlene Kaplan. It was always a great pleasure to have her on paddling trips. She was a skilled paddler, athletic, an easy going person always with a smile and with something nice to say. We will miss her. Here is a link to her obituary: http://www.legacy.com/obituaries/poughkeepsiejournal/obituary.aspx?n=arlene-e-kaplan&pid=177255693&fhid=27382
MHADK OUTINGS SCHEDULE - March/April/May 2016

MID-WEEK HIKES: The leaders offer 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 every Thursday, weather permitting. To add your name to the Mid-Week hike list, go to the bottom of the weekly e-mail to update your subscription.

MID-WEEK PADDLES: Leader: Glenda Schwarze schwar582@aol.com. She will lead quiet water 2 hour paddles with beach put-ins. Starting in May they will be held on the 2nd and 4th Thursdays of every month. To add your name to the Mid-Week paddle list, go to the bottom of the weekly e-mail to update your subscription.

HARRIMAN DOG-FRIENDLY HIKES: Susan Sterngold and her dogs lead hikes every day in Harriman. Dogs will be on all the hikes and you’re welcome to bring yours. Hikes are scheduled a few days ahead of time. To receive notifications of the hikes, please join her yahoo group http://groups.yahoo.com/group/harrimanhike. When signing up, pick special notices and mention you are a Mid-Hudson ADK hiker.

HOW TO GET STARTED KAYAKING - PRESENTATIONS: All ADK members are welcomed to attend and/or assist with the presentations—No kayaking experience is necessary. Contact: Don Urmston: Murmston@gmail.com or 845-457-4552. Always wanted to try kayaking but don’t know how to get started? Adirondack Mountain Club (ADK) trip leader Don Urmston will tell you how to get started, what gear you’ll need, where to go paddling, where to meet other paddlers and where to get instruction on your technique. See and feel the difference in kayaks, paddles and other equipment with our hands-on presentation. Special attention is given to kayak safety and choosing your first kayak. Whether you just want to paddle occasionally or you want to become an expert sea kayaker, this program will get you started. Free to all. Thurs. April 7 Beacon Library 6:00pm Wed. April 13 Saugerties Library 6:00pm Sat. April 23 Gardiner Library 11:30am Mon. May 16 Thrall Library, Middletown 6:30pm Tues. May 17 East Fishkill Library 6:30pm

More dates & locations TBA

WOULD YOU LIKE TO ATTEND

the ADK Club Conservation Committee meeting?

As CONSERVATION CHAIR for the Mid-Hudson Chapter I will be attending ADK Conservation Committee meetings on March 5, in May and in November. I leave 7:30 am from Wappingers Falls and returns by about 4:30 pm.

I’d appreciate having company along for the ride, to attend one or all the meetings scheduled and possibly substitute for me if necessary.

If interested for the future and/or can attend on March 5, please contact me: 845 264-2270 or sayileela@gmail.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.

HIKING GUIDELINES

• Check out the Ten Essentials (www.midhudsonadk.org/outings/ten_essentials)
• 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.

HIKE RATINGS

• Class A – Difficult: More than 1500’ climb or more than 8 miles total distance
• Class B – Moderate: Less than 1500’ climb and 6 to 8 miles total distance
• Class C – Easy: Well-graded trails and less than 6 miles total distance
• Walk: Less than 4 miles total distance; suitable for children
March OUTINGS AT A GLANCE

MARCH 2016

Sun, Mar 6 - Wing Park in LaGrange (Walk)
Leader: Sue Mackson 845-471-9892
suemackson@gmail.com
Walk up the cell phone tower hill, slowly, and check out the nice views from there. Walk down and on the flat circular trails in this pleasant LaGrange park. Meet at 1 pm at Firehouse on Rt 82 north of Rt 55/82 light. Maybe stop at Daily Planet for hot drink. Rain/snow date March 8 same time.

Sat, Mar 12 - Wildcat Shelter/Fitzgerald Falls (8 Mile B-Level Hike)
Leader: Michael C. Phipps 646-373-5891
phippsmcp@aol.com
Meeting at the Appalachian Trail hiker's parking lot on Route 17A in Warwick, NY at 9am for a five hour, 8 mile out and back hike along the Appalachian Trail. Highlights are the Cat Rocks, the Megaliths, Wildcat Shelter and Fitzgerald Falls. Dress for varied and changing weather conditions. Bring at least 2 liters of water, nutritious trail snacks and lunch. Please RSVP and send any questions to hike leader.

Sat, Mar 12 - Balsam Mountain (6 mile A-Level Hike, 1900’ gain, Co-listed with Catskill 3500 Club)
Leaders: Shari Aber 914-489-0654
shnaber@yahoo.com and
Joe Ferri 914-489-1582 newpaltz33@yahoo.com
This is a beautiful loop hike to one of the required winter peaks for the 3500 club. If there’s snow, we will snowshoe. Otherwise we’ll use traction. Sign-up period: 3/3- 3/10. Contact leaders for meeting time and place.

Sat, Mar 19 - Black Rock (mindful) (7/8 mile B-Level Hike)
Leader: Mel Kleiman 845-216-6805
Meeting place: Black Rock parking area (off 9w south) at 9:30 am. Please call leader to confirm participation. Bring lunch and a poem.

Sat, Mar 19 - Schunemunk Mountain (7+ Mile A-Level Hike or Snow Shoe)
Leader: Jean-Claude Fouëre 485-462-1909 jcfouere@gmail.com
A 7 miles loop with some elevation taking us up the Trestle trail along the Western Ridge trail, the Ridge-to-Ridge trail, the Jessup trail and back along the Otterkill trail. Possible visit to local winery afterwards. Meeting at parking area off Otterkill Road at 10:00AM (Trail Conference West Hudson Trail Map 114). Note: adequate clothing and foot wear, spikes or crampons for secure and safe traction, and/or snow shoes depending on snow cover and conditions, are required. Contact hike leader for information and for carpooling or pick-up of ADK members at Beacon MTA train station.

Sun, Mar 20 - Brooklyn History (Walk)
Leader: Sue Mackson 845-471-9892
suemackson@gmail.com
We’ll walk around the northern part of the borough including Prospect Park looking for Revolutionary War memorials and other historical sites. Wear cushioned shoes as we’ll be walking on pavement a lot of the time. Leave from Poughkeepsie MTA station between 7:30 and 8am. May be 8 miles, may be 4 miles. Depends on participants. Rain date March 26.

Sun, Mar 20 - East & West Wildcat Mtns., South-Central Catskills (9.5 Mile A-Level Bushwhack)
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
Alan Via, author of The Catskill 67, says this is “one of the finest bushwhacks in the Catskills.” Come see what you think. Alan also says, “The Wildcat Range resembles an altar, across the rear of the chamber. The front of the room, facing the U.S.A. It has more than 200 stone chambers of ancient chambers is located in a remote area of Fahnestock State Park, and is called the “King’s Chamber”. Close by is a small ceremonial chamber called “The Tomb” which was built on a ledge, that some say resembles an altar, across the rear of the chamber. We will use an unmarked trail to access these sites. The trail has minimal elevation gain, but is very rocky in some sections, so sturdy hiking boots are required. Please email leader for start time and directions.

Sat, Mar 26 - Fahnestock SP - King’s Chamber (4.5+/- Mile B-Level Hike)
Leader: Tom Buckley trailhikertom@gmail.com
Putnam County NY is the stone chamber capital of the U.S.A. It has more than 200 stone chambers of unknown origins. The largest and grandest of all the ancient chambers is located in a remote area of Fahnestock State Park, and is called the "King's Chamber". Close by is a small ceremonial chamber called “The Tomb” which was built on a ledge, that some say resembles an altar, across the rear of the chamber. We will use an unmarked trail to access these sites. The trail has minimal elevation gain, but is very rocky in some sections, so sturdy hiking boots are required. Please email leader for start time and directions.

APRIL 2016

Sat, Apr 2 - Chapter Event - Raptor Presentation, 2 pm, Boughton Place, 150 Kisör Road, Highland, NY
For additional information contact Kathy Paulsen kaypea51@aol.com

Sun, Apr 3 - Blackhead Range (7.3 Mile A-Level Hike, 2800’ gain, Co-listed with Catskill 3500 Club)
Leaders: Shari Aber 914-489-0654
shnaber@yahoo.com and
Joe Ferri 914-489-1582 newpaltz33@yahoo.com
This is a through hike with lots of elevation and spectacular views. We will summit Blackhead, Black Dome, Thomas Cole and Camel's Hump. Sign-up period: 3/25- 4/1. Contact leaders for details.

www.midhudsonadk.org
April Outings At A Glance

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<td>Sat, Apr 2</td>
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<td>Kathy Paulsen</td>
<td><a href="mailto:kaypea51@aol.com">kaypea51@aol.com</a></td>
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<td>Sun, Apr 3</td>
<td>Blackhead Range</td>
<td>Shari Aber/Joe Ferri</td>
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<td>Black Rock (poem)</td>
<td>Mel Kleiman</td>
<td>845-216-6805</td>
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<td>Sat, Apr 9</td>
<td>Stony Kill</td>
<td>Sayi Nulu</td>
<td>845-264-2270 or <a href="mailto:sayinulu@yahoo.com">sayinulu@yahoo.com</a></td>
<td>Walk</td>
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<td>Sun, Apr 10</td>
<td>Stissing Mountain</td>
<td>Sue Mackson</td>
<td>845-471-9892 or <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Class B</td>
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<td>Tues, Apr 12</td>
<td>Franny Reese</td>
<td>Carol Grey</td>
<td>845-471-1168 or <a href="mailto:outdoorcarol@verizon.net">outdoorcarol@verizon.net</a></td>
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<td>Sat, Apr 16</td>
<td>Hyde Park Walkabout</td>
<td>Salley Decker</td>
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<td>Paddle</td>
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<td>Sat, Apr 16</td>
<td>Gertrude's Nose</td>
<td>Michael Phipps</td>
<td>646-373-5891 or <a href="mailto:phippsmcp@aol.com">phippsmcp@aol.com</a></td>
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<td>Sat, Apr 16</td>
<td>Walkill River</td>
<td>Don Urmston</td>
<td>845-549-4671 or <a href="mailto:Mrurmston@gmail.com">Mrurmston@gmail.com</a></td>
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<td>Fri, Apr 22</td>
<td>Dover Middle School</td>
<td>Salley Decker</td>
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<td>Earth Day Celebration</td>
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<td>Sat, Apr 23</td>
<td>Minnewaska</td>
<td>Ginny Faucci</td>
<td>845-399-2170 or <a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td>Walk</td>
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<tr>
<td>Sat, Apr 23-Sun Apr 24</td>
<td>Hudson Highlands</td>
<td>Russ Faller</td>
<td>845-297-5126 or <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Class C+ backpack</td>
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<td>Sun, Apr 24</td>
<td>Storm King Mountain</td>
<td>John Ragusa</td>
<td>(917) 692-1159 or <a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a></td>
<td>Class B</td>
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<td>Sun Apr 24</td>
<td>Black Rock Forest</td>
<td>Alvin DeMaria</td>
<td>845-255-1704 or <a href="mailto:demonalvin@yahoo.com">demonalvin@yahoo.com</a></td>
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<td>Mon, Apr 25</td>
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<td>Shari Aber</td>
<td>914-489-0654 or <a href="mailto:shnaber@yahoo.com">shnaber@yahoo.com</a></td>
<td>Class C, Paddle</td>
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<td>Sat, Apr 30</td>
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<td>Trail Maintenance</td>
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<td>Sat, Apr 30</td>
<td>Bashakill Falls</td>
<td>Don Urmston</td>
<td>845-549-4671 or <a href="mailto:Mrurmston@gmail.com">Mrurmston@gmail.com</a></td>
<td>Paddle</td>
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<td>Sat, Apr 30</td>
<td>Mt Taurus</td>
<td>Pete McGinnis</td>
<td><a href="mailto:pmcging1@aol.com">pmcging1@aol.com</a></td>
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April 2016 (Cont’s)

Sat, Apr 9 – Black Rock (mindful) (7-8 Mile B-Level Hike)
Leader: Mel Kleiman 845-216-6805
Meeting place: Black Rock parking area (off 9w south) at 9:30 am. Please call leader to confirm participation. Bring lunch and a poem.

Sat, Apr 9 – Stony Kill Farms (Walk)
Leader: Sayi Nulu 845-264-2270 or sayinulu@yahoo.com
We will take a leisurely 2.3 hour walk in the Stony Kill farm trails. Meet at 2PM in front of visitor center Manor House. After a short 0.5 mile wood land trail we will carpool to go to Red Schoolhouse Road and walk the 2 mile Siena Trail.

Sun, Apr 10 – Stissing Mountain (B-Level Hike)
Leader: Sue Mackson 845-471-9892 or suemackson@gmail.com
Getting up this mountain is not so difficult, but it is steep, especially at bottom and near the top. You can climb the tower at top to see Connecticut and the Catskills. Shadbush blooms white around this time, and there may be hepatica in nooks. Meet at trailhead at 10:00 am. Call leader for carpool options.

Tues, Apr 12 – Franny Reese Park with optional Walkway extension. 4-5 mile C-Level Hike
Leader: Carol Gray 845-471-1168 or outdoorcarol@verizon.net
We’ll meet at Johnson-Lorio Memorial Park in Highland at the end of Haviland Road at 9:30am. A steep flight of stairs leads to the park and trails. After we’ll walk to or reconvene at the Walkway for an East or a West walk (group’s choice). Confirm with leader. Bring water, snacks etc.

Sat, Apr 16 – Hyde Park Walkabout Kickoff Event – Early Afternoon
Leader: Salley Decker (845) 454-4206
The new Hyde Park Trails “Patch” for 2016 will be presented. There will be a guided hike on one of the Hyde Park trails, possibly on a new trail. Details will be in the Weekly email updates. Contact Salley for details after March 21, 2016. Families welcome.

Sat, Apr 16 – Gertrude’s Nose! (9+ Mile A-Level Hike)
Leader: Michael C. Phipps Cell: 646.373-5891 or phippsmcp@aol.com
Meeting at West Trapps Parking area, Mohonk Preserve in New Paltz, NY at 9am for a 8 hour, 9+ mile loop hike through the Mohonk/Minneawaska Preserves. Dress for varied and changing weather conditions. Bring at least 3 liters of water, nutritious trail snacks and lunch. Please RSVP and send any questions to hike leader.

Sat, Apr 16 – Walkkill River, Middletown to Montgomery – Beginning Paddlers Welcome! (C-Level Paddle... Easy, but some distance)
Leader: Don Urmston 845-549-4671 (before 9pm) Mrurmston@gmail.com
With the opening of a new boat launch in Middletown, we can finally paddle this seldom-used section of the Wallkill River. We will go with the current for about 10-12 miles. This section is usually clear and has no rapids.

Fri, Apr 22 – Earth Day Celebration at Dover Middle School (gymnasium)
Contact: Salley Decker by March 1st 845-454-206
Set up at 9:00 AM. Open from 9:30 AM to 1:00 PM. Volunteers needed to work at table for MH-ADK during this time. All students, teachers, and parents from the schools in Dover Plains will be visiting the displays in shifts.

Sat, Apr 23 – Family Hike, Minnewaska State Park
Leader: Ginny Faucci 845-399-2170 or gefauci@gmail.com

Sat, Apr 23 – Sun, Apr 24 - Beginners’ Backpack in the Hudson Highlands (4.25 or 10.75 miles)
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com
You don’t have to drive long distances for a good backpack. Here’s a rare opportunity to backpack and camp (legally) in the Hudson Highlands close to home. We’ll hike from Beacon Hills to Nelsonville on various trails offering many views of the Hudson River, NYC, the Catskills, the Shawangunks and more. Total distance will be decided by group vote, but expect 5 or 8 miles the first day and 5.75 or 6.25 the next. Rental
of equipment is available from EMS on Rt. 9 in Town of Poughkeepsie or possibly from Kenco on Rt. 28 in Kingston. Group size limited. Joint with AMC. Contact leader to register.

Sun, Apr 24 - Storm King Mtn via the Esty & Hellie Stowell Trailhead (4 Mile B-Level Hike)
Leader: John Ragusa (917) 692-1159 or john.ragusa@bnymellon.com

We will start at Scenic Hudson’s Esty & Hellie Stowell trailhead on Route 218 and continue on the Highland Trail to the Stillman Trail with outstanding views of the Hudson River, Breakneck Mountain and the Hudson Highlands. We will then loop around to the Bluebird Trail and back on the Stillman Trail and finally on to the Highland Trail and finish at the trailhead. Meet at 10 am at the trailhead parking lot on Route 218 in Cornwall-on-Hudson. Bring lunch. Heavy rain cancels.

Sun, Apr 24 - Black Rock Forest (7 Mile B+/A-Level Hike, 1300’ gain, Map 113-West Hudson)
Leader: Alvin DeMaria 845-255-1704 or demonalvin@yahoo.com

Visit Whitehorse, Mt Misery, Black Rock, White Oak tree. Loop back via Honey Hill. Roughly a Figure-8 path. Meet at Black Rock parking off Route 9W at 9:30 AM

Mon, Apr 25 - Combined Paddle and Hike: Chodikee, John Burroughs
Leader: Shari Aber 914-489-0654 or shnaber@yahoo.com

We will start at Chodikee Lake and paddle to the waterfalls. From there we will hike to John Burroughs/Slabsides where we will have lunch. Hike will be 3-4 easy miles, paddle 3-4 miles. Contact leader for time and other details.

Sat, Apr 30 –Introduction to Trail Maintenance: A half-day Workshop at Mills-Norrie State Park. (Suitable for all levels. Families welcome; adopting a trail is a great family activity.)
Leader/contact: Georgette Weir georgette.weir@gmail.com

Mid-Hudson ADK members are invited to a free workshop to be presented by the NY NJ Trail Conference. Introduction to Trail Maintenance is a half-day training that will prepare you to adopt a trail as a volunteer and/or to enjoy the camaraderie of working with others on trails in our region. There are many volunteer opportunities close to home, in Dutchess and Ulster counties. Our Mid-Hudson ADK chapter maintains opportunities close to home, in Dutchess and Ulster counties. As a way to celebrate the 100th anniversary of the National Park Service along the AT, its skinniest National Park, a 7-8 miles moderately strenuous loop hike north along the AT, looping back south along the 3 Lakes Trail. Optional afterwards stop in Cold Spring for hot tea/soup. Meet at 9:30AM at Dennytown Road parking area (Trail Conference East Hudson Trails map 103). Contact hike leader for more detailed information, car pooling or pick-up of ADK members at Cold Spring MT train station. Joint with NYCAD Chapter.

Sat, May 7 - I Love My Parks Day at Mills-Norrie State Park
Contact: Georgette Weir, georgette.weir@gmail.com

Volunteer on a trail project at Mills-Norrie State Park in Staatsburg and show your support for New York’s magnificent park system. A family-friendly hike will also be included. Watch our website and emails for details closer to the date.

Sat, May 7 - 5th Annual Riverkeeper Hudson River Sweep
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

Let’s participate in Riverkeeper’s 5th annual Hudson River Sweep by cleaning up the lower Wappinger Creek from the falls to the Hudson. This event does so much more than remove trash from our waterways and our shores - it connects people to the river. We paddle the lower Wappinger Creek. It’s our creek. Who else will clean it up? Trash bags provided. Meet at 8 AM at the launch on Market St. in the Village of Wappingers Falls. Contact leader for driving directions. Please let leader know if you are coming.

Sun, May 8 - Long Dock Park, Denning’s Point, and Madam Brett Park Combo (7 Mile C-Level Hike)
Leader: Louis Ruidisch 845-896-9332, 845-453-0871 (c) ruidisch3@gmail.com

We will start at Long Dock Park and take the Klara Sauer Trail to Denning’s Point and then continue on to Madam Brett Park for beautiful views of the river and estuary. We will back-track on the Klara Sauer Trail to return to Long Dock Park. Bring lunch and 2 quarts water. Meet by the kayak pavilion in Long Dock Park at 9:00 am. Confirm with leader.

Mon, May 9 - Hudson River Paddle from Lighthouse Park, Esopus
Leader: Shari Aber 914-489-0654 or shnaber@yahoo.com

If weather and river conditions permit, we will paddle across the Hudson and enter Vandenberg Cove, then paddle south with the outgoing current, returning in the afternoon after the tide changes. If the water is too rough for a crossing, we will stay on the west side of the river, or possibly change the paddle to the Rondout. Contact leader for time and details.

Sat, May 14 - Keno’s 6th Annual TrailFest 9 am – 4 pm (Volunteers Needed!)
Contact Ginny Fauci for additional information gefauci@gmail.com

Sat, May 14 - Fahnestock State Park, B+/A-Level Hike
Leader: Jean-Claude Fouéry 845-462-1909 jcfoere@gmail.com

As a way to celebrate the 100th anniversary of the National Park Service along the AT, its skinniest National Park, a 7-8 miles moderately strenuous loop hike north along then AT, looping back south along the 3 Lakes Trail. For more information, details and directions, please contact the hike leader.
**May OUTINGS AT A GLANCE**

<table>
<thead>
<tr>
<th>DATE</th>
<th>DESCRIPTION</th>
<th>LEADER</th>
<th>CONTACT INFO</th>
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<tbody>
<tr>
<td>Sun, May 1</td>
<td>Black Rock (poem)</td>
<td>Mel Kleiman</td>
<td>845-216-6805</td>
<td>Class B-</td>
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<tr>
<td>Tues, May 3</td>
<td>Three States</td>
<td>Three Leaders</td>
<td>See Details</td>
<td>Class B+</td>
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<td>Sat, May 7</td>
<td>Mills-Norrie</td>
<td>Geogette Weir</td>
<td><a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>Trail Project</td>
</tr>
<tr>
<td>Sat, May 7</td>
<td>Wappingers Falls</td>
<td>Russ Faller</td>
<td>845-297-5126 or <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>River Sweep</td>
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<td>Sat, May 8</td>
<td>Long Dock Park</td>
<td>Louis Ruidisch</td>
<td>845-896-9332 or <a href="mailto:ruidisch3@gmail.com">ruidisch3@gmail.com</a></td>
<td>Class C+/Paddle</td>
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<td>Mon, May 9</td>
<td>Lighthouse Park, Esopus</td>
<td>Shari Aber</td>
<td>914-489-0654 or <a href="mailto:shnaber@yahoo.com">shnaber@yahoo.com</a></td>
<td>Paddle</td>
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<tr>
<td>Sat, May 14</td>
<td>Keno</td>
<td>Ginny Fauci</td>
<td><a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td>Trailfest</td>
</tr>
<tr>
<td>Sat, May 14-Sun, May 15</td>
<td>Harriman SP</td>
<td>Russ Faller</td>
<td>845-297-5126 or <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Class B+/A-</td>
</tr>
<tr>
<td>Sun, May 15</td>
<td>Mt Tremper</td>
<td>Sue Mackson</td>
<td>845 471 9892 or <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Class B+</td>
</tr>
<tr>
<td>Sun, May 15</td>
<td>North Dome, Sherill</td>
<td>Shari Aber/Joe Ferri</td>
<td>914-489-0654 or 914-489-1582</td>
<td>Class A</td>
</tr>
<tr>
<td>Sun, May 15</td>
<td>Norrie Point</td>
<td>Dave Webber</td>
<td><a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a></td>
<td>Paddle</td>
</tr>
<tr>
<td>Sat, May 21</td>
<td>Black Creek</td>
<td>Russ Faller</td>
<td>845-297-5126 or <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Paddle/Cleanup</td>
</tr>
<tr>
<td>Sat, May 21</td>
<td>Hyde Park</td>
<td>Mike Cunningham</td>
<td>203-748-7233 or <a href="mailto:hikermiker@yahoo.com">hikermiker@yahoo.com</a>.</td>
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<tr>
<td>Sun, May 22</td>
<td>Cold Spring</td>
<td>Mark Tatro</td>
<td><a href="mailto:mark1126@me.com">mark1126@me.com</a></td>
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<tr>
<td>Tues, May 24</td>
<td>Beacon</td>
<td>Dave Webber</td>
<td><a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a></td>
<td>Paddle</td>
</tr>
<tr>
<td>Sun, May 29</td>
<td>Castle Rock</td>
<td>John Ragusa</td>
<td>917-692-1159 <a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Mon, May 30</td>
<td>Beacon Fishkill</td>
<td>Chris Cring</td>
<td>845-249-5305 or <a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a></td>
<td>Class B+</td>
</tr>
<tr>
<td>Tues, May 31</td>
<td>Long Dock Park</td>
<td>Dave Webber</td>
<td><a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a></td>
<td>Paddle</td>
</tr>
<tr>
<td>Sun, May 15</td>
<td>North Dome and Sherrill</td>
<td>Shari Aber</td>
<td>914-489-0654 or <a href="mailto:shnaber@yahoo.com">shnaber@yahoo.com</a></td>
<td>Paddle</td>
</tr>
<tr>
<td>Sun, May 29</td>
<td>Castle Rock Unique Area, Route 9D,</td>
<td>John Ragusa</td>
<td>917-692-1159 <a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Mon, May 30</td>
<td>Beacon Fishkill</td>
<td>Chris Cring</td>
<td>845-249-5305 or <a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a></td>
<td>Class B+</td>
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**MAY 2016 (CON’T)**

**Sun, May 15 - North Dome and Sherrill**

(6+ Mile A-Level Hike, 2600'gain, Co-listed with Catskill 3500 Club)

Leaders: Shari Aber 914 489-0654
shnaber@yahoo.com and Joe Ferri 914-489-1582 newpaltz33@yahoo.com

This is a challenging bushwhack to two of the 35 highest peaks in the Catskills. We will be using compass and bearings on this through-hike. Sign-up period: 5/6 - 5/13. Contact leaders for details.

**Sun, May 15 – Hudson River Paddle at Norrie Point (7-8 Mile Paddle)**

Leader: Dave Webber webberd1@yahoo.com

Paddle the Hudson River from Norrie Point State Park. We’ll explore the rocky prominence of Esopus Island and work our way north along the cliffs to the Mills Mansion. The lunch stop may be on the island or in front of Mills Mansion. PFD must be worn! Participants must have a kayak 13.5 foot or longer with 2 bulkheads. Please contact leader for meeting time.

**Sat, May 21 - Black Creek Clean-up & Paddle**

Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

Come help us clean-up the Black Creek in the Town of Lloyd. Our Chapter helped the Highland Conservation Counsel build this water trail many years ago. The maintenance is typically light work. We’ll have time for a pleasure paddle for those interested. Bring work gloves, loppers, saws, rope. Trash bags supplied. If you need tools, leader can supply. Leader can also loan a boat. This event will take place in the morning. Contact leader for meeting time. We’ll meet in the parking area at the Black Creek Bridge on Rt. 299 between the NYS Thruway and Rt. 9W and across from Motel 299.

**Sat, May 21 - 5 Hyde Park Trails Patch-in-a-Day Hike**

Leader: Mike Cunningham 203-748-7233 between 7 pm - 9 pm or bikermiker@yahoo.com.

For the past 5 years, Mike has led a club trip to hike 5 trails and earn a Hyde Park Walkabout patch in a single day. About 6 miles overall. Fast pace. If it rains bring rain gear. Bring lunch. No dogs. Meet at Roosevelt Farm Lane parking on Rt 9G, opposite the Val Kil entrance, at 9:30 am. We will need to drive between hikes. Any e-mails received after noon on 5/19 will not be answered. Pre-registration is not required.

**Sun, May 22 - Hudson River Paddle: Cold Spring to Popolopen Creek**

Leader: Mark Tatro mark1126@me.com

Contact leader for additional information.

**Tue, May 24 - Beacon Evening Paddle**

Leader: Dave Webber webberd1@yahoo.com

Launch from Scenic Hudson’s Long Dock Park. We’ll paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 foot or longer with 2 bulkheads. Directions: From I-84 go 1.8 miles south on Route Error! Hyperlink reference not valid., Right on Red Flynn Drive then immediate left on Long Dock Rd. We’ll launch at Scenic Hudson’s Long Dock Park next to the train station.

**Sun, May 29 – Castle Rock Unique Area, Route 9D, Garrison, NY, (3 Mile B-Level Hike)**

Leader: John Ragusa 917-692-1159 or john.ragusa@bnymellon.com

We will hike along the blue trail leading from the parking lot through the meadow and onto the trail which then turns into the red trail and ascend up Sugar Loaf Hill. At the top of the ridge, we will observe several outcrops of native prickly pear cactus. Hopefully, the cactus will be flowering with beautiful yellow flowers. There are great views looking south along the Hudson to the Bear Mountain Bridge and surrounding areas. We will also do some light trail work around the delicate cactus to protect them from hiker’s boots.

www.midhudsonadk.org
Meet at 10 am in the parking area off Route 9D, about a quarter mile south of the intersection of Routes 9D and 403. Look for large DEC sign on left-hand side. Heavy rain cancels

**Mon, May 30 - Memorial Day Hike to Veteran’s Flag Located Along the Beacon Fishkill Ridge**

**Leader:** Chris Cring 845-249-5305 christopher.cring@gmail.com

Come join the ADK for a hike to visit the United States flag that has been maintained for decades by the Darcy family in honor of Robert Darcy, a Veteran, who passed away in 1994. The flag flies high at a clearing with a spectacular view overlooking the Hudson Valley. This Mountain range happens to be the location that the first American Veterans maintained a lookout to protect George Washington’s Headquarters. After arriving at the Vista, there will be a short ceremony honoring Veterans. This is a moderate to strenuous 3 hour hike with a stream crossing and elevation. Bring water and snacks. Please confirm if you plan on attending or if you have any questions. Meet at Pocket Road Trail Head, Beacon NY at 9:30 AM

**Tue, May 31 - Beacon Evening Paddle**

**Leader:** Dave Webber webberd1@yahoo.com

Launch from Scenic Hudson’s Long Dock Park. We’ll paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 foot or longer with 2 bulkheads. **Directions:** From I-84 go 1.8 miles south on Route 9D. Right on Red Flynn Drive, then immediate left on Long Dock Rd.

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**Sat, June 4 – National Trails Day - contact Tom Amisson for information tamisson@aol.com**

**Sat, June 4 - Kayak Skills Session - 9:00 am, Plum Point, New Windsor (All Levels)**

**Leader:** Don Urmston 845-549-4671 (before 9pm) or Mrurmston@gmail.com

Come get a free lesson from our ADK paddling trip leaders. We will cover basic strokes, rescue & 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.

**Tues, June 7 - Poughkeepsie Evening Paddle**

**Leader:** Dave Webber 845-452-7238 or webberd1@yahoo.com

Launch at 5:30 PM and paddle for 1.5-2 hours, 4-6 miles at an easy pace. PFD required! Participants must have a kayak 13.5 foot or longer with 2 bulkheads. **Directions:** From Route 9 take the Main Street exit. Go west and make a right onto Water Street. Waypas Park is 500 feet on the left. Launch at boat ramp.

**Sat, June 11 - Kingston Kayak Festival**

Mark your calendars! The Kingston Kayak Festival is on this date at Kingston Point Beach in Kingston, NY. More info in next newsletter.

**Sun, June 12 - Kayak Skills Session: 9:00 AM, Plum Point, New Windsor (All Levels)**

**Leader:** Don Urmston 845-549-4671 (before 9pm) or Mrurmston@gmail.com

Come get a free lesson from our ADK paddling trip leaders. We will cover basic strokes, rescue & 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.

**Sat, June 18 - Sat, June 25 - Sea Kayaking at Acadia National Park, Maine. Intermediate Level**

**Leader:** Don Urmston 845-549-4671 phone/text or Mrurmston@gmail.com

We will paddle around Mt. Desert Island / Acadia National Park and see the awesome beauty of coastal Maine. Approximately 5-6 hours of paddling per day. Then we retire to our nice soft beds each night. **REGISTRATION DEADLINE IS APRIL 30. ONLY 6 SPACES AVAILABLE.** $5 includes accommodations, breakfast and lunch each day, kayak guides. Bring your own gear. Contact trip leader for pricing, more information / questions

**Mon, June 27 - Sun, July 3 - Baxter State Park/Appalachian Trail/Mt. Katahdin Trail**

**Leader:** Lalita Malik 845-592-0204 (H), 845-724-5786 (c) or LalitaMalik@aol.com

**Co-Leader:** Ginny Fauci 845-399-2170 (c) or gefauci@gmail.com

**7 Days and 6 nights, $350 pp Lodging only**

Join members of the Mid-Hudson Chapter of ADK as we hike and explore the Northern terminus of the Appalachian Trail and Baxter State Park. Our base will be Big Moose Inn, Millinocket Lake, Maine, 8 miles from entrance to Baxter State Park. We will stay at a trailside cabin, Katahdin House, which has full kitchen facilities. We will prepare our own meals, pot luck style. Sleeping quarters will be a mix of beds and bunk beds. For more information contact leader.

**Sat, July 2 - Fri, July 8 - Hiking Acadia National Park Maine (B-Level)**

**Leader:** Don Urmston: 845-549-4671 phone/text or Mrurmston@gmail.com

We will hike Acadia National Park and see the awesome beauty of coastal Maine. Acadia has a surprising variety of hiking terrains, from gentle meadow trails to steep trails with ladders. We will experience iconic hikes like Cadillac Mtn. and the Beehive. We will also explore some lesser known areas on the “quiet side” of the island. We can bike the carriage trails and explore the museums as well. This year is a special trip as it includes July 4th when we will join in the local festivities and watch the parade and the lobster races! **REGISTRATION DEADLINE IS APRIL 30. ONLY 6 SPACES AVAILABLE.** $5 includes accommodations, breakfast and lunch each day, hiking guides. Bring your own gear. Contact trip leader for pricing, more information / questions.

**Thurs, July 14 - Sun, July 17 - Kayaking the Erie Canal - The Final Chapter (All Skill Levels)**

**Leader:** Don Urmston: 845-549-4671 or Mrurmston@gmail.com

This year’s Erie trip is approximately 60 miles over 4 days. We will start in downtown Buffalo and follow the Blackrock canal to the Niagara River, and onto the Erie Canal as far as Lockport. (2 days). Then we will drive over to Rochester and resume our trip where the Erie meets the Genesee River. The next two days will take us through Pittsford, Fairport, Macedon and finally into Palmyra. We plan on staying in hotels this year. Contact trip leader for more information. Early registration is required.

**LOOKING AHEAD!**

www.midhudsonadk.org
**10/24 Gertrudes Nose · Joint with Mohonk**
Leader: Roberta Forest.

I do this hike each autumn because there are great views all along the ridge. From Millbrook Mtn to Gertrudes Nose. There were so many people hiking the ridge today that we stayed close together so as not to get lost in the crowds. The leaves were peak color, even under a gray sky. Paul Rich, Shun Tan, Martin Bayard, Michele Hogan, Sherry Runk, Barry & Kathy Skura, Ray Bramson, Jill Abrahamsen, Dana Bennet.

**10/31 The Highbridge**
Leader: Sue Mackson

Perfect autumn day to be out - cool but bright. Steep climb up a Bronx street to Jerome Park Reservoir, a stop on the Croton Aqueduct, where John Ragusa provided some history and then guided us to the aqueduct path between two north-south streets. Impromptu stop for bathrooms and coffee at a local church hall, and climbed again to the campus of Bronx Community College to walk the double row of busts of productive folks lining the Hall of Fame high above the Harlem River. We walked the newly restored bridge and part of our group returned over the brick and stone walkway to the Bronx heading for the nearest MTA stop. The rest of the group stopped at one of the oldest houses in Manhattan (Morris Jumel Mansion) where we eavesdropped on a talk about the historic street it faces, and spent a bit of time listening to a singer of show tunes and a female Mariachi band. Trip ended by mid afternoon with a walk across the Macombs Dam Bridge to a park abutting Yankee Stadium; the MTA station was found with a participant’s mapping app. Carole Marsh, Ellie Shortle, Marsha Kramer, Carol & Sam Doran, John Ragusa, Peter Cantline, Glenda Schwarze, Guests: Judy Dwyer, Ted Kohlmann

**11/3, Election Day. Appalachian Trail to Dover Oak Tree**
Leaders: Jennifer Anderson & Salley Decker

It was in the 70s, a mild day for November when we hiked along the 1,600 foot boardwalk spanning the Great Swamp north of Pawling to find the Dover Oak. The tree is massive, over 300 years old and more than 20 feet in diameter, the largest oak tree on the A.T. One of our hikers went ahead to climb up to Cat Rocks overlook while the rest of us snacked and then headed back up Corbin Hill through fields and woods, the way we had come. We lunched in the sun together on the boardwalk, surrounded by cattails and tall Phragmites (the common reed) with a beaver lodge close by. Our group was: members of the Mid Hudson Chapter, one new member and several guests, thirteen in all. Following lunch, some headed home and to the polls, while others went up a short access trail at another point on the A.T. to view the 75-year-old Wiley Shelter, situated in a protected area below a ridge, with its log construction and charming array of blackened cooking pots hanging on an outside wall. We inspected the fire pit, privy, tent site, “Little Library,” bear cache and cistern and imagined an overnight stay at the Wiley Shelter in these quiet surroundings. Participants: David Anderson, Paul and Sheryl Breau, Peter Cantline, Philip Cook, Don Critchell, Kathleen Evans, Anthony and Pat Galliano, Sue Mackson, Arthur Stein,

**11/11 Veteran’s Day Hike Mt Beacon**
Leader: Chris Cring

Videos of the ceremony at the flag may be viewed at MidHudsonADK.org. Despite heavy rain on Veterans Day, our Mid Hudson Adirondack Mountain Club hiked to the flag atop Beacon Fishkill Ridge to pay tribute to our Veterans. Fifteen hikers and three musicians braved the weather. They felt that Veterans went out in all kinds of weather, and rain was not going to stop us. A big thank-you to Chris Cring for organizing this outing, which we plan to make an annual event. The hike’s destination is the United States flag that has been maintained for decades by the Darcy family in honor of Robert Darcy, a Veteran, who passed away in 1994. The flag flies high at a clearing with a spectacular view overlooking the Hudson Valley. This mountain range happens to be the location where the first American soldiers maintained a look-out to protect George Washington’s Headquarters across the river.

Darcy family member Pete Darcy sent the following thank-you note (published here with his permission):

Chris, On behalf of the Darcy Family and all Veterans around the area, THANK YOU. My brother Dean sent me a Facebook video sent to him by Tim Kelleher of the trio playing the National Anthem at the Flag. Very inspiring and gratifying. As an ‘old Marine’ it does my heart good to see the younger generation honoring Veterans. Thanks again and God Bless. Semper Fi. Pete Darcy … Sharpsburg, GA

**11/14 Harriman- West Mountain**
Leader: Alvin DeMaria.

At Anthony Wayne parking lot, very windy, in the low 40s, cold. Once in the woods it was okay, and by the end of the day, pleasant warm. Took Fawn Trail to Timp Torne, then south to West Mtn shelter for early lunch. Lots of tents and the usual Korean contingent having their big lunch (no granola bars for them). Went E to S-BM, down to new Fawn extension and took it back over the ridge again and to cars. Many leaves on the ground, covering numerous hidden rocks, especially on the S-BM descent. Connie Haven, Marsha Kramer, H Millman, Mel Kleiman, Ellen Kelly, guest Bob Mescina

**11/21 Harriman State Park**
Leader: Jean-Claude Fouere

Another great and very social hike …Chris Cring, NedGardner, Laura Gardner, Shiva Balakrishnan; Laith Nayem, Peter Cantline

**11/27 Fresh Air Friday Walk**
Leader: Georgette Weir

We had a nice, leisurely constitutional walk today with a total of 10 walkers joining all or a portion of our Fresh Air Friday post-Thanksgiving outing on the Walkway and around Franny Reese State Park. Spring-like conditions made for a pleasant day indeed. Participants: Glenda Schwarze, Xiao Dong Smith, Luisa Li, Hong, Peter Cantline, Salley Decker, Marion Zimmer leader, Georgette Weir. Guests: Ted Kohlmann, Anne Huylen (?)

**12/5 Plateau Mountain Leaders: Joe Ferri and Shari Aber**

A beautiful day with blue sky and temps ranging from around 30 to the fifties helped make this hike from the Mink Hollow trailhead to the top of Plateau and across the ridge to the 214 parking area, where we’d spotted cars, truly enjoyable. Because of the warm temps we were able to relax at Orchard Point overlook where we had a leisurely lunch before beginning the descent. Participants: Jerald Reichman, Shawn Cassidy, Lorraine Brink, Ray Hodell, Pete Cantline

**12/13 Pine Meadow Lake-Harriman**
Leader: Mike Phipps

(Hike) went great! Members: Ellen Thurman, John Brown, Brenda Harding, Guests: Kathy Berlow, Mark & Chris Berlow, Sherry Woodruff, Elizabeth Dexter, Nate Booker, Cha Moi, Darren Moi, Tara McCarthy, Lori Pollock

**12/25 Christmas Day in Harriman Park 2015**
Leader: Susan Sterngold

(This was leader, Susan Sterngold's first hike leading for the Mid Hudson ADK) Russ Faller had suggested I lead some Harriman hikes for our group. We had 5 people: Don from LI, Cindy from Monroe, myself from Suffern, Christine from Brooklyn and Sue M from Poughkeepsie as well as my dogs Riley, Roxie and Maggie. I am a member of the ADK Ramapo North Jersey Chapter. Weather was in the 60s and sunny to start the day. We hiked up the ASB trail from Lake Skanatati, taking the old route with the viewpoint over the lakes, through lovely forests and stream landscapes past Times Square (bright lights big city) to the lichen trail. Lunched at a beautiful viewpoint on the lichen and shared various goodies in honor of the holiday. After all, holidays are about food, right? Walking along the ridge to the 214 parking area, where we’d spotted cars, truly enjoyable. Because of the warm temps we were able to relax at Orchard Point overlook where we had a leisurely lunch before beginning the descent. Participants: Jerald Reichman, Shawn Cassidy, Lorraine Brink, Ray Hodell, Pete Cantline

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the ridge we completed the entire length of the lichen. We then took the RD trail south to the Dunning and headed east to the Long Path out to our cars. Mileage was about 6 and we maintained a leisurely pace with plenty of stops for the dogs to drink at streams and photo ops. Some of us got down to t shirt and shorts, and even Lunch at a great viewpoint; then down to Timp pass and then back up the Timp Torne to West Mt Shelter. Spotted a violet blooming in the woods. We ended up back at Lake Skanatati around 3:15 and the dogs had a nice swim in the lake while the humans ate popcorn.

12/26 Anthony Wayne South-West Mountain by Cats Elbow
Leader: Susan Sterngold
We had Pat Conroy from MH ADK plus Von, Kathy, Gary and Lannie from my group. The canine contingent was my 3, (see Dec 25), and Kathy’s Benny and Bear, Leader Susan Sterngold. We started out on the bike trail from Anthony Wayne South parking lot and went up the RD trail to Cats Elbow, a beautiful viewpoint over the Hudson. Spotted a violet blooming in the woods. We ended up back at Lake Skanatati around 3:15 and the dogs had a nice swim in the lake while the humans ate popcorn.

01/01 New Year Day Walk at Vassar College
Leader: Sue Mackson
It’s usually been pretty frigid at the dawn of the New Year, but it was in the 30s so several folks who normally might not have, joined us for a loop around Vassar Farms. We followed the flat farm trail and curved around to return via field, woods, and sleeping vegetable beds. We spread out in groups which were quite fluid--people catching up with each other and then moving on and warmed up at my house with pumpkin, tomato and mushroom barley soup. Get together was enhanced contributions of chocolates, pannetone, fudge, cookies and efforts at singing and Karen Flaherty’s history of the farm area. Attendees:

01/02 Mills-Norrie State Park
Leader: Georgette Weir
We were 14 congenial hikers, enjoying lots of conversation, sunshine, and riverside views as we walked a 4-mile loop at Mills-Norrie State Park. Temperature was more seasonal than it has been, but the sun cheered us, and all agreed it was a great way to kick off the New Year. Participants: Marge Groten, Michael Lictman, Ellen Kelly, Carol Lee, Mike Phipps, Dave Webber, Cindy Millspa, Brenda Harding, Kelly McGinnis, Pete Cantline.

01/09 Anthony’s Nose
We don’t often have to cancel an outing due to murder and mayhem in the Bronx. When it became necessary for Michael Phipps to do so two groups of ADKers independently decided to climb Anthony’s Nose--and met each other at the top for a nice surprise. The hike leader had planned out a route with particularly wonderful views and history galore. We hope he reschedules.

01/16 Fahnestock Three Lakes and AT Leader: Tom Buckley
Despite heavy rain that started the previous evening and continued until early Saturday morning, Sayi, Nulu, Eddi Zampft, & guest Cindy Tanacea hikers joined with me, Tom Buckley, to explore a portion of the Three Lakes Trail & the Appalachian Trail. The weather forecast said the rain would end by mid/late morning. It rained the whole time I was driving to our meeting location. We got lucky though because the rain finally stopped just before our scheduled meeting time. We started out on the blue Three Lakes Trail from the parking lot at Dennytown Road. Due to high water & icy conditions at the outlet stream from John Allen Pond we had to detour onto an unmarked trail for a while before meeting up again with the Three
Lakes Trail. We continued along the ridge line until we met the Appalachian Trail which we followed back along a different ridge line to the parking lot. Our hike included a look at the flooded remains of Denny Mine and Hamilton Mine. The most interesting part was that I could show them some prime evidence of beaver activity in Fahnestock SP. We saw some beaver dams and numerous large beaver lodges. Along the shoreline of the beaver created ponds, we saw the remnants of downed trees that bore the telltale cone shape of where the beavers had chewed the trees. We even saw some fresh wood chips at the base of newly downed trees that were from activity earlier that morning or possibly the day before. Some hikers even collected a few of the fresh wood chips to show their spouses & kids. We never actually saw any beavers, but it was certainly exciting to get an up close and personal look at nature.

01/24 Walk around Lake Minnewaska
Leader: Sue Mackson
Bright, sunny day after the big snowstorm that left our area dry. Guest Jim Bottomly joined Marie Caruso, Annette Caruso, Carol Gray, Ginny Fauci for an easy walk. The sounds coming from the ice on the lake were loud, eerie, animal-like. The smooth surface was interlaced with long crack lines. We ended with a walk down to the iceder over Awosting Falls. Winter wonderland even without snow.

01/23 Mt. Taurus
Leader: Pete McGinnis
It was starting to snow so we started at the southern entrance at 9 a.m. and proceeded up the “white” trail, a little steeper but with the snow it was decided to do this first. Upon embarking it started to snow and by the end of the hike we had 8 inches. The only views we had were in our imaginations, but we did not need spikes or snow shoes. We came down the blue and red trails with only scattered ice. Finished at 2 p.m.

Chris Zaleski, Tony Lopez and hike leader.

01/24 Quick Response X-C Ski #1
Ward Pound Ridge, Westchester County
Leader: Russ Faller
We were pleasantly surprised to find 10” to 12” of dry powder at Ward Pound Ridge, especially since we didn’t get any snow at all, in the Mid-Hudson Valley, during Blizzard2016 that put New York City folks up to their knees in snow. We started the day with Ron Gonzalez giving us a 1 ½ hour lesson in Skills for Hills. We all learned a lot of things to help us ski downhill with better control. Ron is a fantastic ski instructor. If you have a chance to catch one of his workshops, grab it! After lunch, we did some x-c skiing and practicing what Ron had taught us. The skiing was great. They do not groom the trails at Pound Ridge. We first tried an untracked trail, but eventually turned back to go over to the x-c skiing and snowshoeing section of the park. We found that the trails were well-tracked there and that the snowshoers stay out of the ski tracks. It was pure fun looping through the young forest over hills and hollows. Happy skiers were: Tom Amisson, John Spreitzer, Ron Gonzalez and the leader.

01/30, 2016 Ashokan High Point,
Southern Catskills
Leader: Russ Faller
From the entrance of the trailhead, the route took us to a halt when you cannot harness your backpack or you lose your water system.

The Appalachian Trail
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“Springer Mountain 1442.6 miles, Katahdin 732.3 miles” – which should include the caveat “your actual mileage will vary.”

At the base of Tenmile Hill is the confluence of the Tenmile River and the Housatonic River. Here, too, is the serene Tenmile River Shelter where I met the fellow hiker, Eric “Mouse Hunter” Hunter, having earned his trail name from carrying a mouse trap on his AT thru-hike. “Most AT’ers get used to mice scurrying over their sleeping bags at night, and tolerate mice getting into their food,” Mouse Hunter confided, “but I have seen instances of mice chewing through backpack straps and hydration hoses. In that case, your hike comes to a halt when you cannot harness your backpack or you lose your water system.”

The Housatonic River at Bull’s Bridge

As I crossed the foot-bridge over Tenmile River and paced along the escarpment far above the raging Housatonic River below that would soon lead to the conclusion of today’s 11 mile hike at Bulls Bridge, I reflected on the varied connections we all make along our trails.
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