It had come down to nine of us signed up, five men and four women in the Mid-Hudson Chapter, committed to hiking with Ginny in the White Mountains this summer. The plan was to base ourselves first at AMC’s comfortable Highland Center at Crawford Notch. Ginny had a fine itinerary lined up—five days of hiking the Zealand area to the west of Crawford Notch and along the Crawford Path in the Southern Presidential range, staying in huts in the higher elevations and topping off our adventure at the summit of Mt. Washington before returning to the valley and heading home. Built into the plan were enticing options, side hikes for anyone energetic or curious enough. Also built into the plan were alternative trails to be used in case of problems with weather, an enormous consideration in the Whites. A couple of us were completely new to the mountains, several had hiked there before and one was a lifetime member of the Four Thousand Footer Club, having climbed all 48 peaks in New Hampshire over 4,000 feet at one time or another.

The Hike to Zealand Falls Hut. We had an ideal day to climb, in the low 70s with clear skies. The Hale Brook Trail took us through a steep section mixed with oak, balsam and birch, and over the summit of Mt. Hale at 4054 feet. Tall-stemmed clintonia with luminous blue berries and flowering asters grew along the trail, and mosses and Indian pipes appeared farther in. As we climbed higher there were steep, rocky ups and downs, but also some views and surprising level areas through bogs of blueberry and tiny firs. Roberta took pictures, her way of keeping a journal.

Zealand Falls Hut, our destination, was built in 1932. It clings to the side of Zealand Notch deep among the fir trees with song birds all around and an inviting porch with views of Zealand Pond below. And, just a few yards from the door lies a resplendent waterfall that brings so many visitors to the hut each year. Water courses down over broad, granite ledges to form pools and rivulets everywhere before casting itself into the ravine below. We relaxed there after the climb with our feet in the water. After dinner I was already in my bunk, listening to the surround sound of people still up and about and those out on the misty porch waiting for a meteor shower. “There’s one!” was the last thing I heard.

On our way back to the Highland Center the next morning, we dropped down into Zealand Ravine. It began to rain, a light drizzle at first, and Anthony opened an umbrella, exotic in the quiet woods. We passed moss “gardens,” mysterious places. At intersections, Sue and Nathan gave out GPS information on mileage and elevation, while Ginny consulted the trail map. People later said they had thought about the beauty around them, or focused inwardly on keeping their footing.

Up the Crawford Path. The next day the weather cleared and we headed up the Crawford Path to a link trail that would take us to Mizpah Spring Hut. The Crawford Path is the oldest, continuously maintained trail in the United States. It gives that feeling right away by the old growth forest it passes through at the lower elevations and by how smooth and worn the boulders in the trail are from nearly two centuries of use. The Crawford Path was first created in 1819 by the Crawford family, leading about 8 miles from the notch where they once lived to the alpine zone and summit of Mt. Washington over 6,000 feet in elevation. The trail became a bridle path in 1840 and reverted to a footpath once more toward the end of the 19th century. Walking the path was indeed special because of its beauty and the history of the route, but it was also strenuous gaining 1,600 feet in the mile and a half to the Mizpah cutoff. In the steepest sections how we loved hearing Ramesh lament that he could be floating in his pool, rather than torturing himself mountain climbing.

We arrived at Mizpah Hut at a quiet time of day. A member of the hut crew whose turn it was to cook was over cutting up vegetables in the kitchen area, while we were greeted at the desk and given our quarters. We were basically sandwiched into a room measuring something like 10 x 20 feet. Bunks stacked three high are the norm, but these seemed to have no headroom at all for sitting up or maneuvering. As AI put it, “One has to sort of roll in.” Ramesh and I joined...
**Elected Officers**

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>E-mail</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Co-Chair</td>
<td>Peter McGinnis</td>
<td><a href="mailto:pmcgini1@aol.com">pmcgini1@aol.com</a></td>
<td>845-454-4428</td>
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<tr>
<td>Co-Chair</td>
<td>Daniel Jones, Jr.</td>
<td><a href="mailto:Daniel.jones.jr@gmail.com">Daniel.jones.jr@gmail.com</a></td>
<td>845-485-7969</td>
</tr>
<tr>
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<tr>
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<td>845-592-0204</td>
</tr>
</tbody>
</table>

**Committee Chairs & Other Volunteers**

<table>
<thead>
<tr>
<th>Title</th>
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<tr>
<td>Conservation</td>
<td>Sayi Nulu</td>
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<td>845-264-2270</td>
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<tr>
<td>New Members</td>
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<td><a href="mailto:djanderson@fairpoint.net">djanderson@fairpoint.net</a></td>
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<tr>
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<td>845-297-5126</td>
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<td>845-462-0142</td>
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</tbody>
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- Cover Story: Page 1 & 8
- News & Events: Page 3
- Outing Schedule: Pages 4-7
- Outings Log: Pages 9-11

**SAVE THESE DATES!**

- **Sat, Apr 26** - Trail Maintenance Workshop given by 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.
- **Wed, July 2 – Tues, July 8** – Annual Erie Canal Kayaking Trip w/Don Urmston
- **Sat, Aug 2** – Outing Leaders picnic
- **Sun, Aug 10 – Sat, Aug 16** – Annual White Mountains, NH Trip w/Ginny Fauci

Mid-Hudson Trails
A Catskill Thanksgiving Pilgrimage

E ach Thanksgiving in the clove between Platte Mountain and Kaaterskills High Peak, neighbors celebrate a faith-filled dinner. In gratitude for the year’s blessings, the self-sufficient Bruderhof community opens its doors. Hundreds gather: most from the Platte Clove Community of the Bruderhof, many are friends and neighbors, a handful are pilgrims from the Adirondack Mountain Club – this is their journey.

Who is an ADK pilgrim? Anyone who chooses to be. ADK membership does not matter. One’s religion does not matter – after all the basis of this holiday is religious freedom. All that matters is the willingness to endure the hardships of a mountain trek for the rewards of fellowship and thanksgiving at day’s end.

On Wednesday evening, the ADK group gathers in Woodstock at the KTD Buddhist monastery. By candlelight, the pilgrims share Zen meditation. There is no mantra, no guided imagery, no proselytizing; there is simply prayer without words, without sound, without motion, even without thought. In the present, and in our presence, we experience truly peace-and-quiet.

Daybreak of Thanksgiving morning begins with breakfast at the monastery. And despite no animal having sacrificed its life for our nourishment, there is a vast variety of food. We bundle ourselves bracing ourselves for the early morning Catskill chill, and commence our trek. All are prepared, all are warm, for there is no bad weather, only bad clothing.

In her book, Zen Miracles, Brenda Shoshanna writes, “This is the essence of a pilgrimage: faith in ourselves and in what is presented for us to do. We simply allow the situation to speak to us, accept the unpredictable, and from the depths of our heart, respond. The essence of a pilgrimage is to stop clinging to false habits, security, stability, and to be willing to surrender to the vast unknown. There is nothing comfortable or predictable on a pilgrimage. Here we endure discomfort gladly. As we do this, all kinds of doors open...” Hence, we embark on this Thanksgiving Pilgrimage, a bit fretful of what might unfold in the deep mountain woods of the Catskills, but ready to accept the trials and blessings of the day knowing that the kind, open doors of the Bruderhof await us.

While the two mile hike up Overlook Mountain is not steep, the incline is relentless and the 1,400 foot elevation gain taxing. Along the way, the early 20th century hotel ruins of the Overlook Mountain House provides a welcome respite. Atop the summit is a fire tower providing a vast vista of the Catskill Preserve and distant views of the Hudson River north and south. Here we embrace nature will all our senses.

Descending 1,000 feet to Echo Lake – whose surrounding amphitheater rocks do indeed echo – we pause for lunch, and begin the mediation of Spiritual Directions. As a complement to Saint Ignatius’ spiritual exercises which bring a cerebral, Jesuit discipline to prayer, the Spiritual Directions are Franciscan bodily prayers which bring a visceral experience. To the east with our soul, we release fear and gain acceptance; to the south with our strength we dispel anger and replace with gratitude; to the west with our heart we lose jealousy and find compassion; to the north with our minds we let go of self-doubt and discover self-goodness.

Hiking the flat saddle between Overlook and Platte Mountain makes for a pleasant afternoon, and with the leafless trees of late autumn, provides panoramic views of the valley below. The trail skirts Platte Mountain, and as shadows become long, we commence our descent to Platte Clove. After crossing a small footbridge over the Platte Kill, we are soon at the entrance to the Bruderhof’s Platte Clove Community. Here we are warmly greeted and whisked off to each of our host families to wash up and for conversation before dinner begins.

The past few years, I have had the honor of being the guest of the Harrison family. With dusk descending, the family is just in from gathering conifer branches; the room is filled with the scent of evergreens as together they weave their garlands and wreaths. Our conversation turns to the nature of the Bruderhof. “Our community is simply about living the Gospel, and the Beatitudes in particular.” says the dad. And with the dinner bell ringing, the mom chimes in, “There have been times in our community when we have not had enough to eat, but now there is ample and we want to share that with our neighbors. Thank you for coming here.”

“Let’s remember the first Thanksgiving celebration in Plymouth,” says the dad as we sit down at the large family table. “The Pilgrims knew they were being called by God to build a new nation. They chose to build the community the way God intended, one that is based on love, not property. They were called to write a new story in which God would guide them. What an honor it is to participate in this story. It is a great privilege to take part in building the community.”

“Thanksgiving is about sharing,” says my husband. “All the stories we hear of Pilgrims sharing their bounty and skills are true. They shared their skills and wherewithal right from the beginning. What a privilege to share with our neighbors. It’s been a joy to be here this Thanksgiving.”

In the dining hall are several hundred people. That there is so generous an amount of food is amazing enough, but that it is all prepared and brought out simultaneously is quite a miracle. Marvelous, too, is the involvement of the children. A score of high school students are waiters, middle school students provide music and song, and the younger children take the microphone and express what Thanksgiving means to them – it is heartening how many express gratitude to their parents. After pumpkin pie dessert, we return to our host families, an evening chat, and then bedtime.

Friday morning at the Bruderhof begins before dawn. After breakfast with our host families, the Thanksgiving pilgrims assemble for the trek back to Woodstock. We hike back up Platte Mountain, across the saddle, and this time skip Echo Lake. Our time atop the fire tower is brief as all the pilgrims have “parking lot fever.” After a full day of hiking, we reach the Overlook trailhead where we began our pilgrimage. Tired, but satisfied by our journey, pilgrim Eileen Lawson enthuses, “A dose of mortification is the spice of life; this pilgrimage is seasoned just right!”

To participate in this Thanksgiving Pilgrimage contact hike leader Skip Doyle at SkipNewYork@yahoo.com. The only requirements are to charitably donate to our hosts and to have previously hiked some Catskill mountain or comparable terrain.
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/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 4 miles total distance, suitable for children.

MHADK OUTINGS SCHEDULE WINTER 2013/2014 – December, January, and February

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 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.

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

QUICK RESPONSE CROSS COUNTRY SKIING- Get on the list Now!
(Please Note: This list is a service to ADK members only)
Good snow doesn't last very long around here. That's why you've got to get out and enjoy it right after the storm. If you have the luxury of dropping everything and going out to ski, contact Russ Faller at russeoutdoors@yahoo.com to be put on the Quick Response X-C Ski List. When there's a good snowstorm, you'll get an e-mail invitation to ski right after the storm ends. This could fall on a weekend or a weekday. If you were on the list last winter, you're still on the list. If you want off the list, contact Russ.

QUICK RESPONSE SNOWSHOEING- Get on the list Now!
(Please Note: This list is a service to ADK members only)
If you have the luxury of dropping everything and going out to snowshoe, contact Ginny Fauci at gefauci@gmail.com to be put on the Quick Response Snowshoe List. When there’s a good snowstorm, you’ll get an e-mail invitation to snowshoe after the roads are cleared. It could be a weekend or a weekday. If you were on the list last winter, you’re still on the list. If you want off the list, contact Ginny.
# WINTER OUTINGS OVERVIEW (details follow)

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<th>Description</th>
<th>Leader</th>
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<tr>
<td>Sunday, Dec 1</td>
<td>Romantic Paradise Rock</td>
<td>Barry Skura</td>
<td>914-779-0936 <a href="mailto:Barry.Skura@gmail.com">Barry.Skura@gmail.com</a></td>
<td>Class A</td>
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<tr>
<td>Saturday, Dec 7</td>
<td>Minnewaska Hike, snow shoe or ski</td>
<td>Pete McGinnis</td>
<td>845-454-4428 <a href="mailto:pmcgin1@aol.com">pmcgin1@aol.com</a></td>
<td>Class A</td>
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<tr>
<td>Saturday, Dec 7</td>
<td>Harriman State Park</td>
<td>Tom Amisson</td>
<td><a href="mailto:Tamisson@aol.com">Tamisson@aol.com</a></td>
<td>Class B</td>
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<tr>
<td>Sunday, Dec 8</td>
<td><strong>ADK Holiday Party</strong></td>
<td>Carol Marsh</td>
<td><a href="mailto:nanagrace91@aol.com">nanagrace91@aol.com</a></td>
<td></td>
</tr>
<tr>
<td>Sunday, Dec 15</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>
</tr>
<tr>
<td>Saturday, Dec 21</td>
<td>Photo Hike: Nyquasit-Harcourt Wildlife Sanctuary</td>
<td>Brian Sullivan</td>
<td>845-594-9545</td>
<td></td>
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<tr>
<td>Wednesday, Jan 1</td>
<td>New Year's Day Walk at Vassar College</td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Walk</td>
</tr>
<tr>
<td>Saturday, Jan 4</td>
<td>Photo Hike; Hugenout Steet, New Paltz Area</td>
<td>Brian Sullivan</td>
<td>845-594-9545</td>
<td></td>
</tr>
<tr>
<td>Sunday, Jan 5</td>
<td>Cross-Country Ski or Hike</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM) <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Intermediate</td>
</tr>
<tr>
<td>Sunday, Jan 12</td>
<td>West Point Foundry Preserve, Cold Spring</td>
<td>John Ragusa</td>
<td>917-692-1159</td>
<td>Walk</td>
</tr>
<tr>
<td>Friday – Monday</td>
<td>Bolton Valley Nordic in Bolton Valley, Vermont</td>
<td>Ron Gonzalez</td>
<td><a href="mailto:iamrongon@gmail.com">iamrongon@gmail.com</a></td>
<td></td>
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<td>Jan 17-20</td>
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<tr>
<td>Saturday, Jan 18</td>
<td>Hike or snowshoe to Mt. Beacon fire tower</td>
<td>Tom Amisson</td>
<td><a href="mailto:Tamisson@aol.com">Tamisson@aol.com</a></td>
<td>Class B+</td>
</tr>
<tr>
<td>Saturday, Jan 25</td>
<td>Afternoon at Tivoli Bays - Walk</td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Walk</td>
</tr>
<tr>
<td>Tuesday, Jan 28</td>
<td>Rosendale Rail Trail – Walk/snowshoe</td>
<td>Ginny Fauci</td>
<td>845-399-2170 <a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td>Class C</td>
</tr>
<tr>
<td>Saturday, Feb 1</td>
<td>Cross-Country Ski or Hike</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM) <a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>Intermediate</td>
</tr>
<tr>
<td>Saturday, Feb 8</td>
<td>Storm King Mountain</td>
<td>Alvin DeMaria</td>
<td>845-255-1704 <a href="mailto:demonalvin@yahoo.com">demonalvin@yahoo.com</a></td>
<td>Class B</td>
</tr>
<tr>
<td>Friday – Monday</td>
<td>President's Day Weekend Wiezel Cabin at Heart</td>
<td>Pete McGinnis</td>
<td>845-454-4428 <a href="mailto:pmcgin1@aol.com">pmcgin1@aol.com</a></td>
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<tr>
<td>Feb 14-17</td>
<td>Lake</td>
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<tr>
<td>Friday – Monday</td>
<td>President's Day Ski Weekend in the Adirondack</td>
<td>Ron Gonzalez</td>
<td><a href="mailto:iamrongon@gmail.com">iamrongon@gmail.com</a></td>
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<tr>
<td>Feb 14-17</td>
<td>Park West-Central Region (Big Moose Lake)</td>
<td></td>
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<tr>
<td>Sunday, Feb 16</td>
<td>Black Rock Forest, Northern Loop C</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>Sunday, Feb 23</td>
<td>Chapter meeting with guest speaker from NYNJTC</td>
<td>Brenda Harding</td>
<td><a href="mailto:oreomort@aol.com">oreomort@aol.com</a></td>
<td></td>
</tr>
</tbody>
</table>
Sun Dec 1  Romantic Paradise Rock
10 miles at brisk pace. Explore Paradise Rock, an area near Lake Cohasset where young lovers used to sprout their wings. Long Trail and a variety of other Central Harriman trails. Meet at Elk Pen parking area after the Short Line bus arrives at the park entrance (9:26 AM).
Leader: Barry Skura, 914-779-0936, Barry.Skura@gmail.com

Sat, Dec 7  Hike, snow shoe or ski, depending on conditions
Length and route to be determined. Goal about 8 miles, moderate pace. Dress, food, water all appropriate to conditions. Bring headlamp and compass.
Leader: Pete McGinnis, 845-454-4428. pmcginn1@aol.com

Sat, Dec 7  Harriman State Park
It will be a B level hike about 4-6 miles. We will visit several old iron mine sites and the history of iron mining in the Highlands will be discussed. Those interested should contact me by e-mail for specific details.
Leader: Tom Amisson Tamisson@aol.com

Sun Dec 8  ADK Holiday Party
Locust Grove, Poughkeepsie, NY - Potluck dinner begins at 5 pm, optional tours available for $9 at 4 p.m. Contact Carole Marsh nana-grace91@aol.com for more information.

Sun, Dec 14  Quarry Inquiry with Codfish (Catskills Hike/Bushwhack)
Plattekill Mtn. (3100’) is a favorite hike of Alan Via (author of The Catskill 67). This is mostly a trail hike, with a short 0.25-mile bushwhack. Good for those who want to see what bushwhacking is all about, as well as for old-time bushwhackers. We’ll start from the Platte Clove Preserve trailhead (Rt. 16) and hike to Codfish Point for a spectacular view of the Hudson River Valley and the mountains of Massachusetts. Then follow an old unmarked quarry path to its end, where the bushwhacking will begin. We’ll pass several bluestone quarries and enjoy many viewpoints. This hike is 5+/- miles and with @1400 ft. ascent. Contact leader for meeting time/place & carpool info.
Leader: Russ Faller 845-297-5126 (before 9PM) or russoutdoors@yahoo.com

Sat, Dec 21  Photo Hike at Nyquisit-Harcourt Wildlife Sanctuary, New Paltz, NY
Meeting Place: 10 am at Trailways Bus Station in New Paltz, NY, corner of Prospect & Main Street. If driving park along Prospect Road, Extreme cold or inclement weather cancels. Bring camera, water, food, and dress appropriately.

Wed, Jan 1  New Year’s Day Walk at Vassar College
The students are away, the paths are paved, there are two lakes, an observatory, and, if it’s a really nice day, a field station. Join me at 1:00 pm at the north entrance--at the end of Collegeview, past Fairmont Ave, where there’s a lot of visitors parking. We’ll walk for an hour or two or more. Return to my house for soup, bread, hot drinks. Bring a couple of cookies to share.
Leader: Sue Mackson 845-471-9892 suemackson@gmail.com

Sat, Jan 4  - Photo Hike Hugenout Street, New Paltz Area
Meeting Place: 10 am at Trailways Bus Station in New Paltz, NY, corner of Prospect & Main Street. If driving park along Prospect Road. Extreme cold or inclement weather cancels. Bring camera, water, food, and dress appropriately.

Sun, Jan 5  Cross Country Ski or Hike, Intermediate Level
Cross-country ski or hike, if insufficient snow. Skiing could be on groomed or un-groomed trails. Location TBD. Contact leader for more info.
Leader: Russ Faller 845-297-5126 (before 9PM) or russoutdoors@yahoo.com

Sun, Jan 12  Go With the Snow
Leisurely walk, between 2 and 3 miles. We will walk or snowshoe on the grounds of the former West Point Foundry which is now a Scenic Hudson Preserve. We will discuss the history of the Foundry along the way. Established in 1818 to supply the U.S. government with artillery, the ironworks employed hundreds of workers who produced some of America’s first steam engines, locomotives and ironclad ships, as well as pipes for New York City’s water system and Parrott guns, cannon credited with winning the Civil War. Allow 2 to 3 hours. At the end of the walk, there will be an optional stop at the nearby Putnam History Museum which houses many artifacts from the Foundry. Heavy snow cancels. Meeting Place: Cold Spring Metro-North Railroad Station Parking Lot – 11 am
Leader: John Ragusa 917-692-1159

Fri-Mon, Jan 17-20 MLK Weekend - Go With the Snow - Early season Nordic backcountry ski weekend at Bolton Valley Nordic in Bolton Valley, Vermont (south of Stowe).
 Experienced backcountry skiers can take on the Bolton-Trap Trail, the Woodward Mt Ski trail, or the south and west sides of Mount Mansfield, if conditions permit. Cross country skiers can enjoy Bolton Valley Nordic Center and its extensive network of easier backcountry trails, as well as the Stowe Cross Country and Trapp Family Lodge Nordic centers (purchase of trail passes necessary). Downhill skiers can enjoy Bolton Valley, Stowe or Smugglers Notch (purchase of lift tickets necessary). We’ll stay in modest cabins conveniently located near Waterbury, VT. Contact leader for additional information.
Leader: Ron Gonzalez jamrongon@gmail.com

Sat, Jan 18  Hike or snowshoe to Mt. Beacon fire tower
4-5 miles, rating B+. E-mail leader for more information.
Leader: Tom Amisson Tamisson@aol.com
Sat, Jan 25  Afternoon at Tivoli Bays - Walk
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 crossroads of Rtes 9G and 9 north of Rhinebeck. Call leader for carpooling. We’ll stop for hot drink at the end of our sojourn.

Leader: Sue Mackson 845-471-9892  suemackson@gmail.com

Tues, Jan 28  Leisurly Hike – Rosendale Rail Trail – Walk/snowshoe
Let’s take a walk on the newly opened section of the Rosendale Rail Trail over the trestle bridge. Contact leader for starting time and meeting place.

Leader: Ginny Fauci 845-399-2170 gefauci@gmail.com

Sat, Feb 1  Cross Country Ski or Hike, Intermediate Level
Cross-country ski or hike, if insufficient snow. Skiing could be on groomed or un-groomed trails. Location TBD. Contact leader for more info.

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

Sat, Feb 8  Storm King Mountain
A leisurely loop around Storm King Mountain and Butter Hill, Microspikes advisable.
Map: West Hudson # 113 (2013).
Meet: Black Rock parking area on Reservoir Road. 10 AM
Leader: Alvin DeMaria 845-255-1704 demonalvin@yahoo.com

Fri, Feb 14– Mon, Feb 17  Presidents Day Ski Weekend in the Adirondack Park West-Central Region based out of Big Moose Lake
Enjoy a Nordic backcountry ski weekend in the wilderness of the West -Central Adirondacks. Open to experienced backcountry skiers who want to roam in the wild, snowy woods. (Not suitable for backcountry novices.) Cross country skiers can enjoy easier backcountry trails, but expect a challenge. *Winter snowshoeing experience and appropriate gear and clothing are absolutely mandatory*. Email leader with questions.

Leader: Ron Gonzalez iamrongon@gmail.com

Sun, Feb 16  Black Rock Forest, Northern Loop C
Didn’t get to do this last summer so, try again. Only if no rain or snow will we do a 5.5 m walk at easy pace. Some hill climbing; not more than 600 ft. total, various great views along the way Walk is described in 50 Hikes in the Lower Hudson Valley by Green and Zimmerman. The various intersections along the trail are described as "confusing". Plan to meet at the trailhead at 10 am but call leader for carpooling. The trailhead parking is very restricted.

Leader: Sue Mackson 845-471-9892  suemackson@gmail.com

Sun, Feb 23  Chapter meeting with guest speaker from NYNJTC
Begins at 3 pm with optional dinner following – Milanese Restaurant, Poughkeepsie, NY. Contact Brenda Harding oreomort@aol.com to sign up for dinner.
Nathan and Pete at a long table in the common area to have a sandwich and watch as the afternoon turned windy, with racing clouds. The outdoors beckoned, so several of us opted to hike south 1.6 miles to the summit of Mt. Jackson (4052’).

Back at Mizpah that evening we attended a talk given by one of the hut crew on logging in the White Mountains in the late 19th and early 20th centuries. At that time railroads were constructed far into the notches to bring the timber out, and devastating fires from careless logging practices spread over entire wilderness areas. We looked forward to the next day, a highlight of the trip, for we would hike out from Mizpah and meet up with the Crawford Path at Mt. Pierce (4312’) and soon be above the treeline. We would follow an alpine ridge for a couple of miles with views on all sides, and end up at Lakes of the Clouds Hut set right beneath the summit cone of Mt. Washington.

Above the Trees. We left Mizpah Hut a little after eight in the morning in passing fog, wending our way up a steep trail through the woods toward treeline. Shoulder-high balsam and spruce crowded our path on either side. Trees near the alpine zone are misshapen, too, by the wind and may grow horizontally to survive, referred to as krummholz, meaning “crooked wood.”

Eventually we emerged from treeline and set forth across vast areas of the alpine community, with gneiss and quartz sheltering clusters of mountain cranberry and tiny white diapensia blossoms. Acres of prairie-like sedge bent in the wind, and lichen colonized the rocks. We saw signs to stay on the trail, to give delicate alpine plants a better chance to survive. We walked along the ridge, our boots crunching on the gravely glacial till and picking up mica dust. As the mist cleared we were able to see the mountains far and away, the land and spaces between lit with varied greens.

The Highest Hut. Lakes of the Clouds was a different experience from the previous huts we stayed in. It is larger and busier, lying low between three sides. To the left is a view of Mt. Monroe (5372’) and Mt. Washington (6288’). It is named for the two pretty glacial lakes, or tarns, close by. The hut accommodates 100 people. Therefore, there are more bunk rooms and a fairly large common room used for meals, games and relaxation, with views on three sides. To the left is a view of Mt. Monroe. Ahead is Ammonoosuc Ravine and to the right, directly outside, looms the austere cone of Mt. Washington covered with fragmented rock from the action of freezing and thawing over geologic time. The cloud cover had swept away, and one could gaze up from the hut at the summit with its towers and buildings rising above the cone’s countless great blocks of stone. We were lucky because 75 percent of the time Mt. Washington’s summit is lost to view in the clouds.

Four thru-hikers on their way to Mt. Katahdin at the northernmost point on the Appalachian Trail spoke after dinner about their passion for food, the heat they endured throughout Pennsylvania, their desire to break from routine jobs. We met Willow, another thru-hiker’s dog, also making her way to Katahdin. “Willow sprints to Maine while I stumble along,” her owner’s trail journal notes. In all the huts thru-hikers may have meals and spend the night, usually on the floor of the dining area, in return for work. As night fell the landscape outside now seemed forbid-
May 28  Harlem Valley Rail Trail
Leaving a car at the Amenia Trailhead, we drove to Coleman Station and walked four miles south from there back to Amenia along the Harlem Valley Rail Trail. This section of the rail trail is flanked on both sides by extensive wetlands. The wetland area is constantly increasing due to the efforts of the beavers, and we saw much evidence of their efforts in the downed trees and several lodges, one of which was huge! This area also has abundant birds. We saw an Eastern Kingbird and a pair of Canadian Geese with their four goslings. Our pleasant walk was followed by a delicious lunch at McGregor Organic Farm. Judy Kito and Bill Jacobs, Lorraine Laufer, and the Leader, Beth Willis.

June 9  Fahnestock State Park
Nine of us walked the short loop from Route 301 to Beaver Pond on a pleasant and sunny day. The trail was wet in spots and the Mountain Laurel were only partially in bloom, but the views at both ponds were wonderful.
John Ragusa, Marie Caruso, Liz Lunn, Jo Reubens, Chris Beaumier, Lauren Pouparai, Shannon Sullivan, Carol Gray.
Leader, Tom Amisson

July 18-22  Long Lake to Tupper Lake, Adirondacks
We launched from the southern end of Long Lake in the late morning, but made good time to the Cold River Lean-to because of a strong tailwind. We ate dinner there as the mosquitoes ate our blood. This was the most infested campsite ever, but we toughed it out and found that the other sites were much more comfortable. After paddling as far up the Cold River as we could the next morning, we returned to the Raquette River and headed for the carry and the falls. The 1.3-mile carry around Raquette Falls was much improved since the leader had passed through here about a decade ago. A lot of erosion-control measures have been built and carts are now useful on much of the carry trial. Our second night, we camped at the Hemlock Hill Lean-to and had rain and wind that evening. We ran across a ranger at Axton Landing, who told us that a major storm passed through last night and caused black-outs in many of the villages, due to downed trees. Apparently, we were lucky enough to have been in a lull between two prongs of the storm. On our last night, we were scheduled to camp on Tupper Lake, but we arrived early, so we paddled to Setting Pole Dam. We still had time, so we paddled into Tupper Lake Village for dinner, then returned to our campsite just before dark. Trip was joint with AMC. Participants were: Art Portmore & Tom Amisson (ADK) and Nathan Baker & Loretta Brady (AMC).
Leader, Russ Faller

July 23  Bull’s Bridge to 10 Mile River
The area between the covered bridge at Bull’s Bridge and where it is joined by the Ten Mile River is always a pleasant and cool refuge on a really hot day. The sight and the sound of the water crashing and cascading over the rocks created the illusion that it had been raining for many days instead of just the day before. It is unusual to have high water levels like this in July. After crossing the bridge where the Ten Mile flows into the Housatonic, we walked to the overnight shelter, passing several through-hikers with whom we enjoyed talking and then returning along the river the way we had come. Eric Harvey, Ellen Kelly, Jim Temple.
Leader, Beth Willis.

August 4  Long Dock, Beacon
On a fair & sunny day we paddled from Long Dock around Dennings Point and up the Fishkill Estuary to the waterfalls at Madame Brett Park, enjoying the calm and beautiful scenery. For many it was their first trip to the estuary. On the return trip we witnessed the Two Row Wampum Flotilla of about 75 various boats round Denning’s Pt on their way to NYC. We had a more challenging return paddle into the wind on the Hudson, but all arrived safe and sound. Don Urmston, Dave Webber, Ellie Shortle, Russ Faller, Lou Ruidisch, Marie Caruso and guests Lillian Tocco, Rosemary DelSigrore.
Leader, Tom Amisson.

August 11  Vernooy Kill Falls
We can only attest that a tree falling in the woods while in the hearing (and viewing) distance of a bunch of hikers makes a loud noise and a big impression. Hike is short, but the road is much eroded and filled with the kinds of obstacles that tree roots and rocks provide. Day was not too hot, but water always has a pull—as it does here, where the water is plentiful, though the falls are not spectacular. I’ve led this hike twice and twice failed to walk up to the actual swimming area. Also had to reverse direction on our way back—leader had taken the wrong return route. Salley Decker realized which way was correct. This was to the discomfort of our guest who’d fallen and injured her face and extremities and was hoping the way back would not be too uncomfortable. Accident reported to ADK HQ. Ellie Shortle, Hunna Walenta, Bert Whaler, Jud Jurutka.
Leader, Sue Mackson.

August 24  Fishkill Creek Paddle & Clean Out
There’s an expression: “You never paddle the same river twice.” We found this to be so true of the Fishkill Creek. Seven weeks ago, when the water was much higher, we were able to paddle around or skim over log jams with minimal clearing. This time, we were blocked by the same jams that we thought we had opened up. We never got to the spot where we quit work the last time. But because of the low water levels, this time, we significantly improved navigation on the Fishkill Creek Water Trail. We were grateful that Mike Pettigrew and...
Phil Zulli brought chainsaws. Without these, we would not have been able to accomplish so much in the few hours we worked. Afterwards, we enjoyed a paddle on this surprisingly beautiful creek. Many thanks to those who worked hard that day: Don Urmston, J-C Fouere, Lou Ruidisch, Bob Clark, Mike Pettigrew, Phil Zulli (members), Jim Doherty (guest) & the leader, Russ Faller.

**September 7  Cold Spring to Newburgh Bay**

Early morning, six of us paddled from Cold Spring to the Newburgh Bay, explored the lower stretch of the Fishkill Creek and, upon crossing the River, checked out the Moodna Creek, taking a break at Cornwall River Park on the way back to Cold Spring, for a total of over fifteen river miles. Although moving at a fast pace, we all enjoyed the Hudson Highlands scenery on this weather-perfect day, and engaged in a number of discussions about diverse topics (tablets versus laptops, education and NY school system, retirement activities, kayaking and kayak gears, etc.).

We were especially happy to see Geri joining our paddling outing after a couple of years in absentia. Geri, welcome back! Another great paddling day on the beautiful Hudson River!

**Leader, Jean-Claude Fouere**

**September 7  Lake Minnewaska to Lake Awosting**

Great day to be out. Hiked from lake to lake on Upper Awosting Carriageway. Hiked past the Rangers Cabin to the side lake of Lake Awosting. Had lunch and decided not to go to Mud Pond. Stopped at the official Lake Awosting Swimming Area and watched the ducks. Continued to the Upper Awosting Carriageway and out. Judith Ahrens & Doug Kramer.

**Leader, Brian Sullivan**

**September 12  Harriman State Park**

An eight mile loop was done from Silver Mine Lake to Stockbridge Mountain. A dozen hikers attended and traversed the trails of Harriman on a warm late summer day.

**Leader, Mel Kleiman**

**September 13-14  Delaware River Paddle & Camping**

We launched from Milford Beach on Friday evening and paddled to Minisink Island to find a campsite. Next morning, we paddled downriver to Wallpack Bend and camped. On Sunday, we awoke to a fog-filled river and enjoyed a mysterious paddle for most of the morning. When we arrived at Smithfield Beach for take-out, there were people on shore who clapped and cheered us. “This is strange!” we thought. “They must think we’re adventurous for camping on the Delaware, but a lot of people do this - even Boy Scouts.” It wasn’t until we landed and went for our cars that we saw that the encampment of tents, trophies, local radio station van and so forth that signaled this was a triathlon. None of us received a trophy that day. Trip was joint with AMC. Participants were: Mike Calenti & Linda Furlani (ADK) and Chris Keil (guest).

**Leader, Russ Faller**

**September 14  Poet’s Walk**

Two people—Ellen Waggener and Paul Hirsch—joined the leader on one of our spectacular fall days for an exploration of Poets Walk in Rhinebeck. The sun was shining, the sky was blue, views of the Hudson River were inspiring, and the trail wandered through meadows and woods. A lovely way to spend a few relaxing hours. (photo below is of participants leaving the gazebo at a high point of the property)

**Leader, Georgette Weir**

**September 23  Cold Spring To Popolopen Creek**

The “three amigos” set off this morning at 7:15 AM from Cold Spring and sprinted down to Popolopen making landfall after 1.5 hours of paddling on calm water reflecting blue skies. After a brief lunch (actually, as Russ commented, a second breakfast) on the grounds of the Fort Montgomery Museum, we took off into what had become strong headwinds most of the way home. It took us almost two hours to return to Cold Spring all of which was done under heavy paddling. A good day was had by all.

**Leader, Mark Tatro**

**September 28  Fishkill Creek Paddle & Clean-out**

This was our last work session for the season. We paddled about a half hour to where we had left off on August 24th. The water was even lower than it had been then, so we cut some more from the log jam we had cut in July and again in August, each time improving navigability. Then we cleared a narrow opening on the other side of the same jam because that’s where the water is deepest and where the current flows. We also cleared passage around another jam just upstream. This will make it easier to negotiate an “S” turn in the Spring, when water is fast. We worked for about an hour and a half, had lunch, tried out the routes we just cleared and then paddled back to our cars. Participants were: Dave Kaplan, Arlene Kaplan, Tom Amisson (all ADK) and Chris Keil (guest).

**Leader, Russ Faller**

**September 29  Slide Mountain Loop**

Scouted out this much used route up the highest mountain in the Catskills without doing the loop—just went up and back on the Slide Mountain Trail from Cty Rte 47. This time, with the weather cooperating, two folks joined me, Theresa Cunningham a recent MHADK member, and Rodney Johnson of the Genesee Chapter, house sitting for his sister locally. Together they provided good company and we ascended with no particular difficulty—just lots of breath breaks for the leader. On
the descent, we decided to take the turnoff for the Curtis Ormsbee Trail and were not disappointed. The scenery and terrain were different enough from the way up that it was worth it. Slide mountain top was packed with folks and some advised Kathleen about the sort of compass to buy. Many groups on the trail were accompanied by dogs and lots of folks were visiting from distant parts.

Leader, Sue Mackson

September 29  Old Croton Aqueduct, Dobbs Ferry to Yonkers
We met at the Keeper’s House in Dobbs Ferry after taking the Metro-North train from Beacon to Dobbs Ferry. It was a beautiful, warm, sunny, fall day. There were 6 participants. We followed the Old Croton Aqueduct south from the Keeper’s House. When we arrived at the 5-corners in Hastings-on-Hudson, we caught up with another group of walkers from the Friends of the Old Croton Aqueduct who were taking the trail north from Hastings to Dobbs Ferry. Mavis Cain, who is the President of the Friends, led their hike. She gave a short history of the Aqueduct to everyone gathered. We then proceeded south through Hastings and into Yonkers. We then made a special visit to Untermeyer Gardens which is now a Yonkers City Park. We had lunch on one of the terraces overlooking the Hudson. The gardens and architecture are listed on the National Register of Historical Places. Everyone in the group marveled at the beauty of the gardens which rivaled those of Biltmore in Asheville, NC. We then walked on the carriage road back to the Aqueduct and proceeded south. Near downtown Yonkers, we left the Aqueduct and walked along the city streets to Larkin Plaza which is totally revitalized with beautiful landscaping along the Saw Mill River. We then proceeded to the Metro-North train station where we took a train back to Beacon. A lovely time was had by all. Total mileage was between 6 and 7 miles.

Leader, John Ragusa

October 5  Fall Picnic & Hudson River Paddle
I want to tell you about a near-mishap at the Vandeburgh Cove RR Bridge  http://www.flickr.com/photos/jag9889/3732411771/. My purpose is to raise awareness of a leader and participant responsibilities to or for each other: At the Annual Picnic 10 of us traveled upriver together on a rare calm day. Two of us believed it was OK to explore the cove but the tide was coming in, creating a rather strong current. I went through to gather everyone up and was unable to get back to the Hudson until my second try; the damage to my boat was minimal - This was precarious and unfortunate. Leigh & JoeToth, Russ Faller, Ellie Shortle, Tom Amisson, Mark Tatro, Lauren Dougherty.

Leader, Jeff Kaplan

October 19 Taurus-Breakneck
Never saw so many cars along Route 9D near parking area for Breakneck trail. Shuttled to Nelsonville, we were the only hikers to use this parking area all day! Up Taurus from south. down to Surprise Valley. lunch. Up Undercliff trail to Breakneck Ridge. Down By-Pass to cars at Breakneck parking on 9D. Great weather-that’s why swarms of hikers. 8 miles;1700 feet;9:30-3:15 Tom Amisson; Russ Faller; Marsha Kramer; Bob McDonald; John Ragusa; John Schimmel; Tony Sorac

Leader, Al Demaria

October 12  Black Rock Forest
It was a beautiful, sunny, fall day, nice colors. Three participants and the leader; one turned back at the beginning of the hike. We hiked up to Black Rock for the view and walked back on the trail and dirt roads. Saw a few garter snakes along the way and Turkey Vultures. Participants were Tom, Collette, Devin, and the leader.

Leader, Arlene Cannonico

October 19  Old Oak to Route 22 & Lunch in Pawling
10 hikers met at 10 AM at the Rte 22 AT Rail Road Stop and after a lot of confusion we all managed to get in cars and head over to Rt. 20 and to the old “Big Oak” to start our hike. It was a beautiful sunny day, we all managed to climb up the meadow, with 30 cows watching us. The trail is in terrific shape; we had the maintainer, Craig Brown, with us on the hike so there was no way we could get lost. All 10 made it to the new walkway over the Great Swamp to Rt. 22. The foliage was magnificent. Most of the brave souls went on to McKinney and Doyle for lunch.

Leaders, Bill Beehler & Ellen Zelig

October 20  Denning’s Point, Beacon
The great fall season just kept going and leader Georgette Weir was pleased to enjoy the company of Al Poeld, Veronica Lytte, and Marilyn Reagle for a Sunday morning walk along the Hudson River in Beacon. Denning’s Point, a part of Hudson Highlands State Park, is part of an expanding greenway trail, and this was a great opportunity to enjoy a quiet morning by the river (photo below from this hike)

Leader, Georgette Weir

October 27  Bear Mountain
Four of us joined in the hike along the AT at Bear Mountain: Craig Brown, who had to quit early because of a knee problem, Mike Pettigrew and Robert Reardon. A perfect fall day for hiking.

Leader, Jean-Claude Fouere
Stay Connected…..

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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

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