Walking the AT
STORMVILLE TO PAWLING
by Skip Doyle

It is but a few steps for any of us living in the Hudson River valley to be blessed by walking the hallowed Appalachian Trail. Of this 2,200 mile trail extending from Georgia to Maine, a mere 90 miles of it passes through New York State, and 32 miles of this trail graces Dutchess County. A particularly notable - and assessable - 15 mile section begins at Route 52 in Stormville and meanders through hills and dales to Route 22 in Pawling.

At Route 52, the trail begins coursing through woods and gently ascends Mount Eggburt marked by a U.S. Geological marker at the summit and an extensive vista of the Appalachian Trail through Dutchess County southward. Past the peak is the Morgan Steward Shelter which was built in a garage, disassembled, and then re-constructed on the trail.

Particularly scenic in this stretch is Nuclear Lake - peacefully nestled in the hills. Pausing for lunch at the lake, I met Grey Wolfe, an AT Flip-Flopper. Having hiked from Springer Mountain, Georgia to Harpers Ferry, West Virginia, he boarded a bus to the trail terminus on Mount Katahdin in Maine, and was now southbound intent on completing the entire AT at Harpers Ferry. With so many months on the trail, I asked him what was his most spiritual experience. He replied with reflective detail: “It was pouring 38 degree rain as I reached the shelter where I took off my soaking wet clothes and shivered into my damp sleeping bag. The driving rain changed to drifting snow; awakening to howling winds at midnight, I sealed off the open wall of the shelter as best I could with an undersized tarp. The next morning was a winter wonderland: untouched powder blanketed everything and foot-long icicles hung down like stalactites from the shelter roof. My wet clothing from the day before was beyond

Continued on page 7
The Historic Locust Grove Estate & Trail Activities

The Historic Locust Grove Estate is an independent museum, education center, and nature preserve founded by Annette Inns Young. Miss Young lived at Locust Grove from 1895 until her death in 1975; it was her dream to preserve the estate for the benefit of the public. Locust Grove does not receive operating support from the State or Federal governments today. All operations are funded by donations, admission fees, and the work of dozens of volunteers.

From planting gardens, to painting buildings, to clearing hiking trails, volunteers contribute thousands of hours each year and make it possible to keep 200 acres of gardens and grounds open free to more than 80,000 annual visitors. We very much appreciate the annual work days that the ADK members staff — we look forward to working with you again.

–Ken Snodgrass
Director, Locust Grove

Our chapter has been busy with trail activities the past few months. I led a trail maintenance workshop at Farnworth Farms in Aug that was attended by about ten club members and others. Last month a small group of club members (Ginny Fauci, Dave Webber, Burt Waehler, and myself) cleared our stretch of trail on the Long Path in Minnewaska State Park. A group of five club members (see photo) did several hours of trail widening on the main trail at Locust Grove. More trail workshops and activities will be planned for the Spring. All club members are invited to participate.

I would like to end with a special appeal to all members to consider volunteering either on a regular or ad hoc basis at one of our local not-for-profit outdoor organizations. We are fortunate in having two nearby: Locust Grove (see above) and Stony Kill Farm in Fishkill/Beacon. Both organizations have a splendid network of trails and other wonderful activities and operate with 95% volunteer staff. Without ongoing volunteer help they cannot stay open to the public.

Thank you!

–Tom Amisson, Trails Chair

Workday at Locust Grove. Pictured from left are Dan Jones, Tom Amisson, Russ Faller, Glenda Schwartz and Sue Mackson.

www.midhudsonadk.org
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

MHADK OUTINGS SCHEDULE – December/January/February 2016/17

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.

HARRIMAN DOG-FRIENDLY HIKES. Susan Sterngold, ADK leader, 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.

QUICK RESPONSE CROSS COUNTRY SKIING - GET ON THE LIST NOW! (PLEASE NOTE: THIS LIST IS A SERVICE OPEN ONLY TO ADK MEMBERS)
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 russoutdoors@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 OPEN ONLY TO ADK MEMBERS)
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. Please contact Ginny to sign up.

WINTER KAYAK POOL SESSIONS WITH DON URMSTON
See details on Jan 21, Feb 4, Feb 18, March 4 and March 18

LET’S PARTY!
Join us for Our Chapter’s Annual Holiday Party and Potluck Supper
Sunday, December 4, 2016 at 5PM
At Locust Grove,
the Samuel F B Morse Historic Site
Rt 9. Poughkeepsie
Music provided by “Lost in the Woods”

Attendees will have the opportunity to tour this magnificent historical home with traditional holiday decorations at the special member rate of $10. The tour will begin at 4:00 and must be reserved with Carole Marsh at 845-849-2044 by Thursday, December 1.

Whether or not you plan on taking the tour, everyone should contact Carole to confirm attendance and make known your potluck contribution of appetizer, main dish, salad and dessert.
# Winter at a glance

## December

<table>
<thead>
<tr>
<th>DATE</th>
<th>DESCRIPTION</th>
<th>LEADER</th>
<th>CONTACT INFO</th>
<th>RATING</th>
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</thead>
<tbody>
<tr>
<td>Sat, Dec 3</td>
<td>Mills-Norrie SP</td>
<td>Georgette Weir</td>
<td><a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>C</td>
</tr>
<tr>
<td>Sun, Dec 4</td>
<td>HOLIDAY PARTY</td>
<td>Russ Faller</td>
<td>845-297-5126 or <a href="mailto:outdoorsruss@gmail.com">outdoorsruss@gmail.com</a></td>
<td>C+</td>
</tr>
<tr>
<td>Sat Dec 10</td>
<td>Beginner Backpack</td>
<td>John Ragusa</td>
<td>917-692-1159 or <a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a></td>
<td>C+</td>
</tr>
<tr>
<td>Sun Dec 11</td>
<td>Hamilton History Walk</td>
<td>Chris Cring</td>
<td>845-249-5305 or <a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a></td>
<td>B</td>
</tr>
<tr>
<td>Sat Dec 17</td>
<td>Wonder Lake &amp; Laurel Pond</td>
<td>Tom Buckley</td>
<td><a href="mailto:TrailHikerTom@gmail.com">TrailHikerTom@gmail.com</a></td>
<td>B</td>
</tr>
<tr>
<td>Sun Dec 18</td>
<td>Hunter &amp; SW Hunter</td>
<td>Joe Ferri &amp; Shari Aber</td>
<td>914-489-1582 or 914-489-0654</td>
<td>A</td>
</tr>
<tr>
<td>Sun Dec 18</td>
<td>Pelham Bay</td>
<td>Sue Mackson</td>
<td>845-471-9892 or <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>B</td>
</tr>
<tr>
<td>Sat Dec 24</td>
<td>Lost City</td>
<td>Roberta Forest</td>
<td><a href="mailto:robertaforest@gmail.com">robertaforest@gmail.com</a></td>
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## January

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<tr>
<td>Sun Jan 1</td>
<td>Vassar Campus</td>
<td>Sue Mackson</td>
<td>845-471-9892 or <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>B</td>
</tr>
<tr>
<td>Mon Jan 2</td>
<td>Balsam &amp; Eagle</td>
<td>Joe Ferri &amp; Shari Aber</td>
<td>914-489-1582 or 914-489-0654</td>
<td>A</td>
</tr>
<tr>
<td>Tues Jan 3</td>
<td>Joppenburgh Mtn</td>
<td>Ginny Fauci</td>
<td>845-399-2170 or <a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td>C</td>
</tr>
<tr>
<td>Sun Jan 8</td>
<td>Mt Beacon</td>
<td>Chris Cring</td>
<td>845-249-5305 or <a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a></td>
<td>B</td>
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<tr>
<td>Fri Jan 13+</td>
<td>Go for the Snow at Tug Hill</td>
<td>Ron Gonzalez</td>
<td><a href="mailto:iamrongon@gmail.com">iamrongon@gmail.com</a></td>
<td>B+</td>
</tr>
<tr>
<td>Sun Jan 15</td>
<td>Beacon film Sites</td>
<td>Chris Cring</td>
<td>845-249-5305 or <a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a></td>
<td>Walk</td>
</tr>
<tr>
<td>Sat Jan 21</td>
<td>Kayak Middletown</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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<tr>
<td>Sat Jan 21</td>
<td>Minnewaska SP</td>
<td>Georgette Weir</td>
<td><a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>B</td>
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<tr>
<td>Sun Jan 22</td>
<td>Beacon</td>
<td>Sayi Nulu</td>
<td>845-264-2270</td>
<td>Walk</td>
</tr>
<tr>
<td>Sun Jan 29</td>
<td>AT Bulls Bridge</td>
<td>Sue Mackson</td>
<td>845 471 9892 or <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
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## February

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<tr>
<td>Sat Feb 4</td>
<td>Kayak Middletown</td>
<td>Don Urmston</td>
<td>845-549-4671 or <a href="mailto:mrurmston@gmail.com">mrurmston@gmail.com</a></td>
<td>Paddle</td>
</tr>
<tr>
<td>Sat Feb 4</td>
<td>Windham &amp; Burnt Knob</td>
<td>Joe Ferri &amp; Shari Aber</td>
<td>914-489-1582 or 914-489-0654</td>
<td>A-</td>
</tr>
<tr>
<td>Fri Feb 10</td>
<td>James Baird SP</td>
<td>Dave Webber</td>
<td>845-452-7238 or <a href="mailto:webberd1@yahoo.com">webberd1@yahoo.com</a></td>
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<tr>
<td>Sat Feb 11</td>
<td>Fahnestock SP</td>
<td>Tom Buckley</td>
<td><a href="mailto:TrailHikerTom@gmail.com">TrailHikerTom@gmail.com</a></td>
<td>B</td>
</tr>
<tr>
<td>Sun Feb 12</td>
<td>High Banks</td>
<td>John Ragusa</td>
<td>917-692-1159 or <a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a></td>
<td>C+</td>
</tr>
<tr>
<td>Fri Feb 17 – Mon Feb 20</td>
<td>Winter Weekend at Wiezels</td>
<td>Pete McGinnis</td>
<td>845-454-4428 or <a href="mailto:pmsgin1@aol.com">pmsgin1@aol.com</a></td>
<td>B+</td>
</tr>
<tr>
<td>Sat Feb 18</td>
<td>Kayak Middletown</td>
<td>Don Urmston</td>
<td>845-549-4671 or <a href="mailto:mrurmston@gmail.com">mrurmston@gmail.com</a></td>
<td>Paddle</td>
</tr>
<tr>
<td>Sat Feb 25</td>
<td>Hudson Highlands SP</td>
<td>Georgette Weir</td>
<td><a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>A</td>
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<tr>
<td>Sat Feb 25</td>
<td>Westchester Park</td>
<td>Sue Mackson</td>
<td>845-471-9892 or <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
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## December 2016

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<th>Date</th>
<th>Event</th>
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<tr>
<td>Sat, Dec 3</td>
<td>Mills-Norrie State Park</td>
<td>4-5 miles, 2-3 hours, C</td>
</tr>
<tr>
<td>Leader</td>
<td>Georgette Weir, <a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>An easy walk at 2 miles/hr pace along footpaths and woods roads at this park on the Hudson River. A few moderate hills. Approximate 2 miles will be along the River Trail, a rare opportunity to walk in the woods along the beautiful Hudson River. Plan is weather/conditions dependent, so check with leader to confirm or learn of new plan. If there is sufficient snow, a cross-country ski on the parks woods roads is possible. (Hunting is not permitted at this park, so we should be safe.)</td>
</tr>
<tr>
<td>Sun, Dec 4</td>
<td>Holiday Party – See information listed separately in this newsletter</td>
<td></td>
</tr>
<tr>
<td>Sat., Dec 10</td>
<td>Beginners’ Winter Backpack, Harriman Park</td>
<td>Leaders: Russ Faller, <a href="mailto:outdoorsruss@gmail.com">outdoorsruss@gmail.com</a> or 845-297-5126 (before 9PM)</td>
</tr>
<tr>
<td>Sun, Dec 18</td>
<td>Wonder Lake &amp; Laurel Pond Loop Patterson, NY (5.5+-/w/-miles, B)</td>
<td>Leaders: Tom Buckley, <a href="mailto:TrailHikerTom@gmail.com">TrailHikerTom@gmail.com</a></td>
</tr>
<tr>
<td>Sat, Dec 17</td>
<td>Hunter and Southwest Hunter (or snowshoe) (10 miles, 2500’ Ascent, A-)</td>
<td>Joint with the Catskill 3500 Club</td>
</tr>
<tr>
<td>Leader</td>
<td>Joe Ferri, <a href="mailto:newpaltz33@yahoo.com">newpaltz33@yahoo.com</a> or 914-489-1582 &amp; Shari Aber, <a href="mailto:shnaber@yahoo.com">shnaber@yahoo.com</a> or 914-489-0654</td>
<td>We will do a loop hike to the fire tower starting on the Spruceton Trail. From the top of Hunter we will hike along woodland trails and a shoreline with stunning views of the Hudson. This is a prime spot for watching bald eagles and the shallow waters just offshore are among the most important spawning grounds for striped bass. Bring water, snacks, and lunch and dress for the weather. Meet at 10 am at the Scenic Hudson trailhead for Esopus Meadows Preserve. 257 River Rd, Ulster Park. Directions: Take the Mid-Hudson Bridge to Route 9W north at Highland. Take Route 9W north approximately 7 miles. After going through Esopus, look for River Rd on right side. Take River Rd. 1.3 miles to the trailhead. Preserve is adjacent to the Lighthouse Park. Confirm with leader. Heavy rain or snow cancels.</td>
</tr>
<tr>
<td>Sun, Dec 11</td>
<td>Alexander Hamilton Walking History Tour</td>
<td>Leaders: Chris Cring, <a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a> or 845-249-5305</td>
</tr>
<tr>
<td>Sun, Dec 24</td>
<td>Lost City half day hike, (less than 5 miles with optional scrambling, B)</td>
<td>Leader: Roberta Forest <a href="mailto:robertaforest@gmail.com">robertaforest@gmail.com</a></td>
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## January 2017

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Sun, Jan 1</td>
<td>New Year’s Day Hike – Vassar Campus or Vassar Farms</td>
<td>Leaders: Sue Mackson, <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a> or 845-471-9892</td>
</tr>
<tr>
<td>Sun, Jan 17</td>
<td>Alexander Hamilton Walking History Tour</td>
<td>Leaders: Chris Cring, <a href="mailto:christopher.cring@gmail.com">christopher.cring@gmail.com</a> or 845-249-5305</td>
</tr>
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</table>
skiing at the local Nordic center, or lift-assisted downhill skiing at a charming little ski hill. This outing is not open to beginners, but is appropriate for intermediate-level cross country skiers with winter hiking experience who would like to try Nordic backcountry skiing in relatively gentle terrain. More advanced cross country skiers will enjoy the great snow, nice views, and an occasional challenge along the trails. Telemark and downhill skiers will enjoy exploring the side country at the local ski hill. Excellent cross country ski lessons are available at the Nordic center. You will need to bring your own ski setup(s). We will be staying in a clean hostel with a full-service kitchen, shared bedrooms, and shared bathrooms. Meals are pot-luck style (bring prepared food to share with the group). Lodging costs must be paid in advance, and are non-refundable (i.e., no cancellations allowed). Ride shares are arranged by participants. Registration by email is required. Email the leader for details.

**Sun, Jan 15: Tour of “Nobody’s Fool” film sites in Beacon**

**Leader:** Christopher Cring, christopher.cring@gmail.com or 845-249-5305

Come join us on a guided walking tour of many of the filming locations featured in the Academy Award and critically acclaimed movie “Nobody’s Fool” filmed in Beacon and starring Paul Newman, Jessica Tandy, Bruce Willis, Melanie Griffith and Philip Seymour Hoffman. The tour will begin at the Yankee Clipper Diner at 397 Main Street, Beacon. Meet at the municipal parking lot located behind the diner at 10 AM. The tour covers 8 prominent filming locations over a 3.4-mile span and will be approx. 2.5 hours. We will also be passing by many of the shops and art galleries along the way. After the tour, we will have lunch at the diner used in the film (optional). Contact me if you have any questions. Wear good walking shoes, bring water and dress warm. Please confirm if you plan to attend.

**Sat, Jan 21: Kayak Pool Session, 2:00-4:00 PM, Orange County Community College, Middletown, NY**

**Leader:** Don Urmsston, mrurmston@gmail.com or 845-549-4671

Clean up your kayak and come get some time on the water this winter. We will work on rescues, draw strokes, sculling and rolling. ACA Level 2 instructor will be on hand. $50 gets you 2 hours in the pool and instruction or work on your own. ($50 per session). Must register in advance. Need a minimum of 6 people or the session will be canceled. 100% of the money goes to the college to support their programs.

**Sat, Feb 4: Kayak Pool Session, 2:00-4:00 PM, Orange County Community College, Middletown, NY**

**Leader:** Don Urmsston, mrurmston@gmail.com or 845-549-4671

We will only hike if no snow for the previous week. Flat section of AT along the CT/NY border. We will start at the bridge and walk along the Housatonic. Meet late morning to car pool. Check with leader for meeting place and carpooling. Stop in Kent CT for refreshments.

**February 2017**

**Sat, Feb 4: Windham and Burnt Knob hike or snowshoe (7 miles, 1800’ Ascent, A-) Joint with the Catskill 3500 Club**

**Leaders:** Joe Ferri, newpaltz33@yahoo.com or 914-489-1582 & Shari Aber, schnaber@yahoo.com or 914-489-0654

This is a through-hike affording beautiful views of the northern Catskills. The Catskills generally have more snow and harsher winter conditions than other mountains in the region. Be prepared with winter gear including snowshoes and/or microspikes (or crampons). Contact leaders for details including meeting place and time. Registration period: Jan 26 – Feb 2.

**Fri, Feb 10: Full Moon Snow Shoe at James Baird State Park**

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

We’ll explore trails and open lands under the full moon for 1.5-2 hours total walking time at a moderate pace. Please bring snow shoes if there is snow. If no snow then we’ll take a moonlit hike thru the park. Please dress warmly and bring a light though I’ll ask that lights are off during the hike. 6 PM meeting time. Please confirm with leader to get directions to meeting spot.

**Sat, Feb 11: Fahnstock State Park, Catskill Loop Trail (5.9+/ miles, B)**

**Leader:** Tom Buckley, TrailHikerTom@gmail.com

The Catskill Loop Trail is one of the original trails in Fahnstock State Park. This is one of my favorite hikes in any season. Please bring micro spikes in case we encounter some icy conditions. We will meet at the large Dennytown Road parking area. Email leader for directions and meeting time.

**Sun, Jan 22: Winter Walk in Beacon, (3+ miles, C)**

**Leader:** Sayi Nulu, 845-264-2270

Meet at Beacon Train station at 10 AM and walk up to Main Street and then enjoy a winter stroll through Beacon.

**Sun, Jan 29: Appalachian Trail at Bulls Bridge hike or snowshoe (approx. 2.5 miles, C)**

**Sue Mackson, sue.mackson@gmail.com or 845-471-9892**

We will only hike if no snow for the previous week. Flat section of AT along the CT/NY border. We will start at the bridge and walk along the Housatonic. Meet late morning to car pool. Check with leader for meeting place and carpooling. Stop in Kent CT for refreshments.

**Sun, Feb 12: High Banks Preserve, Ulster Park, NY, hike or snowshoe (2 miles, C+)**

**Leader:** John Ragusa, john.ragusa@bny Mellon.com or 917-692-1159

This is the newest of the Scenic Hudson Preserves. We will hike along varied terrain from rocky upland forests and deep floodplains to the shore and peat covereds waters of Esopus Lake. If there’s enough snow on the ground, we will snowshoe on easy trails. Meet at 10 am at the Scenic Hudson trailhead for High Banks Preserve. 132 River Rd, Ulster Park. Directions: Take the Mid-Hudson Bridge to Route 9W north at Highland. Take Route 9W north approximately 7 miles. After going through Esopus, look for River Rd on right side. Take River Rd. 2 miles to the trailhead on the left. Confirm with leader. Heavy rain or snow cancels.

**Fri, Feb 17 – Mon, Feb 20: Winter Weekend at Wiezel Trails Cabin**

**Leader:** Pete McGinnis, pmcginn1@aol.com or 845-454-4428

We have once again reserved the Wielzel Trails Cabin for our winter outing. The rate is the same at $80 per person. There are 4 rooms with two bunk beds in each room, separate showers-bathrooms and a full kitchen. We will have pot luck on Sat and Sun. Cross country skiing and hiking w/excellent shopping, restaurants and sightseeing Lake Placid. Please make your check to Mid-Hudson Chapter-ADK and mail to Pete McGinnis, 515 Haight Ave. Poughkeepsie, NY. Questions pmcginn1@aol.com, 845-454-4428.

**Sat, Feb 18: Kayak Pool Session, 2:00-4:00 PM, Orange County Community College, Middletown, NY**

**Leader:** Don Urmsston, mrurmston@gmail.com or 845-549-4671

Clean up your kayak and come get some time on the water this winter. We will work on rescues, draw strokes, sculling and rolling. ACA Level 2 instructor will be on hand. $50 gets you 2 hours in the pool and instruction or work on your own. ($50 per session). Must register in advance. Need a minimum of 6 people or the session will be canceled. 100% of the money goes to the college to support their programs.

**Sat, Feb 25: Bull Hill (Mount Taurus), Hudson Highlands State Park (6 miles, 4-5 hours, A)**

**Leader:** Georgette Weir, georgette.weir@gmail.com

Hike or snowshoe: We will start from the parking area on Fishkill Road and hike on a route that comprises the Lone Star, Washburn, Undercliff, and Nelsonville Trails. NY-NJ Trail Conference calls this a “strenuous” hike. Elevation gain is about 1100 feet, +/- Several great viewpoints over the Hudson River and Highlands.

**Sat Feb 25: Easy Walk/Hike at a Westchester Park TBD (up to 5 miles C)**

**Leader:** Sue Mackson, suemackson@gmail.com 845-471-9982 (H) or 845-891-7173 (C)

Depending on weather, we’ll head south for a wintry walk in an underdetermined park. No high hills to deal with, pace will be very moderate. Meet to carpool at 10:00 am at MacDonald’s (Route 9 south of Route 84). May need to use traction devices. Active snow or rain will cancel. Can check with leader morning of hike before 9 am.

www.midhudsonadk.org
Sat, Mar 4: Kayak Pool Session, 2:00-4:00 PM, Orange County Community College, Middletown, NY  
Leader: Don Urmston, mrurmston@gmail.com or 845-549-4671  
Clean up your kayak and come get some time on the water this winter. We will work on rescues, draw strokes, sculling and rolling. ACA Level 2 instructor will be on hand. $50 gets you 2 hours in the pool and instruction, or work on your own. ($50 per session). Must register in advance. Need a minimum of 6 people or the session will be canceled. 100% of the money goes to the college to support their programs.

Sat, Mar 11: Blackhead and possibly Black Dome and Thomas Cole, hike or snowshoe (5.2 [7.6] miles, 1800’ [2650’] ascent, A)  
Joint with the Catskill 3500 Club  
Leaders: Joe Ferri, newpaltz33@yahoo.com or 914-489-1582 & Shari Aber, shnaber@yahoo.com or 914-489-0654  
Another hike with spectacular views of the northern Catskills. If conditions permit, we will do a thru-hike across the Blackhead Range. If weather and terrain are exceptionally challenging, we will hike only Blackhead. The Catskills generally have more snow and harsher winter conditions than other mountains in the region. Be prepared with winter gear including snowshoes and/or microspikes (or crampons). Contact leaders for details including meeting place and time. Registration period: Mar 2 – Mar 9.

Sun, Mar 12 - Thur, Mar 16:  
Tmax & Topo Hostel trip, Adirondacks  
Leader: Russ Faller, outdoorsruss@gmail.com or 845-297-5126 (before 9PM)  
Celebrate the start of daylight savings time in the Lake Placid area of the Adirondacks. The snow should be good for x-country skiing and snowshoeing, but, if not, there are innumerable places for all levels of hiking. Lake Placid has great shopping, restaurants and other activities, e.g. dog sledding, the Olympic Center. At the beginning of the week, we are in a good position to have the hostel to ourselves. Go to www.tmax-n-topo.com. We will share pot-luck dinners and cook our own breakfasts in the large, well-supplied kitchen. Bunkroom accommodations will total $112 + tax. Private rooms also available. Please contact leader to register and for more info.

Sat, Mar 18: Kayak Pool Session, 2:00-4:00 PM, Orange County Community College, Middletown, NY  
Leader: Don Urmston, mrurmston@gmail.com or 845-549-4671  
Clean up your kayak and come get some time on the water this winter. We will work on rescues, draw strokes, sculling and rolling. ACA Level 2 instructor will be on hand. $50 gets you 2 hours in the pool and instruction, or work on your own. ($50 per session). Must register in advance. Need a minimum of 6 people or the session will be canceled. 100% of the money goes to the college to support their programs.
The following writeup from April was inadvertently omitted from the summer outing log.

4/30: Mt. Taurus  
**Leader: Pete McGinnis**  
Sat. April 30th, up Mt. Taurus from the back way, starting from Fishkill Road. Wonderful stories and conversation, beautiful clear day. Al DeMaria and Carol Cadmus with leader Pete McGinnis

7/12-14: St. Regis Canoe Wilderness to Paul Smiths, Adirondacks  
**Leader: Russ Faller**  
This was a strenuous paddling/camping excursion through the St. Regis Wilderness, from Long Pond, to Paul Smiths College in the northern Adirondacks. It was well worth the effort. We saw wildlife and beautiful lakes and ponds. We saw a rainbow stretch across St. Regis Pond. Mist lifting out of the warmer water in the mornings, making for a creepy, but enchanting, spectacle. When we reached Upper St. Regis Lake, we toured the extravagant mansions that the owners nonchalantly refer to as “camps”. We call the dirt spots where we pitch our humble tents camps! But these mansions were truly stunning. Each one different. Many with bent wood railings. One with trees, actually still sporting branches, serving as columns! Upon reaching Paul Smiths College on Lower St. Regis Lake, we came across the Wooden Boat Heritage Association’s Gathering. We were treated to beautifully, meticulously hand-crafted wooden canoes and kayaks. It was a wonderful outing. Go to www.midhudsonadk.org for pictures. Participants were: Tom Amisson, J-C Fouere (both ADK), Ron Plaisted (AMC) & the leader.

7/31: Beacon River Walk  
**Leader: Chris Cring**  
The Hamilton ADK hike was interesting :) I had 31 people signed up but it rained - 16 came anyway ...two were tour guides. Many asked to repeat it. When researching the hike I discovered that the house on Dennings point that is in all the history books is not the correct house. This bothered me and lead me to read over 3000 Hamilton letters, maps, wills .etc and find the real house. Soon after the hike I was contacted by the president of the Alexander Hamilton Society based in Florida on my discoveries. (I guess he saw the hike description :) After 3 hour phone calls and many notes going over what I found.he and others in the society are convinced that I found out new information and the real house location. He asked me to work with noted history writer (105 books) Michael Newton in Arizona. Using old maps from the Van Wick building and working with Bob Murphey (President of Beacon Historical society) I wrote a 31 page report including interviews from the last person that lived in the actual Depeyster house .to Michael Newton to see what he thinks. And to see if he also agrees that I discovered more info about the Depeyster house and how important it was to our history and where the real house is. Then I also researched Wiltse’s landing history. So today I was asked to put up a display at the Howland Cultural Center for an upcoming show about Beacon History starting Saturday I will work soon to get two historical markers installed , Wiltsee dock and Hamilton’s first house with Elizabeth

8/6: Innisfree Gardens  
**Leader Sue Mackson**  
Hot summer day with the usual threat of showers. They came, after Eli Cohen Alice Renan, Eli Cohen, Martha Rabson, Annette Caruso, Marie Caruso, Ellie Shortle, Joan Billows

8/7: Waywaynda Lake Paddle  
**Leader: John Ragusa**  
There were 9 participants including the leader. All are ADK members. The day was sunny and beautiful. Low humidity. We had an easy put-in and paddled into the lake. As we got deeper into the lake, we encountered a plethora of lily pads (not water chestnuts) that completely blocked access to most of the lake. However, we maneuvered through the muck, which made us better paddlers. Once we got back to open waters, we had lunch in our kayaks and canoe. Afterwards, we were all invited by one of our members back to her private lake nearby for a swim. Most of us did go and had a very enjoyable swim in a beautiful lake. All had a wonderful day. Ellen Kelly, Alice Renan, Eli Cohen, Martha Rabson, Annette Caruso, Marie Caruso, Ellie Shortle, Joan Billows

www.midhudsonadk.org
8/6: Fahnestock AT to Shenandoah Leader: Georgette Weir
It was a hot and humid day, but Beatrix Clark and Carol Gray joined the leader for a stretch of the leg on the AT in the Fahnestock woods above Canopus Lake. Our heat-induced slower-than-usual pace was perfect for the plant enthusiasts in the group.

8/13: Slabsides Nature Sanctuary Leader: John Ragusa
We met at 11:30 am at the sanctuary entrance. The day was extremely hot and humid. There were 6 participants including the leader although 1 person left early. We proceeded to park our cars at the Pond Lane entrance and walked across Floyd Ackert Dr to the new trailhead for the Waterfalls trail. We did some very light trail work picking up loose sticks and some vegetation. We walked about a ¼ mile to a viewing area of the waterfalls. We then returned and proceeded along the Pond Lane trail to the Peninsula Trail which brought us to the edge of the pond and had a pleasant picnic lunch. We then walked back along the trail and picked up the South Pond Trail to John Burroughs Slabsides Cabin where volunteers were waiting for us to allow us to enter the cabin. It appeared exactly the way it was when John Burroughs lived there. We then took the North Pond Trail back to the Pond Lane and to our cars. We finished at 2:00 pm. All had a very good time.

8/20: Chodikee Lake Paddle; Pulling Water Chestnuts
Leader: Shari Aber
We combined a paddle with work, pulling water chestnuts from the section of the black Creek between Chodikee Lake and the waterfall. Canoes and kayaks worked together; kayaks able to maneuver more easily among the weeds, canoes able to carry larger masses of the water chestnuts for their eventual disposal at the Ulster County Resource Recovery Agency site in Kingston. This was a combined effort of our chapter of the ADK and the Town of Highland Environmental Conservation Council. We had a great group of participants from both organizations, as well as a member of the Esopus Environmental Board and three staff members of the local Camp Karlin Stolin. Participants: Ellen Kelly, Jack Maguire, Tom Cowan, Roberta Forest, Joyce Depew, Alice Renna, Eli Cohen, Marie Caruso, Annette Caruso, Jan Winig, Vince Winig, Marsha Kramer, Connie Haven, Anthony Sorace, Jean McAvoy, Bud Hossenlopp, three camp staffers, and the leader.

8/21: Long Dock, Dennings Point, Madam Brett Park Leader: Lou Ruidisch
Although we started out in a brief shower the day proved to be warm and humid with passing patchy clouds. We enjoyed endless views of the mountains, river, estuary, and, even, the ruins of old buildings long forgotten. We even saw Sue’s favorite flower, the cardinal flower, and possibly, a great blue heron. Participants included Sharon Slocum, Rosemary Williams, Sue Mackson, and the leader.

8/28: Harriman Hogencamp Mountain Hike Leader: Jean-Claude Fouere.
David Lantow, Dave Webber, Georgette Weir, and the leader.

Sept. 2-5: Oswegatchie River Basecamp, NW Adirondacks Leader: Russ Faller
This was a mellow paddling/hiking/camping trip up the Oswegatchie River. There was no portaging, but we had to lift over many beaver dams and navigate through several tricky spots. We found a nice campsite not far downstream from High Falls, where we spent 2 nights. On Sunday, we trail hiked and bushwhacked to visit the 5 ponds from which this wilderness area gets its name: Big Shallow, Little Shallow, Big Five, Little Five, and the Washbowl. An added treat was to encounter sections of the old growth forest that was
not destroyed by the 1995 microburst. Ron Gonzalez, tree-man extraordinaire, pointed out how to know an old growth forest from a more recent one when looking across a lake or pond. Ron also counted rings to give us an estimate of the tree’s age for cut trees and measured diameter of trunks for age estimates on standing trees. Old growth trees are truly humbling and awe inspiring. We paddled down river back to our cars on Monday with a better understanding of forests and why they’re so important. Go to www.midhudsonadk.org for pictures. Participants were: Karen Snowman, Ron Gonzalez, Tom Amisson (all ADK), Peter Arnold (AMC) and the leader.

9/8 Duck Pond Trail: Mid Week Hike
Leader: Roberta Forest
We met at end of Pine Rd and went up to Duck Pond. Then onto Duck Pond Trail to Birchen Trail, which we scrambled through to the Lemon Squeeze. On this rare occasion we were the only people in the Lemon Squeeze. So, we lingered as it was a cool respite from today’s heat and humidity. Then on to Lily Pond for lunch and exploring before heading back to the cars. Jill Abrahamson, Craig Brown, Anthony Sorace, Tonda Highley.

9/16: Onteora Lake Hike & Paddle
Leader: John Ragusa
The day turned out to be gorgeous! Bright blue skies and low humidity. There were 10 participants, including the leader. All were ADK members. We hiked the Yellow trail and had a very nice lunch alongside another lake. Seven of us continued on the Red trail while the others went back to Onotera Lake for a swim. The total hike was 5.25 miles and it took nearly 4 hours. A couple of us took their kayaks into the lake. All had a very good time. Jennifer & Dave Anderson, Ray Winchcombe, Sharon Slocum, Liz Lunn, Carol Gray, Marsha Kramer, Connie Haven, Marie Caruso.

9/18: Zaidee’s Bower
Leader: Roberta Forest
Threats of early afternoon thunder storms played a part in the ultimate hike plan. We did our 3 planned scrambles early. It becomes dangerous to scramble on wet rocks. Then we took undivided Lot and Old Min-

9/24: Schunemunk
Leader: Alvin DeMaria
First day of non-summer temperatures, maximum of 70 degrees. Up Sweet Clover to Jessup Trail, South to Megaliths-wonderful views to the west Millbrook Cliff in Shawangunks very visible. Down Dark Hollow Trails and back to cars. Many hikers out today. Met a Meet-Up group called 40 –plus (ages). Large groups. There are increasing numbers of non-club hikers, with internet affiliations. Participant Gay Barton member.

10/2: Wappingers Greenway Trail and Bowdoin Park
Leader: Louis Rudisch
Rosemary Williams, Michael Lichtman

10/15: Gertrude’s Nose
Leader: Roberta Forest
The most perfect autumn day, this year or ever. Bright, cool, blue sky and both high color and still green foliage. Route chosen to best highlight the views–Lake Minnewaska Carriage Trail to Millbrook Mnt Carriage Rd to Gertrude Nose Carriage Trail to Gertrude Nose Trail to Millbrook Mountain Trail along Millbrook Ridge to Millbrook Mnt., Millbrook Mountain Trail to Lake

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North Dome & Sherrill: Tony Sorce, Dana Bennet & Alice complete their 3500’s Oct 20, 2016

Photos courtesy Tonda Highley
Minnewaska and carriage trail to parking lot. The hike (and weather) attracted 19 folks jointly from MHADK and Millbrook Hikers but with an incredibly shrinking group, ended with 9 (not due to any mishaps). Roberta documented the day here: https://www.flickr.com/photos/rfmohonk/albums/72157671754006553 Anthony Sorace, Pat Lund, Sue Mackson, Mary McCann, Tonda Highley, Liz Smir.

10/16: The North Redoubt Benedict Arnold

Hike was interesting. Everyone seemed to like the hike that has the best views of West Point. The people on the hike seemed to be very informed about local history but none had been there before. So everyone was engaged in the hike. Members: Jane DeGisler, Rosemary Williams, Annette Caruso, Lalita Malik.

Guests: Louis DiPreta, Marge Errondello, Vita Powers, Stephanie Uszenski, Cassie Dunnigan, Shérily Freitas, Karen Gell, Tim Kellin, Mark Lucas, Robin Lucas

10/20: Camp Smith Trail

Leaders: Ginny Fauci and Lalita Malik

A small group hiked Camp Smith Trail from Toll House Visitor’s Center to Bear Mountain Bridge. It was a perfect Fall Day with peak color and we had a beautiful view of the four bridges from Anthony’s Nose at lunch-time. Ginny, Lalita, Anthony Sorace, Lee DeBerry, Chris Cring and Pat Galfano.

10/23: Burger Hill and Ferncliff Forest

Leader: Dave Kaplan

On what has become an annual fall outing to the heights of Rhinebeck, 7 of us met at 10:30 to walk up Burger Hill for one of the best views of the Catskills Mts. and Hudson Valley. Back to our cars for a 10 min drive to Ferncliff Forest where we were joined by 4 more members for a quick tailgate lunch. The hike gave us a bit of needed workout that ended at the Fire Tower at about 2:30. Good friends, weather and views. Looking forward to next year! But Waehler, Lauren Doucette, Mark Iatro, Brenda Harding, Annette Caruso, Shérily Freras, Doug Kramer, Liz Lunn, Marie Caruso, Virginia Touhey, Carol Gray.

Track Star: A) Beaver B) Raccoon C) Eastern Gray Squirrel D) Coyote E) Red Fox F) Black Bear

Oct. 23: North Dome and Sherrill

Leader: Shari Aber

On this windy Sunday, we began this through-hike from Spruceton Road - postponed due to rain from the day before, following the start of the Devil’s Path for about a mile. Leaving the trail, we bushwhacked up North Dome, negotiating a series of ledges that we scrambled up. At around 2900’ we encountered snow, the first of the season. As we continued on towards the summit, the depth of the snow increased, slowing us down. When we reached the top, we found a herd path through a veritable winter wonderland. We signed the canister and then descended to the col between North Dome and Sherrill, where we had lunch. From there we climbed Sherrill, where two participants, Tony and Dana, and our mascot dog Alice, completed their 3500’s (having hiked 35 peaks over 3500’ and having repeated four of them in the winter). After that we bushwhacked the long descent to the Shaft Road parking area. Congratulations, Tony and Dana! Participants: Anthony Sorace, Dana Bennet, Jill Abrahamsen, Tonda Highley, Russ Faller, Michelle Taegtmeier, Scott Baker, Terri Baker, Alan Zaranko, Emily LoDato, Nicholas Taegtmeier.

10/29: Minnewaska Lake SP

Leader: JC Fouere

Another great 10+ miles Fall hike in Minnewaska-

11/5: Mt. Beacon

Leader: Alvin DeMaria

At 8:30 the Mount Beacon parking area was almost full. At the end of the hike it was overflowing onto street parking. The steep climb up to the old casino viewpoint warmed us quickly. Many people were at the fire tower on South Beacon; we were alone on the yellow Wilkinson Trail. Most of us descended to Pocket Rd on the white Fishkill Ridge Trail, but Tom and Marcy took one more hill on the yellow cutoff around North Beacon Mnt. 6 miles, 1800 ft elevation gain. Tom Amisson Tim Hickey, Marcia Kramer, Emily Lebens, Alice Liarg, Winnie Liu, Ashley Murillo, Eric & Emily Sternberg.

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