We invite you to join other MHADK members at the ADK Fall Outing in the New Jersey Pine Barrens, the unique area in southeastern New Jersey. For more information, see http://www.adktravel.org/fallouting.htm. The base for the outing will be Camp Ockanickon in Medford NJ, located in the heart of the Pine Barrens. Activities will take place in the Pines that are bordered by NJ Route 72 and NJ Rte. 542. They might be 2 paddle trips that are north of Rte. 72, but generally if you draw a box between those two roads, you have the general location.

According to the New Jersey contact for the fall outing (Kathleen Pearce, bakerkp1@verizon.net) that because of the rain, the sections of rivers that we had initially thought to do may not be the ones that are done. We will have full descriptions of the trips at registration. There will be all of the Outing committee there to answer questions. The rivers that we are planning on paddling are the Wading, Batsto, Toms, Oswego, and Cedar Creek. There will be paddle and hiking trips for all experience levels. We are waiting for a state permit to have a rare species hike and plan on including a botany hike at Whitesbog Village (first place blueberries were cultivated by Elizabeth White), in addition to some general forest hikes.

Here is the website for the camp, ycamp.org/home.php, and on the right side they click on the picture of the lake. That will show the accommodations. We have secured 4 RV parking spots, no hookups and the full cabin fee must be paid. Please let Sue know if you plan on registering or have already made reservations.

MHADK contact will be Sue Mackson - suemackson@gmail.com ph. 845 471 9892
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:pmcginn1@aol.com">pmcginn1@aol.com</a></td>
<td>845-454-4428</td>
</tr>
<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>
<td>Secretary</td>
<td>Ellen Zelig</td>
<td><a href="mailto:ellenzeligcrs@aol.com">ellenzeligcrs@aol.com</a></td>
<td>845-473-5557</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Ralph Pollard</td>
<td><a href="mailto:ralphpollard@verizon.net">ralphpollard@verizon.net</a></td>
<td>845-462-3389</td>
</tr>
<tr>
<td>Chapter Director</td>
<td>Brenda Harding</td>
<td><a href="mailto:oreomort@aol.com">oreomort@aol.com</a></td>
<td>845-565-8566</td>
</tr>
<tr>
<td>Chapter Director</td>
<td>Mel Kleiman</td>
<td><a href="mailto:melelena@verizon.net">melelena@verizon.net</a></td>
<td>845-534-9131</td>
</tr>
<tr>
<td>Club Director</td>
<td>Jean-Claude Fouere</td>
<td><a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a></td>
<td>845-462-0142</td>
</tr>
<tr>
<td>Alt. Club Director</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>
<td>Alt. Club Director</td>
<td>Lalita Malik</td>
<td><a href="mailto:lalitamalik@aol.com">lalitamalik@aol.com</a></td>
<td>845-592-0204</td>
</tr>
<tr>
<td>Past-Chapter Chair</td>
<td>Lalita Malik</td>
<td><a href="mailto:lalitamalik@aol.com">lalitamalik@aol.com</a></td>
<td>845-592-0204</td>
</tr>
</tbody>
</table>

Committee Chairs & Other Volunteers

<table>
<thead>
<tr>
<th>Title</th>
<th>Name</th>
<th>E-mail</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conservation</td>
<td>Sayi Nulu</td>
<td><a href="mailto:sayinulu@yahoo.com">sayinulu@yahoo.com</a></td>
<td>845-264-2270</td>
</tr>
<tr>
<td>New Members</td>
<td>Jennifer Anderson</td>
<td><a href="mailto:djanderson@fairpoint.net">djanderson@fairpoint.net</a></td>
<td></td>
</tr>
<tr>
<td>Publicity</td>
<td>Skip Doyle</td>
<td><a href="mailto:skipnewyork@yahoo.com">skipnewyork@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>News Media</td>
<td>Michele Van Hosen</td>
<td><a href="mailto:michelevh8@yahoo.com">michelevh8@yahoo.com</a></td>
<td>845-691-7442</td>
</tr>
<tr>
<td>Media Coordinator</td>
<td>Don Urmston</td>
<td><a href="mailto:durmston@hvc.rr.com">durmston@hvc.rr.com</a></td>
<td>845-457-4552</td>
</tr>
<tr>
<td>Social Events</td>
<td>Carole Marsh</td>
<td><a href="mailto:nanagrace91@aol.com">nanagrace91@aol.com</a></td>
<td>845-849-2044</td>
</tr>
<tr>
<td>Newsletter Editor</td>
<td>Bill Daley</td>
<td><a href="mailto:bilskiadk@gmail.com">bilskiadk@gmail.com</a></td>
<td>914-703-7028</td>
</tr>
<tr>
<td>Database Admin</td>
<td>Eli Cohen</td>
<td><a href="mailto:e_b_cohen@yahoo.com">e_b_cohen@yahoo.com</a></td>
<td>845-485-7969</td>
</tr>
<tr>
<td>Outings Co-Chair</td>
<td>Sue Mackson</td>
<td><a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>845-471-9892</td>
</tr>
<tr>
<td>Outings Co-Chair</td>
<td>Ginny Fauci</td>
<td><a href="mailto:gefauci@gmail.com">gefauci@gmail.com</a></td>
<td>845-399-2170</td>
</tr>
<tr>
<td>Outings Log Ed</td>
<td>Jane-Ellen Malinowski</td>
<td><a href="mailto:janeellen.malinowski@yahoo.com">janeellen.malinowski@yahoo.com</a></td>
<td>845-878-5051</td>
</tr>
<tr>
<td>AT Trail Supervisor</td>
<td>Bill Beehler</td>
<td><a href="mailto:wbbee@aol.com">wbbee@aol.com</a></td>
<td>845-473-5557</td>
</tr>
<tr>
<td>Trails Chair</td>
<td>Bill Beehler</td>
<td><a href="mailto:wbbee@aol.com">wbbee@aol.com</a></td>
<td>845-473-5557</td>
</tr>
<tr>
<td>Balsam Lake Mt.</td>
<td>Frank Dogil</td>
<td><a href="mailto:frank66@gmail.com">frank66@gmail.com</a></td>
<td>845-454-5411</td>
</tr>
<tr>
<td>Winter Trails &amp; Paddles</td>
<td>Russ Faller</td>
<td><a href="mailto:russoutdoors@yahoo.com">russoutdoors@yahoo.com</a></td>
<td>845-297-5126</td>
</tr>
<tr>
<td>NY-NJ Trail Conf. Del.</td>
<td>Salley Decker</td>
<td><a href="mailto:sadecker2002@yahoo.com">sadecker2002@yahoo.com</a></td>
<td>845-454-4206</td>
</tr>
<tr>
<td>Website Content Mgr.</td>
<td>Georgette Weir</td>
<td><a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>845-462-0142</td>
</tr>
</tbody>
</table>

Save These Dates!

◊ **Saturday, October 5, 2013 — Annual Fall Picnic**: Norrie State Park, Staatsburg, NY. More Information to follow in weekly outing schedule.

◊ **October 18-20, 2013 — Southern NJ Members Trail Fest**: Rather than having our own Trail Fest this year, we invite you to join other MHADK members at the ADK Fall Outing in the New Jersey Pine Barrens, the unique area in southeastern New Jersey. For more information, see [http://www.adktravel.org/fallouting.htm](http://www.adktravel.org/fallouting.htm).

◊ **Friday, October 25, 2013 — Lalita Malik’s presentation on the “Joys of Fall Hiking”**: LaGrange Library, 6:30 until 8 PM. In addition to providing tips on fall hiking and appropriate equipment, Lalita will discuss clothing requirements for changing weather.

◊ **November 16-17, 2013 — Club ADK’s Wilderness First Aid Course**: An ADK wilderness first aid course could help put your mind at ease and potentially save a life out on the trails. Wilderness First Aid is an intensive two-day course conducted by Wilderness Medical Associates at ADK’s Heart Lake Program Center the Adirondack High Peaks. Lodging and meal packages are available.

◊ **Sunday, December 8, 2013 — Annual Holiday & Potluck Supper**: Samuel Morse Estate, Route 9, Locust Grove, NY.
Outing Leaders Recognized

On August 3rd Carol and Pete McGinnis opened their home to honor those of our members who keep our outdoor activities going year round. We are grateful to each of the following who’ve spent the time to design or hikes, walks, paddles, backpacks, swims over the past four seasons. Dave Kaplan, Russ Faller, Ellen Zelig, Bill Beehler, Lalita Malik, Ginny Fauci, Rich Forman, Georgette Weir, Jean-Claude Fouere, John Ragusa, Skip Doyle, Barry Skura, Kathy Skura, Eli Cohen, Al DeMaria, Carol Gray, Marie Caruso, Beth Willis, Tom Amisson, Beth Willis, BT Sullivan, Sayi Nulu, Ellie Shortle, Don Urmston, Brenda Harding, Salley Decker, Mel Kleiman, Dave Webber, Mike Cunningham, Jeff Kaplan, Shari Aber, Mark Tatro, Sue Mackson

Notable are Ginny Fauci and Lalita Malik who offer our popular Thursday hikes just about every week year round, Shari Aber, offering paddles every other week when water is suitable, Don Urmston who not only led umpteen paddle outings and lessons, but who gave 9 library talks on the subject; Lalita, who again spoke at several libraries on the Joys of Hiking. Mark Tatro, Tom Amisson and Mel Kleiman joined our roster of leaders this past year. Ginny Fauci put together the schedules and Russ Faller continued to chair our paddle group and to plan and lead most of the backpacks on our schedule. Perhaps you would like to join our roster? Just contact Ginny or Sue.

Have you ever considered being a Trail Maintainer?

We all hike and enjoy the outdoors. Have you ever wondered how many volunteers are out there keeping the trails cleared so that we can enjoy them? Now you have an opportunity to “give back” for all the times you’ve been hiking.

We need a maintainer for about a mile of the Appalachian Trail in the Pawling Area. It’s an easy area to maintain, it’s mostly pasture land. The farmer keeps the fields mowed. There is a section that can’t be mowed with the tractor and has to be keep open with a weed whacker a few times a year. A maintainer also has to keep the white blazes painted which is usually done once every 2 years. The blazes in this section have just been done. It takes 2-4 hours a few times a year to keep a trail in shape. The only thanks you get are the appreciation of the hikers that use the trails. If you think you want to give a try, call Bill Beehler, 845-473-5557 or email wvbee@aol.com I’d to happy to take you out to the area and show you what’s involved and explain what the responsibilities are for an Appalachian Trail Maintainer.

MAP & COMPASS WORKSHOP

There will be a Map and Compass Workshop offered on Saturday, October 26th. The 2-hour workshop will be presented by Hank Osborn from the New York-New Jersey Trail Conference. The exact time and location of the workshop are to be determined. There is a fee of $10.00 per person which will need to be paid in advance.

Anyone interested in participating in the workshop should contact Salley Decker at sadecker2002@yahoo.com or at (845) 454-4206 by September 10th to register. Additional information will be provided at that time, and details will also be provided in the weekly e-mail updates as soon as they become available.
**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/tenessentials](http://www.midhudsonadk.org/outings/tenessentials))
- Wear sturdy footwear as required for season and type of outing.
- Be equipped with water, lunch, snacks, extra clothing and foul weather gear.
- Hike Ratings indicate relative degree of difficulty and may vary with terrain, weather, season, etc. Check with Trip Leader to verify that the trip is suitable for your ability.

**PADDLE OUTING REQUIREMENTS**

- PFDs (Personal Flotation Devices) must be worn at all times on the water.
- On “Big Water” trips, such as those on the Hudson River (see exceptions below), Long Island Sound, and Lake George, the minimum boat length is 13.5 feet and must have dual bulkheads or flotation (unless the boat is a sit-on-top kayak).

**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 FALL 2013 – September, October, and November**

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

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

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

**Leisurely Tuesdays** – Walks or easy hikes on the 4th Tuesday of each month

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, Sept 7</td>
<td>Cold Spring to Newburg Bay Paddle</td>
<td>Jean-Claude Fouere</td>
<td>845-462-1909 <a href="mailto:jcfouere@gmail.com">jcfouere@gmail.com</a></td>
<td>Advanced</td>
</tr>
<tr>
<td>Saturday, Sept 7</td>
<td>Mud Pond at Lake Minnewaska State Park</td>
<td>BT Sullivan</td>
<td>845-594-9545 (before 9PM)</td>
<td>Class A</td>
</tr>
<tr>
<td>Tuesday, Sept. 10</td>
<td>John Burroughs’ Nature Sanctuary</td>
<td>Salley Decker</td>
<td>845-454-4206 (before 9PM or until 10AM)</td>
<td>Class C+/B</td>
</tr>
<tr>
<td>Thursday, Sept 12</td>
<td>Harriman State Park</td>
<td>Mel Kleiman</td>
<td>845-216-6805</td>
<td>Class B</td>
</tr>
<tr>
<td>Saturday, Sept 14</td>
<td>Paddling &amp; Camping on the Delaware River</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM)</td>
<td>Moderate</td>
</tr>
<tr>
<td>Saturday, Sept 14</td>
<td>Poet’s Walk</td>
<td>Georgette Weir</td>
<td>845-462-0142 (before 9PM)</td>
<td>Walk</td>
</tr>
<tr>
<td>Sunday, Sept 15</td>
<td>Old Croton Aqueduct, Dobbs Ferry to Yonkers</td>
<td>John Ragusa</td>
<td>917-692-1159 <a href="mailto:john.ragusa@bnymellon.com">john.ragusa@bnymellon.com</a></td>
<td>Class C</td>
</tr>
<tr>
<td>Thursday, Sept 19</td>
<td>“How To Get Started Kayaking”</td>
<td>Don Murmston</td>
<td>845-457-4552 (before 9PM)</td>
<td>Presenta-</td>
</tr>
<tr>
<td>Saturday, Sept 21</td>
<td>Leisure Walk and Tour at OMEGA Institute</td>
<td>Eli Cohen</td>
<td><a href="mailto:ebc12533@yahoo.com">ebc12533@yahoo.com</a></td>
<td>Walk</td>
</tr>
<tr>
<td>Saturday, Sept 21</td>
<td>Mt. Greylock, Mass.</td>
<td>Barry Skura Monika Jaeger</td>
<td>914-779-0936 <a href="mailto:Barry.Skura@gmail.com">Barry.Skura@gmail.com</a></td>
<td>Moderate</td>
</tr>
<tr>
<td>Saturday, Sept 22</td>
<td>Cold Spring to Papolopen Creek Paddle</td>
<td>Mark Tatro</td>
<td>845-987-0306 (before 9PM)</td>
<td>Advanced</td>
</tr>
<tr>
<td>Tuesday, Sept 24</td>
<td>Leisurely Hike (To Be Announced)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturday, Sept 28</td>
<td>Fishkill Creek Paddle &amp; Clean Out</td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM)</td>
<td>Moderate</td>
</tr>
<tr>
<td>Sunday, Sept 29</td>
<td>Slide Mountain via Curtis Ormsbee Trail</td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Class A</td>
</tr>
</tbody>
</table>

**Sat, Sept 7  Cold Spring to Newburg Bay Paddle**
We will take this approximate 12 river mile paddle with the tide currents. Limited to kayaks with two bulkheads, 13.5 feet or longer and a PDF is required. Meeting place is the Metro North parking lot in Cold Spring. Call leader for exact launch time.

**Sat, Sept 7  Mud Pond at Lake Minnewaska State Park**
A 10 mile photo hike at a moderate pace. No dogs please. Bring camera, sunscreen, water and a map. Meet at the Trailways bus station on Prospect Street in New Paltz at 10am. No parking is allowed in the Trailways lot. We are looking for drivers to help with car pooling from the bus station.

**Tues, Sept 10  John Burroughs’ Nature Sanctuary**
Let’s explore the new trails at the John Burroughs’ Nature Sanctuary in West Park. We’ll hike out to Chodikee Lake (and the waterfall) and return on a different trail. Terrain is varied with some ups and downs but no serious climbing. Bring lunch, water and other essentials. Meeting location(s) to be determined based on interest. Please call leader no later than Sunday evening, September 8th. No calls on Monday except for cancellations. Rain will cancel, but hike will be rescheduled.

**Thurs, Sept.12  Harriman State Park**
Black Mountain to Stockbridge Mountain loop. Meeting place is Sliver Mine Parking area at 9:30am.

**Sept 14-15  Paddling & Camping on the Delaware River**
This trip will take us through the gorgeous Delaware Water Gap National Recreation Area, an undeveloped section of the Delaware River with the most beautiful campsite. The paddling is easy with a swift current which is never more than class I whitewater (moving water with a few riffles, minimal obstructions). Experienced quiet water paddlers will have no trouble. Trip is from Milford Beach to Smithfield Beach and has a total of 28 miles with no portaging. PFDs and whistles are required by the National Park Service or a summons may be issued. Must arrive on Friday, 9/13 in the late afternoon or early evening for car shuttle then a short paddle to the river campsite. Register with the leader by 9/16/13.

**Sat, Sept 14  Poets’ Walk: 2 Miles, slow and easy**
An easy walk to enjoy the views, meadows, and woods. Meeting Time/Place & carpool directions: 10am at park on River Road, Red Hook (see map here: http://scenichudson.org/parks/poetswalk); call for carpool from Poughkeepsie

**Thurs, Sept 19  “How To Get Started Kayaking” Presentation**
All ADK members are welcomed to attend and/or assist with the presentations—No kayaking experience is necessary. Always wanted to try kayaking but don’t know how to get started? Adirondack Mountain Club (ADK) trip leader Don Urmmston will tell you how to get started, what gear you’ll need, where to go padd...
Mid-Hudson Trails

FALL OUTINGS SCHEDULE

www.midhudsonadk.org

Sun, Sept 22  Cold Spring to Popolopen Creek Paddle
Join us on one of the most beautiful routes along the Hudson as the river turns and narrows by West Point allowing for playful riding of the large boat wakes. After lunch along the shore of Popolopen Creek, we’ll paddle towards South Dock and touch the West Point Crew docks as we return home. We will time this approximately 16 miles paddle with the tide currents. 13.5 ft. minimum kayak length; PDF required. Meeting place: Metro North parking lot in Cold Spring. Call leader for exact launch time.

Sat, Sept 28  Fishkill Creek Paddle & Clean-Out
Come help build a water trail on the Fishkill Creek. We’ll paddle the creek and clear it for canoes & kayaks. We typically have a lot of fun making this creek our own. If you don’t have a boat or tools, contact the leader for loaners. Bring lunch, water & work gloves. Useful tools include: loppers, axes, saws (incl. chainsaws), come-alongs, rope, pry bars. If you are unavailable on this date, but want to get involved, contact leader. Contact leader for meeting place & time.

Sun, Sept 29  Slide Mountain via Curtis Ormsbee Trail
Carol & David White, in their wonderful book "Catskill Day Hikes" assure that though Slide is the highest peak in the Catskills, the ascent here is only "moderately strenuous" (1780 ft elevation gain, 6.7 miles) and one starts high to begin with. Join me on another slow ascent at the beginning of fall. Views promise to be spectacular. We will leave Poughkeepsie before 8 pm in order to make sure to be down the hill in the light. Car pool sites dependent on those participating.
**Fall Outings Schedule**

**OCTOBER OUTINGS OVERVIEW (continued)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Friday, Oct 25 - Sunday, Oct 27</strong></td>
<td>Old Rag– Central Shenandoah Backpack</td>
<td>Barry Skura</td>
<td>914-779-0936 <a href="mailto:Barry.Skura@gmail.com">Barry.Skura@gmail.com</a></td>
<td>Advanced</td>
</tr>
<tr>
<td><strong>Saturday, Oct 26</strong></td>
<td>Map &amp; Compass Workshop</td>
<td>Salley Decker</td>
<td>845-454-4206 (before 9PM or until 10AM)</td>
<td></td>
</tr>
<tr>
<td><strong>Saturday, Oct 26</strong></td>
<td>John Burroughs' Nature Sanctuary</td>
<td>Sayinulu</td>
<td><a href="mailto:sayinulu@yahoo.com">sayinulu@yahoo.com</a></td>
<td>Class C</td>
</tr>
</tbody>
</table>

**Sat, October 5**  
**Chapter Annual Fall Picnic**
Up and back kayak to the Esopus Lighthouse. Meet at picnic area at 9 am for launch by 9:30 and will be back by noon. Paddlers must have flotation devices in 14’ Kayak or Canoe and, of course, a PFD.

**Sun, October 6**  
**Tree Discovery Hike**
A knowledgeable tree expert will accompany us in this tree discovery hike in Minnewaska. Exact location and route will be determined to maximize our exposure to tree diversity. Contact leader for exact meeting place and time.

**Sun, October 6**  
**Lake Minnewaska Photo Hike**
Lake Minnewaska to Hamilton Point & Lake Awoesting. Bring camera, sun screen, water, and map. Meet at Trailways Bus Station in New Paltz by 10 AM. Parking is available on Prospect Street (there is no parking in the Trailways lot). We are looking for drivers to help with car pooling from the bus station. No dogs please.

**Sat, October 12**  
**Black Rock Forest**
Hike dirt roads and trails, see the reservoirs, and hike up Black Rock for a view of the Hudson River. Fall colors should just be starting. Rain cancels. Call leader for meeting place and time.

**Sun, October 13**  
**Bashkill Wetlands Paddle**
Beginning Paddlers Welcome! Bloomingburg, NY. Paddling the Bashkill is good for leaf-peeping and wildlife viewing. Observe ducks, frogs and Bald Eagles as we drift along through this beautiful wetland. We will paddle for 2-3 hours at an easy pace. PFD Required! Contact leader for time and meeting place. Register with leader by 10/11/13.

**Fri-Sun, October 18-20**  
**Southern NJ Members Trail Fest**
Rather than having our own Trail Fest this year, we invite you to join other MHADK members at the ADK Fall Outing in the New Jersey Pine Barrens, the unique area in southeastern New Jersey. For more information, see http://www.adktravel.org/fallouting.htm See additional details in the front page story.

**Sat, October 19**  
**Leisurely Appalachian Trail Pawling**
For those that missed the last hike in the spring, we’re trying it again this fall. We will hike from the Old Oak on county Rte. 20 in Pawling to the Appalachian Trail Train Station on Rte. 22. We’ll start at the Old Oak, the largest Oak on the AT and hike up over the meadows and down to the great swamp, over the new bridge and walkway to Rte. 22. The hike is approximately 2 miles. We’ll meet at 10 AM at the AT RR stop on Rte. 22 and arrange for shuttles to the Old Oak. For those who wish we will stop at McKinney and Doyles in Pawling for lunch after the hike. Directions: Rte. 55 east to Rte. 22 north approximately 3 miles to AT parking on left, just before the garden center.

**Sat, October 19**  
**Taurus/Breakneck**
For those that missed the last hike in the spring, we’re trying it again! Meet at Breakneck parking on 9D at 9:00 AM, shuttle to Nelsonville trailhead. Climb to Taurus summit. Down to Surprise Valley and up onto Breakneck ridge via Notch trail. Descend Bypass to route 9D and cars. 8 miles, 1700ft elevation gain. Map: East Hudson # 102.

**Sun, October 20**  
**Dennings Point**
Walk approximately 2 easy miles at a slow pace. Walk in the woods along the Hudson River. Meet at 10 am at Center for Environmental Innovation and Education (CEIE), 199 Dennings Avenue, Beacon, NY 12508. See map here: http://bire.org/contact/CEIEDirections.php

**Sun, Oct 20 -- Sat, Oct 26**  
**Fall Kayaking Trip in Florida**
Trip is full – waiting list available. To reserve your spot, please send a deposit of $250 to Shari Aber at PO Box 92, West Park, NY 12493. Cost $1100. We can take 12 people. Price would include all ground transportation to and from the airport and during the trip, all meals, all kayaks or canoes, equipment, lodging, and 2 guides. Your only additional expense would be transportation to Florida. The paddling is on quiet water and since no equipment is needed, this trip is open to beginners as well as experienced paddlers. The only requirement is that you be in good enough physical condition to be active all day. This is a great opportunity for wildlife viewing and photography. We will be staying in cabins, the same cabin for the whole trip. Meals will be prepared for us by the outfitter.

**Fri-Sun, Oct 25-27**  
**Old Rag -Central Shenandoah Backpack**
Three days in central section of Shenandoah National Park in Virginia. Very scenic, with excellent views, high waterfalls, and early spring flowers. 7-8 miles per day. Start by day hiking Old Rag Mountain - big jungle gym, with rock scrambling and crawling over and under tight spots. On second and third days, backpack some of most scenic AT side trails (e.g., Cedar Run and White Oak Canyon trails), and take in the views from top of the highest mountain in the park. Register with an e-mail to the leader indicating that you are an ADK member, your hiking and backpacking experience and your regular exercise routine.

**Sat, October 26**  
**John Burroughs’ Nature Sanctuary**
Hike/Conservation, Slabsides Day - Esopus, NY. 5 miles at leisurely pace with some hills walk along nature sanctuary trails, class C. http://research.amnh.org/burroughs/slabsides_sanct.html
**NOVEMBER OUTINGS OVERVIEW (details follow)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
<th>Leader</th>
<th>Contact Info</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Saturday, Nov 2</strong></td>
<td><strong>Lake Minnewaska Photo Hike</strong></td>
<td>BT Sullivan</td>
<td>845-594-9545 (before 9PM)</td>
<td>Class A</td>
</tr>
<tr>
<td><strong>Saturday, Nov 2</strong></td>
<td><strong>Schunemunk</strong></td>
<td>Alvin DeMaria</td>
<td>845-255-1704 <a href="mailto:demonalvin@yahoo.com">demonalvin@yahoo.com</a></td>
<td>Class A</td>
</tr>
<tr>
<td><strong>Sunday, Nov 3</strong></td>
<td><strong>Annual MH-ADK Planning Meeting</strong></td>
<td>Time &amp; Place TBD</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday, Nov 5</strong></td>
<td><strong>Harlem Valley Trail</strong></td>
<td>Beth Willis</td>
<td>845-373-8202 <a href="mailto:bethwillis@optonline.net">bethwillis@optonline.net</a></td>
<td>Class C</td>
</tr>
<tr>
<td><strong>Saturday, Nov 9</strong></td>
<td><strong>Catskills Bushwhack: Olderbark Mtn.</strong></td>
<td>Russ Faller</td>
<td>845-297-5126 (before 9PM)</td>
<td>Class A</td>
</tr>
<tr>
<td><strong>Sunday, Nov 10</strong></td>
<td><strong>Roosevelt Farm Lane</strong></td>
<td>Georgette Weir</td>
<td>845-462-0142 <a href="mailto:georgette.weir@gmail.com">georgette.weir@gmail.com</a></td>
<td>Walk</td>
</tr>
<tr>
<td><strong>Sunday, Nov 10</strong></td>
<td><strong>All the legs of the Triborough (RFK) Br. in NYC</strong></td>
<td>Sue Mackson</td>
<td>845-471-9892 <a href="mailto:suemackson@gmail.com">suemackson@gmail.com</a></td>
<td>Class A</td>
</tr>
<tr>
<td><strong>Thursday, Nov 14</strong></td>
<td><strong>Schunemunk Mtn.</strong></td>
<td>Mel Kleiman</td>
<td>845-216-6805</td>
<td>Class B</td>
</tr>
<tr>
<td><strong>Saturday, Nov 16 - Sunday, Nov 17</strong></td>
<td><strong>Loyalsock Trail Circular Backpack</strong></td>
<td>Barry Skura Wayne Huebner</td>
<td>914-779-0936 <a href="mailto:Barry.Skura@gmail.com">Barry.Skura@gmail.com</a></td>
<td>Moderate</td>
</tr>
<tr>
<td><strong>Sunday, Nov 17</strong></td>
<td><strong>Burger Hill and Fernwood Forest/ Rinebeck</strong></td>
<td>Dave Kaplan</td>
<td>845-876-4642</td>
<td>Class C</td>
</tr>
<tr>
<td><strong>Tuesday, Nov 19</strong></td>
<td><strong>Walkway over the Hudson to Fanny Reese</strong></td>
<td>Carol Kaplan</td>
<td>845-471-1168 <a href="mailto:outdoorcarol@verizon.net">outdoorcarol@verizon.net</a></td>
<td>Walk</td>
</tr>
<tr>
<td><strong>Wednesday, Nov 20</strong></td>
<td><strong>High Hopes Hike (To Be Announced)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturday, Nov 23</strong></td>
<td><strong>Locust Grove Estate Hike</strong></td>
<td>Marie Caruso</td>
<td>845-452-9086 <a href="mailto:marielhv@verizon.net">marielhv@verizon.net</a></td>
<td>Class C</td>
</tr>
<tr>
<td><strong>Thursday, Nov 28</strong></td>
<td><strong>Thanksgiving</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Sat, November 2  Lake Minnewaska Photo Hike**
Lake Minnewaska to Castle Point & Lake Awosting (8.5 miles, moderate pace). Bring camera, sun screen, water, and map. Meet at Trailways Bus Station in New Paltz by 10 AM. Parking is available on Prospect Street (there is no parking in the Trailways lot). We are looking for drivers to help with car pooling from the bus station. **No dogs.**

**Sat, November 2  Schunemunk**
Meet Taylor road parking at 9AM. We will car shuttle to Rt. 32 parking area near to where Long Path crosses Rt. 32. There is a steep uphill over Little Knob and High Knob to Jessie trail on ridge top. We will go north over high point (1664) and down Sweet Clover. Trail Map: West Hudson # 114. Total distance 7mi, 1300ft elevation gain.

**Tues, November 5  Harlem Valley Rail Trail**
Come and walk a section (approximately 4 miles) of the beautiful Harlem Valley Rail Trail in Eastern Dutchess County, possibly followed by lunch in one of the local restaurants and tea tasting at Harney Tea, a great place to buy gifts for the holidays. Please bring snacks and plenty of water, wear sturdy boots or shoes, and dress in layers.
Meeting time 9:30 am. Call or email the leader to register before 8:00 pm on Sunday, November 3rd and for meeting place. (If you email, please include a phone number at which you can be reached).

**Sat, November 9  Catskills Bushwhack: Olderbark Mtn**
Olderbark Mtn., at 3440 ft., is one of the Catskill 67 (the 100 highest peaks under 3500’). Alan Via says, “The woods just below the summit plateau abruptly transition from deciduous to conifers, and you’ll feel like you’ve hiked from the Catskills to the Adirondacks. Olderbark has it all...This side of Olderbark has a secluded...and wilderness feel.” Although the slope starts out gradually, it becomes very steep and there are cliffs. Mileage: 5-6 mi. RT and @2100 ft ascent. This hike is for experienced bushwhackers. Bring lunch, water and safety glasses because the conifers are thick in places. Contact leader for car pooling info, meeting place and time by Nov. 6th.

**Sun, November 10  Roosevelt Farm Lane, Hyde Park**
This is a paved trail through the woods at Hyde Park. 2 miles total distance, easy and slow paced. Meet at 10am, Roosevelt Farm Lane, across from FDR estate on Rt. 9

**Sun, November 10  All the legs of the Triborough (RFK) Br.**
There’s a whole world of little islands in and round New York City. We’ve done some exploration of Governor’s Island. Now we will explore Wards and Randall’s Islands upon which some portion of the three point bridge rests. Meet at Poughkeepsie Train station for the train closest to 7:30. Upon arriving in Manhattan we will head to 96th Street (there is no parking in the Trailways lot). We are looking for drivers to help with car pooling from the bus station.

**Thurs, Nov 14  Schunemunk Mtn**
B hike - Sweet Clover trail to Megaliths. Meeting place: parking area on Taylor Rd. half mile off Rt. 32 in Mountainville.
**Fall Outings Schedule**

**Sat - Sun, Nov 16 - 17  Loyalsock Trail Circular Backpack**  
Approximately 17 miles of vistas, waterfalls and streams. There are some steep, rocky ascents and descents. Limited to eight fit backpackers. Register with an e-mail to the leader indicating that you are an ADK member, your hiking and backpacking experience and your regular exercise routine.

**Sun, November 17  Annual Pilgrimage to Burger Hill and Fernwood Forest/ Rinebeck**  
Meet at Burger Hill parking lot Rt. 9G in Rhinebeck at 10:30 am. Bring lunch and water and enjoy great views in all direction from a not high hill and from a fire tower. Rain cancels.

**Tues, Nov 19  Walkway over the Hudson to Fanny Reese**  
Meet at 10AM at East side parking lot in Poughkeepsie, which is free on weekdays (lower part).

**Sat, November 23  Locust Grove Estate Hike**  
An easy hike of 3-4 miles at the Locust Grove estate overlooking the Hudson River on Route 9 just south of Poughkeepsie. We’ll meet in the parking lot mid-morning. For exact time, contact leader: Marie Caruso, at marielhv@verizon.net, or 845-452-9086 (up to 10 pm). Serious rain/snow cancels.

---

**EDITOR’S CORNER**

This new feature of the Mid-Hudson Trails is a place to share something that may be of interest to other members.

---

**How Did I Get Here?**  
*By Bill Daley*

My love of the outdoors and in particular, the Adirondacks, began when I attended camp for the first time at the Read Scout Reservation in Brant Lake, NY. A mandatory three-day backpack trip to the Pharaoh Lake Wilderness Area was part the camp program. It seemed like we would never reach our destination (although it was only about 3.5 miles), but when we did the natural beauty of the area made it worth what it took to get there.

I returned to the Camp for the next 3 years, every time making that same journey and enjoying it more each time. The high point of my scouting experience was when I joined the "Mountain Man" specialty camp. That was a two week program which focused on earning all the hiking and camping related merit badges. It culminated in a week long 50+ mile backpack from Long Lake over Marcy to Adirondack Lodge. Needless to say, after that I was hooked.

The following summer, I was chosen by my Scout Troop to attend a month long canoeing adventure in Canada. It had happened that an former Scoutmaster attended our 60 Year Troop Anniversary. He owned and ran a canoe camp in Northern Ontario and invited one Scout to be his guest. The Camp was situated on an island on Lake Temagami. It was so remote that that we had to access it by float plane. That is where I began to really appreciate the wilderness and honed my paddling skills.

After that, I became a Staff Member at Camp Read for another 6 summers. I had worked my way up to being an "Adirondack Voyager" (Scouting’s name for a guide). My “job” was to guide backpack and canoe trips throughout the Adirondacks. For me, that was a dream job!

Of course, life does happen and I had to eventually get a “real job in the real world”. I would return to the Camp at least once a year to do some volunteer work and an occasional hike but nothing too adventurous.

Fast forward to about five years ago, when a change in my life gave me some extra free time so I rekindled that old flame— the outdoors! I began exploring some of the trails in the area and again in the Adirondacks. I joined the ADK and became a member the Mid-Hudson Chapter. One of my goals is to complete the 46 peaks and join the ranks of the “46ers” (I’ve climbed 24 so far).

I am currently Treasurer and co-editor for the Newsletter for the Camp Read Association. When I saw Sue’s plea for volunteers to help with newsletter, I felt obligated to reply. It is through this kind of work that I hope I can give back to the wilderness in the same way that it has given me so much.

**Editor’s Note:** This is our newsletter. I hope you like some of the changes I’ve implemented. The more input that I can get from the members, the better I can serve the common interest of the organization. Feel free to send me any articles, pictures, suggestions or comments that you may have. I will do my best to include them in the next edition of Mid-Hudson Trails.

E-mail: billskiadk@gmail.com
May 7 evening Paddle #1 at Wappingers Creek
Seven paddlers launched at low tide for a leisurely trip down the Wappingers Creek to the Hudson River. For those not familiar with the creek, later in summer water chestnut plants blanket large areas of the creek often making a narrow channel to paddle. But we were before the water chestnut reached the surface allowing forage from bank to bank. At the Hudson River we took a quick look up and down the river. We enjoyed the flood tide on the way back and continued all the way to the base of the falls at the power plant. The Hudson River is 56 degrees. Participants: Roz Werner, Shelley Werner, June Sanson, Don Urmston, Dessie R. Clyde Clounie and the leader, Dave Webber.

May 11 Wappinger Creek Clean-up Service Project
Dave Webber, Jeff Kaplan, JCFouere, Gino Platania, Vincent Platania, Al Farinato, James Rose, CF Clounie Vic Stunings(sp), Organizer: Russ Faller

May 12 Rockefeller Preserve
Mothers Day Hike. Four mothers, Sayileela Nulu, Michilene Kagan, Lalita Malik and leader, Sue Mackson accompanied by one son, Oliver Mackson, spent an afternoon strolling the broad paths of the preserve on a rather cold and windy spring day. Leader got lost on the intersecting paths, but we did make it out. The visitors center framed by a two beds of splendidly colored tree peonies. We supped quickly on the grounds of Rockwood Hall where the trees are evidence of the great sweep of the estate now gone. It was windy and cold and the sunset again was hidden.

May 14 evening Paddle #2 at Poughkeepsie
The local crew boats were out in force so we headed to the west shore to avoid being in the way of the rowers. In Highland we checked out the new ramp and improvements at the Highland landing park. The parks' north end still doesn’t look kayak friendly. We paddled north to cross over to Quiet Cove for a quick stretch and then back with the current to the Waryas launch. I think threats of stormy weather may have kept the numbers down. The river is getting warmer, up to 59 degrees. Participants: Sam Doran, Leader, Dave Webber.

May 15 Omega Institute Hike/Tour
On this cool day, fourteen participants toured Omega Institute in Rhinebeck. We started with a short introduction to meditation in the Sanctuary and then a one-mile walking meditation hike in the Omega woods. As we walked around we saw: the gardens, library, the small Japanese garden under the hemlocks, café, and bookstore. We ate a vegan lunch in the dining hall and then toured the OCSL – Omega Center for Sustainable Living, their award-winning state of the art, water treatment plant. Leader, Eli Cohen.

May 18 Black Creek Clean-up Service Project
Jeff Kaplan, Tom Amisson, Al DeMaria, Jack Maguire, Gino Platania, Bud Horsend, Kelly Oggenfuss, Organizer, Russ Faller.

May 21 evening Paddle #3 at Poughkeepsie
Back to Poughkeepsie for a 2nd week. Last week the tides favored a northern route but today the tides favored a southern route. However, threats of storms and a tornado warning up in Columbia County kept us close to the east shore and close to the launch. We headed north under the Walkway bridge towards the Community Boathouse and then south towards Shadows. With the current from the south and a strong south breeze we had to work to go south, but once we turned around we were flying back to Waryas park. I later checked the current charts and predicted max flood current was 1.5 knots. We may not have had all that but enough to give us a strong push back. Water temp is 61 degrees, almost getting to swimming temperature. Participants: Carol Doran, Sam Doran, Mike Pettigrew, Clyde Clounie, J-C Fouere and the leader, Dave Webber.

May 25 Norrie Point to Kingston Roundout- JC Fouere
Cancelled due to unsuitable weather.

May 28 evening Paddle #4 at Beacon- Dave Webber
Cancelled due to bad weather. Yes the Tuesday evening group is a fair weather crew.

May 29 Poet’s Walk
Thunder storms threatened but we, Ellie Shortle, Bill Beehler, Ellen Zelig, Judy Kito, Bill Jacob, Helena Bobo, guest Dolly Clump, Ellen Kelly and leader, Sue Mackson, took our chances. We walked the fields and forests at Poet’s Walk for an evening hour and a half as the sky darkened and covered the sunset. We saw our first cicadas—large winged things clinging to the meadow grasses, and sitting on the Dairy Queen counter after the hike. We smelled the sweetness of the black locusts which were in bloom all over the county. Bill, Judy and I read poems for the occasion as we ate snacks and supper in the gazebo. A pleasant evening the downpour held off until after we left. Third sunset hidden by clouds.

June 1 High Hopes Hike at Nuclear Lake
It was perfect weather for the hike. The mountain laurel was just beginning to bloom. It was cool hiking along the Beekman Loop. We returned on the AT and had a long lunch break on a small point on Nuclear Lake. There were small fish in the shallows and a Canada goose family with four cygnets. There was a beautiful red “dragonfly” perched on a blade of grass. Several birds were singing as we hiked back along the AT. Lorraine Lauffer, Kristen De Clements, Ellen Kelly, Leader, Ellie Shortle.

June 2 Lake Minnewaska State Park
Drove up to the parking lot at Lake Minnewaska. Hiked to the right side of Lake Minnewaska, along the Millbrook Mountain Cartageway to Patterson’s Pallet and to the Gertrude’s Nose Trail. Then hiked along the trail to Gertrude’s Nose. Lunch at Gertrude’s Nose, then on to Millbrook Mountain. Connected with carriage way and hiked out to the lake. Storm front came in and had rain and hail. Ellen Kelly, Leader, Brian Sullivan.

June 15 Iona Island Tour and Hike
Perfect weather plus a perfect size of hikers add up to a perfect history hike on Iona Island. Led by “Do” Bayne, a retired educator at Sterling Forest State Park 15 hikers explored the woods, fields, roads and more on Iona. We learned about the Indians and the Dutch who long ago resided there, as well as about the US Navy which purchased the island in 1942. Special items seen include a large memorial, an outdoor toilet and a bunker we entered. Anyone who missed this outing can visit the island on another hike. Doc is the only person allowed to lead hikes there. Bill & Linda Hogan, Colette, Russ, & Ryan Fulton, Herb Stein, Ellen Kelly, Marie & Jerry Rubinstahl, Tom Amison, Carol Gray, Marsha Kraemer, Guests, Connie Haven, Peggy Hill, Bob Messina. Leader, Salley Decker.
June 16  Cold Spring Paddle  
The trip took off on schedule under threatening skies which improved throughout the day. I decided to pull in to the Highland Falls marina for lunch where we decided that we would return to Cold Spring from there. Wonderful paddle back with much boat traffic generating many waves to frolic on. A good day was had by all.  

June 22  Kaaterskill High Peak  
Without Al DeMaria’s guidance this hike wouldn’t have been done. He led up and over—the top of the trail involves a rock scramble challenging for most of us, but not for Al. Since we did a loop, we rock scrambled on the way down, very, very carefully. We also had a nice demonstration of bushwacking with use of compass and one of our group as the sighting target. The trail from the summit to the site of the plane crash is a nettle lover’s joy. Robert Forest, Joe Ferri, Shari Aber, Craig Brown. Leaders, Alvin DeMaria and Sue Mackson.  

June 23  Long Dock, Beacon Paddle  
A flotilla of 9 veteran and novice paddlers set out from Long Dock at high tide, rounded Dennings Pt, squeezed under the railroad bridge into the Fishkill Creek estuary up to Madame Brett Park and the Tioronda Fall. The river was calm and the weather sunny and 10 degree cooler on the water. After lunch on the sandy beach at the tip of Demning’s Pt, we returned after a 3 hour paddle. Marsha Kraemer, Susan Lerner, Carol Gray, John Ragu, Eileen Sharaga, Marion Zimmer, Connie Bueselinda, guest Christine Beumer. Leader, Tom Amisson.  

June 29  Fishkill Creek Cleanout  
Leader: Russ Faller; Stan Augie and guest Chris Keil.  

June 30  Hunter Mtn from Spruceton  
The cast of hikers kept changing—as much as did the weather, with thunderstorms each day prior to June 30 and threats of more on hike day. But we started up the Diamond Notch trail which was wet but passable. We had a warm, but not too muggy day and the sun was out. > The trail is mostly wooded, with occasional open areas. We were told that the enormous blooming plants of the carrot family were Hogweed, an invader more toxic than poison ivy, but no confirmation. No one was poisoned but the nettles did their job. We know that if you do the Hunter climb right about now you will be rewarded with abundant blackberries. There was the usual mud in the area of the balsam forest, but no one got mud down their shoes. The viewpoint near the top of Hunter, at the end of the yellow trail is worth the trip. We dared to climb up the fire tower and, though it’s metal, no one was struck by lightning. The way down is steeper, faster, duller than the way up. The rain held off almost till we got back to the cars. Shari Aber, Joe Ferri, Al Fitch, Sayi Nulu, guest Michael Campbell. Leader, Sue Mackson. All consider ourselves lucky to have ventured out.  

July 4  Hudson River Paddle to View Fireworks  
Six MH-ADKers launched from Cold Spring’s Foundry Dock Park at about 8:15 PM, with lights. We paddled up to Little Stony Point, then turned around and paddled back into the bay between the Point and Cold Spring Village. As we did, we were treated with breathtaking blasts of light and color as rockets were launched from the park on the north side of the village to commemorate the birthday of this great nation. It was truly awesome! We were mesmerized. And the best part was that we had unobstructed views - no heads in front of us - nothing but beautifully lit and colored night sky. This is the best way to view the 4th of July’s fireworks. Be sure to join us next year. Participants were: Andrea Urmston, Don Urmston, Shari Aber, Joe Ferri, Tom Amisson, Russ Faller, Leader.  

July 6  Lake Awosting Swim/Hike  
Drove up to the lower parking lot at Lake Minnewaska State Park. Hiked the lower Awosting Carriageway to Lake Awosting. Hike the NW side of Lake Awosting passed the Ranger Cabin. Enjoyed several views of the lake and Castle Point. Hiked to the far end of the lake, headed towards lunch spot/swimming area. Later we hiked on the Upper Awosting Carriageway toward Lake Minnewaska. Enjoyed the views at Litchfield Lodge and Lake Minnewaska. Use Sunset Carriageway to return to the lower parking lot, Erick Perfecto, Brian Sullivan, leader.  

July 7  Cold Spring Paddle  
Other than the heat index we had a successful trip—Cold Spring to Arden then West Point nd on to Bannerman’s Island. The Hudson was relatively calm, cigar boats not withstanding. We left at 9:40 am and decided against entering Constitution Marsh because high tide was 11 am. With plenty of ice water on board, plenty of hat dunking and few clouds, and a gentle breeze it was a safe, enjoyable excursion. We did see one young eagle. Mary Ellen Campbell, Joh Wellok, Jerry Levine, Tom Amison, Leader: Jeff Kaplan.  

July 14  Old Croton Aqueduct Tarrytown to Dobbs Ferry  
The day was extremely hot and humid and we were thankful for the mostly shaded walk. We stopped at the Lyndhurst Estate in Tarrytown for lunch and ran into the Dark Shadows Convention which actually filmed here for the series back in the 1960s. As we entered downtown Irvington, we stopped at a local store for some cold beverages. After walking through the Mercy College Campus, we arrived at the Keepers House and the headquarters for the Old Croton Aqueduct State Park. Douglas Emilio of the Friends of the Old Croton Aqueduct gave us a brief talk on the history of the Aqueduct as well as the Keepers House in which lived a superintendent who oversaw sections of the Aqueduct to make sure everything runs smoothly. The house was built in the 1850s and was occupied into the 1960s. It is the only one extant and is being renovated and converted into a museum on the Aqueduct. We then walked downhill to the train station and took a Metro-North train back to Tarrytown where we started. Our next and final leg of the Aqueduct will be from the Keepers House in Dobbs Ferry to downtown Yonkers. Jerry & Marie Rubinstahl, Ruth B??, Lucille Tracher, Leader, John Ragusa.
Stay Connected…..

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

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

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