

**Closure of State Parks: Update**

**State parks and historic sites will stay open!** Thank you to all who have voiced outrage and concerns about the proposal to close fifty three (53) of them for an estimated total savings of eleven (11) millions dollars in State budget but at a high cost to local communities and at the expense of state residents and visitors alike.

**Environment Protection Fund AT RISK**

As of this writing, the EPF level for fiscal year 2010-11 was set at \$134 million, down from \$212 million last year. This 37 percent cut is greatly disproportionate to cuts in other budget areas. While the governor had proposed a moratorium on state land purchases for a second year and eliminated all funding for it in his Executive Budget, an agreement negotiated with the legislature restores \$17.6 million for open-space protection and \$16.2 million for stewardship of state lands.

**Drilling for Natural Gas in the Marcellus Shale of New York – “Gasland”, Natural Gas or Water?**

The tragedy of the massive, extraordinarily damaging oil spill in the Gulf of Mexico reminds us of the price that we, as a country, pay for our fossil fuel and energy needs. As I do, you feel genuinely sorry for the Gulf residents. You are very concerned about the destruction of wildlife in the ocean, in the marshes and on the shore. Now what if the destruction of the environment on such a large scale was to come close to your own home, maybe within your own community? What if your drinking water was foiled by chemicals and natural gas? What if your own health and the health of your family were suddenly affected?

**A Movie Worth Watching: GASLAND**

At a time when several gas companies are actively promoting the drilling for natural gas in the lower tiers of New York State that includes the southwestern Catskill Mountains, buying drilling rights from local land owners, you may be interested in watching Gasland, a movie that documents the detrimental effects of gas drilling on the land and on the watershed: <http://www.gaslandthemovie.com/wp/> The movie will very effectively inform you about the consequences, the risks and the cost of drilling for gas, some of them coming very close to home.

If you wish to participate actively in ADK conservation activities, drop a note to Jean-Claude Fouéré at [jcfouere@optonline.net](mailto:jcfouere@optonline.net), Conservation Chair.

**Congratulations to  
The New York –New Jersey Trail Conference**

which is celebrating it’s 90th anniversary this year. The TC is a volunteer, non-profit federation of hiking and outdoor groups (member clubs) and about 10,000 individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. Currently it is responsible for 1700 miles of trails in two states and these include the Appalachian Trail. Our Mid-Hudson Chapter of ADK is a member of the TC and Salley Decker (contact info under Board listing on p.2) is our delegate to the conference. Check out: [www.nynjtc.org](http://www.nynjtc.org).

**Mid-week paddles** . We will paddle the second and fourth Thursday of each month, weather permitting. Paddles vary in length, difficulty, and location. Most are on quieter water; some will be on the Hudson River. All are generally leisurely -- we stop for looks at birds and waterfalls and for lunch. To be included on a separately maintained email list for these trips, contact leaders, Shari Aber ( 845-255-6005 or [shnaber@yahoo.com](mailto:shnaber@yahoo.com) ) or Russ Fallor (845-297-5126 -- before 9:30 PM -- or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)) July 8 & 22, Aug 12 & 26, Sept 9 & 23.

**Mid Week Hikers.** On the first and third Thursday of each month 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. There is a separate email notification list for these hikes. To join this email list, contact Eli Cohen at [ebc12533@yahoo.com](mailto:ebc12533@yahoo.com) with "Join Mid Week Hikers email list" as the subject. Contact leaders: Ginny Fauci, 845-399-2170, [yfauci1@hvc.rr.com](mailto:yfauci1@hvc.rr.com) or Lalita Malik, [LalitaMalik@aol.com](mailto:LalitaMalik@aol.com), (845) 592-0204 to learn about the upcoming hike. July 1 & 15, Aug 5 & 19, Sept 2 & 16.

**Leisurely 4th Tuesday of the Month** Walks and hikes that are shorter and more leisurely in pace than those the Thursday group currently is walking. We will cover familiar and unfamiliar territory. Join a series of hikes which will be fully described through a separate e-mail the Friday before the week of the hike. Please express your interest with a call or email to: Please let Sue Mackson know you are interested. 845-471-9892, [susiem6@juno.com](mailto:susiem6@juno.com) July 27, Aug 24, Sept 28

**CHAPTER OUTINGS : WHAT YOU NEED TO KNOW  
BEFORE YOU GO!**

**Hike Ratings:**

- Class A —Difficult: More than 1500’ climb or more than 8 miles-
- Class B—Moderate: Less than 1500’ climb, 6-8 miles
- Class C—Easy: Well-graded trails, less than 6 miles
- Walk—Suitable for Children, less than 4 miles

**New Regulations for Chapter Paddles**

- ⇒ Participants must wear a PFD while on the water.
- ⇒ For "big water" trips (e.g. Hudson River\*, LI Sound, Lake George), the following specifications are required for kayaks: minimum boat length should be 13.5 ft, and boats should have dual bulkheads, unless the boat is a sit-on-top kayak.
- ⇒ This does not include trips into Constitution Marsh or other trips where travel on the Hudson is minimal.

**We Ask that All Outing Participants:**

- ⇒ Notify leader of your intent to join an outing.
- ⇒ Be at designated meeting place on time.
- ⇒ Be properly dressed: sturdy footwear, etc for season & type of outing.
- ⇒ Be properly equipped with water, lunch and extra snacks, rain jacket and the Ten Essentials\*.
- ⇒ To bring a dog on a hike, call leader to get permission, bring a leash, be able to control dog and be responsible for its needs (water and food).

**Car Pooling is Encouraged**

CP expenses will include \$.20/mile + tolls and parking fees to be equally divided among all non-driving participants.

\*[www.midhudsonadk.org](http://www.midhudsonadk.org)>Outings Schedule>Ten Essentials

## SUMMER OUTINGS SCHEDULE (continued)

**Thurs-Mon July 1-5 Erie Canal Paddle** Level: All. Average 8-10 miles per day **Leader: Don Urmston: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) 845-457-4552 (before 9pm)** Join us for five days of paddling on the Erie Canal between Palmyra and Port Byron. This trip will feature a relaxed pace and plenty of exploring both on water and on foot in the towns we encounter. Paddling will average 8-10 miles per day. We will stay at a local campground with showers and bathrooms. (\$ fee for camping). Pfd (life vest) required. 14 ft. or longer kayak or canoe strongly recommended. Contact leader for more details and costs. **THIS TRIP IS FULL, CONTACT LEADER FOR WAITING LIST**

**Sat July 3 Paddle through the Wallkill National Wildlife Refuge** **Leader: Shari Aber 845-255-6005 [shnaber@yahoo.com](mailto:shnaber@yahoo.com)**  
The Wallkill National Wildlife Refuge's northern boundary lies in Orange County. We will paddle from the Oil City Boat Launch upstream through diverse habitats in Northern New Jersey. The place is beautiful and the paddling is easy. We may have to portage over a beaver dam or two, but in July, the water should be refreshing. Bring PFDs, water and lunch. Contact leader for meeting time.

**Mon July 5 Bulls Bridge to Junction of Ten Mile and Housatonic River** C/Flat terrain Watershed Hike  
**Leader: Sue Mackson 471 9892, [susiem6@juno.com](mailto:susiem6@juno.com)**  
From the bridge where George Washington lost his horse, we will walk along a section of the Appalachian Trail by the Housatonic River, watching the water churn whorls in the rocks as it cascades through the gorge to the intersection of the Ten Mile and Housatonic rivers. Meeting at Bulls Bridge parking lot at 10 am. Call or email to confirm.

**Wed July 7 6:30 pm Evening Lecture- Kayaking:How to Get Started** Esopus Library  
Always wanted to try kayaking but don't know how to get started? We'll tell you how to get started, what gear you'll need, where to go paddling, where to meet other paddlers and where to get instruction on your technique. General Public is welcome, **ADK volunteers are needed**. For more information contact Don Urmston: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or 845-457-4552 (before 9pm)

**Sat July 10 Road Bike Bridges Tour: Poughkeepsie – Rhinebeck, 50 miles at 12 mph.** **Leader: Skip Doyle for details [skipnewyork@yahoo.com](mailto:skipnewyork@yahoo.com)** Scenic, circular tour of the mid-Hudson Valley. Many short stops at historical and scenic places of interest including Esopus Lighthouse, Wilderstein estate, Mills Mansion, Vanderbilt Mansion, FDR home, Rhinecliff, Rhinebeck, Rondout Creek, Walkway Over the Hudson. An all day ride but lots of time out of the saddle, including time to buy and eat lunch. Helmet required; gloves recommended. Meeting place: Mount Saint Alphonsus, Esopus, NY (New Paltz Thruway exit 18. Registration required. For those who would like to assist with this same ride on August 15 or for those who have peddled this ride before.

**Sat July 10 Historic Village of Woodstock Walk C 10am-Noon** **Leader: Will Nixon. Contact 845-679-5853 [will@willnixon.com](mailto:will@willnixon.com)**  
The authors of *Walking Woodstock: Journeys into the Wild Heart of America's Most Famous Small Town* Michael Perkins and Will Nixon will describe the town's history from its past as an arts colony through its Bob Dylan days to the present. Meet at the Golden Notebook at 29 Tinker Street, Woodstock, for a book signing followed by the walk.

**Sat July 10 Buttercup Preserve /Thompson Pond Watershed Hike C** **Leaders: Lorraine Laufer & Beth Willis 845-373-8202 [bethwillis@optonline.com](mailto:bethwillis@optonline.com)** We will meet at 10am and first head north along the Buttercup Farm Audubon Sanctuary trail which parallels the Wappinger's Creek. This is an area in which birds abound and beaver

activity is constantly altering the landscape. (Admission \$3) Later, we will drive to nearby Thompson Pond, from where the Wappinger's Creek originates, and hike around it. (Approximately 3 miles). This preserve has an unusually high biological diversity. Be sure to wear sturdy boots and bring plenty of water and lunch or a snack. Please call or email Beth to confirm your attendance and for the specific meeting place.

**Sat July 10 Kayak Rescue Skills Class (A/B, Moderate / Advanced)** **Leader: Don Urmston [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm)**  
We will practice on-water rescues including wet-exit and re-entry, bow rescue, two person rescues, towing and swimmer rescues. This class is designed for all trip leaders and anyone who wants to learn rescues. Participants should have a kayak with 2 bulkheads. Pfd's are required. Contact leader with any questions. Time & location TBA (probably White Pond). Register with leader by July 8.

**Sun July 11 Walkill River Paddle: New Paltz to Perrine's Bridge.** 7 mile, flat water paddle through the historic towns of Lloyd and Esopus. For details contact Skip Doyle at [skipnewyork@yahoo.com](mailto:skipnewyork@yahoo.com).

**Wed July 14 7:00 pm Evening Lecture- Kayaking- How to Get Started** Hyde Park Library  
Always wanted to try kayaking but don't know how to get started? We'll tell you how to get started, what gear you'll need, where to go paddling, where to meet other paddlers and where to get instruction on your technique. General Public is welcome, **ADK volunteers are needed**. For more information contact Don Urmston: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or 845-457-4552 (before 9pm)

**Thur July 15 Evening Hike & Picnic** C/Easy 3 miles  
**Leader: Salley Decker 845-454-4206 Contact her by Mon July 11** Let's walk the trails at Esopus Meadows Preserve to the Kayak/Canoe Day Use Area on the Hudson River. Enjoy our picnic supper at the shelter on the west bank. Time: TBD but approximately 5:30-6:00 PM Extreme heat, rain or threat of thunderstorms cancels. If calling on the 11th, please call 4-5pm or 8-9pm or leave message with telephone number.

**Sat-Sun July 17-18 Adirondack High Peaks Bagging Backpack: Part 1** **Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)**  
We'll camp at Bradley Pond, then next day, climb Panther, Couchsachraga & Santanoni Peaks with daypacks. These are mountains w/o marked trails & have minimally maintained herdpaths. We'll camp another night at Bradley Pond before returning to the cars on 7/18. An 8.8 mi. RT backpack plus an 8.5 mi. RT dayhike up the peaks. *Arrive at the trailhead on Fri., 7/16 at 5 PM.* You can combine this trip with Part 2 on 7/18-20 (see schedule). Contact leader to register.

**Sat July 17 Katterskill Falls & Escarpment trail** B  
**Leader: David Koehler 917-613-2043 or [k2david121@gmail.com](mailto:k2david121@gmail.com)**  
Part 1 of a series of waterfalls hikes, come a visit NY's highest two-tiered waterfalls, regarded as sacred by the Native Americans, then over to one of the most beautiful trails in the Catskills, the Escarpment trail. Estimated distance 7 miles, swimming/wading opportunity.

**Sat July 17 SW HUNTER & HUNTER A- Joint with Albany Chapter** **Leader: Cal Johnson [hikeski@hvc.rr.com](mailto:hikeski@hvc.rr.com) (preferred) 845-246-2006 Before 10 p.m.**  
After dropping cars at the Hunter Mtn ski area (lodge open – rest rooms), we will drive to the start by Notch Lake on Rt. 214, about a 5 minute drive. We will ascend the Devil's Path and, shortly after the land levels off, just past the lean-to, follow the long abandoned railroad bed and then a short herd path to the summit of SW Hunter

## SUMMER OUTINGS SCHEDULE (continued)

(3740'). This unmarked trail is usually a very easy bushwhack, however, there may be blowdown to go over or around. After recording our visit in the canister, we will backtrack to the lean-to and take the HU trail to the summit of Hunter (4040'), 2nd highest peak in the Catskills. We will take a short side trail to a ledge area with a great view and then continue on a short distance to the fire tower. The tower is usually open on summer weekends, along with the spotter's cabin. When finished taking in the spectacular 360 degree views from the tower, we will go down the Spruceton and Colonel's Chair trails to the summit of the ski area, from where we will descend ski slopes to the parking lot. Distance is around 9 miles with around 2100' of climbing. At a 1.5 MPH pace, the hike will take about 6-7 hours. Sturdy hiking boots or trail shoes required. Carpooling can be arranged to meet leader in Hunter at 9:00 a.m. Steady rain or no sign-ups by July 14 cancels.

**Sat July 17 Late afternoon Paddle at Chodikee Lake**  
**Leaders: Georgette Weir and Jean-Claude Fouere, [ge-weir@optonline.net](mailto:ge-weir@optonline.net), or 845-462-0142** Contact leaders for meeting time and place

**Sun July 18 North Lookout at Mohonk Preserve B**  
**Leader: Brian Sullivan @ 845.594.9545, Call before 9 PM.**  
7 mile hike at this unique property at moderate pace (1.5 to 2 miles an hour). Meet at Spring Farm Parking at 9 AM. There is a \$10 day pass/free if you are a member of Mohonk Preserve. Bring sufficient water, hiking boots, snacks and lunch.

**Sun-Tues July 18-20 Adirondack High Peaks Bagging Backpack: Part 2** **Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)** We'll backpack 5.5 mi. and camp near the Opalescent River. (You'll need to arrive at the trailhead late morning on 7/18.) Next day, we'll climb Allen Mtn. (about 7.5 mi.) with daypacks. There is no marked trail; only a minimally maintained herdpath that can be confusing, so bring a spirit of adventure and stay light-hearted. After returning to our tent site that same day, we'll backpack about 4 mi. to a campsite on Lake Colden. Next day, we'll climb Boundary & Iroquois Peaks (about 4.5 mi. RT w/ about 1940 ft. very steep ascent) with daypacks. After returning to our campsite, that same day, we'll backpack about 6.5 mi. along Calamity Brook to complete a loop. You can combine this trip with Part 1 on 7/17-18 (see schedule). Contact leader to register.

**Fri July 23 Full Moon Paddle (A, Advanced) Cold Spring**  
**Leader: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm).** We will paddle out of Foundry Park in Cold Spring. We may head north or south. Approximate paddling time is 2 to 3 hours. 360 degree white light is required on the stern of each kayak. We will be paddling in the dark on the Hudson so all participants must have a kayak 13.5 foot or longer with 2 bulkheads. Pfd's are required. Register with leader by 7/22 to get meeting time and place.

**Sat July 24 Leisurely Hike Beacon Riverside Trail & Dennings Point C** **Approx 5 miles. Leader: Lou Ruidisch 845-896-9332 or [LER3rd@verizon.net](mailto:LER3rd@verizon.net)** Excellent views of the Hudson River from this beautiful and historic location. Bring lunch and water. Meet in front of the Beacon Sloop Club, Riverfront Park, Beacon at 10am

**Sat July 24 Cold Spring to Bannerman's Paddle (B/Moderate)**  
**Leader: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm).** We will paddle approx. 8 miles on the Hudson River from Foundry Park in Cold Spring to Bannerman's castle and back with stops at Little Stony Point beach. Approx. paddle time 3-4 hours. PFD Required! Trip is open to anyone with previous paddling experience or adventurous beginners. Must have 13.5 foot kayak with 2 bulkheads. Register with leader by 7/22 with questions and to get meeting time.

**Sun July 25 Annual Outing Leaders' Picnic 4:30 – 7:30pm** Pete McGinnis will be hosting this event at his home and garden at 100 Cedar Avenue, Poughkeepsie. We will enjoy a few hours of socializing and honoring those members who've enabled us to continue our year round schedule of outings, backpacks, paddles and such. If you think you'd also like to lead an outing, see the article on page 1 and feel free to join us. Please RSVP Sue Mackson at 845-471-9892 or [susiem6@juno.com](mailto:susiem6@juno.com) to confirm attendance.

**Tues July 27 Leisurely Watershed Hike Tymor Walk and Picnic C** **Leader: Sue Mackson 471 9892 [Susiem6@juno.com](mailto:Susiem6@juno.com)**  
This hike will take us along Fishkill Creek and through woods to Furnace Pond and the ruins of old kilns. Our hike will take us through wildflower meadows, returning to the fields beside the gorge. Bring a picnic supper to enjoy at the pavilion by the creek after the hike. Boats will be available by request on Furnace Pond. Meet at Tymor Park parking lot in Union Vale at 3 pm. Call or email to confirm attendance

**Wed July 28 7:00 pm Evening Lecture- Kayaking- How to Get Started** **Adriance Memorial Library, Poughkeepsie**  
Always wanted to try kayaking but don't know how to get started? We'll tell you how to get started, what gear you'll need, where to go paddling, where to meet other paddlers and where to get instruction on your technique. General Public is welcome, **ADK volunteers are needed.** For more information contact Don Urmston: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or 845-457-4552 (before 9pm)

**Sun Aug 1 Schaghticoke Mountain 5.5 miles B**  
**Leader: Sue Mackson 471 9892 [susiem6@juno.com](mailto:susiem6@juno.com)**  
Moderate hike with elevation gain at moderate pace along the Appalachian Trail at the border between NY and CT. Meet 9:15 am at Starr22 Diner at intersection of NY 22 and DC 21 to carpool to trailhead at Schaghticoke Rd. This will be an in and out hike, or a shuttle, depending on number of participants. Call leader at 7:30 am on morning of hike if questions about the weather.

**Wed Aug 4 -Tues Aug 10 Whitney Wilderness/Bog River Canoe Loop in the NW Adirondacks** **Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)** This is the most remote paddling route in the entire Adirondack Region. The State has not even officially opened the route yet! True wilderness in its most pristine form. You'll see no power boats, cabins or people (except on the bigger lakes). Small primitive tentsites are hacked out of the wild. We'll start on Little Tupper Lake, head for Rock Pond, then pass through many small ponds to Shingle Shanty Brook and Lake Lila. Then on to Lows Lake and down the Bog River back to Little Tupper Lake. Twenty often difficult, sometimes long carries on unmarked, unmaintained fishermen's herdpaths w/ deep mud, blow-downs, poor footing & tight spaces. But drop-dead beauty reminiscent of Ontario, Canada. About 60 mi., with some portages doubled. Limited to a small group of experienced paddlers with canoes (the lighter the better). *No kayaks.* Rentals available in the area. Contact leader. **Launch early morning on 8/4, so must arrive the night before.** Leader can give info on campsites & lodging.

**Sat Aug 7 Bash Bish Falls & Alandar B** **Contact Leader David Koehler at 917-613-2043 [k2david121@gmail.com](mailto:k2david121@gmail.com)**  
The second waterfalls hike in the series will take us to the most popular and most beautiful waterfalls in the taconics and to the top of Alandar with views all around. Swimming option in crystal clear water.

**Sun Aug 8 Black Creek Preserve C** **Leader: Beth Willis 845-373-8202 [bethwillis@optonline.net](mailto:bethwillis@optonline.net)** Join me for this short and sweet easy hike/walk. After a steep ascent, this hike is fairly easy and is a great short(2 1/2 -3 miles) hike for a Sunday afternoon. Even when it's hot, these trails are usually shady, and hopefully we'll enjoy a cool breeze down by the river. We'll meet at 1pm. Call or

## SUMMER OUTINGS SCHEDULE (continued)

email the leader before 8pm on Sat Aug 7 to confirm your attendance and for the meeting place.

**Mon Aug 9 (raindate = Tues Aug 10) Paddle & Swim on the Esopus Creek Leader: Judy Mage, 845-255-7671 or [judy-mage@verizon.net](mailto:judy-mage@verizon.net)** Enjoy an easy paddle on the Esopus Creek and a swim. *Beginners welcome.* About 6 mi. RT. Bring lunch, water, boat and gear. PFDs required. Meet at 12 noon at the Saugerties Town Beach, off of Rt. 9W in the Village of Saugerties. Contact leader if driving directions are needed.

**Sat Aug 14 Hudson River Paddle at Athens Intermediate Leader: Ken Walton to register and for directions. 883-0132 or [kaw9862@optonline.net](mailto:kaw9862@optonline.net)** Explore the Hudson River around the quaint town of Athens. Start at the Murderer's Kill and head down to Roger's Island for lunch and maybe some hiking, before heading back. Boats 13' in length or more recommended. PFD required. Bring water, lunch/snack. Meet Athens St Boat Launch at 11am

**Sat Aug 14 Historic Village of Woodstock Walk C 10am-Noon 10 am to noon Leader: Will Nixon Contact 845-679-5853 or [will@willnixon.com](mailto:will@willnixon.com)** The authors of *Walking Woodstock: Journeys into the Wild Heart of America's Most Famous Small Town* Michael Perkins and Will Nixon will describe the town's history from its past as an arts colony through its Bob Dylan days to the present. Meet at the Golden Notebook at 29 Tinker Street, Woodstock, for a booksigning followed by the walk.

**Sun-Fri Aug 15-20 New Hampshire White Mountains Hut and Lodge Trip B to B+ Trip is full. There is a waiting list.** We will be day hiking in the White Mountains, approximately 6-9 miles a day, including hiking to some of the 4000-footers with options to by-pass them. We will be staying in Pinkham Joe Dodge Lodge, Madison Hut, Highland Center (2 nights), and Lonesome Lake Hut. Dinner & breakfast is included with each night's accommodation which will be in bunkrooms. There are showers available in Pinkham & Highland Center, but none in the huts. Cost will be \$324.25 per person. E-mail Ginny Fauci at [vfauci1@hvc.rr.com](mailto:vfauci1@hvc.rr.com) for additional information.

**Sat Aug 21 Table Rock/Bonticou Crag Loop from Spring Farm Level B/7 miles Leader: Brian Sullivan @ 845.594.9545, Call before 9 PM.** Meet at Spring Farm Parking at 9 AM. There is a \$10 day pass/ free if you are a member of Mohonk Preserve. Bring sufficient water, hiking boots, snacks and lunch. Moderate pace (1.5-2 mph)

**Sat Aug 21 Twin & Indian Head B+ Joint with Albany Chapter Leader: Cal Johnson [hikeski@hvc.rr.com](mailto:hikeski@hvc.rr.com) (preferred) 845-246-2006 before 10PM** After dropping cars at the finish parking lot, we will drive about 10 minutes to the start. We will take the Roaring Kill trail to the Pecoy Notch trail and then follow the NYNJTC Long Path, most of it on the Devil's Path, to the parking lot at Steenberg Road. Distance is around 8 miles with around 2100' of climbing. The pace will be moderate (1.5 MPH), but steady, and take around 6-7 hours. The Pecoy Notch trail will lead us through the unique rock work in Dibble's Quarry and past a large beaver dam. There are some very steep ascents on this hike, with loose footing, rock scrambling and roots to negotiate. Going down the east side of the two mountains is equally difficult. The view from the summit of Twin (3640') is one of the best in the Catskills. On a hot summer day the aroma of the balsam trees on Twin is very strong. There are additional view points on Indian Head (3573'). Sturdy hiking boots or trail shoes required. Carpooling can be arranged to meet leader at the Stewarts on Rt. 23A in Haines Falls at 9:00 am. Steady rain or no sign-ups by Aug 18 cancels.

**Sat Aug 21 Full Moon Paddle (A, Advanced) Cold Spring Leader: Don Urmston email: [Durmston@hvc.rr.com](mailto:Durmston@hvc.rr.com) or phone 845-457-4552 (before 9pm).** We will paddle out of Foundry Park in Cold Spring. We may head north or south. Approximate paddling time is 2

to 3 hours. 360 degree white light is required on the stern of each kayak. We will be paddling in the dark on the Hudson so all participants must have a kayak 13.5 foot or longer with 2 bulkheads. Pfd's are required. Register with leader by 8/19 to get meeting time.

**Sun Aug 22 Hudson River at Annsville Paddle Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com)** We'll put in at the fun launch at the Annsville Paddlesports Center. We'll paddle across Annsville Bay and up the Annsville Creek. Then we'll go out onto the Hudson and head for Iona Island. This is a very beautiful, but often challenging, section of the River. *Experienced paddlers only with kayaks of 13.5 ft., or longer, and dual bulkheads or floatation, unless it's a "sit-on-top".* Canoes welcome. Bring lunch, water & gear. PFDs required. Rentals available from Atlantic Kayak Tours on site. Heavy or steady rain cancels. Contact leader to confirm participation. Meet at 9 AM at the Annsville Paddlesports Center on US Rt. 6, off of the traffic circle N of Peekskill

**Sun Aug 22 Hudson River Evening Paddle - Highland Landing to Esopus Lighthouse Park Leaders: Shari Aber [shnaber@yahoo.com](mailto:shnaber@yahoo.com) 845-255-6005 & Joe Ferri [newpaltz33@yahoo.com](mailto:newpaltz33@yahoo.com) 914-489-1582** We will paddle 9-10 miles with the current stopping along the way on Esopus Island for a picnic supper as we watch the sun set. For our final jaunt, the moon should be almost full, lighting our way. Meeting place is Highland Landing at 4:30. This is a shuttle paddle, with some vehicles left at the small parking lot by Lighthouse Park. Bring PFD, food, water, and some sort of light (headlamp or flashlight will do). Register with leaders.

**Sat Aug 28 Sam's Point, Veekeerderkill Falls, Badlands B 8 miles Contact Leader David Koehler at 917-613-2043 or [k2david121@gmail.com](mailto:k2david121@gmail.com)** Third in the Waterfalls series will take through a loop in the preserve and a stop at this 100 foot waterfall. Starting on a former road up to the point, then a bit further and we will be in the woods on the Long Path and the dwarf pine barrens, where we will make our way to Veekeerderkill Falls, formally known as Katy Kill Falls, which is a great place to recharge before venturing through the badlands.

**Sun Aug 29 Innisfree Gardens, Pleasant Valley Leader: Nancy Keenan-Rich, 845-452-1727 Very Slow & Easy** 150 acres of gardens with a 40 acre lake. Join us for a relaxing stroll through these exquisite grounds which reflect a reinterpretation of the ancient art of Chinese landscape. Explore streams, waterfalls, retaining walls, rocks, plants, and natural sculpture. A free flowing time to meander, meditate, and take in the quiet of nature. Bring lunch/beverage to have in the picnic area. Meet the leader at the Dutchess Co. Farm and Home Center (Rte. 44 on left) at 10:45 or in the Innisfree parking lot at 11. Directions: After the Taconic going east make a right on Tyrell Rd. Make another right, go for a mile to reach the gardens. Rain cancels. Fee: \$5per person

**Mon Sept 6 (Labor Day) Morning Hike on Wappingers Creek Trail Leader: Georgette Weir, [geweir@opton.line.net](mailto:geweir@opton.line.net), 845-462-0142** Four moderate but aerobic miles--with several good ups and downs-- on this trail right in the village of Wappingers Falls. Contact leader for meeting time and place.

**Sat Sept 11 Mt. Tremper & Edgewood Mtn. Level A Joint with Albany Chapter Leader: Cal Johnson [hikeski@hvc.rr.com](mailto:hikeski@hvc.rr.com) (preferred) 845-246-2006 before 10PM** We will drive from the meeting area to Silver Hollow Notch Rd. in Edgewood, where we will spot cars for the finish and then drive to the start in Phoenicia. We will ascend the PA trail to the summit of Mt. Tremper (2740'), where there is a fire tower. After checking out the views from the tower we will continue on the Warner Creek trail, passing Carl Mtn. on the way down into the valley where we will cross Warner Creek. The trail then ascends to Edgewood Mtn. (3000'). From there we go down the north side and follow a side trail to the cars at the intersection on Silver Hollow Notch Rd. All except the side trail are part of the NYNJTC Long Path. Dis-

## SUMMER OUTINGS SCHEDULE (continued)—HIKING GEAR

tance is around 12 miles with around 3700' of climbing. At a 1.5 MPH pace, the hike will take about 8-9 hours. The Warner Creek trail may have nettles & berry bushes, so long pants are a good idea. Sturdy hiking boots or trail shoes required. Carpooling can be arranged to meet leader at the Stewart's Shop on Rt. 23A in Haines Falls at 8:00 a.m. Steady rain or no sign-ups by Sept. 8 cancels.

### Sat Sept 11 Hudson River Paddle at No. Germantown Leaders: Dave & Arlene Kaplan, 845-876-4642

Put in at a really nice beach and boat ramp in No. Germantown and paddle up the Hudson River about 2 miles and, then, into the Roeliff Jansen Kill. After that, who knows? Bring lunch, water, boat & gear. PFDs required. Heavy rain cancels; high winds may cancel. Call leaders if uncertain. *Participants must pre-register w/ Dave.* Meet at 9:30 AM at North Germantown Landing (Lasher Memorial Park). Driving Directions: Off Rt. 9G in the Hamlet of No. Germantown, to Northern Blvd., to the end of Anchorage Rd.

**Wed-Sun Sept. 15 -19 Appalachian Trail Backpack: Presidential Range of the White Mtns., NH** Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com) This is a backpack; not a hut-to-hut trip. We'll hike from Franconia Notch to Pinkham Notch - 55.9 mi. on the AT. Many steep ascents & descents, but you'll feel like you're walking on the top of the world, as much of it is above treeline. Some of the summits covered are: Mt. Lincoln, Mt. Lafayette, Mt. Garfield, Mt. Guyot, Mt. Pierce (Clinton), Mt. Franklin, Mt. Washington & Mt. Madison. This is for backpackers in good physical shape. We'll go at a moderate pace. Contact leader to register.

### Sat Sept 18 Awosting & Rainbow Falls, Minnewaska Park B Leader David Koehler 917-613-2043 or [k2david121@gmail.com](mailto:k2david121@gmail.com)

The fourth in the Waterfalls series will have us going to Awosting Falls, a 60 ft plunge into a broad pool and part of an 8 mi loop will bring us on two carriageways, a section of the Long Path and the Mossy Glen Trail which runs by the Dallas Pool.

### Sun Sept 26 Hudson River Paddle: Cold Spring to Arden Point & West Point Leader: Jeff Kaplan, 845-928-1730 or [fitdoc@sprintmail.com](mailto:fitdoc@sprintmail.com)

From Foundry Dock Park, we round the point of Constitution Island - where normally there are interesting swirls & eddies - to beyond World's End. We work our way down the east shore to Arden Point, beyond Garrison, for lunch. If conditions are right, we may cross to the west shore, passing West Point and, then, across again to Constitution Island and Foundry Cove, returning to Cold Spring. Trip is a tad over 7 miles. *For experienced paddlers only in minimum of 13.5 ft. kayaks with dual bulkheads or flotation.* Bring lunch, water, boat & gear. PFDs required. Meet in Cold Spring train station lot at 9:15 AM. *Contact leader to confirm participation.* Driving Directions from the intersection of Rts. 9D and 301, take 301/Main St. west for 4 blocks. Turn L on Lunn Terrace. At "T", turn L on Market St. Park entrance on Right.

### Hiking Gear Considerations

Mary Trish Cina, Mid-Hudson chapter member and an avid hiker, shares her list of items she carries in her backpack when out for a day on the trails. You may want to incorporate some of these great ideas yourself!

**Backpack** – I recommend a pack with a padded belt and sternum straps. These additional straps help distribute the weight of the pack. Daisy chain is another nice feature as it enables you to attach items to the outside of the pack easily. Hydration pack facilitates sipping water at regular intervals.

**Hiking Boots and socks** – Instead of sneakers, I prefer the extra support and protection of a well fitting hiking shoe or boot. Use shoes with ankle and good arch support. A pair of boots that you love is well worth the investment. Use polypropylene sock liners with woolen hiking socks to keep feet dry and prevent blisters. If areas of your feet are prone to blisters, use moleskin before you start hiking.

**Map and Compass** – I always carry these, and know how to use them. Many times, I have used my map and compass to help others on the trails, who did not bring their own! Do not rely on GPS as your only means of navigation, though, as it won't be helpful in locations with poor satellite signals or if the batteries die.

**First Aid Kit** – Mine has bandages, an ace bandage, moleskin or duct tape (for blisters), pain reliever, tweezers, a first aid instruction booklet and more. Bring medication you may need (Asthma, allergy, etc).

**Water** – I always bring at least two liters, and four liters for longer hikes or on days when it is especially hot. I love the Nalgene and Camelback water containers because they can be reused over and over and they do not make the water taste funny. Bring more water than you think you need, even in winter. Cold weather dehydrates. Sip water regularly. Dehydration makes you tired and affects your overall performance.

**Food** – It is a good idea to bring more than you think you need, just in case you are in the woods longer than anticipated. A friend of mine always kept dried fruit, nuts and beef jerky in his pack. It did not spoil and in the event he ever got lost in the woods, he would be able to eat for days.

**Clothing** – There is a saying – Cotton kills! If cotton clothes get wet, it will contribute to hypothermia. It takes too long to dry. Even in warm weather, synthetic, natural fibers other than cotton and poly-blends in particular will dry faster and keep you more comfortable. And yes, even down to the undergarments, cotton should be avoided. Wearing layers will allow you to adjust the amount of clothing you are wearing as you become warmer or cooler depending on changes in weather, temperature, elevation and other factors.

**Jacket** - In addition to my light fleece jacket, I carry a lightweight rain jacket and rain pants.

**Hiking Poles**. Their length can be adjusted for trail conditions. I can increase the length when descending and decrease it while ascending. A pair provides better stability than a single pole. Accessories – Hat, mittens, balaclava (I particularly like this because I can use it to keep just my neck warm), gaiters, STABlicers, crampons and micro spikes.

**Must Haves:** Whistle, head lamp, toilet paper. Optional: Swiss army knife, rope, chemical hand warmers, water purification tablets, sunscreen, lip balm, plastic bags, waterproof matches.



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