

## FALL OUTINGS SCHEDULE

### OUTINGS: WHAT YOU WANT TO KNOW BEFORE YOU GO!

*Class A—Difficult: More than 1500' climb or more than 8 mile 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*

#### **Participants should observe the following:**

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

**Car Pooling** (encouraged) CP expenses will include \$.20/mile + tolls and parking fees to be equally divided among all non-driving participants. The total collected will then be equally divided among the drivers. Drivers may opt out of this guideline and make alternative expense sharing arrangements with their riders. Please contact leader before trip so s/he can facilitate.

**Non-Members are enthusiastically welcome to join any outing as guests.** Those who enjoy our scheduled activities and wish to continue joining them are encouraged, after participation in two outings, to help support ADK by becoming members.

### **BIMONTHLY HIKES AND PADDLES**

**Bimonthly Mid Week Hikes:** C/B On the first and third Thursdays of each month, we will lead 3-6 hour hikes to different areas of the Mid Hudson Valley. Hikes are followed by an optional stop for refreshment or dinner. There is a separate Google group just for these hikes. Contact Leaders Ginni Fauci, 845-658-3902, [vfauci1@hvc.rr.com](mailto:vfauci1@hvc.rr.com) or Lalita Malik, [LalitaMalik@aol.com](mailto:LalitaMalik@aol.com), 845-592-0204, by the 1st or 3rd Tuesday and to find out the hike plan, depending on weather and other conditions. Oct 2 (see details this page) & 16, Nov 6 & 20, Dec 4 & 18.

**Bimonthly Mid Week Paddles:** On the second and fourth Thursdays of the month, Shari Aber will lead 3-5 hour recreational paddles through different waterways of the Mid-Hudson Valley. Bring your own kayak or canoe. (I will lend one extra kayak to someone wanting to "test the waters.") Pack a lunch for longer outings. A separate emailing will be used for specific information about these trips. Contact Leader: Shari Aber at 255-6005 or [shnaber@yahoo.com](mailto:shnaber@yahoo.com) if you are interested. Oct 9 & 23, Nov 13 (weather permitting)

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

**Fri-Sun Sept 26 -28 Hiking Weekend at Adirondack Loj**  
Our Chapter has spaces reserved at the Loj. The price is \$49. per person per day which includes breakfast, \$98. total for the week end. Bag lunch is available (\$8.00) and dinner is served (\$17.50). reservations for dinner are to be made by 11 a.m. and we are planning to have dinner at the Loj Saturday evening. For further information and reservations please contact Pete McGinnis @ 845-454-4428 or e mail [pmcgin1@aol.com](mailto:pmcgin1@aol.com). Please contact as soon as possible because of the time constraints in the reservation process. Car pooling will be arranged.

**Thu Oct 2 NY, MA, CT –Three States And Views! B**  
We will start in CT, hike Round Mt., then Frissell (to the highest point in CT), and on to the Tri-State Marker! Then, we will continue on to the summit of Brace Mt., the highest point in Dutchess County. Return by a woods road. One rock scramble! 8 miles! Wind gear may be needed. Hiking boots and extra water a must! Possible stop for food after the hike, so plan accordingly. Meet: Register by Sept 30 for carpool location Rain cancels. Leader: Salley Decker at 454-4206 evenings before 10:00 PM .

**Sat Oct 4 Annual Picnic (including hikes, paddles and lunch), Election of Officers, and the presentation of ADK's White Birch Award to Jane Geisler See cover page for details and don't miss it!**

**Sat-Mon Oct 11-13 AT Backpack in VT & NH**  
A 40-mi. trip at the VT-NH border. Except for a couple of steep ascents (1400 ft/2 mi) & 2 15-16-mi. days, the terrain is relatively easy as the Appalachian Trail winds through pastures, fields & forest. Arrive at trailhead early Fri. evening. Limited to 8 in good physical condition. Fit beginners welcome. Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [rus-soutdoors@yahoo.com](mailto:rus-soutdoors@yahoo.com)

**Sat Oct 11 Taconic Ridge Hike A+**  
This is the second of our High Peaks Grand Walkabout series, a set of four hikes that will hit the high points of Dutchess, Ulster, Orange, and Putnam counties. The Grand Walkabout--4 Counties, 400 Years, 400 Trails, 400 Miles, is a year-long celebration (Ramble '08-Ramble '09) of hiking to mark our region's Quadricentennial year. We'll set up a shuttle and hike the Taconic Ridge, bagging the highest point in Dutchess County, Brace Mountain (2311'). The hike will include a Bonus High Peak—Alander Mountain (2250'), the highest point of Columbia County. Leaders: Jean-Claude Fouéré ([JCFouere@optonline.net](mailto:JCFouere@optonline.net); 1-845-462 0142) and Georgette Weir. Contact leaders for meeting place and time, and for carpool arrangements.

### ***Every Friday - ADK Breakfast Group***

Please join the small ADK group which gets together every Friday in Highland. It's a pleasant way to end the week and to start the weekend. The breakfast is held at the Highland Cafe where the food is extra good. The starting time is 7:00 AM, but latecomers are welcome, too. Please contact Ralph Pollard (email [ralphpollard@verizon.net](mailto:ralphpollard@verizon.net), phone 462-3389) if you would like further information.

## FALL OUTINGS SCHEDULE (continued)

### Mon Oct 13 Plateau & Sugarloaf A

Joint with Albany ADK We will "discover" the newest trail in the Catskills for Columbus Day. After spotting cars at the Roaring Kill trailhead, we will drive to the start at Silver Hollow Notch. From the notch we will ascend Plateau via the new section of the Long Path. We will continue on the Devil's Path, through Mink Hollow Notch to Sugarloaf and hike out on the Pecoy Notch trail. Distance is around 12 miles with around 3100' up & down. Carpooling can be arranged to meet leader in Haines Falls at 8:00 a.m. Steady rain or no sign-ups by Oct. 10 cancels. Leader: Cal Johnson hikeski@hvc.rr.com (preferred) 845-246-2006

### Sat Oct 18 Fahnestock State Park and Glynwood Center B

Hike to Jordan and Beaver Ponds, with a tour en route of Glynwood Center, a working farm and conference facility dedicated to sustaining local agriculture and helping communities conserve local culture and natural resources. Level C+, about 4 - 5 miles, moderately paced. Steady rain cancels. Meet 9 am at Pelton Pond parking area on Route 301, but please register in advance with leader, Marie Caruso, at 845- 452-9086 or [mariehv@verizon.net](mailto:mariehv@verizon.net) or Al Poelzl 845-677-9995. Joint with Sierra Club.

### Sat Oct 18 Lower Wappingers Creek into the Hudson River Paddle Easy

Join me for a flatwater paddle in the Lower Wappingers Creek and into the Hudson. Beginners welcome. You must bring boat, paddle plus PFD, water, snacks and camera to see the wildlife in the marsh area and view the changing foliage along the Hudson River. Please wear synthetic clothing and water shoes-no cotton. Flat Water out & back about 6 miles, moderately paced. Steady rain cancels. Meet 12 Noon at South Hills Mall parking lot in front of K-Mart on Route 9, but please register in advance. Leader: Michele VanHoesen, at 845-691-7442 or [mich-elevh8@yahoo.com](mailto:mich-elevh8@yahoo.com)

### Sat Oct 25 Harriman State Park B+

Hike an 8-10 mile section of this interesting and close-by multi-trail park. The route will be determined by hike leader and group's preference. Leader: Pete McGinnis 845-454-4428, [pmcgin1@aol.com](mailto:pmcgin1@aol.com)

### Sat Oct 25 Hybrid or Mountain Bike: Old Croton Aqueduct – Yonkers to Croton

Flat as well, an aqueduct – this is a scenic, offroad ride along the dirt path of the 25-mile OCA at a moderate 8 mph pace. Coursing through the middle of Westchester, the route is sometimes tricky to find, hence a guided tour. As a conservation component, we will have a conservationist from Friends of the Old Croton Aqueduct provide us with a history and engineering perspective of this wonder. Collect ventilators 1 through 21. Sights include Ossining OCA visitor center, Mariandale, Croton Dam, and the special Halloween treat of Sleepy Hollow haunts. Early out options. Helmet required. For ADK, AMC, or FOCA members only. Maps of the route available at [www.aqueduct.org](http://www.aqueduct.org). Train bike pass (\$5.00) required. Meet at Yonkers train station at 9:51. Registration required. Contact Skip Doyle for details [skipnewyork@yahoo.com](mailto:skipnewyork@yahoo.com).

### Sun Oct 26 Discover the Black Creek Preserve C

Visit a 130 acre park purchased by Scenic Hudson. Let's explore the 2 + miles of trails which begin with an elevation gain of 150 feet. Some rough terrain with ups and downs to reach the shore of the Hudson River. Look for evidence of previous land use. Directions: From Mid-Hudson Bridge go 7.6 miles north on 9W, make a right on Winding Brook Acres Rd. Parking is on the left. Meet the leader at 10:00 Call if you want to carpool from Poughkeepsie at 452-1727. Rain cancels. Joint with Sierra Club. Leader: Nancy Keenan-Rich

### Sun Oct 26 Young Members Group Fun Outing Children Welcome— C


Hike or Bike depending on the weather...Come out for some pumpkin picking/fallfestivities and hot cider. Bring a child or Bring the child within! This is a joint LI/Mid Hudson YMG outing expected to be on the east end of Long Island. Contact leader (LI) Janine Schwartz at [littlemanraig@yahoo.com](mailto:littlemanraig@yahoo.com) or (Mid Hudson) David Koehler at [mh.adk.ymg@gmail.com](mailto:mh.adk.ymg@gmail.com).

### Sat Sun. Oct 25-26 Northern Catskills Fall Foliage Backpack


Fabulous views. 15 mile 1 night moderately strenuous, but hilly backpack, climbing Black Dome, Blackhead, Thomas Cole and Windham High Peaks. Register by e-mail, indicating that you are an ADK member and providing your recent backpacking and hiking experience L. Barry Skura, 914-779-0936 [bskura@optonline.net](mailto:bskura@optonline.net)

### Sun Oct 26 Mt. Beacon Incline Fall Hike B-

We will hike Mt. Beacon up to the old trolley/casino site about 2 miles round trip, moderate – difficult (steep uphill, some rocky surface) approximately 3 hours with some time spent along the way and at the top. At the top there will be an option of hiking over to the Fire Tower. The hike is to help raise awareness to our Incline project. Meet:9:30 Scenic Hudson's Gateway to Mt. Beacon park parking lot In Beacon, take Route 9D/Wolcott Ave. south to the intersection of Howland Ave. Gateway to Mt. Beacon Park is located across from Bob's Corner Store Please wear hiking boots/sturdy shoes, dress in layers. Bring plenty of water, snacks/lunch, insect repellent (ticks are out there!). For further information and/or questions-- Leader:Sandy Piccone: 845-297-0677, [sanpicc@optonline.net](mailto:sanpicc@optonline.net)





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**Sat Nov 1 Walk Locust Grove 10AM C**  
Want to get out, but prefer to do so in the company of others? Join the strollers among us for a tour of the Locust Grove grounds in the autumn led by Bill Beehler and Ellen Zelig. Meet 10 am at the parking lot at Route 9 opposite Beechwood Drive, north of all those shopping centers. Bring snack and water, rain cancels Contact: Ellen Zelig 845-473-5557

**Sat Nov 1 SW Hunter & Hunter B+**  
Joint with Albany ADK Starting in Spruceton, we will hike up the Devil's Path to the herd path for SW Hunter. Following this excellent path on a long abandoned RR bed, we will head for the canister. Backtracking, we will continue on the Devil's Path and then take the Hunter Mountain trail to the fire tower. After taking in the fantastic views from the tower, we will take the Spruceton Trail back to the starting trail-head. Distance is around 9 miles with around 2000' up & down. Carpooling can be arranged to meet leader in Hunter at 8:00 a.m. Steady rain or no sign-ups by Oct. 30 cancels. Leader: Cal Johnson hikeski@hvc.rr.com (preferred) 845-246-2006 Before 10 p.m.

**Sat Nov 1 Crows Nest 7miles/B+**  
We will use marked trails and bushwacking. I will make comments from *The Hudson Highlands* by Wm T. Howell on this area. (However, I will not supply lamb chops or schnapps at lunch.) We will visit the waterfall close to the West Point boundary. Leader: Alvin DeMaria 845-255-1704

**Sun Nov 2 Chapter Annual Planning Meeting** at Lalita Malik's home. This is the opportunity to have input in the future direction of our Chapter and plan our next year's activities. For information please contact Pete McGinnis at 845-454-4428 or [pmcgin1@aol.com](mailto:pmcgin1@aol.com).



**Sat Nov 8 Appalacian Trail Route 22 to Cat Rocks and Return 6.5 miles / moderate / B**  
The AT trailhead on NY22 is about 3 miles north of Pawling, NY on NY22. We will walk over the "more permanent, temporary solution" to the Hiller Brook flooding. After crossing Swamp River bridge, we will walk in woods until the top of Corbin Hill. Open fields lead to the Dover Oak. We'll walk uphill to Cat Rocks using the recently completed relocation between Telephone Pioneers Shelter side trail and Cat Rocks. We'll stop by the shelter on our return to NY22. This is a non-smoking outing. Meeting Time/Place - 9:00 / AT trailhead on NY22 (aka AT train stop). Park at DOT parking area just north of the trailhead. Leader - Ollie Simpson 845-298-8379 (no answering machine), [olliesimpson2005@yahoo.com](mailto:olliesimpson2005@yahoo.com).

**Sun Nov 9 Schunemunk Mountain Hike A+**  
This is the third of our High Peaks Grand Walkabout series, a set a four hikes that will hit the high points of Dutchess, Ulster, Orange, and Putnam counties. The Grand Walkabout--4

Counties, 400 Years, 400 Trails, 400 Miles, is a year-long celebration (Ramble '08-Ramble) of hiking to mark our region's Quadricentennial year. We will start off Taylor Road, hike along the Sweet Clover Trail up to the Long Path, along the Western Ridge Trail and back down the Hollow Trail, for 7 strenuous miles, providing superb views of the Hudson River and the Highlands to the East, and of the Catskill Mountains to the Northwest, and bagging the highest point in Orange County: Jean-Claude Fouéré ([JCFouere@optonline.net](mailto:JCFouere@optonline.net); 1-845-462 0142) and Georgette Weir. Contact leaders for meeting place and time, and for carpool arrangements.

### **Sat-Sun Nov 8-9 Mt. Greylock State Reservation, MA Backpack**

A 15-mile moderately paced loop hike in the Hopper Cirque covering the Hopper, Overlook, Appalachian, and Money Brook Trails. Register by e-mail, indicating that you are an ADK member and providing your recent backpacking and hiking experience L. Barry Skura, 914-779-0936 or [Bskura@optonline.net](mailto:Bskura@optonline.net)

**Sat Nov 15 North Lake (Catskills) 7miles/B+**  
With references to the Gildersleeve book on this area, I will do the escarpment trail going north from North Lake (old Mtn House site), and return by Mary's Glen. Meet: 8AM, New Paltz Thruway park-and-ride; or call for alternate meeting place Leader: Alvin DeMaria 845-255-1704

**Sun Nov 16 Schunemunk's Twin Ridges A**  
Fast pace, with great views. Exhilarating climb up Jessup Trail. Visit Megaliths. Double helping of fantastic view: both ridges: E-mail or call leader for transportation details. Barry Skura ([Bskura@optonline.net](mailto:Bskura@optonline.net); 914-779-0936)

**Sat Nov 22 Black Rock Forest About 10 miles/ B**  
Joint with AMC We'll start out at Mineral Springs Falls and enter the forest at its southwest corner, passing by Jupiter's Boulder, then venture for views from Eagle Cliff, Spy Rock and work our way back on the Stillman and Scenic Trails. Rain may cancel. Call Leader if indoubt. Meet at 9:45 AM at the Black Rock Fish & Game Club parking area on NYRoute 32 in Orange County at the junction of Angola Road/Pleasant Hill Road. Leader John Kolp, 845-496-1731

**Sat Nov 22 Explore Poughkeepsie History & Architecture & Lunch in Highland C+**  
Walk through the City of Poughkeepsie to view historic buildings including Springside, Victorian homes, government buildings, murals, Vassar Institute, beginning art community, the waterfront. Along the way leader will narrate stories of 45 years of lawyering in Poughkeepsie. Then, head over the Poughkeepsie Bridge to lunch in Highland and back .Easy pace, but sites. Meet at 10:00 am Compassion Veterinary Parking lot; South Road near intersection with Academy Street. Leader: Noel Tepper , 845-452-5010 til 10 pm or [NoelTepper@yahoo.com](mailto:NoelTepper@yahoo.com)

**Sat Nov 22 Conservation Challenge at Mystery Location A**  
Hike entire preserve and map all the trails. Joint with AMC Playing in teams, you will hike and map all the blazed trails of this Westchester preserve. Either submit teams of two to four

## FALL OUTINGS SCHEDULE (continued)

people, or come individually and be assigned a team based on hiking speed preference. First team in each hiking speed group are the winners. This nature preserve is muddy in rain. Cell phone is required of each participant; compass recommended. For ADK members or AMC members only. Meeting place for drivers and train – MetroNorth train station near White Plains. Registration required. For details and meeting time contact Skip Doyle [skipnewyork@yahoo.com](mailto:skipnewyork@yahoo.com).

### Sun Nov 30 **Harriman State Park's Red, White & Blue Loop** **Moderate Pace** **A**

We'll follow both blazed and unblazed trails on a 10-mi. hike in a less frequented area of the park. Although strenuous, there's not too much hard climbing (elevation gain: 1200 ft). Viewpoints overlook Owl Swamp, the Hudson and Silvermine Lake. Note: There's no hunting in Harriman Park. Contact leader for meeting time/place & carpool arrangements. Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com).

### *Holiday Party/Pot-Luck Supper*

*Saturday, December 6*

*The Clubhouse at Fox Hills*

*Cedar Avenue, Poughkeepsie*

*6:30pm*

*Watch your snail mail for additional information*

*Call Carole Marsh, Social Chair, at 845-849-2044 to help out with the coordination of this fun holiday gathering!*

### Sat-Sun Dec 6-7 **Kittatinnies Backpack**

Moderate overnight in the Kittatinny mountains of Northern New Jersey. 17 miles of rolling hills on the AT from High Point monument to Culvers Gap. Great views. Register by e-mail, indicating that you are an ADK member and providing your recent backpacking and hiking L. Barry Skura, 914-779-0936 or [Bskura@optonline.net](mailto:Bskura@optonline.net)

### Sun Dec 14 **Hike Fishkill & Scofield Ridges, Hudson Highlands** **A**

This is the fourth and last of our High Peaks Grand Walkabout series, a set of four hikes that will hit the high points of Dutchess, Ulster, Orange, and Putnam counties. The Grand Walkabout--4 Counties, 400 Years, 400 Trails, 400 Miles, is a year-long celebration (Ramble '08-Ramble) of hiking to mark our region's Quadracentennial year. We'll follow marked and unmarked trails on this 8.25-9.5 mi., moderately paced hike. We'll visit So. Beacon Mtn. & Bald Hill. Snowshoes or crampons may be required. Bring lunch, water and dress for the weather. Limited to 12. Contact leader for meeting place/time. Leaders: Russ Faller, 845-297-5126 (before 9:30PM) or [russoutdoors@yahoo.com](mailto:russoutdoors@yahoo.com), and Jean-Claude Fouere and Georgette Weir, 845-462-0142.

### Sat Dec 20 **Vassar Campus** **Walk**

Take a break. Get out and tour this landmark in Poughkeepsie's Arlington section. Not more than two hours. Meet: Collegeview entrance 1:30 pm. Leader: Sue Mackson, 845-471-9892 or [susiem6@juno.com](mailto:susiem6@juno.com).

**ADVANCE NOTICE: Fri-Mon Jan 16-19** Because of a lucky break through a cancellation our Chapter has been able to reserve the Weitzel Trails Cabin for Martin Luther King weekend. The per person cost for the 3 nights' lodging is \$67.50. There are 16 bunk beds, with two to a room. The kitchen is large enough for storage of food and we may participate in at least one "community" dinner. We will car pool up and outings of different types and skill levels will be available. Please contact Pete McGinnis 845-454-4428 [pmcgin1@aol.com](mailto:pmcgin1@aol.com) if interested.

### ***IT'S in the BAG!***

*Editor's Note: This article was written by Peter Varley, Conservation Chair of the ADK New York Chapter and published in their Sept'08 newsletter, The Trail Marker*

**Plastic shopping bags are everywhere**, in large retail stores and small, in gutters, lakes, oceans and streams and along roadsides. The bags are lightweight, waterproof, and convenient. According to the Film & Bag Federation, plastic bag manufacturing, when compared to paper bag making, consumes 40% less energy, 80% less solid waste and produces 70% fewer atmospheric emissions. Billions of plastic bags are made each year. Perhaps 1-3% are recycled. The rest are "thrown away."

**Thousands of birds and marine mammals die** each year from eating or becoming entangled in plastic. A thousand miles off the California coast, where ocean currents meet in the Northern Pacific Gyre, floating plastic debris spans an area twice the size of Texas.

**Plastic shopping and dry-cleaning bags** are made of polyethylene, a petroleum based plastic. It is thought  
*(Continued on page 12)*



**energy\$avings plus**  
building audits & ratings

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