

FALL OUTINGS SCHEDULE

OUTINGS INTEREST GROUPS

*Mid-Hudson Chapter Members: Stay Connected!
Receive Weekly Updates of All Chapter Activities!
Email Chapter Database Chair, Eli Cohen, at
Ebc12533@yahoo.com*

with "Join MHADK Email List" on the subject line

Mid-Week Paddles We paddle the second and fourth Thursday of each month, weather permitting. Paddles vary in length, difficulty, and location. They are generally leisurely -- we stop for looks at birds and waterfalls and for lunch though some trips are more rigorous. An email list is separately maintained for these paddles. To receive details and notification about these trips, contact leader, Shari Aber 914-489-0654 or shnaber@yahoo.com. This season each trip is co-led by a volunteer mid-week paddler. October 13 and 27 as weather dictates.

Mid-Week Hikes 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. Leaders: Ginny Fauci, 845-399-2170, yfauci1@hvc.rr.com or Lalita Malik, LalitaMalik@aol.com, 845-592-0204. To learn about the upcoming hike get on the email list Oct 6 & 20, Nov 3 & 17, Dec 1 & 15

Leisurely 4th Tuesday of the Month Walks and hikes that are shorter and more leisurely in pace than the Thursday group currently offers. We will cover familiar and unfamiliar territory. Contact: Sue Mackson at 845-471-9892 or susiem6@juno.com, or the leader, for information. To learn about the upcoming hikes get on the email list. Oct 25, Nov 22, Dec 27

NOTE: ADK Members should join the members only email list for both the Thursday and Tuesday hikes described above. To join this email list, contact Eli Cohen at ebc12533@yahoo.com with "Join Mid-Week Hikers email list" as the subject. Upcoming walks and hikes may also be viewed at <http://groups.google.com/group/mid-week-hikers?lnk=srg>

GET ON THE LIST NOW!

**WITH WEATHER THE WAY IT IS THESE DAYS,
IT'S NEVER TOO EARLY TO PLAN FOR
CROSS-COUNTRY SKIING!**

Quick Response X-C Ski List Good snow doesn't last very long around here. That's why you've got to get out and enjoy it right after the storm. If you have the luxury of dropping everything and going out to ski, contact Russ Faller at russoutdoors@yahoo.com to be put on the **Quick Response X-C Ski List**. When there's a good snowstorm, you'll get an e-mail invitation to ski right after the storm ends. This could fall on a weekend or a weekday. If you were on the list last Winter, you're still on the list. If you want off the list, contact Russ.

THE SCHEDULE

Sat, Oct 1 Fishkill Creek Paddle Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com (preferred)

We won't do any work. I promise! Just enjoy the creek, which has several undeveloped sections fostering the sense you're far away from suburbanization. We'll paddle from Brinckerhoff to Glenham - about 7 miles. Beginners welcome. Bring lunch & water. Meet at 11 AM at Doug Phillips Park on Rt. 52 (near jct. of Rts. 52 & 82) east of Fishkill Village. Contact leader for driving directions and see the article about Fishkill Creek on p.3

Sun, Oct 2 Walk of the D & H Canal in High Falls. NY

Leader: Brian Sullivan 845-594-8545

(Ulster County, West of the Hudson River). Tour the Museum. Five Locks Walk, part of the Rondout in High Falls, NY. Bring Camera. Admission for adults \$4. Meet at D & H Canal Museum, High Falls at 11:30 AM.

Sat, Oct 8 Work Trip -Relocating the Long Path from Sam's Point to Minniwaska Leader: Sue Mackson

Our chapter has taken responsibility for the portion of the Long Path undergoing relocation. There have been several trips under the auspices of the NYNJ Trail Conference relocating and improving the previously unmarked Mine Hole Trail in Minnewaska State Park. This is to be the final work trip of the season in the relocation. This trail is going to be part of a major relocation of the Long Path that will eliminate many miles of road walking from the Gunk's to the Catskill's when the entire route is completed. Haven't done trail work? Come out and try it. Give back with the folks who make the trails for us. Contact Sue Mackson Susiem6@juno.com, 845-471-9892 for carpool info from east of the Hudson and further details about the trip.

Sun, Oct 9 Locust Grove 3 - 4 miles C

Leader: Marie Caruso, 845-452-9086 (until 10 pm) or mariehv@verizon.net A moderately paced hike with gentle elevation changes and outstanding views of the Hudson River. Will meet in Locust Grove parking lot about mid-morning; please contact leader to register. Serious rain cancels.

Sat, Oct 15 Omega Institute Environmental Walk

Leader: Sayi Nulu sayinulu@yahoo.com

We will meet at 10:30 AM in the Omega parking lot and do a short one hour meditative hike in the Omega woods. In the spirit of Omega's holistic ideas, we will walk in silence and focus on present moment. Sneakers are OK. This will be followed by a lunch buffet (\$4-all vegetarian) in the dining hall at noon. You may bring your own Lunch and eat it there. There will be guided tour of Omega Center for Sustainable Living (OCSL) with Omega's staff. We will learn about solar and geothermal power, waste water treatment without chemical and other innovative techniques. We may also tour the Campus, Library and Book store for about 1 hr. Omega Institute is located at 150 Lake Drive Rhinebeck 12572. You may visit Omega's website at www.omega.org. Check with leader for carpooling from Poughkeepsie.

FALL OUTINGS SCHEDULE (continued)

Oct 22 Burger Hill and Ferncliff Forest Level C (under 4 miles mild elevation gain)

Leader: Dave Kaplan 845-876-4642

Dave promises a zen-like experience at the top of Burger Hill and whatever experience you derive from lunch at the tower of Ferncliff Forest. Meet: Burger Hill, west side of Rte 9G before Violet Hill in Rhinebeck. Will travel or carpool to Ferncliff Forest. Rain Cancels. Pre register with leader. No email.

Sat, Oct 22 Work Trip -Relocating the Long Path from Sam's Point to Minniwaska

Our chapter has taken responsibility for the portion of the Long Path undergoing relocation. There have been several trips under the auspices of the NYNJ Trail Conference relocating and improving the previously unmarked Mine Hole Trail in Minnewaska State Park. This is to be the final work trip of the season for the relocation. This trail is going to be part of a major relocation of the Long Path that will eliminate many miles of road walking from the Gunk's to the Catskill's when the entire route is completed. Haven't done trail work? Come out and try it. Give back with the folks who make the trails for us. Contact Sue Mackson susiem6@juno.com, 845-471-9892 or Lalita Malik LalitaMalik@aol.com, 845-592-0204 for carpool info from east of the Hudson and further details about the trip.



Sun, Oct 23 John Burroughs Sanctuary, Westpark C Leaders: Catrine Moore and son, Gino Platania (age 13) 845-691-2310 before 9pm or preferably email championsupplies@aol.com

Explore the new trails along with the old for a comprehensive stroll through the sanctuary. Between 2-3 miles, but boots recommended for some rough new trails. We'll peek in the windows of Slabsides. Call: championsupplies@aol.com for carpooling place in Highland. Meeting time 9:30am. Approx. 2-3 hrs. hiking time.

Tues, Oct 25 Harlem Valley Rail Trail Walk, Lunch, and Harney Tea Tasting 4miles Leader: Beth Willis Cell 845-373-8202 (morning of the outing) or bethwillis@optonline.net

Weather permitting, enjoy a fall day walking on the beautiful Harlem Valley Rail Trail followed by lunch in Millerton, NY, and tea tasting at the Harney Tea Room. This will be a shuttle expedition. We will meet at the Amenia Town Hall and then position some cars at Coleman Station and some cars in Millerton. The Harney Tea Room can only accommodate a limited number of people for lunch, so the first 8 people to respond will eat there, and we will make alternative arrangements for additional people. Please contact the leader before 8 pm Oct 23 to register, and please leave your phone number if you communicate by email. It is important to register for specific directions & in case the weather necessitates changes in plans.

Sat, Oct 29 Arden Point and Castle Rock Unique Area (East of Hudson Trail Map) 4-5m Level C+/B-

Leader: Salley Decker 845-454-4206 evenings until 9:30
Hike on gently rolling trails with good views of the Hudson River and more! Plan on spending about 3 hours. Option for longer hike if someone is willing to lead group. Bring lunch and water. Call for carpool information or meeting time/location in Garrison, NY. Rain cancels, but will reschedule.

Sat, Oct 29 North/South Lake Area, Catskills. Approx. 9 miles, 1000+ elevation, strenuous (A+) loop Hike
Leaders: Georgette Weir and Jean-Claude Fouere
georgette.weir@gmail.com; 845-462-0142 This is the first "Walk the Past" hike. We'll follow in the footsteps of vigorous 19th-early 20th century vacationers at the once-upon-a-time Catskill Mountain House, and hike on the Escarpment Trail from Schutt Road to North Point, taking in many fabulous viewpoints and history. Contact leaders for exact meeting place and time, and car pooling arrangements.

Sun, Oct 30 Shaunpeneak Ridge Hike, Esopus, NY C+ Moderate Pace 7 miles Leader: Michele VanHoesen 845-691-7442 call before 9:30PM, Email: Michelevh8@yahoo.com Register by 10/27/11

After meeting in the parking lot at 1:00 pm we will hike to view the waterfall and then up the ridge to a view point of the tree orchard farm below the ridge and the Hudson River in the distance; stopping for lunch & snacks along the way. We will continue around Louisa Pond which contains beavers and other wildlife, stop to look for them, then continue back down the ridge. Bring lunch, snacks, water and wear good hiking shoes
Directions: From North: Take Route 9W north into Esopus. Left on Old Post Road. (by new firehouse) **From South:** Take Route 9W south into Esopus. Right on Old Post Road. (by new firehouse) Lower parking lot is 0.2 miles on right after RR Tracks.

Sat, Nov 5 9/11 Walk in downtown Manhattan B- Daylong on pavement

Leader: Sue Mackson susiem6@juno.com, 845-473-9892
A lower Manhattan hike from the World Trade Center Area, along the Battery Park Promenade and Hudson River Park was featured in the March/April issue of NYNJ Trail Conference "Trail Walker". We will cover much the same route described by veteran hiker Phil McLewin (<http://www.nynjtc.org/hike/high-line-wtc-site-esplanade-hudson-river-park>). The area surrounding the former twin towers contains both commercial

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FALL OUTINGS SCHEDULE *(continued)*

and historic buildings, and views across New York Bay. We'll walk along the Hudson River to the former meat packing district, and ascend to the "Highline" NYC's rail trail 30 feet above the street. Bring water, food, good walking shoes, expect wind. Heavy rain cancels. Meet at Poughkeepsie Metro North Station. Check with leader for time.

Sun, Nov 6 Daylight Savings Time Ends

Sun, Nov 6 Mid Hudson Chapter Planning Meeting
Home of Lalita Malik Contact Lalita for details:
LalitaMalik@aol.com, (845) 592-0204

Sat, Nov 19 Harriman Park Level A- about 8 mi
Leaders: Jean-Claude Fouere and Georgette Weir
jcfouere@gmail.com 845-462-1909

Our second "Walk the Past" hike will take us near several old mines in Harriman State Park. From the parking off Seven Lakes Drive at Lake Askoti (NYNJ Trail Conference trail map 119), we will hike to Times Square (of Harriman Park not NYC!) trail junction, follow Surebridge Rd. to the Long Path that will take us back to the parking. We will discuss mining history in the Hudson Valley region and its past importance. Contact hike leaders ahead of time for exact meeting place and time, and car pooling arrangements.

Tues, Nov 22 Leisurely Hike Vanderbilt Mansion Loop
Leader: Carol Gray 845-471-1168, or outdoorcarol@verizon.net Leisurely circular of the mansion's grounds. First stop at Bard Rock. Meet at 10:30AM in the parking lot. Feel free to call about other details if needed.

Sun, Nov 27 Northern Harriman State Park 7.5 or 11 m. B+ or A (your choice)
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com.

Just south of Jones Point, we'll follow the Timp-Torne, the Ramapo-Dunderberg and the Suffern-Bear-Mountain Trails over The Timp, West Mtn., Bald Mtn. and Dunderberg Mtn. in a lazy 8 pattern. This route maximizes the viewpoints, which offer fantastic panoramas of the Hudson River, from Haverstraw Bay to the Bear Mtn. Bridge, and the NYC skyline. We'll visit Cornell Mine. An "early out" turns this into a 7.5-mile hike. Those doing the entire route will cover almost 11 miles. Bring lunch and water. There is no hunting in this part of Harriman State Park. Rain cancels; call leader if uncertain. Meet at 9 AM in parking area for the Timp-Torne (B) & Ramapo-Dunderberg (R dot on W) Trails on Rt. 9W about 4 miles south of the Bear Mtn. Bridge.

Sat, Dec 10 Lake-to-Lake Hike in southern Harriman State Park @7.5 mi. B+ Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com

This is one of the most beautiful hikes in Harriman. Starting from Lake Skannatati, we'll hike to Lake Sebago on the Long Path, Dunning, Ramapo-Dunderberg & Triangle trails, as well as, an unmarked trail. We'll climb Black Rock, Tom Jones & Parker Cabin mountains for the exceptional views, while the leader gives some history on the latter 2 mountains. Car shuttle. Traction aids (even showshoes) may be required.

Rain cancels; call leader if uncertain. There is no hunting in Harriman. Meet at 9:00 AM at Lk. Skannatati parking lot on Seven Lakes Drive. (between Kanawauke Circle & Tiorati Circle)

Sat, Dec 17 Minnewaska State Park A- about 8 mi
Leaders: Jean-Claude Fouere and Georgette Weir
jcfouere@gmail.com; 845-462-1909 This will be our 3rd "Walk the Past" hike or snow shoe, 6 to 8 miles in Minnewaska State Park. Exact route to be determined depending on weather and snow / ice ground conditions. We will spend time discussing some of the past activities in the area (mill stone quarrying, blueberry picking, dairy farming, etc.). Contact hike leaders ahead of time for exact meeting place and time, and car pooling arrangements.

Sat, Dec 17 Sugarloaf - Trial Run for Winter 7mi
Leader David Koehler k2david121@gmail.com or 917-613-2043 If Mother Nature desires we will need snowshoes or other traction devices as we prepare for winter season. This hike is 7 miles and 1800 ft will be required to reach the summit of Sugarloaf Mtn and return back. Along the way we will pass a small waterfall, if still there a massive and amazing beaver dam also waits us, and a trip through the mysterious Dibbles Quarry, with its unusual man made rock formations. Contact leader for meeting arrangements.

Tues, Dec 27 Leisurely Hike Historic Kingston Rondout 2.5m C Leader: Judy Reichler 845-255-1775 or jmreichler@aol.com Out of the woods and onto the streets for a winter walk through the historic Rondout area of Kingston. Deceptively difficult, as there are steep climbs up and around the streets, with historic commentary and views of the harbor. Meet 10:00 am at the visitors center on lower Broadway in Kingston or 9:30 am at the Route9W/Route 299 park-and-ride in Highland for carpooling.



Sun, Jan 1 Happy New Year! Wappingers Greenway Trail 4mi. Level B Leaders: Jean-Claude Fouere and Georgette Weir georgette.weir@gmail.com; 845-462-0142 (ADK members only). Start the new year with a hike (like the ADKer's pictured above did in 2009 on Peach Hill in Poughkeepsie) and a dessert potluck at the leaders' home. We'll hike on the Wappingers Creek Trail, a surprisingly rugged (lots of ups and downs, and possibly some overs of blowdowns), lollipop route from Market Street Industrial Park in Wappingers Falls to New Hamburg, then back. We'll pay our respects at a 19th-century cemetery that overlooks the creek and the Hudson River, and then warm up and socialize over hot cider/tea and potluck desserts. Contact leaders for exact meeting place and time, and car pooling plans.