



Mid-Hudson TRAILS

News and Activities
of the
Mid-Hudson Chapter
of the
Adirondack Mountain Club
www.midhudsonadk.org

Fall 2010
October-December

*Please Join Us for
the Annual Fall Picnic and Election of Officers
Sunday, October 3rd
Norrie Point Environmental Center, Rt 9, Staatsburg, NY*

(See sign for Norrie Point on river side of Rt 9 and follow yellow ADK signs)

There'll be a morning paddle and a morning hike (details for each are on p. 5 in the Outings Schedule), followed by a potluck picnic lunch and election of officers about noon. Burgers, veggie burgers and hot dogs will be provided by the chapter, but please make veggie burger request known to Carole Marsh at 845-849-2044 when you RSVP with the number of people in your group. Attendees are asked to bring chairs, utensils, and a salad or dessert to share. To insure that we have enough food for everyone, we ask that you RSVP by Thursday, Sept 30th. If leaving a message, please also leave a phone number. Watch weekly emails for updates regarding additions or changes in the morning activities. Note: If you're able to help with setup or cleanup, tell Carole when you RSVP! If you're not already receiving the weekly Chapter email on all upcoming events, send your request to Sue Mackson at susie6m@juno.com.

Slate of Officers

Presented by the Nominating Committee for Election
to Two-Year Terms
on Sunday, October 3rd

Chair: Lalita Malik
Vice Chair: Pete McGinnis
Secretary: Georgette Weir
Treasurer: Ralph Pollard

Co-Chapter Directors: Salley Decker and Brenda Harding
Club Director: Daniel Jones
Alternate Club Director: Jean-Claude Fouere

We are grateful to these people, and to all of those who contribute their time, energy, and talents as committee chairs and members, and hike and paddle leaders, as well as to all of our local members. You are the ones that make it possible for ADK's goals of preservation, conservation and education to be achieved.

SAVE THESE DATES!

Sun Oct 2 - Annual Fall Picnic and Election of Officers

Sun Nov 21 - Chapter Planning Meeting at Lalita Malik's All are Welcome. Contact her at lalitamalik@aol.com or 845-592-0204.

Sun Dec 5 - Holiday Party at Locust Grove

*We are pleased to announce that
the Annual Holiday Party/Potluck Supper
will be held at 6pm at
Locust Grove, the Robert Morse Estate,
Rt 9, Poughkeepsie*

*Attendees will once again have the opportunity to
tour this magnificent historical home,
with its traditional holiday decorations, at a
special member rate of \$9.*

*Please call Carole Marsh, as below, to make your reservation
for the tour (845-849-2044), which will begin at 4:30pm, and
consider bringing a cold dish as
warming facilities will not be available.*

*Whether or not you plan to attend the tour,
everyone should call Carole Marsh at 845-849-2044
to confirm your attendance
and to make known your potluck contribution
of
appetizer, main dish, salad or dessert*

VOLUNTEER OPPORTUNITIES

Meet new people and make a difference at the same time! Contact any of the board members and committee chairs listed in the column to the right to become involved in chapter activities.

Volunteers Are Needed:

- on the Conservation Committee, chaired by Jean-Claude Fouere. Members interested in protecting the environment are encouraged to contact J-C at 845-462-0142 or jcfouere@optonline.net
- on the Social Events Committee, chaired by Carole Marsh, who organizes the chapter social events of the year, including the Annual Fall Picnic, scheduled for Sunday, October 3rd, at Norrie Point (see page 1 for details) and the Holiday Party, scheduled for Sunday, December 3rd at the Samuel Morse Locust Grove Estate on Rt. 9, just south of the Poughkeepsie Cemetery. (See page 1 for details on this event, also). Contact Carole at 845-849-2044 or nanagrace91@aol.com She'll be glad to hear from you!
- to be trail maintainers on the chapter's newest adopted trail, that part of the Long Path that will connect Sam's Point to Minnewaska (see p.3, *right column*). Contact Lalita Malik at 845-592-0204 or lalitamalik@aol.com for more information.
- to join trail maintainers on October 14-17 on the final AT Boardwalk work trip of the year. Contact Salley Decker at 845-454-4206 for information.
- To help in building new hiking trails at the historic Locust Grove estate. Volunteers will work in teams to remove brush, invasive plants, and downed limbs at this beautiful not-for-profit museum, education center and nature preserve located on Route 9 in the Town of Poughkeepsie. For more information, contact Ken Snodgrass at 845-454-4500 x11 or k.snodgrass@lgn.org. Strong backs necessary, chainsaw experience a plus! We are pleased that Locust Grove will once again be the site of our Holiday Party. See page 1 for details and...be sure to mark your calendar as it's really great fun!



NEW INTERACTIVE MAP WEBSITE

Hiking Trails in Adirondacks Featured

This website, www.nyrecwebmap.com, developed by Mohawk Valley GIS in partnership with the Central Adirondack Association, features nearly 50 hiking trails in the Central Adirondacks, along with numerous mt. biking trails. Each trail includes a .pdf document with trailhead info and elevation profiles. You can search for trails by difficulty level and length or search by name, to the right of the map. Turn on all the trails by clicking the orange hiker above the map. Additional spring/summer/fall recreation will be added to the map over time. Any questions or suggestions, feel free to contact Linda at lrockwoo@twcny.rr.com or 315-866-2746.

And....Check This Out!

The *Outdoor Adventure* section of the July 2010 issue of Hudson Valley Magazine has a great writeup about kayaking, hiking, biking, hang gliding and other activities, and includes our chapter in the presentation. Check it out!

<http://www.hvmag.com/Hudson-Valley-Magazine/July-2010/Outdoor-Adventures/index.php?cparticle=3&siarticle=2#artanc>

**Mid-Hudson Chapter
Adirondack Mountain Club
PO Box 3674
Poughkeepsie, NY 12603
www.midhudsonadk.org**

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Stay Connected Via These Websites

- ⇒ www.adk.org (ADK Club)
- ⇒ www.midhudsonadk.org (Mid-Hudson Chapter of ADK)
- ⇒ www.nynjtc.org (New York/New Jersey Trail Conference)

***IS MEMBERSHIP in ADK a CARBON OFFSET
for OUR OUTINGS?***

As Georgette and I drove along Route 17 in the beautiful southern Catskills on our way to the Finger Lakes, a sign reminded us that “No drilling is safe.” As we approached Ithaca, more signs posted opposition to “fracking,” the drilling for natural gas by hydraulic fracturing the shale formation underlying southern New York, Pennsylvania and all the way South to West Virginia. While, as outdoors enthusiasts, we were looking forward to kayaking on the Cayuga to the Seneca canal near the Montezuma National Bird Refuge, as active environmentalists we could not help reminding ourselves that our outing was not without energy cost and therefore not without environmental cost. So the dilemma: how to enjoy the outdoors without doing it at the expense of our environment. One small consolation: our membership in ADK and active involvement with the MidHudson ADK chapter. Our membership dollars and our involvement with the local chapter support the club’s often successful efforts to protect and preserve natural open space and other related causes. This, in my mind, is a kind of carbon offset. At least, I like to think so. By becoming actively involved with the ADK and its local chapter, you can contribute to worthy environmental causes and at the same time offset your own carbon footprint. If you wish to participate actively in ADK conservation activities, drop a note to Conservation Chair, Jean-Claude Fouéré at jcfouere@optonline.net.

***THINK ABOUT GOING GREEN!
SAVE A TREE...or TWO...OR THREE!
RECEIVE YOUR NEWSLETTER ELECTRONICALLY!***

It is now possible for MHADK to save over \$2000 in printing and mailing costs while conserving thousands of trees and other natural resources at the same time! YES, IT CAN BE DONE! Please join us in our efforts to GO GREEN!

Voluntary Opting-IN means that you want to change your newsletter delivery from the USPS-delivered printed copy to the online version. You can do this by sending an email to mhadk.newsletter@yahoo.com with your name and the words ONLINE NEWSLETTER in the subject line. (Thus, the subject line should look like this: JANE DOE—ONLINE NEWSLETTER) Nothing needs to be written in the body of the email. You will then be taken off the list for the printed version.

After Opting-IN, members will receive, in place of the quarterly hard copy of the newsletter, a single email which will contain the newsletter as a pdf file which can be read by all who open it. If you haven't already made the move to the E-Newsletter, think about doing it today!

***MINNEWASKA STATE PARK
MASTER PLAN ADOPTED
Plan Balances Wishes of
Diverse Recreational User Groups***

The New York State Office of Parks, Recreation and Historic Preservation and the Palisades Interstate Park Commission have adopted a master plan for Minnewaska State Park Preserve that includes strong natural resource protection measures and more avenues for recreation, including expansion of hiking, biking, equestrian and climbing opportunities.


The master plan outlines OPRHP's vision for potential capital improvements, operational enhancements and natural and cultural resource stewardship within Minnewaska State Park for the next ten to fifteen years.

The plan is available at:
<http://www.nysparks.state.ny.us/inside-our-agency/public-documents.aspx>


Mid-Hudson Chapter Adopts New Trail

The new plan includes the section of the Long Path that will connect Sam's Point to Minniwaska. This is the trail our chapter will maintain. The trail can be reached from Mine Hill Road parking area on Fordmore Road. The woods road is very eroded and unmarked. A new access trail will be built from Berme Road. A beautiful trail already exists at the top. It is currently marked by cairns, on open rock face with blueberry bushes and pitch pine, some mountain laurel. There are views of the Catskill mountains and Roundout Reservoir along the trail, and a panoramic view from Panthers Rock of the entire range in front of us. A side trail has views of the Valley and other mountains. Another side trail leads to an abandoned blue berry pickers' shack.

Construction of the new section will be near the road. We are waiting for the park staff to mark the trail and give us the go ahead to start construction. Members who want to help with construction and maintaining this trail would be welcomed with open arms and should contact Lalita Malik at 845-592-0204 (h) or 845-724-5786 © or at lalitalmalik@aol.com





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FALL OUTINGS SCHEDULE

THE SCOOP ON EMAIL LISTS!

ADK Members should join the MEMBERS ONLY email list for both the Thursday and Tuesday hikes described below. 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=src>

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. ADK Members should join the Members Only email list as above. Non-Members should contact the leaders directly: Ginny Fauci, 845-399-2170, vfaucil@hvc.rr.com or Lalita Malik, LalitaMalik@aol.com, (845) 592-0204. To learn about the upcoming hike get on the email list—(see paragraph above). Oct 7 & 21, Nov 4, 18, Dec 2, 16.

Leisurely 4th Tuesday of the Month: These walks and hikes are shorter and more leisurely in pace than those the Thursday group currently offers. We will cover familiar and unfamiliar territory. Contact: Sue Mackson 845-471-9892, susiem6@juno.com or the leader for information. To learn about the upcoming hike get on the email list (see above). Oct 26, Nov 23, Dec 21

Mid-Week Paddles: We 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. Members may be included on a separately maintained email list for these trips. Leaders, Shari Aber (845-255-6005 or shnaber@yahoo.com) or Russ Faller (845-297-5126 before 9:30PM or russoutdoors@yahoo.com). Oct 14 & 28, weather permitting.

Sat Sept 25 Hudson River Paddle

Leader: Skip Doyle at info@EsopusPreservation.org for details. 6 mile paddle on the Hudson River including a tour of the Esopus Meadows Lighthouse (\$10), visit to Mills Mansion, and romp on Esopus Island. For experienced paddlers ready to handle one foot swells and boat chop. Kayaks must be 13.5 ft. or longer and have either dual bulkheads or flotation in bow and stern.

Sun Sept 26 Hudson River Paddle: Cold Spring to Arden Point & West Point Leader: Jeff Kaplan, fitdoc@sprintmail.com or 845-928-1730 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" intersection, turn L on Market St. Park entrance on R.

Tues Sept 28 Leisurely Walk: Harlem Valley Rail Trail Walk & Tour of Harney Tea Factory & Tearoom C

Beth Willis 845-373-8202 or emailing me at bethwillis@optonline.net We will combine a tour of Harney Teas, with a short tour of its factory and follow with a visit to its tearoom (which includes a free sampling of several teas), lunch at the tearoom and walk approx. 4 miles on the Harlem Valley Rail Trail between Millerton and Coleman Station.

Possible addition of section between Coleman Station to Amenia, can be arranged). Enjoy the paved walkway & the quaint architecture and many unique businesses of Millerton Register ASAP if you are interested in this outing. I need to notify Harney Teas of the approx size of our group. Confirm your attendance with leader before 8pm on Sun Sept 26.

Sat Oct 2 Cedar Drive, North East Look Out & SkyTop 10 miles A Leader: Brian Sullivan @ 845.594.9545 before 9 PM. 10 miles at moderate pace. Bring sturdy shoes, water, lunch. Per person day fee for Mohonk. Meet at Spring Farm Parking Area. Time: 9AM

Sat Oct.2. Slabsides Day Leader: Skip Doyle at info@EsopusPreservation.org for details. Semi-annual open house of John Burroughs' cabin in Esopus. Morning guided tour of the Slabsides cabin, noontime lecture, self-guided tour of the nature sanctuary in the afternoon.

Sat Oct 2 Esopus Reserve Fall Paddle Leader: Robert Fox rafo3@msn.com to confirm. Fall paddle and walk in the Esopus Reserve in Saugerties. Meet at the community beach in Saugerties at 930 am for a paddle up and back (about 5 miles) with a stop on the way back for a walk in the woods. All levels, all kayaks, PFD's required.

Sun Oct 3 Chapter Annual Fall Picnic and Election of Officers at Norrie Point- See page 1 for information and don't miss it! Two planned morning outings are listed below and both will get you back to the Gazebo in time for the picnic!

9:00 am Hudson River Paddle Norrie Point Members Only Co-leaders Shari Aber and Joe Ferri shnaber@yahoo.com Home: 845-255-6005 or c. 914-489-0654.

Let's meet at Norrie Point for a 9:00 launch. We will paddle the river north about 3 miles before exploring some secluded marshes and coves teeming with wildlife. We will return to Norrie Point in time to join other ADKers for the fall picnic. Following chapter guidelines, canoe or 13.5 foot kayak with dual bulkheads required. Confirm with leaders.

10:00 am Morning Walk Norrie Point to Ogden Mills Estate

Leader: Mary Trish Cina Trishmary37@aol.com 339-7170

Sat- Mon. Oct 9 - 11 Backpack with Your Muse Leaders Barry Skura 914-779-0936 Bskura@optonline.net & Kathy Skura Lake George Wild Forest with time for photography, sketching, poetry or whatever with your muse. 6 – 8 moderate miles a day with great views along the lake and from Sleeping Beauty and Black mountains. Register via E-mail to leader, indicating your prior hiking experience and that you are an ADK member.

Sat Oct 9 Ginseng & Hayden 5.9 mi B

Leader: Cal Johnson hikeski@hvc.rr.com preferred) 845-246-2006 before 10PM This hike will follow a section of the NYNJTC Long Path, north of Rt. 23 in Windham. We start out with an 800' climb up Ginseng Mtn. (2805'), drop 400' and then climb 530' up Mt. Hayden (2930'). We then drop 930' down the north side and then up 150' to the spotted cars at the finish. The total distance is 5.9 miles. Total up is about 1480'. Total down is about 1330'. At a steady 1.5 mile per hour pace, the hike should take 4-5 hours, including breaks. Carpools can be arranged to meet the leader at 9:00 a.m. at the trailhead parking area on the right side of Rt. 23 in the town of Windham, at the intersection of Cross Rd.. When all have arrived we will drive to spot cars at the finish parking lot, and then shuttle to the start parking lot. Steady rain or no sign-ups by Oct 6 cancels.

Sat Oct 9 Paddle Dutchmans Landing, Catskill, NY

Leader: Robert Fox rafo3@msn.com to confirm.

Starting at 3pm. High tide is at 4:29. We will explore the Rams Horn,

FALL OUTINGS SCHEDULE (continued)

DuBois Creek and Catskill creek depending on wind & weather. Be prepared for time on the Hudson. Wonderful fall should be upon us. Kayaks must be minimum of 13.5 ft. in length & have dual bulkheads or flotation Please e-mail Heavy rain or snow will cancel.

Sat Oct 9 Nuclear Lake Loop & Cat Rock viewpoint on the AT 8mi B Leader: Georgette Weir, 845-462-0142 or gweir@optonline.net. Starting from Route 55, we'll hike on the Appalachian Trail and Upper Beekman Loop side trail to the viewpoint at Cat Rock, then back on the AT and along Nuclear Lake. Approximately 8 moderate miles roundtrip. Contact leader for meeting time and place.

Sat Oct 16 - Sun Oct 17 Beginners' Backpack in NE Catskills Leader: Russ Faller, 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com We'll backpack @2.25 mi. to the new John Robb Lean-to in the Hunter Mtn. Wild Forest. This lean-to was built in 2009 by 3500 Club volunteers to replace one lost to fire. It is nicely located. We'll take a day hike to Hunter Mtn's. summit (4040 ft.) and enjoy the fabulous view from the fire tower. If time permits, we'll also go to SW Hunter. Gear rentals available from EMS at 463-3207 or Great Blue Outfitters at 319-6172. Gear list available from leader. Contact leader to register by Oct. 7th.

Sun Oct 17 Minnewaska State Park 7 miles B Leader: Arlene 246-2069 We will hike a carriage road to Lake Awosting and then do a side trail and carriage roads back to the parking lot. No extensive altitude gain. We should see some nice fall colors and vista's Meet 9:30 am. Call leader for meeting place.

Sun Oct 17 North County Trail – Putnam Rail Trail: Bicycle Ride – Pleasantville to Carmel Contact Skip Doyle at info@EsopusPreservation.org for details. 30 miles moderate pace ride (10 mph): easy grade, quiet and scenic tree-lined path. Paved surface so all bikes (and bikers) are welcome. One lunch break. Ends with 5 mile ride into Brewster for a train back to Pleasantville. Those wanting a longer ride can bike the 25 mile rail trail back to Pleasantville. Map of route available at: www.westchestergov.com/parks/pdfs/Maps/NorthCountyTrailway.pdf.

Sat Oct 23 AT & Highpoint hike, Part 1 Mt. Greylock, MA. 8 mi B+ Leader: David Koehler 917-613-2043 or k2david121@gmail.com. Hike approximately 8 miles north on the AT from Cheshire to Mt. Greylock, the highest point in MA. Steady uphill for an ascent of 2500' with some flat spots to catch your breath. Register with leader.

Sun Oct 24 Burger Hill and Ferncliff Forest Under 4 miles mild elevation gain C 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.

Tue Oct 26 Leisurely Walk Appalacian Trail NY/CT Border 3 mi Leader: Beth Willis 845-373-8202, bethwillis@optonline.com Heading out at 10 am we expect to enjoy the tail end of autumn colors as we follow this trail paralleling the Housatonic River to where it meets the Ten Mile River endlessly cascading over boulders, its banks framed by deciduous trees and evergreens. We will then follow the AT to a nearby Appalachian Trail shelter. Approximately three miles with some ascents and descents, on a very rocky and root-covered trail. Sturdy hiking boots are a must, and poles may be helpful. Be sure to bring plenty of water and a snack or lunch. Possibility of lunch in nearby the charming village KentConnecticut.

Contact leader before 8pm on Oct 25 to confirm your attendance & for directions to the trailhead.

Sat Oct 30 Pisgah, Richmond, Ashland Pinnacle & Huntersfield 9.65 mi A

Leader: Cal Johnson hikeski@hvc.rr.com preferred) 845-246-2006 before 10PM This hike will take us through the Mt. Pisgah, Ashland Pinnacle & Huntersfield State Forests. We start with an 800' climb up Mt. Pisgah (2900'), drop down 300', go up 620' to Richmond Mt. (3220'), drop 1020', go up 870' to Ashland Pinnacle (3070'), drop 520', go up 873' to Huntersfield Mtn. (3423'), and drop 1173' to the finish. Totals of about 3300' up & 3150' down over 9.65 miles. At a steady 1.5 mile per hour pace, the hike should take 7-8 hours, including breaks. Please be sure to bring a flashlight and headlamp, just in case it runs late. Carpools can be arranged to meet the leader at 8:00 a.m. at the trailhead parking area on the right side of Rt. 23 in the town of Windham, at the intersection of Cross Rd.. When all have arrived we will drive to spot cars at the finish parking lot, and then shuttle to the start parking lot. Steady rain or no sign-ups by Oct. 27 cancels.

Sat Oct 30 Storm King Art Center 3-4 mi C

Leader: Sue Mackson susiem6@juno.com, 845 471 9892 Combine art and hiking at the open and wooded rolling grounds of this world famous and extensive sculpture garden. We will focus less on the art than on the trails. Bring lunch, and meet 12:30 Fishkill Holiday Inn Parking Lot. Web site for map & info available at www.stormking.org Rain cancels. Admission: \$12/person \$10 seniors and students. If we have a group of 15 or more we can get reduced rate. Register with leader by Oct 26.

Sun Oct 31 Loop Hike on Bear Mountain 7.5 strenuous B Leaders: Georgette Weir & Jean-Claude Fouere; 462-0142 or gweir@optonline.net. Appalachian Trail from Fort Montgomery to Bear Mountain summit (at 1284 feet) with descent on the Major Welch Trail. Approx 7.5 strenuous miles. The hike will cover the new AT section that includes impressive stone work and dramatic Hudson River views, pass through two historic Revolution-era forts, the Bear Mountain Zoo, and go around Hessian Lake. Contact leaders for meeting time and place.

Sat Nov 6 Black Rock Forest 8 mi B+

Leader: Alvin DeMaria 845-255-1704 We will visit Whitehorse Mtn, Rattlesnake Hill, Arthurs Pond, and Aleck Meadow Reservoir. Meet: Parking area on Reservoir road. 9 AM

Sun Nov 7 Plateau 8.5 B+

Leader: Cal Johnson hikeski@hvc.rr.com preferred) 845-246-2006 before 10PM The hike will begin at the intersection of Rt. 214 and Notch Inn Rd. in the Town of Hunter. After going up a short section of dirt road and a side trail, we will follow the NYNJTC Long Path over the 3 mile section of the Warner Creek trail, which provides a gradual climb up and over Daley Ridge, with a final ascent to the Devil's Path, which takes us to the summit of Plateau (3840'). We continue on the Devil's Path down the east side of Plateau, which has some difficult footing down over some cliff areas. After reaching the col, we go a very short distance up the west side of Sugarloaf and take a left on the Mink Hollow trail which will take us to the very short Roaring Kill trail to our spotted cars. It's a total of about 2000' up & down over 8.5 miles. At a steady 1.5 mile per hour pace, the hike should take 7-8 hours, including breaks. When all have arrived we will drive to the spot cars at the finish parking lot, and then shuttle to the start. Steady rain or no sign-ups by Nov. 3 cancels.

Sun Nov 7 Franny Reese, Walkway and Beyond C Leader: Carol Gray outdoorcarol@verizon.net 845-471-1168

FALL OUTINGS SCHEDULE (continued)

Mark the end of Daylight Savings Time with an exploration of Franny Reese Park at the Western end of the Mid-Hudson Bridge-- views of the river should improve with many leaves off. We'll also cross from Highland to Poughkeepsie on the Walkway with option to do a full circular on Mid-Hudson or return via the Walkway. Meet 11:00 am. Possible carpool from east of the Hudson. Call leader to let her know you'll be coming.

Wed Nov 10 Kristallnacht walk – Manhattan. 6 mi B
Leader Skip Doyle at info@EsopusPreservation.org for details. Visit the Museum of Jewish Heritage (free, opens 4pm). Meet in museum café at 5:45 to begin 6 mile walk to Warsaw Ghetto Memorial in Riverside Part at 83rd Street.

Sat Nov 13 Leisurely Hike on Minnewaska CarriageRds. Leader: Lalita Malik LalitaMalik@aol.com, (845) 592-0204(H), (845) 724-5786(c) Enjoy great views with minimal effort. This hike will explore the carriage ways and trails closest to Lake Minni-waska, circling the mountain around it. Along the way we will have views of High Pertskill, Dickie Barre, Coxing Clove, Skytop, Trapps, and Millbrook Mountains. Beginning at the lower Awosting parking lot, hike to Awosting Falls, along the Sunset and Beacon Hill Carriage Roads, and Beacon hill trail to a viewpoint over Lake Minniwaska. Meet 9:00 am at New Paltz Diner (Stop and Shop Plaza) in New Paltz. For further information and to carpool from east of the Hudson contact the leader. Please confirm participation and include phone number for contact in case of inclement weather.

Sun Nov 14 Huckleberry Point 4.8 mi 1100 ft total ascent B-
Leader: Sue Mackson susiem6@juno.com, 845-471-9892
Ever disappointed to do the climb and have no view? Not this time: We'll walk this wooded path to one of the most scenic vistas in the Catskills—the lookout above Plattekill Clove. Very leisurely pace should make this out and back hike accessible for those who shy away from mountains. Wear sturdy boots, be prepared for uneven footing and some fording of streams. Bring water, lunch and enthusiasm. Meet at the Park & Ride Rte 299 and 9W in Highland at 8:30 am. Contact leader to join and for further information. Steady rain cancels.

Sat Nov 20 AT and Highpoint Hike, Part 2 Mt. 6.5 mi B+
Leader: David Koehler 917-613-2043 or k2david121@gmail.com. Hike approximately 6.5 miles south on the AT from N.Adams to Mt. Greylock, the highest point in MA. Half of the 3000 foot ascent is early on. Register with leader.

Sat Nov 2 Overlook Mtn near Woodstock, NY 5 miles 1400' elevation gain B
Leader: Brenda Harding oreomort@aol.com 845-565-8566
Take a break after Black Friday and get out of the mall and onto the trails. The trail is steep but an easy carriage/jeep road. There is a fire tower with great views of the Hudson River Valley. Along the way we'll see the ruins of the Overlook Mountain House. There is also another viewpoint just beyond the cabin with a great view of the Ashokan Reservoir. Bring a light lunch or snack to eat at the top (there are picnic tables). Plan on 3 to 4 hours. Rain or snow cancels. Contact leader (email preferred) for meeting time/place and directions if needed.

Sun Nov 28 Thanksgiving Turkey Hike 8 mi. Mod Pace, B+
Leader: Russ Faller 845-297-5126 (before 9:30 PM) or russoutdoors@yahoo.com Get out and work off some of that turkey, and all that other food, you stuffed into yourself. Hike to none other than Turkey Hill Lake, in Harriman State Park. This would be the most appropriate destination under the circumstances. Total of a little over 8 miles. Car shuttle required. Joint with AMC-NY/NJ. Limited to 10. Rain cancels. Contact leader for meeting place and time.

Sat Dec 4 Harriman Park 7 mi, B Leader: Alvin DeMaria 845-255-1704 From Lake Skannatati, on 7-Lakes Drive, we will do a loop on various trails - LP, Dunning, Lichen, Bottle Cap, A-SB, returning via "Times Square". Call leader for meeting time and plc. .

Sun Dec 5 Sterling Forest B+
Leader: Barry Skura 914-779-0936 bskura@optonline.net. Entire Sterling Ridge Trail from Route 511 to 17A at fast pace. Visit fire tower, with great panoramic views

Sun Dec 5 Holiday Party at Locust Grove See Cover Page and don't miss it!

Sat Dec 11 Mystery Hike Probably a B level hike or snowshoe
Leaders: Georgette Weir & Jean-Claude Fouere; 462-0142 or geweir@optonline.net. Where to? Check the outings emails from our chapter to find out. Don't get them? Send email to database manager, Eli Cohen. e_b_cohen@yahoo.com and put MH ADK email update requested in the subject line. Contact leaders for meeting time and place

Sun Dec 12 Rhododendron Bridge Mohonk. 5 mi C+
Leader: Brian Sullivan @ 845.594.9545 before 9 PM. Bring sturdy shoes, water, lunch. Per person day fee for Mohonk. Contact leader for meeting place/time.

Sun Dec 12 Shaupeneak or Black Creek C
Leader: Mary Trish Cina Trishmary37@aol.com 339-7170 for meeting time and place. We will hike or snowshoe, depending on weather conditions. Specific length of hike and location will vary according to group preference and weather conditions but will range between 2 and 4 miles. Please e-mail leader.

Sat Dec 18 A Different Way to Lake Awosting @9 mi. Moderate Pace, Level A Leader: Russ Faller 845-297-5126 (before 9:30 PM) russoutdoors@yahoo.com We'll start out to Lake Awosting via Stony Kill Falls and Fly Brook. Once there, we'll circle the lake west to east and, then, head back via the typical route. Car shuttle required. Bring lunch, snacks, 2 qts. water and headlamp/flashlight. If Winter conditions dictate, traction devices required. Dress warmly and for the weather. Rain cancels. Joint with AMC-NY/NJ. Contact leader for meeting time and place.

Sat Dec 18 Breakneck Ridge Hike A
Leader: Skip Doyle at info@EsopusPreservation.org for details. The most rigorous rocky routes up Breakneck Ridge.

Tues Dec 27 Leisurely hike Contact Sue Mackson at susie6m@juno.com or 845-471-9892 for last minute details

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SUMMER OUTINGS LOG

May 6 Thompson Pond & Beth Willis Stissing Mountain

Even though there were strong predictions of rain, seven of us really wanted to hike. As we began at Thompson Pond, with Lorraine in the lead, there was a fine mist, but about ten minutes later, the sun began to peak through and our gamble paid off; it turned out to be a beautiful day for hiking. Our circle around the pond was exceedingly slow because there were so many wildflowers to see. Gay wings proliferate in this area, and other notables were Golden Alexander and Dame's Rocket, which resembles Phlox. Roberta was able to shoot many pictures. Only three of us, Lorraine, Mary and I, continued to hike up to Stissing Mountain. Our pace was very slow as all of us, especially me, were concerned with our knees, and we stopped for lunch halfway up the slope. I had hoped that we might see some wild azalea, and our efforts were rewarded with many glimpses of its beautiful pink flowers and its glorious aroma. Participants: Roberta Forest, Iona Haskell, Lorraine Laufer, Vin Lucarini, Mary Nicolis, Conrad Putzga, and the leader. (7)

May 9 Mohonk Preserve B.T. Sullivan Participants: Brenda Harding and the leader. (2)

May 22 Black Creek – Lloyd Russ Faller Service Project & Paddle

We had a very good turnout and the work was light, so we were able to do a thorough job on our annual clean-out of the Black Creek in Lloyd. We even cleared a downed tree upstream of New Paltz Road, which is beyond the range of the original water trail. The work was finished at noon and most people went home. Clyde and Russ decided to then, take a paddle on the creek. Although water was low, requiring us to get out of our boats several times, we were able to paddle upstream to within sight of Pancake Hollow Road. We turned around and paddled to the north end of the water trail before returning to the mid-point at Route 299. The Black Creek is a beautiful place to paddle. It offers a feeling of remoteness. Thanks to those who gave their time and energy to make this clean-out a success: Jack Maguire, Shari Aber, Joe Ferri, Don Urmston, Louis Ruidisch, Ian McDonald, Don Coyle, Clyde Clounie (all ADK), Tom Gowan (guest) and the leader. (9)

May 25 Poet's Walk Park Marie Caruso & Carol Gray

Poet's Walk Park is surely one of the best places in Dutchess County from which to view the sunset—and that we did, thanks to Scenic Hudson's honoring our request to extend their park hours to 8:30 pm a week earlier than they had planned. The weather was warm but pleasant. Four hikers plus the two co-leaders had a leisurely two-mile hike enjoying outstanding views, and taking lots of photos, of the Catskill Mountains, the Hudson River, and the Highlands which border it. Not to mention the magnificent sunset! Thank you, Scenic Hudson! Participants: Judy Kito, Bill Jacobs, James Mlodnyia, Sue Mackson, and the leaders. (6)

May 29 Constitution Marsh Michele VanHoesen

Constitution Marsh is always a treat to paddle. Several members of today's group have paddled here before, and today's paddle was just as exciting to them as their first time here. The high tide allowed us countless channels to pick from and gave the sense of going through a maze of wild grass only to abruptly open up again into one of the several tidal coves. A short hike after lunch was to a bluff with a vista overlooking the marsh and West Point beyond on the west shore of the Hudson River as the backdrop. Back in our boats, we paddled all the way to the end of the marsh where there is a channel that leads to an impressive waterfall of over twenty-five feet. We glided our way back, following the marked water trail and ended back where we started – the park near the Cold Spring railroad station. We all came back after

the 3 ½ hour paddled with smiles on our faces – a fun trip indeed: Paddlers: Ken Walton, Andrea Urmston, Don Urmston, Jennie O'Shea, Eleanor Shortle, Maureen Conroy, Rich Forman, Chissy Luchini and the leader. (9)

June 3 Sam's Point Ginny Fauci/Shari Aber

Leaving shuttle cars at Minnewaska Upper lot, we headed out of Sam's Point on an overcast day to do the ridge hike on the Long Path. As we went along to Verkeerder Kill Falls, the views were hazy, but still great. The path was very rocky and just before the falls, I tripped on a large rock and fell forward catching my right foot on another rock. I found if I put my foot down flat, I was able to walk the short distance to the falls, even able to cross the stream. We had lunch at the falls where there was a beautiful rainbow across it. My best option was to walk the almost three miles back to Sam's Point. Shari took the reins from here.

At the falls, Ginny, with Beth accompanying her, limped back to Sam's Point, and the rest of the group continued on, leaderless. We followed the Long Path to Mudd Pond and then to Awosting Lake. With the heat building, we decided to veer off to the lake and rest there, dipping our hot feet into the cool water. We then followed the trail past the beach and opted for the longer and more scenic way back via Castle Point. There we disturbed a rattlesnake sunning himself on the edge of the trail. After recovering from his menacing rattle and the little chaos that ensued, we resumed our trip, arriving at the Minnewaska parking lot at 5:00, tired but happy. Participants: Roberta Forest, Shari Aber, Mary Nicolis, Marian Leeds, Ramesh Naik, Beth Willis, Nick DeStefano and the leader. (8)

June 2 Wappingers Creek Dave Webber

A beautiful spring evening for a paddle on the tidal section of the Wappingers Creek. We headed upstream to look at the old bleachery buildings and the hydroelectric plant. This was as far upstream as we could paddle, so it was time to head downstream and into the Hudson River. Great blue herons lined the creek, looking for an evening meal. The river was very calm, and we paddled out towards White's Marina and noticed smoke from a building fire on the Poughkeepsie waterfront. Returning to the creek, we saw several black-crowned night herons between the railroad bridge and highway bridge. Paddlers: Louis Ruidisch, Eleanor Shortle, Tom Galvin, Marsha Kramer, Fran Sansone, Mike Pettigrew, Clyde Clounie, and the leader(8).

June 5 Black Rock Forest Jean-Claude Fouere

Upon visiting Black Rock Forest Center where Matthew, the Ground and Building Keeper, gave us a very informative tour, highlighting the building design and features for energy production (geothermal cooling and heating; grid-tie PV system) and conservation (motion sensors, composting, etc.), six of us hiked to Black Rock Point and looped back to the Center in a 4+ miles hike. A very enjoyable hike colored by the mountain laurels in blossom and green carpets of fresh ferns along sections of the trail. Hikers: Sayi Nulu, Anne Gordon, Mihai Grunfeld, Louis Ruidisch, Lalita Malik and the leader(6).

June 5 The Ives Trail Mike Cunningham

The Ives Trail is a multivillage trail in western Connecticut. The length is approximately 15 miles, a real bushwhack.

The first part goes through Bennett's Pond State Park in Ridgefield. The land was once part of a fancy resort. It was then used as a nursery, then sold to IBM which planned a conference center, then sold to a developer who planned to put in hundreds of homes. The people of Ridgefield opposed that and the land was purchased by Ridgefield then turned over to the state. It is a really pretty place with an open meadow with some specimen trees from the nursery and nice views from the location of the inn and around the pond. It was along the inlet stream to the pond that we saw a very co-operative male scarlet

SUMMER OUTINGS LOG *(continued)*

anager, who let us take his picture. From there the trail goes into a Ridgefield open space area and steeply up to a viewpoint which was the site of a cabin (really more of a lean-to) where Charles Ives spent some time.

The trail continues down and around through the western side of Wooster Mountain State Park, coming down to busy Route 7. We crossed Route 7 at a crosswalk and after about a ¼ mile roadwalk went into the woods on an old wood road actually named Old Wood Road (after someone named Wood). We then climbed up the western side of Moses Mountain in the eastern section of Wooster Mountain State Park. From here we went down into a gorge which contains the watershed divide between the Still & Saugatuck Rivers. Then once again up, this time into Tarrywile Park to the viewpoint at Mooty Peak, where we had lunch. After lunch we hiked down (and up) to Parks Pond in the main area of Tarrywile Park. Here we were met by Sandy Moy & Becky Petro with cold water and by Tina Maripuu with brownies and oatmeal cookies! Sandy Moy is a member of the Ives Trail Task Force and the Executive Director of Tarrywile Park and Mansion, Tina Maripuu is the Secretary of the Ives Trail Task Force. We were all very happy to see them and I heard many comments later on from the hikers expressing their appreciation.

Now the fun part started. The trail continues along a trail through Tarrywile Park and then on another old wood road into a section of Tarrywile which is not contiguous with the rest of the park. Then we got to the “fish”, so called because the property shape resembles a fish tail. Here there was no trail. We went up between cliffs following ribbons through a Mountain Laurel thicket. After topping out we went down a cliff on the other side and out onto another woods road. After another short bushwhack we emerged onto another woods road called Old Post Road. We followed this for over a mile to another bushwhack edging around a swamp. It was about here we started hearing thunder. We got out our raingear and continued. We then emerged onto another old woods road called Old Starr’s Plain Road and another bushwhack up a hill through Land Trust of Danbury (LTD) property, now in the rain, then down the hill and along the edge of some private property where we crossed the unbridged stream. It was hard to tell whether our feet were wet from the stream or from the rain. Once again up a hill to Long Ridge Road. Here the trail ends only to start again about 0.4 miles further North on Long Ridge Road.

Once again onto an old woods road this time into two more LTD properties skirting a swamp in each one by following the ribbons. This time we emerged onto a cul de sac where we followed several roads into the Redding Bogus Brook open space where we went through some more swamp and skirted another pond. Here we saw a large bird which flew off through the trees. We were not sure if it was an owl or a hawk as none of us saw it very clearly. Here the trail ends at a railroad track only to magically start again on the other side of the tracks. This time we went through a flat section. Can you believe that? It really is flat. Here we came out into Side Cut Road in Redding, from which it was about ¼ mile back to the cars.

We completed the hike in just short of eight hours. Leader: Mike Cunningham, Co leader: Russ Charest. Hikers: Richard Applegate, Robert Cieri, Bob Cotton, Roger Hibbert, Keith Wright.(7)

June 6 T.H.E. Trip Jeff Kaplan Tivoli-Hudson-Esopus

Out of eleven sign-ups three of us braved the weather and had a grand time. It was rainy but not a bad morning. This was a comfortable trip of just over six miles in total: from Tivoli, across to the Esopus Lighthouse, bed and breakfast where we said hello to the Malden Yacht Club kayakers. We then went up to the falls on the Esopus (low volume for this time of the year). The tide was too high to beach the boats at the lighthouse (our original plan), so we went down river with the waning tide, and nary a motor boat to contend with. We lunched at Magdalen Island and the adjacent near shore shallow, but first we spent a good ten minutes at court of a full-sized Bald Eagle, about

forty feet away! We returned to Tivoli with the wind at our backs –All in all, a fantastic trip. Paddlers: Russ Faller, Mike Pettigrew and the leader. (3)

June 10 Bashakill Shari Aber

Six of us met at Haven Road for a couple of hours of early morning birding led by guest birder, Scott Baldinger. We saw and heard numerous species of wood warblers, vireos, fly catchers and orioles. Then at 11:00 we met other paddlers at the boat launch north of Haven Road. We paddled downstream through channels created by the water lilies and other plants, under the Haven Road bridge. We got out at the main boat launch on South Road and had lunch. In the afternoon we continued south to where the Bashakill narrows into a small riffle, then returned to our launch. Participants: Norris English, Joyce Depew, Robert Fox, Eleanor Shortle, Roberta Forest, Judith Adams, Kate Oldehoff, Warren Frederick, Harry Newton, Nick DeStefan, Joan Apter and the leader. (12)

June 12 Beach Cleanup, Plum Point Don Urmston

Eight wonderful volunteers showed up and performed a miracle—cleaning up all of the driftwood and raking the entire beach to get it ready for Paddlefest. It’s people like this that make the ADK such a special club. Participants: Scott Greene, Don Coyle, Louis Ruidisch, Joyce Depew, Russ Faller, Ian McDonald, Rich Forman and the leader. (8)

June 15 Escarpment Trail Ginny Fauci & Lalita Malik

Twelve hikers started out from North Lake Campsite on a very warm July day. We parked at the beach and headed south on the Escarpment Trail stopping at the Catskill Mountain House Site and then taking the side trail to Boulder Rock and Split Rock. Along the way, we passed a deer nonchalantly chewing on some leaves watching us, but not running away. We eventually turned off of the Escarpment Trail onto the horse trail which took us out to Palenville Overlook where we had lunch before heading back to the beach. It was another great day in the woods, although very warm. Driving out of the campground, Marian and I saw a very large black bear run across the road on all fours not too far ahead of us. Participants were Marian Leeds, Ramesh and Hanja Naik, Barbara Horne, Jerry Ruebenstahl, Bill Machonis, Mary Nicolis, Judy Mage, Shari Aber, Beth Willis and the leaders(12).

June 16 Poughkeepsie Dave Webber

Despite cloudy sky and chance of rain, four paddlers launched at 6 p.m. at Waryas Park in the City of Poughkeepsie. We paddled south along the east shore past the new marina at Shadows. After a while, we crossed over to the west shore to explore a small marsh and take a break. We continued up the west shore and crossed back near the Mid-Hudson Bridge. Paddlers: Cassandra Wild, Russ Faller, Cindy Eastwood, and the leader. (4)

June 17 Gertrude’s Nose Shari Aber to Millbrook Mountain to Trapps

We had spectacular breezy weather to complement the non-stop views on this shuttle hike. Leaving the upper parking lot at Minnewaska, we went around the west side of the lake to the Millbrook Mountain carriage road and from there took the trail to Gertrude’s Nose. We continued along Millbrook Ridge to Millbrook Mountain, where we had lunch. After lunch, crossing over into Mohonk Preserve, we stayed on the ridge to Hawk Hill. Here Ginny, who was recovering from a foot injury met us for our final descent to Trapps. We took Undercliff Carriage Trail to the Northeast Connector Trail to the Mohonk Visitors’ Center, where we had left cars. Participants: Nick DeStefano, Ramesh Naik, Hansa Naik, Roberta Forest, Mary Nicolis, June Finer, Vin Lucarini, Josefa Rodriguez, Jeff Miller, Judy Mage, Sharon Slocum and the leader. (12)

June 19 Sunset Rock-Fishkill Ridge Al Poelzl & Sue Mackson

There seem to be sixteen ways to Sunday to get up to the Fishkill

SUMMER OUTINGS LOG *(continued)*

Ridge, and Al Poelzl knows them all. It was "his hike" on June 19, and I was under the impression that, close to the summer solstice we were going to see where the rays of the sun hit a cleft in Sunset Rock. When we arrived at the rock, however, after ascending along several trails from Surprise Lake Road, we learned that the lovely photo Al had taken of the rays hitting the cleft, was taken on October 28th.

Al had cleared brush from Sunset Rock the day before the hike and had scouted out the best trails on two trips during the week prior. One surprise Al had for us were two sturdily built platforms which also offered fine Highlands views. The day was warm, and though this is rattlesnake territory, Al could only tell us where the dens were, but we saw no slithering creatures. We did see three types of toads, two clumps of varied-leaf bellflower, one last patch of mountain laurel blooming on the Scofield Ridge, an animal skull posed menacingly on a rock along the trail, and we had Judith's dog Bradley for company. By the time you read this write-up, you should be able to see some of what we enjoyed at John Walters web site: www.kayaktrippics.us. A breeze helped make this a lovely day to hike with Al a week before his 87th birthday. Many more good hikes, Al. Hikers: Judith Powell, John Walters, Bill Machonis, Jeff Lawyer Co-leaders: Sue Mackson, Al Poelzl. (6)

June 19 Beginner Kayak Skills Don Urmston Plum Point, New Windsor

We had a great turnout this year for the beginner class with many new members in attendance. We spent several hours battling the wind and practicing our kayaking. Lou Ruidisch bravely volunteered to paddle several swamped kayaks, including one that was on the bottom of the Hudson! We all left a bit wiser and better prepared for upcoming trips. Participants: Chris & Andrew Cina, Marian Leeds, Viviane Jesequal, Christina Cunningham, Laurie Palmieri, Cynthia Schwartzberg, Mike Pettigrew, Allen & Gran Galloway. Co-leaders: Shari Aber, Andrea Urmston, Russ Faller, Louis Ruidisch (15).

June 24 Constitution Marsh Shari Aber

We met early in Cold Spring for a paddle through Constitution Marsh. We explored some side channels before heading for the main course ending at the waterfall for a stretch and food break. On our return trip we checked out the Audubon canoe launch and observation boardwalks. Robert, Susan, Marian, Roberta and Shari continued on past Foundry Park, intending to paddle up to Little Stony Point Beach, but mounting winds and a darkening sky aborted the trip. Just as we got back to the launch site, the rain started accompanied by a few claps of thunder. Participants: Bill Iannone, Marion Leeds, Herb Stein, Marion Zimmer, Connie Beuselink, Joyce Depew, Judy Mage, Judith Adams, Leigh Toth, Robert Fox, Susan Lerner, Roberta Forest, and the leader. (13)

June 25 Western Catskills Russ Faller

We started at Alder Lake and backpacked 2.3 miles to MH-ADK's Beaver Meadow Lean-to, where we camped two nights. Saturday, we day-hiked up to the fire tower on Balsam Lake Mountain. Laurie and Tom Rankin were staying in the warden's cabin and serving as hosts. They gave us a tour of the tower and cabin. Tom pointed out all the peaks from the tower's cab and showed us how a fire warden located and reported a forest fire. Laurie told us about her father's life as the last fire warden on the mountain. She took us on a tour of the cabin and showed us the equipment used by the firefighters in the old days. Back at the lean-to, Scott woke up early on Sunday and was fortunate to observe a doe drinking at the beaver meadow. The weekend was hot, but we enjoyed cold water from the spring at the lean-to. Participants: Scott Greene, Judith Powell and her dog Bradley, Susan Sie and the leader. (4)

June 25-27 Trailsfest Various leaders

A full complement of tough to easy hikes was planned for the first

MHADK Trails Fest, originally designed to highlight the Millbrook Ridge/Balsam Lake Mountain trail which our chapter is responsible for maintaining, currently led by Frank Dogil. Seven members spent the weekend car camping, four backpacked to Beaver Meadow lean to (built by MHADK members) and we were joined by one day hiker. We had two formal, participant selected hikes.

First hike was planned by Lalita as an ascent up the nearby Touchmenot Mountain at sunset and descent along a loop trail under full moonlight. Arriving somewhat later than planned and enjoying supper together at the campground picnic tables, the hikers didn't get going until dusk. We ascended to a high meadow and a first glimpse of the full moon. The meadow lit up under the moonlight and the sight more than made up for missing sunset. We enjoyed the moonlight at a second meadow and then, led by Jean-Claude we entered the woods and continued on under the light of headlamps. It was interesting negotiating the rocks in the restricted light and the leader pushed on insisting that there would soon be a viewpoint. JC was outvoted; the group returned before reaching the promised viewpoint and descended the way it came. We paused again in the magical moonlit meadows where the white flowers really did light up, and returned through the darkened campground determined to add moonlight walks to future schedules.

Three folks joined Russ Faller for an intro backpack with a stay at the lean-to at Beaver Meadow along the Millbrook Ridge Trail. See description above. As planned, they hiked to the campsite on Friday evening and then up the ridge to Balsam Lake Mountain Fire Tower and back, hiking out on Sunday.

The car camping folks ascended on a steep trail up to the Balsam Lake Mountain Fire Tower. We were joined by Dave Koehler, who enlivened our day hike. Although the ascent was only two miles long it was the sort of steep trail that makes two miles seem like five. We met up with our backpacking group at the tower where some took in the view at the top of the restored fire tower. Laurie Rankin, daughter of the last active fire watcher at the original tower, explained the history of that enterprise through the artifacts in the cabin at the site, amplified with first person accounts of fire watching activity.

The backpackers preceded us down the Millbrook Ridge Trail and we hiked out, stopping for a visit at the lean-to at the open beaver meadow, and ending at Alder Lake with its sad ruins of a past estate house.

Rain at night didn't dampen our pot-luck—the campsite has a wonderful covered pavilion for just such eventualities. We enjoyed a communal feast of varied delicacies, good conversation, and selections from Will Nixon's Walking Woodstock read by the author. By Sunday folks were in the mood only to amble around the pleasant camp grounds or to paddle or swim in nearby Big Pond. We hope, in one form or another, to offer this sort of weekend get away in the next year.

June 30 Norrie Point Dave Webber

We launched at 6 p.m. and headed north along the rocky cliffs at Norrie Point State Park. As we passed Dinsmore Point heading for Vanderburgh Cove, we came into the full force of the wind blowing down from Kingston. The wind and waves made for a bumpy ride. After entering the cove under the railroad bridge, we found calm water and shelter from the wind. After a short rest, we headed back into the wind and waves and made good time back to the launch site. Paddlers: Marshall Seddon, JC Fouere, Mike Pettigrew, Russ Faller and the leader. (5)

July 1 Shaupeneak Ridge Ginny Fauci

Fourteen hikers & Cairo met at the lower parking area of Scenic Hudson's Shaupeneak Ridge. We took the trail up to the Hudson River overlook where we had a break and checked out the views. Then we hiked around Louisa Pond to benches overlooking the pond where we ate lunch. We continued back to the overlook and down to the parking area. It was another nice sunny day and a good first hike

SUMMER OUTINGS LOG *(continued)*

for me after my sprained ankle. Participants: Shari Aber & Cairo, Mary Nicolis, Marie Ruebenstahl, Rich Held, June Finer, Ramesh Naik, Al Poelzl, Beth Willis, Ann Gross, Josefa Rodriguez, Lorraine Laufel, Maggie Mahaska, Marian Leeds and the leader. (14)

July 1-5 Erie Canal Kayak Trip Don Urmston

Our colorful assortment of kayakers spent four days paddling approximately forty miles along the Erie Canal from Palmyra to the Montezuma Wildlife Refuge. We were based at a campground right on the water complete with a boat ramp and a resident osprey family. Along the way, we stopped and explored some of the towns along the canal, took a detour on the original 1825 canal, went through several canal locks, dodged thousands of mosquitoes, found a few great local restaurants and ice cream shops, and took in fantastic fireworks in Seneca Falls on July 4th. The canal is a paddling paradise with calm waters and beautiful scenery. The towns were charming and full of friendly people. Osprey & blue heron sightings were common on the trip along with a bald eagle, a muskrat and Dave paddling into boat wakes. It was a fantastic trip which ended just before the heat wave hit. In the end, everyone had a great time and made it back in one piece. Eli finally got his seat adjusted, Ian bought a new kayak before the trip was over, Dave found his hat, and the charcoal in Don's grill is almost ready. Participants: Ian McDonald, Don (TOD) Coyle, Jennie O'Shea, Maureen Conroy, Eli Cohen, Joyce Depew, Jerry Ruebenstahl, Theresa Laczkousta, Kathy Laura Belarge, Dave Belarge, Cindy Eastwood, Hank Dewey. Co-leaders: Andrea Urmston, Clyde Clounie. (15)

July 3 Walkkill National Wildlife Refuge Shari Aber

It was a hot July 3rd when thirteen paddlers met at the Oil City Road parking area next to the Walkkill River. We jockeyed cars, canoes, and kayaks and began our one-way trip downstream from the Rte. 565 launch. Unusually dry conditions for so early in the summer caused the Walkkill to be shallow, but not impassable. We meandered northward eleven miles, dodging rocks, blow-downs, and other partially cleared obstructions, searching out the deeper channels amid sand banks, and negotiating riffles. We stopped mid-way for lunch on a shaded beach, relatively free from poison ivy. Participants: Russ Faller, Shelly Werner, Roz Werner, Marie Caruso, Roberta Forest, Betsy Stuts, George Stuts, Bob Clark, Joanne Steele, Toni Weidenbacher, Judith Adams, Joseph Ferri, and the leader (13).

July 5 AT CT 55 to Bulls Bridge Sue Mackson

Why, several folks wanted to know, were we hiking in above 90 degree weather? The four couples who enlivened the hike, Robert & Elynn Goldberg, Jim & Mary Temple, Rick & Beverly Nathan, Lucy Nugent and Frank McEnwisse were game, however, to change plans and go the route not as advertised. Pat Lewis, new to hiking, also navigated our shuttles and can easily tell you which way to turn on Rte 55. Fortunately, we had Beth Willis along, and she brought plenty of water and a knowledge of the area which made us all comfortable that those white blazes were, indeed, not going to lead us to Maine, but only to the little covered bridge over the Housatonic River. The hike was meant to highlight the Ten Mile River Watershed and central to it was the junction of that river and the Housatonic. Water was low everywhere, but the rapids still roiled. The AT borders the river at a great height, and fortunately, in the shade of hemlocks and other sorts of forest we were spared the worst of the heat, and instead enjoyed the occasional breeze. The trail was quite dusty due to lack of rain, but no moisture made for easier footing. We walked in the morning and parted at Bulls Bridge, several of us heading to Kent, CT for lunch or ice cream or other delights. Participants: See text. (11)

July 8 Esopus Creek Shari Aber

We met Thursday morning to paddle from the Saugerties Village beach. It was a hot day and a couple of miles upstream we rested,

dipped in the water, and ate by the riffle. We paddled back with the current arriving at the beach where some of us took a refreshing swim. Participants: Harry Newton, Bill Smith, Nick DiStefano, Eli Cohen, Dot Halligan, Melody Newcombe, Leigh Toth, Joe Toth, Mary Kostenblatt, Sarah Price, David Gordon, Patricia Willard, Maggie Atkins, Ellie Shortle, and the leader (15).

July 10 Walking Woodstock Will Nixon

A wet day kept down our turnout. But a few came! Participants: Bruce Weber, Mary Walker, James Walker, Constance Shrier, William Roll??? and the leader (6)

July 11 Buttercup Farm Audubon Beth Willis Sanctuary & Lorraine Laufer Thompson Pond

Since it was raining heavily on July 10th, the hike was postponed until Sunday, the 11th. As we started north on the trail that parallels Wappinger Creek, we observed several strips of netting resembling badminton nets and discovered that Sharon Audubon was counting and banding birds. We later learned that a young woman involved in this process was a person whom both Lorraine and Beth had taught many years ago.

Because conditions have been so dry recently, one of the ponds had changed into a marsh, and there lacked the usual large number of ducks. We did observe a solitary small duckling, plaintively calling for its mother and twice, both on the way out and the way back, we interrupted a garter snake which had been sunning itself on a wide wooden boardwalk, as well as a water snake on another boardwalk. Of course we enjoyed the plentiful wildflowers and marveled that there was a lot of lush vegetation despite the dry season.

Before going up to Thompson Pond, we enjoyed lunch in Lorraine's tranquil back yard. One surprise we encountered at Thompson Pond was that despite the recent dry conditions, the grasses along the boardwalk were extremely overgrown, making our progress there tedious and very challenging. Participants: Rudy LaPar, Sue Mackson, Al Poelzl and the leaders. (5)

July 15 North Lake Ginny Fauci & Lalita Malik

Participants: Marian Leeds, R. Naile, Hansa Naik, Barbara Horne, Jerry Ruebenstahl, Bill Machonis, Shari Aber, Ginny Fauci, Judy Mage, Mary Nicolis, Beth Willis, and the leaders. (13)

July 16-20 Adirondack High Peaks Russ Faller

No Mid-Hudson ADK members came on this backpack. Thanks to Appalachian Mountain Club members, the trip was not cancelled. It was worth it because we encountered an adolescent bear, who promptly ran away.

July 17 Chodikee Lake G. Weir & J-C Fouere

Our group found relief from a hot and humid day with a late afternoon paddle on breezy Chodikee Lake and winding Black Creek. Dragonflies and damselflies were prolific and sparkled in the sun; some herons were spotted still in their nests. Paddlers: Shari Aber, Joseph Ferri, Gary Weir, Linda Ropier, J. Cal Rizzuto and the leaders (7).

July 18 Mohonk Brian Sullivan

Great day to be out. Saw the Clove Chapel. Mildly hot and humid. Went in Clove Chapel Trail, Undivided Lot Trail, Stokes Trail, North Lookout Trail, Glen Anna Road, Cedar Drive, Craig Trail and out. Great day and great trip. Participants: Sue Mackson, Dave Webber, Jeff Lawyer, Bill Soja and the leader. (5)

July 22 Chodikee Lake Shari Aber

Another hot day and another paddle with swim. We met at 10:00 and paddled downstream to the waterfall. There at the swimming hole before the newest beaver dam, we stopped for lunch and a couple of

us swam. Some of us practiced rescue techniques at the swimming hole before paddling back. While the leader and a couple of others short on time left, the rest of the group opted to explore the creek leading into the lake, turning back at the second beaver dam. Participants: Carol Gray, Diana Krautter, Judith Adams, Bob Fox, Eleanor Shortle, John Gebhard, Joyce Depew, Cal Rizzuto, and Herb Stein. (10)

July 24 Beacon Riverside Louis Ruidisch Trail & Dennings Point

Although the weather was hot and sunny, we enjoyed the shade of Dennings Point along with the beautiful views of the Hudson. Participants: Kari Reiber, Roy Rosenstein, Ted Gass, Carol Gray, Jeff Lawyer, Will Jobs and the leader. (7)

July 24 Cold Spring Don Urmston to Bannerman's Castle

We braved the high heat and paddles up and around Bannerman's Castle. On the way back, we stopped to cool off at Little Stony Point and Dave Webber gave an impromptu class on self-rescues. Participants: Dave Webber, Cindy Eastwood, Joel & Leigh Toth, Russ Faller, Marge Bright, Susan Jordan, Jennie O'Shea, Cal Rizzuto, Dave Belarge and the leader. (11)

July 27 Tymor Park Sue Mackson

Participants: Connie Stutmann, John Punton, Michael Zito, Al Poelzl, Lorraine Dellheim, Karen Minturn, Lalita Malik and the leader. (8)

July 31 Long Path – Proposed Ginny Fauci & Reroute in Minnewaska Lalita Malik

Mid-Hudson ADK is going to be maintaining a section of the Long Path being rerouted through Minnewaska State Park beginning at Berne Road so we contacted Andy Garrison, NYNJTC Trail Maintainer liaison, and asked him to show us where it would be. We met him at a parking area on Fordmoore Road in Kerhonkson and he led us up through the woods to where the Long Path will be coming through. Most of it was on old trails leading up to the top so there wasn't a lot of bushwhacking to be done. Some of the trail went through old, washed out sections that will need to be filled in, but, for the most part, it was a decent trail. The views on top looked out towards the Catskills and it was a nice, clear day. We ate lunch on some flat rocks in the shade on top before continuing to the Smiley Carriageway which will be the end of our section. Before heading back down, we took a short walk down the carriageway to Napanoch Point. Participants: Bill Machonis, Sue Mackson, Mary Nicolis, Shari Aber, Joe Ferri, Andy Garrison of NYNJTC, and the leaders (8).

Aug. 1 Schaghticoke – AT Sue Mackson & Ollie Simpson

Schaghticoke Mountain – a hike on the Appalachian Trail. Sue Mackson, Lalita Malik and Beth Willis hiked from the trailhead on Schaghticoke Road to the NY-CT sign at the northernmost part of the AT in NY. Ollie Simpson waited for them at the view overlooking the Housatonic Valley. We met four northbound thru-hikers and a number of day hikers on this beautiful day. We completed the outing with ice cream at a nearby restaurant. Participants: See text (4)

EVERY FRIDAY—MHADK BREAKFAST GROUP

Please join us for breakfast at the Highland Cafe where the food is extra good. The starting time is 8am, but latecomers are welcome. Contact Ralph Pollard at ralphpollard@verizon.net or 845-462-3389 if you would like further information.

WELCOME, NEW MEMBERS!

- Andrew and Melissa Amato
- Chris Distefano
- Christina and Michael Cunningham
- Constance Stutmann
- Cynthia Schwartzberg
- David Barrick and Lisa Lichtenberger
- Diane Ward
- Dorie Silber
- Dorinda and David Violante
- Elinor and Andrew Hart
- Emmanuel and Emily MacIntosh
- Erik Andren and Ann Viano-Andren
- Fran and Allen Galloway
- Greer Fischer
- Harold Levin
- Iona Haskell
- J. Callileah Rizzuto
- Jane Basso
- Jason Vogel
- Jill Meyers and Nicole Todini
- Joan Apter
- Johanna and Carl Tomik
- Kathleen and Gary Belmont
- Larry and Carolyn Bear
- Mary Kostenblatt
- Owen Hughes
- Patricia Constable
- Rich D'Angelo
- Samuel Vona
- Stephen and Barb Conroy
- Steve Rosenberg
- Susan Lerner
- Toni Weidenbacher
- Viviane Jesequel

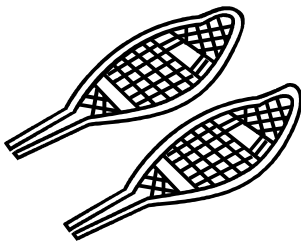
To Make a Change of Address, Phone or Email:

Send message with pertinent Information, including ***Change From info and Change To info*** to: adkinfo@adk.org or call 1-800-395-8080, Ext#22

To receive Email Updates on all Chapter Activities, send a message to susiem6@juno.com

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