

OUTING INTEREST GROUPS

GET ON ONE OF THESE EMAIL LISTS TO RECEIVE UPDATES ABOUT ACTIVITIES THAT FIT YOUR INTEREST!

*****ADK Members should join the *members only* email list for both the Tuesday and Thursday 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=srg>

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. Leaders: Ginny Fauci, 845-399-2170, vfauci1@hvc.rr.com or Lalita Malik, LalitaMalik@aol.com, (845) 592-0204. To learn about the upcoming hike get on the email list—(see ***above). **Jan 6, 20, Feb 4, 18, Mar 4, 18**

Leisurely 4th Tuesday of the Month Walks and Hikes

These outings are shorter and more leisurely in pace than the Thursday group currently offers. We will cover familiar and unfamiliar territory. Contact: Sue Mackson 845-471-9892 or susiem6@juno.com or the leader for information. To learn about the upcoming hike get on the email list (see ***above) **Jan 25, Feb 22, Mar 22**

Conservation Hikes A series of leisurely and non strenuous outings focusing on various environmental topics, planned by our active Conservation Committee. Expect to find them throughout the year at various dates in our calendar. See page 2 for Conservation news and March 27 in the Outings Schedule for the first walk in this series.

Quick Response X-Country Ski Outings

The snow doesn't last very long around here. You have to be quick to ski before it melts. If you're a MidHudson ADK member and have the time to drop everything to go X-Country skiing, you can send an e-mail to Russ Faller at russoutdoors@yahoo.com to be put on the *Quick Response X-C Ski* list. When the snow flies and conditions are right, he'll send you an e-mail invitation to go skiing. This could be any day of the week. If you were on the list last Winter, you're still on the list. (If you want off, let Russ know.) Now, pray for snow!

OUTINGS GUIDELINES: WHAT YOU NEED TO KNOW BEFORE YOU GO!

Participants should observe the following:

- *Notify leader of your intent to join an outing.
- *Wear sturdy footwear, for season & type of outing.
- *To bring a dog, call leader to get permission, bring a leash, be able to control dog and be responsible for its needs, esp water.
- *Car Pooling (encouraged) will include \$.20/mile + tolls and parking fees to be equally divided among the non-driving participants.
- *Be at designated meeting place on time.
- *Be equipped with water, lunch, snacks, rain jacket and the Ten Essentials**.

****www.midhudsonadk.org>Outings Schedule>Ten Essentials**

Ratings:

Class A—Difficult: More than 1500' climb or 8+ miles
Class B—Moderate: Less than 1500' climb, 6-8 miles

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WINTER OUTINGS SCHEDULE

Sat Jan 1 *Happy New Year!*

Sun Jan 2 Vanderbilt Estate - New Year Walk C

Leader: Beth Willis 345-373-8202

Enjoy crisp winter air and great river views on a loop hike of Vanderbilt estate Loop following the lower and then upper carriageways. Possible stop for warm drinks after hike. Meet 1:00 pm. Call leader for meeting place. Inclement weather cancels.

Sat Jan 8

Must-be-flexible X-C Ski or Hike

Leader: Russ Faller russoutdoors@yahoo.com (preferred) or 845-297-5126 (before 9:30 PM). The leader will scope the Mid-Hudson Valley for good snow. Location will depend upon where the snow is best. Could be on groomed or backcountry trails. The mileage will depend on weather conditions, but should be about 7 to 10. The pace will be moderate. If there's no good snow within a reasonable drive, we'll hike (traction devices or snowshoes required). Bring lunch, water, snacks. Dress in layers; no cotton. Contact leader or watch the weekly outings e-mails for final details.

Sun Jan 9

Vassar College Walk

Leader: Sue Mackson susiem6@juno.com 845-471-9892 Get out and walk the campus and, perhaps, the farm. 1.5 to 2 hours Return to leader's house for soup and cookies. Meet: Collegeview parking area inside the gate at 10 am.

Sat Jan 15 Westkill Mountain Diamond Notch Falls Catskills 7.2 mi Level B Leader: David Koehler, 917-613-2043 or e-mail k2david121@gmail.com (preferred), or Patty Killion, KillionP@mscdirect.com (preferred) or 704-942-6627.

This 7.2-mile round trip journey will take us up to Diamond Notch falls for a quick break to take it all in before the challenging climb to the summit of West Kill Mountain rewards us with stellar views of the Catskills before returning down. Winter equipment such as snowshoes, crampons and/or microspike 'ice walkers' are expected to be required depending on the Catskill snowpack. Register with leader.

Sat Jan 15 Mohonk Preserve –Undercliff Overcliff Trail 5 mi.

Leader: Brian Sullivan 845-594-9545 before 9 pm.

Enjoy magnificent view of the Shawangunks,



Class C—Easy: Well-graded trails, less than 6 miles
Walk—Suitable for Children, less than 4

WINTER OUTINGS SCHEDULE *(continued)*

Mohonk , and Minniwaska on this easy loop on carriage roads. We will hike—but if their snow we will snowshoe. Extreme cold or inclement weather cancels. Meet at Spring Farm Trailhead 9:00 am.

Sat-Mon Jan 15- 17 Adirondacks Winter Training Weekend for Backpackers, Hikers, Backcountry Skiers. Saranac Lake, NY. Leader: Barry Skura 914-779-0936 Bskura@optonline.net Motel "base camp" in Saranac Lake in the Northern l Adirondacks. Learn to enjoy the mountains in the winter. Each day, have a choice of instructional hikes and backcountry ski trips. Register via E-mail to leader, indicating your prior hiking / skiing experience and that you are an ADK member.

Sat Jan 22 Snowshoe Carnwath trail (T/Wappingers) 1 mi Level C Winter Festival at Carnwath Farms Leader: Ollie Simpson 845-298-8379 (no answering machine) olliesimpson2005@yahoo.com

The ADK snowshoe/hike was the spark that started the Town of Wappingers to plan a Winter Festival at Carnwath Farms. All activities start at 10:00 so arrive a little early to get on your snowshoes or cross-country skis (or whatever is appropriate for the conditions) for the snowshoe/hike led by Ollie Simpson. We will be able to see the Hudson and 2 bridges across it. After that we have a number of options: 1) Free hot chocolate or cider in the Chapel 2) Sledding (bring a sled) 3) Touring the Dutchess County Sports Museum (open 10-4) 4) Treasure Hunt Bring a snack/lunch or buy a hot dog at the Chapel. Restrooms will be available. Meeting time/place: 10:00 AM at Carnwath Farms upper parking area Directions: Route 9D south from Wappingers; right at light in Hughsonville on New Hamburg Road (DC28); left at fork onto Wheeler Hill Road (sign "Welcome to Wheeler Hill Historic District. Carnwath Farms); left at stop; right into Carnwath. Use parking area on left above manor house.

Sat Jan 29 Fahnestock (Catfish/3 Lakes Loop) Level B Leaders: Georgette Weir, geweir@optonline.net, 462-0142, and Jean-Claude Fouere. Hike or snowshoe; 4-5 miles south of Rt301

Sat Feb 5 Mt. Beacon - Wilkinson Ridge 7mi Level B+ Leader: Alvin DeMaria 845-255-1704 We will hike up from the old inclined railway parking area, and go to the fire tower. Then over to the Wilkinson trail on the eastern ridge, looping back eventually to cars. Steep at the start, but moderate after that. Call leader for meeting time & place.

Sun Feb 6 Mohonk Preserve Table Rock Level B Leader: Brian Sullivan 845-594-9545 before 9 pm. Meet Spring Farm Trailhead at 9:00 am. Enjoy magnificent views of Mohonk Preserve, the Roundout Valley and the Catskills. We will hike—but if there's snow we will snowshoe. Extreme cold or inclement weather cancels.

Sat Feb 12 Minnewaska Winter Excursion B+/A- Leaders: Georgette Weir, geweir@optonline.net, 462-0142, and Jean-Claude Fouere. Moderate to strenuous x-c ski if snow; hike or snowshoe otherwise.

Sun Feb 13 Must-be-flexible X-C Ski or Hike

Leader: Russ Faller russoutdoors@yahoo.com (preferred) or 845-297-5126 (before 9:30 PM). The leader will scope the Mid-Hudson Valley for good snow. Location will depend upon where the snow is best. Could be on groomed or backcountry trails. The mileage will depend on weather conditions, but should be about 7 to 10. The pace will be moderate. If there's no good snow within a reasonable drive, we'll hike (traction devices or snowshoes required). Bring lunch, water, snacks. Dress in layers; no cotton. Contact leader or watch the weekly outings e-mails for final details.



Fri-Mon Feb 18 - 21 ADK's Weitzel Trails and Cabin Outing Friday, Saturday, Sunday, Monday - President's (Feb) Weekend. Trip may be full. Contact Leader Pete McGinnis pmcgin1@aol.com. High peaks area of the Adirondacks. Cabin offers 16 bunk beds in four rooms. Separate Showers and restrooms for men and women. Kitchen and dining room. Friday night dinner is "on your own". Sat and Sunday dinners are pot luck. Reservations are \$75.00 for entire weekend (3 nights).and must be accompanied by payment. Write check payable to Mid-Hudson ADK and mail to Pete McGinnis, 100 Cedar Ave, Poughkeepsie 12603.

Fri-Mon Feb 18-21 Adirondacks Cross Country Ski Weekend X-country skiing at Garnett Hill Ski Center Leader: Barry Skura 914-779-0936 Bskura@optonline.net Qualified backcountry skiers have access to Siamese Ponds wilderness. Lodging at moderately priced Lake George motel. Register via e-mail and indicate that you are an ADK member. In the e-mail, also indicate your prior cross-county ski experience.

Sun Feb 20 X-C ski Adventure Fahnestock 6-9 miles Level B Leader: David Koehler, 917-613-2043 or k2david121@gmail.com (preferred), We will be traveling by X-C skis this time through the woods of Fahnestock park. Our trip will take us through rolling hills and by many ponds and streams. Distance depends on conditions.. This one may be relocated if the snow is elsewhere or made into a hike. Register with leader.

Sun Feb 27 College and Peach Hills Level C Leader: Sue Mackson susiem6@juno.com 845-471-9892 Join me in the high peaks area of Poughkeepsie with walks up to the top of College Hill and Peach Hill. Nice views from each height – climbs that anyone can do. See herds of deer at Peach Hill Park, poison ivy in its winter skeleton and the classical style pavilion atop College Hill. Meet 1:30 pm at the Peach Hill parking lot—Salt Point Turnpike to right on Edg Hill (sign for park) to park entrance. We will need to drive to College Hill from Peach Hill. Inclement weather cancels.

Sat March 5 Must-be-flexible X-C Ski or Hike Leader: Russ Faller russoutdoors@yahoo.com (preferred) or 845-297-5126 (before 9:30 PM). The leader will scope the Mid-Hudson Valley for good snow. Location will depend upon where the snow is best. Could be on groomed or backcountry trails. The mileage will depend on

WINTER OUTINGS SCHEDULE *(continued)*

weather conditions, but should be about 7 to 10. The pace will be moderate. If there's no good snow within a reasonable drive, we'll hike (traction devices or snowshoes required). Bring lunch, water, snacks. Dress in layers; no cotton. Contact leader or watch the weekly outings e-mails for final details.

Sun Mar 6 Mohonk Preserve Guyot Hill Level B
Leader: Brian Sullivan 845-594-9545 before 9 pm.
Meet Spring Farm Trailhead at 9:00 am. Enjoy magnificent views of the Roundout Valley and the Catskills..We will hike—but if there's snow we'll snowshoe. Extreme cold or inclement weather cancels.

Sat Mar 12 Dunderberg-Timp 8 mi. Level A
Leader: Alvin DeMaria 845-255-1704
From Jones Pt. area, up Dunderberg, over Bald, to the Timp. Return on Timp-Torne. We will see some of the old Dunderberg railway ruins. Meeting place and time: Call leader for info.

Sat Mar 12 Roosevelt Historic Site 3-4 mi Level C-C+
Leaders: Georgette Weir, geweir@optonline.net, 845-462-0142, and Jean-Claude Fouere. Wooded Trails

Sun Mar 20 Harriman Park –Pine Meadow Lake
4 mi easy Level C
Leader: Sue Mackson susiem6@juno.com 845-471-9892
Join me for a loop hike on mostly woods roads with some mild elevation changes in the area of Lake Sebago. Two nice viewpoints Meet 10:30 at MacDonalds on Rte 9 in Wappingers to carpool. Inclement weather cancels. Contact leader by March 19.

Sat March 26 Escarpment Trail Catskills Level B
Leader: David Koehler, 917-613-2043 or e-mail k2david121@gmail.com (preferred), Come journey through one of the most beautiful trails in the Catskills, it is a great and powerful place to experience oneness with the vast expanse of nature. From North South Lake area we will travel up the Escarpment trail passing many views up to the summit like top of North Point. Winter gear is expected to be required (snowshoes/crampons and or microspikes). Register with leader

Sat Mar 26 – Sun Mar 27 Northern Catskills Winter Beginner Backpack Leader: Barry Skura 914-779-0936
Bskura@optonline.net Introduction to backpacking in late winter. Strenuous climbs with exhilarating winter summit views on Windham, Blackhead, Black Dome and Thomas Cole Mountains. Strong 3-season backpackers with understanding of winter backpacking basics & proper gear may register. Register via E-mail to leader, indicating your prior backpack experience and that you are an ADK member

Sun Mar 27 Conservation Hike Vanderbilt Mansion Level C
Leader: Sayi Nulu: sayinulu@yahoo.com, 845-264-2270
A two hour walk to see the trees at this most lovely federal park. A ranger will spend 20-30 minutes teaching us how the mature tree collection is managed and focusing on its old growth trees Meet at the site parking lot, opposite the mansion at 11:00 am Call leader to register.

SPECIAL UPCOMING 2011 OUTINGS

October 1-15, 2011 Hiking in Rajasthan - The Land of the Maharajas Experience India's rich history, architecture, nature and culture influenced by Muslim and British rule and it's intellectual wealth. Travel through inspiring scenery, and some of the best temples, palaces, mosques and forts in the world including one of the wonders of the world – Taj Mahal. We will visit National parks and preserves, and enjoy the unique experience of dining with Indian families as their guests.

Price (\$ 2940) includes lodging, daily breakfast, and some lunch and dinners with cooking demonstration at Indian homes, transportation from Delhi airport, all park fees, lodging, taxes and an experienced leader.

For itinerary and details contact Lalita Malik, 61 Patrick Drive, LaGrangeville, NY 12540. Email: LalitaMalik@aol.com: Phone: 845-592-0204.

Sat April 9 – Sun April 10 South Taconics Backpack
Leader: Russ Faller russoutdoors@yahoo.com (preferred) or 845-297-5126 (before 9:30 PM) Walk through 3 states in 1 weekend! We'll hike several trails on two ridges, including the So. Taconic and Appalachian Trails. Summits include Catamount, Alander, Brace, Frissell, Round, Bear and Lions Head. Camp at rarely visited sites. Enjoy fantastic panoramas across NY, MA and CT. Moderate pace for 23 miles. Must arrive in Millerton, NY, on Friday evening (4/8/11).

Fri-Sun May 6-8 The Maryland Challenge
If interested contact Pete McGinnis at pmcgin1@aol.com. Start training now for the Mountain Club of Maryland. Hike across Maryland 41 miles from Pen Mar in Pennsylvania to Harper's Ferry in West Virginia. We will leave Friday, the 6th and return Sunday the 8th. Hike starts at 5:45 a.m. and must be completed by 8:30 p.m. on Saturday. Great people, beautiful trails. Water and food are provided on the trail. For further info check the Monthly Explorer at www.marylandoutdoorclub.org. For the entry form contact Patty Williams at pattysteve01@comcast.net.

July 24-30 The White Mountain Hut and Lodge trip will once again be led again by Ginny Fauci. This year's trip will be 6 nights and we will stay in Highland Center, Pinkham, Greenleaf Hut and Galehead Hut. Cost is \$418.12 per person, limit 10 people. Contact Ginny for additional information at vfauci1@hvc.rr.com

Ackerman Quinn
FINANCIAL SERVICES, LLC

<p>Thomas A. Ackerman Denny Quinn Financial Consultants</p>	<p>110 Main Street, Suite 2B Poughkeepsie, NY 12601</p> <p>Phone: 845-485-5800 Toll-Free: 800-697-5040 Fax: 845-485-6950</p>
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