

Discover the Lower Hudson Valley!
ADK Fall Outing 2009
 Hosted by the ADK New York Chapter September 25 – 27, 2009

This is a wonderful opportunity for ADK members and friends to get to know more about the lower Hudson Valley, Harriman Park, and the New York metro area. New York City and all it has to offer is less than an hour's drive from Camp Nawakwa, the New York Chapter's Loj on Lake Sebago in Harriman Park, and it is also accessible by public transportation. There is great hiking with breathtaking views along the Hudson River, and Harriman Park is also home to many lakes for canoeing, kayaking and fishing. Bear Mountain Park has a large natural lake, a zoo, and a beautiful carousel that children love. Members of the New York Chapter have many hikes, bike trips and other outings planned, and they encourage everyone to come and experience the region for themselves.



Camp Nawakwa on Lake Sebago

ADK Fall Outing Schedule

Friday, September 25, 2009

- 2:00 to 9:00 PM** Registration and ADK store in lobby of Holiday Inn
3:00 to 6:00 PM Hike and bike excursions
7:00 to 9:00 PM Program on Sterling Forest

Saturday, September 26, 2009

- 7:00 AM** Hotel restaurant open for breakfast on your own. Free coffee
7:30 to 10:30 AM Box lunch pick-up, registration, ADK store, excursions depart from Holiday Inn parking lot.
6:00 to 7:00 PM Hospitality hour: cheese & crackers, soda, cash bar at Holiday Inn
7:00 to 8:00 PM Buffet banquet (see page 7 for menu)
8:00 to 10:00 PM Music and dancing, R&B and jazz entertainment by **WeBe**

Sunday, September 27, 2009

- 7:00 AM** Hotel restaurant open for breakfast on your own. Free coffee
8:00 to 10:00 AM Box lunch pick-up, excursions depart from Holiday Inn parking lot

REGISTRATION AND INFORMATION

Weekend registration is \$25 per person and is non-refundable. Pre-registration is required.

Saturday night Banquet Buffet is \$35 per person, non-refundable after August 31. There will be live entertainment following dinner.

Trail lunches are available for purchase. See registration form on page 7 for menu. Lunches are \$12 each, non-refundable after August 31.

Mail registration form with your selections for excursions, banquet reservations and lunch choices to:

Janet Sibarium, 3 Haven Plaza, Apt. #10C, New York, NY 10009
 Make check payable to "ADK Fall Outing 2009"

• **To be received no later than September 4** •

Fall Outing Headquarters is the Holiday Inn, 3 Executive Blvd, Suffern, NY. The Holiday Inn is located at Exit 14B on the NY Thruway and can also be reached from Rt 59 (Airmont Rd exit). Those taking the bus or train will find that it is an easy taxi ride to the hotel; there will also be shuttles available. Registrants may call **Mary Ann Poris at 973-769-4246** if they have a question about the shuttle service, or do not see the hotel van at the train/bus station, and Mary Ann will arrange for the shuttle. The hotel is a modern facility, with comfortable, updated rooms and an indoor swimming pool right in the courtyard lobby. They are offering ADK members for that weekend a rate of \$99 + tax per night (Friday and Saturday nights). **Make sure to mention the ADK when you reserve: 1-877-863-4780. Register early! The hotel will hold a block of 100 rooms for ADK outing participants until September 1.** Breakfast and dinner are available at the Holiday Inn's Terrace Cafe, and there are a number of fine restaurants in the area.

Other lodging is available nearby at:

Howard Johnson Inn, 17 N. Airmont Avenue, Suffern (845 -368-1902) at \$89 for 2 or 3persons, \$95 for 4 persons. Breakfast 6:30-9:30AM
 Super 8 Motel, 160 Route 17 South, Mahwah, NJ (201-512-0800) \$75 Single, \$95 Double, Breakfast 6:00-9:00AM
 Best Western Inn, 1315 Route 17 South, Ramsey, NJ (800-678-5683) \$79 Double, Breakfast 9:00-11:00AM
 Comfort Suites, 200 Route 17 South, Mahwah, NJ (201-512-3800) Suites from \$125-\$130, with a variety of sleeping arrangements. Breakfast 6:30-9:30AM
 Hotel rates are negotiable and AAA and AARP discounts are given. For those staying in Suffern, the Airmont Diner is right on the corner of Airmont Road and Route 59 and is open 6:00AM until 2:00AM. They will also make sandwiches to go and have a large variety menu at good prices. There is also a ShopRite supermarket on Route 17 South in the Interstate Shopping Center in Ramsey, NJ. There are many restaurants along Route 17.

For general information about the Fall Outing

contact: Noel Schulz: Tel: 201-445-6445 or e-mail: noelschulz@verizon.net

For registration information

contact Janet Sibarium (Registrar) Tel: 212-254-0738 or email: janet@adkny.org

About Us

Founded in 1922, The New York Chapter of the Adirondack Mountain Club is a membership organization dedicated to the enjoyment of the outdoors, through hiking, walking, camping, swimming, skiing, sailing, canoeing, and kayaking, and to the conservation and preservation of our wilderness, particularly the mountains, lakes, trails, and camping areas of the Metropolitan New York and Adirondack regions.

New York's Rustic Retreat—Camp Nawakwa

Imagine enjoying a camp beside a beautiful lake. Imagine a grand and rustic main lodge, cabins to sleep in, places to pitch a tent, a swimming dock and spacious swimming area, a boat launch with canoes, kayaks, and sailboats, a large mountain lake surrounded by thousands of acres of forested mountains with well-maintained hiking trails and sparkling streams! Imagine this is all just under an hour's drive from New York City and accessible by public transportation!

That place is Camp Nawakwa, located Harriman State Park, just outside the towns of Sloatsburg and Tuxedo.

Since it was built in 1926, Camp Nawakwa has been open year-round and has been run and maintained solely by members of the NY Chapter.

Staying at Nawakwa

The New York Chapter of ADK is offering a limited number of tent sites and cabins for 2009 Fall Outing registrants at Camp Nawakwa. Nawakwa is located on Lake Sebago in Harriman State Park. The camp has six sleeping cabins with 4 to 6 beds in each shared occupancy cabin. Six tent sites are also available. There are no bathrooms at camp (there are outhouses) and guests should bring their own towels and sheets. All attendees are expected to help with the cooking, cleaning and other chores at Nawakwa. Breakfast and lunch are included with your overnight stay. **Contact Jerry Flower at 212-923-5473 or**

jerry@adkny.org to obtain rates, confirm space availability, nights requested and specify vegetarian or non-vegetarian meals. **Your check must be received by the registration deadline, September 4, 2009**

Directions to Nawakwa

Route 17N merges with NY Thruway I-87 West. Take exit 15A to Rt. 17N. Stay on 17N to the town of Sloatsburg, about 2 mi. After the center of town (Dunkin Donuts on the left) ascend a small hill to a traffic light. You will see a sign to Harriman State Park. Turn right onto Seven Lakes Drive and continue North for exactly 3.5 miles. Notice your odometer.

There is a speed limit of 25mph in the initial section; once you are in the Park, it is 40 mph. Radar controls are frequent. Exactly 3.5 miles after turning onto Seven Lakes Dr. there is a small driveway and a chain on the left. There are a number of large boulders at the entrance and signs for camps SB3, SB5 and ADK. If you pass Lake Sebago on your left, you have gone too far by about 100 yards. You can turn around further up the road and turn back.

Once you gain access, a paved one-mile, single lane road leads to the camp. At one point, there is a fork in the road and another chain. Stay left, and follow the sign for Nawakwa. Continue along the lake until you see the cabins on your left. The road ends at the Lodge, where you can turn around. Park anywhere off the road.

A NOTE TO MOTORISTS

Vehicles with commercial license plates are prohibited by state law from traveling the roads in Harriman Park, as well as the Palisades Interstate Parkway.

ATTENTION ANGLERS:

Rivers, streams and lakes in Harriman and Bear Mountain Parks can be fished for trout, black bass and pickerel. All you need is your New York State fishing license and your tackle!

Friday, September 25, 2009 Program

The History of Sterling Forest

Sterling Forest, consisting of about 18,000 acres in New York and New Jersey, is the most recent large tract saved from development in our area. The land was acquired and added to the Palisades Interstate Park piece-meal over the past two decades. We will have an expert on Sterling Forest speak of the rich cultural history of this park, how the park was saved from developers, and what you can expect to see as you travel the new trails of this park.

Other Sterling Forest events include: Doc Bayne, Sterling Forest educator, will be leading a short hike on Friday afternoon to one of the newest trails in this park, the Lakeville Ironworks trail. Teresa Marrero, a long time ADK member, will be leading a bird watching walk through Sterling Forest on Saturday (see hike descriptions for more information).

Alternative near-by campgrounds:

Beaver Pond Campgrounds - Harriman State Park

Contact Information: Palisades Interstate Park Commission
Bear Mountain, NY 10911 Phone: (845) 947-2792
Reservations: (800) 456-2267

Directions: From the Palisades Parkway (cars only) take exit 15. Northbound traffic will turn right onto County Route 106 West, Southbound traffic will turn left onto County Route 106 West. Follow County Route 106 West 1.5 miles to the Beaver Pond entrance on the right. For trucks and RV's use route 9W to County Route 106 West or Route 17 to County Route 106 East to the Beaver Pond entrance.

Only 5 miles from Camp Nawakwa.

Camping season opens in mid-April and ends on the last weekend in October. Pets are not permitted.

Beaver Pond allows tents and trailers.

Call for reservations

On the Web: <http://nysparks.state.ny.us/parks/info.asp?parkID=57>

Baker Camp Cabin Rentals –7 Lakes Drive PO Box 66

Sloatsburg, NY (845-351-4609)

Pets not permitted.

Opposite Camp Nawakwa on Lake Sebago.

Cabins for rent at modest prices.

This is rustic so you must supply towels, sheets/sleeping bag and toiletries. Approximately 2 miles drive from Camp Nawakwa.

Call for directions.

On the Web: <http://www.bakercamp.com/>

A Short History of Harriman Park

At 46,613 acres, Harriman State Park is one of the largest state parks in New York. Located in Rockland and Orange counties 30 miles north of New York City, it is a haven for hikers with over 200 miles (320 km) of hiking trails. The park is also known for its 31 lakes, multiple streams, public camping area, and great vistas. The park's hiking trails are currently maintained by volunteers from the New York - New Jersey Trail Conference as well as members of the Adirondack Mountain Club's New York chapter. On its northeastern edge, Harriman State Park borders the smaller Bear Mountain State Park.

Edward Harriman and Mary Averell Harriman owned 30,000 acres in Arden, New York as part of their estate. They opposed the state's decision to build a prison at Bear Mountain and wanted to donate some of their land to the state in order to build a park. A year after the death of her husband in 1909, Mary Harriman proposed to Governor Charles Evans Hughes that she would donate 10,000 acres of land and \$1 million for the creation of a new state park. As part of the deal, the state would do away with the plan to build the prison, appropriate an additional \$2.5 million to acquire additional land and construct park facilities. The Palisades Interstate Park Commission would have its authority extended north into the Ramapo Mountains and the Hudson Highlands, and New Jersey would also contribute an amount of money deemed reasonable by the Commission. The state agreed and on October 29, 1910, William Averell Harriman presented a deed for the land and a million-dollar check to the Commission.

In 1913, Major William A. Welch started construction on the road from Bear Mountain to Sloatsburg, known today as the Seven Lakes Drive. In 1962 a new road from the Southfields section of Tuxedo to Kanawake Circle was opened. There were also numerous other roads completed around Bear Mountain and Dunderberg Mountain in order to make it easier for people to reach the new park. In addition, there was steamboat service from Manhattan offering round trip tickets for 85 cents for adults and 45 cents for children.

The park received a large influx of free labor during the Great Depression. The Civilian Conservation Corps (CCC) offered thousands of young men work such as building roads, trails, camps and lakes. Projects completed by the CCC in the park included Pine Meadow, Wanoksink, Turkey Hill, Welch, Silvermine and Massawippa Lakes.

ATTENTION HIKERS:

Bus and train schedules for hikers needing shuttles to the Holiday Inn Hotel van to meet these trains:

Friday:

Train to Suffern arriving from Hoboken at: 02:44 PM
Train leaving Suffern for Hoboken: 6:13pm, 7:25pm

Saturday:

Trains to Suffern arriving from Hoboken at: 8:32 am; 10:05am
Trains leaving Suffern for Hoboken: 5:12 pm and 6:12 pm

Sunday:

Trains to Suffern arriving from Hoboken at: 8:32 am; 10:05am
Trains leaving Suffern for Hoboken: 5:12pm and 6:12pm

Hotel van to meet these Buses:

Saturday and Sunday:

Shortline Buses arriving from Port Authority to Suffern at: 9:38 and 10:00 am
Shortline Buses leaving from Suffern to the Port Authority: 4:59 and 6:33 pm

Registrants may call **Mary Ann Poris at 973-769-4246** if they have a question about the shuttle service, or do not see the hotel van at the train/bus station, and Mary Ann will arrange for the shuttle.

Excursions, Hikes, and Events Friday, September 25, 2009

(1) ADK Bike Trip: Holiday Inn, Suffern, NY to St. John's in the Wilderness Church

Rating: C 10

Bike leader: Ed O'Donnell

Meet time (at hotel): 3 PM Expected return time to hotel: 6 PM

Number of miles round trip: 30 miles.

Pace: 10 MPH

We'll leave the hotel, travel north up Rt. 17 through Sloatsburg, east on Seven Lakes Drive to the ADK Camp Nawakwa on Lake Sebago, from the Camp on Seven Lakes Dr. to Lake Welch Drive to St. John's in the Wilderness Church*, Stony Point, NY (in Harriman State Park), St. John's is a beautiful old stone church with adjoining cemetery.

* <http://stjohnswilderness.diocesen.org/>

(2) Pine Meadow Lake Circular

Rating: Easy

Hike leader: Herb Coles and June Fait

Meet time (at hotel): 3:00 pm Expected return time to hotel: 6:00 PM

Number of miles round trip: 4-5 Miles

Pace: Easy

We'll walk along the delightful Stony Brook and over the Cascade of Slid, past the delightful Ga-Nus-Quah boulders. Around Pine Meadow Lake with a short detour up and down the Poached Egg Trail—the shortest trail in Harriman. Depending upon time and group ability, may take Raccoon brook trail to Kakiat and back.

(3) Kakiat County Park

Rating: Easy

Hike leader: Renate Jaerschky 845-368-1749

Meet time at hotel: 3:00 p.m. Expected return time to hotel: 6:00 p.m.

Number of miles round trip: 3 Pace: slow

Want to stretch your legs after a long drive? Come join us to climb 500' on a steep and rocky trail to a great panoramic view. We'll go up on the Mountain Trail and return via the Kakiat trail and finish on the Brook Trail.

(4) Sterling Forest

Rating: Easy

Hike leader: Doc Bayne

Meet time (at hotel): 3:00 PM Expected return time to hotel: 6:00 PM

Number of miles round trip: 1 to 2 miles

Pace: Easy

This short hike, led by Doc Bayne, a Sterling Forest park educator, will travel the new Lakeville Ironworks Trail. This hike will pass by a late 18th century iron furnace, the remains of iron ore separator buildings, cable house, and other mining remnants. Doc will provide a wealth of knowledge on the iron ore history of the area.

(5) Hi Tor State Park, NY

Rating: Moderate

Hike Leader: Ike Siskind

Meet time (at hotel): 3:00PM Expected return time to hotel: 6:00PM

Number of miles round trip: approx 4 1/2

Pace: Moderate

Trail follows the Long Path along a scenic ridge mostly level with a short scramble to Hi Tor at 827 ft and its Hudson River view point. Other views are passed along the way from Little Tor. "Hi Tor" was the title of a play by Maxwell Anderson in the 1930s, which helped save the mountain from quarrying

Excursions, Hikes, and Events Saturday, September 26, 2009

(6) ADK Bike Trip: Holiday Inn, Suffern, NY to Bear Mt. Inn.

Rating: B 10

Park at Holiday Inn, Suffern, NY

Bikeleader: Glen Nison

Meet time (at hotel): 9 AM Expected return time to hotel: 4 PM

Number of miles round trip: 46 miles

Pace: 12 MPH

We'll leave the hotel, travel up Rt. 17 through Sloatsburg, East on Seven Lakes Drive to the ADK Camp Nawakwa on Lake Sebago, from the Camp to Lake Welch Drive, back over Seven Lakes Drive to the top of Bear Mt., down Bear Mt. past the historic Bear Mt. Inn* (closed until 2010), <http://www.bearmountaininn.com/about.html>

(7) ADK Bike Trip, Holiday Inn, Suffern, NY to Storm King Art Center

Rating: B 12

Bike leader: Ed O'Donnell

Meet time (at hotel): 9 AM Expected return time to hotel: 4 PM

Number of miles round trip: 70

Pace: 12 MPH

We'll leave the hotel, travel north up Rt. 17 through Sloatsburg, East on Seven Lakes Drive to the ADK Camp Nawakwa on Lake Sebago, from the Camp to Lake Welch Drive, back over Seven Lakes Drive to the top of Bear Mt., down Bear Mt. past the historic Bear Mt. Inn* (closed until 2010), north on 9W past the US Military Academy at West Point, to Storm King State Park**. We'll adjust the total miles based upon the group, as there are many opportunities to turn around early.

* <http://www.bearmountaininn.com/about.html>

** <http://www.stormking.org/>

(8) Canoe and Kayak around Lake Sebago

Rating: Easy

Leader: Gene Koret

Meet Time: 9:30AM (at the hotel)

Return time: 3:00PM

We will tour Lake Sebago, a serene and beautiful lake in Harriman Park. Paddle to Turtle cove where we might glimpse the playful river otters, explore beaver dams, walk on water in the middle of the lake, and find the hidden cave. Maybe we'll find some hidden blueberries. We will be back in time for you to enjoy your lunch and tour Camp Nawakwa. Return to the hotel or spend some of the remaining afternoon at Nawakwa and surrounding trails.

Tour will be led by Gene Koret, a former park police officer who has an extensive knowledge of Harriman Park and its history.

Those who wish to bring their own canoes/kayaks will have to register them for use on the lake. The New York chapter has four canoes and four kayaks which may be reserved for the trip at no cost; please include a note with the registration form if you would like to use our canoe or kayak for this event.

(9) Orienteering: Taking the First Steps!

Rating: Easy

Holiday Inn, Suffern, NY

Orienteering Leaders: Butch and Angela Panzer

Meet time (at hotel): 9:00 AM Expected return time to hotel: 4PM

Learn all about the wonderful world of orienteering---a sport and a recreational pursuit which anyone can enjoy regardless of age, experience or skill level. Build your confidence in making off-trail route decisions. We will start with two hours of interesting and interactive instruction from highly experienced and lively instructors. We will teach you how to use a modern orienteering- type compass to navigate in any direction and most importantly to get from where you are (point A) to where you want to go (point B), without relying on trails. We will examine the

differences between hiking, topographic, and orienteering maps and discuss the advantages of each.

We will then travel to Harriman Park where we will put our newly-learned map, compass, and route decision-making skills together to navigate a simple orienteering course in a beautiful section of the park. Up to a bigger challenge? There will also be a second course for those who would like something more complicated.

When we are done you will have improved navigation skills to make you more confident in any outdoor situation. All of this, without our reliance on batteries, satellites, and GPS!

Equipment: Only one thing -you must have a simple orienteering compass such as a Silva Starter, Sunnto A10, or better. (This means a compass that has a transparent baseplate, rotating ring/housing, and is liquid filled). Available at EMS, Campmor, etc for about \$10 – 12.

(10) Sterling Forest Birding Hike

Rating: Easy-Moderate

Hike leader: Teresa Marrero

Meet time (at hotel):8:30AM Expected return time to hotel:4:30PM

Number of miles round trip: approx. 3-4

Pace: Easy to Moderate

BRING BROWN BAG LUNCH & BINOCULARS

We'll car pool to Sterling Forest to view the wide variety of migrating birds passing through one of New York's top migration areas. Our group will likely see a number of hawks; falcons; colorful warblers – the jewels of the sky; woodpeckers (perhaps a pileated); scarlet tanagers, indigo buntings, and maybe an eagle or two.

(11) Iron Mines Of Harriman

Rating: Easy to Moderate

Hike leader: Herb Coles and June Fait

Meet time (at hotel): 8:30 AM Expected return time to hotel: 4:00 PM

Number of miles round trip: 7 Miles

Pace: Moderate

Explore the iron mines of Harriman Park. These now abandoned mines supplied iron ore from the Revolution to about 1880. Following the Long Path, the Ramapo-Dunderberg Trail, other trails & woods roads we will explore the remains of Hogencamp, Pine Swamp, Surebridge and others depending on the group's interest in exploration and industrial archeology.

(12) Harriman Park: Reeves Brook Area

Rating: Moderate by reason roughed trails not speed or mileage.

Hike Leader: Bill Hladky

Meet time at hotel: 8:00AM Expected return time to hotel: 2-3PM

Number of miles round trip: 5

Pace: Slow

A lollipop circular: We will park at the Reeves Brook Visitor's Center. Out the handle, the Pine Meadow Brook trail to the Sebago Brook trail to begin the circular. Along a stream, then up Diamond Mt. 500 feet, along Diamond, down to Cascade of Slid and complete the pop when we reconnect with the Pine Meadow Brook and back down the handle to the cars. Scenic with walks along streams, two vistas, traverse of the three ecological zones of the park, some geology. My speed is slow and am a paced, plodding climber, however the trails are roughed relative to Harriman. Overall speed will depend on how much people want to smell the interests.

914-410-4385 phone, and Wehlady@yahoo.com

(13) Northern Harriman State Park/Bear Mtn. State Park

Rating: Moderate

Hike Leader: Rich DeCoursey

Meet time (at hotel): 9:30AM

Expected return time to hotel: approx. 4:30-5:00PM

Number of miles round trip: 8-10

Pace: moderate - strenuous

Bear Mountain Circular - We'll park at Bear Mtn. (\$6.00 parking fee), then using a variety of trails including the Appalachian Trail, we'll enjoy scenic views of the Hudson River and Highlands. Length of the hike will depend on the weather and needs and condition of the group. Hike will involve several ascents and several steep rocky descents.

Expect to ascend Bear, West and Bald Mountains.

(14) Nawakwa Circular with Day at Camp Nawakwa

Rating: Moderate

Hike leader: Mark Fedow

Meet time (at hotel):9:00AM Expected return time to hotel: 5:00PM

Number of miles round trip: approx. 6

Pace: Moderate

We'll start the trail at Tuxedo and take the RD to the TMI. Great views from Claudius Smith Den. Then a rock walk down the Blue Disc to the Black Ash Swamp and meeting up with the Victory Trail to Lake Skenonto and on to Lake Sebago and Camp Nawakwa. We'll spend a few hours at camp. Hike out at 2:30 on the camp trail out past Dutch Doctor and the TMI back to our starting point.

(15) Harriman Park: SBM to Suffern

Rating: Moderate

Leader: John Lipsett

212-867-8280 (work) 212-864-6109 (home)

Meet at hotel: 9 AM Expected return to hotel: 3 PM

Number of miles round trip: 6.5

Pace: Moderate

A moderate 6 1/2 mile hike over hilly terrain with great views starting in Kakiak County Park on route 202 east of Suffern and following the Kakiak and Suffern Bear Mountain trails to Suffern. We pass Grandpa and Grandma Rocks, journey through the Valley of Dry Bones and end up back in Suffern. We'll car shuttle to the start and a car will shuttle drivers back to their cars at trails end.

(16) Southern Harriman State Park

Rating Moderate

Hike leader: Ingrid Strauch

Meet time (at hotel): 10:15 AM Expected return time to hotel:

Between 4:30 and 5:30 PM

Number of miles round trip: 8

Pace: Average

We will park at the Johnstown Road parking circle (near Sloatsburg) then hike the entire length (2.8 miles) of the Blue Disc trail. This trail has one very steep scramble, near the beginning. At the end of the Blue Disc, we will continue north to Parker Cabin Mountain, then begin to circle back toward our starting point, stopping by Camp Nawakwa for a brief visit. The last 2 miles of the hike will be relatively flat.

(17) Lake Welch

Rating: Moderate

Hike leader: Bob Susser

Bob Susser 212-666-4371; rsusser@aol.com

Meet time (at hotel): 10:00 AM Expected return time to hotel: 4:00 PM

Number of miles round trip: 7

Pace: Moderate

A delightful getaway in an area not often explored. We'll be guests of the Suffern Bear Mountain, Long Path, and Beech trails. Beautiful area of the park with many points of interest.

(18) Norvin Green State Forest (NJ)

Rating: Moderately Strenuous

Hike leader: John L. Kolp

Meet time (at hotel): 10:00 AM Expected return time to hotel: 4:00 PM

Number of miles round trip: 8 – 10 depending on conditions and

interest of the group

Pace: Above Average

Driving distance: about 10 miles one way

We will hike one of several possible variants of the Wyanokie Circular. Start out from the Weis Ecology Center and work our way around the park. We will ascend to a number of view points including Carris Hill and Wyanokie High Point which, at 1300 feet, offers 360 degree panoramic views including the impressive sight of the Manhattan skyline – a veritable man-made mountain range. We will hike on a section of the Delaware-to-Hudson Highlands Trail plus dash in-and-out on the Wyanokie Crest, Carris Hill, Outlaw, Otter Hole and several other trails to complete the circuit. Expect rocky terrain and a few steep ups and downs.

(19) 106 Circular (Northern Harriman Map) Park at 106&WB

Rating: Moderately Strenuous

Leader: John McCullough, protontech@verizon.net.

Meet time (at hotel): 9:00 AM

Expected return time to hotel: 3:00-4:00 PM

Pace: Moderate

Miles: 6-8

N on IP Road, At erratic R, W on unmarked trail to Stahahe High Point, W bushwhack downhill to camp road, N on camp road to

Nurian, E on Nurian to IP Rd., N on IP Road at AT, E on AT to ASB, S on ASB creek, SE bushwhack to WB, SW on WB to cars, elevation 1500'.

(20) BEYOND DATER'S

Rating: Moderately Strenuous

Hike leader: David Sutter, dsuttr@aol.com

Meet time (at hotel): 9:00 AM

Expected return time to hotel: 4:00 PM

Number of miles round trip: 7

Pace: Above Average

Driving distance: about 10 miles one way

7 mod-strenuous miles to obscure sites in our favorite park.

Up Kelly's slide to Dater's Mine and on to Streptocarpus Ridge, visit Claudius Smith's horse stable and up back route for Smith's Den. We will then return on Blue Disk climbing through Hal's Bypass and Bonura's hotel followed by Almost Perpendicular. Superb vistas at every turn.

(21) Harriman Park: AT relocation on Bear Mountain

Rating: Moderately Strenuous

Leader: Steve Zubarik

Meet at hotel: 9 AM Expected return to hotel: 3 PM

Number of miles round trip: 4.5

Pace: Moderate

The hike follows the route of the relocation of the Appalachian Trail up the east side of Bear Mt. (1000' elevation change) and down the west side (600' elevation change). It will also follow the proposed full access loop at the top of the mountain. The impressive construction work is in the 4th year of a multi-year project. There will be some bushwacking through construction sites and unfinished trail.

(22) Nawakwa-Hillborn Torn

Rating: Moderate to Strenuous

Hike Leader: Bill Burns

Meet time at hotel: 8:30AM Expected return time to hotel: 4:00PM

Number of miles round trip: 7

Pace: Moderate

We'll start from NY Chapter's Camp Nawaka with a mild warm-up of about a mile in the woods. Then it's a rock scramble up the Hillborne-Torn trail to the Seven Hills. Across the Seven Hills trail and another rock scramble down across the Kakiat and then up again where we'll take the Raccoon Brook trail. Moderate pace but ups and downs all day. Varied terrain and spectacular views.

(23) Southern Harriman Classic

Rating: Strenuous

Leader: KWHanson

Meet time at hotel: 08:30 Expected return time at hotel: 16:00

Number of miles round trip: approx. 12 miles

Pace: Fast

Great exercise on marked trails from the Visitor Center to South Hill, then notable viewpoints Ramapo Torne and Russian Bear (short stops only), past Grandma and Grandpa Rocks, along beautiful Pine Meadow Lake to Diamond Mountain viewpoint, and return along the brooks. Elevation gain approx. 2700', including several steep climbs. Bring min. 2 qts. water (and lunch). Route subject to change by leader based on conditions

(24) Breakneck Ridge

Rating: Strenuous

Hike leader: Bob Parlan, 212-675-0641 M-F 1-6pm only

bparlanhiker@aol.com

Meet time at hotel: 9:30 AM Expected return time to hotel: 5:00 PM

Number of miles round trip: 8

Pace: Moderately Fast

One of the most popular and challenging hikes around. We will scramble up the face of Breakneck. Not for the faint of heart, rock scrambles and great views. Brief stops at viewpoints. Leader will determine pace. No beginners or stragglers. Hiking boots and 2 qts water required

Saturday Bonus Hike: Ramapo Valley County Reservation/Ringwood State Park (NJ)

Rating: Moderate

Hike Leader: Chris Connolly

Meet time (at hotel): 9:30 am - Expected return to hotel - 3:30 pm

Number of miles round trip: approximately 8

Pace: Average

Driving distance: 5 miles one way

We'll explore the Jersey side of the Ramapo Mountains starting out of Bergen County's largest park. Along the way we'll pass by reservoirs, lakes and cascades, see NYC vistas and go thru Boy Scout campground. So step across the state line!

Excursions, Hikes, and Events

Sunday, September 27, 2009

(25) ADK Bike Trip: Holiday Inn, Suffern, NY to Tuxedo Park, NY

Rating: B 10

Bike leader: Ed O'Donnell

Meet time (at hotel): 9 AM Expected return time to hotel: 12 noon

Number of miles round trip: 30

Pace: C 10

We'll leave the hotel, travel up Rt. 17 through Sloatsburg, East on Seven Lakes Drive to the ADK Camp Nawakwa on Lake Sebago, from the Camp to Seven Lakes Dr. to Kanawauke Circle. West on Rt. 106 to Rt. 17, South on Rt. 17 to historic Tuxedo Park, NY

<http://www.tuxedopark-ny.gov/>

(26) Ramapo Valley Co. Reservation

Rating: Easy

Hike leader: Renate Jaerschky Meet time at hotel: 10AM

Expected return time to hotel: 2PM

Number of miles round trip: 5

Pace: Slow

This is a very lovely hike. We will start along the Ramapo River, go up on a rocky trail next to a brook, pass a reservoir and climb to the ridge. The total elevation gain is 500'. Lunch will be at a beautiful overlook. To finish, we will walk around a small lake.

(27) New York City Central Park

Rating: Easy

Pace: Easy

Mileage: 3

Hike leader: Suse Wenzel

For questions, contact Suse at 212-864-1538.

Hikers will take the 8:47 a.m. train from the Suffern Train Station to Penn Station. They will make one change, at Secaucus Junction, for the train into New York's Penn Station. At Penn Station, they will then take the number 1 subway train uptown to Columbus Circle.

Meet Leader at the Merchant's Gate entrance to the park at 59th Street and Central Park West (just outside the subway stop) at 10:30 am.

Trip will last about 2 1/2 hours with several drop off points for those who want to explore a part of New York City on their own. We will walk past Tavern on the Green, Strawberry Fields and Conservatory Garden. Then south along the reservoir, pass the Metropolitan Museum, the boat house and end at the Plaza Hotel on Fifth Avenue and 59th Street.

For return train schedule info please inquire at the information desk.

(28) Harriman State Park/Southern

Rating: Moderate

Hike Leader: Rich DeCoursey

Meet time (at hotel):10:15AM

Number of miles round trip: 8

Pace: moderate

Expected return to hotel: Approx. 5PM

Nawakwa Circular/swim and hike. Leaving from Camp Nawakwa we will use a variety of trails, hike will involve some climbing. Depending on weather, and pace of group, why not get back to camp in time for a nice swim in Lake Sebago, and enjoy Nawakwa's swim dock. Plan to use camp trail, triangle trail, victory trail and the RD trail - most of these are maintained by the New York Chapter.

(29) Arden Circular

Rating: Moderate

Hike leader: Glen Nison

Meet time (at hotel): 9:00 AM Expected hike end: 2:00 PM

Number of miles round trip: 5 or so

Pace: Average

Hike up the AT to beautiful Island Pond Lake and then onward to the famous Lemon Squeezer and through Harriman's Times Square. Depending upon time and group abilities, we may also see Shiprock and Bald rocks. Steady but moderate pace, great views, interesting and varied terrain and trails.

Continued on next page

(30) Doodletown and Mines

Rating: Moderately Strenuous

Hike leader: Eli Bijou

Meet time (at hotel): 10:00 AM

Expected return time to hotel: 4:00 PM

Number of miles round trip: 7

Pace: Moderate

We will hike the Horns Route to the Timp and then follow old roads to explore old mines, including Herbert and/or Doodletown Mines. We will then follow trails back to the parking area. Please bring lunch, snacks and a minimum of two liters of water.

(31) Breakneck Ridge, Hudson Highlands State Park

Rating: Moderate-strenuous

Hike leader: Tom Schiels 917-301-7286

Meet time (at hotel): 8:00 AM Expected return time to hotel: 2:00 PM (Rain cancels) Number of miles round trip: 5 or so

Pace: Average

Breakneck Ridge is one of the most amazing hikes in New York State. We begin at Route 9D about two miles north of Cold Spring, just a few feet above the Hudson River. From there we scramble up about 1000 feet in half a mile, pausing at several false summits to take in the views along the river: south to NYC, west to Storm King, and north to the Catskills. After reaching the actual summit, we hike east, away from the river, where we see views of the landscape south and east. Here we have the option of a few different routes which we can decide on then. The classic route is a loop east along the ridge and then north into a valley and then up over Sugarloaf where the Hudson again comes into view. From there it is down to Route 9D and the cars.

The climb up to the ridge is challenging, but after reaching the ridge the rest of the hike is a pleasant walk.

For questions, contact Tom at 917-301-7286.

(32) Paddle around Lake Sebago on your own

If you are interested in paddling around Lake Sebago on your own, you are welcome to use one of our boats or canoes. Indicate on the registration form if you want to reserve a boat or canoe (as available). You are welcome to bring your own boat or canoe, and as long as it is launched from the Nawakwa dock, you do not need to register it with the park.

Some destinations to explore on your own

Tour West Point:

The 1 hour tour makes stops at the Main Cadet Chapel, Trophy Point, Battle Monument and the Plain. You are off the bus walking approximately 30 minutes. Advance reservations only accepted for groups of 10 or more.

For Reservations please call 845-446-4724.

Adults - \$11.00

The 2 hour tour makes all the stops of the 1 hour tour. In addition the 2 hour tour stops at the Old Cadet Chapel and the West Point Cemetery.

You are off the bus walking approximately 1 hour and 20 minutes.

Advance reservations accepted for individuals by calling 845-446-4724.

Adults - \$13.00

New York City Museums:

Metropolitan Museum of Art: From gothic sculptures to impressionist paintings, from egyptian mummies to modern design--the Met has it all!! And it's pay what you wish--you can get in for as little as a dollar.

Close to the Met:

The Frick (significant works by Rembrandt and Vermeer);

The Guggenheim (modern art) and the **Whitney** (American art) Spend the day at the museums, lunch at one of their cafes, all within an easy subway or taxi ride from the train station.

Self-guided tour of lower Manhattan:

See the Southstreet Seaport, with its restaurants and shops and a close view of the Brooklyn Bridge, visit wall street, the Museum of the American Indian, shop at Century 21, the city's greatest discount store, ride the Staten Island Ferry for a great view of the Statue of Liberty, view Ground Zero. For those with extra energy: take a subway into Brooklyn and hike back across the Brooklyn Bridge, for one of the greatest views of Manhattan.

It's an easy train ride to Hoboken and then the Path train into lower Manhattan.

Tour some Wineries: In the charming town of Warwick is the **Applewood Winery**. You'll find over a dozen wine varieties here. Each wine is produced in a limited edition. Discover New York wines at Applewood where there is a wine for everyone. Open July thru October Fri., Sat. & Sun. 12-5 Directions: Located in Warwick

off County Route 13 just 3 miles south of Sugar Loaf Crafts Village. (845) 988-9292, www.applewoodorchardsandwinery.com

Warwick Valley Winery, Warwick

Situated on 100 acres in Southern Orange County, Warwick Valley Winery is especially known for its Chardonnay and its Cayuga Blanc. Owner Joe Grizzanti also produces award-winning apple and raspberry ciders. The winery boasts an orchard open for apple picking in the fall and its stables, complete with horses, offer a picturesque setting to enjoy the fruits of its labor. A bakery and ice cream parlor are also on the premises. Open weekends, except holidays.

Directions: Located on Route 94, just north of Route 17A. (845)258-4858

Sugarloaf Crafts Village --www.sugarloafnychamber.com/index.htmlVillage

Sugar Loaf has an outstanding selection of handmade art, crafts and gifts, our many unique shops offer you a broad range of goods from stained glass, pottery, antiques, jewelry and woodworks, candles and more.

Take a Hudson River Tour:

The **Pride of the Hudson** offers cruises out of Newburgh Landing in Newburgh, N.Y., on the river's western banks. Narrated sightseeing cruises are offered on Wednesdays, Fridays, Saturdays and Sundays. Tickets are \$15 for adults, \$13 for senior citizens and children ages 4-11. A fully stocked bar and light snacks are available on the sightseeing cruises. Special cruises to Bannerman Castle are offered selected weekends. The castle rises from the north side of Pollepel Island like a Medieval fantasy. For more information on the Pride of the Hudson cruises, see <http://www.frontiernet.net/~hudrivad> or call (845) 782-0685.

The River Rose During fall foliage cruises you'll marvel at the splendor and spectrum of colors of Breakneck and Storm King mountains and the magnificent palaces built on the Hudson River in the past century. For info call 845-562-1067.

Greenwood Gardens is a 28-acre public garden in Short Hills, New Jersey, nationally significant for its beauty, history, and design. Listed on the National Register of Historic Places, it is a time capsule of New Jersey's gracious past and a haven of tranquility in the busy New York metropolitan area. Greenwood Gardens combines formal gardens, open meadows, woodlands, and pasture. Surrounded on all sides by protected parks and wilderness, its sweeping views create a sense of solitude and serenity. Currently Greenwood Gardens is open by appointment on scheduled tour days from May through October. Advance reservations are required. To reserve a place on a scheduled tour day please call Matthew Gundy at 973-258-4026

Bear Mountain Trailside Museum and Zoo

This is a favorite of many, especially children. Come see the black bears, coyotes, birds of prey, wild turkeys and many other animals, and don't miss the merry-go-round. Parking at Bear Mountain State Park is \$6.00. Admission to Trailside Museum and Zoo is \$1.00 for ages 13 and up, \$0.50 for ages 6-12, and ages 5 and under are free. The Zoo is open daily from 10:00 a.m. - 4:30 p.m.

For directions visit <http://nysparks.state.ny.us/parks/info.asp?parkID=55>

New Jersey State Botanical Gardens at Skylands

Discover the Garden State's hidden jewel. From the delicate shades of a tiny wildflower to the vibrant colors of massed annual plantings, Skylands is a place of beauty in any season. Here you can wander amid the elegance of formal gardens, or along gentle paths winding through the woods. Skylands is also a safe haven for unusual plant species from around the world. The garden protects and preserves these plants as their natural habitats are changed forever by progress. There is a \$5.00 per car State Park parking fee on summer Saturdays, Sundays and holidays, from Memorial Day to Labor Day. At all other times, parking is free.

For directions visit www.njbg.org

Stony Point Battlefield and Lighthouse

Location of the oldest lighthouse on the Hudson River and the site of the midnight assault by the American Light Infantry against a British garrison in 1779.

Magnificent views overlooking the Hudson River, and a great place for a walk and a picnic. Directions: From the New York Thruway(exit 16, Harriman- take Route 6 east to the Bear Mountain Bridge Circle. Proceed south on Route 9W approximately nine miles and turn left on Park Road. Admission is FREE except for special events. Hours: Wed-Sat, 10am-5pm; Sun 1pm-5pm; Open April 15 - October 31

Campmor, Paramus, NJ

Sporting goods and outdoor equipment. Tremendous selection of gear at all levels. 810 Route 17 North, Paramus, New Jersey (201) 445-5000

Hours: Monday-Friday 9:30am - 9:30pm Saturday 9:30am - 7:00pm

http://www.campmor.com/outdoor/gear/campmor/our_retail_store.jsp

Ramsey Outdoor

A great place to pick up outdoor gear, just down the road from Fall Outing HQ. 835 Route 17 South, Ramsey, NJ (201) 327-8141

Monday thru Saturday 9:00 AM to 9:30 PM Sunday 9:00 AM to 6:00 PM

<http://www.ramseyoutdoor.com>

ADK FALL OUTING REGISTRATION FORM

Sept. 25 – 27, 2009, Suffern, NY

ADK REGISTRATION REQUIRED BY ALL PARTICIPANTS

Please make copies of this form for any additional people or download one from website.
There should be one completed form for each registered person.

Name: _____ Chapter: _____
 Address: _____ Phone: () _____
 _____ E-mail: _____

Confirmation will be sent by e-mail unless otherwise requested.

Membership # _____ Chapter _____ or non-member/guest ()

Name as I wish it to appear on name tag _____

IN CASE OF EMERGENCY NOTIFY:

Name: _____ Relationship: _____

Address: _____

Phone Numbers (s): _____

EXCURSION SIGN-UP: Requires weekend registration (\$25)

Please indicate your first and second choices for excursions. Group size will be limited.

- () Friday: # _____ or # _____
 () Saturday: # _____ or # _____
 () Sunday: # _____ or # _____

FEES: Registration is nonrefundable.

Weekend registration: () = \$25 (18 years and older)

Saturday Banquet only () = \$12 + banquet (see below)

Registration Fee Amount = \$ _____

SATURDAY NIGHT BANQUET BUFFET @ \$35 (non-refundable after August 31st) \$ _____

TRAIL LUNCH ORDER @ \$12 EACH (non-refundable after August 31st)

() Sat. \$12.00 Circle one: chicken wrap ham & cheese sandwich vegetarian wrap = \$ _____

() Sun. \$12.00 Circle one: chicken wrap ham & cheese sandwich vegetarian wrap = \$ _____

Signature _____ Date __/__/09 **Grand total enclosed:** \$ _____

Send this form and check payable to “ADK Fall Outing 2009” to:
 Janet Sibarium, 3 Haven Plaza, Apt. #10C, New York, NY 10009
 (to be received by Janet no later than September 4)

QUESTIONS ???

For reservation:
 Contact Janet Sibarium (Registrar)
 Tel: 212 - 254 - 0738 or
 e-mail: janet@adkny.org

For general information about the Fall Outing:
 Contact Noel Schulz:
 Tel: 201 - 445 - 6445 or
 e-mail: noelschulz@verizon.net

Book your lodging reservation directly with hotel or campground of your choice.

If you choose the Suffern Holiday Inn, tell them you are with ADK Fall Outing to receive discount.

Register early! The hotel will hold a block of 100 rooms for ADK outing participants until September 1.

Saturday Buffet Banquet Menu

Salads:

- Mixed greens with selection of dressings
- Tomato and Bocconcini mozzarella salad
- Southwestern cole slaw

Entrees:

- Roast beef with a mushroom madeira bordelaise
- Chicken breast franchise
 - Pasta primavera

Seasonal vegetables

Potatoes or rice rolls and butter
 assorted deserts
 coffees and teas
 soft drinks
 cash bar

Discover the Lower Hudson Valley!
ADK Fall Outing 2009

Hosted by the ADK New York Chapter September 25 – 27, 2009

For the first time ever—or at least the first time that anyone can remember—the New York Chapter will be host to the entire club for the club-wide Fall Outing. This is a much-loved event that brings together members of every chapter in the club for three days of outdoor events and ADK gatherings.

It also offers a chance for everyone to meet and talk with ADK officials, like Neil Woodworth, informally.

This is also the time for the sponsoring chapter to showcase the local wilderness, activities and people that give the chapter life.

Our chapter hike leaders will be very busy: there are hikes in every part of Harriman and some in the neighboring Ramapos and Sterling Forest – even one in New York City. Hikes will range from easy to strenuous, truly something for everyone!! In addition, our own chapter chair, Ed O'Donnell will be leading three bike excursions; popular orienteering leader Butch Panzer will be running an all-day orienteering event; Teresa Marrero will lead a birding expedition; and a former Harriman Park employee will host an informative paddle on Lake Sebago.

Camp Nawakwa will be open to ADK visitors on for the whole weekend and we will offer hospitality, tours, and a chance to enjoy our wonderful facility.

As well, we anticipate that many of our upstate guests will want to overnight at camp.

The Fall Outing will take place on Friday, September 25th through Sunday, September, 27th and will be centered at the Holiday Inn in Suffern, NY. All hikes and outings will meet there first and the evening events will take place there as well. Friday night will feature a talk on Sterling Forest and Saturday will feature a delicious dinner and great live music.

The Holiday Inn is located at Exit 14B on the NY Thruway and can also be reached from Rt 59 (Airmont Rd exit). Those taking the bus or train will find that it is an easy taxi ride to the hotel; there will also be shuttles available. The Suffern Holiday Inn is a modern facility, with comfortable, updated, rooms and an indoor swimming pool right in the courtyard lobby. They are offering ADK members for that weekend a rate of \$99 + tax per night (Friday and Saturday nights). Make sure to mention the ADK when you reserve: 1 877 863 4780.

Make sure to watch both the New York and Main Club's websites for an information on the fall outing, including registration information. Or if you prefer, you can contact Noel Schulz for outing information or Janet Sibarium for the registration packet (please make sure you provide contact info).

noelschulz@verizon.net; jansib@mindspring.com .

The cost to attend the outing will be \$25. The Saturday night banquet cost an additional \$35. Box lunches are available on Saturday and Sunday (if paid with the registration form) for \$12 for each lunch.

WE LOOK FORWARD TO SEEING YOU THERE!!

ADK Fall Outing 2009

c/o Janet Sibarium

3 Haven Plaza, Apt. #10C,

New York, NY 10009

www.adkny.org

place first-class

postage here