

ADK Spring Outing 2009

The Undiscovered Island Revisited

June 26-28, 2009

Hosted by ADK Long Island in Ronkonkoma, N.Y.

Join the Long Island Chapter of the Adirondack Mountain Club (ADK) for a memorable weekend, where we'll explore the diversity and scenic beauty of the Island through a creative schedule of hikes, beach walks, paddles, biking, sailing, cultural activities and more.

SPRING OUTING SCHEDULE

Friday, June 26, 2009

- 2:00- 9:00 p.m.** Registration and information: Holbrook Room, Ronkonkoma Holiday Inn
Bookstore and ADK merchandise
- 3:00 p.m.** Short hikes and bike rides leave from Holiday Inn. Also self-guided activities (see page 6)
- 5:00 – 6:00 p.m.** Social hour with cheese and fruit. Cash bar.
- 7:30 – 9:30 p.m.** Workshops and programs by local experts: Holiday Inn
Details not confirmed at this time

Saturday, June 27, 2009

- 8:00 – 11:00 a.m.** Box lunch pickup, registration and information, Holbrook Room, Holiday Inn
Bookstore and ADK merchandise
- 8:00 – 10:00 a.m.** Trips depart promptly from Holiday Inn parking lot
- Late afternoon** See page 6 for nearby self-guided activities
- 5:30 -- 6:30 p.m.** Hospitality Hour: Hors d'oeuvres and cash bar, Holiday Inn.
- 6:30 – 8:00 p.m.** Buffet banquet in the Holiday Inn (For details and menu see page 6)
- 8:00 – 10:00 p.m.** Music and dancing with caller Annette Kirk and old time fiddle band Dance All Night

Sunday, June 28, 2009

- 8:00 – 9:30 a.m.** Box lunch pickup and information, Holbrook Room, Holiday Inn
- 8:15– 11:30 a.m.** Trips depart from Holiday Inn

REGISTRATION AND INFORMATION

Weekend registration fee is \$25 per person and non refundable. Pre-registration is required to participate in the outing.

Banquet Buffet will be on Saturday at the Holiday Inn following the hospitality hour. The cost is \$35, including gratuity. Reservations must be received by June 5, 2009 and are non-refundable after that date. (For menu see page 6)

Box lunches can be ordered in advance for but we recommend you bring your own or shop locally. Box lunches can be picked up starting at 8:00 a.m. Saturday or Sunday at the Holiday Inn. (See page 7 for menu choices.)

Send registration form with outing choices and dinner reservations and payment to: Nancy Hodson, 49 Orchard Court, Woodbury, NY 11797-2801, (516) 692-5754.

Outing Headquarters is at the Holiday Inn Ronkonkoma, 3845 Veterans Memorial Highway, Ronkonkoma, NY 11797, (631) 585-9500. From the west, take the Long Island Expressway (I-495) to Exit 57. Turn right at second light (Route 454). Proceed south approximately 4 miles, hotel is on the left. Free transportation to and from Ronkonkoma LIRR station.

Lodging is available at a special rate at the Outing Headquarters. Reservations must be placed with the Holiday Inn by May 17 to receive this rate. Mention "ADK Spring Outing." (See page 6 for details and other lodging options). Upon request we will help singles find a roommate to share a room (see page 7).

Meals: Breakfast, lunch, dinner and cocktails are available at the Holiday Inn's Brickyard Bar & Grill, open for breakfast at 7:00 a.m. Many restaurants, delis, diners and grocery stores are located nearby.

Outings: 33 outings have been planned, all but one moderate (M) or easy (E). One outing is listed as strenuous (S) due to its length, a 14.2 -mile wilderness beach hike.

For information, contact Sue Stricker, (631) 470-2197; or e-mail Bill Schneider adkspringouting@gmail.com

On the Web: For a colorful exposition of Spring Outing 2009 on the Web, including downloadable registration forms, visit us at www.adkli.org.

OUTINGS SCHEDULE

Don't Miss Friday Evening Workshops on The Undiscovered Island

Departure times are from the Holiday Inn in Ronkonkoma. For special arrangements contact trip leaders. Travel times are one-way from the Holiday Inn. Note that certain outings, such as kayaking and sailing may require a fee paid at the time of registration.

Paddlers must have basic paddling/swimming skills and wear NYS-approved PFDs (personal flotation devices). Canoes and kayaks are available for rental to be paid at time of registration. See outing descriptions for details. Bikers must wear helmets, bring their own equipment and a patch kit.

Leaders make all trip decisions and have the final say on participant preparedness and ability. Group safety and enjoyment are the primary objectives. Please select trips within your current level of ability and fitness.

Friday, June 26

1. Bike the Neighborhood. (E) Roll right out of the Holiday Inn onto a dedicated bike lane. Head south on local roads with a stop at Connetquot State Park. (See below for a description of the park). Approximately 12 miles. Departs 3:00 p.m. Leader Steve Lander

2. Walk Connetquot River State Park Preserve (E). Once a private trout and hunting reservation for elite sportsmen like Tiffany, Vanderbilt and Carnegie, this 3,500-acre preserve offers a fish hatchery, a restored grist mill, a trout-filled river, a pond, hardwood-evergreen forests and pine barrens. An easy 2-mile walk introduces this section of old Long Island rich in wildlife, including deer, waterfowl, rare nesting birds and rare plants such as trailing arbutus and pixie moss. Travel time, 15 minutes. Departs 3:00 p.m. Leader: John Lewandowski

3. Walk Bayard Cutting Arboretum State Park (E). This easy 2-mile walk introduces a stunning 690-acre property, designed in the late 19th Century as an oasis of outdoor beauty and informal plantings. We'll explore the Island's most extensive collection of conifers, as well as dwarf evergreens, rhododendron, azaleas, hollies, oaks and wildflowers, all in sprawling lawn plantings and along the Connetquot River. Travel time, 15 minutes. Departs 3:00 p.m. Leader: Sheila Lipshie.

Saturday, June 27

3. Bike Greenport to Orient Point and Back. Greenport to Orient. (M) Bike approximately 25 mostly flat miles from the quaint Village of Greenport, through the quiet hamlet of Orient to the end of Long Island. Enjoy ice cream at the Orient General Store. Take a short walk through Orient Point County Park for views of Plum Island. Travel Time: 90 minutes. Departs 8:30 am. Leader: Lanny Wexler

5. Pie Ride. (M) Cycle to Briermere Farms in Riverhead for a lunch stop for pie and cider. Moderate 25-mile bike ride (mostly flat with one hilly section) along the back roads of the scenic North Fork. We will pass by beautiful open spaces and if time allows we can stop at a vineyard. Ride leaders will wait at major turns for riders. Cue sheets will be provided. Travel Time: 1 hour. Departs 9am. Leaders: Janine Schwartz and Rich Mardosa

6. Winery Tours and Wine Tasting on the North Fork (E). On this tour we'll soak up the renowned ambiance of the North Fork, home of Long Island's award winning wineries. We'll enjoy wine tasting tours of several top wineries and a personalized visit to Paumanok Vineyards, voted 2004's "Winery of the Year" by the N.Y. Food and Wine Critics. Moseying through New-England-like villages and farmland, we'll lunch on the Sound in New Suffolk, a quaint sailing town surrounded on three sides by water. Then on to Greenport to tour refurbished sailing vessels from the 19th Century. We'll head home in time for those who want to shop at the massive Tanger discount mall (shoppers should bring their own cars). Designated drivers wanted. Travel time: 45 minutes. Departs 10 a.m. Leader: Carol McHugh.

7. Paddle the Beautiful Carman River (M). With crystal clear water, picturesque vegetation and abundant wildlife, the 12-mile Carmans is arguably the most beautiful of the Island's three main spring creeks. We'll put-in at the historic hamlet of Yaphank on the South Shore and canoe 5 to 6 miles through Southaven County Park and Wertheim National Wildlife Refuge on Bellport Bay. Following the Carman's twisty and narrow path as it meanders through woodlands, we should see many birds, including egrets and great blue heron, and deer (with two short portages). We can also explore the Wertheim Refuge on foot. Bring your own boat only (8 boat limit) so register early. Travel time: 30 minutes. Departs 8:45a.m. Leaders: Chris and Lou Visconti.

8. Indian Island County Park Paddle. (E) Launch from a Suffolk County Park on an estuary where the north and south forks meet and salt water from Flanders bay mixes with fresh water from the Peconic River. On they shore you may see prickly pear cactus and as well as many varieties of birds. You will enjoy the beautiful views of Flanders Bay. Rentals available at \$35 Travel Time: 45 minutes. Departs 9 am. Leader: Alice Scanlon

9. Paddle Scallop Pond in Southampton (E) A paddling experience at the beautiful South Fork of Long Island on Southampton's north shore. We will start at Bullhead Bay and paddle along side the famous Shinnecock Hills Club's Golf course, site of the 2004 U.S. Open Championship. We will wind our way through scenic waterways to Scallop Pond and

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stop briefly for lunch and rest on a sandy beach before heading back. Total paddling is about 6 to 8 miles of flat water. Rentals available at \$35. Travel Time: 65 minutes. Departs 8 am. Leader: Ross Moore

10. Connetquot/Heckscher Park.

Hike (M). This flat, 9-mile through-hike will cover two lovely areas in central Suffolk County. We'll begin in Connetquot River State Park Preserve, a 3,473-acre park rich in history and nature that gives a feel for old Long Island. Once a sportsman's preserve for the rich and famous, today the park is preserved for fly fishing for monster trout, hiking, nature observation and horseback riding. After a stop at the trout hatchery and a tour of the historic mansion, we'll continue south to the Suffolk Greenbelt Trail, which winds its way underneath Sunrise Highway past creeks, woods, ponds, beaches, backyards and even highways, before finishing on the beach at Great South Bay. Travel time: 15 minutes. Departs: 9:45 a.m. : Leaders: Fred and Betty Horstmann

11. Cranberry Bog and Kettle Hole Walk. (E) The first stop is Suffolk Community college for the Kettle Hole Trail. This trail is a one mile hike where you will see an outwash plain, a kettle hole, glacial till, and a moraine caused by the great continental glaciers 20,000 to 2,000,000 years ago. The next stop is Cranberry Bog County Park including the interpretive trail around Sweezy Pond. These wetlands are formerly a cranberry farm and plant. At its peak, Suffolk County was the third largest producer of cranberries in the US. Picnic on the water at Peconic River Park or eat at a local restaurant. Spend the remainder of the day at Atlantis aquarium or Tanger Outlets. Travel Time: 40 minutes. Departs 9:15am. Leader: Joanne Malecki

12. Wilderness Beach Hike on Fire Island Wilderness

Beach Hike (S). This classic beach loop between Smith Point and Watch Hill hugs the Atlantic on the way out, returning through the back bay and swale of Otis Pike Wilderness, New York's only Federal wilderness. Expect beautiful views of the ocean, dunes and Great South Bay, as well as nesting piping plovers and least terns, waterfowl, and spring flora such as heather, beach plum and wild rose. The outing starts with an orientation by the park ranger. Maximum distance: 14.2 miles with several cutbacks to shorten the loop. Bring sunscreen and beachwear. Travel time: 30 minutes. Departs: 8:15 a.m. Leaders: June Fait and Herb Coles

13. Ferry Ride and Field Trip to Fire Island's Sunken Forest (E). Hikers, birders and ecologists will be fascinated by this field trip to the Sunken Forest on Fire Island National Seashore, one of the last remaining maritime forests on the eastern seaboard. A diverse ecosystem formed after the retreat of the continental glacier some 15,000 years ago, it is abundant



with hardwood groves, dunes, swamps, marshland and wildlife. After ferrying to Fire Island across Great South Bay at Sailor's Haven (fee), we'll take a guided tour of the Forest's 40 acres on roller-coaster boardwalks over two rows of sand dunes. We'll also explore the ocean beach, so bring sunscreen and beachwear. Travel time: 30 minutes. Departs 8:45 a.m. Leader: Steve Lander Nassau BOCES Outdoor Education Specialist.

14. Tour Montauk Lighthouse

and Hike the Bluffs (E). This epic journey to Montauk State Park on the eastern tip of the South Fork is worth it! Experience the freshest salt air, unmatched seascapes, the race of merging tides and highly varied wildlife. We'll travel through the Hamptons for a tour of the Lighthouse ordered by George Washington in 1796, then hike the beach and bluffs, visit the Fisherman's Memorial and even climb the interior staircase. Travel time: 100 minutes. Departs 7:30. Leader Lori Maynard

15. Pine Barrens Interpretive Walk (E).

Long Island's Pine Barrens is an area of unique natural beauty and diversity, with glacial kettles and erratics, rolling hills with panoramic vistas, parabolic dunes, coastal plain ponds, white Atlantic cedar swamps, dwarf pines and much more. This hike starts in Manorville and covers a small section of the Paumanok Path, the 125-mile trail from Rocky Point to Montauk. We'll traverse 8 flat miles of woodlands, grasslands and scrub with lunch at Sandy and Grassy glacial kettle ponds. Travel time: 30 minutes. Departs 9:00 a.m. Leader: Kathy Flynn

16. Ferry & Hike Mashomack Nature Preserve on Shelter

Island (M). Shelter Island is a special place between the North and South Forks of eastern Long Island. After driving through the North Fork's scenic wine country, we'll begin this spirited trip with a short ferry ride from Greenport to Shelter Island. We'll drive to the 1,200-acre Mashomack Preserve, "the Jewell of the Peconic" where we will hike 10 miles to explore a combination of interlacing tidal creeks, woodlands, fields and coastline. There will be lots of pretty water views plus osprey nests and prickly-pear cactus in bloom. Departs: 8:15 a.m. Leader: Joan Gossner.

17. Hike the north end of the L.I. Greenbelt Trail (a designated National Recreation Trail): (M)

This round trip 10 mile hike offers magnificent views of Nissequogue River, L.I. Sound and Connecticut shores. We'll start at the Smithtown Landing Country Club parking lot (no fees), and walk through the woodlands in Arthur Kunz County Park along the Nissequogue River. After a short rest at the park, we'll continue our hike along hilly bluffs overlooking the river emptying into L.I. Sound. The river is tidal and may display various water movements as the water runs up. Lunch at Sunken Meadow State

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Park, enjoy board walk and marine birds sighting, then double back to our cars. Travel Time: 25 minutes. Departs 9:30am. Leader: Yoshiko Takeshita

18. Photography Hike on the Suffolk Greenbelt Trail, Nissequogue Section (E). Join us for a photographic outing lead by a noted amateur photographer. We'll hike at a leisurely pace starting near the beach at Sunken Meadow State Park, climbing moderate hills to see breathtaking water views of Long Island Sound and the Nissequogue River. Expect ample opportunities for working on photo compositions of seascapes, riverscapes, wooded landscapes, shore birds and the group. Maximum distance 6-8 miles with lunch on the river. Travel time: 35 minutes. Departs: 9:30 a.m. Leader: Jim Sabiston.

Sunday, June 28

Note: Some of the following outings end at 2 p.m. or earlier and begin either west or north of Ronkonkoma. They will jump-start your trip home if you're heading toward New York City or upstate via the Thruway or ferry.

19. 'Old Money' Bike Ride on the Oyster Bay Peninsula (M). Bring your bike to ride some of the beautiful roads of the Oyster Bay peninsula and surroundings. We'll pedal past estates and former estates that are now nature preserves, an arboretum, toney private schools and world class institutions. Highlights include good birding country and a visit to Theodore Roosevelt's wonderful home, Sagamore Hill National Historical Site. If time permits, we can visit the Theodore Roosevelt nature trail and sanctuary adjacent to TR's burial site. We'll lunch at a waterside park in historic Cold Spring Harbor, which may also include a quick visit to the whaling museum. Distance, about 30 to 35 miles, with some challenging hills, moderate pace. Travel time: 45 minutes. Departs: 8:30 a.m. Leaders: Goodie and Orrie Frutkin.

20. Three Village Bike (M) Tour through historic and scenic Stony Brook, Old Field and Setauket. 25-30 miles of rolling hills. Check out West Meadow Beach, Setauket Mill Pond and Poquot Harbor. Travel time: 30 minutes Departs: 8:45 Leaders Joan Gossner and Ross Moore.

21. Sail on the Historic Christeen Oyster Sloop from Oyster Bay.(E) Join us for a 3-hour afternoon sail, 1:00 p.m. to 4:00 p.m., on the Christeen, a 40-foot gaff-rigged sloop and the oldest remaining oyster sloop in North America. Whether raising the sails, hauling oysters or enjoying the view, the Christeen offers a fun and relaxing experience in one of the most beautiful and cleanest harbors on the North Shore. Cost is \$35 per person, payable at registration. Travel time 45 minutes. Departs 11:30 a.m.. Leader: Bonnie Hirschhorn

22. Walking Tour of Historic Lower Manhattan (E). This classic 3-mile city walk will visit some of lower Manhattan's most architecturally significant buildings and landmarks. Starting at City Hall Park, we'll pass historic Trinity Church, City Hall, the Municipal Building, Tammany Hall and the Woolworth Building. Then we'll pass the Old Customs House (now the Smithsonian's National Museum of the American Indian). We'll also visit the former site of the World Trade Center, Wall Street, the New York Stock Exchange and the original U.S. capitol. We'll finish at South Street Seaport with lunch at a restaurant of your choice. Travel time: 65 minutes Departs 9:00 a.m. Leader: Silvana Falco.

Possible outing extensions: Tour the Smithsonian Museum, ride the Staten Island Ferry, tour the Seaport's museum or get discount tickets to a Broadway show.

23. Sea Kayak in Oyster Bay and Bayville — Equipment Rentals Available (E): This leisurely half-day paddle explores the sheltered waters of Oyster Bay, one of our cleanest ports. Starting at Beekman Beach, we'll paddle in Oyster Bay Harbor out toward Long Island Sound, heading back toward Centre Island Beach and Bayville for lunch and a rest stop. We'll then circle back before finishing at 2 p.m.. Rentals available (\$35) at registration or bring your own boat.. Travel time: 45 minutes. Departs: 8:30 a.m. Leader: Tom Farre, Mark Steinhacker and EMS

24. Canoe or Kayak the Nissequogue River from Smithtown to Long Island Sound (E). Considered by many to be Long Island's most beautiful river, the Nissequogue is a tidal spring creek running between Smithtown and Kings Park on Long Island Sound. Assisted by a perfect tide for running downriver from Smithtown, we'll paddle along 5.5 miles of incredible unspoiled nature on the scenic North Shore. This one-way paddle will last approximately 3 hours, with lunch on the beach. (Outfitter will provide transportation) Rentals available (\$35) at time of registration or bring your own boat. Travel time: 30 minutes. Departs: 9:00 a.m. Leader: Nancy Hodson.

Possible outing extensions: Paddling the lower Nissequogue and hiking the Suffolk Greenbelt Trail.

25. Introduction to Sea Kayaking at Setauket Harbor (M). Sea kayaking is the intimate way to explore the Island's varied coastline. This 5-hour outing for beginners and veteran sea kayakers alike will start at Setauket Harbor on the North Shore, where we'll head into shallow water for a lesson by Ken Fink, a certified instructor (www.kayaken-outfitters.com). Then we'll explore the harbor and paddle to the beach for lunch. After lunch, weather and your nerves permitting, we'll head for open water in Long Island Sound, or explore Stony Brook Harbor on foot. Rentals available (\$35) at time of registration. Travel time: 30 minutes. Departs: 9:00 a.m. Leader: Pat Tauber.

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26. Explore the Bronx Botanical Gardens with Lunch on Arthur Ave. (E) For those heading upstate, break up the trip with a lovely walk along the Bronx River and through a garden paradise. A National Historic Landmark and one of the oldest and largest botanical gardens in the world, this 250-acre estate includes tree and shrub collections, specialized gardens and subtropical plants. (\$6 fee, seniors \$3., payable at the gate) We'll have lunch on Arthur Avenue at Giovanni's, a superb Italian restaurant. Travel time: 70 minutes. Departs: 9:00 a.m. Leader: Carol McHugh.

27. Wildwood State Park (E). Explore Wildwood State Park on Long Island's North Fork. Take a 4 mile walk through an old growth hardwood forest terminating at a high bluff with dramatic views of Long Island Sound. Plenty of time to linger at the beach for a swim and lunch. Travel Time: 45 minutes. Departs 9:30am. Leader: Joanne Malecki

28. Muttontown Preserve "Ruin Your Day" (E). Enjoy an approximately 4 mile, mostly flat hike on soft sandy loam trails. Explore the winding and wooded trails of Muttontown Preserve, located in central Nassau County. View the ruins of King Zog's, mansion purchased when he was exiled from Albania after the Italian invasion. Zog never moved into the mansion. Vandals looking for the national treasure that Zog fled with from Albania eventually destroyed most of this castle. Travel Time: 45 minutes. Departs 9:45am. Leader: John Lewandowski

29. Interpretive Walk at Avalon Park Preserve Guided by a Park Biologist (E). Located in the village of Stony Brook, Avalon Park features a dramatic restoration of native plantings that blends art, design and restoration ecology. Guided by a park biologist, we'll walk along scenic Duck Pond and through woodland gardens and wildflower fields with occasional ups and downs. We'll also trace the stone labyrinth that represents the progressive stages of our existence, from infancy to old age, and symbolizes the joyful and painful experiences of our lives. Hiking distance 5 miles. Travel time: 30 minutes. Departs: 9:00 a.m. Leader: Joy Salberg and Chuck Travato

Possible outing extensions: Take the Discovery Cruise in Stony Brook Harbor, visit the acclaimed Stony Brook Carriage Museum or shop in the village.

30. Hike the Nassau-Suffolk Greenbelt Trail from Cold Spring Harbor (M). The prettiest — and hilliest — section of the 20-mile Nassau-Suffolk Greenbelt Trail begins in the quaint village of Cold Spring Harbor, passing over the Harbor Hill glacial moraine through dense mountain laurel and hardwood forests. A side loop to the Nature Conservancy's Uplands Farm Sanctuary hints at Long Island's rural past — bluebird sighting are common. Distance: 6 miles, some elevation. Travel time: 45 minutes. Departs: 8:45 a.m. Leader: Bill Schneider

Possible outing extensions: Tour Cold Spring Harbor Labs or the Whaling Museum, or shop in the village.

31. Tour Caumsett State Park on Scenic Lloyd's Neck (E). This 1,500-acre park, once an estate owned by Marshall Field III, is located on the scenic Lloyds Neck peninsula north of Huntington. Enjoy the wooded trails to the beach on Long Is-

land Sound, where we'll lunch in the shade atop a high point of land. We'll walk back through gardens to the Marshall Field mansion with its sweeping views down to the water; we'll also stop to visit the live birds of prey. Participants can determine the outing length at this uniquely open area that appeals to Long Islanders in all seasons. Travel time: 50 minutes. Departs 8:15 a.m. Leader: Steve Lander, Nassau BOCES Outdoor Education Naturalist

32. Hike and Poetry Reading on the Walt Whitman Trail and Museum (E). Explore this hilly section of the Ronkonkoma moraine on the same trails hiked by poet Walt Whitman, just minutes from Whitman's birthplace in Huntington. We'll hike approx. 6 miles through attractive hardwood forest and mountain laurel to Jaynes Hill, Long Island's highest point at 401 feet (some say you can see the ocean from there). Whitman's poem "Paumanok" about Long Island from *Leaves of Grass* is carved in a huge glacial erratic atop Jaynes Hill, where we'll lunch and read Whitman's poetry (bring your favorite verse). This literary outing ends with a tour of the Walt Whitman Birthplace Museum. Travel time: 25 minutes. Departs 9:45a.m. Leader: Jeanne Millspaugh.

33. Blydenberg Park Hike and Historic House Tour ((M) Enjoy this easy t 5.7 mile hike around Blydenburgh Pond one of the largest inland bodies of water on Long Island. It was created by the Blydenbuegh family by placing a dam at the headwaters of the Nisseguogue River to set up the Mill complex. The houses on the property are on the National Historic House Register and include the Grist Mill and the Miller's House. There will be a tour of the Blydenburgh/Weller House. Travel time: 20 minutes. Departs: 10:00 a.m. Leader: Terry Shapiro

Note: All NYS parks require Empire Pass or a parking fee. Outing leaders will work to arrange carpools to limit such fees.

Getting Here:

If traveling from the north, consider taking the ferry from Bridgeport, Ct. to Port Jefferson, N.Y., just 30 minutes north of Spring Outing headquarters in Ronkonkoma. For details visit www.bpjferry.com or call 631-473-0280. or 888-443-3779

Saturday Night Banquet

Ronkonkoma Holiday Inn

5:30 p.m. Social Hour

Hors d'oeuvres
Cash bar

6:30 p.m. Buffet \$ 35

Appetizers

Crisp Garden Salad
Pasta primavera, Fresh Fruit Medley,
Green Bean, Bermuda Onion
with Roasted Pepper Vinaigrette
Tomato Cucumber Salad

Hot Entrees

Sliced sirloin
Chicken Marsala
Salmon with Butter Dill Sauce
Chef's choice of Potato and Fresh Vegetable Medley

Bread and Rolls with butter
Cake: Carrot, Chocolate

8:00 - 10:30 p.m.

Music and Dancing

Caller Annette Kirk

Dance All Night—old time fiddle band

Fun, easy party dancing: Squares, Circles, Change Partners, Line dances. No dedicated partner needed. All dance instruction as we go along. A great way to end the evening with more activity.

Lodging at the Outing Headquarters

Ronkonkoma Holiday Inn

3845 Veterans Memorial Highway

Ronkonkoma, NY 11797; (631) 585-9500

ADK Group Rate: **\$129** per room + tax until May 17
1 king or 2 double beds

Outdoor pool, exercise room, lounge and restaurant
Check-in 2 p.m. Checkout noon.

Mention “**ADK Spring Outing**” for the group rate.

Directions: From the west, take Long Island Expressway (I-495) to Exit 57. Turn right at second light (Route 454, Vets Memorial Highway). Proceed south approximately 4 miles, hotel is on the left. Free shuttle bus from Ronkonkoma LIRR station. Only 30 minutes from the Bridgeport-to-Port Jefferson ferry.

For Early Arrivals on Friday: Places To Explore On Your Own

Those arriving on Friday from the west and north will pass many of these destinations on the way to the Outing. Travel distances are from outing headquarters in Ronkonkoma.

- Fly-fish for monster trout on the Connetquot River, Oakdale, NY, (631) 581-1005. Call park ranger for details and fee. Travel: 7 miles. \$8 or Empire Pass.
- Explore Bayard Cutting Arboretum, Oakdale, NY, (516) 581-1002. \$8 or Empire Pass. Travel: 7 miles.
- Visit the Long Island Maritime Museum, West Sayville, NY, (631) 854-4974. Travel: 7 miles.
- Explore Fire Island National Seashore, including William Floyd Estate. Patchogue, NY, (631) 289-4810. Travel: 12 miles. Free.
- Hike or swim at Heckscher State Park, East Islip, NY, (631) 581-2100. Travel: 12 miles \$8 or Empire Pass.
- Visit the Art Museum, the Margaret Blackwell History Museum or the Carriage House Museum at Stony Brook, NY, (631) 751-0066. Travel: 14 miles. \$6.
- Hike or swim at Sunken Meadow State Park, Kings Park, NY, (631) 269-4333. Travel: 17 miles. \$8 or Empire Pass.
- Explore Robert Moses State Park for Fire Island lighthouse tours, swimming and pitch & putt golf. Babylon, NY, (631) 669-0470. Travel: 19 miles. \$8 or Empire Pass.
- Explore Captree State Park, a fishermen's and picnickers paradise. Babylon, NY, (631) 669-0449. Travel: 19 miles. \$8 or Empire Pass.
- Explore Jones Beach State Park, the classic oceanfront destination. Wantagh, NY, (516) 785-1600. Travel: 27 miles. \$8 or Empire Pass.
- Visit Sagamore Hill National Historic Site, home of Teddy Roosevelt. Oyster Bay, NY, (516) 922-4788. Travel: 29 miles. Fee: \$5.
- Visit the Cradle of Aviation Museum, Garden City, NY, (516) 572-4111. Travel: 31 miles. \$9 per person.

Other Lodging Options Near Ronkonkoma

Sayville Motor Lodge, (631) 589-7000, \$75-\$90
Econo Lodge Ronkonkoma, (631) 588-6800, \$86-\$95
Hampton Inn Long Island, (631) 234-0400, \$129
Courtyard by Marriott, (631) 612-5000, \$129
Hilton Garden Inn Islip, (631) 738-7800, \$139

Camping

Heckscher State Park, (631) 581-2100
Wildwood State Park, (631) 929-4314

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ADK Spring Outing 2009 Registration Form

Please register before May 31 to take advantage of the Holiday Inn group lodging discount

Name: _____ ADK Chapter: _____ Or guest _____

Mailing Address: _____

Phone Numbers: Eve: _____ Day: _____ Cell: _____

*E-mail: _____ Emergency contact: _____ Phone: _____

* Whenever possible, e-mail will be used to confirm reservations

Registration fee for the weekend is \$25 and non-refundable. Pre-registration is required for all participants in any part of the outing. (Note: Early registration will help lock in your first choices on outings.)

Everyone is welcome! You don't have to be an ADK member to attend Spring Outing.

The Saturday Banquet buffet is \$35, including gratuity, non-refundable after June 5. See page 6 for menu. Box lunches may be ordered for \$10, and will be available after 8:00 a.m. Saturday and Sunday at the Holiday Inn. Box lunch choices are turkey/cheese or ham/cheese or egg salad on roll and will include juice and cookie or chips. (We recommend you bring your own lunches or buy food at a local store.)

Person # 1

Person # 2

Name: _____

Name _____

Friday Trip, 1st choice (number only) _____

Friday Trip, 1st choice (number only) _____

Friday Trip, 2nd choice _____

Friday Trip, 2nd choice _____

Will you attend the Friday hospitality hour? _____

Will you attend the Friday hospitality hour? _____

Will you attend the Friday eve. programs? _____

Will you attend the Friday eve. programs? _____

Saturday Trip, 1st choice _____

Saturday Trip, 1st choice _____

Saturday Trip, 2nd choice _____

Saturday Trip, 2nd choice _____

Sunday Trip, 1st choice _____

Sunday Trip, 1st choice _____

Sunday Trip, 2nd choice _____

Sunday Trip, 2nd choice _____

If registering for outings 8, 9, 23, 24 or 25, will you require a sea kayak rental? _____ How many at \$35? _____

If registering for #21-Christeen Oyster Sloop. How many _____ @ \$35 total _____

Registration Fee (\$25) \$ _____

Registration Fee (\$25) \$ _____

Saturday Banquet Buffet (\$35) \$ _____

Saturday Banquet Buffet (\$35) \$ _____

____ Vegetarian plate required

____ Vegetarian plate required

Box Lunch Saturday \$10 (circle choice)

Box Lunch Saturday \$10 (circle choice)

Turkey/cheese Egg salad \$ _____

Turkey/cheese Egg Salad \$ _____

Bagel or roll chips or cookie

bagel or roll chips or cookie

Box Lunch Sunday \$10 (circle choice)

Box Lunch Sunday \$10 (circle choice)

Ham/cheese Egg Salad \$ _____

Ham/cheese Egg Salad \$ _____

Bagel or roll chips or cookie

Bagel or roll chips or cookie

Subtotal \$ _____

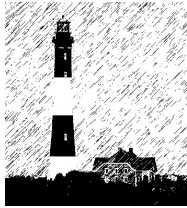
Subtotal \$ _____

Total Payment Enclosed: \$ _____ Make checks payable to **ADK Spring Outing**

If booking a single room, would you like help finding a roommate? _____

Please mail completed form with your payment to Nancy Hodson, 49 Orchard Court, Woodbury, NY 11797-2801; (516) 692-5754. Registration inquiries contact: Carol McHugh (718) 423-4083

All other inquiries: Call Sue Stricker at (631) 470-2197 or
e-mail Bill Schneider at adkspringouting@gmail.com



Welcome to ADK Spring Outing 2009

The Undiscovered Island Revisited

June 26-28, 2009

Hosted by ADK Long Island in Ronkonkoma, N.Y.

It is our pleasure to invite you to join ADK Long Island for Spring Outing 2009. Together we'll explore the Island's diverse ecosystems and scenic beauty – an area you may be unfamiliar with. Those looking for killer hikes won't find them here. Instead you'll discover storied places such as:

- Shelter Island
- Fire Island's Sunken Forest
- Historic lighthouses
- The Hamptons
- The North Fork
- The Gold Coast
- The Pine Barrens
- The Wine Country
- And much more

We'll explore them all through a creative schedule of walks along the Sound and Atlantic, woods hikes on glacial moraines, kayaking and canoeing the rivers and harbors, bike rides on moderate terrain, a sailing charter, winery tours, cultural trips and classic diversions such as a Sunday walking tour of lower New York.

You also won't want to miss two social hours, Friday evening workshops by local experts, and the Saturday banquet

Outing headquarters is in Ronkonkoma, N.Y., halfway between Manhattan and the East End — perfect for exploring The Undiscovered Island. Please join us to share a memorable weekend. **Everyone is welcome — you don't have to be an ADK member to attend Spring Outing.**

ADK Spring Outing 2009
c/o Micheline Kagan
171-08 Gladwin Avenue
Fresh Meadows, NY 11365
www.adkli.org

Add first-class
postage here

Visit us on the Web at www.adkli.org