

# Interstate Hiking Club

Organized 1931

Affiliate of NY-NJ Trail Conference



## Schedule of Hikes

**May 2000 through October 2000**

<http://www.mindspring.com/~interstatehiking/> [interstatehiking@mindspring.com](mailto:interstatehiking@mindspring.com)

---

Interstate Hiking Club  
c/o Brian Mazur  
11 Maple Place  
Clifton, NJ 07011

**First Class Mail**

## Who we are?

The Interstate Hiking Club (IHC) is a medium-sized hiking club, organized in 1931, affiliated with the NY/NJ Trail Conference. IHC members are of various ages and diverse backgrounds.

## Where do we go?

Most of our activities are centered in the NY/NJ area. Some hikes are further away. The club occasionally sponsors trips in the Catskills and Pennsylvania. We have had camp-outs in the Adirondacks and Maine. Our hikes are usually not accessible by public transportation.

## What do we do?

Hikes generally are scheduled for every Sunday, and some Saturdays, as day-long outings. They are graded by difficulty of terrain, distance and pace.

<b>Strenuous</b>	Some climbing, usually rugged, generally 9 miles or more.
<b>Moderate</b>	Some climbing and rugged walking, but less than 9 miles.
<b>Easy</b>	Generally easy, fairly level trails, slower pace, 6 to 8 miles.

## Is that all we do?

No. Occasionally the club will host other outdoor activities. In the past we have done trail clearing, orienteering, bushwhacking, snowshoeing, cross-country skiing, camping, backpacking, swimming, canoeing and rafting.

## What to bring:

Footwear is very important. We strongly recommend hiking boots with non-slip soles. New footwear should be broken-in before being used on a hike.

Bring water, a trail lunch, but please no food that requires cooking.

Bring a pack to carry your gear in, including rain gear, sweater, etc., leaving your hands free for climbing.

## Things to be aware of:

All outdoor activities involve **inherent risks**.

Your participation in these activities is at your own personal discretion and **you are solely responsible for your safety**.

Be prompt. Late arrival may cause you to miss the scheduled event.

No pets please.

The leader is in charge of the event. Allow the leader to set the pace. Do not rush ahead or fall behind the group. If you must leave early, tell the leader at the start of the event.

Guests are welcome. An adult must accompany anyone under 18.

## What we ask of you:

Application for membership may be given to any club officer or mailed to the treasurer upon completion of one hike. Guests attending three hikes in three successive months are expected to apply for membership.

**A membership form and list of club officers appear at the end of this schedule.**

# Interstate Hiking Club



## May 2000 — October 2000 Hikes

<p><b>Sunday</b> <b>May 7</b> <b>9:00 AM</b></p>	<p><b>Timp Torne/RD Circular</b></p> <p><b>Strenuous.</b> We will hike the Timp Torne Trail over the Timp summit down to Timp Pass where we'll pick up the RD reroute and reascend the Timp. We'll continue along the proposed reroute to the Spiral Railroad and Cable incline which will bring us back to the Timp Torne Trail and Route 9W. <b>Rain cancels.</b></p> <p>Pete Heckler (201) 261-4644</p> <p><b>Jones Point parking lot</b>, Jones Point, NY</p> <p>Take Rt 9W north approx 9.5 miles past intersection with Rt 303 to small street sign on right, "Jones Point". Parking lot is on the left (west side, away from the river).</p>
	<p><b>Great Triangle Project</b></p> <p>The following hike commences an ambitious project that will cover a "Great Triangle" through northern NJ starting and finishing at Liberty State Park. The first side of the triangle follows the proposed Liberty Water Gap Trail west to the Delaware Water Gap where we'll turn northeast along the second side which follows the Highlands Trail to Storm King. The third side of the triangle will be a southward journey along the Long Path, proposed Batt to Bear Trail and Hudson River Walkway.</p>
<p><b>Sunday</b> <b>May 14</b> <b>9:00 AM</b></p>	<p><b>Great Triangle Project – Liberty Water Gap Trail #1A</b> <b>Liberty State Park, Jersey City to Pennsylvania Station, Newark</b></p> <p><b>Moderate.</b> We'll follow the first of two proposed routes starting at Liberty State Park with sweeping views of Lady Liberty, lower Manhattan and New York Harbor, continuing through the Bergen Hill historic district of Jersey City to Lincoln Park and a river view along the Hackensack. Then it's over the Hackensack and Passaic Rivers to Ironbound, Newark and finally Pennsylvania Station. We'll return by PATH (\$1.00) and Hudson Bergen Light Rail (\$1.50). Approximately 9 miles. We'll hike an alternate Jersey City route on August 27. <b>Bring change.</b></p> <p>Mike Selender (201) 451-5411 <a href="mailto:mike_selender@mindspring.com">mike_selender@mindspring.com</a></p> <p><b>Liberty State Park – South Parking Area</b>, Jersey City, NJ</p> <p>Take the New Jersey Turnpike to Exit 14B (this is on the "Turnpike Extension"). Follow signs for Liberty State Park. Once you enter the park, proceed on Morris Pesin Drive to first parking lot on the right.</p>
<p><b>Saturday</b> <b>May 20</b> <b>9:00 AM</b></p>	<p><b>Trail Work – Jessup Trail Reroute on Schunemunk Mountain</b></p> <p><b>Moderately strenuous.</b> A section of the Jessup Trail on Schunemunk has been flagged for a relocation. IHC has maintained this trail for over 30 years. The new route will be beautiful, following Baby Brook. Please help us. Creating a new section of trail is a rewarding experience.</p> <p>Ilse Dunham (973) 838-8031</p> <p><b>Red Apple Rest</b>, Rt 17, Southfields, NY</p> <p>The restaurant is on the northbound side of Rt 17, 10 miles north of Sloatsburg, NY. <b>Park in the back.</b></p>

<p><b>Sunday May 21 9:00 AM</b></p>	<p><b>Schunemunk</b>  <b>Moderately strenuous.</b> This will be a circular hike of about 9 miles including High Knob and the "Megalith".          Jim Hayes (201) 825-9506  <b>Red Apple Rest, Rt 17, Southfields, NY</b>          The restaurant is on the northbound side of Rt 17, 10 miles north of Sloatsburg, NY. <b>Park in the back.</b></p>
<p><b>Saturday May 27 9:00 AM</b></p>	<p><b>Trail Work – Jessup Trail Reroute on Schunemunk Mountain</b>  <b>Moderately strenuous.</b> A section of the Jessup Trail on Schunemunk has been flagged for a relocation. IHC has maintained this trail for over 30 years. The new route will be beautiful, following Baby Brook. Please help us. Creating a new section of trail is a rewarding experience.          Ilse Dunham (973) 838-8031  <b>Red Apple Rest, Rt 17, Southfields, NY</b>          The restaurant is on the northbound side of Rt 17, 10 miles north of Sloatsburg, NY. <b>Park in the back.</b></p>
<p><b>Sunday May 28 9:00 AM</b></p>	<p><b>Farny Highlands Trail</b>  <b>Moderately strenuous.</b> Hike high above Splitrock Reservoir in Morris County, through Farny State Park.          Steve Rikon (973) 962-4149 RIKON4@prodigy.net  <b>Burger King, Butler, NJ</b>  <i>From I-287: Exit 52 Take Rt 23 north 3 miles to Kinnelon Ave. Continue thru traffic light to first entrance into Grand Union/Burger King parking lot. Park near this entrance. <b>Shuttle required.</b></i></p>
<p><b>Sunday June 4 9:00 AM</b></p>	<p><b>Annual Meeting and Hike</b>  <b>Moderate.</b> A hike on some of the various trails of Wawayanda will precede the Annual Meeting. At the meeting we will review the previous year's activities, elect officers and conduct club business for the coming year. <b>Members only. Dues are due today!</b>          Charlie and Anita Kientzler (973) 835-1060  <b>A &amp; P/Hewitt Post Office / Five Star Shopping Center, Warwick Tpk, Hewitt, NJ</b>          From Rt 23: North to New Foundland, NJ; turn right onto Union Valley Rd (Rt 513), go 9.3 miles (bear left at ShopRite) to intersection of Warwick Tpk; turn right one block into shopping center.          From I-287: Exit 55 (Rt 511, Ringwood Ave); go north about 13+ miles to Warwick Tpk at south end of Greenwood Lake (Jct of Rt 511 &amp; Rt 513 &amp; Lakeside Ave); continue straight ahead on Warwick Tpk for half a block.</p>
<p><b>Saturday June 10 9:00 AM</b></p>	<p><b>Biking in New Paltz, NY and Minnewaska State Park</b>          We plan to bicycle on the Walkill Valley Rail Trail in New Paltz, NY and then pack up and drive to Minnewaska State Park where we will resume our ride. This "ride on the ridge" circular will take us to great views, Castle Point, and Lake Awosting. <b>Mountain or hybrid bikes only. Parking fee at Minnewaska.</b>          Steve Rikon (973) 962-4149 RIKON4@prodigy.net  <b>Harriman RR Station, Rt 17, Harriman, NY</b>          From Rt 17 north: Continue past Southfields (Red Apple Rest) and Arden (AT-Elk Pen parking). The entrance to the commuter parking lot is approx. 2 miles further on the northbound (right-hand) side.  <i>From NYS Thruway Exit 16: Proceed south on Rt 17 approx. 2 miles. Commuter lot will be on your left.</i></p>

<p><b>Sunday</b> <b>June 11</b> <b>9:00 AM</b></p>	<p><b>Hudson Highlands Hike</b> <b>Moderately strenuous.</b> Let's enjoy the spring in all it's glory and views of the Hudson. The Osborne Loop trail will bring us back by a more sheltered route. Frank Bauer (201) 845-3066 <b>Route 9D, Just North of Bear Mountain Bridge</b> On East side of Hudson River. There are parking areas on both sides of the road.</p>
<p><b>Saturday</b> <b>June 17</b> <b>8:30 AM</b></p>	<p><b>High Peters Kill, Minnewaska State Park</b> <b>Strenuous.</b> This area is truly a hiker's paradise. The views from the cliffs are great, and the Mountain Laurel are a sea of white blossoms at this time of year. Finish the hike with a grand view of Awosting Falls. Bring singles for ride share and parking fee. Plan to have supper at one of the restaurants in the area. <b>Rain cancels.</b> Ilse Dunham (973) 838-8031 <b>Suffern, NY, Municipal Parking Lot,</b> Next to RR Tracks, Junction of Rts 202 &amp; 59.</p>
<p><b>Sunday</b> <b>June 18</b> <b>9:00 AM</b></p>	<p><b>Jockey Hollow, Morristown</b> <b>Easy.</b> Let's discover history and explore some of the many hiking trails. <b>Rain cancels.</b> Phellis Swan (973) 835-4513 <b>Jockey Hollow Visitors Center,</b> Morristown, NJ Take Rt 287 to exit 30. Go north on Rt 202 for 1.8 miles to traffic light at Tempe Wick Rd. Go left (west) 1.4 miles to park entrance and continue to the Visitors Center. <b>Admission fee (\$4)</b> or Golden Eagle Pass required for this Federal Park.</p>
<p><b>Saturday</b> <b>June 24</b> <b>8:30 AM</b></p>	<p><b>Appalachian Trail #20 – RPH Cabin to NY route 52</b> <b>Moderate.</b> Distance: 5+ miles. IHC continues it's AT project with this shorter section in the Taconics. Hosner Mountain will afford good views and perhaps we'll make a side trip to Bailey Spring for lunch. <b>Shuttle required.</b> Elsie and Joel McKenzie (973) 694-3056 emckenzie@sprynet.com <b>Suffern, NY, Municipal Parking Lot,</b> Next to RR Tracks, Junction of Rts 202 &amp; 59. <i>Contact leaders for alternate meeting points.</i></p>
<p><b>Sunday</b> <b>June 25</b> <b>9:00 AM</b></p>	<p><b>Great Triangle Project – Liberty Water Gap Trail #2</b> <b>Pennsylvania Station, Newark to Brookdale Park, Bloomfield/Montclair</b> <b>Moderate.</b> We continue on the proposed Liberty Water Gap Trail with a section of the Lenape Trail from Downtown Newark, past the Ballantine House and Newark Museum and through Branch Brook Park into Belleville Park. Then some street walking to Yanticaw Park in Nutley and finally Brookdale Park. Approx. 8 miles. We will either <b>shuttle or take a bus</b> to the starting point in Newark. <b>Bring change.</b> Mike Selender (201) 451-5411 mike_selender@mindspring.com <b>Brookdale Park,</b> Bloomfield/Montclair, NJ <i>From Garden State Parkway:</i> Exit 151, Watchung Ave: northbound, turn right, southbound, turn left. Continue 1/2 mile past intersection with Broad Street (Rt 509). Turn right at park entrance immediately after intersection. Continue to the parking lot on the left by the playing fields. <i>From Route 3:</i> Exit onto Grove Street (Clifton/Bloomfield). Turn left off of the ramp from westbound 3, right from eastbound 3. Continue south on Grove Street approx. 3 miles to Watchung Ave. (Rt 655). Turn left and continue for 1/2 mile. Park entrance is on left immediately before intersection with Broad Street (Rt 509).</p>

<p><b>Sunday July 2 9:00 AM</b></p>	<p><b>Paradise Rock</b>  <b>Moderately strenuous.</b> We will go to Paradise via the old ASB trail and a later stop at some of the old iron mines. Morning coffee break at 10:30 am. Return route determined by conditions. Bring lots of water.  Pete Rigotti (718) 769-3814 PARIGOTTI@aol.com  <b>Elk Pen Parking Area, Arden, NY</b>  <i>From Rt 17 north:</i> Continue north through Sloatsburg, Tuxedo and Southfields (Red Apple Rest). Approx. 7 - 8 miles past Tuxedo look for road to the right with Appalachian Trail crossing sign. Follow road (Arden Valley Road) for 0.5 miles to parking area on right.  <i>From NYS Thruway Exit 16:</i> Proceed south on Rt 17 approx. 4 miles. Look for road to the left with Appalachian Trail crossing sign.</p>
<p><b>Saturday July 8 8:30 AM</b></p>	<p><b>Appalachian Trail #21 – NY Route 52 to NY Route 55 (West Pawling)</b>  <b>Moderately strenuous.</b> Distance: 7.1 miles. Mount Eggbert and Morgan Stewart Memorial Shelter are the "high points" of this section of the AT and a cool ravine is also along the route. <b>Shuttle required.</b>  Elsie and Joel McKenzie (973) 694-3056 emckenzie@sprynet.com  <b>Suffern, NY, Municipal Parking Lot,</b> Next to RR Tracks, Junction of Rts 202 &amp; 59.  <i>Contact leaders for alternate meeting points.</i></p>
<p><b>Sunday July 9 9:00 AM</b></p>	<p><b>The Great Swamp, Basking Ridge, NJ</b>  <b>Easy.</b> Could the Jersey Devil be hiding out in the swamp? Let's find out. 8.5 frogless miles includes 1.5 miles of road walking past various estates.  Brian Mazur (973) 478-5285 mazurb@hotmail.com  <b>McDonalds at the Morris Hills Shopping Center,</b> Intersection of Rt 202 &amp; Rt 46, Parsippany-Troy-Hills, NJ.  <i>From I-287 southbound:</i> Exit 42 onto Rt 202 South. Continue South about 0.5 miles across Rt 46 and turn right into shopping center. McDonalds will be ahead on the Rt 46 side.  <i>From I-287 northbound:</i> Exit 43 to Rt 202 south for 1.3 miles to Rt 46 and follow the above instructions.  <i>From I-80 west or east:</i> Exit to I287 north, then Exit 43 on I-287 and follow above instructions for I-287 northbound.</p>
<p><b>Saturday July 15 8:30 AM</b></p>	<p><b>Slide Circular (Catskills)</b>  <b>Strenuous.</b> Circular from Denning trailhead. We'll cross the infamous log bridge (now a single log) and follow the Fisherman's Path along the Neversink East Branch in the shade of Hemlocks and coolness of pools and water-shoots. We'll pick up the Burroughs Range Trail in the the col between Cornel and Slide and make a steep 800 foot hand-over-foot ascent to the summit of the tallest peak in the Catskills. Return by Curtis-Ormsbee and Phoenicia East Branch "Express". Approximately 12 miles.  Mike Selender (201) 451-5411 mike_selender@mindspring.com  <b>Harriman RR Station,</b> Rt 17, Harriman, NY  <i>From Rt 17 north:</i> Continue past Southfields (Red Apple Rest) and Arden (AT-Elk Pen parking). The entrance to the commuter parking lot is approx. 2 miles further on the northbound (right-hand) side.  <i>From NYS Thruway Exit 16:</i> Proceed south on Rt 17 approx. 2 miles. Commuter lot will be on your left.</p>

<p><b>Sunday July 23 9:00 AM</b></p>	<p><b>Picnic on Pompton Lake</b>  <b>Moderate.</b> We will first have a hike to Ramapo Lake followed by a swim in the pool (don't forget the bathing suit) and a picnic at the Kientzler's home. Charlie will have the grill going and Anita will supply the extras. <b>Members only.</b>  Charlie and Anita Kientzler (973) 835-1060  <b>Copper Tree Mall (Grand Union),</b> Rt 202, Oakland, NJ.  Take I-287 to Exit 58 Oakland, then proceed south on Route 202 two blocks. Meet on north side of parking lot away from Grand Union.</p>
<p><b>Sunday July 30 9:00 AM</b></p>	<p><b>Buck Trail Special</b>  <b>Moderately strenuous.</b> We cross Breakneck and Ladentown Mountains to have lunch with a view of the Hudson River. After tea and coffee we'll stop at a lake.  Pete Rigotti (718) 769-3814 PARIGOTTI@aol.com  <b>Lake Sebago Fisherman's Parking Area,</b> Harriman State Park, NY  Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive Past Reeves Meadow Visitors Center. Lake Sebago boat launch parking area is on the left side of the road 4.2 miles from Route 17.</p>
	<p>It's time to work on the Schedule of Hikes for November 2000 through April 2001. Submit hikes you'd like to lead to the club president or volunteer to lead hikes selected by the schedule committee. The variety of hikes and flavor of the schedule depends mainly on the participation of volunteer leaders.</p>
<p><b>Saturday August 5 8:30 AM</b></p>	<p><b>Appalachian Trail #22 – NY Route 55 to NY Route 22 (Pawling)</b>  <b>Moderately strenuous.</b> Distance: 7.0 miles. This section has been declared safe, as it no longer passes Nuclear Lake. In addition, West Mountain has good northern views (without a cliff) and the swamps have puncheon and bridges to cross them. Shuttle required.  Elsie and Joel McKenzie (973) 694-3056 emckenzie@sprynet.com  <b>Suffern, NY, Municipal Parking Lot,</b> Next to RR Tracks, Junction of Rts 202 &amp; 59.  <i>Contact leaders for alternate meeting points.</i></p>
<p><b>Sunday August 6 9:00 AM</b></p>	<p><b>Hike to Victory</b>  <b>Moderate.</b> First we work our way up Tom Jones and Parker Cabin Mountains, then down to the Victory Trail and Sebago Beach for a swim.  Ilse Dunham (973) 838-8031  <b>Tuxedo Railroad Station,</b> Tuxedo, NY  Railroad station is on northbound side of Rt 17 in the village of Tuxedo approx. 4.5 miles north of NYS Thruway exit 15A.</p>
<p><b>Sunday August 13 9:00 AM</b></p>	<p><b>Merrill Creek Reservoir, Harmony Township, NJ</b>  <b>Easy.</b> 7 miles of mostly level terrain through the environmental preserve and around the reservoir.  <b>Rain cancels.</b>  Brian Mazur (973) 478-5285 mazurb@hotmail.com  <b>McDonalds at the Morris Hills Shopping Center,</b> Intersection of Rt 202 &amp; Rt 46, Parsippany-Troy-Hills, NJ.  <i>From I-287 southbound:</i> Exit 42 onto Rt 202 South. Continue South about 0.5 miles across Rt 46 and turn right into shopping center. McDonalds will be ahead on the Rt 46 side.  <i>From I-287 northbound:</i> Exit 43 to Rt 202 south for 1.3 miles to Rt 46 and follow the above instructions.  <i>From I-80 west or east:</i> Exit to I287 north, then Exit 43 on I-287 and follow above instructions for I-287 northbound.</p>

<p><b>Sunday August 20 9:00 AM</b></p>	<p><b>Tale of Two Lakes</b>  <b>Moderately strenuous.</b> Claudius Smith's Den, Sebago Lake and "the raspberry patch or high-bush blueberries" are on the itinerary. If the day is warm, we will cool our feet at Lake Skenanto.          Charlie and Anita Kientzler (973) 835-1060  <b>Tuxedo Railroad Station, Tuxedo, NY</b>          Railroad station is on northbound side of Rt 17 in the village of Tuxedo approx. 4.5 miles north of NYS Thruway exit 15A.</p>
<p><b>Sunday August 27 9:00 AM</b></p>	<p><b>Great Triangle Project – Liberty Water Gap Trail #1B Liberty State Park to Lincoln Park, Jersey City</b>  <b>Moderate.</b> We'll follow the second of two proposed routes starting at Liberty State Park with sweeping views of Lady Liberty, lower Manhattan and New York Harbor, continuing through historic districts of downtown Jersey City and up Newark Avenue to Journal Square. We'll pass the Apple Tree House as well as the oldest Cemetery west of the Hudson. We'll continue through Lincoln park before continuing south to hitch a ride back on the Hudson Bergen Light Rail (\$1.50). Approximately 8 miles. <b>Bring change.</b>          Mike Selender (201) 451-5411 mike_selender@mindspring.com  <b>Liberty State Park – South Parking Area, Jersey City, NJ</b>          Take the New Jersey Turnpike to Exit 14B (this is on the "Turnpike Extension"). Follow signs for Liberty State Park. Once you enter the park, proceed on Morris Pesin Drive to first parking lot on the right.</p>
<p><b>Sunday September 3 9:00 AM</b></p>	<p><b>Scenic Western Morris County</b>  <b>Moderately strenuous.</b> 10 -14 miles, some on roads, some on trails; one long hill by a shady brook. Enjoy some of New Jersey's most scenic country roads at harvest time with walks through the gardens at 3 mansions (Morris County Parks), wade through the Black River in Hacklebarney state Park, stop at a cider mill for refreshments. Optional stop at the Cooper Grist Mill (\$1.00). Sneakers OK, but change of socks and sun protection recommended. Comfort stations and water refills available along route. Long day.          Jean Fletcher (973) 285-5263  <b>McDonald's in Chester Shopping Center, Chester, NJ.</b>          This shopping center is at the intersection of Route 206 and Route 24 or Route 124 or Route 513, depending on the map.          From I-80: Exit 27 (Route 206 South). Continue southward 7+ miles to the intersection of Route 513 (no Route 24 sign), look for McDonald's on the left, south of the intersection.</p>
<p><b>Sunday September 10 9:00 AM</b></p>	<p><b>The Schermann-Hoffman Wildlife Sanctuary, Bernardsville, NJ</b>  <b>Moderate.</b> 7 miles of rolling hills and somewhat rocky terrain. Rain cancels.          Brian Mazur (973) 478-5285 mazurb@hotmail.com  <b>McDonald's at the Morris Hills Shopping Center, intersection of Rt 202 &amp; Rt 46, Parsippany-Troy-Hills, NJ.</b>  <i>From I-287 southbound:</i> Exit 42 onto Rt 202 South. Continue South about 0.5 miles across Rt 46 and turn right into shopping center. McDonald's will be ahead on the Rt 46 side.  <i>From I-287 northbound:</i> Exit 43 to Rt 202 south for 1.3 miles to Rt 46 and follow the above instructions.  <i>From I-80 west or east:</i> Exit to I287 north, then Exit 43 on I-287 and follow above instructions for I-287 northbound.</p>

<p><b>Sunday September 17 9:00 AM</b></p>	<p><b>Great Triangle Project – Liberty Water Gap Trail #3 Brookdale Park, Bloomfield/Montclair to West Essex Park, Livingston</b></p> <p><b>Moderate.</b> We continue on the proposed Liberty Water Gap Trail with a section of the Lenape Trail including Brookdale Park, the Mills Reservation, the famous lookout point in Eagle Rock Reservation and West Essex Park including Charm Acres. Approx. 8 miles. <b>Shuttle required.</b></p> <p>Mike Selender (201) 451-5411 mike_selender@mindspring.com</p> <p><b>West Essex Park, Livingston, NJ</b></p> <p><i>From Route 280:</i> Take exit 4A, Eisenhower Parkway south for 1/2 mile. Turn right on Eagle Rock Ave. and continue for 1/2 mile. Park by white building on left with Rutgers Cooperative Extension/4-H sign.</p>
<p><b>Sunday September 24 9:00 AM</b></p>	<p><b>Black Rock Forest</b></p> <p><b>Moderately strenuous.</b> Route will probably include Mount Misery, Black Rock Mountain, Rattlesnake Hill and Hill of Pines. There are several good views. Approx. 8 miles.</p> <p>Jim Hayes (201) 825-9506 JEHRMAN55@cs.com</p> <p><b>Anthony Wayne Recreation Area (north parking area), Harriman Park, NY</b></p> <p>Exit 17 on Palisades Interstate Parkway (15 miles north of NYS Thruway, just beyond Visitors Center in middle island). From the north, the parking area is 0.5 miles south of the Rt 6 and Seven Lakes Drive intersection.</p>
<p><b>Sunday October 1 9:00 AM</b></p>	<p><b>Ringwood to Ramapo and Back</b></p> <p><b>Strenuous.</b> No shuttle needed for this hike! Start in Ringwood State Park, up Mt. Defiance, pass Pierson Ridge and over to Ramapo Reservation in Mahwah. We'll have lunch and return.</p> <p>Steve Rikon (973) 962-4149 RIKON4@prodigy.net</p> <p><b>Skylands Manor, Parking Lot A, Ringwood, NJ</b></p> <p><i>From I-287:</i> Exit 55. Go north on Ringwood Ave (Rt 511) about 7 miles to Sloatsburg Rd; turn right for 2 miles to Skylands sign. Turn right one mile to "Lions Gateway" near Manor House; continue straight to parking lot on left.</p> <p><i>From Rt 17:</i> Exit at Sloatsburg Road. Continue southwest on Sloatsburg Rd to Skylands sign, turn left to Manor House as above.</p> <p><i>From I-80 west or east:</i> Exit to I287 north, then Exit 43 on I-287 and follow above instructions for I-287 northbound.</p>
<p><b>Saturday October 7 8:00 AM</b></p>	<p><b>North Lake Escarpment Trail (Catskills)</b></p> <p><b>Moderately strenuous.</b> This historic, scenic hike will encompass many famous places such as Sunset Rock, The Catskill Mountain House, Artist's Rock, Newman's Ledge and North Point. We also plan to have an early supper in one of the restaurants in the area.</p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p><b>Suffern, NY, Municipal Parking Lot, Next to RR Tracks, Junction of Rts 202 &amp; 59.</b></p>
<p><b>Sunday October 8 9:00 AM</b></p>	<p><b>Man 'O War</b></p> <p><b>Moderately strenuous.</b> Some say we found it. Others say no. Come and decide for yourself. A trip up Old Red to the Torne for a morning snack of Popums.</p> <p>Pete Rigotti (718) 769-3814 PARIGOTTI@aol.com</p> <p><b>Reeves Meadow Visitors Center, Seven Lakes Drive, Sloatsburg, NY</b></p> <p>Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center.</p>

<p><b>Saturday October 14 9:00 AM</b></p>	<p><b>Popolopen Torne</b>  <b>Moderately strenuous.</b> We'll hike the 1779 Trail to Popolopen Torne for lunch and grand views of Bear Mountain and the Hudson River Valley.  David Kocian (201) 393-0986 davidamk@yahoo.com  <b>Reeves Meadow Visitors Center</b>, Seven Lakes Drive, Sloatsburg, NY  Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center. Shuttle required.</p>
<p><b>Sunday October 15 9:00 AM</b></p>	<p><b>Ken Lockwood Gorge, Califon, NJ</b>  <b>Easy to moderate.</b> 8.5 miles of level terrain on an old rail-trail and along a scenic trout stream. <b>Rain cancels.</b>  Brian Mazur (973) 478-5285 mazurb@hotmail  <b>McDonald's at the Morris Hills Shopping Center</b>, Intersection of Rt 202 &amp; Rt 46, Parsippany-Troy-Hills, NJ.  <i>From I-287 southbound:</i> Exit 42 onto Rt 202 South. Continue South about 0.5 miles across Rt 46 and turn right into shopping center. McDonald's will be ahead on the Rt 46 side.  <i>From I-287 northbound:</i> Exit 43 to Rt 202 south for 1.3 miles to Rt 46 and follow the above instructions.  <i>From I-80 west or east:</i> Exit to I287 north, then Exit 43 on I-287 and follow above instructions for I-287 northbound.</p>
<p><b>Sunday October 22 9:00 AM</b></p>	<p><b>Annual Trail Clearing on Schunemunk Mountain</b>  <b>Moderately strenuous.</b> IHC maintains sections of the Long Path, Western ridge Crossover and Barton Swamp trails, as well as the Lower Jessup Trail. We need your help! Bring lunch, work-gloves and clippers, or use the tools provided by the club.  <b>Rain date: Saturday, October 28.</b>  Ilse Dunham (973) 838-8031  <b>Red Apple Rest</b>, Rt 17, Southfields, NY  The restaurant is on the northbound side of Rt 17, 10 miles north of Sloatsburg, NY. <b>Park in the back.</b></p>
<p><b>Eastern Standard Time Resumes – Fall Back One Hour</b></p>	
<p><b>Sunday October 29 9:00 AM</b></p>	<p><b>Scene of a Murder</b>  <b>Moderately strenuous.</b> Who killed Francis C. when he returned from the Alaska Gold Rush? Where was the body hidden? Where is the final resting place? Explore unique areas around Sebago Lake. Some bushwhacking.  Dave and Naomi Sutter (973) 778-0992 dsuttr@aol.com  <b>Lake Sebago Fisherman's Parking Area</b>, Harriman State Park, NY  Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive Past Reeves Meadow Visitors Center. Lake Sebago boat launch parking area is on the left side of the road 4.2 miles from Route 17.</p>

## Officers/Contacts:

<b>President</b>	Mike Selender	159 Jewett Avenue, Jersey City, NJ 07304-2003 mike_selender@mindspring.com	(9)
<b>Secretary</b>	Brian Mazur	11 Maple Place, Clifton, NJ 07011 mazurb@hotmail.com	(9)
<b>Treasurer</b>	Charles Kientzler	711 Terhune Drive, Wayne, NJ 07470-7111	(9)
<b>Trails Chair</b>	Ilse Dunham	3 Brentwood Drive, Kinnelon, NJ 07405	(9)
<b>Entertainment Chair</b>	Anita Kientzler	711 Terhune Drive, Wayne, NJ 07470-7111	(9)
<b>interstatehiking@mindspring.com</b>		<b><a href="http://www.mindspring.com/~interstatehiking/">http://www.mindspring.com/~interstatehiking/</a></b>	

## Membership Application:

Having **completed at least one club hike**, I wish to apply for membership in the Interstate Hiking Club. Enclosed are dues and initiation fee as listed below:

Dues are \$5.00 plus a \$1.00 initiation fee for a total of \$6.00. If joining after December 1st, dues are \$2.50 plus a \$1.00 initiation fee for a total of \$3.50. Junior (under 18) dues are \$1.00.

<b>Name:</b>				
<b>Street:</b>				
<b>City, State, Zip:</b>				
<b>Phone:</b>		<b>E-Mail:</b>		
<b>Date:</b>		<b>Amount:</b>	<input type="checkbox"/> \$6.00	<input type="checkbox"/> \$3.50 (after 12/1)

## Membership Renewal:

Annual dues of \$5 are **due on or before the annual meeting** and hike on June 4, 2000. To help simplify this process, please mail this form along with a check for \$5 (payable to Interstate Hiking Club) to our club treasurer:

<b>Name:</b>			
<b>Street:</b>			
<b>City, State, Zip:</b>			
<b>Phone:</b>		<b>Date:</b>	
<b>E-mail:</b>			

These forms may be given to any club officer or mailed to the Treasurer:

Charles Kientzler  
711 Terhune Drive  
Wayne, NJ 07470-7111

