

Interstate Hiking Club

Organized 1931

Affiliate of the NY-NJ Trail Conference



Schedule of Hikes

May 2005 through October 2005

Web Page: [http:// www.MINDSPRING.COM/~INTERSTATEHIKING/](http://www.MINDSPRING.COM/~INTERSTATEHIKING/)
E-Mail: INTERSTATEHIKING@MINDSPRING.COM

Interstate Hiking Club
C/O Charles Kientzler
711 Terhune Drive
Wayne, NJ 07470-7111

First Class Mail

GENERAL INFORMATION ABOUT THE INTERSTATE HIKING CLUB

Who we are!

The Interstate Hiking Club (IHC) is a medium-sized hiking club, organized in 1931. IHC has been affiliated with the NY/NJ Trail Conference, as a trail maintaining club, since 1931.

Guests are welcome! An adult must accompany anyone under 18. **No Pets allowed on IHC hikes.**

Where do we go?

Most of our activities are centered in the NY/NJ area; some hikes are farther away. The club occasionally sponsors trips in the Catskills and Pennsylvania. **Our hikes are not usually 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.

Strenuous: More climbing, usually rugged walking, generally 9 miles or more.

Moderate: Some climbing and rugged walking, but less than 9 miles.

Easy: Generally easy, fairly level trails, slower pace, and 6 to 8 miles.

The club also maintains trails in association with the NY/NJ Trail Conference. Two Sundays a year are devoted to this service work. In addition, in the past we have participated in the following: orienteering, snow-shoeing, cross-country skiing, swimming, canoeing, mountain biking, backpacking, and camp-outs in the Adirondacks and Maine.

What to bring:

Footwear is very important. **Hiking boots with non-slip soles are essential for all hikes.** New footwear should be broken-in before being used on a hike!

Bring plenty of water to drink (2 quarts minimum recommended), 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!**

The stated meeting time for a hike "is" the departure time.

The leader is in charge of the event. Allow the leader to set the pace. **Do not rush ahead or fall behind the group.**

The leader has the right to refuse any person he/she deems not prepared for the hike.

How to join:

Application for membership may be given to any club officer or mailed to the treasurer **upon the completion of one hike.**

A guest attending three hikes in three successive months is expected to apply for membership

INTERSTATE HIKING CLUB OFFICERS FOR JUNE 2004 TO May 2005

President:	Carolyn Canfield	107 Rolling Ridge Rd.	W. Millford NJ 07480	(973) 728-9774	CANFIELD@NETROM.COM
Secretary:	Marguerite La Corte	PO Box 52	Mt. Tabor NJ 07878	(973) 625-4379	
Treasurer:	Charles Kientzler	711 Terhune Dr.	Wayne NJ 07420	(973) 835-1060	CKIENTZLER@AOL.COM
Trails Chair:	James Canfield	107 Rolling Ridge Rd.	W. Millford NJ 07480	(973) 728-9774	CANFIELD@NETROM.COM
Entertainment:	Anita Kientzler	711 Terhune Dr.	Wayne NJ 07420	(973) 835-1060	CKIENTZLER@AOL.COM
Web Page:	Mike Selender	159 Jewett Ave.	Jersey City NJ 07304	(201) 451-5411	--See IHC E-mail below--
Internet:	http://www.MINDSPRING.com/~INTERSTATEHIKING/		IHC E-mail: INTERSTATEHIKING@MINDSPRING.com		

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. If joining between May 1 and Dec. 1, dues are \$10.00 per year plus \$1.00 initiation fee for a total of \$11.00. If joining between Dec. 1 and May 1, dues are \$5.00 (1/2 year) plus a \$1.00 initiation fee for a total of \$6.00. Junior (under 18) dues are \$1.00. **The Club fiscal year is 7/1 to 6/30. Annual Dues: Due on June 1**

Name: _____ (Please PRINT Clearly)

Street: _____

City, State, Zip: _____

Phone: (____) _____ **E-mail: (All Caps)** _____

Date of your IHC hike: ____/____/____ **Application Date:** ____/____/____

Amount: ____ \$11.00 (App. Date, 5/1 to 12/1) ____ \$6.00 (App. Date, 12/1 to 5/1) ____ \$1.00 (Junior)

Mail to: Interstate Hiking Club, c/o Charles Kientzler, Treas., 711 Terhune Drive, Wayne, NJ 07470

A Letter from the President's desk

May 1, 2005

Dear Interstate Hiking Club Member,

The scheduling committee has worked hard to present to the members a choice of activities, both hikes, bike rides, and canoe events (see pages 9 & 10) in a variety of locations and at a variety of difficulty levels from relatively easy to strenuous. I encourage you to directly contact the listed leader if in doubt of the appropriateness of the activity for your interest and ability.

Please note that the Annual Meeting on Sunday, June 5 will be at the Sen. Lautenberg Visitors Center, Sterling Forest State Park (directions in the schedule). The Visitors Center is adjacent to a large parking area and therefore is accessible to all members even if they do not hike that day.

As we are all aware, over the past 20 years, the cost of club operation has gradually increased with no subsequent increase in dues. As an additional expense during 2004, the club was able to obtain, at the reasonable cost of \$675 per year, both liability insurance for club officers and activity leaders plus excess medical coverage for all members when on club activities. Under present litigation circumstances, the officers felt that this coverage was a necessity. To continue to maintain a sound and workable treasury, a Board of Officers proposal for establishing future yearly dues of **\$10 per member** will be presented for member discussion and vote at the June 5 Annual Meeting.

It is important that as many members as possible attend the meeting. In order to change the dues structure, it is necessary to change the club constitution, which "may only be amended at an annual meeting attended by no fewer than 20 adult members." **Please make every effort to attend this important meeting.**

Looking forward to an enjoyable and safe outing season for all.

Carolyn Canfield
President
Interstate Hiking Club

<p style="text-align: center;">In Memory Of Muriel Morrison 1923-2004 Member since 1967 25+ Hikes per Year 1976-1989 IHC Secretary 1985-1990 IHC Publicity 1990-2003 Spouse of the late Willard Morrison - IHC President 1981-1982 Muriel, Our "Sergeant"</p>

INTERSTATE HIKING CLUB SUMMER 2005 SCHEDULE

The Highlands Trail Project

The Highlands trail, a long distance trail, was designed to attract people to the natural beauty of the endangered New Jersey and New York Highlands. Interstate Hiking Club is making this a club project, to piece together and hike the different sections over the next several years.

Rain, inclement weather, or poor driving conditions will cancel the activity. Contact the leader if in doubt.

Sunday May 1, 2005 1777 to Fort Montgomery Moderately strenuous

We will shuttle south on Rt-9W to the 1777 trail head where the hike will start. Plenty of views and diversions at the Timp, Bald Mt., the Carousel, Twin Forts Trail and Ft. Montgomery.

Leader: Pete Heckler (201) 261-4644 **No phone calls morning of the hike please.**

Meet: 9:00 AM Fort Montgomery (Trading Post) Parking on Rt-9W north, Fort Montgomery, NY 10922

Take the Palisades Interstate Parkway north to Rt-9W traffic circle near Bear Mountain Bridge (about 18 miles north of New York State Thruway). Then north on Rt-9W about 1/4 mile across Popolopen Bridge to parking on east side of Rt-9W.

Saturday May 7, 2005 AT – Fox Gap to Delaware Water Gap Moderately strenuous

A hike of 8 miles starting from Fox Gap, then over Mount Minsi and descending on the AT on the Pennsylvania side of the Delaware Water Gap. **Shuttle to Fox Gap.**

Leader: Jennifer & Guy Percival (973) 984-1005

Meet: 9:00 AM Delaware Water Gap, Kittatinny Visitor Center, I-80, Columbia, NJ 07832

From I-80 west to Delaware Water Gap area: Exit for Visitor Center. THIS IS THE LAST EXIT BEFORE BRIDGE TO PA.

Follow signs to Visitor Center making a left at stop sign at end of exit ramp and proceeding under I-80.

Sunday May 8, 2005 Bike Ride – Denville Moderate

A casual pace on rolling terrain in Morris County. About 23 miles. Bring lunch. Rain Cancels. Any style bicycle is suitable

Leader: Pete Beck (201) 274-4471 **Must register with the leader. HELMETS REQUIRED..**

Meet: 9:45 AM Starbucks in Denville, NJ 07834

From I-80 West Exit 39 or East Exit 38: Rt-46 east. Go past the Rt-53 south exit to the Rt-53 north exit. Stay to the right as the road circles around and puts you in the center of Denville at a traffic light. Ahead is the Keyfood supermarket. Starbucks is to the right.

Sunday May 15, 2005 Rockhouse Mountain Moderate

This hike starts on the Long Path going south to the Beech Trail. We may visit the rarely visited Barnes Mine. Then South or East?

Leader: Pete Rigotti E-mail: PETERLABOR@YAHOO.COM

Meet: 9:00 AM Lake Skannatati Parking Area, Seven Lakes Drive, Harriman State Park, NY 10974

From Suffern @ I-287 & I-87 Interchange Exit 15A: Take Rt-17 north 4½ miles to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Drive; go 7¾ miles. Parking is on the left along the lower lake.

Sunday May 22, 2005 Watchung Reservation, Mountainside Moderate

A brisk hike of 4–5 miles with some rocky trails and across numerous brooks.

Leader: Eck Khoon Goh (908) 790-0939

Meet: 10:00 AM Trailside Museum, Coles Ave., Watchung Reservation, Mountainside, NJ 07092

From East bound Route I-78, Exit 45: Go right (west) onto Glenside Ave. In 1¾ miles turn left onto Watchung Reservation Tracy Dr. Continue to the first circle and take first right onto Summit Lane. Go ½ mile and bear right onto New Providence Rd. to the end. The Trailside Parking Area is on right. **Note! No legal exit Westbound I-78 to Glenside Rd! Exit 40 has a U-turn.**

From Garden State Parkway Exit 140, Rt-22: Take Rt-22 west about 5 miles to New Providence Rd, (Boro of Mountainside) turn right and continue 4 blocks to Tracy Dr. Turn right, follow Tracy Dr. to circle; then ¾ around to Summit Lane. Go ½ mile and bear right onto New Providence Rd. to the end. The Trailside Parking Area is on right.

Saturday May 28, 2005 Weis Wildflowers Moderate

During our 6–7 mile hike we can expect blooming of the regional wildflowers throughout Norvin Green State Forest complemented by distant views from Wyanokie High Point.

Leader: Ellie King (908) 233-8411

Meet: 10:00 AM Weis Ecology Center, 150 Snake Den Road, Ringwood, NJ 07456

From I-287 Exit 55: Take Ringwood Ave. (Rt-511) north 4 miles and turn left onto Westbrook Rd. Go west on Westbrook Rd. and make a left at “Y” intersection, then ½ mile to a left onto Snake Den Road. Follow road to parking lot on right before Weis Ecology.

Do not go into Weis Ecology Center.

Sunday May 29, 2005 East of the Hudson Moderately strenuous

Fahnstock State Park is a natural and historical treasure. A combination of trails leads us past ponds, mines, hemlock groves, through thickets of mountain laurel and past a waterfall.

Leader: Ilse Dunham (973) 838-8031

Meet: 9:00 AM Pacesetter Shopping Center, Stop & Shop Super Market, Rt-202, Mount Ivy, NJ 10970

From Palisades Interstate Parkway Exit 13: Go west on Rt-202 about ½ mile. Pacesetter Shopping Center is on the left. We park 10 rows in front of Stop & Shop.

Saturday June 4, 2005 National Trails Day See www.nynjtc.org/events for area activities.

Sunday June 5, 2005 IHC Annual Meeting and Hike Moderate
IHC Members Only Please! RAIN DOES NOT CANCEL LUNCH or THE MEETING.

We encourage all IHC members to come to the annual business meeting and election of officers. The meeting will be held at the new Sen. Lautenberg Visitors Center, Sterling Forest State Park. We will hike in Sterling Forest State Park prior to the meeting. Lunch time will be at the Visitors Center at 12 noon and the meeting at 1:00 PM.

Leaders: The "Old" Officers (973) 728-9774 or (973) 835-1060

Meet: 9:00 AM Sterling Forest St. Park Visitor's Center parking area, Old Forge Rd; Tuxedo, NY 10987

From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 north approximately 2 miles to Sterling Mine Road (CR-72). Proceed west on Sterling Mine Road approximately 3 miles to traffic light. Turn right at traffic light onto Long Meadow Road (CR-84). Go north approximately 3½ miles to Old Forge Road on left. Turn left onto Old Forge Road and take the next right toward the Visitor's Center (left side ¼ mi.) and park in the parking lot on right. (The old visitor center lot.)

Sunday June 12, 2005 Watchung Reservation Moderate

A brisk hike of 4–5 miles with some rocky trails and numerous brook crossings.

Leader: Eck Khoon Goh (908) 790-0939

Meet: 10:00 AM Trailside Museum, Coles Ave., Watchung Reservation, Mountainside, NJ 07092

See May 22, 2005 for driving instructions

Sunday June 12, 2005 Bike Ride - Delaware River Loop North of Stockton Moderate

This route is combination of flat towpath, with mostly hard-packed gravel, but some loose, and paved road. About 20–25 miles total. ATB or sturdy hybrid tires recommended. Rain cancels. **HELMETS REQUIRED**

Leaders: Carolyn and James Canfield (973) 728–9774 **Must register with the leader.**

Meet: 10:00 AM Prallsville Mill, Rt-29, Stockton, NJ 08559

From I-287 Exit 17: Take Rt-202/Rt-206 south and continue on Rt-202 about 26 miles to last exit in NJ. Exit is to Rt-29, Stockton/Lambertville. Follow signs to Rt-29 (along river), and turn Right (north) driving for 3 miles through Stockton to Prallsville Mill Parking on left, near the D&R Canal towpath.

Sunday June 19, 2005 Swampy Silvermine Moderately strenuous

Lots of old trails and woods roads as we explore some areas that are seldom hiked. All could be wet including Owl and Bockey swamps. About 10 miles. Call after 7:00 AM on Sunday if weather is in doubt.

Leader: Larry Spinner (845) 356-5219 **No calls after 9:00 PM**

Meet: 9:00 AM Silvermine Picnic Area, Seven Lakes Drive, Harriman State Park, NY 10911

From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 north 4½ miles, to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Drive; go 12½ miles. Parking is on the right.

From the Palisades Interstate Parkway Exit 18 @ intersection of PIP & Rt-6: Go north to Long Mountain Circle and then take Seven Lakes Drive west 1½ miles to Silver Mine Picnic Area on left.

Saturday June 25, 2005 Minnewaska Meander Moderately strenuous

The scenic trails and carriage roads offer us many route options. Possible swim in Lake Awosting.

Leader: Gail Stocks (973) 839-9038

Meet: 10:00 AM Minnewaska State Park (Lower parking lot), NY 12446 (Entrance fee of \$6.00 per car)

Approximately 6 miles west of New Paltz, New York 12561. From I-87 (NY Thruway) Exit 18, New Paltz: Turn left onto Rt-299 and follow Main Street through New Paltz. Cross bridge and stay straight on Rt-299 7½ miles to T intersection (Rts-44/55). Turn right and follow Rts-44/55 4½ miles to Minnewaska entrance on left.

Sunday June 26, 2005 Bike Ride – Princeton and Beyond Moderately strenuous

Bike from Rocky Hill to historic Hopewell, then on to Princeton with a visit to the campus and return via a short ride on the D&R bike path (this section is OK for road bikes). About 32 miles with some hills and moderate traffic. Deli lunch available in Hopewell.

RAIN CANCELS. HELMETS REQUIRED.

Leaders: Charlie and Anita Kientzler (973) 835-1060 **Must register with the leader.**

Meet: 10:00 AM D&R Canal Parking, Washington Street, Rocky Hill, NJ 08553

From I-287 Exit 17: Take Rt-206 south about 14 miles to CR-518 (Washington St.). Turn left toward Rocky Hill and continue 1¼ miles, through town, to parking area on the left between the river and the canal/bike path.

Sunday July 3, 2005 Highlands Trail Section #10 Moderate

A 6–7 mile linear hike that starts in Norvin Green State Forest and ends at Echo Lake. Just a few steep ups and downs.

Shuttle to Chikahoki Falls parking area.

Leader: Steve Rikon (973) 962-4149

Meet: 9:00 AM Echo Lake parking area, Newark Watershed, Echo Lake Rd; West Milford, NJ 07480

From I-287 Exit 52: Rt-23 North about 7 miles to Echo Lake Rd. Turn right. Go about 1 mile to Newark Watershed entrance on left.

Sunday July 10, 2005 Red, White and Blue Moderately strenuous
 From Johnstown Circle, we will have a belated 4th celebration on the red TMI, White Bar, White Cross or white Kakiat, and the Blue Disc. About an 8 mile hike.
Leader: Hank Perrine (212) 666-0694
Meet: 9:00 AM Johnstown Circle, Johnstown Road, Sloatsburg, NY 10974
From Suffern @ I-87 & I-287N Exit 15A: Take Rt-17 north 4½ miles, to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Drive and proceed ½ mile to Johnstown Rd. on the left after underpass. Follow road about 2 miles to the circle at the end.

Saturday July 16, 2005 Mountain Bike on the Columbia Rail Trail Moderately strenuous
 Bike the 16 miles of an old rail bed one way and return 16 miles on a quiet country road. (32 total) The route takes you from Flanders in Morris County to High Bridge in Hunterdon County, NJ. We will pass through the Ken Lockwood George both ways. ATB or sturdy Hybrids only. **HELMETS REQUIRED Rain Cancels.**
Leader: Ann Gilbert (973) 839-0292 Must register with the leader.
Meet: 9:00 AM McDonald's, Morris Hills Shopping Center, Jct. Rts. 202/46, Parsippany-Troy Hills, NJ 07054
From I-287 south: Exit 42 onto Rt-202 south. Continue south about ½ mile across Rt-46 and turn right into the shopping center. McDonald's will be ahead on the Rt-46 side.
From I-287 north Exit 43: Rt-202 south for 1¼ miles to Rt-46 and follow the above instructions.
From I-80 west or east: Exit to I-287 north, then Exit 43 on I-287 and follow above instructions for I-287 north.

Sunday July 17, 2005 Camp Glen Gray Moderately strenuous
 On this 8–9 mile hike, we will explore an extensive network of trails in the Highlands of the Ramapo Mountains. Many lakes and viewpoints to enjoy.
Leader: Susan Clark (973) 962-0926
Meet: 9:00 AM Upper Parking Lot, Skyline Drive, Ramapo Mt. State Forest, Oakland, NJ 07436
From I-287 Exit 57: Take Skyline Drive north towards Ringwood. Parking area is on the left at the top of the mountain approx. 1¼ miles from the exit.

Sunday July 24, 2005 Annual Hike and Picnic on Pompton Lake Moderate
IHC Members Only Please! First we will hike to Pequannock Knob for lunch. Afterwards we drive back to Kientzler's house for a swim in the pool (don't forget the bathing suit) and picnic. Bring a dish to share and something to cook. Charlie will have the grill going. If you wish, bring a door prize contribution. **Rain does not cancel the Picnic!**
Leaders: Charlie & Anita Kientzler (973) 835-1060
Meet: 9:00 AM Home Depot parking lot, Route 23 North, Riverdale, NJ 07457
From I-287 Exit 52: Take Rt-23 north ½ mile to light. Turn right to Home Depot parking lot. Park on south side near Staples.

Sunday July 31, 2005 Merrill Creek Reservoir and Preserve Easy
 From the book of 50 hikes in New Jersey: "this is an easy hike." Combinations of trails lead us along the perimeter of the 650 acre lake, with a stop at the Visitors Center. The raspberries along the trail should be ready for picking.
Leader: Ilse Dunham (973) 838-8031
Meet: 9:00 AM McDonald's, Morris Hills Shopping Center, Jct. Rts. 202/46, Parsippany-Troy Hills, NJ 07054
See July 16, 2005 for driving instructions

Sunday August 7, 2005 High Point State Park Moderately strenuous
 A variety of trails give us access to Lake Marcia and the newly renovated High Point Monument. Possible swim at Lake Marcia.
Leader: Jane Egan (973) 636-0809 No calls after 9:00 PM.
Meet: 9:00 AM Burger King / Stop & Shop Super Market, Route 23 North, Butler, NJ 07405
From I-287 Exit 52: Take Rt-23 north 3 miles to Kinnelon Avenue. Continue through traffic light to first entrance on right into Burger King / Stop & Shop parking lot. Park in front of the Stop & Shop near the highway.

Sunday August 7, 2005 Deadline for October 2005 – April 2006 Schedule
Send information to: Carolyn Canfield, 107 Rolling Ridge Rd, West Milford, NJ 07480 or CANFIELD@NETROM.COM

Sunday August 14, 2005 Highlands Trail #9 Moderately strenuous
 The Highlands Trail is the Butler Hewitt Trail in Norvin Green. Views will be had from Wyanokie High Point and Carris Hill. Perhaps Chikahoki Falls will be still running.
Leaders: Charlie & Anita Kientzler (973) 835-1060
Meet: 9:00 AM Weis Ecology Center, Snake Den Road, Ringwood, NJ 07456
See May 28, 2005 for driving instructions

Sunday August 21, 2005 Around the Park at Jockey Hollow Moderate
 Enjoy the history, the flora, and the fauna during our brisk 6–7 mile hike around the boundary of Jockey Hollow. We will visit the Audubon Sanctuary, the Cross Estate Gardens, and the Wick House. A \$4 fee for those without a park pass.
Leader: Leon Wasserman (973) 887-8622
Meet: 9:00 AM Morristown National Historical Park Visitors Center, Harding Twp., NJ 07960
From: Route I-287 Exit 30: Go north on Rt-202 for 1.8 miles to traffic light at Tempe Wick Rd. Go left (west) 1½ miles to park entrance on right. Proceed ½ mile to parking lot.

- Saturday August 27, 2005 Pyramid Mountain Natural Historic Area Moderate**
 This will be a brisk hike of 4–5 miles along the reservoir and up to Tripod Rock, an unusual glacial erratic. The trails are rocky in some sections and there will be several steep ups and downs.
Leader: Eck Khoon Goh (908) 790-0939
Meet: 10:00 AM Pyramid Mountain Visitor's Center, Route 511, Kinnelon, NJ 07405
From the North: I-287 Exit 52, to Rt-23 north. Go 2 miles to Boonton Ave. (Rt-511 south). Exit is a right-hand jug-handle turn. Follow Rt-511 south 4 miles to Morris County Park parking lot on right.
From the South: I-287 Exit 45 Wootton Ave. (Boonton). Take first left and go under I-287. Follow Wootton Ave. straight up the hill to blinker light. Turn right on Boonton Ave. (Rt-511) and continue about 3 miles to Morris County Park parking lot on left.
- Sunday August 28, 2005 Tourne Park & Grace Lord Park Easy**
 In the morning we will hike about 5 miles in Tourne Park on various trails. After lunch we will drive a few miles to Grace Lord Park and hike about 3 miles to see the Rockaway Falls and Iron Age remains.
Leader: Jim McKay (973) 538-0756
Meet: 9:00 AM Tourne Park, Boonton, NJ 07005
From I-80 West, Exit 39: Rt-46 East. Go 1¼ miles to Mountain Lakes Blvd. (CR-618); turn left at the traffic light. Go 2.4 miles to fork; bear left for another ¼ mile to McCaffrey Lane. Turn left. Go ½ mile to parking lot on left near the ball field.
- Sunday September 4, 2005 Washington Valley Ramble Moderate**
 Washington Valley Park is only 3 miles long, but it contains very steep and hilly terrain. Starting at Chimney Rock Park, we will head down a wooded ravine to a cataract, then up to the Hawk watch. We finish our 6 mile hike with a circular return through a pine forest and around a pretty reservoir.
Leaders: Jennifer & Guy Percival (973) 984-1005
Meet: 9:00 AM Chimney Rock Park, Martinsville, NJ 08836
From I-287 South: Take I-78 east to exit 33. Turn right taking Rt-525 south to Martinsville, about ¾ miles. Turn left at T junction with Washington Valley Rd. Exxon station on right hand side. Proceed east 2 blocks to next traffic light. Turn right on Chimney Rock Road. Park entrance is on left just after Loft Farm condominiums.
- Sunday September 11, 2005 Black Rock Forest Moderately strenuous**
 This hike is about 9 miles with a number of climbs including Mount Misery before lunch. Moderate terrain on the return.
Leader: Jim Conlon (914) 591-6079
Meet: 9:30 AM Black Forest Main Parking Area, Reservoir Road, Cornwall, NY 12518
From Palisades Interstate Parkway Northbound: Continue north following both Rt-6 west and the PIP until the intersection of Rt-9W at the Bear Mt. Bridge (about 18 miles north of NYS Thruway). From the Bear Mountain Circle, take Rt-9W north for 9 miles. Turn right on Mountain Rd. (at school sign on downgrade past Storm King). Make an immediate right and through the narrow tunnel leading to Black Rock parking.
From New York Thruway north to Exit 16 Harriman: Keep to the right after the toll onto Rt-32 north for about 7½ miles. Turn right on Angola Rd (opposite Black Rock Fish & Game Club sign) and go 1 mile to stop sign. Turn left and go 2 miles to Rt-9W south. Go 1.5 miles and turn right leading to Black Rock parking area.
- Saturday September 17, 2005 Bike Ride along the Delaware River Moderate**
 Cycling along the Delaware River from Frenchtown south to Washington's Crossing via Lambertville and New Hope on the towpath and some roads. About 35 miles. **HELMETS REQUIRED. Rain Cancels**
Leader: Ursula Davis (973) 786-7087 **Must register with the leader.**
Meet: 10:00 AM River Road Parking, Frenchtown, NJ 08825
From I-287 Exit 17: Take Rt-202/Rt-206 south and continue on Rt-202 about 14 miles to Flemington. Take Rt-12 west 11 miles toward Frenchtown. Rt-12 ends at T intersection with Rt-513; turn left and go one block to three way intersection. Turn right onto Bridge St. and go 2 blocks toward The Bridge. Turn left just before Bridge onto River St. and proceed ½ block to parking area.
- Sunday September 18, 2005 Farny Highlands Moderately strenuous**
 We will do about 6 miles on either the Four Birds Trail or Split Rock Loop Trail with moderate ups and downs.
Leader: Pete Beck (973) 538-4922
Meet: 10:00 AM Fisherman's Parking Lot, Split Rock Road (east of the dam), Rockaway, NJ 07866
From I-80 Exit #37 Rockaway/Hibernia: Go north on Green Pond Road (Rt-513) toward Hibernia. At about 6½ miles turn right at the Marcella Firehouse sign. This is Upper Hibernia Rd.; at about 2 miles stay left at the fork in the road onto Split Rock Rd. After the pavement ends, follow the road over the dam. The Fisherman's Boat Launch Parking Lot is about 1/8 mile on the left, after the dam.
- Sunday September 25, 2005 AT Connection Strenuous**
 We connect the forest of Wawayanda State Park to Bearfort Ridge conglomerate on the Appalachian Trail. Enjoy views of West and Surprise Lakes. We will descend on the road back to the A&P parking. About 8 mi. **Shuttle to Wawayanda S P**
Leader: Steve Rikon (973) 962-4149
Meet: 9:00AM A&P/Hewitt Post Office Shopping Center, Warwick Tpk., Hewitt, NJ 07421
From Rt-23: Go north to Newfoundland; turn right onto Union Valley Rd. (CR-513). Then go northeast 9¼ miles (bear left at Shop Rite Super Market) to intersection of Warwick Tpk. Turn right 1 block to shopping center on right.
From I-287 Exit 55 (Rt-511): Go north about 13.9 miles to Warwick Tpk., at south end of Greenwood Lake. Continue straight-ahead ½ block to shopping center on left.

Sunday October 2, 2005 Little Doe & Buck Circular Moderately Strenuous

Will we get lost as the leader explores the old Little Doe Trail and beyond?

Leader: Dave Sutter DSUTTR@AOL.COM No phone calls please.

Co-leader: Donald Hecht

Meet: 9:30 AM Lake Sebago Hiker's/Fisherman's Lot, Seven Lakes Dr. Harriman State Park, NY 10974

From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 north 4½ miles, to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Drive; go 4¼ miles. Parking is on the left.

Sunday October 9, 2005 IHC Trail Clearing on Schunemunk Mt. Moderately Strenuous

The club maintains this section of the Long Path, as well as the Lower Jessup Trail. Please come and help us maintain these trails! Bring your lunch, water, clippers and good working gloves. If you do not have clippers you can use the tools provided by the club. **Rain will cancel and postpone to Saturday, October 15, 2005.**

Leader: Jim Canfield (973) 728-9774

Meet: 8:30 AM Tuxedo RR Station, Route 17, Tuxedo, NY, 10987

From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 about 7 miles north to Tuxedo. The Railroad Station is on the northbound side (right side) of Rt-17. We then will drive to Taylor Road Parking area Mountainville, NY.

Alternate Meeting: 9:00 AM Schunemunk, Taylor Road Parking area, Mountainville, NY 10953

From I-87 Exit 16 Harriman/Woodbury Commons: After tollbooths stay to right for first exit, Woodbury & Rt-32. Take Rt-32 north about 7½ miles to Pleasant Hill Road, (Black Rock Hunting Club sign on left), Mountainville, NY. Turn left go to first road (Taylor Road) turn left again, proceed to parking lot on right side of road after crossing over thruway.

Saturday October 15, 2005 Rain date Trail Clearing, same leader, same time and place as above.

Sunday October 16, 2005 East Hudson Highlands (Osborn Loop) Strenuous

Let us enjoy a beautiful fall day in all its glory with views of the Hudson River and Valley. We will hike from Castle Rock south on the Sugarloaf Trail and Osborn Loop trails. Then return on the Osborn, AT and the Carriage Connector.

Leader: Roy Williams (570) 828-6207

Meet: 8:30 AM Anthony Wayne Recreation Area (N. Parking Area), Harriman State Park NY 10911

From the South: Exit 17 on the Palisades Interstate Parkway (15 miles north of the NYS Thruway).

From the North: Exit 17 on the PIP. The parking area is 0.5 miles south of the Rt-6 and Seven Lakes Drive Intersection.

Sunday October 23, 2005 Fall Foliage in Harriman Moderately strenuous

Mines, old trails, a few woods roads and nice foliage views. A little bit of everything for everybody. About 8 miles. Call after 7:00 AM Sunday if the weather is in doubt.

Leader: Larry Spinner (845) 356-5219 No calls after 9:00 PM

Meet: 9:00 AM Lake Kanawauke Parking, Route 106, Harriman State Park, NY 10974

From Suffern @ I-287 & I-87N Exit 15A: Take Rt-17 north 4½ miles to Seven Lakes Dr., just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr. for 6½ miles to Kanawauke Circle and Rt-106. Go west (left) on Rt-106 ¼ mile to parking lot, on the left.

Saturday October 29, 2005 Daylight Savings Time Ends! Set clocks back 1 hour on Saturday night!

Sunday October 30, 2005 Autumn on Breakneck Ridge & Mount Taurus Strenuous

In the Hudson Highlands State Park, east of the Hudson River, are two striking peaks rising above the river. We shall climb both, enjoy the breathtaking views and perhaps find out why the bull broke his neck. Bring a camera and take some gorgeous pictures.

Leader: Roy Williams (570) 828-6207

Meet: 8:30 AM Anthony Wayne Recreation Area (North parking area), Harriman State Park, NY 10911

See October 16, 2005 for driving instructions

Canoeing Schedule April to October 2005

Canoeing-General Instructions

Bring a partner, canoe or kayak, life jackets, lunch and dry clothes in a waterproof bag. Rain may cancel. Call before 8:00 AM to check. River runs are dependent on the water level in the river. Rentals are not usually available at launch sites. If you don't have a partner, or canoe, check with Dave Patchin (973) 822-0372 or PATCHIN@AOL.COM at least 10 days before the event, and perhaps he can match you with a canoe/partner. Due to our new insurance regulations, please read Page 2 regarding guests and members, you may join on the day of the "event."

Friday April 15, 2005 South Branch Raritan River

A pretty run through Hunterdon County from Clinton to the old Lipton Tea Plant. Will shuttle cars.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register.

Meet: 9:30 AM Blue Cactus Restaurant; Main St., Clinton, NJ 08809

From I-287 South and I-78 West: Take I-78 W to Exit 15. At the end of the ramp turn right onto Main Street. Drive 0.4 mile crossing the bridge. At the end of the bridge turn left into Blue Cactus parking lot for river access.

Friday April 29, 2005 Lamington River

A spring flower run from Bedminster Township to North Branch Park. Will shuttle cars.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register.

Meet: 9:30 AM at launch site; Lamington Rd; Bedminster, NJ 07921

From I-287 South and I-78 West: Take I-78 to Exit 26. Turn right on Rattlesnake Road. Go 1.3 miles to Lamington Road. Turn left and drive 0.5 mile to the parking area on the left, just before the bridge over the river.

Saturday May 14, 2005 Lake Sebago, Harriman

Spend a day paddling on a pretty lake in beautiful Harriman State Park.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register

Meet: 10 AM at Sebago Boat Launch; Seven Lakes Dr; Harriman S. P., NY 10974 (after you buy your permit)

From I-287 North and the NY Thruway: Take the NY Thruway about a mile to Rt-17 N. exit. Follow the Rt-17 N. to Sloatsburg, NY. Look for Seven Lakes Drive on the right. (traffic light) Follow the drive 4.3 miles to Sebago Boat Launch on the left. (small road, small sign) **Note: A \$15 seasonal permit is required** to paddle on all but two of the lakes in Harriman. From Sebago Boat Launch, drive north to the Ranger Station on the circle at Lake Tiorati to buy your permit, which is valid from April 1 to Nov. 30, 2005. Have your life jackets available for the ranger inspection. We will use the permit again in September.

Friday May 27, 2005 Depew Access to the Gap, Delaware River

A leisurely paddle on the river for 10 miles with no major rapids to negotiate. Will shuttle cars.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register

Meet: 9:30 AM at Depew Access; Off of Old Mine Road, Columbia NJ 07832

From I-287 North and I-80 West: Take Rt-80 West to the last exit in NJ, Old Mine Rd. Drive north about 10 miles to Depew Access on the left. Allow 1 3/4 hours.

Saturday June 11, 2005 Delaware River, Matamoras, Pa. to Milford, Pa.

A one-day 10 mile run on a fairly quiet section of the river with moderate rapids. We will shuttle cars

Leaders: Dave and Joanne Patchin (973) 822-0372. Must call to register.

Meet: 9:30 AM at the boat launch of Pa. Fish and Boat Com.; Delaware Dr; Matamoras, PA 18336

From I-287 North and I-80 West: Take I-80 West to Rt-15 North at Exit 34. Take R-15 to Rt-206 North to the toll bridge, which crosses over to Milford, Pa., and turn right onto Rt-209. In Milford, at the traffic light, turn right. On Rt-209 N. drive 6.7 miles into Matamoras, Pa. At the bridge over the Delaware (do not cross the bridge), turn left onto Delaware Drive. Drive 1.4 miles along the river to the Pennsylvania Fish and Boat Commission boat launch on the right. **Note:** Parking at the takeout at Milford Beach will cost \$5 a car or \$2.50 if you have a Golden Age Passport. Allow 2 hours minimum.

Friday June 24, 2005 Island Beach State Park, Sedge Island tour

An opportunity to see nesting Osprey and shorebirds as we paddle the Sedge Island Wild Life Management Area in Barnegat Bay

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register.

Meet: 10:30 AM at parking lot #21 in Island Beach State Park; South Seaside Park, NJ 08752

From I-78 and Garden State Parkway: Take the Garden State Parkway south to Exit 82. Drive East on Rt-37 E. across Barnegat Bay to Central Ave. in Seaside Heights. Take Central Avenue south through Island Beach State Park (Fee) to Parking Area #21 on the left. Launch site is on the beach access road on the right. Distance is about 85 miles from Rt-78 Garden State interchange. Allow 2 hours minimum.

Friday July 8, 2005 Cedar Creek-Double Trouble State Park

A trip on a winding water way, crystal clear and the color of ice tea in the Pine Barrens, swimming allowed. Will shuttle cars.

Leaders: Dave and Joanne Patchin (973) 822-0392 Must call to register

Meet: 9:30 AM at Double Trouble State Park; Bayville, NJ 08721

From I 78 and Garden State Parkway: Take the Garden State Parkway south to Exit 80. The exit ramp comes to a T intersection. Turn left onto Route 619. Drive about 5 miles to a major cross roads (a T). Double Trouble State Park will be directly across the road from you. Allow 2 hours minimum travel time to the launching place. Distance is about 70 miles.

Saturday July 23, 2005 Swartswood Lake

A pleasant day on a quiet lake with lunch at the old mill.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register

Meet: 9:30 AM at Newton Dunkin Donuts; Rt-206, Newton, NJ 07860

From 287N. and I 80 West: Take I-80 West to Rt-206 N. (exit 25). Follow Rt-206 N. through Newton. Look for Dunkin Donuts on the left side, north of Newton. We will caravan to the lake on Rt-622.

Friday August 5, 2005 Delaware River, Milford to Bulls Island

A new stretch of the Delaware for us, about 12 miles with moderate rapids. Take out just above the Lumberville Wing Dams. Will shuttle cars.

Leaders: Dave and Joanne Patchin (973) 822-0372. Must call to register

Meet: 9:30 AM at launch site-Upper Black Eddy Access; Upper Black Eddy, PA 18972

From: I-278 and I-78: Take I-78 West to exit 15. Stay left for left turn onto Rt-513. Follow Rt-513 about 10 1/2 miles to Rt-519. Turn right onto Rt-519 and drive 3.7 miles to Milford, NJ. In Milford turn right at the T onto Rt-519, go 1 block to the post office, then left onto Bridge Street, cross the river, left onto Rt-32. Upper Black Eddy Access Area is 50 feet south on the left.

Saturday August 20, 2005 Lake Wawayanda

A pretty reservoir with easy paddling combine for a relaxing day.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register

Meet: 10:00 AM at launch site; Wawayanda State Park, Highlands Lakes, NJ 07422

From I-80 and I-287 North: Go north on I-287 to Rt-23, Exit 52. Go north on Rt-23 about 9.5 miles to Union Valley Road. (Rt-513) Follow Rt-513 north about 9.5 miles to Warwick Turnpike. Turn left and go 4.7 miles to the park entrance on the left. Follow signs to the boat launch.

Friday September 2, 2005 Split Rock Reservoir

A reservoir recently opened to boating and canoeing. Very pretty and quiet.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register.

Meet: 10:00 AM Split rock Reservoir parking lot; Split Rock Road, Rockaway, NJ 07866

From I-80 and I-287N: Take I-287 N. to Exit 44. At the top of the ramp, turn right over I-287 onto Main St. (Rt-511) in Boonton. Drive 0.3 mile to Boonton Rd. (Rt-511) Turn right and go 2.5 miles to Rockaway Valley Rd. Turn left and drive 2.2 miles to Split Rock Rd, a 150 degree turn on the right. (Stone Rd. is the street 0.1 mile before Split Rock Rd.) Follow Split Rock Rd. 2.8 miles (Stay to the right at Decker Rd. and to the left at Charlotteburg Rd.) to the parking lot and launch area. (The last 0.8 mile is gravel.)

Friday September 16, 2005 Upper Greenwood Lake

We launch at Elsa Regan's home on the private lake coming back for lunch and conversation. We will bring lunch.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call by Sept 14 to register.

Meet: 10:00 AM at Elsa Regan's house; (Upper Green Lake), Hewitt, NJ 07421

From I-287N and Rt-23N-Exit 52: Travel north on Rt-23 about 9 miles to Union Valley Rd. Follow Rt-513 north about 7 miles to the 2nd light (just before the Shop Rite Shopping Center). Turn left at the light and continue on Rt-513 (Stay left at the Y) to Warwick Turnpike. Turn left, and drive 1.3 miles up the hill to East Shore Drive (opposite the Utopia Deli Cafe). Turn right and follow the East Shore Drive about 1/2 miles to the first left turn, Landing Road. Follow Landing Road, staying left whenever there is a choice on to the island to Point Breeze Rd. Turn left and drive around the island to Iona Court. (second left) Elsa Regan's house on the right is a red A frame on the water.

Saturday October 1, 2005 Lakes Kanawauke, Little Long Pond-Harriman

Spend a nice day on two lakes in a great state park. Perhaps the change of season color will be available.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register

Meet: 10:00 AM Kanawauke Parking, Route 106, Harriman State Park, NY 10911 (Park permit required)

From I-287N and NY Thruway: Drive on the Thruway about 1 mile to Rt-17 N. Take Rt-#17 N. to Sloatsburg, NY. Look for Seven Lakes Drive on the right at a traffic light. Follow the drive 7.3 miles to Rt-106 W. Go around the circle and drive 0.2 miles to the boat launch on the left, immediately past the bridge. Note: **If you do not have the \$15 permit** to use the Harriman Lakes you must get it at the ranger Station at Tiorati Lake, about 7 miles further north on Seven Lakes Drive.

Friday October 14, 2005 Lake Hopatcong, Lees County Park

We will paddle a portion of New Jersey's largest lake, with fall colors everywhere.

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call to register.

Meet: 10:00 AM Lees County Park; Howard Blvd., Mt. Arlington, NJ 07856

From I-80W Exit 30: Take Howard Blvd. (Rt-615) north 2.7 miles to Lees County Park on the left. We launch there after paying \$5 fee.