

Interstate Hiking Club

Organized 1931

Affiliate of the NY-NJ Trail Conference



Schedule of Hikes

May 2006 through October 2006

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, bicycle rides and canoe trips 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, bicycle rides and canoe trips generally are scheduled for every Sunday, and some Fridays and Saturdays, as day-long outings. They are graded by difficulty of terrain, distance and pace. **The Hiking grades are:**

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/event.

How to join:

Application for membership may be given to any club officer or mailed to the treasurer **upon the completion of one activity.** A guest attending three events in three successive months is expected to apply for membership.

INTERSTATE HIKING CLUB OFFICERS FOR JUNE 2005 TO May 2006

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	MLACORTE@DRREDDYS.COM
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 activity**, 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 6/1 to 5/30. 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

INTERSTATE HIKING CLUB SUMMER 2006 SCHEDULE

Canoeing General Instructions

Bring a partner, canoe, or kayak, life jackets, lunch and dry clothes in a waterproof bag. Rain may cancel the trip. 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, however check with Dave. For a partner, check with Dave Patchin (973) 822-0372 or PATCHIN6@AOL.COM at least 10 days before the event, and perhaps he can match you with a partner.

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.

Friday May 5, 2006

Canoe Lamington River



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

We will shuttle cars.

See top of Page 3 for additional canoe information

Leaders: Joe McLaughlin

(973) 263-2799

Must call and register

Meet: 9:30 AM 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.

Sunday May 7, 2006

Harriman Mines and the Squeezer

Moderately Strenuous

This loop hike traverses the ridge of Surebridge Mountain, passes by the historic Greenwood and Surebridge Mines and climbs through the narrow Lemon Squeezer.

Leader Roy Williams

(570) 828-6207

Meet: 9:00 AM Lake Tiorati Circle Parking Area, Harriman State Park, NY 10911

From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Rt-17 north 4½ mi. to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right and proceed east on Seven Lakes Dr. 10½ miles to parking area on northwest side of Tiorati traffic circle.

Saturday May 13, 2006 Rain Date Trail Clearing Sterling Ridge, same time and place as April 23, 2006

Sunday May 14, 2006

Popolopen Panorama

Moderately Strenuous

Beginning at the Bear Mountain Inn, we continue past Hessian Lake and enter Popolopen Gorge past Roe Pond and the churning waters of Hell Hole. Lunch is on top of Popolopen Tourne. The hike ends with a visit to historic Fort Montgomery.

Leader: Ilse Dunham

(973) 838-8031

Rain will cancel the hike.

Meet: 9:30 AM Bear Mountain Inn. Route 9W, Bear Mountain, New York 10980

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 go south on Rt-9W about 1 mile to the Inn. A Parking Fee is required.

Friday May 19, 2006

Canoe Delaware River; Dingman's Ferry to Bush Kill Access



An interesting run on a relatively calm stretch of the river.

We will shuttle cars.

See top of Page 3 for additional canoe information

Leaders: Dave and Joanne Patchin

(973) 822-0372

Must call and register.

Meet: 9:30 AM Launch site, Dingmans Ferry Access, Dingmans Ferry, Pa 18328

From I-80 West Exit 34: Go north on Rt-15 to Rt-206 N (Rt-15 ends). Follow Rt-206 to R-560 (just past Stokes State Park) on the left. Follow R-560 across Dingmans Bridge (toll). Take the first left into Dingman's Ferry Access.

Saturday May 20, 2006

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 Rt-511 (Ringwood Ave.) north 4 miles and turn left onto Westbrook Rd. Go west on Westbrook Rd. and make a left at "Y" intersection, then ½ mi. 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 21, 2006 Bike Ride: Princeton and Beyond Moderate
 Bike from Rocky Hill to historic Hopewell, then on to Princeton with a visit to the campus. Return via a short ride on the D&R Bike Path. This section is Ok for road bikes. Its about 32 miles long with some hills and moderate traffic. Deli lunch is available in Hopewell. Road, hybrid or mountain bikes suited for this mix of road & packed dirt on canal path.
Rain cancels. HELMETS REQUIRED.
Leaders: Charlie and Anita Kientzler (973) 835-1060 Must register to ensure ride is still on.
Meet: 10:00 AM D & R Canal Parking, Washington St., Rocky Hill, NJ 08553
From I-287 Exit 7: Take Rt-206 south approx. 14 miles to Rt-518. Turn left onto Rt-518 (Washington St.) toward Rocky Hill. Continue 1.2 miles through town to parking area on the left between the river and canal-bike path.

Sunday May 28, 2006 Highlands Trail #6, Rt-17A to Hewitt (8.6 miles) Moderately Strenuous
 Traverse the entire length of the scenic Sterling Ridge Trail. **We will shuttle cars.**
Leaders: Carolyn and Jim Canfield (973) 728-9774
Meet: 9:00 AM South end of Sterling Ridge Trail, Rt-511 (Greenwood Lk. Tpk.), Hewitt, NJ 07421
From I-287 Exit 55: Take Rt-511 (Ringwood Ave.) north about 11 miles to junction of Greenwood Lake Turnpike and East Shore Drive. Parking is on the left side of the road.


Friday June 2, 2006 Canoe Lake Sebago, Harriman State park, N.Y.
 Spend a day paddling on a beautiful lake in the mountains with spring flowers, (maybe.)
See top of Page 3 for additional canoe information
Leaders: Dave and Joanne Patchin (973) 822-0372 Must call and register.
Meet: 10 AM Sebago Boat Launch; Seven Lakes Dr; Harriman S. P., NY 10974 (after you buy your permit)
From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 north 4½ mi. to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr. and proceed east 4.2 miles. Parking is on the left (**small road, small sign**).
Note: A \$20 seasonal permit is required to paddle on all but two of the lakes in Harriman. From Sebago Boat Launch, drive north 6 mi. to the Ranger Station on the circle at Lake Tiorati to buy your permit, which is valid from April 1 to Nov. 30, 2006. Have your life jackets available for the ranger inspection. (Allow time for permit purchase.) We will use the permit again in October.

Saturday June 3, 2006 National Trails Day See www.nynjtc.org/events for area activities.

→**Please note that dues (\$10.00 per member) are due by Today!**←

Sunday June 4, 2006 IHC Annual Meeting and Hike Moderate
IHC Members only Please.
 From the Silvermine picnic area we will hike to a shelter for the meeting. The hike will continue after the meeting. We encourage all IHC members to come to the annual business meeting and election of officers.
RAIN DOES NOT CANCEL THE MEETING. We will shuttle to Silvermine Picnic Area (entrance fee)
Leaders: The "Old" Officers (973) 728-9774 (973) 835-1060
Meet: 9:00 AM Reeves Meadow Visitor Center, Seven Lakes Drive, Harriman State Park, NY 10974
From Suffern @ I-87N & I-287 Interchange Exit 15A: Take Rt-17 North 4½ mi. to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right and proceed east on Seven Lakes Dr. 1½ miles to Reeves Meadow Visitor Center (on right side).

Sunday June 11, 2006 Sunrise Mountain and Spring Cabin Moderately Strenuous
 Hike the AT north to Sunrise Mountain for lunch and a great view of High Point Monument and the Shawangunk Ridge. Then return via Spring Cabin trail to complete an 8 mile hike.
Leaders: Jennifer & Guy Percival (973) 984-1005
Meet: 9:00 AM Stokes State Forest Entrance (Ranger) Station, Branchville, NJ 07826
From I-80 West Exit 34B: Take Rt-15 north about 17 mi. to Rt-206 (Rt-15 ends). Continue straight on Rt-206 north 6 mi. towards Culvers Gap and AT trail crossing sign. Proceed an additional ½ mi. and the Park Entrance is on the right off Rt-206.

Friday June 16, 2006 Canoe 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. *See top of Page 3 for additional canoe information*
Leaders: Dave and Joanne Patchin (973) 822-0372 Must call and register.
Meet: 9:30 AM Boat launch at Pennsylvania Fish and Boat Com.; Delaware Dr; Matamoras, PA 18336
From: I-80 West Exit 34B: Take R-15 to Rt-206 North (Rt-15 ends) 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 Dr. 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 driving time.**

Saturday June 17, 2006 Watchung Reservation, Mountainside Moderate

This will be a brisk hike of 4–5 miles with some rocky trails and brook crossings.

Leader: Eck Khoon Goh (908) 790-0939

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

From East bound Route I-78, Exit 45: Go right (west) onto Glenside Ave. In 1.8 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 the 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 June 24, 2006 Sugarloaf, Along the Devil's Path Strenuous

This strenuous 7 mile hike in the Catskills takes us from Pecoy Notch to Mink Hollow Notch with rock scrambling over Sugarloaf Mountain on the Long Path. **We will shuttle cars.**

Leaders: Carolyn and Jim Canfield (973) 728-9774

Meet: 8:00 AM Harriman RR Station, Rt-17, Arden, NY 10910

From the South: (from Suffern @ I-87N & I-287 Exit 15A) Take Rt-17 north 15 miles. The Commuter Lot is on the northbound (right) side of Rt-17.

From the North: NYS Thruway Exit 16: Proceed south on Rt-17 about 2 miles to Commuter Lot on the left side.

Sunday June 25, 2006 Bike Ride – Belvidere – Phillipsburg Moderate

A pleasant ride along the Delaware to Phillipsburg and beyond; gently rolling hills and great views; about 30 miles. Road, hybrid or mountain bikes suited for this road ride. **Rain cancels. HELMETS REQUIRED.**

Leader: Ursula Davis (973) 786-7087

Must register to ensure ride is on.

Meet: 10:00 AM Belvidere A&P on Rt. 46, Belvidere, NJ 07823

From I-80 Exit 12: Take Rt-521 south toward Hope. At blinker light in Hope continue straight onto Rt-519 south. In 7 miles turn right onto Rt-46 west for about 1 mile to the A&P on the left.

Friday June 30, 2006 Canoe 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. *See top of Page 3 for additional canoe information*

Leaders: Dave and Joanne Patchin (973) 822-0372

Must call and register

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

From Garden State Parkway Exit 82: Drive east on Rt-37 across Barnegat Bay to Central Ave. in Seaside Heights. Take Central Ave. 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 driving time.**

Sunday July 2, 2006 Wawayanda Roundabout Moderate

Wawayanda State Park in all it's glory. We will traverse many trails around the lake, passing through a hemlock forest and giant rhododendron thicket. Bring \$ to share entrance fee. **We will shuttle cars**

Leader: Steve Rikon (973) 962-4149

RIKON4@OPTONLINE.NET

Meet: 9:00 AM A&P/Hewitt Post Office Shopping Ctr., Warwick Tpk., Hewitt, NJ 07421

From Rt-23: Go north to Newfoundland, turn right onto Union Valley Rd. (Rt-513). Then go northeast 9.3 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: Take Rt-511 (Ringwood Ave.) north about 14 miles to Warwick Tpk., at south end of Greenwood Lk. Continue straight-ahead ½ block to shopping center on left.

Sunday July 9, 2006 Parker Cabin from Hollow to Mountain Moderately Strenuous

Enjoy three good climbs on this in, around and out hike using one of Harriman's newest trails.

Leader: Pete Tilgner and Suzan Gordon (201) 871-3531

GORDON.TILGNER@VERIZON.NET

Meet: 9:15 AM Commuter Parking Lot, Intersection of Rt-17 & Rt-17A, Southfields, NY 10975

From Suffern @ I-87N & I-287 Exit 15A: Take Rt-17 North 9 mi; exit left to Rt-17A. The Commuter Lot is across the road at the top of the ramp leading from Rt-17 to Rt-17A. We will drive the short distance to Parker Cabin Hollow Trailhead for 9:20 AM start.

Friday July 14, 2006 Canoe Cedar Creek-Double Trouble State Park

A trip on a winding water way, crystal clear and the color of iced tea, in the Pine Barrens. Swimming allowed.

We will shuttle cars.

See top of Page 3 for additional canoe information

Leaders: Dave and Joanne Patchin (973) 822-0372

Must call and register

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

From Garden State Parkway south Exit 77: Go through the toll, turn right immediately onto Rt-619. Turn left (south) and drive about ¾ miles to a major cross road (a T). Double Trouble State Park will be directly across the road from you. Distance is 68 mi. from Rt-78 and Garden State interchange. **Allow 2 hours minimum travel time to the launching place.**

Sunday July 16, 2006**Ladentown Loop****Moderately strenuous**

From the TMI we will head south on the SBM, circling back via a number of options, depending on heat and weather.

Leader: Hank Perrine

(212) 666-0694

Meet: 9:00 AM Ladentown parking lot, (East end of the TMI trail), Pomona, NY 10970

From Suffern: Take Rt-202 east 6.7 miles to light at the intersection of Rt-202 and Rt-306. Go left at the light, bear right on Old 202, for about ¼ mile. At the Old Church turn left at Mountain Rd. (Sign for RAMAQUOIS). Continue ¼ mile, turn left on Diltz Rd. (power substation access road, marked private) then ¼ mi to hiker parking on right.

From Palisades Parkway Exit 13: Take Rt-202 south about 1½ mi. to light at juncture of Rt-202 and Rt-306. Turn right. See above.

**Sunday July 23, 2006****Annual Hike and Picnic on Pompton Lake****Moderate****IHC Members only Please**

First we will hike around Ramapo Lake. 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. A door prize contribution would be appreciated.

Rain Does Not Cancel The Picnic.**Leaders: Charlie and Anita Kientzler (973) 835-1060****Meet: 9:00 AM Ramapo Mountain State Forest, Lower Parking Lot, Skyline Drive, Oakland NJ 07436**

From I-287 Exit 57: Then Skyline Drive north towards Ringwood. Parking area is on the left ¼ mi; as you start up the mountain.

Friday July 28, 2006**Canoe Merrill Creek Reservoir**

An easy paddle around a nice reservoir above the Delaware River. Perhaps we may see the Eagle again.

See top of Page 3 for additional canoe information

Leaders: Dave and Joanne Patchin (973) 822-0372**Must call and register.****Meet: 10:00 AM Boat Launch, Merrill Creek Reservoir, Merrill Creek Rd., Phillipsburg, NJ 08865**

From I-78 west Exit 4: Turn right at the end of the ramp. Drive 1.8 miles to the center of Stewartville. At the blinking light, turn right on Stewartville Rd. and go 2.7 miles to Rt-57 in New Village. Cross Rt-57 diagonally, turning left onto Montana Rd. which goes uphill for 2 miles. Left on Richline Rd. and drive 0.3 mile, turning left again, onto Merrill Creek Rd. Follow signs to the Boat Launch.

Sunday July 30, 2006**Suffern to Reeves Meadow****Moderately Strenuous**

An 8.5 mile hike from Suffern to Reeves Meadow Visitor Center on the SBM, Kakiat and Pine Meadows trails.

We will shuttle from Reeves Meadow to the Suffern, NY train station.**Leader: Jim McKay**

(973) 538-0756

JMMMCKAY@VERISON.NET

Meet: 9:00 AM Reeves Meadow Visitor Center, Seven Lakes Drive, Harriman State Park, NY 10974

From Suffern @ I-87N & I-287 Interchange Exit 15A: Take Rt-17 North 4½ mi. to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right and proceed east on Seven Lakes Dr. 1½ mi. to Reeves Meadow Visitor Center (on right side).

Saturday August 5, 2006**Minnewaska Meander****Moderately Strenuous**

We will follow a variety of trails including sections of the Long Path to connect carriageways as we make our way to a swim in Lake Awosting. Blueberries are also possible. Bring a bathing suit. **Parking fee**

Leaders: Carolyn and Jim Canfield (973) 728-9774**Rain will cancel this hike.****Meet: 8:30 AM Harriman RR Station, Rt. 17, Arden, New York 10910**

From the South: Suffern @ I-87N & I-287 Exit 15A): Take Rt-17 north 15 miles. The Commuter Lot is on the northbound (right) side of Rt-17.

From the North: NYS Thruway Exit 16: Proceed south on Rt-17 about 2 miles to Commuter lot on the left side.

Friday August 11, 2006**Canoe Delaware River; Milford, NJ to Byram Access**

A new stretch of the Delaware for us-about 12 miles with moderate rapids. Take out just above the Lumberville Wing Dams. **We will shuttle cars.** *See top of Page 3 for additional canoe information*

Leaders: Dave and Joanne Patchin (973) 822-0372**Must call and register.****Meet: 9:30 AM Launch site, Upper Black Eddy Access; Upper Black Eddy, PA 18972**


From: I-78 west Exit 15: Stay left at exit for left turn onto Rt-513. Follow Rt-513 about 8 miles to Rt-519. Turn right onto Rt-519 and drive 3.7 miles to Milford, NJ. In Milford (at the T), turn right (with 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.

Sunday August 13, 2006 New York City Walk Moderate
 Street and bridge walk in lower Manhattan, Canal Street, Chinatown, and across the Manhattan Bridge. Lunch in the new waterfront park "DUMBO" (Down under Manhattan Bridge overpass) section of Brooklyn. Return to Manhattan on the Brooklyn Bridge and continue to Battery Park, Staten Island ferry ride across NY harbor and back.
Bring lunch, liquids and footwear for sidewalks.
Leader: Roy Messaros (201) 337-5004 **Must Call and Inform leader where you will meet group.**
Meet: 8:30 AM Ridgewood NJ Transit RR station parking lot, Ridgewood, NJ 07450
From Rt-17, East Ridgewood Ave Exit; Take E. Ridgewood Ave. toward Ridgewood (westward) 2¼ mi. to T intersection at RR tracks, turn right one block, then left under the underpass and continue around to west side of RR Station for commuter parking.
No fee or permit required. →You must purchase ticket from TVM, cash or credit card prior to boarding train.←
Or: Meet: 9:30 AM Hoboken NJ Transit Rail Terminal: Inside, benches facing ticket windows.
Or: Meet: 9:45 AM Manhattan PATH Terminal, Church Street, (World Trade Center Site): Sidewalk level at elevator entrance.

Sunday August 13, 2006 Deadline for October 2006 – April 2007 Schedule


Send information to: Carolyn Canfield, 107 Rolling Ridge Road, West Milford, NJ 07480 or:
 CANFIELD@NETROM.COM:

Sunday August 20, 2006 Parker Cabin & Tom Jones Mt. Lollipop Moderately Strenuous
 An 8 mile hike on the Parker Cabin Hollow and other trails to Parker Cabin and Tom Jones Mountain.
Leader: Jim McKay (973) 538-0756
Meet: 9:00 AM Parker Cabin Hollow Trailhead, Rt-106, Harriman State Park, Southfields, NY 10975
From Suffern @ I-87N & I-287 Interchange Exit 15A: Take Rt-17 north about 9 miles, then left exit to Rt-17A & Rt-106 intersection. Turn right (east) on Rt-106 and continue into the Park about ½ mi. to parking lot on left.

Friday August 25, 2006 Canoe Monksville Reservoir.
 A nice place to spend an easy day on a reservoir and visit a reconstructed water wheel in Long Pond Iron Works.
See top of Page 3 for additional canoe information
Leaders: Dave and Joanne Patchin (973) 822-0372 **Must call and register.**
Meet: 10 AM Boat Launch, Monksville Reservoir, Ringwood, NJ 07456
From I-287 Exit 55: Take Rt-511 (Ringwood Ave.) north about 10 miles. Pass the Wanaque Reservoir and the Monksville Dam. Look for the Long Pond Ironworks State Park sign, turn left into the park and follow signs to the boat launch.

Sunday August 27, 2006 Hubbard-Perkins: Round Hill Moderate
 This 7.5 mile hike is on some little-used trails in the Hubbard-Perkins Conservation Area of Fahnestock State Park. The area was once used for farming and iron mining. A few moderate climbs.
Leader: Jane Egan (973) 636-0809 **No calls after 9:00 PM 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 ¼ mile across Popolopen Bridge to parking on east side of Rt-9W.
Ride share from there to the trailhead.

Sunday September 3, 2006 Jockey Hollow and Beyond Moderate
 A nice loop including the Cross Estate, NJ Brigade encampment and NJ Audubon Sanctuaries for a look at the birds.
Leaders: Anita & Charlie Kientzler (973) 835-1060
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) 1.4 miles to Park Entrance on right. Proceed ½ mile to parking lot. **Fee for non Golden Eagle Pass holders**

Friday Sept. 8, 2006 Canoe Split Rock Reservoir
 A reservoir recently opened to boating and canoeing. Very pretty and quiet.
See top of Page 3 for additional canoe information
Leaders: Dave and Joanne Patchin (973) 822-0372 **Must call and register.**
Meet: 10:00 AM Split rock Reservoir parking lot; Split Rock Road, Rockaway, NJ 07866
From I-287N 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 Charlottesville Rd.) to the parking lot and launch area. (The last 0.8 mile is gravel.)
From I-80 Exit 37 Rockaway/Hibernia: Go north on Green Pond Rd. (Rt-513) toward Hibernia. At about 6.5 miles turn right at the Marcella Firehouse sign. This is Upper Hibernia Rd. Continue 2 mi. to fork in the road. Bear left onto Split Rock Rd. After the pavement ends keep going over the dam. The new fisherman's boat launch parking lot is about 1/8 mile on the left after the dam.

Sunday September 10, 2006 Breakneck & Mt. 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 your camera and take some gorgeous pictures. The views of the Hudson River and Valley are spectacular at this time of the year

Leader: Roy Williams (570) 828-6207 Rain Cancels this hike.

Meet: 8:30 AM Anthony Wayne Recreation Area (N. Parking Area), Harriman St. 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 Palisades Interstate Parkway. Parking is ½ mi. south of the Rt-6 and Seven Lakes Dr. Intersection.

Alternate meeting place: 9:00 AM Breakneck Ridge Parking Lot: The lot is on left side of the road (1/8 mile past the tunnel) on Rt-9D north of Cold Spring, NY 10915

Saturday September 16, 2006 Bicycle the Paulinskill Valley Trail Moderate

 A nice ride north from Blirstown, over "Great RR Bridges" (for train buffs) to Paulinskill Lake. Hybrid or mountain bikes best suited for the gravel trail.

Rain cancels HELMETS REQUIRED

Leader: Roy Messaros (201) 337-5004 Must register to ensure ride is on.

Meet: 10:00 AM Blirstown "Foot Bridge Park" Parking Lot off Route 94, Blirstown, NJ 07825

From I-80 West Exit 12: Proceed north on Rt-521 about 5 miles, to intersection of Rt-94. Turn left onto Rt-94 south towards Blirstown, proceed about ¼ mi. to road leading to park on left. **Do not go as far as the traffic light.** Parking is at end of road in gravel lot behind park.

Sunday September 17, 2006 Autumn at Terrace Pond Moderately Strenuous

This 8 mile moderate hike will wander along several trails as we make our way over and along Bearfort Ridge.


Leaders: Jennifer & Guy Percival (973) 984-1005 Shuttle required.

Meet: 9:00 AM A&P/Hewitt Post Office Shopping Ctr., Warwick Tpk., Hewitt, NJ 07421

From Rt-23: Go north to Newfoundland, turn right onto Union Valley Rd. (Rt-513). Then go northeast 9.3 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: Take Rt-511 (Ringwood Ave.) north about 14 miles to Warwick Tpk., at south end of Greenwood Lk. Continue straight-ahead ½ block to shopping center on left.

Friday September 22, 2006 Canoe Upper Greenwood Lake

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

See top of Page 3 for additional canoe information

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call by Sept. 18 to register.

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

From I-287N Exit 52: Travel north on Rt-23 about 9 mi. to Union Valley Rd. Follow Rt-513 north about 7 mi. 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 Tpk. Turn left, and drive 1.3 mi. up the hill to East Shore Drive (opposite the Utopia Deli Cafe). Turn right and follow the East Shore Drive about ½ mi. to the first left turn, Landing Rd. Follow Landing Rd; 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.

Sunday September 24, 2006 Mahlon Dickerson Reservation Moderate

A 6 to 7 mile moderate walk on a variety of trails and woods roads.

Leader: Carol O'Keefe (973) 328-7395

Meet: 9:00 AM Mahlon Dickerson County Pk; Saffin Pond Parking, Weldon Rd; Jefferson Twp; NJ 07848

From Rt. 80 west Exit 34B: Take Rt-15 north about 5 mi. to Weldon Rd. on right. Go 3 mi. to Saffin Pond parking lot on right.

Sunday October 1, 2006 Stonetown Linear Strenuous


Windbeam, Bear & Board Mountains have the best views of the surrounding hills in the Stonetown area. Instead of the usual circular, this hike has a surprise ending.

Leader: Susan Clark (973) 962-0926

Meet: 8:30 AM Monksville Dam Parking, Stonetown Road, Ringwood, NJ 07456

From I-287 Exit 55: Take Rt-511 (Ringwood Ave.) north about 9 mi. and turn left on to Stonetown Road. The Parking Area is at this intersection before crossing the dam.

Friday October 6, 2006 Canoe Lakes Kanawauke and Little Long Pond.

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

See top of Page 3 for additional canoe information

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

Meet: 10:00 AM Kanawauke Parking, Rt-106, Harriman S P, Bear Mountain, NY 10911 (Park permit required)


From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Rt-17 north 4½ mi. to Seven Lakes Drive, 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 mi. to parking for boat launch on the left. **Note: If you do not have the Harriman \$20 Canoe permit, see June 22, 2006 for permit information.**

Sunday October 8, 2006 Wawayanda AT Moderately Strenuous
 Wawayanda State Park from Rt-94 in Vernon, up the escarpment to the viewpoint, and eastward to the Ranger Station.
Leader: Steve Rikon (973) 962 – 4149 Shuttle required.

Meet: 9:00 AM Ranger Station, Wawayanda State Park, Vernon, New Jersey 07422
From I-287 Exit 55: Take Rt-511 (Ringwood Ave.) north about 14 mi. to Warwick Tpk. near south end of Greenwood Lake. Continue straight ahead 5 mi. on Warwick Tpk. past Upper Greenwood Lk. Turn left at Park Entrance. Ranger Station is ½ mi. ahead
From Rt-23: Go north to Newfoundland, turn right onto Union Valley Rd. (Rt-513). Then go northeast 9.3 miles (bear left at Shop Rite Super Market) to intersection of Warwick Tpk. Turn left. See above

Sunday October 15, 2006 Farny Highlands Moderately Strenuous
 We will hike about 6 miles. The terrain has moderate ups and downs but nice views of the reservoir.
Leader: Pete Beck (201) 274-4471

Meet 9:30 AM Split Rock, Fisherman's parking lot, Split Rock Rd. (east of the dam), Rockaway, NJ 07866
From I-80 Exit 37 Rockaway/Hibernia: Go north on Green Pond Rd. (Rt-513) toward Hibernia. At about 6.5 miles turn right at the Marcella Firehouse sign. This is Upper Hibernia Rd. Continue 2 mi. to fork in the road. Bear left onto Split Rock Rd. After the pavement ends keep going over the dam. The new fisherman's boat launch parking lot is about 1/8 mile on the left after the dam.

Friday October 20, 2006 Canoe Lake Hopatcong, Lees County Park
 We will paddle a portion of New Jersey's largest lake, with fall colors everywhere.
See top of Page 3 for additional canoe information

Leaders: Dave and Joanne Patchin (973) 822-0372 Must call and 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 mi. to Lees County Park on the left. We launch there after paying \$5 fee.

Sunday October 22, 2006 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.
Leader: Jim Canfield (973) 728-9774
Rain will cancel and postpone to Saturday October 28, 2006

Meet: 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.
From Rt-17: Travel north on Rt-17 to Rt-32 in Harriman, NY. Take Rt-32 north 8½ miles to Pleasant Hill Road. See above.

Saturday October 28, 2006 Rain date Trail Clearing, same leader, same time and place as above.

Saturday October 28, 2006 Daylight Savings Time Ends! Set clocks back 1 hour on Saturday night!

Sunday October 29, 2006 Pingyp and Nickel Mine Circular Strenuous
 Never done, intriguing locus to seldom seen mine that is off trail and then up our favorite Harriman climb.
No beginners Please Joint with Union County Hiking Club
Leaders: Naomi and Dave Sutter DSUTTR@AOL.COM No calls Please
Meet: 9:30 AM Beach Trail Parking, Harriman State Park, Harriman, NY 10926
From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Rt-17 north 4½ miles to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right and proceed east on Seven Lakes Drive 10½ mi. to Tiorati traffic circle. Bear right onto Tiorati Brook Rd. and continue 2 mi. to parking along road at trail crossing.
From Palisades Interstate Parkway Exit 16: Take Lake Welch Dr. for ½ mi; bear right on to Tiorati Brook Rd. and continue 1 mi. to parking along road at trail crossing.

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