

# Interstate Hiking Club

Organized 1931

Affiliate of the NY-NJ Trail Conference



## Schedule of Hikes

May 2007 through October 2007

**Web Page:** [http:// www.MINDSPRING.COM/~INTERSTATEHIKING/](http://www.MINDSPRING.COM/~INTERSTATEHIKING/)  
**e-mail:** [INTERSTATEHIKING@MINDSPRING.COM](mailto:INTERSTATEHIKING@MINDSPRING.COM)

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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 2006 TO May 2007

President:	Guy Percival	628 Sussex Ave.	Morristown, NJ 07960	973-984-1005	JENGUY@OPTONLINE.NET
Secretary:	Marguerite La Corte	PO Box 52	Mt. Tabor NJ 07878	973-625-4379	REDTABORLADY.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	201-484-7277	--See IHC e-mail below--
Internet:	http://www.MINDSPRING.COM/~INTERSTATEHIKING/		<b>IHC e-mail:</b> 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, Treasurer, 711 Terhune Drive, Wayne, NJ 07470**

# INTERSTATE HIKING CLUB SUMMER 2007 SCHEDULE

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

## 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.

**Friday May 4, 2007**

**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: Dave and Joanne Patchin (973) 822-0372 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 ½ mile to the parking area on the left, just before the bridge over the river.

**Sunday May 6, 2007**

**Pocono Environmental and Education Center, Pa.**

**Moderate**

This 7½-mile hike includes a visit to a very nice waterfall and a climb down a fixed rope to get past a rock face. (It's fun.)

**Leader: Neil Weiss**

(973) 625-0078

**Meet: 9:00 AM Augusta, Park Ride Parking Lot, Intersection Rt-206 & Rt-15, Augusta, NJ 07822**

**From I-80 Exit 34:** Onto Rt-15 north. Continue for about 17 miles through Lafayette on Rt-15 to the traffic light at the intersection of Rt-15 with Rt-206. Left at light to parking lot located on southeast corner next to Chatterbox restaurant. We will drive to the start of the hike from here.

**Saturday May 12, 2007**

**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; Suffern @ I-87 & I-287 Exit 15:** Take Rt-17 north 14 miles. The Commuter Lot is on the 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 May 13, 2007**

**Bicycle -- Mom's Day**

**Moderate**



Ride through Rockaway Valley up Diamond Spring Road to Boonton for Lunch. Return by a different route.

Length is 20-25 miles at casual pace on rolling terrain.

**Rain cancels HELMETS REQUIRED**

**Leader: Peter Beck**

(201) 274-4471

**Must call & register to ensure ride is on.**

**Start Bicycling: 10:00 AM Starbucks Coffee, Rt-53, Denville, NJ 07834**

**From I-80 West Exit 39:** Take Rt-46 eastward ½ mi to Rt-53 north. (Jug handle turn) Take Rt-53 north ½ mile to center of Denville. At light stay in right hand lane. Keyfood Supermarket is straight ahead, Starbucks to the right.

**From I-80 East Exit 38:** Take Rt-46 eastward ¾ mi to Rt-53 north. (Jug handle turn) See above

**Wednesday May 16, 2007**

**Bicycle -- Orange County Heritage Trail, Monroe, NY**

**Moderate**



Bike this paved rail-trail of 10 miles (each way) to Goshen and back. Road bikes okay. Bring or buy lunch in

Goshen. Perhaps see the harness race horses workout.

**Rain cancels HELMETS REQUIRED**

**Leader: Roy Messaros**

(201) 337-5004

**Must call & register to ensure ride is on.**

**Meet: 9:00 AM Crane Park, Rt-17M, Monroe, NY 10950**

**From I-87 (NY Thruway) Exit 16 Harriman/Woodbury:** Take Rt-17 west for 4.5 mi. to Exit 130 at Rt-208. Turn left toward Monroe 1 mi. to light at Rt-17M, then left ½ mi. and left again into park on Mill Pond Pky. Park along park road ½ mi. ahead

**Friday May 18, 2007**

**Canoe Delaware River; Dingmans 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 Dingmans Ferry Access.

**Sunday May 20, 2007**

**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: Carolyn Canfield**

(973) 728-9774

**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 27, 2007****Tuxedo Circular****Moderately Strenuous**


This 8 mile circular hike will use a variety of trails including the new trails in Dater Mtn. County Park. See NYNJ Trail Conference Website under new trails for map of new Dater Mtn. trails.

**Leader: Jim McKay** (973) 538-0756

**Meet: 9:00 AM Tuxedo Commuter Parking Lot, E. Village Rd., Tuxedo, NY, 10987**

**From Suffern @ I-87 & I-287 Interchange Exit 15:** Take Rt-17 6 miles north to Tuxedo Train Station. Take next right after station (E. Village Rd.), cross tracks and turn left into Commuter Parking Lot, which is free on Sunday.

**Friday June 1, 2007****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 15:** Take Rt-17 north 4 miles to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr. and proceed east 4¼ 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, 2007. Have your life jackets available for the ranger inspection. (Allow time for permit purchase.) We will use the permit again in October.

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

**Sunday June 3, 2006****IHC Annual Meeting and Hike****Moderate**

**IHC Members only Please.**

From the Johnstown Circle 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.**

**Leaders: The "Old" Officers** Guy Percival (973) 984-1005 Charlie Kientzler (973) 835-1060

**Meet: 9:00 AM Johnstontown Circle, Sloatsburg, NY 10974**

**From Suffern @ I-87 & I-287N Interchange Exit 15:** Take Rt-17 north 4 miles, to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr. and proceed ½ mile to Johnstontown Rd. on the left after underpass. Follow road about 2 miles to the circle at the end.

**Sunday June 10, 2007****Van Cortland Park, NY Circular****Moderately Strenuous**

This two state hike starts at the Edgewater Boat Basin, crosses the GW Bridge and then heads north through Manhattan and Bronx parks to Van Cortland Park. Subway returns us to GW Bridge for walk back to Edgewater. (Hiking distance may be in excess of 10 miles) We will carpool from Totowa to Edgewater Boat Basin. \$5 parking fee. Free Senior parking permit can be obtained by mail!


**Leader: Chris Davis** (609) 924-2563 **Must call & register to ensure hike is on.**

**Meet: 9:00 AM Home Depot, Riverview Dr. & Rt 46 (North Side), Totowa, NJ 07512**

**From I-80 Westbound Exit 55; Union Ave:** Go south to Rt 48 West for ½ mi. to Riverview Dr. proceed after underpass to first entrance to Mall. Park on "Coconuts" (south side) of Home Depot.

**From I-80 Eastbound: Exit 53 Wayne Rt 46:** Go east ¾ mi. on Rt 46 to Riverview Dr. Exit after underpass toward Wayne. Proceed north over Rt-46 to Mall entrance on left. Park on "Coconuts" (south side) of Home Depot.

**Friday June 15, 2007****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.**

**Sunday June 17, 2007****Father's Day at Split Rock****Moderate**

This is a moderately paced 7-mile hike in the Farny Highlands. Most likely we will be on the Four Birds Trail with its moderate ups and downs. For a map of this area, go to the following web site. [www.morristrails.org](http://www.morristrails.org)


**Leader: Peter Beck** (201) 274-4471


**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 Rd. (Rt-513) toward Hibernia. At 6½ miles turn right at the Marcella Firehouse sign. This is Upper Hibernia Rd. In about 2 miles at the "T" intersection in the road turn left onto Split Rock Rd. (Don't follow No Outlet sign) After the pavement ends keep going over the dam. The parking lot is ¼ mile on the left after the dam.

**From Rt-23 Exit Green Pond Rd (Rt-513):** Go south 5 miles on Rt-513 to Upper Hibernia Rd. Follow directions above.

**Saturday June 23, 2006 Kittatinny Ridge Circular Moderately Strenuous**  
 This 9-mile circular starts in Stokes S. F. and proceeds along the AT to Bird Mtn. and returns down to Tillman Ravine.  
**Leader: Guy & Jen 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.


**Sunday June 24, 2006 Bicycle – Sussex County Moderately Strenuous**  
 A pleasant ride along country roads of about 30 miles. (Can be shortened or lengthened.)  
 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 Kittatinny Valley State Park, Limecrest Rd; Andover (Newton), NJ 07860**  
**From I-80 Exit 25W;** Take Rt-206 north 6¾ miles to Andover. (Exxon Gas Station at 2<sup>nd</sup> light.) Turn right on Rt-669 (Limecrest Rd.) and go ½ mile to Park entrance on left.

**Friday June 29, 2007 Canoe Spruce Run Reservoir**  
 We will paddle on an old favorite, which has plenty of water all year long.  
*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, Spruce Run State Park, Van Syckels Rd, Clinton, NJ 08809**  
**From I-78W Exit 17 (Rt-31):** Drive north 3 mi. on Rt-31, past the reservoir on the left, to the light at Van Syckels Rd. (look for sign). Turn left into the State Park. Go about 1½ mi; follow sign for boat launch. With your NJ Senior Citizen Pass, the park is free.

**Sunday July 1, 2007 Highlands Trail Section # 10 Newark Watershed Strenuous**  
 This section of the Highlands Trail passes lakes and quiet streams and is about 9 miles long.  
**Leaders: Guy & Jen Percival (973) 984-1005**  
**Meet: 9:00 AM Echo Lake parking area, Newark Watershed, Echo Lake Road, West Milford, NJ 07480**  
**From I-287 Exit 52:** Take Rt-23 North about 7 miles to Echo Lake Rd. Turn right. Go about 1 mile to Newark Watershed entrance on left.

**Sunday July 8, 2007 Hubbard-Perkins: Round Hill Moderate**  
 This 7.5 mile hike is on some little-used trails in the Hubbard-Perkins Conservation Area of Fahnstock State Park. The area was once used for farming and iron mining. There are 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.**

**July 13--July 20, 2007 Ramapo '07 — 36<sup>th</sup> Biennial Conference of the Appalachian Trail Conservancy**  
 Hosted by the NY-NJ Trail Conference, the event will have **AT Hikes, Additional Hikes and Youth Activities.**  
**Historic, Environmental, and Cultural Excursions** also will be offered.  
 For more information contacts are: **WWW.RAMAPO2007.ORG WWW.NYNJTC.ORG (201) 512-9348**  
**Jim & Carolyn Canfield** will also answer questions. **(973) 728-9774 CANFIELD@NETROM.COM**

**Friday July 13, 2007 Canoe Cedar Creek-Double Trouble State Park**  
 A trip on a winding waterway, 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 to Rt-619. Turn left (south) and drive ½ miles to a major crossroad (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 15, 2007 Butler Reservoir Circular Moderately Strenuous**  
 This hike goes around Butler Reservoir and even passes Tripod Rock and Bear Rock for a complete day out.  
**Leaders: Guy & Jen Percival (973) 984-1005**  
**Meet: 9:00 AM Kinnelon Ball Field, Boonton Ave., Kinnelon, NJ 07405**  
**From I-287 North, Exit 45, Wooton Ave (Boonton):** Take first left and go under I-287. Follow Wooton Ave straight up hill to blinker light. Turn right on Rt-511 (Boonton Ave) and continue 4½ miles to ball field and parking area on left (you will pass Pyramid Mt. Visitors Center).  
**From I-287 South, Exit 52:** Take Rt-23 North 2 miles to Boonton Ave. (Rt-511). The exit is from a right-hand jug handle turn. Follow Rt-511 south about 2¼ miles to ball field and parking area.

**Sunday July 22, 2007 Annual Hike and Picnic on Pompton Lake Moderate**



**IHC Members only Please**

First we will hike to Pequannock Knob for lunch and perhaps some berries. 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.

**Friday July 27, 2007 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.**

**Saturday July 28, 2007 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 15:** Take Rt-17 north 14 miles. The Commuter Lot is on the 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 August 5, 2007 Above and Along the Hudson River Moderately Strenuous**

From State Line Lookout we go north on the Long Path, descend to the Giant Stairs, scramble through to the Shore Trail, and continue toward Alpine Boat Basin. **Shuttle** to hike start at State Line Lookout.

**Leader: Steve Rikon (973) 962-4149**

**Meet: 9:00 AM New Jersey PIP Headquarters, Alpine Approach Road, Alpine, NJ 07620**

**From The Palisades Parkway Exit 2:** (almost 8 miles north of the GW Bridge) The Park Headquarters are ½ mile down (eastward) the Alpine Boat Basin Road. **Northbound:** Get off at exit, stay left at bottom of curve, follow sign to the Headquarters.

**Southbound:** Get off at exit, make right, go on to traffic light and make right. Proceed, after overpass, bear right to the Headquarters.

**Friday August 10, 2007 Canoe Delaware River; Milford, NJ to Byram Access**



A new stretch of the Delaware for us-about 12 miles with moderate rapids. (Look for the Hotdog Man!) Take out just above the Lumberville Wing Dams. **We will shuttle cars** *See Pg. 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-78W Exit 15:** Stay left at exit for left turn onto Rt-513. Follow Rt-513 south 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 12, 2007 Lake Sebago Hike Moderately Strenuous**

About 8 miles over mostly moderate terrain.

**Leader; Jim Conlon (914)-591-6079**

**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 15:** Take Rt-17 north 4 miles, to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr; go 4¼ miles. Parking is on the left. **(Small Sign, Small Road)**

**Saturday August 18, 2007 Escarpment Trail - North Lake - Catskills Moderately Strenuous**

The historic, scenic hike will encompass many famous places such as; The Catskill Mt. House, Artists Rock, Newmans Ledge. Swimming is available at end of hike.

We also plan to have early supper in one of the restaurants in the area. **Park Entrance Fee**

**Leaders: Charlie & Anita Kientzler (973) 835-1060**

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

**From the South; Suffern @ I-87 & I-287 Exit 15:** Take Rt-17 north 14 miles. The Commuter Lot is on the 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.

**Aug 22nd - Deadline for Nov 2007 - Oct 2008 Hike Schedule**

**Friday August 24, 2007 Canoe Schwartzwood Lake**



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

*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 Dunkin Donuts, Rt-206/Rt-94 (Water St.), Newton, NJ 07860**

**From 287N & I 80W; Take I-80 West to Exit 25 (Rt-206 N):** Follow Rt-206 N 11½ miles to the center of Newton. Continue north on Rt-206/Rt-94 ½ mile through Newton. Look for Dunkin Donuts on the left side by light. We will caravan to the lake on Rt-622.


**Sat/Sun August 25–26, 2007 AMC Camp Mohican - Camping/Swim Weekend Moderate/Strenuous**  
**Camping:** Stay overnight Saturday - \$5 camping fee – no need to register, but bring tent, sleeping bag, and food if staying overnight. Site has pavilion for food preparation & platforms for tents so they stay dry.  
**Saturday Hike: Camp Mohican to the Delaware and return. 10 miles Strenuous**  
 Start at AMC Camp Mohican, then AT and Kaiser Path down to the Delaware – swim & lunch – back to Camp Mohican and then a second swim at Catfish Pond at Camp.  
**Sunday Hike: Catfish Tower from Camp. 6 miles Moderate**  
**Leaders: Guy & Jen Percival (973) 984-1005**  
**Meet: 9:00 AM on Saturday: Blairstown “Foot Bridge Park” Parking Lot off Route 94, Blairstown, NJ 07825**  
**We will drive to AMC Camp Mohican to start hike.**

**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 Blairstown, 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 2, 2007 Pine Meadow Trail - End to End Strenuous**  
 The Pine Meadow Trail length totals 5.5 miles end to end, but the hike will be 9 miles long. Pine Meadow Lake and the Stone Giants are some of the points of interest along the way.

**Leader: Steve Rikon (973) 962-4149**  
**Meet: 9:00 AM Reeves Meadow Visitor Center, Seven Lakes Drive, Harriman State Park, NY 10974**  
**From Suffern @ I-87 & I-287 Interchange Exit 15:** Take Rt-17 north 4 miles to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right and proceed east on Seven Lakes Drive 1½ miles to Reeves Meadow Visitor Center on right, or park across the street.

**Sunday September 9, 2007 NYC Walk – Gracey Mansion to Spanish Harlem Strenuous**  
 Nice cities walk with lots of views and history. We will use the river shore paths where possible.  
**Leader: Susan Clark (973) 962-0926**  
**Meet: Call to register and receive directions to meeting place**


**Friday September 14, 2007 Canoe Hackensack River**  
 A new river for most of us. We will paddle up river with the incoming tide, and back down the river to the launch site with the out going tide. We'll view the USS Ling (museum) from the river, and Revolutionary War Sites such as New Bridge Landing and the Zabriskie House. *See top of Page 3 for additional canoe information*  
**Leader: Roy Messaros (201) 337-5004 Must call and register.**  
**Meet: 10:00 AM Foschini Park, River St. (Rt-503), Hackensack, NJ 07601**  
**From I-80 Local Lanes Only Exit 66:** From the ramp, turn left on Vreeland Ave. 3 blocks to “T” intersection, then left on Hudson St. one block, right on E. Kennedy to River St. (Rt-503). Go left 1¼ miles to Park Entrance (E. Camden St) by Toyota Dealer on right.  
**From Rt-4 Exit Hackensack Ave. (Rt-503):** Go south ½ miles on Hackensack Ave. (becomes River St.). Park Entrance is on left.

**Sunday September 16, 2007 Sourland Mountain Moderately Strenuous**  
 Conservation groups recently acquired this scenic tract. We will visit Roaring Rocks and The Devil’s Half Acre.  
**Leader: James Schlenker (908) 561-0228**  
**Meet: 9:00 AM Sourland Mountain Preserve Parking Area, East Mountain Rd., Hillsborough, NJ 08844**  
**From Rt-287 Exit onto Rt-206 southbound:** Follow Rt-206 south to Somerville Circle (Junction of Rt-202 & Rt-206). Continue south on Rt-206 8.6 miles, then turn right on Rt-601. Drive 1¼ miles on Rt-601 to East Mountain Rd on right. Then proceed 1.1 miles on E. Mountain Rd. to the preserve. Large parking area is on the left.

**Friday September 21, 2007 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 23, 2007 Sterling Forest Sampler Moderately Strenuous**  
 Our Hike will take us on the Sterling Lake Loop, Pine Meadow, Sterling Valley Loop, Bare Rock, Sterling Ridge, Fire Tower and Connector trails.  
**Leaders: Suzan Gordon & Peter Tilgner (201)-871-3531**  
**Meet: 9:30 AM Sterling Forest Visitor Center, Sterling Forest, Tuxedo, New York 10987**  
**From Suffern @ I-87 & I-287 Interchange Exit 15:** Take Rt-17 north 2 miles to Sterling Mine Road (CR-72). Proceed west on Sterling Mine Road about 3 miles to traffic light. Turn right at traffic light onto Long Meadow Road (CR-84). Go north 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 September 30, 2007 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: 9:00 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 5, 2007 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-87 & I-287 Interchange Exit 15:** Take Rt-17 north 4 miles to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr. for 7 miles to Kanawauke Circle and Rt-106. Go west (left) ¼ mile on Rt-106 to parking for boat launch on the left. **Note: If you do not have the Harriman \$20 Canoe permit, see June 1, 2007 for permit information.**

**Sunday October 7, 2007 Wildcat Ridge – Farny Highlands Moderate**  
 We will hike to Wildcat Ridge and back passing by Bat Cave and Graffiti Cliffs. About 7 miles long.  
**Leader: Jim McKay** (973) 538-0756  
**Meet: 9:30 AM Wildcat Ridge Parking Lot, Rt-513, Rockaway, NJ 07866**  
**From I-80 Exit 37:** Turn left off ramp onto Rt-513 north and proceed 2.7 miles to Wildcat Ridge Parking Lot on right.

**Sunday October 14, 2007 Allamuchy North Moderately Strenuous**  
 A nice hike in the area of Cranberry Lake, and more  
**Leader: Ursula Davis** (973) 786-7087  
**Meet: 9:00 AM South End Sussex Branch Rail Trail, Waterloo Rd. (Rt-604), Stanhope, NJ 07874**  
**From I-80 Exit 25:** Follow Rt-206 north ¼ mile, then the first exit right, following signs to Waterloo Village. (Loop & Right turn). Continue to T-junction with Waterloo Rd. The Sussex Branch Parking Lot is straight ahead across the road.

**Friday October 19, 2007 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 October 21, 2007 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  
**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 27, 2007 Rain date Trail Clearing, same leader, same time and place as above.**

**Sunday October 28, 2007 Breakneck Ridge & 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 Royhiker1@aol.com **Shuttle Required Rain Cancels 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 (¼ mile past the tunnel) on Rt-9D north of Cold Spring, NY 10915

**Saturday November 4, 2007 Daylight Savings Time Ends!**