

# Interstate Hiking Club

Organized 1931

Affiliate of NY-NJ Trail Conference



## Schedule of Hikes

**November 2000 through April 2001**

<http://www.mindspring.com/~interstatehiking>

[interstatehiking@mindspring.com](mailto:interstatehiking@mindspring.com)

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

**First Class Mail**

## Who we are?

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

## Where do we go?

Most of our activities are centered in the NY/NJ area. Some hikes are further away. The club occasionally sponsors trips in the Catskills and Pennsylvania. We have had camp-outs in the Adirondacks and Maine.

## 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** Some climbing, usually rugged, generally 9 miles or more.

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

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

## Is that all we do?

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

## What to bring:

Footwear is very important. We strongly recommend hiking boots with non-slip soles. New footwear should be broken-in before being used on a hike. Bring water, a trail lunch, but please no food that requires cooking. Bring a pack to carry your gear in, including rain gear, sweater, etc., leaving your hands free for climbing.

## Things to be aware of:

All outdoor activities involve **inherent risks**.

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

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

No pets please.

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

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

## What we ask of you:

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

## Membership Application:

Having **completed at least one club hike**, I wish to apply for membership in the Interstate Hiking Club.

Enclosed are dues and initiation fee as listed below:

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

<b>Name:</b>			
<b>Street:</b>			
<b>City, State, Zip:</b>			
<b>Phone:</b>		<b>E-mail:</b>	
<b>Application Date:</b>		<b>Date of Hike:</b>	
<b>Amount:</b>	<b>\$6.00</b>	<b>\$3.50 (after 12/1)</b>	<b>\$1.00 (junior)</b>

This form may be given to any club officer (see list on last page) or mailed to the treasurer:  
**Phellis Swan** 100 Hunter Place, Apt. 1B -- Pompton Lakes, NJ 07442

# Interstate Hiking Club

## November 2000 – April 2001 Hikes

<p><b>Saturday November 4 9:00 AM</b></p>	<p><b>Paulinskill Valley Trial - ATB Bike Ride</b></p> <p><b>Strenuous.</b> We'll ride from NJ94 to Water Wheel farm and return, about 20 miles roundtrip. Maybe some shopping opportunities afterward at the outlets at Old Lafayette Village. ATB or sturdy Hybrids only.</p> <p><b>Bad weather cancels.</b></p> <p>Call between 6 and 7 AM morning of ride if doubtful. Bring water and food. Brian Mazur (973) 478-5285 mazurb@hotmail.com</p> <p><b>Lafayette, NJ 07848</b> <i>Parking Area on Route 94 next to Old Lafayette Village just off Route 15.</i> Ask leader of unsure of location.</p>
<p><b>Sunday November 5 9:00 AM</b></p>	<p><b>Long Path/Long Clove to Mount Ivy</b></p> <p><b>Moderate.</b> Some steeps, some flats, climb Hi Tor for great views on this seven mile hike.</p> <p><b>Very bad weather cancels.</b></p> <p>Please call to register. Eileen Berch (201) 288-3759 between 6 and 8 PM. outat55@hotmail.com Call between 6 and 7AM day of hike if doubtful.</p> <p><b>Mount Ivy, NY 10970</b> <i>Mt. Ivy commuter parking lot off Route 202 and the Palisades Interstate Parkway.</i></p>
<p><b>Sunday November 12 9:00 AM</b></p>	<p><b>Mirror, Mirror on the Wall...</b></p> <p><b>Moderately strenuous.</b> Which trail is the best of them all: the Nurian, Long Path, Ramapo Dundenberg, or the White Bar trail? Come find out.</p> <p><b>Rain cancels.</b></p> <p>Ilse Dunham (973) 838-8031</p> <p><b>Tuxedo, NY, 10987</b> <i>R.R. station parking lot on Rt.17 northbound side</i></p>
<p><b>Sunday November 19 9:00 AM</b></p>	<p><b>Watchung Reservation, Mountainside, NJ</b></p> <p><b>Easy.</b> From the trailside museum we will do 7 miles of rolling hills with some rocky terrain.</p> <p>Brian Mazur (973) 478-5285 mazurb@hotmail.com</p> <p><b>Parsippany-Troy-Hills, NJ 07054</b> McDonald's at the Morris Hills Shopping Center. Intersection of Rt 202 &amp; Rt 46.</p> <p><i>From I-287 southbound:</i> Exit 42 onto Rt 202 South. Continue South about 0.5 miles across Rt 46 and turn right into shopping center. McDonald's will be ahead on the Rt 46 side.</p> <p><i>From I-287 northbound:</i> Exit 43 to Rt 202 south for 1.3 miles to Rt 46 and follow the above instructions.</p> <p><i>From I-80 west or east:</i> Exit to I287 north, then Exit 43 on I-287 and follow above instructions for I-287 northbound.</p>

<p><b>Sunday November 26 9:00 AM</b></p>	<p><b>Man o War Rock</b></p> <p><b>Moderately strenuous.</b> Some say we found it, others say no. Come and decide for yourself. A trip up Old Red to the Torne for a morning snack of Popums.</p> <p>Pete Rigotti (718) 769-3814 parigotti@aol.com Call only between 9:00 and 9:30 PM</p> <p><b>Sloatsburg, NY 10974</b> <i>Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center.</i></p>
<p><b>Sunday December 3 9:00 AM</b></p>	<p><b>Appalachian Trail #15 – PIP/Anthony Wayne to Bear Mountain Bridge</b></p> <p><b>Moderately Strenuous.</b> Distance: About 7 miles. This section in Harriman Park traverses both West and Bear Mountains with lots of great views. However, there is some climbing involved to get to the summits.</p> <p><b>Shuttle required and parking fee.</b></p> <p>Elsie and Joel McKenzie (973) 694-3056 emckenzie@sprynet.com</p> <p><b>Bear Mountain Inn, Bear Mountain, NY, 10980</b> <i>Take the Palisades Interstate Parkway north to Route 9W traffic Circle near the Bear Mountain Bridge. Turn south on Rt 9W and continue approx. 1 mile to the Inn. \$4 parking fee.</i></p>
<p><b>Sunday December 10 9:00 AM</b></p>	<p><b>Agony Grind to Fitzgerald Falls</b></p> <p><b>Moderately Strenuous.</b> Distance: About 8.5 miles on the Appalachian Trail. We climb Agony Grind, enjoy gorgeous views, trudge on to mountain lakes, and end with a photo-finish at incredible Fitzgerald Falls.</p> <p>Steve Rikon (973) 962-4149 rikon4@prodigy.net</p> <p><b>Southfields, NY 10950</b> <i>The Red Apple Rest on the northbound side of Rt 17, 10 miles north of Sloatsburg, NY. <b>Park in the back.</b></i></p>
<p><b>Sunday December 17 10:00 AM</b></p>	<p><b>Pyramid Mountain</b></p> <p><b>Easy.</b> Pyramid Mountain Natural Historical Area is a relatively new jewel in the North Jersey park system. We'll have lunch on an 800 foot overlook on this 5 mile hike. We should be out by early afternoon.</p> <p><b>Rain cancels.</b></p> <p>Phellis Swan (973) 839-5600</p> <p><b>Kinnelon Ball Field, Kinnelon, NJ</b> <i>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 4.5 miles to ballfield and parking area on left (you will pass the Pyramid Mountain Visitors Center).</i>  <i>From I-287 South: Exit 52, Rt 23 North. Go 2 miles to Boonton Ave (Rt 511). The exit is from the left lane. Follow Rt 511 south about 2.2 miles to ball field and parking area.</i></p>

<p><b>Saturday December 23</b></p>	<p><b>Panther Mountain (Catskills)</b></p> <p><b>Very strenuous.</b> A demanding ascent of one of the more challenging peaks in the Catskills.</p> <p>David Kocian (201) 393-0986 davidamk@yahoo.com Call leader for meeting place and time.</p> <p><b>Advanced registration required by Thursday night.</b></p> <p><b>Crampons required, snowshoes may be required.</b></p>
<p><b>Sunday December 31 9:30 AM</b></p>	<p><b>Beyond Menomonee</b></p> <p><b>Moderately strenuous.</b> Forgotten trails to obscure sights. Involves extensive bushwacking!</p> <p><b>Bad weather cancels. No beginners please.</b></p> <p>Dave and Naomi Sutter dsuttr@aol.com</p> <p><b>Harriman State Park, NY 10928</b> Silvermine Parking Area  <i>From Rt 17:</i> Turn right onto Seven Lakes Drive just north of Sloatsburg, NY. Go 12.6 miles to parking area on right.  <i>From Palisades Interstate Parkway:</i> North to Long Mountain circle, intersection of PIP and US Rt 6. Take Seven Lakes Drive west 1.5 miles to Silvermine Parking Area on left.</p>
<p><b>Saturday January 6 11:00 AM</b></p>	<p><b>Shawangunk Wine Trail</b></p> <p><b>Must be 21 or older.</b> This may be a trail but it's not a hike. We'll be tasting the wines on the southern half of this trail. Optional stop for food afterwards.</p> <p><b>Must have own vehicle or arrange own transportation.</b></p> <p>Ann Gilabert (973) 839-0292 Jettlx@aol.com</p> <p><b>Harriman, NY 10926</b>  <i>Harriman railroad station park and ride lot on the northbound side of Rt 17.</i></p>
<p><b>Sunday January 7 9:00 AM</b></p>	<p><b>Hamell Mine and Beyond</b></p> <p><b>Moderately strenuous.</b> Let's get lost with the leader. Involves extensive bushwacking!</p> <p><b>Bad weather cancels. No beginners please.</b></p> <p>Dave and Naomi Sutter dsuttr@aol.com</p> <p><b>Sloatsburg, NY, 10974</b>  <i>Take Rt 17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center.</i></p>

<p><b>Sunday January 14 9:00 AM</b></p>	<p><b>Winter on West Mountain</b></p> <p><b>Moderately strenuous.</b> A climb up West Mountain to warm your spirits. Then its on to the Timp for lunch. Ice and snow may change the route.</p> <p>Pete Rigotti (718) 769-3814 parigotti@aol.com Call between 9:00 and 9:30 PM if unsure of meeting place.</p> <p><b>Anthony Wayne Recreation Area (north parking area), Harriman Park, NY 10928</b> Exit 17 on Palisades Interstate Parkway (15 miles north of NYS Thruway, just beyond Visitors Center in middle island). From the north, the parking area is 0.5 miles south of the Rt 6 and Seven Lakes Drive intersection.</p>
<p><b>Sunday January 21 9:00 AM</b></p>	<p><b>Great Triangle Project – Liberty Water Gap Trail #4</b> Verona Park to West Essex Park, Livingston</p> <p><b>Moderate.</b> Approx. 10 miles. We continue on the proposed Liberty Water Gap Trail with a pleasant section of the Lenape Trail through Verona Park and the Eagle Rock Reservation followed by a not so pleasant route along overgrown power line right-of-ways to West Essex Park. <b>Shuttle required.</b></p> <p>Mike Selender (201) 451-5411 mike_selender@mindspring.com</p> <p><b>West Essex Park, Livingston, NJ 07039</b> <i>From Route 280: Take exit 4A, Eisenhower Parkway south for 1/2 mile. Turn right on Eagle Rock Ave. and continue for 1/2 mile. Park by white building on left with Rutgers Cooperative Extension/4-H sign.</i></p>
<p><b>Sunday January 28 9:00 AM</b></p>	<p><b>Lake Skannatati Circular</b></p> <p><b>Moderately strenuous.</b> A trip to the naked (not many trees) part of Harriman for a spectacular experience. Special places like Ship Rock, Bowling Rocks, Cape Horn, Lichen View, Black Rock are on the agenda.</p> <p>Pete Rigotti (718) 769-3814 parigotti@aol.com Call between 9:00 and 9:30 PM if unsure of meeting place.</p> <p><b>Harriman State Park, NY 10928</b> <i>Lake Skannatati parking lot (down the hill, just off Seven Lakes Drive).</i></p>
<p><b>Sunday February 4 9:00 AM</b></p>	<p><b>Urban Walk II –NYC</b></p> <p><b>Easy.</b> We'll spend the day exploring a part of Manhattan.</p> <p>David Kocian (201) 393-0986 davidamk@yahoo.com</p> <p>Contact leader for details.</p>
<p><b>Sunday February 11 9:00 AM</b></p>	<p><b>Wawayanda Wonderland</b></p> <p><b>Moderately strenuous.</b> Wax your cross-country skis or take your snowshoes off the wall. Wawayanda is beautiful in winter, with trails among frozen rhododendron jungle and cedar swamps.</p> <p>Brian Mazur (973) 478-5285 mazurb@hotmail.com</p> <p><b>Hewitt, NJ 07421</b> A &amp; P/Hewitt Post Office / Five Star Shopping Center. <i>From Rt 23: North to New Foundland, NJ; turn right onto Union Valley Rd (Rt 513), go 9.3 miles (bear left at ShopRite) to intersection of Warwick Tpk; turn right one block into shopping center. From I-287: Exit 55 (Rt 511, Ringwood Ave); go north about 13+ miles to Warwick Tpk at south end of Greenwood Lake (Jct of Rt 511 &amp; Rt 513 &amp; Lakeside Ave); continue straight ahead on Warwick Tpk for half a block.</i></p>

<p><b>Sunday February 18 9:00 AM</b></p>	<p><b>Back Beach to Ramapo Lake</b></p> <p><b>Moderately strenuous.</b> Loose rock and a river crossing are some of the obstacles that we will have to overcome.</p> <p><b>Bad weather cancels.</b></p> <p>Ann Gilabert (973) 839-0292 Jettlx@aol.com</p> <p><b>Haskell, NJ 07420</b> <i>Foodtown supermarket parking lot on Union Ave just off exit 55 of Interstate 287.</i></p>
<p><b>Sunday February 25 9:00 AM</b></p>	<p><b>Pine Meadow Meander</b></p> <p><b>Moderate.</b> We will begin on the Pine Meadow Trail, and then hike along Stony Brook. It is beautiful at this time of year. Weather conditions will dictate the extent of our circuit.</p> <p><b>Heavy snow cancels.</b></p> <p>Steve Rikon (973)-962-4149 rikon4@prodigy.net</p> <p><b>Harriman State Park, Sloatsburg, NY 10974</b> <i>Take Rt.17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Make the right and proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center.</i></p>
<p><b>Sunday March 4 9:00 AM</b></p>	<p><b>Central Park – New York City</b></p> <p><b>Moderate.</b> Central Park is only 0.5 x 2.5 miles in size, but the maps list the names of over 90 statues, fountains, monuments, gates, arches, and bridges. We may not find them all but we'll try. In winter there is <u>no one around</u> to ask.</p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p><b>Fort Lee Historic Park, Fort Lee, NJ 07024</b> <i>Take any road that leads to the George Washington Bridge and exit at the sign "last exit before toll." Continue on this ramp (parallel to the bridge approaches) crossing several lights until the "T" intersection with Hudson Terrace. Turn right ¼ block and then left into the Park. We will then drive into NYC and use a parking garage.</i></p>
<p><b>Saturday March 10 9:00 AM</b></p>	<p><b>Mountain Bike the Columbia Rail Trail</b></p> <p><b>Moderately strenuous.</b> 16 miles of an old rail bed one way or a more challenging 32 mile round trip. Your choice, there will be a car at both ends. Route takes you from Flanders in Morris County to High Bridge in Hunterdon County, NJ.</p> <p><b>Rain Cancels. ATB or sturdy Hybrids only.</b></p> <p>Ann Gilabert (973) 839-0292 Jettlx@aol.com</p> <p><b>Parsippany-Troy-Hills, NJ 07054</b> <i>McDonald's at the Morris Hills Shopping Center. Intersection of Rt 202 &amp; Rt 46. See directions for November 19<sup>th</sup>.</i></p> <p><i>Alternate meeting place: 9:45 AM at Weis Market parking lot on Bartley-Flanders Rd, Flanders, NJ. Just off Rt 206. Call leader if you plan to meet there.</i></p>

<p><b>Sunday March 11 10:00 AM</b></p>	<p><b>Ringwood Manor</b></p> <p><b>Easy.</b> It may be a bit early for flowers in the New Jersey State Botanical Gardens, but we can imagine what this beautiful area will be like in another month. However the views from Pierson Ridge will be clear and crisp. A climb up Mount Defiance with lunch on our usual overlook for a total of approx. 5 miles.</p> <p>Phellis Swan (973) 835-4513</p> <p><b>Ringwood, NJ 07456</b> Parking Lot A, Skylands Manor  <i>From I-287:</i> Exit 55. Go north on Ringwood Ave (Rt 5111) about 7 miles to Sloatsburg Rd; turn right for 2 miles to Skylands sign. Turn right one mile to "Lions Gateway" near Manor House; continue straight to parking lot on left.  <i>From Rt 17:</i> Exit at Sloatsburg Road. Continue southwest on Sloatsburg Rd to Skylands sign, turn left to Manor House as above.</p>
<p><b>Sunday March 18 9:00 AM</b></p>	<p><b>Lewis Morris Park, Morristown, NJ</b></p> <p><b>Easy.</b> 6 to 7 miles of rolling hills and somewhat rocky terrain.</p> <p>Brian Mazur (973) 478-5285 mazurb@hotmail.com</p> <p><b>Parsippany-Troy-Hills, NJ 07054</b>  McDonald's at the Morris Hills Shopping Center. Intersection of Rt 202 &amp; Rt 46.</p> <p><i>From I-287 southbound:</i> Exit 42 onto Rt 202 South. Continue South about 0.5 miles across Rt 46 and turn right into shopping center. McDonald's will be ahead on the Rt 46 side.</p> <p><i>From I-287 northbound:</i> Exit 43 to Rt 202 south for 1.3 miles to Rt 46 and follow the above instructions.</p> <p><i>From I-80 west or east:</i> Exit to I287 north, then Exit 43 on I-287 and follow above instructions for I-287 northbound.</p>
<p><b>Sunday March 25 9:00 AM</b></p>	<p><b>Silvermine Circular</b></p> <p><b>Moderately strenuous.</b> This hike begins and ends at the Silvermine parking/picnic area. We'll take the Menomine trail and Stockbridge Mtn. trail to Lake Tiorati for lunch. Then return by the Ramapo-Dunderburg trail and Menomine trail for a complete circle.</p> <p>Roy Williams (973) 283-9756</p> <p><b>Harriman State Park, NY 10928</b> Silvermine Parking Area  <i>From Rt 17:</i> Turn right onto Seven Lakes Drive just north of Sloatsburg, NY. Go 12.6 miles to parking area on right.  <i>From Palisades Interstate Parkway:</i> North to Long Mountain circle, intersection of PIP and US Rt 6. Take Seven Lakes Drive west 1.5 miles to Silvermine Parking Area on left.</p>
<p><b>Sunday April 1 9:00 AM</b></p>	<p><b>Trail Clearing – Sterling Ridge Trail</b></p> <p><b>Moderately strenuous.</b> We need your help for another spring cleanup. Bring lunch and gloves. If you don't have clippers you can use the tools provided by the club.</p> <p><b>Rain date: Saturday, April 7.</b></p> <p>Ilse Dunham (973) 838-8031</p> <p><b>Hewitt, NJ 07421</b> South end of the Sterling Ridge Trail  From I-287: Exit 55, take Rt 511 (Ringwood Ave) north approx. 10+ miles to junction with Greenwood Lake Tpk (Rt 511) and East Shore Drive.</p>



<p><b>Saturday April 7 9:00 AM</b></p>	<p><b>Trail Clearing – Sterling Ridge Trail rain date</b></p> <p><b>Moderately strenuous.</b> We need your help for another spring cleanup.</p> <p>Ilse Dunham (973) 838-8031</p> <p><b>Hewitt, NJ 07421</b> South end of the Sterling Ridge Trail See directions from April 1<sup>st</sup>.</p>
<p><b>Sunday April 8 9:00 AM</b></p>	<p><b>Seven Hills and Raccoon Brook Circular</b></p> <p><b>Moderately strenuous.</b> We'll take the Seven Hills trail to the Ramapo Torne and the Torne view. Then take Raccoon Brook Hills trail to the Kakiat and Pine Meadows trails to Pine Meadow Lake for lunch. Then out by the Pine Meadow trail.</p> <p>Roy Williams (973) 283-9756</p> <p><b>Harriman State Park, Sloatsburg, NY 10974</b> <i>Take Rt.17 north to Sloatsburg, NY. Immediately north of Sloatsburg is a traffic light for Seven Lakes Drive. Make the right and proceed east on Seven Lakes Drive 1.5 miles to Reeves Meadow Visitors Center.</i></p>
<p><b>Saturday April 14 9:00 AM</b></p>	<p><b>Palisades Shore Path</b></p> <p><b>Moderately strenuous.</b> Along the Hudson River, from the State Line Lookout to the George Washington Bridge, is a 12 mile mostly level trail. It offers views of the towering Palisades, and across the river, the New York skyline. We should see the early wild flowers and lots of driftwood. There are only two hills on this hike, <b><u>one down</u></b> and <b><u>one up</u></b>.</p> <p><b>Shuttle required.</b></p> <p>Charlie and Anita Kientzler (973) 835-1060</p> <p><b>Fort Lee Historic Park, Fort Lee, NJ 07024</b> <i>Take any road that leads to the George Washington Bridge and exit at the sign "last exit before toll." Continue on this ramp (parallel to the bridge approaches) crossing several lights until the "T" intersection with Hudson Terrace. Park just before the intersection on either side by the meters (no fee on Sunday).</i></p>
<p><b>Sunday April 22 8:30 AM</b></p>	<p><b>Appalachian Trail #17 (3<sup>rd</sup> Try) – Route 9, Graymoor to Dennytown Road</b></p> <p><b>Moderately strenuous.</b> Distance 8.8 miles. We continue through the hills (Little Fort, Denning, Canopus) of Westchester and Putman counties to the eastern end of Fahnestock State Park. This time the weather will cooperate! (We said the same thing las time).</p> <p>Donal Maloney (201) 391-6591 Charlie and Anita Kientzler (973) 835-1060</p> <p><b>Harriman Park, NY 10928</b> Anthony Wayne Recreation Area (north parking area) <i>Exit 17 on Palisades Interstate Parkway (15 miles north of NYS Thruway, just beyond Visitors Center in middle island). From the north, the parking area is 0.5 miles south of the Rt 6 and Seven Lakes Drive intersection.</i></p>

<b>Saturday April 28</b>	<b>Moonlight Hike</b>  <b>Moderately strenuous.</b>  Hiking at night is a totally different experience than during the day. Bring a flashlight but not a spotlight.  David Kocian (201) 393-0986 davidamk@yahoo.com  Contact leader for details.
<b>Sunday April 22 9:00 AM</b>	<b>Southfields Circular</b>  <b>Strenuous.</b> This hike will be on the Nurian from end to end, Ramapo-Dunderberg trail south to Parker Cabin Mtn. for lunch. Then back by the Triangle, White Bar and Nurian. Lots (5+) of strong climbs on this hike.  <b>Strong hikers only.</b>  Roy Williams (973) 283-9756  <b>Southfields, NY 10950</b> <i>The Red Apple Rest on the northbound side of Rt 17, 10 miles north of Sloatsburg, NY.</i> <b>Park in the back.</b>

**Club Officers:**

<b>President</b>	<b>Brian Mazur</b>	11 Maple Place, Clifton, NJ 07011 mazurb@hotmail.com	(973) 478-5285
<b>Secretary</b>	<b>Phellis Swan</b>	100 Hunter Place, Apt. 1B, Pompton Lakes, NJ 07442	(973) 835-4513
<b>Treasurer</b>	<b>Charles Kientzler</b>	711 Terhune Drive, Wayne, NJ 07470-7111	(973) 835-1060
<b>Trails Chair</b>	<b>Ilse Dunham</b>	3 Brentwood Drive, Kinnelon, NJ 07405	(973) 838-8031
<b>Entertainment Chair</b>	<b>Anita Kientzler</b>	711 Terhune Drive, Wayne, NJ 07470-7111	(973) 835-1060
<b>Web Page</b>	<b>Mike Selender</b>	159 Jewett Avenue, Jersey City, NJ 07304-2003 mike_selender@mindspring.com	(201) 451-5411

Contact us:

[interstatehiking@mindspring.com](mailto:interstatehiking@mindspring.com)

<http://www.mindspring.com/~interstatehiking>