

Interstate Hiking Club

Organized 1931

Affiliate of the NY-NJ Trail Conference



Schedule of Hikes

November 2006 through April 2007

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:	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	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, Treasurer, 711 Terhune Drive, Wayne, NJ 07470


INTERSTATE HIKING CLUB WINTER 2006 - 2007 SCHEDULE

New Item IHC Winter Weekend at Camp Mohican, NJ February 10, 2007

Reservations for Weekend must be made by December 24, 2006 with leaders.

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

Saturday November 4, 2006 Sterling Ridge Trail Maintenance Moderately Strenuous
 The southern 2 ½ miles of the Sterling Ridge trail needs some special attention. 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 South end 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.

Sunday November 5, 2006 Sussex County Roads Bike Ride Moderately Strenuous
 A moderately strenuous ride of about 30 miles (ride can be shortened or lengthened) on country roads
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, Lime Crest Rd., Newton, NJ 07860
From I-80W Exit 25: Take Rt-206 north to Andover (about 6 mi. to Exxon Station-2nd light in Andover.) Turn right on Lime Crest Rd. (Rt-669) and go one mile to park entrance on the left.

Sunday November 12, 2006 Castle Rock Moderately Strenuous
 The Castle Rock Unique Area on the East Side of the Hudson presents many spectacular views of the Hudson and its surroundings. The views from Sugarloaf South are well worth the climb. The hike route will use the Osborn Loop Trail, The Appalachian Trail and the Curry Pond Trail.
Leader: Roy Messaros 201-337-5004
Meet: 9:00 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. The parking area is 0.5 miles south of the Route 6 and Seven Lakes Drive Intersection.

Sunday November 19, 2006 Bearfort Ridge – Surprise Lake Moderately Strenuous
 This ridge top hike gives us views in all directions. The ledges are formed of puddingstone rock and the trail will lead us to several glacial ponds nestled on top of the mountain.
Leader: Susan Clark 973-962-0626
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 (Rt-511): Go north about 13.9 miles to Warwick Tpk., at south end of Greenwood Lk. Continue straight-ahead 1/2 block to shopping center on left.

Sunday November 26, 2006 Storm King Strenuous
 Storm King has the *Best Views* West of the Hudson! Our approach using the new trails from Rt-218, 200 feet above the level of the river, will make the views even better.
Leader: Chris Davis 609-924-2563
Meet: 9:00 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. The parking area is 0.5 miles south of the Route 6 and Seven Lakes Drive Intersection.

Sunday December 3, 2006 Patriots Path Moderate
 The hike is along the Patriots Path from Mendham to Fosterfields Historical Farm. You are welcome to visit Fosterfields when the hike is over (fee).
Shuttle required.
Leaders: Jennifer & Guy Percival (973) 984-1005
Meet: 9:00 AM Fosterfields Historical Farm, Kahdena Rd., Morristown, NJ 07960
From I-287 South Exit 35: At the light turn right onto Rt-124W (Madison Ave.) toward Morristown center. Proceed ¾ mi. toward Morristown Green (Rt-124 becomes South St.) Go ¾ around the Square counterclockwise) Exit the Square right onto Rt-510/Washington St./Rt-24 westward, continue for 1.2 mi. Turn right onto Kahdena Rd, proceed 0.2 mi to Fosterfields parking lot on the left. (Note! Rt-24 signs nonexistent in this area, only on maps!)

Sunday December 10, 2006 Wandering in Weis Moderately Strenuous
Our 6-7 mile hike will include the option of distant views from Wyanokie High Point. The exact route depends on ice or snow conditions.

Leaders: Carolyn and Jim Canfield 973-728-9774

Meet: 9:00 AM Weis Ecology Center, Snake Den Road, Ringwood, NJ 07456

From I-287 Exit 55: Take Ringwood Ave. (Rt-511) north 4 mi. 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 the road ¾ mi. to parking lot on right before Weis Ecology. **Do not go into Weis Ecology Center**

Sunday December 17, 2006 Escalator – Stalter Spring Strenuous
Unique hike known only to old timers in IHC. Glory hike! Surprises abound! **Rain Cancels**

Leader: Dave Sutter DSUTTR@AOL.COM Please no phone calls!

Meet: 9:30 AM Jones Point Parking, Route 9W, Jones Point, New York 10911

From Palisades Parkway north: Take Parkway to its end at the Bear Mountain Bridge Circle and Rt-9W. Go south (right) on Rt-9W for about 4 miles to the parking area along southbound side of Rt-9W, opposite old road to Jones Point.

NOTE! Reservations for Camp Mohican Weekend February. 10, 2007 must be made by December 24, 2006 with leaders.

Monday December 25, 2006 Holiday Hike Pt. 2 Ho Ho Merry Christmas Moderate
Join us on this hike as we celebrate Holiday season. All levels and beginners welcome. Holiday enjoyment pace. Leader will bring cookies, and hopes others will bring treats to share. **Conditions may require crampons or snowshoes. Rain or inclement weather may cancel event. Leader reserves the right to turn away hiker without proper gear/clothing.**
Joint with AMC. For inclement weather, call after 7:00 AM morning of the hike if in doubt.

Leader: Larry Spinner 845-356-5219 LSPINNER@OPTONLINE.NET

Meet: 10:00 AM Commuter Parking Lot, Sloatsburg, NY, 10974

From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Rt-17 north about 4 miles. In Sloatsburg, turn right at blinker light, and go 1 block, turn right again, the lot is ahead on right.

Monday January 1, 2007 New Year's Hike Moderately Strenuous
Start the New Year off on right foot. This is a different Elk Pen circular. **Rain Cancels**

Leader: Dave Sutter DSUTTR@AOL.COM Please no phone calls!

Meet: 9:30 AM Elk Pen Parking Area, Arden Valley Road, Arden, NY 10910

From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Route 17 north about 13 miles to the Arden Valley Road entrance to Harriman State Park on the right. Turn right and proceed 1/2 mile to parking area on right.

Sunday January 7, 2007 Garrett Mountain Moderate
Garrett Mountain Reservation on the top of the First Watchung Range, offers splendid views of nearby Paterson City, Turkey Mtn., High Mtn., and also to the northwest as far as Schunemunk Mountain. Let us see what else we can find. **Rain will cancel this hike**

Leaders: Charlie & Anita Kientzler 973-835-1060

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

From I-80 Westbound: Exit 55 Union Ave: Go south ½ mi to Rt-48 West. Then west for ½ mi. to Riverview Dr., stay on Rt-46 and proceed past 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 on Rt-46 1 mi. to Riverview Dr. Exit after going under underpass toward Wayne. Proceed north over Rt-46 on Riverside Dr. to Mall entrance on left. Park on "Coconuts" (south side) of Home Depot.

Sunday January 14, 2007 Randolph Trails Easy/Moderately Strenuous
We start at Freedom Park in Randolph and hike two circuits with lunch in-between. So this is an **Easy** and a **Moderately Strenuous** hike with two connecting circuits. The **Easy** hike is the first circuit ending back in Freedom Park.

Those who want a **Moderately Strenuous** hike can then complete the second circuit by Clyde Potts Reservoir.

Leaders: Jennifer & Guy Percival 973-984-1005

Meet: 9:00 AM Freedom Park, 640 Millbrook Ave., Randolph, NJ 07869

From I-287 south Exit 39B Rt-10W: Take Rt-10 west toward Dover 7.4 mi. past K-Mart. Look for Nagles Candy Barn on right and take jug handle for Millbrook Ave. southbound (Rt-656). Proceed about 2+mi., going past Randolph High School, then just past Randolph Museum, turn into Freedom Park on left. If you see Knoths Farm you have gone too far!

Jan 17th Deadline for Trip Plans for Leaders May - October 2007 Schedule."

Send information to: Guy Percival, 628 Sussex Ave., Morristown, NJ 07960 or JENGUY@OPTONLINE.NET

- Sunday January 21, 2007 Hook Mountain – Rockland Lake SP Moderate**
 We will take the Long Path Northward, climbing the ridge of Hook Mtn., with its great view in all directions. Then continuing past old cemeteries and descending to the Hudson. We shall observe the “Old Quarries” which prompted public outrage, leading to the park’s establishment. **Conditions may require crampons or snowshoes.**
Leader: Steve Rikon 973-962-4149 **Shuttle required**
Meet: 9:00 AM Suffern - Municipal Parking Lot, Route 202, Suffern, New York 10901
 At the Junction of Route 202 & Route 59 (traffic light) next to RR tracks.
- Sunday January 28, 2007 Osborn Loop Moderate**
 The Osborn Loop is a lovely Hudson Valley hike of about 6 miles largely on carriage roads with one steep ascent at the start. **Conditions may require crampons or snowshoes.**
Leader: Jane Egan 973-636-0809 **No calls after 9:00 PM**
Meet: 9:00 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. The parking area is 0.5 miles south of the Route 6 and Seven Lakes Drive Intersection.
- Sunday February 4, 2007 Ringwood Meander Moderate**
 Depending on the weather, we will traverse a variety of trails, including the Cooper Union Trail to Governor Mtn. overlook. **Conditions may require crampons or snowshoes.**
Leader: Steve Rikon 973-962-4149
Meet: 9:00 AM Parking Lot A, Skylands Manor, Ringwood, NJ 07456
From I-287 Exit 55: Go north on Ringwood Ave. (Rt-511) about 7 miles to Sloatsburg Rd; turn right for 2 miles to Skylands sign. Turn right one mile to "Eagles Gateway" near Manor House; continue straight to parking lot "A" on left.
From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 north approximately 2 miles to Sterling Mine Road (Rt-72). Right exit at Sterling Mine Road (becomes Sloatsburg Rd. in NJ), go about 4 miles. Turn left at Skylands Botanical Garden sign, and proceed as above.
- Saturday/Sunday Feb. 10-11, 2007 Snowshoe – X-Ski Weekend Moderately Strenuous**
 The AMC Mohican Center, NJ will be our base for this event. Stay overnight Saturday with group dinner Saturday and breakfast Sunday morning. Think snow! Ski – Snowshoe to Catfish Fire Tower and other points of interest. Lodgings are “rustic”. Check with leader for more information. Fee is \$23 if 12 person minimum is met.
Reservations must be made by December 24, 2006 with leaders.
Leaders: Jennifer & Guy Percival 973-984-1005
Meet: Saturday AM at AMC Mohican Center, Camp Mohican Rd., Blirstown, NJ 07825 (Columbia, NJ 07832)
Directions: Obtain from leaders.
- Sunday February 18, 2007 Kanawauke Exploration Moderately Strenuous**
 We’ll try for about 8 miles, hopefully finding untracked snow on mostly moderate terrain. **Conditions may require crampons or snowshoes.**
Leader: Jim Conlon 914-591-6079
Meet: 9:15 AM Lake Kanawauke Parking Area, Rt-106, Harriman State Park, NY 10974
From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Rt-17 north 4.5 miles to Seven Lakes Drive, just north of Sloatsburg, NY. Turn right onto Seven Lakes Drive for 6.5 miles to Kanawauke Circle and Rt-106. Go west (left) on Rt-106 1/4 mile to parking on the left.
- Sunday February 25, 2007 Winter Weekend Hike Moderate**
 To and around Island Pond, depending on the snow, we either hike or snowshoe through the wintry forest and enjoy an invigorating day. **Conditions may require crampons or snowshoes.**
Leader: Ilse Dunham 973-838-8031 **Heavy snow or poor driving conditions will cancel the hike.**
Meet: 9:30 AM Southfields Commuter Parking Lot, Intersection of Rt-17 & Rt-17A, Southfields, NY 10975
From Suffern @ I-87N & I-287 Interchange Exit 15A: Take Route 17 North 9 miles. 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.
- Sunday March 4, 2007 Schooley's Mountain Moderately Strenuous**
 The Patriot's Path and Highlands Trail extend into this Morris County Park. Waterfalls and an old rock quarry are some of the points of interest.
Leaders: Charlie & Anita Kientzler 973-835-1060
Meet: 9:00 AM Cooper Mill Historical Site, Rt-24 (Rt-513), Chester, NJ 07930
From I 80 Exit 27: (Rt-206 South). Continue southward 7+ miles to the Chester area at the intersection of Route 513 (no Rt-24 sign). Turn right (west) and continue 1.5 miles to the Morris County "Cooper Mill" on the left.

Sunday March 11, 07 Daylight Savings Time Begins! Spring clock forward 1 hour on Saturday night!

Sunday March 11, 2007 Jones Point Circular Moderately Strenuous

We'll hike about 8 miles climbing Dunderberg, with a detour onto the Charlie K path, to visit the Terrace of Views

Leader: Jim Conlon 914-591-6079 **Conditions may require crampons or snowshoes.**

Meet: 9:30 AM Jones Point Parking, Route 9W, Jones Point, New York 10911

From Palisades Parkway north: Take Parkway to its end at the Bear Mountain Bridge Circle and Route 9W. Go south (right) on Route 9W for about 4 miles to the parking area along southbound side of Route 9W, opposite old road to Jones Point.

Sunday March 18, 2007 Allamuchy Mt. State Park North Section Moderately Strenuous

A 9 mile hike around Cranberry Lake on various trails.

Leader: Jim McKay 973-538-0756 **JRMMCKAY@VERIZON.NET**

Meet: 9:30 AM Sussex Branch Trail Southern End Parking Lot, Waterloo Rd., Stanhope, NJ 07874

From Rt-80 Exit 25 (Rt-206 North): Go on Rt-206 North a short way to ramp on right to Continental Dr. at sign to Waterloo Village. Proceed on Continental Dr. to stop light & turn right. Go to stop sign at Waterloo Rd. & continue to Parking Lot across road.

Sunday March 25, 2007 Glen Gray or Bust Moderately Strenuous

We will hike through and around some of the Old Scout Camps of the Ramapo Mountains. Each one has a lake with a view, and the ridges also have views.

Leader: Jane Egan 973-636-0809 **No calls after 9:00 PM**

Meet: 9:00 AM Ramapo Mt. State Forest, Upper Parking Lot, Skyline Dr, Oakland, NJ 07436

From I-287 Exit 57: Take Skyline Drive north towards Ringwood. Parking area is on the left at the top of the mountain about 1.3 miles from I-287.

Sunday April 1, 2007 Mahlon Dickerson Circular Moderate

A 7 or 8 mile hike on various trails depending on trail conditions.

Leader: Jim McKay 973-538-0756 **JRMMCKAY@VERIZON.NET**

Meet: 9:30 AM Mahlon Dickerson Reservation, Saffin Pond parking lot, Weldon Rd., Jefferson, NJ 07438

From Rt-80 West: Exit 34B (Rt-15 North). Go about 5 mi. to Weldon Rd. exit. Proceed north 3 mi. to Saffin Pond parking on right.

Saturday April 7, 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: Susan Clark 973-962-0626

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

From I-287 Exit 55: Take Ringwood Ave. (Rt-511) north 4 mi. 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 the road ¾ mi. to parking lot on right before Weis Ecology. **Do not go into Weis Ecology Center**

Sunday April 15, 2007 Trail Clearing, Sterling Ridge Trail Moderately Strenuous


We need every ones help for another spring cleanup. 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 South end of the Sterling Ridge Trail, Rt-511, 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. **Rain Date See Saturday April 21**

Friday April 20, 2007 South Branch Raritan River Canoe We will shuttle cars.

 A pretty run through Hunterdon County from Clinton to the campground at Darts Mill.

Must call & register to ensure trip is still on.

Leaders: Dave and Joanne Patchin 973-822-0372

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

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

Canoeing-General Instructions

Bring a partner, canoe or kayak, life jackets, lunch and dry clothes in a waterproof bag. **Registration required.** Rain may cancel. Call before 8:00 AM to check. River runs are dependent on the water level in the river. Rentals are not usually available at launch sites, however please ask. If you don't have a partner, or canoe, check with Dave Patchin 973-822-0372 or PATCHIN@AOL.COM at least 10 days before the event, and perhaps he can match you with a canoe/partner.

Saturday April 21, 2007 **Rain Date – Trail Clearing** **Same leader, same time & place as April 15**

Sunday April 22, 2007 **Minnewaska Meander** **Moderately Strenuous**
 The hike of about 8 miles will start from Lake Minnewaska parking lot going to and around Gertrude's Nose. Then on to Millbrook Mtn. for the view and shear cliffs. **Parking fee**

Leaders: Jennifer & Guy Percival 973-984-1005 **Rain will cancel this hike.**

Meet: 8:00 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.

Saturday April 28, 2007 **Winging it in Wawayanda** **Moderate**

A variety of trails with some minor hills will lead us past the lakes and through the swamps. Who knows, maybe a bear or even two will make an appearance.

Leaders: Carolyn and Jim Canfield 973-728-9774

Meet: 9:00 AM **Wawayanda State Park, Boat Launch Parking, Hewitt, NJ 07421**

From Route I-287 Exit 55: Go north on Ringwood Ave. (Rt-511) about 13 miles to Warwick Tpk. at south end of Greenwood Lake. Continue straight-ahead 5 mi. on Warwick Turnpike past Upper Greenwood Lake. Turn left at park entrance. Continue past the Ranger Station 2 ¼ mi. to the entrance to Beach Parking on the left at the north end of Wawayanda Lake. Drive left past the Beach Parking ¼ mi. to the Boat Launch Parking Area.

Sunday April 29, 2007 **Bicycle Belvidere – Phillipsburg** **Moderately Strenuous**



A pleasant ride along the Delaware to Phillipsburg and then return. Mostly gentle hills and great views. About 30 miles. **Rain cancels** **HELMETS REQUIRED**

Leader: Ursula Davis 973-786-7087 **Must call & register to ensure ride is on.**

Meet: 10:00 AM **Belvidere A&P, Rt-46, Belvidere, NJ 07823**

From I-80 Exit 12: Take Rt-521 south toward Hope. At blinker light in Hope go straight onto Rt-519 south 7 mi. to Rt-46. Turn right (west) about 1 mi. to A&P on left.