

Interstate Hiking Club

Organized 1931

Affiliate of the NY-NJ Trail Conference



Schedule of Hikes

November 2010 through April 2011

**IHC Web Page: www.interstatehikingclub.org
IHC e-mail: info@interstatehikingclub.org**

**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 (In the Summer; a minimum of 2 quarts 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 2010 TO May 2011

President:	Guy Percival	628 Sussex Ave.	Morristown NJ 07960	973-590-7437	JENGUY@OPTONLINE.NET
Secretary:	Marguerite La Corte	PO Box 52	Mt. Tabor NJ 07878	973-625-4379	REDTABORLADY@VERIZON.NET
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:	Jane Egan	1117 High Mountain Rd	N. Haledon NJ 07508	973-636-0809	EGANJANE19@YAHOO.COM
Web Master:	James Canfield	107 Rolling Ridge Rd.	W. Millford NJ 07480	973-728-9774	CANFIELD@NETROM.COM
IHC Web Page:	WWW.INTERSTATEHIKINGCLUB.ORG		Contact IHC (IHC e-mail):	INFO@INTERSTATEHIKINGCLUB.ORG	

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.

Note! Current Members! Annual Dues are \$10.00: Due on June 1

If joining between May 1 and Dec. 1, dues are \$11.00 per person. [\$10.00 per year plus \$1.00 initiation fee]

If joining between Dec. 1 and May 1, dues are \$6.00 per person. [\$5.00 (1/2 year) plus a \$1.00 initiation fee]

Junior (under 18) dues are \$1.00 a year.

The Club fiscal year is June 1st to May 31st.

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

Sunday December 19, 2010 Weis with Soup Moderate
 After a 3 hour winter walk in Weis, possibly with views from Wyanokie High Point, join us for a late lunch at our nearby West Milford home for a holiday celebration. Carolyn will have her delicious soup and brownies for all to enjoy.
Bring a wrapped grab bag gift to exchange. Rain does not cancel the Lunch! Lunch will be at 12:00 noon. Call us if you do not know the location. **Bad driving conditions (snow and ice) will cancel both the hike and lunch!**

Leaders: Jim & Carolyn Canfield 973-728-9774
Meet: 9:00 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.

Saturday December 25, 2010 HoHoHo, Happy Holidays Moderately Strenuous
 Celebrate Christmas in the woods. 10th anniversary edition. All levels and beginners are welcome, this is a holiday enjoyment pace. Leader will bring cookies and hopes that others will bring treats to share as well! Snowshoes or traction devices as well as winter gear may be needed if conditions exist. Leader will turn away those without appropriate gear. Inclement weather may cancel call after 7am if in doubt. **Joint w/AMC**
Leader: Larry Spinner 845-548-3194 LSPINNER@OPTONLINE.NET Call between 7 & 9 PM only
Meet: 10:00 AM Behind Town Hall/Firehouse on Rt 17, Sloatsburg, NY, 10974
From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Rt-17 north about 4 miles. In Sloatsburg, continue past 2nd traffic light 100 ft and turn right.

Saturday January 1, 2011 Brouhaha in the Wilderness Moderate
 Seven mile moderate New years day hike up vanished and little traveled routes from the Elk Pen in Harriman. Come explore the New Year.
Leader: Dave Sutter DSUTTR@AOL.COM Please no phone calls
Meet: 9:30 AM Elk Pen Parking Area, Arden Valley Road, Arden, New York 10910
From I-87 & I-287 Interchange Exit 15A: Take Rt-17 north about 13 miles to the Arden Valley Road entrance to Harriman State Park on the right. Turn right and proceed ½ mile to parking area on right.

Sunday January 9, 2011 White Lake to Footbridge Park Moderately Strenuous
 A nice winter hike of about 8 miles from White Lake Wildlife to Paulinskill River, then along rail trail to Footbridge Park in Blirstown. Listen to the river rush by as you walk over old railroad trestles. **Shuttle required to White Lake.**
Leader: Ursula Davis 973-786-7087 UDAVIS@PTD.NET
Meet: 9:00 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.

Saturday January 15, 2011 Northern Manhattan & Hispanic Society Moderately Strenuous
 We will walk northern Manhattan starting at the Hispanic Society at 155th St. & B'way at 10AM. Riverside, Fort Tryon, Inwood and, perhaps, Riverdale parks. Will return via subway (#1 Line) to Port Authority Terminal. The Society's collection includes a work which attracted the largest crowds ever at Madrid's Prado when it was on loan there. Enjoy free admission at the Society.
Leader: Chris Davis 609-924-2563
Meet: Call leader starting Monday Jan 10th for meeting time and place

→**Jan 23rd Deadline for May 2011 – October 2011 Trip Plans**←

Sunday January 23, 2011 Kittatinny Valley X-Ski Trip or hike Moderately Strenuous
 We will either X-Ski along the Sussex Branch Trail, if the snow conditions warrant, or have a hike in Kittatinny Valley Park if there is poor snow conditions. Call if in doubt about conditions.
Leader: Charlie Kientzler 973-835-1060
Meet: 9:00AM Kittatinny Valley State Park, Goodale Rd, Newton, NJ 07860
From I-80 W Exit 25: Follow Rt-206 N about 8 miles through Andover to Goodale Rd. on the right. (About ½ mile north of Limecrest Rd.) Drive on narrow Goodale Rd. for 1 mile. Parking is in big lot on right side.

Sunday January 30, 2011 The Sourlands Moderate
 Come enjoy a 7 mile hike in the Sourland Mountain preserve. Scale the valley of rocks and see the Devils half acre. The leaves will be down so be prepared for lovely view of the surrounding farm fields.
Leaders: Udi & Neli Cohen Udi.Cohen@audiocodes.com
Meet: 9:30 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 5.9 miles, then turn right on Rt-514 (Amwell Rd). Proceed West 2 mi to East Mountain Rd. Turn left onto East Mountain Rd. Travel for two miles, and you will see the Sourland Mountain Preserve entrance sign on the right.

From Rt-206 Northbound: Follow Rt-206 through Princeton and Montgomery. Traveling up a small ramp, make a left onto Rt-601. Follow Rt-601 for a ½ mile, and make a right turn onto East Mountain Road by Carrier Foundation. Travel for 1 m, and you will see the Sourland Mountain Preserve entrance sign on the left.

Sunday February 6, 2011 Great Swamp & Raptor Trust Shuttle Required Moderately Strenuous
Come explore the Great Swamp in winter. Will do 8 miles on paths and boardwalks in the Swamp to the East of the Lord Stirling Center. We will need to do a **short shuttle** to return from this linear hike on two connecting trails. At the hikes end you have the option of seeing Raptors being rehabilitated at the Raptor trust. Small donation appreciated.

Leaders: Guy & Jen Percival 973-590-7437 JenGuy@optonline.net

Meet: 9:00 AM Somerset County Environmental Center, Lord Sterling Rd, Basking Ridge, NJ 07920

From I-287 Exit 30-A/B: Take North Maple Ave southward 1¾ mi, bear left at fork (Becomes South Maple Ave). Continue southward 1 mile on South Maple Ave, and make left on Lord Stirling Rd. Proceed 1 mile to parking lot at the Somerset County Environmental Education Center on left.

Sunday February 13, 2011 Pete's Path & Wanaque Ridge Moderately Strenuous
Come see beautiful views from Wanaque Ridge. Inclement weather or hazardous driving conditions cancel.
Snow shoes or Stabilizers may be required.

Leader: Pete Heckler 973-831-2307 P_HECKLER@MSN.COM

Meet: 9:30 AM Warren Hagerstrom Ball field, Warren Hagerstrom Blvd, Wanaque, NJ. 07465

From I-287 Exit 55: Take Rt-511 (Ringwood Ave.) North about 3 mi (3 more traffic lights after exit lights). Right turn to Warren Hagerstrom Blvd; opposite the Wanaque Dam (Look for Wanaque Reserve sign on right). Continue onward 0.3 mi. to entrance of ball field on the left. (See NYNJ Trail Conf. Map #115, 2009 Edition.)

From Skyline Dr. & Ringwood Ave: Go South on Rt-511 about 3 mi. & two traffic lights, but you make a left @ the Dam.

Members Only Event! MUST REGISTER BY NOV 14, 2010

Saturday February 19, 2011 Manhattan Overnight Strenuous or Moderate with Subway Use

We will be staying overnight in HI-NYC. This hostel has nice clean bunk rooms and generous kitchen facilities. Cost per person is \$39, Sunday morning breakfast included. Ideas to explore are Chelsea, the Meat Packing District, the Highline and the East Village. About 11 mi. You can stay out late Saturday night because you are staying in the city. Tune up your voice for McSorleys Alehouse anyone? Return by mass transit Sunday afternoon. **\$20 REGISTRATION BY NOV 14, 2010!**

Leader: Guy & Jen Percival 973-590-7437 JenGuy@optonline.net

Meet: Call leaders for meeting place and time and to register by Nov 14th. Members Only Event.

Sunday February 27, 2011 The Palisades in Winter Moderately Strenuous
Will hike the Shore Path with beautiful views across the Hudson. About 9 mi. **Rain or poor driving conditions cancels.**

Leader: Jim Schlenker 908-561-0228

Meet: 9:00 AM Fort Lee Historic Park, Hudson Terrace, Fort Lee, NJ 07024.

From Rt-4, Rt-46, I-80: Proceed east to the George Washington Bridge Area. and exit at the sign "last exit before the tolls." Continue on this ramp (parallel to the bridge approaches) crossing several lights until the "T" intersection with Hudson Terrace. The Park entrance is straight ahead.

Saturday March 5, 2011 Highlands Trail to Mahlon Dickerson Moderately Strenuous

Seldom done section of the Highland Trails returning to Saffin Pond Parking area. Come see Sparta Mountain and the pretty views along the Pine Swamp section of this trail. **Shuttle Required**

Leader: Mac McCaulley 973-398-3002 MACMCCAULLEY@AOL.COM

Meet: 9:00 AM Saffin Pond Parking Lot, Mahlon Dickerson Co. Park, Weldon Rd., Weldon, NJ 07849

From Rt. 80 Exit 34B (Rt-15 North): Go about 5 mi. to Weldon Rd. on right. Exit and continue north about 3 mi. to Saffin Pond Parking on the right.

→**Note Clocks spring ahead an hour March 13th**←

Sunday March 13, 2010 Bare Rock Fire Tower Loop Moderately Strenuous

Come see the Fire Tower in Sterling Forest. 8 miles. From the visitor center we will use the following trails: Bare Rock, Viewpoint Spur, Fire Tower Trail, Sterling Ridge Tr., Highlands Tr. Finally returning on Bare Rock Trail.

Leader: Guy Percival 973-590-7437 JenGuy@optonline.net

Meet: 9:00 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 March 20, 2011 Van Campens Glen Moderately Strenuous

Beautiful hike with lunch at the foot of a lovely waterfall. Come shake off those winter blues with 8 rolling miles.

Leader: Al MacLennan 973-451-1435 AJMACLENNAN@VERIZON.NET

Meet: 9:00 AM Millbrook Village Parking Lot, Old Mine Rd & Millbrook Rd, Columbia, NJ 07832

From: I-80 West to Delaware Water Gap : Exit for River Rd. **This is the last exit before bridge to Pa.** Take River Rd. north about 10 miles to Millbrook Village.

ALTERNATE : I-80 West to Exit 12: Right on Rt-521 for about 4 miles to Blirstown. Turn left onto Rt-94; go 0.2 miles to Rt-602, which goes between Agway and a red building on the left. Follow Rt-602 to Millbrook. Parking lot is on right.

Sunday March 27, 2011 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: Jane Egan 973-636-0809 No calls after 9:00 PM

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 about 2 mi to Sterling Mine Rd (Rt-72). Right exit at Sterling Mine Rd (becomes Sloatsburg Rd. in NJ), go about 4 mi. Turn left at Skylands Botanical Garden sign, and proceed as above.

Sunday April 3, 2011 Elk Pen Circular Strenuous
 We will start from the Elk Pen on the ASB trail and then go south to the Stahahe Brook Trail. Then the Nurian Trail to the end and then head North on the RD trail to the Lichen Trail. After lunch which ever trails that will lead us back to the Elk Pen to end the day. Possibly 10-12 miles total. **Rain or Foul Weather cancels this hike.**
Leader: Roy Williams 570-828-6207 Royhiker1@aol.com
Meet: 9:00 AM Elk Pen Parking Area, Arden Valley Road, Arden, New York 10910
From I-87 & I-287 Interchange Exit 15A: Take Rt-17 north about 13 miles to the Arden Valley Road entrance to Harriman State Park on the right. Turn right and proceed ½ mile to parking area on right.

Sunday April 10, 2011 Trail Maintenance 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. **Rain Date See Saturday April 16, 2011.**
Leader: Jim Canfield 973-728-9774
Meet: 9:00 AM Sterling Ridge Trail Parking Area, Rt-17A, Sterling Forest, NY 10987
From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 about 8½ miles north to Rt-17A at light. Turn left (West) on Rt-17A and continue for about 5½ mi. (look for hikers crossing sign). The access road to the Parking Area is on the left side of Rt-17A.
From the town of Greenwood Lake, NY: Travel 3½ miles east on Rt-17A to the parking area access road on the right.

Saturday April 16, 2011 Rain Date – Trail Clearing Same leader, same time & place as April 10

Sunday April 17, 2011 Johnstown Loop Moderately Strenuous
 We will start on the Blue Disc and head north over Almost Perpendicular and then go to Claudius Smith's Den. After that we will go to Lake Skenonto by what ever trails we can find. **Rain or Foul Weather cancels this hike.**
Leader: Roy Williams 570-828-6207 Royhiker1@aol.com
Meet: 9:00 AM Johnstown Circle at end of Johnstown Road, Sloatsburg, New York 10974
From Suffern @ I-87 & I-287N Interchange Exit 15A: Take R-17 north 4.5 miles, to Seven Lakes Dr., just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr. and proceed ½ mile to Johnstown Road on the left after underpass. Follow road about 2 miles to the circle at the end.

Saturday April 23, 2011 Kittatinny Valley Bike Ride Moderately Strenuous
 We will cycle about 25 to 35 miles as per groups wishes. Bring lunch and water.
Helmets Required Rain cancels.
Leader: Ursula Davis 973-786 7087 **You must call & register to ensure ride is still on.**
Meet: 10:00 AM Kittatinny Valley S P [Boating & Fishing Parking Area] on Limecrest Rd; Newton, NJ 07860
NOT AT THE VISITORS CENTER OF GOODALE RD.
From I-80 Exit 25: Take Rt-206 North about 7 miles. Turn right at light onto Limecrest Rd. (Rt-669). Go 1.1 mi to State Park on left.

Sunday April 24, 2011 Easter & Passover in the Woods Moderate
 Join in as we celebrate Easter & Passover in the woods. All levels and beginners welcome. Holiday enjoyment pace, if you want to run this is not for you. Leader will bring treats to share and hopes others will as well.
Inclement weather may cancel call after 7am if in doubt. Joint w/AMC
Leader: Larry Spinner 845-548-3194 LSPINNER@OPTONLINE.NET **Call between 7 & 9 PM only**
Meet: 10:00 AM Behind Town Hall/Firehouse on Rt 17, Sloatsburg, NY, 10974
From Suffern @ I-287 & I-87N Interchange Exit 15A: Take Rt-17 north about 4 mi. In Sloatsburg, continue past 2nd traffic light 100 ft and turn right.

Saturday April 30, 2011 Roosevelt Island Moderately Strenuous
 Around 10 miles mostly flat on city streets and park paths at a moderately brisk pace. Take the tram to Roosevelt Island and circumnavigate the island taking in its historic landmarks and magnificent views. Then walk to Queens
Leaders: Craig Nunn/Al MacLennan 551-206-6823 DYSTOPICNJ@VERIZON.NET **No calls after 10:00 PM**
 973-451-1435 AJMACLENNAN@VERIZON.NET
 Meet: Contact Leaders after Monday April 12th to register & get meeting place and time.