

Interstate Hiking Club

Organized 1931

Affiliate of the NY-NJ Trail Conference



Schedule of Hikes

December 2022 through May 2023

IHC Web Page: WWW.INTERSTATEHIKINGCLUB.ORG

IHC e-mail: INFO@INTERSTATEHIKINGCLUB.ORG

INTERSTATE HIKING CLUB OFFICERS FOR JUNE 2021 THROUGH May 2022

President:	Guy Percival	73 Birchwood Road	Bedminster NJ 07921	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 07470	973-835-1060	CKIENTZLER@AOL.COM
Trails Chair:	Sara Van Niekerk	102 Weinmanns Blvd	Wayne NJ 07470	973-489-6442	SUSARAVN@GMAIL.COM
Entertainment:	Paul Ferlazzo	102 Iroquois Avenue	Lake Hiawatha NJ 07034	973-979-2010	P_FERLAZZO@YAHOO.COM
Web Master:	James Canfield	107 Rolling Ridge Rd.	West Milford NJ 07480	973-728-9774	CMJWCANFIELD@GMAIL.COM

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:**

Easy: These hikes are 3 to 5 miles in length and should have no significant hills.

Moderate: These hikes are 5 to 8 miles and may take up to 5 hours, including time for trail lunch. They should not generally have multiple long steep hills, and should be at a moderate pace.

Moderately Strenuous: These hikes are 5 to 8 miles with multiple steep hills or 8 miles or more which are mostly flat walking. They can last up to 6 hours including trail lunch. Pace to be moderate.

Strenuous: Not for novices. Hikes are 8 miles or more and last 6 hours or more, including time for trail lunch. These may have many long steep hills and may be at a brisk pace.

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, mountain biking, backpacking, and camp-outs in the Adirondacks, Southern Appalachians 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.** Guests, who have attended three activities, **shall be expected to apply for membership** before attending any more activities.

Rain, inclement weather, will cancel the activities below. Contact the leader if in doubt.

Membership Application

Note! Current Members! Annual Dues are \$20.00: A Second Member at same address \$10.00. Due on June 1!

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

If joining between May 1 to Dec. 1, dues are \$21.00 per person. [\$20.00 per year plus \$1.00 initiation fee]

If joining between Dec. 1 to May 1, dues are \$11.00 per person. [\$10.00 (1/2 year) plus \$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: _____ \$21.00 (App. Date: 5/1 to 12/1) _____ \$11.00 (App. Date: 12/1 to 5/1) ____ \$1.00 (Junior)

Enclosed are dues and initiation fee. Payable to INTERSTATE HIKING CLUB

Mail to the Treasurer: Charles Kientzler, 711 Terhune Drive, Wayne NJ 07470

INTERSTATE HIKING CLUB Winter 2022 SCHEDULE

December 2022 thru May 2023

Sunday December 4, 2022 Mt Tammany Hike Moderately Strenuous

After backtracking to the Red Dot Trail, we will hike up to Mt. Tammany to enjoy some exciting views and then take the Blue Dot trail to Dunnfield Creek up to Sunfish Pond, where we will enjoy lunch and return on the AT. Approx. 8-9 mi long. Rain Cancels the hike.

Leaders: **Mike Roulier** 201-522-0259 MROULIER@PATELLAWOOD.COM
 Jill Wilson 973-879-0531 SUNSHYN812@GMAIL.COM

Meet: 8:30 AM-Start: 9:00 AM Delaware Water Gap, Dunfield Creek/AT Parking Lot, Hardwick Township, NJ
From I-287/I-80 intersection: Go west on I-80 for about 42.5 miles to the Delaware Gap Area. **At mile post #1, exit at the Dunfield Creek/Appalachian Trail sign.** Pass the first parking lot on the right and go to the second lot on the right (AT Parking). **GPS (40.9713, -75.1252)**
***If you miss the Exit:** Continue to the Exit for Visitor Center Sign. THIS IS THE LAST EXIT BEFORE BRIDGE TO PA. Turn left at the end of the ramp, and continue on the service road parallel to I-80 heading to the visitor center. Pass by the center and go under the interstate to ramp, that you missed. Turn left toward I-80 but exit at the AT parking lot immediately on your right.*

Sunday December 11, 2022 Bald Mountain, the Timp, and Doodletown Moderately Strenuous

This 6-mile loop hike follows a steep climb to the spectacular view from Bald Mt., takes us to more views from the Timp, and then passes through Doodletown, which was a thriving community until it was acquired by the state to make additional park lands in the 1960s. We'll explore ruins of former structures and an old cemetery in Doodletown.

Leader: **Paul Ferlazzo** 973-979-2010 P_FERLAZZO@YAHOO.COM

Meet: 9:00 AM Cornell Mine Trailhead on Route 202/9W (Northbound Side), Tomkins Cove, NY 10986

From Palisades Parkway Northbound: Take Parkway to its end at the Bear Mountain Bridge Circle and Rt-9W. (About 18 miles north of New York State Thruway) Go south (right) on Rt-9W/Haverstraw for 1.4 miles to the parking area along northbound (opposite) side of Rt-9W. **GPS (41.3008, -73.9859)**

Sunday December 18, 2022 High Tor Park Moderately Strenuous

This hike is a 10-mile round trip hike to High Tor and back. There are excellent views along the Hudson. Hi Tor is at the end of the Palisade Formation of Diabase Rock. From the river viewpoint one can look down at Haverstraw where in times past a flourishing brick industry utilized the blue mud from the lowlands eventually digging deeper than 100 ft. below the river. The invention of the automatic brick making machine in 1850 made Haverstraw "The Brick Capital of USA".

Leader: **David Hartree** DAVID.HARTREE@GMAIL.COM

Meet: 9:00 AM Gurnee County Parking Lot, New City, NY

From Suffern @ I-287 & I-87N Interchange Exit 15A: Take I-287 North - merging briefly onto the NYS Thruway but immediately exiting at 15A onto Rt-17 & Orange Turnpike. Turn right at the light towards Suffern. Drive about 1.6 mi East on Orange Turnpike. After passing under the Thruway overpass upon reaching Suffern at the traffic light, turn left onto Rt-202 North. Drive northbound on Rt-202 8.1 mi to Palisades Interstate Parkway overpass. Continue under the PIP 0.1 mi to County Rd-45 at Light and turn Right. Continue on Rt-45 0.15 mi to Park Entrance on left. (Very small sign.) Turn in to the parking area.

From PIP Northbound: Take Exit 13 (Rt-202) The ramp leads to Rt-202 at light. Turn left on Rt-202 and then onto Rt-45 southbound. Continue on Rt-45 0.15 mi to Park Entrance on left. (Very small sign.) Turn in to the parking area. **GPS (41.1844, -74.0365)**

Monday December 26, 2022 Great Swamp Recreation Center EEC at Lord Stirling Easy

Now that the presents are put away let's get out and smell the clean winter air! There are numerous trails around this Center, some are on elevated boardwalks with views of the Passaic River flowing thru the marshes and others around the ponds. The displays in the Center are worth the trip alone. About 6 miles total.

Leader: **Udi & Neli Cohen** 732- 543-4624 UDIC2000@GMAIL.COM

Meet: 9:00 AM Great Swamp Recreation Center EEC, 190 Lord Stirling Rd, Basking Ridge, NJ 07920

From Intersection of I-287 and I-80: Take I-287 south 11.5 mi to Exit 30A for N Maple Ave. Exit and drive South on N Maple for 2½ mi to Lord Sterling Rd on left. Turn in and continue for 1 mi to Center parking on left. **Warm Toilets GPS (40.6946, -74.5211)**

Sunday January 1, 2023 New Year Day – No Hike – Day off!

Sunday January 8, 2023 Apshawa Preserve Moderately Strenuous

Apshawa is a 576 acre preserve with the 40-acre Butler Reservoir in the middle of it. Are the old tanks still there? Come join us for an about 9-mile hike in Northern New Jersey. **Rain cancels this hike.**

Leaders: **Mike Roulier** 201-522-0259 MROULIER@PATELLAWOOD.COM
 Jill Wilson 973-879-0531 SUNSHYN812@GMAIL.COM

Meet: 8:30 AM-Start: 9:00 AM Apshawa Preserve, 26 Northwood Drive, West Milford, NJ 07480

From I-287 Exit 52 (Rt-23): Take Rt-23 North for 5.3 miles to Germantown Road. Right turn onto Germantown Road and travel east for 2.5 miles. Right turn onto Macopin Road and travel for 1.6 miles to Northwood Road on the right. Turn in, drive a short block, and look to the right for "Apshawa Preserve, New Jersey Conservation Foundation" sign and entrance. **GPS (41.0250, -74.3730)**

Sunday January 15, 2023 Lewis Morris Park**Moderately Strenuous**

This will be a pretty circular around Lewis Morris and into Jockey Hollow. From Sunrise Lake we will circle to the west into Jockey Hollow. Then back into Lewis Morris by the Soldiers huts. The hike is about 9 miles total.

Leaders: Guy & Jennifer Percival 973-590-7437 PERCIVALGUY@GMAIL.COM

Meet: 9:00 AM Sunrise Lake Parking Lot, Lewis Morris County Park, Morris Twp., NJ 07960

From I-287 South Exit 35 Morristown: Go west on South Street into center of Morristown. Go around 3 sides of the green continuing on South Street which is now Route 24 (or Rt-124 or Rt-510) west. Three miles after the Green, look for the entrance to Lewis Morris on the left just after passing Whitehead Road on the right. Drive 0.6 mi to turnoff for Sunrise Lake Drive on the right and take it all the way to the lower parking lot. **GPS (40.7880, -74.5433)**

Sunday January 22, 2023 TBA Meetup**Moderately Strenuous****Sunday January 29, 2023 Lenape Trail – South Mountain to Eagle Rock Moderately Strenuous**

We will shuttle to South Mountain Reservation, Maplewood Parking lot for the start. The Hike is from South Mountain to Eagle Rock. We hike the length of South Mountain, O'Connor Park and Degnan Parks, ending at Eagle Rock Reservation at the 9/11 Memorial. The Park is noted for the beautiful and inspiring memorial to the tragic events of 9/11/01, located at a panoramic viewpoint, from where the World Trade Center was visible. It affords a broad view over the New York City skyline, from the George Washington Bridge to the Verrazano-Narrows Bridge. **Shuttle Required.**

Leader: Guy Percival 973-590-7437 PERCIVALGUY@GMAIL.COM

Meet: 9:00 AM Eagle Rock Reservation, 656 Eagle Rock Ave, Roseland, NJ 07068

From I-280 & Garden State Pkw. Intersection: Go West on Rt-280 3.6 mi to Exit 8B and exit for Prospect Ave (Rt-577) Drive Northward on Prospect Ave ½ mi. to Eagle Rock Rd (Rt-611). Turn right onto Eagle Rock Rd. and drive ¼ mi to Park entrance on the left. Turning in continue ¼ mi to Parking area at the Eagle Viewpoint. **GPS Park Entrance (40.8030, -74.2415) Parking Lot (40.8030, -74.2386)**

Sunday February 5, 2023 PA-DE Canal Hike #9 Lumberville — Tinicum Pk. Moderately Strenuous

This section of about 8 miles starts by the pedestrian bridge across the Delaware. After inspection and photos, we return to restored Lock #12. Pennsylvania has spent \$\$ on lock restoration but are slow on path upkeep for bicycles. We hike northward past various Canal Artifacts and have nice views across the Delaware, and then we end at our cars. **Shuttle Required**

Leaders: Guy & Jennifer Percival 973-590-7437 PERCIVALGUY@GMAIL.COM

Meet: 9:00 AM Tinicum Park, 936 River Rd, Erwinna, PA 18920

From I-287 Exit 17 (Rts-206/202 south): Take Rt-202/Rt-206 south and continue on Rt-202 about 13 mi to the Flemington Circle. Drive halfway around circle and take Rt-12 about 11 mi to Frenchtown and Rt-29. turn left and go one block to Bridge St. Leave Rt-29 and drive Bridge St to the Bridge to PA. Crossing over the river at the end turn left onto Rt-32 south. Drive 1¼ mi to Tinicum Park entrance and parking. **GPS Meeting Place (40.5067, -75.0676) Shuttle Required**

***Note! If late or lost see below!** We will shuttle cars to Lock 18, 3845 River Rd, Lumberville, PA 18933 Shuttle GPS (40.4077, -75.0399) Turn right out of park onto Rt-32 southbound and drive 8 mi to small roadside parking for lock #18 on left side. This is before the pedestrian bridge across the Delaware.*

Sunday February 12, 2023 The Sourland's**Moderately Strenuous**

Come enjoy an 8½ mile hike in the Sourland Mountain preserve. Scale the valley of rocks and see the Devils half acre. Be prepared for a great view of NYC. We will see waterfalls and streams along the way

Leader: Udi Cohen 732- 543-4624 UDIC2000@GMAIL.COM

Meet: 8:30 AM Sourland Mountain Preserve Parking Area, 380 East Mountain Rd, Hillsborough NJ 08844

From I-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 mi, then turn right on Rt-514 (Amwell Rd). Precede West 2.8 mi to East Mountain Rd. Turn left onto East Mountain Rd. Travel for two mi, and you will see the Sourland Mountain Preserve entrance sign on the right. **From Rt-206 Northbound:** Follow Rt206 through Princeton and Montgomery. Traveling up a small ramp, make a left onto Rt-601. Follow Rt-601 for a 1.1 mi and make a right turn onto East Mountain Road by Carrier Foundation. Travel for 1.1 mi, and you will see the Sourland Mountain Preserve entrance sign on the left. **GPS (40.4751, -74.6926)**

Sunday February 19, 2023 TBA Meetup**Moderately Strenuous****Sunday February 26, 2023 Turkey Mtn. and 100 Steps****Moderately Strenuous**

A hike of 5-6 miles in Pyramid Mountain Natural Historic Area. We will visit the lesser traveled Turkey Mountain trails, with its famous 100 steps trail and views, explore the Valhalla side with its Old Mines, and the trails along Stony Brook, plus a hidden photographic lake.

Leader: Paul Ferlazzo 973-979-2010 P_FERLAZZO@YAHOO.COM

Meet: 9:00 AM Pyramid Mt. Visitors Center, 472 Boonton Ave, (Rt-511), Boonton Township NJ 07005

From the South: I-287 Exit 45 Wootton Avenue (Boonton): Take first left onto Wootton Ave. and go under I-287. Follow Wootton Ave straight up the hill to blinker light. Turn right on Boonton Ave (Rt-511) and continue about 3 miles to Morris County Park parking lot on the left.

From the North: I-287 Exit 52, to Rt-23 north: Go 2 miles north on Rt-23 to Boonton Ave (Rt-511 south). Exit is a right-hand jug-handle turn. Follow Rt-511 south 4 miles to Morris County Park parking lot on the right. **GPS (40.9472, -74.3873)**

→**Monday Feb 27th Deadline to Submit new Hike Ideas June 2023 thru November 2023**←

Sunday March 5, 2023 Byram Trails Moderately Strenuous

This will be a circular with some road walking on back roads to facilitate our return. Will see where NJT is putting in the new commuter rail line to Andover. Then explore the CO Johnson trails by Johnson Lake. About 8 Miles total.

Leader: Guy & Jennifer Percival 973-590-7437 PERCIVALGUY@GMAIL.COM

Meet: 9:00 AM CO Johnson Park, Byram Township, NJ 07821

From the intersection of I-80 & I-287: Take I-80 Westbound for 18 mi to Exit 25 for Rt-206 Northbound. Exit and follow Rt-206 for 4 miles to Tamarack Rd. Turn in and drive 1.4 mi to Roseville Rd. Turning left on Roseville Rd go 0.2 mi for parking for Field 8 on the right. Use parking directly off Roseville Road for Field 8. **GPS (40.9699, -74.7155)**

Sunday March 12, 2023 Stokes State Park Strenuous

From Stoney Lake parking area we will head south on the Lackner towards Kittatinny Lake and Jacob's Ladder to the AT. Along the way we will take in the Acropolis view, Culver's Gap View point and the Fire Tower, before descending back on the Tower trail to our parking lot. The hike is about 10 miles long with 2 good climbs.

Leader: Mike Roulier 201-522-0259 MROULIER@PATELLAWOOD.COM

Jill Wilson 973-879-0531 SUNSHYN812@GMAIL.COM

Meet: 8:30 AM-Start: 9:00 AM Stony Lake Parking, Stokes State Forest, Coursen Rd, Sandyston, 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. Turn in and drive by the Ranger Station (Warm John's) on Coursen Rd about 2 mi, bear sharp right at T intersection to Stoney Lake. Then continue ¼ mi to parking lot on left. (Also, warm John's)

Park Entrance: 30 Rt-206, Branchville, NJ 07826

GPS Park Entrance (41.1843, -74.7974)

Stony Lake Parking: Coursen Rd, Sandyston, NJ 07826

GPS Meeting Place (41.2031, -74.7732)

Sunday March 19, 2023 Cushetunk Mountain Moderately Strenuous

Cushetunk Mountain Preserve has many views of Round Valley Reservoir, both from the shore line and from the overlooks. The rock formations are a photographer's delight. This loop hike is about 7 miles long with a total 1,400 ft elevation gain.

Leaders: Yanling Cheng & Wei Zhao 732-586-8318 YANLINGCHENG@YAHOO.COM

Meet: 9:00 Cushetunk Mountain Nature Preserve Parking lot, Old Mountain Rd, Lebanon, NJ 08833

From the intersection of I-287 and I-78: Take I-78 west 10 mi to Exit 20A (Lebanon, Round Valley) Exit onto Cokesbury Rd southbound. Drive 0.4 mi Thru Lebanon to its end at Main St. Turn left and proceed 0.1 mi to Cherry St. (Small Sign) (Rt-529) on the right. Drive southbound 0.4 mi thru RR tunnel to Old Mountain Rd. on the left. Take Old Mountain Rd. for 1.6 mi to entrance road to the Parking Lot, just before the RR crossing. **GPS Parking (40.6293, -74.8045)**

OVERFLOW PARKING across the RR tracks about 80 yards away. (40.6301 -74.8043)

Sunday March 26, 2023 TBA Meetup Moderately Strenuous

Sunday April 2, 2023 Watchung Reservation Investigation Moderately Strenuous

We'll hike the History Trail, about 8 miles long, and connecting trails. Perhaps visiting the Stables, Surprise Lake, and other places, ending back at the Nature Center.

Leader: Udi Cohen 732- 543-4624 UDIC2000@GMAIL.COM

Meet: 9:00 AM Watchung Reservation, Trailside Museum, 462 New Providence Rd, Mountainside NJ 07092

From Eastbound I-78, Exit 44 toward New Providence/Berkeley Heights: Turn left onto Glenside Ave. Continue 1.3 mi and turn right onto Watchung Reservation, Tracy Dr. Continue 1.3 mi. At the traffic circle, take the 1st exit onto Summit Lane. Continue 0.4 mi and turn right onto New Providence Rd, then Continue 0.2 mi to the parking lot of Trailside Nature & Science Center.

From West bound I-78, Exit 43: Proceed right on Diamond Hill Rd. to Traffic Light and turn right onto McMane Ave. Go on ¾ mi to intersection of Glenside Ave. and turn left. Continue ¾ mi to Watchung Reservation, Tracy Dr. on right. Continue to the first circle and take first right onto Summit Lane. Go ½ mi and bear right onto New Providence Rd. to the end. The Trailside Parking is on right.

From Garden State Parkway Exit 140 (Rt-22): Take Rt-22 west about 4.3 mi to Summit Rd turn right and continue 1.2 mi to Summit Lane. Go 0.7 mi and at the traffic circle, take the 2nd exit onto Summit Lane (Boro of Mountainside). Continue 0.5 mi and bear right onto New Providence Rd. to the end. The Trailside Parking Area is on right. **GPS (40.6826, -74.3728)**

Sunday April 9, 2023 Stephens State Pk to Long Valley Patriots Path Moderately Strenuous

Come hike a newer section of the Patriots Path. It just keeps getting longer and longer! Starts out hilly and ends up hilly in Schooley's Mtn. Park Along the way we have a breathtaking view of Long Valley. Meet and end at Columbia Trail Parking. Shuttle required.

Leaders: Guy & Jennifer Percival 973-590-7437 PERCIVALGUY@GMAIL.COM

Meet: 9:00 AM Columbia Trail Parking Lot, 23 Schooley's Mountain Rd, Long Valley, NJ 07853

From I-80 Exit 27 (Rt-206 South): Continue southward 7+ mi to the Chester area at the intersection of Rt-513 (Rt-24). Turn right (west) and continue 4½ mi to Long Valley. At the light in the center of town, turn right onto Fairmount Rd (Rt-517) and go uphill one block to Columbia Trail Parking on left. **GPS (40.7868, -74.7808)**

Sunday April 16, 2023 Raccoon Ridge and Coppermine AT Loop Moderately Strenuous
 See the views from Kittatinny Mountain on the Appalachian Trail after a climb up the Coppermine Trail near the Delaware Water Gap. We'll enjoy mountaintop views, babbling streams, an old copper mine, and lots of rocks. After our time on the ridge, we'll descend via the Kaiser Trail. Distance is about 7 miles with 1,300 feet of elevation gain.
Leader: Paul Ferlazzo 973-979-2010 P_FERLAZZO@YAHOO.COM
Meet: 9:00 AM Coppermine Trail Parking, 465 Old Mine Rd, (Rt-606), Hardwick Township, NJ 07825
From: I-80 west to Delaware Water Gap area: Exit for Old Mine Rd. THIS IS THE LAST EXIT BEFORE BRIDGE TO PA. Make a Right at stop sign at end of exit ramp, and go North on Old Mine Rd. toward Millbrook 7½ mi to Coppermine Hiking Parking Lot on left.
GPS (41.0382, -75.0275)

Sunday April 23, 2023 Saddle Brook Park Walk Easy
 A walk of about 6 miles total, along the Saddle Brook, will help work off the effects of too many Winter Dinners on the waist. We will walk from Ridgewood to Glen Rock on the paved path have lunch and return. The leader will be on his Tyke (3-Wheeled Bike). Perhaps we can identify the Early Spring Flowers that will be popping up.
Leader: Charlie Kientzler 973-906-9325 CKIENTZLER@AOL.COM
Meet: 10:00 AM Saddle River County Park-Wild Duck Pond, 1133 E Ridgewood Ave, Ridgewood, NJ 07450
From Garden State Pkwy Northbound, Paramus, Exit 163: Take Rt-17 north 2.1 mi to Ridgewood Ave exit. Bear right on loop and turn toward Ridgewood (crossing over Rt-17) on E. Ridgewood Ave. Continue 1 mi westward to the Park Entrance. Park at the first large parking area located just after the maintenance building. Park Toilets nearby! **GPS (40.9740, -74.0958)**

Sunday April 30, 2023 Giants Steps — Palisades Strenuous
 We will be enjoying the Hudson River shore with Peanut Leap Cascade and some historic buildings. Possibly 10 miles if trail conditions allow. Strenuous due to technical bouldering on The Giant Steps portion
Leaders: Mike Roulier 201-522-0259 MROULIER@PATELLAWOOD.COM
Jill Wilson 973-879-0531 SUNSHYN812@GMAIL.COM
Meet: 9:00 AM State Line Lookout, Closter, NJ 07624
From Suffern @ I-87 & I-287 Interchange Exit 15A: (About 41 mi total drive from I-280/I-287 intersection) Take I-287 Eastward toward NY and drive 9 mi to the Palisades Interstate Parkway. Take the Parkway Southbound for 8.4 mi (just past Exit 3) to the U-Turn to PIP Northbound. After merging drive North 0.2 mi to the State Line Lookout Exit on the right. Drive into the large Parking Lot and park at the Northwest corner by the Public Toilets. [About 41 mi total drive from I-280 and I-287 intersection to Parking]
GPS State Line Lookout Exit (40.9812, -73.9127) GPS Parking Lot (40.9890, -73.9072)
Note! It is possible to use I-80/I-95 eastward to connect with the PIP, but the exit to the PIP using Fort Lee streets is not easy to follow! [About 36 mi total drive from Suffern @ I-87 and I-280 intersection]

Sunday May 7, 2023 Four Birds Trail Strenuous
 We start the hike at Green Pond Road to the Hawk Watch and back to the Four Birds Trail. Then onto the Red Trail to the Orange Trail. Closing the loop, its back on Four Birds Trail to the Orange Trail and then to our parking lot. Perhaps we will see the forgotten cemetery along our 8½ mile excursion. **Poles are recommended and there a couple of water crossings.**
Leader Jerry Giordano GMGLIV@MSN.COM
Meet: 8:30 AM Wildcat Ridge (Four Birds South) Parking, 401 Green Pond Rd, (Rt-513) Rockaway, NJ 07866
From I-80 West Exit 37: Turn left at bottom of ramp onto Rt-513 North (Green Pond Rd.). Go about 2.75 miles to Lower Hibernia Rd on right. Turn in and entrance to parking lot is 100 ft on left. **GPS (40.9444, -74.4930)**

Sunday May 14, 2023 Liberty State Park Hike Moderately Strenuous
 We will hike from Liberty State Park to Hoboken terminal. See how the waterfront has been transformed from the days of "On the Waterfront" (1954). Views of NYC skyline abound. About 9 flat miles.
Leader: Craig Nunn 551-206-6823 DYSTOPICNJ@GMAIL.COM
Meet: Meeting time and place to be sent via IHC E-MAIL NETWORK the week before

Sunday May 21, 2023 South Sterling Ridge — Trail Maintenance Moderately Strenuous
 Sterling Ridge needs some extra help on its southern section. It will be an in and out for a total of about 7 miles. Bring lunch and water. Sara has obtained parking passes so we will start from the south. Tools will be provided, however please bring work gloves.
Leader: Sara Van Niekerk 973-489-6442 SUSARAVN@GMAIL.COM
Meet: 9:00 AM South end of the Sterling Ridge Trail, Long Pond Ironworks, (Rt-511), Hewitt NJ 07421
From I-287 Exit 55: Take northbound exit for Rt-511/Ringwood Ave (becomes Greenwood Lake Tpk.) and drive 10.3 mi to Long Pond Ironworks. Parking is on the right side of the Road. **GPS (41.1411, -74.3090)**

Saturday May 27, 2023 to June 1, 2023 Empire State — 5 Day Bike Trip Moderately Strenuous
 Using car shuttles we will bike ride from Van Cortland Park, NY to Kingston, NY which is 103 miles. We will try to do 20 miles a day for 5 days. It is likely we will need two Air B&B locations each for 3 nights, 6 nights total. You are welcome to find your own Hotel accommodation if you prefer. We anticipate first Air B&B near Briar Cliff Manor. 2nd near Poughquag. **Must register with leaders ahead of time to do this ride.**
Leaders: Guy & Jennifer Percival 973-590-7437 PERCIVALGUY@GMAIL.COM
