

Interstate Hiking Club

Organized 1931

Affiliate of the NY-NJ Trail Conference



Schedule of Hikes

May 2009 through October 2009

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 2008 TO May 2009

President:	Guy Percival	628 Sussex Ave.	Morristown NJ 07960	973-590-7437	JENGUY@OPTONLINE.NET
Secretary:	Jane Egan	1117 High Mountain Rd.	N. Haledon NJ 07508	973-636-0809	JIMJLM@EARTHLINK.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:	Anita Kientzler	711 Terhune Dr.	Wayne NJ 07420	973-835-1060	CKIENTZLER@AOL.COM
Web Page:	James Canfield	107 Rolling Ridge Rd.	W. Millford NJ 07480	973-728-9774	CANFIELD@NETROM.COM
Internet:	www.interstatehikingclub.org		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

INTERSTATE HIKING CLUB SUMMER 2009 SCHEDULE

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

Canoeing General Instructions

Bring a partner, canoe, or kayak, life jackets, lunch and dry clothes in a waterproof bag. Rain may cancel the trip. Call before 8:00 AM to check. River runs are dependent on the water level in the river. Rentals are not usually available at launch sites, however check with Dave.

Note! The backpack trip of August 22, 2009 at the Grand Canyon of Pennsylvania requires a pre-qualifying hike. See that date for additional information.

Friday May 1, 2009

Canoe—Spruce Run Reservoir



We will paddle on an old favorite, which has plenty of water all year long.

See top of Page 3 for additional canoe information

Leaders: Dave and Joanne Patchin

973-822-0372

Must call and register.

Meet: 10:00 AM Boat Launch, Spruce Run State Park, Van Syckels Rd, Clinton, NJ 08809

From I-78W Exit 17 (Rt-31): Drive north 3 mi. on Rt-31, past the reservoir on the left, to the light at Van Syckels Rd. (look for sign). Turn left into the State Park. Go about 1½ mi; follow sign for boat launch. With your NJ Senior Citizen Pass, the park is free.

Saturday May 2, 2009

Rain Date – Trail Clearing

Same leader, same time & place as April 26, 2009

Saturday May 2, 2009

Bicycle— Old Mine Road to Millbrook Village

Moderately Strenuous



We will ride from the Delaware Water Gap Visitor Ctr. On Old Mine Road to Millbrook Village and return,

about 24 beautiful, cool miles. Of course the ride can be extended or shortened depending on group's wishes and weather condition. Bring lunch and plenty of water. **Helmets required.** Rain cancels.

Leaders: Ursula Davis

973-786 7087

You must call & register to ensure ride is still on.

Meet: 9:00 AM Delaware Water Gap, Kittatinny Visitor Center, I-80, Columbia, NJ 07832

From: I-80 west to Delaware Water Gap area: Exit for Visitor Center. THIS IS THE LAST EXIT BEFORE BRIDGE TO PA. Follow signs to Visitor Center making a Left at stop sign at end of exit ramp and proceeding under I-80.

Sunday May 3, 2009

Windbeam Mt. Through Hike [NY/NJTC Map #115]

Strenuous

For most of this hike we will follow the Highlands Tr. over Board, Bear and Windbeam Mts. with views of the Wanaque Reservoir from their summits. This scenic hike will climb a combined total of 1200' elevation gain. **Shuttle Required**

Leader: Pete Heckler

973-831-2307

No calls morning of hike Rain cancels Joint with ADK

Meet: 9:30 AM Skyline Diner/Restaurant Parking Lot, Rt-511 (Ringwood Avenue), Ringwood, NJ, 07456

From I-287 Exit 55 Rt-511/Ringwood Ave.: Proceed north on Ringwood Ave. (Rt-511) about 3¾ mi. to the Skyline Diner on right side of road. Big Sign. **Park at rear of parking lot.**

Sunday May 10, 2009

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.

Carpool required to limited parking on Rt-218.

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 PIP. The parking area is 0.5 miles south of the Rt-6 and Seven Lakes Drive Intersection.

Friday May 15, 2009

Canoe—Wawayanda



Spend a day on a pretty lake that is easy paddling.

See top of Page 3 for additional canoe information

Leader: Henry Fernandez

973-462-7747

Must call and register

Meet: 10:00 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 2¼ 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 May 17, 2009

Ramapo Mountain State Forest

Moderate

We will hike about 7 miles on various trails on both sides of Skyline Drive. Some climbs to nice views and a visit to the "Castle" and hear the tale of the Castle's owners. If we are lucky the Lily of the Valley will be blooming. **Steady rain, cancels.**

Leader: Carol O'Keefe

973-328-7395 Cell 973-714-5378

Meet: 9:00 AM Ramapo Mt. State Forest, Upper Parking Lot, Skyline Drive, 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 exit ramp.

Sunday May 24, 2009 Modified Stonetown Circular Strenuous


We will hike new Hewitt-Butler trail, then using Overlook Rock and Lake Sonoma Trails onward to Monksville Reservoir. Finally we return to Rt. 511 parking lot again. **Shuttle to West Brook Rd. required.**

Leader: Steve Rikon 973-962-4149

Meet: 9:00 AM Parking at South End of Sterling Ridge Tr., 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.

Friday May 29, 2009 Canoe—Lake Sebago, Harriman State Park, NY

 Spend a day paddling on a beautiful lake in the mountains with spring flowers, (maybe.)

See top of Page 3 for additional canoe information

Leader: Pat Gaburo & Ellie King 973-377-4074 **Must call and register.**

Meet: 10:00 AM Sebago Boat Launch; Seven Lakes Dr; Harriman SP, NY 10974 (after you buy your permit)

From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 north 4½ mi. to Seven Lakes Dr, just north of Sloatsburg, NY. Turn right onto Seven Lakes Dr. and proceed east 4.2 miles. Parking is on the left (**small road, small sign**). **Note: A \$25 (may be more) seasonal permit is required to paddle on all but two of the lakes in Harriman.** From Sebago Boat Launch, drive north 6 mi. to the Ranger Station on the circle at Lake Tiorati to buy your permit, which is valid from April 1 to Nov. 30, 2009. **Have your life jackets available for the ranger inspection. (Allow time for permit purchase.)** We will use the permit again in September.

Sunday May 31, 2009 Overlook Rock and Lake Sonoma Trails Moderately Strenuous

These two new trails opened up in the Fall of 2008 in Norvin Green State Forest and offer both water and lookout views.

Leader: Bob Warren 908-626-0130

Meet: 9:00 AM Stonetown Recreation Parking Lot, Mary Roth Dr. (off Stonetown Rd), Ringwood, NJ 07456

From I-287 Exit 55: Take Ringwood Ave. (Rt-511) north 4 miles and turn left onto Westbrook Rd. Go West 1-1/2 miles on Westbrook Rd. to a "Y" intersection, turn right onto Stonetown Rd. Proceed ½ mile to Mary Roth Dr. and recreation parking on left.

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

Sunday June 7, 2009 IHC Annual Meeting and Hike Moderate

IHC Members Only, Please.

Claudius Smith's Den (with nice views on top) will be our destination for the annual business meeting and election of officers. After the meeting an optional longer hike will be available. **RAIN DOES NOT CANCEL THE MEETING.**

We encourage all IHC members to come to the annual business meeting and election of officers.


Leaders: The "Old" Officers **Guy Percival** 973-590-7437 **Jane Egan** 973-636-0809

James Canfield 973-728-9774 **Charlie & Anita Kientzler** 973-835-1060

Meet: 9:00 AM Tuxedo Metered Commuters Lot, E. Village Dr, Tuxedo, NY, 10987

From Suffern @ I-87 & I-287 Interchange Exit 15A: Take R-17 about 6.5 miles north to Tuxedo. Just past the Tuxedo train station, turn right on East Village Rd, cross the tracks and turn left into the large parking lot which is free on weekends.

Friday June 12, 2009 Canoe—Delaware River; Dingmans Ferry to Bush Kill Access

 An interesting run on a relatively calm stretch of the river.

We will shuttle cars.

See top of Page 3 for additional canoe information

Leaders: Dave and Joanne Patchin 973-822-0372 **Must call and register.**

Meet: 9:30 AM Launch site, Dingmans Ferry Access, Dingmans Ferry, Pa 18328

From I-80 West Exit 34: Go north on Rt-15 to Rt-206 N (Rt-15 ends). Follow Rt-206 to R-560 (just past Stokes State Park on bottom of hill) on the left. Follow R-560 across Dingmans Bridge (toll). Take the first left into Dingmans Ferry Access.

Saturday June 13, 2009 Minnewaska Laurel Trail Strenuous

We hike in to Lake Awosting along the north side of the lake, with a side trip to Mud Pond (Lake Haseco). Then its up to Castle Point, back on Blueberry Run Path etc. About nine wonderful miles amid a sea of white and pink Mountain Laurel.

Possible swim. Plan to have supper at Emil's also known as the Brauhaus. **Rain date next day, Sunday, June 14**

Leader: Ursula Davis 973-786-7087

Meet: 8:30 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.

Alternate Meeting: 9:45 AM: Awosting Parking Lot (lower parking) off Rt 44/55, Minnewaska SP, NY 12446

Take Throughway to Ext. 18, turn left onto Rt. 299 through New Paltz for approx. 7 mi. to T intersection 44/55. Turn right and follow 44/55 for 5 mi. to parking on left about 0.1 mi. after main entrance. (If second entrance is closed return to main gate, pay fee and make an immediate right and proceed 0.1 mi to lower parking lot.) **Do not go up hill to lake parking. Parking fee \$7 per car.**

Saturday June 20, 2009 Hoboken Historical Tour Moderate

Come see Stevens Institute, Lipton Tea Plant, and the Old Churches of Hoboken and lots more.

Leader: Al MacLennan 973-451-1435

Meet 10:00 NJT Erie Lackawanna Terminal Hoboken; Main Waiting Room

Friday June 26, 2009**Canoe—Cedar Creek-Double Trouble State Park**

A trip on a winding waterway, crystal clear and the color of iced tea, in the Pine Barrens. Swimming allowed.

We will shuttle cars.**See top of Page 3 for additional canoe information****Leaders: Dave and Joanne Patchin 973-822-0372****Must call and register****Meet: 9:30 AM Double Trouble State Park, Bayville, NJ 08721****From Garden State Parkway south Exit 77:** Go through the toll, turn right immediately to Rt-619. Turn left (south) and drive ½ mile to a major crossroad (a “T”). Double Trouble State Park will be directly across the road. Distance is 68 mi. from Rt-78 and Garden State interchange. **Allow 2 hours minimum travel time to the launching place.****Sunday June 28, 2009****Old Mine Road and Coppermines Hike****Moderately Strenuous**

See multiple shafts for the Old Dutch Coppermines and a block fault called Mars Wall. Also included are waterfalls and a beautiful view of the Delaware at lunch.

Shuttle Required to Coppermines Parking**Leader: James Schlenker 908-561-0228****Meet: 9:00 AM Delaware Water Gap, Kittatinny Visitor Center, I-80, Columbia, NJ 07832****From: I-80 west to Delaware Water Gap area: Exit for Visitor Center. THIS IS THE LAST EXIT BEFORE BRIDGE TO PA.** Follow signs to Visitor Center making a Left at stop sign at end of exit ramp and proceeding under I-80.**Sunday July 5, 2009****Sterling Forest & the AT****Moderately Strenuous**We hike the Appalachian Trail from where it crosses Rt-17A at Mt. Peter to the Sterling Ridge Trail Head (Sterling Forest). Total hike distance is about 8 miles. **Only heavy rain cancels.****Shuttle required.****Leaders: Peter Tilgner & Suzan Gordon 201-871-3531 browning.27@verizon.net****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 4 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.**Friday July 10, 2009****Canoe – Delaware River – Milford, NJ to Byram Access**

An interesting stretch the Delaware, about 12 miles with moderate rapids. (Look for the Hotdog Man!) Take out is just above the Lumberville Wing Dam.

We will shuttle cars**See top of Pg. 3 for additional canoe information****Leaders: Dave and Joanne Patchin 973-822-0372****Must call and register.****Meet: 9:30 AM Launch site, Upper Black Eddy Access; Upper Black Eddy, PA 18972****From: I-78W Exit 15: Stay left at exit for left turn** onto Rt-513. Follow Rt-513 south about 8½ miles to Rt-519. Turn right onto Rt-519 and drive 3.7 miles to Milford, NJ. In Milford (at the T), turn right (with Rt-519), go 1 block to the post office, then left onto Bridge Street, cross the river, left onto Rt-32. Upper Black Eddy Access Area is 200 feet south on the left.**Saturday July 11, 2009****Minnewaska Swim****Moderately Strenuous**

A eight mile hike with swim at Minnewaska.

Leaders: Carolyn and Jim Canfield 973-728-9774**Meet: 8:30 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 side (right) of Rt-17.**From the North: NYS Thruway Exit 16:** Proceed south on Rt-17 about 2 miles to Commuter lot on the left side.**Sunday July 19, 2009****Blueberry Hike – Delaware to Sunfish Pond****Moderately Strenuous**We will start from Delaware River on Old Mine Rd., up to Sunfish Pond and down to Dunnfield Parking. The blueberries should be ripe and plentiful (bring small container to take some home for breakfast or dessert). We might stick our feet in to Sunfish Pond at Lunch to cool off if necessary (but no big loud splashes, pls.) **Shuttle Required to Douglas Parking****Leaders: Ursula Davis 973-786 7087****Meet: 9:00 AM Delaware Water Gap, Kittatinny Visitor Center, I-80, Columbia, NJ 07832****From: I-80 west to Delaware Water Gap area: Exit for Visitor Center. THIS IS THE LAST EXIT BEFORE BRIDGE TO PA.** Follow signs to Visitor Center making a Left at stop sign at end of exit ramp and proceeding under I-80.**Friday July 24, 2009****Canoe—Merrill Creek Reservoir**

An easy paddle around a nice reservoir above the Delaware River. Perhaps we may see the Eagle again.

See top of Page 3 for additional canoe information**Leaders: Charlie & Anita Kientzler 973-835-1060****Must call and register.****Meet: 10:00 AM Boat Launch, Merrill Creek Reservoir, Merrill Creek Rd., Phillipsburg, NJ 08865****From I-78 west Exit 4:** Turn right at the end of the ramp on to S. Main St. and drive north 1.8 miles to the center of Stewartville. At the blinking light, turn right on Washington St. (becomes Stewartville Rd.) and go 2.7 miles to Rt-57 in New Village. Cross Rt-57 diagonally, turning left onto Montana Rd. which goes uphill for 2 miles. Left on Richlines Rd. and drive 0.3 mile, turning left again, onto Merrill Creek Rd. Follow signs to the Boat Launch.

Sunday July 26, 2009 Annual Hike and Picnic on Pompton Lake Moderate

IHC Members and Families only Please



First we will hike to Pequannock Knob for lunch and perhaps some berries. Afterwards we drive back to Kientzler's house for a swim in the pool or river (don't forget the bathing suit) and picnic. Bring a dish to share and something to cook. Charlie will have the grill going. If you



wish, bring a door prize contribution. **Rain does not cancel the Picnic!**

Leaders: Charlie & Anita Kientzler 973 835-1060

Meet: 9:00 AM Home Depot parking lot, Route 23 North, Riverdale, NJ 07457

From I-287 Exit 52: Take Rt-23 north ½ mile to light. Turn right to Home Depot parking lot. Park on south side near Staples.

Sunday August 2, 2009 AT – Hike or "Test Backpack" – Fox Gap to Mt Minsi Strenuous

Today's hike is regular Sunday hike combined with the "backpack test hike" (see Aug 22 for details) along the AT from Fox Gap to Mt. Minsi. The hike has very pretty views of the Delaware heading south from the ridge of Blue Mountain.

Leaders: Guy & Jen Percival 973-590-7437 Chris Davis 609-924-2563 Shuttle Required

Meet: 9:00 AM Lake Lenape AT Parking Lot, Delaware Water Gap, PA 18327

From I-80 East: Cross over the Delaware River into PA towards Stroudsburg. After the tolls take the exit for Rt-611 South.

Drive 0.6 mi on Rt-611 South to a stoplight in the town of Delaware Water Gap, PA, and make a left, staying on Rt-611 South.

Go another 0.3mi and make a right onto Mountain Rd. Another 0.1 mi, and you take a left at the fork in the road.

Park at the Lk. Lenape parking lot & then shuttle to Fox Gap.

Friday August 7, 2009 Canoe—Hackensack River



A new tidal river for most of us. We will paddle up river with the incoming tide, and back down the river to the launch site with the out going tide. We'll view Revolutionary War Sites such as New Bridge Landing and the Zabriskie House.

See top of Page 3 for additional canoe information

Leader: Roy Messaros

201-337-5004

Must call and register.

Meet: 10:00 AM Foschini Park Boat Launch, River St. (Rt-503), Hackensack, NJ 07601

From I-80 Local Lanes Only Exit 66: From the ramp, turn left on Vreeland Ave. 3 blocks to "T" intersection, then left on Hudson St. one block, right on E. Kennedy to River St. (Rt-503). Go left 1¼ miles to Park Entrance (E. Camden St) by Toyota Dealer on right.

From Rt-4 Exit Hackensack Ave. (Rt-503): Go south 1½ miles on Hackensack Ave. (becomes River St.). Park Entrance is on left.

Sunday August 9, 2009 Norvin Green Loop Moderately Strenuous

This 8 mile hike starts on the Post Brook Trail (Doty Road) at the southern side of Norvin Green State Park. The Highlands Trail is followed, past Blue Mine, then whatever, back to Snake Den and the cars.

Shuttle Required

Leader: Steve Rikon

973-962-4149

Meet: 9:00 AM Weis Ecology Center, 150 Snake Den Road, Ringwood, NJ 07456

From I-287 Exit 55: Take Ringwood Ave. (Rt-511) north 4 miles and turn left onto Westbrook Rd. Go west on Westbrook Rd. and make a left at "Y" intersection, then 1/2 mile to a left onto Snake Den Road. Follow road to parking lot on right before Weis Ecology entrance. **Do not go into Weis Ecology Center.**

Sunday August 16, 2009 Split Rock Reservoir Loop Strenuous

This is a 13 mile hike around Split Rock Reservoir on the Four Birds trail with a chance to dip your toes in the water at lunch. Bring lots of water as it may be warm.

Leader: Guy & Jen Percival 973-590-7437

Meet: 9:00 AM Split rock Reservoir parking lot; Split Rock Road, Rockaway, NJ 07866

From I-287N Exit 44: At the top of the ramp, turn right over I-287 onto Main St. (Rt-511) in Boonton. Drive 0.3 mile to Boonton Rd. (Rt-511) Turn right and go 2.5 miles to Rockaway Valley Rd. Turn left and drive 2.2 miles to Split Rock Rd, a 150 degree turn on the right. (Stone Rd. is the street 0.1 mile before Split Rock Rd.) Follow Split Rock Rd. 2.8 miles (Stay to the right at Decker Rd. and to the left at Charlottesville Rd.) to the parking lot and launch area. (The last 0.8 mile is gravel.)

From I-80 Exit 37 Rockaway/Hibernia: Go north on Green Pond Rd. (Rt-513) toward Hibernia. At about 6.5 miles turn right at the Marcella Firehouse sign. This is Upper Hibernia Rd. Continue 2 mi. to fork in the road. Bear left onto Split Rock Rd. After the pavement ends keep going over the dam. The fisherman's boat launch parking lot is about 1/8 mile on the left after the dam.

Friday August 21, 2008 Canoe—Split Rock Reservoir



A reservoir recently opened to boating and canoeing. Very pretty and quiet.

See top of Page 3 for additional canoe information

Leader: Bob Bodenstein

908-204-0321

Must call and register.

Meet: 10:00 AM Split rock Reservoir parking lot; Split Rock Road, Rockaway, NJ 07866

From I-287N Exit 44: At the top of the ramp, turn right over I-287 onto Main St. (Rt-511) in Boonton. Drive 0.3 mile to Boonton Rd. (Rt-511) Turn right and go 2.5 miles to Rockaway Valley Rd. Turn left and drive 2.2 miles to Split Rock Rd, a 150 degree turn on the right. (Stone Rd. is the street 0.1 mile before Split Rock Rd.) Follow Split Rock Rd. 2.8 miles (Stay to the right at Decker Rd. and to the left at Charlottesville Rd.) to the parking lot and launch area. (The last 0.8 mile is gravel.)

From I-80 Exit 37 Rockaway/Hibernia: Go north on Green Pond Rd. (Rt-513) toward Hibernia. At about 6.5 miles turn right at the Marcella Firehouse sign. This is Upper Hibernia Rd. Continue 2 mi. to fork in the road. Bear left onto Split Rock Rd. After the pavement ends keep going over the dam. The new fisherman's boat launch parking lot is about 1/8 mile on the left after the dam.

Weekend August 22 to 24, 2009 Rim Trail – Grand Canyon of Pennsylvania Strenuous 24 miles.
 Two nights – 3 day backpacking trip. **You must have attended Aug 2nd test hike with backpack & supplies** to go on the backpack part of this trip. There is beautiful camping in the area. So you could also consider camping and joining the backpackers on a day hike the last day on Sunday. **Call Chris Davis to register.**
Leader: Chris Davis 609-924-2563

→ **Aug 27th Deadline for Nov 2009–April 2010 Hike Schedule** ←

Sunday August 30, 2008 Tripod Rock Roundabout Moderately Strenuous

This 8 mile hike will be in as much shade as possible. First go around a beautiful lake then round to see Whale and possibly Bear rocks.

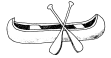
Leader: Claire Bransfield 908-240-1479

Meet: 9:00 AM Pyramid Mountain Visitors Center, Rt-511, Kinnelon, NJ 07405

From the North: I-287 Exit 52, to Rt-23 north. Go 2 miles 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 right.

From the South: I-287 Exit 45 Wootton Avenue (Boonton). Take first left 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 left.

Friday September 4, 2009 Canoe—Lakes Kanawauke and Little Long Pond, Harriman State Pk, NY



Spend a nice day on two lakes in a great state park. Perhaps the change-of-season color will be available.

See top of Page 3 for additional canoe information

Leaders: Pat Gaburo & Ellie King 973-377-4074 Must call and register.

Meet: 10:00 AM Kanawauke Parking, Rt-106, Harriman SP, Bear Mountain, NY 10911 (Park permit required)

From Suffern @ I-87 & I-287 Interchange Exit 15: Take Rt-17 north 4 miles to Seven Lakes Drive, just north of Sloatsburg, NY.

Turn right onto Seven Lakes Dr. for 7 miles to Kanawauke Circle and Rt-106. Go west (left) ¼ mile on Rt-106 to parking for boat launch on the left. **Note: If you do not have the Harriman \$25 Canoe permit, see May 29, 2009 for permit information.**

Sunday September 6, 2009 Merrill Creek Reservoir Moderately Strenuous

Bring your binoculars to see the Eagles, as we circumnavigate the 8 mile trail around Merrill Creek Reservoir.

Leader: Guy & Jen Percival 973-590-7437

Meet: 9:00 AM Visitors Center, Merrill Creek Reservoir, Merrill Creek Rd., Phillipsburg, NJ 08865

From I-78 west Exit 4: Turn right at the end of the ramp on to S. Main St. and drive north 1.8 miles to the center of Stewartville. At the blinking light, turn right on Washington St. (becomes Stewartville Rd.) and go 2.7 miles to Rt-57 in New Village. Cross Rt-57 diagonally, turning left onto Montana Rd. which goes uphill for 2 miles. Left on Richlines Rd. and drive 0.3 mile, turning left again, onto Merrill Creek Rd. Follow signs to the Visitors Center.

Saturday September 12, 2009 Escarpment Trail - North Lake SP- Catskills Moderately Strenuous

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

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

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

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

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

From the North; NYS Thruway Exit 16: Proceed south on Rt-17 about 2 miles to Commuter Lot on the left side.

Friday September 18, 2009 Canoe—Swartswood Lake



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

See top of Page 3 for additional canoe information

Leader: Marie Taranto 973-226-6738 Must call and register.

Meet: 9:30 AM Dunkin Donuts, Rt-206/Rt-94 (Water St.), Newton, NJ 07860

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

Note! Rental canoes and kayaks are available close by the launch site. (973-383-4200)

Sunday September 20, 2009 Silver Mine Circular Strenuous

This hike begins at The Silver Mine Parking/Picnic area. Depending on the day we will go clockwise or counter clockwise on this hike. Do not bring your maps as I do not want to get confused. I will try to go by my memory!!! If I can still remember things at my age! Maybe the trails will still be there. Come out and see how the different the trails look at this time of the year instead of in April.

Leader: Roy Williams 570-828-6207 Royhiker1@aol.com

Meet: 9:00 AM Silvermine Picnic Area, Seven Lakes Drive, Harriman State Park, NY 10911

From Suffern @ I-87 & I-287 Interchange Exit 15A: Take Rt-17 north 4½ miles, to Seven Lakes Drive, just north of Sloatsburg, New York. Turn right onto Seven Lakes Drive; go 12.6 miles. Silver Mine Picnic/Parking Area is on the right.

From the Palisades Interstate Parkway Exit 18 @ intersection of PIP & Rt-6: Go north to Long Mountain Circle, then take Seven Lakes Drive west 1.5 miles to Silver Mine Picnic/Parking Area on left.

Sunday September 27, 2009 Bearfort Ridge Circular Strenuous

This will be a really pretty circular around Bearfort ridge of around 9 miles.


Leader: Howard Litwack 732-571-9608

Meet: 9:30 AM A&P/Hewitt Post Office Shopping Ctr., Warwick Tpk., Hewitt, NJ 07421

From Rt-23 north: Right exit onto Union Valley Rd. (Rt-513). Then go northeast 7 miles to the traffic light in the center of West Milford by Shoprite. Turn left following Union Valley Rd (Rt-513) at 1.4 mi. bear right (Do not go up White Rd.). Continue straight on Union Valley Rd (Rt-513) ½ mi. to shopping center on right.

From I-287 Exit 55 (Rt-511): Go north on Ringwood Ave. (name changes to Greenwood Lake Tpk.) about 14 miles to Lakeside Rd. at south end of Greenwood Lk. Continue straight-ahead ½ block to shopping center on left.

Friday October 2, 2009 Canoe Monksville Reservoir.

 A nice place to spend an easy day on a reservoir and visit a reconstructed water wheel in Long Pond Iron Works. See top of Page 3 for additional canoe information

Leader: Henry Fernandez 973-462-7747 **Must call and register.**

Meet: 10:00 AM Boat Launch, Monksville Reservoir, Ringwood, NJ 07456

From I-287 Exit 55: Take Rt-511 (Ringwood Ave.) north about 10 miles. Pass the Wanaque Reservoir and the Monksville Dam. Look for the Long Pond Ironworks State Park sign, turn left into the park and follow signs to the boat launch.

Sunday October 4, 2009 Black Rock Forest Northern Loop Moderately Strenuous

Come and enjoy the beautiful Fall colors as we circle through Black Rock Forest from the West Side.

There are numerous lakes, views of Schunemunk Mountain and the distant Catskills. This hike is approximately 7 miles.


Leader: Jane Egan 973-636-0809 **No calls after 9:00 PM please. Shuttle Required**

Meet: 9:00 AM Harriman RR Station, Rt-17, Arden, NY 10910

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

From the North; NYS Thruway Exit 16: Proceed south on Rt-17 about 2 miles to Commuter Lot on the left side.

Saturday October 10, 2009 Bicycle—North Country Trailway, Westchester, NY Moderately Strenuous

 This is a great paved bicycle path. It is the former rail bed for the Putnam Division of the New York Central RR. We will bike and explore about 25 – 30 mi. of this historic old railroad.

Paved path suitable for all style bikes. Bring Lunch! HELMETS REQUIRED.

Leaders: Charlie & Anita Kientzler 973-835-1060 **You must call & register to ensure ride is still on.**

Meet: 9:00 AM McDonald's, Route 59, Nyack, NY 10960

Leader will distribute driving instructions to starting point in Westchester Co. for 10:00 AM start.

From I-287 or Rt-17, Suffern, NY: Take NYS Thruway east (I-87 & I-287) 13 miles to Exit 11 (last exit before Tappan Zee Bridge). Proceed to the traffic light on Rt-59. Go straight ahead about 200 feet to McDonald's rear entrance on right. **Park in the rear.**

From Rt. 9W: Go west on Rt-59 1/8 mile to McDonald's at traffic light. Turn left at the light.

Sunday October 11, 2009 Wildcat Mt. & Indian Hill Loop Strenuous

For this 9 mile hike, we meet and walk from the park-and-ride at the intersection of Rt-17 and Rt-17A. We hike over Wildcat and then cross the road past the old forge site and do the Indian Hill Loop while coming perilously close to Agony Grind without falling over.

Leader: Chris Davis 609-924-2563

Meet: 9:00 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 October 18, 2009 Breakneck Ridge & Taurus Strenuous

In the Hudson Highlands State Park, east of the Hudson River, are two striking peaks rising above the river. We shall climb both, enjoy the breathtaking views and perhaps find out why the bull broke his neck. Bring your camera and take some gorgeous pictures. The views of the Hudson River and Valley are spectacular at this time of the year.

Leader: Roy Williams 570-828-6207 Royhiker1@aol.com **Shuttle Required Rain Cancels hike.**

Meet: 8:30 AM Anthony Wayne Recreation Area (N. Parking Area), Harriman St. Park, NY 10911

From the South: Exit 17 on the Palisades Interstate Parkway (15 miles north of the NYS Thruway).

From the North: Exit 17 on the Palisades Interstate Parkway. Parking is ½ mi. south of the Rt-6 and Seven Lakes Dr. Intersection.

Alternate meeting place: 9:00 AM Breakneck Ridge Parking Lot: The lot is on left side of the road (¼ mile past the tunnel) on Rt-9D north of Cold Spring, NY 10915

Sunday October 25, 2009 IHC Trail Clearing on Schunemunk Mt. Moderately Strenuous

The club maintains this section of the Long Path, as well as the Lower Jessup Trail. Please come and help us maintain these trails! Bring your lunch, water, clippers and good working gloves. If you do not have clippers you can use the tools provided by the club.

Leader: Jim Canfield (973) 728-9774

Meet: 9:00 AM Schunemunk, Taylor Road Parking area, Mountainville, NY 10953

From I-87 Exit 16 Harriman/Woodbury Commons: After tollbooths stay to right for first exit, Woodbury & Rt-32. Take Rt-32 north about 7½ miles to Pleasant Hill Road, (Black Rock Hunting Club sign on left), Mountainville, NY. Turn left, go to first road (Taylor Road) turn left again, proceed to parking lot on right side of road after crossing over thruway.

From Rt-17: Travel north on Rt-17 to Rt-32 in Harriman, NY. Take Rt-32 north 8½ miles to Pleasant Hill Road. **See above.**

Saturday October 31, 2009 Rain date - Trail Clearing, same leader, same time and place as above.