



THE TRAIL MARKER

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of the Adirondack Mountain Club, Inc. P.O. Box 1119,
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Camp Nawakwa on Lake Sebago, 845-351-4135
www.adkny.org



Chapter Chair's Message

by Ed O'Donnell



Greetings from your new President. It's cold at the camp this time of year, but we're stoking the proverbial fires to bring some warmth to the membership. MLK Weekend is coming soon, and we hope to have our traditional camp activities stretching through the holiday. Glen has agreed to host not only this outing, but also to organize our annual President's Day Weekend at Lake Placid.

I can't speak for others, but I'm a huge fan of winter hiking. To this end I've organized a series of hikes led by yours truly, to help new members get acquainted, old members renew friendships and applicants achieve membership status. Three hikes are planned, one each month, from January through March. We don't want just to be known as an eating club with a hiking problem, so let's encourage everyone to come out. We'll try to coordinate rides.

When spring arrives, I'd like to rekindle some of my memories as a child at Nawakwa. We'll try to organize some fun things that members' children can join in: scavenger hunts, games and athletic events. If you have any ideas, or would like to help organize things, please let me know.

Lastly, on a more workman-like note, we've had a few problems with the stove, but some small leaks caused by loose fittings have finally been located and fixed. We'll get another propane delivery soon, but if anyone gets a whiff of gas, please let us know immediately.

I hope you have had some great holidays and a happy New Years. See you soon at the camp.

Ed O'Donnell, Chair.



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Welcome Back

by Conservation Chair Peter Varley

Discarded plastic water bottles are everywhere. They line roadsides, rest in gutters and empty lots, and bob in our waterways. There is currently no deposit on them in New York State. Twenty-seven years ago deposits were imposed on carbonated beverage containers. Immediately, the number of plastic, glass and aluminum deposit containers in “garbage” declined. Taxpayers benefited because less “garbage” had to be collected and disposed of. Returned containers are sold for their raw material value. Aluminum cans processed into basic stock used a fraction of the energy used to process ore into the same condition: plastic bottles can be made into Polar Fleece type garments saving petroleum that would otherwise be consumed making new plastic. Glass, once sorted by color, is almost immediately available to be reformed.

Efforts in the New York State legislature to expand the deposit program failed again in 2008. The expanded program, known as the Bigger, Better, Bottle Bill would apply to noncarbonated beverage containers such as those for tea, water, and sports drinks. Milk containers would not be included. Another change would be that unredeemed deposits would be placed in the NYS Environmental Protection Fund. Changes in the state senate may offer a good chance for approval this legislative session.

Under current law, when a container is returned and the 5 cents paid, the distributor receives 2 cents processing fee. Deposits on unredeemed containers are kept by the bottler or distributor. Last year, that amounted to more than \$100 million. Since the law was enacted 27 years ago, the bottlers and distributors have kept more than \$1.7 billion. Thats a lot of nickles!

New Jersey does not have a deposit law. Each municipality handles recycling in its own way.

If you live in New York and have deposit containers you don't expect to redeem, put them in a cardboard box and place it where it will be accessible. Someone will thank you for your generosity.

Editor's Note

by Giacomo Servetti

My sincere thanks to Andreas Stresemann for his unflagging support in making this transition as smooth as possible. I hope, as the new editor of the Trail Marker, that I do not disappoint. I encourage members of this club to contribute their input to this publication because the Trail Marker should be the voice of us all. I am proud to be a member of the New York Chapter, and I am grateful to the Board that they have chosen to approve my election to this post. Happy New Year!

Anyone who wants to contribute articles can send them to me at editor@adkny.org

Winter Hosted Weekends: January–February 2009

Martin Luther King 3 – Day Weekend, January 17, 18 and 19th

Join us as we start off 2009 with food, fun and frolic (and maybe some singing and snoozin'). Register for the weekend by Wednesday, Jan. 14, 10PM and let us know what meals you are registering for and if you are a vegetarian, carnivore or somewhere in between. Be prepared to hike/snowshoe/crampon in with all your gear as the road may not be plowed (hint – bring a kiddy sled to hold your gear). There will be a 6-8 mile Nawakwa Circular hike or snowshoe trip on Sunday (see separate hike write up). We have plenty of wood to keep the home fires warm and welcoming. Monday's lunch will probably be leftovers and we usually leave in the early afternoon. (Don't forget if you register and don't show up you get charged for the food costs incurred).

Co-Hosts: Glen Nison (registrar)
718-625-2182
gnisonbike@juno.com

Herman Barrocales
718-469-2865

Rich Decoursey, Larry and Deanna Scoones.

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***Although winter is here, it's not too early to
volunteer to host for early spring....***

**Please contact Host Chair, Janet Sibarium,
if you'd like to host in March or April.**

Tel: 212-254-0738

e-mail: jansib@mindspring.com



Thanksgiving found 28 lively souls at Camp Nawakwa for a festive celebration by the fire that featured a nice array of assorted goodies, among them turkeys that had been smoked over applewood cut from a tree in an undisclosed location right here in the park. The event was hosted by Ingrid Strauch, Kim Waldhauer and Giacomo Servetti, ably assisted by Terri and Steve Zubarik. A good time was had by all, even though the overnight temperature was 26 degrees, making it something of a challenge for the eight or so people who spent the night. But after a breakfast of pancakes and ham and lots of coffee, all was once again right with the world.



ADK 2009 Fall Outing Sponsored by the New York Chapter

The 2009 Fall Outing is sponsored by the New York Chapter, and will be held September 25 to 27 at the Holiday Inn in Suffern, New York. For general information, contact Noel Schulz at noelschulz@verizon.net (tel 201-445-6445), or the registrar, Janet Sibarium at janet@adkny.org (tel 212-254-0738). Prices TBA. If you would like to volunteer for this effort, please contact Noel.

This is a wonderful opportunity for ADK members to get to know more about the lower Hudson Valley, Harriman Park, and the New York metro area. New York City and all it has to offer is less than an hour's drive from Camp Nawakwa, the New York Chapter's Loj on Lake Sebago in Harriman Park, and it is also accessible by public transportation. There is great hiking with breathtaking views along the Hudson River, and Harriman Park is also home to many lakes for canoeing, kayaking and fishing. Bear Mountain Park has a large natural lake, a zoo, and a beautiful carousel that children love. The activities available in this area for the outdoor enthusiast are far too numerous to list here, and the members of the New York Chapter encourage everyone to experience the region for themselves.

Electronic Trail Marker

To change your Trail Marker delivery to the online version, simply send an email to membership@adkny.org requesting that you would like to switch. Be sure to include your name; some e-mail addresses don't reveal the sender's name. You will then be taken off the list for the printed version.

Nawakwa Weekends

Registration for each weekend closes by 10 PM on the Thursday before. Please Email or call the number(s) listed if you wish to attend and mention if you are a vegetarian. Once you register, you are on the guest list; the host will only contact you in case the weekend gets cancelled.

**To host a weekend or midweek, contact Host Chair:
Janet Sibarium 212-254-0738
email: janet@adkny.org**

Nawakwa Guest Policy

As you all know, Nawakwa enjoys the company of guests who want to explore our camp. This is how we can spread the word and attract new members!

Here is a quick summary of our Guest Policy: Guests must be accompanied by a Nawakwa key holder and can only visit on hosted weekends. After their first time, they must join the ADK-NY prior to their next visit. ADK membership allows them to participate in hosted weekends any time of the year. Guests, same as applicants, are not permitted to come to camp outside hosted weekends. New Nawakwa key holders are allowed to bring guests to camp after a period of one year.



Trail Maintenance Update

by Trails Chair Bill Burns

The New York Chapter of the Adirondack Mountain Club maintains 30.03 miles of trails. There are 15 maintainers and the sections they maintain range from 1.2 miles to 5.1 miles. Many of the trails are in Harriman State Park but two sections are on the Appalachian Trail and one section is on the Long Path.

At the present time, we are looking for one or two maintainers for the Long Path, which is 5.1 miles long. The Long Path starts at the George Washington Bridge to the Greenbrook Sanctuary. This section could be broken into 2 sections:

- 1) The first would be from the George Washington Bridge to Palisades Avenue
- 2) The second would be from Palisades Avenue to Greenbrook Sanctuary.

Maintainers provide two trail reports each year. One trail report must be received by June 30th and the second report is due on November 30th. The work ranges from trimming low bush blueberries to branch and blow down clearing. Blowdowns too big for maintainer's hand saws are reported to the Harriman area chain saw crew. Trail construction problems are reported to the West Hudson Trail Crew. These crews work for the New York/New Jersey Trail Conference and some crew members are ADK/NY members.

Nawakwa Paths

by Steve Zubarik

A volunteer Nawakwa crew has been improving the paths around camp this fall. Emphasis was placed on adding stone steps to the steepest sections. The numbers: 9 volunteers worked a total of 130 hours to build 55 steps at 0 cost to the club. Carl Mockert and Kim Waldhauer earned gold stars. Area stones were used. No materials were bought.

The direct path from the lodge to the lake was not improved. There's not enough local stone to build a really nice staircase down to the lake. Club money will have to be allocated if members decide they want stairs built next year.

Next time you come to pal around at Nawakwa, notice how much easier it is to get up to the privies and down to the lake.



ADK-NY Board of Directors

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Steve Zubarik • Director	steve@adkny.org

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Edmund O'Donnell • Camp Chair, Park Liaison 212-777-5206	ed@adkny.org
Glen Nison • Hiking 718-625-2182	glen@adkny.org
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Ed Brophy • Art and Library 914-268-7486	
Giacomo Servetti • Trail Marker Editor, Webmaster	editor@adkny.org

Hikes: January–April 2009

Hikes Chairperson: Glen Nison
718-625-2182
gnisonbike@juno.com

Volunteers Wanted!

We are always seeking volunteers to lead hikes. Familiarity with trails and hiking experience is all that is required. If you are interested, please contact the Hikes Chairperson.

Notice: Weather in January and February can be cold, wet and dangerous if you are not prepared. Hikers must have good hiking boots (no sneakers please), and if necessary, traction devices such as Stabilicers or crampons, or snowshoes, a daypack with rain and wind gear and enough food/snacks and water (2 qts. minimum). A thermos with hot drink or soup is also useful. Synthetic clothing is better than cotton this time of year. The leader is responsible for the entire group and can turn away anyone not properly prepared for the hike! If you are not sure of your ability, contact the leader.

Saturday, Jan. 10 • Seven Hills Circular

We will hike on one of the leader's favorite trails, weather permitting. Snow, ice or difficult ground conditions will determine route. Nice views and a couple of fun scrambles. Leader determines pace. No beginners or stragglers. Hiking boots and 2 qts water required. If ice, bring Stabilicers. Steady rain or dangerous road conditions may cancel, call if in doubt. Joint with AMC. Qualifying, moderate pace eight miles with ups and downs. Take the 8:45am, Short Line bus run number 401 (you must notify driver you are getting off) to Sloatsburg arriving at 9:12. From route 17 north turn right at blinker. Go one block to RR station and turn right before crossing the tracks. Then turn right into large parking lot.

Leader: Bobb Parlan
W:212-675-0641 M-F 1-6PM only
bparlanhiker@aol.com

Saturday, Jan. 17 • Long Path, Little Tor, High Tor

A qualifying 7 1/2 mile moderate hike on the Long Path in High Tor State Park to High Tor and Little Tor and in South Mountain Park. Bus riders take the 8:45am Shortline Bus from PABT to the Mt. Ivy stop at the Palisades Interstate Parkway and Route 202, arriving at 9:50am. Leader will be on the bus. Drivers await the bus at the commuter parking lot at the intersection of route 202 and route 45 just east of the Parkway. There will be a 3-mile shuttle to the start of the hike which begins on the Long Path at Central Highway. Hikers please call leader to assist planning.

Leader: John Lipsett
212-867-8280 (work) 212-864-6109 (home)

Sunday, Jan. 18 • Nawakwa Circular

This will either be a hike or a snowshoe journey wandering over hill and dale, passing by lakes, stopping to admire scenic overlooks. We'll cover from six-eight miles depending on the ground conditions and the weather. We'll be leaving from camp around 10AM after a big breakfast (why not sign up for the MLK weekend?). This will be a qualifying hike/snowshoe and will go in all conditions except for heavy rain or extreme temps.

Bring appropriate footwear such as good winter hiking boots, snowshoes or ice-walking devices (stabilicers or crampons), please no cotton clothing. The leader will be at camp on Saturday night. If driving to camp for the hike leave time for walking from the Seven Lakes Drive end of the road in case the road is not drivable.

Leader: Glen Nison
718-625-2182 (on Saturday night call camp)

Sunday, Jan. 18 • Riverside Park

A moderate, level walk from 116th St. to 66th St. (around 2 miles) followed by a nice bowl of hot soup (or whatever) at Ollie's. Meet 10:30 inside the Broadway & 116th St. subway station, but outside of the turnstiles. Optional small contribution for Riverside Park Fund. Will take place no matter what the weather, but call or email me (preferably) beforehand to make sure that the walk is on. No pets; no smoking. Joint with AMC. Not qualifying.

Leader: Bob Susser
212-666-4371
rsusser@aol.com

Saturday, Feb. 7 • Bronx Botanical Gardens

No flowers but plenty of stately, snow-clad trees in this winter wonderland. Then warm up in the tropical atmosphere of the conservatory. Take the 10:23 Harlem Line train from Grand Central, arriving at the Botanical Garden Station at 10:42. Fare OW \$3 with "City Ticket." Or, take the No.2 subway to Allerton Ave., then the No.26 bus to the Mosholu Gate. Meet just outside the Mosholu Gate at 10:45. Admission to the Gardens is free on Saturdays until noon. Conservatory admission: \$8/Srs.\$7. If driving, park in the lot by the station (\$7) or on a nearby street. No coordination of rides. Visit will end around 3 but, of course, you are free to leave at any time. Call or email me (preferably) beforehand to make sure that the visit is on. Bring lunch and beverage, or buy it in the cafeteria. No pets; no smoking. Joint with AMC. Not qualifying.

Leader: Bob Susser
212-666-4371
rsusser@aol.com

Sunday, Feb. 22 • Johnstown Circular

A winter wonderland walk on the White Bar, Triangle, and other trails, passing by Lakes Skenanto and Sebago. Around 7 miles at a moderate pace. Lunch indoors at ADK lodge on Lake Sebago (\$2 use of facility fee). Gaiters and/or creepers may be necessary (ask me about this). Out around 4, in time for the 4:28 train back to Penn Sta. Call or email me (preferably) beforehand to make sure hike is on and if you need or can offer a ride from NYC. Take the 9:11 Jersey Transit train from Penn Station, changing at Secaucus for the 9:31 train to Sloatsburg arriving at 10:12. (Fare: RT\$15.50/Srs.OW\$5.) Please sit in the 1st or 2nd car of the train. Or take the 9:10 ShortLine bus from PABT arriving in Sloatsburg at 10:07. (Fare: RT \$25.90/Srs.\$12.90.) Leader waits for both bus and train. No children; no pets; no smoking. Joint with AMC. Qualifying.

Leader: Bob Susser
212-666-4371
rsusser@aol.com

Sunday, March 15 • Rockwood Hall

A leisurely stroll of about 4 miles through this rolling section of the Rockefeller State Park Preserve with its sweeping views of the Hudson and old stately trees – then continuing on the Old Croton Aqueduct to Scarborough, where we will end up in time for the 3:06 train back to the city. Lunch in Phelps cafeteria – bring your own or buy it there. Call or email me (preferably) beforehand to make sure that the walk is on. Take the 10:20 Hudson Line MetroNorth train from Grand Central, arriving in Philipse Manor at 11:12 (RT fare: \$15/\$10Srs.) This train may also be boarded 10:40 at the Marble Hill station, one block from the 225th St. stop on the #1 subway line (RT fare: \$7.50/\$3.50Srs.) Please sit in the first or second open car of the train. Buy round-trip ticket to Scarborough (same fare as to Philipse Manor). No pets; no children; no smoking. Joint with AMC. Not qualifying.

Leader:Bob Susser
212-666-4371
rsusser@aol.com

Saturday, March 21 • Kakiat and SBM to Suffern

Moderate seven-mile hike from Kakiat County Park to Suffern over the Kakiat and SBM trails. Bus riders take the 8:45am Short Line bus from Port Authority and get off at the Viola School sign four miles past (northeast of) Suffern on route 202 (leader will be on the bus). Drivers meet at Suffern park and ride at 9:25am and either park there and take the same bus (be ready to board across the street at 9:35am) or, if there are sufficient cars, leave one or more cars there and shuttle to Kakiat County Park (the entrance road is on the other side of route 202 from the Viola School sign) where the hike begins at the first parking lot about .2 miles from route 202 at 9:45am.

Leader: John Lipsett
212-867-8280 (work) 212 864-6109 (home)

Saturday, April 4 • Breakneck Ridge

One of the most popular and challenging trails around. Steep initial climb up the face of Breakneck Ridge. Great views, terrific rock scrambles. Brief stops at viewpoints. Not for the faint of heart or those concerned about heights. Leader determines pace. Hiking boots and 2 quarts water required. Steady rain may cancel, call if in doubt. Joint with AMC. Eight miles at a moderately fast pace with steep climbs. Qualifying. Take 8:51am Metro North Hudson River Line from Grand Central Station to Breakneck Ridge (take Poughkeepsie bound train) arriving at 10:14am, look for parking lot nearby.

Leader: Bobb Parlan
W:212-675-0641 M-F 1-6PM only
bparlanhiker@aol.com

Saturday, April 4 • Garrison

Woods roads and trails. A long fairly gradual uphill at the beginning, downhill at the end, but otherwise mostly gently rolling hills with no scrambling. Around 7 miles at a moderate pace. Call or email me beforehand (preferably) to make sure that the hike is on, and if you need or can offer a ride from NYC. Take the 9:51 train from GCT arriving in Garrison at 10:56. Fare: RT\$20.50/Srs.\$13.50. Or, take the 9:40 local at

the Marble Hill station (a short distance from the 225th St. stop of the #1 subway) changing at Croton-Harmon for the express. Fare: RT\$15.50/Srs.\$7.50. Please sit in the 1st or 2nd open car of the train, and please use the restrooms on the train. Out around 4. No children; no pets; no smoking. Joint with AMC. Qualifying.

Leader:Bob Susser
212-666-4371
rsusser@aol.com

Saturday, April 11 • Mt. Taurus

A long uphill, but rewarded with spectacular views of the Hudson Valley. Around 6 miles at a moderate pace. Call or email me beforehand (preferably) to make sure hike is on, and if you need or can offer a ride from NYC. Take the 9:51 train from GCT arriving in Cold Spring at 11. (Fare: RT\$20.50/Srs.\$13.50.) Or, take the 9:40 local at the Marble Hill station (a short distance from the 225th St. stop of the #1 subway) changing at Croton-Harmon for the express. (Fare: RT\$15.50/Srs.\$7.50.) Please sit in the 1st or 2nd open car of the train, and please use the restrooms on the train. Out around 4, but plan to hang around for a while afterwards for some refreshment at the Depot Cafe. No children; no pets; no smoking. Joint with AMC. Qualifying.

Leader:Bob Susser
212-666-4371
rsusser@aol.com

Saturday, April 18 • Fahnestock

Various trails through woods and high-level meadows with alpine-like vistas. Around 8 miles at a moderate pace. Out around 5. Call or, preferably, email me beforehand to make sure that the hike is on and if you need or can offer a ride from NYC. Take the 9:51 train from GCT arriving in Cold Spring at 11. Fare: RT\$20.50/Srs.\$13.50. Or, take the 9:40 local at the Marble Hill station (a short distance from the 225th St. stop of the #1 subway) changing at Croton-Harmon for the express. Fare: RT\$15.50/Srs.\$7.50. Please sit in the 1st or 2nd open car of the train, and please use the restrooms on the train. Out around 5, but plan to hang around for a while afterwards for some refreshment at the Depot Cafe. No children; no pets; no smoking. Joint with AMC. Qualifying.

Leader:Bob Susser
212-666-4371
rsusser@aol.com



Recipes

Pickled Onions

Submitted by Ingrid Strauch

Are you ready for a lighter treat after all the heavy holiday eating? These pickled onions are not only low in fat, low in calories, and low in sodium, but they're pretty darn tasty, too! The recipe comes almost directly from Deborah Madison's "Vegetarian Cooking for Everyone" (which happens to be my favorite vegetarian cookbook). I can tell you from personal experience that they go very well with homemade hummus and veggie burgers, and I would bet they'd perk up a regular burger as well.

Ingredients:

2 large red onions, peeled
1 1/2 cups white wine vinegar
2 bay leaves
4 marjoram or thyme branches (or 1/2 teaspoon dried leaves)
Several small dried red chiles (or 1/2 teaspoon crushed red pepper flakes)
1 tablespoon sugar
1 teaspoon black or mixed peppercorns, slightly crushed with mortar and pestle

Directions:

Bring a teakettle full of water to a boil. Slice the onions crosswise, 1/4 inch thick. Separate the rings and put them in a colander in the sink. Pour the boiling water over them. Mix the other ingredients plus 1 1/2 cups cold water in a large bowl and stir to dissolve the sugar. Add the onions, submerging them in the liquid by placing a plate on top. If there's not enough liquid, add equal amounts of water and vinegar. Let soak for at least 15 minutes before serving. Store in a covered jar in the refrigerator. Pickles will keep for weeks, and when one batch is used up, you can use the vinegar solution for another.

Corn Chip Crusted Tilapia

Submitted by Giacomo Servetti

A lot of us who eat fish are looking for species that are lower in the food chain than salmon or tuna for example, which are being depleted at an alarming rate. Tilapia is widely available and not so endangered, although it can be a little boring. This treatment makes it interesting and delicious.

Grind salted yellow corn chips either by hand or with a food processor into tiny flakes, not dust, to make about 2 cups. To these flakes add the zest of 1 lime, 2 tsp. cumin, 2 tsp. ancho chili powder and chopped fresh hot chilis according to your heat preference. Mix well and pour onto a plate a little at a time and press tilapia filets into the mixture to completely coat the fish on both sides. This will coat about 4 filets.

Fry the filets over medium heat in a little olive or other vegetable oil, or no oil at all if you're using a non-stick pan, turning once (about 5 minutes per side). Don't allow crust to burn, it should just be browned.

Serve with lime wedges.

Boardwalks

Join Board President Ed O'Donnell (and others we hope) for a series of regular hikes/activities with Nawakwa Board members. All hikes will be Qualifying (6+ miles). These adventures will give you and the new Board opportunities to become acquainted, share ideas and enjoy nature.

Saturday, January 24

Arden Valley and the Lemon Squeezer

Where: Harriman State Park

Meet: Elk Pen parking area off Arden Valley Rd. off Rt 17 north. 9 AM

Features: This loop hike climbs to the summits of Green Pond and Island Pond Mountains, goes through the narrow Lemon Squeezer, and passes the historic Boston Mine. Let's hope for snow! Snowshoes and/or Stabilicers recommended.

Rain cancels.

Length: 7.5 miles.

Difficulty: Moderate to strenuous.

Qualifier:

Leader: Ed O'Donnell 212-777-5206

Saturday, February 28

Silvermine, Menomine Trail to Tiorati and the Long Path

Where: Harriman State Park

Meet: Silvermine Parking lot, 9 AM

Features: This loop hike follows portions of the Appalachian Trail and the Long Path, passing Silvermine Lake and Lake Nawahunta. Let's hope for snow! Snowshoes and/or Stabilicers recommended. Rain cancels.

Length: About 7.6 miles.

Difficulty: Moderate to strenuous.

Qualifier:

Leader: Ed O'Donnell 212-777-5206

Sunday, March 29

Seven Hills - Hillburn-Torne-Sebago (HTS) - Pine Meadow Trails

Where: Harriman State Park

Meet: Reeves Meadow Visitor Center, Seven Lakes Drive, 9 AM.

Features: This loop hike at the southern end of Harriman State Park climbs to two panoramic viewpoints and follows the cascading Stony Brook.

Length: 6.5 miles.

Difficulty: Moderate.

Qualifier:

Leader: Ed O'Donnell 212-777-5206

MARK YOUR CALENDARS

**Martin Luther King
3 - Day Weekend
January 17, 18 and 19**

See Page 2



Looking north up the Hudson River from Anthony's Nose • photo by Giacomo Servetti