



THE TRAIL MARKER

September 2008

Published by the

New York Chapter, Inc. of the Adirondack Mountain Club, Inc. P.O. Box 1119, Grand Central Station, New York, NY 10163-1119 Camp Nawakwa on Lake Sebago, 845-351-4135 www.adkny.org



82nd Anniversary of Camp Nawakwa & Annual Fall Reunion Barbeque

New Date: Saturday, Sept. 13th

Join the celebration with the New York Chapter of the Adirondack Mountain Club. Rob and Rosalie Goldberg will be your encore hosts for this not-to-be missed event. There will be plenty of food, drink and camaraderie. Please specify if you are a carnivore or a vegetarian.

Date: Saturday, September 13, 2008

Time: All Day: BBQ at 5:00 p.m.

Place: Camp Nawakwa

Price: (Includes BBQ and day fee):

\$25 per adult, \$15 per child (4 - 12 years old)

Your reservation and check must be received by Monday, Sept. 8th. Please mail your check, payable to Robert Goldberg, to the following address:

Mr. Robert Goldberg

37 Van Sickle Road

Lafayette, NJ 07848

Email: robq741@gmail.com

Staying overnight? Join Janet Sibarium for leisurely Sunday morning breakfast and lunch. Money for overnight camp fees (the difference between pre-paid day fee and overnight fee) and Sunday meals will be collected in the evening of the 13th (after BBQ). Please reserve for Sunday meals by Thursday, Sept. 11th. E-mail or call Janet: jansib@mindspring.com 212 - 254-0738.



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Chapter Chair's Message

By Barry Bunnell

The Open Board and Membership meeting was held on August 2 at Camp Nawakwa. It was very well attended and the discussions were lively and animated. The heavens responded with a thunderstorm of such magnitude that members on one side of the room could not hear what members were saying on the other side.

One of the highlights of this meeting is always the report from the Main Club Director, Mark Fedow on what's happening within the headquarters of the Adirondack Mountain Club. The members present gave a round of applause when Mark announced that the club's effort to increase its membership was going extremely well even in light of the current difficult economic environment. Therefore, my resolve to support the main club has never been stronger.

The next way that we can show our support is contributing to ADK's annual fundraising event which is called "A Wilderness Affair". Last year the cost of our chapter basket was funded by our chapter treasury. This year we are going to ask members to personally contribute items. Last year's basket's theme was "Party in a Basket" and we gathered New York State wine, beer and cheeses along with other party supplies. It was very well received and was auctioned at a premium over its cost.

This year I am going to suggest that we have an art theme. I will contribute a framed photo picturing a group of canoes that I took when I was in Florida a few years ago. I am inviting others to contribute copies of their favorite original photographs or other art to the basket. This could be a wonderful expression of support from the New York Chapter. Other items can be in the basket as well, so if you would like to contribute, please do so.

The Wilderness Affair will be held in early November and we hope to get a group together from the chapter to attend and demonstrate our appreciation for everything that the team in Lake George is doing for the club.

Barry

Editor's Note

By Andreas Stresemann

You might have noticed that the current edition of the Trail Marker covers only September and contains less than the usual twelve pages. The reason for this is that our by-laws require us to publish the election ballot by October first and it will be included in the next edition. We will be "back to normal" in October with a twelve-page edition that will cover the remainder of the year.



Herman cruising the lake

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"It's In The Bag"

By Conservation Chair Peter Varley

Plastic shopping bags are everywhere, in large retail stores and small, in gutters, lakes, oceans and streams and along roadsides. The bags are lightweight, waterproof, and convenient. According to the Film & Bag Federation, plastic bag manufacturing, when compared to paper bag making, consumes 40% less energy, 80% less solid waste and produces 70% fewer atmospheric emissions. Billions of plastic bags are made each year. Perhaps 1-3% are recycled. The rest are "thrown away".

Thousands of birds and marine mammals die each year from eating or becoming entangled in plastic. A thousand miles off the California coast, where ocean currents meet in the Northern Pacific Gyre, floating plastic debris spans an area twice the size of Texas.

Plastic shopping and dry-cleaning bags are made of polyethylene, a petroleum based plastic. It is thought this material will degrade in hundreds of years. In the meantime, it breaks into small pieces which are mistaken for food and eaten by many creatures. Accumulation of plastic in the body may eventually lead to death.

Polyethylene plastic is recyclable, but is best kept apart from plastic bottles, glass and metal containers. If part of the recycling mix, the bags tend to clog processing chutes and tangle sorting machines. The City of San Francisco estimates it spends \$4,000 to separate, process, and recycle a ton of bags, which can then be sold for \$32. Westchester County, NY, requires supermarkets to provide a separate collection container. Recycled bags, when mixed with sawdust, can be made into plastic "lumber".

It is estimated that if each NYC shopper used only one plastic bag a year, waste would be reduced by 109 tons and \$11,000 in disposal costs would be saved. Until polyethylene is made more environmentally friendly, bags made from it ought to be avoided. If they are used, use them more than once. Thrift stores sell cloth tote bags suitable for carrying groceries.

Next time at the checkout counter when asked "Paper or plastic", respond "Thanks, I brought my own".



Don't suffocate in plastic bags-- recycle

Hosted Weekends

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 it 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

August 30, 31, Sept 1 Labor Day Weekend:

Sat. Aug. 30: Happy hour /bbq dinner and Sunday, Aug. 31st: breakfast and lunch. Join Janet for an old fashioned Labor Day BBQ: chicken, vegetarian skewers for vegetarians, corn on the cob, salad, refreshing melon and ice cream. Simple but satisfying and easy prep is guaranteed! Please register by Wednesday: August 27th 10:00 PM. Saturday's registrar/host: Janet Sibarium 212 - 254-0738 jansib@mindspring.com

Sun. Aug. 31: Happy hour and BBQ dinner - Monday, Sept. 1st: breakfast and lunch. Join Kim and Tom for day 2 of the festivities and fun. Please register by Thursday, August 28th 10:00 PM. Sunday dinner/Monday co-hosts and registrars: Kim Killion and Tom Schiels 212-595 5343 If you are staying for all meals for the entire weekend, please register with both hosts!

Sept. 6 -7 Maximum Fun, Minimum Impact; Summer is not over yet so come enjoy the lake while the water is still warm and the sun is still in the Northern Hemisphere. We will monitor our carbon footprint over the weekend. Hiking in, biking to camp and carpooling is encouraged. Mostly vegetarian meals. Children welcome (do your homework on the porch). Host: Barry Bunnell Tel: 201-307-7769 Email preferred: bgbunnell@gmail.com Please register by 9:00 PM on Thursday.

Sept. 13 Annual Fall Reunion Barbeque: This is an all-day event: BBQ at 5:00 p.m. Price: (Includes BBQ and Day Fee) \$25 per adult, \$15 per child (4 - 12 years old) Reservation and check must be received by Monday, Sept. 8th. Please mail your check, payable to Robert Goldberg: R. Goldberg, 37 Van Sickle Road, Lafayette, NJ 07848. Questions: e-mail: robg741@gmail.com

Staying overnight Sept. 13 - 14 ?: Join Janet for leisurely Sunday morning breakfast and lunch. Money for additional fees (Sunday meals and difference between pre-paid day fee and overnight fee) will be collected Saturday evening after the BBQ. Please reserve for Sunday meals by Thursday, Sept. 11th: Host: Janet Sibarium E-mail jan-sib@mindspring.com or call: 212 - 254-0-738

Sept. 20-21 Last Weekend of the Summer Vegetarian Weekend: Wind down the summer with meals consisting of tasty, wholesome food featuring mostly organic produce from the Park Slope Food Coop. Since it's harvest time, it will be especially good. Dinner will be whole wheat organic Tuscany pasta, whole wheat garlic bread, a cooked vegetable, mixed greens salad, fruit salad and ice cream. Let us know if you can offer anyone else a ride from NYC or Sloatsburg. Families welcome. Hosts: Suzanne Gentner and Gary & Daniel Brazel 718-624-7687 or e-mail gary-brazel@gmail.com

Sept 27-28 First Fall Weekend: We'll have grilled fish and chicken, and seasonal side dishes. Enjoy the cool weather on a moderate loop hike Sunday morning. The loop follows the White Bar, Kakiat, Stony Brook and TMI trails. Co-Hosts Steve & Terri Zubarik 845-786-3247 or szubarik@optonline.net

Oct. 4 - 5 A Celebration of Poetry Weekend: Express yourself! Bring your favorite poem to share with fellow ADK'rs after dinner. Vegetarians welcome. Co-hosts: Marilyn Varley (Registrar: 914-698-2339) and Suse Wenzel. No calls after 9:00 p.m. please.

Oct. 11- 12 (13) Columbus Weekend: Please join Teresa for her annual autumn Caribbean fare and cool Latin music - vegetarians welcome as there will be sofrito-flavored beans aplenty.

Host: Teresa Marrero: Contact: tmarrero60@gmail.com (preferable); or Tel 212-945-0280

Oct. 18 - 19: (Host needed, please volunteer)

Oct. 25 - 26: (Host needed, please volunteer)

Nawakwa Guest Policy

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

Here is quick summary of our Guests Policy: Guests must be accompanied by a Nawakwa key holder and can only visit on hosted weekends. After their first time, they have to 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.



Election Update

Here is an update on the ADK-NY elections. The nomination period closed August 1. Nominations for the seven Club Director positions that will become vacant by the end of the year have been received. They are being forwarded to the Nominating Committee, consisting of Laura Sunderlin, Ruby and Noam Kornfeld. According to our bylaws, these three shall select one or more candidates for each office to be filled. Ballots will be mailed to all members by October 1st. The election period will run until October 31st and the results will be published on the website and in the January Trail Marker.

Hikes - Sept./Oct. '08

Hike Chair: Glen Nison Tel:718-625-2182, glen@adkny.org

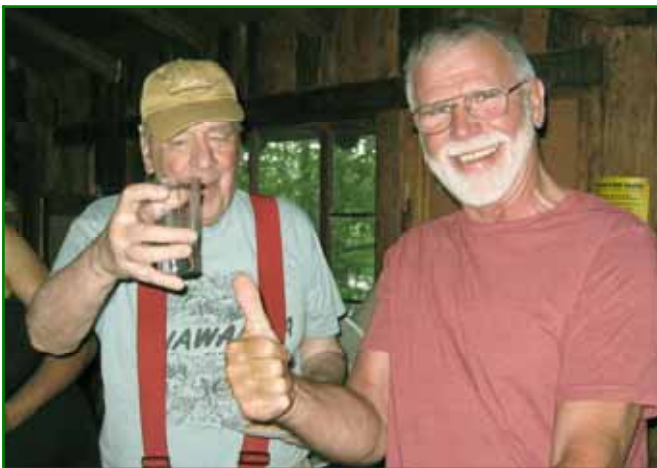
Volunteers needed!

We are always looking for volunteers to lead hikes. Familiarity with trails and hiking experience is all that is required. If you are interested, please contact the Hike Chair.

Sat., Sept 6 - Central Park Tree Walk. Ned Barnard, the author of "New York City Trees - A Field Guide For the Metropolitan Area," will escort us on another one of his very popular tree identification walks. Of necessity, this approximately 4-mile walk will go at a snail's pace with many stops, and is not for those looking to get a lot of exercise. Meet 10:30 AM at the northeast corner of 72nd St. & 5th Ave. The walk will end around 3 PM, so bring lunch. It is not necessary to register, but you must call or (preferably) email leader beforehand to make sure that the walk is on. Ned will have a limited number of his books on hand for those who wish to buy one (\$10). Let leader know if you are thinking of buying a book so Ned will have some idea of how many to bring along. No pets, no smoking. Not Qualifying. Leader: Bob Susser, 212-666-4371; rsusser@aol.com

Sat. Sept. 6 - Mt. Taurus/Breakneck Circular. We will climb Mt. Taurus and the scenic Undercliff trail to Breakneck Ridge. Great views all day. Leader determines pace. No beginners or stragglers. Hiking boots and 2 qts. water required. Steady rain cancels, call if in doubt. Ten miles with steep ups and downs at a moderately fast pace. Qualifying and joint with AMC. Take 8:51am MetroNorth (212-532-4990 for current info) Poughkeepsie train to Cold Spring arr. at 10:10AM. Meet at foot of Main Street (near Station Café). Leader: Bobb Parlan W.212-675-0641 M-F 1-6PM only bparahaniker@aol.com

Sat. Sept. 13 - Nawakwa Circular. We will first hike to ADK Camp Nawakwa on Lake Sebago for a brief visit and lunch stop, then continue our hike through the woods. This will be a nine-mile hike with ups and downs at a moderately fast pace. Qualifying and joint with AMC. Take the 9:10am Shortline Bus to Tuxedo arriving around 10:10 or the 9:14am NJTransit train from Penn Station (switch at Secaucus Junction for the Port Jervis Train which arrives at Secaucus around 9:31am) to Tuxedo. Meet at the DEC parking lot north of the train station in Tuxedo where the hike will start. Leader: Ingrid Strauch ingrids@rapaportpublishing.com



Sun., Sept 14 - Bear Mountain. Over Timp and Bald. Two nice uphill and a moderately steep descent from Bald, but some fairly easy walking on woods roads as well. Around 8 miles at a moderate pace. Out around 4. Parking fee \$6 per car. It is not necessary to register, but you must call or preferably email leader beforehand to make sure that the hike is on, and if you need or can offer a ride from NYC. No children, no pets, no smoking. Take the 8:45 ShortLine bus from Port Authority to "Bear Mountain." Fare: RT\$26.70/Srs.\$13.30 (with Jersey Transit half-fare coupon). Qualifying. Leader: Bob Susser 212 666-4371; rsusser@aol.com

Sun., Sept. 21 - Rockefeller Preserve. A leisurely stroll of around 6 miles along some of the pleasant carriage paths and intimate wooded lanes with panoramic vistas which characterize this beautiful state park preserve. (Please note the rating. This is not a "hike" and is obviously not designed for those looking for aerobic exercise.) Take the 10:20AM MetroNorth Hudson Line train from Grand Central, arriving in Philipse Manor at 11:12AM. (RT fare: \$14.50/Srs.\$9.50) This train may also be boarded 10:40AM at the Marble Hill station, one block from the 225th St. stop on the #1 subway RT fare: \$7/Srs.\$3.50. Please sit in the first or second car of the train. No need to register, but you must call or preferably email leader beforehand to make sure that the walk is on, and if you need or can offer a ride from NYC. No pets; no smoking. Not Qualifying. Bob Susser 212-666-4371; rsusser@aol.com



Sat. Sept. 27 - Ramapo Circular. Moderate seven mile hike over the new Wanaque Ridge trail and the McEvoy, Cannonball and other trails in Ramapo Mountain State Forest. Bus riders take the 8:30AM New Jersey Transit 197 bus from the Port Authority to Doty Road in Haskell, New Jersey, arriving at 9:35AM. Leader will be on the bus. Drivers meet the bus, parking at the shopping mall on the west side of route 511 just north of the bus stop kiosk on Doty Road (located one mile north of the route 511 exit 55 on I-287). Hikers then will go 3/4 mile to Back Beach Park, where the cars will park for the start of the hike. Qualifying. Leader: John Lipsett 212-867-8280 (work) 212-864-6109 (home)

Sat., Sept. 27 - Bronx Botanical Garden. Around 4 leisurely miles altogether. Take the 10:23AM Harlem Line train from Grand Central, arriving at the "Botanical Garden" Station at 10:42AM. Fare OW \$3 with "City Ticket." Alternatively, take the #4 or D subway to "Bedford Park Blvd." and then the #26 bus east to the Mosholu Gate entrance - or, the #2 subway to "Allerton Ave." and then the #26 bus west to the entrance. Meet just inside the Mosholu Gate at 10:45AM. Admission to the Gardens is free on Saturdays until noon, but there is a fee for admission to the conservatory. If driving, park in the lot by the station (\$10) or on a nearby street. No coordination of rides. Visit will end by 3PM but, of course, you are free to leave earlier or stay later. Not necessary to register, but you must call or preferably email leader beforehand to make sure that the visit is on. Bring lunch and beverage, or buy it in the cafeteria. (Please note: This is not a "hike" and is obviously not designed for those looking for aerobic exercise.) No pets; no smoking. Not Qualifying. Bob Susser 212-666-4371; rsusser@aol.com

Hikes – continued

Sun., Oct. 5 - Johnstown Circular. A scenic 7-mile moderately-paced ridge walk on the Blue Disc and other trails, passing by Lake Skenanto. It is not necessary to register, but you must call or preferably email leader beforehand to make sure that the hike is on, and if you need or can offer a ride from NYC. Take the 9:11AM Jersey Transit train from Penn Station, changing at Secaucus for the 9:31AM Port Jervis train to Sloatsburg, arriving 10:12 (fare: RT\$14.75/Srs.\$9). Or, take the 9:10 ShortLine bus from the Port Authority arr. Sloatsburg 10:07AM (fare: RT\$25.90/Srs.\$12.90). Out in time for the 4:28PM train back to Penn Sta. No children, no pets, no smoking. Qualifying. Bob Susser 212 666-4371; rsusser@aol.com

Sat. & Sun., Oct. 11/12 – Suffern to Nawakwa overnight. This will be a 9- to 10-mile hike starting at Suffern, looping around Pine Meadow Lake, and ending at Nawakwa in time for happy hour. If you plan to stay overnight at Nawakwa and partake of hosted meals, you must contact the weekend host beforehand. (Leader plans to stay overnight.) Exit strategies include retracing our steps to Suffern, hiking out via some other (possibly much shorter) route, or getting a ride with someone who has driven to camp. On Saturday, take either the 9:14 AM NJ Transit train from Penn Station to Suffern (you will need to transfer at Secaucus to the Port Jervis line) or the 9:10 AM Shortline bus from Port Authority to Suffern. Train riders will pick up bus riders at the Suffern bus stop on our way to the trailhead. Qualifying. Leader: Ingrid Strauch; ingrids@rapaportpublishing.com

Sun., Oct. 12 - Fahnestock. Various trails through woods and high-level meadows with alpine-like vistas. Around 8 miles at a moderate pace. It is not necessary to register, but you must call or preferably email leader beforehand to make sure that the hike is on, and if you need or can offer a ride from NYC. Take the 9:50AM train from Grand Central arriving in Cold Spring at 11:00AM (fare: OW\$10.25/Srs.\$6.75). You can connect to this train by taking the 9:40AM local at the Marble Hill station (one block from the 225th St. stop on the #1 subway) and changing at Croton-Harmon. Fare: OW\$7.50/Srs. \$3.75. Please use the rest-rooms on the train and sit in the first or second open car. Drivers from NYC: Saw Mill River Pkwy. to exit 26, Route 9A North to Route 9 North to Route 403 West to Route 9D North to Route 301 (which is Main St. in Cold Spring), left on Main St. to its end at the Depot Cafe. Park temporarily in their parking lot or on a nearby street. Out around 5PM. No children, no pets, no smoking. Qualifying. Bob Susser 212 666-4371; rsusser@aol.com



Sun., Oct. 19 - Lake Welch. A delightful getaway in an area not often explored. We'll be guests of the SBM, LP, and Beech trails. Around 8 miles at a moderate pace. It is not necessary to register, but you must call or preferably email leader beforehand to make sure that the hike is on, and if you need or can offer a ride from NYC. Take the 9:11AM Jersey Transit train from Penn Sta., changing at Secaucus for the 9:31AM Port Jervis train to Sloatsburg, arriving at 10:12. (Fare: RT \$14.75/Srs.\$9) Or, take the 9:10 ShortLine bus from Port Authority arriving in Sloatsburg at 10:07. (Fare: RT \$25.90/Srs.\$12.90). Out in time for the 4:28PM train back to Penn Sta. No children, no pets, no smoking. Qualifying. Bob Susser 212 666-4371; rsusser@aol.com



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Andreas Stresemann, Webmaster & Trail Marker Editor
andreas@adkny.org

Navajo Peach Crumble

From the Moosewood Restaurant Cookbook

In the high desert canyons of Arizona, Navajo people tend their prized peach tree orchards. We were surprised that peaches, could grow in such a harsh climate of extremes, but they thrive next to the hot walls of the canyon. This recipe adds cornmeal and pine nuts, staples of the southwestern US, for luscious, easily prepared crumble. **This dish** is also excellent made with blueberries or thinly sliced apples, in which case may want with to forgo the pine nuts. The topping can be made ahead of time; just cover and chill it until ready to bake.

Serves 4

Preparation Time: 20 minutes

Baking time: 30 minutes

Equipment: 9- or 10-inch pie-pan

Topping

½ cup unbleached white flour

½ cup cornmeal

½ cup sugar

¼ teaspoon salt

½ cup butter

1 tablespoon toasted pine nuts, (optional)

Fruit

3 cups peeled and sliced fresh peaches (I pound frozen)

½ sugar

1 tablespoon fresh lemon juice

½ teaspoon ground cinnamon

Preheat the oven 375° In a bowl, combine the flour, cornmeal, sugar, and salt. Cut the butter into the mixture with two knives until coarse crumbs, form. Stir in the pine nuts if you are using any, and set the bowl and mixture aside.

Combine the peaches, sugar lemon juice and cinnamon and spread in the unoled pie pan. Sprinkle the topping mixture evenly over the fruit. Bake until the fruit is bubbling and the topping is golden about 30 minutes. Allow it to sit for a few minutes before serving, fresh and warm from the oven, or at room temperature or chilled. Store refrigerated.



History of Harriman Camps

Courtesy the PICP website

Early in its existence, The Palisades Park Conservancy realized its special position to be socially responsible toward the less privileged. One of the largest and most significant categories of improvements in Harriman State Park reflects these responsibilities.

The Commissioners believed that parks should be for all people, particularly for the underprivileged, who had little leisure time and no easy access to fresh air. Accordingly, beginning in 1906, the Commission put together social programs for the relief of the urban poor. The essence of these social programs was the group camp – tents and cabins, with facilities, to make the outdoors accessible to those who could barely afford to take time off.

With the Commission providing land and funds to construct the first of approximately 100 camps around 13 mountain lakes, the Park's previously undeveloped rugged space became an outlet for the ever-expanding urban population of metropolitan New York. In time, thousands of disadvantaged inner-city women and children were coming to the park every summer for a 2-week camp "vacation" to experience nature and return to the city better nourished.

Early supporters of the Group Camps included Jacob Riis, Jane Addams, the YMCA, the YWCA, almost every religious denomination, and the Boys and Girl Scouts of America.



The group camp program coincided with the construction of a series of dams designed to create larger bodies of water from existing lakes and swamps. That program, which began at Carr Pond in 1913, gave Harriman State Park 12 new lakes in 15 years (adding 3,000 acres to the water surface), and multiplied the recreation possibilities available to group campers. Lake Stahahe, for instance, was created from Carr Pond in 1913, and became the site of a large Boy Scout group camp the same year. Dammed in 1915, Little Long Pond produced the three Kanawauke lakes, which were chosen as the site of two group camps in 1922. The previous year, Lake Cohasset, in the Arden Valley, had also been dammed, creating a 97-acre lake now known as Upper Cohasset (to distinguish it from Lower Cohasset, created in 1920.) Two group camps were built there in 1921. The group camps program inspired similar endeavors in national and state parks.

Today, non-profit organizations, in collaboration with the Commission, manage the 32 surviving lakefront children's relief camps in Harriman State Park, bringing hope, learning, and a chance to experience nature to more than 4,500 children every day.

Hike of the Month

By the NY/NJ Trail Conference

Where: Harriman State Park

Features: This loop hike at the southern end of Harriman State Park leads to an expansive viewpoint from the summit of the Ramapo Torne

Length: 5.2 miles. **Difficulty:** Moderate.

Time: About three hours.

How to get there: Seven Lakes Drive, Reeves Meadow Visitor Center, on the right side of the road. Park in the Visitor Center's parking lot.

Map: New York-New Jersey Trail Conference Harriman-Bear Mountain Trails Map #3

Description: Just beyond the parking lot, you will find the red-on-white blazes of the Pine Meadow Trail. Turn right, and follow the Pine Meadow Trail as it heads southeast, parallel to the Seven Lakes Drive. In 0.2 mile, as the Pine Meadow Trail makes a sharp right turn, turn left onto the blue-on-white-blazed Seven Hills Trail, which begins here. The Seven Hills Trail ascends moderately. After about a third of a mile, it briefly turns left onto a woods road, then turns right, leaving the road, and continues to ascend. Soon, the trail levels off, then continues to ascend.

About a mile and a half from the start, the trail turns sharply left onto a woods road and begins a rather steep ascent. The grade moderates, then again steepens. At the top of the ridge, the Seven Hills Trail reaches a junction with the orange-blazed Hillburn-Torne-Sebago (HTS) Trail. Turn right here, and follow the HTS Trail as it runs along the ridge of the Ramapo Torne, terminating in about a third of a mile at the summit of the Torne. Here, there is an expansive view to the south over Torne Valley, Hillburn and Suffern, with the NYS Thruway visible below.

After spending some time enjoying the view, retrace your steps to the junction with the Seven Hills Trail. Now continue ahead, following the joint HTS/Seven Hills Trail along the ridge, blazed with both orange and blue-on-white blazes. In 0.2 mile, at a high point on the ridge, the two trails split. Bear left and follow the blue-on-white blazes of the Seven Hills Trail, which descends steeply into a gully, then climbs back up to reach a western-facing viewpoint, known as Torne View. From here, the Ramapo Torne, which you just climbed, is visible to the left.

Just beyond Torne View, you will reach a junction with the black-on-white-blazed Raccoon Brook Hills Trail (near the junction, the Raccoon Brook Hills Trail is marked with a black R on white). Continue ahead, following the blue-on-white blazes of the Seven Hills Trail, which soon begins to descend.

At the base of the descent, the Seven Hills Trail reaches a junction with the white-blazed Reeves Brook Trail. Turn left, leaving the Seven Hills Trail, and follow the Reeves Brook Trail, which descends, first rather steeply, then more moderately along a winding footpath. In a little less than a mile, after passing a cascade in the brook, the Reeves Brook Trail bears right and joins a woods road, continuing to descend along Reeves Brook. When the Reeves Brook Trail ends at a junction with the red-on-white-blazed Pine Meadow Trail, turn left onto the Pine Meadow Trail and follow it back to the Visitor Center parking lot.

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.

September 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Labor Day WE	Labor Day 1	2	3	4	5	Maximum Fun WE 6
Maximum Fun WE 7	8	9	10	11	12	Annual Fall Reunion BBQ 13
BBQ-The Day After 14	15	16	17	18	19	Vegetarian WE 20
Vegetarian WE 21	22	23	24	25	26	First Fall WE 27
First Fall WE 28	29	30				

 Hosted Weekend

 = Hike offered same day

WE = Weekend

Mark your Calendars:

Annual Fall BBQ Sept. 13:

Join us for this long-standing Nawakwa tradition! Having a good time is guaranteed.

Labor Day Weekend Aug. 30:

Spend a glorious 3-day holiday weekend at camp with fellow Nawakwans.

Columbus Day Weekend Oct. 12

Enjoy fall foliage, Caribbean fare and great company. Come on up!



Pictures from
"Three Guys and a
BBQ" Weekend Au-
gust 2nd

