



# Trails & Waves

News from the New York – North Jersey Chapter of the Appalachian Mountain Club  
Volume 34, Issue 4 ♦ Winter 2012



*Solda Glacier, Stelvio National Park, Italy*

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## Ascending a Tired Glacier By Stefano Crema

**W**hile the best known glaciers in the Alps, like those of the Mont Blanc, are situated in its western section, there is a wealth of smaller glaciers in the Dolomites region of Italy which can be climbed by hikers in good physical condition and with a minimum of equipment.

Last summer, I spent two weeks hiking in the Trentino Alto Adige, the northernmost Italian region, also known as South Tyrol. I decided to end my vacation by joining a group of four climbers and two guides for the ascent of the Solda Glacier to a height of 11,200 feet. I felt it would provide a nice contrast to the idyllic vistas I had enjoyed on my hikes: blue alpine lakes and green meadows punctuated with peaceful cows – the ever-present sound of their bells floating down from pine woods and the most impervious slopes, blending harmoniously with the gurgle of brooks rushing to the valley floor and the whisper of the high mountain breezes.

The starkness of the ice, flowing from the tips of the highest peaks like the white beards of ancient men, attracted me.

An early morning cable car took us quickly from the village of Solda, in the heart of Stelvio National Park, to the Rifugio Citta' di Milano, a large, plain, but functional building perched at about 8,500 feet. The valley below was still filled with a soft layer of clouds, slowly climbing its sides to disperse themselves in wavy tendrils into the blue of the sky. From there, we took a short trail to the foot of the Solda Glacier. We passed by the props of a horror movie set whose plot, our guide informed us, was based on ice monsters coming out of the very glacier we were approaching.

(continued on p.3)

## New Hiking Chair

**C**ynthia Tollo Falls has taken over the challenging job of Hiking Chair from Steve Galla (thank you, Steve, for volunteering). As many of us know, Cynthia previously volunteered as Hiking Chair from 2006 to 2009. She joined the Hiking Committee shortly after becoming a club member and hike leader in 2000. In addition, she has served on the Chapter's Executive Committee and was honored as our Chapter's Appie of the Year in 2010.

Cynthia says her first mission is to recruit new leaders; several have already volunteered and more are needed. The Hiking Committee also wants to improve communications between leaders and our fellow members by expanding our last-minute hike list (to be added, please send your name and AMC membership

number to: [hikeamc-subscribe@yahogroups.com](mailto:hikeamc-subscribe@yahogroups.com)). The committee also plans to update the web site, submit more articles and photographs to *Trails & Waves*, and reach out to online groups such as Facebook and Meetup. New members and beginners will be given special attention, with more activities geared toward them.

The Hiking Committee would also like to add more variety to the schedule with such things as map and compass training, snowshoe instruction, and some family-friendly activities. Suggestions are welcome!

Cynthia spends every weekend outdoors in area parks. She loves to take hikers to areas they've never seen. She also loves talking about bears, looking for bears, and collecting bear hair samples for a park research project. **New members who have questions, or people interested in helping the Hiking Committee, are encouraged to contact Cynthia at [hiking@amc-ny.org](mailto:hiking@amc-ny.org).**



*Cynthia points out bear markings in Harriman*

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Vol. 34, Issue 4 Winter 2012

***Trails & Waves***

Nancy Tollefson, Editor

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**Contributions of articles and photos are welcome:** Articles may be edited for style, clarity, and length. The newsletter assumes no responsibility for lost material. **SUBMISSION DEADLINES:** April 25 for Summer issue (comes out in early June), July 25 for Fall issue (comes out in early Sept.), October 25 for Winter issue (comes out in early Dec.), and January 25 for Spring issue (comes out in early March). *Trails & Waves* is usually available online about 2 weeks earlier.

**Guidelines for Newsletter Submissions:** Email preferred (written material accepted); clearly state that the submission is intended for publication in *Trails & Waves*; send photos as color, high resolution jpeg email attachments.

**Classifieds Policy and Rates:** Advertising rates for classifieds are \$1 per word. Please contact editor for display ad rates; payment must be included with the ad (check payable to AMC NY-NoJ Chapter); we do not provide proofs/checking copies; we have no liability for errors, other than the cost of the ad.

**Read *Trails & Waves* on the Chapter's website: [www.amc-ny.org](http://www.amc-ny.org)**

**Send all submissions, requests for ads, and suggestions to: [trailswaves@amc-ny.org](mailto:trailswaves@amc-ny.org)**

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***SUBMISSION DEADLINE FOR THE SPRING ISSUE IS JANUARY 25***

## Ascending a Tired Glacier By Stefano Crema (continued from page 1)

The glacier looked tired and hurting, and it would not surprise me if it were indeed looking for revenge. Losing about five inches a day under a relentless August sun, most of it lacked the snow cover that protects the old ice. The glacier's face was scarred by countless rivulets of ice water that gathered strength and carved deeper into the ice as they rushed down the slope.

This past summer was a bad one for Alpine glaciers overall, with temperatures even higher than those recorded in 2003, the year of the heat wave in Europe which caused more than 35,000 deaths in France alone. The average loss of thickness of Alpine glaciers in the past few years has been estimated to be nine feet, or 15% of their total mass.

We put on our crampons, roped together and started climbing on the ice at an even pace. We concentrated on keeping the same distance from the person ahead, so we would not step on a slack rope and risk losing balance. The crunch of the crampons' steel teeth sinking into the ice gave a comfortable feeling of stability, and we proceeded steadily to a huge crevasse that cut across the whole breath of the glacier. We followed it to its narrowest point and jumped it, one at a time, taking advantage of a knob of ice sticking out of one side.

We walked high enough to reach permanent snow and started climbing a snowfield with a greater than 45 degree slope – I told myself this was like walking meditation: feel intensely where you put your foot, and do not take the next step until you are sure of the last one. A glance backwards brought up the question of what would happen if someone fell and dragged down the rest of the group. Only the two guides had ice picks and it looked too steep to me for them to be able to stop all of us. They had already warned us that one of the biggest dangers for inexperienced climbers is to snatch their pant legs with the crampon teeth and stumble. Walk with your legs as wide apart as you can, they told us (hard to do without looking funny).

By the time we crossed the last snowfield just below the craggy tip of the mountain, the bright sun had made the snow soggy and wet. After taking off our crampons, we followed a winding trail that quickly took us to the very top of the mountain. Instead of a cross, as is usual, this summit was marked with the tail piece of cannon of World War I vintage. Our guide told us that several artillery pieces were still to be found on nearby peaks, and that three other cannons from this site had recently been washed down the glacier.

A broad green valley, crisscrossed by roads and dotted by villages, opened up on the other side of the mountain. This expansive view into Italy's Lombardy region suggested the reason for this Austrian artillery emplacement. In a small clearing just below the summit we also saw rusted support poles wound with corroded barbed wire, and a short stretch of a covered trench, now collapsed with roof beams sticking out. We settled down for a hurried lunch behind a rocky ledge that offered some protection from the fiercely cold wind rushing up from the valley below.

It was early afternoon and we needed to start descending the glacier. Even under a semi-clouded sky, the snow had visibly changed since morning. It was now wet and heavy, the leg-breaking type of snow that skiers want to avoid. As our feet sank deeper it became more difficult to maintain a steady balance.

A snow bridge, which we had passed over without problems on the way up, now gave way under my weight and my right leg sank to the hip into an unexpected emptiness. Somehow, I managed to plant my hiking stick and, leaning on my left leg, dragged myself out before falling further. We quickly moved on, leaving behind a basketball sized hole, gaping into complete darkness.



We were near the lower edge of the ice field when the glacier bid us one last farewell. A large boulder detached from the mountainside high above us and came skipping down the middle of the glacier at an ever increasing speed, missing us by about fifty yards. This rattled even our well-weathered guide, who started expounding on the increasing instability of glaciers and high mountain regions which have lost the permafrost ice layers that previously kept most boulders and loose rocks cemented in place.

We recovered our balance over cappuccino, beer and homemade strudel as we waited for the cable car down to the valley. That gave me some time to think what I could do to top the excitement of today's trip. Throw myself off a mountain, of course.



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## BECOME AN AMC TRAIL MAINTAINER

**A**MC members love to hike – and the more trails close to the city but far from the crowds, the happier we are. But trails need care, and volunteer maintainers to provide that care. Trail maintainers are a special breed: not afraid to get a little muddy, dedicated to giving back to the trails, and very loyal to their adopted trail. They like nothing better than working on their trail – trimming back intruding bushes, removing downed branches, or re-touching blazes – and then looking back at the end of the day at a clear path inviting all deep into the woods. AMC trail maintainers report to and are guided and trained by Regional Supervisors. They work on their section of trail at least twice a year and report back on trail conditions, including major issues that need extra help (i.e. bring in the chainsaw crew!).

Here are Trail Maintainer opportunities on sections of two popular trails in our area. Maybe one is right for you.

- **The Ramapo-Dunderburg Trail.** One of our valued volunteers is moving from the area, leaving a section of Harriman State Park's popular Ramapo-Dunderburg Trail in need of a new steward. The R-D is part of the nearly 40 miles of trails in New York (west of the Hudson River) maintained by NY-NoJ Chapter volunteers. These trails are generally in the Bear Mountain/Fort Montgomery area. Please contact Bob Fuller, AMC Supervisor for West of Hudson Trails (NY), at [refuller99@hotmail.com](mailto:refuller99@hotmail.com) for further information about this opening.
- **Appalachian Trail Vacancy.** Adopt your very own section of the Appalachian Trail! A 1.9-mile section in Stokes State Forest, NJ is now available (the previous maintainer moved out of state). No previous experience with trail work necessary (although helpful); we can show you all you need to know. The job involves cutting back brush, weed-whacking grass & weeds, and keeping blazes looking good. This section usually requires 3-4 visits a year. If you might be interested, email me for a full job description. Then we'll walk the trail and discuss the work involved. Please contact Jill Arbuckle, AMC NJ Trails Supervisor, at [jhgarbuckle@gmail.com](mailto:jhgarbuckle@gmail.com).



## **FOOD FOR THOUGHT**

### **Conservation News**

#### **AMC Challenges Approval of Transmission Line in Delaware Water Gap**

In partnership with other conservation and trails organizations, on October 15, 2012, AMC filed an injunction in Federal court challenging the approval by the National Park Service of PSE&G's Susquehanna to Roseland transmission line in NJ & PA, slicing through the heart of the Delaware Water Gap, the Appalachian Trail and the Delaware River. AMC has a long history of conservation and recreation in the Delaware Water Gap. In the press release, Mark Zakutansky, AMC's Mid-Atlantic Policy Manager, said: "The Delaware Water Gap is a cherished and irreplaceable public resource. The AMC worked to save this unique natural area from the Tocks Island Dam project over 40 years ago. Our volunteers have invested over 50,000 hours building and maintaining trails there, and each year we introduce over 10,000 people to the area through outdoor programs [Mohican Outdoor Center and Chapter trips]. Millions of people from New York City and Philadelphia find respite in the area's magnificent views and recreational opportunities. We cannot stand on the sidelines while the Delaware Water Gap is permanently despoiled and we will fight once again to protect it."

AMC opposes the project because of its impacts to trails and scenic views. The transmission line will cross sensitive and unique resources and permanently scar the Delaware Water Gap. The Park Service itself acknowledges the project will have significant and irreversible adverse impacts, including irreparable harm to wetlands that support rare plant and wildlife species, degradation of visitor experience, and detrimental impacts on viewsheds from 195-foot tall transmission towers. You can learn more about this issue at: <http://news.outdoors.org/2012/10/amc-challenges-approval-of-transmission.html> Preparatory construction work is being conducted by PSE&G; the court review is still underway.

#### **AMC Opposes Northern Pass Transmission Line in the White Mountains**

Imagine your favorite White Mountains vista marred by the addition of 135-foot tall steel towers cutting into the landscape. The Northern Pass transmission line would make that vision a reality. The proposed electric line would cut straight through the White Mountain National Forest and gouge a path for 1000+ enormous steel towers visible from all over the state, including points along the Appalachian Trail and iconic overlooks in the White Mountains. To make matters worse, these unique resources are under attack from a hydropower project that calls for diverting large rivers into enormous impoundments, destroying millions of acres of forest in the process.

The developers of this bad idea have failed over and over again to demonstrate that they appreciate the value of our natural resources. They offered an initial visual impact analysis so cursory that AMC decided to take on the enormous task of performing one ourselves. They failed to prove that they explored alternative routes or methods. And, they proposed a plan that would permanently and detrimentally impact lands that were set aside for public use.

Throughout the history of the White Mountain National Forest, outdoors lovers like you have stepped in and spoken up for the lands we love, protecting them from permanent degradation from projects like Northern Pass. Learn more about this issue at: <http://www.outdoors.org/conservation/wherewework/wmnf/northern-pass-project.cfm> Ask the U.S. Department of Energy to include a complete visual impact analysis of Northern Pass in their forthcoming Environmental Impact Statement by completing a comment form at: <http://www.northernpasseis.us/comment/>

#### **No News Yet (as of 11/20/12) on Hydraulic Fracturing in New York State**

The New York Department of Environmental Conservation has until November 29, 2012, to finalize regulations on drilling for natural gas using "fracking." If this deadline is missed, as seems likely, regulators will need to reopen the review process and have at least one additional public hearing, so the current moratorium would not be lifted this year.

## MOVING ON By Nancy Wolff

**D**ick Wolff has been leading AMC hikes for as long as I've known him (45 years, give or take a few). For all those years he has also led weekends: Memorial Day in the Catskills, July 4<sup>th</sup> in AMC's huts in the White Mountains of New Hampshire, Labor Day alternating in Vermont and the Adirondacks, and sometimes Columbus Day back to the Catskills. Ski weekends popped up in the winter, swim hikes on summer days. Day hikes were rated 3C (old system): 10 to 12 miles on up-and-down and often rough terrain at a steady pace.

About twenty years ago (give or take a few years), Pete Van der Water, who was, I seem to recall, Chapter Chair at the time, urged Dick to lead AMC Major Excursions

[now Adventure Travel]. Sounded appealing, so Dick went before the Major Excursion Committee with his credentials and was accepted to lead. He started with ski trips to Aspen, his Most Favored Ski Nation. Then he expanded to other western ski areas, and onward to Europe. European hiking trips followed: to Britain, France, Switzerland, Liechtenstein, and other destinations. The paperwork was tremendous! I'd find his reports spread out over the bed, the bureau, the bedroom floor – sixteen copies of sixteen pages each (give or take a dozen). Wow. But Dick has always enjoyed leading; he's good at logistics; he's always had places he wants to see and hikes he wants to hike.

Leading hikes for AMC has changed through the years. Younger men and women are stepping up and taking leadership positions in the club. Hikers are coming to the trails with GPS's, cell phones, and other electronic devices that change the concept of "communing with nature." Many old favorite trails have become overused or eroded, baring roots and rocks and turning treacherous underfoot. We have slowed our pace to accommodate those hills that, to quote Bill Myles in his later years, have gotten higher and harder to climb.

For several years, Dick has been mentoring other leaders of both international and local trips. Lately, Don Kress has led stronger hikes for Dick's weekends while Dick leads milder hikes. We move on and adjust.

For day hikes, Class 2B walks seem reasonable nowadays, so we are looking forward to leading at that level when springtime approaches. Nothing in the winter, thanks; ice and snow don't turn us on now that we no longer ski. Nothing in the rain, since Dick is really a self-described sugar baby who detests getting wet in the out-of-doors. He's currently going over his repertoire of hikes to cut the mileage, delete the hilly and rock-scrambly areas, and convert 8-10 mile hikes to 5-6 mile walks. He'll scout more moderate areas, scour local maps for new venues and ideas, and start on this new venture to see where it takes us.

What a run it's been! We never dreamed we'd go to all those places, meet gazillions of new folks, experience the adventures and the good times we've had. More to come: Stay tuned!



Photo by Jules Orkin

***Nancy and Dick Wolff***

***[Editor's Note: After nearly 50 years of expertly and graciously guiding us all in the outdoors, it's impossible to estimate the number of people Dick Wolff has helped as a volunteer AMC leader. Dick has also been the chair of the Ski Committee, and has been honored by the Chapter as Appie of the Year. Thanks, Dick! We're looking forward to seeing what great new walks you come up with to lead.***

***On the next page you'll find a few brief comments about Dick from some of his fellow AMC hike leaders...we all have Dick Wolff stories to tell! And if you'd like to show your appreciation, volunteer to lead something!]***

## Short Appreciations of Dick Wolff

**Danny Bernstein:** Dick Wolff taught Lenny and me how to hike. Though we knew how to put one foot in front of the other, Dick shared tips on equipment, maps, routes and techniques. He always has an opinion on the right way to do things – and he is usually right. For over 30 years, we hiked together in the Catskills, New Hampshire, Adirondacks and, of course, Harriman. His stories and jokes livened up every trip. Dick also taught us how to cross-country ski; although as Lenny points out, only one person learned (me). I had never been on skis when I took my first group lesson from Dick in the Catskills. After that, he continued to help me improve my technique. Though we have since moved to Asheville, NC, we keep in touch and visit Dick and Nancy every time we go up to New York. A hiking friend is a true friend.

**Judy and Jack Kossover:** Dick Wolff is a superb hike leader. He is always enthusiastic about his trip, whether it is a day trip or a Major Excursion. His planning is fastidious, resulting in a wonderful time for all of the participants. Dick is also very caring about his fellow hikers. One time Jack had to leave a hike early for medical reasons, and Dick hiked out with him. Thank you, Dick, for all the years of wonderful hiking and caring that you have shown to others.

**Jane Levenson:** We had years of great times, especially Labor Day weekends in the Adirondacks and Vermont. One Vermont weekend stands out: we enjoyed a craft fair in town and great hikes led by Dick. I had climbed Mt. Mansfield many times but never via the Hell Brook Trail, which Dick introduced me to. It was a super hike, with the usual good camaraderie. On many AMC trips in U.S. and abroad, I meet hikers who say "Do you know Dick & Nancy Wolff? I enjoyed them so much." Thanks, Dick.

**Richard Seibel:** Like I expect he did for many, Dick was my original mentor. The first hike I ever led was on one of his Catskills weekends when he said, "Why don't you take the stronger people out tomorrow?" I am now doing for others what he did for me. Thea and I both enjoyed the numerous weekends we spent with Dick in the Catskills (Memorial Day) and Adirondacks (Labor Day). I also had pleasant days XC skiing with Dick and learned some new ways to check my speed. Thank you, Dick!

**Bob Susser:** Dick was already leading hikes and a great many weekends when I joined AMC in 1972; I learned to cross-country ski on one of his Mohonk weekends. I attended as many of his weekends as I could: mainly because of Dick's organizational skills and conscientiousness, they all went very well and were always booked solid. On one trip to the Whites, Dick had only one peak, Isolation, left to finish his 4,000-footers. Very close to the summit the weather turned ugly. Instead of pressing ahead, Dick decided to take the group back down; he would do Isolation another time. In 1979, Dick and I were on a trip to Sixt in the French Alps. Whenever there were extra supplies to be carried, Dick was among the first to volunteer.

**Naomi Sutter (from an article in the Union County Hiking Club's *Oak Leaf* about her first real hike in 1965):** ...After being told we would now go up the next ridge [Schunemunk], I actually started crying and then Dick Wolff came to my salvation. He held my hand all the way up, talked to me of his life from earliest recollection of same (about three months after birth), and thus I completed my first real hike, never planning to redo the experience ever, ever again. However, the Sutter men had fallen in love, not with me, but with the mountains, and here I am 40 years later, still tramping. Oh, yes, we bought Dunham Tyrolean boots, jackets at Great Eastern Mills, and for winter we wore flannel pajamas as long underwear. Later Dick would again take us in hand and explain what hiking clothing really consisted of.



Photo by Don Getzin

**Celebrating their completion of Vermont's 273-mile Long Trail on September 15, 2012 (L-R): Jeff Deisher, Keld Alstrup, Jane Rohlf, Aaron Schoenberg, Peggy Levin, Alex Mitrakos and Chris Connolly (above sign)**



Photo by Paul Wharton

## THE LONG TRAIL By Aaron Schoenberg

Over the past six years I have led annual AMC hiking trips following Vermont's Long Trail southbound. This scenic trail runs 273 miles along the spine of the Green Mountains from the Canadian border to the Massachusetts border. Built by the Green Mountain Club (1910-1930), the Long Trail is the oldest long-distance trail in the United States; the Appalachian Trail coincides with it for 100 miles in the south of the state.

[http://en.wikipedia.org/wiki/Long\\_Trail](http://en.wikipedia.org/wiki/Long_Trail) I got the idea of leading this series of trips as I completed the New Hampshire 48 (all the 4,000 footers in the state) and was in the process of leading the Appalachian Trail south. I also wanted to climb the five Vermont 4,000 footers and see much of the state via the Long Trail. So, I put together this series of trips and set it up so that my annual AT trips would flow into the Long Trail trips. Each year (2007-2012) our group lodged for one week, in different months, in rented houses convenient to the section we were doing on that trip. We set up daily car shuttles and hiked the Long Trail, covering thirty to fifty miles each week. We usually had a day off to sightsee, golf, bike or hike elsewhere in the area, so my trips became known as Long Trail Plus. On September 15, 2012 we completed the final section, having followed the trail in its entirety.

A total of 47 hikers have participated in one or more of these six annual adventures. Many of us did not know each other when the series started, but we have now bonded, and six of us completed the Long Trail together from end to end. For many of our group these trips became far more than hiking along a trail: for that week we lived together like a family, sharing chores, cooking, cleaning, eating, laundering, laughing, sharing stories and memories. What started as a series of hiking trips became a reunion of sorts as we all came together to exchange life's experiences over the long year since our previous trip. Starting from a group dinner at a nice restaurant in St. Albans on Lake Champlain, we enjoyed an annual buffet, a feast prepared by our trip dinner committee.

Over the years on the Long Trail we have experienced heat (almost 90 degrees in May on Jay Peak), cold (20-degree wind chill on Killington in October), impressive rain (descending Mt. Abraham in July), and flooding (due to Hurricane



Irene near the Cold River, trail rerouted). Our toughest hike was the fifteen miles over the Sterling Range from VT 15 near Johnson to Smugglers Notch, where we climbed Whiteface Mt. and Madonna & Spruce Peaks. Although some say the Jay Peak hike on our first Long Trail trip was right up there: several of us bordered on heat exhaustion from hiking in 90-degree weather through (rapidly melting) snow, two feet deep in some places. The longest hike was the Glastenbury Mountain trek of 19 miles.

There have been many memorable sights along the trail. A moose ran past part of our group on the ridge between Ellen and Abraham, forcing some of us to jump into the bushes (better than the alternative of being trampled). We saw black bear and porcupine, and the usual assortment of deer, snakes, frogs, salamanders, bugs, chipmunks, squirrels and birds. We enjoyed spring wildflowers and Vermont's spectacular foliage in the fall. We also climbed some challenging mountains along the way, especially Mansfield and Camels Hump. There were spectacular views, from summits too numerous to name, of the Adirondacks and Lake Champlain to the west, and the White Mountains to the east. We passed swamps, waterfalls and lakes where we swam to cool off or just enjoyed the serenity. We crossed the Lamoille River over a beautiful, newly built hiker suspension bridge.

When fourteen participants started out on our first 3.9-mile hike from the monument where the Long Trail begins at the Canadian border on May 23, 2007, little did we know that over five years later six of us from that original group would be standing at the Vermont-Massachusetts border celebrating, with champagne, our completion of the entire Long Trail. I want to thank Keld Alstrup, Chris Connolly, Jeff Deisher, Peggy Levin, and Alex Mitrakos for joining me on every Long Trail trip and every hike; with their assistance we were all able to complete the trail together. Jane Rohlf, who joined us after the first year (and was able to complete the segments she needed), also finished the trail with us. Thanks to Paul Wharton, who did most of the trail with us and was a key member of our trip cooking committee; thanks also to the cooking committee chair Alex and assistants Peggy and Jeff. Lastly, thank you to Mary and Keld Alstrup, who graciously hosted one of our trip dinners at their Vermont home. The Long Trail trip series has been such a success, we just couldn't put an end to it. So we plan to challenge Massachusetts over a series of three annual weekends (2013 - 2015). Stay tuned for my Massachusetts trip listings in the Chapter schedule.

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Photo by Mark Wegner

**AMC hikers enjoying a climb up Algonquin on Barry Skura's *Adirondacks Winter Training Weekend* last January. Everyone had a good time, and stayed safe, at below zero temperatures! This year's Winter Training, led by Fred Mader and Ed Sobin, will be January 19-21. Participants stay at a motel "base camp" in Saranac Lake, NY. Register at backpacking link at [www.amc-ny.org](http://www.amc-ny.org), or contact Fred at [fred.mader@gmail.com](mailto:fred.mader@gmail.com) or 973-442-2482.**

## Mohican Expands Programming for 2013

**M**ohican Outdoor Center, for those of you who haven't yet visited it, is the AMC's "close to home" destination located in the scenic Delaware Water Gap. The Appalachian Trail is a quarter-mile away and the Delaware River, bike routes, and cross-country ski trails are within easy reach. Mohican is a fun place to socialize and enjoy the outdoors, or simply relax by a warm fire with your favorite book.

Many new offerings have been added to the 2013 schedule for Mohican's Getaways Program, volunteer-led themed weekends and midweek trips. There are more than 40 events scheduled for 2013, many organized by new leaders. These low-cost events are a great way to meet new friends, learn new skills, and explore nearby hiking trails.

Here are some of the upcoming Mohican Getaways. To register, or for more detailed information, search the AMC activity listings at [www.outdoors.org](http://www.outdoors.org) for "Mohican Outdoor Center." You may also register at 603-466-2727 (9am-5pm, Mon.-Sat.). You can also learn more about Mohican Outdoor Center at: [www.outdoors.org/lodging/mohican](http://www.outdoors.org/lodging/mohican).



**Wilderness First Aid** (Fri. - Sun., Jan. 4-6) The Wilderness First Aid course will teach you how to deal with common medical incidents and accidents that occur in the backcountry. This 16-hour course stresses safety, preparation, crisis avoidance, and the treatment of problems such as blisters, sprains, hypothermia, heat disorders, protection from the elements and more. (Program repeats Mar. 15-17.)

**Yoga and Hiking** (Tues.-Thurs., Jan. 22-24) Enter quiet and beautiful winter after the holiday madness. Be one with the season through yoga, meditation, and hiking in the frosty beauty of Mohican. Energize the body and calm the mind with roaring fires, hot tea, gong meditation, writing meditation, and laughter. All levels of hiking and yoga participants welcome.

**Winter Hiking** (Fri.-Sun., Jan. 25-27) Are you a 3-season hiker who is considering expanding into winter activities? This is your chance to learn about clothing, equipment, and safety issues that go beyond 3-season conditions. You are free to engage in the planned activities as much or as little as you please and are always free to break off on your own.

**Cross Country Ski** (Fri.-Sun. Jan.25-27) Explore the backcountry trails of the Delaware Water Gap and Poconos area on skis. If snow conditions are not suitable for skiing, we'll hike instead.

**Animal Tracking** (Fri.-Sun., Feb. 1-3) Join us at Mohican in all her winter splendor. We'll track paw prints in the snow to learn more about animals and their lives. If there is no snow we'll look for other signs of animal activity, be prepared for off-trail navigation. If you find it too cold to venture out, curl up by the fire in Blueberry Lodge with a good book.

**Winter Fun** (Tues.-Thurs., Feb. 5-7) Learn to hike safely and enjoyably in the winter - snowshoes and traction device rentals available if needed. Or bring your skis and take advantage of the local trails and downhill ski areas.

**Bucket List Hiking** (Tues.-Thurs., Feb. 5-7) Do you aspire to walk each step of the AT, PCT, or CDT? The high points of each state, or in all National Parks? Join us for a discussion of our Bucket List plans and accomplishments. Find a network of others who have experience and helpful advice in completing YOUR list. Bring your maps, journals, knowledge, and questions. We'll hike this beautiful area each day and in the evening chat about our "Buckets."

**Beginners Downhill Skiing** (Fri. - Mon., Feb. 15-18) We will carpool to Camelback Ski Resort on Saturday and Sunday for lessons and a fun day of skiing. Evenings we will relax around the fire as we exchange "war stories" from our day of skiing. Van service available from downtown Manhattan to Mohican and back as well as to the ski slope.

**Young Members Winter Adventure** (Fri.- Sun., Feb. 22-24) Calling all young and young at heart members for a weekend of winter fun at Mohican, nestled in the scenic Delaware Water Gap. Follow Mother Nature's lead and see where she takes us, be it snowshoeing, xc skiing, or howling with the wolves. Saturday evening will be spent sharing some of our favorite cold weather beverages while socializing in front of a cozy fireplace.

## The Lake

By Christine Benton

Flowing water shimmers the light  
Jagged peaks surrounding  
Patched by snow

The waterfall's softly roaring  
A cadence to the ear  
Nature's gift

Lichened rocks for sitting stilly  
Evening glow deepens and  
The lake slows

Disturbing the pine-scented air  
Warning scold of squirrels  
Go back home

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### “THE ULTIMATE HIKER’S GEAR GUIDE” – Reviewed by Christiane Siebert

**D**o you hike to get to camp? Or do you camp to go hiking? If you're among the latter, you've probably spent time trying to figure out how to lighten your pack. Selecting what you need – and what you don't – is challenging not because there isn't enough lightweight or ultra-lightweight gear out there, but because you want to find the right balance between comfort, convenience and safety. That's where Andrew Skurka's little tome, “The Ultimate Hiker's Gear Guide,” shines (published February 2012 by National Geographic).

Award-winning trekker Skurka, of course, is very well-known, but his guide is one-of-a-kind because he distills his enormous experience as a long-distance hiker to the fundamental equation of trip planning: what's my objective and what are the environmental/route conditions? How you balance your objective and the conditions you will face will ultimately determine your pack's weight so it isn't “stupid heavy” or “stupid light.” The critical question, Skurka emphasizes, is “what gear, supplies, and skills will best help me achieve my objectives and keep me safe and comfortable in those conditions?”

While he mentions lots of current trail-tested products, Skurka's goal isn't to endorse any one brand but to illustrate technologies and how they function on the trail so that the savvy hiker can make smart choices. He covers everything from clothing, footwear, sleeping bags & pads and shelters to maps & navigation, trekking poles, food, cooking systems, water and other essentials. You can't argue that he hasn't put his gear through the paces, so even if you don't agree with his recommendations, at least the information can serve as food for thought.

I found the tips on packing, the explanations why certain strategies work or don't work, and the sample gear kits for different regions and climates really helpful. “The Ultimate Hiker's Gear Guide” is beautifully illustrated and well indexed. It's densely informative yet fun to read. I find myself referring to it frequently when I'm planning my backpacking trips and recommend it to any aspiring (or frustrated) distance hiker who wants to shed pounds from her pack.

Still unsure if your pack could safely lose weight? Watch Andrew Skurka's talk at Google headquarters on YouTube: [http://www.youtube.com/watch?v=FGQTcQhL08A&feature=player\\_embedded#!](http://www.youtube.com/watch?v=FGQTcQhL08A&feature=player_embedded#!)

*[Christiane Siebert is an AMC backpacker and rock climber from Brooklyn, NY.]*

# Recommended For New Members

If you joined the AMC recently (or are just getting started), welcome! To help you enjoy some of the great activities offered by our Chapter, we've selected a few trail outings that we especially recommend for newer members. See the Chapter Schedule (online or booklet) for details and more listings, or go to [www.amc-ny.org/NewMemberActivities](http://www.amc-ny.org/NewMemberActivities). Not all of these are easy, so please read carefully and pick ones that are good for you. Explanations of hike codes (i.e. 2D8) are in the Schedule and at [www.amc-ny.org/hike\\_codes](http://www.amc-ny.org/hike_codes). Descriptions of the transportation codes (i.e. 1B) and links to maps of AMC meeting places are at [www.amc-ny.org/trans\\_codes](http://www.amc-ny.org/trans_codes). If anything is unclear, call the leader – they'll be glad to answer your questions. Have a great time, and hope to meet you out on the trails!

## DECEMBER

**Sat. Dec. 8. Intro to Winter Backpacking.** Indoor workshop at Sterling Forest for 3-season backpackers and winter hikers. Discover the joy of winter backpacking and learn how to stay warm and safe. Register via backpacking link at [www.amc-ny.org](http://www.amc-ny.org). L Wayne Huebner, [wbhuebner@verizon.net](mailto:wbhuebner@verizon.net), 609-364-1143,

**Sun. Dec. 16. Garrison Walk 2C6.** Beautiful views of Hudson River, optional coffee afterwards in Cold Spring. Trans. 5C, but take 9:50 train. L Hal Kaplan, 914-376-3156, [kapkotours@gmail.com](mailto:kapkotours@gmail.com).

**Mon. Dec. 17. Sociables 50+ Ramapo Hike 3C7.** Explore Ramapo Reserve Park, superb views at lunch. Meet 9:30am at Reserve parking off Rt. 202. L Dean Gletsos, 845-354-0738, call before 9pm.

## JANUARY

**Tue. Jan. 1. Half Day Hike in Central Park 3B7.** Celebrate New Year's Day with a brisk hike in the park. We move fast, but stop briefly to talk about what we see. No lunch stop. Meet 1 p.m. at NW corner of 60 St and 5th Ave. Finish around 4:30 p.m. Bad weather cancels. L Bruce Bernstein, 718-263-4102, NCA after 10 p.m.

**Sat.-Sun, Jan. 5-6. Winter Backpack Training.** Modest pace/terrain/mileage with wonderful views from West Mt. Shelter. Depending on conditions, microspikes and/or snowshoes required. Limited to 6 fit members. LR David Thornquist, [davidthornquist@yahoo.com](mailto:davidthornquist@yahoo.com).

**Sun., Jan. 6. Jones Beach Walk 2B4.** Leisurely walk on boardwalk and beach. Rain cancels. Trans. 11A, BUT take 9:10 a.m. train to Wantagh, arr. 10:06. Drivers meet on east bound platform. Call L to confirm. L Frank Bamberger, 718-457-5159, [fbamberger@nyc.rr.com](mailto:fbamberger@nyc.rr.com).

**Mon. Jan. 7. Sociables 50+ State Line Trails 2C6.** Moderate hike along the Palisades with sweeping Hudson views and gentle hills. Trans. 7D. L Christina Fehre, [cfehre@njpalisades.org](mailto:cfehre@njpalisades.org), 201-768-1360 x110.

**Sat. Jan. 12. West, Timp and Doodletown 2C9.** Steep climbs and great views, an abandoned town and cemetery. Newbie friendly, but not easy. Laid back pace. Snowshoes/traction aids a must. Contact L if weather

doubtful. Trans 4F, possible parking fee. L Hallie Wolfe, 914-941-5331, [halliewolfe@optonline.net](mailto:halliewolfe@optonline.net).

**Sun. Jan. 13. Intro to Winter Hiking 2D7.** Learn about winter hiking at moderate pace with plenty of time for discussion. Appropriate gear required; L brings extra gear (call to reserve). All-weather hike, assuming roads are safe to travel. Trans.1B. L Stuart Kurtz, 732-469-5344, call before 9pm. (Event repeats on Sun. Feb. 17)

**Sat. Jan. 26. Breakneck Pond Loop, Harriman 2B8.** Fire roads and trails to this lake for a lovely lunch on lake shore. Heavy rain/snow/sleet cancels. Limit 12 people. Must pre-register. Trans. 1B but take 9:10am bus arriving at 10:07am. L Ellen Blumenkrantz, 201-784-8417, [elblumenkrantz@hotmail.com](mailto:elblumenkrantz@hotmail.com).

## FEBRUARY

**Sun. Feb. 3. Inwood Hill Park 2B4.** Great winter outing for beginners. Meet 10 a.m. at park entrance, Seaman Ave. and Isham St. (take A train to 207th St., walk two blocks west on Isham St.). Bad weather cancels. L Nancy Tollefson, 212-727-8961, [tollefson@verizon.net](mailto:tollefson@verizon.net).

**Sun. Feb. 10. Island Pond Hike 2C9.** Lake Skannatati to Island Pond and back; several scenic views and moderate hills. Heavy rain/snow cancels. Limited to 12 people. Must pre-register. Trans. 1B, but take 9:10am bus. L Joe Bonner, [hikerman4169@yahoo.com](mailto:hikerman4169@yahoo.com).

**Sat. Feb. 23. Clausland Mt. Walk 3C6.** Climb Clausland Mt. (700') in Piermont, NY, to former Nike missile base. Trans. 7D, BUT take 10:40 bus from George Washington Bridge Bus Terminal, arr. 11:17. Drivers meet corner of Tate and Piermont Aves. L John Jurasek, 845-519-4247 NCA 10 p.m., [Jurasek@optonline.com](mailto:Jurasek@optonline.com).

**Sun. Feb. 24. Rockefeller Preserve Walk 3B6.** Moderately fast pace, carriage roads, gentle rolling hills, beautiful vistas. Parking fee \$6. Take Metro North 9am train from GCT to Tarrytown, arr. 9:40. Hike starts at 10 a.m. L Jo-Ann Gisolfi, 914-478-1248.

**Wed. Mar. 6. Intro to Backpacking Seminar.** Learn backpacking basics: fitness, trip planning, basic map skills, gear needs, lightweight techniques. Manhattan location, 6:30pm. LR Melanie Simmerman, 212-860-1044 NCA 9p.m., [jennyind50@yahoo.com](mailto:jennyind50@yahoo.com).

## TRAILS & WAVES CLASSIFIEDS

Recommended by AMC Hike Leader, Dick Wolff:

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### EMPLOYEE RIGHTS LAWYER

My name is Bruce Bernstein and I am an AMC hike leader and an attorney who is committed to advancing and protecting the rights of employees. I practice in NJ and NY, and I represent employees in matters concerning wrongful discharge, discrimination, sexual harassment, whistle-blowing and severance package negotiations. For more information please go to: [www.bbernstein-law.com](http://www.bbernstein-law.com). Free phone consultation is available at 201-634-1999.

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[www.homeaway.com/vacation-rental/p229125](http://www.homeaway.com/vacation-rental/p229125)

**ARTICULATE, ERUDITE OUTDOORSMAN**, 65, who relishes exploring nature (hiking, backpacking, Botany), seeks compatible woman to share these passions. Also, be a person who enjoys chamber music or the Met Museum. On the mundane side, I'm a pretty decent guy who wants to share nature and cultural events with a nice gal. Reply to [bobghiker@yahoo.com](mailto:bobghiker@yahoo.com)

### CUSTOM MADE HIKING BOOTS

[www.johncaldenboots.com](http://www.johncaldenboots.com)

## ADK Winter Mountaineering School

The Winter Mountaineering School has been helping hikers enjoy the mountains in winter for over fifty snow- and ice-filled years. Our dedicated all-volunteer group of instructors makes the Winter Mountaineering School one of the best values around. This year's program will again be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more.

Weekend Day Hiking Section: 2/1 - 2/4 (\$350)

Weekend Backpacking Section: 2/1 - 2/4 (\$350)

Combo Section (Day Hikes & 3-night Backpack): 2/1 - 2/7 (\$405)

518-523-3441

Adirondack  
**ADK**  
Mountain Club

[www.winterschool.org](http://www.winterschool.org)

## Miramar Ski Club

Join us in Vermont this winter  
Ski and ride at Sugarbush, Mad River,  
and Stowe

Cross-country at Ole's and Von Trapp

Spend a weekend in our Waitsfield lodge  
Trips include charter bus service from Long  
Island, Manhattan, and New Jersey, chef-  
prepared meals, après-ski and after dinner  
cocktails, and discount lift tickets

First trip leaves December 7  
We have bus trips every  
weekend until the snow melts

[www.miramar.org](http://www.miramar.org)  
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[www.facebook.com/MiramarSkiClub](http://www.facebook.com/MiramarSkiClub)  
[info@miramar.org](mailto:info@miramar.org)  
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And after Feb. 3 at Paragon Sports, 867 Broadway at  
18th St., or 212-255-8036 or [www.paragonsports.com](http://www.paragonsports.com)

**Suffern, NY**

**February 26 & 27, 2013, at 7:00pm**

**Lafayette Theater**, 97 Lafayette St. (Rt. 59).

Tickets after Feb. 1 at Ramsey Outdoor  
in Paramus, Ramsey & Succasunna

For additional info, film list and directions visit:  
**[www.chestnutmtnproductions.com](http://www.chestnutmtnproductions.com)**

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Tel# 914-462-3400

**Bob Fuller Honored by Trail Conference**

**B**ob Fuller of Old Bridge, NJ (at right in photo), a longtime AMC NY-NoJ Chapter hike leader and our West of Hudson Trails Supervisor, was honored by the New York-New Jersey Trail Conference with this year's Ken Lloyd Award. This award recognizes members of Trail Conference member clubs who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection. As our Chapter's West of Hudson Trails Supervisor for the past seven years, Bob oversees the maintenance of 37 miles of trails at Harriman State Park by AMC trail volunteers.

Bob got an early start with the Trail Conference. In 1966 he helped out on Litter Day cleanups, and was soon volunteering for trail building and maintenance. An individual member of the Trail Conference since 1980, Bob has helped field-check data for Trails Conference maps and guidebooks, contributed to the *NJ Walk Book*, and maintains trails in Harriman. Andrew Argeski, a TC Supervisor for Harriman-Bear Mountain State Park, reported that "After Hurricanes Irene and Lee, and then the Halloween snow storm, wreaked havoc throughout Harriman last fall, Bob was out weekend after weekend – with and without other volunteers – clearing trees and branches. He even trained two new maintainers during that challenging time. Without Bob's help, we would not have gotten the eastern section of the park's trails open and clear as soon as we did."

**[Thanks, Bob, for all your hard work!]**



# COMMITTEE NOTICES

## 2013 Chapter Executive Committee Nominees

The Nominating Committee announces the following slate of nominees for the 2013 Executive Committee of the AMC New York-North Jersey Chapter:

Chair	Richard Barcia*
Vice Chair	Debbie Melita*
Secretary	Lisa Madden**
Treasurer	Barry Wolfe***
Activities	Eileen Yin
Services	Jonathan Silver*
Communications	Beth Harrison

\*Nominated for a second and final year

\*\*Nominated for a third and final year

\*\*\*Nominated for a fourth year

The Secretary may serve for up to three consecutive years, and the Treasurer for up to five consecutive years. All others are limited to two consecutive years. The above slate of nominees will be voted on by the membership at the Chapter Annual Dinner on January 12, 2013. Respectfully submitted by the Nominating Committee: Don Getzin (Chair), David Lamb, Dorothy Lourdou, Richard Seibel and Barry Skura.

## Changes to Chapter Executive Committee

In June 2012, the NY-NoJ Chapter Executive Committee agreed to add a new member, Communications Executive, to its roster. The following committees will now report to these Executive Committee members:

Activities Executive – Chapter Youth Program, Backpack, Bicycle, Canoe & Kayak, Climbing, Hiking, Sailing, Singles & Sociables, Ski, Softball, Young Members, Walks & Outings

Services Executive – Advisory, Conservation, Fire Island, Hospitality, Mohican Outdoor Center, Nominating, Trails, Wilderness First Aid

Communications Executive – Archives, Events, Membership, Public Relations, Publications, Website

**Please visit and join our FACEBOOK page:** <https://www.facebook.com/AMCNYNoJ>. You can check the Facebook page for important Chapter information. Please “like” us to help promote the club.

**AMC volunteers who maintain hiking trails throughout the NY-NJ area need immediate help to clear the trails damaged by Sandy!** Most of the work requires no experience and is not physically demanding: cutting brush and dragging branches off the trails. If you can volunteer, contact Trails Chair Kate

Whitney-Bukofzer, [etakwhit@aol.com](mailto:etakwhit@aol.com), and provide your name, contact information, days of the week you are available, whether you have your own transportation, and the area where you can work (New York East of Hudson, Northern New Jersey, New York West of Hudson or Pelham Bay Park). Kate will forward your information to the local AMC trail maintainers who will reach out directly to you. Thank you for your help!

**Chapter Wilderness First Aid Committee seeks volunteers to become WFA instructors.** For information on who we’re looking for and how to join our program as an instructor, follow the link on the chapter homepage, [www.amc-ny.org](http://www.amc-ny.org), or contact WFA co-chair Jonathan Silver at [WildernessFirstAid@amc-ny.org](mailto:WildernessFirstAid@amc-ny.org).

**How to Request Delivery of T&W.** *Trails & Waves* comes out four times a year. Most of our members now read the newsletter online at [www.amc-ny.org](http://www.amc-ny.org). We’ll send you an email notice with the link when a new issue comes out (but only if you request it). Or, if you prefer we’ll mail you a printed T&W (but only if you request it). To request to read T&W online (and receive the reminder email) or to receive the print version, **contact the AMC Member Center at 800-372-1758 or [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter).**

**ANNUAL AMC PADDLER'S PARTY – December 15** at the Hartley House in NYC. For more information please contact Kafi at: [amc\\_ckc\\_membership411@yahoo.com](mailto:amc_ckc_membership411@yahoo.com).

**Discover the Adirondacks** (“AMC’s guide to the best hiking, biking, and paddling”) and **Outdoors with Kids/New York City** (“100 fun places to explore in and around the city”) were published by AMC this past spring. The first is a four-season guide to 50 of the best hiking, biking, and paddling opportunities in the Adirondacks. The second is part of a new series of books for getting kids outside, even in the big city. Available at <http://amcstore.outdoors.org>.

**[Contact the editor at [trailswaves@amc-ny.org](mailto:trailswaves@amc-ny.org) if you’d like to try out either of these books, and give us your opinion in a future *Trails & Waves*.]**

**Rock the Ridge, a 50-mile endurance challenge** with a 24-hour time limit, will take place at Mohonk Preserve on May 4, 2013. This outdoor adventure in a beautiful setting is a fundraiser to support Mohonk Preserve. Teams and individuals are welcome to participate. Find out more about this event on Facebook (“Rock the Ridge 50”) or at [www.rocktheridge50.org](http://www.rocktheridge50.org).

**Wear Blaze Orange for Hunting Season.** Hunting is allowed in Harriman (west of Route 87 only), Sterling Forest, Black Rock, Storm King, Schunemunk, and the Catskills. There is no firearm hunting in New Jersey on Sundays. For details contact the park directly or go to <http://www.nynjtc.org/news/hunting-seasons-2012>.



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New York - No. Jersey Chapter  
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212-986-1430  
[www.amc-ny.org](http://www.amc-ny.org)



**Debbie Melita  
loves winter!**

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## See You at the Chapter Annual Dinner – Bear Mountain, January 12

**T**he New York-North Jersey Chapter Annual Dinner and Meeting will be on Saturday, January 12, 2013, 2:00-5:00pm (cash bar opens at 1pm), at the Overlook Lodge, across the lake from the Bear Mountain Inn.

The dinner is a great chance to see your AMC friends, and make new ones. **This year Greg Miller will give a talk on the Hudson Valley, illustrated with his beautiful photography.** We will also learn about the latest Chapter news, elect members of the Executive Committee, and congratulate longtime members and this year's Appie of the Year. Why not get a group of your friends to plan on attending together?

Before the dinner, hikes and walks will be led from Overlook Lodge, 11am-12:45pm. For those not interested in hiking that day, the very funny satire, "Thank You for Not Smoking," will be shown at 11:45am.

Bus transportation is available from NY Port Authority (Trans. 4F, 8:45 Short Line bus arriving at Bear Mt. Inn

at 10:15, OR 11:15 bus arriving at 12:45. Return bus is at 5:19pm).

Sign up by January 5 at the latest. Send name, address, phone, email address (or SASE) and your check for \$40 per person (payable to AMC NY-NoJ) to: Bob Susser, 200 Riverside Dr., Apt. 5B, New York, NY 10025. You may contact Bob ([rsusser@aol.com](mailto:rsusser@aol.com), 212-666-4371) if you have any questions.

## OUR LOCAL TRAILS NEED YOU!

Like much of the rest of our area, our local trails have taken a beating this year. Many parks or individual trails in NY-NJ-CT may still be closed due to storm damage.

Please respect all park or trail closings, and be especially cautious on the trails or when going around blow-downs.

You can report a serious trail problem on the NY-NJ Trail Conference site ([www.nynjtc.org](http://www.nynjtc.org), see 'Report a Trail Problem' under 'Community' tab). To join a trail work outing contact the Trail Conference or AMC Trails Chair Kate Whitney-Bukofzer at [trails@amc-ny.org](mailto:trails@amc-ny.org).