



Trails & Waves

Volume 38, Issue 2 • Summer 2016

News from the Appalachian Mountain Club
New York–North Jersey Chapter



**OPEN FOR
BUSINESS:**
*the new
Harriman
Outdoor
Center*



IN THIS ISSUE

Chapter Picnic	3
The Woods Around Us	4
Our Public Lands	7
Leadership Workshop	13
Membership Chair	14
Thanks!	16
Letter to the Editor	18
Harriman FAQs	19
Fuel it Up	21
Book Review	24
Photo Contest	29
An Easy Access Wilderness?	30
Harriman Activities	34
Dunderberg Mountain	37

Message from the Chair

Summer started early and outdoor activities are going strong. We are very excited about the opening of the Harriman Outdoor Center. For those of you who have not seen, we encourage you to join a work crew or take a tour. The camp opening is scheduled for July 2nd. Cabins are available for rent, so get a group together and go! Contact harriman@amc-ny.org for more information. The chapter has planned 19 weekend activities with programs for paddlers, hikers, cycling, trail maintainers, leader training and much more. Sign up for the weekend and mingle with your fellow AMCers. Check out our website amc-ny.org for the latest. We are grateful to John Judge and the entire Board of Directors for starting the greater NY initiative putting membership dollars into our area. There has been a big focus on growing our membership, outreach, Young Members, leadership, and the Youth Opportunities Program. We are also pleased that Harriman will allow families a base camp and programs will be offered specifically for them.

This year we have also been working on a solid Path to Leadership Program and Leadership Workshop. Excellence in outdoor leadership is part of the AMC Vision 2020 and we are working with Boston staff for the Workshop to be held September 23rd through September 25th. Our leaders are what set us apart from the many other groups in the area. Leaders have been polled and an agenda pulled together to offer both advanced training and training for potential leaders. We hope many of you will volunteer to help and attend in order to help mentor new leaders.

The search for next year's Executive Committee is on. We have two positions that are open; one is for the Executive for Facilities and the other is the Executive for Communications. If you are interested in either position or want to know more, please contact nominating@amc-ny.org.

Cynthia

Cover photo of Breakneck Pond by
Suzy Allman / myharriman.com



NY-NoJ Chapter Picnic

June 5, 2016

Despite the grim forecast, the annual Volunteer Appreciation Picnic was held on June 5th at St. John's in the Wilderness. Thanks to Richard Dabal for organizing this great event and keeping us all dry. Two groups took a guided tour of the Harriman Outdoor Center, which is set to open July 2nd. **Reservations** are open.



Photos by
Rich Siegelman

THE WOODS AROUND US

by **BONNIE HEADLEY**
member Conservation Committee

Guardians of the Waters

If you are like me, you tend to appreciate the woodlands surrounding the New York City metropolitan area for the recreational opportunities and visual beauty they offer. Walking down a trail, hiking up a rocky slope, smelling the fresh air and hearing the wind in the trees bring us joy and peace.

Sharing these experiences with friends and family is one of the most cherished aspects of life. These benefits alone make working to protect and conserve our woodlands well worthwhile.

But there is another, equally important reason to treasure our surrounding forest. It plays a critical role in protecting our water

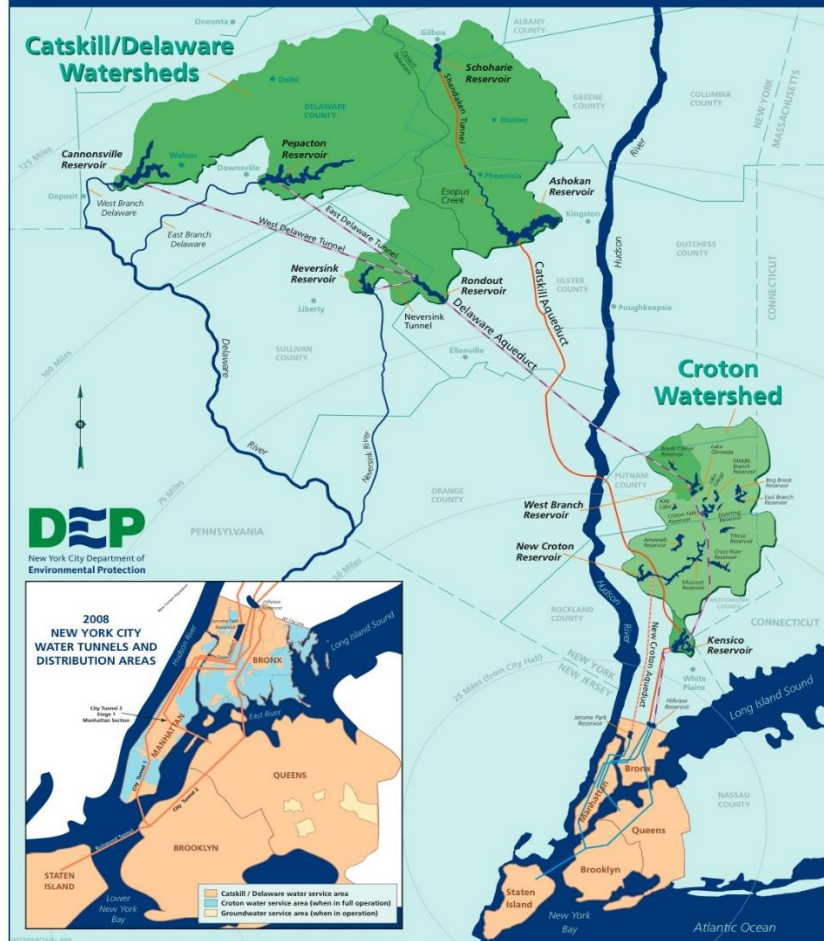


sources. Without clean and adequate water, human life, indeed all life, cannot thrive. A city the size of New York requires an enormous amount of water. Though in early times New York City's water came from wells within the city, increasing population growth eventually made local wells both polluted and insufficient, unable to meet the fast-growing city's needs.

New York City's Water Supply System

Beginning in the mid-1800s, water was drawn from reservoirs outside the city, first from the Croton area east of the Hudson River, and later from largely undeveloped areas in the Catskills to the northwest. The Old Croton Aqueduct and New Croton Aqueduct were constructed between 1842 and 1890. Today water for the city comes primarily from the forested watersheds of the Delaware River drainage, flows underground in the Catskill and Delaware aqueducts, and is finally sequestered in a system of reservoirs with interconnected linkages that all combine to provide the city with its reliable water supply. Final development occurred between 1950 and 1964, and now the entire reservoir system retains 580 billion gallons of water. On April 13, 2016 the city used 940,000,000 gallons of water—in one day! The map shows the water sources in use today, virtually unchanged for the past 50 years. What magnificent forethought!

Located in forested hills and mountains at elevations higher than the city, gravity delivers water to 95% of the city's residents without the use of power. The many water tanks on top of tall buildings in New York are filled up to 5 stories high by gravity alone. Only 5% of the city's buildings are tall enough that pumps are necessary to supply adequate water pressure. Since little power is used in providing water pressure, New York City's water bills are largely insulated from fluctuating energy costs.



New York's water is among the cleanest and best-tasting of any metropolitan area in the world. In great part, we owe this to the forests that surround us.

How do forests accomplish this impressive task? A visit to the American Museum of Natural History gave me some insight.

Our forests are of the seasonal mid-latitude temperate type. This type covers approximately 5.6% of the earth's surface and is home to many species of mammals, fish, and birds, and (in the Western US) the world's largest and oldest trees. These forests also are host to countless organisms we scarcely notice, most of which cannot be seen with the naked eye. In one square foot of temperate forest floor there are four times

as many organisms as the human population of the earth!

In one acre of our forest, up to two TONS of debris accumulate each year. This organic debris is made up of fallen branches, fruits, leaves and flowers, as well as animal feces and carcasses. Ground-dwelling arthropods, worms, and insects shred and disperse this material. Myriad microorganisms, bacteria, and fungi digest it, releasing nutrients to nurture the trees. The biodiversity of a natural forest ecosystem is profoundly greater than that of a managed timber plantation, a farm, a lawn, or a golf course. The soil's unique ability to filter and purify water is a result of the creatures, from large to microscopic, that inhabit the forest, nurtured by the diversity within it. A natural woodland efficiently absorbs rainfall, which provides a self-sustaining buffer against both flood and drought. Water that reaches our reservoirs after percolating through this soil is purified as only nature can do.

The forests around us not only give us clean water and restorative recreational opportunities, they prevent erosion, filter out air pollution, and produce oxygen. Today there are many threats to these forests. Logging continues for both lumber and pulpwood. Agriculture remains a threat, most significantly through the widespread use of pesticides and fertilizers that impact soils and water. Urban and suburban development eat up forested lands. Ever-expanding roads and parking lots cover more and more land.

As enlightened users of the forests that surround us, we can do much to support conservation of these critical lands.

- We can share our understanding and appreciation of forests with friends and neighbors.
- We can invite someone to go along on our next walk in the woods. AMC sponsors many hikes organized by knowledgeable and experienced trip leaders.
- We can encourage friends and family to learn more about the forests.
- We can share our appreciation and concern with elected officials and candidates for office.
- We can encourage density and infill in development, as opposed to sprawl and expansion into forested areas.

And every time we take a drink of cool, clean water, we can thank the woods around us.

***Editor's note:** From the western Catskills, the waters of the upper Delaware River gather in the Cannonsville, Pepacton, Neversink, and Rondout reservoirs, which in turn feed the Delaware Aqueduct (completed 1945). From the northern and eastern Catskills, the Schoharie and Ashokan reservoirs feed the Catskill Aqueduct (completed 1916). These two systems feed the Kensico Reservoir and other smaller reservoirs in southern Westchester County. Water from the eastern Hudson Highlands is collected in the New Croton Reservoir and flows to the city in the Croton Aqueduct (completed 1890). Huge tunnels bring all this water into New York City. This vast waterworks is truly one of the great engineering marvels of the 20th century.*

Minnewaska State Park Preserve. Photo by NYS Office of Parks, Recreation and Historic Preservation.

a guide to *Our Public Lands*

by **RON GONZALEZ**

Here in New York State and New Jersey we all share a treasure trove of public lands. Whether for hiking, backpacking, paddling, running, snowshoeing, rock climbing, skiing, mountain biking, horseback riding, hunting, fishing, car camping, motorboating, ATVing, motorbiking, and jet-skiing, our public lands provide opportunities for all. (New York has an extensive network of [ATV trails in the Tug Hill region](#). There are some ATV trails on state lands in New Jersey, while Pennsylvania has a larger [network of ATV trails](#).) With such a wide variety of outdoor pursuits, it's important to know what kind of state and federal lands exist,

which areas are open to which activities, and under what restrictions and/or prohibitions.

The following is a general guide to the various categories of state and federal lands, their classifications, and some of the activities that can be enjoyed there. I'll concentrate on New York State's land classifications, with an occasional mention

AMC Paddlers on Esopus Creek in the Catskills, part of the New York City water supply.



of similar lands found in New Jersey and Pennsylvania.

The major public land managers in New York State are the state, New York City, and the U.S. federal government. I'll divide up the various land types into Parks, State/National Forests, Wildlife Management Areas, and the less common other types.

I. Public Parks

Most of us will go to parks for outdoor recreation. There are Municipal Parks, County Parks, State Parks and National Parks

In general, 'parks' are areas set aside with outdoor recreation in mind. Parks will just about always have natural areas with trails and paths, ponds and lakes, along with developed swimming facilities, and sightseeing opportunities.

Urban city parks and town (municipal) parks such as Central Park (in NYC) are green spaces in the midst of intense urban environments. County parks are generally small areas set aside by

counties for public use, and are managed much like townparks or state parks. One good example of a large county park is Ward Pound Ridge Preserve in Westchester County, with over 4,000 acres of hilly, forested terrain, with some major roads, campsites, play fields, and other low-impact facilities along a couple of paved access roads.

We're all familiar with state parks. Good examples include the ever-popular Harriman State Park, along with others like Clarence Fahnestock Memorial State Park, and Wawayanda State Park (in New Jersey). These parks are of course owned and managed by the state, have lots of hiking and multi-use trails, as well as swimming beaches, paddling and cross country skiing, sometimes with concessions for rentals of boats or Nordic ski setups. Some parks allow motorized recreation such as snowmobiling. The one thing the previously mentioned parks have in common is that their primary purpose is to provide outdoor recreation for people in a natural setting. A few state parks also preserve important natural features. These



Jill Arbuckle paddling at our Chapter's annual Fall Foliage trip in the Adirondack Park. Photo by Rich Breton.



will often have the word “preserve” added to their names, e.g., Minnewaska State Park Preserve. That word ‘preserve’ is a clue that recreational uses may be somewhat restricted. In the case of Minnewaska, overnight camping is not allowed anywhere in the park. New York’s state parks are managed by the [NYS Department of Parks, Recreation and Historic Preservation](#), and the [Palisades Interstate Park Commission](#) (PIPC).

Pennsylvania has a wonderful collection of state parks, some of which protect significant natural features. The old-growth forests of Ricketts Glen State Park and Cook Forest State Park are among the very best in the Northeast.

New York, of course, has another, unique kind of state park. Our two largest parks, the Catskill Park and the Adirondack Park, combine to form the [New York State Forest Preserve](#), managed by the [NYS Department of Environmental Conser-](#)

[vation](#) (DEC), and in the case of the Adirondack Park, the [Adirondack Park Agency](#) (APA). These lands are managed as much for the preservation of natural areas as they are for human recreation. Sections of the Forest Preserve are classified (in order of increasing level of protection) as Intensive Use, Wild Forest, Primitive Area, and Wilderness. The last designation, Wilderness, has the most stringent protections available in our country. No motorized or *mechanized use* is allowed (including strict limitations on grooming and maintenance of trails using motorized tools). Man-made structures including buildings, dams and bridges are usually removed or allowed to decay, while tight restraints are put on those man-made structures that do exist (such as lean-to’s and rangers’ outposts). In Wild Forest areas, some motorized and mechanized uses are permitted, such as car camping, snowmobiling, motorboating and mountain biking. However, ATVs and off-road 4x4 vehicles are always prohibited on

Forest Preserve land. Throughout the Forest Preserve, no trees may be cut, and no mining or other exploitation of natural resources is permitted, except for sanctioned activities in Intensive Use Areas, such as the operation of commercial ski areas working as concessions for the state. Hunting and fishing are permitted, subject to regulations. In accordance with [Article XIV of the New York State Constitution](#), the NYS Forest Preserve is managed very much like a National Park. Actually, there are many who would say that the Adirondack Park is the equal of many national parks in its beauty and natural significance.

There are no National Parks in our immediate vicinity, but there are a few federal reservations that include the Delaware Water Gap National Recreation Area and the Gateway National Recreation Area. As their names imply, these areas' main purpose is to provide opportunities for outdoor recreation in natural settings. There are also a few federally protected

seashores, such as the Fire Island National Seashore on Long Island's south shore, and the Cape Cod National Seashore near Boston, Massachusetts. These areas are managed by the [National Park Service](#) (NPS). The NPS is part of the U.S. Department of the Interior. The NPS was created 100 years ago by ardent 'preservationists' who wanted to take the best examples of America's wild lands and preserve them for future generations. The wildlife in these landscapes is also protected to a greater degree than in most other public lands.

II. National Forests and State Forests

State Forests and National Forests are managed similarly to each other. The difference is who manages and owns the land.

National Forest lands were originally conceived by Gifford Pinchot, our country's first national forester. Pinchot believed that natural landscapes could be



AMC hikers enjoying a day in Harriman State Park, 2015. Photo by Bill Hladkey.

managed for the profit of mankind in a sustainable way, without destroying their scenic and natural value, using scientific principles to guide restraints on profitable exploitation. The [U.S. Forest Service](#) (USFS), part of the U.S. Department of Agriculture (USDA), manages the National Forests as our ‘Lands of Many Uses.’ Recreation is given high importance, alongside the conservation of natural resources, balanced with responsible land and water uses such as ranching, mining, forestry (logging), oil and gas drilling, hydroelectric power generation, and so on. New York contains only one small national forest, the Finger Lakes National Forest. However, Vermont’s Green Mountains National Forest and New Hampshire's White Mountains National Forest will be familiar

to many of us. Western Pennsylvania features the Allegheny National Forest. Way out west, vast national forests protect important wilderness areas such as Montana's Bob Marshall Wilderness Complex, which combines Glacier National Park with several contiguous National Forest Wilderness Areas.

New York’s [State Forests](#) are managed by the DEC very much like the USFS manages the National Forests. While a wide range of recreational activities are available (including hunting, trapping and fishing), logging is the most common economic use of the NY State Forests. There are several State Forests in the Catskill region, including Bearpen Mountain State Forest. There are also State Forests in the Hudson Valley region,



Avalanche Lake in the Adirondack Park. Photo by Ron Gonzalez.

including three in Columbia County. State Forests in the Tug Hill region offer large networks of groomed trails for both cross country skiing and snowmobiling.

Pennsylvania has a vast network of State Forests, some of which contain designated Natural Areas of interest.

New Jersey has its own State Forest system, managed by the [NJ Department of Environmental Protection](#) (DEP), Division of Parks and Forestry.

III. Wildlife Management Areas, Refuge Areas, and Sanctuaries

There are two reasons for setting aside land for wildlife.

One is to provide areas for recreational hunting, trapping, and fishing, with suitable habitat for maintaining the populations of fish and game animals. In New York, there are Wildlife Management Areas (WMA's) sprinkled throughout the rural parts of the state, including the Hudson Valley. The [Pennsylvania Game Commission](#) manages an impressively large network of State Game Lands (SGLs) covering many thousands of acres.

The other type of land set aside for wildlife is wildlife preserves or reservations. These are areas where hunting and fishing are prohibited or restricted, so that wildlife and its habitat can be protected. There are bird sanctuaries in New York, including parts of the migratory flyway along Lake Champlain, as well as the Jamaica Bay Wildlife Refuge on Long Island (part of

the Gateway National Recreation Area), seven National Wildlife Refuge areas on Long Island, and two National Wildlife Refuge areas near Sussex, NJ (managed by the U.S. Fish and Wildlife Service).

IV. Protected Rivers, Watersheds and Reservoirs

New York City's Department of Environmental Protection (DEP) has extensive open space around rivers and reservoirs to protect its water supply. Many of these tracts are located in the Catskill region and the headwaters of the Delaware River. Many are designated Public Access Areas that require no permit for hiking, hunting, fishing, and trapping. Other DEP watershed tracts require a permit for access, while others are closed to the public.

New York State has a [long list](#) of rivers protected under the [New York Wild, Scenic and Recreational Rivers System Act](#) of 1973.

The [Newark Watershed Development and Conservation Corporation](#) (Newark, NJ) has an extensive reservoir system with areas open for hiking, cross country skiing, hunting, boating, and fishing. A permit is required for use of these areas.

There isn't enough room here to provide a complete rundown of all the types of public lands we have in our midst, but I hope this is a good introduction.

Enjoy our bounty of public lands. *See you out there!*

What do Leaders Want? A Leadership Workshop!

You may have heard about the **Leadership Workshop** on September 23-25 at the [Harriman Outdoor Center](#). What is it, and who is it for?

This workshop is for prospective, new, and current leaders. It's an opportunity to start on your path to leadership, make new friends, find a mentor, be a mentor, learn new skills, and spend the weekend outdoors. The workshop starts off on Friday night, when we'll meet and greet our fellow AMC volunteers. Saturday and Sunday classes will be broken up into two tracks – one for new and prospective leaders, the other for existing leaders to learn advanced skills. New leaders can then pair up with existing leaders so that all can practice their newly sharpened skills.

Training will be run by both AMC staff and experienced volunteers. We'll include training in 'soft skills' such as group dynamics, managing accident scenes, participant screening and mentoring new leaders, as well as 'hard skills' such as trip planning, using the AMC trip database, navigation, and crafting a welcoming write-up that targets the appropriate audience. Existing leaders might take a map-and-compass class or a Wilderness First Aid refresher.

The number one thing I hear from first-timers is how great AMC leaders are. Training is what sets us apart from the many free hiking groups out there. Experienced leaders say the number one reason they volunteer is to impart their love of the outdoors to others. The Leadership Workshop is the perfect opportunity for you to get more involved, connect with others, and give back to our community of outdoor enthusiasts, all while spending time at the Harriman Outdoor Center.

[Register for the Leadership Workshop here](#). The price includes meals, lodging, training and materials.

Learn more about becoming a volunteer leader by attending the free, half-day, indoor 'pre-trip' [Leadership Training Seminar](#) on Sunday, July 17.

New Master Leaders

The New York-Northern New Jersey Chapter of the AMC would like to welcome our newest Master Leaders. These dedicated volunteers have lead trips every year for several years—some have been doing it for decades! The Master Leaders are our chapter's most dedicated and active leaders. They give a huge amount of their time creating adventures for all of us to enjoy. Art Almeida has probably led half of the chapters' hikers on a trip (or two or three). Ken Elion has mentored many new leaders. As you read the names of our Master Leaders, take a minute to think if you've been on one of their trips or if you've heard their names mentioned as leaders whose trips you'd enjoy. Chances are you have.

The Executive Committee and all of the Committee Chairs would like to give a special thank you to the following members for their years of dedicated service to the members of the New York-North Jersey Chapter of the AMC.

Mark Gordon	Rita Golin
Art Almeida	John Graham
Bruce Bernstein	Jane Levenson
Wanda Davenport	Howard Millman
Ken Elion	Gery Monaco
Russ Faller	Ingrid Strauch
Stuart Falls	John Swanson
Ed Goldstein	

Dear fellow members,

Happy summertime!

Are you excited about your upcoming summer adventures? Maybe it's your first time going to August Camp in Olympic National Park, Quilcene, WA. Or maybe you're summiting Mount Washington from Joe Dodge Lodge. Whatever adventure you choose this summer, I'm happy for you!

Opening of the new Harriman Outdoor Center

I, along with the AMC Executive Committee NY-NoJ and our volunteer leaders, am also excited about our summer events! We can't wait for the opening of our new Harriman Outdoor Center (HOC) on July 1st. I've been fortunate to watch the HOC grow from the drawing board to the beautiful, cozy cabins we see today. There are so many affordable group activities available. To name a few: Lakeside Yoga Weekend (led by our Mid-Atlantic Regional Director, Richard Barcia), Flat Water Canoe Safety and Rescue; Mountains of Stars Weekends, and more.



Carrie Ho, Membership Chair

From my first workday last year to the latest one in May, I have been deeply moved by how much hard work everyone has put in. Our AMC Executive Committee of Cynthia Tollo-Falls, Nathan Baker, Richard Dabal, along with Richard Barcia and Eileen Yin, all participated in the many conference calls and meetings with AMC Headquarters. Eileen, the Chair of HOC, has hosted many volunteer meetings and presentations. Nathan and a bevy of volunteers have spent many workdays in the field. I am so proud of what they have been doing for us AMC members. Remember, we are all volunteers. So, it's time for you to roll up your sleeves, sign up, and become AMC volunteers too!

New Member Weekends – Harriman Outdoor Center

Eileen and I will host the New Members weekend this summer. Don't miss the chance to enjoy the new Harriman Outdoor Center.

This event is primarily designed for new and prospective members to learn what the AMC has to offer. We have planned activities including hiking, canoeing, kayaking, swimming, and a Social Hour. Let's have fun together!

July 22 – 24, 2016

AMC Membership Committee, New York-New Jersey Chapter, organizes the new members weekend. Co-Hosts: Eileen Yin and Carrie Ho.

September 30 to October 2, 2016

The new members weekend is co-hosted by the AMC Membership Committee, New York-New Jersey Chapter and Delaware Valley Chapter. Co-Hosts: Denis McCartan and Carrie Ho.

Membership Committee Offsite – August 19-21 – Harriman Outdoor Center

I will also host a Membership Retention Planning meeting at the Harriman Outdoor Center in August. Activity leaders are cordially invited to join me to set goals and objectives for AMC membership in 2017. It would be great if you can spend the weekend, but even if you can only stop in for a couple of hours, I would love for you to share your valuable experiences with us.

I am also looking for a facilitator. Please contact me at membership@amc-ny.org if you have related experience or you have someone you'd like to recommend.

Last but not least, I am calling volunteers to help me execute the cultural activities and continue building our AMC community. The activities will include a Dragon Boat Festival in Fresh Meadow Park in August, the Diwali Celebration in November, and more. Please email me if interested.

If you, like me, like to get dressed-up, don't forget to sign up for the [Barefoot Ball on Fire Island](#), coming this August.

Breakneck Pond at the new
Harriman Outdoor Center



Thanks!

to our
Harriman Outdoor Center

Volunteers



by **PAMELA MASON WAGNER**

Last April, I joined a dozen other volunteers at the AMC's new Breakneck Pond-side facility in Harriman State Park. Under NY-NoJ Chapter Vice Chair Nathan Baker's able leadership, we landscaped and raked and tidied up various outdoor sites around the facility in preparation for the picnic benches to come. This was my first visit to the camp and I was so impressed by the construction that has been accomplished in such a short time. We met some of the young workers who had come down from New Hampshire, and we saw their humble accommodations. Tent platforms sheltered their clothes and sleeping bags. Spirits were high, and rock and roll music from one of the cabins under construction kept my mind occupied while I picked up tree litter.



Letter

TO THE EDITOR

Dear Trails and Waves,

As a NY-NoJ chapter member and a frequent visitor to Harriman State Park, I have been following the progress of the new Harriman Outdoor Center with great interest. I was impressed with our chapter leaders who have translated this vision into reality, and I hoped it would become a nice resource for our city members to spend time in this lovely park. As time draws near to opening day, I've heard things that were hard to comprehend.

A long-time AMC leader told me that when this leader requested permission to take AMC members on a day hike to the camp dock to lunch and swim, the leader was told that this was not possible without first paying a day use fee, and that reservations should be made through the Boston office.

I have also heard that accessibility for the public would be only on a "pass thru" basis, and that AMC members or non-members would not be able to spend time in these areas without reservations. I have inquired directly to chapter leaders but have not seen any written statements regarding policies for day use of the camp,

so the info I have is not directly from those in authority. (*There is a statement regarding day use in the HOC Frequently Asked Questions article that follows. - Ed.*)

Members would like to continue being able to enjoy the camp on a casual basis. In the White Mountains, members or non-members can stop at the AMC huts, bring their own lunch in and eat it inside or on the grounds, hang out inside or outside, swim in the lakes, use the bathrooms, fill up their water bottles, etc., with no questions asked.

I think many of us would appreciate having clear information about what we can expect in terms of our being able to visit the camp on a drop-by casual basis, what the exact policies are, and the reasons for these policies. We hope that the AMC's acquisition of the camp will not mean a net loss in enjoyment of Harriman Park for those of us who love Breakneck Pond and the surrounding area.

Respectfully,
Susan Sterngold
Member, AMC NY-NoJ Chapter

***harriman outdoor center* Frequently Asked Questions**



WHAT IS THE POLICY ON DAY USE?

AMC's Harriman Outdoors Center is operated under a long term lease from the Palisades Interstate Park Commission (PIPC). As a result, AMC is bound by the rules set by PIPC regarding trail access into Harriman Outdoor Center and swimming in Breakneck Pond. In particular, AMC is bound by rules pertaining to water safety and use of the dock and swimming area at the Center.

Because of rules set by PIPC, hikers and other day users should stay on official trails and not use the network of informal, unofficial trails leading into the Outdoor Center. In addition, hikers and day users should not swim in Breakneck Pond. Use of Harriman Outdoor Center, including the driveway, parking, waterfront/dock area, and informal trails near the Center are limited to registered guests and program participants. The public is welcome to enjoy Harriman Outdoor Center as overnight guests and program participants. All AMC lodges, huts, and programs are open to the general public with an advance reservation, and membership is not required. Individuals who wish to visit Harriman Outdoor Center as part of planning a future stay are welcome to visit by prior arrangement. Please call AMC Group Sales at 603-466-8059.

WHERE CAN I FIND OUT HOW TO RESERVE A BUILDING OR TENT PLATFORM AT THE HARRIMAN OUTDOOR CENTER AND FIND OUT THE RATES?

Go to the [Harriman Outdoor Center](#) webpage and scroll down to see all the rates.

ARE INDIVIDUAL BEDS OR SOLO TENT CAMPSITES AVAILABLE?

Individuals may reserve a tent platform (\$15) or lean-to only (\$30). Individual beds are not available in the cabins, lodges, or in the bunkhouse. Each cabin, lodge, and bunkhouse is meant to house its own group. More information is available from the [Harriman Outdoor Center webpage](#) (click on the Accommodations tab). Individuals can sign up for [Chapter sponsored programs](#).

WHAT DO I NEED TO BRING AND WHAT WILL BE PROVIDED?

A pillow and blanket are provided. Bring your own sheets, sleeping bag and towel.

ARE THERE SHOWERS AND TOILET FACILITIES?

Yes, but please bring your own personal items and towel.

CAN I BUY FOOD AT CAMP?

Guests may purchase meals in the dining hall. Meals must be reserved at the time of reservation. Bag lunches are also available and can be purchased in camp the night before.

CAN I BRING MY OWN FOOD? ARE THERE KITCHENS AND/OR GRILLS, POTS AND PANS, DISHES AND FLATWARE AVAILABLE FOR COOKING AND EATING? WHAT FOOD STORAGE FACILITIES ARE AVAILABLE?

Charcoal and wood for cooking will be available for purchase at the camp store. Bring your own pots, pans, utensils and plates. There is a small refrigerator in each cabin, and there are bear-proof food lockers for the tent platforms and shelters. Each tent platform cluster has its own fireplace with grill for cooking. Campsite guests may bring and use their own camp stoves. The Stone Lodge is the only cabin with a kitchen, which is fully equipped with a stove, oven, full size refrigerator, microwave and dishwasher. Tableware, tools, pots and pans and utensils are also available for use in the Stone Lodge.

WHO DO I CONTACT TO RESERVE A GROUP SPACE?

Contact Denise Spoor at AMC Group Reservations dspoor@outdoors.org (603) 466-8059.

WHO DO I CONTACT TO RESERVE FOR A CHAPTER PROGRAM?

[Search](#) our Chapter Programs for the one you're interested in. Click on the program for more information. Reservation instructions are listed for each program.

CAN I BRING MY OWN BOAT, AND DO I NEED A PERMIT? ARE BOATS AVAILABLE AT THE CAMP?

Yes you can bring your own boat, and no permit is required. Canoes and kayaks are available for you to enjoy for free courtesy of the Chapter.

CAN I BRING MY DOG?

No dogs are allowed in camp or on camp trails.

ARE ALCOHOLIC BEVERAGES PERMITTED?

Alcoholic beverages may only be consumed inside the dining hall, inside the recreational center, and inside the cabins. Alcoholic beverages may not be consumed outdoors.



Fuel It Up!

by DENISE SURNAM

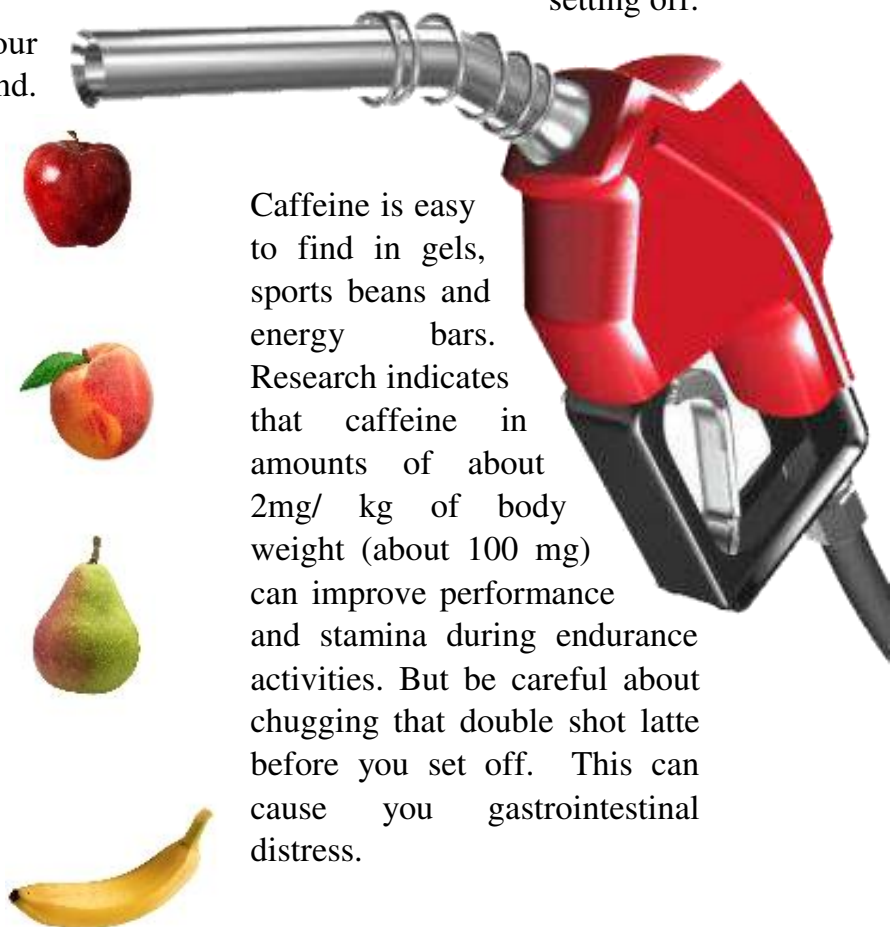
Wait! Before you lace up those hiking boots and step on the trail, think *NUTRITION* first. Lack of good meal and snack planning could leave you feeling exhausted, dehydrated and wishing you went to the movies instead!

Before you set out, ask yourself, “have I stuffed my backpack with the foods I’ll need to fuel my outing?” If not, let me show you how!

First, don’t wait until the day of your adventure to become nutritionally sound. An eating plan filled with plenty of fresh fruits, vegetables, lean proteins, whole grains, foods low in refined and added sugars (should be less than 10% of your total calorie intake), healthy fats, along with adequate hydration can set the stage for an enjoyable hike!

Rolling out of bed and getting ready to hit the trail...don’t skip breakfast! A carbohydrate-based breakfast with easy to digest proteins make an ideal start to the day. Think about eating your favorite cereal with some fruit, Greek yogurt (packed with protein), your favorite smoothie, a sports shake can even do the trick. Be sure, however, to avoid high fat foods like

bacon and other breakfast foods laden in fat (those yummy buttered pancakes or greasy eggs) as they can cause an upset stomach; the last thing you need before setting off.



Caffeine is easy to find in gels, sports beans and energy bars. Research indicates that caffeine in amounts of about 2mg/ kg of body weight (about 100 mg) can improve performance and stamina during endurance activities. But be careful about chugging that double shot latte before you set off. This can cause you gastrointestinal distress.

Next, fuel consistently throughout the day. Take in plenty of calories so you get the most out of your hike. Items like sports bars, dried fruit and GORP are easy to keep handy to meet your needs for carbohydrate and protein.

And when it comes to carbohydrates, mix it up! Not all carbohydrates are created equal. They can be absorbed differently, so get them from varied sources. Hard candy, dried fruit like raisins or apricots, whole wheat bagels, and fruit bars can increase the efficiency in which your body is energized.

And don't forget to HYDRATE, HYDRATE, HYDRATE! Electrolyte powders and tablets can be purchased in your favorite outdoors store, and when added to your favorite drink, provide much needed sodium and potassium.

Hyponatremia, which means low serum sodium levels (below 135 mmol/L) is a serious imbalance that has been shown to be fatal in athletes who drink just plain water and sweat heavily. Drink wisely,

especially on those hot summer days when you are most likely to sweat a lot. Other electrolyte imbalances, like the lack of potassium, can cause leg cramps and muscle weakness, making that climb to the top of your favorite peak a real torture, or even impossible.

The synthetic electrolyte replacements mentioned above are great, but don't forget food sources. Food provides these important nutrients while making sure you are keeping up your energy intake at the same time. Bananas and oranges as excellent sources of potassium. Pretzels and salted nuts are great choices to meet your sodium needs. Even kale chips are salty (depending on the brand) and light to carry.

Salt is ubiquitous. As a matter of fact, the new 2015 USDA Dietary Guidelines indicate for most people over 51 years of age, as well as those with heart disease, high blood pressure and kidney disease, should be eating less than 1500 mg a day of sodium. This is equivalent to less than half a teaspoon of salt, a challenge indeed!



For all others, 2300 mg (or one teaspoon of salt) is the recommendation. This can be liberalized, of course, for a rigorous day on the trail.

When it is all over, and you have finally reached the trailhead, don't forget to refuel! You'll need carbohydrate along with some protein for your recovery. Some ideas include low fat cheese with turkey on whole grain bread, cheese and crackers, peanut butter on a whole wheat tortilla, or even low-fat chocolate milk. If your fellow hikers want you to join them for a post-hike meal, go ahead, you deserve it! Just not TOO heavy on the alcohol.

In summary, lack of nutritional awareness and preparation is equivalent to hitting the trail with a broken compass and an outdated map. Use these tips to eat up and stay hydrated. Keep it safe and Happy Trails!

Denise Surman, MS, RD, CDE is a Registered Dietitian/Nutritionist. Denise has been backpacking and hiking with the NY/NoJ chapter since the late 1990s. She has a passion for nutrition on and off the trail. Her email address is: denisesurmanrd@gmail.com



135th Annual Fall Hiking Week in New Hampshire's White Mountains September 23 - 30, 2016



The AMC invites you to the 135th Annual Fall Hiking Week in the majestic White Mountains of New Hampshire.

Stay at the Purity Spring Resort in East Madison, NH. Hike, swim, canoe, kayak, all meals & evening entertainment included. Come for a few days or stay the week.

Visit our website for reservations and all the details: www.fallhikingweek.org

Photo credits go to: Purity Spring, Deborah Farrell, Steven Braciak and Tanya Rubina.

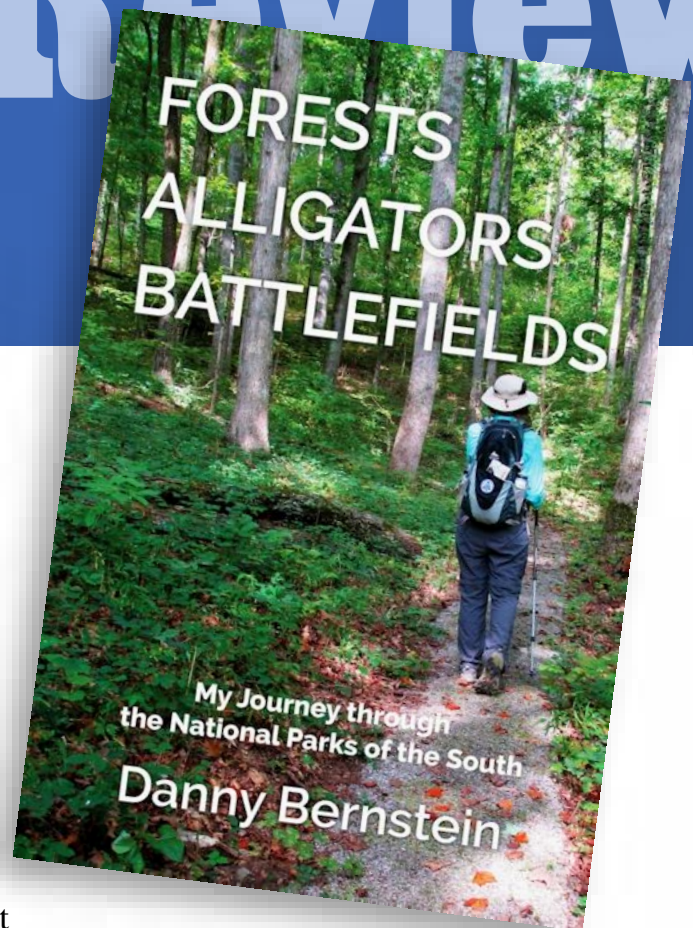
Book Review

by NANCY WOLFF

Many years ago I visited my first natural area on Cape Cod. It was a paradise — ocean waves, sun and sand, seashells — I was in heaven. I was six years old. It wasn't a national park then (it didn't become a protected area until the Kennedy administration, in 1961). But it was a lasting memory.

That is one of the missions of our national parks — to provide regional, historical, and/or natural settings for people to enjoy for decades to come. Designate a special area and save it, protect it from development, staff it with park rangers and volunteers to interpret the meaning of the place.

In the words of David Quammen, national parks teach and delight us. “They help us imagine what the landscape looked like... They help us *imagine*.”



An interesting way to learn from national parks and historic sites is to delineate a geographic area and study it in context. Author Danny Bernstein has done just that.

Danny Bernstein and her husband Lenny were very active in the New York-New Jersey area outdoor community. They maintained a part of the Appalachian Trail in New Jersey, led hikes for the AMC and the former Union County Hiking Club, volunteered at many levels for both organizations, and then in 2001 the Bernsteins moved to North Carolina.



To celebrate the 100th anniversary of the National Park Service, Danny Bernstein of Asheville, North Carolina, visited 71 park units in the Southeast. *Forests, Alligators, Battlefields: My Journey through the National Parks of the South*, is her personal contribution to the 100th anniversary of the National Park Service.

They continued their environmental actions in their new area.

Danny has written three previous books about trails and history in North Carolina. This current book expands her horizons and reflects her outdoor activism. She visited 71 national parks, historic sites, and trails in the U.S. Southeast. “At the visitor center, I watch the movie, study the exhibits, and pick up a park pamphlet. I ask myself, ‘Why is this place worthy of permanent protection?’” She has found some stunning answers.

The book’s scope includes the mountains, the lowlands, the wars (American Revolution, War of 1812, Civil War), and more. In covering such a broad canvas, the author includes human history, rivers and

forests, flora and fauna, hiking and walking possibilities, and battlefields and forts and houses and statues, all with a bow to the rangers and volunteers who interpret the sites for whoever shows up, for whatever reason. She honors their efforts.

The Appalachian Trail is one unit that Danny knows intimately. She and Lenny section-hiked the A.T. some years ago and subsequently mentored other hikers planning their treks.

Many of us have hiked pieces of the A.T.: the demanding, unforgiving, but rewarding White Mountains of New Hampshire. The tightly drawn NY-NoJ pieces tiptoeing around corridors of civilization. The river crossings, mixed forests, boggy, rocky, hilly, exasperating endless days. The unexpected encounters with lady slippers, white-throated sparrows, winter wrens, monarch butterflies that take us out of ourselves and into nature and renewal.

Danny focuses on two aspects of the A.T. experience: maintaining sections of the trail, and the A.T. ridgerunners. She’s nothing if not practical. When she’s performing her trail maintenance duties

and meets thru-hikers, she introduces herself: “We’re your happy trail maintainers. Trails don’t maintain themselves ... volunteers maintain trails.” Then she continues: In exchange for their attention, “I volunteer to take out their garbage. I remember that when I hiked the A.T., getting rid of trash was the most annoying part of the trail routine.

This anecdote is one of many involving volunteering and trash removal. It happens along the A.T. It happens on Bush Key in Dry Tortugas National Park. And the reader has no doubt that it happened throughout the time spent producing this book and her previous books. Volunteerism personified.

The author praises the park volunteers. “Since our taxes aren’t funding the national parks adequately, parks use volunteers for many functions. And volunteers love it.” She describes many instances in which park volunteers provide key services, putting a human face to the story, demonstrating musket loading and firing (blanks, we hope), explaining the

uses of herbs in a kitchen garden behind a historic house, directing the visitors to rest rooms, gift shops, trails, beaches, old cemeteries - wherever their quest takes them.

It’s not enough to save the land. It’s important to bring the history to life so visitors bring something away from their time in the park. Interpretation is the job and the joy of the park rangers and volunteers.

Many battlefields were preserved by activism of veterans who fought on those very fields. They didn’t want their battlefields, where their brothers in arms had fought and died, turned into amusement parks with boating on artificial ponds.

Moore’s Creek, Historic Camden, Kings Mountain, Cowpens in the Revolution; then, Shiloh, “ChickChatt” (Chickamauga and Chattanooga), Brices Cross Roads, Kennesaw Mountain in the Civil War - Danny spotlights and honors these historic battlefields.

Civil war reenactor at Andersonville National Historic Site. Photo by Danny Bernstein.



And then we have Andersonville prison. “The saddest place in the world,” **Andersonville National Historic Site**, presents and interprets the largest Confederate military prison during the Civil War. Danny states that “the site is so evocative of the horrors that occurred here that it’s been called the South’s Holocaust museum.”

Here at Andersonville were held POWs from the Union army, plus any black soldiers collected anywhere along the way. Blacks were usually executed, though some were pressed into slavery. The space was sinfully overcrowded; almost 13 thousand men died here of disease, untreated injuries, lack of food, despair.

Henry Wirz, the army captain assigned to manage the prison, was caught between insufficient funds, budget, lack of support from up the chain of command, and thousands of unruly prisoners. After the prison was closed, Wirz was court-martialed by a Union military tribunal and hanged.

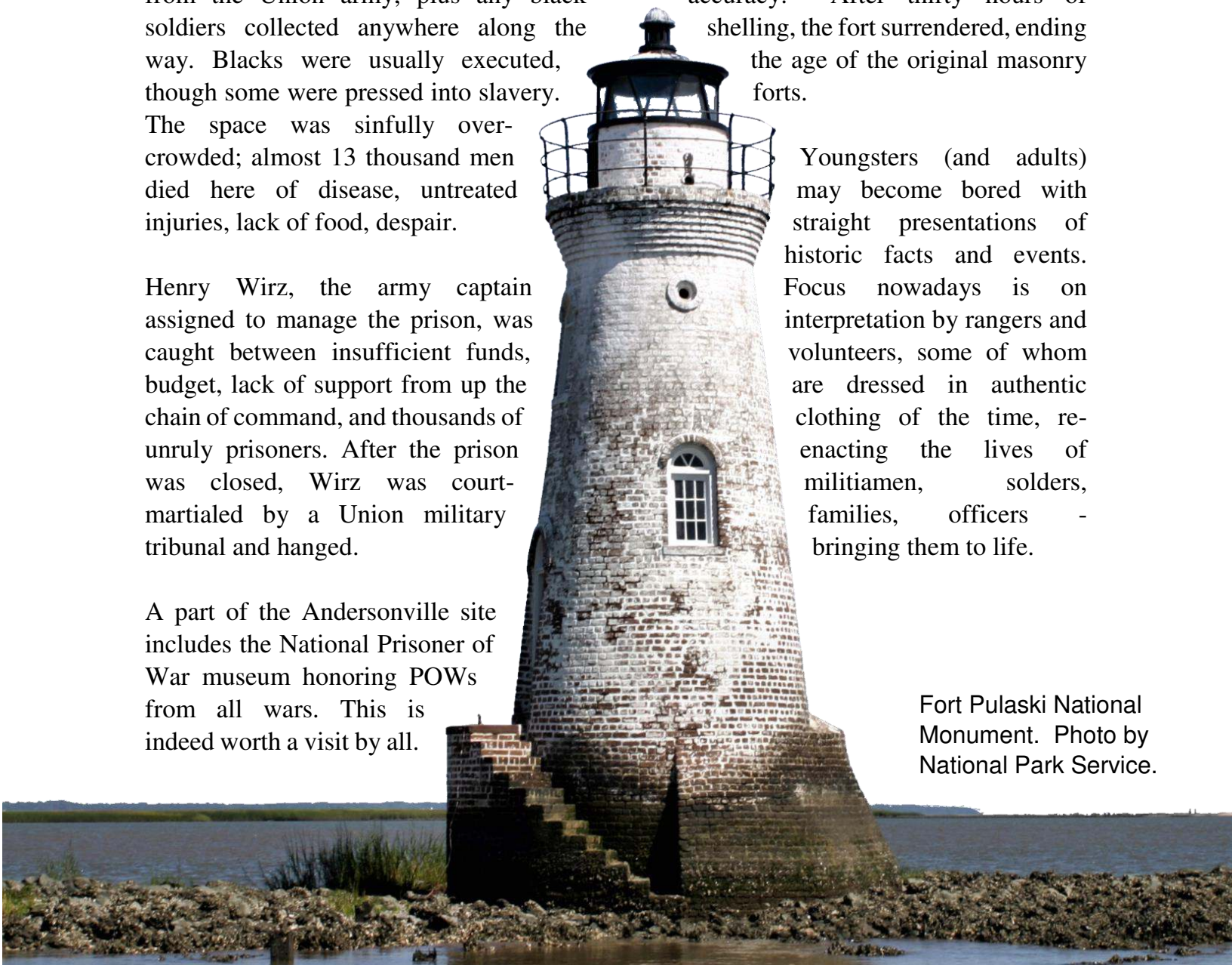
A part of the Andersonville site includes the National Prisoner of War museum honoring POWs from all wars. This is indeed worth a visit by all.

Forts were another story. From a National Park Service brochure: “Before the age of nuclear weapons, homeland security meant harbor defense.”

Fort Pulaski on Cockspar Island off Georgia’s coast appeared impregnable. Constructed to protect Savannah from a mighty European sea power, the fort succumbed to Union attack using a new rifled cannon with increased range and accuracy. After thirty hours of shelling, the fort surrendered, ending the age of the original masonry forts.

Youngsters (and adults) may become bored with straight presentations of historic facts and events. Focus nowadays is on interpretation by rangers and volunteers, some of whom are dressed in authentic clothing of the time, re-enacting the lives of militiamen, soldiers, families, officers - bringing them to life.

Fort Pulaski National Monument. Photo by National Park Service.



A unique venue, **Russell Cave National Monument** in northeast Alabama, protects one of the most complete archaeological records in the eastern U.S. Native peoples lived in the cave for almost nine thousand years.

*It's not enough
to save the land.
It's important to
bring the history
to life so visitors
bring something
away from their
time in the park.*

According to B. J. Welborn in *America's Best Historic Sites*, "Hiking to this prehistoric shelter, you will experience a time warp and shivers down the spine." Danny's visit focuses on the human side of the history.

And now we come to the **Everglades**. This vast "river of grass," dedicated in 1947, would have the East's largest concentration of birds, including masses of great egrets, herons, and storks. [The funny thing is that with all this wealth of spectacular bird life, Florida made the Northern mockingbird its state bird.] This park was the first to be established primarily because of its wildlife resources.

On a long-ago visit to the Everglades, as my husband and I walked along a path by a swampy area, a "good-ole-boy" (read: citizen) finished his Dr. Pepper and threw the can over a fence, hitting an alligator on the nose as the citizen and his buddies laughed uproariously. Can these people be educated? So easy to feel helpless and hopeless when larger creatures prevail. When we got back to the parking lot, there was our car with a *huge* alligator parked next to it. We stopped. He opened one eye and hissed a warning. He was in a warm, sunny spot; why move? We sneaked around and entered the car via the passenger door. Dick started the engine. We waited. After a while the alligator crawled off, probably mumbling curses for those smelly tin vehicles ... it all depends on perspective.

Danny's contrast of her family's visit to a zoo on one day, and the Everglades the next, nails the difference in a nutshell. You can listen to Beethoven's Ninth via a recording, or you can attend a live performance.

All the parks have a human story. Danny Bernstein is a sincere and useful guide to those stories. You can get the book from [Amazon](#) or, if you would like a signed copy, directly from the publisher,

[Kimberley Crest Books](#). Check Danny's blog at <http://hikertohiker.com/> for more examples of her writing and descriptions of her interests and activities. Then get off your butt and into your parks!



Everglades National Park at sunset. Photo by Marty Plante.

AMC's 2016 Photo Contest

Enter your photographs and to be eligible to win great prizes, including a spot in a photography workshop with an accompanying stay at an AMC lodge and outdoor gear from Deuter, Forty Below, LEKI, LifeStraw, and other manufacturers. Plus, score serious bragging rights! Visit outdoors.org/photocontest sometime in the middle of the summer for complete rules and more information.

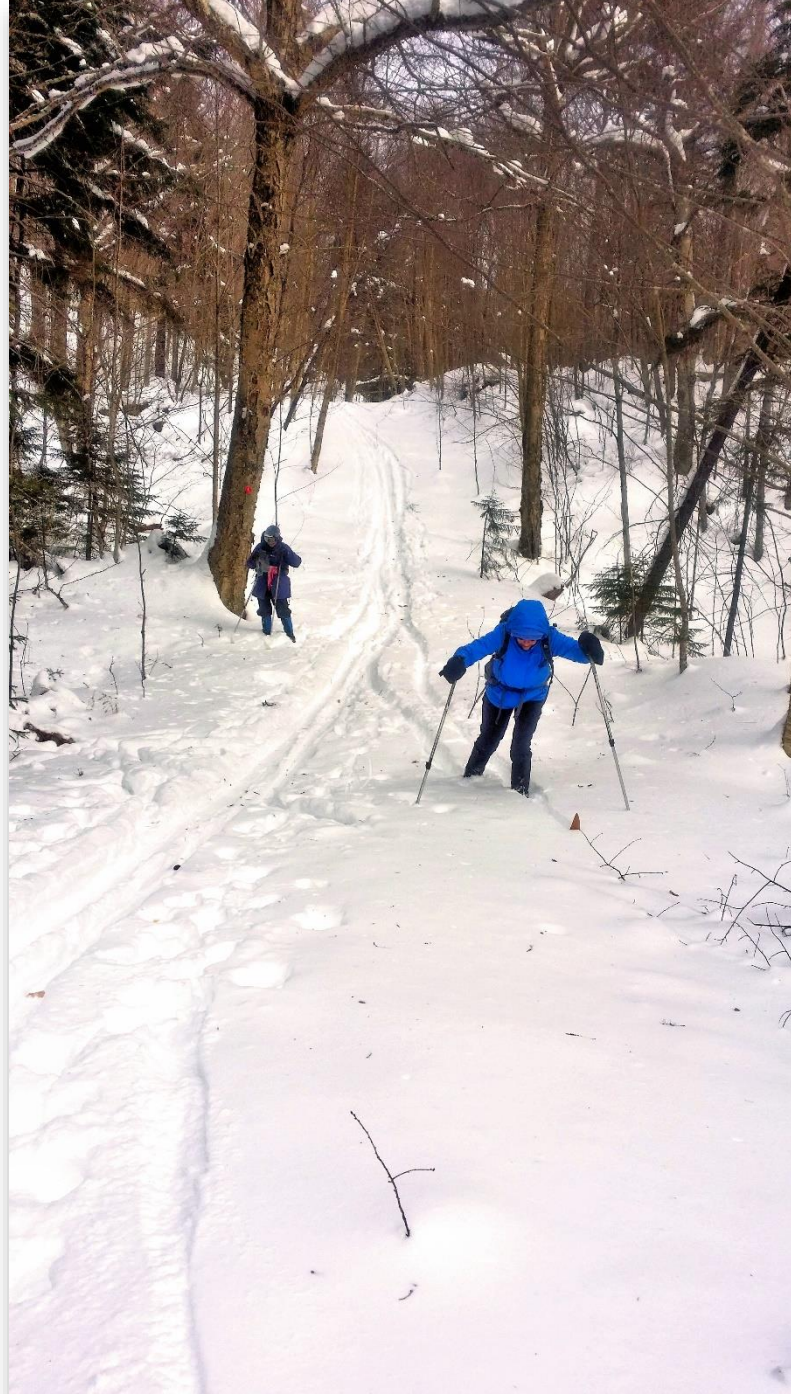


by **RON GONZALEZ**

An 'Easy Access' Wilderness?

New York State's Forest Preserve –the publicly owned lands within the Adirondack Park and Catskill Park – is a grand experiment in conservation, begun in the late 19th century. NYS Forest Preserve lands are more tightly protected than the federal government's National Forests, or many of our great National Parks. Lovers of wildness have delighted in the great forests of the Adirondack and Catskill parks for more than a century. But the times, they may be changing.

The northeastern quarter of NY State, most of which is taken up by the Adirondack Park, is among the economically poorest regions in the state. Governor Andrew Cuomo has signaled that the state's Department of Environmental Conservation (the 'DEC') and the Adirondack Park Agency (the 'APA') will be more responsive to the



AMC skiers explore the newly-opened Upper Hudson Ski Trail in the Essex Chain Lakes Primitive Area, February 2015 . Photo by Marty Plante.



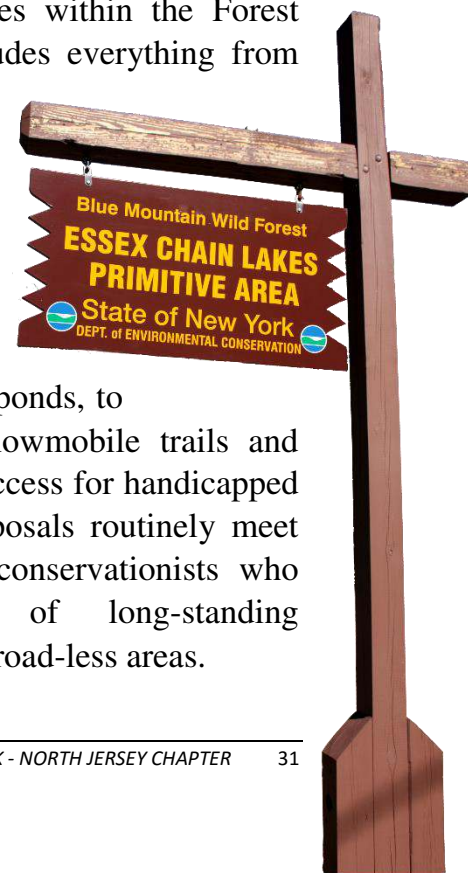
Marty Plante approaching the Polaris Bridge in the Essex Chain Lakes Area.

needs of local communities within the Adirondack “Blue Line” (the boundary of the Adirondack Park) and the Catskill Park.

A November 2013 ballot initiative signaled the state’s increasing acceptance for economic uses of Adirondack Park lands. Voter approval of Proposal 5 gave NYCO Minerals permission to drill exploratory mines on forest preserve land in exchange for future inclusion of some of NYCO’s own land into the Forest Preserve (a ‘land swap’). Prior to Proposal 5, Article XIV of the New York State Constitution forbade the lease, sale, exchange, or taking of Forest Preserve land for economic development of any kind. Proposal 5’s passage made an exception to the constitution, and now NYCO Minerals is permitted to cut trees, build roads, and drill for the rare mineral wollastonite on Forest Preserve land. Conservationist groups such as the Adirondack Council and Protect the

Adirondacks were opposed to this proposal. The Adirondack Mountain Club (ADK) supported the proposal, but ADK later published pieces expressing doubts about whether NYCO was fully following the agreement’s details.

A frequently heard request from local communities has been for easier access to recreational resources within the Forest Preserve. This includes everything from the maintenance of automobile-friendly roads and bridges reaching scenic areas and remote campsites, to float plane access to lakes and ponds, to more and wider snowmobile trails and bridges, and ATV access for handicapped persons. These proposals routinely meet with protest from conservationists who fear degradation of long-standing protections of wild, road-less areas.



Over the last decade, the paper company Finch, Pruyn & Co. sold coveted forested lands near the current High Peaks Wilderness Area to the Adirondack chapter of The Nature Conservancy (TNF). In 2012, NY State used funds from the Environmental Protection Fund (EPF) to purchase these parcels from TNF for inclusion into the Forest Preserve. These lands became the Essex Chain Lakes Complex. A portion of these lands became part of the Hudson Gorge Wilderness, giving them the highest degree of protection possible. However, many complained that important parts of the new lands were not accessible enough to the general public. There were proposals for new parking lots, boat launches,

The lands of the state, now owned or hereafter acquired, constituting the forest preserve as now fixed by law, shall be forever kept as wild forest lands.

- Article XIV of the New York State Constitution

snowmobile trails, and a new bridge over the Cedar River. A controversy broke out over plans to upgrade and maintain a logging bridge over the Hudson River favored by snowmobilers, dubbed the 'Polaris Bridge.' Paddlers and conservationists countered that the bridge degrades wilderness attributes of this stretch of the Hudson River that is officially designated a state Wild River, making the bridge's existence possibly unconstitutional. In the end, the state's Unit Management Plan ('UMP') included a new snowmobile trail, maintenance of the Polaris Bridge, and the construction of a new bridge over the Cedar River, all contained within three new Primitive Areas. Again conservationists cried foul, asserting that the Primitive Area designation had always

I've included a reading list for those of you who would like to dive in deeper.

On the Internet:

- [A Political History of the Adirondack Park and Forest Preserve](#)
- [Major lawsuit launched to challenge Essex Chain Lakes Complex Unit Management Plan](#)
- [5 Towns Call for Balance in Boreas Ponds Classification](#)

Books on the history and politics of the Adirondack Park:

- The Great Forest of the Adirondacks – Barbara McMartin (North Country Books)
- The Adirondack Par – Frank Graham, Jr. (Knopf)
- Perspectives on the Adirondack Park – Barbara McMartin (Syracuse University Press)
- The Adirondacks: A History of America's First Wilderness – Paul Schneider (Holt)

been used to denote ‘wilderness-in-waiting,’ for areas destined to be included in a Wilderness Area but containing ‘non-conforming structures’ (i.e., roads, bridges, dams, fire towers, railroad tracks, and so on). This latest Primitive Corridor looks to be a permanent designation, providing for the inclusion of man-made structures within a designated Wilderness Area, and so possibly not permitted under Article XIV of the NY State Constitution. The environmental law firm Earthjustice has filed suit against New York State to block these provisions of the Essex Chain Lakes Complex Unit Management Plans. The controversy is ongoing, but the state is going ahead with its plans.

At the time of this writing (May 2016), the Boreas Ponds Tract has just been added to the Forest Preserve. Already, battles have begun over how to classify this land, with conservationists advocating its inclusion

in the High Peaks Wilderness Area, while local towns are advocating for Wild Forest designation so that motorized access can be allowed.

If all this Adirondack political chaos is making your head spin, well, join the club. The question of how to use and protect the Adirondack Park’s beautiful wild lands, while simultaneously supporting and appreciating the amazing people who live there, has been hotly contested since the Park was created back in 1892. The history of the Adirondack Park has long included torrid debates between entities both large and small.

The human and political history of the Park is immensely interesting, and well worth studying. It’s a living history, being written as you read this. Important changes and proposals are happening right now, and you can (*and should!*) contribute.

2016 FALL GATHERING

URI W. Alton Jones Campus | West Greenwich, RI
Hosted by the Narragansett Chapter
October 14-16, 2016



Join us for some outdoor fun, Southern New England style. A few of the activities we have in store for you include kayaking twisty rivers and our glistening bay; biking through rolling hills painted with Autumn colors; hiking over limestone boulders, and enjoying one of the greatest oceanscapes ever, the world-famous Newport CliffWalk! Then get cozy in your tent or a comfortable cabin nestled among the 2,300 acres of lakes and forests of our beautiful and wild Alton Jones Campus of the University of RI. Start planning your fall adventure at outdoors.org/fallgathering today! Registration closes at 5pm on September 30th, 2016.

AMC Activities

COMING ATTRACTIONS FOR HARRIMAN OUTDOOR CENTER



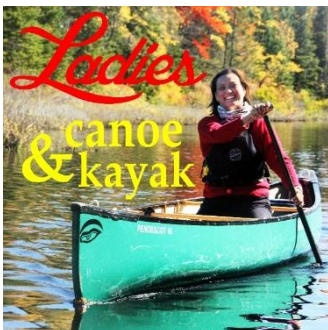
LAKESIDE YOGA WEEKEND
Sat-Sun, Jul 9-10, 2016



CANOE SAFETY & RESCUE
Fri, Jul 15, 2016, 11am-1pm



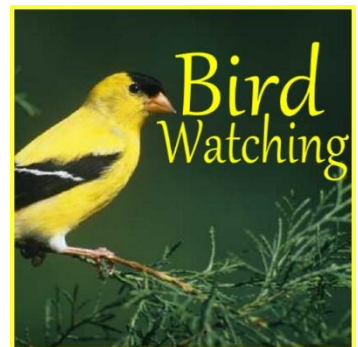
QUICKSTART YOUR CANOE
Fri, Jul 15, 2016, 2-4pm



LADIES CANOE & KAYAK WEEKEND
Sat, Jul 16 - Sun, Jul 17, 2016



LEADERS' BACKPACK WEEKEND
Sat-Sun, Jul 16-17, 2016



BIRDWATCHING WEEKEND
Fri-Sun, Jul 22-24, 2016



INTRO TO CAR CAMPING & HIKING

Fri-Sun, Jul 22-24, 2016



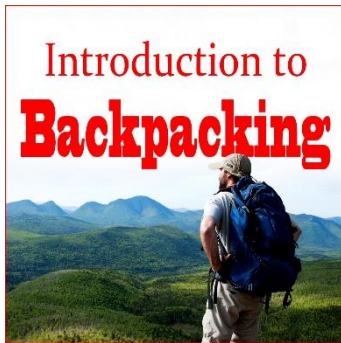
NEW MEMBERS' WEEKEND

Fri-Sun, Jul 22-24, 2016



MAP & COMPASS WORKSHOP

Fri-Sun, Jul 29-31, 2016



Introduction to **Backpacking**

INTRO TO BACKPACKING

Sat, Aug 13-Sun, Aug 14, 2016



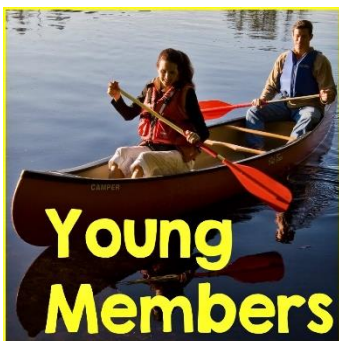
KNOTS & LINES WORKSHOP

Sat-Sun, Aug 20-21, 2016



MOUNTAIN OF STARS WEEKEND

Fri-Sun, Aug 26-28, 2016



Young Members

YOUNG MEMBERS' LABOR DAY WEEKEND

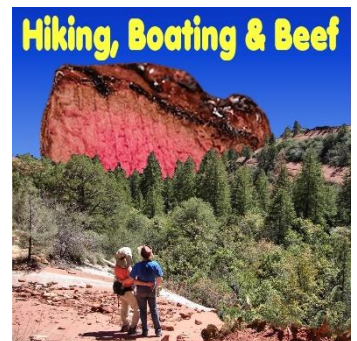
Fri-Sun, Sep 2-5, 2016



Young Members **LEADERSHIP TRAINING**

YOUNG MEMBERS' LEADERSHIP TRAINING WEEKEND

Fri-Sun, Sep 16-18, 2016



Hiking, Boating & Beef

HIKING, BOATING & BEEF WEEKEND

Sat-Sun, Sep 17-18, 2016



WILDERNESS FIRST AID
 Fri, Sep 23 - Sun, Sep 25, 2016



NY-NoJ LEADERSHIP WORKSHOP
 Fri-Sun, Sep 23-25, 2016



NEW MEMBERS' WEEKEND
 Fri-Sun, Sep 30-Oct 2, 2016



BRING A FRIEND WEEKEND - COLUMBUS WEEKEND
 Fri-Mon, Oct 7-10, 2016



HARRIMAN ADULT BASE CREW VOLUNTEER VACATION
 Sun-Fri, Oct 9-14, 2016

Click on one of the images to register for a specific event. Click [here](#) for a complete list of Harriman Outdoor Center activities.

Your Recipes Needed

Authors Ethan and Sarah Hipple are writing AMC's *Real Trail Meals* - the AMC's first ever cookbook - and they need your backcountry expertise to do it. Send your trail- and river-tested recipes to **Sarah Hipple** at sarahbaldwinhipple@gmail.com.

If one of your recipes is accepted, there's no pay in it for you, but you'll have the thrill of seeing your name in print and will be the envy of your AMC buddies.



The solitude of Dunderberg Mountain

story & photos by **SKIP DOYLE**

“Only by going alone in silence, without baggage, can one truly get into the heart of the wilderness.” John Muir wrote to his wife, Louie, in 1888, while in the mountains of California. “All other travel is mere dust and hotels and baggage and chatter.” Emulating Muir, on a frosty February day, I ascended the lonesome trail up Dunderberg Mountain, without food, fluids, flashlight, or first aid.

In 1890, back when John Muir was writing about his beloved Sierra Nevada Mountains, work began beside the Hudson River on the Dunderberg Spiral Railway—10 miles of gravity-powered track, replete with a hotel and restaurant at the summit. Having ridden up the cog railway in Beacon, and having descended on the Mount Washington cog railway after hiking to that 6,300-foot summit, I was curious to investigate the Dunderberg Spiral Railway. Thomas Merton writes in *New Seeds of Contemplation*: “The need for true solitude is a complex and dangerous thing, but it is a real need. It is all the more real today when the collectivity tends more and more to swallow up the person in its shapeless and faceless mass.” And so I chose this dark day in February to explore this phantom railway.

Parking at Jones Point, the trail head is the terminus for two trails; Timp Torne, which is an 11 mile, blue-blazed, ridgeline trek concluding at Fort Montgomery, and the red dot-blazed Ramapo-Dunderberg (nicknamed the R-D), built in 1920. The R-D Trail is the oldest marked trail in Harriman State Park, 22 miles long with an elevation gain of 5,000 feet, bisecting the park from west to east.

Within only a few hundred yards of the trailhead is one of two magnificent tunnels constructed for the railway across this prominent peak. The name “Dunderberg” is from Dutch, *donder* thunder, and *berg* mountain. From the tunnels, it is a steep ascent to where the railway turns to the south



The Lower Tunnel

and follows the Timp Torne Trail, and splits to the north. Then I took the Ramapo-Dunderberg Trail. The ascent is arduous on what seems to be loose scree, but is actually the old railway bed. With Route 9W now several hundred feet below, all becomes quiet, all becomes still. “True silence is the rest of the mind,” writes William Penn, “and is to the spirit what sleep is to the body—nourishment and refreshment.”

Off-trail, the railway continues on what I call the ‘Myles-Sutter spur,’ after two men who did much to promote the preservation of these woods by guiding people to these remote places and educating the trekkers about this mountain’s history. As it was, only half the planned rail bed was constructed, and rail lines were never laid. Here on this unofficial ‘Myles-Sutter spur’ is a grand overlook of Iona Island, the Bear Mountain Bridge, and the entire wide expanse of the Hudson Highlands.

Rejoining the R-D trail leads to the summit of Bald Mountain, which holds what I consider to be the finest elevated northward-looking panorama over the Hudson River. With the meandering river hooking to the west, the view looking straight up the valley, surrounded by the Hudson Highlands. This is the perfect place to pause—for respite, for reflection, for repose. Thomas Merton writes, “There is no true solitude except interior solitude.” Until the mind is as quiet as the

mountain top,
until one’s
psyche is as
still as the
landscape,



Iona Island

until thoughts desist and all that remains is each of the senses, there is no solitude. Even at the pinnacle of wilderness, without the silence of mind and stillness of being, there is no solitude, only aloneness. But once silence and stillness leads to true solitude, we experience what Marcus Aurelius observed, “Nowhere can man find a quieter or more untroubled retreat than in his own soul.” This distinction between solitude and aloneness is echoed in Henry David Thoreau’s essay of 1854 entitled Solitude: “I never found the companion that was so companionable as solitude. We are for the most part more lonely when we go abroad among men than when we stay in our chambers.”

I began the descent as the sun settled on the rugged horizon. The route down from the mountain is a mix: remnants of the Bockberg Trail, the unmarked and unmaintained railway, and after passing the upper tunnel, the descent via the Timp Torne (etymology, corner tower, as in a castle turret.). As I reached the junction with the R-D trail for the final descent and exit from Dunderberg Mountain—the trail a mere shadow, the blazes now colorless, and the woods themselves dark, subdued silhouettes—I heard the words of John Muir, “When one is alone at night in the depths of these woods, the stillness is at once awful and sublime. Every leaf seems to speak.”

As much as I enjoy my solitude in the woods, there is a distinct delight and satisfaction that remains after the hike is over. As with a bath whose sensuous pleasure lingers even after we’ve left its warm immersion, so too, upon leaving the forest, the restorative wave of nature continues to surge through our psyche, our corpus, our soul.



Become an AMC Adventure Travel Trip Leader

Sign up for Adventure Travel Leadership Training! November 11-13, 2016

Visit some of the most exciting places in the world as the leader of an AMC Adventure Travel trip! This workshop provides important training to people who have AMC chapter leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, domestically and overseas. Previous outdoor leadership training is necessary. Emphasis is on planning, cost estimating, marketing, trip management, people skills, risk management, and reporting. Includes procedures and guidelines for researching, proposing, and leading AMC Adventure Travel trips. Exchange ideas, problems, and solutions with some of AMC's most experienced and skilled leaders. Small group size assures abundant discussion and access to instructors. [Click](#) for more information.

OOPS!



In the Winter 2016 issue of Trails and Waves, the beautiful photos of skiing in Prospect Park were taken by Rachel Radin, not by Rob Coppersmith.

Rachel Radin and
Rob Coppersmith





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Trails & Waves

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