In the aftermath of Hurricanes Irene and Lee, we thank all the participants who pitched in to do trail maintenance.

Park areas in Harriman, the Catskills, Adirondacks, Connecticut and Vermont had extensive damage from the hurricanes’ rain and wind. Since then, many hiking clubs in the northeast, including ADK, have been working hard to help clear and restore damaged trails.

In addition, numerous people have been donating to charities that are helping people in the communities that were hit badly by these two storms.

Many of these folks have lost so much — their homes, farms, businesses and jobs.

I want to thank everyone who has helped with either trail maintenance or by donating money to help towns after these two events.

Fall has a totally different look in November and December. The colors of late fall become more muted browns, and there is a colder nip in the air. Hiking in November and December is quieter, but just as exciting. Check out our Outing schedule pages starting on page 4 in this issue for some great hikes.

Giving Back

And be sure to come to our December meeting, where you can learn about winter hiking and the necessary gear. Also, consider attending the cross-country ski weekend in Lapland Lake, NY (lower Adirondacks) in February, or the popular winter weekend in the Catskills in March.

Everyone, enjoy your holidays!

---

Highlights: In This Issue

- High Adventure – Lanny Wexler’s pursuit of his 43rd U.S. high point (page 10)
- Traversing the White Mountains Presidential Range on the AT (page 9)
- Post-Irene Catskill Trail Work – Trip report by the people who did the work. (page 8)
- November 1 Meeting: “Hiking Zion National Park and Bryce Canyon” photo talk by Alice Scanlon.
- Outings Highlights: (Schedule begins on page 4)
- Outdoor Skills Series: Map & Compass Workshop November 12 (Tom Farre)
- Manhattan Walk with Ron Engasser as your guide to the sights, flavors and holiday spirit of NYC. Sunday December 4 (see page 5)
- Plan Ahead: X-C Ski Weekend Feb 10-12 at Lapland Lake in the Lower Adirondacks
WHAT IF?? What if you were to open your newsletter and see only one outing per weekend? ADK-LI has many talented hike leaders to accommodate members of all abilities. But more leaders are needed to enrich that group!

Because leaders take you to their favorite places, they offer multiple destinations to give you a change of pace from your Monday-to-Friday routine. Their leadership styles are as varied as their personalities. YOU can help to expand the outings schedule by learning how to lead a hike. Whenever you’re on hikes, speak with leaders to ask for their opinions and helpful hints. Come to a monthly meeting and speak with experienced leaders.

Novice leaders should select a familiar hike and request a volunteer co-leader to guide them through the leadership steps. How do you compose and enter an outing into the schedule? What are the best ways to register participants and organize carpooling? How do you handle hikers who have their own ranges of strengths and weaknesses? What do leaders need to have in their packs to be prepared for an emergency? How do you complete the Outing Report for the Looking Back column? Springtime is a great time to start leading hikes. You have all winter to plan your hike! Experienced leaders, please contact me (516 354-0231) in January if you’re willing to co-lead with novices. Thanks so much!

MULTIPLE USES FOR CLOSED CELL FOAM...I have purchased so much!

WANT TO HELP? John Lewandowski is pursuing an advanced degree in mental health!

NEW OFFICERS. The chapter’s leaders have always served us well. Eunsil Recksiek and Betty Horstmann are retiring from the Board. New officers are Steve Goldstein who will be our new Conservation Chair, while Ed Moran and Kathy Daly join the Board of Directors. Jeanne Millsapugh, Mike Vetrano, Nancy Hodson, Alice Scanlon, Martha McDermott, Carol McHugh, Sue Kenyon, Ross Moore, Bill Schneider, Mike Vaughan, Tom Farre, Micheline Kagan, Orrie Frutkin, Elie Bijou, Sue Stricker, Diane Grunthal, Pat Wachter and Allan Grunthal continue to serve the chapter well in a variety of positions.

Continued on next page
Director’s Report  Martha McDermott

Our most recent ADK Board of Directors’ meeting was on September 17th – a crisp day, but no leaf color yet in Lake George.

Of course, the damage in the Adirondacks and Catskills was the main topic of discussion. We saw a slide show of the appalling damage done to trails, roads, buildings, and of the small rivers and creeks that we know morphed into raging rivers. We were most fortunate, to say the least, that the ADK Loj, High Peaks Info Center and JBL buildings were not harmed. However, the hurricane caused heavy blowdown on hiking trails, as well as trail washouts, and rock and mud slides. This made impassable both the road to the Garden parking lot and the Loj road. Additionally, the bridge over Marcy Dam is so severely damaged that it is unusable.

Because of all this damage, ADK had to close all of our facilities through the first week in September. They’re open now, but of course there is still very much cleanup and rebuilding to be done. The resulting loss of revenue to ADK through this period and for an as yet unknown period of time ahead has been and will be very substantial. The storm hit just at the peak period of revenue for all our facilities. Needless to say, this event is not in our budget!! So we anticipate that we may have to use monies from our investments to support operations through the end of 2011. Therefore, at this Director’s meeting the Board voted to authorize the use of investment funds up to $100,000 for cash flow and expense management. The resolution authorizing this also stipulates that any insurance reimbursement we may receive will be used to repay the investment dollars. This is an unprecedented step for ADK to take. Again, remember that this is your club – all of it – not just our Chapter.

By the time this Mountaineer hits the mail and cyberspace, many of us will have been up to the High Peaks for Columbus Day and seen some of the great damage to the area. Maybe now would be a good time for you to make a gift to ADK, and help our club continue to do all of the wonderful work that we do. And if you want to contribute time and muscle power, contact the Member Services Center and they will direct you. The Club operates on a budget of only about $3.5 million per year, providing so many programs, services and opportunities to members and non-members alike. It’s a unique organization we all can be proud of.

Welcome New Members!

Donna Curtis, Huntington Station
Maryanne and Dennis Gaffney, Bethpage
Steven and Karen Karp, Merrick
Robert Majovski, Smithtown
Per and Joni Scheidt, Great Neck
Barry Tuch, Port Washington

Welcome Back

Robert and Maureen Weckesser, Huntington Station
Margaret Visentin, Flushing

Trail Updates

Many roads and trails in the lower Hudson Valley, Catskills and Adirondacks were severely damaged by the recent storms. Updates on trail conditions have been coming in daily via the internet as DEC and volunteers have been working very hard to repair the damage. Still, many trails have washed out bridges that will take more time to replace.

For Adirondacks trail condition information:
www.adirondackexplorer.org/out-takes
DEC-Adirondack Trails: http://tinyurl.com/3d2vla3
DEC-High Peaks: http://tinyurl.com/3auvqh2
DEC-Catskill Trails: http://tinyurl.com/3e2zluv

Roads are another issue. Some roads have partially collapsed or have been washed out. We hope they will be repaired before the winter. Check with NYS Dept. of Transportation: https://www.nysdot.gov

Hunting Season

Hunting season has begun in New York State, and hunters with firearms and/or bows and arrows may be active in the woods in or near hiking, camping and other recreational sites. The NY/NJ Trail Conference web site has detailed deer hunting schedules for New York and New Jersey, and a list of hiking areas where hunting is not allowed. In addition, they strongly suggest hikers wear “hunter” orange clothing. NY/NJTC hunting web page: http://tinyurl.com/3smyygg

People & Perspectives continued from p 2

Lanny Wexler has been pursuing the goal of climbing to the highest point in each state. On August 26, he successfully attained the summit of Mt. Whitney, CA, 14,491 feet, the highest mountain in the contiguous 48 states, for his 43rd U.S. highpoint. Lanny always changes his e-mail address to reflect his highpoint total. It’s now highpt43@verizon.net Congratulations, Lanny! (See p.10 for detailed report.)
LONG ISLAND ADK OUTINGS SCHEDULE FOR NOVEMBER — DECEMBER 2011

LEADERS: To list a hike for the January-February Mountaineer issue, contact Elie Bijou adirondacks@verizon.net Following the outing, be sure to mail the “Release of Liability/Sign-In Form” to Elie Bijou, 920 E. 17th St., Apt 608, Brooklyn NY 11230. Also send “Trip Report” to Ron Engasser at usron@juno.com or 73 Matsunaye Drive, Medford, NY 11763. Forms for leaders can be downloaded from www.adkli.org Click on “For Leaders.”

HIKERS: Be sure to check www.adkli.org for additional outings, which may be added from time to time!

WINTER ALERT: Winter Hiking Enthusiasts: Look in the schedule for hikes that require “full winter gear.” Snowshoes can be rented or purchased; prices vary greatly. Reserve rentals early – supply is usually limited. Crampons must be purchased (prices range from about $95 to $200.) REI and Eastern Mountain Sports sell crampons, and rent and sells snowshoes. Campmor: crampons and snowshoes for sale only. EMS: Glen Cove Road, Carle Place, 516-747-7360. REI: Glen Cove Road, Carle Place, 516 873 8540. Campmor: Route 17, Saddle River, New Jersey; product info: 800-525-4784; orders: 800-226-7667.

CARPOOLING/PARKING LOCATIONS
Due to limited on-street parking at our old meeting place (LIE Exit 32), we suggest Outings participants meet at one of the following locations for carpooling:

Christopher Morley Park parking lot (Searingtown Road, just north of LIE Exit 36.) In parking lot, turn right and go to end, the Park & Ride area.

Lake Success Shopping Center (Union Tpke, west of New Hyde Park Road) LIE to Exit 34 or Northern State Pkwy to Exit 26, New Hyde Park Rd south. After gas station, turn right on to Union Tpke. Turn left at first traffic light to enter Lake Success Shopping Center. Turn left and go past HSBC bank for carpool site. Park at east end of lot. MEETING PLACE IS LEADER’S CHOICE. HIKERS: BE SURE TO ASK LEADER PLACE AND TIME TO MEET.

OUTING RULES AND PROCEDURES – PLEASE READ

REGISTRATION FOR ALL OUTINGS IS REQUIRED. Call leader several days in advance if you have any questions. Leaders accept reservations on a first-come, first-served basis after the outing is officially listed in the Mountaineer or on the Outings page at the ADK-LI web site – www.adkli.org

Leaders may refuse to take anyone not registered or prepared. Registered participants are expected to show up or call the leader to cancel. Simply sending or leaving a message does not constitute registration. If you do not receive a reply to your message, it is your responsibility to follow up and contact the leader prior to the deadline for registration.

Participants should provide leader with their phone numbers in case of last minute changes.

Guests are welcome on all outings. Where space is limited, members of the ADK Long Island chapter will have priority. If you go on two or more outings, please help support the Adirondack Mountain Club and the Long Island chapter by becoming a member (see application in this issue.)

GROUND RULES
Minors (younger than 18 years) must have signed permission of a parent or guardian. Participants are responsible for their own safety and comfort. Food, snacks, water and extra clothing/raingear must be carried by participant. Check with leader to learn of any special requirements for the hike. Hiking boots are recommended for all ADK hikes.

UPDATED CARPOOL RATES
A $5 surcharge will be added to the following suggested guidelines whenever gasoline prices are more than $4 per gallon. Carpool rates shown are for roundtrip per rider: East End $10, Harriman $18, Shawangunks $25, Catskills $35, Adirondacks $60 (all rates for roundtrip.) For upstate rides: If 2 riders, deduct $2 each; 3 riders deduct $3 each; 4 riders deduct $4 each from these rates. Drivers set the final rate. Leaders should try to equalize number of riders in each car.

HIKE CLASSIFICATIONS
(Hike classifications are subjective. If you are uncertain if you are up to the hike, consult the leader.)

A: Strenuous, long distances over rugged terrain with lots of climbing or more than 35 miles on bike.

B: Moderate, shorter distances with less climbing or 10-30 miles on bike. Moderate hikes may have some steep climbing and/or rugged terrain, but are less demanding than strenuous hikes.

C: Easy, short distance over flat terrain at a leisurely pace or 10 miles or less on bike. Suitable for beginners.
Outings Schedule

Be sure to check www.adkli.org for additions, changes and corrections.

• Tuesday November 1 – ADK-LI Monthly Meeting. All Welcome. “Hiking Zion National Park and Bryce Canyon” photo talk by Alice Scanlon. See details on back page.

• B+ Saturday, November 5 – Schunemunk Mountain Loop: This strenuous but moderately paced hike will pass the beautiful cascade on Baby Brook and feature a ridge walk on unusual conglomerate “puddingstone” that has been smoothed by glacial action. Many fine views. We’ll also visit the Megaliths – a group of huge blocks that have split off from the bedrock and makes a great spot for lunch. Approximately 7 miles and 1,100 ft. elevation gain (700 ft. in ¾ mile). Register with leader Bill Schneider, e-mail offsetbill4@optonline.net (preferred) or call 516-378-3043 before 10 p.m. by Thursday Nov 3.

• A Saturday, November 12 – Catskill Leader’s Choice: Hike to one or two trailed Catskill summits. 7 to 10 miles. Register with leader Jeff Ritter, 718-279-3431 before 10 p.m. by Thursday, Nov. 10.

• C Saturday, November 12. Outdoor Skills Series – Map & Compass Workshop. Learn the basics of map reading, the compass, and how to use them together. Morning workshop in Melville followed by a short hike on the Walt Whitman Trail, where we’ll use map and compass to determine our route. Bring your compass and any hiking map for learning session. Register with leader Tom Farre, 631-427-4795 after 6 p.m. or tom@tomfarre.com

• B+ Sunday November 13 – The Long Path Series: Section 1–We’ll begin our hike on Hudson Terrace (Ft. Lee, NJ) and walk to Lamont-Doherty Geological Observatory (Palisades, NY.) This section is 12.7 miles in length. A minimum of two cars is required as shuttles. Parking on Hudson Terrace is free on Sundays. Those who religiously hike the trail with me, upon completion, will earn the Long Path Patch. Register with leader: Elie Bijou, e-mail adirondacks@verizon.net or call (718) 377-2990 (No calls after 9 p.m., please.)

• B Saturday November 19 – Harriman Park. From St. John’s Church on Johnsontown Rd., we will follow the Long Path to access Cranberry Mtn., Breakneck Pond, Second and Third Reservoirs and possibly swing around Ladentown Mtn. Approx. 6 miles. No killer climbs, some wet spots possible. Lovely views of the reservoirs. Rain cancels. Leader Micheline Kagan 718 746-4753. Call by Thursday 11/17 before 9 p.m.

• B Saturday, December 3 – Harriman Circular. We’ll do a scenic loop hike of 8 to 10 miles at a moderate pace. Leader: Jeff Ritter. Call to register: 718-279-3431 before 10 p.m. by Thursday Dec. 1.

• C Sunday December 4 – Manhattan Walk. From Penn Station we will hike to the Highline Park and east through Greenwich Village, have breakfast on Houston Street and continue to Chinatown and the Brooklyn Bridge. Then past City Hall to the Freedom Tower (One World Trade Center), Wall Street, the South Street Seaport and up to little Italy for a late lunch. Inhale the holiday spirit of this magnificent city. Register with leader Ron Engasser 631-289-5375 or USRON@JUNO.COM by Dec 2.

• Tuesday December 6 – ADK-LI Monthly Meeting. All Welcome. “Have Fun with Winter Hiking.” See details on back page

• B Saturday, December 10 – West Mountain Loop. This loop near Bear Mountain climbs to the ridge of West Mountain, passing several viewpoints over the Hudson and the surrounding hills. 6.5 miles, moderate to strenuous terrain (good training for winter hiking). You may need winter gear. To register, contact leader Tom Farre, (631) 427-4795 after 5 p.m., tom@tomfarre.com

• B+ Saturday Dec 17 Catskills – Sugarloaf. Trial run for winter. If Mother Nature desires, we will need snowshoes or other traction devices as we prepare for winter season. This hike is 7 miles with 1800 ft of elevation to reach the summit of Sugarloaf Mtn. and back. Along the way we will pass a small waterfall. If it’s still there, a massive and amazing beaver dam also waits us, as well as a trip through the mysterious Dibbles Quarry, with its unusual man made rock formations. Winter gear may be required. Contact Leader David Koehler k2david121@gmail.com or 917-613-2043.

Outings continue on next page
• B Saturday December 24 – Harriman Park – Suf- fern-Bear Mountain (SBM) Trail. We will hike the southernmost third of this trail from the southern terminus to the Equestrian Center off the Pine Meadow trail. With all the ups and downs, the distance is about 8 miles. We’ll spot vehicles at each end. Well-behaved and leashed dogs welcome. Please contact leader Elie Bijou at adirondacks@verizon.net or (718) 377-2990 (no calls after 9 p.m.)

• B Sunday Jan 1, 2012- New Year’s Day Hike (or Snowshoe) Hudson Highlands. Annual tradition of welcoming in the new year with a picnic on top of Sugarloaf Hill, where it’s always relatively mild and river views are beautiful. Weather determines access and length of hike. Usually a relaxed start time with a possible dinner in the area. Leader Micheline Kagan, 718 746-4753. Register by Dec. 29 before 9 p.m.

• X-C Ski Weekend Feb 10-12 – Lapland Lake in the Lower Adirondacks. 2 nights lodging, day/night ski passes, tubing, ice skating, wood sauna, wine & cheese party, pot luck dinner. Cost $245. Space is limited. See details on this page. For reservations, contact Micheline Kagan before Dec. 15. 718 746-4753.

• March Winter Weekend in the Catskills at Hilltop Acres. Date to be announced. Leader Alice Scanlon.

---

X-C SKI WEEKEND

FEBRUARY 10-12
FRIDAY-SUNDAY
LAPLAND LAKE
NORDIC SKI CENTER
NORTHVILLE, NY

Cost: $250 per person
Includes: Two nights (Fri/Sat) lodging
Saturday night wine and cheese party
Saturday pot luck dinner
Pass for X-C skiing, day & night
Tubing
Ice skating
Ski/snow shoe rentals
50% discount on group lessons
Authentic wood-burning Finnish Sauna

Deposit check of $125 before Dec 15.
Balance of $125 due Jan 15.
For further information contact:
Micheline Kagan, 718 746 4753

Make checks out to: ADK-LI SKI
Mail to: 171-08 Gladwin Avenue
Fresh Meadows NY 11365

Space is limited, so reserve early!
Event will be cancelled by Dec 15, if there is insufficient registration

---

Leaders: No trip report?!
That’s taking leave no trace too far!!
Don’t let your outing go unnoticed. Be sure to send in your trip report for the Looking Back column, one of the most popular features in the Mountaineer. Get an easy-to-use form at the Leaders page of www.adkli.org and send your trip report to Ron Engasser, 73 Matsunaye Drive, Medford, NY 11763 or by e-mail to usron@juno.com

---

Nordic Ski Swap & Sale

Sunday, November 13, 2011
9:30 a.m. to 3 p.m.
Admission is Free!

Taconic Outdoor Education Center
75 Mountain Laurel Lane
Cold Spring, NY 10516

This event is sponsored by the Friends of Fahnestock and Hudson Highlands State Park in cooperation with Fahnestock Winter Park. 20% of sale prices will go to the Friends of Fahnestock and Hudson Highlands for improving FWP programs. If you have gear you want to swap, please contact paul.kuznia@opihp.state.ny.us or 845 265 3773

---

Nordic Ski Swap & Sale

Sunday, November 13, 2011
9:30 a.m. to 3 p.m.
Admission is Free!

Taconic Outdoor Education Center
75 Mountain Laurel Lane
Cold Spring, NY 10516

This event is sponsored by the Friends of Fahnestock and Hudson Highlands State Park in cooperation with Fahnestock Winter Park. 20% of sale prices will go to the Friends of Fahnestock and Hudson Highlands for improving FWP programs. If you have gear you want to swap, please contact paul.kuznia@opihp.state.ny.us or 845 265 3773

---

X-C SKI WEEKEND

FEBRUARY 10-12
FRIDAY-SUNDAY
LAPLAND LAKE
NORDIC SKI CENTER
NORTHVILLE, NY

Cost: $250 per person
Includes: Two nights (Fri/Sat) lodging
Saturday night wine and cheese party
Saturday pot luck dinner
Pass for X-C skiing, day & night
Tubing
Ice skating
Ski/snow shoe rentals
50% discount on group lessons
Authentic wood-burning Finnish Sauna

Deposit check of $125 before Dec 15.
Balance of $125 due Jan 15.
For further information contact:
Micheline Kagan, 718 746 4753

Make checks out to: ADK-LI SKI
Mail to: 171-08 Gladwin Avenue
Fresh Meadows NY 11365

Space is limited, so reserve early!
Event will be cancelled by Dec 15, if there is insufficient registration

---

Leaders: No trip report?!
That’s taking leave no trace too far!!
Don’t let your outing go unnoticed. Be sure to send in your trip report for the Looking Back column, one of the most popular features in the Mountaineer. Get an easy-to-use form at the Leaders page of www.adkli.org and send your trip report to Ron Engasser, 73 Matsunaye Drive, Medford, NY 11763 or by e-mail to usron@juno.com

---

Nordic Ski Swap & Sale

Sunday, November 13, 2011
9:30 a.m. to 3 p.m.
Admission is Free!

Taconic Outdoor Education Center
75 Mountain Laurel Lane
Cold Spring, NY 10516

This event is sponsored by the Friends of Fahnestock and Hudson Highlands State Park in cooperation with Fahnestock Winter Park. 20% of sale prices will go to the Friends of Fahnestock and Hudson Highlands for improving FWP programs. If you have gear you want to swap, please contact paul.kuznia@opihp.state.ny.us or 845 265 3773

---

Nordic Ski Swap & Sale

Sunday, November 13, 2011
9:30 a.m. to 3 p.m.
Admission is Free!

Taconic Outdoor Education Center
75 Mountain Laurel Lane
Cold Spring, NY 10516

This event is sponsored by the Friends of Fahnestock and Hudson Highlands State Park in cooperation with Fahnestock Winter Park. 20% of sale prices will go to the Friends of Fahnestock and Hudson Highlands for improving FWP programs. If you have gear you want to swap, please contact paul.kuznia@opihp.state.ny.us or 845 265 3773
MAIL TRIP REPORTS: Ron Engasser, 73 Matsunaye Drive, Medford, NY 11763
E-mail: usron@juno.com

JULY 9 CATSKILLS, BIRDS OF THE BOREAL FOREST. Jeff Ritter lead Joe Guiheen, Micheline Kagan and Yoshiko Takeshita to Plateau Mtn. to listen to and watch for birds that breed in this area. The key bird species we observed was the Bicknell’s Thrush. This bird breeds and raises young only in the forested summits of the higher mountains in the northeast U.S. and southern Canada. Catskill summits like Plateau are the Bicknell’s southernmost breeding grounds. The species is being monitored because its success or decline is a measure of the condition of the boreal forest itself and the effects of global warming and other environmental threats. We also observed other species that frequent the Catskill summits such as Golden-crowned Kinglet and the colorful Magnolia Warbler. In order to encourage birds to call out, Jeff used technology. He had an “app” on his phone with those bird calls we were listening for. In addition to learning about birds, it was a nice end-to-end hike along the Devil’s Path and Warner Creek trails.

AUGUST 6 “ROCKS” TRAIL, WARD POUND RIDGE RESERVATION Orrie and Goodie Frutkin led Susan Dziurzynski and her brother Steve, Vera Hanrahan, Micheline Kagan, Sheila Lipsche, Keelin Murphy, Yoshiko Takeshita and Michael Vaughan along Ward Pound Ridge Reservation’s new Rocks Trail (RT), a beautiful woodlands route connecting six significant rocks. At Dancing Rock, we did as farmers in past centuries did to celebrate harvests: we danced. At Bear Rock, we examined Native American petroglyphs mimicking the bear-head shape of the rock. Spy Rock, where Colonials observed British troop movements during the Revolutionary War, was a good place for a break before starting a series of steep descents, (including 100 stone steps) and ascents. We paused at massive Castle Rock, then pressed on to Raven Rocks for lunch and the hike’s best view. After lunch, we descended, then turned up toward Indian Shelter Rock, our final waypoint. A few of us scrambled to the top, where Keelin and Susan did some impromptu yoga. A little further on, we reached the end of the RT. An easy walk along xc-ski trails took us back to our cars. It was a beautiful, interesting hike with a terrific group.

AUGUST 21 ADK-LI PICNIC AT CENTERPORT BEACH. Originally scheduled for August 14, our picnic was the victim of a very wet August. Nevertheless, with a little bit of scrambling, the Picnic was rescheduled for the following Sunday, and best of all, the weather held out. It was sunny and beautiful.

Richie Mardosa led the kayak trip on Northport Harbor with Eric Markowitz as sweep. While everyone else was kayaking, Jeanne Millspaugh and her team set up the picnic tables. It was a little windy, but Sue Kenyon and Kathleen Berger were very skillful at nailing down the tablecloths. All attendees (both members and nonmembers) brought a terrific selection of delicious dishes. Stephen Cardella and Jeanne were the barbecue chefs. We enjoyed eating, socializing, listening to music, sunbathing, walking along the seashore, and watching the boats go by in the harbor. Other attendees were Denise Manos and friend Mollie, Jane Avella and her daughter, Paula Markowitz, Sherry Buch, Nancy Pavis, Pat Bush, Jackie Beattie, Barbara Westrich, Joe Guiheen, Lisa Levine, Alice Scanlon and grandson Cole, Nancy and Mike Hodson, Arlene Scholer, Pauline Lavery, Cindy Beron. Everyone had a great time.

Looking Back continued on next page
SEPT 17  Catskill Trail Work Trip Report – After Hurricane Irene and Tropical Storm Lee, five of ADK-Long Island’s nature loving enthusiasts (Joe Guiheen, Micheline Kagan, Pat Wachtler, Kathleen Berger, and Eunsil Recksiek) headed to the Catskill to work on the Long Path section of the trail near Peekamoose Road. Due to massive hurricane damage, Catskill Park had been closed since the storm, and Peekamoose Road, along with many other roads, was closed to traffic due to deteriorated road conditions. Since volunteers were discouraged from taking on trail work on their own, we accompanied DEC Forest Ranger Robert Dawson meeting him in Sundown, NY.

While driving along Peekamoose Road from Rondout Reservoir, we saw all the remains of the river overflows.

Initially, we were planning to cover our section of the Long Path trail over Bangle Hill off Road, but Ranger Dawson asked us to help on the Peekamoose/Table Mountain trail, which gets more frequent usage of the trails, and had many more downed trees. Ranger Dawson came equipped with a chain saw, and cleared about 12 downed trees. The trail crew helped him get rid of the brush and logs, making his job much easier. It took us most of the day to clear a 3-mile section from Peekamoose Road up to Reconnoiter Rock. The Peekamoose/Table Mtn. trail is usually maintained by the Catskill 3500 Club. Eunsil reported our work to the current president of the Club, Jean Taylor, who thanked us appreciatively.

Heavy lifting: the crew deals with a blown-down tree.

DEC Ranger Dawson came equipped for the work.

Cutting a notch in the tree made an easy “step-over”

Please step this way. Your trail is finally clear.
Our goal was a hut-to-hut traverse of New Hampshire’s Presidential Range on the Appalachian Trail from north to south. My fellow adventurers were Wan Lee, Stan Reimer, Bob Spieler, and Larry Stipp. We had all participated in strenuous training hikes. There was no shortage of will or heart. On a sunny Thursday, August 6, we drove up, enjoying lunch in Bethlehem, NH and the evening at the Highland Center in Crawford Depot. The itinerary was for Madison Hut (two nights), then Lakes of the Clouds Hut, bypass the Mispah Hut, and finish going directly south to the Highland Center.

The next morning, we drove to the Appalachia roadside parking near Randolph. From there, we began our journey into the elements via the Valley Way trail, which ascends the 3550 feet to the Madison Hut.

Last year, hiking from the opposite direction, we were nearly swept off the mountains by 75-80 mph wind-driven rain. The ridges of the AT on the Presidential Range, for those unfamiliar, are above the tree line, exposed to the elements. They demand class-A hiking fitness. The mountain weather there can be extreme and is unpredictable. A large sign nearing the ridge warns: “STOP! The area ahead has the world’s worst weather. Many have died here from exposure even in the summer. Turn back now if the weather is bad.” The traverse is an adventure, because depending on the severity of the weather, and despite your being equipped and ready, you might not make it.

Under gray skies we ascended the Valley Way trail, pausing to admire its waterfalls. Along the trail, we were greeted by one of the hut crew, bare-chested and in sandals, portaging a load of supplies. Midway up, it started to rain. Happily, Valley Way is sheltered except at the top. We reached the Madison Spring Hut, and the rain continued. For that day, we abandoned the 550-ft vertical ascent over the boulders of the Osgood trail to the summit of Mt. Madison. We had reserved two nights at Madison Hut, where now we enjoyed soup, naps, and chess. After dinner the hut crew put on a lively show about what was expected of guests.

The next morning, we climbed Mt. Madison. Rain caught us again at the top and continued as we worked our way down the steep, slippery boulders. In the rain and fog it was difficult to discern the white trail marks on the rocks. Wearing glasses in the rain didn’t help. At some points, we could not see everyone in our group, but found each other by yelling. At one point, someone didn’t answer. There was relief and expletives when he came into view. If the boulders in front of you were completely slippery, you were not on the trail. But by sighting the next cairn you were able to correct. Back at the hut, the option to go on to Mt. Adams and Star Lake was dismissed. However, by late afternoon, the weather cleared to reveal vast mountain views. The setting sun lit the mountains and blazed the clouds with vivid hues of red and orange.

The following day, in perfect weather, we started on the Gulfside trail. The traverse from Madison Hut up and down the peaks to the Lakes of the Clouds Hut would prove to be the most demanding leg of the hike. The weather held as we worked our way over the boulders of Mt. Adams, scrambled over Mt. Jefferson, into the col, and into the mist to summit Mount Washington. We enjoyed hot chocolate and visited the gift store before proceeding. The summit vistas, the vastness of the Great Gulf Wilderness, and the extent of the Ammonoosuc Ravine aroused awe and inspiration. We had triumphed! In late afternoon, in spite of fog, with a better sense of perspective and very hungry, we arrived at the Lakes Hut.

That night, as if in protest, the rain with fury battered the hut, the wind screamed, and the hut shook. By breakfast, the wind had abated, but the rain continued. Early morning, we started on the Crawford Path. In a drizzle, with no vistas to be gained, and Mount Washington in the bag, we would bypass any peak not directly on the trail.

The previous year, on the Crawford Path, venturing to summit Mt. Eisenhower in the rain, we encountered hurricane conditions. It was there that Bob was momentarily lifted by a wind gust and dropped onto the stone path. At that time, everyone in our group was repeatedly knocked to his knees. That experience has remained disconcertingly unforgettable. We bypassed Mt. Eisenhower.

When we completed the Crawford Path, I continued farther on the side trail to retrieve the car we left at the assigned lot. The rest continued to the lodge. That evening, we celebrated the luxury of hot showers, meal service, and freshly made beds. The next morning, we started for home with a sense of completion and the journey etched into memory.
I successfully summited Mount Whitney, California, elevation 14,491 feet, on Friday August 26, 2011 at 9:45 a.m. Mt. Whitney was my 43rd U.S highpoint. Reaching the summit was part of a longer five-day journey that I took with Sierra Mountain Center. I flew out to Reno on August 16 and spent five days in the Lake Tahoe area climbing peaks between 9,000 and 11,000 feet to help acclimatize for Whitney. Lake Tahoe was absolutely gorgeous! Many wildflowers were still in bloom because of last year's incredible record-breaking winter which dumped some 700 inches of snow! Much of the snow wasn't gone until July, and even in August, I had to step through some remaining patches of snow.

On August 23 I drove down to the town of Lone Pine and then to Cottonwood campground, which is up a long winding mountain road at nearly 10,000 feet above sea level. I met my guide Nate Bondi and members of my group, Steve, Kurt and Jane Montague, who were siblings. We set up camp, had a quick dinner and were briefed by Nate on our upcoming trip.

Early the next day, we gathered our gear and dropped it off with Max, the packer who would be carrying our gear on a horse and mule train. The five of us embarked on a five-day horsepacking trip into Sequoia National Park. Having the horses and mules to carry our gear and food meant we hiked with just daypacks.

Still, it's a strenuous trip. Our round-trip mileage to Whitney covered some 53 miles and over 11,000 feet of elevation gain in total over the five days. Two of the days were 13-mile days. The weather for most of the trip was absolutely perfect with temperatures of 75 to 80 degrees during the day and 40 at night. We stayed two nights at Rock Creek by a lovely rushing stream in the forest and a nearby meadow for the horses to graze. Another two nights were spent at Guitar Lake at 11,400 feet, just above tree line and only 4.5 miles from the summit of Whitney.

Summit day started early. Nate, our guide, woke us at 4 a.m. After a quick breakfast, we were underway by headlamp. We climbed the John Muir Trail's 97 switchbacks and some 2,000 feet of ascent to Trail Crest at 13,500 feet. Once at Trail Crest, it was still another 2 miles and a 1,000-ft ascent to the summit.

The air was thin, and I was tired, but the will was strong. It was one foot in front of the other concentrating on breathing, stopping as needed as the summit drew ever so nearer. Climbing a mountain can be as much psychological as physical. You set small goals and you move towards them. Achieving your goal spurs you on.

There was one small snow field to cross before the last push to the summit. I hauled myself up the last rocks with the Whitney summit coming into view as I emerged triumphantly on my 43rd State highpoint. The triumph was short lived. The guide told us our stay on the summit would not be long as weather was moving in. After fifteen minutes on the summit for celebratory photos and a snack, it was time to head down.

Dark clouds were gathering and as I crossed the snowfield it sleeted briefly. Fortunately, the weather calmed for a while, but as we reached Trail Crest, we could see more dark clouds and hear rumbles of thunder. The worst held off until we got back to camp at 1:30 p.m.

I reached camp and plopped into my tent to rest. About a half hour later the heavens opened up and pellets of hail began to fall, first lightly and then very heavily. The wind picked up, lightning flashed and thunder reverberated against the mountains. I thought how fortunate I was not to get caught out in this storm. If we had left camp an hour later we would have been out there. The storm went on about an hour and a half until all settled down.

The next day was bright and sunny, and we began our long trek out, reveling in the wildflowers and in the satisfaction of reaching the highest point in the continental United States, outside of Alaska.

Lanny Wexler HP #43
New State Park: Arrow Park in Monroe, NY

The New York/New Jersey Trail Conference dedicated the opening of new state parkland on September 30. Arrow Park in Monroe, NY comprises 462 acres along the Appalachian Trail in Sterling Forest State Park.

- The new park will significantly enhance the Appalachian Trail corridor and “view shed,” by creating a protected land buffer along the northern edge of Sterling Forest.

- It also expands outdoor recreational opportunities for residents of the New York metropolitan area, especially those living in Orange County and nearby Rockland, Bergen and Passaic Counties (the last two in New Jersey).

The land comprises two parcels: a portion of Arrow Park, a private non-commercial retreat since 1948 that has been used extensively by families of the New York Fire Department since 9-11; and an additional 61 adjacent acres known as the Shirazi property, which features a 1,000-foot high ridgeline, extensive wetlands, a stream that feeds Arrow Lake, woods, and rock outcrops. The New York-New Jersey Trail Conference contributed to the protection of both parcels, taking the lead on protecting the Shirazi parcel, with support provided by a $5,000 grant from the New York-North Jersey Chapter of the Appalachian Mountain Club.

For details, map and directions to Arrow Park at the go to http://tinyurl.com/3f324ws (NYNJTC web page)
DEADLINES FOR JANUARY – FEBRUARY ISSUE
OUTINGS DEADLINE: NOV 25
COPY DEADLINE: NOV 30
Send Outings to: Elie Bijou:
adironacks@verizon.net
Send Articles for January-February to:
ofrutkin@yahoo.com
and to mfkagan@gmail.com
Send Trip Reports to: usron@juno.com

Change your address?
Don’t tell us — tell ADK headquarters.
They print our address labels.
Write: Adirondack Mountain Club
Membership
814 Goggins Road
Lake George, NY 12845-4117
Or call: 1-800-395-8080
Or email: ADKinfo@adk.org

ADK-LI MONTHLY MEETINGS — ALL WELCOME!
TUESDAY, NOVEMBER 1: “Hiking Zion National Park and Bryce Canyon” photo talk by Alice Scanlon.
TUESDAY, DECEMBER 6: “Have Fun with Winter Hiking.” Explore the winter hiking experience with ADK-LI’s Tom Farre, Sue Kenyon, Eunsil Recksiek, Jeff Ritter and Bill Schneider. They will discuss their inspiration, essential gear and safety considerations for hiking in what many consider the most beautiful season.

Meeting at 8:00 P.M. Come early at 7:30 P.M. to socialize, network and enjoy light refreshments.
At ST. LUKE LUTHERAN CHURCH (Education Building)
20 Candlewood Path at Vanderbilt Memorial Parkway, Dix Hills, NY
DIRECTIONS: (GPS Coordinates Latitude: 40.810493, Longitude: -73.336918 (or N 40° 48' 36", W 73° 20' 12'”)
From Northern State, Exit 42 (Deer Park Ave. South) Go south about 2 miles to light at Vanderbilt Parkway. Turn left (east) on Vanderbilt. In about 2/10 mile, turn right onto Candlewood Path. Continue to St. Luke Church.
From L.I.E. Exit 51 (Deer Park Ave. North.) Go north 1 mile to Vanderbilt Pkwy. Turn right (east.) In about 2/10 mile, turn right at Candlewood Path, and continue to St. Luke Church.
Parking: Take narrow driveway on left side of church to main parking lot at the rear of the church. Park and take the steps to the upper level. Look for ADK sign on the outer door of the educational building. Enter. Our room is on left.

ADK-L.I.
171-08 Gladwin Avenue
Fresh Meadows, NY 11365