



On the Western Slope

April 18 Potluck Supper and Chapter Meeting

Our spring quarterly meeting will be held on a new night and at a new location. This year it will be on Monday, April 18, at the First Congregational Church, 405 Quail St. in Albany. The church is one block in from New Scotland Ave. Plenty of parking is available in the rear by the steps down into the hall. Map available at www.firstcongregationalalbany.org.

A social hour will begin at 5 P.M., followed by supper and a short business meeting. We request that people with the last names A-H bring a hot dish, I-P bring a dessert, and people Q-Z bring salads or cold dishes. The chapter will provide drinks and tableware. There will be a 50-50- raffle, and a good will offering to help with expenses.



Feature Presentation: Leave No Trace by Ted Beblowski

Contact Kathleen Helfrich at 279-9621 with any questions. Please make every effort to attend!

The evening's speaker will be Nassau's Ted Beblowski, a nationally-known teacher and exponent of Leave No Trace. Ted will show the National Park Service's 25-minute video on the topic and then highlight the seven principles of LNT with examples and

stories from our familiar outdoor recreation areas. Emphasis will be on day trips, not extended camping. There will be time for discussion and questions. The notion that outdoor recreation has no environmental impacts is no longer tenable, as we will learn. We can educate ourselves and act on behalf on the places and wildlife that inspire us. We can adopt the skills and ethics that enable us to Leave No Trace.

Executive Committee Announces New Appointments

Chris Simson has agreed to become the editor of *On the Western Slope* with the Summer 2011 issue. Myra Fedyniak has resigned as chapter treasurer, effective March 31.

The Executive Committee appointed Sharon Bonk to fill the treasurer's office beginning April 1.

Stacey Michon commends Myra and Sharon for the respective contributions to the chapter and welcomes Chris to the Executive Committee. Chris' first assignment will be developing the fully online distribution of WS.

Leadership Training Workshop, April 2

Veteran hike leader Wally Herrod will lead a day-long leadership workshop at the home of Art Fontijn in Castleton, N.Y. Topics will include selection and rating of trips, planning, gear, publicity, liability concerns, and decision-making. Also included will be a focus on first-aid and emergency wilderness response. Open to members of other AMC chapters. Size limited to eight, so sign up early. There is no fee for Mohawk Hudson members; \$25 fee for non AMC members. For details and to register, contact leader, Wally Herrod, at wher48@gmail.com, or 518 758-9463.

Picnic and Quarterly Meeting on June 23

Once again, our June picnic will be at Schodack Town Park (on Rte 150 just north of the Exit 11, Rte 20 Park and Ride in Schodack). There are trails that wind through the woods so come early and walk in the woods by the creek. The picnic will be in the pavilion so come rain or shine. The chapter will supply dogs, burgers, veggie option, and soda. Please bring a side dish or dessert to share. No alcoholic beverages allowed in the park. Contact: Arthur Fontijn, 477-7992, or fontia@verizon.net and check the chapter website for additional details as they develop. Please register so that we know how much food and supplies to prepare.

New Members

Joanne Agopovich
John Alessi
Fletcher Baltz
Linda Benton
Donald Borden
Anette Breindl
Marcel Chaine
Patricia Chinery
Mr & Mrs Cooper
Stephen Cowart
Diane Deacon
Belinda Deleon
William Gehring
Steven Goldstein
Alexander Kadner
Sherri Craib Klein
Carol Kobuski
Benjamin Koziol
Jonathan Marr

Patricia McPhee
John McFadden
Jed Mead
Katherine Miller
Barb Northrup
Jane Owen
Steven Paxton
Alice Platt
Faye Rees
Andrea Robinson
Wendy Scarce
Kathryn Schneider
Jim Sheehan
Edwin Smith
Renny Stone
Jonathan Werthmuller
Christine Young
Laura Youngblood

Mid-Summer Hiking and Chapter Picnic at North Lake-Catskills

Please mark your calendars and hold the date of Saturday, August 20, 2011. We have reserved a pavilion for our use from 10 A.M. until 8 P.M. at the north beach of the North Lake State Campground, off route 23A in Haines Falls, Catskills. You may hike on your own, swim, sun, or go on one of our led hikes and of course be part of the picnic. Details forthcoming. Contact Wally Herrod for information, or to volunteer to assist.

Mohawk Hudson Chapter Executive Committee 2011

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John Tiff, Trails Chair

Phone: 439-5686 E-Mail: Jtiff1@nycap.rr.com

Martha Waldman, Membership Chair

Phone: 869-5109 E-Mail: Martha829r@aol.com

Vacant: Communications and Publicity Chair.
Phone numbers are area code (518) unless noted.

www.amcmohawkudson.org
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Mohawk Hudson Chapter Outings

April | May | June 2011

The Midweek Hikers welcome you to join them on their Wednesday outings which are not all listed on this schedule. To be placed on the email list contact Gerry Weber, 758-7189, or gww@fairpoint.net

The Hiking at a Relaxed Pace (HARP) group usually bikes on Thursdays or Friday. To be placed on the email list, contact Frank or Dee Wind, 458-1781, or we_tell@verizon.net

Joy of Hiking For Beginners. Hikes listed below as "Beginners Hikes" offer the opportunity for people with little or no experience with biking to both participate in a bike and be introduced to the basics of biking. More information about these hikes may be found at the chapter website, www.amchudsonmohawk.org.

For the most up to date information on all outings and trip reports of consult the chapter website; join our Yahoo group for email updates; and join us on Facebook.com

April

Saturday, April 9, Columbia County Ramble B-3-C

We will explore trails in the Schor Conservation Area and nearby Beebe Hill State Forest. Length and difficulty will depend on the wishes of the group. Bring your grandchildren. Beebe Hill fire tower, Turkey Hill and No Bottom Pond are possibilities. A fun area to get to know. Leader: Wally Herrod, 758-9463 or wher48@gmail.com

Wednesday, April 13, Lenox Mt, Berkshires C-3-B

We will climb scenic Lenox Mt (2150') from Dunbar Rd., an area known for black bear sightings. The summit has expansive views, and this is a good hike for newer hikers. 3.8 miles roundtrip; ascent 500'. Option of hiking trails in beautiful nearby Pleasant Valley Wildlife Sanctuary (fee) afterward. Leader: Wally Herrod, 758-9463, or wher48@gmail.com

Sunday, April 17, Columbia County Cycle

We will start in Castleton on Hudson and bike south on Route 9J for 10 miles, then travel through the hamlets of Stuyvesant, Stuyvesant Falls and onto Kinderhook, the home of Martin Van Buren. We then head north to our starting place to complete the 30 mile, moderate terrain loop. Leader: Phil Fountain, pfounta1@nycap.rr.com or 371-8585.

Wednesday, April 20, Barberville Falls, Poestenkill C-3-C

Barberville Falls should be beautiful with the spring runoff from the Poestenkill Creek. This is Rensselaer County's scenic spot and is managed by the Nature Conservancy. Between 3-4 miles depending on how wet/muddy the trails may be. Half day activity; be back in time for lunch! Leader: Sharon Bonk, 674-0042, or sboqc@mindspring.com

Friday, April 22, Pine Bush Preserve, Albany C-3-C

Beginner Hike. Flat, 2.2mile loop. This a chance to explore the Albany that existed centuries ago and the unique habitat that emerged from a vast glacial lake that formed as the ice melted at the end of the ice age. The trail will begin at the Discovery Center. We may be able to see some emerging wildflowers, and there is the option of exploring

the Discovery Center itself. We will meet at the Center at 10AM. Leader: John Tiff, 439-5686, or jtiff2@nycap.rr.com. For more information regarding the Beginner Hikes see www.amcmohawkudson.org.

Saturday, April 23, East Mountain, Berkshires C-3-B

This is a challenging trip along the Appalachian Trail that climbs the steep slope of East Mountain, near Great Barrington, MA. It visits four beautiful overlooks with views of three states. 2.8 miles round trip; 719' ascent. Leader: Wally Herrod, 758-9463, or wher48@gmail.com

Saturday, April 30, Lye Brook Falls, Manchester VT C-3-B

Lye Brook Falls in the Lye Brook Wilderness Area should be beautiful at this time of the year. About 5 miles RT with 700'+ elevation gain on a relatively good path that was once a logging road. Be prepared for wet conditions. We can stop at the Bennington brew pub or Man of Kent on our return. Leader: Sharon Bonk, 674-0042/, or sboqc@mindspring.com

Saturday, April 30, Treadway Mountain, Adirondacks B-3-B

After I found out last fall that other hikers had easily skirted around the beaver flooding at the bottom of Treadway I was determined to try again. This is a favorite among many hikers for good reason. Leader: John Tiff, 439-5686, or jtiff2@nycap.rr.com

May

Wednesday May 4, Peebles Island State Park, Waterford C-3-C

This short (2 to 3 mile), level walk will have spectacular views of waterfalls, rapids and swirling water this time of year. The island is at the confluence of the Mohawk and Hudson Rivers. There will also be wildflowers and blooming trees. Co leaders: Will and Nancy Crowther, 698-0531, or nancy@crowther.org

Saturday, May 7, Vroman's Nose, Schoharie C-3-C

The view is wonderful from this absurdly shaped hill that really does look like a nose.

There is a half mile challenging section of the 1.8 mile loop hike. The name Vroman comes from the first farmer who settled in this still peaceful Schoharie Valley area. We will meet at the Delmar Elm Ave. Park and Ride at 10 AM. Leader: John Tiff, 439-5686, or jtiff2@nycap.rr.com

Sunday May 8, Westkill Mt, Catskills B-3-B

Distance: 8 miles. Ascent: 2400'. Elevation: 3880'. Rain (or threat of) cancels A moderately paced trail through hike. Leader: Ken Hubert, hikeleader3500@yahoo.com, or 718-463-5675 after 3pm, or 518-827-7327 Fridays and Saturdays

Thursday, May 19, The Crossings, Colonie C-3-C

Beginner Hike. Flat, about 2 miles. Designed as a formal park, The Crossings has flat, mostly paved trails through a secluded natural space located within an urban setting. Meet at the parking lot at the main entrance at 5PM.. Leader: John Tiff, 439-5686, or Jtiff2@nycap.rr.com For more information regarding the Beginner Hikes, see www.amcmohawkhudson.org.

Saturday, May 21, Bartholomew's Cobble, Sheffield MA C-3-C

This will be more of a wildflower walk than a hike although this Trustees of Reservations Property includes the moderately strenuous Hurlburt's Hill which we may climb for the view, depending on the interests of the group. 4-5 miles. Admission fee: \$5. Leader: Sharon Bonk, 674-0042, sboqc@mindspring.com

Saturday, May 21, Black Mountain, Southern Adirondacks B-3-B

Black Mountain is the highest peak just east of Lake George, and has end-to-end views of the lake as well as Adirondacks and Green Mtns. We will ascend via Lapland and Black Mountain Ponds. Leader: Julian Hadley, 753-4898, orjulianhdl1@gmail.co

Sunday, May 22, Harlem Valley Rail Trail Cycle, Dutchess County

Rain or threat of rain cancels. Helmet required. Suitable for road bike or mountain bike. 46 miles round trip from Wassaic to Copake Falls and back. The rail trail section is flat, but 16 miles of this trip will be on a county road that has some hills. Leader: Ken Hubert, amc.leader@yahoo.com or 718-463-5675 after 3pm, or 518-827-7327 weekends

Wednesday, May 25, Race Brook Falls and Mt. Race, Berkshires B-3-B

This is a scenic trail that follows Race Brook past two waterfalls and up to the ridge, where it joins the Appalachian Trail to ascend Mt. Race

(2366'). Great views from the ridge and summit. Distance 6.6 miles, ascent 1625'. Easy pace. Leader: Wally Herrod, 758-9463, or wher48@gmail.com

Saturday, May 28, Dunbar Brook Trail, Berkshires. B-3-B

As described in Best Day Hikes in the Berkshires, this as "a trail with old-growth trees, massive boulders, and a roaring flow," and is "a path of superlatives in the northern corner of the Berkshires." Sounds like a great hike, and away from the holiday weekend crowds. New hikers welcome. Distance 6.25 miles, elevation gain 1,010 feet. For details and to register, contact leader, Wally Herrod, at wher48@gmail.com, or 518 758-9463.

June

Wednesday, June 8, Warner Hill, Berkshires B-3-B

This is an enjoyable hike along the famous Appalachian Trail to a bare summit with views of Mt. Greylock. Should be a good time to see many spring flowers. Distance 6.3 miles, elevation gain 430 feet, height of Warner Hill, 2050 ft. Leader: Wally Herrod, 758-9463, or wher48@gmail.com

Saturday June 11, Nippletop & Dial Mts, Adirondacks A-3-A

We will do loop going over the shoulder of Noonmark to Bear Pen and on to Dial and Nippletop. The views along the ridge are great. The distance is 13 miles and the ascent is 4000 feet. Meet at the Northway Exit 9 Park & Ride at 4:30 AM. Leader: Kevin Cox, 279-4839 (Before 9:00 PM) or mmcloug1@nycap.rr.com

Saturday, June 11, Harvey Mountain, Columbia County C-3-B

3.5 mile round trip. This hike provides for a beautiful summit where one could sit all day and enjoy the view. The hike is not easy, nor is it extremely difficult. The elevation gain is 800 feet. Leader: John Tiff, 439-5686, or jtiff2@nycap.rr.com

Wednesday, June 15, Huckleberry Point, Catskills C-3-C

This is a spectacular, moderately easy hike out to Huckleberry Point where you are rewarded with views of the Hudson Valley and nearby mountains. This hike is also famous for its mountain laurel, which we hope to see at height of bloom. Total hiking distance is 3.5 miles with 340 feet of elevation gain. Meet at Thruway Exit 21 Park and Ride at 9:30 AM. Call to register and tell us from where you are coming and leave telephone number for inclement weather cancellation. Co leaders: Will and Nancy Crowther, 698-0531, or nancy@crowther.org

Friday, June 17, Overlook Mountain Moonlight Hike, Catskills B-3-B

We'll do a nighttime hike up this popular Catskill peak. The full moon should provide us with views of the valley. Headlamp or flashlight required. 5 miles;

ascent 1400'. Leader: Stacey Michon, 269-1858, or smichon125@gmail.com

Saturday, June 18, Pine Cobble and East Mts, Northern Berkshires C-3-B

These are two scenic small mountains that rise above Williamstown, MA. Should be a great time for spring flowers and great views of nearby Mt. Greylock. Our trail joins the Appalachian Trail near the summit of East Mountain. Good for newer hikers hike in reasonable shape, so come along! Easy pace. Distance 4.2 miles, elevation gain 1,340 ft to height of land at 2,000 ft. Leader: Wally Herrod, 758-9463, or wher48@gmail.com

Tuesday, June 21, Five Rivers Environmental Center, Delmar C-3-C

Beginners Hike. The terrain will be flat dirt path; 2.1 mile loop. Here's a chance to explore a range of natural sights from meadows, woods, and wetlands. The center has a long history of research and conservation and as such provides both for the wide diversity of wildlife there, and for the people who explore its environs. Meet at 5PM. at the Center's main parking lot. Leader: John Tiff, 439-5686, or jtiff2@nycap.rr.com. For additional information about Beginners Hikes please go to www.amcmohawkhudson.org.

Thursday, June 23, Chapter Meeting and Picnic, Schodack Town Park C-3-C

Schodack Town Park has 2+ miles of relatively flat trails. Come early and exercise before the picnic. Arthur Fontijn, 477-7992, or fontia@verizon.net. See article and website for details.

Friday-Sunday, June 24-26, Vermont Hiking Weekend

Weekend includes hiking on West River Trail (C-3-C) on Friday, Stratton Mt (B-3-C) or Grout Pond (C-3-C) on Saturday, and Hamilton Falls (B-3-C) on Sunday. See article and website for more details. Leader: Randy MacDonald, 766-7675 (before 9 PM), or randy04415@yahoo.com

Please note that all activities require advance registration. Please contact the leader for information about hike difficulty, meeting time and place, and carpooling. All numbers are 518 unless otherwise noted.

Hike Ratings

Distance

- AA = +13 miles
- A = 9 to 13 miles
- B = 5 to 8 miles
- C = under 5 miles

Leader's Pace

- 1 = very fast pace, 2.5 mph or faster
- 2 = fast pace, 2 to 2.5 mph
- 3 = moderate pace, 1.5 to 2 mph

Terrain

- A = very strenuous
- B = strenuous
- C = average





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 Mohawk Hudson Chapter
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CHAPTER & CLUB EVENTS & MEETINGS
 April 2Leadership Training (see Pg 1)
 April 18 ..Chapter Meet/Potluck (see Pg 1)
 April 22Earth Day: Beginners Hike
 April 29/30 AMC Spring Fling Mohican Ctr
 May 9 ExecCom/EGTL, 6:45 PM
 June 23..... Chapter Picnic & Meeting
 June 24/26 Vermont Weekend



A Word From our **Chapter Chair**



As I am writing this, we are in the midst of yet another winter storm, but hopefully by the time you read it the snow will all be melted and warmer weather will be here. We have lots of great activities planned this spring. We have our annual spring chapter meeting and potluck on April 18th, and our summer picnic at Schodack Town Park on June 23rd. Randy and Amy MacDonald have organized another Vermont hiking weekend on June 24th. This is a popular event and always fills up-so sign up soon to secure your spot.

I am very excited about the series of beginner hikes we are offering starting on Earth Day. This will be a series of eight hikes, some flat and some with small elevation gain. If you have been thinking about

coming out on a hike but haven't because you are inexperienced or worried about keeping up, come join us. These hikes will be at a pace where everyone can keep up and more importantly enjoy themselves. The hike schedule and information for beginning hiking is on our website.

Finally, the executive committee has unanimously decided that our chapter will be switching over to an electronic newsletter in the near future. Not only is it better for our environment, an electronic newsletter will allow us to provide more content, and also save the chapter money that we can use to provide more programs and opportunities for our members to enjoy. Keep an eye on our website for details.

Stacey



Chapter Weekends: June, July, and September

JUNE – Randy and Amy MacDonald are planning another weekend based at the Colonial Inn in *Weston VT* on June 24-26. Hiking each day (waterfall, mountain, pond). See chapter website for details. Price: \$179- \$216 pp, double occupancy; \$235-\$272 pp, single. Price includes 2 breakfasts, 2 trail lunches and 2 dinners, and all taxes and gratuities. Contact Randy MacDonald (766-7675) before 9 PM for details and to make reservations.

JULY – Join chapter members in our first Flat Water Kayak Weekend, July 8-10. Randy MacDonald has organized a weekend for us in West Brookfield, Massachusetts with accommodations on the Swift River at the Copper Lantern Motor Lodge. Friday Afternoon Paddle at Lake Wickaboag; Saturday Paddle 8.5 miles on the Quaboay River; Saturday dinner at Salem Cross Inn; Sunday

Paddle 7 miles on the Swift River. Weekend lodging \$130 to \$150 double, plus tax. Contact Randy MacDonald randy04415@yahoo.com 518-766-7675 before 9pm.

SEPTEMBER – Stacey Michon has planned the chapter's New Hampshire weekend for September 23-25. This year the weekend will be held at *AMC's Cardigan Lodge*. Cost is \$133 per person for the whole weekend. (If we meet AMC's discount level, everyone will get a few dollars back.) We have reserved three 5- person bunkrooms with shared bath, and one 2- person private bunk with shared bath. Price includes 2 breakfasts, 2 dinners and 2 trail lunches and taxes. There are all levels of hiking trails right out the front door. Make checks payable to Stacey Michon. Payment is due to Stacey by July 25 (269-1858).