



On the Western Slope



Chapter Chair

As the summer approaches, I marvel at all our Chapter has accomplished this spring.

In April, we received a stewardship award from the Mohawk Hudson Land Conservancy; presented a successful screening of the film “Chasing Ice”; and participated in six different trail work

projects from the Long Path to Dyken Pond.

In May and June, we talked to hundreds of new people at AMC’s information table during the Tulip Festival; worked major trail projects at Thacher Park, Taconic Crest Trail, and the Schoharie Preserve; and sent representatives to both the Chapters’ retreat and Young Members retreat. We also participated in the WAMC fund drive, Trails Day at Thacher Park, and additional work on Taconic Crest Trail. Our trip leaders continue to lead outings of various kinds, and a diverse set of members continues a major planning activity for our upcoming Fall Gathering.

I am grateful to a small group of dedicated people who keep all of these activities going. As many of you may know, I will be moving at the end of the year to California – out of AMC territory, and therefore out of the Executive Committee. The chapter welcomes new participants and new ideas. Please consider participating at some level to keep our Mohawk Hudson AMC moving forward.

In May, Kevin Cox and I attended a weekend-long Chapters’ Retreat, a gathering of Chairs and co-Chairs from every AMC chapter. We spent a full morning in workshops discussing how to make new participants feel welcome, and we want the chance to use what we learned. If you are new to our Chapter, or have not been active, our upcoming picnic on July 15th at Cherry Plain State Park is a great opportunity to meet other club members!

Mary Folsom

Summer Picnic at Cherry Plain State Park

Come to our annual summer picnic at Cherry Plain State Park on Wednesday, July 15. This small gem of a state park is in the Town of Berlin, in Rensselaer County. We have reserved the Water’s Edge Shelter pavilion for the day.

Come early to enjoy the park! You can take a relaxing stroll along Black River Pond, or go for a swim at the beach (there’s a bathhouse nearby with a lifeguard on duty from 10 AM to 6 PM). Kayaks and rowboats are available to rent during those same hours; or bring your own. You might also go fishing or mountain biking, or just explore.

Plan to arrive for the picnic at least by 5:45 – 6 PM to set up, so we can eat by 6:30 PM. The chapter will supply soda, burgers, dogs, rolls, and all the fixings. Please bring either a hot or cold side dish or a dessert to share. Register with Kathleen Helfrich kathelf@yahoo.com by July 12 to let us know you are coming.

To top off the evening, a representative of the Rensselaer Plateau Alliance will tell us about their plans to preserve the special environment known as the Rensselaer Plateau.

Note: Between 8 AM and 4 PM, there is a \$7 vehicle entry fee, except for seniors and those with an Empire Passport.

DIRECTIONS: You can get there from either of two directions. If coming via State Route 22, a pale red Cherry Plain S.P. sign alerts you that the road to the state park is coming up fast. At the next Cherry Plain S.P. sign on the west side of State Route 22, turn onto the road (CCC Dam Road) to the state park. Follow the main sense of this road for 2.4 miles to the park entrance. (On the way, the road’s name changes to Black River Road; then follow through with Miller Road when Black River Road bears off to the left).

If you’re coming via County Rte. 42/Taborton Rd, when you come to County Rte 41, make a sharp right onto Miller Road and follow for 2.4 miles to the park entrance. For more information on Cherry Plain State Park, please see <http://nysparks.com/parks/173/details.aspx>.

Chapter Outings

Dates to note:

July 13 EComm Meeting, EGTL
July 15 Chapter Picnic, Cherry Plain SP
July 18-Aug 15 August Camp, Central Oregon
Aug 7&8 Hours in the Life of AMC
Sept 14 EComm Meeting, EGTL

Save the date!

Oct 16-18 **AMC Fall Gathering, Lake George**
Nov 9 EComm Meeting, EGTL
Nov 19 Chapter Annual Dinner

Mohawk Hudson Chapter

Executive Committee

Mary Folsom, Chapter Chair; Acting Webmaster (518) 465-5425;
mfolsom@aol.com

Kevin Cox, Acting Vice Chair; Outings Chair (518) 279-4839;
mmclougl1@nycap.rr.com

Sharon Bonk, Treasurer
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sboqc@mindspring.com

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Sharon Foster, AMC Central Regional Director sharon_foster2@yahoo.com

John Tift, Trails Committee Chair
(518) 439-5686; jtift2@nycap.rr.com

Martha Waldman, Membership Committee Chair (518) 869-5109;
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Kathleen Helfrich, Program Committee Chair (518) 279-9621;
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Christine Boucher, Newsletter Editor
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Mohawk Hudson Chapter Website:
<http://www.amcmohawkhudson.org>

Save paper and ink!

Print only the **Dates to note** and **Chapter Outings** on pages 2 through 3.

July / August / September 2015

Listings below are as of June 25, 2015 newsletter distribution date. For our most current outings information, please check out our chapter web site at www.amcmohawkhudson.org. There, join our Yahoo group for e-mail updates on outings, and 'like us' on Facebook.

All activities require advance registration:
Please contact the Leader for information about hike difficulty, meeting time and place, carpooling, and hike updates due to weather or trail conditions.

July

Sun 7/5 Third Annual Lake George Land Conservancy Hike-a-thon Hikes of varying lengths and levels of difficulty plus nature reserves. Most of these hikes and nature reserve walks complement those that we will be offering at the Fall Gathering. For hikes, check <http://lakegeorgehikeathon.org/sites/>, and register at <http://lakegeorgehikeathon.org/>.

Wed 7/8 Minnewaska State Park Hike (Hiking) Join us in Minnewaska State Park. We will hike on the Upper Awosting Carriageway between scenic rock ledges from Lake Minnewaska to Lake Awosting, where we will have our lunch, go for a swim, then hike back to the cars. The hike is 3.7 miles one way, level and on a smooth carriage road. Leader: Will Crowther 518-698-0531 nancy@crowther.org
Co-Leader: Nancy Crowther

Sat 7/11 Nippletop & Dial AA-3-A (Hiking) This hike will be a loop taking the Leach trail up to Dial and Nippletop, then descending to Elk Pass to Lake Road. The distance is 11.8 miles and 4000 feet ascent. We will be meeting early. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.)
mmclougl1@nycap.rr.com

Wed 7/15 Summer Picnic (Social Events) Summer picnic and chapter meeting at Cherry Plain State Park in the Town of Berlin, in Rensselaer County, NY. We will be at the Water's Edge Shelter pavilion. Bring a hot or cold side dish or a dessert to share – the chapter will provide the rest. A representative of the Rensselaer Plateau Alliance will tell us about their plans to preserve the Rensselaer Plateau. Leader: Kathleen Helfrich
kathelf@yahoo.com

Sat 7/25 BNRC Trails and Tanglewood Afternoon Concert (Hiking) A morning walk from Tanglewood Box office through Kripalu to BNRC trails for 4 mile loop using Brothers Trail, Charcoal or Walsh trail and part of Burbank Preserve. Attend 2:30 Festival of Contemporary Music Concert in Ozawa Hall featuring Dawn Upshaw and Epstein Quartet performing new works. Tickets are \$12 (cash only). Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) sboqc@mindspring.com

August

Fri - Sat 8/7 to 8/8 48 Hours in the Life of AMC We encourage all chapter members to submit their photos and hiking/nature journal entries from independent outdoor activities during these two days to the WS newsletter editor Chris (Simson) Boucher at csimson@hotmail.com. Add "MH - AMC 48 Hours" to the subject line of your email and we will forward your submissions to the club's editorial staff.

Tues 8/11 Cycle Harlem Valley Rail Trail (Bicycling) Twenty two beautiful miles from Millerton to Wassaic and return. Meet at Millerton trail parking lot at 10:30 am. Rt 44 East off 22, turn right after passing trail on right. Possible car convoy from Schodack (Exit 11E of I90) if there is interest. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.)
sboqc@mindspring.com

Wed 8/19 Plotter Kill Preserve Hike (Hiking) This beautiful hike goes along a deep gorge with close views of three waterfalls, 60 feet high and 40 feet high. We will do a two mile loop which takes in all the waterfalls. Since we have two leaders, those who want to go longer can do an extended loop of 6 or 7 miles altogether. There are some short steep hills on these hikes. Bring lunch and water. Leader: Will Crowther 518-698-0531 nancy@crowther.org Co-Leader: Nancy Crowther

Wed 8/26 Ashuwillticook Bike Path, Adams, MA (Bicycling) Wednesday, August 26, 2015 Ashuwillticook Bike Path, Adams MA
Twenty two miles of easy cycling with great views of Greylock and Chesire Reservoir. This time we will start at the Visitors Center in Adams (Rte 8) and cycle to Lanesborough/Pittsfield end, then return. Snack/lunch / ice cream stop on the trail. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) sboqc@mindspring.com

September

Cancelled – 9/8 to 9/13 Attean Lake Lodge Trip.

Sun 9/20 Corkscrew Trail, Stephentown, NY
Sunday afternoon walk on the Corkscrew Rail Trail, 4 miles RT of flat trail. Leader: Sharon Bonk, sboqc@mindspring.com 518-674-0042

Sat 9/26 Mount Marcy A-3-A (Hiking) We will start at the High Peaks Information Center (HPIC) trailhead and follow the Van Hoevenberg Trail. There should be some foliage then. The distance is 14.8 miles and ascent is 3166 feet. Bring headlamps. Leader: Kevin Cox 518-279-4839 (NCA 9 p.m.) mmcloug1@nycap.rr.com

October

Fri – Sun 10/16 to 10/18 AMC Fall Gathering, Camp Chingachgook, Lake George NY (Hiking) Join in this all club event hosted by Mohawk Hudson chapter. Full and half day activities at all levels, Friday afternoon through Sunday. Speaker from Lake George Land Conservancy and Irish band, Triskele, on Friday; raffle, barn dance with Homespun Occasions on Saturday; campfires both nights. Leader: Sharon Bonk 518-674-0042 (NCA 9 p.m.) sboqc@mindspring.com; www.outdoors.org/fallgathering

The Mohawk Hudson chapter also offers additional weekday outings.

- The *Midweek Hikers* invite you to hike with them on Wednesdays. For more information and/or to join our e-mail list, contact Gerry Weber at (518) 758-7189 or gww@fairpoint.net
- The *Hiking at a Relaxed Pace (HARP)* group hikes on Thursdays or Fridays. For more information and/or to join our e-mail list, please contact Frank or Dee Wind at (518) 458-1781 or we_tell@verizon.net

Leaders may post e-mail updates for any of their trips (published or not) via the chapter's Yahoo interest group. Please join our [Yahoo group](#) (it's free!) to see the updates and connect to others.



May 2015 – Cherry Plain State Park

Hike Leader Profile: John Tiff



Throughout my years of working, I always clung to an idea that retirement would be a time to recapture some of the pure joy of discovery and exploration of the outdoors that

I enjoyed as a child.

Happily, retirement turned out for me to be a fulfillment of that dream. After retiring in 2008, I was pleased to find that I shared this love of the outdoors with a lot of people. One day, I was carpooling with two AMC members who told me about our local MH chapter. I joined and became hooked.

After a short period of enjoying the luxury of having time to go on almost any hike I desired, was astonished and flattered when a past Chapter Chair asked me whether I wanted to become a leader. My initial reluctance was tempered by the thought that my familiarity with hike possibilities was almost nil, and so that in order to lead hikes, I would have to scout out the hikes myself or duplicate hikes I'd done since my retirement.

After a more experienced hiker agreed to help scout possible hikes with me, I said yes. At first, I led hikes by myself. Lately I've been co-leading hikes and find that helps to lessen my apprehension of leading a hike by myself.

The full extent of my good fortune was to come when the same Chapter Chair asked me later whether I wished to become Trails Chair. Here again, I was astonished and perplexed as to why I was considered with my limited experience. I said yes once again, reasoning that it would be a chance to learn more and I would still be outdoors, which is where I always wanted to be anyway.

I began proactively reaching out to local conservation groups to learn about their efforts for trail maintenance and trail creation. With the support of our Executive Committee, I was able to find groups more than willing to accept our assistance in their trail maintenance and trail activities. My personal good fortune was such that through partnering with these groups, I became well-versed in the intricacies of trail maintenance.

So I've come to this point after almost seven years after my retirement confident that I am being true to my love of the outdoors. It is now up to you to think about bringing your own love of the outdoors to others by way of becoming a leader. I have to say that so far, it's been a blast!

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

“Like Us” on Facebook



Click the “facebook” image at left to view the chapter Facebook page.



Once on our Facebook page, click the “Like” image (shown at left) to “like” our page: if you have a Facebook account, you'll be asked to log in. Else, you'll have to set one up in order to “like” our page.

Update: We're up to 134 “likes” on Facebook, and 208 members on [Meetup](#).



May 2015 – Huyck Preserve, Rensselaerville

Rainy Day in the Adirondacks News Flash:

L.L. Bean will be opening an outlet store in Lake George, N.Y. – and we hear they're [hiring](#)!

Welcome New Members

Diane Allegro	John Assini	Barbara Axten
John Axten	Mr. Bagdon	David Bayne
Marcy Bellows	Michael Bellows	Rachel Blom
Louis Bonifati	Mr. and Mrs. Borman	William S. Boulette
Adam Burch	William Carpenter	William Christenfeld
David Clancy	Robert Clancy	James Close
K. Brian Collins	Bruce Cummings	Sharon Desrochers
Francis Driscoll	Mr. Ehrlich	Mr. Flannery
Constance Grant	Margaret Grogan	Denise Hobson
Ms. Holden	Claire Holloway	Richard Homenick
Max Hooper	Mr. and Mrs. Jewell	Ms. Karmiohl
Dylan Keenan	Mr. and Mrs. Kivlen	Michael Labate
JoAnn Lamphere	Anne Lapinski	In-Yong Lee
Ronald Loeber	Ralph Maioriello	Arthur and Carol Malary
Jim Meyer	Rachel Nardin	J. Michael Naughton
Shawn Neese	Diane Nicolai	Mary O Connell
Daniel Onufrak	Nicholas Reeder	Eileen Rice
Mr. and Mrs. Roddy	Claudia R. Rosenholz	Kim D. Saccoccie
Lee Sapienza	John Scarano	Marilyn J. Schmidt
Molly Schwartz	Peter Sipperly	Deborah Spicer
Ms. Sullivan	John Townsend	Kevin Tyler
Laurie Vivekanand	Saikumar Vivekanand	Michael Welch
Robyne Welde	Michele Whinnery	James Young
Migdalia Young		

FALL GATHERING REGISTRATION OPENS JULY 1!

Sharon Bonk, Fall Gathering Committee Chair

Now's the time to make your commitment to attend the AMC Fall Gathering organized by our chapter and open to all club members. From past newsletters, you know that a 12-person committee has been working on this event since last fall, and that the website is up at

<http://www.outdoors.org/about/fallgathering/index.cfm>

The registration component opens on July 1 and closes in late September. The event is Friday to Sunday, October 16-18, at Camp Chingachgook on the southeastern shore of Lake George. The accommodations are "youth camp rustic", and there are great meals and entertainment planned for Friday and Saturday evenings. During the day there will be outings to favorite trails, Buck, Sleeping Beauty, Prospect, among others. Attendees will be AMC members from all chapters, AMC staff, and of course Mohawk Hudson Chapter members.

Your MH Fall Gathering Committee invites you and encourages you to attend and bring your friends! Registering early will assist us in the final stages of our planning.

Fall Gathering Prep – Join the LG Hike-a-thon on July 5

The 3rd annual Lake George Land Conservancy Hike-a-thon is an opportunity to visit and hike some of the newest trails on Conservancy properties around the lake before the AMC Fall Gathering. The event features volunteer-led or independent trips to Cook Mountain (Ticonderoga area), Berry Pond (LG Village), Schumann Preserve (Pilot Knob), and Anthony's Nose (Putnam). Check <http://lakegeorgehikeathon.org/sites/> for hikes, and register at <http://lakegeorgehikeathon.org/>.

Call for Fall Gathering Volunteers

We need volunteers to help us host the Fall Gathering to be held at Camp Chingachgook on Lake George over the weekend of October 16 through 18. Help is needed with staffing the registration desk, guiding guests to their cabins, parking and answering questions, etc. If you could spare a few hours that weekend it would be greatly appreciated.

Most of all, we need leaders and co-leaders to conduct our scheduled hikes: Buck Mountain (both Pilot Knob and Hogg Town trailheads), Sleeping Beauty, Shelving Rock, Black Mountain, Pilot Knob preserve, Cat and Thomas Mts, Berry Pond, Fifth Peak, and the Warren County Bike Trail.

Please let me know by email if you will help. Thank you,

Gerry Weber,
Volunteer Coordinator, gww@fairpoint.net

Northeastern birds and climate change

By Dave Esmond, Conservation Chair

Do you have a favorite 'spring is sprung' bird, whose sighting lets you know that winter is finally gone? For me, it's watching the amazing aerial antics of swallows pursuing insects that brings this welcome news.

While the arrival of birds signals seasonal change, birds are beacons of climate change as well, because they are so visible, varied, and widespread. Birds perform a lot of important 'ecosystem functions', including pest control, sanitation, seed dispersal and pollination, so the impact of changing climate on bird populations has a lot of significance for the health of our environment. Climate change has already had an impact on the birds in our area, with a lot more likely changes yet to come.

In general, it seems that warming climate will tend to move bird populations northward and upward into higher elevations. The 'upward' trend could spell trouble for species that are adapted to higher 'alpine' type environments; for those types of terrain, moving upward means shrinkage and possibly total disappearance of habitat in some locations.

Other types of climate change impact may have detrimental effects on bird populations as well. More severe storms could reduce bird populations overall. Different rates of change among underlying components of given environments in response to climate change, may put migratory birds 'out of sync' with the food sources they rely on during migration. Climate change may also create entirely new types of ecological communities, thereby exposing birds to different predators and food sources to which they have not adapted. Higher temperatures will also require more energy for regulating body temperature, which will mean less for other biological functions.

The extent and pace of climate change will be critical to the ability of birds to adapt. There will undoubtedly be 'winners' and 'losers' from climate change in our area. A recent study focused on predicting the likely impact of climate change on birds in the northeast, foresees richer species diversity in Maine and New Hampshire, as well as reductions in species diversity in Pennsylvania and western New York (if you're interested you can access the study via the following link: http://www.ucsusa.org/sites/default/files/legacy/assets/documents/global_warming/pdf/miti/rodenhouse_et_al.pdf).

Northeastern birds and climate change – continued from page 4: Well-documented changes in distribution of bird species in the northeast have already occurred. Eastern Phoebe used to arrive at Mass Audubon sites around the first week in April; currently they arrive around the third week in March. Swallows used to arrive around the second week in April; now, they can be seen the last week in March.

What human interventions will help birds adapt? Efforts to maintain habitat resilience are crucial. National conservation organizations, partnering with state environmental agencies, have fostered many agreements with large landowners to manage their properties in ways that will help sustain bird populations. Efforts to prevent further environmental fragmentation, such as the Rensselaer Plateau Alliance initiative, are vital to maintaining habitat resilience in our area. New York State's current wildlife management plan addresses the impact of climate change on bird populations (<http://www.dec.ny.gov/animals/7179.html>).

There is certainly a role for all of us as individuals concerned about the environment as well. Many conservation organizations have guidelines for homeowners to follow to help sustain bird-friendly environments. Here's a link to such information from the Audubon Society: <http://www.audubon.org/conservation/creating-bird-friendly-communities>.

Through our actions, as individuals and as a conservation-oriented organization, we can help to sustain the richness of our birdlife in the northeast.

MHLC Award for Trails Work



Our chapter was honored and thanked for its trails work in support of the Mohawk Land Conservancy's land conservation efforts. The event

took place during the Conservancy's Annual Meeting on April 16, 2015. John Tift, AMC/MH's Trails Chair, received the *Open Space Preservation Leadership Award* on behalf of the chapter. Dan Soszynski, AMC Membership & Volunteer Relations Coordinator, spoke about AMC's conservation position and thanked our chapter for its service.

The award recognizes that for several years, John Tift has organized chapter work groups for trail maintenance projects at MHLC preserves in Albany, Schoharie, and Montgomery counties. He has coordinated the work with the MH Land Conservancy's Peter Bakal, who is also an AMC/MH member.

Several chapter members who have participated in John's trail work groups were also in attendance: Ellen Kozlowski, Kevin Cox, Kathleen Helfrich, Sharon Bonk; and Nancy and Will Crowther, who serve as volunteer stewards for one of the MHLC preserves. Unable to attend were stalwart trail maintainers Dave Esmond, Mike Boucher, and Dave Cedar. Congratulations to all from the chapter.

2015 Young Member Leaders Retreat AMC's Gateway to the Future

By Tom Kaczmarek

In late-May, nineteen committee chairs and outing leaders from across the northeast and mid-Atlantic convened at AMC's Highland Center in Bretton Woods, NH to address key components of AMC's strategic plan.



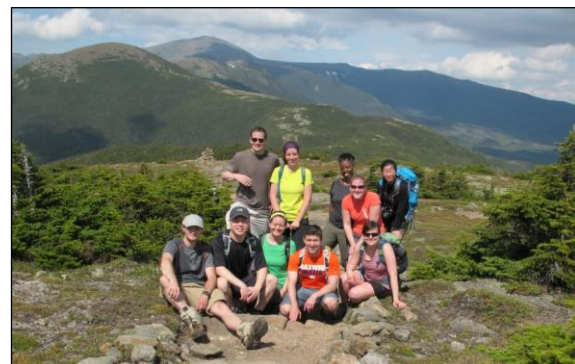
With representatives from Washington, DC to Maine to our very own Mohawk Hudson, the group developed strategies to strengthen AMC membership, recruit new leaders and increase organizational capacity. But this wasn't just any group tackling some of the Club's most significant issues. This was a gathering of Young Members.

Don't let the "Young" moniker fool you. AMC's Young Members (YMs) – generally defined as members in their 20s and 30s – bring plenty of outdoor experience and leadership acumen to the Club. They are professionals and parents, teachers and lawyers, hike leaders and board members. And as acknowledged by AMC's [Vision 2020](#), YMs are an important and growing sect of club membership yearning to hit the trails and contribute to AMC's bright future.

When the chairs and most involved members of Chapter YM Committees were offered the opportunity to partake in a retreat and roundtable at the Highland Center this spring, they jumped at it. Over the three-day session, participants shared proven recruitment strategies, collaborated on mutual leadership challenges, navigated complex committee simulations, and of course – found time for a hike. The group left the weekend not only with new methods to build YM programming, but also a commitment to strengthen our nascent YM leader network and a renewed impetus to serve.

So, what's next for Mohawk Hudson Chapter YMs? For starters, we will be improving the opportunities available to 20- and 30-somethings. We will explore options such as happy hours, social leagues, local hikes and joint ventures with our neighboring chapters. We will also be organizing an activity with Young Members from all chapters at the Fall Gathering in Lake George this October (a can't-miss event!). But the future of YMs depends most on you, our young members and friends. We will focus on providing a gateway for younger and newer members to explore all that the club has to offer on their way to becoming active participants and leaders.

Whether you want to help plan a trip or social event, offer administrative support, we want your energy! Just contact me at tgkaczmarek@gmail.com so we can work together to provide connections to the outdoors. See you on the trail!



Young Members hiking Mount Pierce in NH during their May 2015 retreat

Car-Free Outings

Alternate Transportation Can Connect You to Your Next Hike

By Tom Kaczmarek

The temperature is warming, the birds are chirping, and you just found a free weekend on your calendar! It sounds like a perfect opportunity to head out on the trail. Except for one small issue: you don't have a car.

More and more often, this scenario plays out in the Mohawk Hudson region. Adults young and old are partaking in the "car free" diet (ditching personal vehicles to cut costs, reduce carbon footprints, or to simplify lifestyles) yet fear that lacking a car will keep them from the great outdoors. But with a bit of planning and a just a touch of creativity, you can be back on the trail as soon as this weekend – all without the use of a car.

From Ulster County to Essex County, the Mohawk Hudson region has many local public transit options to help us connect to the outdoors. If you are lucky enough to live near the trailhead in the Catskills or the High Peaks, congratulations! You may be a local bus ride away from your next hike. For the rest of us though, accessing the trailhead often requires three-step process: 1) Use local transit to connect to a regional transit system; 2) Use regional transit to get you closer to your hiking destination; and 3) reconnecting with local regional transit or a hiker shuttle to get you to and from the trail.

Step 1: Connect to Regional Transit



Residents in [Kingston](#), [Glens Falls](#), and many other Mohawk Hudson localities have access to low-cost local transit systems which connect directly to regional transit hubs. The capital district's [CDTA](#), for instance, runs several bus routes from the Albany/Troy/Schenectady area to the Amtrak station, bus depot, and even the airport.

Step 2: Close in on your Destination



Once you arrive at one of these three regional transit hubs, your possibilities are really limitless. Amtrak trains provide access to popular hiking regions including the Catskills, the Adirondacks and the Berkshires. Bus services provided by [Trailways](#), [Greyhound](#) and several other carriers offer even more local destinations in New York's most treasured parks, inching you even closer to your favorite treks.

Step 3: Hit the Trails



After stepping off your train or bus, you are one final ride away from the trail. Cities such as Keene (accessible by bus) in the [Adirondacks](#) or Pittsfield (accessible by train) in the [Berkshires](#) offer their own regional transit systems with several stops at or near trailheads. You can also venture all the way out to the White Mountains of New Hampshire, where [AMC-run Hiker shuttles](#) connect hikers directly from bus depots to the trail.

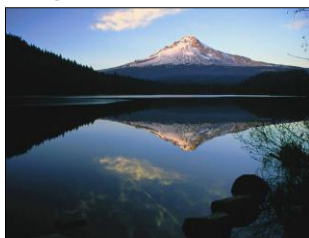
Following these simple steps, you can leave the gas card at home and still be on the trail in no time.

See you on the trail!



June 2015 – Vermont Hiking Weekend, Killington Mtn.

August Camp 2015



Reminder: Come to August Camp in Oregon's beautiful Central Cascade Mountains! Camp runs July 18 through August 15. Plan your one- or two-week adventure now and be part of one of the AMC's oldest traditions. For application,

camper forms, and details, visit <http://www.augustcamp.org>.

WAMC Fund Drive

In June, our chapter got a few "plugs" during the WAMC fund drive, as members Dave Esmond, Kevin and Barbara Sheehan, and Mary Folsom worked the phones and let others know about AMC. They enjoyed delicious pizza slices and other goodies while supporting both public radio and the chapter.

Quick tips

for a **car-** and **stress-free** experience!

- **Plan your trip backwards**, from the trail you want to visit back to your front door. This will cut down on wasted planning time and allow you to focus on realistic trip options.
- **Account for weekend and holiday hours**. Most transit systems operate on a different schedule on these days.
- **Don't forget the return trip!** Make sure you can safely arrive at – and be picked up from – your ultimate trail destination on a reliable schedule that fits your trip.
- **Kindness can go a long way**. Bus drivers in trail communities often accommodate hikers' requests for unscheduled stops along their routes, so long as they don't interfere with the driver's schedule. But don't assume, call ahead to confirm.
- **Don't Hitchhike**. For your own safety, use tried and true modes of transport.
- Still not finding a trip that meets your travel needs? The best way to get outdoors without your own car is to **join your Mohawk Hudson chapter** for an **AMC-led trip!** Contact the Leader about the possibility of being met at a rail station or park n ride.

Note: Chapter Chair Mary Folsom adds that a number of local hiking areas found on our chapter website (click "Resources", then "Outdoor Areas") are within 2 miles of a bus stop: Ann Lee Pond Nature Preserve, Lisha Kill Preserve, Elm Avenue Town Park, Peebles Island State Park, Normanskill Preserve, Rensselaer Technology Park, Tawasentha Park, Uncle Sam Bikeway. And you can easily get by CDTA bus to within walking distance of both the Corning Preserve and Washington Park in Albany.

Tulip Festival Draws Lots of Interest



An estimated 80,000 people came out to Albany's Washington Park in beautiful weather on Mother's Day weekend, where AMC Membership & Volunteer Relations Coordinator, Daniel Soszynski, set up an AMC information table. Hundreds of people had stopped by the table, taken literature, and left email addresses for more information before Sunday afternoon's rainstorm chased us away.

Volunteer chapter members Mary Folsom, Myra Fedyniak, John Tift and Ellen Kozlowski, were struck by the number of attendees who said "I am an outdoor enthusiast who just moved to the area". AMC membership will be following up by email with those interested parties. Let's hope that some will join in on our activities!

Dan and the Membership Department said that they are looking forward to repeating the activity next year. Special thanks to Myra, who suggested that AMC attend the Tulip Fest.



June 2015 – Moxham Mountain, Minerva, NY

WE WANT YOU IN AMC OUTDOORS!

Our chapters work hard and play hard! The editors of *AMC Outdoors* have two special opportunities coming up to showcase chapters in the pages of our member magazine.

1. The first is our **21st ANNUAL PHOTO CONTEST**, coming this summer from *AMC Outdoors*. This is the contest you know and love, showcasing your gorgeous photography, with a couple of twists. We're adding a new category in 2016: Recreation Close to Home, focused on the adventures you find in the parks, preserves, and bike paths in your own neck of the woods, throughout the entire AMC region.

We're also upping the ante with a competitive contest pitting chapter against chapter, Maine against Mohawk Hudson: The recipient of our new **Chapter Award**, delivered to the chapter with the highest percentage of participation in the contest, will win a customized photography workshop with the staff of *AMC Outdoors*. For details, including the contest's summertime launch date, stay tuned to outdoors.org/photocontest.



2. Are your creative juices flowing? Good! For our November/December 2015 issue, we're aiming to capture **48 HOURS IN THE LIFE OF AMC**, from the volunteer-managed camps to chapter activities to the trails to the rivers to the huts to YOP to—well, you get the idea.

The 48 hours in question will be **Friday, August 7 through Saturday, August 8**, and we want to gather every photo, every paddle, every summit, and every quiet moment of reflection from that 48-hour period that you're willing to share.

We'll weave all of this rich material from all of our many constituents—members, volunteers, board, staff, and beyond—into one epic timeline conveying just how awesome this club is and how truly proud of it we are. We'll be reaching out to chapter leaders soon to enlist your help. We're eager to showcase all of your excellent efforts to work together on these projects celebrating AMC!

Email your photos and nature/hiking journal entries with "MH - AMC 48 Hours" in the subject line to your WS newsletter editor, Chris (Simson) Boucher at csimson@hotmail.com, and we'll forward them on to the AMC editors.