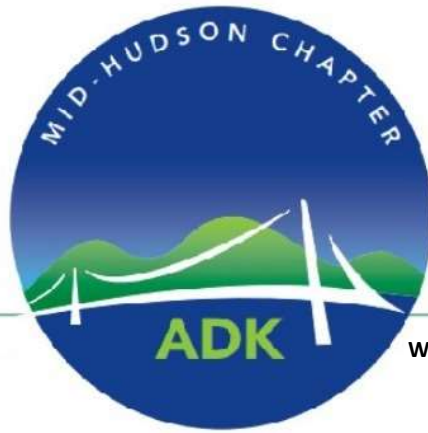


Mid-Hudson

TRAILS



News and activities of the Mid-Hudson Chapter of the Adirondack Mountain Club

Winter 2024-2025

2025 Wiezel Cabin Trip

By Ginny Fauci, ADK Hike Leader



ADK Loj at Heart Lake

Mid-Hudson ADK weekend at Wiezel Cabin 2/14 - 2/17/2025 was a great success. The snow at Heart Lake was fantastic, and got even better with another snowstorm that began Saturday afternoon and continued into Sunday evening, ultimately dropping another 12 to 16 inches. But on Friday, when everyone drove up, the weather was gorgeous and driving conditions perfect. Some people stopped and skied on the way. Carla, Jane, Robin, Louise, Roberta, and Ginny snowshoed around Heart Lake. Most of us had Valentine's Day dinner at ADK Loj which included after dinner entertainment, a chocolate fondue tower and fruit drinks. We took our after-dinner walk around the property.

Continued on page 16

UPCOMING EVENTS

March 18:
Board Meeting on Zoom ()**
at 5:30pm. All are Welcome.

April 15:
Board Meeting on Zoom ()**
at 5:30pm. All are Welcome.

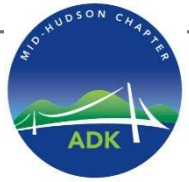
May 20:
Board Meeting on Zoom ()**
at 5:30pm. All are Welcome.

May 25:
Deadline for the Spring issue of this newsletter. Your articles, photos are most welcome.

June 8:
Spring Picnic at Bowdoin Park.

September 28:
Annual Meeting and Fall Picnic at Ulster Landing.


**** Contact**
midhudsonadk@gmail.com for ZOOM meeting link to attend.



Mid-Hudson Chapter Adirondack Mountain Club

 <https://midhudsonadk.org>

 midhudsonadk@gmail.com

 Follow us on [Facebook](#)

2025 Elected Officers

- *Chair:* **Annette Caruso** chair@midhudsonadk.org
- *Vice Chair:* **Jeanette Tully-Baker**
- *Secretary:* **Eileen Digan**
- *Treasurer:* **Carla Barrett**
- *Chapter Director:* **Paul Silverstein**
- *Chapter Director:* **Roe Di Bona**
- *ADK Advisory Council Trustee:* **David “Starchild” Koehler**
- *ADK Advisory Council Trustee (Alternate):* **David Mong**
- *Past Chair:* **Georgette Weir**

Committee Chairs

- *Communications:* **Cindy Colter**
- *Conservation:* **open**
- *Database:* **Eli Cohen**
- *Education:* **Sharon Klein**
- *Finance:* **Carla Barrett**
- *Membership:* **Pete Cantline** membership@midhudsonadk.org
- *Newsletter:* **Jeanette Tully-Baker** newsletter@midhudsonadk.org
- *Outings:* **David Mong** outings@midhudsonadk.org
- *Programs:* **open**
- *Publicity (Webmaster / Facebook / Meetup):* **Jeanette Tully-Baker**
- *Social Chair:* **Dea McNealy**
- *Trails / NY/NJ Trail Conference Rep:* **Georgette Weir**
- *Water Trails & Paddles:* **Russ Faller**
- *Rep. to Hyde Park Trails Committee:* **Salley Decker**
- *Ad-Hoc Library Committee:* **Carla Barrett**

Mid-Hudson Trails, Winter 2024-2025 Edition

Published 03/11/2025

Mid-Hudson Trails is the newsletter of the Mid-Hudson Chapter of the Adirondack Mountain Club. Published quarterly.

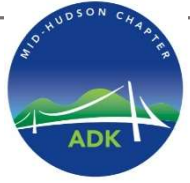
Newsletter Editor: Jeanette Tully-Baker

Newsletter Team: Georgette Weir, Annette Caruso, Pete Cantline, Dave Mong, Shirley Freitas

Submissions/comments/corrections? Please contact the Newsletter Editor at newsletter@midhudsonadk.org

A Message from your Chapter Chair

By Annette Caruso



Introducing our new Chapter Chair

As we brace ourselves for the new year and the challenges unfold, it is re-assuring to be part of an organization dedicated to advocacy, conservation and preservation of nature. The planet needs us now more than ever. So I'm thrilled to be the new chair for the Mid-Hudson chapter of ADK and appreciate this opportunity. As members you, too, can become more involved. Like many non-profit organizations, this one relies on volunteers to be successful, and the more there are, the more we can offer. It's a win-win. You can:

1. **Lead hikes and/or paddles:**

Sign up as an outing leader -- share your knowledge of the area and be assured of fun outings! There are some leader requirements based on the level of hikes you lead. (See this [ADK Outing Guide Resources](#) for the latest Outing and Trip Leader's Guide, the latest Certification Courses, and a link to the Certification Submission.) Most classes are free and with pre-approval from David Mong, our outings chair, costs can be reimbursed -- please refer to our chapter policy on this for details:

[Mid-Hudson ADK Leader Training Reimbursement Policy, Board Approved 3/19/2024](#)



Annette Caruso

2. **Participate on the board:**

Other than the elected positions, there are a number of committees you can join. These committees include Social, Trails, Newsletter, and Membership.

3. **Sign up for trail maintenance activity:**

Our chapter is responsible for upkeep of some trails and we partner with the NY/NJ Trail conference to maintain others. Keep an eye out of upcoming maintenance activities and sign up!

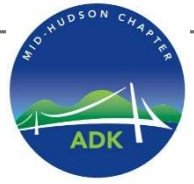
4. **Attend the social events:**

Meet other members and partake in potluck or meal. Some of the plans for this year include:

Event	Date	Location
Spring Picnic	<i>Sunday, June 8</i>	<i>Bowdoin Park</i>
Fall Picnic	<i>Sunday, Sept 28</i>	<i>Ulster Landing</i>
Holiday Party	<i>Sunday, December 8</i>	<i>Locust Grove</i>
Weekly Breakfast	<i>Every Friday at 8:30am</i>	<i>Gateway Diner, Highland</i>

Continued on page 4

A Message from your Chapter Chair



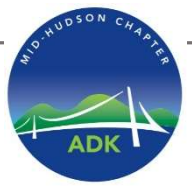
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Introduction to our 2025-2026 Board Members

- **Georgette Weir** gets to stay on the executive board as **Past Chapter Chair**. Her experience and guidance has made this chapter stronger than ever, and we're fortunate she remains part of the leadership team. Georgette is also chair of the Trails Committee, and not only is she an active hike leader, she also coordinates our trail-work opportunities.
- **Annette Caruso** was elected **Chapter Chair**. Annette held the position of Vice-Chair during Georgette's tenure, and was Secretary for nearly two terms prior to that. Annette is a relatively new resident of the Hudson Valley, having moved here from California in 2015, but was a frequent visitor and has loved the Hudson Valley since the early 70's when her sister Marie, one of the chapter's longest-standing members, moved here. Annette lived in the Bay Area and was a hike leader for the Nature Friends Tourist Club in Mill Valley, CA. She is certified as a Level 1 hike leader for ADK and, being recently retired, plans to lead more 'bunny' hikes on the weekends. She is also active in the chapter's Social Committee and the Advisory Council Communications committee.
- **Jeanette Tully-Baker** is our newly elected **Vice-Chair**. She is also chair of publicity. This newsletter and our chapter website are examples of her talented handiwork. Jeanette is also active on the Social Committee and the Advisory Council Communications committee. She is an active paddle leader in the warmer months.
- **Carla Barrett** is the new **Treasurer**. A former MHADK chapter chair, she has stayed active on the board and for the past four years was responsible for our library program, which provided funding for local libraries to sponsor activities that were aligned with the ADK charter of conservation and advocacy in the community.
- **Eileen Digan** starts her second term as **Secretary**. Keeping track of and documenting monthly board minutes comprise the essential secret sauce for keeping the board on track
- **Paul Silverstein** starts his second term as a **Chapter Director**. Paul is also a certified outing leader.
- **Roe Di Bona** is a new **Chapter Director** and is heartily welcomed. As an avid outdoors person, Roe brings a wealth of experience to the team.
- **David 'Starchild' Koehler** starts his second term as **Chapter Advisory Council Trustee**, representing our chapter with ADK headquarters. Starchild now holds the position of Vice-Chair on the Advisory Council itself.
- **David Mong** is a new **Alternate Chapter Advisory Council Trustee**. David is also our own chapter's Outings Committee Chair, and has taken lead at the Club level for communications as well as migration to the new iMIS computer system, which is targeted to become the next best thing.

Continued on page 5

A Message from your Chapter Chair



Continued from page 4

A pause here to thank and recognize our former chapter treasurer for the past 25 years, **Ralph Pollard**. For all those years, with Ralph's steady hand, the chapter was not just solvent, it was able to sustain hundreds of initiatives in line with the club values. In the past few years, as ADK headquarters re-organized the club, Ralph adapted to and complied with the new process. And although significant changes were made in club finances, those changes were transparent to our chapter and business continued as usual. Ralph earned his stripes 100-fold and our chapter has benefited so much for his contribution. Ralph continues to be active as host of the weekly breakfast at the diner, and is now working on membership outreach with our membership committee chair Pete Cantline.

The Committees and their Chair-people:

Ad-hoc committees are added as needed. This is a list of current standing committees and their respective chairs:

- **Communications: Cindy Colter**
- **Database: Eli Cohen**
- **Education: Sharon Klein**
- **Membership: Pete Cantline**
- **Outings: David Mong**
- **Publicity: Jeanette Tully-Baker**
- **Social: Dea McNealy**
- **Trails: Georgette Weir**
- **Water Trails & Paddles: Russ Faller**

If you're interested in finding out more or volunteering you can email midhudsonadk@gmail.com

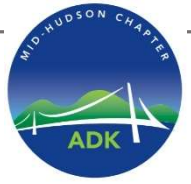
and/or check out our chapter website: <https://midhudsonadk.org/contact-us/>.

*Annette Caruso
Mid-Hudson ADK Chapter Chair
2024-2025*

Meet the Board and Committee Chairs (and Ralph)

*Are you wondering who's who?
Attend a Zoom Board Meeting
to meet us!*





Clip, Clip, Clip, Clip

By Georgette Weir, MHADK Trails Chair

Ice-encrusted snow is on the ground as I write this note, but the days are getting longer...signaling—Trail Work season is coming! Watch our outings announcements for expected trail clipping excursions at Minnewaska State Park, where our chapter maintains the trail from Millbrook Mountain Carriage Road out to Gertrude’s Nose (we try to go during mountain laurel season), and at Locust Grove Historic Site in Poughkeepsie. Other as-needed trail maintenance opportunities may come along, so please stay-tuned! If you would like to get spur-of-the-moment trail work notices, contact me at gwmhadk@gmail.com.



Trail maintenance volunteers at Blueberry Run

ADK Trail Crew Opportunities

ADK’s Volunteer Trail Crew programs for this upcoming summer have been posted online.

They can be found here: <https://adk.corsizio.com/?category=63447c4583a42535471c0be4>

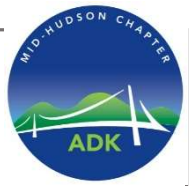
For those of you who are not familiar, every summer ADK hires two seasonal staff to lead groups of volunteers in trail building and maintenance. These projects run from day-long events (such as National Trails Day) to 5-day-long programs. Some of these projects are open to all ages (14 and up) while others are geared toward teens (ages 14-17). Trail building skills taught include rock work (rock stairs, turnpikes, stepping stones, etc.), bridge building, tree felling and processing, new tread development, and regular trail maintenance including sidecutting, drainage clearing and blowdown removal.

Here is the schedule for this upcoming summer:

- May 30–June 1: Dan Kane Memorial Work Weekend (All-Age Crew)
- Jun 7: National Trails Day Projects (All-Age Crews)
- June 16-20: Elk Lake (All-Age Crew)
- June 24-29: Azure Mountain (Teen Crew)
- July 3-5: Iron Mountain New Trail Construction (All-Age Crew)
- July 8-13: Stone Valley Bridge Construction (Teen Crew)
- July 16-19: Native Lumber Bridge Construction (All-Age Crew)
- July 22-27: Stone Valley Bridge Construction (Teen Crew)
- July 31-Aug 2: Iron Mountain New Trail Construction (All-Age Crew)
- August 5-10: Teen Crew: Woods Women (All-Girls Teen Crew)
- Aug 13-16: Woods Women: Phelps Trail Maintenance (All-Women All-Age Crew)

Volunteering on a trail crew can be a positive, transformational experience for teens. The adult programs also get a number of returners every year, who come back for the camaraderie and the joy of working with your hands.

There is a fee associated with some of the programs to cover the cost of food and the crew leaders’ time. A few of the programs are free, however, and there are scholarships available for teen participants (thanks to our donors and sponsors, including some of you).



Membership

MHADK welcomes the following new members who joined the club from November 2024 - February 2025.

- Steve Taylor
- Jeff and Kate Macaluso
- Walter Trapp
- Chelsea Lynn Walker
- James Phillips
- Max Ansbro
- Margaret King
- Adrienne and Harlan Pincus
- Heath and Hannah Salit
- Wendy Johnson
- Marguerite Pitts
- Marie Carter
- Alexis Goebel
- Carol O'Donoghue
- Margaret Carney and William Walker
- Loren Gerson
- Eric Silva
- Myra Romano
- Michael Daley
- Edmund Durso

welcome

In Memoriam: Gwendolyn Cardarelli 1941-2025

By Carol Gray, ADK Member and Friend

Gwen was a beloved spirit, a beautiful person, full of life, joy, eagerness and exuberance. To be in her presence was illuminating. Her desire to live, love, and learn was amazing.

Gwen lent a bravura to our Friday breakfasts. She will be missed. In memory of Gwen:



Gregarious
Wonderer
Exuberant
Non-ager
Dancer
Outgoing
Life-lover
Youthful
Nature-lover

Caring
Athletic
Religious
Dancer again
ADKer
Reader
Energetic
Learner
Lecture-goer
Italian devotee

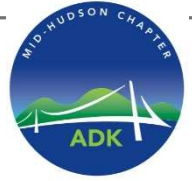
1941-2025

Gwendolyn Cardarelli

In friendship,
 Carol Gray

Gwen Cardarelli obituary:

<https://www.mchoulfuneralhome.com/book-of-memories/5547054/Cardarelli-Gwendolyn/index.php>



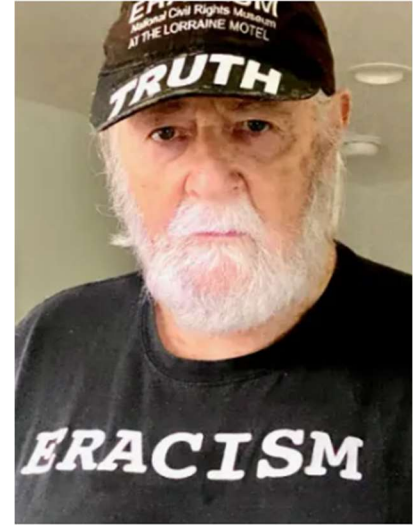
In Memoriam: Tom Lint, MHADK Breakfree Founder 1939-2025

By Georgette Weir

Tom Lint (July 4, 1939-January 7, 2025) was an avid camper and hiker, an ordained minister and civil rights activist, and a dedicated teacher at Poughkeepsie High School starting in the 1970s. Through his membership in ADK, Tom brought his passions together and founded Breakfree, a club that gave Poughkeepsie High School students opportunities to explore and learn about the outdoors with Mid-Hudson ADK volunteers as leaders, guides, and mentors.

Students enjoyed hiking, kayaking, canoeing, and camping adventures in the wilderness. They took part in wilderness service outings where they did trail maintenance on footpaths and cleanups of water trails. MHADK members enjoyed building closer ties to the Poughkeepsie community. Breakfree was very active for many years and continued into the early 2000s.

Russ Faller was one of Breakfree's MHADK volunteers and he has this recollection:



Tom Lint

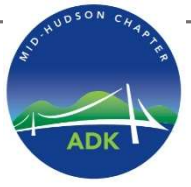
"Tom and I planned, and led, several canoe/camping outings for Breakfree members. Before they could participate in these outings, these kids had to take canoe paddling instruction. It was a joy for an adolescent, who entered a floating canoe for the first time-- so insecure, with a worried face--to emerge after a few lessons as a novice paddler. We took the boys on camping trips up the Hudson River. Although they were all familiar with this river from their frequent visits to Waryas Park in Poughkeepsie, they had no idea that we were paddling on that same river when we were up in Stockport Flats, just north of Hudson, NY.

Breakfree members not only learned some geography through this program, they also developed self-confidence, an improved self-image, and social skills. But I think the most important learning was through their experience bonding with their peers. This happened rather quickly since they were in a totally unfamiliar situation. Not at all like their usual environment in Poughkeepsie. They bonded because they realized that they needed each other to get through this new experience. Name-calling, bullying, rejecting those who looked or acted differently, fell by the wayside. Offering a helping hand, caring, acceptance, and cooperation emerged. These students learned valuable lessons that would help them socially navigate the rest of their lives."

Tom was a role model to thousands of children and teens in Poughkeepsie through ADK and other organizations. He helped young people to develop visions and goals for their lives and enhance their communities, and he was an important, invigorating asset to Mid-Hudson ADK. He will be missed by many.

Tom Lint Obituary:

<https://www.sweetsfuneralhome.com/obituaries/Tom-Lint?obId=34706695>



Conclusion of Mid-Hudson's Library Support Program

With the submission of the following final reports, this very successful four year program conceived and implemented by the Mid-Hudson Chapter is concluded. The Chapter appreciates ADK's funding support, and the 35+ Libraries in the Mid-Hudson Library System which participated. Refer to previous issues of this Newsletter for other Final Reports and additional details of the Program.

Carla Barrett
MHADK Program Founder and Committee Chair

Sarah Hull Hallock Free Library – Nature Exploration Backpacks

Raven Fonfa, Director
Sarah Hull Hallock Free Library, Milton, NY

Sarah Hull Hallock Free Library has put MHADK's \$600 grant to good use in supporting the development of our Explorer's Backpacks. We were successfully able to create five explorer backpacks on different themes - Insect Exploration, Tracking Exploration, Bird Exploration, Forest Exploration, and Night Time Exploration.

The Explore Backpacks were devised to build on our current nature themed programming for young children. Our *Nature Kids Storytime* for children 3 to 5 is very popular; 48 children attended the program this year. Many of the books used for this program were purchased through a prior grant from MHADK. This year we launched *Wildside at the Library*, a nature learning program for children 3 and up. The Explorer Backpacks were introduced at the start of this program and were an integral part of its success which was conducted mainly outside; 37 children participated. The backpacks were entered into our general circulation and have been checked out 17 times to date. These programs are ongoing with plans for the Wildside program to return next spring. With these programs we hope to inspire young children to explore and enjoy the beauty of the natural world and to instill in them a respect for the environment.

The Sarah Hull Hallock Free Library is grateful to have had this opportunity to expand our Nature Kids programming through the Adirondack Mountain Club donation.



Cairo Public Library Program – Educate Children about Plants and Bugs

Cairo Public Library, Cairo, N.Y.

The Cairo Public Library used funds given by the ADK chapter to educate children on plants and bugs! Bugs were the biggest hit of all the participants and staff. We watched as monarch butterflies, worms, and praying mantises went through the life cycle before our very eyes.

We planted a butterfly bush and a pollinator garden. Each child took a marigold home and seeds to plant their own pollinator garden.

The growth of each of our bugs finished with a release into their correct environment and an educational event. Over all the bugs were up for viewing for 4.5 months, each at different times within the time frame, and 5 different events were held.



Our staff enjoyed every minute of planning, caring and watching the children interact with the insects. One staff member said her favorite part of the day was the children's excitement about bugs. We received 10+ questions a day just on the bugs. The staff member that ran and planned the programs said it was her favorite series of the year.

This program made an impact on everyone that walked into the library. Our usuals would come in and stop at the bugs as soon as they came in the door. The kids would run in telling friends about the bugs. Everyone left happy and with knowledge they didn't have the day before. Thank you for making a difference in our community. This money touched our library patrons in uncountable ways.

We received a few responses regarding the programs:

- Homeschool Mom: *"I truly appreciate how much effort was put into the bug programming. It gave us a great opportunity to leap off of it for schooling. We would study the bugs further and ecosystems trying to find them in nature. Then we would culminate the schooling into Crystal's programming."*
- Child: *"Bugs are awesome! I hope we see them all the time. Now I know where they live outside so I found some worms under a rock and my sister screamed."*
- Teen: *"I am interested in nature and bugs. I am glad Miss Crystal put this together because they don't teach us what she taught us in school. Also the dirt pudding with worms was delicious."*



Roeliff Jansen Community Library – Dark Skies Program

Tamara J Gaskell, Library Director

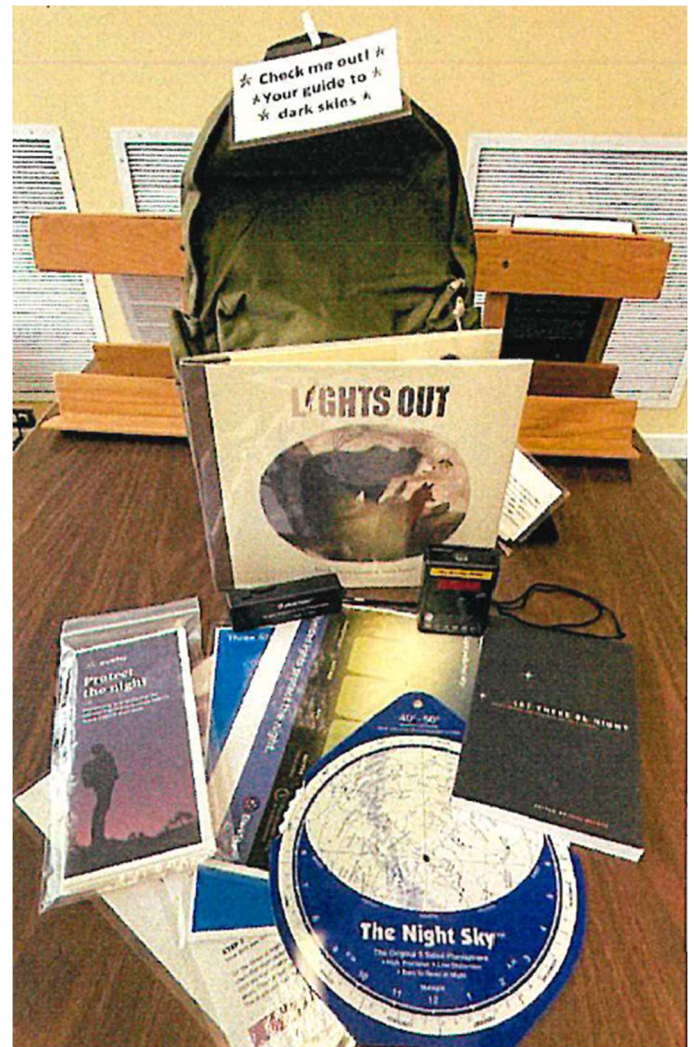
Roeliff Jansen Community Library, Hillsdale, NY

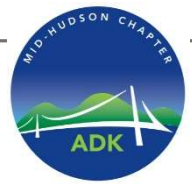
Thank you once again for your generous grant of \$600 to a dark skies program and a new dark skies explorer backpack for patrons to check out.

On May 2, we held a program titled “Saving the Night Sky: Dark Skies and Light Pollution,” which 15 people attended. Those who attended enjoyed the program greatly, which included a screening of the short film from the Princeton Office of Sustainability, *Dark Sacred Night*, and a follow up talk on the night sky by Susan P. Bachelder, a member of DarkSky International for over a decade. Susan has posted a local STAR DATE blog for 15 years for her neighbors, encouraging star gazing using simple ID skills to identify stars and planets while explaining the underlying astronomical structures, both in contemporary and historical terms to underpin her observations. Attendees were also introduced to our new dark skies backpack and to the Globe at Night (<https://globeatnight.org>) and Scistarter (<https://scistarter.org/citizen-science-kit-measuring-light-in-the-night>) citizen science projects.

The backpack includes: a sky quality meter (with Globe at Night card); night vision LED flashlight; night sky planisphere; book *Let There be Night*, edited by Paul Bogard; book *Lights Out*, by Marsha Diane Arnold; laminated sheets and brochures with instructions and information on protecting the night sky, light pollution and wildlife, light pollution and human health, light pollution and safety, and light pollution and energy.

Thank you again for making this program and resource possible.





Mountain Top Library – “Learning About and Appreciating Nature and the Environment”

Jacqueline Elmo-Emel, Library Director

Mountain Top Library, Tannersville, NY

Thank you for your kind support via “Learning About and Appreciating Nature and the Environment.” Because of your generosity, two Mountain Top Library staff members visited the Hunter Day Camp, and put together nature journals with the campers! Nearly 40 children, ages 4-10, participated in this program.

Campers had an opportunity to explore nature, and collect specimens that caught their attention. Once they filled their bags with natural treasures, we returned to the camp pavilion to assemble the journals. Some children created nature collages, other technical drawings, and some wrote about what they saw. The end results were imaginative, unique, and ready for the campers to take home and share!

Thank You for supporting this memorable program!

Hyde Park Library Program - Seed Library

Morgan Wright, Program Assistant

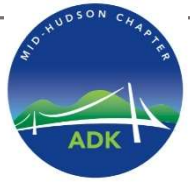
Hyde Park Library, Hyde Park, NY

This year, thanks to your generous support, the patrons of the Hyde Park Library were able to have access to a variety of seeds for their home gardens, for free! We offered a variety of 12 different seeds, including herbs, flowers, and vegetables. To share the wealth of seeds, I separated each seed packet into 3 “mini” envelopes that patrons could take. Over the course of the growing season, we had to restock all our seeds, some of them more than once! Our most popular seed was Zinnias, and our least popular was Carrot. With this data, I plan on restocking and increasing the varying types of flower seeds for next year. My goal for next year is to offer 20 different varieties of seed.

Our community is excited to have this resource available. In fact, some members of the Hyde Park Garden Habitat have donated seeds that they have gathered in their home and community gardens to be included in next year’s seed library!

Unfortunately, due to the groundbreaking of our ongoing accessibility project, we were unable to put the seed library outside this growing season. We plan on putting it outside in 2025 for better ease of access for patrons and community members.

At this time, all the funds have been expended on the purchase of the startup materials and seeds. Overall, this is a great addition to our library, and we are grateful for your support and the funds to make it happen!



LaGrange Association Library – “On The Farm”

Mary M. De Bellis, Director

LaGrange Association Library, Lagrangeville, NY

The LaGrange Library received ADK grant funding in the amount of \$700 for a collaboration with the local LaGrange 4-H Club to present a children’s educational program with accompanying materials entitled “On The Farm”.

Twenty children attended 2 sessions in July and August 2024 with live chickens and goats and their handlers to learn about how these animals are cared for, their characteristics, and what they provide. Each session included a story, meet and greet, Q & A period, and a craft activity. Each child was given a colorful drawstring bag with related books and activities to do at home to enhance their learning experience.

All of the funds were expended on the above supplies, treats for the animals, and additional children’s books for the Library’s circulating collection and craft supplies for future programs on the topics of animals, climate change, nature preservation, and environmental sustainability. Book plates acknowledging the ADK were inserted.

The LaGrange Library appreciates the opportunity to apply for future Mid-Hudson Adirondack Mountain Club grant funding to enable the provision of these valued programs to our community.

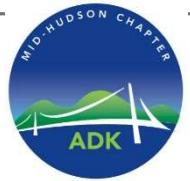
Town of Esopus Library – Replacing Invasive-Species Trees with Native Fruit Trees

Jesse Chance, Library Director

Town of Esopus Library, Port Ewen, NY

We are pleased to report that significant progress has been made toward fulfilling the goals outlined in Town of Esopus Library’s grant application from February of 2024. It is unfortunate that it took so long to achieve Buildings and Grounds Committee consensus regarding this project and then scheduling a landscaper was difficult, but as of December 26th seven Bradford Pear trees, which are increasingly classified as an “Invasive species” in many states, were removed from Library property to eliminate their ability to spread further in our community and to make spaces for us to plant native fruit trees.

In the spring we plan to plant two rare Esopus Spitzenburg apple trees as well as two apple trees of another breed such as Albemerle Pippin for cross pollination purposes. This project is just a small part of our overall plan to transform as much of the Library grounds as possible into pollinator havens complete with native plants, bushes and trees with an emphasis on the inclusion of fruit trees.



Updates on Some Major Trail Projects in Our Region

By Georgette Weir, MHADK Trails Chair

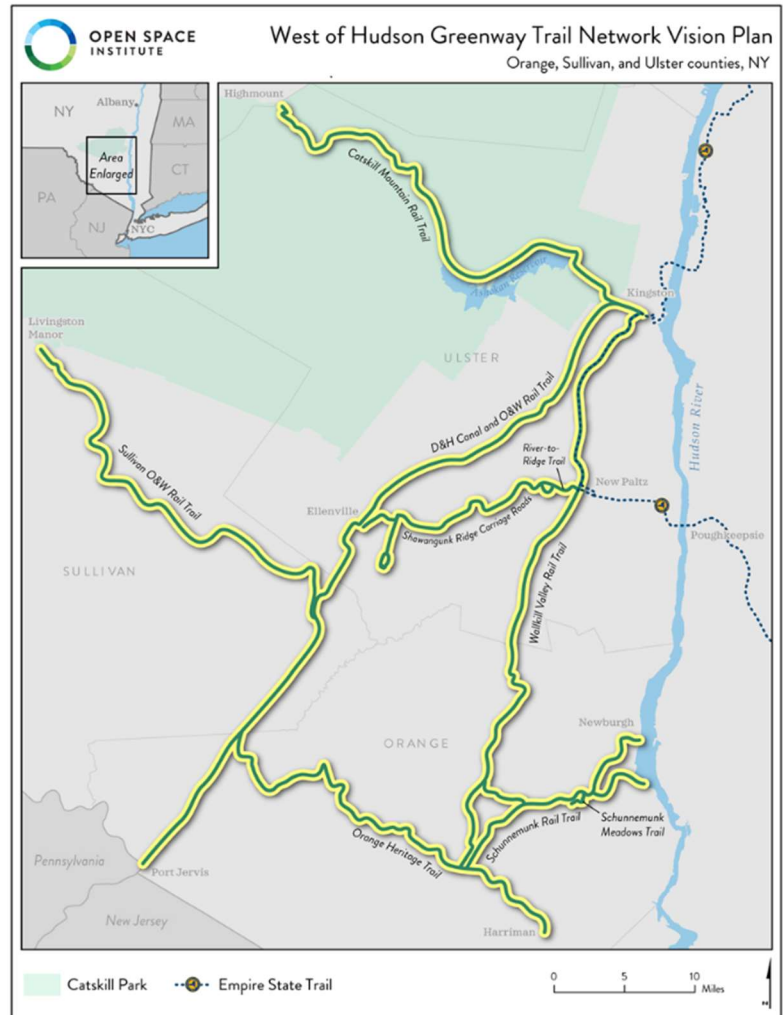
Several large-scale trail projects in our region were the focus of discussions during a January Zoom trails conference sponsored by the Dutchess County-based Winnakee Land Conservancy. These projects include the O&W (Orange and Western) Corridor in Sullivan, Orange, and Ulster Counties; the Beacon-Hopewell Rail Trail in Dutchess County; and the Hudson Highlands Fjord Trail in Putnam and Dutchess Counties.

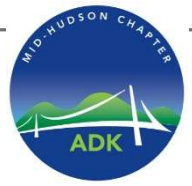
The Hudson Highlands Fjord Trail

(<https://hhft.org/>) aims to connect Cold Spring in Putnam County and Beacon in Dutchess with a 7.5-mile “multi-modal” trail, going past Breakneck Mountain. It has several phases. Ground work on the Breakneck Connector and Bridge section (the middle of the planned corridor) is expected to continue this year and to take about two years to complete. HHFT.org notes: “This portion of the project underwent its own environmental review process and will be the first major section of the trail to be completed. Breakneck Connector and Bridge will include a pedestrian bridge over the train tracks; an improved train station; parking and traffic improvements; much-needed amenities such as public restrooms, wayfinding signage, and information kiosk, and a bike tune-up station; and more.”

The Draft Generic Environmental Impact Statement on the remaining north and south sections of the trail has been available for public review and comment this winter. New York State Parks is the lead agency on the project. Public comments will be accepted until March 4. Print copies are available at various town offices and libraries. It is also posted online. The best way to access the document is via hhft.org and to follow their links.

The O&W project aims to connect Kingston and Port Jervis via a 57-mile nonmotorized multi-use trail that will use remnants of the former O&W rail and D&H Canal corridors to create a single trail. Connections to existing public parks and open spaces along the route are planned. A public survey and community engagement have already established that there is broad support for the project. A feasibility study that will inventory the physical resources and assess needs is underway. For more information, visit openspaceinstitute.org/O&W.





Winter Hiking Tips from 46ers

By Adrienne Scivolette, MHADK hiker and 46er #12235

For the last 6 years I've been pursuing hiking challenges throughout the Catskills, Adirondacks and New England, and completed the winter round of the 46 highest peaks in NY State in 2024.

I am one of seven winter finishers featured in an article entitled Winter Hiking, published in the Magazine of the 46ers, Adirondack Peeks. In the article we share our perspectives on navigating the unique challenges of hiking and climbing in winter conditions.

Winter Hiking by Dave Pawlick, #12803
Adirondack Peeks magazine, Winter 2024, pp 19-23
<https://adk46er.org/2024-Peeks/Winter-2024/19/>



Adrienne Scivolette becoming a Winter 46er on Basin Mountain, 2/21/2024

Movie Time!

ADK has a lively YouTube channel with lots of great, **short videos** on such topics as:

- What to Do If You See a Bear
- Safe Hiking at Water Crossings
- Layering Up for Summer Hikes
- Cell phones vs. Paper Maps on Hikes
- What's in a Poop Kit?
- The 10 Essentials for Every Hike
- Temperature Changes, Elevation, and You
- How to Pack with a Bear Canister
- and More!



<https://www.youtube.com/ADKmtclub>



Found on a trail in the Angeles National Forest 😊

2025 Wiezel Cabin Trip, cont.

On Saturday, before the snowstorm, six of us drove to Saranac Lake to see the Ice Palace, do some shopping, enjoy coffee and ride the Adirondack Carousel. In the afternoon we snowshoed towards Marcy



Dam (part way before turnaround). Louise & Ginny took partially broken out Fangorn Forest over to Old Marcy Dam to return to the Loj, while the others returned the way we came. Others (Chris, Josh, Paul, Betsy, Martha, Carla, Maria, Anastasia) went skiing, ice skating and snowshoeing off the property. Of course, we all took a walk in the snow after dinner. So pretty with the headlamps shining in the falling snow.

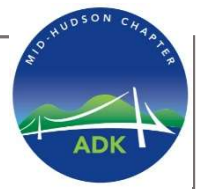
On Sunday, Carla, Chris, Maria & Anastasia went into Saranac Lake to see the Ice Palace while the rest of us went skiing and snowshoeing in the snowstorm. Such fun breaking trail through the woods and so beautiful. Another after dinner walk in the snow around the property.



Dinners on Saturday and Sunday nights were potluck. As usual, there was a lot of food. Robin and Jane decorated the living room for Valentine's Day with red tablecloths, hanging decorations and goodies for everyone. In the evenings, we played games, worked on a puzzle and just relaxed.

Monday came and it was time to say goodbye to another great weekend at the Wiezel Cabin. A few stayed in the area for one more ski or snowshoe and 5 of us stopped at Moreau Lake State Park in Glens Falls for one last hike in the snow (spikes this time).

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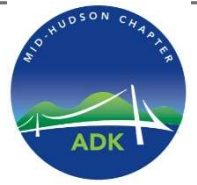


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2025 Wiezel Cabin Trip, cont.

Participants were Louise D, Jane B, Robin S, Roberta F, Carla B, Anastasia T, Maria V, Martha R, Paul & Betsy S, Chris B, Josh & Laurie B and the organizer Ginny.





Weathering Hiking Trails in the Winter

Submitted by Russ Faller

Article written by Chris Gaige

Reprinted with permission from *The Lake Placid News*, Nov 2024

<https://www.lakeplacidnews.com/news/local-news/2024/11/29/weathering-hiking-trails-in-the-winter/>

(Editor's Note: This article was originally printed in Nov. 2024. It has been edited for brevity.)

With hiking and other forms of backcountry recreation such popular draws throughout the Olympic Region, the Lake Placid News sat down with Adirondack Mountain Club's Mary Glynn to review some important considerations — for hikers of all ability and experience levels — when venturing into the backcountry during the colder months.

Glynn serves as the club's education programs manager. She has extensive backcountry experience, having served as a guide in New York and Vermont for the last decade. She has climbed all 46 High Peaks in the Adirondacks and completed summer and winter through-hikes of the 138-mile Northville-Placid Trail.

Glynn is a certified Wilderness First Responder, a state-licensed guide, a 'Leave No Trace' Level 3 Instructor and a certified Interpretive Guide. She is also Mental Health Wilderness First Aid and American Canoe Association certified.

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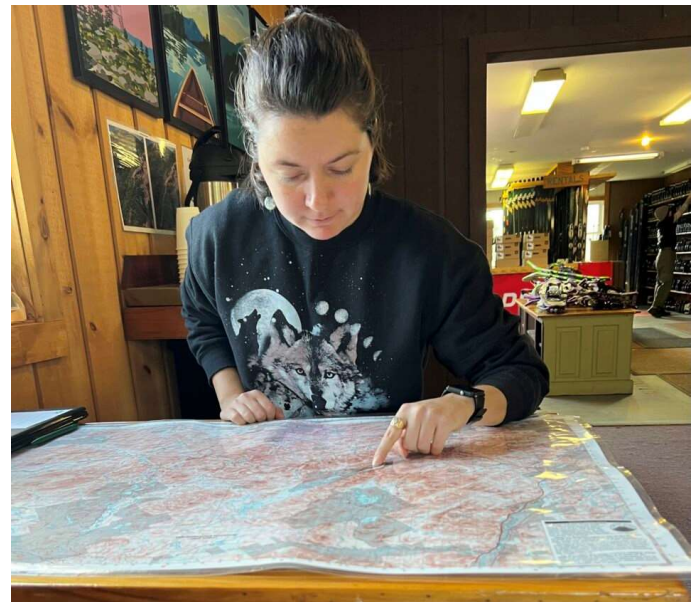
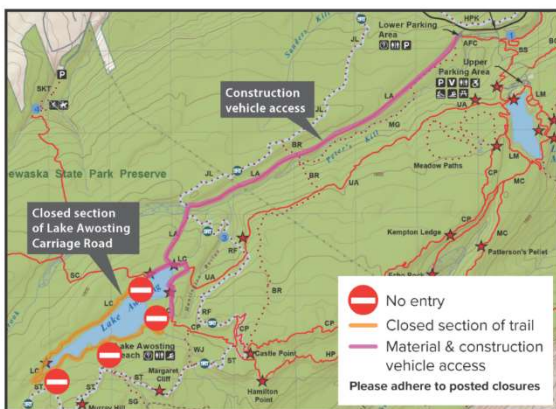


Photo Credit: Chris Gaige
Mary Glynn smiles at the Adirondack Mountain Club's Cascade Welcome Center - located along state Route 73 approximately 5 miles south of Lake Placid - on Tuesday, Nov. 19, 2024. Glynn serves as ADK's education programs manager and has extensive winter experience in the backcountry.

Park Alert: TRAIL CLOSURE



The Lake Awosting Carriage Road will be closed for full restoration.

The Lake Awosting Carriage Road is closed to all users seven days a week, from March 2025 until further notice.

The area is closed for your safety, as contractor work poses a potential danger to visitors. Lower Awosting Carriage Road will be used to transport material and is the designated access for construction equipment.

During the project, the northern section of Lake Awosting Carriage Road will be open. There will be no access to and from:

- Spruce Glen Footpath
- Scenic Trail Footpath
- Lake Awosting Carriage Road from Castle Point to Smiley Carriage Road on the west side of the lake.

Please adhere to posted closures.

Thank you for your cooperation.
Park Preserve Management

Lake Minnewaska Visitor Center • 845-255-0752

The Lake Awosting Carriage Road will be closed for full restoration starting March 2025 until further notice.

Access will be provided to Lake Awosting Beach during swim season but not beyond.

More info:

<https://parks.ny.gov/parks/minnewaska>

Weathering Hiking Trails in the Winter, cont.

Winter clothing

When it comes to winter clothes, Glynn's biggest recommendation is to avoid wearing cotton fabrics.

"Cotton holds either five or seven times its weight in water," she said. "It gets so heavy when it's wet, it's not going to dry and it's going to make you that much colder."

She said people should opt for wicking fabrics, such as nylon or wool, whether they are going for a long hike or a short hike.

Glynn also advised, especially for frequent winter hikers, to invest in a good pair of insulated boots. She said people often try to wear two pairs of socks in summer hiking boots. Not only does this not provide insulation, Glynn said, but it can be counterproductive, as the double layering acts to constrict blood flow to the feet. This increases the risk of frostbite, she noted.

When it comes to wearing layers, Glynn echoes a popular phrase in outdoor education: *"Be bold, start cold."* It means that people should start their activity feeling a bit chilly, with the idea of warming up as they continue moving. She said this takes practice, and people should reevaluate how they feel about 10 minutes into the activity, and consider adding or taking off a layer.

If people start with too many layers on, they may overheat, begin sweating and soon become cold and uncomfortable from the sweat in cold temperatures.

Glynn says people should still have a backup plan in case they get wet, either from sweat, precipitation or fall into water.

"I always keep a dry set of base layers in my backpack too," she said. "In case you get soaking wet if something happens, you can put on those dry base layers closest to your skin, and that will make a big difference in terms of how you feel."

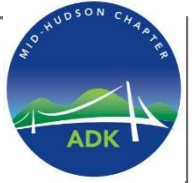
Snowshoes, microspikes and crampons

When hiking in the winter, traction devices are essential. Snowshoes, micro-spikes and crampons all provide it, but are different pieces of equipment each having its own set of conditions for best use, according to Glynn.

Snowshoes provide traction and distribute body weight, preventing one from sinking into the snow. Micro-spikes and crampons fit around boots and provide traction, by using spikes that dig into snow and ice but are not as large as snowshoes. While they do not distribute body weight and don't prevent people from sinking into the snow, they are less bulky.

Snowshoes are best used when there is a solid layer of snow. Micro-spikes are better for thin patches of ice on hiking trails and crampons are similar to micro-spikes, but more aggressive in their bite and best used for very steep terrain, such as when one is ice climbing.

Continued on page 20



Weathering Hiking Trails in the Winter, cont.

Glynn said she puts micro-spikes in her backpack starting Oct. 1 in case ice is encountered early at higher elevations. They're small and pack easily.

She reminded people venturing into the backcountry that using snowshoes or skis is often required by law.

"In the High Peaks Wilderness eastern zone, there is a regulation that if there are 8 inches or more of snow measured off trail, you must legally have snowshoes or skis on your feet," she said.

Forest rangers issue tickets to people they encounter failing to abide by the law. She said the regulation exists for two very important reasons.

"It helps keep you safe and it helps keep other folks using the trail after you safe," she said.

When people travel through deep snow without skis or snowshoes on their feet, they leave what are known as "post-holes," depressions in the snow from their tracks, according to Glynn. These compress and harden over time, especially in freeze-thaw cycles, and can lead to subsequent trail users twisting their ankles or worse.

Glynn said some common traction devices aren't suited for mountainous trails.

"We like to say 'Yaktrax' are best left at home," she said. *"They're good for the grocery store parking lot or getting your mail, but they are not good for anything with an incline. While they are readily available and are the cheapest option, think of your traction device as the top way to prevent injury. They're worth investing in,"* she said.

Glynn recommended bringing zip ties along as a means to temporarily repair a traction device if it partially breaks while hiking but urged people to make sure the zip tie doesn't break in cold temperatures. She said people should be familiar with how to do a zip tie repair. The internet has plenty of tutorial videos.

Light source

Glynn said it's important to have a reliable source of lighting for winter hiking, which features shorter days and lower sun angles — making it even darker in the forest — than summer hiking.

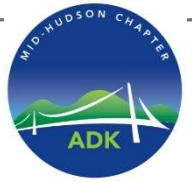
"I always say two is one and one is none when it comes to headlamps," Glynn said. It's also important to have a backup lamp in case one fails or needs to have its batteries changed. She recommended keeping the lamps and spare batteries in an insulated area closer to one's body heat. Doing so, she said, helps to preserve their charge.

Shelter

Glynn recommended that people going on longer hikes in the High Peaks should bring some form of shelter in case they become immobilized and have to spend an extended period of time in one location. A tent, tarp or sleeping bag are all possibilities.

"If you or someone in your party becomes injured to the point that you can no longer move, it doesn't take long to get real cold, and rescues can take several hours before help arrives," she said.

Continued on page 21



Weathering Hiking Trails in the Winter, cont.

The role of others

Glynn acknowledged that everyone has their own risk tolerances and risk-management practices, depending on their level of familiarity, trail conditions, trail popularity and other factors, but said that she recommends doing bigger hikes with others.

“I wouldn’t recommend doing High Peaks alone because hypothermia is not something you’re going to recognize in yourself, and if you are hurt, you’ll have someone there to get help and look after you,” she said. “But, if you’re going up on a popular peak on a nice day, you’re almost certainly going to run into other people on the trail.”

It’s always important to let someone, not partaking in the activity, know of the plans and times. Glynn said ideally that a person not hiking should be given two times: when the adventurer(s) expect to be back by, and a second time sometime after that when, if they are not back by then, it is time to call authorities for a search and rescue.

Glynn said that being able to pass on not only a distress call — but detailed information about the route — to rescuers can enable them to locate the person or group much faster.

Know before you go

It is important for hikers to be familiar with the route and the weather before venturing out. Glynn said conditions can change on a dime, and it was best to do a final check as close to departure time as possible — while noting that many of the trailheads and the roads leading to them do not have cell service.

The DEC’s conditions pages and Adirondack Mountain Club staff members were good resources on the latest conditions, according to Glynn. The Adirondack Mountain Club operates the Cascade Welcome Center on state Route 73 and High Peaks Information Center at Heart Lake.

“We field calls every day about that stuff,” she said.

Glynn said that the internet and social media can be helpful, especially for photos of up-to-date trail conditions, but cautioned that they are often — even if not stated — subjective. She noted that one person’s definition of an “easy” hike might be vastly different from somebody else’s.

Glynn recommended [mountain-forecast.com](https://www.mountain-forecast.com) for peak-specific weather forecasts, noting that people often underestimate how drastically different conditions can be at higher elevations.

“We see snow most months of the year in the High Peaks,” she said. “I got snowed on while on top of Mount Marcy in June 2020 when it was 65 degrees at the base.”

“A good rule-of-thumb is that for every 1,000 feet of elevation gain, you lose about four degrees of air temperature, and you need to factor that in with higher wind speeds and everything,” she said. “It’s easy to be 20 degrees or more colder up high.”

Glynn said it was important to know the signs of hypothermia and frostbite and know how to treat them.

Continued on page 22



Weathering Hiking Trails in the Winter, cont.

“They can be easier to treat early on when you’re noticing things going wrong,” she said. “That’s when you can use hand warmers, bundling up, changing your layers and eating food as fixes.”

They become harder to treat the worse they get, she said, at that point often requiring the intervention of others.

Food and water

Glynn said her biggest advice for food was to pick something you actually enjoy eating.

“We see it so often, people pack food that they might see as being lightweight or efficient, but they don’t like its taste,” she said, adding that they either just don’t end up eating it, or they put it off eating it longer than they should.

Staying hydrated is important in the winter. Even if one is not sweating, Glynn said they are losing a lot of moisture by exhaling into the dry air. The cold also may make it harder for people to feel thirsty, even if they are dehydrated. Glynn said it was important to keep water insulated so it doesn’t freeze.

Frequent smaller snacking — as opposed to one or two bigger meals during the hike — is better, she said. Not only does it keep energy levels up, but taking extended breaks in the cold is impractical.

“I like to think of my stomach as a wood stove,” she said. “A fire is a lot harder to start when it’s down to nothing.”

She advised packing food that is lower in moisture content to avoid having it freeze before consumption. She added that she prefers food that is easy to grab at, such as trail mix.

If emergency strikes

Glynn said if one finds themselves or a member of their party in an emergency, to try to remain calm. She said people should do whatever they can to keep warm and try to insulate themselves from the ground.

She saves the DEC’s emergency dispatch number, 833-697-7264, in her contacts so that if she were to get into an emergency situation, she could find it easily. People can also call 911.

If people are unsure of their situation, it is better to be safe than sorry, Glynn said.

“It’s better to call off the rescue team than to call them in way later when things have become way worse,” she said.

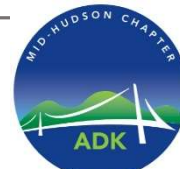
Glynn said that if a person is using a phone, to keep it close to them to avoid battery loss and, if they get a call from an unknown number, to answer it.

“It might be a member of law enforcement trying to ping your phone or a ranger asking ‘hey what resources do you have with you, how many people are in your party, where exactly are you’, ‘stuff like that,’” she said.

Glynn emphasized that wilderness rescues often take a long time and it’s important to keep that in mind. Being prepared and having thought out what to do in a variety of emergencies helps to prevent panic, and may ultimately save a life.

For more information on winter hiking safety, visit <https://dec.ny.gov/things-to-do/hiking/winter-safety>

Mid-Hudson ADK Outings Log



November 30, 2024 – February 28, 2025

Key to abbreviations: "MWH": Mid-Week Hike

Nov 30 - Vanderbilt Estate in Hyde Park

Leader: Georgette Weir

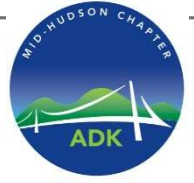
We were all bundled up in our winter layers, but the sun was shining, and post-Thanksgiving spirits were high as seven Mid-Hudson ADKers met to walk the scenic loop at Vanderbilt. The Hudson River shimmered in the sunshine and the distant Catskill Mountains sparkled white with their new layer of snow. Crum Elbow Creek was in good flow and its cascades and waterfalls raised our spirits even more. Joining Georgette W were Connie H, Dea K, Charlotte M, Margaret D, Shirley F, and Annette C.



Dec 7 - Mossy Glen to Jenny Lane Loop

Leader: Roberta Forest

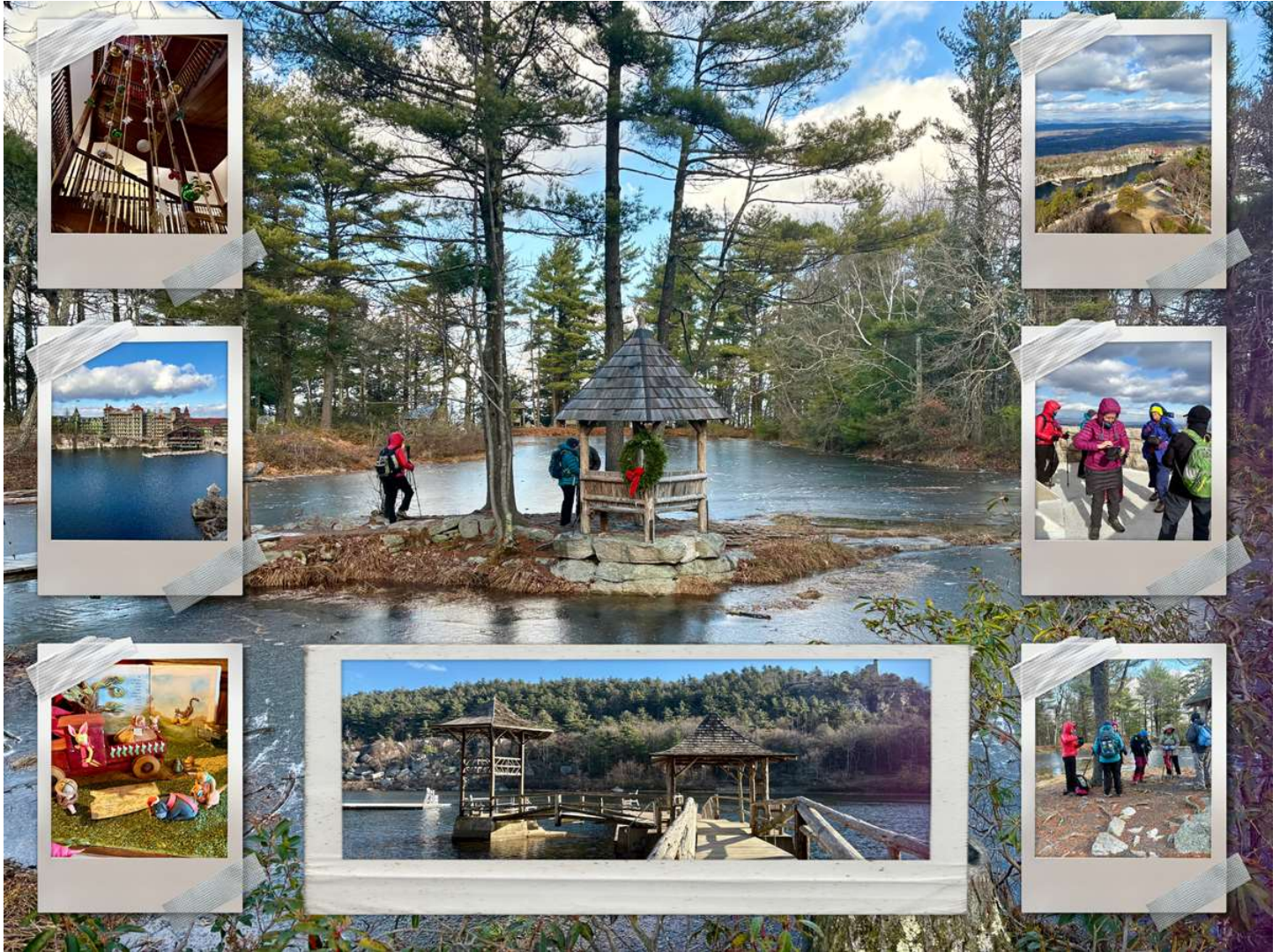
With ice and snow on the ground, and traction on our hiking boots, we did a loop hike from the lower Awosting parking area of Minnewaska State Park. Temperature was below freezing, so all were dressed in layers when we started on Mossy Glen trail. There are large rock slabs on part of this trail that are usually slippery, but with fresh snow covering them, and spikes on our feet, we easily hiked over them, only stopping to take pictures. We then climbed Blueberry Run to the carriage road and on to Jenny Lane. Hiking was more difficult here, as there was a narrow trail in the snow for at least a mile. From Jenny Lane we went down Blueberry and walked on the carriage road to our cars. Some of us went on to see Awosting Falls. Participants were Roberta F, the leader, along with Pete C, Veronica O, her friend Joanne O, Dave W, and James D. *(No photos)*

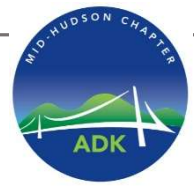


Dec 12 MWH - Mohonk Mountain House

Leader: Ginny Fauci

Gingerbread Pass week at Mohonk Mountain House. Mostly sunny, in the 30's, windchill in the 20's. Morning hike to Skytop & Lily Pond, lunch inside, afternoon hike around the lake and then wandered the halls looking for gingerbread creations. Another great day in the woods. Hikers were Lisa W, Jane R, Greer R, Connie H, Janice M, Lalita M, Sayi N, Jean M, Charlotte M, Sharron C and the leader, Ginny.





Dec 13 to 15 - Introduction to Winter Hiking & Camping in PA

Leaders: David Mong, Bob Coia & Greg Fogarty

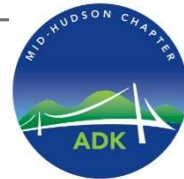
Our group of 15 hardy souls had one of the nicest weather winter camping workshops we have offered in years with totally clear skies, full moon at night, no wind, no snow, no rain. Participants were treated with a low temperature of 2-4 degrees above zero depending on the thermometer. The new program location in PA at a group site in Hickory Run State Park, allowed a larger group size than we usually can offer. The program

format was to get folks settled as well as possible Friday evening and give out loaner gear from the leaders for those who we thought might find it helpful. On Saturday, one of the leaders demonstrated what they carry in a winter backpack. That was followed by a detailed "show and tell" review of the novice participants' sleep system and clothing choices with suggestions from the group on how to make it work better.

Later in the day the group had discussions about first aid with Larry Priori and Rich Dabal who are the instructors of Wilderness First Aid for the New York-North Jersey and Delaware

Valley chapters of the AMC. The day finished with a hike, dinner and fellowship around the campfire. After a final test of their improved sleep system Saturday night, all noted improvements in how they slept on Sunday morning. The program ended after having participated in a demonstration of an 8 person emergency shelter and review of some of the leaders' sleep systems. Throughout the weekend we had a campfire going for warmth and stoves running to provide hot water. The program started with 24 who had intended to come but due to a variety of cancellation reasons we had 15, of which 6 were participants and 9 were leaders for either AMC or ADK or both organizations. Participants included Samantha R, Krista S, Anshul Y, Priya S, Skye A & Jim D. Leaders of record for both organizations were David Mong, Bob Coia & Greg Fogarty who were assisted by Larry P, Rich A, Manny G, Rich D, Janet P & Steven C. Besides the leaders of record, 3 of the other leaders were ADK members. Everyone else were non-members of the ADK. One of the participants who had to cancel had this to say about the workshop which is included with permission: *"With that said, please accept my apologies, as I know coordinating all of these details, transportation, and communications is no small feat! I also want to commend you on the MOST well-coordinated, professional, and educational AMC experience I have experienced- and I haven't even gone on the trip! Your efforts are critical to a successful, and most importantly, a SAFE experience and I want to thank you for all of the invaluable prep guidance, packing recommendations, emails, phone calls, mentor assignments, and compassion shown towards new "winter hikers". I know you all will have a wonderful time- and I sincerely hope to participate in the future! My best"* - Stephanie Gerome





Dec 14 - Slabsides Ramble

Leader: Paul Silverstein

A crisp, cold, but sunny day for a 5 1/2 mile hike through all the delightful features of Slabsides. Ground ice everywhere, surging waterfalls, glass like lake, jumbled ridges and cliffs, and very weird acoustics when we skipped stones across the frozen pond. A great day with a fun group! The team included Georgette W, Jean-Claude F, Angela P, Butch P, Howard S, Dave W, John R, Aida B, and Paul S (leader).

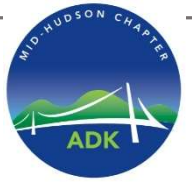


Dec 15 – Locust Grove Estate Walk

Leader: Georgette Weir

Six of us enjoyed a leisurely, pre-holiday party walk in the woods below Samuel Morse's 19th-century home in Poughkeepsie. The woods were quiet, except for our conversation. The river was still, except for a small flock of mallards that were spotted swimming mid-river. We ended back at the visitors center in time to help set up tables, chairs, and decorations for the evening party. Joining Georgette W were Carla B, Sue M, Connie H, Ellen K, and Annette C.





Dec 15 – Annual Holiday Party at Locust Grove

We let the good times roll at the Mid-Hudson ADK holiday party on Dec. 15 at Locust Grove. Out of 41 RSVPs thirty people signed in, but we had 40+ seats filled at the tables. A small crowd but a jovial gathering. This year we catered a few dishes from a local Italian Deli to supplement, but the potluck was bountiful and there was food aplenty. The social committee, made up of Dea M, Jeanette TB, Annette C and Carole M had help from Shirley F (reception table / trivia contest editing / food pickup), Georgette W (pre-potluck hike, setup, venue arrangements, tunes), Paul S (train service shuttle). Connie H, Ellen K, Jean-Claude F and Dave W came early to help Dea, Annette and Georgette with setup. Charlotte M took the pictures, Carol G and Lalita M worked reception and tons of people stayed for cleanup which was, after the long eventful day, very much appreciated. And this year we had compostable just about everything; Dea M carted home the lot to bury. Ralph P was honored for his 25 years as treasurer on the Mid-Hudson ADK chapter board and was awarded a gift certificate to the Gateway Diner, home of the breakfast gatherings that he hosts every week. Georgette W was recognized for her dedicated service as our chapter chair, and lucky for us she remains on the board as our past-chapter-chair. The trivia contest consisted of 29 questions relating to the Mid-Hudson ADK, the Hudson Valley, and outdoor skills. The top 3 winners were awarded gift cards to Adams. Paul S won 1st place with 24 out of 29 correct answers! Georgette W and Jean-Claude F tied for 2nd and 3rd place with 22 correct answers; they graciously donated one of their gift cards to the 4th place winner. Dave W finished in 4th with 21 correct answers. A great job to all! And a huge shout-out to Jeanette TB for the Trivia contest idea and writing the questions/answers, Shirley F for editing and printing, and Dea M and Annette C who helped refine the questions and contributed fun commentary.





Dec 19 MWH - Hawk's Watch/Van Leuven Cabin Loop

Leader: Ginny Fauci

In the 30's, mostly cloudy, some wind. Six of us climbed up to Hawk's Watch, across the ridge, and down a very muddy Coxing trail. We had lunch on the porch at Van Leuven Cabin, walked down to the Coxingkill & then a side trip to cemetery on the way back. Another great day in the woods. Hikers were Sharron C, Jean M, Linda L, Dave W, Jim D and the leader Ginny.



Dec 26 MWH - Shaupeneak Ridge Loops

Leader: Ginny Fauci

Beautiful sunny, blue sky day, teens to low 20's. Five of us wandered around the top at Shaupeneak Ridge on the blue, green and aqua trails. Lots of animal tracks, fox, deer, mouse. Another great day in the woods. Hikers were Robin S, Roberta F, Mary Jean P, Cindy C and the leader Ginny.

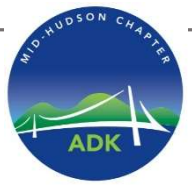




Jan 2 MWH - Minnewaska Mossy Glen/Awosting Falls Loop Leader: Ginny Fauci

Thirteen hardy hikers started out on our first MWH of 2025 expecting cold & winds. We got the cold, but no wind in the woods. Partly sunny with a few graupel snow squalls thrown in, low 30's, lunch on the benches on the sunny side at the Visitor's Center. A little ice left on the side going down to the falls, no ice on the ground. Awosting Falls was roaring today. Another great day in the woods! Hikers were Carla B, Judy B, Dave W, Nancy R, Jane B, Ann C, Wendy J (guest), Katy B, Cindy C, Diane S, Sam & Carol D and the leader Ginny.





Jan 3 to 5 - Introduction to Winter Hiking & Camping in PA Leaders: David Mong, Bob Coia & Maygan Best

Our group of 24 hardy souls had a good taste of winter conditions with temperatures below freezing, a little snowstorm at night and strong winds to remind everyone about how much colder it can feel with the windchill factor figured in. Participants were treated with a low temperature of 14 degrees above zero depending on the thermometer. This was our second time in this new program location in PA at a group site at Hickory Run State Park, which allowed a larger group size than we usually can offer. The program was open to



families and we had a mother and son attend. Another mother that attended as a leader had a son coming who changed their mind at the last minute and stayed home with dad. The program format was to get folks settled as well as possible Friday evening and give out loaner gear from the leaders for those who we thought might find it helpful. On Saturday, one of the leaders demonstrated ultralight winter camping and ultralight winter camping on a budget. That was followed by a detailed "show and tell" review of the novice participants' sleep system and clothing choices with suggestions from the group on how to make it work better. Later in the day the group had discussions about first aid with Larry Priori and Rich Dabal who are the instructors of Wilderness First Aid for the New York-North Jersey and Delaware Valley chapters of the AMC. The day finished with a hike, dinner and fellowship around the campfire. After a final test of their improved sleep system Saturday night, all noted improvements in how they slept on Sunday morning. Right after breakfast we reviewed the tent and sleep system choices by 3 of the leaders and a demonstration by leader Maygan Best on what she carries in her winter day pack. The program ended after having participated in a demonstration of an 8 person emergency shelter. Throughout the weekend we had a campfire going for warmth and stoves running to provide hot water. The program started with 37 who had intended to come but due to a variety of cancelation reasons we had 24, of which 14 were participants and 10 were leaders for either AMC or ADK or both organizations. Participants who are all non- members of the ADK included: Lorelei S, Zachary S-P, Dale S, Jackelyn O, Yushi K, David N, Yoshita G, Traci W, Lev C, Ekaterina O, Margaret P, Tamami S, Brian B & Jerzy S. Leaders of record for both organizations were David Mong, Bob Coia & Maygan Best who were assisted by Larry P, Rich A, Rich D, Anastasia T, Caroline C, Michael Z & Blase H. All leaders were members of the ADK.



Jan 9 MWH - Esopus Meadows Preserve

Leader: Ginny Fauci

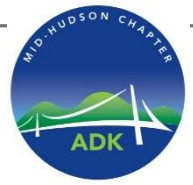
Eight of us enjoyed an absolutely gorgeous day with no wind, ~ 30°, saw a lenticular (UFO-shaped) cloud over the mountains south of us, watched an eagle flying over the Hudson, had lunch in the warm sun at the pavilion. The wind started to kick up as we were leaving. Another great day in the woods. Hikers were Pete C, Judy B, Jean M, Sharron C, Dave W, Sam & Carol D and the leader Ginny.



Jan 12 - Overlook Mountain, Woodstock

Leader: Janice Miller

Two hikers came on Janice's first hike as a leader for the Mid-Hudson Chapter. It was a beautiful, chilly, windy day. There was a little snow on the ground, which did a great job of hiding the ice underneath. Luckily, everyone was prepared with good traction devices. No one opted to climb the tower, due to the wind, but a quick bite to eat gave everyone the energy for the trip down the mountain. The group met afterwards at Bread Alone to warm up with soup and beverages. It was a fun day in the woods. Hikers were members Judy B, Steve T and the leader, Janice. *(No photos)*



Jan 17 to 20 - Base Camp at Diamond Notch, Hunter/West Kill Wilderness, Catskills

Leader: Russ Faller

A small, but hardy, group of ADKers & AMCers camped and hiked the Hunter/West Kill area for 4 days in temperatures ranging from below zero to 21 F. There were 4 sled-packers and 2 backpackers. Hiking kept us warm, but at camp we built fires and even crawled into our sleeping bags at 7 PM for warmth! Because Russ has a history of frost bite, he went home with fingertips that had lost their sense of touch, tingled and stung. His fingers recovered 9 days later, but a few tips still feel callused. That was his price for fun, which we did

have. Camaraderie was great. Being in a hostile environment encourages people to care for, look out for and help each other. This is a wonderful thing to experience. This may be why people keep doing cold-weather trips. Participants were: Chris B., Gwen H., Maygan B. (all ADK & AMC) and Janet P., Rich S. (both AMC) and the leader.

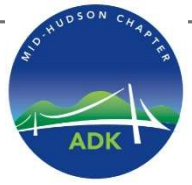


Jan 23 MWH - Poet's Walk and Montgomery Place

Leader: Ginny Fauci

Two short hikes. Nine hiked at Poet's Walk & eight hiked at Montgomery Place. Temp was 17° when we started & don't think it ever went above 22°, but the sun was shining, hardly any wind, crisp & clear day. Six of us went to Louise's where we enjoyed hot tea & homemade yummy cookies to go with our packed lunches. Another great day in the woods. Hikers were Connie H, Linda L, Judy B, Charlotte M, Sharron C, Jean M, Ellen K, Louise D and the leader Ginny.





Jan 30 MWH - Lost City/Compass Rock Loop

Leader: Ginny Fauci

Started with 15, 2 left us in less than a mile, 13 hiked Lost City Loop and 7 hiked on to Compass Rock Loop.

Gorgeous day, sunny, low 30's, lunch on the rocks on the ridge, no wind, 2 loops. Another beautiful day in the woods. Hikers were Sharron C, Katy B, June A, Robin S, Diane S, Jane B, Al L, Judy B, Jean M, Dave W, Lalita M, Marsha K and the leader Ginny.



Feb 7 MWH - Spring Farm

Leaders: Ginny Fauci and Lalita Malik

Beautiful day to wander around Spring Farm. It was sunny, blue sky, in the low 30's, very windy at times. Lunch was on logs in the woods out of the wind. Another great day in the woods. Hikers were Jim D, Judy B, Cindy C, Roe D, Jean M, and the leaders Ginny & Lalita.





Feb 14 to 15 - Introduction to Winter Backpacking in VA

Leaders: David Mong & Bob Coia

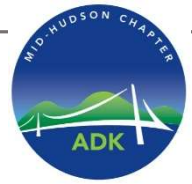
This turned out to be a one night shakedown trip due to expected bad weather. We relocated from the original MD location to VA to work around the weather challenges. We left 1/2 hour before the rain/sleet began. The purpose of the trip (even in the shorter format) was to camp out in cold weather to verify our sleep system and gear was working properly as we are all going on a longer winter backpacking trip in the Adirondacks soon after. We tested the use of sleds, fitted crampons to boots and reviewed how to safely carry and store an ice ax. The low temperature was 26 degrees and the weather was beautiful. Most of the group had dropped out due to a variety of issues. Those of us who remained are all Mid-Hudson ADK leaders. Jeff C, Carmen S and the leaders David Mong and Bob Coia.



Feb 14 to 17 – Wiezel Cabin Trip

Organizer: Ginny Fauci

See cover story on page 1.



Feb 22 - Fahnestock State Park.

Leader: Georgette Weir

What a joy to be out on a perfect winter hiking day! Brilliant sunshine and a snow covered landscape against bright blue skies; no wind, solid service underfoot with our spikes, and a great group of friendly hikers. Joining Georgette W were: Pete C, Terry H (new member), Judy B, Dave W, Jim D, and Steve T.



Feb 20 MWH - Nyquist-Harcourt Wildlife Sanctuary

Leaders: Ginny Fauci and Lalita Malik

Nine hardy hikers put on spikes and crunched around the icy trails. Beautiful day, in the low 20's. An eagle flew overhead on our way out. Walked into New Paltz for soup at Pho Tibet before going home. Another great day in the woods. Hikers were Jean M, Sharron C, Judy B, Charlotte M, Cindy C, Sayi N, Jeff G and the leaders Ginny & Lalita.

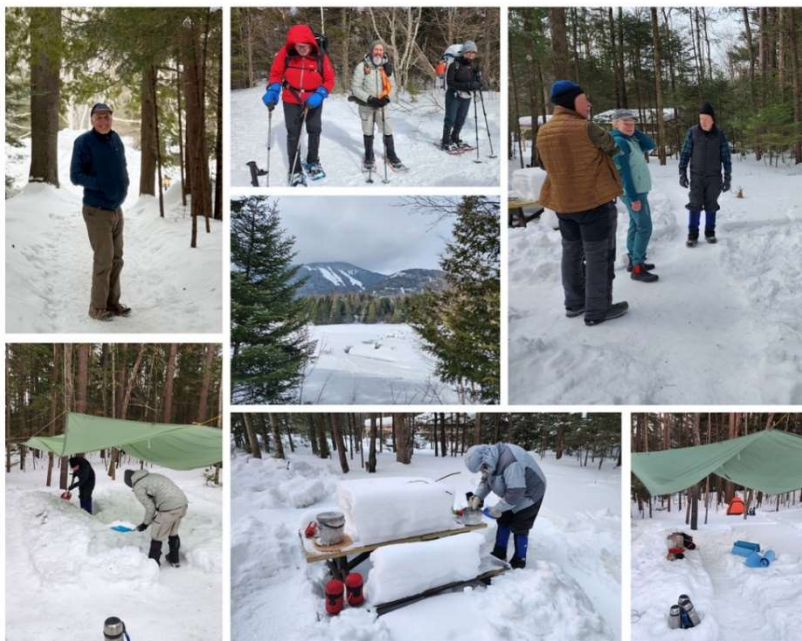




Feb 23 to 25 - High Peaks Hiking & Camping

Leaders: David Mong, Gregg Homeyer & Robert Coia

This was to have been a sled/backpack to the Five Ponds Wilderness at Wanakena NY but we relocated the trip to try and work around anticipated bad weather. This new location was on the Adirondack Mountain Club property at Heart Lake in the High Peaks of the Adirondacks. We reserved 3 tent campsites and planned to be out 4 nights. We again modified the trip after the second night because of rain in the forecast that made the potential hypothermia risk too high. Our group of 8 found tons of snow to play in and went on a 7 mile snowshoe hike toward Avalanche Lake. The group included 5 Mid-Hudson Chapter leaders. The low temperature noted was 18 degrees with a high in the 40's with melting snow as we were departing. The large packs in the photos are because we pack in the winter with the idea that someone may get hurt and the group has to stay out overnight. The group included non-member Rich S and members Rich A, Carolyn C, Carmen S, Jeff C with leaders David Mong, Gregg Homeyer & Robert Coia.



Feb 28 MWH - Duck Pond /Mountain House Loop

Leaders: Ginny Fauci and Lalita Malik

Twelve of us hiked up to the Mountain House on Duck Pond trail on a gorgeous, blue sky, sunny, 40's, icy trails day. We had lunch on the picnic table & benches near the garden. Another great day in the woods. Hikers were Ann C, Wendy J, Judy B, Roberta F, Katy B, Sayi N, Dave W, Louise D, Roe D, Arthur G and the leaders Ginny & Lalita.

