



# WESTCHESTER TRAILS ASSOC.

## SUMMER HIKING SCHEDULE JULY, AUGUST and SEPTEMBER, 2024

**Covid-19 Policy:** If you have tested positive for Covid-19 within the past 5 days, or if you have symptoms of a respiratory infection or any other contagious illness, do not come on the hike! Stay home, take care of yourself, and keep others safe by not exposing them to a potential infection.

- You must have a mask or other face covering with you at all times, for use in crowded outdoor areas or when indoors. Masks must be worn during carpools.

- Outings that are limited to those vaccinated against Covid-19 will say so in the description.

**Hike ratings** are based on terrain and pace (mileage is stated separately in the description).

**Terrain:** These ratings apply during good weather; bad weather can lead to poor footing and increase the difficulty of any hike.

Easy - relatively level terrain or gentle hills, such as the Old Croton Aqueduct or some of the Rockefeller Preserve carriage trails.

Easy to Moderate - these hikes have both easy and moderate components. Expect more ups and downs than on an easy hike. Examples include parts of Teatown Reservation and most of Ward Pound Ridge.

Moderate - steeper grades, possibly going up and down all day; may include some bushwhacking or short rock scrambles, like most of Harriman State Park.

Moderate to Strenuous - combines elements of both moderate and strenuous hikes (e.g., the Hudson Highlands excluding the Breakneck Ridge Trail).

Strenuous - very steep ascents/descents with rough or difficult terrain on much of the hike, such as the Breakneck Ridge Trail and the more challenging Schunemunk trails).

**Pace:** Leisurely (under 2 mph); Moderate (2 - 2.5 mph); Brisk (over 2.5 mph). These ratings are an average for the entire hike - pace is generally slower on rugged or steep terrain, and then speeds up on easier stretches.

**Please do not use mileage + pace to estimate how long a hike will take.** Many variables add to that time. In addition to terrain, they include ground conditions; stops for views, water, separations, and adding or removing layers; breaks for lunch or snacks; and unforeseen events. If you need to get back by a certain time, forego the hike and wait for another day.

Hiking boots and sufficient water (1-2 liters) are required on all hikes. A trail lunch should be carried unless otherwise noted. Hikers with improper footwear, without enough water, or who are otherwise unprepared, may be refused or turned back by the leader. In fairness to yourself and others, please be honest about your hiking experience and choose a hike within your abilities. Check with the leader if you have any questions about pace, terrain, or any other aspect of the hike.

Carpooling arrangements are entirely voluntary and entail no obligation on the part of the drivers. Passengers should reimburse the driver for a share of the expenses. We suggest that you multiply the miles driven round trip (to and from the trailhead) by 30¢ per mile, add tolls and parking fees if applicable, and divide the total by the number of people in the car (including the driver).

Thursday, July 4 - **Rocks Trail at Ward Pound Ridge**. 6.9 - 7.3 miles, moderate+ terrain, moderate pace. We'll hike the Rocks Trail, a WTA favorite, clockwise, including the 100 Steps ascent, the Bear Rock Petroglyph, and, time permitting, the short loop to Dancing Rock. Early start (likely 8:30) to accommodate those with afternoon picnics or barbecues. Although the hike will be at a moderate pace it can be considered moderate-plus overall due to the terrain. If you have hiked this trail with the leader before, or similar trails in Ward Pound Ridge like the Blue Loop or Leatherman's Loop, you know what to expect. If in doubt, please check with the leader. Vaccination against Covid-19 is required on this hike. RSVP to [hank.zupnick@gmail.com](mailto:hank.zupnick@gmail.com) no later than 6 pm Sunday. *Qualifies for the Westchester 100 (No. 63).*

Saturday, July 6 - **TWO HIKES TODAY:**

Saturday, July 6 - **Hike the NCIT. Section 4: Trout Brook Preserve and the Saugatuck Trail**. 6-7 miles, easy to moderate terrain, leisurely pace. We'll return to the Trout Brook Preserve for today's Nearby Connecticut Imaginary Trail (NCIT) hike but start at the north end, allowing us to explore different trails from the ones we visited before. Our route begins with a moderate, steady ascent to a ridge and past some interesting rock formations, eventually reconnecting with the unmarked path that parallels the Reservoir and continues to the Saugatuck Trail where we left it last time. We'll remain on the Saugatuck Trail for the rest of the hike, passing frequent water views, and end on the Reservoir's northern side. Short shuttle involved (masks required). Leader: Eileen West, [eileenw1000@gmail.com](mailto:eileenw1000@gmail.com). Rain cancels.

Saturday, July 6 - **Cranberry Lake Preserve**. 4 miles, easy to moderate terrain, leisurely to moderate pace. Hike on various trails, through a marsh, an old quarry and woods. Going up the quarry offers a short but steep climb. Meet at the nature center at 9:45 AM. The preserve is located at 1609 Old Orchard Street in North White Plains, NY 10604; if you need directions or information about the preserve, their number is (914) 428-1005. Rain cancels the hike. Leader: Sue Soni, [surekhasoni1968@gmail.com](mailto:surekhasoni1968@gmail.com). *Qualifies for the Westchester 100 (No. 51).*

Sunday, July 7 - **TWO HIKES TODAY:**

Sunday, July 7 - **Fahnestock State Park (Northern Section), Cold Spring NY**. 6-7 miles, moderate terrain, moderate pace. Assuming the leader can add up mileage, this is actually a 6.2 mile loop hike from the Big Woods parking lot. We will pass 3 lakes and at least one viewpoint, and that means uphill. As befits a summer hike the pace will be moderate but extreme heat will cancel. There will be an optional stop in Nelsonville for ice cream after the hike. Register with leader Jane Restani between Monday and 5:00 PM Friday the week of the hike at [irabjanea@aol.com](mailto:irabjanea@aol.com). As always you will need water, lunch and appropriate hiking footwear.

Sunday, July 7 - **Kitchawan Preserve**. 4-5 miles, easy to moderate terrain, leisurely pace. We'll hike along several loops in the preserve, and also make a short detour along the North County Trailway to the pedestrian bridge over the New Croton Reservoir to enjoy the views; the lunch break will be by a stream, which we'll cross to do another loop if the water is low. To register, contact the leader, Sheila Sarkar, at [shechris7@yahoo.com](mailto:shechris7@yahoo.com). *Qualifies for the Westchester 100 (No. 33).*

Saturday, July 13 - **TWO HIKES TODAY:**

Saturday, July 13 - **Michael Ciaola Conservation Area and Great Hollow, Patterson, NY**. 8 miles, moderate terrain, moderate to brisk pace. We will enter the Michael Ciaola Conservation Area

in Paterson New York and use the red, yellow, orange, blue, and white trails to make a large loop around the park, including a few views, a waterfall, and perhaps entering Great Hollow Preserve in Connecticut. Heavy rain or extreme heat may cancel or change the route. The leader will be stopping for ice cream in Carmel on the way home - all welcome. Contact leader Lauren Linkowski at [llinkowski@gmail.com](mailto:llinkowski@gmail.com) to register.

Saturday, July 13 - Silver Lake Preserve. 3-4 miles, easy to moderate terrain, moderate pace. This is a lovely shaded walk for a summer day. There are areas with no street noise, too! In some parts, there are steps, a bridge and some rocky terrain; other places are relatively smooth. We will visit the Stony Hill Cemetery, a memorial to the African-American community called the Hills, and end the hike in Merritt Hill, which was the site of a Revolutionary War skirmish. Leader: Janis Biermann, [biermannjanis@gmail.com](mailto:biermannjanis@gmail.com), (203) 824-8166. *Qualifies for the Westchester 100 (No. 40).*

Sunday, July 14 - TWO HIKES TODAY:

Sunday, July 14 - Route 106 Circular. 7 miles, moderate terrain, moderate pace. Using the SBM, Long Path and other trails, we will hike past the ORAK ruins and up to the fire tower, then head over to the second and third reservoirs and other scenic spots. Vaccination against Covid-19 is required on this hike. Rain cancels; no first time hikers, please. Email the leader for start time and other information: Mike Kaplan, [kaplanm2001@yahoo.com](mailto:kaplanm2001@yahoo.com).

Sunday, July 14 - Westmoreland Sanctuary. 3-4 miles, easy to moderate terrain, moderate pace. We'll do a loop, starting with a steady climb on the yellow trail. Then we continue to the Lost Pond, where we'll pause to contemplate its lovely spillway before heading back on different trails, all at a pace aiming for around 2 mph. Bring water and a snack; hiking poles recommended. To register, email the leader Brent Laymon at [belaymon@gmail.com](mailto:belaymon@gmail.com). *Qualifies for the Westchester 100 (No. 65).*

Saturday, July 20 - THREE HIKES TODAY:

Saturday, July 20 - Fahnestock Loop. 10-11 miles, moderate to strenuous terrain, moderate pace. We will do a large, elongated loop with about 1800' of elevation gain on the northwestern side Fahnestock State Park, on a route that includes a stream with a waterfall and a view at the top of Round Hill. Leader: Alice Benash, [ajrb3@verizon.net](mailto:ajrb3@verizon.net).

Saturday, July 20 - Mianus River Park. 8 miles, easy to moderate terrain, moderate pace. This nature reserve on the Greenwich/Stamford border contains trails that follow the course of the Mianus River and pass through rolling forest land. We will do the main loop through the park as well as exploring some of the lesser used trails. Plan on an early start since the parking lot fills up as the day progresses. Note: this is not the Mianus River Gorge Preserve in Bedford - it is in a different location and the park allows dogs. To register, contact leader Kathie Laug at (203) 722-5490, or [kfriedmanlaug@optonline.net](mailto:kfriedmanlaug@optonline.net). Participation on this hike is limited to 12 people.

Saturday July 20- Butler Sanctuary. 3-4 miles, easy to moderate terrain, moderate pace. This hike has some easy sections and some truly moderate ups and downs. We start on the Orange trail with large ferns lining our path and then proceed to the Red trail around the perimeter of the park to the hawk watch where we will have lunch before returning to our cars. We will walk through Evergreen and White pine forests, some stream crossings and beautiful glacial rock formations. Leader: Carol Pamm, [CarolJoyce2@aol.com](mailto:CarolJoyce2@aol.com) or (646) 346-0371. *Qualifies for the Westchester 100 (No 49).*

Sunday, July 21 - **TWO HIKES TODAY:**

Sunday, July 21 - **Catfish Loop**. 5 miles, moderate terrain, moderate pace. Join the leader on a wonderful hike in Fahnestock State Park which we'll do at a steady, comfortable pace. It has something for everyone - varied terrain, some stream crossings, and a few minor rock scrambles. Bring plenty of water, snacks and lunch. Please register with the leader not later than the Friday evening before the hike. Leader: Elspeth Kramer, [elspethjkramer@gmail.com](mailto:elspethjkramer@gmail.com), (347) 262-4802.

Sunday, July 21 - **Ward Pound Ridge**. 5-6 miles, easy to moderate terrain, leisurely pace. This is a pleasant "walk in the woods" on gentle terrain on the Reservation's red ski trails. Bring lunch or a snack and plenty of water. Rain or extreme heat may cancel the hike. To register, contact Carol Harting at [c.harting@verizon.net](mailto:c.harting@verizon.net). *Qualifies for the Westchester 100 (No. 63).*

Saturday, July 27 - **TWO HIKES TODAY:**

Saturday, July 27 - **Mianus River Gorge**. 4-5 miles, easy to moderate terrain, moderate pace. This lovely preserve offers a cool retreat from the summer heat. We will follow the river on trails with many ascents and descents to Hobby Hill Quarry, Havemeyer Falls and the S.J. Bargh Reservoir. Vaccination against Covid-19 is required on this hike. Leader: Catharine Raffaele, [catharineraffaele@gmail.com](mailto:catharineraffaele@gmail.com). *Qualifies for the Westchester 100 (No. 56).*

Saturday, July 27 - **Larchmont Walk**. 3 miles, easy terrain, leisurely pace. Come on a morning walk in beautiful Manor Park and on local streets overlooking the Long Island Sound in Larchmont. The area is surrounded by Victorian homes initially built as summer residences for the wealthy. We will end the walk by seeing the oldest house in Larchmont which was built in 1797 by Founding Father John Jay's nephew Peter Jay Munro. There are still larch trees on the property. Contact leader for meeting time and place: Cynthia Moro, [Cynlyn24@gmail.com](mailto:Cynlyn24@gmail.com).

Sunday, July 28 - **TWO HIKES TODAY:**

Sunday, July 28 - **Fahnestock State Park: Three Lakes/AT Loop**. 6.5 miles, moderate terrain, leisurely to moderate pace. Enjoy a circular hike through the woods of Fahnestock State Park with some ups and downs on the Appalachian and Three Lakes Trails. Leader: Minu Chaudhuri (914) 391-5918, [minuch50@gmail.com](mailto:minuch50@gmail.com).

Sunday, July 28 - **Muscot Farm**. 4 miles, easy to moderate terrain, leisurely pace. This hike, on the yellow trail, will take us past fields and through the woods along the perimeter of this County owned preserve in Somers. Group size is limited to 10 people including the leaders. For information and to register, contact the leaders, Vipin and Usha Shukla, at [shukla\\_vipin@hotmail.com](mailto:shukla_vipin@hotmail.com). Rain cancels. *Qualifies for the Westchester 100 (No. 58).*

Saturday, August 3 - **TWO HIKES TODAY:**

Saturday, August 3 - **Bearfort Mountain Loop**. 7 miles, moderate to strenuous terrain, moderate to brisk pace. This hike, just west of Greenwood Lake, features multiple views of the lake as it winds its way along the ridgeline through rhododendron thickets and past two ponds, with a few rock scrambles thrown in for good measure. Leader: Kevin McGahren, [KMCGC@optonline.net](mailto:KMCGC@optonline.net).

Saturday, August 3 - **Black Rock Forest Hike and Swim**. 5-7 miles, moderate terrain, leisurely to moderate pace. Great views, "Jupiter's boulder," (hopefully) a waterfall, and possibly wild blueberries, following which we can enjoy a swim at Sutherland Pond. Contact leader for time and

place. Will cancel if the temperature is over 85 degrees. Leader: Carolyn Hoffman, [carohof2@gmail.com](mailto:carohof2@gmail.com), cell (914) 420-5778.

Sunday, August 4 - **TWO HIKES TODAY:**

Sunday, August 4 - **Teatown Reservation to the Blue Pig**. 6-8 miles, easy to moderate terrain, leisurely to moderate pace. This hike, perfect for a summer's day, passes lakes, streams and a spectacular spillway as it winds its way from Ossining to Croton. Depending on the temperature and the mood of the leader, we will use either the hilly south half of Teatown's Three Lakes Trail or the easier Lakeside Trail to connect with the T-K-T and Briarcliff-Peekskill Trails. We'll head towards the Croton Reservoir and enjoy lunch at the picnic tables overlooking the spillway, then take a path that parallels the Croton River to pick up the Old Croton Aqueduct. When we reach Quaker Bridge Road we'll cross the river, access the Croton River Gorge Trail, and continue through Croton on local trails and streets to our ultimate destination - the Blue Pig, famous for its delicious homemade ice cream. Short shuttle involved (masks required). Due to group size restrictions at Teatown, participation on this hike is limited to 8 people including the leader, all of whom must be WTA members. We will be taking two cars to the Reservation and will be sharing the \$7 per car parking fee. Leader: Eileen West, [eileenw1000@gmail.com](mailto:eileenw1000@gmail.com). *Qualifies for the Westchester 100 (Nos. 62 and 99b).*

Sunday, August 4 - **Ward Pound Ridge**. 4 miles, easy to moderate terrain, moderate pace. Enjoy this circular hike in Ward Pound Ridge Reservation. There is a gradual uphill at the beginning and some ups and downs through fields and along a stream where a mill was once located. Hiking poles useful on the downhill. Leader: Gail Blumenfeld, [gailrb@yahoo.com](mailto:gailrb@yahoo.com). *Qualifies for the Westchester 100 (No. 63).*

Saturday August 10 - **TWO HIKES AND A CANOE/KAYAK TODAY:**

Saturday August 10 - **Seven Hills End to End**. 7.5 miles, moderate to strenuous terrain, moderate pace. This linear hike in Harriman State Park will start at the Lake Sebago boat launch and end at the Pine Meadow visitor center. There are plenty of view points along the way and several steep up and down scrambles. A short shuttle is involved (masks required). Leader: Alice Benash, [ajrb3@verizon.net](mailto:ajrb3@verizon.net).

Saturday, August 10 - **Pawling Nature Reserve**. 4-6 miles, easy to moderate terrain, leisurely pace. This can be a short hike of about three hours, or it can be made longer by hiking on part of the Appalachian Trail. Carpooling is available from McDonald's on Route 22 in Brewster. Rain or extreme heat may cancel the hike. To register, contact leader Carol Harting at [c.harting@verizon.net](mailto:c.harting@verizon.net).

Saturday August 10 - **Canoe / Kayak: Bantam River, Litchfield, CT**. This is a favorite, the Bantam River in Connecticut. The river enters and exits the lake at the north end providing superb quiet water paddling through an extensive and protective tract of land. We will put in on the inlet paddling downstream reaching the lake; explore along the shoreline looking eventually for the outlet. Our lunch stop will be at a beach with a swim. Meet at 10:00 at the Bantam Market on the right near the junction of Rt. 202 and Rt. 209. Bring boat, paddle, lifejacket, and lunch. There are no rentals nearby. Vaccination against Covid-19 is required on this paddle. Email leader Jane Smalley to register: [jsmallpt@aol.com](mailto:jsmallpt@aol.com) or (914) 263-8146.

Sunday, August 11 - **TWO HIKES TODAY:**

Sunday, August 11 - **Shady Side of the Hook**. 6 miles, easy to moderate terrain, moderate pace. This hike has moderate terrain at the beginning, and becomes easier towards the end. We will

walk north on the Long Path, which affords Hudson River views filtered by foliage and ample shade. The ridge provides many ups and downs, and then descends on the rocky and steep Treason Trail to the lower path, which is shared with bicycles. Climb back up to the cars at the end of the hike. Vaccination against Covid-19 is required on this hike. Leader: Catharine Raffaele, [catharineraffaele@gmail.com](mailto:catharineraffaele@gmail.com).

Sunday, August 11 - **Cliffdale -Teatown Trail and Teatown Lake**. 4 miles, easy to moderate terrain, moderate pace. Bring plenty of water and enjoy a hike from the Visitor's Center to the Cliffdale Education Center, using part of the Teatown Lake and other trails. We'll have a snack on the benches at Cliffdale, and then return to the Visitor's Center on the other side of the lake. Our pace will be steady yet comfortable. Participation on this hike is limited to 8 people. Please register with the leader not later than the Friday evening before the hike. Leader: Elspeth Kramer, [elspethkramer@gmail.com](mailto:elspethkramer@gmail.com), (347) 262-4802. There is a \$7 per-car parking fee at Teatown, so you may wish to arrange a carpool. *Qualifies for the Westchester 100 (No. 62).*

Saturday, August 17 - **TWO HIKES TODAY:**

Saturday, August 17 - **Lakes Sebago and Skenonto: Harriman Circuit Hike #28**. 6.35 miles, moderate terrain, moderate pace. In 2017-2019 the leader led the 27 hikes described in the book "Circuit Hikes in Harriman" by Don Wiese. The book also includes descriptions for 8 other outings in Harriman under the heading "Trail Runs, Walks, Ski Loops, and Mountain Bike Rides." These are easier than the first 27 but still involve elevation gain as it is Harriman! This is the first hike in the new series. We will go from Johnstontown Road to the Dutch Doctor Shelter, then make a loop past the two lakes before returning. The book calls this hike "a good hill workout" with 940 feet of elevation gain. To register, contact leader Kathie Laug at (203) 722-5490, or [kfriedmanlaug@optonline.net](mailto:kfriedmanlaug@optonline.net). Participation on this hike is limited to 12 people.

Saturday, August 17 - **Fahnestock Chimney Top**. 5 miles, easy to moderate terrain, leisurely to moderate pace. Starting from Dennytown Road. Lovely hike to the highest point in Fahnestock with terrific views and an interesting back story. Leader: Debbie Farrell. [Debfarpr@gmail.com](mailto:Debfarpr@gmail.com). Phone only day of hike (914) 282-9942.

Sunday, August 18 - **TWO HIKES TODAY:**

Sunday, August 18 - **Pelton Pond and Shenandoah Mountain**. 6 miles, moderate terrain, moderate pace. Join the leader on a hike from Pelton Pond in Fahnestock Park to Shenandoah Mt. The elevation gain is gradual, then steepening somewhat as the mountain is ascended. On the return there is a steep, rocky decent to the Canopus Lake beach. Bring a lunch, 1.5 liters of water, a hat, bug spray and sunblock. Hiking poles are recommended. Leader Steve Klepner, 845-297-7066, [spk010@yahoo.com](mailto:spk010@yahoo.com). Email preferred with 'hike' in the subject line.

Sunday, August 18 - **NYC Walk**. 7-8 miles, easy terrain, moderate pace. New York City is skyscrapers, brownstones, monuments, street art, frenetic, quiet spots, food, and people. To walk is to experience it all. Shall we walk on the east side, west side, center, north or south? Possibilities. Maybe we will walk north along the East River Promenade with the return route to be decided. Participation is limited to 12 people. Vaccination against Covid-19 is required on this hike. For questions and to register, contact the leader, Linda Wildman at [lindawildman88@gmail.com](mailto:lindawildman88@gmail.com) or text/call (914) 316-5674.

Saturday, August 24 - **TWO HIKES TODAY:**

Saturday, August 24 - **Beacon Mt. Trails.** 5½ or 8 miles, moderate to strenuous terrain, moderate to brisk pace. We'll park at Mt. Beacon Park on Wolcott Avenue/NY Route 9D (carpooling is a good idea), take the steep Casino Trail to North Beacon Mt. with its fine view of Beacon and the Hudson River. Then we'll continue to South Beacon Mountain's fire tower, with its view of everywhere. From there we have two options: If the weather is hot or wet, we'll take unmarked roads around the Beacon Reservoir, and the Dry Brook Trail back to the cars (5½ miles). If the weather is good and everyone is still vigorous, we'll take the Wilkinson Memorial and Fishkill Ridge trails over Lambs Hill and to the Dry Brook Trail (8 miles). Vaccination against Covid-19, or a recent negative test, is required on this hike. Leader: Bruce Collins, [actz1015@gmail.com](mailto:actz1015@gmail.com) or (646) 584-1227.

Saturday, August 24 - **Oscawana Island Park and Graff Sanctuary.** 4-5 miles, easy terrain, leisurely pace. We'll follow the blue trail alongside Furnace Brook, then cross over to Graff Sanctuary and do a circuit, avoiding the steep section of the red trail. We'll then visit the ruins of the McAndrews estate and circle the former racetrack. After returning to our starting point, we'll continue along a short trail to the Hudson river, where we'll have lunch on the riverbank. To register, contact the leader, Sheila Sarkar, at [shechris7@yahoo.com](mailto:shechris7@yahoo.com). *Qualifies for the Westchester 100 (No. 13).*

Sunday, August 25 - **TWO HIKES TODAY:**

Sunday, August 25 - **Lillinonah Trail, Newtown, CT.** 5.9 miles, moderate terrain, moderate pace. This loop hike, which we'll do at a pace aiming for around 2 mph, has frequent changes in elevation and breathtaking views. Located within the 800-acre upper block of Connecticut's Paugussett State Forest, the trail is surrounded on three sides by water, including Lake Lillinonah - created in 1955 by the construction of the Shepaug Dam, which we'll be able to see at various points along the way. We'll break for a late-morning snack and lunch when people are too tired to go on! Bring plenty of water. Poles required. To register, email the leader, Brent Laymon, at [belaymon@gmail.com](mailto:belaymon@gmail.com).

Sunday, August 25 - **Bartlett Arboretum & Gardens/Stamford Museum Nature Center.** 3-4 miles, easy terrain, leisurely to moderate pace. The Bartlett Arboretum and Gardens is located in North Stamford, CT and contains 93 acres of parkland, gardens, landscapes and hiking trails that focus on plants, ecology and the character of the natural environment of Southwestern New England. The 118 acre Stamford Museum and Nature Center contains woods and meadows with some vernal pools and glacial erratics, with a hiking trail that connects to those at The Bartlett. We will visit both properties on a hike of about 3-4 hours and stroll through some of the Bartlett gardens with an opportunity to take photos of some of the trees, flowering plants and ferns. Leader: Barry Leibowitz, (914)774-5321.

Saturday, August 31 - **Piermont Exploratory.** 6-7 miles, easy terrain, moderate pace. We begin our walk on Rails to Trails where we will enjoy great views of the Mario Cuomo Bridge. We then walk to Sparkill and view the interesting war memorials and explore the town where we will enjoy our lunch. Our walk continues on a lower path through an interesting neighborhood with views of the creek, and we return to Piermont where we will walk the pier and hopefully see a variety of birds. Meet in Parking Lot D in Piermont (next to the main parking lot). Optional stop for refreshments after the walk. Please register with the leader not later than 5 PM on the day before the hike. Leader: Margo Moss (201) 568-5325 landline or [acephoto@verizon.net](mailto:acephoto@verizon.net).

Sunday, September 1 - **Mianus River Gorge, Bedford NY.** 6 miles, easy to moderate terrain, moderate pace. This is a lovely Nature Conservancy property along the Mianus River. We will do the

extended circuit with various spurs and including the new-ish yellow trail. There are uphill but the pace will be moderate. Register with leader Jane Restani between Monday and 5:00 PM Friday the week of the hike at [irabjanea@aol.com](mailto:irabjanea@aol.com). As always you will need water, lunch and appropriate hiking footwear. *Qualifies for the Westchester 100 (No. 56).*

Saturday, September 7 - **TWO HIKES TODAY:**

Saturday, September 7 - **Kakiat County Park and Harriman.** 10.5 miles, moderate to strenuous terrain, moderate pace. We will meet at Kakiat County Park and use their trails, the Suffern Bear Mountain, Pine Meadow, Kakiat, and unmarked trails to make a large loop. There will be views and a few historic features including a cemetery, a CCC camp, a mill, and more. Heavy rain or extreme heat may cancel or change the route. Contact leader Lauren Linkowski at [llinkowski@gmail.com](mailto:llinkowski@gmail.com).

Saturday, September 7 - **Exploring Haverstraw.** 4 miles, easy terrain, leisurely to moderate pace. This will be an out and back on the northern half of the Hudson River Greenway (the Nyack/Haverstraw path) with one optional short hill down to the river and back, and with an American Revolution site. Afterward, learn about the brick industry of the Hudson Valley at the Haverstraw Brick Museum. Also: ice cream at Riverside Scoops, outdoor sculptures, oldest candy shop in NYS. You can come via ferry or via car. Contact leader for time and place. Will cancel if the temperature is over 85 degrees. Leader: Carolyn Hoffman, [carohof2@gmail.com](mailto:carohof2@gmail.com), cell (914) 420-5778.

Sunday, September 8 - **Rockefeller State Park Hike and Scavenger Hunt.** 4-5 miles, easy to moderate terrain, moderate pace. We'll start with a morning hike in Rockefeller Preserve. After enjoying lunch at the picnic tables near the visitor center, we'll break up into small teams and go on a one-hour scavenger hunt around Swan Lake. Each team will be given a handout with approximately 20 images of objects found around the lake, and one person from each team will take photos of the same images to score points. There will be prizes for the winning team! Participation in this event is limited to 20 people. Leader and Hunt Organizer Alice Benash, [ajrb3@verizon.net](mailto:ajrb3@verizon.net). *Qualifies for the Westchester 100 (No. 59).*

Saturday, September 14 - **TWO HIKES TODAY:**

Saturday, September 14 - **Catfish Loop.** 6 miles, moderate terrain, moderate pace. This hike will begin on the Catfish Loop, turn left on the Moneyhole Mountain trail to hike to Chimney Top where there is an old abandoned chimney and stunning views. We will then backtrack and continue on the Catfish Loop. The trail now climbs gradually and goes through a narrow passage between large lichen-covered boulders. From the top of the boulders, there is a panoramic west-facing view, with Crows Nest and Storm King Mountains visible on the west side of the Hudson River. We will stop for lunch and then continue on the Catfish Loop to return to our cars. Parking is at the second parking lot on Dennytown Road, where the AT intersects the road. Leader: Kathy Skura, (914) 629-3219, [kathyskura@gmail.com](mailto:kathyskura@gmail.com).

Saturday, September 14 - **Blue Mountain Reservation.** 4 miles, easy to moderate terrain, moderate pace. The wooded trails in this Peekskill park have some ascents and of course, descents, including a short walk to the summit of Blue Mountain. We will also walk along a brook, and pass many large boulders and rock formations as well. Leader: Janis Biermann, [biermannjanis@gmail.com](mailto:biermannjanis@gmail.com), (203) 824-8166. *Qualifies for the Westchester 100 (No. 48).*



Sunday, September 15 - **TWO HIKES TODAY:**

Sunday, September 15 - **Garrison Metro North Station to Castle Rock Unique Area.** 7 miles, easy to moderate terrain, moderate pace. Starting from the train station (free parking), we ascend (no exposure) to the foot of Sugar Loaf, which we do not climb. We turn north to go around Lake Elizabeth in the Unique area. This is a true "easy to moderate" hike - several flat sections combined with a total elevation gain in other parts of 730' (the 1.2 mile trek from Route 9D to the foot of Sugar Loaf contains nearly half of the gain). Bring a lunch, 1.5 liters of water, a hat, bug spray and sunblock. Hiking poles are recommended. Leader: Steve Klepner, [spk010@yahoo.com](mailto:spk010@yahoo.com), (845) 297-7066. Email preferred with 'hike' in the subject line.

Sunday, September 15 - **Pepsico Sculpture Gardens.** 2 miles, easy terrain, leisurely pace. We'll take an afternoon walk in these underappreciated gardens in Purchase, New York, where we will find authentic Totem poles from the Northwest, a grizzly bear, works by Alexander Calder, George Segal, Rodin, and numerous other 20<sup>th</sup> century sculptors. We will also enjoy the well manicured grounds and hopefully see some blooms. Bring water or Pepsi but not Coca Cola. Leader: Cynthia Moro, [Cynlyn24@gmail.com](mailto:Cynlyn24@gmail.com).

Saturday, September 21 - **TWO HIKES TODAY:**

Saturday, September 21 - **Stillman Trail End to End.** 11 miles, moderate to strenuous terrain, brisk pace. This hike begins at the western end of the Stillman Trail in Black Rock Forest, which we will access from Mine Hill Road. Heading east, we stop for a view at Split Rock, continue over the summits of Black Rock Mountain and Mt. Misery, up to the rocky top of Butter Hill, over Storm King Mountain, and out to our cars. There is plenty of elevation change on this hike, which will be done at a steady pace. Short shuttle involved (masks required). No beginners please. Leader: Bob Fiscina, [fis6973@tutamail.com](mailto:fis6973@tutamail.com). Rain or wet conditions cancel.

Saturday, September 21 - **Hudson Highlands Gateway Park.** 4-5 miles, easy to moderate terrain, leisurely pace. This is a pleasant three-hour hike with gentle ups and downs. Good hiking boots are required. Take Bear Mountain Parkway north to Highland Avenue to Sprout Brook Road (street sign may be down – turn at the Gulf Station), and the parking lot is on the right designated by a sign for the Gateway Park. To register, email the leader, Carol Harting, at [c.harting@verizon.net](mailto:c.harting@verizon.net). *Qualifies for the Westchester 100 (No. 31).*

Sunday, September 22 - **Westmoreland Sanctuary: Grand Loop.** 5.3 miles, easy to moderate terrain, moderate pace. We'll do a double loop that reaches the outer boundaries of this meticulously tended preserve, at a pace aiming for around 2 mph. Features include a forest, nature garden, lake, moderate slopes, nature benches, and rock outcroppings. Bring water and a snack; hiking poles recommended. To register, email the leader Brent Laymon at [belaymon@gmail.com](mailto:belaymon@gmail.com). *Qualifies for the Westchester 100 (No. 65).*

Saturday, September 28 - **TWO HIKES TODAY:**

Saturday, September 28 - **Sams Point and Verkeerderkill Falls.** 8.6 miles, moderate terrain, moderate to brisk pace. This loop hike in Minnewaska State Park has varied terrain, great views, a waterfall, and hopefully some colorful fall foliage on a late September day. Please note that advance parking reservations are required for the Sams Point lot, so be sure to make those reservations before signing up for the hike (see <https://parks.ny.gov/parks/193> for more information). Leader: Kevin McGahren, [KMcGC@optonline.net](mailto:KMcGC@optonline.net).

Saturday, September 28 - **Twin Lakes/Nature Study Woods (Eastchester to New Rochelle Loop)**. 4.6 miles, easy terrain, moderate pace. Enjoy woodlands, waterfalls, and a walk around Twin Lakes. This is a circular hike with gentle ups and downs. While it is a mostly smooth hike, stretches on the Nature Study path can be rocky. The entrance to the parking area is at 960 California Road, at the Twin Lakes Farm Stable northern entrance. Park in the lot to the left, available to hikers. There is also street parking off California Road. Vaccination is required on this hike. Rain cancels. Leader: Lynn McBride, [almcb@aol.com](mailto:almcb@aol.com) or (914) 439-0879. *Qualifies for the Westchester 100 (No. 43).*

Sunday, September 29 - **TWO HIKES TODAY:**

Sunday, September 29 - **Stahahe High Point and Island Pond**. 6.5 miles, moderate terrain, leisurely pace. This is a relaxed pace hike of about 1.5 mph starting at the Elk Pen. Continue to the Nurian and up through the Valley of Boulders around Green Pond to Stahahe High Point via an unmarked trail. Then retrace our steps back to Island Pond Road to the southern end of the lake. Return to the Elk Pen via the ASB. Leader: Veronica O'Neil. Text or email to (914) 523-9418 or [missyellierosa@yahoo.com](mailto:missyellierosa@yahoo.com).

Sunday, September 29 - **What's Up with Buttercup?** 3-4 miles, easy terrain, leisurely pace. The leader has located several miles of new (to us), less-traveled trails to explore, a mix of well-shaded and open fields that includes a stretch which follows a grassed-over railroad bed. It's easy to walk but, like most rewarding experiences, you have to put some effort to reach this trailhead. The area is the Audubon's Buttercup Farm and Sanctuary on Route 82, Stanfordville, NY 12581. Best reached via the Taconic State Parkway, which also happens to be on the route home for the folks going on WTA's Berkshire hiking week. More details and likely routes plus directions available before the hike date. Promise. Leader: Howard Millman, [howardmillman@runbox.com](mailto:howardmillman@runbox.com). Day of hike cell: (914) 439-8031.