



Wanderings

newsletter of the
OUTDOORS CLUB INC.

<http://www.outdoorsclubny.org>

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The Outdoors Club is a non-profit (c) (3) volunteer-run organization open to all adults 18 and over which engages in hiking, biking, wilderness trekking, canoeing, mountaineering, snowshoeing and skiing, nature and educational city walking tours of varying difficulty. Individual participants are expected to engage in activities suitable to their ability, experience and physical condition. Leaders may refuse to take anyone who lacks ability or is not properly dressed or equipped. These precautions are for your safety and the wellbeing of the group. Your participation is voluntary and at your own risk. Remember to bring lunch and water on all full day activities. Telephone the leader or Lenny if unsure what to wear or bring with you on an activity. **Nonmembers pay one-day membership dues of \$3.**

We want to thank Brian for his many years of service to the Outdoors Club as webmaster. Brian not only designed the website but also paid for it. Brian will eventually setup his own company on the internet, and promises to keep us informed of future developments. Our vice president, Ray Lin, is responsible for the new website. You will now be able to pay your dues using PayPal. You should also read the information in the "About" and "Information" tabs. The new website address is www.outdoorsclubny.org, and it has been dedicated to Alan Kaye in recognition of Alan's twenty-seven years as a director of the Club. There will be a walk in Alan's honor on October 10th.

MEMBERSHIP DUES HAVE CHANGED FROM ONE YEAR TO TWO YEARS. One year dues are available at a higher rate. **CHECK YOUR MAILING LABEL FOR EXPIRATION DATE!** RENEWAL NOTICES WILL NO LONGER BE SENT. **It takes 8-10 weeks to process your renewal.** Some leaders will be asking members for proof of membership, **so please carry your membership card or schedule on activities** (the expiration date is on the top line of your mailing label).

OUTDOORS CLUB ELECTIONS will be held in November. Volunteers (not members) attend the annual dinner and vote for new officers. Michael Pollack, Secretary; Ray Lin, Vice President; Lou Miller, Treasurer; and Helen Mangione-Yee, President will be running again for office. If you wish to put your name on the ballot please contact and include your resume/qualifications to hbmanyc@yaho.com. You must have access to a computer w/MsWord and email for officer positions.

We were sorry to hear that **Bernie Mensch** has passed away. He will always be remembered for his architectural walks that were both informative and educational. We will always remember Bernie reading from his notes as we walked through some beautiful town, and learned about its architecture and parks. Pat O'Malley will be leading a memorial walk for Bernie on Sunday, August 23rd.

INQUIRIES, COMPLAINTS AND SUGGESTIONS – Mail to the post office box, call Lenny Morgenstern at 917-842-9490 or send an e-mail to hbmanyc@yaho.com. **SUMMER TIME** and the weather may be hot. Please bring plenty of water, sunscreen, bug spray, head protection. **LYME DISEASE** - It's that time of the year. Remember to walk in the center of trails, and avoid overhanging grass and bush. The insecticide Permethrin, which is commonly found in lawn and garden stores, can be sprayed on clothing to repel ticks. Also, any insect repellent containing DEET can be sprayed on clothes or applied to skin. Other safeguards include wearing long-sleeved shirts, hats, pants tucked into socks, and shoes or sneakers that leave no part of the feet exposed. Light colored clothing makes it easier to detect ticks. Check yourself for ticks and don't overlook anything that at first glance may appear to be a speck but is in fact a tick the size of a poppy seed. It is also advisable to wash all clothes and shower immediately after spending a day outdoors.

We desperately need leaders for easy and more difficult outings. Please contact Helen via email or phone 212-348-5344 for further information.

Come hike with us. You'll never know how much fun you might have until you try it.

Helen Mangione-Yee and Helga Smith

MUST EMAIL OR CALL MIKE PUDER BEFORE 6/30 FOR OVERNIGHT HIKE. SEE 7/11 NOW FOR DETAILS!

7/4 SAT, JONES BEACH HIKE, DINNER, FIREWORKS, WALK (JB: 516-785-1600). Hike along the sands in the Zach's Bay area; then return to cars to collect picnic stuff: food, blankets, etc; then head to the beach to enjoy dinner, conversation and fireworks. Bring dinner; the line to buy is huge! After the fireworks, we will leisurely walk the boardwalk until the parking lot empties. We will pass the bus stop. Meet at parking lot #5, Zach's Bay at 6:30 pm, at eastern end by the east tunnel leading to the east bathhouse, on the parking lot side of the tunnel. There is a bus/LIRR package. Ask bus driver to let you off at the East Bathhouse – walk west in front of the building to the tunnel leading under the road. It leads to the East End of parking lot #5. Parking fee \$8, free with Empire Pass. Leader: Joanne Tow (cell: 516-503-3069, to be used ONLY if lost)

7/5 SUN, AROUND PROSPECT PARK IN BROOKLYN, about 5-6 miles, moderate/easy pace, some ups/downs. We'll walk through the Brooklyn Botanic Gardens and then Crown Heights, Lefferts Gardens, and Windsor Terrace but we won't go into Prospect Park. Meet 1:30 PM (after bathrooms and lunch) at BBG Eastern Parkway entrance. Take 2 or 3 to Eastern Parkway-Brooklyn Museum stop. BBG Admission: \$8/Srs \$4. Rain may cancel, call. Leaders: Pat O'Malley and Helen Yee 212-348-5344, questions call morning of walk 9-10 only! Nonmembers: \$3.

7/8 WED, HIGH BRIDGE CIRCULAR, New Jersey Hike, 8 miles, moderate steady pace, mostly flat. We'll take the Columbia Trail going through Ken Lockwood Gorge, and return on the Raritan River Road. Wear hiking boots. Bring lunch/water. Meet Penn Station, NJ Transit ticket windows (7th Avenue) at 9:10 to take 9:37 AM train to High Bridge. Must call leader to confirm, Ludwig Hendel 718-626-3983 Tues. (7/7) between 9PM-11PM only. Nonmembers: \$3.

7/11 SAT, POPOLOPEN GORGE, about 5 miles at moderate pace, mostly flat, but a few short steep uphill, no scrambling. Back over the new bridge to the 1779 Trail, over the Popolopen Creek footbridge for a visit to the Bear Mountain Zoo (\$1). Out in time for the 3:19 pm bus back to NYC. Bring lunch/water. Take the 8:45 am ShortLine Bus from PABT to Bear Mountain (R/T: \$26.70, seniors \$13.30 with Jersey Transit half-fare coupon), where we will all meet at 10:15 am directly in front of the Inn. There will be a short shuttle to the Ft. Montgomery Visitors Center, so don't park the cars at Bear Mountain. You must e-mail or call to confirm/arrange rides. Sorry, but no children, no pets, no smoking. Leader: Bob Susser (212-666-4371, e-mail: rsusser@aol.com). Joint with other clubs

7/11 SAT, HARRIMAN STATE PARK: SLOATSBURG TO TUXEDO, 7 miles on varied trails, moderate pace, alongside running brooks and panoramic climbs. Here we are on the PM, Blue Disc, TMI trails and over the Dater Mountain range. Return is from Claudius Smith Rock and Cave. Bring lunch and water. Meet before 8:40 am at the PABT South Wing by the white commuter statues in the ticketing area. Buy O/W ticket to Sloatsburg, bus leaves at 9:10 am (Gate 312), arriving 10:07 am Tuxedo, return by train or bus. Leader: Marvin Malater (718-376-3608). Call for hike status or schedule. Joint with other clubs. Nonmembers: \$3.

7/11 SAT, DUMBO (DOWN UNDER MANHATTAN BRIDGE OVERPASS), about 3 miles, can be extended over the Brooklyn Bridge. Artists' galleries, arts center, a waterside park, bakery, famous chocolate, and much more. Bring sun hat, sun lotion, liquids. Take F train to York Street stop, and meet 11 am outside the station. Leader: Susan B. (718-275-7654). Hard rain cancels. Nonmembers: \$3.

7/11 SAT, LIGHT OVERNIGHT BACKPACKING TRIP (Please reply on or before June 30, 2009.) We will meet to go on an overnight backpacking trip to an easy area for first timers. This will be a public area that is used by Appalachian Trail through hikers. You would not need to bring much as shelter, water and bathrooms are there. There is also a new 7/11 type store that just opened and you can buy food or snacks there. Must go on an orientation hike before we actually go out for this overnighiter. The date of the orientation hike will be July 11 and you must meet for the orientation beforehand. For information please E-mail me at: nvhiker50@verizon.net at any time or you can call me at 718-743-0920.. E-mails preferred Leader: Michael Puder,

7/12 SUN, BOARDWALK & BOCCE, 2-4 miles, easy pace. Join us for a game of bocce/shuffleboard and a leisurely walk on the South Beach/Midland Beach boardwalks. We will bring the equipment. Bring lunch and beverage or buy it at a nearby deli. Take the 10:30 Staten Island ferry from Manhattan and the S51/52 bus to South Beach. Walk towards the Verrazano Bridge to find the bocce courts where you will meet the leaders. Drivers call for directions. Leaders: Steve & Bettye Soffer (718-720-1593, call 7pm-9pm for more information. On the day of the hike, call 917-270-9967). Nonmembers: \$3.

7/12 SUN, SHORT CITY WALK, about 1 ½ miles, flat terrain, Hudson River Promenade. Take a short leisurely walk on the beautiful Hudson River promenade. Pass through or around (at participants discretion) Robert Wagner Park,

Rockefeller Park, and the World Financial Center. Spectacular views of the Hudson River and the NJ coastline. If participants are interested, they may on their own walk up along the Hudson River Westside Park, northward. Inclement weather cancels. Meet 2 PM at the front entrance of the Museum of Jewish Heritage, 36 Battery Place, Edmund Sara Plaza, at the intersection of First Place and Battery Place, right nearby to Battery Park. Leader: Marvin Preiss (212-228-0484, before 10 pm). Nonmembers: \$3.

7/12 SUN, GARRISON ARDEN POINT CIRC, 6 miles, easy pace on woodland trails. An easy summer version, this time no real climbing but plenty of view points. We leave from the commuter lot and go via the Blue, White & Red trails to a gazebo deep in the woods for lunch (modest up-hill walk). Return via the Meadow Gazebo and its Catskill & Mohonk views and then to Arden Point and a 2nd short lunch opposite West point. Two more view points and finishing in a brief walk through Garrison Landing and the vestiges of the 1968 movie set. Take GCT Hudson Line at 11:50 to Garrison, drivers park/meet at commuter lot at 1 pm. Leader: Hal Kaplan (914-376-3156). Hike message on answering machine starting Sat. am, driving directions: use Google/Yahoo maps & this address: Lower Station Road & zip 10524

7/18 SAT, 42ND STREET EAST TO WEST, easy walk. Architectural walk, lunch after walk. Meet 1 pm SW corner of 42nd Street by benches. Heavy rain cancels. Leader: Joan Mendelson (973-761-1329, before 10 pm). Nonmembers: \$3.

7/18 SAT, NIGHT HIKE, approx. 10 miles. We will do a night walk in Harriman State Park at a slow pace (you can't go fast in the dark!) and treat this like a day hike in the dark with frequent stops and rests. Easy path in the park. In the morning we will go into town and have breakfast at a diner, take the train back and sleep at home. If not sure what to bring, e-mail me at nyhiker50@verizon.net any time before the hike up to 9 pm the night before for information and more details. This will be an enjoyable night in the woods for those that can overcome their fear of the dark. Can start calling Wednesday night the week of the hike for details on answering machine (e-mails preferred). Leader: Mike Puder (718-743-0920). Nonmembers: \$3.

7/19, SUN, QUEENS WALK, about 8 miles, moderate/fast pace. Meet at 179th Street stop of the F train on street (last stop of train in Queens, exit front of train). We will look for shade through Jamaica Estates, and we may go on bike path to Alley Pond. For details on walk call Julia W. 718-438-2642 Friday for message. Nonmembers: \$3.

7/25 SAT, WATERFRONT PARKS – NEW ROCHELLE TO LARCHMONT, about 7 miles, moderate steady pace, ups & downs, road walking. We'll walk along the water from Hudson Park to Manor Park. Bring lunch/water. Meet 11 AM at IRT #6 Pelham Bay station token booth (last stop in Bronx) to catch #45 Bee-Line bus to New Rochelle (bring Metrocard). Return via Metro-North or #60 Bee-Line bus to the Bronx. Rain may cancel, call. Leader: Helen Mangione-Yee 212-348-5344 questions call morning of walk 8-9 only! Nonmembers: \$3.

7/26 SUN, MT. TAURUS, 6 miles at moderate pace. It begins with a long uphill, but there are spectacular views of the Hudson Valley from the top. Take the 9:50 am Hudson Line train from GCT, arriving in Cold Spring at 11 am (OW \$10/seniors \$6.50). You may also take the 9:40 am train at the Marble Hill station (1 block from 225th Street stop on the #1 subway), changing at Croton-Harmon for the express (OW \$7.50/seniors \$3.75). Please sit in the first or second open car and use the restroom on the train. Out around 4 pm, but plan to hang around afterwards in Cold Spring for some refreshments. You must e-mail or call to confirm/arrange rides. Sorry, but no children, no pets, no smoking. Leader: Bob Susser (212-666-4371, e-mail: rsusser@aol.com). Joint with other clubs

8/1 SAT, OSBOURNE LOOP (GARRISON), 10 miles. Peppy pace with possible visit to Graymoor Monastery. Walk along old carriage roads past ponds and a restored gazebo. There may be a side trip on a short unmarked trail. Meet at Grand Central at the Station Master's office across from Zaro's on street level. Purchase R/T ticket to Garrison. Bring lunch/drink. Rain does not cancel. Fare: \$20.50 R/T. Leader: Mike Puder (718-743-0920) LATE RETURN. Start calling beginning Tuesday night the week of the hike for recorded message with details or e-mail me at nyhiker50@verizon.net any time up to 1 day before the hike. Joint hike with other clubs. Nonmembers: \$3.

8/1 SAT, FREEPORT, LONG ISLAND THRU VILLAGE TO NAUTICAL MILE (LOOP), about 5 miles round trip walk (RR station to destination and back). Seafood restaurants, sheltered place to sit facing the sea. Cabs available from RR, no bus on weekends. Meet at 10:15 am at LIRR info booth, Penn Station. Take Babylon train at 10:40 am, arriving in Freeport at 11:26 am. Bring sun hat, lotion, plenty of liquids. Leader: Susan B. (718-275-7654, 8pm-10 pm only) Hard rain cancels. Nonmembers: \$3.

8/2 SUN, EXPLORE LOWER MANHATTAN, 2 miles. We will wander thru the East side of extreme lower Manhattan, looking for things and places that are unusual. We will eat lunch at the South Street Seaport. Meet in the South Ferry Terminal, at the foot of the escalator at 11 am. Take the #1 or R train to South Ferry/Whitehall. Leader:

Bob Ward (718-471-7036 after 8 PM). Joint with other clubs. Nonmembers: \$3.

8/2 SUN, FOREST PARK TO BROADWAY JUNCTION about 8 miles, moderate/fast pace. Kew Gardens stop on F train in Queens. Meet on street near Starbucks. Please use bathroom in stores before hike. We'll walk through Forest Park to the Ridgewood Reservoir, and end at Broadway Junction. For details on walk call Julia W. Friday 718-438-2642 for message. Nonmembers: \$3.

8/5 WED, LITTLE HELLGATE - RANDALLS & WARD ISLANDS, 6-8 miles, moderate pace. We'll walk across the RFK Bridge (formerly Triborough Bridge), and explore Randalls & Ward Islands on the new scenic shore path crossing over and returning on the footbridge to Yorkville. Meet 11 AM 2nd Avenue & 126th Street. Bring lunch/water. Must call leader to confirm, Ludwig Hendel 718-626-3983 Tues. (8/4) between 9PM-11PM only. Nonmembers: \$3.

8/8 SAT, TALLMAN MOUNTAIN STATE PARK TO NYACK (hike and swim) 8 miles. A delightful day awaits us here. We will walk in the park on the bike path, followed by a swim at the pool there. Then, on to the Long Path and the pier in Piermont. Spectacular views of the Hudson River and the Tappan-Zee Bridge. Brief stop in ice cream parlor. Continue on shady and very pleasant Long Path to Nyack for a delicious moderately priced meal at a Mexican restaurant. Bring water, snacks, and sunscreen. Meet at Port Authority Bus Terminal, at the commuters statue near ticket windows on the main floor. Purchase 1-way ticket on bus to Palisades Oak Tree Road; return ticket can be purchased on bus in Nyack. Bring a bathing suit and quarters for the lockers. Pool fee: \$2. Start calling Wednesday night during the week of the hike for recorded message. Leader: Lynn Albin (718-743-0920) or e-mail at nyhiker50@verizon.net for additional information. LATE RETURN. Joint hike with other clubs. Nonmembers: \$3.

8/8 SAT, HARRIMAN STATE PARK: SLOATSBURG TO TUXEDO, 7 ½ miles, moderate pace on varied trails. The PM Trail parallels a running stream that we cross over on the boulders of the Cascade of Slid. Lunch is on a rock shelf, breaking water by Lake Sebago. Dutch Doc Trail Shelter, Claudius Smith Rock and Cave add to interest on the return to Tuxedo. Bring lunch and water. Meet at the PABT South Wing, at the white commuter statues before 8:40 am, departure at 9:10 am. Buy 0/W ticket to Sloatsburg (Gate 312), arriving 10:07 am. Return from Tuxedo by train or bus. Leader: Marvin Malater (718-376-3608). Call for hike status or schedule. Nonmembers: \$3. Joint hike.

8/8 SAT, 3 BEACHES: SHEEPSHEAD BAY TO BRIGHTON BEACH, easy walk. Bring snack and water, eat after walk. Meet at 11 am Sheepshead Bay at McDonalds. Take Q train to Sheepshead Bay stop. Rain cancels. Leader: Joan Mendelson (973-761-1329, before 10 pm). Nonmembers: \$3.

8/9 SUN, ROCKAWAY BOARDWALK STROLL, 5+ miles. We will walk almost the entire length of the Rockaway Beach boardwalk and maybe more. Bring lunch, water and sunscreen and meet on the northwest corner of Seagirt Boulevard and Beach 20 Street, Far Rockaway, at 10:30 am. Take the Far Rockaway A-train to Mott Avenue (last stop) and then Q-22 bus (free Metro card transfer) to Seagirt Boulevard & Beach 20 Street. Leaders: Pat Ritter (718-474-6758) and Bob Ward (718-471-7036). Joint with other clubs

8/9 SUN, HASTINGS CIRCULAR, 7 miles, easy pace on park trails, entirely within inter-connected suburban parks. Rowleys Bridge, Old Croton Aqueduct; Leinor Preserve; Draper Park; Burke Estate, Hillside Woods; Zinnzer Park and back via OCA to a 1970's diner near Hastings Station. Take GCT Hudson Line at 11:20 am to Hastings, driver park/meet at noon in commuter lot, Hastings RR station. Leader: Hal Kaplan (914-376-3156) Hiking message starts Sat. am. Inclement weather cancels. For driving directions use Google/Yahoo maps and this address: Southside Ave, zip 10706

8/9 SUN, RIVERDALE-FIELDSTON STROLL, 3 easy miles. See the rural parts of Riverdale and Fieldston where the serfs live better than you do. Find out what the F.O.P.A. is. See estates and interesting architecture. No smoking on trip. Meet at Northwest corner of Broadway and 207th Street at 1:30 pm. Take A-train to 207th Street, last stop, last car. Leader: Mayer Wiesen (516-671-2095 before 10:30 pm). Call to confirm. Joint hike with other clubs

8/15 SAT, ROCKAWAY PARK BEACH HIKE AND SWIM, 11 miles, leisurely pace. Walk along boardwalk of Rockaway Park beach from subway station at 116th Street down to the end of the boardwalk. We will have lunch on the beach and an optional swim. There are dropout points where you can catch the subway. Get back to Beach 116th Street between 5 and 6 pm. Take A-train to Broad Channel, change to S-train and exit at last stop, Beach 116th Street. Meet 11 am at Rockaway Beach Park outside subway station at Beach 116th Street. Leader: Edward Leibowitz (201-332-1709). MUST CALL OR E-MAIL TO CONFIRM. Joint with other clubs. Nonmembers: \$3.

8/16 SUN, SWIM HIKE IN TALLMAN PARK, PALISADES TO NYACK, 6 miles. Hike bicycle path to pool \$3

charge for public pool. Then hike thru Piermont to Nyack. Stop at pool about 1 ½ hours. Place to eat if not swimming. Bring quarters for lockers. Wear hiking boots, a few ups and downs. Bring towel and swim suit. Call for time and place of bus. Call beginning Wednesday for phone msg. Leader: Judy Levine (718-482-9659). Nonmembers: \$3.

8/22 SAT, ROCHELLE PARK, SADDLE BROOK, NJ, 5-10 miles. Join us for a walk thru Rochelle Park, a park for all seasons. Full of a variety of mature and younger shade trees and shrubbery, this delightful park is a rail-to-trail (Saddle River Trail) and is bisected by a lake. There is a good chance of seeing some woodchucks, rabbits and a variety of shore birds. Just a little over a 30-minute bus ride from Port Authority (42nd Street). Rochelle Park connects to Grove Street Park which we may walk thru as well, depending on the weather. Bring lunch and drinks. Optional stop in local diner afterward. Call for recorded message with further details beginning Thursday eve of week of walk. Meet at Port Authority commuter statue in NJ Transit ticket window area to take bus #164. Fare: \$4.40 each way. Leader: Lynn Albin (718-743-0920 til 10 pm) or e-mail at nyhiker50@verizon.net for additional info. Nonmembers: \$3.

8/22 SAT, GARRISON, 7 miles at moderate pace with mostly woods, roads and trails but a substantial uphill at the start, no scrambling. Take the 9:50 am Hudson Line train from GCT arriving in Garrison at 10:56 am (OW \$10/seniors \$6.50). You may also take the 9:40 am train at the Marble Hill station (1 block from the 225th Street stop on the #1 subway), changing at Croton-Harmon for the express (OW \$7.50/seniors \$3.75). Please sit in the first or second open car of the train and use the restroom on the train. Out in time for the 5 pm train back to NYC. You must e-mail or call to confirm/arrange rides. Sorry, but no children, no pets, no smoking. Leader: Bob Susser (212-666-4371, e-mail: rsusser@aol.com). Joint with other clubs

8/23 SUN, MEMORIAL WALK FOR BERNIE MENSCH - FREYLINGHUYSEN ARBORETUM GARDEN WALK (NEW JERSEY), about 6 miles, moderate/easy pace, hilly, trails, road-walking. Bring lunch/water. Meet 9:45 AM at NJ Transit windows in 7TH Avenue NJ Transit terminal in Penn Station. Buy round trip ticket to Morristown. Leader: Pat O'Malley 212-924-7486. Joint walk with Urban Trails.

8/29 SAT, DYCKMAN STREET TO LINCOLN CENTER, 7 to 10 miles, moderate some hills. There is only one drop off point at 125th Street. Walk along the northern portion of the Hudson River path, see the "Little Red Lighthouse Under the Big Bridge" great views of the Hudson, and the beautiful Cherry Walk. Take the A subway to Dyckman Street. Bring lunch and water. Optional early dinner at a great place near Lincoln Center. Leader: Leonard Morgenstern, please call 917-842-9490 any time (24/7) 72 hours prior to the walk for meeting place and time. Nonmembers: \$3.

8/30 SUN, NEW ROCHELLE PARKS ALONG THE WATER, 4-5 miles, easy/moderate steady pace, drop-off points. We will visit two parks in Davenport Neck on our way to Glen Island. Bring lunch, water and sunscreen. Rain may cancel, call. Meet 11 AM at IRT #6 Pelham Bay station token booth (last stop in Bronx) to catch W45 Bee-Line bus to New Rochelle (bring MetroCard). Leaders: Ted Gabay 914-632-3684 and Helen Mangione-Yee 212-348-5344. Questions call morning of walk 8-9 only. Nonmembers: \$3.

9/5 SAT, ROCKAWAY PARK TO FORT TILDEN, 5 miles, slow pace, flat terrain. Mostly a beach hike from Rockaway Park 116th Street to Riis Park to Fort Tilden, then back to bakery at 129th Street Belle Harbor, ending hike in Italian bakery. Meet at 10:30 am at 116th Street Rockaway Park. Take Far Rockaway (A) Train to Broad Channel, take shuttle to last stop Rockaway Park. Rain cancels. Leader: Phil Tates (212-242-5384, after 7 pm). Nonmembers: \$3.

9/5 SAT, NATIONAL MUSEUM OF AMERICAN INDIANS AND ENVIRONS. Walk along Battery Park and the Esplanade. Bring snack and water, lunch break in Bowling Green Park before visiting the Nat. Museum of Am. Indian. Rain cancels. Meet at 10 am SW corner of Chambers and Greenwich Street. Take A, C, 1, 2, 3 train to Chambers Street, walk west to Greenwich Street. Leaders: Clara and Dan Singer. Nonmembers: \$3.

9/6 SUN, ROCKAWAY WALK, about 8 miles, moderate/fast pace. Meet at 116th street stop of A train (Rockaway Park in Queens). We'll walk along boardwalk from 116th Street to either the end of boardwalk in Queens or into Long Beach. For details on walk call Julia W. Friday 718-438-2642 for message. Nonmembers: \$3.

9/7 MON (LABOR DAY), LEATHERSTOCKING TRAIL AND SAXON WOODS, 9 miles, moderate pace and terrain. Larchmont-Mamaroneck area, pleasant scenery and lush greenery. Bring lunch and water. Meet at GCT information booth at 9:15 am. Fare: \$14 R/T, seniors \$9.50. Leader: Ray Krant (718-435-4994). Nonmembers: \$3.

9/7 MON (LABOR DAY), JONES BEACH, 4-6 miles. Walk on boardwalk and some trails. Bring bathing suit for

possible swimming, also bring lunch, water and suntan lotion. Old shoes or slippers are a good idea as we will be walking on the beach. Meet 12 noon at Freeport LIRR station waiting room. Take LIRR train, arriving Freeport at 11:46 am (leaving Penn Station around 11 am or Jamaica around 11:20 am - schedule changes monthly, so check LIRR for schedule changes). Rain cancels. Cost: \$6.75/seniors \$4.50 O/W, plus Metro card for bus. Leader: John Socolick (516-791-6453 between 6 and 10 pm). Nonmembers: \$3.

9/12 SAT, GRAND ARMY PLAZA TO CHINATOWN, 5 miles, slow pace, flat. From Grand Army Plaza down Union St., over to Court St., then down Court Street to Brooklyn Bridge, across Bridge to Chinatown, ending hike at Chinese restaurant. Meet at 10:30 am at Brooklyn Library steps at Grand Army Plaza. Take #2 or #3 subway to Grand Army Plaza, walk towards library. Rain cancels. Leader: Phil Tate (212-242-5384, after 7 pm). Nonmembers: \$3.

9/12 SAT, NEWARK, 2-3 miles, easy walk. Go thru Ironbound area, visit art galleries. Eat in Newark. Meet 11 am at Newark Penn Station waiting room. Take PATH train, \$1.75, each way. Rain cancels. Leader: Joan Mendelson (973-761-1329, before 10 pm). Nonmembers: \$3.

9/13 SUN, RYE PLAYLAND ROAD & PARK WALK, 7 miles, easy pace, level ground. Late summer afternoon walk on a portion of the Westchester Shore; short road walk to Rye Nature Preserve, Parkway Trail to Oakland Beach & lunch. After Rye Playland and Pier, then Reade Preserve & back to station. Start and finish is at Rye RR station. Bring water and lunch; snack bar food available near end of hike. Take GCT New Haven line at 11:34 am to Rye (arr: 12:19). Drivers park in Rye commuter lot (I-95 Exit 19, look for station signs). We return there after the hike. Heavy or steady rain cancels. Leader: Hal Kaplan (914-376-3156, hike msg begins Sat. am. For driving directions use Google/Yahoo maps and this address: First Street, zip 10580.

9/13 SUN, ROCK HALL MUSEUM HISTORIC HOUSE IN LAWRENCE, LI, 3/4 mile walk from railroad station. A 1767 colonial mansion in fantastic condition. Lovely grounds and 3 floors of rooms including a warming kitchen, and wine cellar. It is on the National Register of Historic Places and a NY State Revolutionary War Heritage Trail site. Eat lunch on train and use bathroom in RR station. Meet at information counter at the LIRR at 11:40 am in Penn Station. Fare: R/T \$8.50(seniors), \$12.50, museum is free. Leader: Cecile & Susan Rodau (212-472-5028, call Friday night ONLY from 8-9 pm). Nonmembers: \$3.

9/13 SUN, JONES BEACH GOURMET WALK, 5 miles on beach and boardwalk, moderate pace. We'll walk to Roosevelt Nature Sanctuary and then to Bayside for interesting birds. Bring two portions of any food for gourmet feast. Take LIRR train to Wantagh arriving 10:03. Check schedule for departure time. Drivers meet on South side of station and are appreciated for shuttle to beach. Rain cancels. Call to confirm that hike will take place. Leader: Frank Bamberger 718 457 5159. Nonmembers: \$3.

9/19 SAT, BRONX TO MANHATTAN WALK, about 6 miles, easy/moderate pace, drop-off points. We'll start with a late lunch in St. James Park, then a visit to the Hall of Fame and Roberto Clemente State Park. Bring or buy lunch/water. Rain may cancel, call. Take either the #4 subway to Kingsbridge Road and exit middle of train, east side of Jerome, right staircase or D train & exit Kingsbridge Road & walk west towards elevated #4 subway. Meet 1:30 PM at the southeast corner of Kingsbridge Road and Jerome Avenue in front of Chase Bank. Leaders: Helen Mangione-Yee 212-348-5344 questions call morning of walk 9-10 only, and Leonard Morgenstern 917-842-9490 questions call anytime. Nonmembers: \$3.

9/19 SAT, HARRIMAN STATE PARK, TUXEDO CIRCULAR, 7 miles, moderate pace with climbs on varied trails and terrain. Northward to gem-like Lake Skenonto, on a choice of trails. Return sites and stops at Lake Sebago, Dutch Doc Trail Shelter and Claudius Smith Rock and Cave. Claudius Smith was legend for hijacking arsenal trains of the Continental Army and hiding in caves nearby in Tuxedo. Bring lunch and water. Meet at Penn Station, 7th Ave. ticket booths (NJ Transit at 32nd & 7th) before 8:50 am, departure at 9:14. Buy R/T to Tuxedo, NY. Transfer at Secaucus for the Port Jervis Line, arriving in Tuxedo at 10:17 am. Leader: Marvin Malater (718-376-3608). Call for hike status or schedule. Joint with other clubs. Nonmembers: \$3.

9/19 SAT, COLONIAL GREENWAY – EAST LOOP, 9 miles, moderate pace with some ups and downs. The entire East Loop: Saxon Wood Park, Weinberg Nature Preserve, Hutchinson River Pathway, Ward Acres Park, Larchmont Reservoir, Leatherstocking Trail. Start and end in Mamaroneck. Bring lunch, water, hiking boots. No drop-out point. Rain cancels. Take #5 subway to Eastchester-Dyre Avenue (last stop in Bronx). Meet on sidewalk by exit at 10:15 am. Bee-line bus both directions. Leader: Joel Pomerantz (212-691-3844). Nonmembers: \$3.

9/20 SUN, MIDNIGHT RAMBLE, 5 miles at steady pace. Meet at 12:01 am in the morning at Columbus Circle, walk up to Lincoln Center and then head south to the Battery, stopping for a meal in Chinatown. The final segment will

include a dawn ferry ride across the harbor and back. For details and to register, if you DARE: call Leader: Bob Ward (718-471-7036, after 8 pm, one week in advance). Joint with other clubs. Nonmembers: \$3.

9/20 SUN, SURPRISE DESTINATION, about 8 miles, moderate/fast pace. Meet inside George Washington Bridge Bus Terminal near ticket windows. Take A/C subway to 175th Street stop. We'll either walk to the Bronx or go into New Jersey. For details on walk call Julia W. 718-438-2642 Friday for message. Nonmembers: \$3.

9/26 SAT, BAYONNE, 8-10 miles, mostly flat, on city streets and in parks at a moderate to brisk pace. Some drop-out points. Explore new and established waterfront parks and see architectural highlights and old factories in the city known at different times in its history as "Newport on the Hudson" or the "Peninsula of Industry". End with a walk across the Bayonne Bridge. Optional extension of indeterminate length exploring Staten Island's wild west. Watch for Yahoo Group e-mail, or phone or e-mail leader, starting Wednesday, Sep. 23, to confirm hike and for meeting time and place. Leader: Craig Nunn (551-206-6823, before 10 pm) or e-mail dystopicnj@yahoo.com. Awful or dangerous weather cancels. Phone leader after 7 am morning of hike, if uncertain. Nonmembers: \$3.

9/27 SUN, PERTH AMBOY, 4 miles, easy/moderate pace. Breath-taking views of Staten Island as we walk along the river and bay. We'll see many old houses with lots of history. Meet 10:30 AM inside the PABT, 40th St. building, near commuter statues/ticket windows to take NJ Transit bus #116 at 11:15 AM. Fare: \$16/\$7 Srs R/T (buy round trip ticket). Bus ride takes about one hour. Rain may cancel, call. Bring lunch/water. Leader: Helen Mangione-Yee questions call morning of walk 8-9 only 212-348-5344. Nonmembers: \$3.

9/30 WED, BRIARCLIFF TO PEEKSKILL, 11 miles, moderate pace. Take 8:45 train from GCT to Croton. Leader boards train at Marble Hill at 9:04. Bring lunch and something to drink, no drop off points. We return by train from Peekskill when we get there. No pets, no children. Check train times. Questions call me, Oliver Wayne at 917-415-2567. Nonmembers: \$3.

10/3 SAT, THE HISTORIC PUBLIC SCHOOL OF C. B. J. SNYDER: GRAVESEND TO BAY RIDGE, 6-7 miles, moderate pace, city streets. As we traverse Bensonhurst and New Utrecht, we'll see about 12 public schools designed by architect Charles B. J. Snyder, Supt of School Buildings from 1891 to 1923 during the glory days of public education. He brought New York's public schools into the 20th century both literally and figuratively, making them what we know today with amenities like gymnasiums, auditoriums, and music rooms. His buildings embodied contemporary educational-reform concepts about light, fresh air, and play. He saw schools as civic monuments. We'll meet at 10 a.m. at the exit of the Avenue U F train. Bring or pick up a lunch. Rain or inclement weather cancels the walk. I'll have my cell phone with me, Jean Arrington, 646-290-4119. Nonmembers: \$3.

10/3 SAT, BRIGHTON BEACH & BEYOND, about 4 miles, steady pace on boardwalk, paved paths and on streets. Enjoy the seaside, savor an exhilarating international community and a Russian lunch (under \$10), then explore Manhattan Beach and areas of Sheepshead Bay (including a Holocaust Memorial) before heading home. Meet at 10:30 am in front of Nathan's. Bring water and snack. Take the F, Q or D line to Coney Island/Stillwell Avenue (exit the front side of the station, Nathan's is to the right across the street). Steady rain cancels. Leader: Devra Zetlan (212-662-8922, on day of walk only: 917-526-3908) Call for confirmation and details. Nonmembers: \$3.

10/3 SAT, TACKAPAUSHA RESERVE, 4-8 miles, possibly scouting hike. First half slow, second half faster and additional trails. Visit museum and some easy trails. Wear hiking boots. Train to Seaford. Leader: Judy Levine (718-482-9659). Call for message, beginning Wednesday. Nonmembers: \$3.

10/4 SUN, NATIONAL MUSEUM OF THE AMERICAN INDIAN AT BOWLING GREEN. View the façade to learn what the statues mean, inside see the painting of commerce on the walls and ceiling in the Rotunda. Building is the former US Custom House. There is an archaeological exhibit about American Indian artifacts and paintings by modern American Indian artists. This is a great and different museum. Meet right outside the school or handicapped entrance on the ground floor at 1 pm. Do not go up the steps. Admission is free. Take #4 or #5 subway to Bowling Green. Museum is right there, we go rain or shine. Leader; Cecile & Susan Rodau (Cecile: 212-472-5028, Sunday morning from 9-11 am). Nonmembers: \$3.

10/4 SUN, 3 CEMETERIES AND RAIL-LINE, 10 miles, moderate pace with some ups and downs. Various trails in Hart's Brook, Ridge Road and Chauncey Parks. Visit the final resting places of Paul Robeson, Judy Garland, Gershwin and Billy Rose. South on South County Trailway to Palmer Road in Yonkers. No drop-out point, rain cancels. Bring lunch, water and hiking boots. Take #4 subway to Bedford Park Blvd in the Bronx. Meet at 9:55 am on sidewalk by station exit. Bee-line bus both directions. Leader: Joel Pomerantz (212-691-3844). Nonmembers: \$3.

10/4 SUN, EXPLORE UPPER MANHATTAN'S TWO LARGE PARKS, 2+ miles. On this walk, you will see the site of an ancient earthquake, see evidence of our pre-history, see a forgotten arch as big and as beautiful as the one in Washington Square and the site of an Indian village that played an important role in the early history of New York. Meet at 190th Street and Overlook Terrace, take A-train to 190th Street, take elevator, NOT the tunnel to get to street, walk 1 block south. Bring lunch/water. Leader: Bob Ward (718-471-7036, after 8 pm). Joint hike.

CALL JUDY MAHLER NOW TO SIGN-UP FOR BROOKLYN HEIGHTS WALK ON FRIDAY, 10/23.

10/10 SAT, WALK IN HONOR OF ALAN KAYE - BROOKLYN BOTANIC GARDENS TO CHINATOWN, 6-7 miles, moderate/easy steady pace, lots of drop-off points. We'll visit the Gardens, walk along some trails in Prospect Park, enjoy some lunch, then walk through different neighborhoods in Brooklyn on our way to the Brooklyn Bridge, and an early dinner in Chinatown. Meet 11:30 AM in front of the BBG Eastern Parkway entrance. Take IRT #2 or #3 train to Eastern Parkway/Brooklyn Museum stop (right at token booth, right after stairs). Bring lunch-snacks/water. Rain may cancel, call. Leaders: Helen Yee 212-348-5344 questions call morning of walk 8-9 am only, and Mike Pollack 718-648-3424. Nonmembers: \$3.

10/10 SAT, CIRCULAR AROUND LAKE MINNEWASKA AND LAKE AWOSTING IN NEW PALTZ, NY, 10 miles, moderate to brisk pace on pleasant carriage roads. A vivid review of autumnal colors, backgrounded by deep alpine views. A quintessential autumn breath. Estimated pickup and departure at 8 am by automobile. Rider contribution about \$10, round trip. Leaders: Marvin Malater (718-376-3608) and Louis Kleinman (646-232-4134, e-mail louiskleinman@yahoo.com). Contact for hike status or schedule. Rain will cancel. Drivers: if you can take other riders, please call Louise; hikers needing transportation also call for details and coordination. Joint hike.

10/11 SUN, GARRISON-ARDEN POINT & SUGAR LOAF SOUTH, 7 miles, easy pace on woodland trails. Start from RR station, then blue, white and brown trails to Sugar Loaf South. A short lunch at the view point, then back to Arden point with its Hudson River views for a second short lunch. Afterward a quick tour of Garrison Landing, if there is any train waiting time. Take GCT Hudson Line at 9:50 am to Garrison. Drivers park/meet at commuter lot at 11:10. Leader: Hal Kaplan (914-376-3156) Msg on answering machine after Friday pm. Inclement weather cancels. Drivers use Google map, Lower Station Rd, Garrison, NY

10/11 SUN, SHEEPSHEAD BAY TO FLOYD BENNETT FIELD. 7-12 miles (if extended). Walk along Emmons Ave and see the fishing fleet, then along Plum Beach and finally explore Floyd Bennett Field which was the 1st commercial airport in NYC. We will explore the natural area, see hidden ammunition bunkers, see vintage aircraft and lots more. Can be extended to include Ft. Tilden which has the best beaches in NYC. Take Q train to Sheepshead Bay Road Station - exit rear of train (coming from Manhattan). Meet at McDonalds opposite side of street from train. You must call or email to confirm and get meeting time. Bring lunch/water. Rain cancels. Mike Pollack 718-648-3424 lpollnoop@yahoo.com.

10/12 MON (COLUMBUS DAY), ALLENHURST TO SPRING LAKE IN NEW JERSEY, 9 miles, moderate to steady pace, flat terrain. Easy hike mostly over boardwalks connecting communities along the South Jersey shore. Scenery of beaches and ocean in addition to other waterways we will pass at the beginning and end of hike. Bring lunch and water. Meet at Penn Station, upper level by NJ Transit Windows at 8:30 am. Fare: \$21.50/seniors \$11.25. Leader: Ray Krant (718-435-4994). Nonmembers: \$3.

10/17 SAT, TRAILS OF MT. KISCO, 10 miles, moderate pace with many ups and downs, short bushwhacks. Marked, unmarked and BRLA trails in Leonard Park, Merestead (former W&J Sloane estate) and Butler Memorial Sanctuary. In Butler, visit Sunset Ledge and Hawk Watch. Bring lunch, water and hiking boots. No drop-out point. Rain cancels. Meet at GCT info booth at 9:30 am. Cost: \$18/seniors \$12. Leader: Joel Pomerantz (212-691-3844). Nonmembers: \$3.

10/17 SAT, YONKERS HIKE, 4-5 miles, easy/moderate pace, some ups & downs. We'll visit the Untermyer Estate with its lovely garden and fountain, the Lenoir Preserve, and take the Old Croton Aqueduct to downtown Yonkers. Bring lunch/ water. Meet noon in the Bronx (park side) at 242nd Van Cortlandt Park/Broadway to take W2 bus (bring MetroCard). Last stop #1 subway, sit in first car of train, right token booth, and left staircase. Return via Metro North or bus. Rain CANCELS! Leader: Helen Mangione-Yee 212-348-5344 ques. call 8am-9am day of walk. Nonmembers: \$3.

10/18 SUN, HOOK MOUNTAIN SUMMIT, A REMEMBRANCE FOR BOB ARONSON, 9 miles, moderate pace, includes lakeside lunch at gem-like Rockland Lake. Return is on the picturesque Hudson River Shore Path and mansioned suburban roads. Optional dinner just aft of the Edward Hopper Museum in Nyack. Bring lunch and water. Meet at PABT South Wing by the white commuter statues in the ticket area before 8 am for 8:22 am bus #9A,

Gate 220. Buy R/T to Upper Nyack. Cost: \$18/seniors \$9. Leader: Marvin Malater (718-376-3608). Call for hike status or schedule. Joint hike with other clubs. Nonmembers: \$3.

10/18 SUN CROWN HEIGHTS, about 4 miles, flat and fairly steady. Explore the ins and outs of this interesting neighborhood, a shared community of Lubavitcher Hasidim and people of Caribbean descent, with an Olmsted-designed parkway and an impressive stock of domestic and religious architecture. Maybe we'll even visit one of the neighborhood's two children museums. Bring snack and water. Steady rain cancels. Meet 1 pm at President Street and Nostrand Avenue. Take #2 or #5 to President Street. Leader: Devra Zetlan (212-662-8922, on day of walk only: 917-526-3908) Call for confirmation and details. Nonmembers: \$3.

10/18 SUN (CALL TO CONFIRM DATE), HOBOKEN ART TOUR, about 2 miles, easy walk. Bring lunch or eat in Hoboken. Will also tour streets. Meet 11 am at NJ Transit Terminal in Hoboken. Take Path train, \$1.75 each way. Leader: Joan Mendelson (973-761-1329, before 10 pm). Nonmembers: \$3.

10/23 FRI, BROOKLYN HEIGHTS, Easy walk thru historical Brooklyn Heights and a guided visit to Plymouth Church of the Pilgrims, including the basement, part of the underground railroad. You MUST sign up for this trip by October 10 by calling leader: Judy Mahler (718-692-2854) and leaving your name and phone number clearly. Meet at 10 am at corner of Court and Montague Street (2, 3, 4, 5 train). Lunch after the tour on Montague Street or bring your own and eat on the Esplanade.

10/24 SAT, BRONX RIVER PARKWAY FROM BRONXVILLE TO SCARSDALE. 5 miles. Walk along the Bronx River Parkway and enjoy the views along the Bronx River. Meet Grand Central Station (ticket windows) at 10:00 AM. Bring lunch/water. Cost \$14 round trip. Leader: Sal Varbero, call to confirm week of hike between 8 PM and 10 PM 718-420-9569. Nonmembers: \$3.

10/24 SAT, KENSICO RESERVOIR AND CATSKILL AQUEDUCT, 8 easy miles. Hike the Catskill Aqueduct along the Kensico Reservoir from Valhalla to Pleasantville. See green, orange and red leaves and some old Pleasantville mansions. No smoking on trip. Meet at GCT, upper level information booth at 9:30 am. Cost: \$16/seniors \$10, ½ from and to the Bronx. Leader: Mayer Wiesen (516-671-2095 before 10:30 pm). Call to confirm. Joint hike w/other clubs.

10/24 SAT, CHEESEQUAKE CIRCULAR, N. J. Hike, 8 miles, moderate steady pace, mostly level but some hills, trails, and boardwalk. Must wear hiking boots! Bring lunch/water. Meet 9:10 NJ Transit Penn Station (7th Ave.) ticket windows to take 9:37 AM train to South Perth Amboy, and then short bus ride to Laurence Harbor. Must call leader to confirm, Ludwig Hendel 718-626-3983 Fri. (10/16) between 9PM-11PM only. Nonmembers: \$3.

10/25 SUN, BROOKLYN CHURCHES OF PATRICK CHARLES KEELY, 8-10 miles, mostly flat on city streets and in parks at a moderate to brisk pace. Lots of drop-out points. Brooklyn is the "Borough of churches", and possibly no one designed more of them than Irish immigrant Patrick Keely (1816-1896). Use Keely's Brooklyn churches as anchors to perambulate the neighborhoods whose explosive 19th century growth fueled his prolific body of work. Optional extension of indeterminate length. Watch for Yahoo Group e-mail, or phone or e-mail leader, starting Thursday, Oct. 22, to confirm hike and for meeting time and place. Leader; Craig Nunn (201-551-206-6823, before 10 pm) or e-mail dystopicnj@yahoo.com. Awful or dangerous weather cancels. Phone leader after 7 am morning of hike, if uncertain. Nonmembers: \$3.

10/25 SUN, HISTORIAL GRAVESEND, 2 easy miles. Historic Gravesend walk, see colonial buildings, interesting homes, old roads, local history of the area plus an optional early meal in the area. Meet at HSBC Bank at Kings Highway and McDonald Ave at 2 pm. Take F-train to Kings Highway or bus #82. Leader: Alan Hecht (718-252-2161). Nonmembers: \$3.

10/30 FRI, BOUNDBROOK, N.J. TO KINGSTON, NJ - A 16 mile walk at a moderate pace along a canal towpath which is practically flat. Bring lunch and something to drink. No pets, no children. Meet at NJ Transit ticket windows at Penn Station at 8:10. We return from Kingston by bus. Questions call me, Oliver Wayne at 917-415-2567. Nonmembers: \$3.

10/31 SAT, HALLOWEEN WALK THROUGH GHOSTLY GREENWICH VILLAGE, 3-4 miles, easy pace. We'll trick or treat around the Village to look for some ghosts and rediscover the neighborhood's enduring charm. Afterwards we'll stop for dinner, and perhaps the Halloween Parade. Meet 2 PM (after lunch & bathrooms) outside the IFC Center on 6th Avenue & W. 3rd Street. Take IND A, F, D, C, E subway to W. 4th Street. Rain may cancel, call. Leaders: Helen Yee 212-348-5344 questions call morning of walk 8-9 only, and Joan Mendelson 973-761-1329 before 10 PM. Nonmembers: \$3

Check one box

- INDIVIDUAL (18 and older)... 1 yr. \$12..... 2 yrs. \$18
- FAMILY (one address)..... 1 yr. \$20..... 2 yrs. \$28
- SR's (65/older)..... 1 yr. \$10..... 2 yrs. \$14
- CONTRIBUTING..... 1 yr. \$30..... 2 yrs. \$50

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APPLICATION

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ I AM interested in finding out about leadership: Yes _____

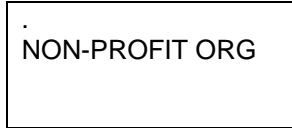
E- mail Address: _____ Mail to: The Outdoors Club (Lenox Hill Station address below)

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Signature (**YOU MUST SIGN**) - **ALL FAMILY MEMBERS MUST SIGN**

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