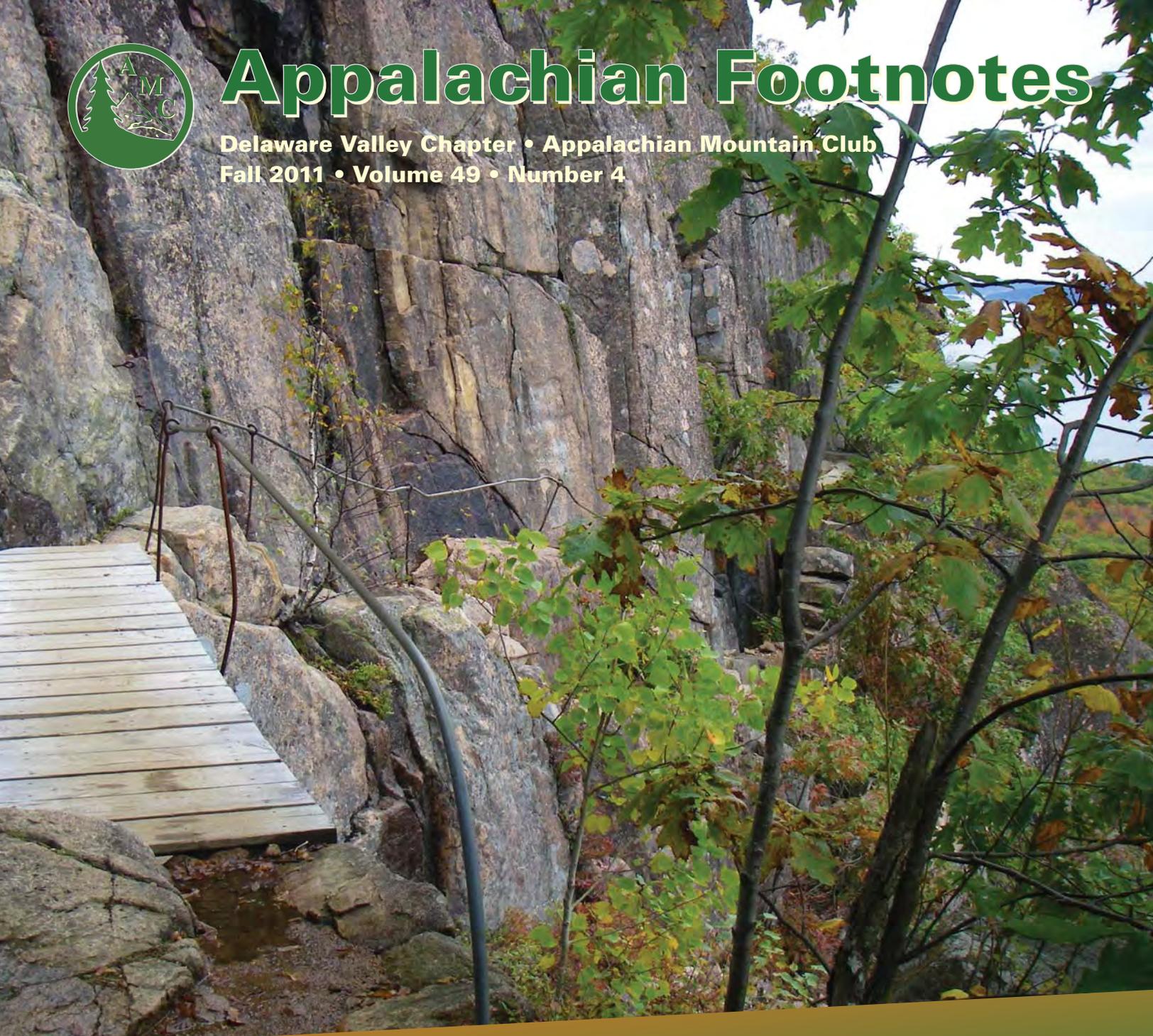




Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Fall 2011 • Volume 49 • Number 4



Fall Hiking on the Coast of Maine
Hunting on Sundays • Gas Drilling in State Parks
Redesigned Annual Meeting and Dinner
Wonderful Waterfall Hike in the Water Gap Area
Mohican Gets Family Camping Loaner Gear
AMC Outdoors Photo Contest • Fall Gathering
Adventure Travel Leader Training
Leadership Training this Fall



Appalachian Footnotes

the magazine of the
Delaware Valley Chapter
Appalachian Mountain Club
published using recycled electrons.

Sunday hunting proposed for PA

On June 26 two proposals were put forth that could take away the one day of the week that hikers, birders, mountain bikers and other recreational users in Pennsylvania can safely enjoy the outdoors without the presence of hunters.

First the Pennsylvania Game Commission Board of Commissioners voted 4-3 in favor of a resolution to repeal the ban on Sunday hunting.

Within hours, Rep. John Evans, R-Crawford/Erie and chairman of the House Game and Fisheries Committee, introduced House Bill 1760, which would allow the Game Commission to decide appropriate uses for Sunday hunting in Pennsylvania.

Lifting the ban on Sunday hunting would negatively impact AMC members who enjoy hiking and other outdoor activities such as mountain biking and birding on state gamelands, state parks and forests, and in some cases county and local parks. Sunday hunting would in effect make it difficult to safely enjoy these activities on the one day of the week that is currently off limits to hunting.

Past proposals to end the ban on Sunday hunting have been rejected by the legislature due to overwhelming opposition from recreational users and farmers. HB 1760 is being actively opposed by the Keystone Trails Association, the Farm Bureau and many other regional and local hiking and cycling organizations.

Please contact your state representative and ask that they oppose HB 1760, keep the ban on Sunday hunting in place, and not give the PA Game Commission the power to decide otherwise.

Membership Information

Moving? Please remember to change your address and desired chapter affiliation by going to the AMC Member Center at www.outdoors.org/membercenter or call AMC Member Services at 800-372-1758. This will correct your address for AMC Outdoors and for Footnotes. Address corrections cannot be made by the newsletter editor.

Joan Aichele, Membership Chair
215-257-3372, membership@amcdv.org

Lehigh Valley area: Phill Hunsberger,
610-759-7067, lehigh-valley@amcdv.org

AMC Information Sources:

Delaware Valley Chapter Web Site: amcdv.org
DV Paddler's Web Site: paddlenow.com
Chapter E-mail: info@amcdv.org
E-mail Hotline: hotline-requests@amcdv.org
AMC General Web Site: outdoors.org

Chapter Ombudsman

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Jane Shepard, 610-584-4408, or ombudsman@amcdv.org.

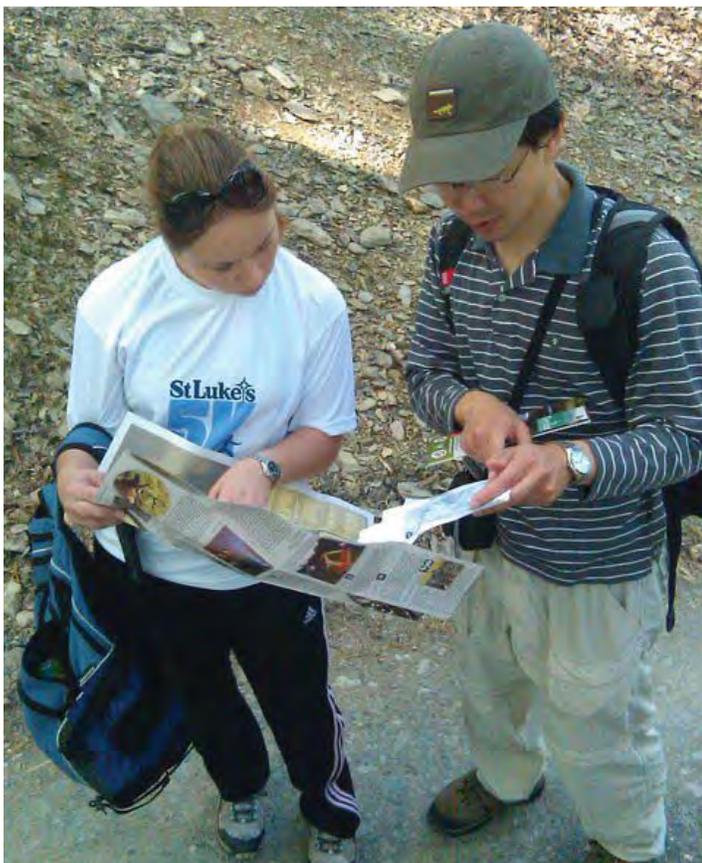
Editor: Eric Pavlak
Box 542, Oaks, PA 19456
610-650-8926 e-mail: newsletter@amcdv.org

Copyright 2011 by the Delaware Valley Chapter,
Appalachian Mountain Club

Appalachian Footnotes is published as a service to its members by the Delaware Valley Chapter of the Appalachian Mountain Club. Opinions expressed are those of the listed authors and do not necessarily reflect those of the AMC. We are not responsible for errors or omissions, except to acknowledge them in a subsequent issue. The accuracy of prices, descriptions, availability and safety of all products and services advertised in this publication is solely the responsibility of the advertisers. The Editor welcomes and encourages submissions reflecting all viewpoints for publication in the Newsletter but reserves the right to edit. Material may be submitted as typed hard copy by mail, or by e-mail at newsletter@amcdv.org.

Chair	Craig Smith	dvchair@amcdv.org 610-966-5038
Vice-Chair	Allen Male	vicechair@amcdv.org 267-733-7607
Secretary	Kathy Ciliberti	secretary@amcdv.org 215-477-5580
Treasurer	Rhoda Eisman	treasurer@amcdv.org 610-659-2726
Backpacking	Peter Fox	backpacking@amcdv.org 302-994-3164
Bicycling	Bill Steinmetz	bicycling@amcdv.org 610-694-8677
Conservation	Al Schwartz	conservation@amcdv.org 610-258-0959
Family Activities	OPEN	family@amcdv.org
Hiking	Rick Hudson	hiking@amcdv.org 215-441-8082
Leadership	Lennie Steinmetz	leadership@amcdv.org 610-694-8677
Membership	Joan Aichele	membership@amcdv.org 215-257-3372
Paddling	Eric Pavlak	paddling@amcdv.org 610-650-8926
L Smith Shelter	Patrica Sacks	shelter@amcdv.org 620-437-3227
Social	Stephanie Wall	social@amcdv.org 215-421-5660
Trails	Phil Mulligan	trails@amcdv.org 215-247-8658
Webmaster	Rich Wells	webmaster@amcdv.org 908-521-0374
Winter Activities	Lennie Steinmetz	winter@amcdv.org 610-694-8677
Young Members	Morgan Masterson	youngmembers@amcdv.org 616-843-2115
Lehigh Valley	Phill Hunsberger	lehigh-valley@amcdv.org 610-759-7067
S. Regional Dir.	Chris Rapacki	srd@amcdv.org 908-400-5500
Ombudsman	Jane Shepard	ombudsman@amcdv.org 610-584-4408

A detailed directory can be found on our web site.



Incoming Young Members chair Morgan Masterson examines a map during a hike along with outgoing YM chair Phillip Yu.

Young Members group going strong again

By Phillip Yu

This year we had a re-launching of the Young Members group for the DV Chapter.

I started as Young Members Chair last year in November with small turnouts to my events. Now, a year later, turnout has become phenomenal. Many new and potential members have asked me about Young Members and have responded individually by e-mail.

The Young Members program was originally implemented by AMC to attract young people in their 20s to 30s at outdoors activities. Over the years, this has included pretty much everyone who is young at heart.

The Delaware Valley Chapter also started their own Young Members group to encourage young people to explore the Valley Forge, Delaware Valley and Lehigh Valley areas. New and potential members have included avid hikers from Pennsylvania, Central to Southern New Jersey, and Delaware. With the help of meetup.com, young member events have expanded to larger groups. These gatherings have allowed for many hikers to network with new friends as well as share their interest and love for nature and the outdoors.

Young members' group activities have included a mix of hikes covering all types of terrain from mountains to beaches and socials such as after-hike dinners or ice cream stops.

In mid-spring, YM hikers went to the Delaware Water Gap near Columbia, NJ, to get a great view from Mount Tammany. During the early summer, the Cape Henlopen State Park hike near Rehoboth Beach, Delaware was a great success, with spotting of dolphins from the shoreline. Recently, hiking at Bake Oven Knob attracted hikers from all parts of Pennsylvania to see Bear Rocks and the Knife Edge.

If you are curious what people have to say about the past socials and hikes, then just read some of the comments on the Meetup site. Or come to a YM event and see for yourself.

Many PA State Parks may be subject to gas drilling; state does not own mineral rights

According to Pennfuture, a leading Pennsylvania nonprofit environmental, conservation and information group, the Department of Conservation and Natural Resources (DCNR) doesn't lease state park land for gas exploration, but the Commonwealth doesn't own the mineral rights beneath about 80 percent of state park land. This is because in many cases, when the Commonwealth acquired these lands, the mineral rights had been previously sold or were prohibitively expensive.

So the Commonwealth bought only the land – the glorious land – and not the subsurface rights.

Under Pennsylvania law, owners of those minerals have the unquestioned right to develop their property. While some relatively minor gas and oil exploration has gone on in some parks over time, the advent of horizontal drilling technology and Pennsylvania's Marcellus gas boom have increased the value of those subsurface rights, and make the threat of drilling in parks immediate – and widespread.

Here are some of the key facts:

- Sixty-one out of 117 State Parks are in the Marcellus gas zone.
- State Parks host over 38 million visitors annually who contribute over \$928 million annually to the commonwealth.
- The business of state parks in PA supports over 12,000 jobs. That is a return of almost \$38 for every tax dollar spent.
- Over 20 percent of our overnight visitors in PA State Parks are from out of state. We can't afford to kill the Golden Goose by allowing surface disturbance of our parks.
- Seven million acres, a quarter of Pennsylvania's land area, is under lease by the natural gas industry.
- A third of our state forest, 700,000 acres, has been leased for drilling. State Parks could be next.

Adventure Travel leader training set for Nov.

The AMC Adventure Travel Program (formerly known as Major Excursions) will offer the 2011 Leadership Training on November 18-20, 2011.

This workshop provides important training to people who have AMC activity leadership experience (no beginners) to transition from leading weekend chapter activities to more complex and longer trips, both domestically and overseas. Previous outdoor leadership training is highly desirable.

Emphasis is on planning, cost estimating, trip management, people skills, and risk management. Includes procedures and guidelines for researching, proposing, and leading Adventure Travel trips. Exchange ideas, problems, and solutions with some of the AMC's most skilled leaders. For more information, contact Colleen Yout at cyout@outdoors.org

Celebrate National Public Lands Day at Valley Forge

Join fellow DV Chapter members and many other volunteers at Valley Forge National Historical Park for a few hours in the morning of Saturday, September 24.

Many volunteers will be participating in trail maintenance and removal of invasive plants and crayfish. Bring your kids, friends and neighbors. This is a great opportunity to teach stewardship of our public lands. The event starts at 9 AM. Meet in the lower parking lot past the Visitor's Center. Bring gloves and water. If you have any questions, please contact our Trails Chair, Phil Mulligan at trails@amcdv.org.

2011 Delaware Valley AMC Annual Meeting and Dinner

Saturday Nov. 12, Upper Gwynedd Fire House, 3rd St. & Garfield Ave, West Point, PA

Our Annual Dinner combines a social networking event and a business meeting. Attendees will enjoy a nice dinner together, network with new and existing chapter members, hear great stories about fun and adventure in the outdoors and learn a little bit about some of the business aspects of operating the chapter. This is an excellent event for new members to attend – the networking tends to open up discussion around experiences over the past year, great stories and suggestions for participation in the year ahead. Every year this chapter event becomes more successful.

The event will cost \$25 per person, and it will be BYOB. Registration deadline is October 29. All fees must be received by the registration deadline. Please forward your check payable to AMC-DV to Stephanie Wall, Social Chair, 1304 Prospect Farm Drive, Yardley PA 19067. **Please include your e-mail address and phone number so we can confirm your reservation or to handle any problems!**

Directions: From the Lansdale Exit 31 of the Northeast Extension of the PA Turnpike, make a left turn at the traffic light onto Sumneytown Pike at the top of the ramp. Travel eight traffic lights to Broad Street and make a right turn. Go to the third traffic light (Garfield Ave) and make a left turn. The firehouse is 1/2 mile on the right. Parking is in the rear.

Election: The annual election of officers to the chapter Executive Committee will be held during the Annual Dinner, in accordance with the chapter by-laws. A vote on approval of the officers will be held during dinner. All members should review the slate of nominees for the 2011 Executive Committee prior to attending the dinner.

Annual Report: The Annual Report of the Executive Committee to the chapter membership will be available. You will also be able to download the report online at amcdv.org.

The schedule for the evening will be:

- 5 - 6 PM Happy Hour (BYOB, refrigeration available)
- 6 - 7 PM Dinner
- 7 - 7:30 PM Election of officers and chapter award presentations
- 7:30 PM – Outdoors Jeopardy! And networking! Get ready to have some fun!

If you have any further questions don't hesitate to get in touch: Stephanie Wall, Social Chair, social@amcdv.org

Hurricane damages trails, check before going

Hurricane Irene caused major damage to many trails in the Catskills, Adirondacks and Vermont. If you're planning a trip to any of these areas this fall, you should check on trail conditions before going. The NY-NJ Trail Conference is a good source of information at: www.nynjtc.org/news/postirene-message-hikers-trail-maintainers

AMC Fall Gathering 2011

**Join the Boston Chapter for
AMC's Annual Fall Gathering
October 14-16, Sargent Center
Hancock, New Hampshire**

Join us for Fall Gathering at Sargent Center, a Nature's Classroom full service camp near Peterborough, in the Mt. Monadnock region of New Hampshire. Meet new people and reconnect with old friends. Enjoy the camaraderie of fellow AMC members! Go hiking, walking, bicycling, paddling, rock climbing, exploring, and more, during Fall foliage season. Participate in a gear swap and sale, attend meetings Saturday morning and afternoon, or relax outdoors. Children are welcome at Fall Gathering, and family oriented activities will be offered. On Saturday evening, enjoy a social hour and raffle, followed by dinner, lively entertainment, and a campfire.

Fall Gathering is open to all AMC members and their guests. Cabins, yurts, and tent sites are available with meal plans. Reservations for day use will also be accepted. Please register early to confirm space.

For more information or to register, go to the AMC Registration Page, or contact the Registrar Cindy Martell at AMCFallGathering@outdoors.org, or 617-391-6603.



"Gearing Up Before the Final Push," by Tracie A. Henry, New Hampshire Chapter. Winner of the "AMC in Action" category in the 2010 AMC Photo Contest.

Enter the 2011 AMC Photo Contest!

AMC's 17th annual photo contest is now open to all members, with more prizes than ever up for grabs. This year's Grand Prize winner will receive a spot in an upcoming photography workshop and an accompanying stay at an AMC destination. Winners of the "Kids, Families, and Adults Outdoors," "Scenics and Nature," "AMC in Action," and "People's Choice" categories will receive prizes from Black Diamond, Deuter, Merrell, and Outdoor Research.

For full rules and entry instructions, visit www.outdoors.org/photocontest. Entries will be accepted until November 15, with the winners appearing in a spring 2012 issue of AMC Outdoors.

Hornbeck's Creek offers a hike for the senses

Story and photographs by Joan Aichele

I am always on the lookout for a beautiful area to hike that is new to me, so wow, did I hit the jackpot when I recently joined active AMC leader Scott Vant for his 12-mile hike that included the waterfall-laden gorge of Hornbeck's Creek in the Delaware Water Gap.

This is a hike I have rarely seen on our schedule. Before the start of the hike nine of us circled up and Scott explained the details of the hike, which was introduced to him by AMC leader Mike Manes. We were warned the hike would be rocky, slippery, muddy, hot, muggy, buggy, challenging, with lots of stream crossings, some rock scrambling, and many elevation changes.

Despite these warnings, we were all ready to start out because he also told us about all of the waterfalls and vistas we would be seeing, as well as wildlife we might encounter. He guaranteed we would see at least one black bear on our hike.

We started hiking up the beautiful Hornbeck's Creek Trail alongside many cascading waterfalls. Among our group was AMC leader Susan Bickford-Martin, who pointed out areas where she had worked with our Mochican Trail Crew doing trail maintenance to improve the conditions of this trail. It can be a dangerous trail due to wet conditions, but according to Sue it is much better now thanks to the efforts of the trail crew.

Our hike continued along tumbling waterfalls, through hemlock and white pine tree forests, past vernal pools and wetlands. We did it all, including all of the elevation changes. We continued on and arrived at the Pocono Environmental Education Center (PEEC) where we stopped for a short break. And sure enough, true to Scott's word there was a black bear, looking extremely menacing, stuffed and mounted in the Visitor's Center of PEEC. We also enjoyed seeing all of the other stuffed wildlife displays including an albino deer.

After our break we headed for the Tumbling Waters Trail to a vista where we took a moment to enjoy our view. We met a family with two young children who were so excited to tell us about the beautiful waterfall they had just seen.

So off we went to see what all the excitement was about. Well, we were as excited as the children when we saw the Tumbling Waterfalls for ourselves! It was the perfect spot for our lunch break. We munched on our lunches as we soaked our aching feet in the cool running water.

While eating, we noticed the frogs in the area were green on the top half of their bodies and brown on the bottom. We wondered why, until one frog jumped into the water and sat by a green leaf the same color as his head. We could barely see him; he blended in so well. That answered our question.



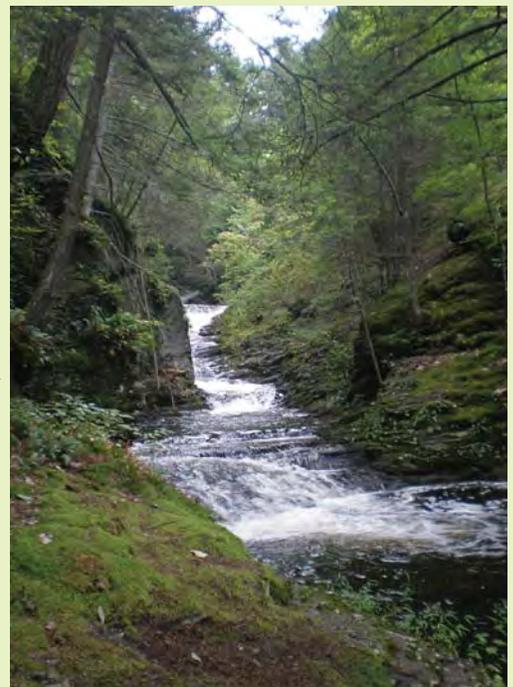
After lunch it was time to gain some more elevation by heading back to PEEC, and then on to the Ridgeline Trail. This would eventually take us back to the Hornbeck's Creek Trail.

Along this trail we encountered the rock scrambling portion of the hike and even had to use a rope strung along the rocks to help us to get down safely through the rocks.

Continuing, we finally arrived at the top of the waterfalls of Hornbeck's Creek, where we dared not linger due to the threat

of severe thunderstorms approaching. As we hiked down along the creek we continued to enjoy the roar of the falls while also keeping an ear to the sky.

As we finished we were hot, tired, muddy and bug bitten. All of the things Scott promised us. But more importantly we were filled with memories to last a life time. It is a hike that awakens your senses and it is all free.



As the hike ended and we crawled into our cars I thanked Scott for a wonderful day. I thought to myself that the only thing that would make this day better was to see a real bear. Well, as I drove south on Rt. 209 just a few miles down from the parking area I saw a mama bear and her two cubs scamper across the road from the PEEC area into a cornfield. It truly was a perfect day!



Catskill 3500 Club climbs to 2000 members

By Carol and David White, reprinted from the fall 2011 issue of the NY-NoJ Chapter newsletter, Trails & Waves.

The Catskill 3500 Club will soon induct its 2,000th member. Founded in 1962, 27 charter members had climbed all the Catskill peaks over 3500 feet by the end of 1965. Like other clubs, a patch and certificate are awarded at an annual dinner, but there are differences, too. In addition to the 35 peaks, one must climb four of them a second time and in winter. With that prodding, 40 percent of members go on to climb them all in the winter, earning an additional patch and certificate for all that work! This past year, new members included a seven-year-old boy and a man ten times his age (neither were records). Some members completed their goal within a year; others have taken decades.

Many 3500 Club members lead hikes, helping people new to the region navigate the trailless peaks and ascend peaks in winter safely. The Club offers a "Leader Award" for those who lead at least six hikes, including a trailless peak and a hike in winter, as well as a trail maintenance outing. A Service Award patch is awarded to members who accumulate points for being board members or for participating in other activities. For example, there are five fire towers remaining within the Catskill Forest Preserve, three of which are on lower peaks. There is a network of volunteer interpreters who are on these summits on summer weekends to provide information to the public and open the cab. Scholarships are available to members who attend outdoor leadership training or wilderness first aid courses and pledge to lead four hikes during the next two years.

The 3500 Club quarterly newsletter, The Canister, announces hike schedules to each of the 35 peaks, thirteen of which are trailless but have a canister at the top to sign in. These canisters are not all that



easy to find, because Catskill mountains have large, flat tops, unlike Adirondack or New England peaks. Also, there are no beaten "herd paths" as yet to Catskill summits, making finding the canister a real route-finding experience.

Trail maintenance, lean-to construction and repair, and adopt-a-highway programs attract many members. A recent fund raiser for the Club was hiking over all 35 peaks in ball gowns!

The website is www.catskill-3500-club.org, where you can download the newsletter and tally sheet and join. There is also a yahoo group where members exchange info: 3500club-subscribe@yahoogroups.com.

Besides the annual dinner in the spring, there is a Winter Weekend get-together in late January. The Club gives financial support to the Adirondack Mountain Club (ADK) for trail construction and advocacy, as well as to other organizations working to preserve our wonderful Catskill region for generations to come.

The Whites measured 345 miles of trails in the Catskill Forest Preserve with a surveying wheel for the ADK, and wrote "Catskill Day Hikes for All Seasons, sixty favorite Catskill hikes." They edit the ADK's comprehensive guidebook, "Catskill Trails." David is membership chairman of the Catskill 3500 Club and Carol, conservation chairman.

Carol compiled *Catskill Peak Experiences: Mountaineering Tales of Endurance, Survival, Exploration and Adventure from*



Above is a Coleman Northstar four-person tent, part of the family camping package available free at Mohican.

Family camping equipment now available for free at Mohican

By Kathy Scranton

Two sets of family camping equipment are now available to use for free at AMC's Mohican Outdoor Center in the Delaware Water Gap National Recreation Area near Blairstown, New Jersey.

As part of its *Vision 2020* program, AMC hopes to bring 500,000 kids outdoors. To further this mission, AMC contacted the Coleman Company, Inc., and arranged for a donation of two family camping packages. Each package includes a Coleman Northstar four-person tent, four sleeping bags and four air mattresses with pump.

The Coleman Northstar comfortably houses four people in two rooms, one of which becomes a seven-foot screened in porch. This equipment makes it practical for first-time family campers to experience the great outdoors. If you have been thinking of taking your little rug-rats camping, but don't have the equipment, here's your chance!

Two sets of family camping equipment will be available free of charge to parents, grandparents, guardians and the children in their family. You will be asked to sign a liability waiver and security deposit form authorizing a \$100 refundable security deposit when you pick up the equipment. The security deposit form will be returned upon the return of the equipment without damage. Mohican's normal camping rates apply, with a two night minimum.

The Mohican staff will be there to show you how to set up your camp. The three campsites set aside for this program: Place Beyond, Executive Suite and Place Above. All of these are private walk in-sites, close to an outside privy and within walking distance of the Main Lodge, which offers flush toilets, plus hot showers for \$3.

Each site has its own charcoal grill, since camp fires are not permitted at tent sites, and a critter lock box to keep food safe from woodland creatures.

There is plenty to do in and around Mohican: hiking in the Delaware Water Gap on the Appalachian Trail and numerous other trails, a wolf preserve, swimming, paddling, or just relaxing on the deck of the boat house while the kids play ping pong. Also, the free camping package includes a half-day's canoe or kayak rental on Mohican's beautiful Catfish Pond.

For more information and current family camping rates, contact AMC Reservations at 603-466-2727. We look forward to seeing you and your little charges wandering the trails around Mohican!

the Catskill 3500 Club, and a recent companion volume, *Adirondack Peak Experiences*." Carol also wrote *Women with Altitude: Challenging the Adirondack High Peaks in Winter*. Visit www.carolwhite.org for further information.

Photo: Autumn view from Giant Ledge.

Acadia is at its very finest in fall

Story and photos by Eric Pavlak

Early October is my favorite time to visit the Acadia National Park, that mountain jewel that sits on the Atlantic coast in Maine.

The cover photo was taken two years ago, and shows the traverse, the easiest part of the Precipice Trail, a trail that allows the intrepid hiker to climb 900 feet up an almost vertical stone cliff.

This is not a trail for acrophobes. A park sign near the trail head warns that the ascent is mostly non-technical rock climbing using fixed iron loops and rings. Almost all of it is hand-hold climbing, and some of it involves crawling on your knees, wedging your hands in cracks in the rock. Always, you are inches from the edge of a cliff. As difficult and dangerous a hike as you are likely to take anywhere, but the view and the scenery are worth it!

Late September into early October is a marvelous time to visit. The summer crowds are gone and camp sites are readily available. So are rental accommodations and lodging, usually at reduced rates. Shops and restaurants in Bar Harbor and other towns are still open.

The Island Explorer, a free bus service run by the park service,



runs until early October. (Its free if you bought your park passes.) This service can be used as a shuttle that allows you to park at one trail head, ride the bus and hike from another.

Spectacular hiking

The park offers 125 miles of some of the finest and sometimes toughest hiking trails imaginable. Climb a peak here, and you are likely to see a spectacular panorama of mountains, bays, islands and ocean.

Invest eight dollars in a waterproof, tear proof, detailed topo trail map of the island, available in many stores. I don't recommend trying to hike or even plan hikes using the free NPS map.

One of the finest hikes (I've done it four times) is to hike up Dorr Mountain, down through the saddle and up to Cadillac Mountain, the highest point in the park. While its 1532 foot height may not sound like much, keep in mind that Acadia hikes start just a few feet above sea level. From the top, descend via the ridge trail and enjoy ocean vistas most of the afternoon.

Other special hikes include the Beehive, a short but steep climb rewarded with lovely views. Try this before doing the Precipice Trail; if you don't like it, do not attempt its much harder cousin.

Forest trails are not to be shunned. Often they follow streams and wind through deep gorges with spectacular hidden waterfalls.

All the mountains are well worth climbing, and don't ignore Western Mountain and its network of trails. A favorite is the Perpendicular Trail, with granite steps that seem to have been cut into a magic mountain by hardworking gnomes.

Actually, that trail and almost all the trails, walls, campgrounds



and other facilities in Acadia were built by the Civilian Conservation Corps in the 1930s.

The one exception is the network of carriage roads that was first developed starting back in 1910s by the Rockefeller family, who once owned much of the island. This automobile-free 45 miles of gravel roads is mostly used by bicyclists, although there is some use by horseback riders, and you can take a carriage ride.

Bicycling on the carriage roads is best done on mountain, hybrid or cyclocross bikes, as the gravel can get deep and chunky in spots. The views are extraordinary, and some of the climbs are long and demanding.

Road cycling is another possibility. The park roads are well paved, with plenty of scenic views and stops. Traffic is lighter in the fall.

Experienced sea kayakers can venture into the waters around Acadia. Trips range from easy cruises around Bar Harbor and the top of the island to dramatic coastal adventures along challenging coastline amid rocks and seals, all the way up to circumnavigating outer islands such as the Cranberries.



Keep in mind that the water is always cold and the tides and currents are always huge. This means wet or dry suits are mandatory, regardless of the time of year. Paddlers should have the experience to know what they are doing, and the skill and gear to back it up!

Based on my experience of six weeks in Acadia in early October, you get the best of the autumnal leaves, the least crowds and usually decent weather. Temperatures have ranged from 80 degrees to frost at night. It usually rains at least one day a week, and it is usually too windy one day to do more exposed trips.

My advice: pack for cold, wet weather, but be prepared to spend most of your outdoor time in tee shirts and shorts. And have fun!

Photos: Top, The Beehive and tidal pool in the afternoon sun, from Great Head Trail. The Beehive trail goes up the face of the cliff. Left, lunch atop Beech Mountain; above, a quiet place to rest along Maine's rocky coast.

Outdoor leadership training course to be offered this fall

The DV Chapter offers a training course for outdoor activity leaders each year in the spring. In addition, we have established a reciprocal arrangement with the Connecticut Chapter so that DV Chapter members may attend the CT Chapter's leadership training course in the fall.

This course covers many aspects of being a trip leader, and is led by AMC volunteers and staff. DV Chapter members completing this course will be certified as trip leaders upon completion of two successful co-leads on DV Chapter trips. The course this year will be offered on the weekend of November 18-20 in Litchfield, CT (western CT).

The cost for the weekend is \$50 for members, \$60 for non-members, including two nights lodging, two breakfasts, one dinner, instruction and handouts. For those leading at least two hikes for the DV Chapter within a year of the course, 50 percent of the course cost will be reimbursed.

For additional information on this course or on other leadership training opportunities available through the AMC, contact Leadership Chair Lennie Steinmetz at leadership@amcdv.org or phone her at 610-694-8677.

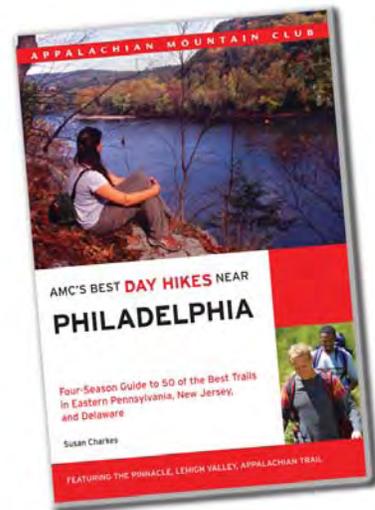
Bauerle family donates boat, paddling gear to AMC

The Canoe Committee wishes to thank and acknowledge the generous donation of a solo canoe and other equipment by the family of late paddling leader Fred Bauerle.

Their donation included seven much-needed high quality paddles, plus flotation bags and river rescue equipment. We thank them for their generosity.

Mohican ski video on TV and web

The *Garden State Adventures* episode filmed at Mohican last winter is now live on the show's website at: gardenstateadventures.com/video_episode19.html.



Order from AMC Books on line at www.outdoors.org and get your member discount.

Popular Trip

A line of AMC paddlers travels down the gentle waters of the Oswego River in the New Jersey Pine Barrens on August 21. Rich Pace photo.

Visit paddlenow.com for more photos, and to learn about our chapter's paddling program.



Appalachian
Footnotes

When you use Adobe Acrobat Reader to view this newsletter (rather than using a preview program):

Just click on any e-mail or web link. They all work!

Click on the bookmark icon  and you will get a clickable index!