



Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club
Fall 2012 • Volume 50 • Number 4



Mohican Midweek in Fall
August Camp photos
Fall hawk migration
Duke Farm surprise
Annual Dinner information
Fall gathering
Leadership training
and more!



Appalachian Footnotes

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

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We will accept advertising from companies and individuals that provide products and services that may be of interest to our readers. The largest size ad accepted will be a half page, and the smallest will be a sixth page. No animated ads will be permitted, but hot links to the advertiser's web site will.

Income from the advertising will be used to offset our modest production expenses, then go to our chapter's public service programs including trails, conservation and education.

If you are interested in advertising, please e-mail: newsletter@amcdv.org for rates and mechanical specifications. All advertising materials are subject to acceptance by this publication, and will be reviewed for appropriateness for our readers.

Members are reminded that they can advertise used gear and similar items for free in our Weekly Activity Schedule. Contact: web@amcdv.org

Cover photo of the upper Delaware River and valley near Mohican by Joan Aichele.

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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

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Fall Foliage Midweek Getaway at Mohican has become a tradition

If you are looking for something different to do this fall, join us October 16-18 for hiking, paddling or just plain relaxing among the beauty of the Delaware Water Gap National Recreation Area.

Come for a fun-filled three days at Mohican Outdoor Center during the fall foliage season. This is the fourth year for the Fall Foliage Midweek Getaway at Mohican.

There have had many repeat guests over the years. Some comments from these past guests have been “three days are not enough,” “the colors and views are awesome,” “I had no idea Mohican was so beautiful.”

For most of our chapter members Mohican is within a two hour drive or less. With gas prices continuing to go up you can drive to Mohican, park your car and forget about it for three days.

We will hike the Kittatinny ridge, enjoying views up and down the Delaware River. We will look for raptors migrating south. We may stumble across some funky snakes like the one pictured here.

We will have time to paddle a kayak or canoe around Catfish Pond looking for the elusive beavers. If you are lucky you may spot the bald eagle that has been seen many times on the far shore of the lake. Or simply head to the boathouse deck with a book or e-reader, curl up in an Adirondack chair and loll away the afternoon.

You can participate in as much or as little as you choose. In the evenings we may take a short hike to the ridge to view the



valley below and listen to the night sounds. Or get caught up in a very competitive, knock-down, drag-out game or two of Trivial Pursuit.

This getaway has become a tradition. Please come join in the fun. If you have never been to Mohican or have not visited in awhile, you are in for a surprise. It has changed a lot and in a positive way.

For more information go to <http://activities.outdoors.org/search/index.cfm/action/details/id/62787> or contact Joan Aichele at jaichele22@verizon.net.

Reservations should be made by contacting AMC Reservations at 603-466-2727, Monday- Saturday, 9 AM to 5 PM.

— Story and photos by Joan Aichele



Outdoor Leadership Training Course to be offered November 16-18 with Conn. Chapter

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 Connecticut 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 16-18, in Litchfield, in western Connecticut.

The cost for the weekend is \$60 for members, \$75 for non-members, and includes two nights lodging, two breakfasts, one dinner, and 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.

AMC Fall Gathering set for Oct. 19-21 in nearby NY Upper Delaware area

AMC's club-wide 2012 Fall Gathering will be held October 19-21 at the Greenkill YMCA Retreat Center, Huguenot, NY, (just north of Port Jervis) hosted by the NY-NoJ Chapter.

The weekend-long celebration includes fun outdoor activities, family events, a gear swap and sale, presentations, and meetings. It is a chance for all AMC members and friends from Maine to Virginia to connect and share the camaraderie.

By day, explore miles of hiking trails, lush forests and bike paths while surrounded by lovely fall foliage. Glide along the waters of the Delaware River or quiet streams and lakes. Discover the wondrous Ice Caves and waterfalls of Sam's Point Preserve. Learn about the geology of this unique area. At night, enjoy live entertainment and exchange stories over dinner or around the campfire.

Lodging options include semi-private dorms, bunk rooms or tenting. Stay for one or two nights or choose the day rate with meals for Saturday only. For more information, visit the Fall Gathering web site at: www.amc-ny.org/fall_gathering_2012

Chapter Annual Dinner, Meeting set for Sat., Nov. 10 in Upper Gwynedd

This year's AMC Delaware Valley Chapter Annual Dinner will be held on Saturday, November 10, from 5 to 9 PM at the Upper Gwynedd Fire Hall, 668 Garfield Ave., Lansdale, PA 19446.

We will have plenty of appetizers, a wonderful catered hot buffet dinner and spectacular desserts. There will be a very short business meeting to introduce new executive committee members.

There will be entertainment provided by one of our AMC chapter members. Everyone seemed to have a good time last year, so come join in the fun.

The cost will remain the same at \$25 per person. Registration is required and the registration deadline is October 29. Make checks payable to AMCDV and mail to Linda Watsula, 901 Place Road, Bethlehem, PA 18017-9344.

BYOB. Lemonade, Iced Tea, Coffee and Hot Tea will be provided. Contact Linda Watsula, Social Committee Chair at 610-704-7968 or social@amcdv.org if you have any questions. Hope to see lots of you there!

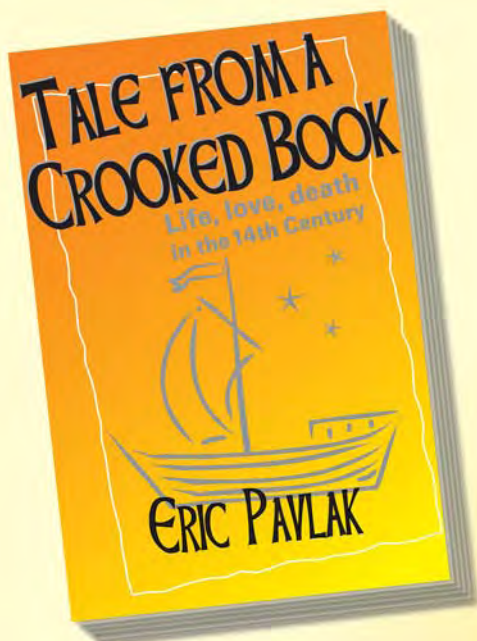
Get free weekly list of all chapter activities

If you are not currently receiving our electronic Weekly Activity List every Wednesday evening, you may be missing opportunities to find out about many of our scheduled activities.

For those not familiar with the Weekly Activity List, it is an e-mail containing all scheduled DV Chapter activities for the upcoming nine days. It includes announcements, cancellations, scheduled activities such as hiking, paddling and biking; plus advance trip notices and links to important conservation information. It is a great way to stay informed with what is happening within our chapter.

It is a free DV Chapter member benefit. All you need is an e-mail address. To begin receiving the Weekly Activity List, simply e-mail your full name and AMC membership number (which can be found above your name on the mailing label of your AMC Outdoors magazine) to: hotline-requests@amcdv.org. You will receive one e-mail a week. You will not be slammed with a lot of e-mails.

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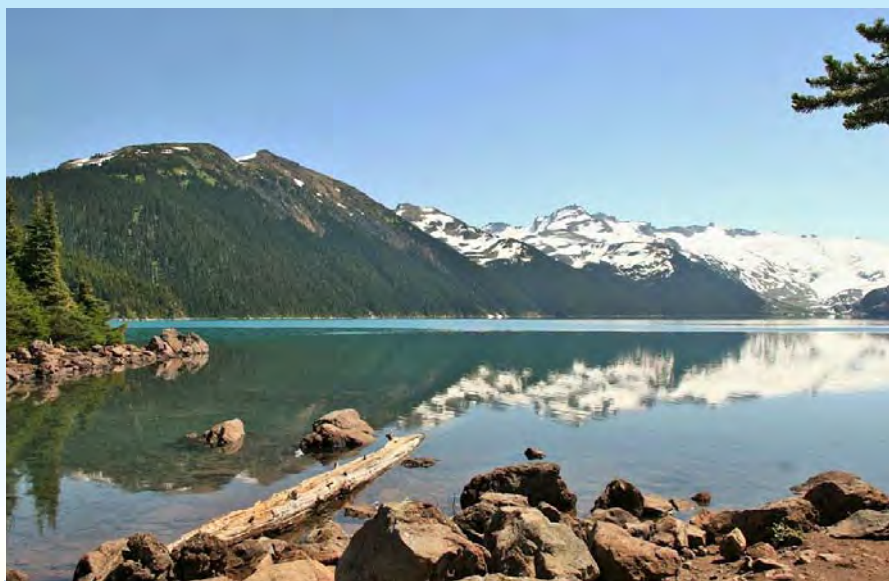
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August Camp: great times in a beautiful place



August Camp, AMC's oldest annual activity, took place this year in Whistler, British Columbia, near the site of the 2010 Winter Olympics in an area renowned for its wonderful skiing, mountain biking and hiking.

A number of Delaware Valley Chapter members took advantage of the opportunity to explore this beautiful area in the company of fellow AMC hiking enthusiasts. The stunning glacial lakes, impressive old-growth forests and striking snow-capped mountains provided a lovely background for daily hikes, as well as canoe and raft trips.

August Camp is a full-service tent village for 64 campers each week that offers multiple hikes daily for all levels of ability, several overnight trips, a number of water-based activities, nightly campfires and generous home-cooked meals.

Van transport from and to the Vancouver airport, and to and from daily hikes and activities was included in the cost of the camp. This year, the camp

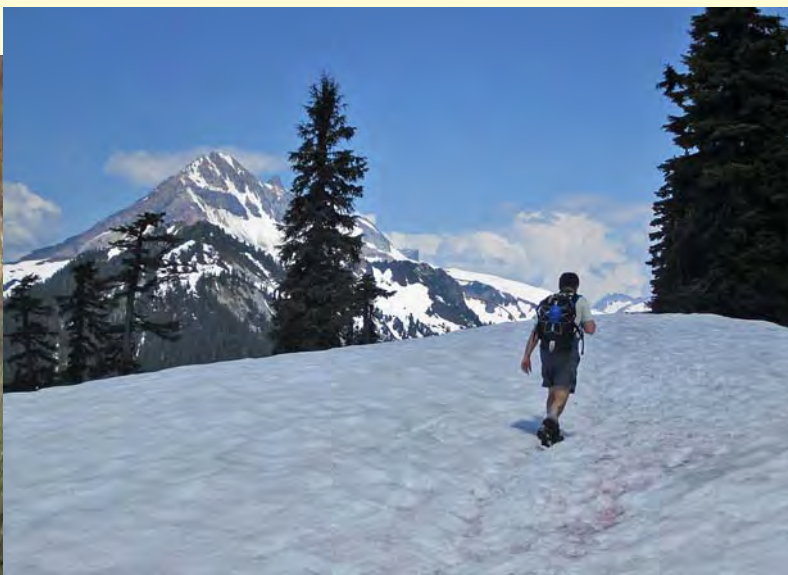
celebrated its 125th anniversary, making it one of the longest-running traditions in the AMC.

August Camp leaders offer four to six hikes of varying lengths and difficulty each day, and campers select the trip that most suits their ability and interest. Each evening, the groups report back on their activities of the day at campfire, and hear about the trip plans for the next day.

This year's hikes explored many destinations along the Sea to Sky Corridor, which runs from Vancouver, north past Howe Sound, Squamish, Whistler and on to Pemberton. Whether exploring scenic waterfalls and glacial lakes, high mountain passes or late-lasting snowfields, the hikers returned with reports of sights unlike anything they normally experience in the east.

Next year's August Camp will take place in the Cascade Mountains in the state of Washington. Many of this year's campers are already making plans to be there to further explore the beauties of the Pacific Northwest. For additional information on AMC's August Camp, check www.augustcamp.org. — Lennie Steinmetz

The photos show some of the twelve DV Chapter members who took part in week two of the camp (Bernie Kalembe, Rich Lupinsky, Laurel Burkhardt, Jim Borowski, Kathy Kelly-Borowski, Jenny Bair, Lois Rothenberger, Alan Rothenberger, Will Lindgren, Mark Kern, Bill and Lennie Steinmetz) Other DV members attended weeks one, three or four and reported having great times as well.



Top photo by Jim Borowski; the rest by Lennie Steinmetz.

2012 was the 125th year for August Camp!



"Loved it, loved it, loved it! Loved the hillside of solar shower bladders warming in the sun, loved the coffee mug tree, loved the hikes and hike leaders, loved the mountains, bears, glaciers, old growth forests and green-blue mountain lakes. Loved the adult early morning swims and the campfires. Great time!" — Jenny Bair

"Alan and I enjoyed another delightful week at August Camp this year. Whether we were chatting with new or old friends on the trail, enjoying a scrumptious meal, or reveling in the scenery high in the mountains, we agreed it was a great place to be."

— Lois Rothenberger

"I enjoy the fact that August Camp is somewhat unique in that it has maintained its tradition as a rustic camp setting without electric or running water."

— Mark Kern

"This was our first August Camp, and we had a great time! We are already planning for the Northern Cascades in 2013."

— Kathy Kelly Borowski

Photos by Jim Borowski and Lennie Steinmetz.



Duke Farm offers plenty of hiking, wonderful surprises

By Lorraine Abato, photos by Christine Boue

I led a trip group of AMC hikers and friends to visit the Duke Farm estate in Hillsborough, NJ on August 19, and we enjoyed a day filled with surprises.

The first surprise is that it is free! The visitor's center has great maps of all the 18 miles of trails, and houses a small educational area that runs a short film on the history of the farm. They also have great cafe that serves lunch, snacks and drinks. There is even a crossing guard to ensure everyone is able to cross the road safely before entering the main area of the farm.

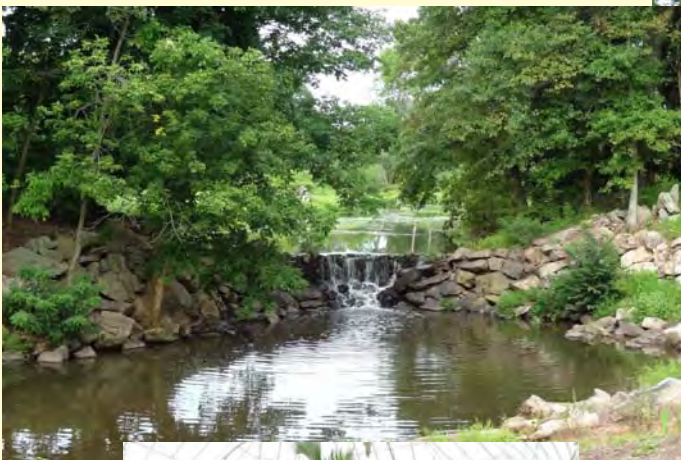
Starting at the hay barn, we made our way up to the foundation of the house that was planned, but never finished. I use the word "house" loosely, as it was more of a mansion. The expansive front lawn has been converted to wildlife friendly wildflower fields. Strolling through the forest, you pass the Mermaid Pool, which has several floating islands and you eventually come upon the falls area, which is turned on only once each day at 12:30 PM.

On the other side of the trail, you come upon the final resting place for many of Doris Duke's beloved pets. The next stop was the Carriage House, which is quite large with a clock tower that chimes on the hour.

The grand finale was the Orchid house which was a visual and sensory treat. After the hike, some people enjoyed biking on their own and geocaching.

More trips to this great location will be planned in the future, the **first of which will be September 9**. Group sizes are limited and pets are not permitted. If you cannot attend one of the hikes, you can easily go on your own. The maps are clear and the trails are well marked, and the price is right!

For more information see: www.dukefarms.org



Watch the fall sky and see the raptor migration

By Sara Hart, NY-NoJersey Conservation Chair

Fall is a time of change for most creatures. Some grow a warmer coat, some stash away food, some head for a winter den, and some decide to leave their home altogether and fly to warmer climates for the winter months (including some humans who overwinter in Florida!).

The onset of shorter daylight hours and changing weather conditions signal to many birds, including raptors, songbirds, and hummingbirds, that it is time to migrate south. While the smaller birds often fly at night, mainly to avoid predators, raptors are easily detected in the daytime sky because they strongly rely on weather (wind currents, updrafts, and thermals) to aid their flight. To better understand this migration, many biologists and hawk enthusiasts have been counting raptors in the fall sky for decades; their monitoring places are known as hawk watch sites. The Hawk Migration Association of North America provides a complete list of hawk watch sites: www.hmana.org/sitesel.php.

One of the popular hawk watch sites in our area is Raccoon Ridge near Blairstown, NJ (a 2.5-mile hike along the AT from AMC's Mohican Outdoor Center). From September through November, hikers along the ridge will almost always see hawks and hawk counters. I recently had a conversation with Brian Hardiman, lead counter for the Raccoon Ridge Hawk Watch, and he explained some of the differences in migratory behavior among different raptors.

Migration is genetically hardwired in raptors, and this year's young will head out on their long journey without any guidance from their parents or peers. However, raptors do often migrate in groups.

One of the most stunning sights during fall migration is a swirling mass, called a kettle, of hundreds of Broad-wing Hawks rising up on a single thermal, then detaching themselves from it and flying off looking for their next thermal. A thermal is a funnel of rising, warm air caused by uneven heating of the earth, such as when an exposed rocky slope heats up faster in the sun than the surrounding woods. Many types of raptors use thermals to soar, but Broad-winged Hawks are especially known for forming large kettles, sometimes with as many as five hundred birds. If you'd like to see a kettle of Broad-wings, mid-September is the peak time. One day last year (September 18, 2011), Brian's group counted nearly eight thousand Broad-winged Hawks in one day. What an incredible sight!

Each type of raptor — be it a hawk, falcon, eagle, or osprey — has its own peak migration time, usually lasting a few weeks. Long-term data collected from hawk watch sites has helped identify these peak migration periods for each species. Of course, there are always some early birds and stragglers within each species, only adding to the excitement of watching the fall sky.

Raptors, with their keen eyesight, appear to navigate primarily by following landmarks such as ridgelines, rivers, or coastlines. Some rely more on air currents or thermals, and some rely more on

powered flight. A Peregrine falcon, for example, is a very powerful flyer. Using satellite transmitters, scientists have documented a Peregrine falcon migrating from Alberta, Canada, to Mazatlán, Mexico. Peregrines are more typically coastal migrants, so spotting them above an inland ridgeline such as Raccoon Ridge is always a special day. The ten-year average count is only 23 birds in a season.

Peregrines are the long-distance flyers among raptors. Others may fly a few hundred miles a day and they take days off to rest, hunt, or wait out inclement weather. A migration route along a forested corridor is ideal, since it can provide shelter and food during their long journey.

The flight destination varies: raptors from North America may overwinter in Florida, the Gulf Coast, Central America, Mexico, and even South America. Interestingly, they don't always overwinter in the same area, but in spring they usually return to the same spot: the place where they were born. The summer range of some raptors, such as Sharp-shinned and Red-tailed hawks, can be as far north as Canada, while others begin their migration from their mid-Atlantic home.

And some raptors simply decide to stay home, i.e. become year-long residents of their home range. There are resident Sharp-shinned, Cooper's, and Red-tailed hawks, and even Bald Eagles in the Delaware Water Gap.

Ospreys are fish eaters, so they tend to head to warmer waters in the winter, but even some Ospreys decide to reside in our region. And, if your head is not yet spinning, there are Ospreys that actually winter here, having flown down to us from Canada.

At the Raccoon Ridge Hawk Watch, Brian told me excitedly, Bald Eagles broke the seasonal record twice within the last five years. In the 2010 fall migration, a record high 244 migrating Bald Eagles were counted. In 2011 those numbers were down, but, as Brian speculates, that is probably due to an unseasonably warm fall and winter that encouraged many Bald Eagles to remain in their home range.

Would you like to see the fall hawk migration yourself? AMC will lead several Hawk Watch hikes to Raccoon Ridge this fall, the first on September 29 (see Schedule or www.amc-ny.org for details). If you cannot join us on a hike, you can always head up to Raccoon Ridge from the many trails in the Delaware Water Gap, the easiest and closest route being along the Appalachian Trail from AMC's Mohican Outdoor Center. You are bound to find hawk counters who will be glad to tell you about that day's sightings.

Of course, there are many other Hawk Watch sites in our area, such as Hawk Mountain in Kempton, PA; Hook Mountain near Nyack, NY; and Mount Peter near Greenwood Lake, NJ. You might even have your own favorite. If you do, please share it with us — contact yours truly, Sara Hart, at conservation@amc-ny.org.

This fall when you head out on the trails, remember to look up in the sky a few times — and if you're hiking a ridgeline, or paddling along our rivers or coasts, don't forget to bring your binoculars!



Hawk watchers on the scenic north lookout at Hawk Mountain Sanctuary. — Cliff Hence photo.

Mohican expands programs for 2013

Many new and exciting offerings have been added to the 2013 schedule for the Mohican Outdoor Center's Getaways Program, a series of volunteer-led themed weekends that take place at AMC's southernmost facility, located in the Delaware Water Gap. The more than 40 events scheduled for 2013 include both weekend and midweek getaways.

A number of DV leaders will be hosting events for the first time this year. Christine & Bill Murray will be offering an **Animal Tracking Getaway** on February 1-3, while Jude Shabrach will be hosting a **Bucket List Hiking Midweek Getaway** on February 5-7.

Long-time DV leader John Rowen will be sharing his interest in geocaching at his **Introduction to Geocaching Workshop** on July 19-21. DV leader and folksinger extraordinaire Ed Loch will be hosting a **Hiking and Music Getaway** on October 11-13.

Two new weekends for Young Members are on the schedule for 2013, a **Young Members Winter Adventure Getaway** led by Donna Morgan on February 22-24, and a **Young Adults Adventure Weekend** led by Morgan Masterson on May 31-June 2.

Several new midweek getaways have been added to the 2013 schedule to accommodate the many AMC members who are able to get away during the week for outdoor adventures. These include a **Winter Fun Midweek Getaway** being led by Lennie Steinmetz on February 5-7, a **Mohican Sampler Midweek Getaway** being led by Rick & Allison Hudson on May 21-23, a **Fall Hawk Watch Midweek Getaway** led by Joan Aichele on September 17-19, and a **Fall Foliage Tour Midweek Getaway** being led by Paul Schott on October 16-18.

DV leader Jim Catozzi, who is well-known for his culinary skills in the backcountry, will be hosting two midweek getaways that will take advantage of the local harvests to combine picking, cooking and eating local treats with hiking adventures. The **Mohican Blueberry Festival Midweek Getaway** will take place on June 25-27, while his **September Apple Festival Midweek Getaway** will take place from September 24-26.

Families will have new opportunities to experience Mohican in 2013 with two new getaways aimed at involving the younger set. Annette Sheldon & Stan DeRiel will lead a **Family Adventure Midweek Getaway** from July 9-11, and Cindy Friel will lead a **Family Adventure Getaway** on September 27-29.

Yoga has long been a popular offering at Mohican Getaways. Next year, several of those yoga events will be led by former DV Chapter Chair Priscilla Estes, who recently completed her certification as a yoga instructor. She will be leading a midweek getaway on January 22-24, as well as weekend getaways on April 23-25 and July 23-25.

Finally, a number of longtime favorites will continue to grace the Mohican schedule again next year, including the ever-popular Irish Dance weekends, which will take place on April 12-14 and October 18-20. Mark Kern will offer his popular **Map & Compass Workshop** on April 19-21 and October 25-27. **Work and Play Weekends** will take place in both the spring and the fall (March 22-24 and October 4-6) under the able leadership of Chris Rapacki. And new members will once again have a chance to get acquainted with both Mohican and the AMC in general at the **New Members Weekends** led by Joan Aichele on June 21-23 and by Lennie Steinmetz on November 1-3.

Whatever your interest, you can probably find it on the schedule at Mohican in 2013. Come on out and enjoy a fun weekend at AMC's "close to home" destination!

Check our chapter website www.amcdv.org/Mohican for specific details and registration information for 2012 Getaways, and watch for more information on the 2013 Getaways in the coming months.

Mohican: What Did You Like Most?

Guests at the Mohican Outdoor Center's Weekend Getaway programs are asked to fill out an evaluation of the weekend so that changes and improvements can be made to future programs at the center. One of the questions that participants are asked is "What did you like most?"

What better way to describe what's great about Mohican than to let you hear in the words of those who have recently experienced it? Here are some of their answers to the question "what did you like most?"

"Everything was great, but swimming in the lake was amazing"

"The setting, the pond, the staff"

"Meeting new friends"

"Attentive leaders who were concerned about our safety and enjoyment"

"Friendly people, choice of activities, beautiful campground"

"Great accommodations. Loved the boathouse porch!"

"Lake & swimming, beautiful quiet environment, friendly people"

"Being in nature. The live music was a treat!"

"Very well organized, everything flowed smoothly"

"The program was terrific!"

"Great leaders, great participants, beautiful facilities."

We could go on listing many, many more positive comments but better yet, come experience the new Mohican for yourself and find out what everyone's talking about!

AMC offers Adventure Travel training

Wherever you would like to go, AMC Adventure Travel can help you get there.

Join other outdoorsy folks on an AMC hike in Morocco, the Alps, New Zealand, Patagonia, Hawaii, Ireland, Death Valley or Yosemite.

There are over 20 trips to choose from, with a wide variety of activities and skill levels, and more will be added this fall. Sign up now for travel in 2013 and get ready to start packing! Trips are listed at: <http://activities.outdoors.org/search/index.cfm?type=2&sortby=date>.

Want to lead AMC Adventure Travel programs? We are always looking for more co-leaders and leaders. Design trips to suit your schedule, abilities and activity interests (hiking, biking, skiing, horseback riding, paddling, etc.) and go to the places you want to.

Always dreamed of visiting Alaska? Hiking hut-to-hut in the Alps? Kayaking in Baja? Here's your chance! The leader and co-leader travel at low cost or free, depending on the number of participants.

The annual training for AT leadership is in CT the weekend before Thanksgiving, with registration due November 1. You must be a leader in your local chapter before co-leading an AT trip, but if you are in the process of becoming a leader you may attend the training since it is only offered once a year.

The training registration packet and more information about the requirements are available online at: <http://activities.outdoors.org/search/index.cfm/action/details/id/63554>.

For more information contact Merri Fox, Registrar, merri.fox@pw.utc.com or 860-485-1697.

Leaders offered education reimbursements

The DV Chapter offers reimbursements to DV activity leaders for a variety of specific training programs. This includes Outdoor Leadership Training, Wilderness First Aid, Map & Compass, Leave No Trace, Chapter Youth Program, Water Safety, Chainsaw Safety, and Mountain Leadership School. The reimbursement rate is 50 percent of course fees, not to exceed \$150. Applicants for reimbursement must have led a minimum of two activities within one year before or after taking the training event.

For more information or to apply for training reimbursement, contact the chapter leadership chair at leadership@amcdv.org

Enter AMC's 2012 photo contest by Nov. 15

AMC's 18th annual photo contest begins on September 4th. 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 great outdoor gear prizes from Outdoor Research, Tubbs Snowshoes, and other manufacturers.

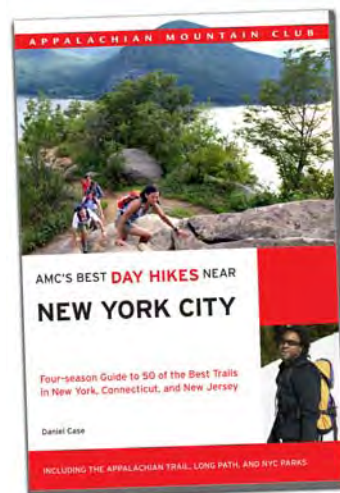
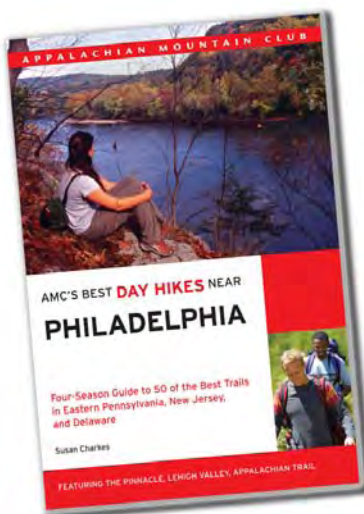
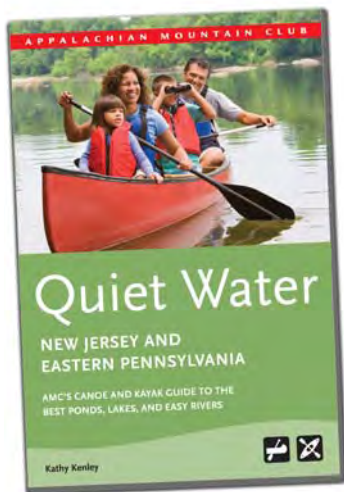
For complete rules and entry instructions, visit www.outdoors.org/photocontest. Entries will be accepted until Nov. 15, with the winners appearing in a spring 2013 issue of AMC Outdoors.

Share photos through AMC's social media

When you're outdoors on an AMC chapter trip, do you bring along your camera? If so, share your adventures with us! We're always looking for great images of people recreating, wildlife, plants, and landscapes for our Facebook page and Twitter feed.

Send images (and captions and photo credit information) from your chapter's latest hike, paddle, volunteer trail day, bird watch, or other adventure to AMC's Social Media Associate, Josh Lake, jlake@outdoors.org. Please note that images shared may be used on any of AMC's social media pages and that you must have permission from all identifiable people in photographs before sharing the image with us.

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