



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Spring 2013 • Volume 51 • Number 2

**Hike historic Glen Onoko**

**Ruby Horwood: AMC pioneer**

**Mohican's many improvements**

**Become a AMC leader  
and more!**





## Appalachian Footnotes

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

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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:** *AMC hiker Mark Luchejko explores one of Glen Onoko's many waterfalls. Rich Pace photo.*

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DV Paddler's Web Site: [paddlenow.com](http://paddlenow.com)  
Chapter e-mail: [info@amcdv.org](mailto:info@amcdv.org)  
E-mail Hotline: [hotline-requests@amcdv.org](mailto:hotline-requests@amcdv.org)  
AMC General Web Site: [outdoors.org](http://outdoors.org)

### Chapter Ombudsman

Questions, complaints, concerns or comments about the Delaware Valley Chapter of AMC should be directed to Chapter Ombudsman, Bill Steinmetz, 610-694-8677, or [ombudsman@amcdv.org](mailto:ombudsman@amcdv.org).

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# Glen Onoko *A fabulous place to hike*

***...with a rich history!***

Who couldn't love hiking along the 875 foot vertical drop of waterfalls that tumble down the steep and rugged gorge of Glen Onoko?

More than a century ago, the area around Glen Onoko and the town of Mauch Chunk (now renamed Jim Thorpe) was promoted as "The Switzerland of America," and was a top scenic tourist destination, second only to Niagara Falls.

The area was originally settled (by non-native people) in 1818 when Philadelphia businessmen Josiah White, Erskine Hazard and George Hauto began work on river and canal navigation to get coal out of the region. They worked side-by-side with local roughnecks and with laborers from the streets of Philadelphia, and eventually became the founders of Mauch Chunk, a company town of the Lehigh Coal & Navigation Co.

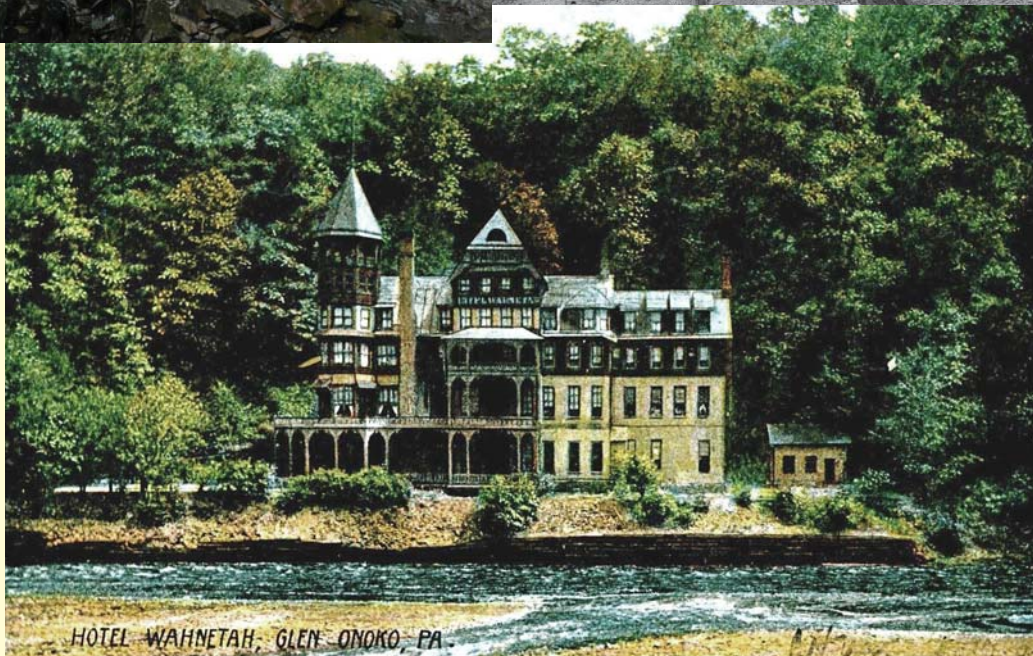
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Above: One of the three major falls that are part of the 875 foot cascade of water in Glen Onoko. The gorge is located at the lower end of Lehigh Gorge State Park. — Rich Pace photo.

Above right: The Switchback Railroad carried tourists almost from its beginning in 1927. It was closed in 1933.

Right: The Wahneta Hotel, built in 1886, stood on the banks of the Lehigh River at the entrance to the Glen. It burnt to the ground in a 1911 forest fire. The foundation and steps from the walkways are still in place.



Story by Eric Pavlak



continued from previous page

The canal, hard to maintain and often damaged by floods, was superseded by railroads.

After the Civil War, the Lehigh Valley Railroad was eager to develop the region for tourism and profitable passenger traffic. Originally known as Moore's Ravine, the name Glen Onoko was a creation of the railroad's advertising department. They even concocted a bogus legend of a love-lorn Indian maiden jumping to her death over the falls. (*Allentown Morning Call*, October 20, 1988.)

By the late 1880s, the Lehigh Valley Railroad and the competing New Jersey Central offered weekend excursions to Mauch Chunk from Philadelphia and New York. Glen Onoko and the Switchback Railroad were the must-see top attractions

Built in 1827 to carry coal from the town of Summit Hill down to the Lehigh River, the Switchback Railroad was the second railroad built in the country. Cars loaded with coal descended the nine miles by gravity. Empty cars were returned by mule power. It was upgraded in 1845 so that cars were returned by means of stationary steam engines and cables. A separate up track for empty cars was added at that time, so that trains could run in a continuous loop.

But almost from the start, the Switchback became a tourist railroad, and exclusively so in 1872 when a new railroad to Summit Hill and Nesquehoning provided better freight transportation. The Switchback continued as a popular tourist ride until it finally closed in 1933 during the Depression. Its workings and rails were sold for scrap.

However, the old right-of-way still exists, and has become a popular trail for walking, bicycling and cross country skiing. Outfitters in Jim Thorpe rent bicycles and skis and will shuttle you to Summit Hill whether you rent from them or bring your own equipment.

Glen Onoko is a popular location for AMC hikes. In most years, there are several scheduled on this rugged trail. The Switchback Railroad trail offers a full day's skiing or a short bike ride.



From left to right, Board President Laurie Gabriel, Chris Rapacki, AMC President John Judge, and Regional Director Mike Barry.

### **Rapacki receives Volunteer Leadership Award**

At its Annual Meeting in Boston, the Appalachian Mountain Club presented Chris Rapacki with a Volunteer Leadership Award citing his work on behalf of the Delaware Valley Chapter and the club for many years.

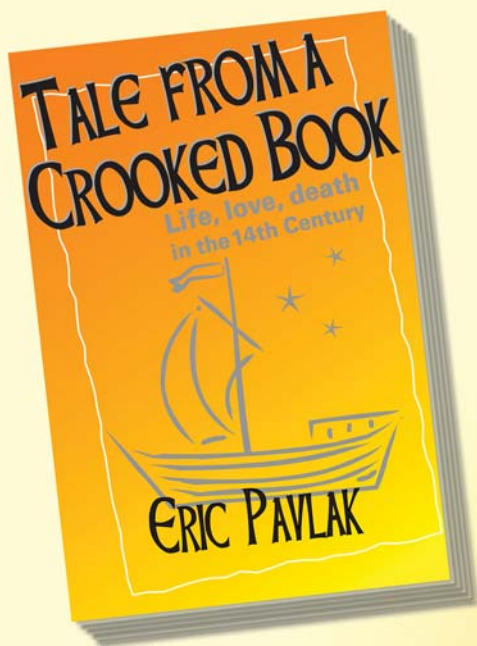
Chris served the local chapter as chair, vice chair, treasurer, and cycling chair before becoming AMC's Southern Regional Director for the past six years. He also served as Chair and Treasurer of the Mohican Outdoor Center Committee.

The Volunteer Leadership Award recognizes AMC's outstanding volunteer leaders who demonstrate the desire to share their time and expertise in the pursuit of AMC's recreation, conservation, and education mission. The Volunteer Leadership Award recognizes dedicated volunteers who, in addition to contributing many hours, demonstrate outstanding passion and commitment and are instrumental to AMC's activities, programs and mission.

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# ***A visit with pioneer Ruby Horwood, AMC's first woman president***

By Joan Aichele

When I am out on an AMC activity and meet other members of our chapter, I sometimes ask where they live.

This is a two-fold question. It breaks the ice, and it helps me, as chapter membership chair, to understand where some of our more active members reside.

One day while I was hiking with the Wednesday hikers, I asked this question of Cyrille White, an AMC member since 1966 but relatively new to our DV Chapter. She told me she had lived in Maine and has relocated a few times over the years, and was now living at Foulkeways in Gwynedd, PA.

I commented that we had a few other AMC members living at Foulkeways. Our discussion led to the name Ruby Horwood. I was familiar with Ruby's name but knew nothing of her past history with AMC. Cyrille mentioned that Ruby was the first female president of the AMC Board. (That was before the title changes a few years back. Today the president would be the Chair of the Board.) I was quite excited to learn about Ruby and her history with AMC. I commented that it would be wonderful to meet her.

Cyrille arranged a meeting with Ruby for me and two other long-time dedicated DV Chapter volunteers, Jane Shepard and Lennie Steinmetz, who both knew Ruby very well. We were all able to get together in Ruby's apartment and spent a wonderful afternoon reminiscing about AMC and Ruby's various hiking experiences. I must admit I was in awe of the company I found myself in. Between Ruby, Jane and Lennie there is a combined 144 years of dedication and commitment to AMC!

Ruby was delightful to talk with. She had a sparkle in her eyes, a quick wit and a willingness to share her memories. Her answers were short but to the point.

When asked how she got started hiking, she replied, "I just did."

She commented that she had a sister who would not even walk one mile. When asked where she had hiked, she pulled out a list of the many countries and regions she had visited: England, New Zealand, the Dolomites in Italy, Iceland, Scandinavia and Switzerland — her favorite place to hike, she had been there 12 times. Closer to home, she hiked in Colorado, at Mt. Rainer and the Grand Canyon just to name a few. Then she showed us a sash that a friend had made for her door with many patches she had acquired from the areas she had hiked.

Ruby and Jane had traveled together on some of these hikes. They shared laughs about some of their experiences such as sharing a tent at August Camp, and going on a backpacking trip to Phantom Ranch in the Grand Canyon. They were to hike up to the North Rim but there was too much snow, so they had to turn around and hike out the way they came in.

As we read aloud Ruby's list of the countries she had visited, she commented "I got around and spent a lot of money."

She went on numerous AMC Major Excursions. She showed us a picture of herself in Iceland crossing a stream with her pant legs rolled up and her hiking boots hanging from her neck. No taking the easy route for this strong hiker!

Talking about the Highland Center led to a discussion about the AMC huts. When I asked her if she had hiked up to the huts, her reply was. "I've done the huts, I've done the huts," and laughed. "I've done them quite often. They are some lovely spots."

Madison was one of her favorites.

When asked how she became the first female president of the AMC board in 1975, she replied, "Three or four people asked me if I would do it, so I went off for a couple of hours, came back and agreed to do it."

And do it she did. She was involved with the acquisition of the two additional townhouses at Joy St. shortly after she became president. "They really needed the space. There wasn't much room,"

She said she tried to visit all the chapters over the course of a year, and then had to start all over again.

And some things never change. She commented that "all the groups have a lot of meetings".

There were a couple of big projects on the agenda during her tenure. The first was protecting Franconia Notch in the White Mountains from the proposed widening of I-93 to a four lane superhighway.

The second was a major issue closer to home, fighting the proposed Tocks Island Dam in the Delaware Water Gap. Many of us who now recreate in this beautiful landscape are extremely thankful to Ruby and the others who fought to protect this area so that we and future generations have a place to hike, paddle and explore. The area is now known as the Delaware Water Gap National Recreation Area, a place known for its history, natural beauty and abundant wildlife. A place where one can go to renew their spirit.

During Ruby's time as president she was living in Rhode Island, but then moved to Pennsylvania. She said she would catch the 7 PM flight to Boston every Friday evening, work all weekend and then fly home on Sunday evening. She truly was a dedicated AMC volunteer.

She proudly showed us the wooden gavel that was presented to her for her two years of service as president. It had a brass plate engraved with her name and the years she served: 1974-1975.

Ruby also served on the DV Chapter Executive Committee. It was a time when the DV Chapter was still relatively new and they were working hard to get the chapter going. She had no idea how big it would become. She was not sure, but thought she had probably served in every chair position on the DV Executive Committee at one time or another.

Ruby commented that she still is very interested in what is going on in AMC and enjoys keeping up with it. She was aware of AMC's efforts in Maine as well as in trying to get more programs going for children.

To me, Ruby is AMC. She represents what AMC is all about. She had and still has a strong conviction, dedication and willingness to volunteer. And she loved to enjoy the great outdoors and traveling.

AMC was founded in 1876 and is still going strong 137 years later because of dedicated volunteers like Ruby stepping up whenever and wherever needed. She truly is an inspiration to those who follow in her footsteps. Thank you Ruby!





## Annual Activity Social

**Come one, come all to the Delaware Valley Chapter Spring Social and Awards Dinner.**

**Snacks, dinner & dessert for \$10! BYOB**

Prior to the social, two hikes are scheduled. Social hour (happy hour) will start at 4:30, followed by a delicious buffet dinner at 6 PM. It's a wonderful opportunity to meet and mingle with other chapter members. Dinner will be followed by the ever popular recognition of stewardship and activity awards.

**Sat., April 6 — 4:30 to 9 PM — \$10/person, BYOB**

**Ottsville Fire House**

**249 Durham Rd.**

**Ottsville PA 18942**

N 40.471453, W 75.159051

RSVP, Stephanie Wall [social@amcdv.org](mailto:social@amcdv.org) or 610-866-2036  
Check the chapter website for hike information and a PayPal link: <http://www.amcdv.org/ActivitySocial/>

If paying by check, send check payable to AMC-DV to Stephanie Wall, 1304 Prospect Farm Dr. Yardley PA 19067.

No cash please! Checks must be received by April 3. We will be setting up at 3 PM and extra hands are always welcome, so come early and assist.

## Picnic to be held June 15, Lower Perk Park

The Delaware Valley Chapter picnic will be held on Saturday, June 15 at Lower Perkeomen Valley Park, Oaks, PA at noon.

We will provide hamburgers, hot dogs and veggie burgers with all the fixings.

Each member is asked to bring a salad or dessert to share. A variety of activities including hikes and bike rides will be held before the start of the picnic.

Additional information will be on the chapter website. Please RSVP to [social@amcdv.org](mailto:social@amcdv.org) with your name and what you will bring or call 610-866-2036 and leave a message. We will have volleyball, horseshoes, quoits, bean bags, etc. Come be a part of the fun!

## Become a Leave No Trace trainer

This year's Leave No Trace (LNT) Trainer course at Mohican will be held the weekend of April 5-7.

All outdoor activity leaders, and anyone serious about embracing the ethics of LNT, are encouraged to sign up for this workshop. Participants receive introductory training in LNT in a condensed two-day format, and will be trained to teach and pass on LNT principles to others:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

To register, contact AMC Reservations at 603-466-2727 or [amclodging@outdoors.org](mailto:amclodging@outdoors.org) To learn more about Mohican, go to [www.outdoors.org/lodging/mohican](http://www.outdoors.org/lodging/mohican) For questions about this particular workshop, contact the leader, Sara Hart ([conservation@amc-ny.org](mailto:conservation@amc-ny.org)).

## Develop your skills; lead AMC trips!

If you think you have what it takes to be a hiking, biking, back-packing or paddling leader with the AMC, your chance to do it is coming up this spring.

The AMC-DV Outdoor Leadership Training course is offered just once a year, and this year's course will take place on April 12-14 at the Nockamixon Environmental Education Center, near Quakertown.

Instructors will be experienced AMC volunteers and staff whose goal is to help you improve your skills and gain the confidence you need to become a successful trip leader.

Everyone is welcome to attend: leader wannabes, new leaders, new members, experienced leaders, members who just want to learn what leadership is all about. Topics to be covered are the elements of outdoor leadership common to all AMC outdoor activities:

- Activity planning
- Leading safe and enjoyable activities
- Leadership styles
- Group dynamics
- Liability issues
- Decision making
- Accident scene management
- Conservation and minimum impact issues
- AMC leadership requirements and guidelines
- How to become a DV Chapter activity leader
- Map and compass skills

The course will run from 8 AM to 4:30 PM on Saturday, and 8:30 AM to 3:30 PM on Sunday. There will also be an optional map and compass training session on Friday evening from 7:30 to 9:30 PM.

The cost for the course is \$35 for AMC members, \$50 for non-members, \$20 for AMC members who complete one co-lead by April 1, 2014.

If you'd like to stay overnight at Weisel Hostel, where the Friday evening session and Saturday dinner will take place, the cost is \$15 for one night or \$24 for two nights. The Saturday night dinner costs \$15.

For registration information or if you have any additional questions about the course, contact Chapter Leadership Chair Lennie Steinmetz at [leadership@amcdv.org](mailto:leadership@amcdv.org), or 610-694-8677.

## Delaware Valley Chapter to host clubwide 2013 Fall Gathering October 18-20 in the Delaware Water Gap area.

**See page 10 for details.**

## 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](mailto:leadership@amcdv.org)

## The Road That Teaches

### Lessons in Transformation through Travel

by Valerie Brown, QuakerBridge Media, 151 PP. Paper \$14.95

Review by Priscilla Estes

"As a traveler, I arrive not once, but again and again."

Long-time Del Val member Valerie Brown carries you effortlessly in her backpack through Spain, Scotland, Japan, New Zealand and India, using the road to answer every hiker's question: Why do we do it? Why do we travel by foot, an intimate and measured conveyance, enduring privation, fatigue and suboptimum conditions?

A seasoned seeker and unique blend of Buddhist and Quaker, Brown hikes to find herself; to test her commitment; to learn to let go of anger, frustration and disappointment; to ease her lifelong battle with impatience and resistance; and to embrace acceptance.

Travel's surprises, hardships and joys peel both a physical and spiritual onion for Brown. She began her first major pilgrimage, El Camino de Santiago in Spain, doubting her physical endurance, apprehensive of her traveling companions, and frightened that her "fragile dream of finding true meaning from this journey would go unrealized."

Clear and descriptive language lets us smell the mud and see the butterflies, learn the history of St. James, taste the figs and anchovies, and feel the blessed relief of unbooted feet as Brown struggles to live in the moment and realizes that her "inner emphasis on speed is about fear."

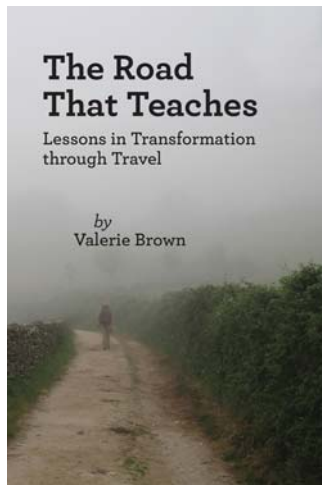
Each chapter describes a pilgrimage that brings her closer to her Buddhist and Quaker beliefs. A pre-dawn mud walk on the banks of the Ganges sends a rush of electricity "through the bottom of my feet to the top of my head," helping ignite the Light Within, a central tenant of Buddhism and Quakerism.

On a trip to Celtic Iona, an island in the Inner Hebrides of Scotland, Brown found courage to throw off her need for financial security and align with her heart, balancing desire for intimacy with her fierce independence.

The physical details of travel and cultural history illuminate a wealth of personal and spiritual insights. Nude group baths in Japan break down insecurities; a tea ceremony cultivates awareness and openheartedness; honoring the goddess Kannon brings sadness for the choice of career over motherhood.

Chapters begin with a quote and "Lesson" and end with "Quaker Queries for Reflection" and a "Practice Lesson," creating both prayer book and guide book. Helpful appendices share training tips, packing lists and travel resources.

Travel, for Brown, is a way to heal and grow, to make peace with the head and the heart, and to discover the grace of love. This book is honest, educational and inspirational — handy qualities for any pilgrimage.



## Beginner backpacking course set for April 27

Learn basic skills of backpacking. A full-day workshop for novice backpackers. Covers skills, gear, clothing, nutrition, and other necessities.

If you've been thinking about trying a backpacking trip but aren't sure whether you're ready, this workshop will tell you everything you need to know before heading out on the trail overnight. In order to cover the course costs, we will charge \$10 for AMC members; \$20 for non-members.

To register, please send a check made payable to AMC-DV to Peter Fox at 2 Hosta Ct, Wilmington, DE 19808. A minimum of 15 participants is required, refunds only if course is canceled

## Paddling, water safety courses offered

An **introductory canoeing** course on canoeing flatwater and basic river paddling, taught in tandem canoes, is scheduled in two parts, with session one on Saturday, May 11, and session two, Saturday, June 8. The first session will be in the New Jersey Pine Barrens, on a lake and a river. The second on the Delaware, near Lambertville, NJ. Members \$85/non-member \$105, for both classes, \$50/\$60 each.

Our **solo open canoe** course is set for the weekend of July 13 & 14 on the Schuylkill River near Reading, PA, and will cover basic solo paddling up to entry level whitewater. \$25/\$35.

Our annual **swiftwater safety** session is marked for July 20 at the Lambertville Wing Dam on the Delaware. \$15/25.

All of these courses have modest fees, and all equipment is provided. For the latest information go to [paddlenow.com](http://paddlenow.com).



**Coming  
this June!**

Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses on the "pay-off" for children of each age group while specifying which locations are good for hiking, swimming, paddling, biking, etc. It features safety tips and a "Plan B" for each destination.

AMC Books are available wherever books are sold, or order directly from AMC at [outdoors.org/amcstore](http://outdoors.org/amcstore) or by calling 800-262-4455.



# Enjoy the great new look of Mohican



**New bunks,  
modern kitchens,  
comfy common  
areas,  
good food.  
All in a camp where  
great outdoor  
activities abound!**

By Priscilla Estes

When Appalachian Mountain Club's Mohican Outdoor Center in Blairstown, New Jersey, first opened in 1993, accommodations were Spartan. The stark campus included a bunk room for 16, sad little kitchens, communal bathrooms, unheated cabins and a wood-burning stove that was hungry morning, noon and night. Guests were expected to sweep the floors and scrub the toilets before departing. Retreats at MOC were for the hardy, with the atmosphere of the former Boy Scout Camp still permeating the air.

Fast forward to August 2012, to the annual end-of-summer Yoga and Hiking retreat, and *viva la difference!* Over the years, MOC has changed dramatically because of the efforts of dedicated AMC staff and volunteers. Central heat replaces the wood stove in several premium cabins. Rooms are airy, cozy enclaves for two to four people. Refrigerators hum in the well-equipped kitchens with generous space for cooking and group meals. Large common areas have comfy couches and lamps for late-night reading and anytime socializing.

Mohican now has both premium and rustic family cabins, a gift shop and a seasonal deli. Expert staff can guide you toward hiking, biking and swimming delights. You can rent canoes or kayaks on beautiful Catfish Pond for a modest fee. A glorious boat-house, available with advance reservations, boasts a new wooden deck overlooking the water where sunsets are divine. Tables and benches hide in the landscape, providing private spots for reading and reflecting. Numerous platform and ground tent sites provide for a fantastic camping experience in a hardwood forest.

Family-style breakfasts and dinners, as well as trail lunches, are available in the main lodge by advance reservation. The meals are hearty, homemade and tasty, and special requests (gluten-free, dairy free and vegetarian) are no problem. Live entertainment is offered in the Visitor Center on many Saturday nights.

The Mohican Outdoor Center has certainly evolved over the years. If you've not visited lately, come and check out the improved living quarters, common areas, cooking facilities and meals. You'll be glad you did! As for the sunsets, the sunrises, the placid beauty of the lake and the variety of hiking, you'll be pleased to know they remain splendidly the same!





## Mohican Getaway Programs this Spring

Register for an upcoming Mohican Getaway Program and give yourself a great opportunity to explore the Mohican Outdoor Center in the scenic Delaware Water Gap. Getaway programs offer relaxing and fun multi-day activities where you can socialize and experience the surrounding natural beauty both within and around the camp. These low costs events are a great way to meet new friends, learn new skills, explore hiking trails, (including the famous Appalachian Trail) or simply sit around a warm fire with your favorite book.

**Leave No Trace Trainer Course Getaway** (Fri. – Sun. April 5-7) LNT Trainer courses are designed for all outdoor activity leaders, outdoor professionals, guides, and anyone serious about embracing the ethics of Leave No Trace. Participants receive introductory training in Leave No Trace skills and ethics in a condensed two-day format. They will be trained to teach and pass on LNT ethics to activity participants in wilderness and front country areas, camps, parks, etc.

**Rails-To-Trails Hiking Getaway** (Fri-Sun. April 5-7) Join us for a weekend of hiking on old rail lines converted into hiking trails. Saturday will be spent hiking the Lackawanna Cutoff from Blairstown, NJ to Portland, PA, which will cross two cement viaducts. Sunday's hike of about 7 miles will be on the Paulinskill Rail Trail stopping at Blairstown Airport for lunch. Car shuttles will be provided each day. Mason Logie will give a history of each rail line.

**Irish Dance Weekend** (Fri.-Sun. April 12-14) Join us for a weekend of Irish music, dance, and hiking. Noel Cotter will teach Irish set and ceili dancing with Gina Carmody and Dan Hunt leading us in music and song. Bring your dancing shoes, instruments and hiking boots.

**Yoga and Hiking Midweek Getaway** (Tues.-Thurs. April 23-25) Experience the power of early spring in all her glory. Wake from your long winter's nap through yoga, meditation, and hiking in the natural beauty surrounding Mohican Outdoor Center. Beneath the lacy leaves of spring, energize the body and calm the mind with breath walking, gong meditation, writing meditation and laughter, and maybe a chilly spring dip in the lake. All levels of hiking and yoga participants welcome.

**Spring Outdoor Adventure Getaway** (Fri.-Sun. April 26-28) Join us for a weekend of hiking and/or biking on a variety of trails in the beautiful Delaware Water Gap National Recreation Area. Enjoy the beauty of Catfish Pond by kayak or canoe or bring your swimsuit and take a dip in the cool lake water. Take a trip to the Lakota Wolf Preserve, or bring a book to read while relaxing on the deck of the boathouse.

**Wilderness First Aid** (Fri.-Sun. May 3-5) The Wilderness First Aid (WFA) course will teach you how to deal with common medical incidents and accidents that occur in the backcountry. It stresses safety, preparation, crisis avoidance, and the treatment of problems such as blisters, sprains, hypothermia, heat disorders, protection from the elements and more.

**Mohican Sampler Midweek Getaway** (Tues.-Thurs. May 21-23) Join us for three days of hiking and other outdoor activities at Mohican Outdoor Center in the beautiful New Jersey portion of the Delaware Water Gap National Recreation Area. If you haven't stayed at Mohican, this is a great chance to experience it with fellow outdoor enthusiasts. Join Rick and Allison Hudson for the three day sleep over with guided hikes and other activities such

## 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 out on 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 about 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](mailto:hotline-requests@amcdv.org). You will receive one e-mail a week. You will not be slammed with a lot of e-mails.

as canoeing, kayaking, sightseeing, and just plain relaxing.

**Young Adults Adventure Weekend Getaway** (Fri.-Sun. May 31-June 2) Join us for a fun and exploratory weekend. Enjoy the beautiful scenery while hiking and exploring the surrounding areas. Perfect for those young adventurous individuals. Participants will have the opportunity to view well known historic sites, paddling around Catfish Pond, and relaxing with a good book. Don't forget to bring a camera...

**Intro to Digital Outdoor Photography Getaway** (Fri.-Sun. May 31-June 2) This course is designed for the beginning digital photographer. Topics covered will include composition, how to use digital camera features, optimizing the image in Adobe Photoshop Elements, and making the print. Participants will leave with an 11x17 print of one of their photographs.

**Hike, Paddle & Play Weekend Getaway** (Fri.-Sun. June 7-9) There are many wonderful hiking trails in the Delaware Water Gap, and June is a great time to explore them while the rhododendron and mountain laurel are in bloom. Several hike options of varying lengths and levels of difficulty will be offered each day, along with opportunities for canoeing, kayaking and swimming around scenic Catfish Pond. Enjoy hospitality and entertainment at the Mohican Outdoor Center in the evening.

**New Members Weekend Getaway** (Fri.-Sun. June 21-23) Join us for a fun and relaxing weekend near the Delaware Water Gap at the Mohican Outdoor Center. Come get acquainted with some of your fellow AMC members while enjoying a weekend of hiking, paddling, swimming or just plain relaxing in this beautiful location. Perfect for those who have recently joined the AMC or who have never been to an AMC event.

**Mohican Blueberry Festival Midweek Getaway** (Tues.-Thurs. June 25-27) Join us for Mohican's first annual Blueberry Festival. Enjoy three days geared around Mohican's abundant blueberries. Learn new recipes, compete in games and contests, and of course guided hikes along scenic trails. Canoes and kayaks are available on beautiful Catfish Pond. Fun for all ages.

### For more information and reservations see:

<http://www.outdoors.org/lodging/mohican>

or contact Mohican Outdoor Center, 50 Camp Road, Blairstown, NJ 07825-9655, 908-362-5670.



# AMC's Fall Gathering 2013

**In the beautiful Delaware Water Gap National Recreational Area**

**October 18-20**

**During the peak of the fall foliage**

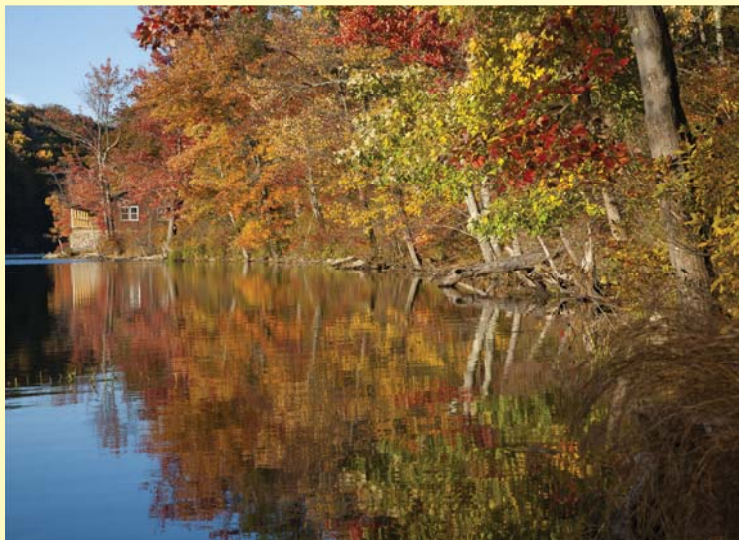
**Activities include** full and half day hikes, paddling trips, biking available throughout the camp roads (bikes and helmets available) or bring your own bike for a road ride. For those over the age of 12, try the ropes course, zip line and climbing tower. Saturday night join in the dancing or relax around the campfire.

**For the kids and families**, there are nature walks through a bog area, making critter creatures, biking (equipment available) for children ages seven and up. Saturday night you will have your own campfire with ghost stories, singing and a hayride.



**Camp Speers-Eljabar** YMCA, Dingmans Ferry, PA is a full service facility located on the edge of the spectacular 70,000 acre Delaware Water Gap National Recreation Area. Accommodations include both lodges and tenting, meals, plus on-site trails and a large lake.

**Before the Fall Gathering: Fall Foliage Getaway at Mohican, October 16-18**



There is an option for those traveling a long distance just to sit in meetings all weekend. Come early and hike and play for three days prior to the Fall Gathering. Stay at our southernmost AMC facility, Mohican Outdoor Center, located near Blairstown, NJ, where volunteers will be hosting a Fall Foliage Getaway on October 16-18. Hike and paddle on the New Jersey side of the Water Gap. Hikes will be led by volunteers, or grab a map and venture out on your own. On Friday, take a scenic 45 minute drive to Camp Speers-Eljabar and the Fall Gathering.



**Hosted by the Delaware Valley Chapter  
of the Appalachian Mountain Club**

[www.outdoors.org](http://www.outdoors.org)