



# Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club  
Winter 2014-15 • Volume 53 • Number 1

**Favorite Nearby Skiing Locations**  
**Backpacking Book Review**  
**Appie Awards**  
**Annual Dinner**  
**Hiker miles expanded**  
**and more!**





## Appalachian Footnotes

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

## Chapter Leaders' Hotline: stay in touch

Communication with our Chapter leaders is very important. The main source for communicating with our leaders is our DV Leaders Hotline through Yahoo Groups.

If you are a DV Chapter leader and feel you are not currently receiving e-mails sent out over our Leaders Hotline it is possible we do not have a current e-mail address for you. If you have changed your e-mail address within the past few years and have never notified us about it, we need your current e-mail address.

Please contact our Communications Chair, Rich Wells at [communication@amcdv.org](mailto:communication@amcdv.org) with your current e-mail address and he will send you an "invite" to join our DV Leaders Yahoo Group. You must accept this invite to begin receiving e-mails through our Leaders Hotline. We cannot simply edit your e-mail address due to spam considerations. Please help us to keep the lines of communication working by staying current with your contact information.

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Moving? Please remember to change your address and desired chapter affiliation by going to the AMC Member Center at [www.outdoors.org/membercenter](http://www.outdoors.org/membercenter) or calling 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.

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### AMC Information Sources:

Delaware Valley Chapter Web Site: [amcdv.org](http://amcdv.org)  
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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).



**Cover:** AMC cross country skiers at Minnewaska State Park near New Paltz, New York.  
Photo by Sue Bickford-Martin.

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# My Favorite Nearby Places to Ski



[Click here and send an e-mail to join our chapter's X-C ski group. Get the latest information on snow and cross-country ski trips](#)

Story and photos by Sue Bickford-Martin, X-C Skiing Chair

As winter approaches there are two types of folks: those who hate snow and those who absolutely love snow. I fall into the latter camp – snow lover! Of course I do not like sleet and freezing rain; that only spells danger on the roads and possible power outages. So let's stick to that lovely white fluffy stuff that coats the earth in a downy, slippery carpet.

When there's enough snow for X-C skiing and I haven't the time or money to head up to the Adirondacks or Vermont for a long weekend, I think local and what's close to home. Two places come to mind for a nice romp in the white stuff: Minnewaska State Park near New Paltz, New York, just off the NY State Thruway, and Blue Mountain Lakes in the Delaware Water Gap, on the New Jersey side.

Minnewaska sits on the Shawangunk Ridge with elevations of up to 2,000 feet. Snow stays deep and long while in the valleys snow cover is meager. The park personnel groom the carriage roads in Minnewaska which opens it up to many skiers, beginners to experts. Skate skiing which has become very popular in the last few years is a mainstay at "Minne." It's amazing to have the ski-skaters wiz by you a couple times during a seven mile loop and wonder – am I that slow? The skaters seem amazingly fit, and in the non-winter season are often road bikers. I much prefer the relaxed traditional Nordic style, going my own pace and glancing off into the vast landscape before me. The parking lot at "Minne" sits high on the ridge with a very large groomed open area to practice your downhill skills and turns. There's also a yurt for breaks and lunch.

My other favorite that is even closer to home is the Blue Mountain Lakes area that the National Park Service has designated as X-C ski terrain. There's no grooming but often times other skiers will have broken trail and







set tracks before us. The beauty of Blue Mountain Lakes is that it consists of old development roads, well graded and properly drained. The slopes are gentle, there's few rocks, and lots of miles to tour around. I love skiing around Hemlock Pond and then removing my skis for the steep climb up to the Appalachian Trail and Crater Lake. There are more development roads on the Kittatinny Ridge with the final big downhill on the unplowed Blue Mountain Lakes Road. Yippee! Now that was fun.

The price is right on these two ski venues: Minne is \$6 for a trail pass and Blue Mountain Lakes is free. Three Minnewaska X-C Ski Center trips are on the DV calendar for 1-24, 2-14, and 2-28, and Blue Mountain Lakes is scheduled for 1-25 and 2-15. All dates are snow-dependent and registration is mandatory. Hope to see you in one of my favorite ski places in 2015.

### **More nearby places to ski for free**

Skiing free, away from touring centers. No equipment rentals, no warming huts, no groomed snow or set tracks; but also no trail fees, no crowds, just you and the beautiful snow-filled woods — off-track skiing. In the backcountry in winter you should never go alone, find a friend or two to go with you. Some possible destinations include your local park, and:

**Valley Forge National Park**, when it has snow, often has lots of decent broken trails. Often skiable on four inches of snow, suitable for beginners. Closed park roads are also skiable.

**Jacobsville State Park**, near Wind Gap, PA, a 1,167 acre park just off Rt. 33, seven miles north of the Lehigh Valley and Rt. 22. Good trails for novice and intermediate skiers.

**Nescopec State Park**, near White Haven, PA. Woods trails, holds snow well, intermediate.

**Brady's Lake**, in the Poconos, state game lands. Holds snow very well, very large. Varied terrain, but you are on your own to find or break trail. It is not as good as it once was, but still decent.

**Broad Mountain**, Lehigh Gorge State Park, PA. Holds snow. If you can bike it in the summer, you can ski it in the winter.

**Promised Land State Park**, PA. Stay in the area and on the trails

where snowmobiles are not allowed. Easy terrain, holds snow better than most area state parks.

**Hickory Run State Park**, PA. You need a lot of snow on the ground to ski here, but it holds snow well. A thousand foot climb awaits the energetic skier. Unless you are really good, it is safer to do it as a climb!

**High Point State Park**, in Sussex, NJ, with groomed trails, fantastic views, a heated lodge, snack bar and ski lessons.

**Stokes State Forest**, Branchville, NJ, dedicates miles of its unplowed roads in its southern section to X-C skiing.

**Jockey Hollow**, near Morristown, NJ. Parking lot fills early if snow's good.

**Wawayanda State Park**, Northwest, NJ. Ask them to point out the no snowmobiles trails.

Find your park on the web, but call ahead before driving any distance. It will save you time and frustration. The state parks often post snow conditions on their web pages, but be sure to check the date these were posted.

Also, many of our region's bicycle trails are good for a few hours or even a day of very local skiing, particularly the Perkiomen and Schuylkill trails.

# Everything you need to plan a backpack trip

*AMC's Best Backpacking In the Mid-Atlantic: A Guide to 30 of the Best Multiday Trips from New York to Virginia* by Michael R. Martin.

Review by Kathy Kelly-Borowski

Michael Martin wrote a feature article *Hills, Hollows, and Beyond* that appeared in the May/June issue of AMC Outdoors. Did you happen to see or read it? Michael wrote about the Susquehannock Trail located in North Central PA. This is just one of the trails included in his *Best Backpacking* book.

*Best Backpacking* includes just about everything a beginner to experienced backpacker would need for planning one of the trips listed in the book. A map shows the location of each trip and a planner contains location, difficulty, distance, elevation, estimated time, type of trip, if a fee is required, if dogs are permitted, ample water supply available, trips by theme (i.e. waterfalls, big views), and listing by State. Michael gave each trip what he calls "a fun and fanciful title." These titles actually had me looking ahead to see what he named trails I had hiked. Some of my favorites: I Like Big Ridges and I Cannot Lie, (Don't) Get Lost!, Carrying Water, and Hitting the High Notes.

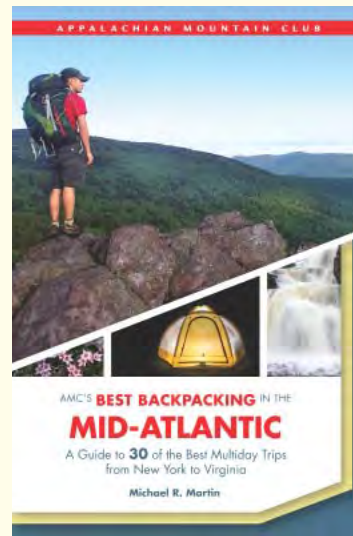
Michael includes a section on where you should go hiking based on certain attributes about the areas, what you will see, what season it is or spending time with limited crowds. He also gives tips for staying safe and getting equipped for your trip. Leave No Trace guidelines are also included.

Each trail's header includes the following: title, whether you may bring man's best friend on the trip, water availability, are there usage fees, is camping permitted, location, trip highlights, distance, total elevation gain/loss, length of trip, difficulty, recommended maps and other resources. The description includes: overview of hike, options for overnight, getting to the trailhead, hike description, other hike options, amenities nearby, and additional information about the trail. The author does include latitude and longitude coordinates in the hike description for reference, plus a trail map

The book is broken into trips by state: Virginia (7), West Virginia (5), Pennsylvania (6), New York (5), Maryland (4), New Jersey and Delaware (3). The author includes backpacks for all levels including a difficulty level: Easy, Moderate, Challenging, Strenuous, and Epic. Epic is defined as "Extended adventures with considerable and constant elevation gain and loss, often in remote regions on challenging trails."

After reading this definition, I immediately turned to "Devil's Path", Trip #20. I've never hiked this trail, but I was always told it was extremely challenging. I was surprised that the trip was only rated "strenuous." Curious, I had to find one of the "epic" trails that I had backpacked. The Susquehannock Trail was the only one that I completed. Re-reading the authors explanation of the difficulty of the Susquehannock Trail, I have to agree. We did not come across one view point, but we did walk countless ups and downs with considerable and constant elevation gain and loss. We had a stop in Cross Fork that we will never forget.

When we arrived in the small town we found they were preparing for their annual Rattlesnake Roundup. People were camped near the Department of Conservation and Natural Resources



AMC's Best Backpacking in the Mid-Atlantic: A Guide to 30 of the Best Multiday Trips from New York to Virginia

By Michael R. Martin  
Paperback  
Member Price: \$15.96

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office. The ranger on duty said we could find a spot and set up our tents. While at the small store buying ice cream a nasty storm blew into the area. The storm was so bad; we were actually holding our tent down. When the storm blew through, we got out of the tent to find a tree had come down on one of the campers, cutting it and a vehicle parked near it in half. Thank goodness no one was hurt. We spent most of the evening watching as the tree was removed. The owner of the camper came over to us and said at one point during the storm he was feeling really sorry for us being out in the weather in our small tent.

This book is a nice addition to my backpacking reference books. I have been backpacking for many years, but I still picked up tips from Michael in his gear section. After reading this guide there are trails that I have added to my list of those I would like to hike someday. Thank You, Michael.

## Proposed PennEast pipeline threatens AT, Hickory Run SP, Sourlands

The proposed PennEast pipeline will transport natural gas from Luzerne County, PA to Lambertville, New Jersey. The initial proposed route would cross the Appalachian Trail between Little Gap and Delps, through the section that our Chapter maintains.

In addition, the proposed route would cross other significant conservation and recreation areas of Pennsylvania and New Jersey including Hickory Run State Park, Weiser State Forest, the lower Delaware River, and the Sourland Mountains. See details on the proposed route by [clicking here](#).

For information from the Delaware River Keeper Network (AMC is a member), [click here](#).

AMC will be following this issue closely. We will keep you informed about developments and about opportunities to take action. Keep up on the latest developments [on our web site](#).

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### **Appie of the Year: Susan Bickford-Martin**

Sue Bickford-Martin has been an AMC member since 2004, and has led a wide variety of trips for our chapter including interesting day hikes, cross country ski trips as well as multi-day trips.

She serves as chair of our newly formed Chapter X-C Skiing Committee and has helped to develop this program within our chapter, and worked cooperatively with the NY –No Jersey Chapter Ski Committee.

She also started a Yahoo Group for the X-C Skiing Committee to enhance communications and postings for last minute Cross-Country ski trips.

Susan also assists as a volunteer leader at the nearby AMC facility Mohican Outdoor Center in Blirstown, NJ.

And she willingly volunteers to mentor and co-lead with graduates of our Chapter Outdoor Leadership Training program.

### **Golden Appie of the Year: Esther Underhill**

She has been an AMC and DV Chapter member for 41 years, and an active paddling and hiking leader for most of those years.

Most recently, she has mentored one of our newest paddling leaders and served as co-leader on her trips.

Despite her small size, she can often out-paddle those a third her age. Her charming personality and gentle manner are a delight to all trip participants, yet her leadership and paddling skills are tops. She is an excellent and patient teacher, and has instructed in our training sessions for at least 30 years (possibly longer!), and continues to do so today.

For the past 20 years, Esther and her husband Walt have kept and maintained the club paddling equipment at their home. This includes two canoes plus dozens of paddles, life jackets and helmets. Over the years she has led many hikes, particularly ones attuned to wildflowers and plants.



## **Annual Dinner Meeting: 100 plus and a top notch speaker**

A excellent turnout of 100 plus attended our DV Chapter Annual Dinner in November. Everyone enjoyed plenty of delicious food while socializing with new and old friends.

The evening's featured speaker was Cindy Ross, author of six books and adventurer, who spoke about just a few of her exciting adventures hiking the Triple Crown of Trails, the Pacific Crest, Continental Divide and Appalachian Trails, some with her husband, two young children and six llamas.

Our chapter awards were presented with Susan Bickford-Martin receiving the 2014 Appie Award and Esther Underhill the 2014 Golden Appie Award.

New this year was a drawing for our Volunteer of the Month

program. Among the nominees with a chance to win a \$125 AMC gift certificate were Charlie Ogle, John Rowen, Susan Bickford-Martin, Midori Wakabayashi, Barry Mazer, John Chalikian, Jerry Srodes, Mike Manes and Walt Underhill. The lucky winner was John Rowen.

Chapter Chair Joan Aichele recognized the outgoing Executive Committee members Don Garrido, Vice Chair; Allison Hudson, Secretary; Rick Hudson, Hiking Chair; Morgan Masterson, Young Members Chair; and Allen Male, Past Chapter Chair.

Social Chair Geri Chmiel and her committee did a phenomenal job providing a wonderful evening for all. They are already hard at work planning next year's Annual Dinner.

## Chapter Leadership Workshop, April 10-12

The Delaware Valley Chapter will host an AMC Outdoor Leadership Training Workshop on the weekend of April 10-12. To make this event easily accessible for DV Chapter members, this session will take place at Nockamixon State Park and the Weisel Hostel near Quakertown.

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 model*

*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*

*Instructors: Experienced AMC volunteers and staff*

**Why attend?** If you want to step up to leading outdoor activities, the workshop will give you the confidence and skills that you need. If you are already an experienced leader, this workshop will make you a better one.

**What's the cost?** 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, 2015. 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 cost is \$15.

**How to register:** Contact DV Leadership Chair Lennie Steinmetz, leadership@amcdv.org or by phone at 610-694-8677 for additional information and registration.

## August Camp 2015 set for Oregon's beautiful Central Cascade Mountains

August Camp 2015 will take place in the Three Sisters Wilderness area in the Central Cascades of Oregon, southwest of Portland. This area offers terrific hiking and fascinating geological sites. Studded with volcanic peaks, mountain lakes, wildflower meadows, lava tubes and obsidian, miles of beautiful hiking trails, including the Pacific Crest Trail and the Three Sisters Wilderness Area — it's legendary for a reason!

In addition to the multiple hikes August Camp offers each day for all levels of ability, other activities may include car camping at Crater Lake National Park, backpacking, sightseeing excursions, river rafting, canoeing and kayaking.

This full service tent village accommodates 64 campers each week, and the fleet of rental vans provides transportation to trailheads, as well as between camp and the airport (Portland International) each Saturday. Delicious home-cooked meals and trail lunches are provided; great camaraderie and nightly campfire make for a memorable experience.

The application and camper information forms, as well as Appalachian Mountain Club, Delaware Valley Chapter • www.amcdv.org • Winter 2014-15

## 100 Mile Hiker awards to become much more; they will be Activity Awards in 2015

For many years DV Chapter volunteers have tracked the personal number of miles hiked by our members each year.

Then at our Spring Activity Social those members who had hiked 100 miles or more were recognized and given an award. But AMC is so much more than a hiking club. As we all know we are an outdoor recreation and conservation organization.

Looking for a way to encourage more of our members to participate in the wide variety of activities offered by our chapter, the 2014 Executive Committee decided to try an incentive. Starting January 1, chapter volunteers will keep individual records of members' participation in all of our activities, in addition to the hiker miles. We would especially like to encourage more participation in conservation projects and trail maintenance, so your 2015 Executive Committee will be reviewing this and possibly increasing the mileage for those activities to 15 miles for a half day of participation instead of 10 miles.

Many in attendance at our Chapter Annual Dinner favored this suggestion. The 100 mile Hiker award will now be known as the Activity Recognition Award. Many members still want to know how many miles they hike each calendar year, so we will continue to track that data for our members. Listed below is a breakdown of how we will record the activities.

Hiking – 1 mile = 1 mile

Backpacking – 1 mile = 1 mile

Snowshoeing – 1 mile = 1 mile

Biking - 1 day bike ride = 10 miles

Paddling – 1 day of paddling = 10 miles

X-C skiing – 1 day trip = 10 miles

Alpine skiing – 1 day trip = 10 miles

Trail work – 1/2 day = 10 miles (may be increased to 15 miles)

Conservation - 1/2 day = 10 miles (may be increased to 15 miles)

Shelter Watch – 1 visit = 10 miles

Volunteering – 1 outing = 10 miles

We hope this pilot program will result in many more DV Chapter members getting involved and finding out what fun they can have with like minded people who enjoy the outdoors. As well as helping us to make a difference by giving back through conservation efforts and trail maintenance.

As you can imagine, recording this amount of data is time-consuming. If any members would like to volunteer to assist in keeping track of this data, please contact me: Joan Aichele, DV Chapter Chair, dvchair@amcdv.org. See you in the great outdoors!

— Joan Aichele

detailed camp information can be found on the August Camp website a [www.augustcamp.org](http://www.augustcamp.org). Plan your one or two week adventure now, and be part of one of the AMC's oldest traditions.

Applications will be accepted after January 1, 2015.

Week 1: July 18 – July 25

Week 2: July 25 – August 1

Week 3: August 1 – August 8

Week 4: August 8 – August 15

Questions about August Camp? Contact Lennie Steinmetz at [steinmetz.lennie@gmail.com](mailto:steinmetz.lennie@gmail.com), or call her at 610-694-8677.





## Available Now!

By Susan Charkes  
Our chapter's  
Conservation Chair

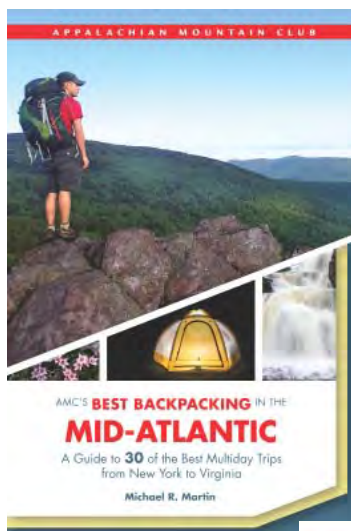
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Outdoors with Kids Philadelphia is the latest addition to the AMC's Outdoors with Kids series. Providing comprehensive guides to low-cost adventure, the book includes destination and trip information for locations in and around Philadelphia. It focuses 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.

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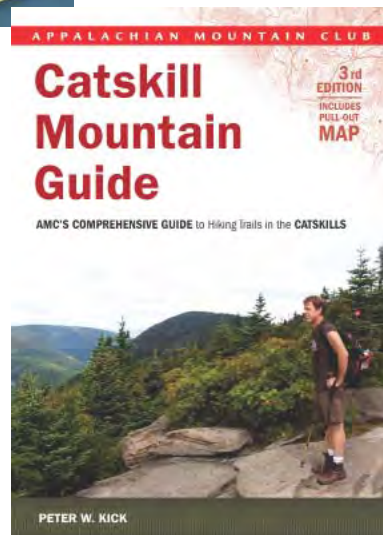
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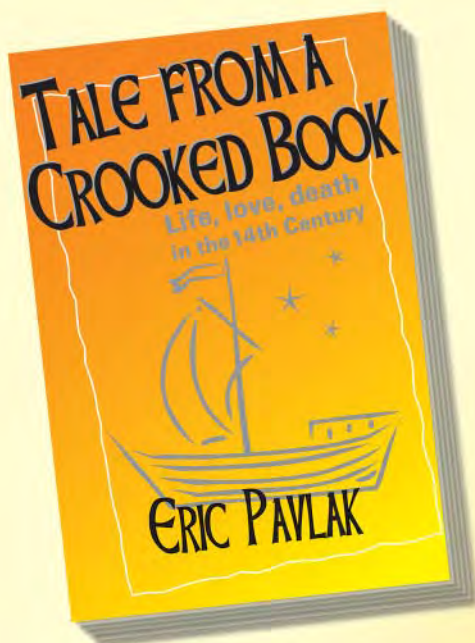
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# AUGUST CAMP 2015

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## OREGON'S CENTRAL CASCADES

**S**tudded with volcanic peaks, mountain lakes, wildflower meadows, old lava flows and miles of hiking trails, Oregon's Central Cascades is the place to be! Base camp is near Santiam Pass (elevation 4,800') where the Pacific Crest Trail traverses Route 20. Major hiking destinations are in the Deschutes & Willamette National Forests & the Three Sisters, Mount Washington & Mount Jefferson Wilderness Areas.

August Camp offers multiple hikes each day for all levels of ability. Car camping and backpacking, sightseeing excursions, river rafting, canoeing and kayaking may also be offered. Delicious meals and trail lunches are provided; great camaraderie and nightly campfires make for a memorable experience. Round trip transportation between Camp and the Portland International Airport (PDX) and to and from daily activities is provided.



photo: Julie LePage

**Applications are accepted beginning January 2, 2015 in the order in which they are received.**



photo: Juliana Beecher

### AN AMC TRADITION!

WEEK 1: July 18 - July 25

WEEK 3: Aug. 1 - Aug. 8

WEEK 2: July 25 - Aug. 1

WEEK 4: Aug. 8 - Aug. 15

ONE WEEK - \$900 for members; \$950 for non-members

TWO WEEKS - \$1,750 for members; \$1,850 for non-members

Refer to the August Camp web site in December for full details and application forms. The web site is updated as more detailed hike and activity information, reading suggestions and information about the area become available. For questions contact the registrar at [augcampreg1887@gmail.com](mailto:augcampreg1887@gmail.com).

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