

Appalachian Footnotes

Delaware Valley Chapter • Appalachian Mountain Club

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AMC-DV member Steve Liebrock's photo captures the early fall colors along the Delaware & Raritan Canal in Rocky Hill, NJ. Used with permission.

In this issue:

August Camp • Hiking in Bavaria and Austria • Magnificent Members • Environmental Stewardship • SRT Safety Improvements • Wellness at Grounds for Sculpture • Annual Meeting and Dinner • 2026 Executive Committee Nominees • Fall Hiking Safety • AMC150 Relay and Stories

AMC-DV Members Find Awe at August Camp



by Rita Schenk

August Camp: An EPIC Summer adventure

Everyone looks forward to summer vacation. Outdoor enthusiasts dream of expedition, challenging pursuits, higher peaks, and cool mountain air in the company of good friends. For over a century, August Camp has provided epic summer adventuring.

One of Appalachian Mountain Club's most enduring traditions, August Camp started in 1887 with a group of hikers who wanted to explore and develop new routes around the then remote Mt. Katahdin in Maine. The first "camping-party" was just 20 men and women who climbed two days to camp in a 20-footlong log shelter and summit the peaks of the area. This "nomadic hiking camp" has

continued almost every year for more than a Century!



Today, Camp runs four weeks, mid-July to mid-August, with an average of 60 campers each week, from all over the U.S, Canada, and

as far away as England. A summer highlight for many, 70% of this year's campers had been to AC in the past - some returning more than 20 times! Ranging from ages 12 to 91, every week had campers under the age of 30. And it's a family affair. There were at least three groups of siblings, one of cousins, six of parents and children and two of in-laws.







Twenty percent of all the campers this year were from the DelVal chapter. Not surprisingly, several of our members hold key leadership roles supporting AC, volunteering in many capacities:

Lennie Steinmetz was Camp Director weeks 1 & 2 this year in addition to having served as a hike leader and song leader for many years. Dave Mitchell was the Head Hike Leader for weeks 3 & 4 again this year, while George Cagle and Dave Hoke joined as new leaders. Mark Kern, Greg Bernet and John Rowen returned as hike leaders - Mark for his 24th year, eight of which he was the Head Hike Leader. John Rogers had previously led several years, and Lois Rothenberger has been the AC Registrar since 2018.

I joined the inaugural "Ambassador" team several years back, to help new campers prepare for what will surely be their favorite vacation ever.

Originally, camp set up in New England, the White Mountains and Adirondack region, the stomping grounds of the first AMC members, before venturing to the mountains out west in British Columbia, Colorado, Wyoming, California, Oregon and Washington.





An Olympic Experience

This year, the spectacular Olympic Peninsula was our home. If you haven't been there, you should add it to your list immediately! AC has been there several times before, but the Discovery Bay property was a new location for our camp. Our tent village was tucked beneath towering evergreens, overlooking mountains with trails leading to alpine lakes, coastal views, and wildflower meadows. Simply gorgeous.

While the views from our camp were inspiring, many of the hikes were as much as an hour away. I signed up for B- and C-level hikes crisscrossing the peninsula to get a feel for the expanse. And just in case I don't pass this way again. Some of my favorites include: Hurricane Hill, Olympic NP - a quintessential

alpine scene with 360-degree views. Not to

be missed! The path is paved to accommodate the gazillion or so annual visitors. Busy, yet so worth spending a couple days wandering off in different directions, picnicking, yodeling (yes, we did) and sketching the magnificent vistas. I think everyone in camp went at least once!



More of a sandy stroll, the Dungeness National Wildlife Refuge Spit extends into the Strait of Juan de Fuca with narrow dunes, storm-blown beached logs and great birdwatching. Every day is a good day for the beach, says this Jersey girl. And the NWR deserves a return visit.



I'd been dreaming of visiting the Hoh Rain Forest for over 30 years. COVID cancelled the 2020 AC trip to OP, so I didn't want to miss this opportunity and signed up to join a small group on the excursion. The drive takes several hours so we planned a stop at the renowned Second Beach to check out the tidal pools before tenting overnight in a state park.



It became cloudy and drizzly before we reached the trailhead. Descending through the thick, dark forest we stepped onto the beach in a heavy mist. Giant stacks scattered across the water. The pools were alive with colorful urchins. And there were caves and bones to explore. It was a great, pacific northwest moody weather, windswept beach experience. Every step through Hoh Rain Forest was magical and so worth the drive. It's a temperate rain forest with a dense, green canopy of towering Sitka Spruce, Douglas Fir, Red Cedar and Big Leaf Maple, the understory alive with mosses and ferns.



With only half a day to explore, our group rallied early, and we arrived before the crowds. No amount of tired could tamp the wonder of this awe-inspired temple, the magical Hall of Mosses. Trying not to run, a couple of us ventured several miles on the lush Hoh River Trail, stopping to picnic on the rocky beach of the fast-moving river we had been hearing all morning. This is the main trail, and it leads to the Blue Glacier moraine looking up at Mt.

Olympus, 18.5 miles out, the source of the river. This is the stuff of dreams. Perhaps a backpacking trek to the moraine? So much to explore when we return.



I spent a beautiful day kayaking and sunning at Lake Crescent. The Lodge is charming, tucked in the woods overlooking the water. Others were swimming and diving! Time stood still. I enjoyed many more iconic trails and wish there had been enough time to join any one of the other alternate trips: overnight wilderness backpacking, cycling and trail work. Perhaps next year.

Everyone is welcome. Everyone belongs here.

August Camp has welcomed generations of hikers, paddlers, cyclists and nature enthusiasts to explore spectacular landscapes across the country.



Camp life is lived simply and fully. Home is a canvas tent with 2 cots. Porta-potties, bear boxes, sun-shower and water filling stations are nearby. We share hearty meals prepared by a dedicated crew and spend each day exploring the trails. Hikes are offered at a variety of levels, from gentle nature walks to challenging summit scrambles, offering everyone a chance to find their own pace of adventure.



After dinner we gather to share stories, sing and enjoy the dark, starry skies together. We cap off the week with the Follies! A talent show, of sorts.

See you there.

Camp is a time to connect with old friends and make new ones in a beautiful place.
Interested in joining? Keep an eye out for next year's camp announcement on the August Camp website https://augustcamp.org/
Registration opens in January for one of our favorite locations in the Northern Cascades of Washington. Look forward to seeing you there!





The Hills Are Alive: Hiking in Bavaria and Austria By Kathy Kindness



"The hills are alive, with the sound of music...." Our voices floated to the cerulean sky as we channeled our inner Julie Andrews, singing words both trite and true. A birdwatcher stood with her head tilted, listening to birds she'd yet to identify. Cow, goat, and sheep bells softly tinkled as we passed through turnstiles into verdant pastures. Passing hikers greeted us with morgen or hallo. At each bend in the path, we oohed and aahed at the jagged peaks around us. We were in a hiker's paradise, and it was difficult not to break into song at each new spectacular and jaw-dropping view.

In mid-June, our group of 12 people, most from Western MA and Vermont, day hiked in the Alps along the border between Bavaria and Austria. Dee Dice, an Adventure Travel leader with the Appalachian Mountain Club, entrepreneur,

and founder of <u>Constant Growth</u>
<u>Adventures</u>, led the trip titled <u>Majestic</u>
<u>Peaks and Lush Gorges</u>.



Dee had meticulously mapped out our itinerary, so we had nothing to do but hike (up to 10 miles per day), eat (love that strudel), and ogle.

We began our trip in Garmisch-Partenkirchen, Bavaria, formerly two separate towns on either side of the Isar River.



Hitler forced the centuries-old towns to merge to host the 1936 Olympics. This quintessential alpine community is filled with vibrant buildings decorated with lüftlmalerei or mural art. These frescos depict religious and folk themes, as well as architectural details.



Many homes are adorned by carved wooden balconies and loads of colorful geraniums. Nature and town blend

seamlessly as Alpspitze and, farther away, Zugspitze (Germany's highest peak) tower over stucco buildings, some with tile roofs. One can hike and explore by simply walking out of town.



Recovering from jet lag on our first day, we rode a cable car to the summit of Zugspitze. Standing at a majestic 9,718 feet above sea level, the summit typically offers breathtaking views of Germany, Austria, Italy, and Switzerland. Our view was shrouded in mist, however, so we focused on the ravages of climate change; two of Germany's last glaciers reside at the summit, and a third has been downgraded as "dead ice." The thought that future generations will not experience those iconic snow-capped peaks, and that indeed the whole nature of alpine life will alter with the melting snowpack, tempered our giddiness at sledding in June.

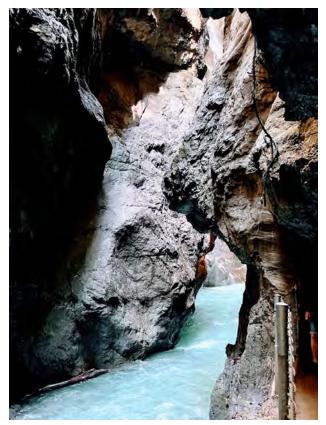
The next days dawned bright and sunny, if unseasonably hot. Periodically breaking into song, we summited Wank, standing at 5,840 above sea level.



Nothing prepared us for eye-popping views of the Alps as we traversed the well-kept trail to the summit Wank Haus (where we enjoyed views of Zugspitze while eating torte and apfel strudel).



The next day, a short walk from town led us to the Partnachklamm, featuring mounted walkways and tunnels. There, the shimmering light-blue waters of the Partnach continue to hollow and shape the limestone gorge.



After, we hiked up and onward to Wamberg, one of Germany's highest "church villages." Viewing the onion-domed church and stone-walled cemetery from afar, we felt as if we'd stepped centuries back in time.

We were surprised at the Bavarians' reverence for their Catholic roots. Since 2018, public buildings are required to display crosses. Small chapels dot the landscape next to grazing cattle. Many wayside crucifixes and memorials pop up on hiking trails, mountain summits, waterfall grottos, the tunnels leading to Zugspitze' summit, and even along gorges.

On day four we traveled a short distance to Mittenwald, its old town center dominated by the Kirche of St. Peter and Paul. This picturesque town, with its cobble-stoned streets along the Isar River, was designated a market town in the 11th century. Evolving along an important Roman trading route (Venice to

Augsburg), the town has also been a violin-making center for 300 years.



The Geigenbaumuseum (violin making museum) details Mittenwald's history, including how trees in the alpine climate have been instrumental in the production of world-class violins.

From Mittenwald, we summited Hoher Kranzberg and were rewarded with 360-degree views and respite from the heat. Later, we took the Karwendelbahn up 7,362 feet on Germany's second highest cable car ride. The summit straddles both Austria and Bavaria. We circumnavigated the steep cirque on summit trails through the limestone scree dotted with tiny alpine flowers.

In warm weather, hikers can do the Mittenwalder Klettersteig (fixed rope route) over 8 peaks, and in winter, expert "off-piste" skiers can ski Germany's longest ungroomed skiing route. Sadly, in winter 2024-5 there wasn't enough snow to ski the seven-kilometer trail. We opted for beer from "Germany's highest brewery" after our full day of exploration.



On our final day, we hiked Gliersch Gorge and other trails near Sharnitz, Austria. The highlight of the trail was a stop at Mosl Alm where we shared many desserts – forget the calories! *Almen* are typically pastures used in summer for livestock grazing; in this context, *alm* also means a small building serving refreshment. We were literally grazing with the cows!



Sadly, our trip ended on Sunday. As I rode the bus back to Munich for a day on my own, I was reminded of a phrase attributed to filmmaker Werner Herzog, "the world reveals itself to those who travel on foot." How true! I've already explored Dice's Future Trip list. I can't wait!

AMC-DV Celebrates Magnificent Members



Doug Wilson

Doug attended our Outdoor Leadership Training in 2023, then attended our special Trail Leader training and First Aid training (5 days total) at Valley Forge that spring and became a new Trail Leader. Since then, he has regularly led trail work trips on the trails at Valley Forge National Historical Park. When he is not leading the trail work trips, Doug becomes a crew member, which really shows his dedication. In 2024, Doug was the recipient of the Marian Pychowska Stewardship Award at the AMC Summit for his hours working on the trail. For 2025, as of the end of August, he has already led 13 and attended 11 other work day trips! He was one of the co-leaders of a trail maintenance class for college students from Thomas Jefferson University in Philadelphia. He is passionate about trail work and attended our weekend trail skills classes at French Creek in April, led by the professional trail staff from AMC, in order to increase his knowledge and experience with trail building as well as re-certifying his first aid and CPR this past May, as is required of all trail leaders. We are very proud to have him in our group of DV Trail Leaders. -nominated by Greg Bernet

Marcia Telthorster

Marcia Telthorster never settles for leading activities that have been done a hundred times. Instead, she is constantly thinking up new places for hikes and new ways to introduce people to hiking, such as allowing participants their choice of shorter or longer options. Before she became a leader, she volunteered as a Chair on the AMC-DV Executive Committee in the role we now call Community Engagement. She worked hard to share her belief that the outdoors is for everyone, striving to ensure a welcoming atmosphere for all. One of the most recent events she led was a Philadelphia Pride Hike. She is deeply committed to the AMC Delaware Valley Chapter as a place where everyone in the outdoor community has an opportunity for a positive experience. Marcia offered one mile hikes in her "Get Fit For Free" activities. She encouraged everyone to give it a try, understanding that starting was the hard part. She patiently set her pace to match the group and lauded all their efforts. -nominated by Mary Toomey and Patricia Merkel





John Rowan

John wears many hats in our AMC-DV chapter, and has been admired and appreciated for his leadership in many areas, both behind the scenes and for leading his popular Harriman trips. But most recently, he was presented for recognition as a Magnificent Member following an act of kindness while he was a participant, not a leader, on a Washington Crossing NJ hike. One hiker was feeling the heat and decided she needed to return to her car early. A small posse agreed to escort the hiker but were unsure of the direction. John led them back, thus shortening his own day of hiking. -nominated by Patricia Merkel

To submit a Magnificent Member Nomination, please include: Name of nominator (you must be an active, current AMC member), name of nominee (must be an active, current AMC DV Chapter member), nominee email address and/or phone number, the name of the event/events where you observed the exceptional behavior, and at least three sentences describing the behaviors that make this person worthy of recognition. Submit nomination by these quarterly deadlines: March 1, June 1, September 1, December 1. Send nominations to the Chapter Vice Chair and Secretary at vicechair@amcdv.org_secretary@amcdv.org.

AMC-DV Volunteers Work with Local Organization for Environmental Stewardship



By Peni MacMeekin

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Planting Hope: A Native Garden's Role in Climate Action

I discovered a passion for native plants and conservation during the pandemic. Suddenly, I had more time on my hands—I was working from home and no longer commuting over an hour each way. As I settled into this new routine, I began to truly look around at my 2.5-acre property in Hunterdon County, NJ. I realized how much it had been neglected. Yard work and gardening had never interested me, but being home all the time allowed me to observe my environment in a new way.

One day, I saw a box turtle come out of the woods and lay eggs in one of my garden beds. I watched a snapping turtle emerge from my small pond. I heard an eastern screech owl at night, saw songbirds and birds of prey, and even caught glimpses of deer, bears, and foxes. Something inside me awakened, and I began seeking out resources to learn more.

I joined the **Native Plant Society of New Jersey**, where I gained a wealth of knowledge from their monthly webinars and website resources. Along the way, I learned about the **Rutgers Environmental Steward** (**RES**) program. It took me a year or two to feel ready, but in 2024 I took the plunge and enrolled.

As part of the RES certification, I was required to plan and complete a 60-hour volunteer project. By then, I was fully committed to the native plant movement. Partnering with the **Sourland Conservancy**, I helped remove invasive, non-native plants from the entrance of their new headquarters and replaced them with a thriving native plant garden.

While native plants bring me personal joy, the most important lesson I've learned is their critical role in addressing climate change. Here are just a few of the benefits native plants provide:



How Native Plants Help Fight Climate Change

Carbon Sequestration

Native plants absorb carbon dioxide through photosynthesis, helping reduce greenhouse gas concentrations and combat global warming.

W Biodiversity Support

These plants form the backbone of local ecosystems, providing essential food and shelter for insects, birds, and other wildlife.

Climate Resilience

Adapted to local conditions, native plants are more resilient to extreme weather events like droughts and floods, supporting stable, sustainable environments.

A Reduced Environmental Impact

Because they thrive without excessive water, fertilizers, or pesticides, native plants minimize resource use and reduce pollution.

Conclusion: A Small Garden, A Big Impact

What started as a personal shift during an uncertain time has grown into a lifelong passion. Through native planting and conservation efforts, I've come to realize that meaningful change often starts right outside our own doors. By restoring even a small piece of land with native species, we can create habitats, support biodiversity, and help mitigate the effects of climate change.

I hope my journey inspires others to look closely at their own yards, parks, and communities—and to consider how they, too, can become stewards of the land. Whether it starts with planting a single milkweed or joining a local environmental group, every action counts.



Native Plant Society of New Jersey https://npsnj.org/ Rutgers Environmental Steward https:// envirostewards.rutgers.edu/ Sourland Conservancy https://sourland.org/





The heavily used Schuylkill River Trail runs parallel to and below the grade of Route 422. Last summer, before the safety improvements, a tractor-trailer left the westbound lanes (right in uprooted, the cables would ensnare the photo) crossed the median, and hit a eastbound SUV so hard it ended up crossing the trail.

I asked and PennDOT took action

EP photo

the trail. Even if one or more posts are

State makes safety improvements to protect SRT users

By Eric Paylak

errant vehicle.

A bit after six o'clock on the hot, steamy morning of Friday, June 28, 2024, I left home on my bicycle, bound for the nearby Schuylkill River Trail.

A bout a mile into my ride, the trail was blocked by a police officer who informed me that an SUV was on its side across the trail and the driver was dead. He told me that Route 422. which closely parallels the SRT, was closed in both directions. That major highway would remain closed until almost noon.

A tractor trailer headed westbound on 422 had crossed the broad median, going down a slope, through a drainage ditch, up the other slope and hitting the SUV hard enough to push it past the guard rail down a steep embankment and across the trail.

Fortunately, no trail user was killed or injured, but had I been a few minutes earlier, I might have been a second victim.

Trail Danger

A half-mile section of the trail runs closely adjacent to the heavily traveled highway. Few obey the posted 55 mph speed limit, with speeds above 70 common. The trail there is below the highway grade. In some places the only barrier between the traffic and the trail users was a thin wire fence.

This section of the SRT is heavily used by cyclists, runners, walkers, skaters; including people with baby strollers. It is located about two miles north of Betzwood. Most trail users come from and return to the three large access points minutes away, bound for Betzwood, Valley Forge and beyond.

This latest incident was the third time that a vehicle had left the highway and crossed the trail. Clearly, there was significant risk to trail users. Something needed to be done.

Action

My seven years' experience while working for PennDOT, though decades ago, helped me. I first contacted my state representative's and senator's offices and got the direct email address of the PennDOT district executive, Din Abazi, P.E., who has overall responsibility for PennDOT in the five-county Philadelphia area. I sent him a detailed email, and also met with a staff engineer at the PennDOT district office in King of Prussia.

The response I received was very encouraging, from both Abazi and his staff. The problem and accident history would be studied and a safety improvement plan developed. In addition to trail safety, they also considered highway safety along this dangerous stretch of road. Through this process Ronald Notar, P. E, a safety engineer, was my helpful contact.

A design plan was developed and reviewed by late fall. Detailed design work was done over the winter and construction began and was completed by early summer.

PennDOT reported: Two types of devices were installed adjacent to the right shoulder of the highway: standard W-Beam guide rail [guard rail] and high-tension cable. Guide rail was selected for those areas where it was also necessary to shield motorists from roadside obstructions as well as provide a barrier between the roadway and the multi-use trail.

Some limited guide rail existed at the time of the study. It was determined that the existing guide rail should be replaced with new guide rail that meets current standards, and with a greater length of coverage. Cable was selected where the primary objective was shielding of the trail. Approximately 2400 feet of guide rail was installed and 900 feet of cable barrier. The total cost of the installation was approximately \$171,000.

A major trail safety improvement is now in place, PennDOT was very responsive throughout the process and deserves praise.

A lesson here is if you see a problem you cannot directly fix, don't just complain, go to the people who can.

A Special "Thank you" to the Grounds for Sculpture



AMC-DV Wellness Walkers pose for a photo in August 2025 at Grounds for Sculpture, Hamilton Township, NJ.

Many thanks to the Grounds for Sculpture (GFS) for sponsoring a unique Wellness Walk opportunity during their August and September programs, for members of the Delaware Vally AMC. GFS volunteers guided our AMC groups through the renowned statuary and botanical park, which includes approximately 42 acres and nearly 300 works of art on what was the former site of the New Jersey State Fairgrounds.

In addition to getting some great exercise, it was fascinating to learn about the history of the park as well as its world-class artwork and impressive horticulture. Our knowledgeable guides shared interesting stories with us and left plenty of time for questions.

It's clear that our AMC participants enjoyed the day. Online feedback included comments such as: "Definitely goes in the books as one of the most interesting AMC hikes" and "Fabulous walk, fabulous place, fabulous leader."

A special thanks goes to Rodney, GFS Manager of Wellness Programs, for coordinating these Wellness Walks with the AMC.

For more information about the Wellness Program at Grounds for Sculpture, visit https://www.groundsforsculpture.org/sculpture-park/our-wellness-approach/

Don't Miss the AMC DV Annual Dinner and Meeting on November 2!



Both members and non-members are welcome! Whether you are new or one of our most experienced members, this evening brings us together to connect and celebrate. We will look back at the past year, and elect Executive Committee members to bring us forward to the next. And we will eat delicious food catered by Altomonte's Market, and hear from an amazing speaker. Derick Lugo is an accomplished hiker, storyteller, and author of "The Unlikely Thru-Hiker" from AMC Books. His book humorously and candidly recounts his six-month Appalachian Trail (AT) journey and shows we don't have to fit the "typical" mold to take on big challenges—we just need the courage to start.

When: Sunday, Nov. 2, 2025, from 5:00-9:00 p.m.

Where: 315 North Street, Doylestown, PA 18901 (Atkinson American Legion Post; note this is new venue!) There is free parking across North Street in the St. Paul's Lutheran Church lot.

Cost: \$25 for AMC members; \$29 for non-members

- 5:00 Social Hour BYOB, with club-provided munchies
- 5:30 Dinner, catered from Altomonte's Italian Market,
 Doylestown. Please bring your favorite desserts to share!
- 6:15 Program begins
- 8:45 Good night, and cleanup by all!

Space is Limited: Register Now on AMC Outdoors Connector!



2026 Executive Committee Nominations:

Chair Peni MacMeekin; Vice Chair Welles Lobb; Secretary Deane Bartlett; Treasurer Marty Mersky; Backpacking Steven Campanelli; Bicycling Terry Berntsen; Communications Brian Wasson; Community Engagement Lisa Kleiman; Conservation Jeff Arnold, Dan DeJoseph; Education Karla Geissler; Family Activities Annette Sheldon; Hiking Joe Nanfara; Leadership Jim Mann; Membership Scott Harney; Paddling John Chalikian, Rich Pace, Mike Ahern; Social Annette Sheldon; Trails Greg Bernet; 20s & 30s Elizabeth Danovich, Lisa Lombardo

Calling All AMC Hiking, Biking, Paddling Leaders!



Already, over 115 AMC volunteer trip leaders have stepped up to adopt segments of the route, but there are **still opportunities to get involved**. Some relay event segments remain open for adoption in every state of our region, and we invite leaders to help bring this historic journey to life by adopting any remaining days or signing up to co-lead on a day that has already been adopted. Visit <u>outdoors.org/AMC150</u> to find the <u>interactive map</u>

Time to post your activity- here's how!

For those AMC trip leaders who have already adopted a segment, we are asking you to **post all AMC 150 relay event activities in the Outdoors Connector by November 1, 2025**, so that AMC can showcase the full relay route when we publicly launch the event toward the end of this year. A full set of <u>instructions and resources</u> for AMC trip leaders on how to post their AMC 150th anniversary outdoor activity is available online. If you have questions or want to learn more about how to get involved, please reach out to <u>Mark Zakutansky</u> or at <u>AMC150@outdoors.org</u>.



Share Your AMC Memories

As we celebrate 150 years of adventure, community, and conservation, we want to hear from you. Share your favorite AMC memory or moment to help us honor our shared legacy.

https://www.outdoors.org/amc150/ stories-submission/

Hiking Safely During Hunting Season





■ Don we now our blaze apparel ...

As we head into fall, hikers should be aware that deer hunting season is the busiest time of year for hunters in Pennsylvania. During deer rifle season, beginning on November 29, state law requires hunters to wear at least 250 square inches of blaze orange on the head, chest, and back combined, visible from 360 degrees. While this regulation applies to hunters, hikers are strongly encouraged to follow the same practice. Wear a blaze orange hat plus a vest or outer garment to ensure you're clearly visible. It's also important to remember that hunting occurs nearly year-round in Pennsylvania, with different game species in season each month. And with a recently passed law, hunting on Sundays has expanded, meaning that hunting can now legally take place on more Sundays than in the past. According to a PA Game Commission article, the Sundays authorized for hunting in 2025 are: Sept. 14, Sept. 21, Sept. 28, Oct. 5, Oct. 12, Oct. 19, Oct. 26, Nov. 2, Nov. 9, Nov. 16, Nov. 23, Nov. 30, and Dec. 7.

Do you have a bright idea for a story topic you would like to see in the newsletter? Please send your suggestions to newsletter@amcdv.org

Appalachian Footnotes

quarterly e-news from the Delaware Valley Chapter Appalachian Mountain Club 2025 Editor: Joanie Schultz

With support from: Eric Pavlak, Lennie Steinmetz, Susan Weida © 2025 by the Delaware Valley Chapter, Appalachian Mountain Club

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