

By signing up for an event, members agree to the waiver included at the top of the Signup page and also agree to abide by the procedures for our activities.

Hike Participant Guidelines

Bike Participant Guidelines

Paddle Participant Guidelines

SATURDAY, AUGUST 1

No event is scheduled as of this printing. Leaders wishing to post an event are encouraged to do so at least two days prior to this date. Send the listing to TSRregistration@outlook.com.

SUNDAY, AUGUST 2 — Apshawa Preserve, West Milford, NJ – **change in start time**

Leader: Neil Sullivan, cell 201-787-0491, neilmsullivan@yahoo.com

Start: 9:30 AM. Moderate loop trail, 5 miles, 700 feet elevation. Speed will be 2 to 2.5 mph. No facilities available. Boots/poles recommended. Bring: snack, water, bug spray. Please note early start time.

~~MONDAY, AUGUST 3 — Watchung Reservation, Mountainside, NJ - **cancelled~~**

~~*Leader:* Ken Donhauser, cell 732-616-7409 to be used day of event only,
kendonhauser@gmail.com~~

~~*Start:* 10:00 AM at the Horse Stables for a 3-mile hike at 1160 Summit Lane, Mountainside.
Facilities available. Boots/poles recommended. Bring water.~~

TUESDAY, AUGUST 4 — Pyramid Mountain, Montville, NJ

Leader: Dianne Jones, cell 973-224-3967, diannejones428@gmail.com

Start: 9:30 AM. This is a 4- to 5-mile loop hike on the Turkey Mountain side at a moderate pace. Expect over 600 feet of elevation gain, some sustained climbs, and a waterfall. Portable facilities available. Boots/poles recommended. Bring: lunch, water. Please note early start time.

Directions: See TSR Directions #1, Visitor's Center.

WEDNESDAY, AUGUST 5 — Merrill Creek Reservoir, Phillipsburg, NJ

Leader: John Infosino, cell 908-442-9318, JInfosino@aol.com

Start: 10:00 AM. This will be an approximately 5.6-mile hike along the perimeter trail around Merrill Creek Reservoir. Elevation will be around 700 feet. We may be treated to a view of the resident bald eagles flying around the reservoir; however, appearances are unpredictable. We will stop for a lunch/snack break around the halfway point, where there is also a portable potty. Boots/poles recommended. Bring: lunch, snack, water, bug spray.

Directions: Meet at the Visitor Center on your right as you enter the grounds. If you see the boat ramp in front of the parking lot you missed the turn for the visitor center.



WEDNESDAY, AUGUST 5 — Split Rock Reservoir, Boonton, NJ – rescheduled from August 7

Leader: Helen Lippman, cell 973-747-2770, helenlipp01@gmail.com

Start: 10:00 AM. Paddle for approximately 4 hours throughout the reservoir, with a stop for lunch. Bring: lunch, water, bug spray. Sunscreen recommended. A personal flotation device **MUST BE WORN** at all times while on the water.

Directions: See TSR Directions Farny Area #5, Fisherman's Parking area.

THURSDAY, AUGUST 6 — Sterling Forest State Park, Warwick, NY

Leader: Bill Medeot, cell 914-844-7038, billwp218@gmail.com

Start: 9:00 AM. This is a moderate to difficult 9-mile hike with about 1400 feet elevation gain. It should take about 5 hours. Start on the blue-blazed trail to the AT in a northern direction. The Eastern Pinnacles will be the first scramble. Continue on the AT to the rock outcrop of Cat Rocks. Hopefully at Fitzgerald Falls there will be water coming off the cliff, but more likely a mere trickle at this time of year. We will loop up and around the fall to the blue trail back to the AT in a southern direction. At the end we will take the blue-blazed trail back to the cars, then truly finish the hike at the Bellvale Farms Creamery! Boots/poles recommended. Bring: lunch, water. Please note early start time.

Directions: Meet at the Mt Peter Hawk Watch Trailhead off of Rt 17A. You can follow the TSR Directions for APPALACHIAN TRAIL, MOUNT PETER but continue to and turn into the entrance to the Bellvale Farms Creamery. With the Creamery on your left, continue a short bit to the intersection of Kain Rd and Pysners Peak where you take a right turn on the dirt road into the parking lot.

ALT. THURSDAY, AUGUST 6 — Mahlon Dickerson Reservation, Jefferson, NJ

Leader: Kaat Higham, cell 862-221-0170, khigham@verizon.net

Start: 10:00 AM. 6.7-mile hike, moderate 2 mph pace, 617 ft elevation gain. We will follow the Highland trail, then the white trail, then back to the parking lot via the green trail. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray.

Directions: See TSR Directions #2, Saffin Pond.

ALT. THURSDAY, AUGUST 6 — South Mountain Reservation, Millburn, NJ

Leader: Donna and Steve Burkat, cell 973-454-5635, busybees813@yahoo.com

Start: 9:30 AM. A moderate hike of 4-5 miles through fun varied trails passing by Greenwood gardens perimeter with rolling up and down hills (not the dog park lot). Portable facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions #2, Dogwood Hillside.



FRIDAY, AUGUST 7 — Split Rock Reservoir, Boonton, NJ – rescheduled to August 5

Leader: Helen Lippman, cell 973-747-2770, helenlipp01@gmail.com

Start: 10:00 AM. Paddle for approximately 4 hours throughout the reservoir, with a stop for lunch. Bring: lunch, water, bug spray. Sunscreen recommended. A personal flotation device

~~MUST BE WORN at all times while on the water.~~

~~Directions: See TSR Directions Fanny Area #5, Fisherman's Parking area.~~

SATURDAY, AUGUST 8

No event is scheduled as of this printing. Leaders wishing to post an event are encouraged to do so at least two days prior to this date. Send the listing to TSRregistration@outlook.com.

SUNDAY, AUGUST 9 — Sourland Mountain Preserve, Hillsborough, NJ

Leader: Udi Cohen, cell 732-543-4624, udic2000@gmail.com

Start: 9:00 AM. Come enjoy an 8.5-mile hike in the Sourland Mountain Preserve, under 800 feet of elevation gain at a moderate pace with some hills. Scale the valley of rocks and see the Devils half acre. Be prepared for a great view of NYC. We will see small waterfalls and streams along the way. Portable facilities available. Boots/poles recommended. Please note early start time.

Bring: lunch, snack, water, bug spray.

MONDAY, AUGUST 10 — Colonial Park, Somerset, NJ

Leader: Jeff Bross, 732-545-9841, cell 732-991-6560, jeff1hike@gmail.com

Start: 10:00 AM. This hike is an easy 3.5 miles along the very flat D&R Canal. Facilities available. Bring water.

Directions: See TSR Directions #3, Parking Lot F/Perennial Gardens.

TUESDAY, AUGUST 11 — Norvin Green State Forest, Ringwood, NJ

Leader: Dianne Jones, cell 973-224-3967, diannejones428@gmail.com

Start: 9:30 AM. This hike of about 6 miles will go to High Point as well as the Roomy Mine. Note: cell service is very poor/nonexistent at the trailhead. Boots/poles recommended. Bring: lunch, water. Please note early start time.

Directions: See TSR Directions #4, New Weis Center.

WEDNESDAY, AUGUST 12 — Colonial Park, Somerset, NJ

Leader: Debby Bronner, cell 201-563-1648, debbybronner@gmail.com

Start: 9:00 AM in parking lot F near the restrooms. We will walk along the D&R Canal for approximately 6 miles at a moderate pace on a flat path. Facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions #3, Parking Lot F/Perennial Gardens.

THURSDAY, AUGUST 13 — Ramapo Mountain State Forest, Oakland, NJ

Leader: Dean Leistikow, 908-789-9413, cell 908-451-5192 to be used day of event only, leistikow@fordham.edu

Start: 9:30 AM. 8.5 miles, somewhat strenuous hike (via blue, red, Wanaque Ridge, Castle, etc. trails) at a vigorous pace with 1500 ft. elevation gain. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.

Directions: See TSR Directions to lower lot.

ALT. THURSDAY, AUGUST 13 — Cooper Mill, Chester, NJ

Leader: Carolyn Smith, cell 201-264-0178, 58carolynsmith@gmail.com

Start: 9:30 AM. Black River Trail Loop. This trail is rated 'Moderate' in AllTrails. It is 6.3 miles

with a 675 ft elevation gain. There are lots of tree roots and rocks with several steep grades. The loop travels over rolling terrain along the Lamington River and through the forest and open fields. Portable facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.



FRIDAY, AUGUST 14 — Cranford Canoe Club, Cranford, NJ

Leader: Linda Lang, cell 973-960-7421, allinkcorp@aol.com

Start: 11:00 AM. Paddle the Rahway River thru Cranford. Paddle past back yards and parks. Cranford is known as the Venice of New Jersey with its many bridges and waterways. You will need to rent for this trip unless you have a Union County Pass, which can be purchased for the life of your boat through Union County. Facilities and picnic tables are available. You can bring lunch or possibly buy ice cream. Kayak/Canoe Rental costs are as follows: \$30 per canoe for 2 hours. \$30 per kayak for 2 hours, \$40 per tandem kayak for 2 hours. You will need to handle your own rentals, which can be done on site the same day. To reach Cranford Canoe Club please call (908)709-7285 during working hours or email contactus@cranfordcanoeclub.com. Facilities available. Bring: lunch, snack, bug spray, money for ice cream. A personal flotation device **MUST BE WORN** at all times while on the water. Please note later start time.

Directions: Cranford Canoe Club, 250 Springfield Avenue. From 78 East and West Take Exit 49 to town of Springfield. Take Springfield Ave. to Meisel Ave. From Meisel Ave. head to South Springfield Ave. and cross over Route 22. Follow Springfield Ave. past Union County College. We are on the corner of Orange and Springfield Ave., at the next light. From Garden State Parkway North and South take Exit 137 and bear right on ramp. At 3rd light make a right onto Springfield Avenue. We are located at the intersection of Orange Ave. and Springfield Ave., at the second light.

SATURDAY, AUGUST 15

No event is scheduled as of this printing. Leaders wishing to post an event are encouraged to do so at least two days prior to this date. Send the listing to TSRregistration@outlook.com.

SUNDAY, AUGUST 16 — Eagle Rock Reservation, West Orange, NJ

Leader: Jay Dibble, 908-289-8813, cell 908-209-2936 to be used day of event only, no texts please, jaydib41090@peoplepc.com

Start: 9:00 AM. 5 miles over mostly gently, rolling terrain. There are some hills, but nothing too strenuous. Portable facilities available. Boots/poles recommended. Bring: snack, water, bug spray. Please note early start time.

MONDAY, AUGUST 17 — Great Swamp, Chatham, NJ

Leader: Ken Donhauser, cell 732-616-7409 to be used day of event only, kendonhauser@gmail.com

Start: 10:00 AM. This is a 3-mile Monday level walk on crushed stone and boardwalk walkway. Facilities available. Boots/poles recommended. Bring water.

Directions: See TSR Directions #1, Morris County Outdoor Education Center.



~~MONDAY, AUGUST 17 — Empire State Trail, Highland, NY — added bike,~~

cancelled

Leader: Marianne Ansari, cell 201-519-8975, marianneroman@hotmail.com

Start: 10:00 AM. A 30 mile out and back starting at the stunning Walkway Over the Hudson. It is not mandatory to complete the 30 miles. You are able to turn around at any time. Reasonable bike fitness for this ride is needed. This is not a ride for beginner cyclists. The pace will be no less than 11 mph, perhaps more. All bikes are welcome. Bikes MUST be recently serviced and in operating order. Helmets are mandatory. Bring sufficient water/snacks. Bring: snack, water. A helmet MUST BE WORN. **This ride is jointly offered to members of the Appalachian Mountain Club (AMC).**

Directions: Meet at Tony Williams Park 113 S Riverside Road, Highland, NY. GPS 41.735939,-74.001729.

TUESDAY, AUGUST 18 — Pequannock Watershed, West Milford, NJ

Leader: Kaat Higham, cell 862-221-0170, khigham@verizon.net

Start: 9:30 AM. This is a 7-mile hike at a moderate pace (around 2 mph) with an elevation gain of 600 ft. We will hike the Old Coal Trail and the Buddha Trail, going on to the Lookout lake, and then make our way back via the Old Coal Trail. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.

Directions: See TSR Directions for Pequannock Watershed, P-7.

TUESDAY, AUGUST 18 — Pyramid Mountain, Montville, NJ – added hike

Leader: Louis Thompson, cell 732-239-1012, ltpt1@yahoo.com

Start: 9:30 AM. We will hike 5 to 6 miles at a moderate pace, on the blue, orange, and blue trails. Portable facilities available. Boots/poles recommended. Bring: lunch, snack, water. Please note early start time.

Directions: See TSR Directions #1, Visitor's Center.

WEDNESDAY, AUGUST 19 — West Essex Trail, Verona, NJ

Leader: Shelley Schwartz, cell 973-580-3903, shelleyschwartz@hotmail.com, Linda Hetcher, cell 973-769-1773, linda.hetcher@gmail.com

Start: 10:00 AM. The West Essex Trail follows the former rail bed of the Caldwell Branch on the old Erie-Lackawanna Railroad. Approximately 5 miles on dirt, mostly leafy canopy, some rocks and roots but basically a straight path through a wooded area. We will travel from Verona through Cedar Grove into Little Falls with some street crossings. Appropriate for beginners. An early out is possible. You will see backyards, some urban settings, a trestle bridge over the Peckman River, woodlands, etc. Possible deer sightings and a passing train. No facilities available. Boots/poles recommended. Bring: water.

THURSDAY, AUGUST 20 — Norvin Green State Forest, Ringwood, NJ

Leader: Louis Thompson, cell 732-239-1012, ltpt1@yahoo.com

Start: 9:30 AM. We will hike 7-8 miles at a 2-2.5 mph pace, with 1,500 ft. elevation gain. We will take the green to the yellow for a scramble, then up to a lookout on the pink trail, then down the red, and back on the green. Note: cell service is very poor/nonexistent at the trailhead. No facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions #4, New Weis Center.

ALT. THURSDAY, AUGUST 20 — South Mountain Reservation, West Orange, NJ – change in start time

Leader: Neil Sullivan, cell 201-787-0491, neilmsullivan@yahoo.com

Start: 9:30 AM. Hike to Hemlock Falls. 5 miles, 500 feet elevation, 2+mph. Boots/poles recommended. Bring: snack, water. Please note early start time.

Directions: See TSR Directions #8, Tulip Springs.

FRIDAY, AUGUST 21 — Shepherds Lake, Ringwood, NJ

Leader: Kaat Higham, cell 862-221-0170, khigham@verizon.net

Start: 9:30 AM. 7-mile hike at a moderate pace (average about 2 mph), 1066 ft elevation gain.

We will take the red trail over Mount Defiance, then make the loop via the white, pink and White's Road. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.



FRIDAY, AUGUST 21 — Farrington Lake Small Boat Launch, East Brunswick, NJ – change in paddle

Leader: Terri Petner, cell 732-221-5474, tbrillig@optonline.net

Start: 10:00 AM. Paddle on scenic lake with lots of wildlife. Distance about 6 miles, easy paddle & put-in. No facilities available. Bring: lunch or snack, water, bug spray, a hat, and sunscreen. A personal flotation device MUST BE WORN at all times while on the water.

SATURDAY, AUGUST 22

No event is scheduled as of this printing. Leaders wishing to post an event are encouraged to do so at least two days prior to this date. Send the listing to TSRregistration@outlook.com.

SUNDAY, AUGUST 23 — Mahlon Dickerson Reservation, Jefferson, NJ

Leader: Bill LaChance, cell 973-216-8748, bill@wjladvisors.com

Start: 10:00 AM. We will do a 4- to 5-mile hike at a moderate pace, approx. 2 1/2 hours. Portable facilities available. Boots/poles recommended. Bring: snack, water.

Directions: See TSR Directions #2, Saffin Pond.

MONDAY, AUGUST 24 — Natirar Park, Peapack, NJ

Leader: Donna and Steve Burkat, cell 973-454-5635, busybees813@yahoo.com

Start: 10:00 AM. This will be a 3-mile moderately paced hike through beautiful Natirar Park. Boots/poles recommended. Bring: lunch, snack, water, bug spray.

TUESDAY, AUGUST 25 — Elk Pen, Harriman State Park, NY – change in hike

Leader: Neil Sullivan, cell 201-787-0491, neilmsullivan@yahoo.com

Start: 10:00 AM. Island Pond Mountain Loop is 6.5 miles with 1100 feet elevation. Moderate pace, 2+ mph. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray.

Directions: See TSR directions for Harriman State Park, Locations off NY 17.

TUESDAY, AUGUST 25 — Hartshorne Woods, Atlantic Highlands, NJ – added hike

Leader: Louis Thompson, cell 732-239-1012, ltpt1@yahoo.com

Start: 10:00 AM. This will be a 6- to 7-mile hike at a 2-2.5 mph pace with 700 ft. of elevation

gain on the Rocky Point and Grand Tour trails. We will also pass by an historic gun battery, the Navesink River, and have views of the Atlantic Ocean. Facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray.

Directions: See TSR Directions #2, Rocky Point.



~~**TUESDAY, AUGUST 25 — White Lake, Blairstown, NJ**~~ – **rescheduled to September**

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Leader: Linda Lang, cell 973-960-7421, allinkcorp@aol.com

Start: 10:00 AM. This is ~~FREE~~ of charge. For one hour, kayaks, paddles and PFDs will be provided to you. There will be time slots of 10:00 am, 11:00 am and 12:00 pm. There are 4 single kayaks and 2 tandems. Only 8 at a time can go out, a total of 24 over the course of the day. Please show up early. First come, first served. The White Lake Natural Resource Area is a beautiful 396-acre preserve. The park's most notable feature, White Lake, is a deep 69-acre spring-fed water body. The lake is named after the white chalky marl bottom which is composed of freshwater mollusk shells and clay. There are also picnic tables set up in this beautiful area overlooking the lake. Portable facilities available. Bring: lunch, snack, water, bug spray. A personal flotation device **MUST BE WORN** at all times while on the water.

WEDNESDAY, AUGUST 26 — Cushetunk Mountain Preserve, Clinton Township, NJ

Leader: Tim Burman, cell 732-682-8684 to be used day of event only, timburman@gmail.com

Start: 10:00 AM. 7 miles, early steep climb, descend to the lake, walk the trail along the lake, then follow the trail up to the ridge again and head home. No facilities available. Boots/poles recommended. Bring: lunch, water.

Directions: See TSR Directions #1, Old Mountain Road.

THURSDAY, AUGUST 27 — Ramapo Valley County Reservation, Mahwah, NJ

Leader: Dianne Jones, cell 973-224-3967, diannejones428@gmail.com

Start: 10:00 AM. This moderately strenuous 8-mile hike will travel on the yellow, blue, red/silver, and orange trails to a panoramic viewpoint overlooking the Manhattan skyline. After lunch at the overlook, return will be on the yellow, yellow/silver, red, blue, and yellow trails. Facilities available. Boots/poles recommended. Bring: lunch, water.

ALT. THURSDAY, AUGUST 27 — Ringwood Manor, Ringwood State Park, NJ

Leader: Kaat Higham, cell 862-221-0170, khigham@verizon.net

Start: 10:00 AM. This will be a 5.5-mile moderate hike, at an average pace around 2 mph, 830 ft elevation gain. The hike is a lollipop, with the white Hewitt Connector trail as the stick and the blue Ringwood Manor trail as the loop. Portable facilities available. Boots/poles recommended. Bring: lunch, water, bug spray.

Directions: Meet at Parking Lot B. Follow TSR directions to Ringwood Manor but continue past the first parking lot to the second (upper) one, next to a small playground. It is listed as Parking lot B on Google maps.

FRIDAY, AUGUST 28 — South Mountain Reservation, West Orange, NJ

Leader: Donna Burkat, cell 973-454-5635, busybees813@yahoo.com

Start: 9:30 AM across from the swan boats on Cherry lane for a 5- to 6-mile moderately paced

hike with gradual climbs and varied terrain. Facilities available. Boots/poles recommended.
Bring: snack, water, bug spray. Please note early start time.
Directions: See TSR Directions #6, Oakdale.



FRIDAY, AUGUST 28 — Swartwood Lake, Swartwood, NJ

Leader: Paul Augustyniak, cell 973-219-4807, paugust586@aol.com

Start: 10:00 AM. This shoreline is a mixture of residential and state park land. We will paddle about 6 miles. Facilities available. Bring: lunch, water, bug spray. A personal flotation device **MUST BE WORN** at all times while on the water.

Directions: Pass the main entrance to park and look for the boat ramp parking area on the right.

SATURDAY, AUGUST 29 — Mahlon Dickerson Reservation, Jefferson, NJ – change in hike

Leader: Jay Dibble, 908-289-8813, cell 908-209-2936 to be used day of event only, no texts please, jaydib41090@peoplepc.com

Start: 10:00 AM. 5 to 6 miles over mostly gently rolling terrain. Some hills. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray.

Directions: See TSR Directions #2, Saffin Pond.

SUNDAY, AUGUST 30 — Schooley's Mountain, Long Valley, NJ

Leader: Udi Cohen, cell 732-543-4624, udic2000@gmail.com

Start: 9:00 AM. This will be an 8-mile hike into and up Schooley's Mountain, under 1000 feet of elevation gain with several steep sections at a moderate pace. We will see the new set of stone steps that Morris County installed next to the waterfalls. We will be hiking a section of the Patriots' Path today. Portable facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: Meeting Place: Gillette Trail Parking Lot, 75 Rt-24, Long Valley, NJ. From I-80 Exit 27 (Rt-206 South): Continue southward on Rt-206 about 7+ mi to the Chester area at the light for the intersection of Rt-513/ (Rt-24). Turn right (west) onto Rt-513/(Rt-24) and continue 3.6 mi to the Gillette Trail Parking lot on the right. GPS (40.7843, -74.7661).

MONDAY, AUGUST 31 — Cooper Mill, Chester, NJ

Leader: Carol Czajkowski, 908-269-6162, cell 973-723-3382 to be used day of event only, martinandcarol2@gmail.com

Start: 10:00 AM. We will hike 3 miles along the scenic Black River. The trail is mostly level and pace will be social. Portable facilities available. Boots/poles recommended. Bring: snack, water.