

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

WEDNESDAY, JULY 1 — Cushetunk Mountain Preserve, Clinton Township, NJ – ~~change in start time~~

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

Start: 9:00 AM. This is a moderate 6-mile trail in Cushetunk Mountain Nature Preserve on the shores of Round Valley Reservoir. We will have steep climbs both at the beginning and the end for an elevation gain of 1,100 feet. We will follow the white, red Cushetunk, and return on the blue trail. Part of the trail runs along the Northeastern shore of the Reservoir. This hike is not recommended for beginners. Early out 4-mile option available. No facilities available.

Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

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

THURSDAY, JULY 2 — Split Rock Reservoir, Boonton, NJ - ~~cancelled~~

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

Start: 9:00 AM. Challenging 11-mile loop, 2000 feet with some scrambling, about 6 hours. We will be going around the reservoir in clockwise direction. Cross the bridge, (W) Four Birds Trail to (O) Beech over the northern section of the reservoir. Pick up the (B) Splitrock Trail to the (G) Connector back to the cars. Boots/poles recommended. Bring: lunch, water. Please note early start time.

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

ALT. THURSDAY, JULY 2 — Pyramid Mountain, Montville, NJ - ~~cancelled~~

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

Start: 9:30 AM. This will be a 5-mile 3-hour hike at a moderate pace, including stops for views, water and a snack. Rated as moderate by AllTrails, with an 873 ft elevation gain. Several uphill climbs in the beginning may be challenging for novice hikers who are unprepared. The route will be clockwise up the trail, ascending on the orange trail, and then returning to the Visitor's Center using yellow, green dot and orange trails. Portable facilities available. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.

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

FRIDAY, JULY 3 — Ramapo Valley County Reservation, Mahwah, NJ – ~~rescheduled to July 7~~

Leader: Will Obeeny, cell 603-540-3148, obeeny@optimum.net

~~Start: 9:00 AM. This is a moderate 8-mile hike with an elevation gain of approximately 1,000 feet. We will hike up and around Bear Swamp as we first pass to the right of McMillan Reservoir and back going past the falls. The hike will be steep and rocky in several spots and take approximately 4 hours. Facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.~~

SATURDAY, JULY 4 — South Mountain Reservation, West Orange, NJ – added hike

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

Start: 9:00 AM. This will be a 4- to 5- mile hike starting with a gradual climb over hobble falls to the top of Hemlock Falls. Making our way to painters point and back. Around 450 ft elevation gain. Portable facilities available. Boots/poles recommended. Bring: water, bug spray. Please note early start time.

Directions: See TSR Directions #8, Tulip Springs.

SUNDAY, JULY 5 — Jockey Hollow National Park, Morristown, NJ

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

Start: 9:00 AM. Join us for a 7.5-mile hike through Jockey Hollow, under 1,000 feet of elevation gain at a moderate pace with some rolling hills. Along the way, we will learn about the harsh winter conditions endured by the Continental Army. The hike also offers a nice viewpoint of New York City. We will stop for lunch at the historic Soldier Huts before continuing along the Great Loop Trail and returning to the parking area. Facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions #1, Visitor Center.

MONDAY, JULY 6 — Colonial Park, Somerset, NJ - cancelled

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 Delaware and Raritan Canal for 3 miles at a Monday pace. This is a flat path. Option to walk longer after 3 miles if anyone would like to. Facilities available. Boots/poles recommended. Bring: snack, water, bug spray. Please note early start time.~~

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

TUESDAY, JULY 7 — Princeton Battlefield State Park, Princeton, NJ

Leader: Gordon Thomas, cell 609-977-0267, TSRpresident3@gmail.com

Start: 9:30 AM. Walk to the path of the 250th Anniversary of Washington's retreat on July 4, 1776, then recreate the three separate parts of the battle on January 3, 1777. The trek will be approximately 4 miles, 2 mph pace, 100' elevation gain.. Facilities available. Bring: snack, water. Please note early start time.

TUESDAY, JULY 7 — Ramapo Valley County Reservation, Mahwah, NJ – rescheduled from July 3

Leader: Will Obecny, cell 603-540-3184, obecny@optimum.net

Start: 9:00 AM. This is a moderate 8-mile hike with an elevation gain of approximately 1,000 feet. We will hike up and around Bear Swamp as we first pass to the right of McMillan Reservoir and back going past the falls. The hike will be steep and rocky in several spots and take approximately 4 hours. Facilities available. Boots/poles recommended. Bring: lunch, snack,

water, bug spray. Please note early start time.



TUESDAY, JULY 7 — Columbia Trail, High Bridge, NJ – rescheduled to July 21

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

Start: 10:00 AM. This will be a rail trail ride of about 24 miles. Hybrid, mountain or gravel bikes would be ideal. We are going from High Bridge to The Coffee Potter in Long Valley, then back to High Bridge. The terrain is relatively flat, and mostly packed fine stone. Pace will be relaxed; no one gets left behind. There are two new modern restrooms at the beginning/end of the ride. There is one modern restroom at the Coffee Potter in Long Valley. We will stop for lunch/snack at the Coffee Potter, before returning to High Bridge. **Helmets are mandatory.** Anyone without a helmet will be turned away. No exceptions. Facilities available. Bring: lunch, snack, water, spare tube and a flat repair kit.

WEDNESDAY, JULY 8 — Cooper Mill, Chester, NJ

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

Start: 10:00 AM. This will be an approximately 7.2-mile hike along the Black River starting from the Cooper Grist Mill. Hike will be at a moderate pace with approximately 700 feet of elevation. Hike is considered moderate due to length. We will stop for a snack / lunch at about the halfway point. As always, no one will be left behind. Portable facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray.

THURSDAY, JULY 9 — Ladentown, Harriman State Park, NY

Leader: Philip Ross, cell 732-221-9668, skyking72@gmail.com

Start: 9:00 AM. 8 miles, 1600 ft elevation gain at a brisk pace (2+ mph) on the Suffern-Bear Mountain trail to Panther mountain, Third Reservoir, and Big Hill, then returning via the Second Reservoir and Can Top trails. With steep inclines, possible water crossings and rock scrambles, this hike is for experienced hikers. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.

Directions: TMI Trail Parking. Take Exit 13 off the Palisades Parkway, right turn on Route 202 to Ladentown Rd., make a right on Mountain Rd., then left on Diltz Rd. Park in the gravel lot on the right.

ALT. THURSDAY, JULY 9 — Ted Stiles Preserve, Titusville, NJ

Leader: Gordon Thomas, cell 609-977-0267, TSRpresident3@gmail.com

Start: 9:00 AM. Approx 5 mi; 2 mph; 500' elev; lunch with view of Delaware River and Washington's Crossing. Optional early out. Portable facilities available. Boots/poles recommended. Bring: lunch, water. Please note early start time.

Directions: Meet at hikers' parking lot off Fiddler's Creek Road (near 90 Fiddler's Creek Rd.) at sign for "Bald Pate Mountain at Ted Stiles Preserve" (GPS 40.31719, -74.8887). (Not at the adjacent paved main driveway to Visitor's Center.).

ALT. THURSDAY, JULY 9 — South Mountain Reservation, Millburn, NJ – change in hike

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

Start: 9:30 AM. A 5- to 6- mile hike with ups and downs, switchbacks, and varied terrain. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.
Directions: See TSR Directions #2, Dogwood Hillside.



FRIDAY, JULY 10 — Shepherd Lake, Ringwood, NJ

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

Start: 10:00 AM. Shepards Lake is a 74 acre scenic lake and park. Entrance fee, which includes use of the lake, is waived for seniors (62+) by showing a NJ State Park Service Senior Citizen Pass Card. They are not available at Shepard Lake. Try a NJ State Park near you if you are 62 or older (free, good for life, all NJ parks). Those younger pay \$10. Launch is from the grass or a cradle on a dock. Paddle will last about 2 hrs. While it offers boating, there is no swimming at this time. Boat rentals are available by contacting Flat Water Paddle Co. at 845-351-8331 or online at flatwaterpaddle.com. Alternately, you can wait till the day of, but you will not be assured of a boat. There is a playground area with picnic tables and porta-johns. Bring: lunch, snack, water, bug spray. A personal flotation device **MUST BE WORN** while on the water.

Directions: Shepards Lake Boathouse, 1081 Greenwood Lake Turnpike, Ringwood, 41.136°N, - 74.256°W

SATURDAY, JULY 11 — Natirar Park, Peapack, NJ – change in hike

Leader: Mary Taylor, cell 908-285-2940, emctaylor@verizon.net

Start: 9:00 AM. Hike about 5 miles, with a fairly steep, short hill in the beginning, then a gradual uphill and then flat with a couple of small hills. Boots/poles recommended. Bring: lunch, snack, water. Please note early start time.

SUNDAY, JULY 12 — Pyramid Mountain, Montville, 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 hilly, rocky terrain. There are 3 steep climbs. There will be an early out option. Portable facilities available. Boots/poles recommended. Bring: snack, water, bug spray. Please note early start time.

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



SUNDAY, JULY 12 — Heritage Trail, Monroe, NY – added bike

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

Start: 9:00 AM. The Heritage Trail is a 10-foot wide trail on the right-of-way of the former Erie Railroad. This is a 19.5 mile rail trail. I plan to do an out and back which will be approximately 34 miles. It is NOT mandatory to complete all 34 miles. You are able to turn around at any time. All bikes are welcome. A short ride on the road in Goshen NY is necessary to reconnect to the trail which will end in Middletown NY. There are not strenuous inclines/downs on the trail. The scenery along the way is lovely. I will maintain an 11 mph pace. Option for ice cream stop at Trailside Treats Creamery which is located on the Heritage Trail. Bring: lunch, snack, water. A helmet **MUST BE WORN**. Please note early start time. **This ride will be jointly offered to members of the Appalachian Mountain Club (AMC).**

Directions: Heritage Trail Parking at Airplane Park, Millpond Parkway, Monroe NY GPS Coordinates: 41.333932, -74.191013.

MONDAY, JULY 13 — South Mountain Reservation, Millburn, NJ

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

Start: 10:00 AM This will be a 3-mile hike starting at the Bramhall sign on Crest Drive (before the dog park). Portable facilities available. Boots/poles recommended. Bring: snack, water, bug spray.

Directions: See TSR Directions #1, Dog Park. Before you get there, park near the Bramhall sign.

TUESDAY, JULY 14 — Sourland Mountain Preserve, Hillsborough, NJ – change in start time

Leader: Gordon Thomas, cell 609-977-0267, TSRpresident3@gmail.com

Start: 9:00 AM. Approx. 6 mi, 700' elev gain, 2 mph pace, a circuit of the trails. Portable facilities available. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.

TUESDAY, JULY 14 — Elk Pen, Harriman State Park, NY – added hike

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

Start: 9:00 AM. This is a 7-mile loop hike with about 1,200 feet of elevation gain, mostly in the first half of the hike. We will start climbing up on the AT, connect via the ASB to the White Bar, continue on the Dunning trail to the Valley of Boulders, returning on the Stahahe Brook.

Boots/poles recommended. Bring: lunch, water. Please note early start time. This is on the difficult end of a Tuesday hike, at a little quicker pace than typical.

WEDNESDAY, JULY 15 — Cushetunk Mountain Preserve, Clinton Township, NJ – change in start time

Leader: Gordon Thomas, cell 609-977-0267, TSRpresident3@gmail.com

Start: 9:00 AM. Challenging 7 mi, 1000' elev, 2mph pace. Explore almost all trails with lunch at Round Valley Lake. No facilities available. Boots/poles recommended. Bring: lunch, water. Please note early start time.

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

~~THURSDAY, JULY 16 — Norvin Green State Forest, Ringwood, NJ – change in leader, cancelled~~

~~*Leader:* Philip Ross, cell 732-221-9668, skyking72@gmail.com~~

~~*Start:* 9:30 AM. About 8.5 miles and 1500 feet elevation. Follow the road and purple. R on purple to Wyanoke High Point. Follow teal (with short side trip to lunch at Otter Hole) then R on yellow on Buck Mtn. R on old road/trail. Cross green, then L on green back to parking lot. Note: cell service is very poor/nonexistent at the trailhead. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.~~

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

ALT. THURSDAY, JULY 16 — Mahlon Dickerson Reservation, Jefferson, NJ – change in leader and description

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. 6 mile loop over mostly gently rolling terrain. There are some hills, but nothing too strenuous. No facilities available. Boots/poles recommended. Bring: lunch, water, bug spray.

Directions: See TSR Directions #2, Saffin Pond.



FRIDAY, JULY 17 — Millstone River put in at Carnegie Lk, Princeton, NJ - cancelled

Leader: Terri Petner, cell 732-221-5474, tbrillig@optonline.net, Jen Rizzo, cell 908-227-5981, jeniferrizzo@gmail.com

Start: 10:00 AM. Millstone River put in on Maplewood Ave off Rt 27, where Carnegie Lk Princeton ends. This paddle trip is rated Quiet Water (QW), generally a slow moving current. Probably about a 3hr/up to a 7 mile paddle. No take-out place to stop for lunch/snacks so snack in your boat. This part of the Millstone River, once you leave the highway & Rt 1 overpass behind, becomes remote and quiet and narrows to winding flatwater streams to explore with a potential for many wildlife sightings. Bring: lunch, snack, water, bug spray, sunscreen. A personal flotation device **MUST BE WORN** at all times while on the water.

Directions: Parking lot is across from 776 Mapleton Rd. If you're coming down Rt. 1 South, Mapleton is a right turn & there's a sign on the right for it. For GPS/maps use "Lake Carnegie Parking". You end up on the small parking lot from which we'll put in. Usually a couple port-a-johns available. Put into the river is right there. This is an in-and-out, no shuttling needed.

SATURDAY, JULY 18

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, JULY 19 — Tourne Park, West Entrance, Denville, 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.

SUNDAY, JULY 19 — Ramapo Mountain State Forest, Haskell, NJ – added hike

Leader: Will Obecny, cell 603-540-3184, obecny@optimum.net

Start: 9:00 AM. This is a moderate 6.7-mile hike with an elevation gain of around 1,034 feet. We will start on the red to the Wanaque Ridge Trail (orange) to Ramapo Lake (blue) to the red/blue to the yellow then a woods road to the Cannonball (red) back to the parking lot. We will hike at between 2 to 2.5 mph. The hike will take approximately 4 hours. Boots/poles recommended.

Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions for Ramapo Mountain State Forest, Back Beach Park.

MONDAY, JULY 20 — Nomahegan Park, Cranford, NJ

Leader: Ken Donhauser, cell 732-616-7409 to be used day of event only,

kendonhauser@gmail.com

Start: 10:00 AM. A 3-mile walk on level paved/stone trail. Perfect for beginners. Sneakers are okay. Portable facilities available. Bring water. Facilities available. Boots/poles recommended

TUESDAY, JULY 21 — Mahlon Dickerson Reservation, Jefferson, NJ - cancelled

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

Start: 10:00 AM. 8 miles, 825 feet elevation, moderate trails. No facilities available. Boots/poles recommended. Bring: lunch, water.

Directions: See TSR Directions #2, Saffin Pond.



~~**TUESDAY, JULY 21 — Columbia Trail, High Bridge, NJ**~~ – **rescheduled from July 7, cancelled**

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

Start: 10:00 AM. This will be a rail trail ride of about 24 miles. Hybrid, mountain or gravel bikes would be ideal. We are going from High Bridge to The Coffee Potter in Long Valley, then back to High Bridge. The terrain is relatively flat, and mostly packed fine stone. Pace will be relaxed; no one gets left behind. There are two new modern restrooms at the beginning/end of the ride. There is one modern restroom at the Coffee Potter in Long Valley. We will stop for lunch/snack at the Coffee Potter, before returning to High Bridge. **Helmets are mandatory.** Anyone without a helmet will be turned away. No exceptions. Facilities available. Bring: lunch, snack, water, spare tube and a flat repair kit.

WEDNESDAY, JULY 22 — Jockey Hollow National Park, Morristown, NJ - cancelled

Leader: Gail Biggs, 973-401-1262, cell 973-769-6860 to be used day of event only, biggs_gail@yahoo.com

Start: 9:30 AM. Hike 4-5 miles at a moderate pace along stream to overlook. Some hills. Well maintained stream crossings. Facilities available. Boots/poles recommended. Bring: snack, water, bug spray. Please note early start time.

Directions: See TSR Directions #1, Visitor Center.

THURSDAY, JULY 23 — Ramapo Mountain State Forest, Oakland, NJ

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

Start: 9:30 AM. This will be an 8- to 9-mile hike with an elevation gain of ~1300 ft. Pace will be 2-2.5 mph. We will start on the blue trail, follow the white to the castle ruins, red, then back on the blue to the parking lot. No facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions lower lot.

ALT. THURSDAY, JULY 23 — South Mountain Reservation, West Orange, NJ

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

Start: 9:30 AM. A moderate paced 6-mile hike crossing the Girl Scout bridge to the other side of the park to visit the top of Hemlock Falls with a crossing over a few rocks to climb up to the walkway (a mild challenge) and crossing the top of the smaller falls and an uphill and down to get to cross over the pine bridge and head back along the orange trail to Turtle Back rock. About 3 1/2 - 4hrs, if we want to sit for 10 min at the top of falls. Beautiful spot for a break. Portable facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions #9, Turtle Back Rock.

FRIDAY, JULY 24 — 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. We will hike back through the Colonial Park Rose Garden. Facilities available. Bring water.

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



FRIDAY, JULY 24 — Paulinskill Lake, Newton, NJ

Leader: Jean Fletcher, 973-285-5263, cell 973-452-1567 to be used day of event only,
jrfletc@optonline.net

Start: 10:00 AM. We will paddle in the waters upstream of the Paulinskill Lake cottage community, either going upstream until it becomes shallow or downstream in the lake above the cottage community, for about 4 hours. No facilities available. Bring: lunch, snack, water, bug spray and short rope to attach to front of boat. A personal flotation device MUST BE WORN at all times while on the water.

Directions: Park along the road on the berm.

SATURDAY, JULY 25 — Jockey Hollow National Park, Morristown, NJ - cancelled

Leader: Ed Taylor, cell 732-770-7858, eltaylor1168@gmail.com, Mary Taylor, cell 908-285-2940, emctaylor@verizon.net

Start: 9:00 AM. 6 mi., moderate difficulty, some hills, leader's choice of trails. Facilities available. Boots/poles recommended. Bring: lunch, snack, water. Please note early start time.

Directions: See TSR Directions #1, Visitor Center.

SUNDAY, JULY 26

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.

MONDAY, JULY 27 — Loantaka Brook Reservation, Morris Twp., NJ

Leader: Gail Biggs, 973-401-1262, cell 973-769-6860 to be used day of event only,
biggsgail@yahoo.com

Start: 9:30 AM. Level 3-mile hike on both paved and wooded paths. Portable facilities available. Bring: water, bug spray. Please note early start time.

Directions: See TSR Directions #1, Kitchell Road.

TUESDAY, JULY 28 — Watchung Reservation, Mountainside, NJ - cancelled

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

Start: 10:00 AM. An approximately 8-mile hike with 800 feet of elevation. Moderate pace, 2-2.5 mph. Facilities available. Boots/poles recommended. Bring: lunch, water, bug spray.

Directions: See TSR Directions #1, Trailside Nature Center.

WEDNESDAY, JULY 29

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.

THURSDAY, JULY 30 — Reeves Meadow, Harriman State Park, NY

Leader: Anastasia Tavarez, cell 646-207-4136, atavare@gmail.com

Start: 9:00 AM. This is a strenuous 8-mile loop hike at a vigorous pace to Pine Meadow Lake via the Russian Bear. Over 1500 feet elevation gain. Boots/poles recommended. Bring: lunch, water, bug spray. Please note early start time.

Directions: See TSR directions for Harriman State Park, Locations off Seven Lakes Drive.

ALT. THURSDAY, JULY 30 — Tourne Park, East Entrance, Boonton, NJ

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

Start: 10:00 AM. Tourne loop, 5 miles, 700 feet elevation gain, 2-2.5 mph pace. Portable facilities available. Boots/poles recommended. Bring: snack, water, bug spray.

Directions: See TSR Directions #3, Baseball Field Parking Lot.

FRIDAY, JULY 31 — South Mountain Reservation, West Orange, NJ – change in hike

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

Start: 9:30 AM at visitor center lot. 5-mile hike with rolling hills. Moderate pace. Facilities available. Boots/poles recommended. Bring: lunch, snack, water, bug spray. Please note early start time.

Directions: See TSR Directions #6, Oakdale.



FRIDAY, JULY 31 — Pompton Lake, Pompton Lakes, NJ

Leader: Diane Willer, cell 973-713-3066, dwiller34@gmail.com

Start: 10:00 AM. We will launch at the Potash Lake Recreation Area boat launch. We will explore the coves and enjoy the wildlife as we hug the shoreline of this pretty lake for about 6 miles. No facilities available. Bring: lunch, water. A personal flotation device MUST BE WORN at all times while on the water.

Directions: GPS 41°01.442' N, 74°15.505' W. From I-287 N, take Exit 57 towards Skyline Drive/Ringwood. In 0.5 miles, turn right onto West Oakland Ave. go 0.4 miles to the parking lot on the left.