



# THE URBAN TRAIL CONFERENCE INC.

## SCHEDULE OF ACTIVITIES (211)

July/August 2009

I understand that I participate in today's outing entirely at my own risk. The volunteer leader will try to make the event enjoyable, informative and safe, but neither The Urban Trail Conference Inc. nor its officers and leaders can be held responsible for accident or injury. The leader may reject from the outing anyone whose preparation or conduct is inappropriate. I will comply with all applicable laws.

Fri., Jul. 3 - **QUEENS BOTANICAL GARDEN/FLUSHING MEADOW PARK. A LEEDS BUILDING; FLOWERS TOO.** Also view the Panorama of the City of New York. Admission: \$5. Take # 7 Flushing subway to Main St, last stop, walk forward & take escalator to meet in front of Macy's Department Store on Roosevelt Ave. at 11:00 AM. Bring lunch/water. Leader: Pat O'Malley 212-924-7486. Non-members \$3.

Sat., Jul. 4 - **JONES BEACH HIKE, DINNER, FIREWORKS, and WALK** (Jones Beach: 516-785 1600). Hike along the sands in the Mach's Bay area; then return to cars to collect picnic stuff: food, blankets, etc, and then head to the beach to enjoy dinner, conversation, and fireworks. (Bring dinner; the line to buy is huge.) After the fireworks we will leisurely walk the boardwalk until the parking lot empties. We will pass the bus stop. Meet parking lot 5, Zach's Bay at 6:30 PM, at eastern end by the east tunnel leading to the east bathhouse, on the parking lot side of the tunnel. There is a bus/LIRR package. Ask bus driver to let you off at the East Bathhouse- walk west in front of the building to the tunnel leading under the road - it leads to the East End of parking lot 5. Parking fee (\$\$.00) will be collected, free with Empire Pass. Leader: Joanne Tow's cell @ 516-503-3069 to be used ONLY if lost.

Sun., Jul. 5 - **AROUND PROSPECT PARK IN BROOKLYN.** About 5-6 miles, moderate/easy pace, some ups/downs. We'll walk through the Brooklyn Botanic Gardens and then Crown Heights, Lefferts Gardens, and Windsor Terrace but we won't go into Prospect Park. Meet 1:30 pm (after bathrooms and lunch) at BBG Eastern Parkway entrance. Take 2 or 3 to Eastern Parkway-Brooklyn Museum stop. BBG Admission \$8/Srs. \$4. Rain may cancel. Call leaders Pat O'Malley 212-924-7486 and Helen Yee. Non-members \$3.

Wed., Jul. 8 - **HIGHBRIDGE CIRCULAR (New Jersey).** 8 miles steady pace mostly level. Hike the Columbia Trail (old rail line), through scenic Ken Lockwood Gorge, N.J. Return along the Raritan River Road. Bring lunch and water. Hiking boots recommended. Meet Penn Station-New Jersey Transit ticket area at 9 a.m. for 9:37 a.m. train round trip to High Bridge, N.J. R/T fare: \$20/ \$11 seniors. Leader: Ludwig Hendel. Call only Tues. July 7, from 8 pm to 10 pm 718-626-3983. Rain or shine. Non-members \$3.

Thurs., Jul. 9 - **SOUTH MOUNTAIN RESERVATION.** 8 miles. Woods road and forest trails, along stream at times. A couple hills, pebbly paths at times. Lunch at Hemlock Falls. Bring food and drink. Meet in Penn Station at NJ Transit ticket windows near 7<sup>th</sup> Ave, at 10:50 to take next train to Millburn, NJ. Bring lunch/water. Fare: \$11.25 RT/srs \$6. Leader: Pat O'Malley 212-924-7486. Non-members \$3.

Sat., Jul. 11 - **POPOLOPEN GORGE.** About 5 miles at a moderate pace on the Popolopen Gorge Trail (mostly pretty flat, but a few short steep uphill, but no scrambling); and then back over the new bridge to the 1779 Trail, and over the Popolopen Creek footbridge for a visit to the Bear Mountain Zoo (\$1). Out in time for the 3:19 bus back to NYC. Take the 8:45 ShortLine Bus from PABT to Bear Mountain (RT\$26.70/Srs.\$13.30 -- with Jersey Transit half-fare coupon), where we will all meet at 10:15 directly in front of the Inn. There will be a short shuttle to the Ft. Montgomery Visitors Center, so don't park the cars at Bear Mountain. You must email or call me to confirm/arrange rides. Joint with other clubs. Sorry, but no children, no pets, and no smoking. Leader: Bob Susser 212-666-4371; [rsusser@aol.com](mailto:rsusser@aol.com). Non-members \$3.

Sat., Jul. 11 - **HARRIMAN STATE PARK.** Sloatsburg to Tuxedo. 7 miles on varied trails, moderate pace, alongside of running brooks and panoramic climbs. Here, we are on the PM, Blue Disc, and TMI trails, and over the Dater Mountain range. Return is from Claudius Smith Rock and Cave. Bring lunch and water. Meet before 8:40 a.m. at the PABT South Wing by the White Commuter Statues in the ticketing area. Departure: O/W to Sloatsburg, NY at 9:10 a.m. (gate 312 arriving at 10:07 a.m.) Return from Tuxedo by train or bus. Leader: Marvin Malater, 718-376 3608, for hike status or schedule. Joint hike. Non-members \$3.

Sat., Jul. 11 - **DUMBO (Down Under Manhattan Bridge Overpass).** Approx. 3 miles but can be extended over Brooklyn Bridge. Artists' galleries, arts center, a waterside park, bakery, famous chocolate, and much more. Bring sun hat, sun lotion, and liquids. Take the F train to York Street stop. Meet 11a.m. Leader: Susan B. 718-275-7654. Hard rain cancels.

Sun., Jul. 12 - **BOARDWALK & BOCCE.** 2-4 miles, easy pace. Join us for a game of bocce/shuffleboard and a leisurely walk on the South Beach-Midland Beach boardwalks. We will bring the equipment. Bring lunch and beverage or buy it at a nearby deli. Take the 10:30 ferry from Manhattan and the S51/52 to South Beach. Walk towards the Verrazano Bridge to find the bocce courts where you will meet the leaders. Drivers call for directions. Leaders: Bettye & Steve Soffer. Call 7-9 PM (718) 720-1593. On day of hike, call 917-270-9967. Non-members \$3.

Sun, Jul. 12 - **ESCAPE THE CITY HEAT WITHOUT LEAVING THE CITY.** 5-6 miles, moderate. We'll explore two beautiful sites on the Hudson River - Wave Hill and the campus of the College of Mount Saint Vincent which goes back to 1855. Bring your metrocard and a picnic supper. Meet at 4:00 p.m. on the North West corner of Broadway and 231st St (at the 231st St stop on the 1 train). We'll continue by bus to the College, either walk or take the bus to Wave Hill, and then return by bus to 231st St. Leader: Jean Arrington, 646-290-4119. Non-members \$3.

Sun., Jul. 12 - **GARRISON ARDEN POINT CIRCULAR.** Easy pace. Woodland trails about 6 miles. An easy summer version this time, no real climbing but plenty of view points. We leave from the commuter lot and go via the Blue, White & Red trails to a gazebo deep in the woods for lunch (a modest up hill walk). Return via the Meadow Gazebo and its Catskill & Mohonk, views and then to Arden Point and a 2nd short lunch opposite West Point. 2 more viewpoints and finishing in a brief walk through Garrison landing, and the vestiges of the 1968 movie set. Transport: Metro North, Hudson Line 11:50 train to Garrison. Drivers park/meet at commuter lot 1:00 PM Leader: Hal Kaplan, 914-376-3156. Hike message on answering machine starting Sat. AM. For driving directions use Google/Yahoo maps and this address: Lower Station Road & zip code 10524.

Tues., Jul. 14 – **FT TRYON PARK GARDENS/ SWINDLERS COVE/EAST RIVER ESPLANADE.** Meet at 11 AM at exit from A train on 190 St and Ft Washington Ave, across circle from sign "Ft Tryon Park". Some stairs and hills Leader: Pat O'Malley 212-924-7486. Non-members \$3.

Sat., Jul. 18 - **NIGHT HIKE in HARRIMAN STATE.** "B" walk, approx. 10 miles. We will do a night walk in Harriman State Park at a slow pace (You can't go fast in the dark!) and treat this like a day hike in the dark with frequent stops and rests. Easy path in the park. In the morning we'll go into town and have breakfast at a diner, take the train back and sleep at home. If not sure what to bring e-mail me at [nyhiker50@verizon.net](mailto:nyhiker50@verizon.net) any time before the hike up to 9 P.M the night before for information and more details. This will be an enjoyable night in the woods for those that can overcome their fear of the dark. Can start calling Wednesday night the week of the hike for details on answering machine (E-mails preferred). Leader: Mike Puder 718-743-0920.

Sat., Jul. 18 - **BEDFORD-STUYVESANT WALK.** Meet at Franklin Avenue and Jefferson Avenue in front of the Carnegie library at 11:00am for a two-hour narrated tour of Bedford-Stuyvesant, once the pre-Revolutionary town of *Bedford*. See magnificent churches, brownstones, historic Grant Square, former cemetery sites, local institutions and learn history of this area founded by the Dutch in the 17th century. Take the Franklin Avenue shuttle to last stop at 'Franklin Avenue' or the local 'C' train to 'Franklin Avenue.' Be on time and bring water. Rain cancels. Leader: Wilhelmena Rhodes Kelly, 718-949-0896. Non-members \$3.

Fri., Jul. 24 – **GROUNDS for SCULPTURE.** 2 miles within Grounds, some hills and stairs. New art, plants, water, indoors and outdoors. Multiple visual surprises at every step. Bring lunch or buy at café. Meet at NJ Transit ticket windows in Penn Station near 7<sup>th</sup> Ave entrance at 9:45 for 10:00 train to Hamilton, NJ. Fare \$24/srs \$11 RT plus 65 cents (each way) for 2-mile bus fare. Admission \$10/\$8. Leaders Judy Mahler, 718 692-2854, and Pat O'Malley, 212-924-7486. Non-members \$3.

Sat., Jul. 25 - **VAN CORTLANDT PARK to TIBBETTS BROOK PARK.** 6-8 miles, moderate pace, hilly beginning, the rest flat. Circular hike using the Old Putnam Railway, and the Old Croton Aqueduct. Lovely woods, 2 lakes, and birds in season. Bring lunch, enough liquids, and eat at Tibbetts Brook Park. Insect repellent may be helpful. Take the #1 Broadway 7<sup>th</sup> Ave. local, to 242nd street (last stop), and meet at 11:a.m. downstairs on the park side. Wear hiking shoes maybe wet spots. You must call or preferably email starting 7/24 a.m. to know if hike is on. Leader: Victor Scelzo. 718-652-9075, [urbantrail2000@yahoo.com](mailto:urbantrail2000@yahoo.com). Non-members \$3.

Sun., Jul. 26 - **MT TAURUS.** A 6-mile hike at a moderate pace. It begins with a long uphill, but there are spectacular views of the Hudson Valley from the top. Take the 9:50 Hudson Line train from GCT arriving in Cold Spring at 11 (OW\$10/Srs.\$6.50). You may also take the 9:40 train at the Marble Hill station (one block from the 225th St. stop on the #1 subway), changing at Croton-Harmon for the express (OW\$7.50/Srs.3.75). Please sit in the first or second open car and please use the restroom on the train. Out around 4, but plan to hang around afterwards in Cold Spring for some refreshment. You must email or call me to confirm/arrange rides. Joint with other clubs. Sorry, but no children, no pets, and no smoking. Leader: Bob Susser 212-666-4371; [rsusser@aol.com](mailto:rsusser@aol.com). Non-members \$3.

Wed., Jul. 29 – **GREENBELT NATURE CENTER.** Nature exhibits & one mile nature trail; can be extended on white trail in forest. Meet at SI ferry waiting room, Manhattan side, to take 11:00 ferry then S74 bus to Rockland Ave to transfer to S54 or S57 to Brielle Ave. MetroCard fares. Leader: Pat O'Malley 212-924-7486. Non-members \$3.

Sat., Aug. 1 - **OSBOURNE LOOP (Garrison).** 10 miles. Peppy pace with possible visit to Graymoor Monastery. Meet at Grand Central at the comfortable Station Master's office across from Zaro's on street level. Walk along old carriage roads past ponds and a restored gazebo. There may be a side trip on a short unmarked trail. Purchase R/T ticket to Garrison. Bring lunch/drink. Rain does not cancel. Fare: \$20.50 round trip. Leader: Mike Puder 718-743-0920 **LATE RETURN.** Start calling beginning Tuesday night the week of hike for recorded message with details or E-mail me at [nyhiker50@verizon.net](mailto:nyhiker50@verizon.net) any time up to 1 day before the hike. Joint hike w/other clubs. Non-members \$3.

Sat., Aug. 1 - **FREEPORT, LONG ISLAND.** Through village to Nautical Mile (Loop). Approx. 5 miles round trip walk (RR station to destination and back). Boat equipment, seafood restaurants, sheltered place to sit facing sea. Cabs available from RR, no bus on weekends. Meet 10:15 AM at the Rail Road. Information Booth, Penn Station. Babylon train leaves 10:40 AM: arrives Freeport 11:26 AM. Bring sun hat, lotion, and plenty liquids. Leader: Susan B. 718-275-7654, 8-10 PM only. Hard rain cancels. Non-members \$3.

Sun., Aug. 2 – **SURF-N-TURF.** Last year, New York Taxi ran a commuter boat to Riis Landing on the weekends, and here's hoping they do the same this year. Under the Verazzano Bridge and passing by Coney Island, this hour-long boat ride docks at Riis Landing. Once at Fort Tilden, there will be a short stop on a platform that overlooks the sea. Then down to the beach for a ½ mile beach walk, stop for lunch (bring lunch) then back to the Landing via trails (approx. 4 miles of walking). Bring water and lunch and your binoculars. Return home can be by boat or a bus to the "A" train or another bus to the "2" train. Rain cancels. You must call to make sure the walk is on. Message with details will be on machine starting July 31. Leader: Lauri Hewie 718-455-3050. (Last year, the boat left at 9:15 am from pier 11 and the cost was \$6 one way.)

Wed., Aug. 5 - **LITTLE HELLGATE.** 6 to 8 miles, level steady pace. Walk across the Triborough Bridge to explore Randalls Island and Wards Island on the new scenic shore path, then take the footbridge to Yorkville to get some pastry at a German bakery. Bring lunch and water. Meet at Northwest corner of 2<sup>nd</sup> Avenue and 126<sup>th</sup> Street at 11a.m. Take #4, 5, or 6 subway to 125<sup>th</sup> Street. Leader: Ludwig Hendel. 718-626-3983. Call only Tues. Aug. 4 from 8 p.m. to 10 p.m. Rain or shine. Non-members \$3.

Thurs., Aug. 6 – **PERTH AMBOY.** 4 miles-some hills. View Staten Island from a new perspective, history, modest housing, possibly tea and cake at Proprietary House. Bring lunch/water. Meet at PABT, 40<sup>th</sup> St bldg near Commuter Statues to take 10:30 AM. NJ Transit bus. Fare \$8.00/srs \$3.50 each way. Leader: Pat O'Malley 212-924-7486. Non-members \$3.

Sat., Aug. 8 - **HARRIMAN: Sloatsburg to Tuxedo.** 7.5 miles, at a moderate pace, on varied trails. The PM Trail parallels a running stream that we cross over on the boulders of the Cascade of Slid. Lunch is on a rock shelf, breaking water by Lake Sebago. Dutch Doc Trail Shelter, and Claudius Smith Rock and Cave, add interest on the return to Tuxedo. Bring lunch and water. Meet at PABT South Wing, at the White Commuter Statues before 8:40 a.m. Departure 9:10 a.m. O/W to Sloatsburg, NY, gate 312, arriving 10:07a.m. Return from Tuxedo, by train or bus. Leader: Marvin Malater 718-376-3608, for hike status or schedule. Joint hike. Non-members \$3.

Sat., Aug. 8 - **TALLMAN MOUNTAIN STATE PARK to NYACK.** (Hike and swim) 8 miles. A delightful day awaits us here. We will walk in the park on the bike path followed by a swim at the pool there. Then, on to the Long Path and the pier in Piermont. Spectacular views of the Hudson River and the Tappan-Zee Bridge. One brief stop in ice cream parlor there. Continue on shady and very pleasant Long Path to Nyack for a delicious moderately priced meal at Mexican restaurant there. Bring water, snacks, and sunscreen. Late return. Meet at 42<sup>nd</sup> St. Port Authority Bus Terminal, at the statue of the commuters near ticket windows on the main floor. Purchase one way ticket on bus to Palisades Oak Tree Road; return ticket can be purchased on bus in Nyack. Bring a bathing suit and quarters for the lockers. Pool fee-\$2.00. Start calling Wednesday night during the week of the hike for recorded message. Leader: Lynn Albin. Phone: **718-743-0920** or E-mail at [nyhiker50@verizon.net](mailto:nyhiker50@verizon.net) for additional information. Joint hike with other clubs. Non-members \$3.

Sun., Aug. 9 - **HASTINGS CIRCULAR.** Easy pace. Park trails about 7 miles. Entirely within inter-connected suburban parks: Rowleys Bridge, Old Croton Aqueduct; Lenior Preserve; Draper Park; Burke Estate; Hillside Woods; Zinnzer Park & back via OCA to a 1970's diner near Hastings Station. Transport: Grand Central Terminal, Hudson Line, and take the 11:20 a.m. to Hastings. Drivers park/meet at Noon in commuter lot. Hastings RR Sta. Leader: Hal Kaplan **914-376-3156**. Hiking message starts Sat. AM. Inclement weather cancels. Google/Yahoo maps use, Southside Ave & zip 10706. Non-members \$3.

Fri., Aug. 14 – **CONFERENCE HOUSE** on Staten Island. Meet in waiting room at South Ferry to take 11:30 AM ferry, then the Staten Island Train (SIRT) to end of line. MetroCard fares. Admission to house \$3/\$2 Bring lunch/water. Leader: Pat O'Malley **212-924-7486**. Non-members \$3.

Sat., Aug. 15 - **BEDFORD-STUYVESANT WALK.** Meet at Franklin Avenue and Jefferson Avenue in front of the Carnegie library at 11:00am for a two-hour narrated tour of Bedford-Stuyvesant, once the pre-Revolutionary town of *Bedford*. See magnificent churches, brownstones, historic Grant Square, former cemetery sites, local institutions and learn history of this area founded by the Dutch in the 17th century. Take the Franklin Avenue shuttle to last stop at 'Fulton Street' or the local 'C' train to 'Franklin Avenue.' Be on time and bring water. Rain cancels. Leader: Wilhelmena Rhodes Kelly, **718-949-0896**. Non-members \$3.

Sun., Aug. 16 - **SWIM HIKE TALLMAN PARK. PALISADES TO NYACK.** 6 miles. Hike bicycle path to pool. \$3 charge for public pool. Then hike thru Piermont to Nyack. Stop at pool about 1-1/2 hours. Place to eat if not swimming. Bring quarters for lockers. Wear hiking boots. A few ups and downs. Bring towel and swim suit. Call for time and place of bus. Call beginning Wednesday for phone message. Leader: Judy **718-482-9659**.

Wed., Aug. 19 – **PRATT UNIVERSITY/SCULPTURES.** 2 miles maximum. Take the "A" train to Hoyt-Schermerhorn then transfer to the "G" train, on the same platform, to go to Clinton-Washington Aves. Exit at rear of train (from Manhattan). Meet at Clinton-Lafayette at 1:00 PM. Leader: Pat O'Malley, **212-924-7486**. Non-members \$3.

Fri., Aug. 21 - **QUEENS GREENBELT.** 7 miles. Easy to moderate hike through Flushing Meadow Park, Corridor Park, Queens Botanical Garden, Kissena Park, Cunningham Park and Alley Pond Park. Take the #7 train to 111<sup>th</sup> Street station in Flushing, Queens, and meet at the turnstiles at 10:45 a.m. Transportation fare: Metrocard. *Call to confirm walk is still on.* Leader: Ray Krant **718-435-4994**. Non-members \$3.

Sat., Aug. 22 - **ROCHELLE PARK, SADDLE BROOK, NJ.** 5-10 miles. Join us for a walk through Rochelle Park, a park for all seasons. Full of a variety of mature and younger shade trees and shrubbery, this delightful park is a rail-to-trail (Saddle River Trail) and is bisected by a lake. There is a good chance of seeing some woodchucks, rabbits and a variety of shore birds. Just a little over a 30-minute bus ride from Port Authority (42<sup>nd</sup> Street). Rochelle Park connects to Grove Street Park which we may walk through as well, depending on the weather. Bring lunch and drinks. Optional stop in local diner afterward. Call for recorded message with further details beginning Thursday eve of week of walk. Meet at Port Authority (42<sup>nd</sup> St.) white commuter statue (in NJ Transit ticket window area near the commuter statues), to take 164 bus. Fare: \$4.40 each way. Leader: Lynn Albin **718-743-0920** (till 10PM) or E-mail at [nyhiker50@verizon.net](mailto:nyhiker50@verizon.net) for additional information. Non-members \$3.

Sat., Aug. 22 - **GARRISON.** Around 7 miles at a moderate pace, with mostly woods roads and trails, but a substantial uphill at the start (no scrambling). Take the 9:50 Hudson Line train from GCT arriving in Garrison at 10:56 (OW\$10/Srs.\$6.50). You may also take the 9:40 train at the Marble Hill station (one block from the 225th St. stop on the #1 subway), changing at Croton-Harmon for the express (OW\$7.50/Srs.3.75). Please sit in the first or second open car of the train, and please use the restroom on the train. Out in time for the 5 pm train back to NYC. You must email or call me to confirm/arrange rides. Joint with other clubs. Sorry, but no children, no pets, and no smoking. Leader: Bob Susser **212-666-4371**; [rsusser@aol.com](mailto:rsusser@aol.com). Non-members \$3.

Sun., Aug. 23 - **MEMORIAL WALK FOR BERNIE MENSCH: FREYLINGHUYSEN ARBORETUM & GARDEN.** About 8 miles. Moderate steady pace. Hills, trails, & road-walking. Bring lunch/water. Wear hiking boots/sneakers. Meet Penn. Station near the New Jersey Transit ticket windows (near 7<sup>th</sup> Ave) at 10:00 AM. Buy round trip to Morristown; \$17.75/\$9.50. Leader: Pat O'Malley **212-924-7486**. Joint walk with Outdoors Club & NYHC.

Sat., Aug. 29 - **DYCKMAN STREET TO LINCOLN CENTER.** 7 to 10 miles. Moderate, some hills. There is only one drop off point at 125th street. Walk along the northern portion of the Hudson River path. See the "Little Red Lighthouse under the Big Bridge", great views of the Hudson, and the beautiful Cherry walk. Take the A Train to Dyckman Street. Bring lunch and water. Optional early dinner at a great place near Lincoln Center. Leader: Leonard Morgenstern. Please call **917-842-9490** any time (24/7) 72 hours prior to the walk for meeting place and time. Non-members \$3.

~ CONTACT US ~

Please send your membership dues of \$10 per year to: The Urban Trail Conference Inc., P. O. Box 325,  
New York, NY 10116-0325. Make check payable to: The Urban Trail Conference Inc. THANK YOU.

☎ 212-924-7486 (before 9 p.m.) ✉ Email: [urbantrail2000@yahoo.com](mailto:urbantrail2000@yahoo.com)

🌐 Web Site: <http://www.urbantrail.org>

🔍 Your club expiration date can be found on the line above your name on the mailing label of this envelope. 📄

Non-members pay one day dues \$3. Members do not pay fee. 📄