



NEWSLETTER & SCHEDULE OF ACTIVITIES (238)
January/February/March 2016

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.

Announcements

!!! \$3 per hike for non-members....or New members only: first year membership is \$7. no per hike fees. See contact information at end of schedule!!!

- Secretary / Editor Needed:** WE NEED HELP PROOF-READING AND EDITING THIS NEWSLETTER / SCHEDULE OF ACTIVITIES. The secretary/ editor or proof reader will work along with me to produce this document four times per year and must have an email address that can be used to receive hike write-ups, and be comfortable working with Word Processing and have a computer available. Please contact Victor Scelzo at, URBANTRAIL2000@YAHOO.COM.
- Our club can also use informal accounting advice, informal legal and organization advice.
Send responses to the above email address.
- Membership:** Check your mailing envelopes for expiration dates and send dues as required. First year membership only \$7. Thereafter, membership dues are \$10 for 1 year. See contact information at the end of this schedule.
- New Hike Leaders Are Needed:** Why not share a favorite walk with us? Contact us before the last month of this schedule to be listed in our next schedule. After giving your 1st hike for our printed schedule, we can then also post hikes via the internet, at short notice, for your convenience. Leaders get free membership plus an invitation to our annual dinner. Use the Contact Information at the end of this newsletter for Email, phone or mail replies.
- Extra Hikes via the Internet:** In addition to our printed schedule, many leaders give unscheduled extra hikes via the internet. To receive notification of them you must be a member and share your Email address with us at Urbantrail2000@yahoo.com. If you have been receiving hike messages from us, we already have your email address SO DO NOT RESEND. Also, check your "Spam" messages. Members only will be listed!
- Cancellations, changes, etc.** Illness, emergency, and bad weather can cause a leader to cancel. You should have some contact with the listed leader to confirm hike status, even when not specifically indicated.
Also, re-check train/bus fares and schedules, etc. for changes. The MTA Website is www.mta.info. Also "The Map" lists other public transportation, bridge and tunnel info, and is available free at NYC subway fare booths along with borough bus maps.

Sat., Jan. 2- **QUEENS GREENWAY**. 8 miles at moderate pace. We will walk from Kissena Park to Cunningham Park, then continue walk to Alley Pond Park, Bayside. The trail will take you to view the beautiful lake in Kissena Park, and then we will walk through an old motor parkway which was built in 1908. Alley Pond Park is the second large park in NYC. Most of area is covered by natural forest, we will walk along one of the trail to reach Northern Blvd and take Q12 bus back to Flushing. Take # 7 train to last stop Flushing Main St. and meet inside the station near ticket widow at 10:30 am. Bring food and water. Call leader Peter Chang at **718- 397-5538** on Friday evening for hiking status. Non-member \$3.

Sat., Jan. 9- **Van Cortlandt Park to Yonkers**. 7 miles, moderate brisk pace. Hike the South County Trail thru Van Cortlandt Park and then follow the Old Croton Aqueduct into Yonkers. Bring lunch & water. Take the # one subway to the last stop-242 St. Van Cortlandt Park, in the Bronx.. Meet 10 am at the park side. Leader: Ludwig Hendel. **718- 626-3983**. You must call for hike status Friday eve only (Jan 8). Members only.

Sun., Jan. 10 - **QUEENS' WATERFRONT, Part 1.** 12 to 13 miles, Drop-off points available. Moderate steady pace. Walk the Queens waterfront from Long Island City to Flushing; at least as much of it as we can get to. Pass Socrates Sculpture Park, Steinway mansion, and Lent-Riker-Smith homestead (circa 1654). *Important: bring water and lunch.* Food and water not available where we will have lunch. Meet at southwest corner of Vernon Blvd and 50th Ave., Long Island City at 9:00 a.m., Vernon Blvd-Jackson Ave. station, number 7 line. Check to be sure that the number 7 train is running. If the number 7 is not running meeting place is still the same. MTA will provide a shuttle bus to meeting place. Leader: Bill Wrublewski, **Cell: 646-369-0279**
Email:summer.time101@verizon.net.

Sat. Jan. 16. **BROOKLYN BOTANICAL GARDEN.** At around 50 acres (only one-fifth the size of the Bronx Garden) the entire garden can be comfortably seen in one visit. Maybe a mile of walking altogether, at a very leisurely pace with many stops. Meet just outside the Eastern Parkway entrance at 11. Take the 2 or 3 subway to the Eastern Parkway station. We'll buy lunch at the Terrace Cafe (reasonable). Admission is free on Saturdays until 12. In case of inclement weather the garden visit will be converted into a visit to the Brooklyn Museum instead, which is right next door, and has a policy of pay what you wish for admission (\$1 is fine). In that case, we'll have lunch in the museum cafeteria. Please email or call me to make sure that the walk is on and/or if you have any questions. Bob Susser, rsusser@aol.com; **212 666-4371**. Joint hike.

Sun., Jan. 17- **HEMPSTEAD LAKE PARK.** 6 easy miles, no hills. Wide carriage-path trails like Central park. We will come back to same spot. Give yourself at least an hour from NYC or Brooklyn. Bring water and lunch. Cancelled if raining or snowing or icy ground conditions. Meet at 11:25am at the Rockville Centre, Long Island Railroad Station. Google zip 11570. Leader: John S., will meet you at the station waiting room downstairs. Check www.mta.info or 718-217-LIRR for train schedules and changes. Questions email, Finch1149@gmail.com or text **516- 359-1591** serious calls only John. Non members \$3.

Thurs. Jan. 21- **VAN CORTLANDT PARK.** 5 miles at a moderate pace. Exact trails will depend on the weather. Meet at 10:30 am at the end of the No.1 train (242nd) in the Bronx. Please match your footwear to the weather conditions, hiking boots are probably best. Bring lunch and water. Hike will end where it began. Leader: Pat Belanoff, **212-568-2052**. You must call to make sure the hike is still on. Call after Tuesday but not after 9:30 pm at night or email. Padaulton@gmail.com. Joint hike. Members only.

Sat., Jan. 23 - **BRONX RIVER GREENWAY.** 5-6 miles at moderate pace. Trail starts from Bronxville, then walk along Bronx River greenway toward north to reach Scarsdale, we will stay a while to visit this beautiful suburban town then take Metro North Train back to city. Meet at # 5 train last stop Dyre Ave. near ticket window at 10:30 am; then take the B-52 bus to Bronxville. Bring food and water, wear hiking boots. Call leader Peter Chang at **718-397-5538** on Friday evening to confirm the hiking status. Non-member \$3.

Sat., Jan. 30 - **CONNETQUOT RIVER PLUS ARBORETUM.** Two options 6 or 10 miles. Brisk pace. Not for slow hikers. Flat. A winter hike to an interesting Connetquot Park Preserve. See ponds, river, fish hatchery and wildlife; drop out after 6 miles or if you wish, continue to exploring the beautiful Bayard Cutting Arboretum. Bring water, lunch and hot beverage, wear hiking boots. Rain or snow cancels. From Penn Station take the 9:16 AM LIRR train to Great River. Fare \$26.50 round trip/seniors \$18. Leader will meet group at Great River train station at 10:33AM. Check mta.info/LIRR for current train schedule. Leader: Quyen (Quinn) Pham **631-234-5486**, 8PM - 10 PM and morning of hike. Email: qwpham@yahoo.com. Non-members \$3.

Sat., Jan. 30. **RIVERSIDE PARK.** A leisurely stroll of around 1.5 miles in Riverside Park and along the Hudson, followed by a nice bowl of hot soup (or whatever) at the new Ollie's in Trump Plaza. Riverside Park is widely regarded as Manhattan's most spectacular waterfront park, and one of only eight officially designated scenic landmarks in NYC. Afterwards we'll head off to a concert of "Myths & Legends," including vocal and instrumental pieces, at the Bruno Walter Auditorium, Amsterdam & 64th St. (free). Meet 11am right in the inside of the north side of the 96th St. & Broadway subway station on the #1 subway line. Please email or call me to make sure that the walk is on, and if you have any questions. Bob Susser, rsusser@aol.com, **212-666-4371**.

Sat., Feb. 6 - **CROSS ISLAND PARKWAY TRAIL.** 3 miles at moderate pace. The trail lies on northeastern Queens along the Flushing Bay. The hike starts from Fort Totten, then walk along the sea shore. By the middle way, we will stop at Bayside Marina and take a lunch break and view the water and sailboats. By the end of trail, we will enter to Litter Bay Park, which offers good views of the Bay and Throgs Neck Bridge. The trail ends at Alley Pond Park, the park's Environmental Center exhibits some interesting items of local wild life. Take # 7 train to Main St. Flushing, we will meet at 11:00 am near ticket window, then take Q12 bus to Fort Totten. Bring food and water. Call Leader Peter Chang at **718- 397-5538** on Friday evening for hiking status. Non-member \$3.

Sat., Feb. 13. **HIGHLIGHTS OF CENTRAL PARK.** The Obelisk, Turtle Pond, Belvedere Castle, with its panoramic views, and the Ramble (38 acres of winding wooded trails). Maybe a mile altogether at a very leisurely pace and with quite a few stops. We'll end up around 1pm with lunch at the Boathouse Cafe -- bring your own or buy it there. In case of inclement weather the Central Park visit will be converted into a visit to the Metropolitan Museum instead, which is right next door, and has a policy of pay what you wish for admission (\$1 is fine). If we decide to go to the museum, we'll have lunch in their cafeteria. Meet at 11am on the benches at the south-west corner of 85th St. & 5th Ave. (restrooms). Please email or call me to make sure that the walk is on and/or if you have any questions. Bob Susser; rsusser@aol.com; **212 666-4371**. Joint Hike.

Sat., Feb. 20 - **ROOSEVELT ISLAND AND ASTORIA WALK.** 3 miles at moderate pace. Walk around Roosevelt Island and view the East river waterfront and the skyline from Manhattan. After lunch, we will walk to cross a bridge to Astoria Park and visit this beautiful Greek neighborhood. Take F train to Roosevelt Island and meet at 11AM outside the train station near the bus stop. Bring food and water. Call leader Peter Chang at **(718) 397-5538** on Friday Evening for hiking status. Non members \$3.

Sun., Feb. 21 - **MUSEUMS AROUND CENTRAL PARK.** Slow pace, 3 miles. **After meeting at 12-noon at Church of the Heavenly Rest, 2 East 90th St and 5th Ave** (warm indoors, bathrooms available) we will, depending on weather, either walk north through the east side of Central Park, including

Conservatory Gardens, to end at Dana Discovery Center, or do one or more museums along upper 5th Ave. We have a choice of the Cooper-Hewitt Smithsonian Design Museum at 91st St, the Jewish Museum at 96th St, and/or Museum of the City of New York at 103rd St. (Those coming from Penn Station will meet at 10:45 am and take the M4 bus to Madison Ave and 90th St and walk to the church meeting place). No go in rain, snow, snow on ground, or if excessively cold and windy. Leaders: Ken King **631-991-8170**, nhochike@optonline.net, cell 516-238-7694, Bob Ward **718-471-7036**.

Sat., Feb. 27- **NEW YORK HARBOR WALK**. 9 miles, flat terrain, moderately brisk pace. From 65th St. Brooklyn follow the shore past Owls Head Park, the Verrazano Bridge, Calvert Vaux Park and along the beach to the Coney Island Lighthouse. Take the "R" train to Bay Ridge Ave. Meet at 10 am on the North West corner of Bay Ridge Ave and 4th Ave. Bring lunch and water. Leader: Ludwig Hendel. **718- 626-3983**. You must call for hike status Friday eve only (Feb 26)). Members only.

Sun., Mar. 6 - **ROOSEVELT ISLAND TO ASTORIA**. Slow pace, 5 miles. **After meeting at 12-noon outside the turnstiles of the Roosevelt Island subway station of the F train** (or at 10:45 am at Penn Station to take the F train), we will take the footbridge from Roosevelt Island to Astoria and then walk north along the water as far as Ditmars Blvd, through Rainey Park, Socrates Sculpture Park, Artists Cove Park, and Astoria Park. Once on Ditmars Blvd we will walk east to catch the N train back to Penn Station or wherever. No go in rain, snow, snow on ground, or if excessively cold and windy. Leaders: Ken King **631-991-8170**, nhochike@optonline.net, cell 516-238-7694, Bob Ward **718-471-7036**. Non members \$3.

Sat., Mar. 12. **FORT TRYON PARK, WITH A VISIT TO THE CLOISTERS**. About one mile at a leisurely pace. Take the "A" train to 190 St. and then the elevator up to Fort Washington Ave. -- or take the #4 bus directly to 190 St. and Fort Washington Ave. Meet at 11 just inside the subway entrance there. We'll go through Linden Terrace (the highest point in Fort Tryon Park and the second highest natural elevation in Manhattan, with great views of the Hudson and the city). After lunch (bring lunch and hot beverage -- we will not be passing any place to buy food -- we'll visit the Cloisters (restrooms) where we can take a look at the famous Unicorn Tapestries -- and anything else people might want to see. Admission is pay what you wish (\$1 is fine). Please email or call me to make sure that the walk is on and/or if you have any questions. Bob Susser, rsusser@aol.com. **212-666-4371**. Joint Hike.

Sun., Mar.13 - **PORT WASHINGTON TO SANDS POINT PRESERVE**. 8 miles. Moderate steady pace. Walk from Port Washington train station to the harbor, then along the harbor through Sands Point to the Sands Point Preserve to see the only remaining intact Gatsby-era estate. The 216 acre Sands Point Preserve is the former estate of the Guggenheim family. \$2.00 admission to the Sands Point Preserve. Take the 9:18 a.m. LIRR from Penn Station to Port Washington, arrive at 10:05 a.m. Fare: 16.00/11.00 senior, round trip. Meet leader at Port Washington LIRR train station. Heavy rain cancels. *Important: Bring lunch and water.* Leader: Bill Wrublewski, **Cell: 646-369-0279**. Email: summer.time101@verizon.net.

Sun., Mar 13 – **PARKS OF THE BRONX**. 6 miles, mostly level terrain, moderate pace on pavement. Franz Sigel, Macombs Dam, John Mallaly, Claremont and Crotona Parks. Continue to and end at Parkchester. Bring lunch and water. Take the No. 2, 4 or 5 trains to 149th St. Grand Concourse. Meet 10:30 AM at the northeast corner of same by Post Office. Metrocard fares apply. Leader: Joel Pomerantz, **212-691-3844** eves, before 10PM. Rain or snow cancels. Non members \$3.

Thurs., Mar.24 - **PALISADES TO ENGLEWOOD**. 7 miles at a moderate pace. ***We'll meet at the George Washington Bus Station at 9:30, walk across the bridge***, around the Fort Lee Historical Park, and then descend to the shore. A gentle slope down, but a steeper walk up; the remainder of the walk is mostly flat. Return will be by foot or by bus (your choice) from Englewood: \$3.60 to George Washington Bus Station.; \$6.00 to Port Authority; less for seniors. ***We'll meet by 9:30 to take the 9:40 9A bus from the George Washington Bus station.*** Bus fare, round trip \$14 / 7 (seniors). Leader: Pat Belanoff, **212-568-2052** or email. Padaulton@gmail.com. Rain cancels. Call after Tuesday, but not after 9:30 at night, but you must call to make sure hike is on. You can also call up to 8:45 AM on the morning of hike. Joint hike with Outdoors Club. Members only. [CONTACT PAT TO CORRECT TRAVEL DIRECTIONS AT THE START OF HIKE. See bold / italics sections above].

Sat., Mar 26 – **SANS SOUCI COUNTY PARK**. 8 miles, moderately brisk pace, flat terrain. Explore Sans Souci - French for "worry-free" a former cranberry farm and old estate in Sayville, L.I. See Lotus Lake, trails and vineyard with wine tasting. Bring lunch & water. Meet Penn Station, Long Island Railroad ticket window at 9 am. Leader: Ludwig Hendel, **718- 626-3983**. You must call for hike status Friday eve only (Mar 25). Members only.

..... **CONTACT US**

Please send your membership renewal of \$10 for one year to:

The Urban Trail Conference Inc., P. O. Box 264 Bronx, NY 10463-0264

Make check payable to The Urban Trail Conference Inc.

☞ Your membership renewal date can be found on the mailing label of your envelope. ☞

(New members only: your first year membership is \$7)

FOR SCHEDULES AND CLUB INFORMATION:

✉ Email: urbantrail2000@yahoo.com ✉  Web Site: www.urbantrail.org  718-652-9075 (before 9 p.m.) 

or write to the above address.

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