



Summer 2010

The Happy Hiker

The Official Newsletter of the Allentown Hiking Club

PRESIDENT'S MESSAGE

Whip-Poor-Will Hike

It seems like yesterday when I led the first Whip-Poor-Will hike up and down Translator Lane. This was a rather modest affair with only 5 hikers including Bob Hoopes from Lehigh Gap Nature Center (LGNC) and myself. The hike was also poorly timed since the natural period for these birds to be calling had passed. Bob came to the rescue with recorded bird calls. He was able to coax a couple of the birds to respond and we were able to declare the hike a success.

The following year we adjusted our hike to mid-June when these birds should be calling naturally. This time Dan Kunkle from LGNC accompanied us on an absolutely stunningly beautiful moonlit night. The birds were cooperative and required little or no coaxing and we were soon surrounded by their determined calls. Some of the birds seemed very close. In the moonlight we all strained our eyes trying to get a glimpse of these well camouflaged birds that seemed to be within arms reach. We declared that hike a resounding success. We had about 5-6 people on that hike.

After that success, the following year we made more ambitious plans. This time instead of going up Translator Lane and returning by the same route we decided to make a loop hike. This time our hike would start at Osprey House on LGNC property and use trails recently developed on LGNC property. We looped up the north side of the mountain in day light, waited for dark at the towers, and returned via Translator Lane. Again we were blessed with beautiful weather and a sultry June evening. We had great views and the birders in our group were treated to an aerial display of Nighthawks. I do not recall the exact number of calling birds we heard that evening but I think Bob recorded 11. We had about 20 people on that hike. Everyone enjoyed this hike, and the new route appears to be becoming a tradition.

It also seems that the tradition of great weather was coming to an end. The following year we started out from Osprey House in threatening weather with about 8-10 people. We got about 1 mile from Osprey House on the LNE trail when lightning started to work it's way around the mountain! We do not hike in thunderstorms! That was a short hike and we returned to Osprey House by way of the Delaware and Lehigh Heritage Corridor Trail.

Last year our plans were again to do the Whip-Poor-Will hike by way of the looping trails starting from Osprey house. The weather was not promising and I spent the day with an ear to the radio and an eye to the weather channel. It didn't look good! As starting time approached the phone started ringing. Do we hike? It was decision time. My answer was we hike as long as it isn't thundering and lightning. 22 people put their trust in my decision. Well sometimes I get it wrong. We got to the top of the mountain in a drizzle and had a good hike to that point. Then the sky opened up. It was a deluge! I had a rain suit but it was useless. Everyone got back safe, soaked, and in good humor. However, I think some people have lost trust in my decision making. By the way Bob Hoopes can testify that Blackberries and rain do not mix very well. Did we hear any Whip-Poor Wills? I didn't!

What adventures will this year's Whip-Poor-Will hike have for us? We'll see!

Jim Gabovitz



Allentown Hiking Club

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Sponsored by City of Allentown Department of Parks and Recreation

www.allentownhikingclub.org



The Happy Hiker is published quarterly by the Allentown Hiking Club, Inc. The opinions expressed in signed articles are not necessarily those of the AHC, but of the authors.

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Deadlines for the Summer 2010 Newsletter & Schedule

Happy Hiker Newsletter
Activity Schedule

Wednesday, Aug 25, 2010
Wednesday, Sept 1, 2010

Please forward all Club related articles, thoughts, and items to the editor by mail or, preferably, by email. Send all hiking schedule activities to the schedule coordinator.

Upcoming Programs at the AHC Meetings

In addition to the normal business meeting there is also generally a program which is related in some way to the club's activities. The following is a preview of the upcoming programs:

- July** - Yearly Pot Luck Picnic Meeting at Franco Park. Directions to Franco Park on page 7.
- Aug.** - Paul Carbenliti will give a presentation on Lehigh Gorge and Railroading.
- Sept.** - Scheduling night for fall hikes.

WELCOME TO OUR NEW MEMBERS – Winter 2010

Aderhold, Lisa	Allentown	Lentz, Charlie	Bethlehem
Allen, Frank	E. Stroudsburg	McLeod, David & Deborah	Upper Black Eddy
Bleiler, Barbara	Allentown	Ma, Ben	Schnecksville
Bradley, Emily	Bethlehem	Mistal, Gerald & Amy	Bethlehem
Ely, James & Shirley	Quakertown	Nadel, Mike & Ginger	Center Valley
Glasmire, Joe & Sandy	Center Valley	Powell, Kendra	Alburtis
Hargus, Jill	Allentown	Schlosser, Deb	Emmaus
Henry, Charles	Easton	Shuhler, Rick	Allentown

Connecting Our Community, A Plan for Connecting Allentown's Parks and People through a Network of Bicycle and Pedestrian Trails

Allentown City Council officially adopted the plan by resolution on Wednesday, April 7th. The next step towards implementation is continuing to seek multiple funding sources for facility development, Our first major goal is to improve park and trail signage by establishing a framework of sign types, information hierarchy and design standards to create a uniformed, consistent, and organized signage and way finding system.



A PILGRIM'S PROGRESS, or HOW I, A WALKER BECAME AN APPALACHIAN TRAIL COMPLETER Part 2

Janet Goloub

In 1997 I was hiking with Pokey Dot in central VA at the end of Part 1, she having “mentored” me to comfort about pitching my tent along the trail when shelters weren’t convenient. My first night alone I needed to find a campsite on the descending side of 4,000’ Priest Mt. It took quite awhile, but I found a perfect one about halfway down: a good branch for slinging a rope over for the food bag, a soft leafy bed for the tent, etc., and I slept soundly and snug through the night. The day after my night on Priest Mt., I came upon a large bunch of maintainers strung out along the trail. They were from the Tidewater A.T. Club and were out for their annual weekend trail clean-up. Located in Norfolk, VA, they travel 200 miles each way to their 11-mile section! They invited me to their campsite and chili dinner in Sherando Lake State Park, below, and I joined them. It was serendipitous meeting, and a treat, for both the meal and to meet maintainers from another part of the Trail.

Later that year I met JoAnne/Pizzazz, from ME, both of us looking to continue our A.T. hiking. We decided on a get-acquainted hike in Vermont, 40 miles in 4 days from Sherburne Pass to Hanover, New Hampshire. This was a mix of shelters and tents, beautiful days and pouring rain, uninteresting terrain and gorgeous groves of large birches and occasional huge maple trees. Of course I took pictures of those trees. It poured as we got into Hanover, and were soaked as we changed clothes in JoAnne’s car, in which she took me back to mine. I chuckled as I realized what had taken us 4 days to hike took us a little over an hour in the car.

I hiked a few days with JoAnne in NH the next year, 1998, I starting in Hanover and meeting her about 45 miles later. I arranged for a shuttle from Franconia Notch in the White Mountains back to Hanover. I was late, and no one was there, nor could I raise him on the phone. Panic? Yes! Another shuttler on the list lived much farther away, and I probably couldn’t get him, but I tried and he was able to come – what a relief!

I found out why NH has ratings of 10 for difficulty on the A.T: Smarts Mt. It was a beautiful day. Part way up there was a perfect place for a lie-down, and I reveled in the sun and lovely setting. Time to climb again; the elevation profile showed a long climb, ending with a 600’ gain in less than 1/2-mile. It got hot, I was wearing jeans; rock slabs went straight up, and I was stopping to catch my breath every 50’ or so. It was awful. The only redeeming quality of that climb was tons of blueberries, and I made excellent use of them. Finally I reached the top, amidst a magical scent of balsam firs; I just stood there taking in deep breaths. I took a little break and went down another 2 1/2 miles to a campsite. That climb is still one of the 4 or 5 hardest for me of the whole trail.

Mt. Moosilauke was next, much bigger and higher than Smarts, but not as hard a climb. The first of the NH mountaintops above treeline, it has a 360° view – very impressive and a popular climb from several directions. Descending it was steep, lots of rock steps and metal handholds for people ascending; but to the left were beautiful, continuous cascades to watch, easing the difficulty. Then the Kinsmans, and JoAnne and I continued, climbing up and down the 2 peaks a mile apart. It was a drizzly day, and this was my first experience of boulders too large to step up or down. Often I took off the pack, tossed it down, then followed up with a 5-point descent on my rear. To get up you find a bush, branch or root at the side and hoist yourself up. I don’t especially like the Kinsmans.

We hiked together to Franconia Notch, after stopping for a rest and bowl of soup at the Lonesome Lake Hut, introducing me to the string of huts the AMC manages through the Whites. On the way I followed a trail straight into a swamp and kept at that for quite a while before deciding it wasn’t really a trail and turning back. I’d missed a blaze; JoAnne was waiting for me at the end of our section. She left for home then; my plan was to resupply and continue through the Whites to Gorham, NH. The mountains rise steeply from the notch (gaps, here), and they were daunting just looking up at them. I wasn’t quite up to continuing immediately, decided to take a 0-miles day. I went to the top of Cannon Mt. on the ski lift there. Looking across to the other side on the notch, I saw those mountains I had to climb up and felt a slight jolt of terror – and decided I’d do the Whites another time.

The biennial gatherings of the Appalachian Trail Conference were a big help to me through the years, my first at Radford College in VA in 1999. Among their amazing series of hikes, workshops and excursions, there always is a series of A.T. day hikes, and I was able to hike 40 miles in lovely woods and with friendly people. After the conference, I planned to start from the northernmost trailhead on my day hikes and backpack north to Pearisburg. I had no plan for getting there. In my registration packet was a note from Ned Kuhns, the president of the Tidewater A.T. Club, whom I’d met on the trail 2 years earlier. He was rooming with Harold Croxton, a long time member of the AHC who had recently moved to VA. After the short week of day hikes, I was talking to Ned, and he offered to shuttle me. That’s a trail angel! I hiked 140 miles in 1999, the farthest I went in any year until then. The next time I got to Pearisburg was in 2006.

Clearly, the New England mountains were harder than those in the south, and I decided to return to the Whites in 2000. JoAnne had introduced me to Martha (Short Job), when they were biking in PA, and Martin & I rescued them at Shartlesville, because JoAnne’s boots were killing her. Martha needed the Whites too, and by phone we arranged to start at the Lafayette Campground and hike to Gorham. We also would treat ourselves by going hut to hut, permitting us to leave tents and most food out of our packs.

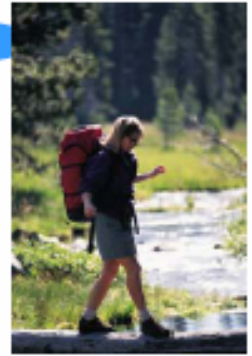
1,450 miles to go.



INVASIVE HITCHHIKERS

Fact Sheet # 1

What Hikers and Backpackers Need To Know!



Invasive species are taking over parks and natural areas throughout Pennsylvania, making hiking and backpacking difficult and damaging valuable habitat. Luckily hikers can play a critical role in slowing the spread of invasives.

"Invasive species" are non-native plants and animals that can cause harm to the economy, environment, and/or human health.

Invasive plants tend to grow quickly and thickly,

potentially blocking trails. This makes it more difficult for people to hike and backpack.

Mile-a-minute, for example, is a vine that can grow up to a foot per day! It can quickly make trails impassable with its painful spines (*see photo below*).

Invasive species are also a concern to hikers and backpackers because they can ruin the beauty of Pennsylvania landscapes and lower biodiversity (the variety

of living things in an area). We need biodiversity to maintain healthy habitats.

Plus it's simply more interesting and exciting to hike and backpack through a landscape full of different shrubs, trees, flowers, and grasses, rather than through a boring field of the same invasive plant. But that is exactly what could happen if an invasive species appears... all other species, including wildlife, may be chased out or killed!



Mile-a-minute vine

- Know how to identify some of the more common invasive species in your area, so you can avoid hiking through them. Visit www.dcnr.state.pa.us/forestry/invasivetutorial/index.htm to learn more.
- Clean clothing, shoes, pets, backpacks and other equipment before going to a new area to remove hitch-hiking seeds and plant parts (bag the dirt and seeds and place in the trash).
- Don't move firewood! Buy it locally. This will prevent dangerous pest insects like emerald ash borer from arriving in PA.
- Volunteer to help prevent and control invasive species. Contact your local state park/forest office, conservation district, watershed group, or hiking club to get involved.



Commonwealth of Pennsylvania
Department of Conservation and Natural Resources
Recreation Advisory Committee
Edward G. Rendell, Governor

www.dcnr.state.pa.us



Appalachian Trail Museum Opened on Saturday, June 5



GARDNERS, PA - Hikers from throughout the United States will have gather at Pine Grove Furnace State Park in south central Pennsylvania on Saturday, June 5, for the opening of the Appalachian Trail Museum.

"The Appalachian Trail Museum began as an idea more than a dozen years ago. Through the hard work of volunteers, it will open as the only museum in the United States dedicated to hiking," said Larry Luxenberg, founder and president of the Appalachian Trail Museum Society. "It is fitting that June 5 also is National Trails Day and, in conjunction with the museum opening, there will be South Mountain area hikes and trail maintenance outings."

Pennsylvania Department of Conservation and Natural Resources Secretary John Quigley, Appalachian Trail Conservancy Executive Director David Startzell and Harpers Ferry National Historic Park Superintendent Rebecca Harriett spoke at the grand opening ceremonies that began at 11 a.m. Local dulcimer, banjo and harmonica musician and recording artist Tom Jolin performed before and after the dedication. In addition to performing on National Public Radio, he has performed for the Vice President of the United States and with Garrison Keillor.

Admission to the museum is free, and inside exhibits honor those who laid out and first hiked the 2,179 mile trail that connects 14 states from Maine to Georgia. The museum's interior space was designed by LSC Design of York, Pennsylvania, and the exhibits by Bonnie Ralston of New York, New York. Graphik Masters, also of York, was the exhibit fabricator.

Exhibits at the museum tell the stories of the founding, construction, preservation, maintenance, protection and enjoyment of the trail since its inception in the 1920s. The museum portrays not only the history of the trail but also the essence of the physical, intellectual, emotional and spiritual human experience of the Appalachian environment and the culture of hiking.

MEMBERSHIP APPLICATION



INDIVIDUAL MEMBERSHIP DUES ARE \$10.00 PER CALENDAR YEAR FROM JANUARY TO DECEMBER, AND RENEWALS MUST BE MADE BEFORE JANUARY 31ST TO STAY ON THE CLUB'S MEMBERSHIP ROLLS. DUES CAN BE PAID AT THE MONTHLY MEETING OR MAILED TO THE CLUB MEMBERSHIP SECRETARY. HOUSEHOLD DUES (MORE THAN ONE MEMBER PER ADDRESS) ARE \$15.00.

MEMBERSHIP SECRETARY: Edna Himmler > 1754 South Albert St., Allentown, Pa. 18103

NAME(S):

ADDRESS:

CITY:

STATE:

ZIP: —

PHONE:

RENEWAL

NEW

EMAIL:

Dues @\$10.00 / \$15.00 Household _____

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QTY

SHIRTS - T-SHIRTS @ \$6.00 + \$3.50 SHIPPING EA _____

SHIRTS - CLUB GOLF @ \$12.00 + \$3.50 SHIPPING EA _____

CLUB PATCH @ \$1.50 + \$.75 SHIPPING EA _____

CHECKS PAYABLE TO "ALLENTOWN HIKING CLUB"

TOTAL ENCLOSED _____

Yes :: Please sign me up for the Allentown Hiking Club's email list --- the AHC Forum

