

Pocono Outdoor Club Quarterly

Announcement from the Editor:

Beginning with the Summer Quarterly edition, the newsletter will be sent to you via the internet. Why? To save on postage and copying costs; to reduce the avalanche of paper we all have in our homes; maybe even to save a few trees. This has a couple of added advantages to our members - You can actually enjoy the color version of the newsletter. You will receive the information in more timely manner and it should not get lost under some pile in the corner.



So, what do you need to do? Just keep the POC updated if there is any change to your email address. We will be sending a test email in April to be sure the addresses we have are correct. If you have not received it by the end of April, please let us know. Contact John or Fran Whipple at 570-646-7960 or email us at the addresses listed on page 7.

Multi-Use Trails



Spring is the time when outdoors activities shift into high gear. Hikers have been longing to get on trails that aren't icy or wet and hike without snowshoes or having to wade in deep snow. However, many other enthusiasts make use of the wide variety of trails in eastern Pennsylvania. Some of these trails are "multi-use trails," which means that the same trail or parts of the same trail system are utilized by different modes of recreation, hiking, biking, and equestrians or horseback riding.

Various multi-use trails are in Big Pocono SP, Jacobsburg Environmental Education Center, on the Lehigh Gorge Trail, in Tobyhanna SP, Conasaugh View and McDade Trails in Delaware Water Gap National Recreation Area, and on 14 miles in Delaware State Forest Land. (Trail biking is prohibited at Hickory Run and Nescopeck SPs, but permitted at Glen Park (Collins Street) in South Stroudsburg.) Many trails are designated for concurrent uses throughout the year. Sharing facilities of parks is a fact of life. Multiple-use trails build a trail community by increasing the need for users to preserve a common resource. Encountering users on the trail offers opportunities for valuable connectivity. Without these opportunities, it is difficult to establish communication and overcome conflict. Guidelines of "trail etiquette" enhance the power of different groups to support environmental causes.

Some hikers want to get away from stresses of society and work and be by themselves. Other hikers like to socialize and to stay with a group. Some hikers think of hiking as an extreme workout or even a race. Others think of hiking as a kind of nature walk in which they stop often to look for birds or wildflowers. In general, slow down, make hikers aware of your presence and yield when appropriate. Mountain bikers come in many varieties. There are recreational riders, cross country riders and extreme downhill riders. Recreational riders prefer rail grades and less challenging trails. Cross-country riders prefer single track trails. They are motivated by fitness and exercise. Down hillers enjoy extreme adventure of difficult terrain. Some push heavy bikes up steep drops for the fun of riding down. Yield the trail to bikers and make them aware of your presence. Horseback riders are usually concerned about safety due the unpredictable nature of their animals. (Never scare an animal!) Use extreme caution when approaching these beautiful, large animals, especially when coming from behind. Avoid startling the horse by talking to the rider until he or she acknowledges you. Communicate with riders and follow their instructions and avoid sudden movements when passing. Proper trail etiquette and mutual respect (of each other and wildlife!) is the responsibility of everyone using our wonderful, free Pennsylvania trails.

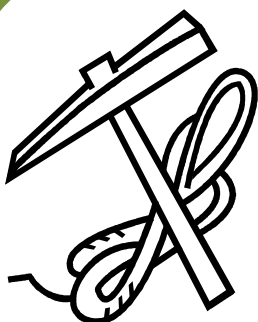
Frank Allen, President

Pocono Outdoor Club Quarterly Meeting Schedule - 2011

Meetings are on the 3rd Sunday of the month.



Date	Meeting	Location	Time
Sunday, May 15	Spring	MCEEC	2:00 PM
Tuesday, August 16	Board Meeting	MCEEC	5:00 PM
Sunday, August 21	Summer	George & Jean Singlemann's	1:00 PM
Sunday, November 20	Fall - Annual Meeting & Elections (President & Treasurer)	MCEEC	2:00 PM



Trail Care News

Keystone Trails Association

Trailcare Weekends hosted by POC

KTA Trail crew will be joining us on two weekends to help reclaim overgrown sections of Thunder Swamp Trail in 2011. Mark these dates: April 29th to May 1st and Sept 23rd to 25th on your calendar. See the Activity Schedule for details of the first .

Other Opportunities to earn your trail care T-shirt:

- April 2 - Mountie Mountain Trail Day, Stroudsburg Junior High
- April 9 - Big Pocono State Park - Scout Trail Staircase Project and Rock Wall Training
- May 21 - Big Pocono State Park - South Trail/Vista Clearing (Rain Date - June 11)
- June 12 - Hickory Run State Park - Orchard Trail
- Sept 10 - TBA; Sept 23-25 - See KTA above
- Oct 15 - TBA ; Oct 29 - TBA

join me on

facebook

Join the POC's Facebook Group!

The Pocono Outdoor Club has a Facebook Group Page and is encouraging all members to get on Facebook and join. This is a great way for all of our members to stay in touch and share information. There are several "tabs" on the page, one of them is for "Discussion". Hopefully, this will be a place where we can freely share ideas, concerns, and help make our club more enjoyable for everyone. Feel free to start discussions on future hikes, past hikes, ideas and suggestions for the club, and anything outdoors related that the club may be interested in. On the "Wall" tab, everyone may post hike pictures and comments. This group page is open to everyone; this can be a great way to get the word out about the POC. You can find us by joining Facebook and then searching for Pocono Outdoor Club.

-- Sue Prendergast










POC ACTIVITIES CALENDAR

For every activity, please wear appropriate clothing and footwear, bring a lunch or snack, and water to drink. The Meeting time for activities is **10:00 AM** unless otherwise noted in the write up for the hike. Hiking on uneven terrain can be hard on the ankles, so be sure to wear hiking boots, which are stiffer and taller than sneakers and have better traction. Going downhill can be hard on the knees, so if yours are sensitive, invest in a walking stick or hiking poles to take the pressure off.

TRAIL RANKINGS: Hikes are rated based on distance, climb, terrain and pace.









Easy=1, Moderate =2, Moderate to Difficult =3, Difficult =4, Strenuous=5.

APRIL 2011

EVENT	DATE	DESCRIPTION/CONTACT	RANK
SPECIAL EVENT OF Stroudsburg JHS	2-Apr Saturday	Stroudsburg JHS Mountie Mountain Trail Day - 8am-Noon at Stroudsburg JHS on Chipperfield Drive. This will be a trail BUILDING and TRAINING day. Experienced maintainers/builders wanted to help demonstrate proper trail building techniques. John Motz 570-236-1462	
	3-Apr Sunday	Lost Lakes #1 & #2 In State Game Lands #381: Meet at the Pines Village Market Parking on Rte 940 in Pocono Pines at 9:30 AM . We will drive to the the Trailhead. About a 5 mile hike, some bushwhacking. Getting to LL #2 depends on the water levels and the beaver activity. John or Fran Whipple 570-350-2977 or 2967	3
	9-Apr Saturday	Trail Care-Big Pocono State Park - Scout Trail Staircase Project and Rock Wall Training. 9am-1? - Meet at Lot 4/ Scout trail trailhead. John Motz 570-236-1462	
	9-Apr Saturday	Tuscarora State Park: 5-6 mile on the "Spirit of Tuscarora Trail". Meet at 9:30 AM at Cherry's Sunset Family Restaurant (Cherry's Diner), Rte 209(near Rte 534) in Kresgeville to car pool. Bring water/snacks, Sturdy footwear required. Steady rain/snow will cancel. Frank Allen 570-420-9040 or Don Bonett 610-681-880	3
	16-Apr Saturday	Lehigh Gorge Trail: Meet at Glen Onoko Parking area in Jim Thorpe. Easy hike. 6 miles out and back . Wear sturdy shoes, and bring water, and snack or lunch. Directions: Rt. 209 south through Jim Thorpe. Go through town and past the train station. At the first traffic light after the train station, turn right onto Rt. 903 north (across bridge). At stop sign, go straight to Coalport Rd. Turn left to Glen Onoko and travel about 1.5 miles....over wooden bridge (Lehigh River) and park in area on right. Kate Andrew 570 236-6831	2
	17-Apr Sunday	Jacobsburg State Park: 11:00 AM - Easy 2-3 mile hike. Great for beginners, on well groomed, mostly flat, Henry's Wood's trail. Wear hiking boots or sturdy shoes/sneakers, bring water and a snack. Sue Prendergast 570-242-0519	1
	23-Apr Saturday	State Game Lands #127: Hike a 7mile loop east of Brady's Lake: includes the Lake Road, Hell & Selfice Swamp trails. The Hell Trail has regularly yielded interesting evidence of animal interactions. Some mushy ground, but no major hills. Meet at the Brady's Lake parking lot. John or Fran Whipple 570-350-2977 or 2967	3
 	29-Apr thru 1-May Fri thru Sunday	POC hosts the KTA Trail Crew at Promised Land/Thunder Swamp: Saturday at TS and Sunday at PL. The KTA crew maintains hiking trails across the state. Please join us for one or both days. All abilities welcome. Free camping at PLSP for workers, hot showers available. Volunteers also sought to prepare dinner for the crew Saturday night. Join us for campfire too. John Motz 570-236-1462	
	30-Apr Saturday	Sobers Run Loop, Jacobsburg SP : Meet at Belfast Rd parking lot. Length will be determined that morning. George Singlemann 570-421-2968	3

REMEMBER... THERE IS ALMOST ALWAYS SOME HUNTING SEASON,
DON'T FORGET TO
WEAR YOUR BLAZE ORANGE!







MAY 2011

EVENT	DATE	DESCRIPTION/CONTACT	RANK
	1-May Sunday	Thunder Swamp System, Delaware State Forest: Hike about 5 miles on the south end of the trail system. Moderately paced hike with minor elevation changes and some wet areas. Meet at the main parking lot, 10 miles north of Marshalls Creek on Rte 402 at 10 a.m. Jack Haley 570-775-7857	2
	7 -May Saturday	DEVIL'S HOLE: Meet at the game lands parking lot at the sharp turn in Devil's Hole Road. This hike past some old ruins and along a stream will require several stream crossings plus a steep, but not too long ascent/descent into/out of the ravine. Plus we will plan to work our way up the falls to the table top. This is located in State Game Lands #221 (halfway down(up) the hill on 940 out of Mt. Pocono) and will be about 4-5 miles. John or Fran Whipple 570-350-2977 or 2967	3
	14-May Saturday	PEEC Ridgeline Trail, DWGNRA: A 6.5 mile hike with a side trip to the beautiful Indian Ladders Falls. This moderate to difficult hike includes a rope descent from the ridge. Meet at 10 a.m. at the Pocono Environmental Education Center. Take route 209 north of Bushkill. Turn onto Briscoe Mountain Rd. Follow till stop sign, then make a right turn to parking lot. Jack Haley 570-775-7857	3
	15-May Sunday	POC Quarterly Meeting, 2:00 PM at the Monroe County Environmental Education Center on Running Valley Road Call Frank Allen at 570-420-9040 to RSVP & plan your food contribution.	
	21-May Saturday	Big Pocono State Park: South Trail/Vista Clearing- Beating back the scrub and clearing the view. Meet at the South trail trailhead near the park entrance at 9am. John Motz 570-236-1462	
	21-May Saturday	Mount Minsi: Meet at the Lake Lenape Parking Lot. Moderate hike with plenty of climbing over boulders on a rocky trail. 5 miles out and back. Wear sturdy hiking boots and bring water and a snack ro lunch. Directions: Rt. 611 to Delaware Water Gap. At the Deerhead Inn, turn onto Mountain Rd. and go .1 mile to the fork. Bear left at the fork, and drive to the Lake Lenape Parking Lot. Kate Andrew 570 236-6831	4
	28-May Saturday	Appalachian Trail - Delaware Water Gap: 2 mile easy to moderate hike up to the first outlook and back. Good for beginners, uphill but short, great views. Wear hiking boots or sturdy shoes/sneakers. Bring water and a snack. Hike starts at 11:00 AM. Sue Predegast 570-242-0519	1
	29-May Sunday	Bike, Lehigh Gorge: Meet at Rockport parking area. 10 mile round trip to and from White Haven. We will stop for lunch at the Diner. George Singlemann 570-421-2968	

Thursday Hikes: There is an informal group of hikers, most of whom are members of the Pocono Outdoor Club, that get together on Thursdays to hike. Anyone interested in hiking with them is invited. To get a copy of the schedule, contact Catherine Johnson by email: catherinejo1@verizon.net and she will email you a copy.



June 2011

EVENT	DATE	DESCRIPTION/CONTACT	RANK
	2-Jun thru 5-Jun (Th - Sun)	Camping weekend - Harriman State Park, NY: 3 nights/ 4 days of hiking and camping. See article below for details. The hikes will be of varying difficulty depending on the preferences of the campers. Bob Huebner 570-588-3201 E-mail: rwhorient@aol.com	
	4-Jun Saturday	Thunder Swamp: Trail Care John Motz 570-236-1462	
	11-Jun Saturday	Gouldsboro State Park: Meet at 8:00 AM in parking area 1 off State Park Rd. Moderate 5.6 mile loop. Wear sturdy hiking boots and bring water and a snack. Directions: Rt. 80 West to Rt. 380 north. Take exit 13, and travel 2 miles north to State Park Road. Follow State Park Road to the lake, and meet in parking area 1. Kate Andrew 570-236-6831	3
	12-Jun Sunday	Hickory Run State Park, Orchard Trail: Trail Care. John and Fran Whipple are taking over the supervision of the trail care from Tom & Rosemary Miller - They will need many experienced and novice assistants!! Please help. John or Fran Whipple 570-350-2977 or 2967	
	18-Jun Saturday	Appalachian Trail- Little Gap to Lehigh Gap: 5 miles moderate to difficult hike with a boulder climb - down into Lehigh Gap. Trail is rocky; wear sturdy hiking boots; bring a hat, plenty of water and lunch. Meet at 9:30 to shuttle cars. Sue Prendergast 570-242-0519	3
	26-Jun Sunday	Glen Onoko Falls, Jim Thorpe- 2-3 mile moderate hike. Uphill to the top of the falls and back. Wear hiking boots or sturdy shoes/sneakers, bring water and a snack. Great hike followed by lunch in Jim Thorpe. Meet at 10:00 AM . Sue Prendergast 570-242-0519	2

Harriman State Park Camping Weekend - June 2-5

POC will host a long camping weekend at Harriman State Park in New York. The park is about a two hour drive from Stroudsburg. We will leave Stroudsburg Thursday June 2 and return Sunday June 5. We will camp at Beaver Pond campground near Lake Welch beach. Planned activities include:

- Thursday hike in Lake Welch area. Around 3-5 miles.
- Friday- morning hike another 4-6 miles.
- Saturday- longer hike of 9+ miles. There will be a jump off/on approximately half way.
- Sunday- Climb Bear Mountain. 3.9 mile round trip. (suggested)

Hikes will be a group decision, as the choices are many. There are open mountain tops, old mines to explore, ghost towns, historic trails and large marshes. There is also the possibility of a bike ride. Showers are available at the campground. Other activities in the area are:

- West Point Military Academy, Hyde Park
- Bear Mountain SP Zoo/Nature Center
- Outlet mall off Rte 6/17 in Central Valley
- Fort Montgomery State Historical Site

Harriman Park is the 2nd largest NY state park with 48,000 acres. It has over 100 miles of trails, many lakes and beaches, and bike routes. Web site for further info on Harriman is: www.palisesparksconservancy.org/parks/8/

I will need to reserve camp sites in early May. So, signups are required by **May 6**. You may come for any or all three nights. Each camp site will hold about 6 people. Cost per site is between \$20- \$25/ night. You will be expected to bring your own food. Dinners will be coordinated after I know the number of campers. We may go into Hyde Park one night for dinner. Nightly camp fires are planned. If you want to just hike for a day or stay in area motels, I will need to know by June 1. I will send out directions later. Access is from I-287 /Palisades parkway from the south and Rtes 17/6 from the north.

Call Bob Huebner 570-588-3201 or e-mail rwhorient@aol.com for more info and to sign up.

Stroud Township Unanimously Adopts AT Protection Ordinance

At a special hearing held February 15, 2011, the supervisors of Stroud Township in Monroe County heard testimony and questions from about a dozen residents regarding a proposed conservation zone designed to protect the Appalachian Trail corridor. The ordinance was unanimously passed at the hearing and provides a 2000 foot buffer along approximately 4 miles of the AT's 2,178 mile corridor.

The ordinance is the result of the state's 2008 Appalachian Trail Act, which requires municipalities along the trail to protect the natural, scenic, cultural and historic values of the nation's first National Scenic Trail. The Georgia to Maine trail, with over 200 miles in Pennsylvania, traverses the southern border of Monroe County in the easternmost section in the state.

The ordinance created an Appalachian Trail Overlay District, which provides a two tiered, 2000-foot conservation zone along the trail as it runs through the township. Township Supervisor Daryl Eppley explained that the first 500 feet is designated as the primary conservation zone. Allowable uses in the zone include public or private trails, parkland, agriculture and timber harvesting. No structures are permitted within the primary conservation zone. A 1500 foot secondary conservation zone provides additional protection, while allowing further use of the land, provided that the trail experience is protected. Structures within the secondary conservation zone require approval of the supervisors, and should be least visible from the trail. Additionally, no lights shall project onto the trail, and parking lots, cell and wind towers are prohibited.

John Motz

KTA Representative-At-Large

Keystone Trails Association Hosts Spring Meeting & Hiking Weekend in the Brandywine Valley

When: Friday, April 15 to Sunday, April 17

Where: West Chester, Chester County

"Bucolic Chester County is located in southeastern Pennsylvania, and its natural beauty is marked by a pleasant, rolling landscape. Explore and be charmed by the many hiking trails found in the region including the Brandywine Trail and the Horse-Shoe Trail as well as French Creek, Marsh Creek and Ridley Creek State Parks and the Valley Forge National Historic Park."

To find out more go to the KTA website: kta-hike@org. From the Main Menu, select About KTA and then select Events. The registration **deadline is March 28th**

Nature Walks: Adventures to the Ancients

Pocono Area Old Growth Forest/Open Space

POC member and local naturalist, Don Miller and Bill Sweeney from DCNR. Jacobsburg State Park are presenting a series of nature walks in Old Growth Forest Areas of the Poconos. Don and Bill make a great team imparting a wealth of knowledge while you tromp through the woods with them. The walks are well attended so be sure to call and register before the day of the hike. I have listed the dates below. For more details go to the Pocono Heritage Land Trust website at phlt.org and click on the Events Menu.

- ❖ Henry's Woods /Bushkill Creek at Jacobsburg E. E. Center - Sun, March 27, 1:00 - 5:00
- ❖ Old Sciota Mill /McMichael's Creek - Sunday, April 24, 1:00 - 5:00
- ❖ Lake Lenape /Caledonia Creek Headwaters in DWGNRA - Sunday, May 22, 1:00 - 5:00
- ❖ Godfrey Ridge and Brodhead Creek /Delaware Water Gap - Sunday, June 26, 1:00 - 5:00
- ❖ Adams Creek /Adams Creek Falls in DWGNRA - Sunday, July 31, 1:00 - 5:00

T-SHIRTS & PATCHES Make Excellent Gifts For Everyone

The Club's first edition T-shirts are now available in Navy Blue (M and L sizes only). The Navy Blue Tee's are 50/50-poly/cotton blend and look sharp with white graphics. The original All Cotton Green Tee's are still available in all sizes- Adult S/M/L/XL. All Tee's sport the original POC Tagline-"Take A Hike!" Requests for children's sizes should be submitted- if we get enough we will order some. Specify size and color when ordering. Tee's are \$12 for non-members/\$10 for members. Patches are still \$3.00 each.



ATTENTION: Members!

If you have forgotten to renew your membership for 2011 – Now is the time to get it done!!!! Please use the membership application on the last page of the Newsletter.

Note: New members who joined in October, November or December of 2010 are considered paid for all of 2011.

POCONO OUTDOOR CLUB INFO

www.PoconoOutdoorClub.org

This Newsletter publishes quarterly. It is received by Club members, other trail clubs, friends, and agency partners.

New Members are encouraged to participate and volunteer for Club events.

To contact POC Committees:

Activities: Bob Huebner - rwhorient@aol.com

Trailcare: John Motz - trailbuilder@enter.net

570-236-1462

Membership: Solvejg Wills - chel7ha@verizon.net

570-424-1818

Newsletter: Fran Whipple-franlwhipple@me.com

Club Publicity: PocPublicist@gmail.com

KTA Representative: Roy Kleinle - royk1@ptd.net

POC Info -falln39@verizon.net

570-420-9040

Club Officers

President- Frank Allen (570-420-9040)

falln39@verizon.net

Secretary- Karen Livingood

karen.psychologist@gmail.com

Vice President- John Whipple (570-350-2967)

johnhwhipple@me.com

Treasurer- Solvejg Wills (570-424-1818)

chel7ha@verizon.net

2011 POCONO OUTDOOR CLUB MEMBERSHIP APPLICATION

Send check, made payable to "Pocono Outdoor Club" to **POC Memberships at 47 Stones Throw, East Stroudsburg, PA 18301**. Memberships are per calendar year. Applicants must be at least 18 yrs old.

Name(s)	<input type="radio"/> \$10 Basic Membership
Address:	<input type="radio"/> \$15 Family Membership Higher Levels of Trail Support:
Phone:	<input type="radio"/> \$18 Contributing Member
Email:	<input type="radio"/> \$25 Trail Maintainer <input type="radio"/> \$50 Trail Builder <input type="radio"/> \$150 Life Member Individual <input type="radio"/> \$250 Life Member Couple

Additional Contributions are welcome and benefit local trails. \$ _____

___ I would like to lead an outing. ___ I would be interested in doing volunteer trail care.

New Member

Renewal

Please, send me email updates/newsletter

___ This is a Gift Membership from _____

_____ My signature verifies I am 18 yrs of age and agree to the Rules of the Pocono Outdoor Club. I understand that I am responsible for me and my minors.



Pocono Outdoor Club
PO Box 246
East Stroudsburg, PA 18301