

Genesee Valley Hiking Club

Newsletter

Message from the President:

Larry O'Heron

Welcome to spring! So far it has been a wonderful season.

Enjoying the club's winter hikes as I do, I miss the clean look of snow covered pines, but smile deeply as the green buds come forth on the trees.

Last week I had the fun of leading a beginners' hike around Highland Park. The weather was great and made for a charming stroll through Olmstead's first park in Monroe County.

As a club, we are always looking for ways to improve and evolve, and we value the input of our members.

As important as input is, the Executive Committee really values folks who are willing to give some time.

Let me put the plug here for hike leaders. Leading a hike is fun, and Derek is willing to guide you through the learning curve. He takes great pride that GVHC now routinely offers four hikes a weekend. This is an incredible growth in our offerings, but it takes hike leaders.

GVHC is now staging hikes at places I have never heard of. Because new hike leaders

are stepping up, the club is hiking places where many of us have not been before.

A club area for growth is easy hikes. There is an audience of people who are either new to hiking, or needing some time to get back into the sport, or families with age-appropriate children. Folks choosing to lead an easy hike might not get the attendance numbers of moderate and strenuous hikes, but would share a morning out and about with people glad to not be overwhelmed.

Lastly, Iris and Ruth (Social Cmte) are planning our August picnic at Mendon Ponds and our Fall event.

Our Fall event involves elections for President, Vice-president and Treasurer. Elected leadership turnovers keep a club innovative and forward-looking.

If someone has the aptitude and attitude to be President, I plan to step aside.

Let's make this an unforgettable year.

Why Mendon Ponds Park is a Great Place to be Alone or to be with Friends

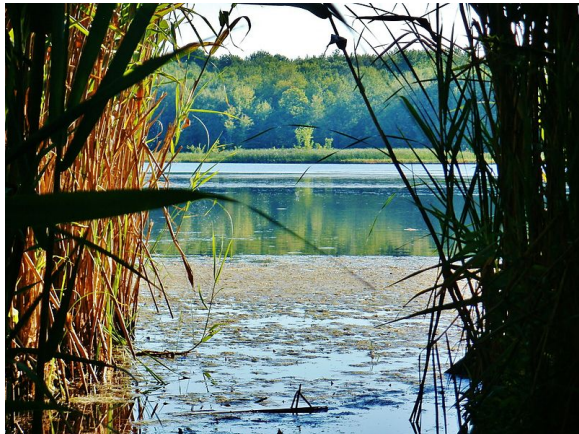
*** Chatgpt-3 assisted.

With over 2,500 acres of rolling hills, deep glacial lakes, and diverse wildlife, I always marvel at what this park offers me. I find it a park filled with natural beauty.

Although I only partake of one of the park's many recreational activities - lol, of course that is hiking - there are great things that GVHC members can enjoy about Mendon Ponds Park:

Scenic Beauty

1. Mendon Ponds Park is home to some of the most stunning natural scenery in the region. The park's rolling hills, deep glacial lakes, and lush forests provide a picturesque backdrop for outdoor activities. Visitors can enjoy breathtaking views of the surrounding landscape from the top of the park's highest hill, the Esker Trail.



Hiking Trails

2. The park offers a wide range of hiking trails, ranging from easy, family-friendly paths, e.g. the Nature Trail, to more challenging routes,

e.g. the East Esker Trail, for experienced hikers and bikers. GVHC offers a variety of hikes that wind through forests, pastures, and wetlands. Club members get to experience the park's diverse natural habitats up close.

Fishing Ponds

3. Mendon Ponds Park is home to several fishing ponds, including Deep Pond, Round Pond, 100 Acre Pond.

Wildlife Viewing

4. The park is home to a wide range of wildlife, including white-tailed deer, wild turkeys, red-tailed hawks and song birds. GVHCers love walking the Nature Trail. Those with foresight bring along seed to feed the chickadees from hand.



Winter Sports

5. In the winter, Mendon Ponds Park offers a range of winter sports activities, including cross-country skiing, and snowshoeing. The park's groomed ski trails provide a perfect setting for cross-country skiing.

GVHC has a policy of not using the ski trails so as to not disturb the grooming. After a heavy snowfall, hike leads are more than willing to let those with snowshoes take the lead and break trail. We don't allow ice fishing during the hike, but at the end, feel free to open a hole, drop a line and "chill" out.

Picnic Areas and Playgrounds

6. Mendon Ponds Park features several picnic areas and playgrounds, making it a great destination for families with young children. The park's picnic areas offer a range of amenities, including grills, picnic tables, and pavilions, making them perfect for family outings and group events.

Cabins

7. The park's cabins, which can be rented for different events, are equipped with a range of amenities, including electricity, running water, and heating, making them a great option for families and groups.

Equestrian Center

8. Nearby stables offer horseback riding lessons, trail rides, and horse rentals. One thrill for me while hiking is passing by equestrians. I am always amazed at just how really, truly, incomprehensibly big those riding horses are.

Wild Wings

9. The bird rescue sanctuary at the park's nature center offers a range of educational programs and exhibits. Stop by and learn about the park's natural history and wildlife. Wild wings features interactive exhibits, live animals, and guided hikes.



Mendon Ponds Park is an incredible natural treasure in Monroe County, NY, offering visitors a wide range of outdoor recreational activities and stunning natural beauty.

Safe Summer Hiking

*** Chat-gpt 3 assisted.

Hiking in the summer can be a great way to enjoy the outdoors, but it's important to take certain precautions to stay safe. Here are some tips for safe hiking in the summer:

1. Stay hydrated: Bring plenty of water and drink it regularly. It's important to stay hydrated, especially in hot weather.



2. Wear sunscreen: Protect your skin from the sun's harmful rays by wearing sunscreen with a high SPF rating.
3. Dress appropriately: Wear lightweight, breathable clothing that covers your skin to protect you from the sun and bugs. Wear a hat to protect your face and neck.
4. Know the trail: Before you start hiking, make sure you know the trail and its difficulty level. Stick to marked trails and don't venture off the path.
5. Bring a map and compass: It's important to know where you're going and how to get back to your starting point. Bring a map and compass, and know how to use them.
6. Bring snacks: Bring snacks that are high in protein and carbohydrates to keep your energy levels up.

7. Check the weather: Check the weather forecast before you go hiking and avoid hiking during extreme weather conditions.
8. Bring a first aid kit: Bring a first aid kit with you that includes items such as bandages, pain relievers, and antiseptic.
9. Hike with a buddy: It's always safer to hike with a buddy, so bring a friend along with you.
10. Let someone know your plans: Let someone know where you're going and when you plan to return. This way, if something goes wrong, someone will know where to look for you.
11. Safeguard against ticks. Stay out of underbrush. Wear light-colored clothing. Cover your arms and legs. Use either an all-natural repellent or a chemical version. Check yourself at the end of the hike. If you find a tick feasting on your body, attempt to save it after removal and contact your primary care physician.



Kilimanjaro

In 1982 the band Toto came out with a song called "Africa". In 2018 the band Weezer did a cover of the song.

One of the more picturesque lines in the song refers to Kilimanjaro rising like Olympus above the Serengetti.

This got me to thinking what it would be like to hike Kilimanjaro. So here we go ...

Kilimanjaro reaches a height of almost 20,000 feet, making it the tallest mountain on the African continent. It is a dormant volcano with a snow-capped peak.



After doing some research, I learned that almost anyone in reasonable health and physical conditioning can make the summit. The key factor in those who succeeded the ascent was determination and will-power.

We must not minimize some physical aspects though. The major challenge comes from altitude sickness which occurs in those who do not acclimate. Therefore the rate of ascent is critical.

Climbing Kilimanjaro must be done in groups, led by experienced guides and staffed with experienced porters. You carry one backpack with your clothes, and other essentials. The porters carry tents, food, bathroom gear, etc. There are no options for unguided ascents.

There are seven main Mount Kilimanjaro routes which lead to the summit. Time on trail varies from five to nine days in order to reach the summit and then descend to the finishing point.

The more days spent on the mountain the more likely you will summit successfully because you will become more acclimated to the altitude.

So I am not sure yet, but is anyone interested in climbing Kilimanjaro with me in Dec of 2023?

Nine days of listening to the wild dogs crying out in the night on Kilimanjaro!

Could be ... would be ... should be ... lots of fun!