

**HIKING TRIP TO CROTON DAM NY**  
**Fundraiser Event for**  
**IMMIGRATION EQUALITY / Action Fund**



*Croton Dam*

When: Saturday October 16<sup>th</sup> 2010  
Meeting Place: Croton Harmon train station.  
Croton-on-Hudson N.Y. 10520  
Time: 10:30 a.m.  
Suggested donation: \$\$\$\$\$ As much as you can

Hello friends:

This hiking trip is to the Croton Dam using the old Croton Aqueduct. The hike has an extension of 7 miles approximately. The terrain is completely flat all the time because the trail is on top of the old aqueduct so the slope is very low; the level of difficulty is medium. The length is around 6 hours. This hike offers wonderful views and been able to see an endless tones in the trees because of the fall.

There are two ways to go, one by train (Metro North Railroad) and the other by car. To go by train there is one leaving Manhattan Grand Central Terminal at 9:20 a.m. that arrives to Croton Harmon Station at 10:28 a.m. There are several trains to go back to Grand Central in the afternoon at 4:34, 5:00, 5:34, 5:39, 6:00 p.m. The round trip cost \$ 16.50 dollars if you buy the ticket at the station windows or at the machines. It cost more inside the train.

Set enough time for going to the station, buy the ticket, find the platform and be inside the train before 9:15 in Manhattan Grand Central. Trains do not wait for anybody.

If you have to drive go to Croton-on-Hudson N.Y. 10520, park the car at the train station and wait for the people that go by train, plan your trip to be there at 10:15 a.m. the train arrives at 10:28 a.m. It is about an hour driving from New York City.

What to wear: Because is fall bring protection from the cold and rain, wear layers, some tee shirt instead of a heavy jacket. A dry tee shirt to change that can fit in your backpack. On hiking trips get wet should be avoid by any means, so if it's raining a plastic poncho is a good idea or a waterproof coat with hood. Comfortable shoes, if you have hiking boots or sneakers that's ok. Closed shoes and no leather insoles, it's not a good idea to bring brand-new shoes to the hike even if they are sneakers. Do not wear sandals or flip-flops. Use pants not shorts.

What to take: The most important thing is water; at least one bottle per person and other liquids, juice or something else. When it's cold we are not thirsty, however, is important to have liquids. For lunch a sandwich and snacks, you can take advantage of that day and eat as many chocolates, candies, fruits, etc. without feeling guilty. The supermarkets sell what is called "trail mix", is a combination of nuts, peanuts, dried fruits, M&M, there is no necessity to take too much food, but the important thing is the liquids. The food, water and extra clothes can be accommodated in a backpack that is not super heavy. A personal first-aid kit (headache pills, bands) Lotions for the sun, hat or cap, sunglasses and of course your camera. It is very important that the candy wrappers, straws, sandwich bags, Kleenex, etc. not be left in the trail.

The level of difficulty of the hike is medium, there is no necessity for equipment or special training to make it, but you have to be healthy enough to walk for several hours. All of you are invited with your families and friends of all nationalities, genders, races, colors and flavors; it is a unique opportunity for us to unite and make friends. Do not forget your personals and business cards to make commercial contacts as well.

**William López**

516-435-5499 Cell

[wlopezc@hotmail.com](mailto:wlopezc@hotmail.com)