



84th Year

TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE — MAINTAINING OVER 1,600 MILES OF FOOT TRAILS

JULY/AUGUST 2004

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63 Volunteers Bridge Popolopen Gorge



A bridge side is made ready for high-lining.

PAUL MAKUS

Nearly five years after Tropical Storm Floyd destroyed the bridge in Harriman/Bear Mountain State Park that carries three major trails over the Popolopen Creek, Conference Trails Chair Pete Heckler was at last satisfied. "I am happy to report the bridge across Popolopen Creek has been replaced," he emailed on May 23. "I feel confident I speak for all the wonderful TC volunteers when I say the camaraderie derived through participation in this project equaled the physical, spiritual, and environmental achievements." (See separate story, "Building Bridges," for one participant's personal view of the project.)

"This bridge once again reopens full hiking access to not only the historical 1777 and 1779 Trails, but also to circular hikes via the Popolopen Gorge and Timp-Torne Trails, affording the spectacular panorama

from the summit of Popolopen Torne."

Nearly 40 volunteers turned out on the weekend of May 15 and 16 to help install the new truss bridge, which is 62' long, weighs three tons, and made of fiberglass. Others contributed countless hours before and after to planning, organizing, prepara-



The 1,500-pound section is "flown" into position.

TOM DUNN

tion, and cleanup work. A dozen people, including PIPC staff and volunteers, helped unload and move materials to the site on the Thursday prior to the construction effort. The project was funded by the Recreational Trails Program of the U.S. Dept. of Transportation, built by Trail Conference volunteers, including the West Hudson Trail Crew, manufactured by E.T. Techtonics, Inc., and accomplished in collaboration with the Palisades Interstate Park Commission (PIPC).

The bridge, down since September 1999, carries the 1777, 1779, and Timp-Torne Trails across the Popolopen Creek from a trailhead north of the creek and on the west side of Route 9W. For the past year, crews have also worked on a related project to restore these three trails. That work continues and is to include adding interpretive signage and installation of a 15' bridge over a small creek on the Twin Forts Trail.

Thanks go to PIPC Executive Director Carol Ash and her staff, especially Sue Smith for her invaluable guidance and assistance in preparation of the grant application, Chief Architect Sal Cuciti, Chief Ranger Tim Sullivan, and Police Chief Greg Stewart.

Thanks also go to the 63 volunteers who participated in one or more phases of this project: Paul Abdis, Vic Alfieri, Karen Blerch, Jane Bonnell, Juliet Bonnell, Roland Breault, Gail Brown, Jim Brown, Brian Buchbinder, George Cartamil, Douglas Clarke, Chris Connolly, Walt Daniels, David Day, Paul Drumgoole, Tom Dunn, Michael Eckenfels, Josh Erdsneker, Chris Ezzo, John Fleischmann, Richard Forman, Joyce Gallagher, Claudia

Ganz, Joseph Gindoff, Tom Glasser, Leslie Gravel, Victor Green, Pete Heckler, Sarah Heidenreich, Mary Hilley, Bill Horowitz, Joan James, Andy Jay, Jared Jay, Russell Jay, David Klopfenstein, Richard Lynch, John Mack, Paul Makus, Robert Marshall, Gay Mayer, Lori Maynard, Douglas McBride, Edward McGowan, John Moran, Jason Rangel, Robert Reardon, Hank Reisler, Monica Resor, Kevin Riley, Trudy Schneider, Bruce Shriver, Melissa Shumer, Kaspar Spurgeon, Pete Tilgner, Denise Vitale, Eddie Walsh, Edward Walsh Sr., Maureen Walsh, Larry Wheelock, Sherman Woililke, Hanson Wong, and Steve Zubarik.



Ready for hikers.

TOM DUNN

Building Bridges Trail work yields unexpected lessons

By Denise Vitale

If you had told me 10 years ago that I would be moving 1,000-pound rocks with pry bars and helping to build a 62-foot long, 3-ton bridge, I wouldn't have believed you. I was coming out of a divorce, having gone from being a good daughter, to being a good wife, and a good day was one where everyone agreed with each other.

But 10 years ago, I made the decision to begin living a life that was more meaningful and challenged me to be the best person I could be. Close to the beginning of this new life, I found myself working with the East Hudson Trail Crew doing a relocation.

Since then, I've worked with the West Jersey and West Hudson crews, the most recent project being the building of a new bridge across the Popolopen Creek (see separate story).

As I watched the sides to the bridge, weighing 1,500 pounds apiece, being high-lined across the gorge, it occurred to me how much I have learned about life, teamwork, and overcoming challenges by working on the trail crews. Because of the length and complexity of the bridge project, and my involvement as a volunteer from the beginning of construction, that moment marked the synthesis of my lessons, years of learning coming together in the months of preparation, conferring, and really hard work on this project.

Leading up to the point of setting the bridge, there had been a significant amount

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State Acquires Shawangunk Land from Trail Conference

New York State recently purchased 151 acres from the Trail Conference on the Shawangunk Ridge that will be managed by the Dept. of Environmental Conservation (DEC). This is the first property the Trail Conference has sold directly to the state as part of its nearly 14-year effort to create and

protect the Shawangunk Ridge Trail (SRT). The purchase money will return to the Conference's Outdoor Fund, which supports conservation and advocacy efforts.

The 151-acre Stutzman parcel that was acquired by New York from the

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NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

The New York-New Jersey Trail Conference, founded in 1920, is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

- Developing, building, and maintaining hiking trails.
- Protecting hiking trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 85 hiking and outdoor groups, and 10,000 individuals.

FROM THE CHAIR

A Sense of Community

Hikers are often considered loners. Many of our coworkers or family members who don't understand why we hike or how we could enjoy walking for five or even two miles, would be surprised to learn that, in fact, we are part of an extended community. It's a community that includes people of a variety of ages from a widespread area and diverse backgrounds.

On Saturday, May 22, I saw what a community we are in two very different situations. The first was at the memorial service for Paul Leikin, a dedicated hiker and Trail Conference volunteer. (See obituary on page 6.) It was a colorful event, since there was a memorial hike scheduled after the service and people were dressed primarily in hiking clothes. We were saying goodbye to Paul with tears, but also with joy as stories of him were told and his life celebrated. We learned about Paul and his family, and they learned about his other family—us hikers.

Shortly after the service, I stopped by to see the new bridge over Popolopen Creek and found the trail crew eating lunch. Was that a community! They were dirty—some might say rag tag—and I felt slightly out of place in my street clothes. But I had served

on crews and knew that rock steps did not just happen, and so I was one of them. We talked about working on projects in general, expressed concern for someone who could not be there that day and was in the hospital, and exclaimed about what a great project the bridge was.

Those back-to-back experiences got me thinking about our community and what it means and does. There are as many reasons to belong to a group as there are people; being a Trail Conference member gives any hiker a chance to feel connected to a larger group of people who share that interest and, for some, also offers the chance to make a difference in the world.

Trail crews are special groups of people who particularly enjoy getting dirty and doing hard sweaty work. Although not for everyone, being on one of our trail crews gives a real sense of belonging to a community, even if it is just for the short term of a project.

Other segments of our organization give people additional benefits. Ask any trail committee member and he or she will swear up and down that the area they supervise is the (choose one) best, most scenic, rugged, ecologically interesting place to hike in the region. Their pride is evident many times over. Maintainers, the people the committee members supervise, have a sense of ownership for "their" trail and,

although they may work alone, that trail links them to the extended Trail Conference family.

The list could go on and on with the various opportunities to volunteer. However, I would be remiss if I failed to mention our member clubs, which, like the Trail Conference, offer their members opportunities to connect with others who enjoy the outdoors and help to build our hiking community.

A wonderful attribute that hikers have is that they do not care whether you are young, old, speak with an accent, or what you do or did for a living. They do care about being outdoors and walking. While hiking with them you learn of places to visit, equipment, and other things to make hiking more pleasant. Your companions might not know much about your personal life or you of theirs, but they do know what kind of hiking underwear you buy!

Paul Leikin spent most of his 90+ years as a member of the hiking community. The Popolopen Bridge builders enjoyed an intense long weekend of accomplishment and camaraderie. As I saw so emphatically that weekend in May, the trails aren't just for loners.

Happy Trails,

Jane Daniels, Chair, Board of Directors

Letters

Thank-you to the Crews

On the weekend of May 15 I realized that I'd have that Sunday free, and my first thought was to get up to Harriman for some hiking. Kathy had seen an article in the *Trail Walker* that there was a work party looking for volunteers for that weekend and suggested I consider that. I called the organizer and showed up at the appointed time and place to help build a new bridge in the Popolopen Gorge. I thought I'd be hammering, cutting, nailing, and bolting pieces of wood together. Boy was I wrong!

This new bridge is an engineered structure made of fiberglass components. On Saturday the crew had bolted together the two side trusses and gotten them ready to be put in place. The first major task of Sunday was to get the first truss across the creek. Now keep in mind that each of these two trusses is 62 feet long and weighs 1,500 pounds, according to the engineer. Not something you throw over your shoulder and wade across the creek with. Instead, there was a high-line strung across the gorge and with the use of pulleys and ropes the truss was "flown" across and lowered into position. Then came the task of holding the first truss in place so the ropes could be disconnected. Each truss is very strong in the vertical plane but rather flexible in the lateral direction; had the truss fallen over I'm sure it would have bent and broken, so with the use of lumber and more ropes it was secured in place. All of that took about four hours.

After a short lunch break it was time to repeat the "flying" act with the second

truss. This time it only took about an hour and a quarter. Once a few cross pieces were carefully bolted between the trusses and a few decking pieces laid down, the bridge became rigid and strong enough to accommodate the gang of volunteers waiting to bolt it all together. It just seemed to jump together with everyone working on it. Quite amazing, actually, that a group of diverse volunteers could accomplish so much in such a short time.

I have a whole new appreciation for the work that these crews do and want to thank any of you who are part of them. From now on I'll view things like rock stairs, cleared blow-downs, shelters, and all other "improvements" in a new light.

*Paul Abdis
Via email*

A Medical Recommendation

We have camped over many years in the northern U.S. and Canadian wilderness and have sought a practical and readily understood medical guide. There are now several available, including *Being Your Own Wilderness Doctor*. But the best I have found is from an unusual source, His/Her Majesty's Stationery Office (HSMO), titled *The Ship Captain's Medical Guide*. It is produced for officers of commercial ships, principally freighters, without a doctor on staff and is very informative, designed to be understood by intelligent but non-medical staff, and is full of emergency treatment regimens. It is available, used, from Amazon and Barnes and Noble.

*Dave Wuchinich
Yonkers, NY*



Mystery Graffiti

One nice day Ron Fecher and I enjoyed a walk along the Buck Trail (and others) and took the opportunity to paint over the "foreign" graffiti on each marker of the 1.6-mile main trail. It's a good first coat! We will be interested to see that no future defacements occur. If anyone learns who was behind this, or what the markings—seen in the photo above—signify, that would be interesting, too!

*Tom Dunn
Via email*

If you know what these symbols represent, send your translation to tw@nynjtc.org.

www.NYNJTC.org



From the Executive Director Innovating to Meet Demands for Our Services

I have previously used this column to discuss how the public has responded to sprawling development by creating dedicated funds to acquire public open space. This has resulted in a somewhat counter intuitive situation where the total amount of open space is diminishing at the same time that the amount of publicly held open space is increasing.

As lands come into public hands, there is a natural desire to make them accessible to the public. Trails are usually the least expensive, lowest impact way of providing public access to open space. When people start thinking about where and how to build trails, they often seek technical assistance by contacting the Trail Conference.

There has been a steady increase in the frequency of these external requests, especially from local municipalities and project specific groups. These external requests come on the heels of more than a decade of acquisition by state agencies and the resulting demand for trail building and maintenance on these new lands.

Given our organizational mission, we would like to respond to all requests for trail building and maintenance but our volunteer trail crews, who do outstanding work, already have a backlog of internal requests for assistance. How can we increase our volunteer trail crew capacity? Over the past couple of years we have focused on providing administrative and recruiting support to trail crews. The biggest challenge remains how to recruit and train new volunteers and cultivate

volunteer leaders, especially in areas where there are few Trail Conference members or member clubs.

We've given this a lot of thought and have been experimenting with trail projects in which the primary focus is recruiting and training volunteers, as opposed to trail clearing and construction per se. The idea is that these introductory trail work experiences will generate an increased number of participants who will go on to become regular members of trail layout and construction crews. This model would allow trail chairs and crew chiefs to focus on their current backlog of projects while providing them with a steady stream of freshly trained recruits.

This also might be a way to start new trail maintaining groups in areas where there are few or no trail crew volunteers. Last year, the East Hudson Trail Crew initiated one such project in the village of Wappingers Falls, NY. In a project funded by the New York State Recreational Trail Grant, the Wappinger Falls Hudson River Greenway Trail Committee sought bids to construct a trail system in newly acquired lands adjacent to Bowdoin Park and Audubon Society lands. The East Hudson Trail Crew proposed to recruit, train, and organize volunteers to both build the trail and maintain it on an ongoing basis.

The East Hudson Trail Crew received notice of the grant and plans to complete the project this season. Their goal is to lay out and clear hiking trails on these new lands, establish a cadre of local trail maintainers, and recruit new East Hudson Trail Crew volunteers and leaders. Assuming the project is successful, we hope to evaluate and refine the process so it can be applied on other trail projects. Portions of the anticipated multi-year renovation of trails on Bear Mountain might provide just the type of high-profile trail project that could recruit and train a whole new generation of trail volunteers to deploy throughout the region.

The bottom line is that we want to find a way to keep up with the ever-increasing requests for trail-related assistance. If you have ideas or can help us build our trail clearing and construction capacity, I would like to hear from you.

— Ed Goodell
goodell@nynjtc.org

West Jersey Crew Chiefs Get Award From American Hiking Society

The American Hiking Society has named David Day and Monica Resor, crew chiefs of the West Jersey Trail Crew, as winners of its Volunteer of the Year award for New Jersey. The award honors volunteers for their tireless efforts to preserve and maintain America's trails and was presented to David and Monica on National Trails Day, June 5.

David's engineering background and Monica's management skills make for a truly dynamic trail crew leadership team. As crew chiefs, they are responsible for planning and supervising trail crew work in the

Trail Conference's West Jersey Trail Committee region. That region covers 160 miles of trail, including the Appalachian Trail in New Jersey, four state parks, New Jersey watershed lands, and the Delaware Water Gap National Recreation Area.

In 2003, the year covered by the award, 36 crew members under Monica and David's guidance contributed more than 635 hours of work on 11 work trips. Additionally, the pair spent over 100 hours scouting and planning these trips. The year's projects included rehabilitating sections of the AT, replacing a 32-foot-long bridge over Big Flat Brook on the Howell Trail in Stokes State Forest, and building stepping stones on trails in Worthington State Forest and Waywayanda and High Point State Parks.

In addition to their tireless efforts with the West Jersey Crew, this amazing pair of volunteers also worked with the West

ADVOCACY & CONSERVATION



Shawangunk Ridge view of preserved lands.

TC Shawangunk Ridge Parcels Now Open

The Trail Conference is proud to announce that several properties along the Shawangunk Ridge that it recently preserved through acquisition are now open to the public. These properties, totaling just over 300 acres in the Town of Greenville in New York's Orange County, straddle I-84 and were acquired with funds raised through the Trail Conference's Campaign, Connecting People With Nature. Another 280 acres in the neighboring Town of Deer Park also have been preserved by the Conference and will open to the public in the future.

The Campaign, Connecting People With Nature, supports the Trail Conference's Land Acquisition and Stewardship Fund, the primary funding mechanism used to acquire and expand our hiking trails and lands. The Shawangunk Ridge Trail (coaligned with the Long Path in this area) has been relocated off of roadway and onto the newly preserved parcels and a new side trail has been added. For more information, please refer to the Trail Conference website at www.nynjtc.org/trails/relas/index.html, which shows a color map of these properties.

AT Buffer Protected In Putnam County

A 108-acre wooded parcel that provides important buffer lands along the Appalachian Trail in the Town of Kent in Putnam County, NY, has been purchased by the New York City Dept. of Environmental Protection with the help of the NY-NJ Trail Conference and the Appalachian Trail Conference. The National Park Service bought a portion of the property several years ago, and this purchase by DEP completes the acquisition.

Hudson Trail Crew and led four work trips in Harriman State Park.

They were the trainers for a trail building and construction workshop, which taught 30+ new crew members how to build and rehabilitate hiking trails. And they participated in a technical rock workshop that taught crew members how to properly set up and use a highline system, transport 1,000-pound rocks, and set a 32-rock staircase.

Monica and David have also volunteered to design and create a new highly technical database for the Trail Conference. This database will not only allow the organization to track trail data, volunteer information, membership information, financial contributions to the organization, and other information, it will also integrate with our website and online store to help create a seamless computing environment.

NJ Highlands Legislation Okayed!

Just as this issue of *Trail Walker* was going to press, the New Jersey Legislature overwhelmingly approved the landmark Highlands Water Protection and Planning Act. Among its provisions the legislation requires development of a regional master plan, identifies almost half of the 800,000-acre New Jersey Highlands as a core "preservation area," and endorses smart growth development strategies.

The Trail Conference strongly supported the legislation, and its volunteers devoted much time and effort to communicating with elected officials. Volunteer John Mack noted that Conference volunteers delivered some 3,000 letters endorsing the legislation to their representatives, and solicited countless phone calls and emails to the same purpose. "We can only assume that we have been instrumental in encouraging a satisfactory outcome to the planned legislation," Mack said.

The legislation had to overcome stiff opposition from development interests and some politicians. While, an Assembly committee had approved the legislation, a Senate committee had failed to pass it to the Senate three times; Gov. McGreevey was considering using his executive powers to effect the aims of the bill if it didn't pass. "Once the Governor signs the bill," said Ed Goodell, "Trail Conference members need to continue to stay involved in the process to ensure that we get an equally excellent council appointed, regional master plan approved and on-the-ground implementation." Stay tuned.

NY Bill Supports

Open Space Conservation

A new bill has been introduced in the New York State Legislature that would give towns, pursuant to a public referendum, the authority to establish community preservation funds for the purpose of con-

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Boot Camp, TC Style

Excellent attendance (67 students), terrific instructors (14), good organization (separate workshops in basic trail maintenance, trail construction and rehabilitation, and trail monitoring), a fine facility (Hubbard Lodge in Fahnstock State Park), and great weather made for "a pretty near perfect weekend" of trail workshops on April 17 and 18, according to Trails Director Larry Wheelock.

These annual workshops aim to

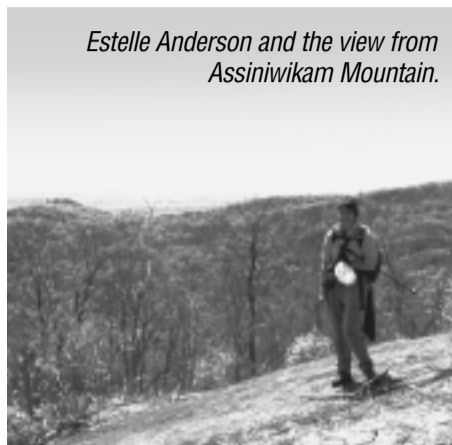
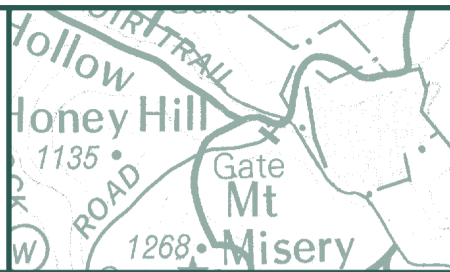
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Volunteers get hands-on training at the Trail Construction workshop.

JOSH ERDSNEKER

TRAIL NEWS



Estelle Anderson and the view from Assiniwikam Mountain.

New Loop in the South Wyanokies

The new Will Monroe Loop, dedicated to a pioneer trail builder in the Wyanokies, opened this spring. Professor Will S. Monroe, was an active member of the New York-New Jersey Section of the Green Mountain Club and created many of the trails in our area as well as in Vermont.

This one-mile loop travels over a portion of the original Wyanokie Crest Trail built by long-time NYNJTC member Dick Redfield. The original trail, which traveled to Saddle Mountain, was severed by the owners of a local quarry and subsequently terminated at the Wyanokie Circular Trail.

Estelle Anderson, a NYNJTC trail maintainer and assistant supervisor for the South Wyanokie area, longed for the days when this trail continued over Assiniwikam Mountain and afforded hikers 360-degree views of the surrounding landscape. Estelle persuaded this supervisor to consider reopening this trail at least as far as the wonderful view sites, and with her planning assistance and trail-building skills, this mountain, the highest in its range, is available once again to the hiking public.

The trail, whose blaze color is rhododendron (pink), is accessed from the end of the Wyanokie Crest Trail (yellow) at the junction of the Wyanokie Circular Trail (red). It loops over the mountain and brings you back to the Wyanokie Circular Trail at a lower altitude. The closest parking area to these trails is at Boy Scout Lake on Snake Den Road in West Milford, NJ.

—Bob Jonas, Trail Supervisor, South Wyanokies

New Hasenclever Iron Trail

A new trail—the Hasenclever Iron Trail in northern New Jersey—runs just over 5 miles from the Ringwood Manor area to the foot-bridge over the Wanaque River on the Sterling Ridge Trail at the Long Pond Iron Furnaces. For details, see Favorite Hike on page 10.

High Mountain Preserve Main Access Closed

The main entrance (lot #6) to High Mountain Preserve in Wayne, NJ, will be closed until next spring due to William Paterson University's new road construction. Other access points will remain open. Any questions about this can be directed to the Trail Conference: office@nynjtc.org or 201-512-9348.

Gunk Ridge Trail Relocations

A portion of the Shawangunk Ridge Trail in the Town of Greenville in New York's Orange County (section G1, High Point to Route 6 in the Long Path Guide, NYNJTC) has been relocated off of roadway and onto lands newly protected through purchase by the Trail Conference's Land Acquisition and Stewardship Fund. Money for the fund comes from donations to the Conference's current Campaign, Connecting People With Nature (see story on page 3). The protected parcels and new and relocated trail segments are on both sides of I-84, with access off of Old Mountain Road and Greenville Turnpike. See a color map of the relocation at www.nynjtc.org/trails/rellos/index.html.

Elsewhere on the ridge in Orange County, two property owners south of Route 211 have closed the trail. It has been rerouted onto the rail bed below the ridge on the west. Visit www.nynjtc.org/trails/closed/Deerpark3.JPG to see map of closures.

HTS Trailhead Relo in Harriman

In an attempt to eliminate redundant trail work and impractical environmental erosion, the western trail head of the HTS Trail (Hillburn-Torne-Sebago) has been relocated from 7 Lakes Drive to the junction of the HTS (orange) and TMI (Tuxedo-Mt. Ivy, red/white) Trails beside Stony Brook.

Old Mine Road Reopened

Old Mine Road is open again between Worthington State Forest and Millbrook Village in the Delaware Water Gap National Recreation Area. The road can now be driven at the speed limit without taking the bottom of your car out!

Trestle Trail Extended At Schunemunk State Park

At the north end of Schunemunk Mountain the white-blazed Trestle Trail has been extended to the Otterkill Road parking lot. This is a section of the road and trails that does not currently show on map number 8.

New Bridges at Camp Glen Gray

Eagle Scout bridge-building projects supervised by Trail Conference member Gene Giordano now provide crossings at Fox Brook, north of Camp Glen Gray on the Schuber and Old Guard Trails, and across the brook where the Havemeyer Trail meets the Halifax Trail (see story to right).

Check Website for Storm King Closing Schedule

Plans by the US Army Corps of Volunteers to move up the closing of Storm King Mountain to July 1 and keep the entire park closed for months while they removed unexploded historical ordnance in one sector may change. At a June public hearing on the plan hikers and trail maintainers questioned Corps representatives about the need for the extensive closure. As of press time, the Corps was reviewing its plans and indicated more liberal access to the park might be possible. Check www.nynjtc.org for the latest information.

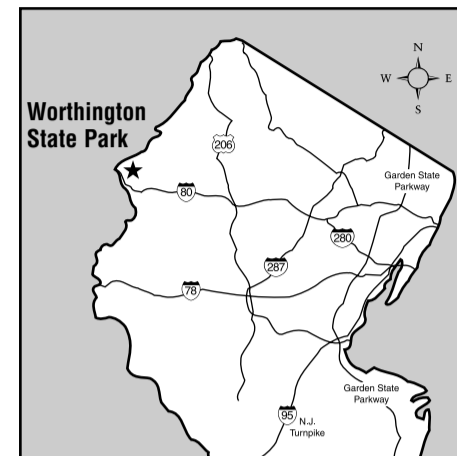
Crew Cuts: Spring's First Project

By David H. Day

This spring, the West Jersey Crew began the season with a two-day project in Worthington State Park. The assigned work was to fix a very badly eroded section of the Blue Dot Trail where it climbs out of the Dunnfield Creek glen. The treadway, an old road, had been washed out to the point that it was just a deep gully, and hikers had already abandoned it for a bushwack detour up on the edge. When we scouted the site a few weeks before, we decided to simply formalize and harden the detour already in use.

Since the main supply of materials to build the steps and retaining walls (mostly large rocks) was about 200' away, we started up a mining and moving operation right away. Dick Gerien, Ian Blundell, and I set up a high-line and began extracting and transporting the 10 or so 200- to 300-pound rocks that would be needed. We had to move them each twice; the first 125 feet to a holding area; later, after resetting the rigging, the second move could deliver them to the worksite.

As the mining got underway, Monica Resor and Roland Breault began building a large waterbar at the base of where the trail detour would begin. Once the waterbar was completed, they began to construct the rock crib wall that would support the new treadway and prepare the foundation for the first stone steps. By lunchtime, the needed stones had begun the second part of their journey, and the balance of the day



was dedicated to constructing the first set of steps and crib wall. Monica and Roland placed five steps and built about 10 feet of retaining wall.

On the crew's second outing, there was a

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Mike's Eagle Bridge

Troop 96 gathered on a very, very, very cold Saturday morning in January to help Mike Alicakos with his Eagle project – building a bridge on the Schuber Trail at Camp Glen Gray in Ramapo Reservation. Mike had worked for weeks before planning the design and working out the logistics of materials, approvals, etc. However, as Teddy Roosevelt once said regarding the start of work on the Panama Canal, it was “time to make the dirt fly.”

Troop 96 had more formidable challenges. First, the footings had to be prepared, which would support the poles that span the stream. As the great luck of our troop provides, the ultra-cold temperatures froze the stream, making working in the area much easier and safer. Next, 25-foot long poles had to be cut and moved down the steep hill to the stream banks below.



New bridge on the Schuber Trail
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Trail Crew Schedules

For the latest schedules, check <http://www.nynjtc.org/volunteers/vtrails.html#crew>. (Peak trail crew seasons are in the spring and fall.)
TBA = To be announced

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places. Volunteers must become members of the Conference to participate in these projects. A one-time “guest” participation is allowed, so bring your friends.

HIGHLANDS CREW

Contact the leader for details, no more than one week before the scheduled work date.

Leader: Bob Moss, 973-743-5203

July 11 (Sunday)

July 24 (Saturday)

August 15 (Sunday)

August 29 (Sunday)

NORTH JERSEY CREW

Leaders: Sandy Parr, 732-469-5109

Dick Warner, 201-327-4945

Second Sunday of each month.

Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

RECYCLERS OF THE TRAIL

By Dana Price



Left to right: *Onthophagus hecate*, *Copris minutis*, *Phanaeus vindex*, and *Onthophagus taurus*

As an entomologist, I am frequently asked what type of insects I work on. When I answer “dung beetles,” most people assume that I travel to exotic places to conduct my research. Alternatively, they think I work in the worst possible places. Neither is the case, however. Dung beetles are common and important parts of our forest ecosystems, including in the Northeast. Though there is no current species list for New Jersey and New York, at least 50 species are known to occur in this region.

Dozens of individuals, and several species, may be attracted to a single dropping of dung. Some of the most intriguing beetles found in association with mammals are the beetles otherwise known as “scarabs” (in the family Scarabaeidae). Within the United States, dung beetles have been known to feed on the excrement of deer (a favorite in the Northeast), fox, opossum, raccoon, horse, rabbit, dog, and even humans, although some are known to feed on fungi, humus, and sometimes carrion.

Dung beetles belong to the subdivision of the insects known as Order Coleoptera, which includes all the beetles. The dung beetles belong to three families within the order of beetles, including the families Scarabaeidae, Geotrupidae, and Trogidae. Worldwide, 7,000 species of dung beetles

have been described, yet this number seems minuscule compared to the total 360,000 species of beetles that have been identified. The scientific name Coleoptera [koleos = sheath, and pteron = wing], refers to the formation of the front wings into hardened wing covers. This adaptation probably evolved as a defense against predators and has allowed beetles to inhabit an enormous variety of terrestrial and fresh water, including dung.

There are three different groups of dung-inhabiting beetles. The groups are based on the way in which the insects make use of the dung, and are termed the “dwellers,” the “tunnelers,” and the “rollers.” The dwellers, usually *Aphodius* species, live within the dung, feed on it, and then lay their eggs within the mass where the larvae develop into adults. These beetles are usually small and are extremely common in cow pastures. There are also quite a few beetles in this group that have evolved an association with deer excrement.

The tunnelers consist of both large and small beetles that usually have front legs with serrated edges for digging. These beetles burrow under the dung, digging tunnels that they pack with dung from the

mass above. Piles of soil found next to the dung mass usually indicate tunneler activity.

The third group of dung beetles is the rollers. These beetles chew off pieces of dung, form it into a ball usually much bigger than themselves, and then roll it away from the mass in order to bury it. Rollers often work in pairs (one male and one female), one pushing and the other pulling, rolling the ball with their hind legs. The tunnelers and rollers are referred to as nesters due to their behavior of providing a home for their young. The sacred scarab, revered by ancient Egyptians, is a roller.

One of the most common dung beetles occurring from Canada to Florida and westward to Texas is *Onthophagus hecate* (see photo above). This species has been reported on many types of dung (human, deer, rabbits, dogs, horses, and cow), rotting fungi and fruit, in carrion, and at lights. During the summer of 2003, I watched nine individuals feeding in and on a finger-size dropping of deer excrement, and more individuals probably had already burrowed under the dropping.

A species that has been collected in several habitats is *Copris minutis*. This species is shining black with deep lines running down the front wings. A larger species (~20mm) found in the open fields of New

Jersey is *Phanaeus vindex*. This species is iridescent red and green and the large males of the species sport a long horn on the top of the head.

In addition to our native species, several species of *Aphodius* and *Onthophagus* have been introduced into this region, because our native populations have not been able to keep up with the increase in livestock production and manure waste. *Onthophagus taurus* was introduced into two counties in New Jersey in 1987 and has since increased its range northward into New York. Because of its amazing ability to spread, this species may eventually become a strong competitor with our native species for deer dung.

Piles of deer pellets on a trail, and the occasional conspicuous “sign” of coyotes placed on a rock in the center of trail, usually excite little notice from hikers, if they are observed at all. But these contributions to the forest floor are “home sweet home” to a remarkable and diverse part of the animal community that make up our forest ecosystems.

Dana Price is a graduate student at Rutgers University.



SCIENCE & ECOLOGY

Conservation in a Changing World

By Edwin McGowan, Science Director, PhD

In 1907, Carolyn Halloran sat on her Orange County, New York, front porch sipping tea with a fine view of the Highlands, Anthony's Nose, and the Hudson River, minus the Bear Mountain Bridge, which would not be built for several years. Her gravel driveway was called Cedar Lane, after the many red cedars, a pioneering tree species of former pastures. There were no local white-tailed deer to speak of and black bears existed only in the memory of her grandmother.

Today I sit on this same porch and look at a leafy wall of 100-year-old oaks and maples, the Hudson River now completely hidden from view. Deer are so numerous that it is a rare day when several do not visit the shrubs within a few yards of my complacent dogs. Bears navigate the neighborhood as well, leaving battered garbage cans in their wake.

This dramatic change from 100 years ago is the result of two forms of succession—one ecological and one societal. Left to their own devices, open landscapes in the east change or “succeed” through a series of predictable stages and, barring some type of disturbance, eventually set-

tle in on the mature forests we see today throughout much of the region. Open fields are replaced by shrub lands, shrub lands by young forest, and young forest by mature forest, a process that has played out on a vast scale following the decline in agriculture and forest-based economies.

Societal change works more subtly but has been just as important to wildlife as the return of forest habitat. It began with recognition in the early 1900s that wildlife populations could not exist without protection and management. Habitat conversion, year-round open seasons, and unlimited hunting had taken their toll on game species. At about the same time, early conservationists recognized that the human experience would be diminished without the wild places we had long sought to tame and convert to “productive” use. Thus, wildlife management and land conservation were born in response to what had been or would be lost. This facilitated the return of many native species and their habitats.

Today we face a new set of challenges and ones that may not be as forgiving for biodiversity. Whereas the abandoned

agricultural lands of our forebears easily and naturally reverted to wildlife-supporting forest, our current land use practices are leading to an ever-dwindling land base for natural communities. Small subdivisions give way to larger ones, larger ones to commercial developments, commercial developments to highway expansions, and so on. With this comes a certain level of prosperity for human residents, which, however, is often accompanied by a decline in quality of life: more time spent in traffic, escalating taxes, a diminished sense of community. This progression is well known to long-time residents of once rural counties such as Rockland County, New York, and Bergen County, New Jersey.

Our natural heritage is an often-overlooked casualty of this process. Although state agencies attempt to track and protect the welfare of our rare and endangered plants, animals, and natural communities, the current pace of development tends to overwhelm these efforts. Yet deer, raccoons, turkeys, and coyotes seem to abound, in contrast to a century ago, suggesting that nature persists undiminished. However, this is a false assurance, as these animals merely represent some of the most visible and adaptable of our native fauna—ones that do quite well in a human-dominated landscape. Many less adaptable species—

reptiles, amphibians, forest interior birds and mammals, and native plants—are being lost with little fanfare.

This new reality has spurred a number of initiatives aimed at improving how communities grow with an eye toward sustainable living, both for people and our natural heritage. These include Hudsonia's citizen-based biodiversity mapping project, and the Metropolitan Conservation Alliance and NY Biodiversity Research Institute's assistance to local planners, to name just a few. Of course, New Jersey's monumental Highlands Water Protection and Planning Act will provide for much needed open space planning in northwestern New Jersey.

For our part, the Trail Conference supports sustainable living through our advocacy, land acquisition activities, and our science program. Through our Green Corridors project, we present a vision to local planners that includes open space and outdoor recreation opportunities for current and future generations. Our science program is working to ensure that hiking is compatible with conservation objectives, while involving our members as active stakeholders in biodiversity protection. Together with the conservation community, we are working to secure our natural heritage, as well as the view, for future generations.



West Hudson Crew Repairs Another Bridge Over the Popolopen Creek

In September, 1999 the Popolopen Creek in Harriman-Bear Mountain State Park lost not one, but two of its crossings. The storm damaged the concrete viaduct over the creek just east of Queensboro Lake at the same time it was destroying its more famous, and bigger, cousin in Popolopen Gorge. Even though passage across the creek was possible at the small structure, the lack of handrails made some people apprehensive about using it. Crossing the creek safely is now possible. On May 1, the West Hudson Trail Crew completed this long-awaited repair.

Using six 4 x 4 posts in five-foot lengths bolted to the side of the viaduct, the trail crew was able to string a wire handline across the full 54-foot width of the creek. Thanks go to the crew members who came out to build the railing and, more important, carry all the tools and materials to the work site. Pictured are, left to right, Chris Ezzo (crew chief), Bob Marshall, Trudy Schneider, Mary Hilley, and Bruce Shriver.



Hudson River Valley Ramble Expands to Two Weekends

The Fifth Annual Hudson River Valley Ramble with Hudson River Estuary Days takes place on the weekends of September 18-19 and September 25-26. Nearly 150 guided and interpreted hikes, walks, paddles, biking tours, and other related events will be featured throughout the 10-county Hudson River Valley National Heritage Area, which extends from Westchester and Rockland Counties to the Capital Region, and along the length of the 153-mile Hudson River Estuary. Events for all ages will be offered by nearly 100 environmental, trail, historic preservation and cultural organizations, land conservancies, state park preserves, historic sites, the Great Estates and the New York State Department of Environmental Conservation.

Jakob Franke, chair of the Long Path South Committee, will lead again a hike along the Long Path and the Shore Trail on Saturday, Sept. 18. The hike includes a bushwalk to remnants of Skunk Hollow, a historic 19th-century black settlement, a walk along the Palisades with great views of the Hudson River and Westchester County, a rock scramble over the 'Giant Stairs' along the river, and a visit to Peanut Leap Falls and the remnants of the Lawrence Gardens.

The entire hike of about 5 miles is listed as very difficult and will take 4-5 hours. Bring lunch and water, and long pants if you are sensitive to poison ivy. The meeting place is at the entrance of Lamont-Doher-

ty at the state line, on Rt. 9W, and the hike starts at 11:15 am. No registration is necessary. For additional information you may call 201-768-3612 (evenings), or email jf31@columbia.edu.



Nearly 150 guided and interpreted hikes, walks, paddles, biking tours, and other related events...

A program guide with a complete listing of Ramble events will be available in August. To receive a free guide, call 800-453-6665. The Hudson River Valley Ramble with Hudson River Estuary Days is sponsored by the Hudson River Valley National Heritage Area and Hudson River Valley Greenway with assistance from the New York State Department of Environmental Conservation.

IN MEMORIAM



Paul Leikin

Paul Leikin, a life-long hiker and long-time member and volunteer of the Trail Conference, passed away on April 27, 2004, at the age of 91. He died in Arizona under the care of his daughter Celia, but his heart and soul never left the Hudson River Valley and its peace and beauty. Over the course of at least three decades as a member of the Trail Conference, Paul, who became a Life Member, took on many volunteer jobs for the TC, including selling ads for *Trail Walker*. But he was probably best known in the office as the Conference map keeper, for two decades storing TC maps in his basement and hosting weekly work meetings at which volunteers packed the map sets and prepared them for delivery.

Trails Chair Pete Heckler once described Paul as "a Catskill eagle" as defined by Herman Melville in his book *Moby-Dick*: "[T]here is a Catskill eagle in some souls that can alike dive down into the blackest gorges, and soar out of them again and become invisible in the sunny spaces. And even if he forever flies within the gorge, that gorge is in the mountains; so that even in his lowest swoop the mountain eagle is still higher than the other birds upon the plain, even though they soar."

A memorial service was held May 22 at St. John's in the Wilderness in Harriman Park. It drew friends, family, and Trail Conference colleagues, who celebrated Paul's life with their memories and stories. Hikes in his memory followed the ceremony.

Volunteer Classifieds: Get Involved!

Are you looking for new challenges and opportunities to get involved with Trail Conference activities? Please review the TC Volunteer Classifieds for exciting and interesting ways for members to become involved with the Conference's efforts. Volunteers are the heart and soul of our organization. Become an active part of our family and get more involved. If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact Volunteer Projects Director Joshua Erdsneker, either by email josh@nynjtc.org or phone 201-512-9348, and he will find a way to get you involved.

Artist/Graphic Designer

Are you artistically inclined? There are several projects available, ranging from designing recognition patches to developing new logos and signs. If you are interested, please contact Josh at josh@nynjtc.org or call the office, 201-512-9348.

Trail Land Monitor

As the race to protect open space speeds up, the Trail Conference is becoming more active in these efforts. In Wantage Township, Sussex County NJ, the Trail Conference will be helping the public gain access to newly acquired lands by monitoring protected open space. Land monitors will mark the boundaries of the

lands, watch for illegal activities and misuse, and keep an eye out for significant environmental changes. For more information about this opportunity, please contact Larry Wheelock at 201-512-9348 or wheelock@nynjtc.org

NYC Driver

Do you have a car and live in NYC? Our Metro Trails Committee Chair, Bob Ward, is looking for some transportation assistance. Bob is no longer able to drive, yet he is still just as committed to his job as the Trail Chair for Staten Island and Alley Pond in Queens. If you are willing to donate a few car rides to help Bob get to meetings, he'd be grateful. Please call Bob at 718-471-7036 for more details.

Our National Treasure Needs You

The nation's greatest historic footpath needs a highly motivated volunteer to coordinate and manage the men and women who maintain the Appalachian Trail in New Jersey. The NJ Appalachian Trail Chair position needs immediate filling. Qualified candidates need to be well organized, detail oriented, good communicators, and have a passion for the AT. Be a part of the team that maintains one of the most diverse and intriguing sections of the Appalachian Trail. If you are interested in this position, please contact Larry Wheelock at 201-512-9348 or wheelock@nynjtc.org.

Book Review Coordinator

Help your fellow hikers decide which next great outdoor book to buy. We are looking for someone to coordinate the book reviews for the *Trail Walker*. Responsibilities include seeking and selecting books to be reviewed, matching reviewers with the appropriate titles, mailing books with covering letters, and sending reviews to the *Trail Walker* editor when received. If you are interested, please contact Josh at josh@nynjtc.org or call the office 201-512-9348.

The Spirit of the Conference

Photographers...send in your best shots! The Membership Committee is designing a new Trail Conference brochure and we need your help. No brochure is complete without great pictures! We are looking for stunning photos of hikers, volunteers, and landscapes in our region. If you have a shot or two that catches the spirit of the Trail Conference, please send it to Josh at the office.

Other positions available:

- Experienced Salespersons
- Writers
- Assistant Web Masters
- Publications Indexer

Board Candidates Nominated

Nominees for the Trail Conference Board of Directors: Bob Boysen, Dan Chazin, Ellen Cronan, Peter Kinnard, and Mary Smart.

Nominees for delegates-at-large: Bob Berlin, Vladimir Broz, Eric Calder, Jim Conlon, Harvey Fishman, Cliff Gerenz, Denis Haliwell, Jill Hamel, Gary Haugland, John Jurasek, Hal Kaplan, Phyllis Key, Jane Levinson, Mark Liss, John Mack, Paul Makus, Judi Murphy, Anna Parker, Karen Rose, Trudy Schneider, and Naomi Sutter.

The election will take place at the Trail Conference Annual Meeting in the fall, date to be set.

—Phyllis Stewart
Chair of Nominating
Committee

For & About

Member Is Rockland Outstanding Volunteer

TC member and Rockland County resident **Constantine Gletsos** received this year's County Executive's Outstanding Environmental Volunteer Award at an Earth Day ceremony. The award is marked by the planting of a cherry tree with a plaque in Kennedy-Dells County Park. Gletsos is a retired chemist who has worked to protect Rockland's water and keep his village free of litter. He founded the Pomona Clean-Up Squad (POCUS) in 1997, which has cleaned litter from the village and worked with the Haverstraw Town Park and Highway Departments to clean up Cheesecote Mountain Park in 2002. Gletsos also organized the first "Stream Team Drain Project" in Rockland. This group of volunteers marked storm drains with warnings about illegal dumping and the importance of protecting the county's water. Gletsos is at least the second TC member to receive this award from Rockland County; the late George Zobelein, former TC president, was bestowed the honor posthumously in 2002.

Read Hike of the Week In Poughkeepsie Journal

Ralph Ferrusi is coordinating a new Trail Conference outreach effort in collaboration with the *Poughkeepsie Journal* newspaper in Dutchess County, NY. From April through the fall the paper is publishing a Hike of the Week column, prepared by a bevy of TC volunteers, led by Ralph. The hikes will run a gamut of difficulty levels, but will be aimed primarily at families. Most will be within an hour of the Poughkeepsie area. *Poughkeepsie Journal* readers should look for the weekly feature in the Thursday Players section of the newspaper (Sports). Others can see the write-ups via the TC web site, www.nynjtc.org.

This effort is the second such outreach program by TC volunteers. In New Jersey, Daniel Chazin writes a semi-weekly hike column for the *Bergen Record*.



Ridgerunners

Left to right: Mike Hux, Toby Woodard, and, back for his third consecutive season as an AT Ridge Runner, Garth Fisher. The three will be monitoring the Appalachian Trail in New Jersey, educating hikers on good trail practices, and caring for the backpacker campsite in Worthington State Forest. The program in New Jersey, established in 1992, is cosponsored by NYNJTC along with the New Jersey Dept. of Environmental Protection, the National Park Service, and the Appalachian Trail Conference.

Publications Committee Launches Search For Marketing Help

Publications Committee Chair George Petty and staff Volunteer Projects Director Josh Erdsneker have begun a campaign to find member volunteers to help publicize forthcoming Trail Conference books and maps.

"We have four books and one map set coming out this spring and summer," Petty said, "and we need to do more to get the word out about them."

The summer publications include the *New Jersey Walk Book* second edition, already available, the new *Kittatinnies Trails guidebook* by West Jersey Trails Chair Bob Boysen, a second edition of *Hiking Long Island*, a reprint with corrections of the *Long Path Guide*, and a new edition of the "Hudson Palisades" map set.

Under their new plan, the Publications Committee will name a marketing manager for each publication. Marketing tasks include preparing pre-publication press releases, post cards, and email notifications; contacting editors of local weekly and urban daily newspapers to solicit reviews, and setting up media attention, publicity hikes, and other public appearances for authors.

"It would be great if marketing volunteers had experience," Petty said, "but this is also an opportunity for interested members to acquire skills in an exciting field." The Publications Committee can provide written task outlines and guidance from experienced committee and staff personnel.

Volunteers for publication marketing should have good writing skills and be able to give several hours per week over a three-month period to the task. "Marketers can choose which publication they want to work on," Petty said, "but I guess the early volunteers get the most choices."

Marketers should contact Volunteer Projects Director Josh Erdsneker at the Mahwah office, 201-512-9348, or via email at josh@nynjtc.org.



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National Public Lands Day September 18, 2004

Receive a FREE entry!

Volunteers who pitch in on National Public Lands Day will be rewarded with a free entry day during the next year at any public land site managed by one of five federal agencies.

Thousands of volunteers will clear trails, build bridges, plant trees, and participate in hundreds of other activities on the 11th Annual National Public Lands Day on Saturday, September 18, 2004.

For the first time, all National Public Lands Day volunteers who work at a site managed by one of the five federal agencies will receive a coupon good for a "fee-free" day at any site managed by the agencies. Those agencies, which have entry fees, are the Bureau of Land Management, National Park Service, U.S. Army Corps of Engineers, U.S. Fish and Wildlife Service, and U.S. Forest Service.

For more information, including a list of National Public Lands Day sites, activities, contacts, and downloadable photos, visit npld.com or call 800-VOL-TEER (800-865-8337).


STATE ACQUIRES... continued from page 1

Conference is part of an 860-acre assemblage being targeted for protection along the ridge in the Town of Mamakating, Sullivan County. Three other parcels—the 374-acre Konstantinoff parcel, the 173-acre Howell parcel, and the 162-acre Wurtsboro Steam Laundry parcel—are also expected to be acquired by the state.

The Trail Conference began working on this project in 1991 by identifying the landowners, conducting negotiations with them, acquiring several options, and finally purchasing the Stutzman property. Key roles were also played by the Open Space Institute, which purchased one of the parcels, and the Trust for Public Land (TPL), which optioned another.

"This is our first big assemblage on the Ridge," said TC Executive Director Ed Goodell of the Trail Conference's work to preserve the SRT. "It demonstrates how we

can take a vision of creating trails that link open spaces and lay the essential groundwork, which enables others to rally around and make it happen." TC Land Acquisition Director John Myers has been instrumental in preservation work in the Shawangunks since the beginning, talking to landowners, obtaining their permissions for the SRT, and negotiating purchases.

"The state's acquisition of these four critical properties will be a major milestone in creating a permanently protected Shawangunk Ridge corridor between the Delaware Water Gap National Recreation Area in New Jersey and the Catskill Forest Preserve in New York," said Goodell. "Now that we have protected this gap, which links the Wurtsboro Ridge State Forest and the Shawangunk Ridge State Forest, very few gaps remain between the Basha Kill and Sam's Point, making our acquisition work south towards New Jersey even more significant." 

New GPS Users Group Invites Participants

The NY-NJ Trail Conference is forming a GPS Users Group. Many hikers are now using GPS (global positioning system) technology, and this new group will serve as a forum for all aspects of GPS use. The group's purpose is to discuss and share all types of information regarding GPS technology, use, mapping, geocaching, and any other topics, including various software that is available. All interested parties regardless of experience level—whether or not you own a GPS unit or are just looking to find out more information—should attend this first start-up session. The session will be held on Saturday, August 21, at 10 am at a location to be announced. Please fill out the interest slip below to sign up or contact John Jurasek at Jurasek@optonline.net or 845-365-3618 for more information.



Photo Copyright Garmin Ltd.

NEW! GPS Users Group

I am interested in participating in the GPS Users Group.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: day (____) _____ eve (____) _____

Email: _____

Mail to: NY-NJ Trail Conference, GPS Users Group,
156 Ramapo Valley Road, Mahwah, NJ 07430.

BUILDING BRIDGES

continued from page 1

of planning to get all the necessary people, parts, and foundations prepared and in place. We had many on-site discussions about the best way to set up the high-lines and build the approaches and abutments. In addition to our own views, we had to consider the requirements of the bridge designers, engineers, government officials, and people from the Trail Conference, each of whom had differing concerns and all of whom had to be satisfied in the end. Safety was always an issue with the steep slopes, large rocks, fast-moving water, many moving parts, and people of differing experience levels both helping and wandering into the work site. Each aspect of the project provided an education.

Applying these trail-building lessons in my career has helped me transition from being a timid person, struggling under the weight of the status-quo, to being someone who willingly takes on challenging projects to help build "the best that can be." Here are a few nuggets that I hope bring you a smile and a little bit of inspiration to start building your own bridges.

- With hard things, like granite, large projects, and difficult people, you have to make progress in small increments or you run the risk of destroying the foundation you need to build on.
- With focus and dogged perseverance, you can get anything done. Look at the big picture, choose the next detail to tackle, then go to it. Even the biggest projects are completed one small piece at a time.
- Differing opinions are good. They provide lots of perspectives that, when combined, lead to a really good solution that covers all the angles.
- Double-check everything; the person who does the job should not be the same person who checks the work.
- Focus on what is working well and do more of it. Eventually, you will move through the obstacles with barely a notice.
- Knowing the proper way to apply leverage can allow a small person to shift large, cumbersome things, like rocks, stubborn opinions, and bureaucratic quagmires.
- You are less likely to get hurt if you keep soft, tender things—such as fingers, hearts, and fragile egos—away from hard, moving objects—such as pry bars, rebounders, and other fragile egos.
- Know where the weakest points in the system are and make sure that no one, including yourself, will be in harm's way if things should start flying apart.
- When you get stuck and can't figure something out, take a hike. Things will look different when you return.
- And finally, know your limitations. There is a fine line between challenging yourself to rise to the next level and getting yourself into fast, deep water and in danger of drowning.

I feel incredibly fortunate to have found my way into this community of trail builders. As a team, we built a passage over some tumultuous waters, both literally and figuratively. I guess there is one more lesson here: You can accomplish more than you ever dreamed possible by trusting that the combined strengths can overcome the combined weaknesses. I invite you to come see the bridge and perhaps consider where it can take you.



CREW CUTS

continued from page 4

repeat of the mining effort, with delivery of materials to a location further up the work-site. Josh Erdsneker and Marshall McKnight joined me for that. Meanwhile, Monica, Roland, Marc Cohen, and Paul Dutton dove into another 10 steps, several terraces, more retaining wall, and another large waterbar. The duo of Dick and Ian cleared about 200 feet of new treadway through the woods to where the relocation would now rejoin the original trail.

Everybody worked hard, had a good time, and the project was completed in very good order. Josh and Marshall had a great time "floating" 300-pound rocks 10 feet in the air above the trail, and Ian and Dick had the gratification of creating a new treadway. Everybody had the satisfaction of knowing they made a real improvement to this trail.

David works with the West Hudson crew and co-leads the West Jersey crew with Monica Resor.

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New Life Members

The Trail Conference welcomes the following new Life Members:

Herbert L. Hochberg
Jess Lynn
Richard M. Taylor and
Sharon Flanagan

A Life Membership in the New York-New Jersey Trail Conference is a wonderful gift to yourself or a loved one, and to the Trail Conference. An individual life membership is just \$500; a joint life membership (two adults at the same address) is \$750. The next time you renew, please consider becoming a Trail Conference "lifer."



CONTRIBUTIONS

GIFTS

ADK Knickerbocker Chapter, ADK Mid-Hudson Chapter, Shin Aizeki, Arthur G. Almeida, Amazon.com, Robert P. and Joan T. Augello, Annette Bacilo, Peter M. Balma, Steven Becker, Vaclav E. Benes, Carol Ann Benton, Gottfried Bernert, John B. Blenninger*, Peter W. Blom, Harry F. Bott, Douglas O. Bowers, Robert and Rose Marie Boysen*, Walter E. Britt, Alice M. Broquist, Ferdinand Caiocca, Lisa C. Caplan, Stephen Carroll & Elizabeth Carroll, Barry P. Clark, Derek D. and Barbara Cocovinis, William J. Cofone, Herbert J. Coles, Joseph A. and Marion Costa, Lloyd R. Currier, Margaret Cushing, Judge B. Daniels, Peter A. DeBaun, John P. Denkowski, John Devery, Patrick Devine, Chaya Dickman, Rose Dittus, Michael E. Doehring, Duncan Douglas*, Richard D. and Joyce Draper, Arthur H. and Nancy Ebeling, Joan and David Ehrenfeld, Vincent Ellison Jr., Donald E. and Mary Sue Farquhar, Steven A. Fischler, Sheldon Freidenreich, Friends of Glen Gray, Max Gabay, Peter Gabriele II, Ira J. Gardner*, William H. Gelles, George Gentsch & JoAnn Abbadessa, George Gentsch & JoAnn Abbadessa, William R. Ginsberg, John and Wanda Giuffrida*, Robert J. Glynn, Gladys and Lester Goldstein, Jack Goldwasser, James C. and Susan P. R. Goodfellow*, Richard G. Gramlich, Gary Grasselena, Judith Green, Robert W. Grize, John Grob*, Beth S. Grossman, John and Marianne Gunzler*, Nancy and Ronald Gurmman, John Haertlein, William A. and Joan T. Hand, Eileen P. Hanna, Mary and Patrick Hartery, Joseph P. Henderson, HP Employee Charitable Giving Program, Interstate Hiking Club, Jan C. Jeremias, James F. Kenny & Viola Ortiz*, Howard D. Kessler Jr., George Klaus, Stuart J. Kurtz*, Judy and Rich Latimer, Gus J. Lesnevich, David E. Levine, Barnet M. Levy, Kenneth F. Lewaine, Patricia Livingston, James M. and Lois Lober*, Chester S. Logan*, H. Max Lopp II, Len and Liz Lyon, David B. and Gail MacNeil, Eileen T. Mahler, Paul N. and Annette S. Marcus, Robert F. Marshall, Mary Mautner, Douglas F. McBride*, David J. and Patricia McConnell, Wallace McLeod Jr., Marsha Melnick & Susan Meyer, Alan Melniker*, Bill H. Menke, Robert W. Messerschmidt*, Richard S. Mitnick, Andrew Moroz, Steven R. and Suzanne L. Moses, William J. Moss, Miklos Muller & Jan Keithly*, Gail N. Mulvihill, Donald A. Myers, Joseph D. and Laura L. Nally, Sherri Neuwirth, Joachim and Lila Oppenheimer, Walter R. Pfaff, Dianne T. Philipps, Gregory B. Pietrzak, Miklos Pinther, Lilly E. Popper, Sheila Rizzo, Louis K. and Estelle Robbins, Laurance Rockefeller*, Roger Roloff & Barbara Petersen, Joan L. Russo, Ayako Saito, Margaret E. Sargente, Henry T. and Alexandra Sarnataro, Maria and Anthony J. Sarro, Michael Sasse, Neil C. Schaefer & Harriet Rzetelny, Rosa Scheck, Trudy Schneider, Ruth Schorsch, Edward R. Schreiber, Noel P. Schulz, Elizabeth Schwartz, Steve R. Schwinn & Susan J. Schwinn, Constantine Sidamon-Eristoff, Thomas D. Simmons, Lester D. Simon, S. Aaron Simpson, Ron Snider, Malcolm Spector*, Marguerite St. Palley, William Stoltzfus Jr. & Janet Stoltzfus, Stonyfield Farm Yogurt, Mark and Lynn Sullivan, Michael Taylor & Sharon P. Churcher, The Warren Wanderers, Carl E. and Victoria A.D. Thune, John P. Turrell, Thomas N. and Diane Tuthill, United Way of Bergen County, United Way of New York City, Renee P. Victor, Lucy R. Waletzky & Jim Hamilton*, Edward and Eudora Walsh, William C. Ward Jr., Hedley M. and Barbara Weeks*, Larry A. Wehr, Wilma J. Weichselbaum, Robert and Virginia Weismantel, George Willenbacher, Thomas Williams, Roy F. and Patsy Wooters, Nancy K. Zimmerman, Lilian Zwyns

MATCHING GIFTS

Avon products Foundation Inc., J.P. Morgan Chase Foundation, Prudential Foundation

MEMORIAL GIFTS

In memory of Betty Lesem

Melissa and Jay Curwin*, Bruce and Robin Skoletsky

In memory of the grandmother of Mrs.

Melissa Curwin

Bruce and Robin Skoletsky

In memory of Carol Derr

JoAnn and Paul Dolan, M. Nancy Lentner, Herbert Shulman

In memory of Don Hendrickson

Peter and Rita Heckler*, Andrew and Dana Spiel

In memory of Jay Schwarz

Ferdinand Caiocca, Robert J. Jonas, Jack and Judy Kossover, M. Nancy Lentner, Herbert Shulman, Marguerite St. Palley, Shirley Sucher

In memory of Paul Leikin

John B. Blenninger*, Herman H. Clausen, JoAnn and Paul Dolan, Ronald Fecher, Susan and Barry Gerhardt, Peter and Rita Heckler*, David and Naomi Sutter, Daniel R. and Lynne V. VanEngel

In memory of Lee Sparrow

Peter and Rita Heckler*, Richard E. Sparrow*

In memory of Ed Holovach

ADK New York Chapter

In memory of Julie Russell

Peter and Rita Heckler*

SPECIAL GIFTS

To Shawangunk Ridge Coalition
James Brown III, Alex Vetlov

In honor of Richard Zinn's 80th birthday

Mary Smart & Irving Lane Fletcher

In honor of Jim Stankard

Herbert Shulman

In honor of Jonathan Brandt's birthday

Rachel Givner

In honor of the 50th wedding anniversary of Lilia and Joe Oppenheimer

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ADVOCACY & CONSERVATION
continued from page 3

servicing land and preserving community character. The New York Community Preservation Act (A.10053/S.6949A) now has sponsors in both houses of the state legislature. The act provides state authorization for towns to create community preservation funds with the approval of local voters in a public referendum. The towns are authorized to impose a real estate transfer tax of up to 2 percent and deposit the revenues in the community preservation funds. Essentially, this bill will allow local voters to decide whether they want to support open space funds with revenues from real estate transactions. The Trail Conference/ADK Partnership strongly supports this legislation and encourages members to contact their legislators to press for their support. See www.senate.state.ny.us and www.assembly.state.ny.us for more information about the legislation.

Try Not to Breathe When Hiking

In April, the Environmental Protection

Agency (EPA) declared that most of New Jersey and much of the area in New York covered by the NY-NJ Trail Conference does not meet new health standards for ground-level ozone. Ozone, declares the EPA, "is unhealthy to breathe, especially for people with respiratory diseases and for children and adults who are active outdoors." Ozone aggravates asthma, damages the lining of the lungs, and makes breathing more difficult.

Since 2001, Hikers for Clean Air has lobbied the EPA for a strong BART Rule (Best Available Retrofit Technology) in order to improve air quality and visibility. The BART Rule is the teeth of the Regional Haze program, which is designed to protect Class I national parks and wilderness areas from visibility impairment.

The Appalachian Mountain Club invites hiking groups to join its new Visibility Volunteers (Viz Vol) program to document visibility and ozone levels. Volunteers need only bring the Viz Vol materials—datasheets with attached Ozone Cards (one for each hike), fact sheets—and use either a disposable or personal camera on already

planned hikes throughout the summer. For information and to request Viz Vol materials, contact gmurray@outdoors.org.

Update: Proposed Belleayre Resort Project

April 23, 2004, marked the deadline for public comment on the proposed Crossroads Ventures project known as the Belleayre Resort at Catskill Park. The enormous project site is located in the center of the Catskill High Peaks to the east and west of the state-owned Belleayre Mountain Ski Center. We have reported on the magnitude of the project and the Trail Conference/ADK Partnership's concerns about its impact on surrounding Catskill Forest Preserve lands in previous issues of the *Trail Walker* (see March/April 2004, page 1).

Upon extensive review of the Draft Environmental Impact Statement (DEIS) for the proposed project, the Partnership formally stated that the DEIS fails to adequately address and mitigate the effect of secondary and induced growth from the project on levels of use surrounding state

Forest Preserve lands, including the Slide Mountain Wilderness and the newly proposed Hunter-Westkill Wilderness Area. According to the Slide Mountain Wilderness Unit Management Plan, one of the greatest threats to the area is recreational overuse of the Slide-Cornell-Wittenberg-Woodland Valley-Panther-Giant Ledge hiking complex. These popular trailheads are just a short drive from the project site. The Partnership states in its comments that DEC must evaluate the impact of the resort and its visitors on the carrying capacity of all Catskill Forest Preserve units.

The Trail Conference and ADK also stated a concern about the eventual expansion of the Belleayre Ski Center and the cumulative impact of the expansion and the construction of the Belleayre Resort on the same mountain.

Contributors to this report include Richard Benning, John Mack, John Myers, Neil Woodworth, and Marisa Iannacito.



MIKE'S EAGLE BRIDGE
continued from page 4

This was an amazing work of ropes, levers, and rollers to move these monster poles, hundreds of feet down a steep hill, across a frozen stream, and hoisted into position on the footings. I doubt that any of the boys felt it was possible when we started (I think a few adults felt similarly), and everyone was so proud to have actually accomplished it.

Once in place, the poles of different diameter had to be leveled so that the topside would be flat for the walkway. This was done by notching the support poles just enough to make the topside level. Our luck did fail us on the fuel side... twice we ran out of fuel. The first time for the chain saw and the second time for the generator.

Next, the walkway was screwed-down to the poles. Since no pole is perfectly straight, we mounted the first and last walkway plank, and then strung a line between the two to ensure that all of the middle planks would be perfectly straight.

Support posts for the railings were attached with special stainless steel brackets generously donated by Andersen Machine & Welding, and bolted to the side of the span poles with lag bolts. Many businesses generously donated products, including Marshall Hill and Wanaque Supply. Railings were attached and sanded to reduce the likelihood of slivers, etc. This is clearly the "abridged" version, as this project took three working days on-site as well as many days of preparation, site visits, conferences, discussions with local businesses, etc.

This project was one that will live in the minds of all those who participated for years to come. Rarely have so few, been able to accomplish so much, through the purest form of teamwork.

—Gene Giordano

BOOT CAMP, TC STYLE
continued from page 3

develop a corps of volunteers who are prepared to help maintain the 1,600 miles of trails for which the Trail Conference is responsible. Anyone who may be interested in maintaining their own trail or joining a trail crew is encouraged to attend the workshop that is right for them.

Thanks go to volunteer Brian Goodman, who did a wonderful job of arranging the weekend, making sure the facility was secured and set up, the food organized, and saw that Hubbard Lodge was returned to the clean condition in which it was found.



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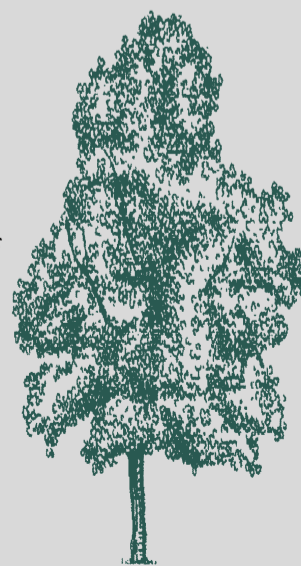
The NY-NJ Trail Conference website offers a wealth of information and many resources on hiking in NY and NJ. It also has features you might not know about:

- Job Opportunities
- Volunteer Work
- Workshops
- The most up to-date information on trail closures and openings
- Hikers' Market Place
- Web Trail Walker
- and many more links

Where there's a Will, there's a Trail

When we build them, you hike them. We've been building and protecting trails for at least four generations of hikers since 1920. That's 1,600 miles in New York and New Jersey to date. Help us keep building for the next generation by naming the New York-New Jersey Trail Conference in your will. A bequest makes a wonderful gift, and it lasts beyond one lifetime.

For confidential information and legal language, contact the Trail Conference at 201-512-9348, or by email; info@nynjtc.org.



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FAVORITE HIKE



By John Mack

Hasenclever Iron Trail

This new trail will be a favorite for history buffs.

The new Hasenclever Iron Trail in northern New Jersey runs just over 5 miles from the Ringwood Manor area to the footbridge over the Wanaque River on the Sterling Ridge Trail at the Long Pond Iron Furnaces. It is named for Peter Hasenclever, who established the Long Pond Ironworks in 1766, and follows historic routes used by Colonial miners.

The trail was proposed by Martin Deeks, the late Ringwood Park Historian, who had identified the roads used in Hasenclever's day. In Martin's words: "The Ironmaster's Manor at Ringwood, the complex of mines and the ironworks at Long Pond were all part of an entrepreneurial vision that began in 1740... Maps drawn by Robert Erskine in the 1770s indicate the main roads used to connect the manor, the mines and the ironworks as well as the neighboring ironworks at Sterling."

Though not yet marked on Trail Conference maps, the area through which the trail runs can be located on TC Map 22, North Jersey Trails, G3, or on Map 100, Sterling Forest Trails, NJ section roughly from Ringwood Mill Pond west to Hewitt.

Trail Development: Planning and development of the proposed trail was initially led by Paul Frost, a member of Friends of The Long Pond Ironworks, who had walked the route with Martin. It was found to cross seven properties for which ownership and administration had to be determined. To allow passage over the one

lot owned by the Borough of Ringwood, a specific ordinance was passed. Tax maps were searched to avoid encroaching upon private lands.



LARRY WHELOCK

A search of the New Jersey Natural Heritage database for occurrences of any rare wildlife species or wildlife habitat, plus occurrences of rare plant species or natural communities was obtained. The flagged trail was then studied by Trail Conference Science Director Ed McGowan, resulting in minor rerouting. Finally, clearing and building of the trail was largely accomplished by Sandy Parr's North Jersey Trail Crew. By early June, the trail had been blazed (yellow) in one direction and blazing in the reverse direction was scheduled to be completed soon after.

Trail Description: The trail is not a continuous road but a series of roads and connections; the many turns will not generally be described here. Several interesting and historic features are observable along the way.

Beginning at Ringwood Manor in Ringwood State Park, hikers will pass the manor house and proceed through wrought iron gates. Continue past the end of Sally's Pond (named for Sarah Hewitt, daughter of Abram Hewitt, the last ironmaster to live privately on the property). Just beyond a

small stream, turn right toward the first of the yellow blazes, which appears on a shagbark hickory tree, and proceed ahead to enter the woodland at the edge of a lawn. Soon you reach a deeply cut wood road thought to be a portion of the original Colonial road.

Reaching Hope Mine Road, presumably a section of the old Hasenclever Road, the trail turns southward leading to Peter's Mine, named for Peter Hasenclever. Worked from 1740 to 1931, the main mine shaft is now seen as a pool on top of the fill and is sheltered by overgrowth. On the hill

beyond are abandoned structures built during WWII when the mine was briefly reopened. Following near a stream to the west side of the mine, cross-ties in the path identify a section of old railroad siding.

Continuing, old Boro Boundary Road is reached and crosses a stream on an attractive bridge with fieldstone sides. Approaching the north end of Monksville Reservoir, a former farm site is reached, open and adorned by a beautiful old maple (see the accompanying photo). Turning westward, the trail passes along the foot of a hill above the reservoir. Here are seen foundations of former cabins, some dating to Hewitt days. Nearby an iron "tire" from a wooden wagon wheel leans against a tree. Sixty paces after crossing a low stone wall along the north side of the trail is a pile of stones believed to be the ruins of a lime kiln.

Roads and paths lead through a hemlock forest before the blue-blazed Sterling Ridge Trail is reached after passing a large mound on the right, possibly the ruins of the ironmaster's house. A left turn onto SR Trail leads to the footbridge across the Wanaque River and the end of the Hasenclever Iron Trail. Across the bridge are the Colonial- and Civil War-era Long Pond furnaces. From here the SR Trail can be followed to East Shore Road at the intersection with Greenwood Lake Road and a large parking lot.

*John Mack is a volunteer assistant to executive director Ed Goodell on special projects and is a maintainer on the Wildcat Mountain Trail in Sterling Forest, which he helped to clear. Additional information about the region's iron mine trails is available in the NY-NJ Trail Conference guide *Iron Mine Trails*, by Edward J. Lenik. Order using *Hikers' Marketplace* on page 12 or online at www.nynjtc.org.*

BOOKNOTES



Trail Guide to the South Fork

Mike Bottini

Harbor Electronic Publishing, 2003

Review by Dale Weiss

Mike Bottini is an environmental consultant who served for 14 years as a planner for the Group for the South Fork on Long Island. He is an award-winning columnist, a former adjunct professor at Southampton College, and a former Outward Bound instructor. His column in the *Southampton Press*, called the "South Fork Outdoors," serves as the basis for this book.

In it, Bottini, an accomplished naturalist, offers a vivid picture of the local ecologies of the trails. From seashore to oak/pine woods, from saltwater wetlands to freshwater ponds, he describes the unique natural history of the remarkably diverse South Fork environments. Beautifully drawn maps and personal commentary make this book useful and accessible to both beginning and experienced South Long Island hikers. Even if you are only an armchair nature lover, you'll find this book enormously informative.

The Beaten Track

The Big Walks Of Great Britain

David Bathurst

Summersdale Publishers Ltd., 2001

Review by Ben Frankel

In Bathurst's description of the end of a particular section of trail, he says, "All good things must come to an end." That is the way this reviewer felt when finishing this book. The guide covers the great trails of Britain: the South West Coast Path, the Pembrokeshire Coast Path, the West Highland Way, and 11 others. The trail descriptions are precise and thorough. A bit of frustration crept in for this reviewer, who tried to find a mistake somewhere in the trail descriptions but was stymied in the effort.

To avoid tedium, the author includes literary, historical, industrial, architectural, and even theological references. Humor creeps in from time to time; for example, "Only a genius could lose the trail at this point." It is quite astounding that one person could have such a range of knowledge. Bathurst is a lawyer (solicitor) and his erudition shows.

As the author points out, the book cannot be used by itself. One must obtain appropriate hiking maps, and this reviewer recommends the Ordnance Survey 25,000:1 maps. In addition, before setting

out on a hike, it will be most useful to photostat those pages of the book which will be needed, as the book would not fit in one's pocket and does not lie flat.

The author pays due deference to Wainwright, the master of long-distance trails, but Bathurst need not be so deferential. His descriptions are at least as good as Wainwright's, and certainly more readable. *The National Trust Book of Long Distance Trails* has interesting pictures and descriptions of historical and architectural monuments, but it is not nearly as good as Bathurst for hikers.

It is left for this reviewer to make some comments that may be helpful to Americans. Bathurst's book describes the 14 official or recognized British long-distance trails. However, when hiking in the U.K., a hiker, with sufficient preparation and reference to the Ordnance Survey maps can plan a wonderful hike following back roads. There are thousands of miles of back roads in Britain on which one would hardly ever see a car, the views are magnificent, and the walking pleasant and easy. This reviewer recently hiked from the northern tip of Scotland to the southwest corner of England, with careful advance planning, hiking a good part of the time on back roads and the rest of the time on local trails and long-distance trails, and found it even more satisfactory than limiting oneself to the long trails.

Another thing Americans must know before hiking in the U.K. is that there are very serious mud problems which one meets again and again, not to mention the

farm trails where one can sink into cow dung and other interesting brew almost up to the knees.

In describing Scottish trails, Bathurst refers to the great Scottish entertainer, Harry Lauder. Americans should take note that Lauder made a good deal of money and left it all in his will to the U.S. Government with appreciation for the kind reception he received in this country on his many entertainment tours here.

Naturally, one could quibble. Bathurst mentions a number of his favorite eating places, but to this reviewer nothing beats the rustic tea shop just off the South West Coast Path in Bossington, and the ice cream stand at St. Agnes, also on the South West Coast Path. A hiker up the trail told me that the ice cream is the best in the world and that it is so good the proprietor should really not be allowed to sell it. The lady was right.

Last quibble: the author is too authentic. On page 359 he describes the last invasion of the British Isles, at Fishguard Bay, which is on the Pembrokeshire Coast Path. His description is entirely accurate historically, but I heard a much better story from the locals, who annually celebrate the "fact" that the invasion was repelled by a local lady named Jemima who beat off the invaders with a broom.

There are some typographical errors in the table of contents on page 5 of the book, but this should not delay or frustrate a reader for more than a few seconds.

HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs



The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikers are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and a flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 85 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

Only those clubs with hikes offered in this issue are listed below. Please call numbers listed to confirm.

GAHC	German-American Hiking Club	SCNJ	Sierra Club New Jersey-Singles Section
PMNHA	Pyramid Mountain Natural Historic Area	UHC	Union County Hiking Club
RVW	Rip Van Winkle Hiking Club	WEC	Weis Ecology Center

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the September/October issue is July 15, 2004.

JULY

Thursday, July 1

UHC. Storm King Mountain, NY. Leader: Jim Conlon, 914-591-6079. Meet: 10 am at Rt. 9W, 8.5 miles north of Bear Mt. Circle (large parking area on right; call if need directions). Some strenuous climbs, a few scrambles, but lots of stops for excellent views. Steady rain cancels.

Saturday, July 3

PMNHA. 5-Mile Hike, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Fast paced, strenuous hike.

UHC. Watchung Reservation, Mountainside, NJ. Leaders: Rick and Ellen Jeydel, 908-232-2413. Meet: 10 am at Trailside parking lot on Coles Ave., at intersection of New Providence Rd. Very brisk 4+ mile hike with some rocky trails, often muddy. Steady rain cancels.

Sunday, July 4

UHC. Willowood Arboretum, NJ. Leader: Phyllis Brown, 908-753-8812. Meet: 10 am at Willowood parking lot; call for directions. Casual/moderately paced hike on mostly flat trails with only a few hills. Through meadows, woods, along banks of Bamboo Brook; out by 1 pm. Bring provisions for optional post-hike picnic. Rain cancels.

Monday, July 5

RVW. Lake Awosting, NY. Leader: call 845-255-0614 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. 10 miles including both rock scrambles and carriage road walking, plus swim at Lake Awosting. Inclement weather date is following Monday.

UHC. Loantaka Brook Reservation, Morris Township, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am at Kitchell Rd. parking near pond; call for directions. A stroll where you can talk and not watch your feet.

Tuesday, July 6

UHC. Mahlon Dickerson, NJ. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am at Saffin Pond; call for directions. 7-mile moderate hike from the pond to the fire tower and back.

Wednesday, July 7

UHC. Old Short Hills Park, Millburn, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am at park; call for directions. Easy hike on potpourri of trails, some hilly.

Thursday, July 8

UHC. Ramapo Mountain State Forest, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am at upper parking lot; call for directions. Moderately strenuous hike to the castle and lake; can be extended if weather permits. Steady rain cancels.

Saturday, July 10

UHC. Frenchtown/Uhlerstown, NJ. Leader: Valerie Brown, 609-397-7267, between 8 am-10 pm only. Meet: 10 am at Frenchtown parking lot at D&R Canal Towpath; call for directions. Enjoy a quiet 10-mile country road walk; includes a covered bridge and a stop for ice cream along the D&R Canal Towpath. Moderate pace and flat terrain. Heavy rain cancels.

Sunday, July 11

WEC. Terrace Pond, Wawayanda State Park, NJ. Leader: Charlie Toole. Meet: 9:30 am; call 973-835-2160 for information and to pre-register and pre-pay (\$8 non-members). Moderately paced 4.5 miles along Bearfoot Mt. ridge; glacial erratics, lunch stop at lake, views of Greenwood Lake and Clinton Reservoir. Rain or shine.

PMNHA. Valhalla Brook. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike on Turkey Mountain.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Rick and Ellen Jeydel, 908-232-2413. Meet: 10 am at Locust Grove parking lot, corner Glen Ave. and Lackawanna Pl., across from Millburn RR station. Very brisk 5-mile hike with a hill at beginning. Steady rain cancels.

Monday, July 12

RVW. Appalachian Trail: Egremont Road, MA. Leader: call 845-246-5670 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Easy 5-6 mile hike. Inclement weather date is following Monday.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am at Deer Paddock parking; call for directions. Level walk to Washington Rock.

Tuesday, July 13

UHC. Wawayanda State Park, NJ. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 9:30 am; call for directions. Moderate hike to enjoy the beautiful summer flowers.

Wednesday, July 14

UHC. Buttermilk Falls/India Brook, Mendham, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am; call for directions. 3.5 mile walk to a lovely waterfall; bluebird boxes and raspberry bushes along the way.

Thursday, July 15

UHC. Sterling Forest, NY. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am at visitor center; call for directions. Moderately strenuous 9-mile hike around Sterling Lake. Steady rain cancels.

PMNHA. Evening Walk, NJ. Leader: call 973-334-3130 to register. Meet: 6 pm, Montville Township, NJ. Moderate hike to relieve the stresses of the day; for ages 12 and up.

Saturday, July 17

PMNHA. Summer Stroll, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Easy hike on a summer's morning.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at parking on Coles Ave., intersection with New Providence Rd.; call for directions. Steady but moderate pace and 5-6 miles. Rain cancels.

Sunday, July 18

UHC. Jockey Hollow, Morristown, NJ. Leader: MaryDell Morrison, 908-684-5175. Meet: 10 am at visitor center; call for directions. Moderate hike on various trails.

Monday, July 19

RVW. Sugarloaf Mt. (3800'), NY. Leader: call 845-246-7987 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Strenuous hike at moderate pace; 5 miles. Inclement weather date is following Monday.

RVW. Sugarloaf Mt. at a Slower Pace, NY. Leader: call 845-338-8772 for information. Meet: 7:30 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Strenuous hike at slower pace; 7 miles. Inclement weather date is following Monday.

Tuesday, July 20

UHC. Kittatinny Valley State Park, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10 am; call for directions. Pleasant, easy hike along cool woods roads.

Wednesday, July 21

UHC. Eagle Rock Reservation, W. Orange, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am; call for directions. Pleasant easy hike on level trails.

Thursday, July 22

UHC. Tiorati Circular, Harriman State Park, NY. Leader: George Pullman, 973-773-2678. Meet: 10 am at Tiorati Circle off Seven Lakes Dr.; call for directions. Fast paced, strenuous hike. Steady rain cancels.

Saturday, July 24

UHC. South Mountain Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832, call before 9 pm. Meet: 10 am in Locust Grove parking, corner Glen Ave. and Lackawanna Pl. across from Millburn RR station; call for directions. Brisk 5-mile hike with steep up at beginning. Not suitable for beginners; rocky ups and downs. Steady rain cancels.

Sunday, July 25

WEC. Challenge Hike: Breakneck Ridge, NY. Leader: Don Weise. Meet: 9 am; call 973-835-2160 for information and to pre-register and pre-pay (\$8 non-members). Strenuous 8-mile hike on steep terrain. The Highlands' most hair-raising climb; not for the faint of heart or those with height issues. Finest views of the Hudson River and surrounding mountains.

PMNHA. Taylortown Reservoir, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike along the reservoir.

UHC. Jockey Hollow, Morristown, NJ. Leader: Bob Hagon, 908-788-8360. Meet: 10 am at visitor center; call for directions. Scenic 4-5 miles at moderate pace. Hiking boots mandatory. Rain cancels.

Monday, July 26

PMNHA. Pyramid Mountain, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike for adults only (18+).

RVW. Huckleberry Point, NY. Leader: call 845-246-4145 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Moderate 5 miles. Inclement weather date is following Monday.

UHC. Grover Cleveland Park. Leader: Cherryll Short, 973-299-0212. Meet: 10 am at park; call for directions. Pleasant, easy hike, enjoying the best of two parks.

Tuesday, July 27

UHC. Governor Mountain, Ringwood, NJ. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am at Ringwood Manor, upper lot; call for directions. Moderate 7-mile hike to Governor Mountain.

Wednesday, July 28

UHC. South Mountain Reservation, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am at Locust Grove parking; call for directions. Pleasant easy hike along Rahway River past Diamond Pond.

Thursday, July 29

UHC. Black Rock Forest, NY. Leader: Jim Conlon, 914-591-6079. Meet: 10 am; call for directions. Strenuous 8-9 miles. Steady rain cancels.

Saturday, July 31

UHC. South Mountain Reservation, Millburn, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Locust Grove parking, corner Glen Ave. and Lackawanna Pl., across from Millburn RR station; call for directions. Moderate pace 4-5 miles with some hills.

SCNJ. Singles Hike in Harriman State Park, NY. Leader: David Thompson, 201-315-3530 or dthompson8@earthlink.net. Meet: 10 am; call leader to pre-register. Moderately paced 8 miles through central Harriman; pass through Times Square and Lemon Squeezer. All-weather hike limited to 12 hikers; \$3 fee for non-members. Optional stop after hike at local restaurant.

PMNHA. Wildflower Hike, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Study mid-summer wildflowers on this moderate hike.

AUGUST

Sunday, August 1

GAHC. Hook Mountain State Park, NY. Leader: Henry Loddigs, 718-899-1052. Meet: 10 am in Upper Nyack, NY; call for directions. Moderate hike along the Hudson River shoreline.

UHC. South Mountain Reservation, W. Orange, NJ. Leader: Louise White, 973-746-4319; call 9 am – 9 pm only. Meet: 10 am at Turtleback Rock parking in W. Orange; call for directions. Moderate 4-5 miles in nicely wooded area, some rough spots; see Turtle Rock.

Monday, August 2

RVW. Balsam Lake Mt. (3723') and Graham Mt. (3868'). For information call: 845-246-1823. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate+ hike and bushwack: 10 miles, 6 hours, ascent 1700'. Inclement weather date, following Monday

Tuesday, August 3

UHC. Wyanokies, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Weis Ecology Center; call for directions. Ups and downs past old iron mines, then to High Point for lunch; moderate pace.

Wednesday, August 4

UHC. Ramapo Mountain State Forest, NJ. Leader: Mickey Siegel, 201-797-7054. Meet: 10 am; call for directions. Moderate tour of Ramapo Lake and the surrounding mountains.

Thursday, August 5

UHC. High Point State Park, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am at High Point visitor center; call for directions. Strenuous 8-10 mile hike on the AT to Deckertown Turnpike; return on Iris Trail. Steady rain cancels.

Saturday, August 7

UHC. South Mountain Reservation, Millburn, NJ. Leader: Mimi Solomon, 973-379-3910. Meet: 9 am; call for directions. Moderate hike of about two hours on west side of Cherry Lane.

RVW. Windham High Peak (3524'), NY. For information call: 845-246-4145. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate hike: 6.6 miles, 4 hours, 1650' ascent. Inclement weather date, following Saturday.

Sunday, August 8

PMNHA. Animal Signs Hike, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Look for signs of animal life on this easy hike.

UHC. Willowood Arboretum, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10 am; call for directions. 3-4 mile walk through estates with interesting gardens, woods, and fields in between. Rain cancels.

Monday, August 9

UHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10 am; call for directions. Easy hike to Birchwood and Crystal Lakes.

RVW. Overlook Mountain (3140'), NY. For more information call: 845-246-4145. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate hike: 5 miles, 3.5 hours, 1400' ascent. Inclement weather date, following Monday.

Tuesday, August 10

UHC. Turkey Mountain, Montville, NJ. Leader: Terry Kulmane, 908-665-2672. Meet: 10 am at Pyramid Mt. visitor center; call for directions. Moderate 7-mile hike.

Wednesday, August 11

PMNHA. Evening Insect Walk, NJ. Leader: call 973-334-3130 to register; \$3 fee. Meet: 7 pm, Montville Township, NJ. Moderate hike to listen to the evening insect chorus.

RVW. Lake Taghkanic State Park, NY. For more information call: 845-246-4116. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Easy hike/swim: 5 miles, all day. Swimming and parking fee.

Thursday, August 12

UHC. Minnewaska Meander, NY. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 10 am at Minnewaska State Park, NY; call for directions. Entrance fee. Strenuous hike, but with time for blueberries and swim in Lake Awosting. Steady rain cancels.

Saturday, August 14

PMNHA. Bott's Pond, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Fast-paced, strenuous hike on Turkey Mountain.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832. Meet: 10 am at Locust Grove parking, corner Glen Ave. and Lackawanna Pl., across from Millburn RR station; call for directions. Brisk 5-mile hike with steep up at start; not suitable for beginners; rocky ups and downs. Steady rain cancels.

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Sunday, August 15

GAHC. Sunken Meadow State Park, Long Island. Leader: Evelyn Hoyer, 718-457-8319. Meet: 10 am at bathroom of most easterly parking lot; call for directions. Moderate hike and a swim.

UHC. Eagle Rock Reservation, W. Orange, NJ. Leader: Bob Hagon, 908-788-8360. Meet: 10 am; call for directions. Brisk 4 miles; hiking boots mandatory. Rain cancels.

Monday, August 16

RVW. Choice of hikes: Hidden Pond, Minnewaska, NY. For more information call: 845-462-8305. Meet: 7:30 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate + hike: 6 miles, 4 hours. Inclement weather date, following Monday. **QR** Halcott Mountain (3527'), NY. For more information call: 845-246-8546. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate + bushwack: 5 miles, 4.5 hours. Inclement weather date, following Monday.

Tuesday, August 17

PMNHA. Late Afternoon Hike, NJ. Leader: call 973-334-3130 to register. Meet: 5:30 pm, Montville Township, NJ. Moderate hike to relieve the stresses of the day; for ages 12 and up.

UHC. Tillman Ravine, Stokes State Forest. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am; call for directions. Moderate 6-mile hike on various trails and roads.

Thursday, August 19

UHC. Pequannock Watershed, NJ. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 9:30 am; call for directions. Shuttle required. Moderate 8-10 mile hike. Steady rain cancels.

Saturday, August 21

UHC. Weis Ecology Center, Wanaque, NJ. Leader: Peter Wolff, 973-239-0766. Meet: 10 am at Weis; call for directions. Moderately challenging; not for beginners. Hike followed by optional swim in mountain pool (\$5).

RVW. Sam's Point and Blueberry Festival in Ellenville, NY. For more information call: 845-246-9983. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Easy walk to waterfall, 5 miles, all-day (fee involved). Inclement weather date, following Saturday.

Sunday, August 22

PMNHA. Turkey Mountain, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike under the cool tree canopy on Turkey Mountain.

WEC. Harriman State Park, NY. Leader: Charlie Toole. Meet: 9 am; call 973-835-2160 for information and to pre-register and pre-pay (\$8 non-members). Moderately paced 4.5 miles along Long Path, past old mines with views of Surebridge Mt. and Sterling Forest. Rain or shine.

UHC. South Mountain Reservation, NJ. Leader: Louise White, 973-746-4319, call 9 am - 9 pm only. Meet: 10 am; call for directions. 4 miles through pine forest to Hemlock Falls, then back along the Rahway River; first section quite hilly and rocky.

Monday, August 23

PMNHA. Mt. Hope County Park, NJ. Leader: call 973-334-3130 for meeting place and to register. Moderate hike in Rockaway Township.

RVW. Bearpen (3600'), NJ. For more information call: 845-338-8772. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate hike: 5 miles, 4.5 hours, 1600' ascent. Inclement weather date, following Monday.

Wednesday, August 25

UHC. Mahlon Dickerson, Jefferson Twp., NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am; call for directions. Popular easy hike to the highest point in Morris County.

Thursday, August 26

UHC. Skannatati Circular, Harriman State Park, NY. Leader: George Pullman, 973-773-2678. Meet: 10 am at Skannatati; call for directions. Fast-paced, strenuous 8-10 miles. Steady rain cancels.

Saturday, August 28

SCNJ. Singles Full Moon Hike & Swim at Blue Mountain Lakes, NJ. Leader: Joyce Haddad, 973-364-7573, option #7, or jkhaddad@juno.com. Meet: 3:30 pm at Blue Mountain Lakes near Millbrook, NJ; call for directions. Moderately paced 6-8 miles ending with a swim at Crater Lake. \$3 fee for non-members. Bring picnic food and beverages to share at tailgate social.

PMNHA. Tripod Rock, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike to our famous glacial erratic.

UHC. Garrett Mt., Paterson, NJ. Leader: Walter Koenig, 973-684-5528. Meet: 10 am; call for directions. Moderate hike with splendid views of historic Paterson; optional diner lunch after hike.

Sunday, August 29

GAHC. Robert Moses State Park, Fire Island, NY. Leader: Gunter Georgi, 516-883-2336. Meet: 10 am at bathhouse of parking lot #5; call for directions. Moderate hike and a swim.

WEC. Terrace Pond, Wawayanda State Park, NJ. Leader: Don Weise. Meet: 9 am; call 973-835-2160 for information and to pre-register and pre-pay (\$8 non-members). Strenuous 7-mile hike on steep terrain. Tucked into Bearfort Mt., this unique area features boulders, mountain laurel, a cliff-lined pond. Hard-won views include Manhattan to the east and High Point, NJ, to the west.

UHC. Jockey Hollow, Morristown, NJ. Leader: MaryDell Morrison, 908-684-5175. Meet: 10 am at Jockey Hollow visitor center; call for directions. Scenic 4-5 mile moderate hike.

Monday, August 30

RVW. Choice of hikes: Greylock Mt. (3192'), MA. For more information call: 845-246-4590. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Strenuous hike: 9.3 miles, 6.5 hours. Inclement weather date, following Monday. **QR** Wittenberg Mt (3780') and optional Cornell Mt. (3906'), NY. For more information call: 845-246-7987. Meet: 8 am, Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Strenuous hike: 9 miles, 7 hours. Inclement weather date, following Monday.

Tuesday, August 31

UHC. Lewis Morris Park. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am; call for directions. Moderate 6-7 mile hike.

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