



TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE — MAINTAINING 1,669 MILES OF FOOT TRAILS

NOVEMBER/DECEMBER 2006

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Estelle Anderson: NJ Parks Volunteer of the Year

Trail Conference member Estelle Anderson (at left, below) received the Volunteer of the Year Award in September from the NJ-DEP Department of Parks. Estelle, of West Milford, NJ, was given the award in recognition of her work as an Assistant Supervisor in Norvin Green State Forest. The award comes just five years after she took the Conference's Maintenance 101 course and followed up by volunteering to maintain a section of the Highlands Trail.



Estelle's zeal for trail work and Norvin Green quickly led to greater involvement. She has cultivated excellent relationships with our state trail partners, and with the law enforcement and public works departments of the surrounding communities. She has set up and worked with community service programs such as Ramapo College's Community Service Center and Passaic County's SLAP program. "Estelle is a devoted advocate for the preservation of this natural environment and loves every living bird, animal, and plant in Norvin Green State Forest," commented Robert Jonas, Area Supervisor for the Trail Conference.



Estelle is pictured here with a hiking group she led during this past spring's Great Wyanokie Outing.

This love inspires her to get people out on the trails. She leads hikes up Assinewick Mountain in the Wyanokie Mountains for the "Great Wyanokie Outing," sponsored each spring by the towns of Caldwell, North Caldwell, West Caldwell, Fairfield, and Roseland, which collectively own Camp Wyanokie in West Milford, NJ.

New Long-Distance Hiking Loop Dedicated in Orange County

The NY-NJ Trail Conference joined with members of the Hudson Valley Conservation Corps of the Student Conservation Association (SCA) in September to dedicate a new long-distance hiking route in the Wallkill Valley region.

The project was led by Mike Knutson, an intern with the SCA on assignment with Scenic Hudson in Poughkeepsie. Originally from Corning, NY, Mike moved to our area in December 2005 for his SCA assignment. "I thought it was flat," Mike says of his preconceptions. "I didn't realize that New York had long-distance hiking trails." In looking for a service project, Mike decided to focus on a project that would raise people's awareness of the natural beauty and outdoor recreation possibilities in Orange County.

The result is the Wallkill Valley Loop, a 117-mile-long route that follows sections of the Appalachian Trail, the Shawangunk Ridge Trail, the Long Path, and the Highlands Trail to make a circuit of the valley. It connects points such as Schunemunk Mountain, Greenwood Lake, the Shawangunk Mountains, and the Highland Lakes.

The route, Mike notes, involves no new trails or blazes, but links existing trails into a coherent package. He adds that the route also highlights the fact that a good portion of the LP section in the county is a road walk, and that throughout, there



Erony Whyte (left) and Jolene Johnson take a break on Schunemunk Ridge. The two were among the relay teams of Student Conservation Association interns who completed a circuit of the new Wallkill Valley Loop.

are limited opportunities to camp and park cars. These facts, he hopes will raise awareness of the need to protect the open space and provide basic amenities that support such trails.

The loop involves no new trails or blazes, but links existing trails into a coherent route.

On September 30, 15 SCA interns, operating in rotating teams of two, completed an eight-day relay hike and bike of the Wallkill Valley Loop, ending at Lion's

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Trail Conference Protects 200 Acres of Long Path North Corridor

In late August, the Trail Conference closed on the acquisition of 205 acres along the Long Path just north of the Catskill Preserve. This property, which was owned by the Good Tidings Bible Conference, was subdivided off of a larger parcel to provide a buffer to the Long Path as it moves from the Catskills north toward the Mohawk River and ultimately the Adirondacks.

The Trail Conference identifies this portion of the Long Path as the "Ginseng Ridge Assemblage"; the goal in this area, which extends north of Route 23, is to protect a four-mile trail segment of the LP with a mix of New York State Dept. of Environmental Conservation (DEC), New York City Dept. of Environmental Protection, and Durham Valley Land Trust lands in the towns of Durham and Windham in Greene County.

The Good Tidings property is a hilly, heavily forested parcel with significant wetlands and some small streams. It is considered excellent wildlife habitat and is a designated aquifer recharge area.

Working together with DEC, the Trail Conference has previously protected nearly 400 acres in this area. The Trail Conference currently owns a total of 332 acres, which will all be transferred to DEC.

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The Trail Conference has protected this forested parcel along the Long Path in Greene County.

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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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John Myers	Land Acquisition Director
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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 103 hiking and outdoor groups, and 10,000 individuals.

FROM THE CHAIR

Changing Times Requires a New Kind of Board of Directors

Each year at our Annual Meeting (this year held October 21) a slate of candidates is elected to the Trail Conference board of directors. All boards, no matter the size of the organization or the board, or whether the board focuses on fundraising or is deeply involved with running programs, have responsibilities for the fiscal and strategic oversight of the organization and for ensuring that the organization is meeting its mission.

The Trail Conference board is no different. Yet over the years, as our organization has grown and taken on new responsibilities, our board has changed. Ten years ago, the board would decide such details as where the Annual Meeting would be held, how many copies would be printed of a book, and if it were okay to relocate a trail. Today the board delegates all of those questions to committees. Instead, we discuss whether the Trail Conference should undertake a capital campaign, we approve land purchases, and we

set goals for the organization. The board maintains a bird's-eye view of the organization, rather than a worm's view, while continuing to pay close attention to fiscal details. Trail Conference board members have always been asked to take on responsibilities in addition to their board duties. Some function as trails chairs, others chair committees or serve on several committees.

Successful boards have members who work, provide wisdom, or bring wealth. The Trail Conference goes one step further and looks for people who provide two out of the three. As in the past, today's board members are hikers. As recently as five years ago, we paid little attention to recruiting board members with specific skills, instead focusing on the geographic distribution of our board members. Now, to accomplish tasks of larger magnitude, it is necessary to have a mix of skill sets. Since the capital campaign, all board members are asked to make a donation annually, an

amount that each decides is appropriate.

People come onto the board through a nomination process which begins when the president selects a nominating committee of five people. These individuals have a great deal of responsibility and influence over the direction the Trail Conference will take. They are responsible for finding people who can accomplish the goals the board has set.

As we embark on our new fiscal year with our newly composed board of directors (see the complete list in the masthead at left), we can all be proud of the achievements and ambitions of previous boards and their confidence and skill in overseeing the organization. Board members give enormous amounts of their time, energy, knowledge, and financial resources to the Trail Conference and to the hiking community. For all of us, I say to them, Thank you.

—Jane Daniels, Chair, Board of Directors



Letters

Why No Maps of SRC and LP?

I'm curious as to why the Trail Conference doesn't publish maps for the Shawangunk Ridge Trail and the Long Path. I own and use the maps for the Catskills, Shawangunks, and Harriman, all of which contain parts of the LP. I also own the *Long Path Guide*, which is fine for what it is, but which has inadequate maps. I would love to have *one good map of the entire Path*, with just the corridor and important connector trails around it. We all know that the Long Path is still flawed and incomplete. I do believe though that a good map of the whole thing might encourage use and draw attention to efforts to improve, extend, and protect the LP. I urge my fellow members and the Trail Conference as a whole to at least consider this.

—Matt Corsaro
 New Paltz, NY

Daniel Chazin, Publications Committee chair, responds: The short answer is: lack of resources. The production of a new map set requires significant efforts on the part of both volunteers and staff. We try to focus our efforts on maps that have the greatest demand. Currently, for example, we are

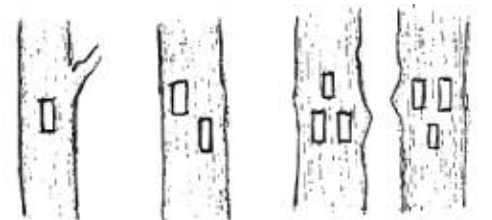
working on producing a completely new digital edition of our North Jersey Trails map set. To obtain the necessary data, a core of dedicated volunteers hiked the various trails shown on the maps and recorded trail data with a GPS receiver. Then, under the leadership of John Mack, project manager, our cartographer, Allison Werberg, created the map over a period of nearly a year. It has been estimated that almost 2,000 hours of volunteer and staff time has gone into the production of this map set, which should be available in November or December. The publications committee has many projects on its calendar, several of which are on hold owing to a lack of volunteers. We welcome new volunteers and offer training and support. Contact me at DChazin@aol.com or call the Trail Conference office, 201-512-9348.

Please Interpret Trail Blazes

I enjoy the *Trail Walker* almost as much as I enjoy hiking the trails. Could you do me a favor? I still do not understand the rules which govern the system of blazes which are supposed to guide us on our way. A short article and explanation would help. I am sure you have done this before, but some guys like myself don't get it on first try. Thank you.

—Rudolf Walter
 Scarsdale, NY

Editor: Below is a short course in *Trail Blazes 101*.



1. A single blaze (left) indicates "continue straight ahead."

2. Double blaze (one above another): When the top mark is to the left of the bottom one, a left turn in the trail is indicated; when the top mark is to the right of the bottom one, the trail turns right; when they are directly in line, this indicates confusing turns, junctions, or areas requiring hiker alertness.

3. Triple blaze: Marks a trailhead. When the point of the pyramid is on top, this indicates the start of a trail; when the point is at the bottom, this marks the end of a trail.

The *Trail Walker* welcomes letters to the editor. Send them via email to tw@nynjtc.org or mail to:

Trail Walker Editor, NY-NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430

NEW HIKING LOOP

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Field in the Village of Greenwood Lake, where they greeted well-wishers and distributed information about the loop.

For more information on the Wallkill Valley Loop, including detailed directions, go to: www.nynjtc.org/trails/newtrails/wvl.html.



Mike Knutson, the SCA intern who came up with the idea for the long-distance Wallkill Valley Loop.



From the Executive Director

Clubs Are Us



Recently, while trying to update our Trail Conference stationery, we confronted a problem that we are happy to have—how to fit the names of our 103 dues-paying, organizational members on our letterhead.

About 60 percent of Trail Conference organizational members are traditional hiking clubs; the rest are a diverse array of nature centers, preserves, advocacy groups large and small, and even a few municipal agencies. (See annotated list at www.nynjtc.org/clubs.html.)

Our region's hiking community comes together in the Trail Conference, which counts 100+ member organizations.

In my five years with the Trail Conference, we have been able to increase the number of member organizations from 77 to more than 100, but I am quite sure that we have not been able to increase their involvement in Trail Conference activities by a comparable measure. To reverse that trend is a worthy challenge for the next five years.

I see three areas where the Trail Conference and our member organizations could strengthen our partnership in achieving our shared goals.

1. Getting people outdoors: A variety of economic and lifestyle trends are making it less likely for the average family and especially kids to go hiking on a regular basis. The outdoor activities and education programs of our member organizations are probably the most important ways to counter such trends. Our new Community Trails Program (see Bill O'Hearn's column, page 5.) will make trails more visible and accessible. We can also help

bring your club's activities to the attention of more people by listing selected outings in *Trail Walker* (Hikers' Almanac), and publicizing your group's contributions to trail work.

2. Trail Construction and monitoring: The original reason that clubs came together to create the Trail Conference was to develop a system of marked trails. This work continues today, with the Trail Conference working with open space managers throughout our region to plan trail routes and reroutes, keep existing trails open and accessible, and recruit and train the volunteers needed to maintain a network of nearly 1700 miles of trails. We have increased our training opportunities (now offered under the heading of Trail University, see page 5) and invite our member organizations to connect their members—including families—to our workshops and gain new volunteers for themselves and for trails.

3. Advocacy: It is fair to say that many of our clubs and their individual members have been at the forefront of every major advocacy effort the Trail Conference has been involved in. From protecting open space for trails to lobbying government officials for adequate funding for parks facilities and protection, the Trail Conference and its member clubs can focus a broad-based constituency on important trails issues. (We calculate the combined membership of member organizations at 150,000 individuals in our region, a very significant interest group!) The Trail Conference is the hiking clearinghouse in our region, where vital information is shared. We seek to strengthen this vital partnership by providing leadership on key conservation issues.

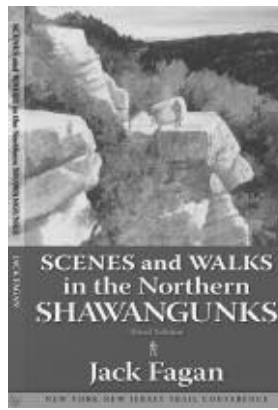
The great promise of the Trail Conference is that we can accomplish more together than we can separately. Our collective influence—on getting people outside, informing and promoting action on political fronts related to trails and open space, and doing the hands-on volunteer work of building and maintaining trails—testifies to the breadth, depth, and engagement of the hiking community.

I invite you to share your thoughts with me about how we can build and strengthen our traditional partnerships.

— Ed Goodell, goodell@nynjtc.org

New Scenes and Walks in the Northern Shawangunks

The Publications Committee is pleased to announce the publication of a third edition of Jack Fagan's book *Scenes and Walks in the Northern Shawangunks*. The book combines an incisive description of the foot trails and carriage roads of the area with more than 100 magnificent illustrations by the author. The text highlights the unusual rock formations



and other interesting features of the Mohonk Preserve, Minnewaska State Park Preserve, and Sam's Point Preserve, and the accompanying illustrations demonstrate the extraordinary beauty of this special area. The book is a must for anyone wishing to explore the scenic delights of the Shawangunks!

This third edition includes trail changes and descriptions of new trails on lands in the Shawangunks recently acquired by the State of New York, and the cover incorporates a new color illustration by the author. The book retails for \$13.95, with Trail Conference members entitled to a 25% discount. To order your copy, go to the Hikers' Marketplace on page 12.

\$25,000 Grant to TC Will Fund Fanny Trails Study

A \$25,000 grant to the Trail Conference from the federal Recreational Trails Program of the Federal Highway Administration was announced in October.

The money will be used to implement a pilot program to conduct a comprehensive inventory of existing and undefined trails at Fanny State Park, centered on Split Rock Reservoir.

The study area is roughly bordered by the Berkshire Valley road on the west, I-80 on the south, Kinnelon Road on the east and Route 23 on the north. This area has approximately 30 miles of maintained trails and may have up to 20 additional miles of proposed and unmaintained trails. There are no up-to-date trail maps of this region available.

This award will support the development of a new set of North Jersey trail maps, now scheduled for completion in 2007. It will also provide the New Jersey Dept. of Environmental Protection,

Division of Parks and Forestry, as well as the Division of Fish, Game and Wildlife, with valuable information about the facilities under their management and assist all of us in raising funds to improve access and management of these public lands.

The grant is intended to cover the cost of:

- Two global position system data collection units
- Required accessories and interfacing software
- Various data management software
- Staff time needed to complete and manage the program for one year.

The first stages of this program will begin with data collection by the staff and volunteers as soon as possible. This will take approximately 30 days of field work spread over approximately nine months. These nine months for the data collection process may be necessary in order to make optimum use of leaf-off conditions in the fall, winter, and spring. This data will be downloaded using various data management software and will then be sorted and managed through Geographic Information Systems.

VOLUNTEER PROFILE

Ruth Rosenthal

By Daniel Chazin

Ruth Rosenthal's concern for the well-being of our natural world has been an important factor throughout her life. She trained and worked as a botanist and field biologist, and then became a teacher.

Upon her retirement several years ago, Ruth was able to devote more time to the causes that she holds dear. She has volunteered for the Natural Resources Defense Council, the Open Space Institute, the Trust for Public Land, Environmental Defense, Transportation Alternatives, and—last, but certainly not least—the Trail Conference.

Ruth has volunteered with the Trail Conference in many capacities. Her first assignment was as an Appalachian Trail



Ruth Rosenthal with her longtime hiking companion, Mickey.

Corridor Monitor in Dutchess County, and she continues to serve in this position. More recently, she has become active with

the Publications Committee. Ruth helped produce a brochure on the East Hudson Highlands, and she currently is the Project Manager for George Petty's new book, *Hiking the Jersey Highlands*, which is scheduled to be published by the Trail Conference within the next few months. "It's a wonderful Highlands reference and guide," Ruth explains, "and I'm sure it will prove to be much appreciated."

With an apartment in New York City and a home in Putnam County, Ruth divides her life between the two places. Her weekend hiking is mostly on the east side of the Hudson, but she also favors hikes in the Shawangunks. Farther afield, she's hiked with her husband, Michael, in California, Colorado, Nevada, and Utah—and even in Iceland. Sadly, her cherished canine hiking companion, Mickey, recently passed away. But she and her husband are resuming their hikes, exploring trails that are new to them,

including, in October of this year, trails in Provence, France.

Ruth is especially pleased that the Trail Conference, in recent years, has embarked upon a program of acquiring land to preserve existing hiking trails and create new ones. As she explains: "There is an enormous need for dedicated citizens, recognizing the fragile ecology of the natural world, to advocate for land preservation and for changes in the earth-destructive habits of our national culture."

Ruth's volunteer efforts on behalf the Trail Conference are a source of much satisfaction. As she puts it: "Being a part of the Trail Conference, and working with its dedicated members, volunteers, and staff is a great pleasure." Ruth has made valuable contributions to the Trail Conference over the years, and we hope that she will continue to do so for many years in the future.



Trail Crew Schedules

November – December 2006

For the latest schedules and additional details, go to nynjtc.org and click on "Trail crews/Work trips."

TBD = To Be Determined

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.

METRO CREW

Leaders:
Joe Gindoff, 914-760-3568, joeghiker@aol.com
Lizbeth Gonzalez, 646-319-5159

Tools and gloves will be furnished, feel free to bring your own. Mass transit and carpooling are possible. Check website for possible additional dates.

Dec. 2, 3 (Saturday, Sunday)

Idlewild Park, Queens

Leader: Joe Gindoff
Meet at Springfield Park, Park House, 147th Ave. and Springfield Blvd., Queens. We will build new trails to and around the marshes.

NJ HIGHLANDS CREW

Leader: Glenn Oleksak,
973-283-0306, glenno@nji.com

First Sunday of each month

Trips start at 10 am. Call, email, or check NY-NJ TC website calendar for directions and details of work trip.

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, johnmoran@earthlink.net

This crew will cover the NJ Ramapos, Ringwood S. P., Norvin Green S. F., and NJ Palisades area. Its purpose is to respond quickly to immediate needs, rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact John Moran by email.

WEST JERSEY CREW

Leaders: Monica and David Day
732-937-9098 cell: 908-307-5049
westjerseycrew@trailstobuild.com

Nov. 4 (Saturday)

Dunnfield Creek Trail, Worthington State Forest.
Final touches on the rock steps of the relocation.

Nov. 18 (Saturday)

Appalachian Trail, Worthington State Forest.
Install additional drainage and erosion controls.

EAST HUDSON CREW

Leaders:
Walt Daniels, 914-245-1250
Michael Bongar, 914-788-0616
Josie Gray, 845-831-5786
MaryAnn Massey, 914-967-8774
Patrick McGloin, 631-223-2164

If you are coming by train, be sure to let the leader know so that we wait for the train.

Weekdays

Leader: Walt Daniels
Meet: 9 am, TBD
Work varies

WEST HUDSON NORTH CREW

Leaders:
Denise Vitale, Crew Chief:
845-738-2126, WHNTrails@aol.com
Dave Webber: 845-452-7238,
webberd1@yahoo.com

Nov. 4 (Saturday)

Storm King State Park
Leader: Denise Vitale
TBD. Meet: 9:30 am; place TBD

Dec. 2, Dec. 3 (Saturday, Sunday)

Trailhead Jessup/Highlands/Sweet Clover Trails, Schunemunk State Park
Leader: Denise Vitale
Build rock steps and crib wall in slope above the seasonal drainage. Meet: 9:30 am; place TBD



WEST HUDSON SOUTH CREW

Leaders:
Chris Ezzo, Crew Chief:
516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder:
718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-633-1324,
clganz@earthlink.net
Robert Marshall: 914-737-4792, rmarshall@webtv.net
Monica Day: 732-937-9098

Nov. 4 (Saturday)

TBD
Leader: Chris Ezzo

Nov. 9 (Thursday)

TBD
Leader: Bob Marshall

Nov. 11 (Saturday)

Bare Rock Trail
Leader: Monica Day

Nov. 18 (Saturday)

Major Welch Trail, Bear Mountain S.P.
Leader: Bob Marshall

Nov. 18 (Saturday)

Major Welch Trail, Bear Mountain S.P.
Leader: Chris Ezzo

BEAR MOUNTAIN TRAILS PROJECT

Project Manager: Eddie Walsh

Registration required; contact adami@nynjtc.org or 201-512-9348, ext. 26

Fridays through Tuesdays in November

Work opportunities include stone crib wall construction, stone step construction, stone splitting, spreading crushed stone for trail surfacing, and material moving with highlines (rigging).

Sundays in November

(No trip Nov. 26)
Trail closure (obliteration) and ecological restoration project.

Nov. 11 (Saturday)

Womens Work Trip
Leader: Denise Vitale and SCA Leaders

Nov. 25 (Saturday)

College Day
Leader: Dan Hausner



Mud Pond Trail to Reopen Thanks to Private Landowner and NY State

Anyone who has enjoyed the dramatic sight of Verkeerder Kill Falls, on the route of the Long Path between Sam's Point Preserve and Mud Pond in Minnewaska State Park Preserve, owes a debt of thanks to private landowners Theresa and Les Concors. The couple owns the land that includes the falls and the area below and just east of it, and graciously permit hikers access via crucial sections of trail that connect the Verkeerder Kill Falls Trail to the High Point Trail. It is also a critical link in the Long Path.



EDWARD GOODELL

A view of Mud Pond from the long-closed trail in Minnewaska State Park Preserve that is due to be reopened.

It is expected that this section will once again reconnect with the trail that extended to Mud Pond. Closed for years, that land, known as the Awosting Reserve, was purchased by the state of New York and became part of Minnewaska State Park Preserve in March 2006. In his first week on the job, the new Preserve Manager, Marc Talluto, announced that the trail linking Mud Pond to the falls could be officially reopened as soon as it can be refurbished and reblazed. Stay tuned.

Theresa and Les Concors are representative of those special individuals who go out of their way to accommodate and welcome hikers on their private land. Please acknowledge their gift by respecting their property as you enjoy the sights and pleasures it offers.

The Case of the Moldering Privy

Human waste happens, even in the woods. Dealing with it safely and in an environmentally sound manner is of ongoing concern to trail managers and hikers.

In September, volunteers with the Dutchess-Putnam AT Management Com-

mittee built a new style of composting privy at the Morgan Stewart Memorial shelter in Dutchess. Called a moldering privy, the design was developed through research by the Green Mountain Club (GMC) in conjunction with the Appalachian Trail Conference (ATC), the National Park Service Appalachian Trail Park Office (ATPO), and the Vermont Department of Forests, Parks, and Recreation (VT FPR).

Cited benefits of the moldering privy include:

- Requires less labor and exposes maintainers to less risk of infection than bin composting systems;
- Much less polluting than pit toilets;
- Eliminates the need to dig pits;
- Can serve a higher volume of users than pit toilet;
- Is relatively inexpensive.

Committee member Ollie Simpson of Wappingers Falls, NY, managed the project

and was joined by seven volunteers for the half-day work effort, which involved clearing and leveling the ground (no pits to dig), building a wooden crib, moving the existing privy structure to the top of the crib, building steps, and finishing off.

"Everyone pitched in to do whatever needed to be done at that time—shoveling, hammering, sawing, stapling," Ollie reports. "By noon, we were done! The existing structure with steps was in place on the new crib and the old pit covered. We enjoyed lunch and conversation at the shelter before leaving. If anyone needs a moldering privy, you know whom to contact."

Joining Ollie in the work were Gerry Richardson, Carol Richardson, Frank Dogil, Ray Winchcombe, David Kinosky, Jesse Saperstein, and Carol Petricevic.

For detailed information about moldering privies check out ATC's Back Country Sanitation Manual at www.appalachiantrail.org/protect/steward.



The team levels the base and starts building the crib.

Two cribs are built: one will be left to compost while the other is in use.

The old privy is raised into a new position, and steps are put in place.

PHOTOS: RAY WINCHCOMBE

TRAIL U at Bear Mountain Trail Skills Trainings

Workshops November 2006

The Trail Conference's Trail University—our program of classes and hands-on training in trail building and maintenance skills—continues into November at the Bear Mountain Trails Project. To register for a workshop, contact Heidi Adami at adami@nynjtc.org or call 201-512-9348, ext. 26. Directions, meeting places, and times will be given upon registration.

Stone Pinning Workshop #92
Nov. 4 (Saturday)
Site: New Appalachian Trail Route, Bear Mountain, NY
Instructor: Eddie Walsh
Registration fee: \$10 (TC Membership Required)

Stone Cribbing Apprenticeship
Level II # 93
Nov. 4, 5, 6 (Saturday – Monday)
Site: New Appalachian Trail Route, Bear Mountain, NY
Instructor: Eddie Walsh
Registration fee: \$10 (TC Membership Required)

Trail Design and Layout #84
Nov. 18, 19 (Saturday, Sunday)
Site: Major Welch and Appalachian Trails Bear Mountain, NY
Instructor: Eddie Walsh and Larry Wheelock
Registration fee: \$5 for TC members, \$8 for non-members

Women's Weekend #94
Nov. 18, 19 (Saturday, Sunday)
Site: Bear Mountain Trails, Bear Mountain, NY
Instructor: Denise Vitale & SCA Crew Leaders
Registration fee: \$10 (TC Membership Required)



New Project Seeks to Return Trails to Natural State

This fall, the Trail Conference begins a new era of trail stewardship at Bear Mountain and in our region. For the first time, we are systematically restoring abandoned and unofficial trails to a natural state. We will be using traditional techniques such as moving duff (decomposing leaf litter) and downed logs and branches, as well as more expansive ones such as transplanting living plants from areas where new trail is being constructed to the impacted bootleg trails. Our goal is to erase signs of human presence and give nature her best chance to rebound and take back the mountain as quickly as possible. Weekly trail restoration trips are scheduled nearly every Sunday in November. Contact Volunteer Coordinator Heidi Adami (adami@nynjtc.org, 201-512-9348, ext. 26) for more information and to get involved.

Norvin Green Projects Lead Scout to Eagle Status

Erich Bassler of Boy Scout Troop 7, Ridgewood, NJ, came to the Trail Conference in November 2004 seeking a project for his Eagle Scout candidacy. His choice was a reroute of the Hewitt-Butler and Mine Trails as they ascended Wyankie High Point. This section of trail was badly eroded and traveled over bedrock exposures that became covered with ice in winter. He started his project in March 2005, working with a crew of fellow scouts and friends and cousins almost every weekend. After much clipping, cutting, raking, and blazing, they were able to complete and open this new section in the fall of that year. He then offered to build a trail information kiosk at the newly created trailhead, the entrance to Norvin Green's most popular trails. Supervisors Robert Jonas and Estelle Anderson later added a patio to the kiosk and paved it with bricks collected over the years by past North Jersey Trails Chair Dick Warner. The kiosk has been christened the R. N. Warner Trail Kiosk in his honor. Erich was awarded Eagle status in June of this year, and Jonas and Anderson proudly received "Mentor" pins at his celebration. Congratulations and thanks to all who participated.



Helping hands raise the roof on an information kiosk at Norvin Green.



Robert Jonas, Scout Erich Bassler, and Estelle Anderson celebrate a job well done.

ADVOCACY & CONSERVATION

*From the
Advocacy & Conservation Director:
Bill O'Hearn*

The Community Trail Connections Program, A new role for the Trail Conference

*"It's not enough to buy open space —
you must change the way people
feel about the land."*

*—Ed Boyer,
US Forest Service*



The Trail Conference staff and I were brainstorming about a theme that would tie together the Trail Conference's three main trail functions of access, conservation, and advocacy when we hit on the concept of a "community trail connections" program. The idea: provide the connections between our existing network of backwoods trails to potential hikers in urban, suburban, and rural residential settings. In other words, link our trails to schools, libraries, museums, ball fields, and other places where people gather.

For years, towns have asked us for help in using trails to "connect the dots" between their existing open spaces, potential open spaces, and local points of interest. We are uniquely qualified to do this because we have experience in defining trail corridors (conservation), planning and constructing trails (access), and local organizing to promote and maintain the trails (advocacy).

The overall concept of this campaign is to offer municipalities a way to tie their local connector trails and trail heads into the Trail Conference's regional trail network. Based on our successes in Wappingers Falls, NY, and the Pochuck Boardwalk in Vernon, NJ, we will use several case studies in the next few years to demonstrate how planning, organizing, and local trail work and promotion can provide area towns with many more local outdoor recreation opportunities, ecotourism possibilities, and improved quality of life.

The campaign has already resulted in two meetings with interested towns, and we have had inquiries from several others. If you know of any towns that would like to turn their isolated public parks into a connected system of trails and parklands, please contact me at the Trail Conference office. We are excited about our ability to deliver new trails to these communities, and invite your ideas and suggestions on ways to build and expand this program.

ADVOCACY & CONSERVATION NEWS NOTES

Developer Scales Down Belleayre Plan

In late August, the developer of the proposed Belleayre Resort at Catskill Park, Crossroads Ventures, met with federal, state, and local agencies to discuss moving forward with a scaled-down version of its proposed resort project. The project has faced strong opposition from governmental agencies, environmental groups—including the NY-NJ Trail Conference and Adirondack Mountain Club (ADK)—and concerned citizens.

The developer has proposed downsizing the eastern portion of its original plan by eliminating an 18-hole golf course, reducing the hotel from 150 to 120 rooms, and cutting 88 of the original 183 townhouse units. The eastern portion of the project has received the most criticism due to its location on the steeply sloped Belleayre Ridge in the heart of the Catskill High Peaks and the New York City watershed.

In early August 2006, State Comptroller Alan Hevesi and the U.S. Environmental Protection Agency's (EPA) Region 2 office publicly criticized the proposed Belleayre Resort Project. You can read Hevesi's full report at www.osc.state.ny.us/reports/economic/belleayre.pdf. For more information on the Trail Conference and ADK's testimony on this project, visit <http://www.adk.org/issues/Belleayrerestort.aspx>

NJ \$\$ for Open Space Acquisitions

In August, New Jersey Governor Corzine signed legislation earmarking \$80 million for open space preservation in the state. Of the total, \$20 million is destined to purchase land in the Highlands region, with other money funding urban park acquisitions in Bergen, Passaic, Essex, Hudson, Mercer, Middlesex, Camden, and Union counties. The money comes from the Garden State Preservation Trust, approved by voters in 1998, set to run through 2029, and funded by revenue from sales and user taxes.

NYS Land Buy Protects LP Near Albany

In August, Governor Pataki announced an agreement for the acquisition of 188 scenic acres to expand John Boyd Thacher State Park in Albany County. The acquisition will provide for the extension of trails, notably the Long Path, a 350-mile trail that begins near the George Washington Bridge in New Jersey. The additional acreage will increase the size of Thacher Park to 2,155 acres.

The state is purchasing the land from the Open Space Institute (OSI). According to the governor's office, the parcel is adjacent to the northern border of Thacher State Park and fronts the Helderberg Escarpment with views to the north and east. The parcel includes High Point, which is reported to be the highest elevation along the escarpment. The Trail Conference-ADK Partnership successfully lobbied for the land acquisition funds from the Environmental Protection Fund that made this purchase possible.

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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 Heidi K. Adami, either by email volunteers@nynjtc.org or phone, 201-512-9348, ext. 26, and she will find a way to get you involved.

Trail Maintainers

We are looking for individuals, couples, and families who are willing to adopt a section of trail. Maintainers are expected to visit their assigned section a minimum of twice a year, keeping it passable by cutting back brush, ensuring it is well marked and free of trash, and submitting semi-annual reports of their work. We have openings on several of our Trail Committees:

Catskills Forest Preserve

Metro Trails: Alley Pond and Staten Island

East Hudson: Westchester

Central Jersey: Pequannock Watershed,

Garret/High Mountains, Pyramid

Mountain, and the Fanny Highlands.

Northwest New Jersey

The Long Path and Shawngunk Ridge

Contact Heidi either at volunteers@nynjtc.org or 201-512-9348, ext. 26.

Corridor Monitor Needed in Orange/Rockland

Looking to get off the beaten path? The Orange/Rockland AT Committee needs your help. Monitors are needed to patrol and watch the Appalachian Trail Corridor to protect against misuse and illegal activities. Responsibilities include: walking the corridor boundaries two to four times per year, verifying boundary markers along the corridor boundary, reporting evidence of trespassing and misuse, such as dumping, logging, ATVs, etc., assisting the Corridor Manager in handling problems discovered, and meeting trail neighbors and easement holders annually. Space is limited, sign up now by contacting Heidi at volunteers@nynjtc.org or 201-512-9348, ext. 26.

Corridor Monitors and Shelter Maintainers Needed in Dutchess/Putnam

There are several openings in Dutchess and Putnam Counties for AT boundary monitors and shelter maintainers. Monitors are needed to patrol and watch the Appalachian Trail Corridor to protect against misuse and illegal activities. Responsibilities include: walking the corridor boundaries two to four times per year, verifying boundary markers along the corridor boundary, reporting evidence of trespassing and misuse, such as dumping, logging, ATVs, etc., assisting the Corridor Manager in handling problems discovered, and meeting trail neighbors and easement holders annually. Shelter maintainers are needed to keep the shelters in excellent shape by visiting them frequently (twice a month in heavy usage times). Responsibilities include: trim vegetation around shelter, inspect water supply,

keep shelter free from litter and graffiti, inspect privy or other sanitation provisions, and check signs. The maintainer also submits semiannual shelter maintenance reports and reports problems and shelter misuse to the supervisor and requests help for major repairs from the supervisor. To sign up in Dutchess/Putnam, contact Jim Haggett at jthaggett@optonline.net or 845-462-2893.

Can You Spare Two Hours a Week?

Join the fun and come to our Mahwah office and assist with the packing of map and book orders, shipping membership cards, and processing membership renewals. Keep the Trail Conference's Orders and Fulfillment Department on track by lending us a hand. With a boom in memberships and book and map orders, we need your help. Interested persons should be comfortable working on a computer. Contact Gary Willick, either by email, orders@nynjtc.org, or phone 201-512-9348, ext.11.

Indirect Cost Rate Accounting Advisor

The Trail Conference maintains a complex set of financial records and occasionally needs some professional advice and guidance. We are looking for assistance in establishing an Indirect Cost Rate and if you are familiar with methods for calculating federally approved indirect cost rates, or willing to learn, please contact Elizabeth Bleiweiss at bleiweiss@nynjtc.org or 201-512-9348, ext. 23.

Publications Committee Project Manager

We are looking for individuals to oversee the production of maps and guidebooks, coordinating the work of other volunteers and contractors, and ensuring that the assigned publication comes out on time and within the approved budget. We have several exciting projects on hold because we do not have Project Managers available to ensure their successful completion. If you are interested, please contact Publications Committee Chair Daniel Chazin at DChazin@aol.com.

Publications Marketer

The Publications Committee is looking for volunteers to assist with the marketing of our publications to bookstores and other retail and wholesale outlets. If you have experience in marketing and would like to help us out, please contact Publications Committee Chair Daniel Chazin, DChazin@aol.com.

New Jersey Advocacy Committee – Volunteer Activists

Make a political impact! Volunteer activists are needed to serve on the NJ Advocacy Committee, which will work with the Conservation and Advocacy Director to develop policy positions on ATVs, Highlands Council Regional Master Plan, Parks Referendum, and other hot issues. To get involved, please contact Bill O'Hearn at ohearn@nynjtc.org or 201-512-9348, ext. 22.

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Help Needed: Trail and Hiking Information Outreach

Be a Trail Conference Ambassador. We receive many requests from members and the general public for information about hiking, especially in the fall.

To meet this public need, we seek reliable individuals to answer our phones, assist walk-in customers, and do some light data-entry and order fulfillment. Interested persons do not need to be all-knowing about hiking in the area, but must be eager to help the public and willing to look up information and follow up with the correct answer.

We seek enthusiastic Trail Conference members who can make a minimum commitment of six hours per week in our Mahwah office. Interested individuals may volunteer or receive a stipend of \$6.15/hour.

Please send your credentials, availability, and contact information to Operations Director Joshua Erdsneker at josh@nynjtc.org or call 201-512-9348, ext. 13.

Please share this notice with someone who might be interested in helping.

Meet the Interns

Carol Petricevic joins the Trail Conference from July through December as an intern with the Student Conservation Association (an Americorp program). Carol is supporting the Bear Mountain Trails Project in the office by assisting with volunteer recruitment and in the field with work trip and workshop coordination. Carol taught science in inner city schools for the last four years in Chicago and Cleveland. She left the teaching field to pursue a year of environmental work before starting graduate study in ecology next fall. Carol originally hails from the flatlands of Cleveland; her New York-New Jersey sojourn marks her first experience living outside of the Great Lakes watersheds.



Dan Hausner started volunteering with the Trail Conference several years ago on the Twin Forts project. This year he stepped up his involvement by becoming a Rockland County Americorps intern, working with the Trail Conference primarily on the Bear Mountain Trails Project. He is currently a senior at Clarkson University studying electrical engineering. He has lived and hiked in the New York metropolitan area most of his life.



The NY-NJ Trail Conference seeks individuals for internships

Trail Conference interns may gain skills in trail building, managing volunteers, and administration of projects large and small. A great skills and resume builder!

Some internships come with stipends; some may earn academic credit.

To learn more about intern opportunities, contact Heidi Adami at adami@nynjtc.org, or call 201-512-9348, ext. 26.

Statement of Ownership, Management, and Circulation

Trail Walker is a bi-monthly paper published by the New York-New Jersey Trail Conference, 156 Ramapo Valley Road, Mahwah, New Jersey 07430. The editor and managing editor is Georgette Weir, at the same address. The annual subscription price is \$15; contact person is Josh Erdsneker; telephone number is 201-512-9348. The tax status of the organization was not changed during the preceding 12 months.

As of the filing date of October 1, 2006, the average number of copies of each issue during the preceding 12 months was 9,900; the actual number of copies of the single issue published nearest to the filing date was 9,400. The paper has a total paid and/or requested circulation of 8,000 (average) and 8,012 (actual, most recent issue). The average free distribution for the 12 months preceding the filing date was 1,000 (average) and 1,000 (actual, most recent issue). The total average distribution was 9,900; the actual distribution of the single issue published nearest to the filing date was 9,012.

This information is reported on U. S. Postal Service Form 3526 and here as required by 39 USC 3685.

ADK Winter Mountaineering School



Are you a three-season hiker who's tired of watching your gear gather dust for five months out of the year? The Winter Mountaineering School may be just what you're looking for. Our dedicated, all-volunteer group of instructors have been helping hikers enjoy the mountains in winter for over 50 snow and ice filled years. This year's program will be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more. Come join the fun!

Weekend Day Hikes: Jan. 5-8; \$295.00
Weekend Backpacking: Jan. 5-8; \$250.00
Combo Section (Day Hikes & 3-night Backpack): Jan. 5-11; \$350.00

www.winterschool.org

or call 518-523-3441



Plant Hunters: On the Lookout for Invasives in the Woods

This past summer, 59 Trail Conference volunteers collected information about the presence (or lack thereof) of 22 species of invasive plants along 66 miles of trail in parklands in Harriman and Ringwood/Ramapo. The exercise was the first phase of a three-year study that has the dual aim of tracking the inroads being made by invasive plants in our region and of the feasibility of using citizen-scientists to monitor their presence. The study is being conducted by the NY-NJ Trail Conference and Rutgers University, and is supported by funding from the US Dept. of Agriculture.

The monitors—officially known as Volunteer Invasive Plant Surveyors, or VIPs—encountered 17 out of 22 designated species, with the most prevalent being:

- Garlic Mustard
- Devils Walking Stick
- Japanese Barberry
- O. Bittersweet
- Winged Euonymus
- Privet
- Honeysuckles
- Multiflora Rose



Phyllis Gulino of Staten Island was one of the volunteers who patrolled trails in Harriman State Park. A hiker with a lively interest in plants, Ms. Gulino says she volunteered hoping to increase her plant knowledge. “And it did,” she says. “It raised my awareness about invasive plants. I learned that sometimes, pulling them out can make the problem worse because it helps them to spread.”

Ms. Gulino said she walked her assigned trails with a partner, stopping at flagged locations and surveying the area within a 10-foot radius of the flag and recording the invasive plants spotted.

New recruits for the study will be sought in 2007 and 2008. Contact Heidi Adami at adami@nynjtc.org or phone, 201-512-9348, ext. 26, for information or to sign up.

Volunteer Invasive Plant Surveyors, Class of 2006

Roger Baroody, Lisa Caplan, David Case, Melanie Chirico, Martha Colby, Neil DiBernardo, Vincent Dryer, Diane Dugan, Jane Dupont, Tom Dupont, Corinne Egner, Georgette Fazzari, Christie Ferguson, Robert Fouchaux, Melissa Gillmer, John Green, Jeremiah Green, Patricia Grove, Phyllis Gulino, Barbara Hanson, James Hanson II, James Hanson III, Natalie Harris, Dennis Hillerud, Don Horne, Stephen Howe, Barbara Kohlberger, Joanne Korte, Lynn Kushner, John Lenihan, Deb MacLeod, Brigit Maio, Krisztina Marton, Carol Mantell, Elizabeth Mellen, Gina Mongiello, Robert Morgan, Dagi Murphy, Logan Nelson, Ray Nichols, Walter Pettigrew, Robert Rutherford, Suzanne Ryer, Lidya Sanchez, William Sanders, Peter Schmidt, Stanley Schmidt, Joyce Schmidt, Thomas Scuccimarra, Barbara Scuccimarra, Elaine Silverstein, Miriam Solomon, Nancy Surdoval, Bruce Thaler, Joan Thompson, Ruth Ann Trudell, Dominic Vellucci, Kim Yousey, and Chris Zeller



Trail Corridors May Promote Biological Diversity

By Dr. William Schuster, executive director of Black Rock Forest Consortium

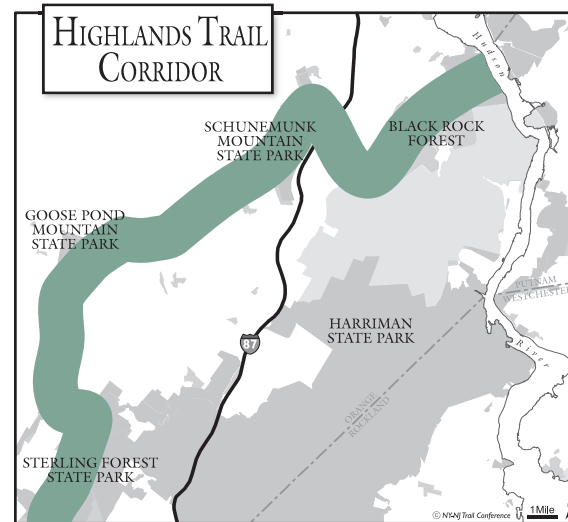
A recent study of “biological corridors”* may have implications for how we can manage fragmented natural habitats to preserve native biological diversity. The study documented that creating corridors, connections that permit relatively complete movement of organisms, between fragmented habitats can enhance plant diversity.

The study showed that, over five years, patches of open habitat surrounded by longleaf pine forests but connected by a 25-meter wide corridor contained 20 percent more native plant species than did isolated patches, which rapidly lost plant species. Increased numbers of pollinating and seed dispersing animals using the corridors may underlie the results. The study is especially newsworthy because, while corridors have been shown to benefit some larger animal species, we think of plants as being sedentary and thus slow to respond to changes.

Fragmenting ecological communities into small, unconnected pieces commonly results from human activities such as development, road construction, and land use conversion. A consequence is often reduced native biological diversity. Species with large home ranges and those that need to migrate may not have the resources necessary to survive in fragments. Fragmentation reduces the populations of some organisms, can concentrate prey organisms making them more easily captured, and can reduce or eliminate gene exchange among neighbor populations. Lowered productivity, altered chemical cycles, and/or lost ecosystem services for humans may subsequently result.

Eastern forests have been heavily fragmented, but mountain ranges such as the New York-New Jersey Highlands have significant ecological connectivity. Black Rock Forest’s 4,000 acres, for example, are contiguous to about 100,000 acres of

additional forest. This contiguity allows the area to retain carnivores, hawks and eagles, mink and otter, and owls and forest interior songbirds. We know that continuous habitats such as ridges, lowlands, and river and stream valleys enhance biotic move-



Trail routes also connect biological habitats.

ments. It has long been hypothesized that maintaining or re-establishing contiguous corridors between core habitat areas should prevent or reverse some negative impacts of fragmentation. But the full effects have seldom been rigorously and experimentally tested. Concerns, such as the possibility that corridors might spread disease, have been expressed. More studies are needed and many are underway. Nevertheless, available evidence suggests that we may at least enhance the preservation of some valuable and rare species by establishing appropriate corridors.

The importance of biological corridors lends support to the concept of preserving habitat connections in the landscape. The Black Rock Forest Consortium, the Trail Conference, and land preservation organizations work individually and together to

promote ecological connectivity around our region. The Trail Conference’s land acquisition program focuses primarily on protecting corridors between parks, preserves, and open spaces, often in areas under threat of development. By preserving hiking corridors through suitable natural terrain, one is also likely helping to maintain the native biological diversity of those areas over time. In the “spoke and wheel” model of trail linkages, preservation or reestablishment of “spokes” helps ensure the ecological health of the “wheels.”

Some have questioned whether foot trails can represent a small-scale form of fragmentation. But research by Jean Rothe in the Black Rock Forest, supported also by the Trail Conference, indicates the effect is not detrimental, at least to songbirds. Such studies have examined impacts on only a few organisms, but foot trails and trail use must be minor impacts for many of the resilient organisms that have survived previous disturbance in our forests.

When hiking on a trail in large areas of contiguous habitat, you may well enjoy, consciously or unconsciously, the biological diversity that remains. In navigating or traversing habitat barriers, you may recognize how they might have endangered native populations in the adjacent habitats. And when traveling through preserved habitat corridors, you might want to pause and give thanks to those who preserved them, on behalf of our native organisms and ecological health.

*(Damschen *et al.*, 2006, *Science* 313:1284-1286)

ADVOCACY & CONSERVATION

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NJ Updates State Trails Plan

The New Jersey Dept. of Environmental Protection (DEP) and Dept. of Transportation (DOT) are updating the 1996 version of the State Trails Plan. Public meetings on the plan were held in September. Trail User Surveys, which are being used to identify trail use patterns and priorities, are being distributed, and it’s important that as many Trail Conference members as possible fill it out and turn it in. It is available at www.njtrailsplan.org. At press time, “visioning workshops” were scheduled to take place in October, and may stretch into November. Check the [njtrails](http://njtrails.org) website for dates and locations. We expect that public hearings will take place early in 2007. For more information, visit www.njtrailsplan.org or see the Trail Conference website.

New Coalition to Protect the Ramapo Highlands

Increasingly intense development in the interstate area of the New York/New Jersey Highlands has led to the recent formation of the Ramapo Highlands Coalition, an ad-hoc committee of local environmental groups, including the Trail Conference, and concerned citizens,

which works to raise awareness and advocate for the protection of the Ramapo Highlands and the Ramapo Watershed. The coalition focuses on protection of the Highlands in the Towns of Ramapo, Tuxedo and Warwick in New York, and the Township of Mahwah and the Borough of Ringwood in New Jersey. Contacts for the coalition are Ray Kane (845-357-0158) and Bob Drennan (845-357-3768).

Plan for Stewart State Forest Released

In June, New York State transferred 1,600 acres in Orange County from the Dept. of Transportation to the Dept. of Environmental Conservation for inclusion in Stewart State Forest. In October, the DEC released its Unit Management Plan for the site, with public hearings set for that month. The UMP calls for prohibiting ATV and snowmobile use, allowing camping by permit only, expanding public use during hunting season, creating a trail network, continuing farming, and managing woods and fields for wildlife. The June land transfer was the result of an agreement settling a lawsuit against the state brought by the Stewart Park and Reserve Coalition (SPARC), which sought to protect as open space buffer lands around Stewart Airport. (The Trail Conference is a

member of SPARC.) Stewart State Forest now comprises approximately 7,000 acres, the second largest open space area in Orange County after Sterling Forest State Park. The UMP can be viewed at www.dec.state.ny.us/website/dlf/publands/ump/reg3/stewart.html.

NJ Highlands Master Plan Set for December Release

The New Jersey Highlands Council has announced that it intends to complete a first draft of the Regional Master Plan in late October, and to begin a series of six public hearings around the Highlands area on November 5. The Regional Master Plan will determine land use policies in the 400,000-acre Preservation Area of the Highlands, and Planning Area towns will have the option of “opting-in” to the plan starting in December and during the next 18 months. The Highlands Council held a series of workshops in September and October to help develop the first draft of the plan, covering 18 separate subject areas including water capacity, agricultural protection and stability, scenic values, smart growth, ecotourism, and threatened and endangered species habitat. The Council also released a series of technical reports that are available on the www.highlands.state.nj.us website.

Put Your Holiday Shopping to Work for the Trail Conference

Do you dislike shopping in crowded malls during the holiday season or prefer to make your gift purchases from the quiet sanctity of your home?

Would you like to shop at more than 100 major online retailers and help the Trail Conference as you click away?

If the answer is yes, then take advantage of the Trail Conference's Affiliate Program.

How does it work?

By entering the Trail Conference's Commercial Zone and then connecting to select online retailers through a special link on the Trail Conference's web page, up to 15% of the price of everything you buy benefits New York - New Jersey Trail Conference!

When you are ready to shop, visit our web page at <http://www.nynjtc.org/commerce/index.html>. From this page, you will see a link to a web page titled **greatergood.com**. From this link, you can choose from more than 100 brand name retailers. You will have access to a variety of merchants such as LL Bean, Land's End, Amazon.com, Barnes and Noble, Avon, J. Crew, The Gap, as well as home electronics and computer stores, home and bath stores, pet supply retailers, gourmet food shops, and dozens more.

Please pass this link along to everyone you know, especially with the holiday shopping season just around the corner. Your purchases can really help us make a difference.



Park Supporter Malcolm Borg Honored by Friends of Palisades

On June 8, Malcolm Borg was honored by Friends of the Palisades on the occasion of his completion of 31 years of dedicated service as a commissioner of the Palisades Interstate Park Commission (PIPC). First appointed in 1974 by Governor Brendan Byrne of New Jersey, "Mac" served the Commission with great distinction. During his tenure, PIPC assumed the management of Sterling Forest State Park and a greatly expanded Minnewaska State Park Preserve.

A dinner honoring "Mac" was held on Ross Dock along the Hudson River in Fort Lee, NJ. Former PIPC Executive Director Bob Binnewies flew in from California for the occasion, and the Trail Conference was represented by former TC President H. Neil Zimmerman. "Mac is and was the institutional memory of the Commission," Neil said. "He has a flair for guiding folks in the right direction and was a key player in the Sterling Forest and Minnewaska dramas, which were successful in no small part because of his efforts."



Park supporter Malcolm Borg was a PIPC commissioner for 31 years.

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Andrew S. Coccari

In memory of Berthe Myles
Naomi Sutter

In memory of Dick Redfield
Robert J. Jonas, Naomi Sutter

In memory of Martin Last
Naomi Sutter, Peter Tilgner*

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In memory of Michael G. Mann
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www.mohonkpreserve.org

Mohonk Preserve Visitor Center
3197 Route 44/55 Gardiner, NY
near Route 299, below the hairpin turn
845-255-0919

IN MEMORIAM

Richard (Dick) Redfield

Long-time Trail Conference member Dick Redfield passed away on August 17, 2006, after a seven-year battle with leukemia. Dick was an avid hiker, and a hard-working contributor to the hiking community in both physical and administrative capacities.

Dick's love of the outdoors was fostered and encouraged by his father, Emanuel (Manny) Redfield, a Conference member who was also active in the hiking community until his death in 1983. Dick spent countless volunteer hours at the Conference's office in Manhattan, maintained trails, field-checked maps, and developed and blazed the original route of the Wyanokie Crest Trail. He maintained that trail for many years even though it was a long distance from his home in Westchester County. In 1991 he was awarded the Trail Conference's Certificate of Appreciation for his work.

Dick was previously part of the trail crew that developed several sections of the Appalachian Trail in the Dutchess and Putnam areas, and until his death he continued to work as a corridor monitor on the Graymoor section of the AT. He helped revitalize the Briarcliff-Peekskill Trailway for Westchester County; and he worked with the Westchester Trails Association in various capacities over the years since he joined in 1975, as an officer, board member, Conference delegate, membership chair, and trails chair. WTA members remember him as



Eileen West and Dick taken after 8 years of section hiking the AT.

courteous, sensitive, kind, generous with his time, an outstanding classical pianist, and the baker of the best cheesecakes to ever grace the tables of their annual meetings and holiday parties.

Dick is survived by his wife, Eileen West, whom he married at Acadia National Park in Maine during a hiking vacation. Together they completed the Appalachian Trail (as the Sundown Duo) in 2001, and later Vermont's Long Trail in 2003. They were early Long Path end-to-enders, completing that Trail in 1995.

Dick is also survived by a brother, William Redfield; and by cousins and extended family who mourn his loss. His parents, Emanuel and Mildred Redfield, predeceased him. Dick's ashes are interred at Ferncliff Cemetery in Hartsdale, but the memory of his kind heart and gentle soul will live on forever.

VOLUNTEER CLASSIFIEDS

continued from page 6

Own a Piece of the Web

The TC is redesigning its website from the ground up. Our major goals are to make it more interactive/participatory and easier to navigate as well as more graphically pleasing. To accomplish this we need volunteers with varied skills and commitments. You could provide content, for example, with responsibility for posting 8-10 book reviews a year. Or help write PHP code for an interactive search for hikes in a database. You

could be a usability tester during the development phase. If it is web related and you have some skills you are willing to volunteer, please tell us how you would like to be involved, email: webmaster@nynjtc.org. The web has a more complete list of opportunities at www.nynjtc.org/webredesign.

Other Opportunities:

- Administrative Support
- Tool Inventory Coordinator
- Event Coordinator

Member Club Profile

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. We invite club representatives to submit photos from hikes or maintenance outings or other events (please set your digital camera for highest resolution). Email your photos, along with complete caption information to: tw@nynjtc.org; put "TW club photo" in the subject line.

Chinese Mountain Club of New York
The Chinese Mountain Club of New York (CMCNY) is a nonprofit organization founded in 1985 by a group of outdoor enthusiasts who devoted their leisure time to organizing outdoor trips for the local Chinese community. The group joined the Trail Conference as a maintaining club soon after its creation.

Today, CMCNY has more than 190 members, most of them residents of New York City. It sponsors more than 70 activities each year, with members enjoying hiking, biking, camping, skiing, backpacking, rock climbing, roller-blading, canoeing, and more. Most outings take place within New York, New Jersey, and Pennsylvania. Day trips are usually within an hour's drive from New York City, with



RWEI SU

Harriman State Park a favorite destination. Out-of-area trips to New Hampshire or Vermont are sometimes scheduled, and once every two years or so, members plan an extended trip to such places as Hawaii, Yosemite, or the Grand Canyon. Twice a year CMCNY members head out to the dramatic Shore Trail along the Hudson River in Palisades Interstate Park to do trail maintenance.

Club President Chung Leung notes that members are from varied backgrounds—"from clerical to scientists"—and a wide range of ages. He notes that although sometimes members enjoy speaking Chinese dialect, English is the primary language of the group. "Many of us were born here and don't speak a Chinese dialect," he says. "English is our main tool." The group also welcomes non-Asians to its ranks, he notes. "As an example, a woman from Iran, who enjoyed hiking in her country and was looking for a group to join when she moved here, has been active with us. We like to welcome people of different cultures and backgrounds."

For more information about CMCNY, visit its website at www.cmcny.org.

Don't Let Trail Work Be a Pain in the Back

By Todd Edelson, DPT, Dip. MDT

I recently had the opportunity to present a training program on "Care and Prevention of Back Pain" to the staff of the NY-NJ Trail Conference. This article is the outgrowth of that presentation. As a physical therapist and avid hiker, I have had the opportunity to carefully consider the hazards of those musculoskeletal injuries that might potentially sideline the hiking enthusiast. Whether you are involved in trail maintenance, hiking, or both, there are specific steps that can be taken to avoid or manage the torment of back pain.

There are two main predisposing factors for back pain. It may surprise the reader to know that neither of these two factors includes being overweight or having weak abdominal muscles. (For obvious health reasons, having strong abdominal muscles and being at an optimum body weight are positive attributes.) The medical literature tells us that the major factors for the onset of back pain are frequency of forward bending and prolonged or slouched sitting (approximately 90 percent).

Spine epidemiologists report that we bend forward 4,000 to 6,000 times each day. You may be thinking that perhaps these epidemiologists have entirely too much time on their hands, but consider the variety of activities throughout your day that require forward bending: brushing your teeth, washing, getting dressed, shaving, household chores, driving, etc. Last fall, I took the Trail Maintenance 101 course offered by the Trail Conference. I noticed that much of the work involves forward bending, lifting, and carrying activities. Now ask yourself this question: "How many times during the course of a normal day do I bend backwards?" If the answer is "rarely," then you are in very good company.

The spine is made to bend forward and backwards, yet the overwhelming proportion of one's movement is in a forward bending direction. This places an inordinate stress on the supporting structures of the spine (discs, ligaments, and muscles). Imagine cutting the knuckle on your index finger then bending the finger before it has healed. Obviously the cut will continue to break open and delay the healing process. If the finger is held straight, the cut will heal rapidly, generally within a week.

The same principle applies to the spine. If you hurt your back bending forward,

then bending motions will aggravate the injury. If, however, you maintain your spine in a neutral or upright position, it will heal more efficiently.

Promoting Back Health On and Off the Trails

The most effective exercises for treatment and prevention of common back pain are those that allow the spine to bend backwards. The two exercises that I recommend most, for ease of performance and the fact that no equipment is required, are back bends in a standing position and press-ups (similar to the cobra exercise in yoga).

There are some very basics steps that one can take to prevent back injuries while maintaining trails:

- When carrying heavy objects, make sure that the load is evenly distributed (for example in a well-balanced backpack).
- When lifting objects, always face the object you are picking up; maintain the arch in your back as you lift; and use the large muscles of your legs to raise and lower your body and load—avoid using the muscles of your lower back; their function is to maintain posture, not to support heavy lifting.
- Finally, take frequent breaks (at least once per hour) and perform 10 back bends.

Prevention is the best way to manage back pain. Doing a simple exercise (back bending), maintaining good posture, and being conscious of the amount of forward bending you do during the course of the day will significantly reduce the risk of an episode of low back pain.

Todd Edelson, DPT, is the region's leading practitioner of the McKenzie Method of spine pain management and prevention. His practice, Montclair Physical Therapy, Montclair, NJ (www.montclairphysicaltherapy.com), specializes in orthopedic and neurological issues with a special emphasis on patient education.



GEAR CHECK

An occasional series that will review gear appropriate for hiking.



PHOTO COURTESY OF OSPREY

Osprey Atmos 35 A lightweight backpack that behaves like a heavyweight

Reviewed by Josh Erdsneker

If you're not ready to convert to a born-again *light is right* backpacker and cut your toothbrush handle off, then the *Osprey Atmos 35* is your saving grace. Weighing in at less than three pounds, the *Atmos 35* is sturdy enough to handle up to 30 pounds of gear, yet light enough to help consider converting.

On a trip to the Catskills this summer I packed my share of luxuries, including a book, camera, self-inflating mattress pad, French press for my coffee, as well as all the usual gear and food I would need for two nights in the woods. The easy-to-pack main compartment swallowed my single-person tent, food, stove, and extra clothes. In the external stretch pockets I stashed a fuel bottle and water filter with room to spare for extra supplies. Unlike other lightweight packs, the *Atmos* is made with a durable 210-denier nylon fabric, which withstood two hours of bushwhacking on Southwest Hunter Mountain with no signs of wear.

The pack includes such great features as a hydration pouch and tube holes for easy access and perforated shoulder straps and waist belt that prevent heat buildup. The back panel is made from 3D tensioned breathable mesh fabric to increase airflow and prevent the dreaded sweaty back syndrome most hikers experience with a regular backpack. The *Atmos* is full of useful and well designed features that will enhance your backpacking experience. This is a great, comfortable backpack for weekend adventures or winter day-trips where you need extra room for clothing and external gear straps and daisy chain loops for snowshoes or other gear.



Rating: 5 boots out of 5

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FAVORITE HIKE



By Shawn Viggiano

Swartswood State Park Offers Year-Round Trail Pleasures



SHAWN VIGGIANO

Enjoy views of Swartswood Lake as you hike in its namesake park.

Come out and enjoy some 10 miles of trails in New Jersey's 2,270-acre Swartswood State Park, most of which are now being maintained by the Trail Conference. Swartswood is located in the mountains of Sussex County's Stillwater Township. Its main attraction is 519-acre Swartswood Lake, a glacial lake that reaches depths of over 50 feet. Hikers will enjoy the park's 10 named and marked trails and a variety of ecological and cultural areas.

Within the main day-use area of Swartswood is Emmon's Path, which travels a bit less than a mile along Swartswood Lake, through hemlock groves, and out to Little Swartswood Lake.

For more solitude, try the Swartswood Natural Area. Here you will find five marked and named trails ranging in length and difficulty from 0.4 miles to 2.8 miles. The area features four rare limestone sink-hole ponds, which in turn support rare species of plants and animals, and upland communities of sugar maple, basswood, oak, hickory, and hemlock. Visitors can observe secondary succession throughout the natural area.

At the southern end of Swartswood Lake, you can hike the 1.2-mile Grist Mill Trail, past an old grist mill, along Pond Brook and Mill Pond, and through a cedar forest. Across from the grist mill is the Slate Ridge Trail, which is still under construction; when completed it will provide seasonal views of Swartswood Lake.

Away from the main park area is the Spring Brook section. Here you will be able to hike the Willow Crest Trail out to Willow Crest Lake, along Spring Brook, with views of the Kittatinny Mountains. This 2.8-mile trail is also under construction, but is expected to be completed by this fall.

Swartswood State Park is open year round with something to do every season. All trails are also excellent for snowshoeing and cross-country skiing. Go for a hike and then cool off by paddling Swartswood Lake or swimming at the beach (in season). The Delaware Water Gap National Recreation Area, Stokes State Forest, High Point State Park, and Kittatinny Valley State Park are nearby. Camping is available. For updates on trail conditions and for more information, contact the park at 973-383-5230 (www.njparksandforests.org).

Length: Six miles + one mile extension

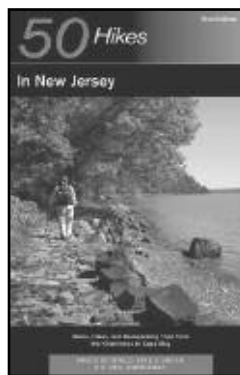
Rating: Trails are easy to moderate

How to Get There: From Route 80, take exit 25, Route 206 north to Newton, about 12 miles. From Newton, make a left at the second traffic light (Route 206 and Spring Street) then make a left at the next light onto Route 519. Follow 519 for approximately 1/2 mile, then make a left onto Route 622 at Sussex County College sign. Follow Route 622 for about 4 1/2 miles. Turn left onto Route 619. The park entrance is about 1/2 mile south on Route 619.

Shawn Viggiano is a ranger at Swartswood, TC trail supervisor for High Point State Park, and the Mid-South Overseer for the NJ AT Committee.

Visit Us Today!
www.NYNJTC.org

BOOKNOTES



50 Hikes in New Jersey Walks, Hikes and Backpacking Trips from the Kittatinnies to Cape May

Scofield, Green and Zimmerman, Third Edition, The Countryman Press, 2006
Reviewed by Maureen Edelson

Stella Green, Bruce Scofield, and Neil Zimmerman, authors of *50 Hikes in New Jersey* (3rd edition) are wonderful company. I met them on a Friday, and connected quickly: they are organized and enthusiastic. By Saturday, I was enjoying Stella's quick and witty turn of a phrase, Neil's rock-solid advice, and Bruce's heart-to-heart ecological challenges. By Sunday afternoon, they were leading me assuredly on a delightful hike (Hike #9, Governor Mountain).

Since this is a book review, you probably realize our foursome coalesced without actually being face to face—but by reading and using *50 Hikes in New Jersey*, I felt tutored and accompanied in a delightfully personal way.

Organized with requisite science, how-tos and what-fors up front, and with a fine quick-reference chart describing attributes of each hike—time, distance, elevations, suitability for kids, availability of camping, views, cross-country skiing, waterfalls, etc.—the introductory pages get your toes tingling as the authors coax you with rich adjectives—“fabulous,” “stunning,” etc. These writers don't pussyfoot around. The inclusion of new pursuits complementary to hiking (geocaching, letterboxing) and social references (*Weird New Jersey*) indicates the authors' open-mindedness and the possibility of reaching varied markets with their book.

Approximately 10 new hikes appear in this third edition, including an instant classic, the Schuber Trail in the Ramapo Mountains (Passaic/Bergen). Recent land acquisitions in the Ramapos by Bergen County and subsequent trail redevelopment by Trail Conference volunteers permit surer hiking of this very varied, conveniently located seven-mile route.

About one-half of the book's hikes are rated easy or easy to moderate, and nearly one-half are located south of Route 78.

Very well prepared maps, captivating photography, and insights into historical and environmental issues round out the book, drawing in even an experienced (and New York-born) reader of the hiking/trail-guide genre. I rate it a *buy*.

Maureen Edelson is a Trail Conference member and volunteer.

Hunting Seasons 2006-07 New York & New Jersey

NEW YORK: Regular and Archery

Southern Zone (includes Hudson Valley and Catskills)

Regular: Nov. 18 – Dec. 10
Archery: Oct. 14 – Nov. 17
Archery and muzzleloading:
Dec. 11 – Dec. 19

Westchester Co. (archery only)

Oct. 14 – Dec. 31
Muzzleloading Dec. 11 – Dec. 19

Suffolk Co. (archery only)

Oct. 1 – Dec. 31

For info about all hunting seasons and regulations in New York State, visit www.dec.state.ny.us/website/dfwmt/wildlife/guide/huntseas.html

Hunting is not allowed in Bear Mountain-Harriman State Park.

However it is allowed in parts or all of other state parks. Call parks for details.

Black Rock Forest (845-534-4517) closes to all hikers from Nov. 18 through Dec. 12.

NEW JERSEY

In New Jersey, the safest course in the fall is to hike only on Sundays, when hunting is prohibited throughout the state. Otherwise, hunting seasons vary by weapon and geography. For the complete set of deer season regulations, go to http://www.state.nj.us/dep/fgw/pdf/2006/06-07deer_regs.pdf

For information about other hunting seasons in New Jersey (including bear), go to www.nj.gov/dep/fgw/

TC PROTECTS 200 ACRES *continued from page 1*

The Trail Conference expresses thanks to Robert Borman, the executive director of the Good Tidings Bible Conference, for his cooperation, and to Bruce O'Mara Hulbert of DEC for his work on the subdivision and survey for this parcel. As always, the Trail Conference also thanks all those members and contributors who have given

to the Land Acquisition and Stewardship Fund (LASF) and helped make this and other land protection purchases by the Trail Conference possible.

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www.windham-area.com/hilltopacres.htm

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 90 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.

ADK-MH	ADK Mid-Hudson Chapter	RWV	Rip Van Winkle Hiking Club
ADK-R	ADK Ramapo Chapter	SC-YS	Sierra Club – Young Sierrans
AMC-NYNJ	Appalachian Mountain Club, New York-North Jersey Chapter	SHOR	Shorewalkers
GAHC	German-American Hiking Club	TLR	Teatown Lake Reservation
GS	Great Swamp Outdoor Education Center	UHC	Union County Hiking Club
IHC	Interstate Hiking Club	UOC	University Outing Club
NYHC	New York Hiking Club	WEC	Weis Ecology Center
NYR	New York Ramblers		
PMNHA	Pyramid Mountain Natural Historic Area		

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 January/February 2007 issue is October 15, 2006.

November

Saturday, November 4

IHC. Sterling Ridge Trail Maintenance. Leader: Jim Cantfield, 973-728-9774. Meet: 9 am at south end of Sterling Ridge Trail, Rt. 511, Hewitt, NJ. Moderately strenuous. The southern 2.5 miles of this trail needs some special attention. Bring lunch, water, clippers, and good working gloves; or can use tools provided by the club. No experience needed.

UHC. Watchung Trail Maintenance. Leader: Pre-register by calling Trailside at 908-789-3670. Meet: 9:30 am; call for directions. Meet new people, learn a new skill and work outdoors, while giving back a little to the trails. No experience needed. Bring water, work gloves, bag for trash, and clippers/toppers if you have them. We'll work until noon. Held unless snow on ground or severe storm.

UOC. Norvin Green State Park, High Point, NJ. Leader: George Strauss, 732-469-2935. Meet: Call for time and place for carpooling. This 3-hour hike offers views of the New York skyline and dramatic wooded hills.

ADK-MH. Fahnestock Park, Cold Spring, NY. Leader: Pete McGinnis, 845-454-4428. Meet: 9 am; call leader for details. Moderate 8 miles with slight elevation gain; East Mountain Loop over to Round Hill.

ADK-MH. Mossy Glen Trail, Minnewaska State Park, NY. Leader: Marge Velasquez, 845-888-2853. Meet: 9:15 am at lower Awosting parking lot; call leader for details. Moderate 6 miles with some ups and downs; we'll have the Peterskill along side us for some of the way.

AMC-NYNJ. Arden, Harriman State Park. Leader: Art Tollefson, 212-727-8961. Meet: 9 am at Elk Pen parking on Rt. 17, 2 miles north of Southfields, NY (call for details and bus from NYC). Moderate 9 miles with hills. Enjoy this beautiful part of Harriman. Heavy rain cancels.

WEC. Women's Hike, NJ. Leader: Call Weis Ecology Center, Ringwood, NJ, at 973-835-2160 for details; must call to register. Meet: 8 am at Weis, 150 Snake Den Rd. Moderately paced, 2-3 mile hike (out by 10 am) with Sanctuary Director Karla Risdon and friends. Possible carpool to trailhead. Cost: \$5.

Sunday, November 5

UHC. South Mtn. Reservation, Millburn, NJ. Leader: Lee Fanger, 973-376-3160. Meet: 10 am at Locust Grove parking at Glen Ave. and Lackawanna Pl., across from Millburn RR station. Steady paced 4-5 miles, uneven terrain. Out by about 12:20 pm. Rain cancels.

NYR. Blue Mountain Reservation, NY. Leader: Clive Morricks, 212-242-0931. Meet: 7:35 am at Grand Central Terminal for 7:51 train to Peekskill, NY (check train times). Through Depew Park, then do every trail in Blue Mtn. Reservation. Call leader for hike details.

PMNHA. Map & Compass Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area, Montville Twp., NJ, at 973-334-3130 for details. Meet: 1 pm at visitors center, 472A Boonton Ave. Moderate hike. Learn the basics of finding your way out of the woods.

WEC. Young Adult Hike, NJ. Leader: Call Weis Ecology Center, Ringwood, NJ, at 973-835-2160 for details; must call to register. Meet: 11 am at Weis, 150 Snake Den Rd. Moderately paced, 5-hour hike. Social hikes intended for ages 18-30; spend some time outside and make new friends. Possible carpool to trailhead. Cost: \$5 for college students.

Monday, November 6

RWV. Ashokan High Peak, NY. Leader: Call 845-687-2236 for information. Meet: 8 am. Strenuous 8 miles; 6 hours. Inclement weather date is following Monday.

AMC-NYNJ. Sociables 50+ Trail Design Hike, NY. Leader: Pete Heckler, 201-261-4644. Meet: 8:45 am at Sloatsburg, NY, commuter parking lot (7:50 am Short Line bus from NYC, call for details). Moderate 6-7 miles. Our leader, trail maintainer/supervisor, will show us the basics of trail work and describe how the trail was designed as we hike along the HTS, 7 Hills, and Reeves Brook Trails. Intended primarily for ages 50+ but all are welcome. Rain cancels.

PMNHA. Full Moon Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area, Montville Twp., NJ, at 973-334-3130 for details; must call to register. Meet: 5 pm at visitors center, 472A Boonton Ave. Moderate 2-hour hike. Navigate by moonlight and listen to the night chorus. Cost: \$3.

Tuesday, November 7

GS. Baby and Me Hike, NJ. Leader: Call Great Swamp Outdoor Education Center, Chatham, NJ, at 973-635-6629 for details; must call to register. Meet: 9:30 am. Put your infant in a pack and join a naturalist on the trails of Hedden Park, Morris County. End by 11 am. Cost: \$1. Hikes in various Morris County parks, every Tuesday through December 19.

UHC. Skyline Dr., Ramapo State Forest, NJ. Leader: Kathie Grifone, 201-891-5161. Meet: 10 am at upper parking lot on Skyline Dr., exit 57 on I-287. Moderate 6-7 miles, with some hills.

Saturday, November 11

SCYS. Harriman Park Hike, NY. Leader: Must register by Nov. 10 to MistyAngel22@aol.com or 732-764-9073. Meet: 11 am; Sloatsburg, NY, area. For 20s/30s; fast paced, rigorous 3-hour hike. Rain cancels. Relaxing social at local eatery afterwards.

NYHC. Long Path/The Palisades, NY. Leader: Judy Levine, 718-482-9659; call after 6 pm. Meet: At Port Authority Bus Terminal to take 9:15 am Rockland Coaches bus to Alpine Boy Scout Camp. Moderately strenuous 10 miles on trail above the Hudson; stair climbs and one long descent on rocks, some stream crossings. We'll walk from Alpine to Nyack, NY.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepselter, 908-273-4188. Meet: 10 am at Trailside Nature center, Coles Ave. at New Providence Rd. Brisk pace, 4-5 miles. Steady rain cancels.

Sunday, November 12

ADK-MH. Franny Reese Park, Poughkeepsie, NY. Leader: Sue Mackson, 845-471-9892. Meet: 11:30 am at Gerald Dr.; call leader for details. Easy, short hike across Mid-Hudson Bridge and on trails along the river; possible side trip to Poughkeepsie Railroad Bridge. Rain cancels.

NYHC. Fall Colors on Bear Mtn., NY. Leader: Halina Jensen, 212-568-6323; call 8 pm-10 pm. Meet: Take 8:51 Hudson Line train from Grand Central Terminal to Manitou (leader boards at Marble Hill; buy one-way ticket as we will return to NYC by bus, arriving 8-10 pm). Strenuous 6 miles. Climb to top of Bear Mountain on the Appalachian Trail, then descend on either Major Welch Trail (very steep) or on AT on other side of the mountain, then 1777 Trail.

SHOR. Astoria, Queens. Leader: Hanna Storme. Call 718-463-5729 before 9 pm. Meet 10:30 am at Ditmars Blvd., last stop on the N or W line, downstairs on street level. Plan to visit Lawrence Cemetery, Steinway Mansion, Lent Homestead, and St. Irene's Greek Orthodox Church. Lunch at Greek Tavern near Astoria Park or bring your own and eat in the park. Possibility of walking to Roosevelt Island for viewing the city at sunset. 4-8 miles, depending on locations covered. Joint hike with other clubs.

WEC. Wawayanda State Park, NJ. Leader: Charlie Toole. Call Weis Ecology Center, Ringwood, NJ, at 973-835-2160 for details; must call to register. Meet: 9:30 am at Weis, 150 Snake Den Rd. Less than 3 miles, but tough: 1 mile steep climb to Appalachian Trail for some of best views in the park; other 2 miles are downhill. Slow pace; expect to end by 2:30 pm. Non-members \$8.

Monday, November 13

RWV. Echo Lake/Overlook Mountain, NY. Leader: Call 845-246-7616 for information. Meet: 9 am. Moderately strenuous 6.6 miles, expected 4 hours. We'll hike from Platte Clove Mountain Rd. Inclement weather date is following Monday.

Thursday, November 16

ADK-MH. Mid-Hudson Valley, NY. Leader: Jane Geisler, 845-677-9909. Meet: Call leader by Wednesday for meeting place and time. Moderate 3-4 hour hike; followed by early dinner at restaurant.

UHC. Allamuchy State Park, NJ. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am at Cranberry Lake; call for directions. Moderate 8-9 miles around the lake, including a visit to an old mine.

Saturday, November 18

ADK-MH. Minnewaska State Park, New Paltz, NY. Leader: Jean-Claude Fouere, 845-462-0142, and Georgette Weir geweir@optonline.net. Meet: contact leaders for meeting place and time, and for carpool arrangements. Strenuous 8-9 miles, up to Castle Point, to Rainbow Falls, and back on Mossy Glen Trail. We'll discuss the geology of the Shawangunk Ridge and its renowned conglomerate rock, and look for evidences of the last glaciation period.

UOC. High Rock Park, Staten Island, NY. Leader: Coralyn Gorlicki, 732-548-2315. Meet: Call for time and place for carpooling. 2 miles on the trails of this beautiful park, then visit Richmondtown, a living history museum.

ADK-R. Schunemunk Mountain, NY. Leader: Call 201-816-9465 for details. Moderately difficult, full day hike.

RWV. Greenpoint Conservation Area. Leader: Call 845-758-6769 for information. Meet: 9 am. Easy 3.5 miles, expected 5 hours. Inclement weather date is following Saturday.

PMNHA. Basic Survival Skills Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area, Montville Twp., NJ, at 973-334-3130 for details; must call to register. Meet: 10 am at visitors center, 472A Boonton Ave. Moderate 4 hours. Learn some basic skills for survival in the wilds of New Jersey, or elsewhere. Cost: \$5.

UHC. Pyramid Mtn., Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10 am at visitors parking lot; call for directions. Moderate to brisk 4-5 miles; one difficult descent over rocks. Along the reservoir, then climb Pyramid Mtn., on past glacial erratics to Whale Head Rock and Bear Rock. Not for beginners.

Sunday, November 19

GAHC. Harriman State Park, NY. Leader: Mathias Wuetherich, 908-253-9042. Meet: 10 am at Tuxedo, NY, RR station. Easy and moderate hikes offered.

ADK-MH. Young Members Breakneck Ridge, Beacon, NY. Leader: Dave Koehler, 518-851-9089. Meet: contact leader. Difficult 6-7 miles. From almost the moment we step out of the cars, we will be scrambling up exposed Breakneck Ridge to catch some great Hudson views. Although geared for those in their 20s/30s, this hike is open to all.

IHC. Bearfort Ridge/Surprise Lake, NJ. Leader: Susan Clark, 973-962-0626. Meet: 9 am at A&P/Hewitt Post Office shopping center, Warwick Tpk., Hewitt, NJ. Moderately strenuous. Ledges of puddingstone rock, several glacial ponds, and views in all directions from this ridge-top hike.

TLR. Breakneck or Bust, NY. Leader: Contact Teatown Lake Reservation, 914-762-2912 or www.teatown.org for details. Meet: 9:30 am. One of the most rugged and scenic hikes in the Hudson Highlands; panoramic views are the reward for climbing the rocky, exposed ridge. Moderate pace. Rain cancels, carpooling may be required. Non-members \$5.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: MaryDell Morrison, 908-684-5175. Meet: 10 am at visitors center parking; call for directions. Moderate 4-5 miles in this historical park.

WEC. Patriots' Path, NJ. Leader: Don Weise. Call Weis Ecology Center, Ringwood, NJ, at 973-835-2160 for details; must call to register. Meet: 9:30 am. Strenuous, fast paced 8 miles, from Willowood Arboretum to Cooper's Mill. Tour the Black River Gorge, Bamboo Brook, and a historic grist mill. Expect to end by 2:30 pm. Non-members \$8.

SHOR. Central Park, NYC. Leader: Mike Graff, 917-902-7979. Meet: 9:30 am. Artist's Gate, 6th Avenue and Central Park South (59th St.). All-day historical tour of America's first large public park, bathed in autumnal colors. Experience the pond, mall, Ramble, Great Lawn, obelisk and other sights. Explore one of "America's Greatest Works of Art of the 19th Century." Bring camera, food, water. Moderate pace, some hills, bailouts possible, heavy rain cancels.

GS. Laurel Trail, NJ. Leader: Call Great Swamp Outdoor Education Center, Chatham, NJ, at 973-635-6629 for details. Meet: 1 pm. Easy hike; have all your nature questions answered.

Monday, November 20

AMC-NYNJ. Sociables 50+ W. Jersey Exploration. Leader: Pete Beck, petebeck_00@yahoo.com. Meet: 10 am; email leader for details and to register by Sunday, 8 pm. Moderate 7 miles with some hills. From Millbrook Village, explore beyond Coventry Pond, going up to the Appalachian Trail. New hike not on the maps. Intended primarily for ages 50+ but all are welcome.

Tuesday, November 21

UHC. Storm King Mountain, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10 am at lot on Rt. 9W; call for directions. Moderately strenuous 5-6 miles, with lots of climbing. Great views of the Hudson Valley are worth it.

Saturday, November 25

ADK-R. Elk Pen Circular, Harriman State Park, NY. Leader: Call 201-816-9465 for details. Moderately difficult, full day hike.

TLR. Walk Off the Turkey, Westchester, NY. Leader: Contact Teatown Lake Reservation (Ossining, NY), 914-762-2912, ext. 110, for details and to register. Meet: 10 am. Moderate pace, 1 1/2 hour hike to walk off those extra pounds. Rain cancels, carpooling may be required. Non-members \$5.

SHOR. Walk Off the Turkey, Manhattan. Call for info: 212-330-7686. Meet: 9 am at entrance to South Ferry Terminal. Take N or R trains to Whitehall St. or #1 to SF. Stroll 11-12 miles along the Hudson River (2/5 of the Great Saunter). Get in shape for the Great Saunter. South Ferry to the Little Red Light House, see new parks and paths. Bring water and lunch.

Sunday, November 26

IHC. Storm King Mountain, NY. Leader: Chris Davis, 609-924-2563. Meet: 9 am at Anthony Wayne parking area north, Harriman State Park, NY. Strenuous. New trails from Rt. 218, 200 feet above river level, and the best views west of the Hudson.

PMNHA. Hike with all the Trimmings, NJ. Leader: Call Pyramid Mountain Natural Historic Area, Montville Twp., NJ, at 973-334-3130 for details; must call to register. Meet: 10 am at visitors center, 472A Boonton Ave. Strenuous 5 hours. Work off those holiday indulgences on this 10-12 mile hike around Butler Reservoir.

UHC. Washington Valley Park, Martinsville, NJ. Leader: Bob Keller, 908-580-1778. Meet: 10 am; call for directions. Moderate 2-hour hike, featuring a reservoir, pine forest, and a waterfall. Rain cancels.

SHOR. Alley Pond Park, Queens. Leader: John Socolick, 516-791-6453. Meet at Hillside Avenue and Winchester Blvd at 12:30 pm. Take the F subway to 179th Street/Hillside Ave (last stop) and then the Q43 bus to Winchester Blvd bus stop. 6 miles. Moderate/easy pace. We will explore the many trails and ponds of this lovely park. Bring lunch and water. Steady rain cancels.

Monday, November 27

RWV. Minnewaska State Park, NY. Leader: Call 845-338-8772 for information. Meet: 8:30 am. Moderately strenuous 6 miles, expected 5 hours. Inclement weather date is following Monday.

December

Saturday, December 2

UHC. Watchung Trail Maintenance. Leader: Pre-register by calling Trailside at 908-789-3670. Meet: 9:30 am; call for directions. Meet new people, learn a new skill and work outdoors, while giving back a little to the trails. No experience needed. Bring water, work gloves, bag for trash, and clippers/toppers if you have them. We'll work until noon. Held unless snow on ground or severe storm.

UOC. Birding Walk to Bamegat Lighthouse, NJ. Leader: George Pitcher 732-828-1890. Meet: Call for time and place. Walk along the sand and jetty, looking for Harlequin ducks, Scoters, Mergansers, Eiders, Horned Larks, and Red-throated Loons. Brunch afterward.

ADK-R. Kakiat Trail/Pine Meadow Lake, Harriman State Park, NY. Leader: Call 845-354-0738 for details.

PMNHA. Holiday Hustle, NJ. Leader: Call Pyramid Mountain Natural Historic Area, Montville Twp., NJ, at 973-334-3130 for details. Meet: 1 pm at visitors center, 472A Boonton Ave. Moderate stress relief hike.

NYHC. Greenwich Point Park, CT. Leader: Sal Varbero, 718-420-9569; call 8 pm-10 pm. Meet: 9:10 am at Grand Central Terminal. Easy 6 miles along the Connecticut shore, enjoying beautiful view across Long Island Sound.

Sunday, December 3

ADK-MH. Appalachian Trail, Pawling, NY. Leader: Pete McGinnis, 845-454-4428. Meet: 9 am; contact leader for location. Difficult 10 miles. Start at Rt. 22 and proceed north into Connecticut. Car shuttle required.

Continued on back

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ADK-R. Rockhouse Loop. Leader: Call 845-362-8470 for details.

IHC. Patriots' Path, NJ. Leader: Jennifer and Guy Percival, 973-984-1005. Meet: 9am at Fosterfields Historical Farms, Kahdena Rd., Morristown, NJ. Moderate hike from Mendham to Fosterfields; shuttle required. Optional visit to the historic farm after hike (admission fee).

AMC-NYNJ. Tuxedo, Harriman State Park, NJ. Leader: Art Tollefson, 212-727-8961. Meet: 8:50 am in Tuxedo, NY; call for details and bus info from NYC. Fast paced 9 miles with hills; moderately strenuous. Heavy rain cancels.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside Nature Center, Coles Ave. at New Providence Rd. Brisk morning hike of 4-5 miles. Steady rain cancels.

NYHC. Staten Island Hike. Leader: Steve and Bettye Soffer, 718-720-1593; call 7 pm-9 pm. Meet: Take 10:30 am Staten Island Ferry from Manhattan and then the S74/S76 bus to meet leaders in Staten Island at Spring St. (need MetroCard). Moderate 5-7 miles with hills. Hike to top of Todt Hill, wander through interesting residential areas, then re-enter woods and hike to High Rock Park. Heavy rain or snow cancels.

Thursday, December 7

ADK-MH. Mid-Hudson Valley, NY. Leader: Jane Geisler, 845-677-9909. Meet: Call leader by Wednesday for meeting place and time. Moderate 3-4 hour hike; followed by early dinner at restaurant.

UHC. Ramapo State Forest, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am at upper lot on Skyline Dr.; call for directions. Moderately strenuous 9 miles on both sides of Skyline Dr. Heavy rain cancels.

Saturday, December 9

SCYS. Harriman Park Hike, NY. Leader: Must register by Dec. 8 to MistyAngel22@aol.com or 732-764-9073. Meet: 11am; Sloatsburg, NY, area. For 20s/30s, fast paced, rigorous 3-hour hike. Rain cancels. Relaxing social at local eatery afterwards.

ADK-MH. Baird Park Snowshoe, LaGrangeville, NY. Leader: Bill Beehler, 845-454-7832. Meet: 10 am; contact leader to register. Easy snowshoeing on wooded trails; great for beginners. No snow, no go.

TLR. Fahnestock State Park, NY. Leader: Contact Teatown Lake Reservation, 914-762-2912, ext. 110, for details and to register. Meet: 9:30 am. Moderate paced, all day hike. Hiking along the Appalachian Trail, we'll pass three lakes, a small waterfall, and an old hemlock grove. Rain cancels, carpooling may be required. Non-members \$5.

Sunday, December 10

ADK-R. Lake Skannatati, Harriman State Park, NY. Leader: Call 845-354-9165 for details.

IHC. Wandering in Weis, NJ. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 9 am at Weis Ecology Center, Snake Den Rd., Ringwood, NJ. Moderately strenuous 6-7 miles, with optional distant views from Wyanokie High Point.

UHC. Loantaka Brook Reservation, Morris Twp., NJ. Leader: Terry Kulmane, 908-665-2672. Meet: 10 am at Kitchell Rd. parking; call for directions. Easy 6 miles from duck pond. Rain/snow cancels.

Tuesday, December 12

UHC. Wyanokies in Winter, NJ. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 10 am at Weis parking on Snake Den Rd.; call for directions. Moderate hike in Norvin Green State Forest; a few hills to nice views. Crampons may be needed.

Saturday, December 16

ADK-MH. Sterling Ridge Fire Tower, Greenwood Lake, NY. Leader: Bob Ellsworth, 845-876-4534. Meet: Contact leader by Dec. 13 to register. Moderate 7 miles, 3-4 hours. Travel through cedar, pitch pine, and balsam fir; many views.

TLR. Annual Christmas Bird Count, NY. Leader: Contact Teatown Lake Reservation (Ossining, NY), 914-762-2912, ext. 110, for details. Join the longest running, citizen-scientist monitoring program of its kind. Come for an hour or two, or the whole day (7 am - dusk) of this important bird census. All participants invited to enjoy some chili that evening, as the numbers are tallied and sent off to national Audubon.

Sunday, December 17

GS. Family Walk, NJ. Leader: Call Great Swamp Outdoor Education Center, Chatham, NJ, at 973-635-6629 for details. Meet: 1 pm. Easy hike for adults and children ages 10+.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10 am at Trailside Nature Center, Coles Ave. at New Providence Rd.; call for directions. Brisk 4-5 miles. Rain/snow cancels.

Monday, December 18

AMC-NYNJ. Sociables 50+ Darlington Ramble, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am at Ramapo Darlington parking lot on Rt. 202. Moderate 6 miles. Up Ridge Trail, lunch at a lake, then back on Orange and Waterfall Trails. Intended primarily for ages 50+ but all are welcome. Heavy rain cancels.

Thursday, December 21

PMNHA. Winter Solstice Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area, Montville Twp., NJ, at 973-334-3130 for details; must call to register. Meet: 1 pm at visitors center, 472A Boonton Ave. Moderate hike to Tripod Rock on this shortest day of the year. Cost: \$3.

UHC. Mahlon Dickerson Reservation, NJ. Leader: Carol O'Keefe, 973-328-7395; must call leader to register. Meet: 10 am at Saffin Pond. Moderate 5-6 miles; snowshoe if enough snow.

Saturday, December 23

ADK-R. Two Mountains and Two Lakes. Leader: Call 845-354-0738 for details.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10 am at visitors center; call for directions. Easy 4 miles in this historic park. Rain/snow cancels.

Monday, December 25

AMC-NYNJ. Holiday Hike in Harriman, NY. Leader: Larry Spinner, 845-356-5219. Meet: 10 am at commuter parking lot, Sloatsburg, NY (call for details). Moderate hike; beginners welcome. Join us in celebrating the holiday; leader brings cookies and hopes others will bring treats to share. Conditions may require crampons/snowshoes; proper clothing/gear required. Rain/inclement weather may cancel (call after 7 am day of hike if in doubt).

Saturday, December 30

UHC. Watchung Reservation, Mountainside, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 4-5 miles, some rocky/muddy trails.

Sunday, December 31

PMNHA. Year End Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area, Montville Twp., NJ, at 973-334-3130 for details. Meet: 1 pm at visitors center, 472A Boonton Ave. Moderate hike to bid farewell to 2006.

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