



Annual Report 08/09

It was a year for rolling up our sleeves and rolling with the punches.

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ATV Regulations

A win, but with problems, in New Jersey.

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TRAILWALKER

March/April 2010

New York-New Jersey Trail Conference – Connecting People with Nature since 1920

www.nynjtc.org

Trail Conference Puts Its Experience To Work at Van Cortlandt Park

In December 2008 the Friends of Van Cortlandt Park (FVCP) in the Bronx commissioned Trail Conference expertise to assess the park's trail network and develop a strategic plan aimed at making its "hiking trails more sustainable, better suited to serving the park users, and better able to highlight and protect the park's unique natural resources."

One year later the group had in hand a 112-page report and five-phase work plan. It also had a \$180,000 grant from the federal Consolidated Appropriations Act to implement phase 1 recommended improvements, thanks to representation by Congressman Eliot Engle.

"We were very lucky to have come across the Trail Conference as we searched for consulting firms to complete our Trails Plan," says Christina Taylor, executive director of FVCP. "We couldn't be happier with the resulting plan. Now that we are ready to implement, I am happy that we have a true partnership with the Trail Conference that will continue during this process. I'm finding that their expertise is unlimited."



When the Friends of Van Cortlandt Park needed trails advice, they came to the Trail Conference.

For the Trail Conference, the FVCP commission brought welcome revenue and appreciated recognition and visibility. Van Cortlandt Park, with 1,146 acres, is the fourth largest park in New York City and is a crucial outdoor recreational resource for the borough's residents.

While the park offers an array of recreational facilities that include golf courses (2), cricket pitches (13), baseball fields (18), basketball courts (7), soccer fields (7), handball courts (17), bocce courts (2) and a Gaelic football field (1), it also sustains

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Lessons in Stewardship at Catskill Lean-tos

By Laurie Rankin

The first night that I spent in the woods in a lean-to without my parents in attendance was at the little used, but very wild Dry

Brook Ridge lean-to. I and two girlfriends were dropped off by my Dad with lots of last-minute advice. We spent a sleepless night there. Not because we were scared or anything, but rather, at age 14 with no parents around, you do all types of "no rules" things, like stay up all night!

Move the clock forward a number of years, lots of hiking later. I joined the Trail Conference for the purpose of maintaining

a trail and a lean-to. Which trail and lean-to was an easy choice: the Dry Brook Ridge Trail from the Millbrook trailhead to a point 1.5 miles along the trail, and of course the lean-to itself, is what I adopted. The trail is little used, the lean-to is in great shape, and it has always been a pure pleasure to do my "job."

A few years after adopting the lean-to and trail, I had a conversation with a local Girl Scout leader about her dismay at having taken her troop on a "dead-end" community project, where they planned and worked on a flower garden, only to have the property sold and to be told that it was now off limits. I suggested adopting the Dry Brook Ridge Trail and lean-to with me. The Catskill Park would always remain public property, and the girls would never be told it was off limits.

So it was that a group of adults, girls ages 10 to 12, and myself headed up the trail one morning. The goal was the lean-to for lunch. There must have been no fewer than a thousand questions. "Where is the nearest telephone?" "Are there bears in the woods?" "Where do I go to the bathroom?" Each step was an education for the girls and for several of them, the steps were fearful ones due to the newness of this endeavor. We took our time, cleared the trail, learned what trail markers were, and never made it anywhere near the lean-to on our first trip!

But they came back! With each trip, the girls' confidence in their outdoor skills grew, as did their sense of responsibility for keeping the trail and lean-to in shape. I will remember the first time one of them found a piece of litter left behind on the trail. They were MAD! How dare anyone dirty up their trail. And the lean-to... The first time that we actually made it to the lean-to, one little girl asked to borrow my knife so she could carve her initials in a log.

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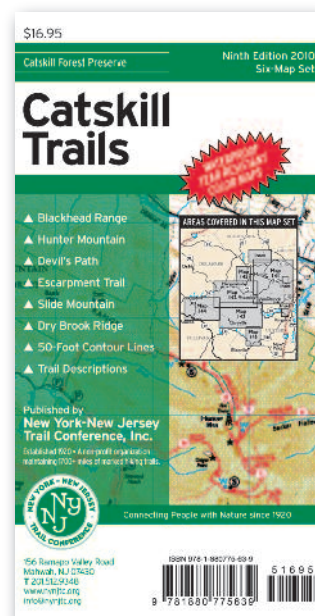


Girl Scouts (see story) and college students (above and see boxed story on page 5) are learning outdoor stewardship skills at lean-tos in the Catskills.

New Digitally-Produced Catskill Trails Map Set Now Available

- 6 maps
- Expanded coverage
- Upgraded contour features
- Complete GPS plotting of trails

The Trail Conference is pleased to announce the completely new, digitally produced ninth edition of our Catskill Trails map set. This six-map set shows all designated trails within the Catskill Park in New York, covering more than 325,000 acres of protected land. It also shows the location of all 35 peaks in the Catskills over 3,500 feet in elevation. Over 100 miles of the Long Path, from Minnewaska State Park Preserve to Huntersfield Mountain, are shown on the map set, and the eastern end of the 563-mile-long Finger Lakes Trail is also included.



The new digital edition of these maps contains a number of enhancements over the previous analog edition. The coverage of the maps has been extended to include Bearpen Mountain State Forest, Vernooey Kill State Forest, Bluestone Wild Forest, and state forest land just north of the Catskill Park boundary. As with the previous edition, four maps are used to show the majority of the Forest Preserve. However, two new maps and three inset maps have also been included to expand the area covered.

The distance between elevation contour lines has been decreased from 100 feet to 50 feet for easier identification of steep terrain, and trail mileage figures now appear next to the trails on the map fronts. Recent

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The new hiking season approaches! Get off on the right foot with up-to-date maps from the Trail Conference. See the complete list on page 12.

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Mission Statement

The New York-New Jersey Trail Conference 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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Rolling Up Our Sleeves, Rolling with the Punches

It was just day four of the new fiscal year. A speaker from outside the Trail Conference came to our first-ever Hike-a-thon to give our organization an award for "extraordinary volunteer-powered public service." Impressively, Kevin Trotta of the Global Sports Alliance spoke words that captured the Trail Conference at its best and echoed for many of us throughout a difficult year.

"It's a great pleasure for me to be here today in the company of vibrant people, too engaged in living robust lives to be disheartened by the prevailing doom and gloom felt in some sectors," Trotta said. He went on to describe the Trail Conference as "an organization founded on the fundamental premise that if you really want something good to happen, you roll up your sleeves and work to make it happen."

A lot of people rolled up a lot of sleeves from October 1, 2008 through September 30, 2009.

The broad economic crisis hit the Trail

Conference hard. We had to let staff members go, not fill other positions when they became vacant, impose partial and temporary furloughs on staff, and reduce benefits. They rolled up their sleeves and rolled with the punches.

So did our volunteers. When we added up the numbers at the end of the fiscal year, we saw that we had more volunteers—1,636 individuals—actively volunteering than ever before—a more than 25% increase over two years!

Hard choices, hard work, and deep commitment from our members helped the Trail Conference weather the economic storm in 2008/2009. In fact, as our report documents, it was a year of major accomplishments. Thank you all for your financial support and hard work.

Daunting challenges lie ahead, perhaps most especially for our major land-owning partners—state, county, and municipal park agencies, whose funding is being slashed by cash-strapped governments. The Trail Conference stands ready to help by providing and coordinating volunteers to keep trails open.

Get ready to roll up your sleeves and work with us to make good things happen.

Treasurer's Report for Fiscal Year 2009

By Jim Gregoire, Treasurer

Results for our fiscal year ended September 30, 2009 have now been audited and an unqualified audit opinion has been issued.

Total revenues for the year were \$1,731,377 consisting principally of membership dues and contributions \$1,220,794; map and book sales \$261,896; and income from various trail building contracts \$250,012. This revenue is approximately \$600,000 lower than the previous year primarily due to the absence of gains on land sales.

Our expenses for the year totaled \$1,513,185, approximately the same as in the prior fiscal year. Of this amount \$1,148,014 are program-related expenses,

including \$240,142 for trail building and maintenance. Management and general expenses of \$120,945 were down approximately \$100,000 from the prior year, resulting from staff and other cost reductions implemented in response to the economic downturn.

Our net surplus (a.k.a. "change in net assets") for the year was \$218,192, bringing total net assets of the organization to \$2,886,441 at year-end. Major components of this are trail lands and easements of \$1,819,421, cash and investments of \$474,727, and near-term receivables of \$391,320. We have also capitalized \$517,076 of invested costs of the Darlington School House construction project. Total liabilities of \$357,621 include a mortgage of \$216,000 secured against our land assets.

Volunteer Contributions by Committee 1/1/09 – 12/31/09

Committee	Work Hrs	Travel Hrs	Value**
Administrative	3,352	575	\$96,133
Communications	608	—	14,884
Darlington School House	866	13	21,506
Marketing/Outreach	725	88	19,902
Membership/Development	230	94	7,932
Publications*	3,512	210	91,104
Science	191	59	6,120
Technology Committee	3,394	381	92,400
Trail Builders and Maintainers	34,520	9,499	1,077,585
Trail land C & A	406	86	12,044
Volunteer Committee	280	118	9,731
TOTAL	48,084	11,123	\$1,449,341

*Estimate based on hours in 2008.

**Value based on the \$ value of a volunteer in New Jersey (\$24.48): "the average hourly earnings of all production and nonsupervisory workers on private nonfarm payrolls (as determined by the Bureau of Labor Statistics)."

Our full Annual Report can be viewed and downloaded online at www.nynjtc.org.

HIGHLIGHTS of PROGRAM ACCOMPLISHMENTS FY09

- 1,738 miles of trails maintained, mapped, and otherwise supported by 1,636 volunteers and 99 member clubs
- New trail network opened at Wonder Lake State Park (NY).
 - Partner: Hudson Highlands State Park (OPRHP Taconics Region)
 - Project: Design and build trails in this new state park in Putnam County. Include first leg of the Highlands Trail east of the Hudson River. The opening of the park and new trails was celebrated on National Trails Day, June 6, 2009.
- Highlands Trail in New Jersey extended to and across the Delaware River into Pennsylvania.
 - Partners: Musconetcong Mountain Conservancy, New Jersey DEP; Passaic, Morris, and Hunterdon County Park departments; Newark Watershed Conservation and Development Corp.; Byram Township
 - The river crossing was celebrated May 16, 2009.
- At the Bear Mountain Trails Project, 202 volunteers helped build 334 huge stone steps, 2,531 square feet of cribbing, and 603 linear feet of trail surface, among other projects
 - Partners: Appalachian Trail Conservancy, Palisades Interstate Park Commission, National Park Service
- 129-acre Shawangunk Ridge Trail parcel protected by Orange County as park land when a Trail Conference volunteer flags the property, a conservation target, in a tax auction
- Launched our new website in March; in September 2009, it attracts 40,000 unique visitors per month
- Published our newest book, Walkable Westchester
- Published a completely new Kittatinny Trails Map Set

From the Executive Director



Act Now to Preserve Our Parks and Open Space

From the beginning, Trail Conference members and volunteers have always been hands-on, get-to-work kind of people. This has been true when it comes to trails and it has been true when it comes to protecting open space and the natural experience of hiking.

The Trail Conference has been involved in most, if not all, major efforts to protect access to open space in our region, including Storm King and Bull Hill along the Hudson River, Minnewaska in the Shawangunks, the Delaware Water Gap in the Kittatinnies, and Sterling Forest in the Ramapo Highlands. Today, these are favorite destinations for tens of thousands of outdoor recreationists each year. Perhaps, we even take the existence of these places for granted. We do so at our peril. Each was once, and most still are, subject to the impact of public budgets and private development.

The excellent selection of hiking opportunities throughout the region is testament to those who came before us. They didn't waver when it came to advocating for open space and parks in this, the most densely populated region of the country. They made a difference by taking time to convince the decision makers to make the right decisions.

That is what all Trail Conference members and volunteers need to do right now in the face of disproportionate budget cuts to parks and open space in New York and New Jersey. Nothing is more important at this time, and everyone can make a difference regardless of skill set, physical capability, or spare time by simply contacting your state legislators.

Even though there has been a tide of public sentiment in favor of protecting open space over the last decade, park funding in each state has eroded year by year. In New York, the governor's budget proposal would amount to a 35% cut in the last two years, as well as a complete moratorium on funding open space. In New Jersey, deficits

that are predicted to be just as large as in New York will have to be eliminated from an even smaller budget.

Parks will be closed if the proposed New York budget is passed. An excerpt from Commissioner Carol Ash's testimony follows:

Clearly, the State Parks budget has been stretched to the breaking point. If forced to absorb additional budget cuts next year, OPHRP will have no option but to begin closing state parks and historic sites. Closing parks would be a terrible step that would have a negative impact on New York's economy and quality of life:

- Given that parks produce economic activity five times the amount spent on park budgets, closing State Parks will hurt local tourism industries and create negative economic impacts much greater than the modest savings to the state budget.
- State Parks generate state revenue, including entrance fees, camping fees, and picnic shelter rentals. Park revenues account for a third of OPRHP's operating budget. When a park is closed to reduce costs, the agency also loses revenue. Every \$1 million in spending reductions through park closings generates only \$650,000 in net budget savings.
- Visitation to the State Parks System is up – more than 55 million residents and tourists visited State Parks in 2009. At a time when many



View from Mount Tammany (1,526'), Delaware Water Gap

New York families are struggling due to the economic downturn, our State Parks provide affordable, close-to-home recreational and vacation opportunities.

As Commissioner Ash points out, parks are one of the few remaining affordable ways in which New Yorkers can enjoy healthy recreation and respite in these difficult times. Furthermore, thousands of people volunteer at parks, investing their sweat along with their taxes and making parks among the least costly of essential government services to the public.

So, why are parks and open space cut disproportionately in the budget? The answer



This view at Minnewaska State Park Preserve and the public trails that lead to it exist thanks to decades of civic action on behalf of open space by people who love the outdoors.

is because they are legally discretionary. They are not mandated by regulation or federal law. The only thing that will protect parks and open space in the state budgets is your voice, early and often.

I can't emphasize enough that you need to contact your state legislators now or face the regret of tomorrow when parks are closed, trails bulldozed for powerlines, and open space developed.

The good news is that our website has the information you need to make a difference on the issue(s) that are most important to you. We haven't spent a lot of money to have all the bells and whistles of some advocacy sites, but we have listed each issue that directly impacts the public's ability to enjoy the outdoors. Clicking through the issues will give you information you need to understand and to influence the outcome by taking the appropriate action.

The most important thing you need, however, is something you already have: your own passion for getting yourself and others outside in nature. If enough of us convey that to our representatives, their support for parks and open space will follow, naturally. Take your first step at www.nynjtc.org; click on Trails Advocacy under Be Informed.

—Edward Goodell
Executive Director

VAN CORTLANDT PARK

continued from page 1

extensive woodland and miles of trails. Seven miles of woodland trails were covered in the scope of the Trail Conference review.

Trail professional Eddie Walsh was the lead consultant for the Trail Conference. He documented trail erosion, tread widening, drainage issues, and navigation difficulties and made detailed recommendations for redressing problems. Along with former Trail Conference Regional Representative Christie Ferguson, Walsh also taught two trail building workshops to FVCP staff and volunteers.

With the announcement of grant money in December, FVCP immediately set out to recruit a Trail Project Manager and four-person trail crew to start work. "We want to bring the trails up to where they should be," Ms. Taylor told a local newspaper.



Example of stone cribbed tread for ADA trail, a recommendation for Van Cortlandt Park.

Letters to the Editor

She Doesn't Like the Steps

Regarding the article and photo in the January/February *Trail Walker* depicting an 800+ step "treadway" as the new and improved A.T. going up Bear Mountain, and the accompanying item recalling Benton MacKaye's vision of the A.T. as a "refuge from the shackles of civilization...":

Listen closely as you ascend the new stairway on National Trails Day. The sound you hear will be Benton MacKaye turning over in his grave.

—Eileen West
Pleasantville, NY

Response from a Crew Leader:

I'm not always sure what to say when I hear someone object to the Bear Mountain Trails Project. Sometimes I give the practical reasons why we're building a 1,000+ step granite staircase along the Appalachian Trail, citing the concentrated foot traffic of half a million novice hikers annually and the severe erosion that has ensued, causing six relocations in the past 70 years.

I try and tell them that this is not the solution for all trails, that this is a rarity. At other times I feel compelled to give a more emotional response that stems from me feeling personally attacked—attacked because someone would so quickly shrug off the incredible efforts of so many talented trail builders who have also become my friends.

I will say this much this time: The staircase on Bear Mountain is necessary, it will open on June 5, 2010, and will welcome millions of non-hikers over its lifetime into a world they might otherwise not appreciate or understand. It will last for a thousand years without the need of endless relocations that further destroy the environment; and as time passes and we are all long gone, it will remind future generations that they come from a culture capable of building amazing things.

—Chris Ingui
Crew Leader, the Bear Mountain
Trails Project and Trail Conference
Special Projects Manager

Trail Maintainer Report from Florida: It's a Jungle Down Here

I read the *Trail Walker* cover to cover. Reading about all the volunteers who selflessly work to deliver the Trail Conference's commitment to the public, makes me proud that I am still connected with an organization whose ideals have not diminished but expanded. I may not be able to support your crews, but I can bring some of the Trail Conference's enthusiasm to our Florida Trail Association (FTA).

The crews I work with are very dedicated and well organized. You battle erosion, we battle jungle growth. We both battle blow-downs. We get hundreds of dead pine (6-8 inches in diameter) falling across the trails. When a live oak comes down, it is as hard to saw as your oaks.

We have many miles of FTA trail that

are in a federal zone where no power tools are allowed. So axes and crosscuts are the tools of choice. But pine is a snap to cut or just carry back into the woods. You do get black from the yearly controlled burning that chars all the dead fall.

I recently did something for the first time. I volunteered with another nut to re-blaze a swamp walk. The Florida Trail has sections where you hike in water as deep as three feet. What made my first encounter miserable was the temperature of the water. My feet got numb and stayed numb for four days. We blazed about two miles in one section, then blazed two miles on dry land, continuing into another wet area for one mile. Then we turned around and did the reverse back to the starting point. I guess the swamp hikes I see in their publication are always in warmer weather. Another lesson for me.

I will continue to support the Trail Conference as best I can with donations and public awareness of the principles promoted by the Trail Conference.

Happy Trails,

—John Grob
The Villages, Florida

John Grob and his wife Ann, lifetime Trail Conference members, relocated to Florida from New Jersey.

Send Us a Letter

Email it to tw@nynjtc.org; in the subject line, put "letter to TW editor"; or send it to Trail Walker Letters, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Revenue Supports Our Volunteer Trails Program

This is not the first time a parks group has contracted Trail Conference expertise. In 2008, the Closter Nature Center in New Jersey commissioned the Trail Conference to build more than 800 feet of boardwalk on several of its trails, and to work with volunteers on the projects.

Revenue from contract projects such as those at Van Cortlandt Park and Closter Nature Center help support the Trail Conference's volunteer trails program while putting our trail experience to work.

Park managers or friends groups who wish to learn more about how the Trail Conference Trail Business can help their local or regional park should contact Josh Howard at josh@nynjtc.org or call 201-512-9348 x14.



Taking Care of a Catskill Lean-to

By Doug Senterman

For those of us who walk the hills and mountains of the Northeast, the word lean-to has a special connotation. To a backpacker it may be home for the night or a place to get out of the rain on a day hike. Sometimes it may be a destination in itself.

Lean-tos can be made from many materials, from stone to milled lumber. Those in the Forest Preserves of New York—the constitutionally protected “Forever Wild” lands in the Catskills and Adirondacks—are built from round logs, creating a rustic appearance in the woods.

In the Catskill Forest Preserve there are 31 lean-tos scattered along the 300 or so miles of marked hiking trails. Like the trails, these structures need maintenance. The Trail Conference is responsible for the maintenance of 24 of these lean-tos.

Volunteer caretaker responsibilities include inspecting the shelter for damage, vandalism, rotting logs and monitoring the condition of the outhouse. Responsibilities also include the removal of litter, general



Doug Senterman coordinates caretaking of shelters in the Catskills for the TC. He will be teaching a workshop on shelter maintenance this spring. (See page 5.)

upkeep of the area, and cleaning/rebuilding the fire pit. Caretakers are expected to visit their lean-to two to three times a year; many go more often. Like trail maintainers, lean-to caretakers have a special connection with their shelters and feel a sense of pride knowing their efforts help many people enjoy a pleasant experience on their trips.

If you are interested in having your own lean-to to take care of, register your interest on our website at www.nynjtc.org/volunteer-interest-form; click on the Trail Work line and then check Lean-to caretaker.

You can also sign up for a workshop on Shelter Caretaking that I'll be offering May 15. Find details for that on page 5 and at www.nynjtc.org/view/workshops.

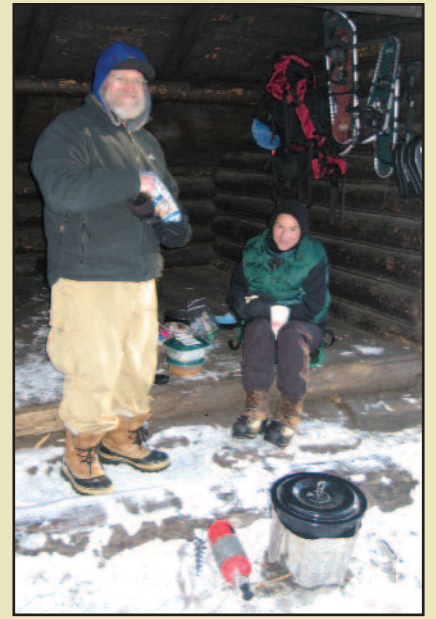
Doug Senterman is the volunteer Catskill Lean-to Supervisor for the Trail Conference. He can be reached at dws246@optonline.net for information about the lean-to maintenance program.



What it means to be a lean-to adopter

By Snapper Petta

So, what does it mean to be a lean-to adopter? As the Director of Outdoor Programs for the SUNY College at Oneonta, being an adopter gives me the opportunity to acquaint our students with the idea of giving something back to the environment. As they complete the typical tasks during each visit (i.e. picking up trash, cleaning out the fire pit, etc.) a sense of ownership and care for the backcountry comes into play. They see the value of their efforts and begin to share a genuine concern for their little part of the Catskills. Another wonderful reward comes when we get to read the comments in the lean-to register books. It's in the written compliments and appreciation of previous campers that our students can see the true value of their work. An additional bonus occurs when alumni from our program come back to camp at the shelter due to their fond memories and recollections. For an educator such as myself, that's the best pay-off around!



Snapper Petta, left, Director of Outdoor Programs at SUNY-Oneonta, introduces college students to lean-to use (above) and caretaking (page 1 photo).

CATSKILL LEAN-TO LESSONS

continued from page 1

When I explained that we did not do that, it was really defacing and destroying property, they all began to study what had already been done.

With each subsequent trip, they looked carefully to see if there was anything new. One day there was, and once again, they were MAD! How dare anyone deface their lean-to! They would clean the fireplace so carefully that you could have used the bottom of it for your table! I did a bit of joking around with them about who had to clean the outhouse, such as last one to the lean-to. That kept them moving along when it

was necessary!

There came a day when the weather was less than ideal for our planned trip for maintenance. By less than ideal, I mean rain, pouring rain. And yet, one adult and two girls showed up, so important had this job become to these girls!

The local ranger came along on our trip one day and did some map-and-compass work with the girls. The girls found a section of trail that was often muddy. I explained stepping stones to them and off into the woods they went to be sure to find just the right rocks for the job. Some were carried a fair distance. Each was carefully and lovingly placed so that no hiker would have muddy boots.

Eventually each of the girls earned her community badge. They were awarded the badge in a ceremony that I was invited to attend, and I did so with great pleasure and pride. These girls each learned to love their trail and lean-to, and I firmly believe they have taken their families and friends back to visit. I also firmly believe that they will continue to take part in community volunteer projects and organizations such as the Trail Conference. And I continue to enjoy my “job,” always being sure to step on the girls’ stepping stones and to check for any new carvings.



Conservation & Advocacy News Notes

Make sure you get Action Alerts from the Trail Conference so that you can help support our region's trails, parks, and open spaces. Set your email program to accept mail from the New York-New Jersey Trail Conference!

NJ Enacts Off-road Vehicle Legislation after 10-Year Fight

By Brenda Holzinger

Trail Conference volunteer and ATV regulation advocate

Off-road vehicles, including ATVs, snowmobiles, and dirt bikes, may soon be subject to mandatory statewide registration and enforcement measures in New Jersey thanks to legislation passed and signed in the last days of the Corzine administration.

This legislation is the culmination of nearly 10 years of effort, including two final years of intense negotiations between off-road vehicle riders, environmental groups (including the Trail Conference), and the bill sponsors. It was passed with substantial margins—indicating broad support—by the Senate and the Assembly during their final voting sessions in early January. Governor Corzine signed the bill on his final day in office.

The legislation requires registration of all off-road vehicles as well as identification tags and insurance. It also increases the penalties for illegal riding on public lands or private property without the owner's permission. Not only will those caught riding illegally be subject to fines starting at \$250 for a first offense, \$500 for a second offense, and \$1,000 for all subsequent violations, but they will also now be liable for five times the estimated cost of damage to the state's natural resources. This restoration fine is an important piece of the legislation because the NJ Dept. of Environmental Protection (DEP) estimates that the annual cost of damage to public lands from illegal off-road vehicles is about \$1 million. Preserved farmland also incurs about the

same amount of damage from off-road vehicles annually. The law authorizes the DEP to impound off-road vehicles until assessed fines are paid.

Law Requires Siting Of 3 ATV Parks

The new law also requires that DEP site three parks on state land, one each in the northern, central, and southern parts of the state. Unfortunately, the ATV lobbyists were able to secure a last-minute compromise by the legislature, which requires that the DEP site at least one park before the provisions of the bill actually go into effect. If the DEP is unable to find sites for the three parks within three years,

palities that will accept off-road riding parks within their boundaries.

The sponsors of the bill plan to be actively involved in the process of finding park sites because the definition of “designating a park site” is not contained in the legislation. This is not an oversight, but rather a way to allow maximum flexibility as the DEP establishes implementation regulations. There is approximately \$250,000 earmarked for motorized vehicle trails in New Jersey through the federal Recreational Trails program run by the Department of Transportation. This money is available to the DEP for use in siting the off-road vehicle parks.



A footpath is a rutted, muddy mess as a result of ATV traffic.

at the beginning of the fourth year the newly increased fines will be reduced and revert to the structure that was in place before the current law was passed.

These later provisions were bitterly opposed by the Trail Conference given that the tools to enforce existing laws against abusing publicly financed conservation lands should not be held hostage to the uncertain prospect of finding municipi-

ally urgent after the New Jersey Off-Road Vehicle Park run by NJ Audubon near Chatsworth closed last year, when its 10-year, nonrenewable permit expired. When NJ Audubon decided to run this ATV park, the hope was that it would motivate some off-road vehicle enthusiasts to take the lead in creating their own parks using the Recreational Trails money. However, after more than 10 years, that has not happened. This is a key reason why the sponsors of A823 and S2055 were willing to allow the compromise in their legislation requiring DEP to site three parks.

Are We There Yet?

Although it might seem like the work is over now that statewide legislation has become law, the actuality is that the work is just beginning ... again. The day after they passed their respective bills, both the Senate and Assembly sponsors of the ATV legislation pre-filed bills for the 2010-2011 session concentrating on technical amendments. It will be necessary for the trail stewardship community to remain actively engaged in this process because often the technical amendments and the implementation regulations are really the substance of the law, while the law itself is simply a broad outline of a particular policy position.

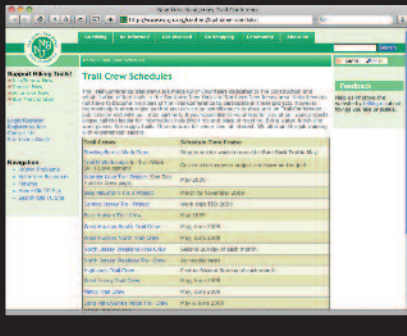
Also, it is not clear exactly how the park siting process will transpire and what levels of government in New Jersey will be involved. The details of the process will be the product of lobbying and negotiation among the bill sponsors and the stakeholders.

Finally, a grassroots effort aimed at persuading towns and counties in northern New Jersey to adopt their own local ATV ordinances is important because it would bolster the statewide law and could address any local lands not covered at the state level.

Trail Crew Schedules

March – April 2010

Check our website for possible additions or changes to schedules. Go to www.nynjtc.org and click on Trail Crews in the Get Involved tab.



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.

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.

WEST JERSEY CREW

Leaders: Monica and David Day
Phone: 732-937-9098 Cell: 908-307-5049
Email: westjerseycrew@trailstobuild.com
Website: www.trailstobuild.com

Beginners are welcomed on all work trips.

All events begin at 9am. Please phone/email the leaders for meeting location and driving directions. There is usually a walk to the work site, so please be there on time (call the leaders' cell phone if you are coming to an event and are running late). Rain cancels – if in doubt, call the leaders between 6:00 and 6:30 that morning.

Carpooling: if anyone is interested in carpooling (offering a ride or riding), please let leaders know and we will try to arrange a shared ride. (Passengers please be prepared to contribute for gas.)

Saturday, April 10

Blue Dot Trail, Worthington State Forest
We will be installing water bars and check dams, and remediating sections of badly eroded trail.

Saturday, April 24

Red Dot (Mount Tammany) Trail, Worthington State Forest
We will be refurbishing water bars and rock steps that were installed years ago, and installing additional water bars and check dams.

HIGHLANDS TRAIL CREW

Leaders: Adam Rosenberg, HT Co-Supervisor: dobsonian@verizon.net or 973-570-0853

Monthly on a Sunday

We generally get together the first Sunday of every month to tackle various jobs building new sections or reworking existing sections of the Highlands Trail throughout New Jersey as well as in New York west of the Hudson River. We also schedule other work dates. All are welcome, experience is not necessary. Contact leader for details of the current trip and what tools to bring.

METRO TRAIL CREW

Leaders: Joe Gindoff, 718-614-2219, joeghiker@nynjtc.org; Linda Sullivan, crew chief, 347-721-6123, marmilinda@yahoo.com; Liz Gonzalez, lz.gonzalez@verizon.net

We work in various parks throughout New York City. Additional work dates TBD. Please contact Linda Sullivan, Metro Trail Crew Chief in order to receive email notices of work outings, or check the Metro Trail Crew page on the Trail Conference website.

Pelham Bay Park

Contact: Liz Gonzalez, lz.gonzalez@verizon.net
The Friends of Pelham Bay Park trail crew will lead these work trips. All are welcome. If you'd like to be added to the FPBP group list or need additional information, please contact lz.gonzalez@verizon.net. Be sure to let us know if you plan to work since priorities can change because of unanticipated trail conditions.

Saturday, March 13

Bartow-Pell Mansion grounds
Cut invasive vines and remove lower limbs from pine trees.

Saturday, March 27

South Meadow
Join Wild Metro in removing invasive plants and restoring the meadow.

Saturday, April 10

Hunter Island Bog Bridge Project
Repair the walkway at the northern end of the island.

Saturday, April 24

Orchard Beach meadow
Cut and remove encroaching vegetation

Saturday, May 8

Lagoon clean-up
Collect, bag, and haul shoreline debris on foot and with canoes.

EAST HUDSON CREWS

Saturday, March 6 (and most Saturdays thereafter)

AT in Dutchess County
Join RPH Crew Volunteers (TC member club) on AT maintenance outings.
Contact: Tim Messerich, bascomgrillmaster@yahoo.com or 845-297-9573

Sunday, April 18

Breakneck Bypass Trail, Hudson Highlands S.P.
We will be doing erosion control work.
Contact: Leigh Draper, draper@nynjtc.org, or Geof Connor, ghckat@yahoo.com
Meet: 9:15 at large trail head parking lot on Rt. 9D 2

Trail Maintenance 101

This one-day training session covers the skills necessary to maintain a hiking trail so it is easily passable and harmonious with its surroundings. Students will learn assessment of trail conditions, clearing, blazing, proper use of tools, and how to report any trail problems. No previous experience is necessary and beginners are welcome.

Saturday, March 27

Location: Wurtsboro, NY

Saturday, April 10

Location: Jockey Hollow, Morristown NHP, NJ

Saturday, May 1

Location: Merestead (near Mount Kisco), NY

Stone Splitting and Shaping

This one to two-day course is designed to educate students on how to split and shape stone to desired dimensions. Topics covered will include proper use and maintenance of tools (i.e., portable generators, rotary hammer drills, carbide tipped shaping hammers and chisels) as well as how to "read" a rock so that it splits properly. Students are welcome to attend either one or both days. Students who attend both days will spend the second day learning how to use shaping hammers and chisels. **Prerequisites:** *Bear Mountain Orientation or Trail Building 101 or one year of Trail Conference trail crew experience.*

Saturday, Sunday, March 27 and 28

Location: Bear Mountain State Park

miles north of Cold Spring. Bring lunch, gloves, water and friends. 7:47am train from Grand Central arrives at Breakneck Ridge at 9:02am.

Weekly Trail Maintenance Trips TBA

Ward Pound Ridge Reservation
Contact: wprtrailmaintainer@gmail.com
Meet: 9:30am at the Trailside Nature Museum Ward Pound Ridge.

Ward Pound Ridge volunteer trail maintainers meet weekly year round. If you would like to be put on their email list for notifications, contact WPRR at the email address above or view the East Hudson Trail Crew webpage at www.nynjtc.org for more information and the schedule.

STERLING FOREST SPECIAL PROJECT

Leaders: Peter Tilgner and Suzan Gordon, 201-871-3531 or browning.27@verizon.net

Bare Rock Trail Clearing

Join us as we continue to clear a new trail to and from Bare Rock. You will need lunch, water and work gloves. We have tools. You may bring your own loppers, folding saw, etc. Meet 9am at the Sterling Forest Visitor Center Upper Parking Lot. We will car-pool to the trail head and then hike in and out. Please let us know if you plan to join us.

Saturday, March 6

Sunday, March 14

Saturday, March 27

Saturday, April 10

Sunday, April 25

WEST HUDSON SOUTH

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
Bob Marshall: 914-737-4792, rmarshall@webtv.net
Monica Day: 732-937-9098, Cell: 908-307-5049, westjerseycrew@trailstobuild.com

Saturday, April 17

Wonder Lake State Park

Leader: Chris Ezzo

Saturday, April 17

Wonder Lake State Park

Leader: Chris Ezzo

Thursday, April 29

White Bar Trail, Harriman State Park

Leader: Bob Marshall

Thursday, May 13

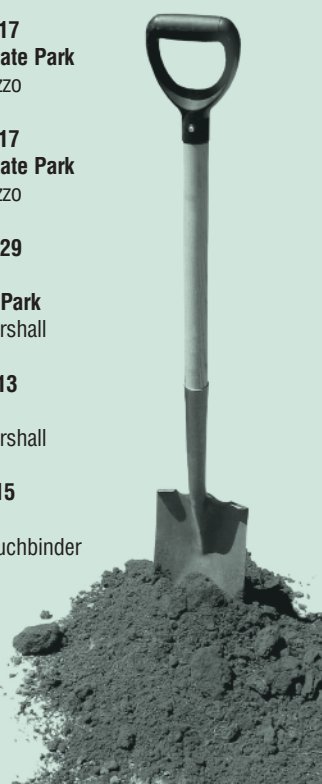
TBD

Leader: Bob Marshall

Saturday, May 15

TBD

Leader: Brian Buchbinder



WEST HUDSON NORTH CREW

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

Peters Kill Red Loop Trail Minnewaska State Park Preserve

We continue with the relocation of the Peters Kill Red Loop Trail in Minnewaska State Park. Each work trip will include education for the novice and plenty of challenges for the more experienced. This is a great opportunity to learn the basics of trail building and more advanced rock-on-rock construction of crib walls and stairs.

In addition to the relocation project, we will be replacing one of the wooden bridges over the Peters Kill.

Saturday, April 3

Leader: Denise Vitale

Saturday, April 10

Leader: Dave Webber

Sunday, April 18

Leader: Denise Vitale

Sunday, April 25

Leader: Dave Webber

Saturday, May 15

Leader: Denise Vitale

Saturday, May 22

Leader: Denise Vitale

SHAWANGUNK RIDGE TRAIL CREW

Two work trips are planned for the Shawangunk Ridge Trail. One trip will involve trail rehabilitation; the other one will most likely involve building new trail. Contact a leader for details.

Leaders: Andy Garrison, srtmaintainer@gmail.com or 845-888-0602
Jakob Franke, jf31@columbia.edu or 201-768-3612

Saturday, April 10

Sunday, April 18

BEAR MOUNTAIN TRAILS PROJECT

March 21-November 28

Thursday-Monday

8:30am-4:30pm

Work trips involve a variety of tasks, such as: corridor clearing, prepping work sites, quarrying stone, using an overhead highline to transport stone, creating crushed stone (with mash and sledge hammers), building crib walls, setting rock steps, and splitting stone.

While training is provided every day, individuals who have no trail building experience are REQUIRED to attend one Trail U course on Bear Mountain or a Trail Building 101 course at another location. If you cannot meet these requirements but still wish to volunteer, please contact the Volunteer Coordinator at bearmountaintrails@gmail.com.

Trail Layout and Design

This three-day comprehensive workshop is devoted to establishing guidelines for laying out a safe, exciting, and ecologically sound trail. Topics covered include identifying control points, methods of highlighting landscape features, and understanding sustainable trail principles. Participants will learn how to use clinometers to measure trail and hill-side grades and will lay out various short sections of trail. **Prerequisite:** *Recommendation by your trail crew chief/leader; have crew chief email cingui@nynjtc.org for consideration.*

Friday-Sunday, April 16-18

Location: Jenny Jump State Park, NJ

Shelter Caretaker Training

This one-day training session will cover the skills necessary to maintain a shelter (lean-to) so that it is ready for use by campers and is harmonious with its surroundings. Students will learn how to do an assessment of the overall shelter condition, cleaning and clearing the area, the proper use of tools, and how to report the shelter's condition. The workshop will take place at actual lean-tos so you will get hands-on experience. No previous experience is necessary and beginners are welcome.

Saturday, May 15

Location: Elm Ridge Lean-to, Maplecrest, NY (Catskills)

TRAIL U

Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

Spring 2010

Most workshops can be registered online at www.nynjtc.org/view/workshops. Once registered, you will receive additional details one week prior to the actual workshop date. Please pay attention to any prerequisites that may apply to certain courses. If you have any questions, please contact Chris Ingui at cingui@nynjtc.org.

Orientation: Bear Mountain Trails Project

The day begins with a slideshow, but most of the day will be devoted to a challenging walk up the soon to be completed 800-step granite staircase with detailed explanations of the techniques and methods used in building the trail thus far as well as the possible volunteer opportunities for the upcoming season. **For first year volunteers with the Trail Conference: this orientation is mandatory for all following courses at Bear Mountain.**

Sunday, March 21

Location: Bear Mountain State Park

Basic Rock Moving

Moving large rocks without the proper technique can cost a lot of time and potentially a lot of damage to your back and hands. Topics covered include: mechanical advantage using rock bars and picks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts. **Prerequisites:** *Bear Mountain Orientation or Trail Building 101 or one year of Trail Conference trail crew experience.*

Saturday, April 3

Location: Bear Mountain State Park

Trail Land Monitor Training

Training will include a description of monitoring, a review of the skills useful in the field, reporting, land ownership issues, land encroachments, land boundary surveying, and relevant maps and diagrams. The course has no prerequisite other than hiking experience and a willingness to travel away from established trails.

Saturday, April 10

Location: RPH Shelter, East Fishkill, NY

Mechanized Trail Building

This workshop introduces participants to the walk-behind tracked motorized crawler carrier. Topics covered include care and maintenance, job hazard analysis, and safe loading and operation. The Canycom BFP 602 carrier will be available for training. **Prerequisites:** *Bear Mountain Orientation or Trail Building 101 or one year of Trail Conference trail crew experience.*

Sunday, April 11

Location: Bear Mountain State Park

Trail Conference members can take advantage of exclusive discounts and benefits with participating retailers and businesses!

You can recoup the cost of your membership in one visit!



NY-NJ Trail Conference BENEFITS

The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers – **benefits only available to Trail Conference members.**

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discounts, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website's membership benefits area at www.nynjtc.org/content/retail-partners for current offers.

25% Discount on Trail Conference publications and clothing when purchased directly from the Trail Conference.

FREE Subscription to the *Trail Walker*, the Trail Conference's bi-monthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

Money-Saving Discounts at participating retailers and businesses.

Workshops and Seminars on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation.

Volunteer Opportunities to "learn by doing" in areas as varied as trail maintenance, construction, publications, environmental monitoring, and cartography.

Access to the Hoeflerlin Library at the Trail Conference office that includes more than 1,000 books on hiking worldwide, along with maps, guides and a historical archive.



Some of Our Discount Partners



VISIT WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS FOR COMPLETE LIST OF MONEY-SAVING DISCOUNTS!

Volunteer Classifieds: Get Involved!

To indicate your interest, or for more information about these or other volunteer opportunities, go to www.nynjtc.org/volunteer; or contact us at volunteers@nynjtc.org or 201-512-9348 ext. 22

BECOME A TRAIL VOLUNTEER!

Appalachian Trail Corridor Monitor
Corridor Monitors check the boundaries of AT lands, reporting incursions and misuse, and recording markers. If you enjoy the off-trail experience, and would like to help protect these trail lands, then this is the opportunity for you!
• The Trail Conference has vacancies for Corridor Monitors in the Dutchess/Putnam and Orange/Rockland regions

Lean-to/Shelter Caretaker
A Shelter Caretaker is needed on the AT in Orange/Rockland counties and in the Catskills

Trail Supervisors Needed
Exercise your leadership skills! Supervisors are needed to oversee the efforts of volunteer Trail Maintainers in these areas:
• Sections of the Long Path in Orange County. The area includes Schunemunk and Highland Lakes State Parks.
• Devil's Path in the Catskills from Indian Head to Sugarloaf Mountain and Overlook Trail.

Trail Maintainer Opportunities
Help to keep our region's footpaths accessible, pristine, and protected. Adopt a segment of a trail to hike two or more times a year, keeping it clear and adequately blazed. Vacancies exist in the following areas:

NEW YORK
North Catskills - Greene County:
In the beautiful Hunter Mountain Wild Forest, we have two vacancies on the Devil's Path, one section is 2.25 miles in length, and the other, 1.75 miles. A 2.15-mile section on the Escarpment Trail (part of the Long Path) is also vacant.
Catskills South: We are looking for volunteers to maintain trail sections in the Belleayre area, Long Path: Phoenicia-East Branch, and Mt. Tremper.
East Hudson: We have opportunities in the Hudson Highlands and in the South Taconics region.

Long Path South: Maintain a section of a long-distance trail in Harriman State Park or in the Shawangunks!
New York: If you live in the New York metropolitan area and would like to adopt a trail close to home, there are vacancies in, Alley Pond, Idlewild Park, Staten Island, and Van Cortlandt Park.
West Hudson North: Black Rock Forest, Orange County has some sections available for adoption.

NEW JERSEY
Central Jersey: Opportunities are open in the High Mountain, Pequannock Watershed, Pyramid Mountain areas.
Highlands Trail West: Twelve maintainer positions are now available on recently opened sections of the HT in New Jersey.
North Jersey: Highly sought vacancies now exist in the New Jersey Palisades, the Northern Wyankies, in Ramapo Mountain State Forest and in Ringwood State Park.
West Jersey: There are a number of vacancies in these beautiful state parks in West Jersey: High Point, Stokes State Forest, Swartswood, and Wawayanda.

OFF-TRAIL OPPORTUNITIES

CRM Database Lead
Do you have experience using a CRM database, particularly in migration to CRM software? Keep your skills up to date while helping the Trail Conference! Work with our volunteers and staff in developing and executing a CRM migration.

Analytic Mavens
Help us track traffic on our web site using Google Analytics so that we can draw more visitors and revenue.

Special Event: National Trails Day
We're looking for volunteers to help stage our event at Bear Mountain on June 5, 2010. Go to www.nynjtc.org/content/national-trails-day-volunteer-opportunities to learn how you can help.



Writer Wanted for Morris County Trails Book

The Trail Conference is looking to replicate the model of two successful books - *Hiking Long Island* and *Walkable Westchester* - and would like to find someone willing to write a book on places to hike in Morris County, NJ. Morris County has demographics and characteristics similar to those in Westchester County: an affluent population, proximity to New York City, much protected open space, and many local hiking trails. Our guidelines for proposals are at www.nynjtc.org/book/part-1-prepublication-planning. If you are interested, please contact Daniel Chazin, Publications Chair, DChazin@aol.com.

Nominations - We Want Your Voice To Be Heard

The Trail Conference Nominating Committee is seeking Delegates-at-Large and nominations for membership on the Board of Directors. The qualification for Delegate-at-Large is current membership in the Trail Conference. The qualifications for Board of Directors are current membership in the Trail Conference and service participation in trail maintenance or service on a TC committee. Please email your nomination to nominations@nynjtc.org. Self-nominations for Delegate-at-Large, trail maintenance and committee service positions are appropriate and welcome.

Science & Ecology

Spring Is Here When the Flowers Smell Awful

A primer on skunk cabbage

By Joan Ehrenfeld

The snow is mushy and patchy, the mud is thick, the landscape is still gray and brown, and the air is chill. Spring may be coming soon according to the calendar, though a hike reveals little evidence of its approach. But down in the mud in wetlands, along stream beds, bordering seeps, is that first welcome sign. It's the flowers of skunk cabbage, aptly given the Latin name of *Symplocarpus foetidus* because of its skunk-like, pungent smell. Smelly it may be, but allow its smell to attract you off the trail for a moment, to admire a remarkably well-adapted and interesting plant.



JOAN EHRENFELD

Skunk cabbage is one of the earliest signs of spring.

Skunk cabbage belongs to a plant family called the Araceae (Arum family), which includes many favorite house and garden plants (such as Calla lilies, philodendrons, and Caladiums). All plants in this family have a similar floral structure. Indeed, jack-in-the-pulpit (*Arisaema triphyllum*),

another member of this family, is a commonly seen wildflower in our woods all summer. In these plants, the flowers are found on a short stalk that itself is almost completely enclosed in a highly modified leaf called a spathe.

The individual flowers are small and inconspicuous. Indeed, peering into the spathe's interior, you will see only a rounded stalk with small protrusions, which are the stamens and later the stigmas, but no petals or anything that looks like a conventional flower. The spathe sticks up about six inches above the ground, and at the time of flowering, during the late winter and early spring, there are no leaves; they would only get in the way of the floral business (getting pollinated and making seeds). The spathes are brownish, spotted with purple, and can be hard to spot against the brown mud in which they are usually growing. Cold is no impediment

to flowering; the spathes will push up through snow or even a thin layer of ice.

You may wonder why and how a plant can manage its pollination business when the environment is so delightfully insect-free. But indeed, while the insects that bother hikers are not yet flying, many small

flies are out and about. The trick is to attract them, and to allow pollination processes (the growth of the pollen grain on the stigma, and its eventual fertilization of an ovum).

Skunk cabbage uses an unusual mechanism for this: heat production. High metabolic activity in the floral stalk results in the generation of heat, just as it does in mammals. The spathe, nicely curled around the stalk, helps retain that heat and focus it on the flowers. The temperature within the spathe is maintained at 20-24°C (a comfy 68-75° F), even if the outside air temperature falls to 0°C (freezing).

The heat within the spathe helps volatilize chemicals from the flowers, producing new chemicals, including putrescine and cadavarine. As their names indicate, these volatilized chemicals suggest the aromas of half-rotted animal carcasses, delightfully attractive to flies though repulsive to humans. Once insects enter the spathe, they are kept warm and therefore physically active by the heated interior.

Flies and other insects are not abundant in early spring, but skunk cabbage flowers have no competition for their services, unlike plants blooming later in the spring, which must compete for pollinators.

After the flower is pollinated, the spathe wilts. As spring progresses, large leaves emerge from buds adjacent to the flower. Skunk cabbage does not produce a stem; rather, the leaves form a large and conspicuous rosette around the now-wilted flower. The leaves reach their full size by mid-spring (mid-May to early June), and they last until mid-summer.

By mid-summer, the pollinated ovules will have produced a cluster of dark red-purple berries. By August, these fruit clusters fall apart, allowing the seeds to be dispersed by animals or water. The leaves continue to manufacture specialized chemicals that give them their characteristic pungent, skunk-like smell. Now, however, the function of these chemicals is to repel insects and any other animals that might be tempted to feed on the large and nutrient-



Green shoots emerge after the flower.

rich leaves. You will find very little evidence of herbivory; the leaves stay intact through the summer. They die by late summer, and rapidly decompose, returning their nutrients to the large root system directly beneath the plant.

Skunk cabbage is an "obligate" wetland plant, meaning that it is found only in wet ground. Its interesting adaptations include specialization for the wetland habitat, as well as its precocious sex life in early spring. All of its tissues (flower stalk, leaf stalks, leaves) are very spongy, filled with large air spaces. This air-filled tissue ensures an adequate oxygen supply to all of the plant's tissues, especially its roots, which are embedded in oxygen-deficient wetland muck. The roots also are adapted to resist the strong frost-heave of saturated soils; they have contractile bands, which help pull the roots down into the wet soil, anchoring it as the soil freezes (expands) and thaws (contracts) during the winter.

While skunk cabbage may smell repulsive to us, its abundant supply of chemicals made it a useful source of medicine to Native Americans, and it still attracts interest as a source of herbal remedies. However, all tissues except the youngest, curled-up leaves contain large quantities of calcium oxalate, which is quite toxic. So enjoy the flowers as the first sign of spring, but don't try to eat this wetland "cabbage"!

Joan Ehrenfeld is professor of ecology at Rutgers University. She directed the Invasive Plant Monitoring project with the Trail Conference.



* TRAIL REFLECTIONS *

Attention All Trail Stewards: Maintainers, Crew Members, Monitors, etc: Have you enjoyed a good day on the trail while doing maintenance? Share your experience with words or a photo. Send your contributions to Trail Walker editor Georgette Weir at tw@nynjtc.org.

Zen and the Art of Trail Maintenance

By Holly Stewart

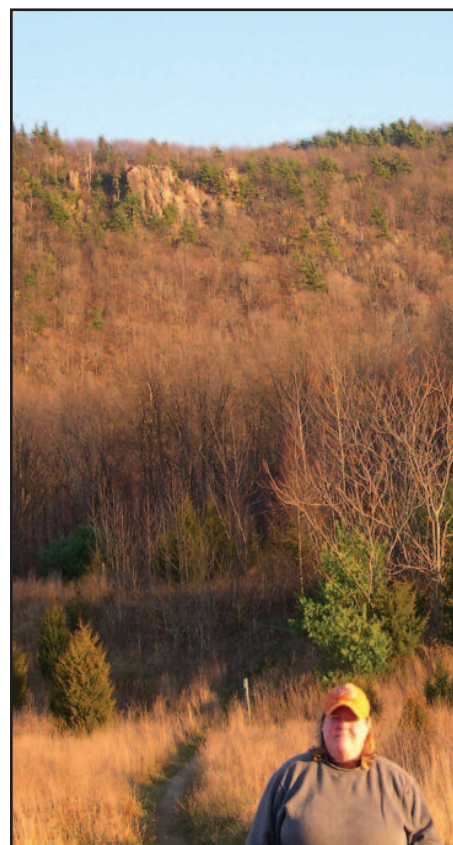
November 4, 2009: I've enjoyed hiking in North Jersey for nearly all of my 43 years, but I never really appreciated what goes into keeping the trails viable and clear until this past Sunday. After thinking and talking about the prospect for ages, that's when I finally took to the woods armed with a small pack of landscaping hand tools and the burning desire to make the journey easier for anyone who might follow me. With my sister Margie at my side, I headed out to the Banker Trail at the eastern edge of Wawayanda State Park for what I thought would be a few hours of clipping, trimming, and clearing light brush.

We had both been on this trail before. We'd done a long loop through the Cedar Swamp and Laurel Pond Trails on Memorial Day Weekend 2008. We hoofed it after lunch that day, anxious to see the wonders of one of the largest inland cedar stands on the East Coast. It is a magnificent thing to behold those giant trees looming above as you pick your way through the swamp on a suspended boardwalk. A portion of the Banker Trail will connect you to the Cedar Swamp Trail when you park on Cherry Ridge Road; it's just an old woods road that's fairly level and otherwise unremarkable.

Last spring, when I renewed my membership in the New York-New Jersey Trail Conference, I decided to add Margie's name to it and make it a family thing. We'd done so many hikes together already that it seemed natural to join forces. When our

siblings come home, we invariably make excuses to get out in the woods and walk, just as our parents did with us when we were all quite a bit younger.

My frequent columns about hiking [in the *Suburban Times*] attracted the interest of several Trail Conference members, including Estelle Anderson. She encouraged me to take the next step by becoming involved in trail maintenance, and she suggested that I invite my sister to participate,



The author on the trail.

too. We agreed to give it a shot, and in mid-September, we both received snail mail indicating that we had been named co-maintainers of the Banker Trail. We were each sent a Trail Maintenance Manual as well as contact information and very basic instructions on how to proceed.

At first, I thought I would get a call from the area supervisor with further instructions, but I did not hear from him. So I read the manual and decided to explore the trail on my own before taking Margie and the hand tools along. It was evident that the pathway hadn't received much attention in recent years. The faded, hand-painted blazes on the trees (and in the *New Jersey Walk Book*) were designated yellow, but the state park tags showed a green blaze. The route had been redirected away from a swampy area but was neither sufficiently cleared nor blazed. The trail markers faced every direction except for the most logical one. After a quarter-mile wrong turn on an unmarked woods road, I retraced my steps and found the blazes again. But I wasted so much time trying to determine the course that I turned around just over halfway into the two-mile jaunt.

Six weeks have gone by since that excursion. I decided it was time to get started in earnest on this project, so I told Margie to come on up for a thorough, working walk-through of the trail. I packed up a small saw, a pair each of clippers and long-handled bush trimmers, a short scythe and some work gloves into an old backpack. I brought my little manual and a pen so I could take notes about problem areas and write down any questions that might arise.

We reached the trailhead around noon, eager and ready for action. Nearly four hours later, we nearly collapsed upon reaching Margie's car at the other end. I had mud all over my shoes, pants, and sweatshirt. There were leaves and dirt in my hair and under my fingernails. At that point, the Wild Woman of Borneo had

nothing on me. Every muscle in my body was beginning to throb from bending, hauling, heaving, tossing, clearing, and clipping every type of bush, log, and fallen tree that lie across the pathway. We didn't even finish: I simply bagged the last quarter-mile of rhododendron clipping, and we left two large pieces of metal that need to be removed about a half-mile from Cherry Ridge Road.

There is no substitute
for hard work.

— Thomas Edison

Despite the incompleteness of our task, I had found a new respect for this kind of work and mentally praised the person responsible for handing out assignments for giving us an "easy" trail to start with. If this is easy, I thought, what are the difficult ones like? Fortunately, the reward for our labor was instantaneous. We were thanked by at least seven of the 10 people we encountered on the trail. Seven bicyclists, two folks on horseback and one hiker witnessed our efforts and most of them expressed their gratitude. This is common among those who frequent the woods: When someone else is taking time so you can breeze right through on your way, it's proper to show your appreciation. I always thank trail maintainers when I see them. I'll thank them even more fervently from now on.

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Find more hikes at www.nynjtc.org. Click on Scheduled Hikes under Go Hiking!

March

Saturday, March 6

UCHC. Watchung Trail Maintenance, NJ. Leader: preregister by calling Betty Kelly at 908-789-3683. We work 9:30am to noon. Have fun while giving back a little to those hiking trails! Meet new people, learn a new skill while working outdoors. Bring water, work gloves, trash bag, and clippers/loppers if you have them. Trail work is held unless severe weather occurs.

AMC NY-NJ. Minnewaska State Park Preserve, NY. Leader: Ellen Blumenkrantz, 201-784-8417 or eblumenkrantz@hotmail.com. Must contact leader to register. Moderate 9 miles. Scenic loop along trails and carriageways to Lake Awosting, beautiful views. Optional dinner in New Paltz after hike. Heavy rain or snow cancels. Group limit, 12 people.

NYHC. Smithtown to Sunken Meadow, Long Island, NY. Leader: Mike Puder, nyhiker50@verizon.net, 718-743-0920; call Thursday or Friday evening before 9:30pm. Meet: contact leader for time; LIRR waiting room at Penn Station. Flat 12 miles at moderate pace. Hike on the Nassau-Suffolk Trail, past the mighty Nissequogue River and Smith House, which is over 360 years old.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-564-8780; call before 9pm. Meet: 10am at Locust Grove parking, Glen Ave. at Lackawanna Pl., across from Millburn RR station. Steady paced 4-5 miles on uneven terrain. Rain cancels.

Sunday, March 7

IHC. Garret Mountain, NJ. Leaders: Charlie and Anita Kientzler, 973-835-1060. Meet: 9am at Home Depot, Riverview Dr. and Rt. 46 (westbound), Totowa, NJ. Moderate hike to top of the First Watchung Range, with splendid views of city of Paterson, Turkey Mtn., High Mtn., and distant views as far as Schunemunk Mtn. Possible side trip to Great Falls after the hike. Rain cancels.

AFW. Fingerboard Mountain, Harriman State Park, NY. Leader: for info and to register call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am; out by 2:30pm. Moderate hike at moderate pace.

NYR. Butler to Haskell, NJ. Leader: Oliver Wayne, 917-415-2567; contact leader for hike length/difficulty. Meet: 8:05am at Port Authority Bus Terminal for 8:20 NJT bus #194 to Butler (one way). Star Lake and Hewitt-Butler Trail to Osio Rock, over Torne Mtn., and past Otter Hole to Wyanokie Crest Trail, then on to Wyanokie Circular Trail. Out to Haskell past Yoo-Hoo Point.

SW. End of the Line Walk, NYC. Leaders: Jack and Liz, 718-478-2430, jgmwolf@hotmail.com. Meet: 9:30am at SW corner 147th St. and Adam Clayton Powell Blvd. (#3 train to 148th St. stop). 12 miles at a steady pace with some hills; many drop-out points along the way. Explore life at the end of the subway line: from Harlem, at end of #3 line, we'll walk to the Bronx and through Van Cortlandt Park on the John Muir Trail. Rain cancels.

UCHC. Cheesequake State Park, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Garden State Parkway commuter lot, exit 120; shuttle to park from there. Moderate 4 miles on flat and on hilly terrain.

ADK-MH. Rockefeller State Park Preserve, NY. Leader: Sue Mackson: susiem6@juno.com or 845-471-9892. Six miles, moderate. Car-pooling from Poughkeepsie area.

Wednesday, March 10

UCHC. Jockey Hollow, Morristown National Historical Park, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at visitor center parking. Moderate hike of about 5 miles/2hours. Beautiful area; we'll enjoy views that will be hidden once the leaves come out. Steady rain cancels.

RVW. Tivoli to Clermont on Woods Road, NY. Call for info: 845-758-6143. Easy walk: 4+ miles, 4+hours. Meet: 10am. Inclement weather date, following Saturday.

Saturday, March 13

AMC NY-NJ. Pine Meadow Lake, Harriman State Park, NY. Leader: Christine Benton, 718-768-7937, call before 9pm. Meet: call leader. Hilly 8 miles at a moderate pace. Reeves Brook and Raccoon Brook Hill Trails to Pine Meadow Lake, then out over Diamond Mtn., Cascade of Slid and Stony Brook Trail. 1,785-foot elevation gain; option for easier out. Must have traction aids if still needed; expected out by 4pm. Only severe bad weather cancels.

AFW. Ramapo Reservation, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am; out by 2pm. Moderate hike at moderate pace.

SW. Bridges and Waterways of Central Park, NYC. Leader: Matthew Brozyna, 917-912-9533. Meet: 9am at atrium entrance to Time Warner Center, 59th St. and Columbus Circle. Fascinating 5-hour trek of 8 miles. Moderately paced adventure under, over, around and through many amazing architectural wonders of Central Park. Rain or shine.

UCHC. Watchung Reservation, NJ. Leader: Pat Curley, 908-868-7510. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd., Mountainside, NJ. 4-5 miles at a brisk pace. Steady rain cancels.

Sunday, March 14

DAYLIGHT SAVINGS TIME BEGINS.

Set clocks ahead one hour!

TNC. Family Nature Walk, NJ. Leader: led by an environmental educator. Meet: 3:30pm at Tenafly Nature Center, Tenafly, NJ. Hour-long guided stroll along our trails for adults and children of all ages. Call us at 201-568-6093 for further information. Non-members \$5 per person, children under 2 free (no strollers please). Register for maple sugaring before the walk.

IHC. Shore Path along the Hudson, NJ. Leader: Jim Schenker, 908-561-0228. Meet: 9am at Fort Lee Historic Park, Hudson Terrace, Fort Lee, NJ. Moderately strenuous. We'll hike the 9-mile Shore Path with beautiful views across the Hudson. Rain cancels.

UCHC. Watchung Reservation, NJ. Leader: Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside Nature Center parking, Coles Ave. at New Providence Rd., Mountainside, NJ. Moderate 5-6 miles; for experienced hikers. Variety of scenic trails. Rain, falling snow, or icy conditions cancel.

NYHC. Oakwood Heights, Staten Island, NY. Leader: Ray Krant, 718-435-4994; call before 10pm. Meet: 10:15am in Staten Island Ferry waiting room on Manhattan side. Moderate hike on Staten Island Greenbelt trails with a variety of scenery, mostly in the woods but last part is in urban areas.

UCHC. DeKorte Park, Meadowlands, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10am at visitor center parking, 2 DeKorte Park Plaza, Lyndhurst, NJ. This environmental center has almost 4 miles of salt marsh and upland trails; views are beautiful and wild, lots of birds. Topography very different from our usual woodland trails, with some floating boardwalk. Heavy rain cancels.

Sunday, March 21

WEC/WWW. 14th Annual Pancake Brunch Hike, Norvin Green State Forest, NJ. Leader: Don Weise, donweise@hotmail.com. Meet: 9:30am; contact leader for details. Fast paced 8-9 miles. Challenging hike through Norvin Green State Forest with steep climbs, summit views and a short bushwhack or two. Out by 2pm; \$8. Optional pancake brunch at Weis Ecology Center after the hike (additional cost).

IHC. Blue Heron Lake and Mahlon Dickerson Reservation, NJ. Leader: Jim McKay, 973-538-0756. Meet: 9:30am at Saffin Pond parking, Mahlon Dickerson, Weldon, NJ. Moderate 8 miles. Woods roads to the lake in Weldon Brook Wildlife Mgt. Area, then on to Mahlon Dickerson and back on trails.



LINDA ROPICKE

Schunemunk Mountain State Park (left) and the Moodna Viaduct in Salisbury Mills, NY.

ADK-MH. Black Dome and Thomas Cole, Catskills, NY. Leader: Mary Trish Cina: trishmary37@aol.com. We will summit two 3500 peaks; 7.2 miles, strenuous. Snowshoes and/or crampons may be required. Inclement weather or extreme cold will cancel.

Monday, March 15

UCHC. Locust Grove, South Mountain Reservation, NJ. Leader: Cheryll Short, 973-299-0212. Meet: 10am at Locust Grove parking. Easy hike of about 3 miles/1.5 hour. We'll follow the Rahway River past Diamond Mill Pond. Steady rain, snow, or ice cancels.

RVW. Rusk Mountain (3680'), Catskills, NY. Call for info: 845-246-8074. Moderate+ bushwhack: 5 miles, 5 hours. Meet at 8am. Inclement weather date, following Monday.

Saturday, March 20

SW. Garrison Circular, NY. Leader: Marvin Malater, 718-376-3608. Meet: 8:25am at Grand Central info booth for 8:47 train to Garrison (round trip). 10 miles at moderate pace, with climbs. Woods trails with rolling hills on the AT, Curry Pond Traverse, and return from Arden Pt. Hudson River overlook.

SW. Ridgewood Reservoir Walk in Brooklyn & Queens, NYC. Leader: Lauri Hewie, 718-455-3050; call before 10pm. Call day before to confirm walk is still on. Meet: 11am at McDonald's (J train to Gates Ave., then walk 1.5 blocks back). Walk from Bushwick section of Brooklyn to Woodhaven, Queens, with a stop in Highland Park to amble round the reservoir (bring binoculars for early migrants). Possible diner stop afterwards.

NYHC. Rockland Lake to Nyack Beach State Park, NY. Leader: Lynn Albin, nyhiker50@verizon.net, 718-743-0920; call starting Tuesday evening week of hike for message. Meet: contact leader for time; Rockland Coach bus ticket window at Port Authority: early meeting time and late return. Moderate 8 miles; mostly flat with one hill. Lovely mountain and Hudson River views: walk around the lake and then along the river. Then walk into Nyack for optional Mexican dinner.

UCHC. Locust Grove, South Mountain Reservation, NJ. Leader: Lee Fanger, 973-376-3160. Meet: 10am at Locust Grove parking, Glen Ave. at Lackawanna Pl., Millburn, NJ. Moderate hike at a steady pace. Rain cancels.

ADK-MH. Doodletown in Harriman State Park, NY. Leader: Brenda Harding: oreomort@aol.com or 845-565-8566 before 9pm. About 6 miles, moderate. Meet: 9:30am at parking area 1.4 miles south of the Bear Mountain traffic circle on 9W just north of the road to Iona Island. Bring lunch.

Monday, March 22

UCHC. Hudson River Palisades, NJ. Leader: Ben Sterman, 201-797-0468. Meet: 10am at Englewood Boat Basin, Englewood Cliffs, NJ. Easy hike of about 3 miles/1.5 hour. Flat hike along Hudson River to George Washington Bridge. Rain, snow, ice cancels.

RVW. Mombaccus Mountain (2838'), Catskills, NY. Call for info: 845-338-8772. Moderate hike: 5 hours. Meet at 8am. Inclement weather date, following Monday.

Thursday, March 25

AFW. Tom Jones and Parker Cabin Mountains, Harriman State Park, NY. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 9:30am; out by 2pm. Moderate hike at moderate pace.

UCHC. Blue Heron Lake, Mahlon Dickerson Reservation, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Saffin Pond parking in Mahlon Dickerson. Moderate 6.5 miles. Hike to the lake in Weldon Brook Wildlife Mgt. Area, mostly on unmarked trails, and return on trails in Mahlon Dickerson. Early out option after lunch.

Friday, March 26

AMC NY-NJ. Dog Friendly Bear Mountain, NY. Leader: Dov Dixler, dovmonroe@yahoo.com. Meet: contact leader for details. Strenuous 7-mile hike with views on the AT-Major Welch Trails. We obey park leash laws. No public transportation.

Saturday, March 27

AFW. Walking Tour of Hoboken, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am; out by 3pm. Easy outing at a leisurely pace.

SW. Cranberry Lake, Westchester, NY. Leader: Mayer Wiesen, 516-671-2095; call before 10:30pm. Meet: 9:30am at Grand Central info booth on upper level. 6 moderate miles. Explore marked trails in this Westchester park near Valhalla; lunch at picnic tables. No smoking.

TLR. Early Spring Wake Up Call, NY. Leader: must register in advance at 914-762-2912, ext. 110 (Tuesday-Sunday, 9am-5pm). Meet: Nature Center at Teatown Lake Reservation, Ossining, NY. 1.5-hour afternoon walk around Teatown, doing some early spring monitoring and looking for frogs and salamanders returning to their home pools to breed. Dress to get wet; some cold water wading may be involved. Non-members \$5.

NYHC. Flat Rock Brook, NJ. Leader: Pat O'Malley, 212-924-7486; call evenings. Meet: 9:50am at Red & Tan ticket windows at GW Bridge bus station (A train to 175th St.). Easy 4 miles. We'll view ponds and gardens, and walk on trails with some ups and downs; hiking boots recommended.

UCHC. Garret Mountain, NJ. Leader: Walter Koenig, 973-684-5528. Meet: 10am; call for directions. Easy hike with splendid views of historic Paterson. Optional lunch at Libby's Diner and visit to Great Falls and/or Paterson Museum after the hike. Steady rain cancels.

RVW. Cooper Lake Road, Woodstock, NY. Call for info: 845-246-7174. Easy to moderate walk (some hills): 4 miles. Meet at 10am.

Sunday, March 28

IHC. Highlands Trail, Byram to Stephens State Park, NJ. Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Shop Rite Plaza, Rt. 206N, Byram (Stanhope), NJ. Moderately strenuous 8 miles. Hike through Allamuchy State Park and along the Musconetcong River to Stephens State Park; lunch on top of Allamuchy Mtn. After steep descent can visit old Indian Village and Old Historic Waterloo Village. Continuous rain cancels. Shuttle required.

SW. Rockefeller State Park Preserve, NY. Leader: Dorothy Lourdou, 212-685-6443. Meet: 9am at Grand Central to take 9:20 Metro North Hudson Line train to Philipse Manor, arr. 10:12. 8 moderate miles. Pleasant woods walk along Pocantico River and Sleepy Hollow Cemetery (where the Headless Horseman roamed), then circle through rolling hills to visit Swan Lake and Stone Farms and returning to Philipse Manor or Tarrytown.

UCHC. Turtle Back Rock, South Mountain Reservation, NJ. Leader: Louise White, 973-746-4319. Meet: 10am at Turtle Back parking in West Orange; call for directions. Moderate 4-5 miles on various trails.

Monday, March 29

AMC NY-NJ. Dog Friendly Reeves Meadow, Harriman State Park, NY. Leader: Susan Sterngold, 845-519-4890, banjoladysusan@verizon.net. Meet: contact leader for details. Hilly 7 miles. Climbs and views at a moderate pace. Dogs must be under control of owner and park leash laws must be followed. Appropriate winter footwear and traction aids if needed.

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 100 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	Adirondack Mountain Club	RVW	Rip Van Winkle Hikers
	Mid Hudson Chapter	SW	Shorewalkers
AFW	Adventures for Women	TLR	Teatown Lake Reservation
AMC NY-NJ	Appalachian Mountain Club	TNC	Tenafly Nature Center
	New York-North Jersey Chapter	UCHC	Union County Hiking Club
IHC	Interstate Hiking Club	WEC/WWW	NJ Audubon's Weis Ecology Center's WWW Hiking Club
NYHC	New York Hiking Club		
NYR	New York Ramblers		

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 May/June issue is March 15.

UCHC. Bramhall Terrace/Crest Dr., South Mountain Reservation, NJ. Leader: Len Shnitzer, 732-499-9176. Meet: 10am at Terrace parking on Crest Dr. Easy hike of about 3 miles/1.5 hours. Lovely, level hike on and near this scenic drive. Steady rain, snow, ice cancels.

RVV. Indian Head (3573') and Twin (3640'), Catskills, NY. Call for info: 845-246-8074. Moderate+ hike: 7.5 miles, 6 hours. Meet: 8am. Inclement weather date, following Monday.

APRIL

Saturday, April 3

IHC. Elk Pen, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207. Meet: 9am at Elk Pen parking, Arden Valley Rd., Arden, NY. Strenuous 10-12 miles. ASB Trail south to Stahahe Brook, then Nurian Trail to its end, and north on RD and Lichen Trails. Rain cancels. Shuttle required.

UCHC. Jockey Hollow, Morristown National Historical Park, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at visitor center parking. 4+ miles with hills in this lovely park, at a moderately fast pace. We'll hike the Mt. Kemble Trail and perhaps visit the historic cemetery that overlooks the trail.

Sunday, April 4

IHC. Holidays in the Woods, NY. Leader: Larry Spinner, 845-548-3194; no calls after 9:30pm. Meet: 10am at commuter parking lot, Sloatsburg, NY (Rt. 17). Moderate hike at a slower pace; beginners welcome. Join us as we celebrate Easter and Passover in the woods. Leader brings treats to share and hopes others will too. Bad weather may cancel; call if in doubt.

UCHC. Lewis Morris County Park, NJ. Leader: Louise White, 973-746-4319. Meet: 10am at Sunrise Lake, lowest parking lot, right turn downhill below bathhouse. Moderate 4-5 miles.

Saturday, April 10

UCHC. Watchung Trail Maintenance, NJ. Leader: preregister by calling Betty Kelly at 908-789-3683. We work 9:30am to noon. Have fun while giving back a little to those hiking trails! Meet new people, learn a new skill while working outdoors. Bring water, work gloves, trash bag, and clippers/loppers if you have them. Trail work is held unless severe weather occurs.

AMC NY-NJ. Around the Ridges, Beacon, NY. Leader: Nancy Hull, 845-356-1407, nihclo@yahoo.com. Meet: contact leader for details. Hilly 8 miles. Up and around Fishkill and Scofield Ridges; steep initial climb but at a comfortable pace. Beautiful views of the Hudson Valley. Bad weather may cancel.

SW. Bridges and Waterways of Central Park, NYC. Leader: Matthew Brozyna, 917-912-9533. Meet: 9am at atrium entrance to Time Warner Center, 59th St. and Columbus Circle. Fascinating 5-hour trek of 8 miles. Moderately paced adventure under, over, around and through many amazing architectural wonders of Central Park. Rain or shine.

NYHC. Queens Greenbelt, NYC. Leader: Ray Krant, 718-435-4994; call before 10pm. Meet: 11am outside turnstiles of 111th St. station on #7 subway line. Moderate 7 miles. Flushing Meadow Park through Queens Botanical Gardens, various parks including Alley Pond Park, ending at Northern Blvd. in Bayside.

NYHC. Hudson Highlands State Park, NY. Leader: Mike Puder, 718-743-0920; call starting Tuesday evening for details. Meet: Station Master's office at Grand Central Terminal; call leader for time. Somewhat challenging, exploratory hike on several trails, including Nelsonville Trail. Late return possible.

UCHC. Pyramid Mountain, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Pyramid Mountain. Moderate 4-5 miles, with some steep sections. Pass Bear and Tripod Rocks along the way.

Sunday, April 11

IHC. Trail Clearing on Sterling Ridge Trail, NJ. Leader: Jim Canfield, 973-728-9774. Meet: 9am at south end of trail, Rt. 511, Hewitt, NJ. Moderately strenuous. We need everyone's help for another spring cleanup; bring lunch, water, good working gloves and clippers, or use the club tools. Rain date is Saturday, April 17.

WEC/WWW. Camp Smith Trail and Appalachian Trail, NY. Leader: Don Weise, donweise@hotmail.com. Meet: 9:30am; contact leader for details. Fast paced 9 miles. Challenging hike high above the Hudson River to Manitou Mtn., Anthony's Nose, Canada Hill, and points beyond. Truly spectacular views. Out by 2:30pm; \$8.

SW. Croton to Teatown Circular, NY. Leader: Dorothy Lourdou, 212-685-6443. Meet: 8:30am at Grand Central to take 8:56 Metro North train to Croton-Harmon, arr. 9:51 (stops at Marble Hill at 9:15). Moderate hike; hiking boots recommended (mud likely). Pleasant woods walk from Croton-Harmon station to Teatown Lake via Croton Aqueduct and dam, returning same way. One steep up (and down).

UCHC. Watchung Reservation, NJ. Leader: Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd., Mountainside, NJ. Moderate 5-6 miles; for experienced hikers.

Monday, April 12

AMC NY-NJ. Dog Friendly Bald/Timp Climb, Harriman State Park, NY. Leader: Harold Marciari, 516-561-8638, hmrm742@optonline.net. Meet: contact leader for details. Very challenging 8 miles with lots of ups and downs, and lots of views. Dogs must be under control of owner and park leash rules must be followed. If weather doubtful, call after 7am morning of hike.

UCHC. Oakdale, South Mountain Reservation, NJ. Leader: Cheryl Short, 973-299-0212. Meet: 10am; call for directions. Easy hike of about 3 miles/1.5 hour. In search of the Bloodroot! Rain, snow, ice cancels.

Tuesday, April 13

TLR. Early Migrants at Teatown, NY. Leader: must register in advance at 914-762-2912, ext. 110 (Tuesday-Sunday, 9am-5pm). Meet: Nature Center at Teatown Lake Reservation, Ossining, NY. Early morning walk to see if it's true that the early birder gets the best birds. We'll search the fields at Cliffdale Farm for bluebirds and early migrants. Non-members \$5.

UCHC. Spring on the Palisades, NJ. Leader: Margo Moss, 201-568-5325. Meet: 10am at State Line Lookout, Alpine, NJ. Moderate 6 miles. Enjoy the beauties of springtime on this special 'flower loop' along the Palisades: Hudson River views, butterflies, and many varieties of wildflowers - we'll try to identify them all.

Thursday, April 15

UCHC. Bearfort Ridge, Hewitt State Park, NJ. Leader: George Smith, 973-778-3586. Meet: 10am at A&P parking for short shuttle to trailhead. 8 miles; for experienced hikers. Up the Orange Trail to Surprise Lake and the Greenwood Lake overlook. Possible stop at West Pond on the way back.

AFW. Castle Point, Ramapo State Forest, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am; out by 2pm. Moderate hike at moderate pace.

Saturday, April 17

AMC NY-NJ. Breakneck and the Ridge to Sunset Point, Hudson Highlands State Park, NY. Leader: Hallie Wolfe, 914-941-5331, halliewolfe@optonline.net. Meet: contact leader for details. Steep rock scramble and 9 miles. Must register.

SW. Newark Cherry Blossoms, NJ. Leader: Craig Nunn, dystopicnj@yahoo.com or 551-206-6823; call before 10pm. Meet: contact leader for details. 8-10 essentially flat miles in parks and on city streets. Includes architectural highlights of Bloomfield and Branch Brook Park, where cherry blossoms should be in full bloom. Optional extension through Forest Hill to Newark Penn Station. Serious bad weather cancels.

UCHC. Locust Grove, South Mountain Reservation, NJ. Leader: Joan Lepseter, 908-273-4188. Meet: 10am at Locust Grove parking, Glen Ave. at Lackawanna Pl., across from Millburn, NJ, RR station. Moderately brisk 4-5 miles. Some rocky sections and one steep climb at start, done at your own pace.

Sunday, April 18

IHC. Johnstown, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207. Meet: 9am at end of Johnstown Rd., Sloatsburg, NY. Moderately strenuous hike on Blue Disc, over Almost Perpendicular, then on to Claudius Smith's Den and Lake Skenonto. Rain cancels.

UCHC. Branch Brook Park, Lenape Trail, Newark, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10am at parking on east side of Franklin Ave., .4 mile north of Franklin St. and Heller Parkway intersection (just before the hospital). This moderate hike travels the length of Newark's beautiful gem of a park, designed by Olmstead. If the weather is right, we'll see herons, cormorants, and cherry blossoms. Some trails and some sidewalks.

SW. Garrison to Manitou, Hudson Highlands, NY. Leader: Marvin Malater, 718-376-3608. Meet: 8:25am at Grand Central info booth for 8:47 train to Garrison (round trip; check train times). 9 miles at moderate pace with rolling hills and some climbs. Osborn Loop connecting to AT, then down to Manitou to follow Mystery Pt. Rd. northward for an extended shore view along the Hudson. Manitou Nature Preserve trails, then back to Manitou station for a 5:10pm return train.

Saturday, April 24

SW. The Jersey/Hudson River Saunter, NJ. Leader: Matthew Brozyna, 917-912-9533. Meet: 9:15am at GW Bridge Port Authority Bus Terminal (178th St./Broadway) info booth. Amazing 14+ mile medium-paced walk with spectacular views and a different perspective of the Big Apple. We'll walk across the GW Bridge, then spiral south along The Palisades, The Cliffs, shores of NJ, historic Hoboken, and end at Liberty State Park in Jersey City, NJ. Expect this "mini-saunter" to take 7 hours or more; return to Manhattan via PATH trains. Rain cancels.

TLR. Spring Wildflower Walk at Teatown, NY. Leader: must register in advance at 914-762-2912, ext. 110 (Tuesday-Sunday, 9am-5pm). Meet: Nature Center at Teatown Lake Reservation, Ossining, NY. 1.5-hour afternoon walk into Hidden Valley to catch the first spring ephemerals on the forest floor. Learn about ecology and impacts affecting these harbingers of spring. Non-members \$5.

NYHC. Long Path to Alpine, NJ. Leader: Mike Puder, nyhiker50@verizon.net, 718-743-0920; call starting Thursday evening for details. Meet: call leader for time; GW Bridge Bus Terminal. Moderate-plus 10 miles. We'll walk across the George Washington Bridge and on to Alpine; many breathtaking views. Late return (7-8pm).

Sunday, April 25

IHC. Catfish Pond to Delaware Water Gap, NJ. Leader: Al MacLennan, 973-451-1435. Meet: 9am at Kittatinny Visitor Center, I-80, Columbia, NJ. Strenuous 11 miles. Take the AT to Sunfish Pond, then down to Dunnfield Creek. Shuttle required. Steady rain cancels.

AFW. Black Mountain and Owl Swamp, Harriman State Park, NY. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 9:30am; out by 2:30pm. Moderate-plus hike at moderate pace.

TLR. Teatown Hike, NY. Leader: Peter Meskin; must register in advance at 914-762-2912, ext. 110 (Tuesday-Sunday, 9am-5pm). Meet: Nature Center at Teatown Lake Reservation, Ossining, NY. This outing, for adults only, combines physical fitness, ecology, and the spectacular beauty of the Hudson Highlands. Rain cancels. Non-members \$5.

NYR. Hatfield Swamp and Environs, NJ. Leader: Craig Nunn, 551-206-6823, dystopicnj@verizon.net; contact leader for hike length/difficulty. Meet: 8:40am at Port Authority Bus Terminal for 9:00 DeCamp bus #33 to West Caldwell (one way; probably return by train from Millburn). Lenape Trail to the Passaic River and across Hatfield Swamp, with many birds on display. Then through Becker Park and across Second Watchung Mn. to West Orange. Out to Millburn through South Mtn. Reservation.

Tuesday, April 27

AFW. The Palisades from Englewood Boat Basin, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am; out by 2pm. Moderate hike at moderate pace.

UCHC. Ramapo State Forest, NJ. Leader: George Smith, 973-778-3586. Meet: 10am at upper lot on Skyline Dr., Oakland. Moderate 6 mile hike; for experienced hikers. We will visit the castle.

Friday, April 30

TLR. Central Park Birding, NYC. Leader: must register in advance at 914-762-2912, ext. 110 (Tuesday-Sunday, 9am-5pm). Meet: 6am at Nature Center at Teatown Lake Reservation, Ossining, NY, or 7:15am at Central Park. This outing, for all but young children, will surely be a highlight of your spring. Come along as we look for spring migrants in the Ramble, one of the hot spots of the birding world. Carpool from Teatown. Non-members \$5.

Saturday, May 1

UCHC. Watchung Trail Maintenance, NJ. Leader: preregister by calling Betty Kelly at 908-789-3683. We work 9:30am to Noon. Have fun while giving back a little to those hiking trails! Meet new people, learn a new skill while working outdoors. Bring water, work gloves, trash bag, and clippers/loppers if you have them. Trail work is held unless severe weather occurs.

SW. The Great Saunter, NYC. Leader: preregister at www.shorewalkers.org, or sign-in that day at starting points throughout the walk. Meet: initial start point is 7:30am at Fulton & South Streets (South Street Seaport); see website for other start points and times. Cool, beautiful and long - see Manhattan at 3 mph! 32-mile walk around Manhattan's rim. Pace is steady, but not fast, and route is mostly flat. We keep to the waterside as much as possible, and walk through dozens of parks and cultures. Many drop in/drop out points. All-weather annual event. Non-members asked to donate \$15.

UCHC. Hawk Watch, Rockaway Township, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Wildcat Ridge parking; call for directions. Easy to moderate 3 miles over rocky trails with moderate hills. We'll hike up to the Hawk Watch, where we'll enjoy a break and spring views.

Sunday, May 2

NYR. Walkway Over the Hudson, NY. Leader: Ludwig Hendel, 718-626-3983; contact leader for hike length/difficulty. Meet: 7:30am at Grand Central Station for 7:47 Hudson Line train to Poughkeepsie (round trip; check train times). We'll take the Mid-Hudson Bridge to Highland Landing, loop up to newly opened old railroad bridge and return over it to Poughkeepsie. Dutchess rail trail past Morgan Lake, through Vassar College, Spratt Park, Poughkeepsie rural cemetery and historic Springside.

CATSKILL MAPSET

continued from page 1

changes to the Catskill Park master plan with respect to permitted uses and boundaries of designated areas have been incorporated into the maps, and watershed lands of the New York City Dept. of Environmental Protection have been added. Detailed trail descriptions, a popular feature of previous editions, continue to appear on the map backs and, as always, the maps are printed on waterproof, tear-resistant Tyvek.

The entire trail network in the Catskills has been completely replotted using state-of-the-art Global Positioning System (GPS) technology. Trail Conference volunteers spent numerous hours walking the trails with GPS receivers to obtain accurate trail and woods road data. Additional parking areas, springs, viewpoints, and other points of interest have been identified and verified to ensure that the maps contain the most up-to-date and complete trail information available. At \$16.95 (\$12.71 for members), the Catskill Trails map set is a must-have for anyone who wishes to explore the many trails and protected lands in the Catskill region.

To obtain this map set, see the Hikers' Marketplace on page 12, shop online at www.nynjtc.org, call 201-512-9348, or stop in at the Trail Conference office.

Catskill Trails was produced with support from Tent & Trails, an outdoor store and retail partner of the Trail Conference.

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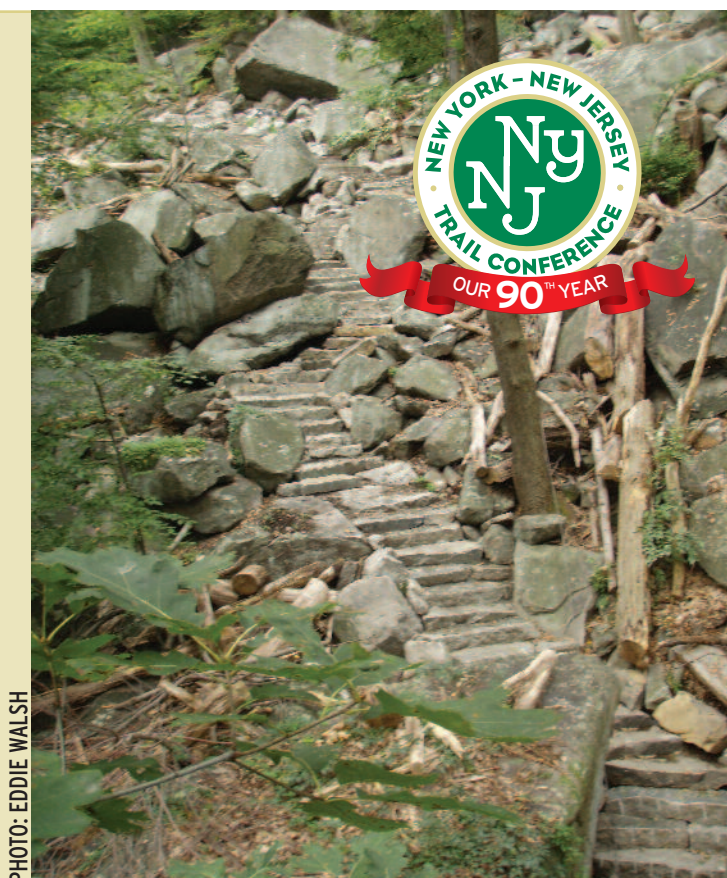


PHOTO: EDDIE WALSH

Celebrate the reconstruction of the original section of the Appalachian Trail!

Kids' Learning Activities and LIVE MUSIC starting at 10am. Bring your family and friends, or make it a club outing! \$7 parking fee per car.

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Carol Ash, Commissioner, NYS OPRHP
Pamela Underhill, NPS Appalachian Trail Park Manager

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Watch for details on nynjtc.org! For more information email donations@nynjtc.org.

Saturday, June 5, 2010, starting at 10am: National Trails Day

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These sweet, loving, loyal, beautiful, intelligent, humorous and courageous hiking dogs left us in 2009, Susan Sterngold

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Tributes are only printed for donations of \$25 or more.

To all those who are involved with the Long Path...



JAKOB FRANKE

Hopefully everybody had a good start in 2010, and I'm sure everybody is itching to go out again and work and hike on the LP.

It was fall 2008 when we had our last LP meeting in

New Paltz, and it is time to have another get together this spring. The town hall in New Paltz has been reserved for Saturday, March 20. Please write that date on your 2010 calendars.

Pete Senterman, the Catskills chair, resigned last year and we now have two new chairs in the Catskills, one for the DEC 3 region, and one for the DEC 4 region. I hope they can make it to the LP meeting. I'm also inviting Catskill supervisors of areas through which the LP goes and hope some of them will show up.

We have several items that can be discussed at this meeting. One of them is the preferred new route from Minnewaska to the Catskills. Another is the closure of the gap in Section 26 of the *Long Path Guide*. And of course the status of the LP north of its current official terminus at Rte 146 in Altamont. If anybody has suggestions for agenda items, please send them to me and I will make sure they get on the agenda.

Ed Walsh reports that there are currently 111 end-to-enders of the LP. A few of them received their certificates this past fall at the Delegates meeting in Harriman SP and told entertaining stories of their LP trek. A particularly interesting blog by Jacob Aronson can be found at www.longbrownpath.com. This young man not only finished the LP this summer, but also the Northville-Placid Trail, and in addition he climbed a third of the 46 high peaks in the Adirondacks.

There was activity at several fronts along the LP. This past spring we had a two-day work trip in Greene and Schoharie counties (Sections 25 and 26), where we built a reroute around a deforestation area. We hope to organize a similar trip this spring. Those sections, since they are remote, can use some outside help, and it was a lot of fun working in a different and beautiful area.

Other activities occurred in the form of meetings: a new Minnewaska Master Plan is being prepared, and several of us attended various presentations and meetings. The first draft of the master plan does contain a new trail from Smiley Road to Berme Road, which will be part of the new route into the Catskills.

In April there was a major fire on the Wurtsboro Ridge which destroyed about a mile of blazing.

The Palisades Interstate Park Commission is putting up new signage in Fort Lee Historical Park with the current mileages from there to the AT (52 miles), and to the current end of the LP at Rte 146 in Altamont, NY (352 miles).

Some of you may have noticed that the current *Long Path Guide* (5th edition, 2nd printing from 2005) is being made available on line at: www.nynjtc.org/book/



JAKOB FRANKE

Burned blazes from Wurtsboro Ridge fire

long-path-guide-softcopy. It is a work in progress, and it will have links to reroutes and changed conditions. If anyone knows of inaccurate descriptions in the current guide, please forward corrections to me at jf31@columbia.edu so we can post corrections.

—Jakob Franke
Chair LP South Committee



WHS Crew Summary for 2009

2009 was a busy and challenging season for the West of Hudson South Trail Crew. Not only did we have our usual slate of projects, but we also had several acts of trail vandalism to contend with. The crew built steps on the AT near Orange Turnpike, on the Ironmine Trail in Sterling Forest State Park and on the Twin Forts Trail at Bear Mountain State Park.

We also spent a lot of time fixing trails damaged by humans on the AT (Ramapo-Dunderberg) on Black Mountain and on the AT on West Mountain. For the year the crew spent 952 hours restoring and rehabilitating various trails. I'd like to thank everyone who came out and volunteered their time to help. The following people deserve a pat on the back: Roland Breault, Gail Brown, Jim Brown, Brian Buchbinder, Barry Bunnell, Chris Connolly, David Day, Monica Day, Chris Ezzo, Robrt Foldes, Joyce Gallagher, Claudia Ganz, David Goodfellow, Mary Hilley, Joan James, Frank Keech, Andrea Kellner, David Kellner, Kelly Kealy, Jim Liptack, Richard Lynch, John Mack, Bob Marshall, Gay Mayer, Patrick Meegan, Mikolaj Miazio, Gail Neffinger, Joanne Parnau, Josh Perlsweia, Trudy Pogman, Erwin Schaub, Trudy Schneider, Noel Schulz, Charles Silver-Frankel, Areti Tsiola, Les Weiss, Hanson Wong, Elizabeth Zeldin, and last but not least, Steve Zubarik.

Trail Tool Inventory in Progress

The Trail Conference is in the process of locating and inventorying all Trail Conference-owned tools. This includes all manual or gas-powered tools—picks, shovels, loppers, come-alongs, etc.—as well as chaps and hard-hats. If you have a Trail Conference-owned tool, please list the tool type (be as descriptive as possible), its location, and condition. (Please include Date Code on Hard-hats, which can be found under the brim.) We can plan repairs that are deemed necessary. Please send info to: Bob Jonas, yvoke@aol.com.



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A Trail Maintainer as Film "Star"

Ralph Ferrusi is a long-time Trail Conference volunteer and two-time AT thru-hiker. Seen here in a recent photo taken on Balsam Mountain in the Catskills, Ralph can also be seen in National Geographic's 2009 film, *America's Wild Spaces: The Appalachian Trail*. The movie premiered on National Geographic Television in November.



Ralph Ferrusi, seen in the Catskills, can also be seen in the National Geographic film about the Appalachian Trail.

"I was humbled as I saw myself walking across the Bear Mountain Bridge, the voice-over saying 'Ralph Ferrusi, Trail maintainer ...,' Ferrusi wrote in a *Poughkeepsie Journal* story in January. He described himself as being filmed "striding purposefully across the Bear Mountain Bridge, wearing a yellow New York-New Jersey Trail Conference Volunteer T-shirt, toting an orange backpack, and swinging trekking poles."

His next scene showed him as he "strode even more purposefully toward a blow-down blocking the Trail on Stormville Mountain, then vigorously sawed through it, and triumphantly tossed it off the Trail."

A little short of 15 minutes of fame, but, he reports, more than satisfying nonetheless. The full, 55-minute DVD of the film is available at the ATC store, www.atctrailstore.org.

Watch for our presentations at an outdoor retailer near you

Go to www.nynjtc.org/content/calendar for details and up-to-date additions.

March 2

We Make the Maps
EMS, SoHo, NYC

March 31

Hiking the Jersey Highlands
Ramsey Outdoor, Roxbury, NJ

March 17

Mapping Trails with GPS
Campmor, Paramus, NJ

April 21

We Make the Maps - Catskill Trails
REI, East Hanover, NJ

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For more information, please contact Jennifer Hezel at hezel@nynjtc.org or 201-512-9348, ext. 28.

Book Review

Cold Adventures in the World's Frozen Places

By Bill Streever



Little, Brown, 2009
Reviewed by Howard E. Friedman

All winter hikers require a keen understanding of the effects of cold temperatures and strategies to survive the chilly air. Even people who pass the winter almost exclusively indoors need at least some rudimentary knowledge of how to dress for freezing temperatures. Bill Streever's new book, *Cold*, has something for both those who wish to survive the cold and armchair explorers who will be fascinated by Streever's engaging intermingling of the science and history of cold.

Streever packs myriad interesting details into 12 chapters, one chapter for each month of the year. The book opens during the month of July. The author is reporting from Prudhoe Bay, north of the Arctic Circle, where the air temperature is a balmy 51 degrees Fahrenheit. Hardly cold—but the intrepid Mr. Streever, a biologist and native to Alaska, is there to describe hypothermia by immersion. He dives headfirst into the frigid waters, and forces himself to remain in the 35-degree water for five minutes. "I feel as if I am being shrink-wrapped like a slab of salmon just before it is tossed into the Deep-freeze," he writes, adding that warming up after leaving the water took two hours. This is a book best read, perhaps, while holding a steaming hot mug of tea.

The author deftly intersperses historical events that were shaped by severe cold with a bounty of both fun facts and hard science about the cold. He covers scientists' ongoing attempts to reach absolute zero, describes the science of how water freezes, analyzes animal hibernation, and presents a thorough explanation of hypothermia.

Streever reports vignettes from the past, ranging from the Ice Age, early attempts at air-conditioning (in the 1600s), the Polar expeditions of Sir Ernest Shackleton, Roald Amundsen, and Admiral Richard Byrd, to cautionary tales, such as that of

the School Children's Blizzard of 1888, in which cold killed.

Of particular interest to the recreational hiker who is neither planning a polar expedition nor at risk of being stranded in a blizzard will be useful information about dressing for the cold. In the chapter "March," the author reports from an Alaskan research station on the Beaufort Sea, temperature 47 degrees below zero. Taking a winter survival course, Streever shares the instructor's tips for dressing for extreme cold: "Cotton kills," the instructor warned. Cotton conducts heat away from the body more quickly when wet. Indeed, "Cold, naked skin may be better than wet cotton jeans," the author writes. He goes on to spend a couple of pages educating and informing the reader about the virtues and different types of insulating, heat-preserving, water-repellent fabrics.

With no plot, and a tightly-focused topic, *Cold* might be a bit tedious to read at one go. Nonetheless, Bill Streever holds the reader's interest about the cold with his descriptive, enjoyable, and informative writing style. He produces a well-written narrative of stories and facts (the book has a seven-page index set in small type, and 33 pages of endnotes) about the cold and its effect on us and the earth we inhabit. You will likely shiver with newfound understanding the next time you venture into the cold.

Howard Friedman, DPM, is a podiatrist in private practice in Suffern, NY, treating hikers and non-hikers. He is a frequent contributor to Trail Walker.

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Find ticket information, film lists, and directions, at www.chestnutmtnproductions.com click on "Banff Mountain Film Festival"

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Featured Hike



Easy Loop at Flat Rock Brook Nature Center



Walk along pretty Flat Rock Brook in Englewood, NJ.

In January, the Trail Conference finalized an agreement with Flat Rock Brook Nature Center in Englewood, NJ, to adopt the 150-acre preserve's 3.6 miles of trails into our volunteer trail maintenance program. (North Jersey Trail Chair John Moran welcomes applications for the maintenance slots. Apply via the Volunteer page on our website.)

The following description of one possible easy 2-mile hike is adapted from Daniel Chazin's longer hike write-up on our website (Flat Rock Brook Hike #2; click Find a Hike under Go Hiking).

Opposite the Nature Center, find the trailhead for the White Trail and follow it north, passing intersections on the right and left with the Red Trail. At the top of the hill, you'll come to the Outdoor Classroom. Here, the Red Trail joins from the left. You should turn right, now following the joint White and Red Trails.

Soon, the Red/Blue Trail leaves to the left. Continue along the joint White and Red Trails, but when the White Trail turns sharply left, proceed straight ahead on the Red Trail for about 50 feet to a southwest-facing overlook, marked by a rock parapet. Interstate Route 95 can be seen through the trees straight ahead (the sounds of the

traffic can also be heard). On a clear day, you can see the First Watchung Mountain in the distance.

Retrace your steps to the junction and turn right to continue on the White Trail. Just ahead, at a T-intersection, the White Trail turns right and joins the Blue Trail. A short distance beyond, the Teal Trail also joins. When the White and Teal Trails leave to the right, continue straight ahead on the

On a clear day, you can see the First Watchung Mountain in the distance.

Blue Trail. Follow the Blue Trail as it loops around, first to the east, then to the north. The trail runs close to the perimeter of the nature center property, with private residences visible through the trees.

At a sign for "Bridge Over Look," the Blue Trail arrives at a T-intersection with the Red Trail. Turn right and follow the Red Trail, which begins a gentle descent. At the next Y-intersection, bear right onto the

Yellow Trail, which continues to descend. When the Yellow Trail makes a sharp right turn, adjacent to a yellow "B.C.U.A." sign, continue straight ahead, now following the Green Trail. To the right is Flat Rock Brook, which soon widens into Macfadden's Pond. Continue ahead along the brook, now following the Red Trail. This is the most scenic portion of the hike, with the brook tumbling over rocks to your right.

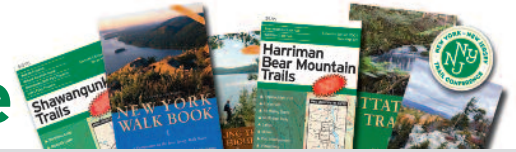
After a level stretch at the bottom of the hill, you'll cross a wooden footbridge and come to a T-intersection. Turn left, follow-

ing the sign pointing to the Nature Center, and continue on the Red Trail as it ascends steadily, returning to the Nature Center.

How to Get There:

Take N.J. Route 4 to the Jones Road exit in Englewood. Turn right at the top of the ramp, and continue to the first stop sign, which is Van Nostrand Avenue. Turn right onto Van Nostrand Avenue and continue past the "dead end" sign to the Nature Center at the top of the hill.

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