



# TRAIL WALKER

New York-New Jersey Trail Conference – Maintaining 1,683 Miles of Foot Trails

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## \* TRAIL REFLECTIONS \*

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

## “What exactly is a blaze?” Answers at the Breakneck Ridge Trailhead



Trailhead volunteers Aaron Bailenson, Stephen Stuart, Dave Dvorsky, Josie Gray, and Sheryl Lynch

On the July 4th holiday weekend, droves of hikers, many of them novices, encountered Trail Conference outreach volunteers at two of the region’s busiest trailheads: Breakneck Ridge and Washburn Trail (Bull Hill) in Hudson Highlands State Park. That weekend, a dozen volunteers talked with hundreds of people about the Trail Conference, sold East Hudson maps and Trail Conference memberships, collected names of potential new volunteers, and shared basic tips for enjoyable, safe hiking. The outreach event was the brainchild of new East Hudson Trails Chair (and Trail Conference board member) Josie Gray. After the event, Josie reflected on its goals and lessons.

### Helping Hands Lead Hikers to TC by Josie Gray

I initiated this idea after spending a day clearing blow-downs with Donna Fichter during Memorial Day weekend. I usually avoid these trails on the weekends because they are like Grand Central station, but the supervisor (Donna) and maintainers have often reported how many novice hikers, and completely unprepared hikers, they encounter here. That weekend, I saw this first hand!

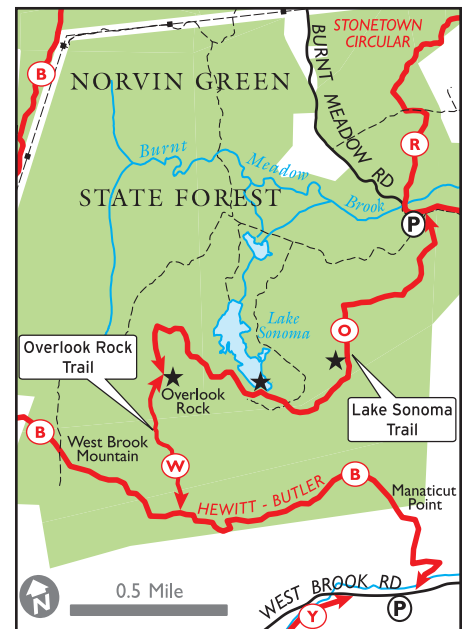
Our goals were: 1. to be there to support and inform unprepared hikers, provide trail maps and directions (“No, the Breakneck

*continued on page 7*



### NORVIN GREEN STATE FOREST New Trail Leads to Lake Sonoma, Overlook Rock

The 1.9-mile Lake Sonoma Trail, one of two new trails planned in the west central area of Norvin Green State Forest, has recently been completed. The trailhead is on Burnt Meadow Road just under 3 miles south of the intersection of Burnt Meadow Road and Greenwood Lake Turnpike.



### Volunteers open new trail in Norvin Green State Forest in New Jersey.

From the trailhead, the orange-blazed trail enters the Lake Sonoma area of Norvin Green State Forest and heads west over two foothills of West Brook Mountain, offering views to the west, especially after the leaves fall. The trail then follows along the west shore of Lake Sonoma with some nice water views, swings west up the ridgeline, and ends at Overlook Rock with an outstanding 180-degree easterly view.

Another new trail segment, the first half-mile of the planned Overlook Rock Trail, has also been completed and links the Lake Sonoma Trail southward to the Hewitt-Butler Trail. These new trails create opportunities for circuit treks using all or parts of the Lake Sonoma, Overlook Rock, Hewitt-Butler, Burnt Meadow, and Stonetown Circular trails. The Lake Sonoma trailhead on Burnt Meadow Road intersects with the Stonetown Circular, allowing other connecting hikes now.

The North Jersey Weekday Crew members who helped with this project were Danielle Bouchard, Chris Connolly, Cliff Connerth, Vin Dryer, Craig Nunn, Larry May, John Moran, Terri Russo, Karen Schoof, Frank Schoof, Brian Sniatkowski, Natalie Nass, and Michael Williams. In addition, the nearby Shiloh Bible Camp in

*continued on page 6*

## Setting the Course for ATV Legislation Victory in New Jersey

With ATV legislation yet to be enacted in New Jersey, we can expect riders to continue to hit the state’s publicly protected lands and trails.

Unless, however, legislation to regulate ATVs can be passed before then, and there is real hope that it can be. The Trail Conference needs its members to support a grassroots campaign to be launched this fall to win this legislative battle!

In June, the Assembly Transportation Committee unanimously voted in favor of Assembly Bill 823, which regulates the operation of all-terrain and other off-road vehicles through mandatory registration and provides significant penalties for violations. This legislation, sponsored by Assemblymen Reed Gusciora, Paul Moriarty, and John Wisniewski, is set to hit the full Assembly for a vote as soon as the legislature returns after its summer hiatus. A companion bill has been introduced by

Senator Gordon and is scheduled to be heard in the Senate Transportation Committee in the fall.

The Trail Conference has advocated for ATV legislation in New Jersey for many years and is extremely excited about the possibility for its passage this year. The TC is working closely with Pinelands Preservation Alliance, New Jersey Conservation Foundation, New Jersey Audubon and many others to ensure that the legislation has strong statewide support among the public, as well as with the Governor and Legislature. In order to achieve this goal, the TC and its partners will launch a fall grassroots campaign spotlighting ATV damage to conserved lands and hiking trails throughout northern New Jersey.

Volunteers are needed. If you would like to be a volunteer TC advocate and help fight for ATV legislation in New Jersey, please contact Brenda Holzinger, New

Jersey Regional Representative, via email ([holzinger@nynjtc.org](mailto:holzinger@nynjtc.org)) or cellphone (973-303-3538).

Visit the Trail Conference website ([www.nynjtc.org/issues/NJATV.html](http://www.nynjtc.org/issues/NJATV.html)) to learn more about ATV legislation in New Jersey and find out how to enter the ATV trail damage photo contest. The deadline is September 15th to make the next issue of *Trail Walker*, so send in your photos today!



Photos show ATV impact on Highlands Trail in New Jersey.

PHOTOS: BRENDA HOLZINGER

## Join Our Hike-a-thon! Saturday, October 4 at Bear Mountain State Park

Kick off the fall in style and let your feet do the talking at the first People-for-Trails hike-a-thon at Bear Mountain State Park on October 4, 2008.

See details on page 3.



# TRAILWALKER

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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.

### Board of Directors

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.

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## From the Chair

# Proposed: That There Be Fewer Delegates Meetings



The Trail Conference is organized in a way that guarantees the voicing of a wide variety of opinions. We have our own "separation of powers."

There are three major volunteer groups that have broad powers for managing the organization. I sometimes wonder at the creative inspiration of the folks who invented this organization.

1. The TRAILS COUNCIL is a relatively informal group of trails chairs and supervisors that does oversight management of our core function—maintaining and building trails. Trails policies, new trails, and changes in existing trails are the most common concerns of this group. Jane Daniels is currently the chair.

2. The BOARD OF DIRECTORS (BOD) appoints all trails and non-trails committee chairs. It elects its own officers. It appoints the executive director. It has 16 members.

The BOD has broad general management responsibility but effectively is not concerned with detailed management of our core function, trails, or with detailed management of the staff. The chair of the Trails Council (Jane Daniels) and the executive director (Ed Goodell) respectively represent these functions on the BOD. So the BOD for all practical purposes deals chiefly with management of the non-trail committees that support the trails function

(Publications, Administration, Development, Membership, Darlington Schoolhouse, Nominating, Conservation, etc.) and with overall financial and legal management of the Trail Conference.

The Nominating Committee of the BOD nominates new BOD members and Delegates at Large for final appointment by the Delegates (see below).

3. The DELEGATES appoint the members of the board of directors. Any changes in our bylaws require a 2/3rds majority of the delegates present. Each affiliated hiking club has the right to appoint one delegate. In addition, one Delegate at Large for every 400 individual members is appointed by the delegates. Each committee chair and each BOD member is also a delegate. So the total number of delegates is about 160 people. But only 1/6th of the total delegates constitutes a quorum—i.e. about 27 people. Three delegates meetings per year are currently required by the bylaws, including an Annual Meeting in October.

In recent years, the delegates meetings other than the Annual Meeting have not generated a lot of enthusiasm. On one occasion the 1/6th quorum was not achieved and on other occasions only one or two people above the quorum level attended. The probable cause is that very little business other than approving the prior nominations of the BOD and Nominating Committee is typically conducted at these meetings. This level of attendance does not seem to achieve the intent of fostering broad membership and club input into the

running of the organization. So the significant amount of effort expended by staff and volunteers in setting up and conducting these meetings seems to add little overall value to the Trail Conference.

The BOD has taken two actions to attempt to address this issue.

A. The February 2009 Delegates Meeting will be held in conjunction with the February BOD meeting. A one-hour delegates business meeting (the usual duration) followed by a two-hour BOD meeting will be held in the Mahwah area. We will thereby improve chances of attaining a quorum of delegates and we will provide opportunity for the delegates to become more "engaged" with the Trail Conference via attendance at a board meeting.

B. We have proposed that the required number of delegate meetings per year be reduced to two—the Annual Meeting and one other. Typically, most of our business is conducted at our Annual Meeting. Little or no business is done at the other two, and it does not seem essential to have two such meetings per year.

This proposal requires a modification of the bylaws that will be voted upon at the October 18, 2008 Annual Meeting.

Bob Boysen  
Chair, Board of Directors

## Ward Pound Ridge Earns 'Most Improved Trails' Honor With Help from Trail Conference

"Thanks to the NY-NJ Trail Conference and the wonderful group of trailblazing volunteers, Ward Pound Ridge Reservation won *Westchester Magazine's* Best of Westchester's 2008 Editor Pick for Most Improved Hiking and Riding Trails," proudly reports Brenda Bates, senior curator of Westchester County's largest park.

The magazine summed up its pick in June: "Let's face it: it was easy to get lost at the Ward Pound Ridge Reservation, and not in a good lose-yourself-in-nature kind of way. Yet a core group of volunteers has taken it upon themselves to re-blaze all 35 miles of trails, complete with new markings and a beautiful map (one that actually makes sense)."

The Trail Conference worked with park officials to hold a first trail blazing workshop for volunteers in October 2006. We also shared our GPS database of the trails there with the Westchester County Department of Planning so that an improved park map could be developed.

The project was featured in the November/December 2007 *Trail Walker*, available online at [www.nynjtc.org](http://www.nynjtc.org).

### Next Trail Blazing Workshop Saturday, October 25

Join the dedicated volunteers at Ward Pound Ridge Reservation in a trail blazing workshop; help clear, mark, and maintain trails. Start time: 9:30am.

For more information call 914-864-7317.

## How long have you been a volunteer for the Trail Conference?

It makes no difference if you are a maintainer or have helped another way. We would like to hear from you even if you are no longer a volunteer. The recently formed Volunteer Committee is establishing a pro-

gram to recognize and thank volunteers with gifts commensurate with the number of years of service. Our records are not as up to date as we would like, so we need your help. All volunteers, current and retired, please email [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) with name of position, month and year of start/finish. It will take the committee several years to back fill the awards, so please be patient.

Dan Van Engel,  
Chair, Volunteer Committee

## Calls & Letters to the Editor

### A Fan Letter to NY-NJ TC

I am enclosing a modest contribution to further your work. I want you to know that as I slowly, summer by summer, hike north on the AT, you are the best trail club north of PATC [Potomac Appalachian Trail Club] that I have found. I was delighted, as were many other hikers who recorded their comments in the shelter journals, to find *steps!!!* on Wawayanda Mountain, and evidence that the trail designers put the trail in a place where it was actually most easy to climb up the mountain. Let me tell you, such a thing would never happen in [deleted], where they believe that slapping paint on trees constitutes building a trail. I also appreciate your Clivus privies. And another thing, I wanted to hug the person who decided to construct alternate routes for those of us who are too gimpy to struggle across the rocks. Thank you!!!

Anne Chase  
Washington, D.C.

### Send Us a Letter

Email it to [tw@nynjtc.org](mailto: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.

## Trail Conference Annual Meeting

Saturday, October 18  
Camp Yaw Paw  
in Mahwah, NJ

All Trail Conference members and delegates are invited to join this yearly fall event.

Enjoy breakfast, a business meeting, and a presentation by New Jersey Search & Rescue, followed by hikes in nearby Ramapo Reservation.

Breakfast will be served at 8:30. Please RSVP so we have pancakes, coffee, and juice for you!

Contact [office@nynjtc.org](mailto:office@nynjtc.org) (put "Annual Meeting" in the subject line) or call the office at 201-512-9348 to tell us you're coming.

Directions to Camp Yaw Paw will be sent upon registration. They are also available on the web.

Visit Us Today!   
[www.NYNJTC.org](http://www.NYNJTC.org)

**From the Executive Director**

**Guest Columnist, John Gunzler  
The More Things  
Change...the Better  
They Get**

My name is John Gunzler, and Ed Goodell has asked me to write a guest column, reviewing what has occurred at the Trail Conference during my nine years of service on the board of directors. In October, my third three-year term comes to an end. Wisely, our bylaws prescribe that all board members can serve just three consecutive terms. (The only exception is for years served as an officer of the board.)

I am very pleased to report that over those nine years, and in the face of many challenges, the basic values and goals of the Trail Conference have held steady; we are still a volunteer based organization that promotes and advocates open space and the building, maintenance, and responsible use of trails.

Many other things have changed however. Nine years ago, just as I started on the board, our office was in Manhattan. Our rent was being raised to a prohibitive degree, and we found an ideal location in Mahwah, near many of our most popular hiking trails.

Less than a decade later, with the help of New Jersey state and county grants, we own the historic Darlington Schoolhouse in Mahwah. Eventually it will become our headquarters and, as such, will help our productivity, give us a better working space, and save on our current rent expense.

About six years ago, the Trail Conference undertook the first capital campaign in its 82-year history. Along with Mary Smart, I co-chaired this campaign. We raised \$3.1 million, against an original goal of \$2.5 million.

The majority of the contributions went toward acquiring land to preserve or extend hiking trails, with the land ultimately to be sold to the appropriate state park or conservation agency in New York or New Jersey. Currently, all of these funds are locked up in 820 acres of land but the proceeds from sales will return to this revolving fund to assure our continued ability to preserve lands.

The capital campaign has also supported the creation of a cartographer position, which has allowed the digitization of almost all of our maps (Kittatinny and Catskill digital maps are in the works) and fills many other uses in our day-to-day operations.

The remaining capital dollars raised in our campaign have supported Trail University, which uses the Appalachian Trail reconstruction at Bear Mountain as a campus to train hundreds of volunteers annually in basic and advanced trail building.

We can all be proud of the fact that more than 1,000 volunteers now maintain almost 1,700 miles of hiking trails, an increase of some 400 miles of trails over the last nine years.

Though the Trail Conference is volunteer based, we do have a very capable and industrious staff, headed by Ed Goodell, who has done an outstanding job in leading our organization for the past seven years. We also have a very dedicated and hard working board of directors, who contribute a multitude of skills. It has been my pleasure to work with them.

**“We can all be proud of the fact that more than 1,000 volunteers now maintain almost 1,700 miles of hiking trails, an increase of some 400 miles of trails over the last nine years.”**

So, while I say goodbye to the board, I am proud of the contributions I made and of the achievements of our organization. I will continue to be involved by staying on as a member of the administrative committee and as co-chair of the development committee.

The Trail Conference is financially and operationally sound, and with ongoing efforts and contributions from all of us, it will continue to be a leading organization in our field. With more land in public hands and trail expertise in limited supply, the Trail Conference is needed now more than ever.



**TC & Teatown Partner for Community Trails**

The Trail Conference and Teatown Lake Reservation, an environmental organization and nature preserve in Westchester County, NY, are program partners in creating and developing the Hudson Hills and Highlands Community Trails Program (HHHCT). HHHCT is a part of the Trail Conference's larger East Hudson Community Trails Program, designed to expand our capacity to provide a level of service for local parks and open space in the Hudson Hills and Highlands similar to that we have traditionally provided for regional parks in New York and New Jersey.

The goals of HHHCT, which will focus on Westchester and Putnam Counties, are to:

- provide easier access to local open space;
- increase recreational use of local park lands;
- increase the effectiveness of trails as biological corridors;
- broaden community support for local greenways and land protection.

The program will be facilitated by the Trail Conference's East Hudson Regional Representative, Christie Ferguson. Volunteers and staff from both the Trail Conference and Teatown will:

- promote awareness of local land use

issues and the benefits of open space as a recreational and nature conservation resource;

- work with volunteers from local municipalities to identify hiking routes that will connect local open spaces and, if necessary, work to build coalitions to acquire the properties needed to connect the municipalities' existing greenways;
- design, map and supervise the construction and blazing of environmentally low-impact trails;
- develop and post signage, brochures, and other communications tools to increase local communities' awareness and safe enjoyment of their trails;
- develop support and sponsors for trails and open space among local individuals, businesses, government agencies, and foundations.

For additional information about the Hudson Hills and Highlands Community Trails Program, or to become a volunteer, contact Christie Ferguson at [Ferguson@nynjtc.org](mailto:Ferguson@nynjtc.org) or call her at 201-739-4434.

Learn more about Teatown Lake Reservation, a Trail Conference member club, on page 9.

**TC Works with Closter Nature Center On Trail Improvement Project**

In July, the Trail Conference, under contract with the borough of Closter, NJ, completed a trail rehabilitation project at the Closter Nature Center. Located just 7 miles north of the George Washington Bridge, the Closter Nature Center (CNC) features 3 miles of trails, much of which extend over or through wetlands. Eddie Walsh headed the project, which involved both professional trail builders and volunteers recruited by the nature center. These included nine high school students who took on the work as a community service project.

Mary Mayer, president of the CNC board of directors and a Trail Conference member, said a highlight of the project was the participation of the community, both members and nonmembers.

“I knew that by contracting with the Trail Conference we would be able to use volunteers in a way that we would not be able to do otherwise. Using volunteers makes the project more complex, but also more satisfying. The community develops a stronger sense of ownership in it.”



EDDIE WALSH

Boardwalks through wetlands were the focus at Closter.

Much of the work involved replacing plank boardwalks through wetlands. Eddie reports that in total, nearly 700 feet of plank walkways were built or replaced and 65 feet of new boardwalk (supported by helical piers) was installed.



**Join Our Hike-a-thon!  
Saturday, October 4 at Bear Mountain State Park**

Kick off the fall in style and let your feet do the talking at the first People-for-Trails Hike-a-thon at Bear Mountain State Park on October 4, 2008.

The New York-New Jersey Trail Conference and the Palisades Interstate Park Commission are teaming up in support of the hundreds of miles of trails that wind their way through our region's state parks. This is an opportunity for you to help the trails you use just by taking a hike!

With four routes to choose from, each varying in length and difficulty, there's something for everyone. Each hiker is encouraged to seek pledges/sponsorships of \$300 or more, and registration is limited this first year to 300 people. If everyone meets their goal, more than \$90,000 of critical funds will go toward erosion control, repairs, and safety improvements to the trails at Bear Mountain and Harriman State Parks. You can ask friends, family members or co-workers to sponsor you by the mile or give a fixed amount. As an added bonus, the park will be hosting its annual Oktoberfest at Bear Mountain, where a bit of the Alps will come to the Hudson Valley.

**Routes: From Family Friendly to Hardy Challenge**

For those interested in a leisurely stroll on mostly flat ground, we have our family route, which will take you around Hessian Lake and down to the Twin Forts Trail. At the other end of the spectrum the heartiest hikers can test their endurance with an 11-mile, 8-hour hike up and down Dunderberg Mountain on the Timp-Torne and Suffern-Bear Mountain Trails. Two other hikes will take participants to spectacular views along the Cornell Mine and Ramapo-Dunderberg Trails, as well as the 1777E Trail, which tracks the historic Revolutionary War route followed by the British as they approached Forts Clinton and Montgomery.

With your paid \$30 registration fee, all event hikers will receive a customized participant's bag that will include a map detailing their selected route including aide station locations and route mileage markers, a 2008 People for Trails t-shirt and more!

Participation will be limited to the first 300 individuals who sign up, so mark the date now and look for registration information on the Trail Conference website at [www.nynjtc.org/events/2008/hikeathon.html](http://www.nynjtc.org/events/2008/hikeathon.html).

**✓ YES!**  
I will participate in the Hike-a-thon



Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Route preference:  Easy  Easy/Moderate  
 Moderate/Strenuous  Extreme

T-shirt size:  S  M  L  XL

**Mail completed form to:**  
 NY-NJ Trail Conference  
 People-for-Trails Hike-a-thon  
 156 Ramapo Valley Road  
 Mahwah, NJ 07430

Sponsored by:




# Conservation & Advocacy



From the  
Conservation Director:  
William P. O'Hearn

## New Jersey State Trails Plan Should Not Become 'Shelfware'

As the Trail Conference representative on the New Jersey Trails Council and Trails Plan Advisory Committee for the past year, I have had a chance to watch the NJ State Trails Plan unfold from the public outreach stage to draft document to the final plan that should be out this fall.

The plan's purpose is to provide a vision, goals, and strategies for protecting and improving the network of trails in the state. The hope is that it will be presented to land use decision-makers at the state, region (Highlands Council, Pinelands Commission), county, and local levels and encourage better planning and cooperation among agencies to build more trails, and to increase the awareness and use of trails by the public.

In gathering comments from our trails experts and submitting Trail Conference testimony on the various drafts, I have developed a pretty good sense of where we stand on some key trail issues.

- We agree with the plan's statement that NJ Dept. of Environmental Protection (DEP) and NJ Dept. of Transportation (DOT) need to put more resources into the Trails Plan and program so that the plan's objectives can be realized. Right now there is a single NJ DEP employee dedicated to trails, and he is also responsible for the Recreational Trails grant program. Without more funding and manpower, the trails plan will be "shelfware"—a document that has good intentions but gathers dust instead of influence policy.

- The plan currently includes neither an inventory of trails nor any maps showing the major trails. We stated that the plan really cannot be understood by the public without some kind of basic inventory of the major trails (Appalachian Trail, Long Path, Highlands Trail, Patriot's Path, D&R Greenway, East Coast Greenway, etc.) and a map or maps showing where they are located. The plan mentions inventory as a future project, but three to five years is too long to wait for this.

- A more extensive inventory and mapping of greenways and connecting trails should be planned for in the future so that gaps can be identified and prioritized by the NJ DEP Green Acres program as properties to be acquired and preserved.

- This plan reflects the nationwide trend toward "multi-use trails," trails that typically have a hard surface of asphalt or packed

stone, are 8 to 12 feet wide, and can be used for walking, biking, and horseback riding. Multi-use is fine for rails-to-trails projects and trails in developed areas, but the existing backcountry network of single-use trails, especially the long-distance trails like the AT and the Highlands Trail, must be protected in order to maintain the wilderness experience that has been preserved for decades.

- With good planning, we can develop separate loop trails for hiking, mountain biking, and equestrian uses in the same general area or park. The crossing or sharing of different types of trails should always be avoided when possible and, when necessary, managed with signage designating all allowed uses (i.e. positive signage).

- And last, but certainly not least, the existing NJ DEP policy of no motorized vehicles on existing state parkland must be continued. In fact, we support statewide legislation that will strengthen enforcement of this ban and prevent our parks and trails from being destroyed by illegal ATV use.

We look forward to the rollout of the final plan, and will keep you informed of any trails plan events in your area. The public comment period is now closed, but you can read the latest version of the plan at [njtrailsplan.org](http://njtrailsplan.org).

## 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!

### NEW YORK

#### New Master Plan in the Works for Minnewaska

Improved access, an integrated signage system and an adaptive management approach were the general recommendations made by the Trail Conference to those devising a new master plan for the Minnewaska State Park Preserve.

In July, the New York State Office of Parks, Recreation and Historic Preservation (OPRHP) held two public information meetings as prelude to developing a Draft Master Plan and Draft Environmental Impact Statement for Minnewaska. Public comments were due by August 11. In making specific recommendations for improved access, the Trail Conference noted current limited access at just four points (excepting the small Jenny Lane/Long Path parking area), three of them along Route 44/55 and one at Sam's Point. All four of these parking areas have a parking fee and have limited space available. Moreover, all four areas are far removed from the interior area of the Preserve and from recent acquisitions. Additional formal access points need to be developed in order to provide improved access to the lands recently added to the park and to relieve the pressure on the existing overcrowded access points.

As a reaction to the inadequate access currently provided, a number of informal access points have developed. These informal access points should be considered as sites for officially recognized access to the park, with parking provided.

Read the complete text of the Trail Conference's comments at [www.nynjtc.org](http://www.nynjtc.org).

### NEW JERSEY

#### Long Awaited NJ Highlands Master Plan Could Do More to Protect Land, Water Resources

After four years, lots of hard work by many individuals and groups, and a multitude of exhausting meetings and public hearings, the Final Regional Master Plan for the New Jersey Highlands adopted on July 17 by the Highlands Council, adopted by a vote of 9 to 5, fails to live up to its conservation obligations, in the judgment of

many of the state's environmentalists. The master plan is mandated by the Highlands Act of 2004, which was adopted by state lawmakers to protect the source of almost 2/3 of the state's drinking water—the Highlands region, an area that comprises about 800,000 acres and part or all of 88 municipalities in Bergen, Passaic, Morris, Sussex, Warren, Somerset and Hunterdon counties.

The Trail Conference would like to see greater emphasis on protection for hiking trails, ridge tops and viewsheds. Also, the plan should include local ATV regulations as part of the municipal conformance process.

Many argue that the document violates the Highlands Act by allowing new water uses in areas that are already in deficit, by allowing clustered development to release what they consider an unacceptable level of pollutants to the groundwater, and by letting redevelopment areas encroach upon no-development buffers next to pristine streams. Although about a dozen amendments aimed at strengthening different parts of the plan were considered, the Highlands Council ultimately voted against any significant changes.

Visit the Highlands Council website ([www.highlands.state.nj.us](http://www.highlands.state.nj.us)) for further information, including the Regional Master Plan full text and maps. The NJ Highlands Coalition ([www.njhighlandscoalition.org](http://www.njhighlandscoalition.org)) and the four-state Highlands Coalition ([www.highlandscoalition.org](http://www.highlandscoalition.org)) websites offer additional information, resources, and links.

#### New Power Line Would Impact North Jersey Trails, Open Space

Throughout July, north Jersey residents attended public information meetings sponsored by PSE&G about a new 500,000-volt power line that will stretch 40-50 miles from the Delaware River to Roseland, NJ. Three routes were considered, each of them presenting significant consequences for open space and hiking trails in northern New Jersey. In mid August, the company announced its preferred route—Route B. PSE&G plans meetings in all towns that will be affected

by this new high voltage power line. It will connect with another 80-90 mile segment originating in Berwick, PA, to form the Susquehanna-Roseland Reliability Project.

PJM Interconnect's electrical transmission district, which includes residents in 15 states and the District of Columbia, has determined that a new transmission line linking Pennsylvania and New Jersey must be online by May 2012 to ensure reliable electric transmission throughout the region. More information is available at the PSE&G project website at [www.pseg.com/companies/pseandg/powerline/overview.jsp](http://www.pseg.com/companies/pseandg/powerline/overview.jsp).

#### Still Fighting to Keep NJ Green!

After successfully fighting to keep state parks from closing as the summer season was set to start, New Jersey's environmental community, through the Keep It Green Campaign, refocused its efforts on securing a stable, long-term source of revenue for the Garden State Preservation Trust Fund—the state's vehicle for conserving open space.

The Campaign is a coalition of over 100 statewide, local, and regional organizations ranging from sportsmen's groups and environmental organizations to affordable housing and urban park advocates. The campaign's mission is to secure a long-term, stable source of funding for the acquisition of open space, farm land and historic sites as well as the capital improvement, operation, maintenance, and stewardship of state and local natural areas, parks and historic sites in New Jersey. The Trail Conference is proud to be a committed, working member of the Keep It Green coalition.

Throughout the spring and into the budget season, the Keep It Green Campaign called on the state legislature and the governor to pass legislation ensuring a November 2008 ballot referendum to renew and strengthen the trust fund. Unfortunately, in the heat of the budget battle—fought amidst growing economic anxiety—this legislation failed to become law. Despite this significant setback, the

*continued on page 10*

# TRAIL U

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

### Fall Workshops

To register for any of these classes, go to our website Trail University Registration page at: [www.nynjtc.org/workshops/trailu/registration.html](http://www.nynjtc.org/workshops/trailu/registration.html) or phone the office at 201-512-9348, ext. 14.

#### Advanced AT Corridor Monitor and Corridor Maintainer Roundtable Sunday, September 28

9 am at the RPH Shelter

Coordinator: Christie Ferguson

We will share effective techniques for blazing, tips in locating monuments, and other helpful methods of dealing with corridor monitoring and maintaining issues. Most activity will take place in the field, so appropriate attire is recommended.

This is designed for current corridor monitors; others who would like to attend should contact Ollie Simpson at 845-298-8379, [olliesimpson2005@yahoo.com](mailto:olliesimpson2005@yahoo.com), or Christie Ferguson at 201-739-4434, [ferguson@nynjtc.org](mailto:ferguson@nynjtc.org)

#### Trail Maintenance 101, NY Saturday, October 11

Ellenville Public Library

Coordinator: Larry Wheelock

Instructors: Jakob Franke, Jim Gebhard and Andy Garrison

#### Trail Maintenance 101, NJ Saturday, October 25

Location TBA, Western Jersey

Coordinator: Brenda Holzinger

Instructors: Bob Jonas and Estelle Anderson

#### Trail Construction & Restoration

Saturday, November 1

Location TBA, North Jersey

Coordinator: Brenda Holzinger

Instructors: Monica Day and David Day

#### Learn On the Job With a Trail Crew

Work trips suitable for beginners are planned this fall at:

**Wonder Lake State Park** (September & October)

**Minnewaska State Park Preserve**

(October & November with the West Hudson North crew)

**Bear Mountain State Park**

(second Saturday of each month)

**West Jersey** (September–November)

Please check the crew schedules at right for details.

All Trail Conference crews train on the job and welcome newcomers. Check the crew schedule this issue to find a project that is right for you.



Natalie Nass and Brian Sniatkowski blaze the newly built Lake Sonoma Trail in Norvin Green State Forest in New Jersey. Others who took part in this project of the North Jersey Weekday Crew included Danielle Bouchard, Vin Dryer, Jakob Franke, John Moran, Craig Nunn, Terri Russo, Karen Schoof, Frank Schoof, Michael Williams, and 15 members of the nearby Shiloh Bible Camp Force for Good.

# Trail Crew Schedules

## September - October 2008

For the latest schedules and additional details, go to [nynjtc.org](http://nynjtc.org) and click on "Trail crews/Work trips."

TBD = To Be Determined

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

### WONDER LAKE TRAIL PROJECT

**Leader:** Gary Haugland, [hauglandg@aol.com](mailto:hauglandg@aol.com)

Help construct a new trail in a recently opened New York state park in eastern Putnam County. This exciting project is a fantastic way to learn about how a trail is created and what tools are used. No prior experience is needed. We will train you. Projects include side-hilling, rock steps, and blazing. Proper footgear is necessary; bring your own lunch and plenty of water.

Meet: 9am in the Wonder Lake parking area on Ludingtonville Road (parallel to I-84; the park is between exits 17 and 18).

### Trail Building Dates

Several weekends TBD in Sept. and Oct. Check the website for specific dates, or contact the East Hudson Regional Representative to be put on the East Hudson Trail Crew list for updates and more information: [ferguson@nynjtc.org](mailto:ferguson@nynjtc.org)

### NORTH JERSEY WEEKEND CREW

**Leader:** Sandy Parr, 732-469-5109

### Second Sunday of each month

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

### NORTH JERSEY WEEKDAY CREW

**Leader:** John Moran, [thornburyhall@verizon.net](mailto:thornburyhall@verizon.net)

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

### WEST JERSEY CREW

**Leaders:** Monica and David Day  
**Phone:** 732-937-9098 **Cell:** 908-307-5049  
**Email:** [westjerseycrew@trailstobuild.com](mailto:westjerseycrew@trailstobuild.com)  
**Website:** [www.trailstobuild.com](http://www.trailstobuild.com)

Bring your lunch, plenty of water, gloves and sturdy work shoes, and be prepared to get dirty. All tools, materials and training will be provided. Beginners are welcomed on all work trips.

All events begin at 9:00am. Please phone or 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 the leaders know and we will try to arrange a shared ride. (Passengers please be prepared to contribute for gas.)

### September 6 (Saturday)

**Terrace Pond North Trail, Wawayanda State Park**  
We will continue our work constructing rock steps on several of the steeper climbs.

### September 20 (Saturday)

**Warren Trail, Jenny Jump State Park**  
Work will continue on extension of trail toward Buzzard's Glory Road.

### October 4 (Saturday)

**Terrace Pond North Trail, Wawayanda State Park**  
We will continue our work constructing rock steps on several of the steeper climbs.

### October 18 (Saturday)

TBD

### October 25 (Saturday)

**Warren Trail, Jenny Jump State Park**  
Work will continue on extension of trail toward Buzzard's Glory Road.

### November 1 (Saturday)

TBD

### November 15 (Saturday)

**Douglas Trail, Worthington State Forest**  
We will continue our work installing water bars and check dams.

### HIGHLANDS TRAIL CREW

**Leader:** Glenn Oleksak, [glenn@niji.com](mailto:glenn@niji.com)

We meet on the first or second Sunday of each month, with additional trips sometimes scheduled. We tackle a variety of Highlands Trail projects from trail maintenance to trail building. For details on trips, go to [www.nynjtc.org](http://www.nynjtc.org) and click on "Trail crews/Work trips" at left. Please contact leader if you are coming on a trip so that you can be notified of cancellations.

### METRO TRAILS CREW

**Leaders:** Joe Gindoff, 718-614-2209, [joeghiker@nynjtc.org](mailto:joeghiker@nynjtc.org); Linda Sullivan 347-721-6123, [marmilinda@yahoo.com](mailto:marmilinda@yahoo.com)

No experience is required. We provide the training, tools, gloves and the fun! Please bring a lunch and plenty of water. A day pack to carry your lunch and supplies is suggested. Sturdy work boots or other hiking footwear is mandatory. All participants must sign in to perform trail work. **RSVP is a must.**

### September 20 (Saturday) Forest Park, Queens

**Leader:** Joe Gindoff  
General trail maintenance and blazing.  
Meet 9am at the Band Shell parking lot.

### October 18 (Saturday) Staten Island Greenbelt

**Leader:** Linda Sullivan  
Erosion control/waterbar construction on Blue Trail.  
Meet 9am High Rock parking lot, end of Nevada Ave.

### EAST HUDSON CREW

Work dates to be announced on website and through email announcements. Contact the East Hudson Regional Representative if you would like to be put on the East Hudson Trail Crew email list: [ferguson@nynjtc.org](mailto:ferguson@nynjtc.org). Also see the Wonder Lake Trail Project for opportunities to build a new trail in eastern Putnam County.

### WEST HUDSON SOUTH CREW

**Leaders:** Chris Ezzo (Crew Chief): 516-431-1148, [musicbynumbers59@yahoo.com](mailto:musicbynumbers59@yahoo.com)  
Brian Buchbinder: 718-218-7563, [brian@grandrenovation.com](mailto:brian@grandrenovation.com)  
Claudia Ganz: 212-633-1324, [clganz@earthlink.net](mailto:clganz@earthlink.net)  
Bob Marshall: 914-737-4792, [rmarshall@webtv.net](mailto:rmarshall@webtv.net)  
Monica Day: 732-937-9098, Cell: 908-307-5049, [westjerseycrew@trailstobuild.com](mailto:westjerseycrew@trailstobuild.com)



## From the AT RPH CABIN WORKPARTY

The 9th Annual RPH Cabin Volunteer Workparty took place this year on July 11, 12, and 13. There were multiple projects, including installing a much-needed air-vent to the outhouse, staining the bridge (built last year), and repairing two trail areas suffering from erosion. One section required puncheon, and the other needed rock steps and a waterbar. Approximately 25 volunteers participated over the weekend. Tim Messerich, who organizes the work party and projects each year, maintained his tradition of providing excellent food and good humor!

### September 18 (Thursday)

**Seven Hills Trail, Bear Mountain State Park**  
**Leader:** Bob Marshall

### September 27 (Saturday)

**Indian Hill Connector Trail, Sterling Forest S. P.**  
**Leader:** Monica Day

### October 4 (Saturday)

**Indian Hill Connector Trail, Sterling Forest S. P.**  
**Leader:** Brian Buchbinder

### October 9 (Thursday)

**Seven Hills Trail, Bear Mountain State Park**  
**Leader:** Bob Marshall

### October 11 (Saturday) Wonder Lake State Park

**Leader:** Chris Ezzo  
Rock step construction and side-hilling on new trail. Meet 9:30am at the Wonder Lake parking lot. We will pick you up from the train station! Please notify Christie Ferguson at [ferguson@nynjtc.org](mailto:ferguson@nynjtc.org) at least 2 days prior.

### October 23 (Thursday)

**Fawn Trail, Bear Mountain State Park**  
**Leader:** Bob Marshall

### October 25 (Saturday) TBD

**Leader:** Claudia Ganz

### WEST HUDSON NORTH CREW

**Leaders:** Denise Vitale, 845-738-2126, [WHNTrails@aol.com](mailto:WHNTrails@aol.com)  
Dave Webber, 845-452-7238, [webberd1@yahoo.com](mailto:webberd1@yahoo.com)

### September 21 (Sunday)

**Stillman Trail Bridge, Storm King State Park**

**Leader:** Denise Vitale  
We will be putting a few almost final touches on the Stillman Trail bridge-stairs project.

### October 5 (Sunday)

**Stillman Trail Bridge Reunion Photo Op, Storm King State Park**

**Leader:** Denise Vitale  
Final touches and conclusion, with a reunion to take a picture of all the folks who helped on the project. If you helped at all on this complex project, come back and see the results (and get in the picture)!

### October 11, (Saturday)

**Peters Kill Red Loop Trail, Minnewaska State Park Preserve**  
**Beginner Work Trip**

**Leader:** Denise Vitale  
The Peters Kill Loop Red Trail in Minnewaska State Park is our next big project. We will begin a relocation project that will be organized as a series of beginner's work trips. This is a great opportunity to learn all the basics of trail building like side-hilling, rock moving with rock bars and a high-line system plus rock shaping and building crib walls and stairs.

### November 2 (Sunday)

**Peters Kill Red Loop Trail, Minnewaska State Park Preserve**  
**Beginner Work Trip**

**Leader:** Denise Vitale

### November 15 and 16 (Saturday and Sunday)

**Peters Kill Red Loop Trail, Minnewaska State Park Preserve**  
**Beginner Work Trip**

**Leader:** Dave Webber

### November 23 (Sunday)

**Peters Kill Red Loop Trail, Minnewaska State Park Preserve**  
**Beginner Work Trip**

**Leader:** Denise Vitale

### NEW JERSEY APPALACHIAN TRAIL FIELD CREW

**Leader:** Gene Giordano, [trailwork@appalachiantrail-nj.org](mailto:trailwork@appalachiantrail-nj.org)

### Second Saturday of Each Month, April through November

Work begins at 9am and is finished before 4pm. Covers the entire NJ section of the AT, blue-blazed side trails, and shelters. Supplements work by our individual maintainers as requested and for special work projects. Workers bring gloves, lunch, and water; all tools, equipment and training provided. Email leader to be placed on email notification list.

### BEAR MOUNTAIN TRAILS PROJECT

**Project Manager:** Matt Townsend, [townsend@nynjtc.org](mailto:townsend@nynjtc.org) or 201-512-9348  
**For info and to register:** [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org), or call 201-512-9348, ext. 17

### Second Saturday of Each Month Beginner work trips.

### Weekly Work Trips

Scheduled Thursday through Monday (including on weekends that have workshops)

## Stillman Trail Bridge Reunion

How many folks does it take to build a bridge on the side of a cliff? Many! Close to 40 people helped carry in materials and build the Stillman Trail bridge and stairway. Hikers just passing through picked up lumber on their way up the mountain. Youth and sponsors from the Ossining, NY Rotary Interact Club pitched in. Skilled climbers and craftsmen from around the area offered their talents, as did many new and veteran Trail Conference volunteers and employees.

If you were one of the many who were part of this project, we welcome you to join us on Sunday, October 5 for a reunion picture. We'll meet at 9:30 at the Mountain Road parking lot in Cornwall. After the picture, we'll carry out the remaining lumber and tools...many hands make for light work. Refreshments will be served after the carry-out.

Many hands make light work?  
Hundreds of pounds of black locust  
were hand carried .25-mile to the  
Stillman bridge work site.



DENISE VITALE

## TRAIL NEWS

*continued from page 1*

Hewitt volunteered 15 members of its Force for Good, who contributed more than 80 hours of trail work on National Trails Day, June 7. Thanks to all!

### Highlands Trail Missing Link Filled

The "missing link" in the Highlands Trail between Windbeam Mountain and Wyanokie High Point is now filled and open for all to enjoy. One parking area is on Townsend Road, near its junction with West Brook Road; another is on Wanaque Reservoir property on West Brook Road, with permission of the security office at Raymond Dam on Ringwood Ave. in Wanaque. Please put a note on your dashboard: "Hiker."

### No More "Blow-Down Alley" on Lower Trail

A reroute of the Lower Trail, which connects the Wyanokie Circular with the Posts Brook Trail in Norvin Green State Forest, has been completed. The new route is more scenic than the previous one and bypasses "Blow-Down Alley," a southern section of the trail that has always been plagued with falling trees. The trail now takes a somewhat higher route with occasional viewpoints both east and west, making for a very pleasant journey.

Bob Jonas and Estelle Anderson, co-supervisors/crew leaders for the southern Wyanokies, thank the following for their help on the Highlands and Lower Trails: Jack Bacaglioni, Marc Bussanich, Gudy Gautschi, Bernard Japy, Glenn Oleksak, Russell Patera, Adam Rosenberg, Debbie Rundecker, Joe Schachtele, Arch Seamans, and Martin Treat. Thanks also go to Metro Trails Crew members Joe Gindoff, Nick Couture, Mark Kusick, and Linda Sullivan, who provided welcome assistance.

### Camp Vacamas Access to Hewitt-Butler Still Open

The trailhead access for the Hewitt-Butler Trail through Camp Vacamas remains within the camp property even though there is an attended gate at their driveway entrance. This is a "summer only" situation put into place to protect the campers. If hikers are hesitant to enter through this gate and park behind the stone house, please park on the nearby Hearthstone Drive, 0.2 mile north of the camp entrance.

### BEAR MOUNTAIN STATE PARK Popolopen Gorge Trail Closure Planned for Fall

Hikers planning outings in Bear Mountain State Park in the fall are advised that the Popolopen Gorge Trail, including the co-aligned trails (Timp-Torne, 1777W & 1779) on the south side of the Popolopen Brook and along both sides of Queensboro Creek will be closed for approximately six months, likely beginning in October. The parks department will be replacing the water main between the water filtration plant at Queensboro Lake and the storage tank at Bear Mountain State Park. This water main supplies all of the Bear Mountain complex, the NYS Bridge Authority, and park residences at the bridge circle and in Fort Montgomery.

The main generally follows the route of the Popolopen Gorge Trail. There will be disturbance to the trail from the construction and the trail will be closed while the project is ongoing. The project plan includes restoration of the trail and extensive landscape plantings to replace trees and shrubs removed during construction. A start date for construction is not yet firm, but officials anticipate that the majority of the work will be completed between October 2008 and April 2009.

Because the start date is unknown, park officials suggest that hikers intending to travel along these trails in the fall have an alternate hike plan in place as of October. Check the Trail Conference website for updates or call Bear Mountain State Park at 845-786-2701.

### SHAWANGUNK RIDGE TRAIL

Several changes have occurred along the route of the Long Path/Shawangunk Ridge Trail in recent months. These changes are all included on the preliminary SRT trail map that the Trail Conference is making available to the public (see page 11).

### Major Reroute in Cragmoor Area

A major reroute has been instituted in the Cragmoor area. The LP/SRT has been blazed along a nice woods road (the old Rt. 52), about 0.4 mi before it reaches Rt. 52. The old path to Rt. 52 (about 0.4 mile) is now blazed with yellow DEC disks. The new route crosses Rt. 52 in about 2.5 miles, just before it reaches South Gully, follows the South Gully Trail (see May/June *Trail Walker*, page 1) up 1400-foot ascent to Sam's Point Preserve, and follows the loop road to the right to rejoin the old route near the Sam's Point parking lot.

The old road walk along Rt. 52, up Bear Hill, and through Cragmoor, has been discontinued.

### Trail Rebuilt, Open Over Gobblers Knob

In Mount Hope a section of 1.3 miles of roadwalking has been eliminated by rebuilding the section over Gobblers Knob, east of Otisville Road. This section had been closed to hikers by private landowners for about 15 years. The Open Space Institute recently acquired the property, which soon will be transferred to DEC, and Trail Conference volunteers have reopened the trail.

Directions: Going north from Rt. 211 on Otisville Rd, turn right in about 0.3 mile, soon after passing over the railroad tunnel. The trail climbs fairly steeply to a nice lookout point, and then turns south. The trail passes a low escarpment on the right, follows an old woods road for a while, and slowly descends through open woods back to Otisville Rd., about 0.1 mile before it reaches Apple Orchard Rd.

### Relocation Takes SRT to Basha Kill View Point

Along the Basha Kill a reroute has been blazed with blue DEC disks. The reroute of about 0.5 mile starts after 0.6 mile on the rail-trail (going north), near a small bridge and a sizable parking area. It follows an old wildlife viewing trail and goes over a few bog bridges. It passes a viewing platform, with great views over the Basha Kill, before it rejoins the rail-trail.

### STORM KING STATE PARK Bridge on Stillman Trail Officially Opened

The West Hudson North crew has completed the railing and steps on the Stillman Bridge and the bridge is officially open. The bridge traverses a rock wall along the Stillman Trail in Storm King State Park.

### STERLING FOREST Two Trails Add 11 Miles of Paths in Sterling Forest

Two trails, depicted as proposed trails on the 2005 edition of the Sterling Forest trail map, are now open and shown as full-fledged trails on the soon-to-be-published fourth edition of the map (see page 10).

The **Red Back Loop**, in the southeastern portion of the park, was built by park staff and is located in a significant former iron-mining area. The trailhead is at a parking area on South Gate Road, reached from Eagle Valley Road, not far from the intersections of Sterling Mine Road (Rt. 72) and Long Meadow Road (Rt. 84).

The trail is marked by magenta blazes. It follows old mining roads, passes the remnants of the Red Back Mine, courses through woodlands, winds around several swamps and the ridges above them, climbs Bill White Mountain, and then descends with a return to the parking area. Total distance: 6.5 miles.

The **Townsend Trail**, located about 5 miles northeast of the Red Back Trail, is maintained by Trail Conference volunteers and connects with the Long Meadow Trail to provide for a circular hike of about 4.4 miles.

## Volunteer Classifieds: Get Involved!

Contact [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org) or 201-512-9348, ext. 14, to indicate your interest or get more information about these or other volunteer opportunities. Information is also available at [www.nynjtc.org](http://www.nynjtc.org); click on Volunteer.

### ATV Campaign Assistant

Assist NJ Regional Representative with grassroots campaign to support passage of ATV legislation (currently passed House Transportation Committee unanimously). Campaign will include a statewide letter to the editor writing push, a concentrated advocacy effort in north Jersey to pass ordinances at the local level, and a series of press conferences in northern and western Jersey highlighting ATV damage in different parks across the area. Goal is to secure passage of legislation before the end of the current legislative session.

### Executive Assistant

Trail Conference Executive Director has his fingers in too many projects and needs someone to help manage it all. Main requirements are organizational and clerical skills, proficiency with Microsoft Office software, and the ability to come into the office on a regular basis 4-20 hours a week.

### Database Assistant

Assist our Information Manager with routine database maintenance, data importing and exporting, creating scripts, developing new database modules, new views and data entry screens. Experience working with relational databases and Microsoft office products is essential, preferably in a non-profit environment. Familiarity with FileMaker and Ebase would be beneficial. Good communications skills. On-the-job training offered.

### Web Writers

New Parks and Regions online database resources will complement and expand the Trail Conference's highly regarded Walk Books for New York and New Jersey. We've got New Jersey covered and need help with New York. Work from home or in the office. Adopt a region and write about it. Required: a computer, online access, commitment to accuracy, ability to be concise, willingness to learn and use online tools that are still in development. A great opportunity to support trails without getting dirty.

### Trail Crew Chief for the East Hudson Trails Committee

Exercise your leadership skills! Supervise and lead the work of a regional trail crew. Determine the work schedule, help identify and plan projects, build your team of volunteers, and mentor new leaders.

### Trail Crew Volunteers

Get on-the-job training while building new trails and enjoying the camaraderie of other people who love the outdoors.

### Trail Maintainers

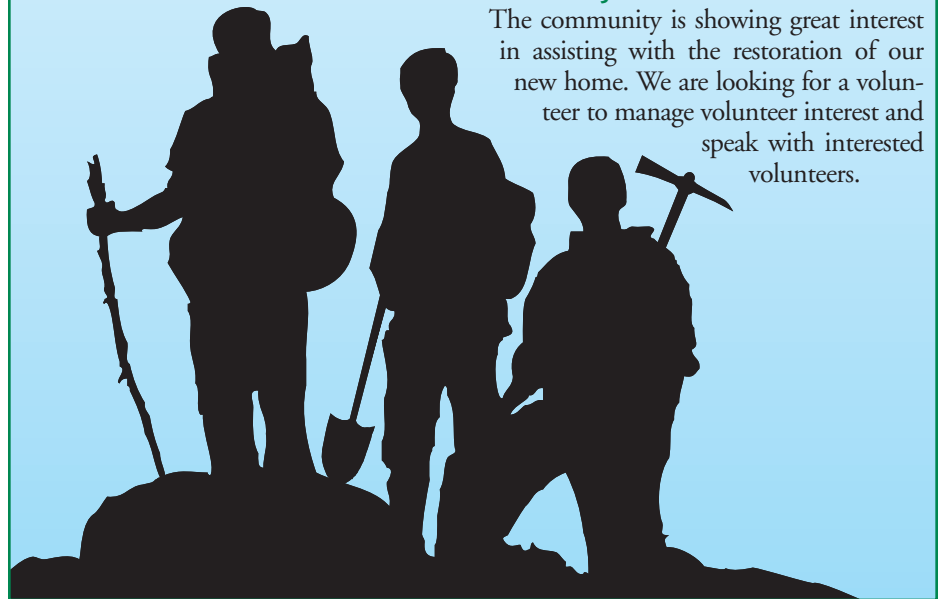
Adopt a trail of your own! We have openings in Black Rock Forest and the Catskills. Contact the office to inquire about opportunities in these and other areas. The Trail Conference maintains 1,700 miles of trails.

### Darlington Schoolhouse Public Relations Coordinator

Join the DSH steering committee to assist with writing press releases and coordinating distribution of them to interested parties to promote the project at milestone events.

### Volunteer Manager for the Friends of Darlington Schoolhouse

The community is showing great interest in assisting with the restoration of our new home. We are looking for a volunteer to manage volunteer interest and speak with interested volunteers.



Beginning on the Wildcat Mountain Trail, the hike passes ruins of the Southfield Furnace works to arrive at the Townsend Trailhead (orange blazes with a green stripe), in sight of a tall dam and small reservoir that was related to the ironworks. The Townsend Trail proceeds on a woods road and paths to reach two viewpoints overlooking mountains and the small Indian Kill Reservoir in Sterling Forest. Continuing, it connects to the Long Meadow Trail (green blazes with a white stripe), which is over a gas pipeline and accessible for hiking, biking, and skiing, to end again on Wildcat Mountain Trail at Hall Road, almost in sight of the beginning of the hike.

Hall Road and the parking area for the Wildcat Mountain Trail are reached from Orange Turnpike (Rt.19), about 0.6 mile north from its intersection with Route 17 in Southfields, NY.

### Allis Trail Unblocked

Pipeline work in Sterling Forest caused a temporary rupture in the Allis Trail earlier this summer. Notified by hikers who were unable to proceed on the trail owing to a deep ditch, the Trail Conference contacted park managers, who worked with the contractors to fill the ditch, thereby making the trail passable.

### AT - DUTCHESS COUNTY Beekman Uplands Loop Restoration Complete

This 1.7-mile side trail on the Appalachian Trail was once the official AT route, but had been neglected since 1998 when a reroute moved the AT closer to Nuclear Lake. Volunteer work crews headed by Ollie Simpson, AT supervisor for the Nuclear Lake area, have cleared blow-downs and brush, refreshed the blue blazes, placed stepping stones and drainage ditches in wet areas. The trail was declared restored at the end of June and makes possible a circuit hike in the area. (See Featured Hike on page 12.)

### Nuclear Lake Side Trail Set for Fall Closure

The National Park Service plans to work on the dam and access road from Route 55, beginning in mid September. The AT in the area will be unaffected, but the Yellow Trail around the eastern side of the lake will be closed for a time, as will the access road (not the blue side trail) from Route 55.



Science & Ecology

# Citizen Science on the Trail – An Update

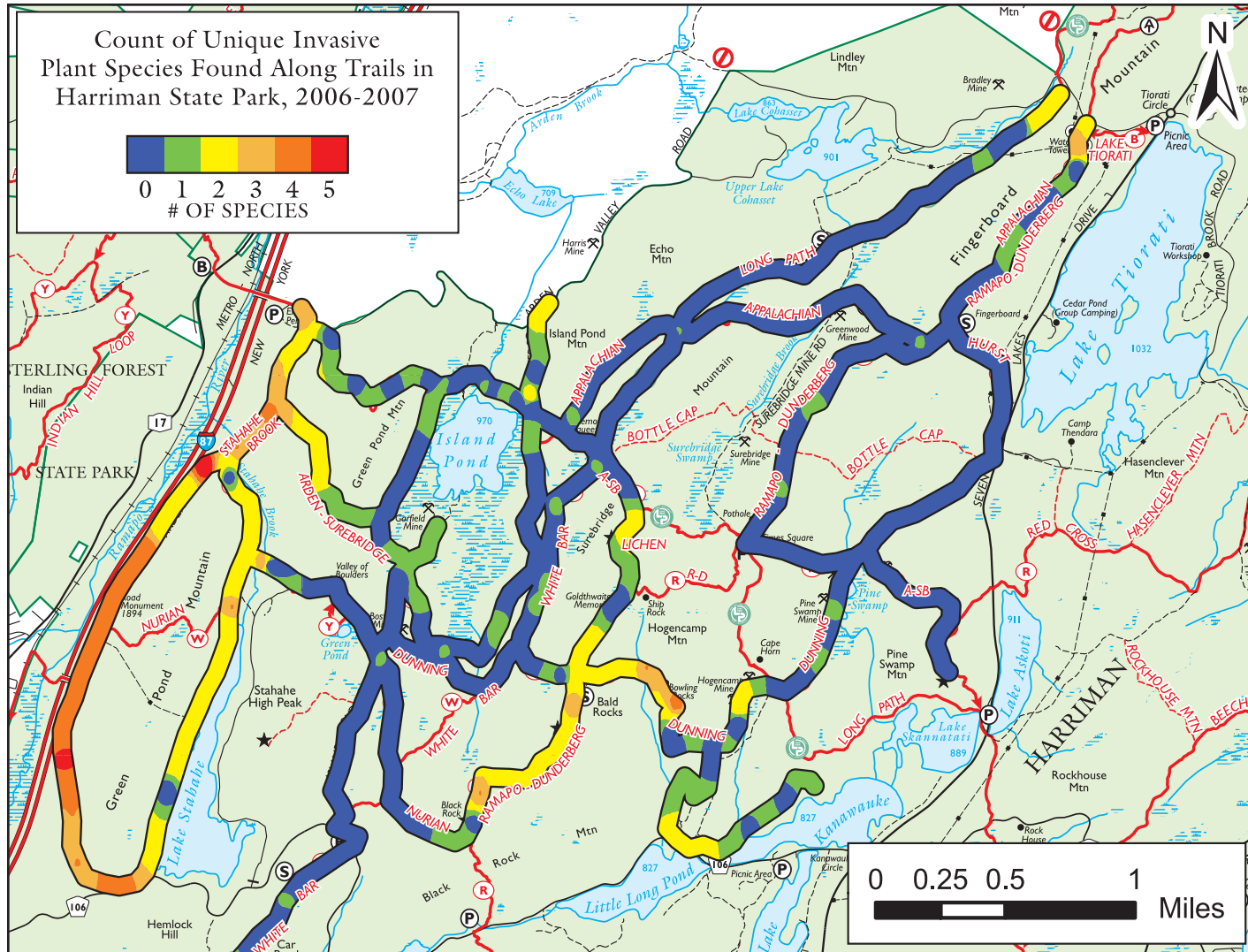
By Joan Ehrenfeld

In June, three groups of hikers assembled at the HEnRI Center (Highlands Environmental Research Center), a small building across the street from the Lautenberg Visitor Center in Sterling Forest State Park, NY. They were curious, perhaps a bit nervous, and eager to take on something new. Spending the day with a group of researchers from Rutgers University as part of a collaborative project with the Trail Conference, they were preparing to collect data for a regional survey of exotic invasive plant species, and, in the process, demonstrate that hikers can play an important role as volunteer citizen scientists in safeguarding the ecological health of the forests they hike through.

The hikers, like similar groups in 2006 and 2007, spent the day learning about the ecology of invasive species, gaining the skill to identify a dozen key species, and mastering a data collection protocol. By the end of the day, the volunteers all felt reasonably comfortable with their newly gained ability to pick individual plant species out of the general green background along a trail.

Equipped with a GPS unit, a plastic bag with some simple supplies, and maps, the hikers were sent forth in pairs to collect data on an assigned two-mile stretch of trail, either in the Wawayanda region of New Jersey or the Bear Mountain-northeastern Harriman Park region of New York. The volunteers stopped at tenth-mile intervals along their assigned trail segment, recorded GPS location information, and collected data on the occurrence and abundance of the target species. Their surveys complemented the similar surveys conducted in 2006 in the Ramapos and the southwestern portion of Harriman Park, and in 2007 in the Norvin Green area of New Jersey and the northwestern portion of Harriman Park in New York.

What have we learned so far about



The number of exotic species found along trails varies in Harriman State Park. Many trail segments have no exotic species (blue), while other trail segments have up to five unique exotic species in one location (red).

recruiting volunteers to collect ecological data and about the distribution and abundance of invasive plant species?

Over the three years of the project 128 hikers participated as volunteers, and 120 miles of trail were surveyed. One result is very clear: volunteers with no previous experience identifying plants or taking part in scientific research can quickly and efficiently learn to identify a group of plant species, and can effectively collect useful data about them over a large region. Most of the volunteers correctly identified the plants they saw, as measured both by the specimens they collected and sent to us for verification, and as measured by our re-survey of some of the data points along each trail.

Volunteers found that they gained new knowledge about invasive species issues and about doing science from the project. Many said that they enjoyed their participation, and would do it again. For many, learning to identify plants was exciting and fun; they reported becoming aware of the

plants along trails as they hiked at other times. Volunteers also reported that they planned to take actions to reduce the problem of invasive plants, insofar as possible.

With respect to the exotic plants, the results were both very encouraging and discouraging. The good news: along many miles of trail, there were no exotic species seen. This is evident on the map of data from Harriman Park, shown here (2006-2007 data; 2008 data still being processed). Furthermore, the data suggest that trail heads are not a major source of exotics, and that the target species are just as commonly found back in the woods, away from the trails, as they are along the trails, and so trails—and hikers—are not likely to be a major cause for problems. Also, several of the exotic species are found only in small amounts, or in small areas, within the study region.

The bad news: some of the species, particularly Japanese barberry and Japanese stilt grass, and, to a lesser extent multiflora rose and wineberry, are widespread throughout the forests of the study region, albeit often at low densities. And some areas are, indeed, heavily invaded by several species of invasive plant. However, the maps we are generating can help local groups and agencies target actions to remove or reduce the extent of invasion.

The project has been an exciting and enjoyable collaboration between researchers at Rutgers and the Trail Conference. It has produced what is undoubtedly the most extensive inventory of plant invasion in the northeast, as well as providing

us (the researchers) with an opportunity to spend days hiking and call it 'work'!

Visit the project website — [www.rci.rutgers.edu/~trails/index.html](http://www.rci.rutgers.edu/~trails/index.html) — to see the training materials, view the data, and learn more about invasive exotic plants and the value of citizen science.

Joan Ehrenfeld is professor in the Department of Ecology, Evolution and Natural Resources at Cook College, Rutgers University. She is also a member of the Trail Conference Science Committee.



JOAN EHRENFELD

Monitors record the presence of invasive plants along a trail.

Over the three years of the project 128 hikers participated as volunteers, and 120 miles of trail were surveyed.

## WHAT EXACTLY IS A BLAZE

*continued from page 1*

Trail is not a loop”), and even to give out water for a \$1 donation; 2. to let people in on the big secret that all the trails are created and maintained by volunteers—you can’t believe how amazed people are at this; and 3. to ask “would you like to give back to the trails” by volunteering and joining the Trail Conference as a member.

I think all of us who volunteered that weekend were struck by the degree to which these two trails are “gateway” entry-level trails for beginner hikers. It was a perfect opportunity to reach people who really needed good information to keep them from getting lost but who also could learn more about the world of hiking in our region through the Trail Conference.

I estimate that 90% of the people we spoke to—and we encountered a few hundred—did not have maps, or had very poor maps. We were successful in selling maps and signing up volunteers, but an uncounted number also went away with TC brochures and freebie maps, and these are people who may sign up online or purchase maps from the website.

We are all coming back for more! It was an extremely satisfying volunteer experience for all involved, and every one of the volunteers from that weekend is interested in doing it again because we recognized the huge opportunity to reach more people at these trailheads. We really felt like we were helping the hiking community and reaching out to a very diverse future membership of the Trail Conference.

Another note about our volunteers: most were people who were volunteering for the Trail Conference for the first time, and we were diverse in ages and gender and experience. Lesson here: this type of outreach is a good opportunity to attract volunteers, too! It was a different kind of day than one spent moving rocks or blazing a trail, but we were satisfied knowing that our knowledge and love of the trails were getting passed on.

Volunteers: Aaron Bailenson, Dave Dvorsky, Geoff Connor, Josie Gray, Jean-Claude Fouere, Jean Arenella, Ned and Suzanne Hamlin, Sheryl Lynch, Stephen Stuart, Georgette Weir, East Hudson Regional Representative Christie Ferguson



Geoff Connor (right) tells hikers about the Trail Conference at the Washburn trailhead in the Hudson Highlands.

# HIKERS' ALMANAC

A Sampling of Upcoming Hikes  
Sponsored by Member Clubs

## September

Monday, September 1

**SHO. Leatherstocking Trail and Saxon Woods, NY.** Leader: Ray Krant. Meet: 9:15am at Grand Central information booth, upper level. 9 miles on moderate terrain; expected duration 4.5 hours. Pleasant scenery and lush greenery in the Larchmont - Mamaroneck area. Donation requested.

**UCHC. Lewis Morris Park, Morristown, NJ.** Leader: Betty Mills, 973-538-4922. Meet: 10am at Sunrise Lake lower lot; call for directions. 3 miles of meandering trails past Sunrise Lake; about 1.5 hours.

**SHO. Jones Beach, NY.** Leader: John Socolick, 516-791-6453; 6-9pm only. Meet: 12:00 noon at Freeport LIRR station waiting room (take 11:02 LIRR from Penn Station to Freeport). 4-6 miles on boardwalk and some trails. Bring bathing suit for possible swim; wear old shoes as we'll walk on the beach. Donation requested.

Tuesday, September 2

**GS. Baby and Me Hike - Kay Center, NJ.** Leader: Must call Great Swamp Outdoor Ed. Center to register, 973-635-6629; \$1 fee. Meet: 9:30am; call for location. Put your infant in a pack and join a naturalist out on various Morris County area trails; out by about 11am. Program repeats every Tuesday through October.

**UCHC. Jockey Hollow National Park, Morristown, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10am at visitor center lot; call for directions. 6 miles at moderate pace. Hike much of the perimeter of this lovely park, including Mt. Kemble Trail. Steady rain cancels.

Wednesday, September 3

**UCHC. Hudson River Palisades, Fort Lee, NJ.** Leader: Mickey Siegel, 201-797-7054. Meet: 10am at Englewood Boat Basin. About 5 flat miles along the Hudson River, under the George Washington Bridge and north. Call if weather is uncertain.

Thursday, September 4

**UCHC. Sterling Forest, NY.** Leader: Arnie Seymour-Jones, 201-768-3864; must call leader day before to register. Meet: 10am at Sterling Forest Visitor Center lot. 6 miles at a moderate pace around the Sterling Lake.

Saturday, September 6

**UCHC. Watchung Trail Maintenance, NJ.** Leader: Preregister by calling Trailside Nature and Science Center, 908-789-3670. Meet: 9:30am, work until noon. Have fun while giving back to the trails, learning new skills, and meeting new people. Bring water, gloves, bag for trash, and clippers/lopping shears if you have them. Severe weather cancels.

**SHO. NYC Marathon Walk, NY.** Leader: Ian Hochstead, ianhoch@hotmail.com. Meet: 8am in front of Hot Bagels, 5th Ave. and 94th St., Brooklyn (take R train to 95th St.). Nearly 24 miles (there are countless drop-out points); we'll walk most of the route of the NYC Marathon, ending at Central Park. Moderate to brisk pace. Bad weather does not cancel, but may shorten. Donation requested.

**UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ.** Leader: John Gilris, 973-386-1168. Meet: 10am at Cooper Mill; call for directions. 4+ miles, mostly flat, along the Black River at a moderate pace suitable for beginners. Optional 2-mile extension. Rain cancels.

**SHO. Tallman Mountain State Park, NY.** Leader: Marvin Malater, 718-376-3608; call to confirm and for any schedule changes. Meet: 8:50am at commuter statues at Port Authority Bus Station, south wing. 7 miles; flat or mild hills with one steep descent. Long Path northward to Piermont, NY, where we'll walk the Old Erie RR bed to Nyack, NY. Optional dinner in Nyack. Donation requested.

Sunday, September 7

**AMC-NYNJ. Harriman State Park Beginners Hike, NY.** Leader: Nancy Tollefson, 212-727-8961; call before 9:30pm. Meet: 10:15am at Tuxedo, NY, RR station on Rt. 17 (9:11am NJ Transit train from Penn Station, NY; drivers meet at commuter lot on E. Village Rd., first right after RR station northbound on Rt. 17). 6 miles; some hills and rocky trails but at a moderate pace. To Lake Skenonto and back. Heavy rain cancels.

**ADK-R. End of Summer Ramble, NY.** Leader: call 845-354-9165 for information and meeting place/time. 7 miles at a moderate pace, using Trail Conference map #118.

**IHC. Buttermilk Falls to Crater Lake, NJ.** Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Park & Ride, Rt. 206 at Rt. 15, Augusta, NJ; call for directions. 10 strenuous miles. Lunch at Crater Lake, where swimming is allowed! Shuttle required.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Brisk 4-5 miles with some rocky trails. Steady rain cancels.

Monday, September 8

**RVW. Mt. Greylock, MA.** Leader: Call 845-246-4590 for information and meeting place/time.

**RVW. Bearpen (3600') and Vly (3529') from Fleischmanns, NY.** Leader: Call 607-363-7267 for information and meeting place. Meet: 8am. Strenuous bushwhack; 8 miles, expected 6.5 hours.

**UCHC. Grace Lord Park, Boonton, NJ.** Leader: Cherryll Short, 973-299-0212. Meet: 10am at the park; call for directions. 3 miles; about 1.5 hours. See Boonton Falls, spectacular with high water and still a treat for the eyes with low water.

Tuesday, September 9

**UCHC. Bearfort Ridge, Hewitt, NJ.** Leader: Diane Grunthal, 973-728-8057. Meet: 10am at A&P lot on CR 511 in West Milford; call for directions. 7 miles at moderate pace. Scenic hike along Bearfort Ridge with nice views and rugged, rolling ups and downs.

Wednesday, September 10

**RVW. Black Rock Forest, Cornwall, NY.** Leader: call 845-246-7174 for information and meeting place. Meet: 9am. Moderate hike; 5 miles, expected 5 hours.

**UCHC. The Tourne, Boonton, NJ.** Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. About 5 moderate miles through this beautiful park, with some hills. Steady rain cancels.

Thursday, September 11

**UCHC. Skylands to Ramapo, NJ.** Leader: Eric Singer, 973-744-7147. Meet: 9:30am at upper lot on Skyline Dr; shuttle required. Moderately strenuous 8+ miles; for experienced hikers. Includes Erskine Lookout.

Tuesday, September 16

**UCHC. Lewis Morris Park, Morristown, NJ.** Leader: Susan Jacobs, 973-402-2555. Meet: 10am at Mendham overlook about a mile in on entry road; call for directions. 5-7 miles at moderate pace with hills. Steady rain cancels.

Wednesday, September 17

**UCHC. Jockey Hollow National Park, Morristown, NJ.** Leader: Mary Doyle, 908-580-1778. Meet: 10am at visitor center lot; call for directions. 4 moderate miles through this lovely, historic park.

Thursday, September 18

**UCHC. Weis Ecology Center, Wanaque, NJ.** Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 10am at Weis; call for directions. Moderately strenuous 8+ miles; for experienced hikers. Loop through Norvin Green State Forest; views include (optional) Wyankie High Point.

Saturday, September 20

**ADK-MH. Minnewaska Rambling, NY.** Leader: John Kolp, 845-496-1731. Joint with AMC. A moderate, 10-mile lollipop hike starting and ending with the Mossy Glen Trail. Expect to visit Huntington Ravine, Blueberry Run, Castle Point, a bit of the Awosting Reserve and a swing past Lake Awosting. Rain may cancel. Call leader if in doubt. Meet at 10am in New Paltz at the Trailways bus station but park on the side street NOT in the bus station.

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



Hikers from Mid-Hudson ADK and the view from Wittenberg Mountain in the Catskills

Saturday, September 13

**ADK-R. Beginner's Hike on Hook Mountain, NY.** Leader: call 845-634-7635 for information and meeting place/time. 4 miles at a moderate pace with some hills and great views of the Hudson River, using Trail Conference map #110.

**UCHC. South Mountain Reservation, Millburn, NJ.** Leader: Lee Fanger, 973-376-3160. Meet: 10am at Locust Grove lot, corner of Glen Ave. and Lackawanna Pl. across from Millburn RR station. Moderate 4-5 miles at steady pace with uneven terrain. Rain cancels.

Sunday, September 14

**IHC. Skylands Manor to Skyline Drive, NJ.** Leader: Steve Rikon, 973-962-4149. Meet: 9am at Ramapo Mtn. State Forest, upper lot on Skyline Dr, Oakland, NJ; call for directions. Strenuous hike with several nice views and a lake or two. Shuttle required.

**UCHC. The Palisades.** Leader: Jay Dibble, 908-289-8813. Meet: 10am at State Line Lookout off Palisades Parkway, just south of exit 3. Six miles, mostly flat but with one 400' climb; out by about 2pm. Beautiful views of Hudson River from the shore and the cliff top.

**NYR. Circling the Wyankies, NJ.** Leader: Teresa Wandas, 914-668-5767. Meet: 7:30am at Port Authority bus station for 7:45 NJ Transit bus #197 to Haskell (RT). Call leader for hike mileage/difficulty. Past Weis Center and Roomy Mine on various trails and woods roads, including Highlands Trail, Wyankie Crest, and many others.

Monday, September 15

**RVW. Friday Mountain (3694') and Balsam Cap (3623').** Leader: call 845-246-8074 for information and meeting place. Meet: 8am. Strenuous bushwhack; 7.5 miles, expected 7.5 hours. Inclement weather date is following Monday.

Sunday, September 21

**UCHC. Seaside, Ortley Beach, and Lavalette, NJ.** Leader: Gary Petrie, 732-257-0137. Meet: 10:30am at entrance to Island Beach State Park (Toms River exit from Garden State Parkway). 8-10 miles on three different boardwalks; enjoy the shore during the other season. Bad weather cancels.

Monday, September 22

**PM. Vernal Equinox Hike at Pyramid Mountain, NJ.** Leader: must call 973-334-3130 to preregister; \$3 fee. Meet: 6pm at visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate hike on the day when light and dark are equal length and autumn officially begins. Appropriate for ages 7+; out by 8pm.

**RVW. Blackhead Mountain (3940'), NY.** Leader: call 845-246-4139 for information and meeting place/time.

**UCHC. Mahlon Dickerson Reservation, NJ.** Leader: Cherryll Short, 973-299-0212. Meet: 10am at picnic area; call for directions. About 3 miles; 1.5 hours. A favorite hike to the pond for an early lunch.

Tuesday, September 23

**UCHC. High Mountain Park, Wayne, NJ.** Leader: George Smith, 973-778-3586. Meet: 10am; call for directions. 5 miles at moderate pace with some nice views and varied terrain; for experienced hikers.

Wednesday, September 24

**UCHC. Tulip Springs, South Mountain Reservation, Millburn, NJ.** Leader: Louise White, 973-746-4319; call before 9pm. Meet: 10am at Cherry Lane lot (Brookside Ave.); call for directions. 4 moderate miles; about 2 hours.

Thursday, September 25

**UCHC. Lake Skannatati, Harriman State Park, NY.** Leader: Mike Handelsman, 718-633-6129. Meet: 10am; call for directions. Moderately strenuous 9-10 miles with hills at moderate to brisk pace; for experienced hikers. Abundant views.

Saturday, September 27

**ADK-MH. Manitoga Garden Walk, Garrison, NY.** Leader: Michele Van Hoesen at 845-691-7442 or michelevh8@yahoo.com. Joint with Hudson River Valley Ramble. \$5 admission to trails. Register by Sept. 20. Hike the grounds of Manitoga, the home and landscape created by American designer Russel Wright from 1942 to 1976. 4 miles/4 hours; moderate ascents/descents on wooded paths. Hiking boots or sturdy footwear required. Bring lunch, water and snacks.

**ADK-MH. Slide Mountain, NY.** Leader: Jean-Claude (J-C) Fouere at jcfouere@optonline.net; 845-462-0142. Limited to 12 hikers. Joint with Hudson River Valley Ramble. Rain date: Sun. Sept. 28. Contact leader for meeting place and time, and for car pool arrangement. 7 miles. About 1,800' climb with some steep ascents/descents on rocky surface.

**PM. Family Acorn Hike at Pyramid Mountain, NJ.** Leader: call 973-334-3130 for information about this free outing. Meet: 10am at visitors center, 472A Boonton Ave., Montville Twp., NJ. Easy family hike; learn how to identify oaks and their acorns. Appropriate for ages 7+.

**RVW. Five Rivers Environmental Center, Delmar, NY.** Leader: call 845-246-2945 for information and meeting place. Meet: 9am. Easy hike; 4 miles, expected 4 hours. Inclement weather date is following Saturday.

**UCHC. Tourne Park, Boonton, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am; call for directions. 5-6 miles at moderate pace. Hike up the Tourne for a view, through the garden, and to a lake for lunch; return by 1:30pm.

Sunday, September 28

**ADK-MH. Fishkill Ridge, NY.** Leader: Lou Ruidisch, 845-896-9332 or LER3RD@optonline.net. Register by Sept. 27. The steep ascent and rocky terrain offers great rewards for those who make the challenging climb. At the top, you will be dazzled by the many scenic vistas of the Hudson Valley. Bring lunch & water. No dogs, please. Hiking boots required. Approximately 6 miles/5 hours. Joint with Hudson River Valley Ramble. Meet at Scenic Hudson parking lot no later than 9am.

**IHC. AT - Vernon over Pochuck Mountain, NJ.** Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 9am at AT crossing on Rt. 517 in Glenwood, NJ; call for directions. Moderately strenuous 9.4 miles. From Rt. 517 in Vernon, we'll go over Pochuck Mountain (just west of Pochuck boardwalks) and end on Rt. 284 near Unionville, NY. Shuttle required.

**GAHC. Vanderbilt Mansion & Museum Walk, Centerport, NY.** Leader: Gerda Khordoc, 718-779-1886. Meet: 10:30am at parking lot. Enjoy an easy walk, including a visit to the Planetarium. Entrance fee \$10.

**UCHC. Willowood/Bamboo Brook, Morris Co., NJ.** Leader: Lynn Gale, 973-763-7230. Meet: 10am at Willowood lot; call for directions. 3-4 mile walk through two estates with interesting gardens and the woods and fields in between. Steady rain cancels.

Monday, September 29

**RVW. Halcott Mountain (3520'), NY.** Leader: call 845-246-8074 for information and meeting place. Meet: 8am. Moderately strenuous bushwhack; 5 miles, expected 4.5 hours. Inclement weather date is following Monday.

**UCHC. Great Swamp, Chatham, NJ.** Leader: Len Shnitzer, 732-499-9176. Meet: 10am; call for directions. About 3 miles; 1.5 hours. Level walk along the boardwalk and the Laurel Trail.

Tuesday, September 30

**UCHC. Johnstown, Harriman State Park, NY.** Leader: Ellie King, 908-233-8411. Meet: 10am at Johnstown Circle; call for directions. 6 moderate miles to Lake Skenonto with lunch at the lake.

## October

Wednesday, October 1

**UCHC. Allamuchy State Park, NJ.** Leaders: Don and Jeanne McLellan, 908-464-6246. Meet: 10am; call for directions. 4 moderate miles; about 2 hours. Lunch at Deer Park Pond.

Thursday, October 2

**UCHC. Bearfort Ridge, Hewitt, NJ.** Leader: George Smith, 973-778-3586. Meet: 10am at A&P in Hewitt for short shuttle; call for directions. 8 miles; strenuous morning and easy afternoon; for experienced hikers.

Saturday, October 4

**UCHC. Watchung Trail Maintenance, NJ.** Leader: Preregister by calling Trailside Nature and Science Center, 908-789-3670. Meet: 9:30am, work until noon. Have fun while giving back to the trails, learning new skills and meeting new people. Bring water, gloves, bag for trash, and clippers/lopping shears if you have them. Severe weather cancels.

**PM. Family Sounds of Nature Hike at Pyramid Mountain, NJ.** Leader: call 973-334-3130 for information about this free outing. Meet: 1pm at visitors center, 472A Boonton Ave., Montville Twp., NJ. Easy family hike; learn which animals are making those interesting sounds in the woods; bring binoculars or borrow ours. Appropriate for ages 5+.

**UCHC. Sunfish Pond, Delaware Water Gap, NJ.** Leader: Paul Clark, 908-753-6027. Meet: 9:30am at last NJ exit on I-80; call for directions. Steady climb at moderate pace, up for good views and back along a stream.

Sunday, October 5

**IHC. Ramapo Valley County Reservation, NJ.** Leader: Jim McKay, 973-538-0756. Meet: 9:30am at Ramapo Reservation, Rt. 202, Mahwah, NJ; call for directions. Moderate 8 miles. Schuber Trail to a lookout for lunch, then back on Yellow/Silver Trail.

**UCHC. Garret Mountain, Paterson, NJ.** Leader: Walter Koenig, 973-684-5528. Meet: 10am; call for directions. Casual to moderate hike in this park with splendid views of historic Paterson. Optional lunch at Libby's Diner and visit to Paterson Falls after hike.

Monday, October 6

**UCHC. Loantaka Brook Reservation, Morris Twp., NJ.** Leader: Joe McLaughlin, 973-263-2799. Meet: 10am at Kitchell Rd. lot near the pond; call for directions. About 3 miles; 1.5 hours. Easy stroll where you can talk and not watch your feet.

Tuesday, October 7

**GS. Baby and Me Hike - Hacklebarney State Park, NJ.** Leader: must call Great Swamp Outdoor Ed. Center to register, 973-635-6629; \$1 fee. Meet: 9:30am; call for location. Put your infant in a pack and join a naturalist out on various Morris County area trails; out by about 11am. Program repeats every Tuesday through October.

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	ADK Mid-Hudson	NYR	New York Ramblers
ADK-R	ADK Ramapo	PM	Pyramid Mountain
AMC-NYNJ	AMC New York-North Jersey	RVW	Rip van Winkle Hiking Club
IHC	Interstate Hiking Club	SHO	Shorewalkers
GAHC	German-American Hiking Club	UCHC	Union County Hiking Club
GS	Great Swamp		

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 November/December 2008 issue is September 15, 2008.



**UCHC. Ramapo State Forest, Oakland, NJ.** Leader: Kathy Grifone, 201-891-5161. Meet: 10am at lower lot on Skyline Dr. (exit 57 on I-287); call for directions. 6-7 miles with some climbing; for experienced hikers. Some of these trails may be new to you.

**Wednesday, October 8**

**UCHC. Mahlon Dickerson Reservation, NJ.** Leader: Carol O'Keefe, 973-328-7395. Meet: 10am at Saffin Pond lot; call for directions. 4 moderate miles; about 2 hours. Heavy rain cancels.

**Thursday, October 9**

**UCHC. Wawayanda State Park, NJ.** Leader: Kathy Grifone, 201-891-5161. Meet: 10am at Ranger Center; call for directions. Moderately strenuous 9-10 miles; for experienced hikers. Hike on the AT to two viewpoints on Wawayanda Mountain.

**UCHC. Sapphire Trail/Indian Hills, Sterling Forest, NY.** Leader: Arnie Seymour-Jones, 201-768-3864; must register with leader day before the hike. Meet: 10am; call for directions. 6-7 miles at a moderate pace.

**Saturday, October 11**

**IHC. Bonticou Crag, Shawangunks, NY.** Leaders: Charlie and Anita Kientzler, 973-835-1060. Meet: 8am at Harriman RR station, Rt. 17, Arden, NY. Moderate or moderately strenuous options. On a clear day the top of this cliff offers views from the Catskills to the Hudson Highlands. Easy or harder way up the crag; optional hike to Table Rocks. Should have time to stop at apple orchard and early supper after the hike. Shuttle required; Mohonk Preserve fee.

**UCHC. Cheesequake State Park, Matawan, NJ.** Leader: Jay Dibble, 908-289-8813. Meet: 10am at Garden State Parkway commuter lot at exit 120. 4-5 miles at brisk pace with some hills; suitable for strong beginners.

**Sunday, October 12**

**GAHC. Teatown Lake Reservation, Ossining, NY.** Leaders: Marianne Janowski, 914-428-4573, and Evelyn Hoyer, 718-457-8319; please call to preregister. Meet: 10am; call for meeting place. Easy and moderate hike.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Jenn Chen, 732-548-7230. Meet: 10am at Trailside Nature Center on Coles Ave. at New Providence Rd. Moderate 4-5 miles with some rocky trails. Rain cancels.



An AT fashion statement

**Monday, October 13**

**UCHC. Jockey Hollow National Park, Morristown, NJ.** Leader: Betty Mills, 973-538-4922. Meet: 10am at visitor center lot; call for directions. About 3 miles; 1.5 hours.

**Tuesday, October 14**

**UCHC. Terrace Pond, West Milford, NJ.** Leader: George Smith, 973-778-3586. Meet: 10am at lot #7 on Clinton Rd.; call for directions. Moderately strenuous 6-7 miles with lunch at the pond; for experienced hikers.

**Wednesday, October 15**

**UCHC. Wildcat Ridge, Fanny Highlands, Hibernia, NJ.** Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. About 5 moderate miles; 2 hours. Hike up to the hawk watch and have an early lunch on the trail. Steady rain cancels.

**Thursday, October 16**

**UCHC. Culvers Gap to Sunrise Mountain, NJ.** Leader: Carol O'Keefe, 973-328-7395. Meet: 9:30am at Stony Lake lot in Stokes State Forest; shuttle required; call for directions. Moderately strenuous 10-11 miles with a fair amount of climbing; for experienced hikers. Hike on the AT to Sunrise Mountain and then back to Stony Lake.

**Saturday, October 18**

**PM. Multi-Sensory Hike, Lewis Morris Park, NJ.** Leader: must call Pyramid Mountain at 973-334-3130 to preregister for this free outing. Meet: 1pm; call for location. Easy hike. Experience the natural world using all five of your senses; suitable for the visually impaired.

**NYR. Poughkeepsie to New Paltz, NY.** Leader: Ludwig Hendel, 718-626-3983. Meet: 7:30am at Grand Central for 7:50 train to Poughkeepsie (RT). Call leader for hike mileage/difficulty. We'll cross Mid-Hudson Bridge to Highland, loop around Fran Reese Preserve, then Hudson Valley Trailway to New Paltz, passing Huguenot Historic Area and the Wallkill River.

**UCHC. Hawkwatch Hike, Rockaway Twp., NJ.** Leader: Al Verdi, 973-263-8569. Meet: 10am at Wildcat Ridge lot on Upper Hibernia Rd.; call for directions. Moderate 3-4 miles with some rocky trails. Up to Hawkwatch, where we stop for a break to enjoy the autumn views.

**Sunday, October 19**

**IHC. Trail Maintenance on Schunemunk Mountain, NY.** Leader: Jim Canfield, 973-728-9774. Meet: 9am at Taylor Rd. parking, Mountainville, NY; call for directions. Moderately strenuous day clearing the Long Path and Lower Jessup Trail; bring lunch, water, clippers, and good working gloves (can also use club tools). No experience needed. Rain cancels and postpones to Saturday, October 25.

**UCHC. South Mountain Reservation, Millburn, NJ.** Leader: Louise White, 973-746-4319. Meet: 10am at Tulip Springs lot, Brookside Ave. About 4 moderate miles through pine forest and overlooking a beautiful gorge, returning on a woods road.

**Monday, October 20**

**UCHC. Eagle Rock, West Orange, NJ.** Leader: Peter Wolff, 973-731-0602. Meet: 10am at restaurant lot; call for directions. About 3 miles; 1.5 hours.

**Tuesday, October 21**

**UCHC. Stokes State Forest, NJ.** Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10am; call for directions. Moderate 5-7 miles; for experienced hikers. Scenic fall hike to the AT; great views and it's all downhill after lunch.

**Wednesday, October 22**

**UCHC. Oreland RR Bed, Upper Hibernia, NJ.** Leader: Peter Beck, 201-274-4471. Meet: 10am at power lines on Upper Hibernia Rd.; call for directions. About 5 moderate miles; 2 hours. This is an out-and-back hike on the old rail bed for the Oreland (Upper Hibernia) spur of the Wharton & Northern Railroad.

**Thursday, October 23**

**UCHC. Ramapo to Skylands, Ringwood State Park, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at upper lot on Skyline Dr.; call for directions. Moderately strenuous 9-10 miles at a brisk pace. Hike along the ridge to Ilgenstein Rock, with its beautiful view of Bear Swamp Lake; then down to Skylands.

**Saturday, October 25**

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

**Sunday, October 26**

**PM. Fall Foliage Hike at Pyramid Mountain, NJ.** Leader: call 973-334-3130 for information about this free outing. Meet: 1pm at visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate hike. Join a naturalist to explore the trails in their full bloom of autumn color.

**GS. Colors of Fall at the Great Swamp, Chatham, NJ.** Leader: must call Great Swamp Outdoor Ed. Center to register, 973-635-6629. Meet: 10am; call for location. Join a naturalist to explore the trails in their full bloom of autumn color. Free program, for all ages.

**IHC. Breakneck Ridge and Mount Taurus, East Hudson Highlands, NY.** Leader: Roy Williams, royhiker1@aol.com. Meet: 8:30am at Anthony Wayne parking in Harriman State Park for shuttle; email for directions and alternate meeting place. Strenuous hike on these two striking peaks rising above the Hudson River; spectacular views of the Hudson Valley this time of year. Rain cancels.

**UCHC. Morristown Historical Ramble, NJ.** Leader: Lynn Gale, 973-763-7230. Meet: 10am at Fort Nonsense lot near Morristown Green; call for directions. Stroll by many Revolutionary War and Victorian sites in this very historic town, learning the history of the area. Then a fast walk across town to the Ford Mansion, Washington's Headquarters, and back. Steady rain cancels.

**Monday, October 27**

**UCHC. Turtle Back Rock, South Mountain Reservation, NJ.** Leader: Len Shnitzer, 732-499-9176. Meet: 10am; call for directions. About 3 miles; 1.5 hours. Level hike to the Girl Scout Oval.

**Tuesday, October 28**

**UCHC. Mahlon Dickerson Reservation, Morris County, NJ.** Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Saffin Pond lot; call for directions. Moderate 6-7 miles; for experienced hikers. Hike to Lost Lake for lunch, then back on variety of trails and woods roads.

**Wednesday, October 29**

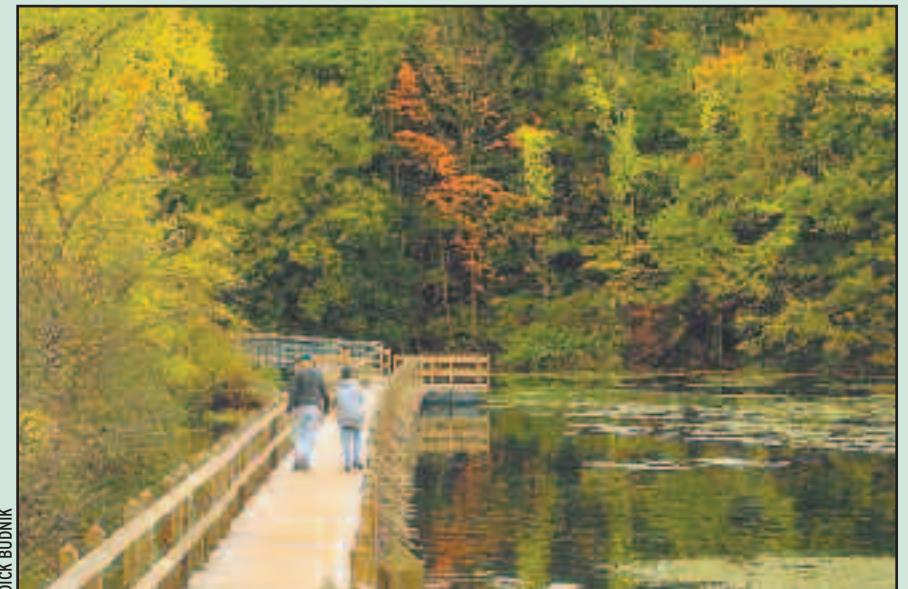
**UCHC. Ramapo Valley Co. Reservation, Mahwah, NJ.** Leader: Ben Serman, 201-797-0468. Meet: 10am at parking lot; call for directions. About 5 moderate miles; 2 hours. A lake, a reservoir, and a cascading river.

**Thursday, October 30**

**UCHC. Pyramid Mountain, Montville, NJ.** Leader: Mike Handelsman, 718-633-6129. Meet: 10am at visitors center lot; call for directions. Moderately strenuous 9-10 miles over moderate terrain; for experienced hikers. Tripod Rock, High Mountain, Turkey Mountain, and the 100 Steps.

# Member Club Profile

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



DICK BUONIK

Teatown's 15 miles of trails include this boardwalk across Teatown Lake.

## Teatown Lake Reservation

Teatown Lake Reservation in Westchester County is a nonprofit membership organization that operates an 834-acre nature preserve with 15 miles of trails, offers nature education programs for young people and adults, and promotes open space and community greenways in the region it has dubbed the Hudson Hills and Highlands.

Teatown was founded in 1963 with a gift of 194 acres from the Gerard Swope, Sr., family. Today, the reservation extends into three towns: Yorktown, Cortlandt, and New Castle. Fourteen trails meander abundant fields, mixed hardwood forests, laurel groves, and farm land and along or, via boardwalks, across lakes, streams, and swamps. The trails range from easy/novice to moderately difficult. They are open to the public from dawn to dusk 365 days a year; admission and parking are free. (There are charges for programs.) Hikers can connect with the Briarcliff-Peekskill Trailway and the Old Croton Aqueduct Trail from Teatown's trails.

An estimated 25,000 people visit Teatown each year to attend an education program, visit the Nature Center, hike, or tour Wildflower Island, a two-acre island sanctuary located within Teatown Lake that is home to over 230 native and endangered species of wildflowers.

Teatown's educators offer adult, family and children's programs to over 12,000 participants annually, including nearly 6,000 school children and 700 summer campers.

Teatown conducts three annual celebrations: Hudson Hills and Highlands Fall Festival; Nature-friendly Plant Sale and Workshops; and Hudson River EagleFest, a celebration of the annual winter gathering of bald eagles in the Hudson Valley.

Teatown takes an active role in state, county, and community efforts to protect open space and natural areas in the Hudson Hills and Highlands bioregion, which encompasses most of Westchester and Putnam Counties, and parts of Dutchess, Orange, and Rockland Counties.

Teatown provides assistance to towns and villages through its Environmental Leaders Learning Alliance and helps land owners and residents become more "nature friendly between the parks."

In July, this long-time Trail Conference member organization signed an agreement with the Trail Conference to collaborate on promoting and facilitating community trails in the Hudson Hills and Highlands region. (See story on page 3.)

For more information about Teatown Lake Reservation, go to [www.teatown.org](http://www.teatown.org) or call 914-762-2912, ext. 110.



## Upcoming Events for Hikers

### Hudson River Valley Ramble September 13-14, 20-21, 27-28

More than 200 events are being offered this year, including hikes, bikes, walks, historic site tours, festivals, paddles, and river explorations. There are activities for all ages and ability levels. Get the complete schedule at [www.hudsonrivervalley.com/ramble](http://www.hudsonrivervalley.com/ramble).

### Grand Walkabout 4 Counties, 400 Years, 400 Trails, 400 Miles A Hudson-Fulton-Champlain Quadracentennial Event September 14: Kickoff event

A year-long event along trails in New York State's Ulster, Dutchess, Orange, and Putnam Counties to celebrate 400 years and hundreds of trails in the Mid-Hudson region. From September 2008 to September 2009, Grand Walkabout will begin and end on dates corresponding to each year's Hudson River Valley Ramble. Trail resources and related events will be posted online at [www.GrandWalkabout.com](http://www.GrandWalkabout.com) and a kick-off event is planned for Sunday, September 14, in Hyde Park. Hiking groups and land groups with trails open to the public are invited to participate. Go to the website for contact information.

### Sterling Forest Conservation Day September 28

Hikes and activities for all ages. Check the Trail Conference website for details: [www.nynjtc.org](http://www.nynjtc.org).



## Birthday (Work) Party

Despite the fact that the day's temperature hit 100° F, Ray Roberts, right, celebrated his birthday (he's not saying which) on June 7 by heading out to Ramapo Valley County Reservation with his friend Bill Kobout to do some maintenance on the Old Guard and Schuber Trails.

## DONORS TO THE ANNUAL FUND

May 20, 2008 to July 30, 2008

### GIFTS

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### DARLINGTON SCHOOLHOUSE FUND

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Pfizer Matching Gift Program, Woodland Trail Walkers

*In memory of James & Irene Pappas*  
John D. Pappas

### MATCHING GIFTS

American Express Foundation, BP Foundation,  
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### LAND ACQUISITION AND STEWARDSHIP FUND

Lenny & Sue Bussanich

### EAST HUDSON COMMUNITY TRAILS PROGRAM

The Leonard & Evelyn Lauder Foundation

### ZIMMERMAN/DOLAN FUND

Ralph E. Ogden Foundation

### TRIBUTES

*In memory of William and Bertbe Myles*  
Erwin F. Conrad

*In memory of Zimri Allen Enos*  
Daniel B. Hulse

*In memory of James A. Ross, a high school classmate*  
Betty & Adam Rinbrand

*In memory of our dear friend Alta Sumner*  
Peter Tilgner & Suzan Gordan

*In memory of Alta Sumner*  
Richard Sumner

*In memory of Shelley Norton*  
Joanne Vega

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

## Auction of Hand-Crafted Bench To Benefit Trail Conference Project



The Knickerbocker Bench is a custom made bench of black locust, a wood legendary for lasting decades without chemical preservatives. Designed and produced by Palisades Interstate Park Commission Development Specialist Timothy Englert, a bookmatched pair of these handsome, hand-crafted benches, each 8 to 12 feet long, will be offered in October in separate eBay charity auctions, with proceeds benefiting the Trail Conference's People For Trails Hike-a-thon and the Grand Walkabout, a four-county Hudson Valley effort to provide people with information and encouragement to hike the many beautiful trails found in our region. These are only the second set of benches to be offered to the public, and will be custom made to suit the winners' site needs. Further information will be made available as the date approaches. Check the Trail Conference website for information about this charity auction and other Hike-a-thon details.



The Theodore Roosevelt and George W. Perkins benches at Bear Mountain's Trailside Amphitheater

## If the Trail Conference Had a Penny for Every Internet Search...

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## CONSERVATION & ADVOCACY

*continued from page 4*

campaign recommitted its efforts to seeking other sources of funding to conserve and steward New Jersey's remaining open space.

A variety of funding mechanisms are currently under review by the campaign, legislative leaders and Governor Corzine's staff. The coalition planned to launch a statewide education campaign in August to support its efforts and help convince state legislators and the governor that keeping the GSPT fully funded is not only a public priority, but a necessity for every citizen of New Jersey. If you are interested in helping keep the Garden State green, please contact Brenda Holzinger, NJ Regional Representative, via email ([holzinger@nynjtc.org](mailto:holzinger@nynjtc.org)) or at 973-303-3538 (cell). For additional information, visit the Keep It Green Campaign website at [www.njkeepitgreen.org](http://www.njkeepitgreen.org).



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## Coming in September!

## New Editions of Hiking Long Island, Sterling Forest Trails Map

For more information or to purchase these or other Trail Conference books and maps, see Hiker's Marketplace on Page 12, or call 201-512-9348, ext. 11, or visit [www.nynjtc.org](http://www.nynjtc.org).

### Third Edition of Hiking Long Island

The Trail Conference's best-selling publication *Hiking Long Island* is scheduled to be available in its new third edition in September. *Hiking Long Island* is a comprehensive guide to Long Island parks and trails from eastern Nassau County to the tips of the Twin Forks.

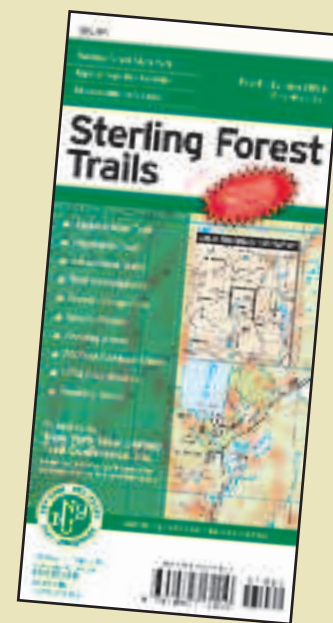
Author Lee McAllister has updated the book with descriptions of six new trails and important revisions to five existing hikes. He has also written new material about six small preserves on the North Shore, and added a section on small parks on the Twin Forks. All of the new material is accompanied by new maps and pictures taken along the trails.

McAllister is a resident of Ridge, New York, in the heart of Suffolk County. He regularly walks these trails with his wife and three daughters, and is active in many of the conservation and hiking organizations of Long Island. He has established his own personal information network that keeps him informed of trails changes, land purchases, and plans for improvements to the Long Island trail system.

Many of the revisions in the third edition of *Hiking Long Island* are concerned with extensions and reroutes to the Paumanok Path, a long distance trail planned to extend about 145 miles from Rocky Point on the North Shore to Montauk Point on the tip of the South Fork. The Paumanok Path winds through a variety of Long Island habitats, from the deep and fertile soils of the morainal hills of the North Shore, through the sandy outwash plains of the Pine Barrens, to the dunes and bluffs of the Atlantic shore. McAllister includes colorful discussion of the diversity of plants, animals, and terrain to be seen along the trails through these ecosystems.

McAllister writes: "The middle section [of the Paumanok Path] mostly in Southampton Township is incomplete because the 1990s development boom has made it difficult to gain access across private land. Despite this, members of the Southampton Trails Preservation Society are working to patch together sections where the trail will eventually run." To keep up with this work, several changes in the third edition have been made to trails in Southampton Township.

*Project Manager: George Petty*



### Fourth Edition of Sterling Forest Trails Map

The fourth edition of the Sterling Forest Trails map is scheduled to be available by the end of September. This new edition includes a significant number of updates and improvements. Elevation contour lines have been increased from 50-foot intervals to 20-foot intervals. Contour shading has been eliminated and the color scheme simplified to improve clarity and readability. Current, multi-colored trail blaze configurations are accurately described. A continuing feature is that hunting zones in the park are uniquely shaded for both the convenience of hunters and safety of hikers.

Two trails, the Red Back Loop (6.5 miles in length) and the Townsend Trail (2.4 miles), shown as "proposed" on the prior edition of this map, have been completed and are now accurately depicted on the map. (See descriptions of these trails in Trail News, page 6.)

As in earlier editions of this map, portions of other parklands adjacent to Sterling Forest are shown; these sections are also updated in conformance with the most recent editions of the North Jersey Trails and Harriman Bear Mountain Trails maps.

*Project Manager: John Mack*



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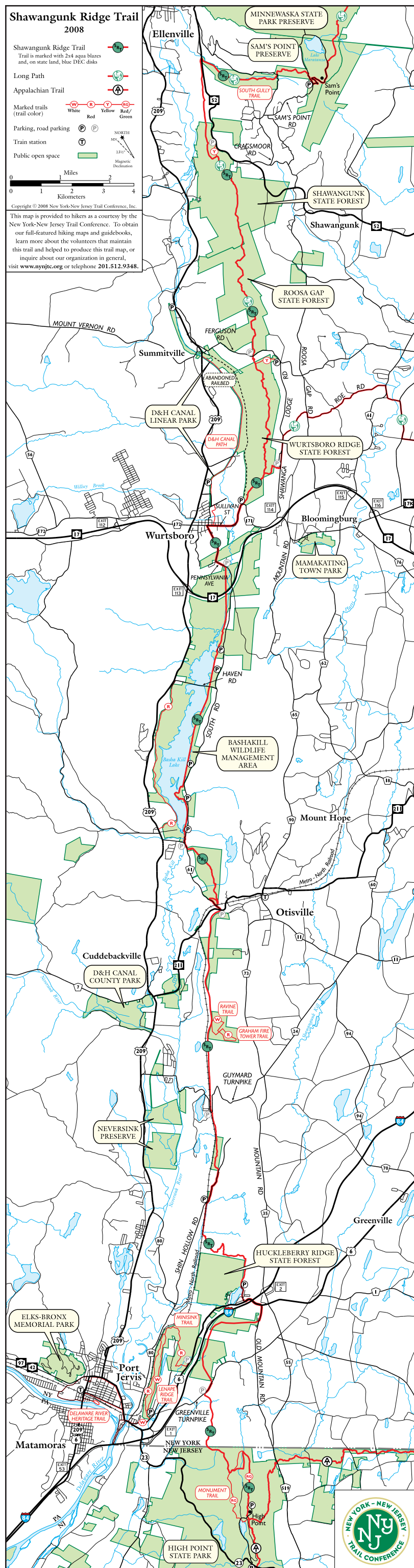
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# Shawangunk Ridge Trail from High Point State Park, NJ to Lake Minnewaska, NY

The Shawangunk Ridge Trail is still very much a work in progress, with the Trail Conference continuing to lead efforts to protect an intact corridor in New York from the New Jersey border to Minnewaska State Park Preserve. Because of this flux, publication of a full-featured map is premature. The trail has, however, reached a point where it can be enjoyed by hikers. The Trail Conference is providing the map here as a courtesy to hikers. Larger versions of the map are available online in three segments that can be downloaded and printed on 8.5 x 11-inch paper. Go to [www.nynjtc.org](http://www.nynjtc.org).

## SRT IN A DAY

This year I decided to train for and run the Vermont 100-mile trail run race. I decided to do all of my training on a different trail each weekend. This was really fun to do, but also a little difficult to find good running trails week after week. I stumbled upon a reference to the 41-mile Shawangunk Ridge Trail and thought it would be perfect. I had never heard of it before, but was familiar with both High Point State Park in New Jersey and Minnewaska State Park in New York. It would be fun to link them together.

The plan was to load up on food and water and have my wife drop me off at High Point and then pick me up at Lake Minnewaska. With a pack full of water, blueberry pancakes, banana walnut waffles, a hummus wrap and a bunch of dried fruit, I started out May 31st on my first attempt. It was drizzling and humid, but I did not let that bother me. I really wanted to do this. The trail was well blazed and easy to follow. I ran through a lot of really typical, rocky-yet-runnable trail in Jersey and the first few sections of New York. Before I knew it, I was overlooking I-84 and a beautiful valley. I was starting to get nervous as the full reality of what I was attempting finally hit me. I had a phone, but little else in the way of survival gear. No light source, no emergency blanket, no way to make fire. I ran on anyway.

The variety of the trail treadway and environment was impressive. I started out on a single-track footpath; the next thing I knew I was running along active railroad tracks, old railroad beds, dirt roads, and ridge-top trails. Awesome! Next came the low-lying Basha Kill Wildlife Management Area, a large, impressive wetland—the largest in southern New York, according to the guidebooks. The SRT is not just a mountain trail.

After the Basha Kill, the trail regains the ridgetop in Wurtsboro State Forest, and for a while I ran along at the base of the huge power line towers there; I got a little bummed out. I'd rather run the ridge *without* the power lines.

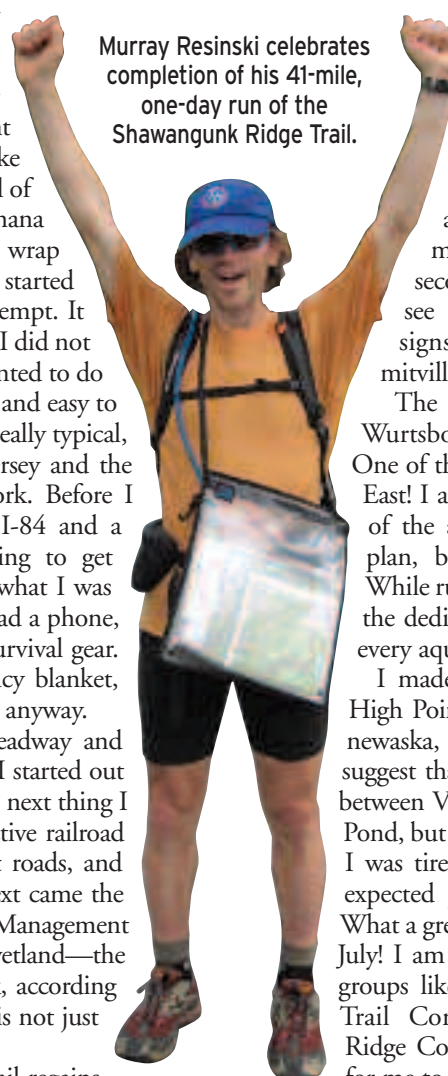
I eventually made my way to Wurtsboro and ran on some steep road; when I re-entered the woods, I made a HUGE mistake. I took an old rail bed north out of town instead of the DEC trails. It led me back down to Route 209 and I ended up running the road to Ellenville and calling my wife for a ride. I really wanted to see the rest of the trail and was very disappointed.

After exchanging emails with the trail maintainers and making a scouting trip to Wurtsboro, I discovered my error and planned a second attempt. This time I took a head lamp, an emer-

gency blanket, matches, and glow sticks. I took less water, planning on replenishing in Wurtsboro or at Sam's Point.

My second attempt was on July 4 and it was truly amazing. The weather was almost identical to what I experienced on my first attempt, and I had a very similar experience on the first parts of the trail. The only difference was the wildlife. Everything had come alive. The flowers were blooming, the ferns were almost waist-high in some sections, the rhododendron had "popped," all the berries were starting to ripen, and the lily pads at Hathorne Lake (Hawthorne Lake on

Murray Resinski celebrates completion of his 41-mile, one-day run of the Shawangunk Ridge Trail.



some maps) were starting to bloom. I saw baby squirrels, baby turkeys, baby ducks, baby geese, birds, salamanders, groundhogs, snakes, turtles, deer, and eagles. The abundance of life on the trail made me really glad I tried it a second time. Luckily, I did not see any bears, although I saw signs of them between Summitville Road and Route 52.

The ridge-top trail just north of Wurtsboro is absolutely stunning. One of the most beautiful trails in the East! I also got a greater appreciation of the amount of work it takes to plan, build, and maintain a trail. While running, I could actually "feel" the dedication of the maintainers on every aqua rectangle.

I made it from end to end, from High Point Monument to Lake Minnewaska, in 13 hours. Many maps suggest that the trail is not continuous between Verkeerder Kill Falls and Mud Pond, but it is\*. By the time I was done, I was tired and in a large amount of expected pain, but happy as can be. What a great way to celebrate the 4th of July! I am really grateful that there are groups like the New York-New Jersey Trail Conference and Shawangunk Ridge Coalition that make it possible for me to do this type of thing so close to home. You guys rock!

Murray Resinski  
Morris Plains, NJ  
[murray@holy-monkey.com](mailto:murray@holy-monkey.com)

PS: I'll probably do it again.

*\*Editor's note: The stretch of trail between Verkeerder Kill Falls and Mud Pond crosses land held by private owners, one of whom closed access for many years. That portion became part of Minnewaska State Park Preserve in 2006, making possible the reopening of that former link in the SRT/Long Path. Nearly one-half mile of trail on either side of and including Verkeerder Kill Falls is on private land, the owners of which generously permit hiker access.*

## Hunting Seasons 2008

**NEW YORK**  
**Deer Seasons: Regular and Archery Southern Zone (includes Hudson Valley and Catskills)**  
Regular: Nov. 15 – Dec. 7  
Bow: Oct. 18 – Nov. 14, Dec. 10 – Dec. 18  
**Westchester County**  
Bow only: Oct. 18 – Dec. 31  
**Suffolk County**  
Bow only: Oct. 1 – Dec. 31

**NEW JERSEY**  
In New Jersey, the safest course in the fall is to hike only on Sundays, when hunting is prohibited throughout the state. Otherwise, hunting seasons vary by weapon and geography.

**Hunting is not allowed in Bear Mountain-Harri-man State Parks.** However it is allowed in parts or all of other state parks. Call parks for details.

**Black Rock Forest** (845-534-4517) closes to all hikers from Nov. 15 through Dec. 7.

For more info about deer season in New York, go to [www.dec.ny.gov/outdoor/28605.html](http://www.dec.ny.gov/outdoor/28605.html). For info about all big game hunting seasons and regulations in New York, visit [www.dec.ny.gov/outdoor/10003.html](http://www.dec.ny.gov/outdoor/10003.html).

For the complete set of deer season regulations, go to [www.state.nj.us/dep/fgw](http://www.state.nj.us/dep/fgw), then click on Hunting, then Deer. Go to the same site for other hunting seasons and information.

# Featured Hike



By Georgette Weir and Ollie Simpson

## Woods and Water on a Moderate AT Loop in Dutchess County



Nuclear Lake offers a scenic summer lunch stop for hikers.

For close to a decade, it has been the trail less traveled. The 1.7-mile AT side trail known as the Beekman Uplands Loop was once the official route of the AT, taking hikers around and away from Nuclear Lake in Dutchess County, where a nuclear fuels-processing research facility operated until 1972. In 1979, the National Park Service acquired the property for AT corridor designation. Buildings were razed, the site cleaned up, and in 1998 a reroute brought the Appalachian Trail along the western shore of Nuclear Lake. The former AT route was renamed Beekman Uplands Loop.



Neglect of the old trail followed those changes in 1998. Low usage and inadequate maintenance resulted in a poorly marked and overgrown trail with many blow-downs. But now, thanks to volunteer work crews headed by Ollie Simpson, AT supervisor for the Nuclear Lake area, the downed trees and overgrown brush are cleared away, blue blazes are refreshed, and newly placed stepping stones and drainage ditches help hikers navigate wet areas. The

Beekman Uplands Loop was declared restored at the end of June and it now makes possible a pleasant 4.5-mile woodland circuit hike with water views (and swimming).

Starting from a small, unmarked parking area on Route 55, just west of where the AT crosses the highway, take the blue-blazed side trail 0.1 mile to the AT. Stay straight (left) on the AT, watching on your left (west) for the triple blue blazes that mark a terminal point of the Beekman Uplands Loop.

The start of the loop trail features some initial easy-to-moderate uphill hiking in rocky, wooded terrain, followed by fairly level walking in rocky, wooded terrain. On a hike in late July after a week or more of intermittent but very heavy rains, one mushroom hunter found, according to her email, "horn of plenty (cratellus sp., not actually a chanterelle), lactarius volemus, unidentified lactarius, unidentified bolete, stropharia."

At 1.7 miles, the Beekman Uplands Loop ends above a ravine at another intersection with the AT. Turn right (south) to complete the circuit, which will include a walk along the shore of Nuclear Lake, a good spot for a snack (and a swim, if you are so inclined; water shoes recommended).

An optional extension is to follow the 1.1-mile yellow-blazed Nuclear Lake Loop around the east side of the lake. (At deadline, the NPS announced this trail will be closed for a time this fall during work on

the lake's dam.) It intersects the AT both north and south of the lake. A complete circuit of the lake is 1.9 miles.

Return to your car, by continuing out on the AT to where you began.

### HOW TO GET THERE

From the Taconic State Parkway, take exit for Route 55 East and go 9.5 miles. At the crest of a long hill (after traffic light at junction with NY 216 for Poughquag), look for a small parking area on the left. A blue-blazed trail leads a short distance to the

junction with the AT. Alternative: Go to an AT parking area with kiosk on Old Route 55 (turning north from Rt. 55), where the trail crosses the highway, just east of the abovementioned spot.

### THANK YOU:

Those who helped clear the trail included Millbrook Scout Troop 31 under the leadership of Jim Evans, Jay Hughes and daughter Allison, Bernd Lohner, Dave Webber, Eric Harvey, and Ollie Simpson.

## Hikers' Marketplace



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Kittatinny Trails (2005) & see combo	\$12.95	\$ 9.71	+\$1.65	_____
North Jersey Trails (2007)	\$ 9.95	\$ 7.46	+\$1.50	_____
NEW!! Shawangunk Trails (2008) & see combo	\$10.95	\$ 8.21	+\$1.50	_____
South Taconic Trails (2006)	\$ 4.95	\$ 3.71	+\$1.10	_____
NEW!! Sterling Forest Trails (2008)	\$ 7.95	\$ 5.96	+\$1.30	_____
West Hudson Trails (2006)	\$ 8.95	\$ 6.71	+\$1.50	_____

### Books

Appalachian Trail Guide to New York & New Jersey (2007)	\$19.95	\$14.96	+\$3.00	_____
Hiking the Jersey Highlands (2007)	\$22.95	\$17.21	+\$3.50	_____
New York Walk Book (2005) & see combo	\$22.95	\$17.21	+\$3.50	_____
New Jersey Walk Book (2004) & see combo	\$19.95	\$14.96	+\$3.50	_____
Circuit Hikes in Northern New Jersey (2003)	\$11.95	\$ 8.96	+\$3.00	_____
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Kittatinny Trails (2004) & see combo	\$18.95	\$14.21	+\$3.00	_____
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Nature Walks in New Jersey (2003)	\$14.95	\$11.21	+\$3.00	_____
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Shawangunks Trail Companion (2003)	\$18.95	\$14.21	+\$3.50	_____
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### Combo-Packs

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Harriman (2-map set & book)	\$23.40	\$17.55	+\$3.50	_____
NY & NJ Walk Books	\$38.60	\$30.95	+\$4.50	_____
Shawangunk (3-map set & Scenes & Walks book)	\$21.65	\$16.23	+\$3.00	_____
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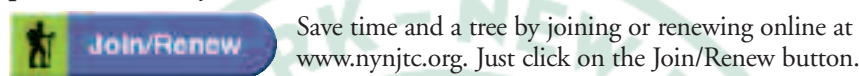
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