

Press Release for HJH

For Immediate Release
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For the millions of Metro area residents who want to walk in beautiful unspoiled woodlands, the New York – New Jersey Trail Conference announces the publication of *Hiking the Jersey Highlands, Wilderness in Your Back Yard*. The book is a thorough guide to 35 hikes in the rugged, rocky Highlands extending from the New York – New Jersey border to the Delaware River. *Hiking the Jersey Highlands* includes sections on Highlands history, preservation, geology, forests, and wildlife, and a 16-page special color insert of pictures of wildflowers found along the trails.

The hikes range in difficulty from starters for woodland beginners to challenges for fit and experienced hikers. Directions to the trailhead by car and by public transport when available are included. The detailed hike descriptions have been field checked by Trail Conference trail maintainers and other experienced hikers. Besides accurate trail information, the descriptions include trail photos, notes on scenic overlooks, area history, and wildlife and plants likely to be seen on the hike. These extras give the book the tone of a conversation with an experienced guide whose familiarity with the landscape turns each hike into exercise for the mind and spirit as well as the body.

The author, George Petty, is a long time resident of the Jersey Highlands, an experienced hiker, a NYNJTC volunteer trail maintainer, and an associate naturalist for wildflowers at the New Jersey Audubon Society Weis Ecology Center in Ringwood, NJ.