



TRAIL WALKER

New York-New Jersey Trail Conference – Maintaining 1,700 Miles of Foot Trails

In this issue: Community Trails...pg 3 • All About Wetlands...pg 7 • Prevent Heat Problems...pg 9 • Ten Million Steps...pg 11

A Glimpse into Sterling Forest's Doughnut Hole

By Brenda Holzinger

Sterling Forest's "Doughnut Hole"—the 575-acre tract purchased by New York State in December 2006 for \$13.5 million—is not yet open for public access, but it certainly will be worth the wait! In the meantime, the area is accessible

Sterling Forest, but his enthusiasm for the 18th- and 19th-century iron mine ruins located inside the doughnut hole is infectious. This area, also referred to as "Sterling Forge," was once a bustling manufacturing zone and includes ruins of the Augusta,



Schedule a guided hike into the otherwise off-limits "doughnut hole" of Sterling Forest State Park with Donald Bayne (left), chief environmental educator.

via guided hikes, and a small Trail Conference group of board members and staff recently enjoyed such a hike led by Donald "Doc" Bayne, Chief Environmental Educator for Sterling Forest State Park.

Doc regularly leads hikes throughout

Middle or Viddle (take your pick—both work!), Hard, Smith, Mountain, Paterson, and Long Mines. Historic preservationists claim that ore from the Long Mine was forged into links that formed the great iron chain across the Hudson River during the

Revolutionary War. Doc brings the area alive with fascinating stories about these mines in their prime.

Today the area comprises a rich habitat for many different creatures, including beavers, fox, deer, bears, turkeys, pheasants, hawks, bald eagles, great blue herons, raccoon, porcupine, bobcats, mink, and flying squirrels. This verdant habitat is also home to the timber rattlesnake, a species considered threatened by New York State. In fact, as soon as the timber rattlesnakes were discovered in the sector, Sterling Forest LLC's plans to build an 18-hole golf course on the site were permanently scrapped.

Currently, there are many trails being planned for Sterling Forest's newest addition. However, *please* do not enter the area on your own until it is open to public access. In the meantime, if your hiking group would like to arrange a special guided tour of Sterling Forest, you can contact Doc Bayne at 845-351-5907. Doc also will be leading some hikes through Sterling Forest during the Ramapo 2007 AT Conference taking place from July 13-20th at Ramapo College, so if you are interested, check the website (www.ramapo2007.org) and register!



Ramapo 2007

Outdoor-Oriented Activities for All Ages & Levels of Experience

Register online till June 30 or on-site at Ramapo College beginning July 13.

Just \$45 for a week of guided hikes, excursions, workshops, and more!

More information on page 12 and at www.ramapo2007.org



Get Updated Harriman Maps, AT Guide and Maps In Time for Fall Hiking Season

The 11th edition of the Trail Conference **Harriman-Bear Mountain Trails** map set is expected to be available in mid-July. For this new edition of our most popular map set, trail routes have been replotted using improved Global Positioning System (GPS) technology, based on data obtained by Trail Conference volunteers. Park boundaries have been updated, and the recently expanded Dater Mountain Nature County Park (with several new trails) is shown. The Bear Mountain map insert has been revised and expanded to show the trails connecting to the Fort Montgomery Historic Site.

Also expected in mid-July is the 16th edition of the **Appalachian Trail Guide to New York-New Jersey** (2007). The set covers 174 miles of the trail, from Kent, CT, to Delaware Water Gap National Recreation Area on the New Jersey-Pennsylvania line. Book and four, completely new, six-color topographic maps with elevation profiles; scale, 1:63,360. 280 pages.

To obtain either map set, see the Hikers' Market Place on page 9, call 201-512-9348, ext. 11, visit www.nynjtc.org, or stop in at the Trail Conference office.



Step by Step to Nature

By Eric Douglas

After many years of teaching adolescents, I've come to think that perhaps the single greatest challenge is to get students to think historically, to realize that all things in their world are the result of an infinitely complex web of causes and effects. The question was how could I best help my students, many of whom have never left the city, understand and see the beauty in this constantly shifting web?

In September 2006, I created the Williamsburg Outdoor Club and began taking students from my high school and

neighboring high schools on day hikes to the Hudson Highlands. Few of these young people had ever walked in a forest before. During these hikes, the students began to notice small things: the ebb and flow of the river and the slow movement of the sun, the sound of acorns falling in the forest and wind rustling through the trees, the effects of industrialization and suburbanization, the histories indicated by the stone walls, the rise of second growth forests, and the geographical features left by the retreat of the glaciers.



Angela and Keria proudly display the section of boulder they split to make way for the trail.

After a number of these trips, I thought they were ready to develop a closer relationship with and feel themselves more a part of this movement of life. Eventually, I found myself on the phone with Heidi Adami, the Volunteer Coordinator of the New York-New Jersey Trail Conference. Heidi helped make arrangements for the club to volunteer on the Bear Mountain Trails Project. I was very excited; previously we had acted as mere consumers of the trail system, happily using trails that had been laid out and maintained by others. Now we were ready to enter into a more reciprocal relationship with the trail system.

Saturday morning, April 28, 2007, Grand Central Terminal: My colleague Brian Stahl, a high school counselor and frequent co-leader, and I boarded a Metro North train with 11 students and two duffels full of sleeping bags. Among this co-ed group of young people, ages 14-18, were at least three students who had never spent a night away from home, five who had never traveled north of the city, only one who had ever pre-

continued on page 10

TRAILWALKER

VOLUME XXXIV, No. 4 JULY/AUGUST 2007
 GEORGETTE WEIR EDITOR
 LOUIS LEONARDIS GRAPHIC DESIGNER

The TRAIL WALKER (USPS Permit #1239) (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available to libraries only at \$15.00 a year. Periodical postage paid at Mahwah, N.J., and additional offices. Postmaster: Send address changes to the address below. Opinions expressed by authors do not necessarily represent the policy or position of the Conference. Contributions of typed manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for writers' guidelines. Submission deadlines for the TRAIL WALKER are January 15 (Mar./Apr. issue), March 15 (May/June issue), May 15 (July/Aug. issue), July 15 (Sept./Oct. issue), September 15 (Nov./Dec. issue), November 15 (Jan./Feb. issue). Unsolicited contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.

Copyright 2007 by:

New York-New Jersey Trail Conference, Inc.
 156 Ramapo Valley Road (Rt. 202)
 Mahwah, NJ 07430
 201-512-9348

e-mail: info@nynjtc.org

editorial e-mail: tw@nynjtc.org

World Wide Web: www.nynjtc.org



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

| | |
|---------------|------------|
| Jane Daniels | Chair |
| Robert Boysen | Vice Chair |
| Mac Hight | Treasurer |
| Daniel Chazin | Secretary |

Directors

| | |
|------------------|------------------|
| Henry Atterbury | Seth McKee |
| Chris Connolly | Anne Osborn |
| Ellen Cronan | Mary Smart |
| Matthew Garamone | Malcolm Spector |
| John Gunzler | Daniel Van Engel |
| Peter Kennard | |

Staff

| | |
|---------------------|--------------------------------------|
| Edward Goodell | Executive Director |
| Joshua Howard | Director of Membership & Development |
| Elizabeth Bleiweiss | Operations Director |
| Larry Wheelock | Trails Director |
| Bill O'Hearn | Conservation & Advocacy Director |
| Brenda Holzinger | Conservation & Advocacy Associate |
| Heidi Adami | Volunteer Coordinator |
| Allison Werberg | Cartographer |
| Gary Willick | Fulfillment Coordinator |
| Catherine Gemmell | Information Manager |
| Eddie Walsh, Jr. | Trail Projects Coordinator |
| Leslie Rapparlie | Bear Mountain Project Manager |
| Katy Dieters | Membership & Volunteer Associate |
| J. Cal Rizzuto | Administrative Assistant |

Part-time Staff

| | |
|------------|---------------------------|
| John Myers | Land Acquisition Director |
|------------|---------------------------|

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.

printed on recycled paper

From the Chair

Working for Free

In the previous issue of *Trail Walker*, I mentioned "the gift economy," the phrase now used to indicate the harnessing of donated work for business purposes. Book reviews written and posted on Amazon.com, for example, are not paid for by Amazon, yet they help drive the company's sales.

There are other aspects of the gift economy—things we may be familiar with, even take for granted. Some examples: papers submitted for publication in professional journals are peer reviewed and the reviewers work for free. Birders participate in annual bird counts and freely contribute their collected data. Amateur astronomers add their observations to those of professionals; many comets, in fact, have been discovered by amateurs. Wikipedia, the online encyclopedia, is based on free sub-

missions; likewise for the Linux computer operating system, which competes with Microsoft Windows. People interviewed by journalists are, in a sense, working for free. Without an interviewee, many journalists or talk show hosts would be out of a job.

The Trail Conference is very much a part of this gift economy. We deliver trail maintenance and management services that few entities can or will provide and we do so with volunteers. These services provide lasting and significant economic benefits to the whole regional population.

In the last few years, we have been expanding our vision and programs, developing citizen science initiatives both to enhance the quality of our trail network and our understanding of the environments through which we hike. In separate

programs in New York and New Jersey, volunteers are monitoring endangered plants through the Natural Heritage Program. Another group is identifying invasive plants as part of a three-year US Department of Agriculture grant through Rutgers University.

It is not hard to imagine other areas where we can provide services to various segments of the population and at the same time advance our trails mission. If you have ideas or would like to help, please contact me at boardchair@nynjtc.org.

— Jane Daniels
 Chair, Board of Directors
 Chair, Ramapo 2007

And the Winners Are...

The first annual Member-Get-A-Member campaign has officially come to a close. Thank you to all who participated and brought us 97 new members! We welcome all the new members to the Trail Conference and encourage all of you to get active within the organization with one of our hundreds of volunteer opportunities.

The winners of this year's grand prizes:

1. Buddy Jensea
2. Joe Gindoff
3. Suse Bell

Thank you to our sponsors, whose generosity made this campaign possible: Minnewaska Lodge, Emerson Resort and Spa, Blue Ridge Mountain Sports, Dover Sports Center, EMS, Jagger's Camp and Trail, Rock and Snow, Tent and Trails.

Congratulations to all the winners. We look forward to next year's competition. Recruitment is a year-round process, so continue telling your friends about the Trail Conference and spreading the word of our mission!

Letters to the Editor



DAN BALOGH

Rock form along the Minisink Trail.

Bravo!

My wife Laura and I hiked the Lenape Ridge and Minisink Trails May 13 (featured on page 1 of the May/June *TW*). What a spectacular hike! Bravo! Very well done! Thanks to everyone who took part in making these trails possible.

—Dan Balogh
 Madison, NJ

Thank You

On behalf of the Basha Kill Area Association (BKAA), I would like to thank the Trail Conference for your generous donation to our legal fund, which enables us to mount an appeal on our Yukiguni Maitake lawsuit [contesting approval of a large mushroom plant in Mamakating]. The BKAA considers you to be one of our most important networking partners, as you have generously offered critical direction and support through the years.

We have the utmost respect and admiration for all your efforts to improve quality of life in the region.

—Paula Medley
 President, BKAA



AT Ridgerunners Help Contain Blaze

Trail Conference volunteers and New Jersey AT Ridgerunners got off to a busy start this season. On Memorial Day Weekend, Trail Supervisor Gene Giordano reported that hikers had seen a forest fire along the AT. With the assistance of maintainer Shane Cormier, Gene went to the site to pinpoint the fire. The three ridgerunners, Augie Buchheit, Ben Tarbutton, and Jim Wright (pictured below), also hiked to the site, assisting New Jersey Forest Fire Service by helping to ferry in equipment and supplies. Thanks to them, the four+ acre blaze did not turn into a major forest fire. It was in a difficult section to access; approximately 1 mile north of Sunfish Pond and close to the runoff of Yards Creek Upper Reservoir. Well done!

Visit Us Today!
 www.NYNJTC.org

Send Us a Letter

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

From the Executive Director

Community Trails Connect People with Nature Close to Home

I believe that community trails are going to be a much bigger part of the Trail Conference's future than they have been in our past.

The original hiking clubs that formed the trail conference were heavily influenced by European alpine hiking traditions. High ground and viewpoints were considered the peak hiking experiences. While this is still true, the vast majority of hikes today are shorter and start within a short drive from where people live, on lands that do not include steep and spectacular views. Something more akin to a "walk in the park."

Another reason that local trails will make up a bigger proportion of our work is that there are no tracts of land remaining in areas close to population centers that are large enough for major trail systems. So, while state agencies continue to acquire parcels to buffer existing parks and forests, trail opportunities will increasingly occur near to



The Trail Conference helped plan and build a community trail network in Dutchess County that links several parks, the Village of Wappingers Falls, and the Metro-North station at New Hamburg.

where people live on smaller parcels acquired by municipal and county agencies.

Municipalities and counties, particularly in more densely populated areas like northern New Jersey and the lower Hudson Valley, are actively acquiring open space with local open space funds and making them available for public access. Once municipalities acquire land, they usually want to make it accessible to their constituents, and since properly designed and constructed foot trails are the most economical and environmentally benign ways to provide public access, many of these municipalities end up contacting the Trail Conference.

In fact, municipal requests for trail consultations and construction assistance now far outnumber those we get from state parks. In the past, we generally have not been able to fulfill such requests because they would divert resources away from existing trail responsibilities. There are several reasons why I believe the Trail Conference must find a way to take advantage of these opportunities.

1. It helps us more fully accomplish our mission of "providing recreational hiking opportunities and representing the interests and concerns of the hiking community." Without diminishing the importance of the Trail Conference traditional focus on "wilderness" trails epitomized by the Appalachian Trail, to serve the bulk of hikers, we must serve the burgeoning community trail networks.

2. Community open space represents a third (and final?) component of the conservation puzzle. Large parks (e.g. Catskills, Minnewaska, Sterling Forest) were the first. Corridors connecting major parks (e.g. Appalachian Trail, Long Path, Highlands Trail, Shawangunk Ridge Trail) are the second. Community connections to corridors and parks are the third and final piece of the puzzle. I like to think about these as components of a whole conservation system, with the parks being the organs where habitat and deep connections with nature are preserved, the long distance trail corridors as the arteries,

and the local trails as the capillaries bringing natural sustenance (and recreational nourishment) to the communities.

3. All recent surveys, and our own experience, show that the demographic trends are favoring volunteer assignments that require "lower commitment." This trend is being driven by people's longer work hours, less "free" time, and increased traffic congestion. We see this in the difficulty of retaining volunteers who are assigned to trails that are far afield from where they live. Conversely, it is relatively easy to fill volunteer assignments that are close to populated areas.

A Community Trails approach will make local open space more accessible to the public and connect local open space to regional trail networks. The public will benefit from easier access to local open space, resulting in more recreational use of local and regional open spaces and, most likely, more popular support for open space everywhere. Cultivating community trails is just one more way for the Trail Conference to connect people with nature while ensuring that our methods keep up with the times.

- Ed Goodell, goodell@nynjtc.org

National Trails Day Photos



1. Celebration of new Highlands Trail terminus in Cornwall; 2 & 3. Participants in a Maintenance 101 workshop in Port Jervis paint a blaze and remove a blow-down on the Lenape Trail; 4. West Jersey crew members David Day and Roland Breault prepare to fit a stone step into place on the Warren Trail; 5. Young people and adults worked on the AT near AMC's Camp Mohican; 6. A young crew moves a log at Alley Pond Park in Queens; 7. Volunteers unload lumber for a bridge on the Stillman Trail in Storm King State Park

Conservation & Advocacy



From the Conservation & Advocacy Director: William P. O'Hearn

So, What's It Worth?

One of the curses of being a land trust manager is that for the rest of your life, whenever you drive by a vacant piece of land, a little voice in your head starts asking questions: "Who owns it? How much are they asking? How big is it? Wetlands? Access?"

And these days, as development pressure increases in New York State and as northern New Jersey hurtles towards "build-out," the condition where all the land is either preserved as open space or developed, more and more public officials and planners are looking at the landscape and trying to determine the value of each "unused" property.

This is not an idle, or a philosophical question. The calculation of real estate and natural resources value will make the difference between a tract being purchased for open space today or turned into townhouses tomorrow. The problem for the conservation community has been that land use decisions are still often made based on the parcel's value in the real estate marketplace—in other words, the number of building units that can be placed on the property.

Land trusts and other environmental policy groups have countered by pointing to examples like Central Park in New York City, where open space has added millions of dollars in real estate value to the surrounding apartment houses, hotels, and restaurants; and the Catskills, where preservation of watershed lands has allowed New York City to avoid building an \$8 billion filtration plant that would cost millions of dollars per year to operate.

Conservation & Advocacy News Notes

ATV Legislation Takes Step Forward in New Jersey

After months of work with our colleagues at Pinelands Preservation Alliance, New Jersey Conservation Foundation, and many other groups, this year's version of the All-Terrain Vehicle (ATV) legislation has been assigned a number, A-4172, in the New Jersey Assembly. It was sponsored by Assemblyman Reed Gusciora, and is currently in the Transportation and Public Works Committee. At press time, the Trail Conference and its partners were working to get it on the next TPW Committee agenda in early June.

One different twist this year is that the Pinelands Preservation Alliance has led an effort to have mayors sign on to a letter to Governor Corzine that urges him to support ATV legislation, and 70 mayors have signed on. Many municipalities have also passed their own resolutions in support of the legislation, and local ordinances that seek to control ATV use.

Garden State Preservation Trust Runs Into Trouble

Legislation that would renew the funding for the Garden State Preservation Trust (GSPT) has been derailed by Governor Corzine, who has said that he prefers to use asset monetization (selling of state assets like the NJ Turnpike) instead of state bonds to pay for the program. The governor's position has been severely criticized by the environmental community, which wants to put the GSPT referendum before the voters this year. It is generally acknowledged that the GSPT will run out of money for new open space purchases next year. As part of the Keep It Green Campaign, the Trail Conference has joined our colleagues in keeping the pressure on the governor to change his mind and allow the legislation to go forward.

Upstate NY Power Line Plan Generates Opposition

Congressmen Maurice Hinchey and John Hall, both D-NY, have lent their support to efforts to block the US Dept. of Energy's proposal for a National Interest Electric Transmission Corridor (NIETC) in upstate New York. The DOE plan would help clear the way for New York Regional Interconnect's (NYRI) power line plan. NYRI proposes to build a line across New York State from Utica to New Windsor, crossing the Shawangunk Ridge and passing through Otisville. The two congressmen appeared at an information rally sponsored by SayNo2NYRI May 19. Hinchey also scheduled a meeting on the DOE plan June 9 in Sullivan County. The DOE's hearings on its proposal were scheduled only in New York City and Rochester. Learn more about this project from the Upper Delaware Preservation Coalition at www.udpc.net.

On the New Jersey side, the state's Dept. of Environmental Protection just produced a Natural Capital report that concluded that the state's natural capital (goods and services) is worth \$20 billion per year, which seems far too low, especially when you consider the four million people and thousands of businesses that rely on Highlands water, and the almost total lack of data on native vs. non-native plant species across the state. We are starting to see more attention directed to a tool called the Plant Stewardship Index and Database that will allow us to compare, based on a numeric score, a meadow filled with an invasive like purple loosestrife to a meadow made up of natural wildflowers, sedges, and rushes.

Of course, we at the Trail Conference have our own ways of assigning value to property. We always seek greenways and trails, so the key link in a trail is like the last piece in a complex jigsaw puzzle—very valuable. We also believe that providing access to parkland increases its worth to society, and this in turn adds value in terms of attracting bird watchers, hikers, and other tourists to the surrounding community.

What does all of this mean to the average person on the street? It means that we need to pull out our calculators and find new formulas for assessing the value of wetlands in terms of flooding that is avoided downstream, amphibians that are produced, surface water that is cleaned, and rainwater that is absorbed into the ground. It means that we need to plan beyond sections, blocks, and lots to see land as part of a natural system, not just an economic commodity. And it means that we may need to overpay for those last great pieces of natural habitat to ensure that our grandchildren can know what a red-tailed hawk's scream sounds like, or where to go to see the prettiest mountain laurel blooms every June.



600 Protected Acres in Putnam May Benefit HT Extension

New York State, with an assist from the Trust for Public Land, is buying 600 acres in eastern Putnam County, along Haviland Hollow Road in Patterson. The property abuts the



Gary Haugland places a blaze on the Highlands Trail in Cornwall. On National Trails Day, a group of students from Storm King Adventure Club cleared the last 1.25 miles of the HT in Orange County bringing the trail to the edge of the Hudson.

state's Cranberry Mountain Wildlife Management Area and the county's Michael Cialola Conservation Area. Including Cranberry Mountain and the county conservation area, contiguous open space in the area will total nearly 1,900 acres. These newly protected open spaces east of the Hudson River may advance a Trail Conference project, headed by Gary Haugland, to stretch the Highlands Trail (HT) east from the river and into Connecticut. "The HT will traverse lands where there have not been marked hiking trails in the past," says Haugland. "I think hikers will be pleasantly surprised at the rugged landscapes of eastern Putnam County."

450 Acres Adjacent to Harriman SP Protected

In April, the Open Space Conservancy, Inc. (OSC), the land acquisition affiliate of the Open Space Institute (OSI), announced its purchase of Arden House and 450 acres from Columbia University. Located in the Town of Woodbury, NY, Arden House was completed in 1909 by E.H. Harriman. The house was built at the highest point on Mount Orama, with commanding views of the Hudson Highlands in all directions, an area OSI has been actively protecting for decades, conserving more than 25,000 acres. The Arden House property has important conservation value with extensive open spaces including a lake and distinct rocky outcroppings visible for miles around. The property is located adjacent to Palisades Interstate Park Commission (PIPC) lands and Harriman State Park. Until July 2005, Columbia operated Arden House as part of its Arden Conference Center, which also included the nearby Arden Homestead. Columbia also sold Arden Homestead, situated on 540 acres in the Town of Tuxedo, to a private buyer, who will use the property as a family residence. The fate of the house, unoccupied since 2005, is at present uncertain.



Trail News

Hikers! Please Don't Trespass!

Hikers planning to hit the 2-mile Shawangunk Ridge Trail side loop in Mount Hope (see May/June *TW*) SHOULD NOT access the trail from Route 73 (Mountain Road) in Otisville. If you wish to hike in this area and visit the Graham Fire tower, you must park on Guymard Turnpike west of Route 6 by the rail line near the rail bridge and hike. **Please note: Any attempt to access the trail from Route 73 (Mountain Road) will require trespass upon private land and open hikers to potential legal liability for such trespass.** More detailed trail access info is available at www.nynjtc.org/trails/newtrails/srt.html.

Catskills Trail Closures

As of mid-June, when this *TW* went to press, blow-down in the Catskills continued to block trails with varying levels of severity, particularly at the highest elevations.

John Seirup, maintainer of Long Path section #24, in the Catskills between Greene County Route 10 and NY State Route 23, reports that most of the trail above 2400 feet is blocked and impassable. He will be coordinating cleanup efforts as quickly as possible, but cannot say how long it will take to reopen.

Check with DEC for the most up-to-date information before heading to trails in the region: www.dec.ny.gov/outdoor/33684.html.

Old Blue Trail Gets New Name

The Old Blue Trail, opened last year in Sam's Point/Minnewaska State Park Preserve, enjoys a new name: Berrypicker Trail. The name was selected by the state park preserve managers.

TRAIL HIGHLIGHT

Enjoy a Walk at Montrose Point

The Trail Conference has recently adopted a 1.2-mile trail network in the 50-acre Montrose Point State Forest in Westchester. The public land was once the site of the Montrose Brick Company. Though small by state park and state forest standards, Montrose offers a "sweet network of paths," says TC Trails Director Larry Wheelock.

In their forthcoming book *Walkable Westchester* (publication date to be announced), Jane and Walt Daniels write of Montrose Point: "The small and well laid out trail system wiggles its way up and down through the woods. It offers views of the river and several destinations likely to interest children. The side trails to an arched bridge made of bricks, a large osage orange tree, and a brick beach radiate



Water's edge at Montrose Point.

out from the main loop. They are spread just far enough apart to be destinations. The trail system is part of Westchester County's River Walk and the Hudson River Greenway."

Access is possible from Montrose Point Road via a 13-foot wide easement granted by the Kolping Society, which owns the property adjacent to the state forest.

TRAIL U

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

Unless otherwise noted, register by contacting: Heidi Adami, Volunteer Coordinator, at 201-512-9348 ext. 26, adami@nynjtc.org.

July 7 (Saturday)

Stone Step Construction: Introduction
Location: Bear Mountain, South Face
Using natural and cut stone, participants in this workshop will build a 2' wide stone staircase using the overlap and tuck-behind methods. This workshop is designed for all skill levels.

July 14 (Saturday)

Chainsaw Maintenance with Peter Jensen
Location: ATC Biennial at Ramapo College; must register through www.ramapo2007.org

July 14 (Saturday)

(10:30 am – noon)
Introduction to Griphoist and Rigging with Lester Kenway
Location: ATC Biennial at Ramapo College; must register through www.ramapo2007.org

July 14 (Saturday)

(1:15 to 3pm)
Demonstration of Griphoist and Rigging Systems with Lester Kenway
Location: ATC Biennial at Ramapo College; must register through www.ramapo2007.org

July 17 (Tuesday)

Designing and Building Naturalistic Accessible Trails with Peter Jensen
Location: ATC Biennial at Bear Mountain; must register through www.ramapo2007.org

July 18–19 (Wednesday and Thursday)

Stone Cutting and Shaping with Eddie Walsh
Location: : ATC Biennial at Bear Mountain; must register through www.ramapo2007.org

July 20 (Friday)

Stone Pinning Workshop
Location: ATC Biennial at Bear Mountain; must register through www.ramapo2007.org

July 21 and July 22 (Saturday, Sunday)

Universal Trails Assessment Process (UTAP) Training
Location: TBD
The Universal Trail Assessment Process (UTAP)

This two-day workshop combines classroom and practical, hands-on trail assessment experience to ensure that participants have the skills and confidence to conduct assessments. Participants completing this workshop will be able to establish a comprehensive inventory of trail characteristics to use for planning, maintenance, budgeting, mapping, and determining compliance with guidelines for trails and access routes.

July 22 (Sunday)

An Introduction to Stone Work
Location: Bear Mountain, South Face
This is a great day for beginners to get a taste of what trail work at Bear Mountain is all about. Participants will learn safe body mechanics to efficiently move rocks you never thought you possibly could. A variety of trail structures may be worked on, including rock steps, crib walls, turnpiking or stone paving.

August 4 (Saturday)

Introduction to Rigging for Trail Work
Location: Bear Mountain, East Face
Topics covered include: safety issues; equipment selection, care and applications; calculating for safety and efficiency; mechanical advantage for pulling; overhead zip and high-lines. There will be opportunities for hands-on practice on in the afternoon.

August 25, 26 (Saturday, Sunday)

Stone Splitting and Shaping: Intermediate Level (3 work trip requirement*)
Location: Bear Mountain, East Face
Learn how to cut and shape stone to build durable trail structures out of the preferred building material of AT trail builders. Participants will learn to read stone for planes of weakness and to use electric rotary hammer drills, feathers and wedges, and carbide stone chisels and hammers to split and dress stone to desired dimensions.



Trail Crew Schedules

May – June 2007

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

TBD = To Be Determined

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

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey. Trips start at 9:30am; call for location and details during the week before the scheduled trip day. To be included in leader's email notification list, email him at parr2@bellatlantic.net and put "NJ Trail Crew" in the subject line.

Second Sunday of each month

Sunday, July 8

Sunday, August 12

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, johnmoran@earthlink.net

This crew will cover the NJ Ramapos, Ringwood S. P., northern Wyanokies, and NJ Palisades, among other areas. 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 TRAIL CREW

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

Summer hiatus

NJ HIGHLANDS CREW

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

First Sunday of each month +

Additional Saturday or Sunday trips are often scheduled. We tackle a variety of projects on the Highlands Trail in NJ. Details and directions are posted on the NY-NJ TC website calendar or contact the leader.

METRO TRAILS CREW

Leader: Joe Gindoff, 914-760-3568, joeghiker@aol.com

Third Saturday of each month

Trips start at 9am, locations TBA. Call or email for details. We serve parks from Pelham Park in the Bronx, to the Staten Island Greenbelt. To get more info on the many trips held throughout the seasons, contact us, and get onto our mailing list.

LONG PATH/SHAWANGUNK RIDGE CREW

Leader: Jakob Franke: 201-768-3612 (home), 212-342-0178 (work), 201-638-0582 (cell)

Summer hiatus

WEST HUDSON SOUTH CREW

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

Summer hiatus

WEST HUDSON NORTH CREW

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

Summer hiatus

EAST HUDSON CREW

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

Leaders: Michael Bongar, 914-788-0616, michael@michaelbongar.com

Josie Gray, 845-831-5786, jospira@verizon.net
Alan King, 914-763-9643, ajking@mac.com

July 28 (Saturday)

Wilkinson Trail, Hudson Highlands State Park

Leader: Josie Gray
We'll build stairs and waterbars.
Meet 9:10 at Cold Spring train station

Other trips TBD. Sign up for the email list for advance notice and cancellations

NEW JERSEY APPALACHIAN TRAIL FIELD CREW

Leader: Gene Giordano, trailwork@appalachiantrail-nj.org
Email Gene Giordano if you would like to be placed on email notification list.

Second Saturday of each month 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.

BEAR MOUNTAIN TRAILS PROJECT

Contact: Heidi Adami
adami@nynjtc.org or
201-512-9348, ext. 26

Every Friday through Tuesday

In addition to the work trips below, crews are active Fridays through Tuesdays. Individuals as well as organized groups are welcome, regardless of experience level. To get involved, register online or contact the Trail Conference Office at 201-512-9348, ext. 26.

July 9, 10 (Monday, Tuesday)

Quarrying stone to be used in ATC Biennial Workshops

July 14–July 20

Beginner Work Trips

Suitable for anyone with a desire to learn how to help build and restore trails. Work will include trail clearing, excavation, some rock moving, and ecological restoration.

July 14–July 20

Intermediate and Advanced Work Trips Part of ATC Biennial; must register through www.ramapo2007.org

Participants on these trips will help with rock step construction, crib wall construction, stone paving, stone shaping, and with rigging systems.

July 21, 22 (Saturday, Sunday)

Meet: 8:30 am at Cul de Sac on Perkins Drive
Use an overhead rigging system to quarry stone and to construct a tall stone crib wall.

July 27–31, (Friday–Tuesday)

Meet: 8:30 am at Cul de Sac on Perkins Drive
Use an overhead rigging system to quarry stone and construct a dry stack stone crib wall. Volunteers will set stone, move fill with power-tracked carriers, and apply tread surfacing.

August 3–7, Friday–Tuesday

Meet: 8:30 am at Cul de Sac on Perkins Drive
Use an overhead rigging system to quarry stone and construct a tall stone crib wall and stone steps. Volunteers will set stone, crush native stone for fill, and build cribbed and pinned stone steps.

August 17–21 (Friday–Tuesday) and August 24–28 (Friday–Tuesday)

Meet: 8:30 am at Cul de Sac on Perkins Drive
Use an overhead rigging system to quarry stone and construct a tall stone crib wall and stone steps. Volunteers will set stone, crush native stone for fill, and use rotary hammer drills to set pins and split stone.

August 18, 19 (Saturday, Sunday)

Women Only Weekend on South Face
Participants will help grade the trail and build stone turnpiking on the south slopes of Bear Mountain.

An Eagle Project Start to Finish

We often see in these pages mentions of Eagle Scout projects completed on our trails. This article highlights a recent and very substantial project completed in Ringwood State Park last November and shows in detail just how much work a Scout must put into such a project.



Scout Daniel Loughrey uses a rock drill supervised by Scout leader Frank Stevens.

I was contacted by Scout Daniel Loughrey of Troop 96 in Ringwood during the spring of 2005 asking if I knew of any "really good" projects that he might complete either on the Appalachian Trail or in Ringwood. I happened to have one.

Just prior to Daniel's call, the Trail Conference and Ringwood State Park had reopened the Blue Trail, a very useful connector trail between the Cannonball and Ringwood Ramapo Trails. But it had a problem: near its terminus it crossed High Mountain Brook on a very old, shaky, and inadequate ladder-style bridge, which often sat in the middle of a swollen stream. We had discussed repair or replacement of this bridge with park superintendents Rebecca Fitzgerald and Eric Pain. It would be a difficult job, but we received approval for the project; park personnel offered to help in any way needed.

The bridge would need to be about 30 feet long and be high enough to clear large boulders in the stream. It would need excellent footings set back from the stream as well as support in the middle, but without disturbing the stream bed. Because of its height it would need hand rails on both sides. It required a lot of expensive material that would have to be transported more

By Gene Giordano, AT NJ Trail Chair and Trail Supervisor for Ringwood State Park

than a mile to the site from the nearest road. No problem, Daniel said, I can do it. He called his District Eagle Scout Advisor for conceptual approval for the project, which he received. Two weeks later he arranged to hike to the site with me and two troop leaders, his father, Terry Loughrey, and Frank Stevens. We took measurements and discussed some possible designs. Later that summer, while Daniel was still working on his design, a severe summer rain storm moved the old bridge about 25 yards down stream and broke it into several pieces. I checked in with Daniel and told him about the old bridge; several days later he, along with Scouts Mike and Nathaniel Fischer, his father, and I, went back out to the bridge site to check on his design; the Scouts retrieved and repaired the old bridge and put it back in place. Daniel decided that he was going to pin the center of the bridge supports into the large boulder in the middle of the stream. He went home and completed his design of the bridge, then brought it to his troop committee for approval; after incorporating several design suggestions, the project was approved by his troop.

Next he brought me the new design; I

continued on page 12

Volunteer Classifieds: Get Involved!

If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact Heidi Adami, either by email, volunteers@nynjtc.org or phone, 201-512-9348, ext. 26, and she will find a way to get you involved.

Help Fight ATV Damage By Making a PowerPoint Show

C&A seeks a volunteer or an intern to prepare a multimedia, Power Point presentation about ATV damage for use out in the field when meeting with the public, organizations and lobbying government officials to pass ATV legislation. The Trail Conference has all the materials necessary to create this presentation (electronic and hard copy pictures, computer access, etc). Project anticipated completion time is approximately 25 hours.

PG Calc Help Wanted

The Trail Conference is looking for some professional assistance for its Charitable Gift Annuity program. Development professionals agree that planned giving is great way to invest in the Trail Conference's mission, and that Charitable Gift annuities are one popular method to make a donation. If you have access to PG Calc software and would be willing to help prepare planned gifts for the Trail Conference, please contact Joshua E. Howard or 201-512-9348, ext. 13.

Trail Maintainers

We are looking for individuals, couples and families who are willing to adopt a section of trail. Maintainers are expected to visit their assigned section a minimum of twice a year, keeping it passable by cutting back brush, ensuring it is well marked and free of trash, and submitting bi-annual reports of their work. We have openings on several of our Trail Committees, such as Catskills Forest Preserve, West Hudson North (Black Rock Forest and Minnewaska State Park), Central Jersey, West Jersey, the Long Path and more!



Wanted: Photographers to Capture the Sublime, the Grit, and the Camaraderie of People Working and Walking in Nature

Looking for a creative assignment outside? Want to support the Trail Conference without getting dirty? Consider photography. The Trail Conference seeks Photos of People in Nature and Trail Volunteers at Work for use in *Trail Walker*, other publications, and our website. Document a day with one of our Trail Crews, a family enjoying a trail outing, friends in scenery. Artistry counts. If your photo is used, you will be given photo credit. For print purposes, digital photos must be high-resolution. When subjects are identifiable, their written permission is required. To submit photos, obtain photo release forms, or inquire about an assignment, contact tw@nynjtc.org.

Appalachian Trail Corridor Monitor

Looking to get off the beaten path? Monitors are needed to patrol and watch the Appalachian Trail Corridor to protect against misuse and illegal activities. Responsibilities include: walking the corridor boundaries two to four times per year; verifying boundary markers along the corridor boundary; reporting evidence of trespass and misuse such as dumping, logging, ATVs, etc.; assisting Corridor Manager in handling problems discovered; and meeting trail neighbors and easement holders annually.

Trails Standards Researcher

We need a more up-to-date and extensive trail design and building and trail standards reference manual. Research ADA-compliant, multi-use, and liability issues, front country vs. back country design and construction, and trail standards. 40 to 100 hours.

Conservation & Advocacy Paralegal/Legal Administrator:

We seek a volunteer with some legal background that could assist C&A staff with administrative support in the office. Specifically, we have real property tax work and other tasks associated with land acquisition and stewardship, but there are also many other tasks that occur regularly. Ideally, we would like a volunteer who is able to work independently and commit to a regular weekly or biweekly time slot with some flexibility.

Conservation & Advocacy Stewardship Organizer

We seek a volunteer or intern to create and organize "field binders" for properties owned by the Trail Conference. This position will require organizing some existing files, extracting the important information for the field binder, and visiting the properties as part of our general stewardship activities. This is a great summer project that will allow you to hike Trail Conference properties along the Shawangunk Ridge Trail and the Long Path.

Conservation & Advocacy Archive Indexer

We have approximately 25 boxes of archived files that need to be indexed. Some boxes need to be better organized, but some boxes are ready to be indexed. This is a one-time project with an estimated completion time of about 25 hours.



Help Spread the Word!

We seek outreach representatives to attend health fairs, work at information tables and share information about the Trail Conference to the public. If you are interested in bringing new people to the Trail Conference and informing the public of our work, contact us today!



Experience the Outdoors as a Base Camp Host

And help others build a positive experience as well! As a base camp host, you will greet Bear Mountain Trails Project volunteers upon their arrival to camp at the Lower Twin Lake Camp in Harriman State Park. Responsibilities include providing guests with campground and area information and help to ensure a comfortable stay as well as assisting the Bear Mountain field staff. On occasion, help with meal prep for large volunteer groups may be needed. Base Camp hosts should be Trail Conference or ATC members, 21 years of age, have camping experience, and demonstrate good customer service skills.

Put Your Writing Skills to Good Use!

Grant Writer: Collect and wordsmith material and information from various sources (previous grants, project managers, volunteers, and staff) to synthesize into cohesive text to be used for grant applications. Experience using Microsoft Word and attention to detail are necessary requirements; previous grant writing experience is preferred but not necessary.

Filing Cabinet Wanted

The Trail Conference needs a 36" wide four or five drawer locking metal filing cabinet. If you or your business has a filing cabinet in good condition that you are willing to donate, please contact Joshua Howard at 201-512-9348, ext. 13, or at josh@nynjtc.org.



Member Club Profile

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



Thendara Mountain Club members gather at their rustic lodge in Harriman S.P.

Thendara Mountain Club

www.thendaramountainclub.org

"Hiking trails start at our doorstep, and a short walk down the hill leads to Lake Tiorati. Our facilities on the lake include canoes, sailboats and a swimming area. The winter brings opportunities to hike, cross-country ski, snowshoe, or relax by the warm fireplace."

If this sounds appealing, and you are over age 18, you might want to consider membership in the Thendara Mountain Club (TMC) (\$45, individuals; \$65, family). The club is based in a rustic lodge built in 1920 on Hasenclever Mountain in Harriman State Park. TMC, founded in 1916 as the New York section of the Green Mountain Club and renamed in 2000, has leased the lodge from the Palisades Interstate Park Commission since it was built. It is headquarters, social center, and refuge for the club's 300 members.

The lodge sleeps 17 inside, 20 in a screened bunkhouse, and offers a few camping spaces. "Our sleeping capacity maxes out at about 45," says Sharon Bonk, a member since 1994 and a current club officer. Meals are family style, with members sharing food costs and taking

turns serving as hosts—preparing meals and organizing chore duties. The lodge has a furnace to keep things warm in winter, but the bathroom is outside. "We have a great outhouse!" says Bonk with a laugh. She admits this arrangement is the big "selector" when it comes to membership. "You have to like rustic."

The group offers an active schedule of hikes and other outdoor activities, both on- and off-site. Service is an important component of the club's mission. Members maintain 35 miles of trails in Harriman/Bear Mountain State Parks and volunteer as Native American Shelter Stewards, monitoring historical Native American rock shelters and other historical structures in the park. They sponsor a Big Buddies group from Queens and have contributed generously to numerous conservation efforts, such as the effort to preserve Sterling Forest. Last year they hosted trail crews working on the Bear Mountain Trails Project.

"We're a fun group," says Bonk. "We have members from New York, New Jersey, Connecticut, and Pennsylvania. And new members are welcome to join." A membership application is available online, as are photos and other information about TMC.

Science & Ecology

When the Ground Goes Squish under Your Boots

By Joan Ehrenfeld

It's a rare hike that doesn't traverse some wet ground or at least skirt the edge of a wet area. A trail may take a lengthy route around land that is simply too wet and soft to walk across. Sometimes, the wet area is so small as to be hardly noticeable; a few long strides and it's passed. But large or small, these wetlands are very special and important parts of the landscape.

Wetlands are what result when specialized plants and abundant water create special soils. The three-way interactions among the plants, soil, and water that are responsible for the existence of wetlands are recognized in the laws that govern wetland

protection. Indeed, in order to establish that a wetland is present, it is necessary to show that those special plants and soils are present, together with plenty of water. In understanding the ways in which water, soils, and plants influence each other, the special values of wetlands become apparent.

The presence of water in a soil for a prolonged period results in the utilization of most or all of the oxygen in the soil. This happens because both the roots of the plants and the myriad microbes in the soil require oxygen to breathe (i.e., respire), just as people do. It is this process that generates energy for all other vital activities, such as growth and reproduction. Oxygen cannot dissolve into water within the soil or diffuse fast enough to keep up with the demand from the microbes and roots, and so the soil becomes anaerobic—lacking free oxygen—if it stays wet. The length of time necessary for this to happen depends on the season—weeks to months in the winter, a day or two in the summer—and the

amount of organic material, the 'food' of the microbes, in the soil.

Plants growing in anaerobic soils, however, still need oxygen to support their root systems, and so a variety of neat adaptations have evolved that enable plants to provide a constant 'fix' of oxygen to their nether parts. Many wetland plants have very spongy stems and leaves. The large air spaces between the cells that cause the sponginess, called 'aerenchyma,' allow oxygen to diffuse downward from the leaves and stems into the roots. Try squeezing a stem of a wetland plant, or cutting the stem across: the air spaces will be very clear. Some wetland plants are also able to generate a flow of air through their tissues: oxygen-rich air enters some leaves, this air flows down into the roots and then up through other stems to exit through other leaves. These plants are able to supply oxygen from the air to roots that may be several feet long. Many other wetland plants build up small mounds, called 'hummocks,' that are slightly higher than the very wet surface of the ground. These hummocks are just high enough (often only a few inches) to allow some drainage of the water, and therefore more oxygen in the soil. Trees enlarge their trunks near the base to produce a larger surface through which oxygen from the air can diffuse into the wood. Some species, such as the bald cypress of southern swamps, go to great extremes in such buttressing, as it's called; but buttresses can be seen even on the ashes and maples of our northern swamps.

The microbes that can live in wetland soils also have adaptations to surviving with little or no oxygen. They are able to use a variety of alternative biochemical methods of generating energy, including fermentation and many different types of anaerobic metabolism. Fortunately for us, these biochemical adaptations are also very effective in removing a variety of pollutants from



View of a floodplain



An expanse of *Symlocarpus* (skunk cabbage) indicates a field of wet soil.

the water and soil. It is these microbial processes that make wetlands so useful in protecting clean water and cleaning up polluted water.

Wetlands are not only the home of myriad unusual plants, animals, and microbes, but also have global significance as places in which carbon is permanently removed from the atmosphere and stored as peat. So, the next time your boots get covered in mud, think about the amazing biology behind that mud!

Joan Ehrenfeld is a professor in the Department of Ecology, Evolution and Natural Resources at Cook College, Rutgers University. Her special interest is wetland ecology.



Getting Grandkids into the Act

Bob and Joan Cohen recently became caretakers for the Telephone Pioneers Shelter on the Appalachian Trail north of Pawling, NY. The privy door was missing. Here is Bob's account of how he involved his grandchildren in shelter maintenance.

We chose Easter Sunday afternoon to replace the door of the privy at the Telephone Pioneers Shelter. We all went to church early and then came home and had a fantastic family brunch. It was a beautiful

spring day and three of my grandchildren came along to help me. Jake is 8, Kayleigh is 12, and Ryan is 14. They have been hiking all of their lives and enjoy the outdoors very much.

We loaded the replacement door and tools into the car and drove to where the AT intersects with West Dover Road. There is at this point what is reported to be the largest oak tree on the entire AT. (We chose to go up from West Dover Road rather than going in from Penny Road because of the wet areas on the trail going in from that direction.) We carried the heavy door and tools about a mile up a fairly steep trail. We have taken this trail and eaten lunch together at Cat Rocks several times, and the view is much more impressive looking down than looking up while

carrying a door up the trail! I never would have made it all the way if it weren't for their help. They carried more than I did.

Kayleigh and I installed the door while the boys explored the area. While we were there we repaired two bow saws and installed a clothes line.

All three of my grandchildren attend the Dutchess Day School. Kayleigh belongs to the Ecology Club at her school and did this as part of a class project. She hopes to go to Costa Rica next year with the club as a field trip. She has to do volunteer work related to ecology to qualify. When I asked Kayleigh what she thought of our service outing, she said, "I really enjoyed doing this project with my grandfather. I think this was a good way of giving back to the community. I hope I can help even more during the summer."

—Bob Cohen



Kayleigh and Ryan portage a new privy door up to Telephone Pioneers Shelter on the AT.



Mission accomplished.

"Tracking the Wild Invasives": Report from Year One

It is hard to believe a year has quickly passed us by and we now find ourselves knee-deep in invasives as the second year of the USDA Volunteer Invasive Plant Survey gets underway.

A total of 2,857 observations were made.

Looking back on 2006, we are excited to report that we had a very successful season. Fifty-nine volunteers surveyed 26 miles of trails in Harriman State Park and Ringwood State Forest. A total of 2,857 observations were made; 61% of the observations in Harriman State Park and 91% in Ringwood State Forest were of invasive plants, with the most common species being Japanese Barberry in Harriman and Garlic Mustard in Ringwood.

Volunteers overwhelmingly reported that they enjoyed learning about the invasive plant issue and many plan to help spread the word and talk to others about the growing problem. In addition, volunteers plan to change their gardening habits and to remove invasive plants from their yard! All indicated that they would volunteer for a project like this again.

The principle investigators—Rutgers University, Palisades Interstate Park Commission, and the Trail Conference—and project coordinators also learned much. With feedback from our 2006 volunteers, we have refined the program for the 2007 season and look forward to another successful year. Thanks go to all who participated!

—Heidi Adami, Volunteer Coordinator



HIKERS' ALMANAC

A Sampling of Upcoming Hikes
Sponsored by Member Clubs

July

Sunday, July 1

GAHC. Fire Island Seashore/Sunken Forest, NY. Leader: Gunter Georgi, 516-883-2336; please call to pre-register. Meet: 10am at Sayville, NY, ferry landing. Easy to moderate hike with swimming.

IHC. Highlands Trail #10-Newark Watershed, NJ. Leader: Guy and Jen Percival, 973-984-1005. Meet: 9am at Echo Lake parking, West Milford, NJ. Strenuous 9 miles. This section passes lakes and quiet streams.

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10am at Sugarloaf parking lot; call for directions. Moderate hike.

Monday, July 2

RVW. Ashokan High Point, Catskills, NY. For info: 845-338-8772. Meet: 8am. Strenuous 7.5 mile hike; about 6 hours. Inclement weather date is following Monday.

UCHC. Turtle Back Rock, NJ. Leader: Len Shnitzer, 732-499-9176. Meet: 10am at South Mountain Reservation; call for directions. Easy, level hike to Girl Scout oval and back.

Tuesday, July 3

UCHC. Pine Meadow Lake, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475 (cell; use only day of hike). Meet: 10am at Reeves Meadow visitors center, Seven Lakes Dr. Moderate 5-6 miles to the lake.

Thursday, July 5

UCHC. Sunfish Pond, Delaware Water Gap, NJ. Leader: Wayne Frey, 732-537-9190. Meet: 10am at AT/Dunnfield Creek lot. Moderately strenuous hike on Appalachian Trail to Sunfish Pond, back on Dunnfield Creek Trail.

Saturday, July 7

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Mimi Solomon, 973-379-3910. Meet: 10am at Tulip Springs lot, Brookside Ave., Millburn. Moderate hike with several hills; about 2.5 hours. Yellow Trail to near Crest Dr.

Sunday, July 8

IHC. Hubbard-Perkins Conservation Area: Round Hill, NY. Leader: Jane Egan, 973-636-0809; no calls after 9pm. Meet: 9am at Trading Post parking, Rt. 9W north, Fort Montgomery, NJ. Moderate 7.5 miles with a few moderate climbs. Hike on little-used trails in part of Fahnestock State Park once used for farming and iron mining.

NYHC. Tibbets Brook Park, NY. Leader: George Glatz, 212-533-9457; call 7-8am. Meet: 1:30pm at 242 St. and Broadway; #1 train to last stop. Easy 4 miles along the old Putnam Division right-of-way.

UCHC. Rifle Camp Park, Paterson, NJ. Leader: Peter Wolff, 973-731-0602. Meet: 10am at first lot from park entrance. Casual pace, moderate. Nice views midway in this historic area. Rain cancels.

Monday, July 9

RVW. Slide Mtn., Catskills, NY (4,180'). For info: 845-246-7987. Meet: 8am. Strenuous 6.5 mile hike; about 5 hours and 1,650' ascent. Inclement weather date is following Monday.

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Cherryl Short, 973-299-0212. Meet: 10am at lot off of Brookside Dr; call for directions. Painter's Point: easy favorite along the Rahway River.

Tuesday, July 10

UCHC. Terrace Pond, NJ. Leader: George Smith, 973-778-3586. Meet: 10am at lot #7 on Clinton Rd., West Milford, NJ. Moderately strenuous 5-7 miles, with lunch at this beautiful pond.

Wednesday, July 11

RVW. Trail Maintenance at Esopus Bend Nature Preserve, NY. For info: 845-246-7174. Meet: 8am. Spend a few hours helping to maintain the trails. No experience needed.

NYHC. Hudson River Evening Walk, NYC. Leaders: Sam and Esther Dorfman. Meet: 5:45pm at Starbucks, 181 St. and Fort Washington Ave.; A train (last car) to 181 St. Easy 3 miles along the scenic Hudson, with a stop at the Little Red Lighthouse under the George Washington Bridge; continue towards Riverbank State Park. Rain cancels.

UCHC. Hedden Park, Dover, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10am; call for directions. Pleasant 2-hour walk through woods and along a stream; some ups and downs.

Thursday, July 12

UCHC. Lake Skannatati, Harriman State Park, NY. Leader: George Pullman, 973-773-2678. Meet: 10am at Lake Skannatati lot. Moderately strenuous; 8+ miles with hills at a steady pace.

July 13 - July 20

Special Event: Appalachian Trail Conservancy 36th Biennial Conference. Hosted by the NY-NJ Trail Conference, this week-long event in Ramapo, NJ, will have hikes on the AT and elsewhere; youth activities; historical, environmental, and cultural excursions; and workshops. To learn more, see page 12 in this issue of Trail Walker or go to www.ramapo2007.org.

Saturday, July 14

UCHC. Watchung Trail Maintenance, NJ. Leader: Pre-register by calling Trailside at 908-789-3670, ext. 3420. Meet: 9:30am - noon; call for location. Have fun while giving back to the trails; bring gloves, trash bag, clippers if you have them. No experience needed. Learn new skills and meet people while working outdoors.

UCHC. Jockey Hollow National Park, Morristown, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at visitors center. Moderate, scenic 4-5 miles; pace depends on weather/heat. Steady rain cancels.

ADK-R. Raspberry Hike, Hudson Palisades. For info: 845-359-5245. Easy.

Sunday, July 15

IHC. Butler Reservoir, Kinnelon, NJ. Leaders: Guy and Jen Percival, 973-984-1005. Meet: 9am at Kinnelon ballfield, Boonton Ave., Kinnelon, NJ. Moderately strenuous. Hike around the reservoir and past Tripod and Bear Rocks for a complete day out.

GAHC. Sunken Meadow State Park, Long Island. Leader: Evelyn Hoyer, 718-457-8319. Meet: 10am at bathhouse of most easterly parking lot. Hike with swimming.

TLR. Beat the Heat Hike, NY. Call Teatown Lake Reservation to make a reservation: 914-762-2912, ext. 110. Meet: 9:30am at Teatown Lake Reservation in Ossining, NY. Easy morning hike to stretch your legs and beat the heat.

NYHC. Tallman Mtn. State Park to Nyack, NY. Leader: Lynn Albin, 718-743-0920; call starting Wed. eve for recorded message. Meet: Port Authority bus terminal at Commuters statue. Moderate 8 miles. A full day: park walk, pool swim, then Long Path to Piermont and Nyack, followed by meal at Mexican restaurant.

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Jim Schlegel, 973-731-4339. Meet: 10am at Tulip Springs parking, Brookside Ave., Millburn, NJ. Moderate hike of about 2 hours.

Monday, July 16

RVW. Mt. Washington Park HQ, CT. For info: 845-246-4590. Meet: 8am. Moderate 6.5 miles, 4 hours, on Alander Mountain. Inclement weather date is following Monday.

UCHC. Jockey Hollow National Park, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10am at visitors center. Easy 3 miles.

Tuesday, July 17

UCHC. Ramapo Circular, Oakland, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at lower lot on Skyline Dr. Moderately strenuous 6-7 miles.

Wednesday, July 18

UCHC. Schiff Reservation, Mendham, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Patriots Path parking lot in Mendham, NJ. Moderate 5 miles.

Saturday, July 21

TLR. Family Habitat Safari: The Swamp, NY. Call Teatown Lake Reservation to make a reservation: 914-762-2912, ext. 110. Meet: 10am at Teatown Lake Reservation in Ossining, NY. Easy 1 1/2 hour family walk to learn about the animals and plants unique to this habitat. Non-members \$5.

UCHC. Pyramid and Turkey Mountains, Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Pyramid Mtn. parking. Moderate 4-5 miles on Pyramid and Turkey Mtns; not for beginners.

Sunday, July 22

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Center on Coles Ave. and New Providence Rd. Brisk 4-5 miles. Rain cancels.

Monday, July 23

UCHC. Grover Cleveland Park, Essex Fells and Caldwell, NJ. Leader: Cherryl Short, 973-299-0212. Meet: 10am; call for directions. Easy 3 miles; enjoy the best of two parks.

Tuesday, July 24

UCHC. South Mtn. Reservation, NJ. Leader: Ellie King, 908-233-8411. Meet: 10am at Tulip Springs parking. Easy to moderate pace, 5 miles. To cool spots for a hot day: Hemlock Falls, Rahway River, and the mill ponds.

Wednesday, July 25

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Len Schnitzer and Norma Cohen, 732-499-9176. Meet: 10am at Sugarloaf parking. Moderate hike with some hills.

Thursday, July 26

UCHC. Wildcat Ridge, Fanny State Park, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10am at Four Birds South lot. Moderately strenuous 8-9 miles. Hike to old furnace off Splitrock Rd., back via Wildcat Ridge.

Saturday, July 28

ADK-R. Johnstown Circular, Harriman State Park, NY. For info: 845-354-9165. Early start; easy.

IHC. Minnewaska Meander. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 8:30am at Harriman RR Station, Rt. 17, Arden, NY; parking fee. Moderately strenuous. Long Path and other trails to a swim in Lake Awosting (bring bathing suit); blueberries are also possible. Rain cancels.

RVW. Black Rock Forest, NY. For info: 845-246-7174. Meet: 8am. Easy 5 miles. Inclement weather date is following Saturday.

TLR. Family Habitat Safari: The Edge of the Pond, NY. Call Teatown Lake Reservation to make a reservation: 914-762-2912, ext. 110. Meet: 10am at Teatown Lake Reservation in Ossining, NY. Easy 1 1/2 hour family walk to learn about the animals and plants unique to this habitat. Non-members \$5.

NYHC. Staten Island Walk to Snug Harbor. Leader: Sal Varbero, 718-420-9569; call 8-10pm, Mon-Fri. Meet: 10:30am at Staten Island Ferry Terminal, New York side. Easy 4 miles along the shore from ferry terminal to and around Snug Harbor.

UCHC. South Mtn. Reservation, NJ. Leader: Naomi Shapiro, 973-762-1832. Call before 9pm. Meet: 10am at Locust Grove parking, across from Millburn, NJ, RR station. Brisk 5 miles; little over 2 hours. Steady rain cancels.

Sunday, July 29

GAHC. Fahnestock State Park, NY. Leader: Mathias Wuethrich, 908-253-9042. Meet: 9:30am at parking at southwest end of Canopus Lake. Easy to moderate hike with possible swimming.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Angela Coble, 908-686-5958. Meet: 10am at Trailside Center, Coles Ave. and New Providence Rd. Brisk 4-5 miles. Rain cancels.



Emma Hackley-Baker at a viewpoint on the Breakneck Ridge Trail in Hudson Highlands State Park.

Monday, July 30

RVW. Huckleberry Point, Catskills, NY. For info: 845-246-7616. Meet: 8am. Moderate 5 miles, 3.5 hours. Inclement weather date is following Monday.

UCHC. Mayapple Hill, South Mtn. Reservation, NJ. Leader: Dave Hogenauer, 973-901-0824. Meet: 10am; call for directions. Easy 3 miles.

Tuesday, July 31

UCHC. Lake Skenonto, Harriman State Park, NY. Leader: Marilyn Varney, 914-698-2339 (no calls after 9pm, please). Meet: 10am at Johnstown Rd. circle; call for directions. Moderate, flat 6 miles. Visit two lakes.

August

Wednesday, August 1

UCHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am. Moderate hike in a beautiful park. Steady rain cancels.

Thursday, August 2

UCHC. Weis Ecology Center, Wanaque. Leader: Alan Breach, 973-875-4376. Meet: 10am; call for directions. Moderately strenuous 8+ miles in Norvin Green State Forest. Scenic waterfall, view from High Point rock.

Saturday, August 4

UCHC. Watchung Trail Maintenance, NJ. Leader: Pre-register by calling Trailside at 908-789-3670, ext. 3420. Meet: 9:30am - noon; call for location. Have fun while giving back to the trails; bring gloves, trash bag, clippers if you have them. No experience needed. Learn new skills and meet people while working outdoors.

TLR. Family Habitat Safari: The Forest, NY. Call Teatown Lake Reservation to make a reservation: 914-762-2912, ext. 110. Meet: 10am at Teatown Lake Reservation in Ossining, NY. Easy 1 1/2 hour family walk to learn about the animals and plants unique to this habitat. Non-members \$5.

NYHC. Tallman Mtn. State Park to Nyack, NY. Leader: Lynn Albin, 718-743-0920; call starting Wed. eve for recorded message. Meet: Port Authority bus terminal at Commuters statue. Moderate 8 miles. A full day: park walk, pool swim, then Long Path to Piermont and Nyack, followed by meal at Mexican restaurant.

UCHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. Moderate 4 miles with some hills. Steady rain cancels.

ADK-R. A Day in the Woods, Harriman S.P., NY. For info: 354-729-4046. Easy.

RVW. Pine Bush Discovery Center Albany, NY. For info: 845-246-4590. Easy Hike: 3 miles, 5 hours. Meet at 8:30am. Note: \$2 entrance fee.

Sunday, August 5

IHC. Above and Along the Hudson River. Leader: Steve Rikon, 973-962-4149. Meet: 9am at NJ PIP headquarters, Alpine Approach Rd., Alpine, NJ (exit 2 on Palisades Parkway). Moderately strenuous. From State Line Lookout go north on Long Path, descend Giant Stairs, scramble to Shore Trail, then to Alpine Boat Basin. Shuttle required.

Monday, August 6

UCHC. South Mtn. Reservation, NJ. Leader: Len Shnitzer, 732-499-9176. Meet: 10am at Tulip Springs; call for directions. Easy 3 miles to Hemlock Falls and back on Painter's Point Trail.

RVW. Balsam Lake Mountain (3600') Catskills, NY. For info: 845-246-8546. Moderate-plus hike: 5.5 miles, 5 hours. Meet at 8am. Inclement weather date-following Monday.

Tuesday, August 7

UCHC. Ailamuchy State Park, NJ. Leader: Dave Hogenauer, 973-901-0824. Meet: 10am at I-80 lot; call for directions. Moderate pace, 5-6 miles.

Wednesday, August 8

UCHC. Somerset Co. Environmental Center, Basking Ridge, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at center parking lot. Easy, level 4 miles at leisurely pace.

Thursday, August 9

UCHC. Horsepond Mountain, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10am at Jennings Hollow, Hewitt, for short shuttle; call for directions. Moderately strenuous 6-7 miles; includes recently relocated section of Stonetown Circular Trail.

Saturday, August 11

UCHC. South Mtn. Reservation, NJ. Leader: Ellie King, 908-233-8411. Meet: 10am at Tulip Springs; call for directions. Moderate 4-5 miles; pace will depend on weather.

Sunday, August 12

GAHC. Robert Moses State Park, Fire Island, NY. Leader: Gunter Georgi, 516-883-2336. Meet: 10am at bathhouse of parking lot #5. Hike with swimming.

Monday, August 13

UCHC. Deer Paddock, South Mtn. Reservation, NJ. Leader: Joe Burns, 973-887-8173. Meet: 10am; call for directions. Easy, level 3 miles to Washington Rock.

RVW. Ramshorn-Livingston Sanctuary, Catskill, NY. For info: 845-417-8097 OR 518-895-8474. Easy hike: 3.5 miles, 3.5 hours. Meet at 8am. Inclement weather date-following Monday.

Tuesday, August 14

UCHC. Van Campens Glen, Delaware Water Gap, NJ. Leader: Wayne Frey, 732-537-9190. Meet: 10am at Millbrook Village; call for directions. Moderately strenuous 6 miles. Hamilton Ridge and Pioneer Trails; lunch beside beautiful cascade on Van Campens Brook.

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

More than 90 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

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

| | | | |
|-------|-----------------------------|------|----------------------------|
| ADK-R | Adirondack Mountain Club | NYHC | New York Hiking Club |
| | Ramapo Chapter | RVW | Rip Van Winkle Hiking Club |
| GAHC | German-American Hiking Club | TLR | Teatown Lake Reservation |
| IHC | Interstate Hiking Club | UCHC | Union County Hiking Club |

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the September/October 2007 issue is July 15, 2007.

Wednesday, August 15

UHC. Locust Grove, South Mtn. Reservation, NY. Leader: Ellie King, 908-233-8411. Meet: 10am at Locust Grove lot, across from Millburn, NJ, RR station. 2 hour hike; pace/distance will depend on weather. Steady rain cancels.

Thursday, August 16

UHC. Apschawa Preserve, West Milford, NJ. Leader: Steve Gruber, 908-647-3253. Meet: 10am at lot off Northwood Dr; call for directions. Moderately strenuous 9 miles; includes view of NYC on a clear day, two reservoirs and stream cascades.

ADK-R. Cool in the Woods, Harriman S.P., NY. For info: 201-871-3531. Moderate.

Saturday, August 18

IHC. Escarpment Trail-North Lake, Catskills, NY. Leader: Charlie and Anita Kientzler, 973-835-1060. Meet: 8am at Harriman RR Station, Rt. 17, Arden, NY. Moderately strenuous. Historic, scenic hike including Catskill Mtn. House, Artists Rock, Newmans Ledge; park entrance fee. Optional swimming and early supper after hike.

TLR. Family Habitat Safari: The Meadow. Call Teatown Lake Reservation to make a reservation: 914-762-2912, ext. 110. Meet: 10am at Teatown Lake Reservation in Ossining, NY. Easy 1 1/2 hour family walk to learn about the animals and plants unique to this habitat. Non-members \$5.

NYHC. Bethpage to Cold Spring Harbor, Long Island, NY. Leader: Ray Krant, 718-435-4994; call before 10pm. Meet: 9:45am at Penn Station, lower level LIRR info booth. Moderate 10 miles. Hike along Nassau-Suffolk Greenbelt Trail.

Sunday, August 19

NYHC. State Line to Nyack, NY. Leader: George Glatz, 212-533-9457; call 7-8am. Meet: 10:15am at George Washington Bridge bus terminal (A train to 175 St.), upper level ticket windows. Easy 6 miles along the Hudson River.

UHC. South Mtn. Reservation, NY. Leader: Louise White, 973-746-4319. Call between 9am and 9pm. Meet: 10am at Tulip Springs parking on Brookside Ave., Millburn, NJ. Moderate 4 miles through pine forest to Hemlock Falls, then woods road along Rahway River.

Monday, August 20

UHC. Mills Reservation, Cedar Grove, NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10am; call for directions. Easy 3 miles along the Lenape and Blue Trails.

RVW. Windham High Peak (3524'), Catskills, NY. For info: 845-246-1823. Moderate-plus hike: 6.6 miles, 4.5 hours. Meet 8am.

Tuesday, August 21

UHC. Jonathan Woods, NJ. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Diamond Spring Park in Denville, NJ; call for directions. Moderate 5 miles in Morris County's newest park.

Wednesday, August 22

UHC. The Tourne, Boonton, NJ. Leader: Joe Burns, 973-887-8173. Meet: 10am; call for directions. Moderate, pretty hike to Birchwood and Crystal Lakes.

Saturday, August 25

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside Center on Coles Ave. and New Providence Rd. Moderate 4-5 miles with some hills/rough terrain. Pace depends on weather. Steady rain cancels.

RVW. Innisfree Gardens, Millbrook, NY. For info: 845-246-2945. Easy Hike: 5 miles, 5 hours. Meet at 8am. Inclement weather date?-following Saturday. Note: entrance fee.

Sunday, August 26

GAHC. Sunken Meadow State Park, Long Island, NY. Leader: Marlies Binz, 718-849-1463. Meet: 10am at bathhouse of most easterly parking lot. Hike with swimming.

UHC. Rifle Camp Park, Paterson, NJ. Leader: Peter Wolff, 973-731-0602. Meet: 10am at first lot from park entrance; call for directions. Moderate hike at casual pace. Nice views midway in this historic area. Rain cancels.

Monday, August 27

UHC. Cedar Grove Community Park, Cedar Grove, NJ. Leader: Roz Bloom, 973-364-0186. Meet: 10am; call for directions. Easy, level 3 miles. A railroad bed, hemlock gorge, and the reservoir.

RVW. Huntersfield Mountain (3424'), Plattsville, NY. For info: 518-895-8474. Moderate hike: 4.5 miles, 4 hours. Meet at 8am. Inclement weather date-following Monday.

Thursday, August 30

UHC. Ramapo State Forest, Oakland, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10am at upper lot off Skyline Dr; call for directions. Moderately strenuous 8+ miles.

September

Saturday, September 1

ADK-R. Schunemunk Mountain. Call leader for info: 973-835-2832. Strenuous.

www.nynjtc.org

Heat-Related Illnesses in the Hiker

By George Becker III, MD

What's a heat-related illness?

Heat-related illnesses occur when the body's adaptation mechanisms fail to compensate for excessive heat stress and can range from minor to life-threatening. In the setting of excessive ambient heat or vigorous exercise, the body dissipates heat by several mechanisms. These include radiation of heat from the skin to the air and evaporation of sweat. If an individual becomes dehydrated, heat production is too great, or the environment is too warm, the body temperature can rise to a dangerous level.

Who gets heat-related illness?

Heat-related disorders are the most frequent cause of environmentally related death, and although heat emergencies can affect anybody, there are certain people who are at particular risk. These include young children and the elderly, the overweight, and those taking certain medications, such as antihistamines, stimulants, and cardiovascular medicines. Additionally, those who have had prior episodes are prone to recurrence.

What types of things can happen?

Heat Edema: This is a self-limited process in which swelling of the hands, feet, and ankles develops after exposure to a warm environment. It is caused by dilation of blood vessels in the skin, and is treated by elevating the extremities.

Prickly Heat: Also known as "heat rash," this is caused by plugging of the sweat ducts in clothed areas of the body. It can be prevented by wearing loose-fitting clothes, and the itch can be treated with an antihistamine if further exposure to heat can be avoided.

Heat Cramps: These painful contractions of the muscles, especially the calves, mainly occur in those who sweat profusely and rehydrate with water, leading to electrolyte deficiencies. They can be treated with rest and electrolyte solutions (such as those found in sports drinks), and can be prevented by maintaining adequate salt intake.

Heat Exhaustion: This illness reflects significant fluid depletion, and there may be an elevated temperature as well. It is characterized by weakness, dizziness, nausea, vomiting, headache, and muscle aches. Additionally, there is sweating, a rapid pulse, and, possibly, physical collapse. The victim should be moved to a cool place, and clothing should be loosened and extra layers removed. Electrolyte-containing solutions by mouth are appropriate for

milder symptoms, but more severe symptoms require medical attention for intravenous fluids and to prevent progression to heat stroke.

Heat Stroke: The most serious form of heat-related illness is marked by elevated temperature and changes in mentation or alertness. This can be seen as combativeness, hallucinations, seizures, or unconsciousness. Difficulty in maintaining balance can be an early sign. Sweating may be present or absent. If heat stroke is suspected, cooling measures should be started by any means available, as a delay contributes to mortality. Medical attention is required.

Sounds bad-How do I prevent it?

Fortunately, heat-related illness is preventable. The body can acclimate to heat stress over a 7 to 10 day period by increasing sweat production and improving blood flow to the skin. Simple exposure to a warm environment or moderate exercise in the heat can achieve this. Strenuous activity should be undertaken during the cooler times of the day. It is best to wear light-colored, loose-fitting clothing to avoid trapping warm air next to the body. One should also drink plenty of fluids, about a half-cup every 20 minutes, even if there is not thirst. Lastly, it is best to avoid alcoholic beverages during exercise, as they promote dehydration.



Hikers' Marketplace



NY-NJ TC member? YES NO JOINING NOW Member # _____

Please order by circling price Retail Member P/H Total

Official Conference Maps Order 8 or more and get discounted expedited shipping!

| | | | | |
|--------------------------------------------------------|----------|----------|---------|-------|
| Catskill Trails (2005) & see combo | \$ 14.95 | \$ 11.21 | +\$1.35 | _____ |
| East Hudson Trails (2006) | \$ 10.95 | \$ 8.21 | +\$1.20 | _____ |
| NEW!! Harriman-Bear Mountain Trails (2007) & see combo | \$ 9.95 | \$ 7.46 | +\$1.20 | _____ |
| Hudson Palisades Trails (2005) | \$ 8.95 | \$ 6.71 | +\$1.20 | _____ |
| Kittatinny Trails (2005) & see combo | \$ 12.95 | \$ 9.71 | +\$1.35 | _____ |
| NEW!! North Jersey Trails (2007) | \$ 9.95 | \$ 7.46 | +\$1.20 | _____ |
| Shawangunk Trails (2005) & see combo | \$ 10.95 | \$ 8.21 | +\$1.20 | _____ |
| South Taconic Trails (2006) | \$ 4.95 | \$ 3.71 | +.80 | _____ |
| Sterling Forest Trails (2005) | \$ 7.95 | \$ 5.96 | +\$1.00 | _____ |
| West Hudson Trails (2006) | \$ 8.95 | \$ 6.71 | +\$1.20 | _____ |

Books

| | | | | |
|--------------------------------------------------------------------------------------------|----------|----------|---------|-------|
| NEW!! Appalachian Trail Guide to New York & New Jersey (2007) | \$ 19.95 | \$ 14.96 | +\$2.50 | _____ |
| NEW!! Hiking the Jersey Highlands (2007) | \$ 22.95 | \$ 17.21 | +\$3.00 | _____ |
| New York Walk Book (2005) & see combo | \$ 22.95 | \$ 17.21 | +\$3.00 | _____ |
| New Jersey Walk Book (2004) & see combo | \$ 19.95 | \$ 14.96 | +\$3.00 | _____ |
| Circuit Hikes in Northern New Jersey (2003) | \$ 11.95 | \$ 8.96 | +\$2.50 | _____ |
| Day Walker (2002) | \$ 16.95 | \$ 12.71 | +\$2.50 | _____ |
| Harriman Trails Guide (1999) & see combo | \$ 16.95 | \$ 12.71 | +\$3.00 | _____ |
| Hiking Long Island (2005) | \$ 19.95 | \$ 14.96 | +\$3.00 | _____ |
| Iron Mine Trails: NY/NJ Highlands (1996, rev. 1999) | \$ 8.95 | \$ 6.71 | +\$2.50 | _____ |
| Kittatinny Trails (2004) & see combo | \$ 18.95 | \$ 14.21 | +\$2.50 | _____ |
| Long Path Guide to NY/NJ (2005) | \$ 16.95 | \$ 12.71 | +\$2.50 | _____ |
| NEW!! Scenes & Walks in the Northern Shawangunks (2006) & see combo | \$ 13.95 | \$ 10.46 | +\$2.50 | _____ |
| Health Hints for Hikers (1994) | \$ 5.95 | \$ 4.46 | +\$2.50 | _____ |
| Doodletown: Hiking Through History in a Vanishing Hamlet on the Hudson (1996) | \$ 12.95 | \$ 9.71 | +\$2.50 | _____ |
| Nature Walks in New Jersey (2003) | \$ 14.95 | \$ 11.21 | +\$2.50 | _____ |
| AMC Catskill Mountain Guide (2002) | \$ 19.95 | \$ 14.96 | +\$2.50 | _____ |
| ADK Catskill Trails (2005) & see combo | \$ 19.95 | \$ 14.96 | +\$2.50 | _____ |
| ADK Catskill Day Hikes for All Seasons (2002) | \$ 12.95 | \$ 9.71 | +\$2.50 | _____ |
| Catskill Trails: A Ranger's Guide to the High Peaks Book Two: The Central Catskills (2000) | \$ 14.95 | \$ 11.21 | +\$2.50 | _____ |
| Shawangunks Trail Companion (2003) | \$ 18.95 | \$ 14.21 | +\$3.00 | _____ |
| Moon Take a Hike NYC (2006) | \$ 16.95 | \$ 12.71 | +\$2.50 | _____ |
| Walking Manhattan's Rim (2003) | \$ 13.95 | \$ 10.46 | +\$2.50 | _____ |
| 50 Hikes in the Lower Hudson Valley (2002) | \$ 16.95 | \$ 12.71 | +\$3.00 | _____ |
| 50 Hikes in New Jersey (2006) | \$ 16.95 | \$ 12.71 | +\$3.00 | _____ |
| Best Hikes w/ Children in New Jersey (2005) | \$ 15.95 | \$ 11.96 | +\$2.50 | _____ |
| Best Hikes w/ Children in the Catskills & Hudson River Valley (2002) | \$ 14.95 | \$ 11.21 | +\$2.50 | _____ |
| Hudson to Delaware: The Great Valley (2004) | \$ 75.00 | \$ 56.25 | +\$5.00 | _____ |

Combo-Packs

| | | | | |
|----------------------------------------------|----------|----------|---------|-------|
| Catskill (5-map set & ADK book) | \$ 30.35 | \$ 22.69 | +\$2.50 | _____ |
| Harriman (2-map set & book) | \$ 23.40 | \$ 17.55 | +\$3.00 | _____ |
| NY & NJ Walk Books | \$ 38.60 | \$ 30.95 | +\$4.25 | _____ |
| Shawangunk (3-map set & Scenes & Walks book) | \$ 21.65 | \$ 16.23 | +\$2.50 | _____ |
| Kittatinny (4-map set & book) | \$ 27.80 | \$ 20.85 | +\$2.50 | _____ |

The Personal Touch

| | | | | |
|--------------------------------------------|----------|----------|----------|-------|
| Note Cards: TC Collection | \$ 12.00 | \$ 9.00 | +\$2.50 | _____ |
| Long-sleeve Denim Shirt Circle: S M L XL | \$ 29.90 | \$ 22.43 | +\$5.00 | _____ |
| Polo Shirt (Forest Green) Circle: S M L XL | \$ 19.90 | \$ 14.93 | +\$5.00 | _____ |
| Harriman Map Bandanna | \$ 6.95 | \$ 5.21 | +\$1.85 | _____ |
| Conference Logo Patch | \$ 2.50 | \$ 2.50 | postpaid | _____ |
| Long Path Logo Patch | \$ 2.75 | \$ 2.75 | postpaid | _____ |
| Conference Logo Decal | \$.85 | \$.85 | postpaid | _____ |

Subtotal _____

Postage/handling from above _____

New Jersey residents add 7% tax* _____

TOTAL ENCLOSED \$ _____

Method of Payment:
 Check or money order enclosed
 Visa Mastercard Amex
 Card # _____
 Exp. Date: ____ / ____
 Signature: _____

Make check or money order payable to NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430. For a full descriptive catalog, please write or call 201-512-9348.

*Tax must be paid on books, maps, misc., but not on clothing or shipping, by customers with NJ ship-to (not billing) addresses.

Prices are subject to change. (7/07)

YOU CAN ALSO ORDER AT OUR WEBSITE: WWW.NYNJTC.ORG

Welcome Our New Staff

Leslie Rapparlé has joined the Trail Conference as Development Associate and Bear Mountain Project Manager. Leslie, once a student at Ramapo High School, graduated from Gettysburg College with a BA in creative writing and environmental studies.

She then went to Minnesota State University at Mankato for an MS in experiential education. She then directed Lynchburg College's Outdoor Recreation Program in Virginia. She is well versed in Leave No Trace environmental ethics and several outdoor sports. She wrote a four-book series for middle and high school children on kayaking, mountain biking, rock climbing, and ice climbing. She is also a certified Wilderness First Responder. Now a resident of Ridgewood, NJ, Leslie spends her free time hiking trails, writing, or doing yoga.

Cal Rizzuto, a longtime hiker, paddler, and backpacker, is the new administrative assistant in the TC office. Cal notes that she was a TC member and East Hudson crew volunteer "a long time ago." A hiking friendship with Joan James, an active TC volunteer, reconnected Cal with the TC via the Bear Mountain Trails Project. She signed up for many of the workshops offered last autumn "and really enjoyed the work and company!" Cal studied computer science and has had a career in IS/IT. "The work was fun and challenging, but something was definitely missing," she says. "So, I decided to try to find work for an organization whose purpose is aligned with something that is really important to me. I kept an eagle-eye on the Trail Conference Job Listings and applied the first day I saw something I was interested in. And, *viola!* I am so very happy to be working for the Trail Conference, working with great people and doing much needed work to preserve and protect our natural resources."



DONORS TO THE ANNUAL FUND

March 22, 2007 to May 21, 2007

GIFTS

Eddy Abrevaya, Carmine M. Alfano, Anthony D. Andora, Anonymous Donor, Patrick J. Applegate, Henry C. Atterbury, Geoffrey Barclay, Christopher K. Bastedo, Jonathan D. Beard & Rachel Theilheimer, Paul Bell, Vaclav E. Benes, Ellen D. Bennett, Larry & Susan Bernstein, Minor Bishop, John B. Blenninger, Murray & Jeanne Bodin, Kenneth F. Bohne, Douglas O. Bowers, Walter E. Britt, Alice M. Broquist, John & Patricia Brotherton, James & Gail Brown, Howard Brown & Nancy A. Houghton-Brown, Raymond M. Bulley, Jeffrey J. & Susan Burek, William F. Burns, Lenny & Sue Bussanich, Ferdinand Caiocca, Jeanne V. & Malcolm Campbell, Dennis Carbonero, Stephen & Elizabeth Carroll, Steve C. & Luisa Sia Casey, William B. Cater, Dave B. & Donna Colavito, Comptime Print & Copy Center, Robert P. & Josephine Conger, David Corcoran & Karrie Olick, Joseph A. & Marion Costa, Pat Cotter & Francis Turner, Matthew & Jennifer Coulter, Charles R. & Adele W. Dahlberg, Mark J. Dallara, Jane & Walt Daniels, Geoffrey Dann & Lauri Novick-Dann, James E. Davis, John P. Denkowski, William H. Doremus, Patricia B. Dufort, Douglas K. Eads, Earth Share, Gayle Edgerton, Joan & David Ehrenfeld, Marvin & Anne Einhorn, Vincent Ellison Jr., Frank & Ann Endress, Michael Engel, Jeanne B. Epstein, Sheila C. Ewall, Stanley & Charlotte Fahn, June Fait, Frances Lee Fanger, Sanford Felzenberg, Eileen S. & Timothy Feurey, Robert L. & Judy Foester, Jakob & Gely Franke, Sheldon Freidenreich, Beverly Freierman, Walter Friedrichs, Matthew D. Garamone, Susan C. Geltman, James B. Gilmore, Estelle Gilson, John & Wanda Giuffrida, Dan & Ann Gladding, Toby Golick, Rebecca W. & Henry E. Goodhue, Lisa L. Gordon, Josie Gray, Stella & Bob Green, John & Anne Grob, Richard Grunbaum, Deborah E. Hammond, Paul H. Harrison, Elizabeth Heald, Gregor L. & Nancy L. Hetzel, Thomas E. & Shelly Hitchins, Richard T. Holden, Jan A. Hopper, Joshua E. Howard, Kenneth & Mei Be Hunkins, Harry M. Iyo, Pat T. & Don G. Johnson, Patricia Jones, Robert A. Jordan Jr., Michael A. Kaye, Howard D. Kessler Jr., Charles Kovacs, Noel & Judy Kropf, Gregory Lake, Vega A. Lalire, Rex Lalire & Greta Nettleton, Robert J. LaMagna, Edward Landau, Richard D. & Faith A. Larson, Rosa Lee, Paul H. Lenz, Rosanne Levitt, David & Debbie Livingstone, James M. & Lois Lober, H. Max Lopp II, Paul N. & Annette S. Marcus, Brian Markey & Virginia M. Lincoln, John Marville, MaryAnn & Charlie Massey, Stewart J. & Maeve Maurer, Dan McCarthy, George R. McCarthy, Joel B. & Elsie T. McKenzie, Regina McVay, Howard J. Meisner, Alan Melniker, Michael & Suzanne Miller, Daniel K. Miller, Joseph D. & Aurelia Minuti, Keith Mogerley, John & Claudia Moran, Martin J. Moskowitz, Martina Moss, Tom & Helen Murphy, George Muser, Abraham & Cynthia Ofer, Dean F. & Lorrie Paccioretti, John Palczynski & Pat Laverty, Daniel J. & Carol Parrish, Anthony V. & Domenica Paterno, Jeanne Petta, William & Georgann Pettenger, Gale & Louis Pisha, Lilly E. Popper, Junius L. Powell Jr., George J. Prokopiak, Helen & Christopher Quinn, Ken & Lorraine Renzler, Laura M. Rice, Dorothy W. & Peter M. Rinaldo, Ruth B. M. Robinson, Laurance & Wendy Rockefeller, Susan Rodau, Charles L. Rood, Isaiah A. Rubin, Michael Rubinstein, Miklos P. Salgo, Jeff C. & Melissa A. Salton, David Santulli, Henry T. & Alexandra Samataro, Maria & Anthony J. Sarro, Richard Scherrer, James G. Schlenker, Trudy Schneider, Marypat & Todd Schreibman, Paul E. Scraggs, Robert A. Seelenfreund, Adrian W. Serra, Frank Serravallo, Robert Sickley, Marc Silverstein, Steven Silverstein & Maite Jimenez, Norman J. SmithDavid Stebbins, Mark Steinhacker, Thomas V. Stellato, Phyllis A. Stewart, Bill Stoltzfus Jr., Marek Stycos, Raymond & Linda Sullivan, Carl E. & Victoria A.D. Thune, David E. Van Duyn, Renee P. Victor, Nicholas J. Viggiano, Douglas A. Villepique, Matthew Lisa Visco, Karl J. Volk, Ernest Wagner, Ed & Eudora Walsh, William C. Ward Jr., Robert & Virginia Weismantel, Rachel Weiss, Cyrus B. Whitney, Tom Wicks, Joan H. Wise, Karen I. & Robert Cameron Witt, Hanson Wong

NEW LIFE MEMBERS

Diane Gamgochian, Mary & Gay Mayer, Maida Snapper, Nancy Surdoval & Richard B. Stanger, Wayne Sygman, Anthony A. Weedo, Susan I. Wegner-Einhorn, Eileen West

SHAWANGUNK RIDGE COALITION MEMBERS

Orange County Land Trust, Casino Free Sullivan County

HONORARY GIFTS

In honor of Mary Smart & John Gunzler
Edward Goodell

MATCHING GIFTS

AIG Matching Grants Program, IBM Corporation Matching Grants Program, Pfizer Foundation Matching Gifts Program, Phillips Van Heusen Corporation, Somerset County United Way, United Way of Bergen County, United Way of Essex & West Hudson, United Way of Tri-State

DARLINGTON SCHOOLHOUSE FUND

ADK North Jersey Chapter, David E. Van Duyn

MEMORIAL GIFTS

In memory of Fred & Anne Dlouhy
Gary Petrie

In memory of Betty Lesem
Keith & Nicole Oringer

In memory of Nat and Betty Levin
Constance I. Bray, Gary Petrie

In memory of Nat Levin
Michael B. & Sally C. Levin

In memory of Nat Levin
David & Naomi Sutter, Richard & Nancy Wolff

In memory of Bill and Berthe Myles
Gary Petrie

In memory of Anna Parker
Peter and Rita Heckler

STEP BY STEP TO NATURE

continued from page 1

viously slept in a sleeping bag, and none who had done the sort of work that lay ahead of us.

We were met at the Garrison train station by two members of the trail crew—Student Conservation Association members—who had generously offered to pick us up and drive us to the worksite. As our van wound up the mountain, the Hudson Valley opened up below and many students were excited to recognize to the north the ridges near Cold Spring that they had hiked a few weeks earlier.

At the worksite we were introduced to Eddie Walsh, the project leader, and the rest of his trail crew. They were incredibly organized, having set up a number of stations where our group members could work on different stages of trail building. Some of the students chose to start the day by shoveling gravel; others began with leveling parts of the trail. Still others helped move some of the larger stones to spots where they would become part of the trail's retaining wall. Some of the more ambitious joined the crews that were making gravel by smashing stones with sledgehammers or clearing boulders off the trail by splitting them using drills, wedges, and hammers.

While the sheer rigor of organization was impressive, what most impressed me was the rapport that the crew quickly developed with my students. The crew members were young enough to relate to teenagers and old enough to serve as role models. My students were in an unfamiliar place, accomplishing things they had not previously conceived of doing. And yet, as one student put it, the members of the crew "made us feel like we were home."



ERIC DOUGLAS

Members of the Williamsburg Outdoor Club earned Trail Conference Volunteer t-shirts by working a weekend at the Bear Mountain Trails Project.

At the end of the workday Brian and I discussed with our group how their understanding of trails had changed. Many of the students said that they would never see a trail the same way again: that they had developed an appreciation of how much work it takes to build and maintain a trail. They said that in the future they would be able to bring friends or family—even children or grandchildren—to Bear Mountain,

point to the section of trail that they had contributed to, and say, "That trail is there in part because of my work." I sensed in their comments that the seeds of stewardship had been planted.

After work had finished, the crew drove us to camp. We shared dinner with them, each table in the dining hall shared by a mix of students and trail crew members. The easy laughter and earnest conversations at each table gave the scene a palpable sense of community. After dinner we explored the camp and then finished the night with a communal fire and marshmallow roast—another first; none of the students had ever toasted marshmallows before. After everyone took their turns telling campfire tales, we retired for the night, resting for our return in the morning to the trail for a half day of work before leaving for Brooklyn.

If asked to assign one word to the Williamsburg Outing Club's first weekend of many working on the Appalachian Trail I would choose "connectedness." My students developed a deep sense of being connected—to each other, to the trail crew, to the trail itself, and to the community of past and future users of the trail. They had moved from seeing a trail as static, as something that is just "there," to understanding and experiencing it as a thing in process, part of the ebb and flow of life. They had begun to see themselves as participants in and stewards of that ongoing process: the dance that sustains the web connecting all living things.

Trail Conference member Eric Douglas teaches high school English in the Williamsburg section of Brooklyn.



EDDIE WALSH

Nicholas moves soil to its final destination on the trail.

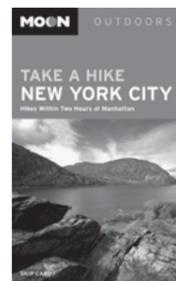
"Undoubtedly the best book of its kind on the market today."

— TrailWalker

Moon Take a Hike New York City

details 75 spectacular trails within two hours of Manhattan.

Available through NYNJTC's Hikers' Marketplace and at major bookstores.



Get your copy, then get hiking.

NORTH NJ LAKESIDE HOME

w/in Allamuchy Park, on Highlands, Sussex Branch & other hike/bike trails +canoe. Rent full time or as regular wknd apt. \$850/month plus utilities. Short walk to NYC busline. 973-347-2358. More pictures and trail info at: www.northbyram.org/rental.

Wow, camping without a car! No camping gear? No problem!



We are Malouf's Mountain Sunset Camp, a hike in/hike out catered camping resort. Simply take Metro North to the Beacon train station, then a cab to one of 3 trail heads, where we will meet you to take any gear you do not wish to carry, so you can enjoy a nice hike on the Fishkill Ridge. We can supply you with most of your camping necessities. Most sites have a platform for off the ground camping or rough it on one of our primitive sites. Our modern facilities and hot showers will put the finishing touch to your stay.

Contact us @ 845-831-6767 or visit us on the web: www.maloufsmountain.com

Leave a Legacy

You can join the special individuals whose legacies ensure that the Trail Conference will continue to connect people with nature for generations to come by putting the Trail Conference in your will. It's easy to do and won't affect your current cash flow. By naming the Trail Conference as a beneficiary of your estate, you will help secure our future. Your gift is private and not made public until your death (or you can request your gift remain anonymous) and can be designated for a specific program or be an unrestricted gift. You can choose to donate a specific sum from your estate, for example \$10,000, or you may allocate a percentage of your estate. Please contact Development Director Joshua Howard for bequest language or with any questions you may have at 201-512-9348, ext. 13, or josh@nynjtc.org. The Trail Conference recommends you contact an accountant or lawyer for professional assistance.

GEAR CHECK

An occasional series that will review gear appropriate for hiking.



STRETCH ISLAND FRUIT CO.

Stretch Island Fruit Co. Original Fruit Leathers and FuitaBü, Organic Smoooshed Fruit
Reviewed by Josh Howard

A piece of fresh fruit always makes a trip to the backcountry a little more civilized. However it won't hit the spot if you're wiping crushed grapes or a bruised apple from the bottom of your pack. The Stretch Island Fruit Co. offers a cleaner and more backpack-friendly solution for hikers who want their fruit and to eat it too.

Their Original Fruit Leathers and FuitaBü, Organic Smoooshed Fruit, are healthy and tasty ways to enjoy fruit while hiking because the fruit is already smooshed for you! The organic FuitaBüs had a more natural fruit taste and were easier to chew, but with both varieties offering delicious flavors like Abundant Apricot and Smoooshed Strawberry, you'll enjoy a civilized treat that will



energize you whether you're out for a day-hike or the whole weekend. Add in the convenience of packing six or seven fruit leathers compared to hauling half a dozen apples and oranges and you've got a winning proposal.

One warning, just like a real piece of fruit, I occasionally found it difficult to tear open the wrappers, so keep your Swiss Army knife handy.



Rating: 3 boots out of 5

Visit Us Today!

www.NYNJTC.org

HILLTOP ACRES RESORT
Small resort near Hunter Mountain in Northern Catskills. Beautiful mountain view. Private lake & woods. Ideal for hiking, skiing or relaxing getaway. Central European cuisine. Modestly priced. Open all year. Box 87, Jewett, NY 12444/Tel: 518-734-4580
www.windham-area.com/hilltopacres.htm

MONTCLAIR PHYSICAL THERAPY

Healthcare Like You've Never Known Before...

ORTHOPAEDIC, NEUROLOGICAL & VESTIBULAR REHABILITATION

CERTIFIED MCKENZIE SPINE CARE

NECK & BACK PAIN SOLUTIONS

PILATES FOR REHABILITATION

For appointments and information:

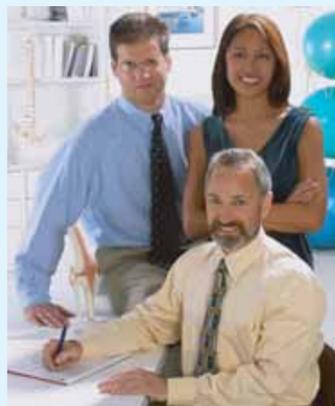
Tel: 973-744-9098

email: montclairpt@msn.com

www.montclairphysicaltherapy.com

Nearby Location:

47 South Park Street, Montclair, NJ



Pictured: Physical Therapists Tom Lavosky, Florida Ordonez-Vega, and Owner Todd Edelson (Lic. # 400A002640000)

Ask about our Trail Conference member discount

Ramsey Outdoor
is your source for
quality products from:

Eureka!
Silva.

10% discount to NY & NJ Trail Conference members with proof of membership.

Come in and compare our excellent service & competitive pricing!

www.ramseyoutdoor.com

RAMSEY OUTDOOR

Rt. 17 N. Paramus 201-261-5000

Rt. 17 S. Ramsey 201-327-8141

Rt. 46 Ledgewood 973-584-7799

HIKING PUTS
DEMANDS ON
YOUR FEET.

WE HELP YOUR
FEET HIKE THOSE
EXTRA MILES.

Prevention, Diagnosis &
Treatment of Foot Disorders

Board Certified Podiatrist & Foot Surgeon

Dr. Howard E. Friedman

29 North Airmont Road • Suffern, NY

(845) 357-2806

www.yourfootdoc.net

10% Discount on Custom Molded Orthotics and SUPERfeet® to NY/NJ Trail Conference members with proof of membership!

Book Review

Adirondack Alpine Summits:

An Ecological Field Guide



By Nancy G. Slack & Allison W. Bell
Adirondack Mountain Club, 2006
Reviewed by George Petty

This excellent ecological guide to the highest peaks of the Adirondacks is both useful and exciting for hikers with access to that area. It is the second edition of a book originally titled *85 Acres*, referring to the small alpine habitat found on 16 Adirondack summits. In this slim 80-page volume, the expert authors, Professor of Biology Nancy Slack and photographer/designer Allison Bell, have included a remarkable 175 color photos of plants and wildlife. Their explanatory text is clear, mercifully brief, and free of scientific jargon. But their expertise is behind everything they write, and it is included when it is needed.

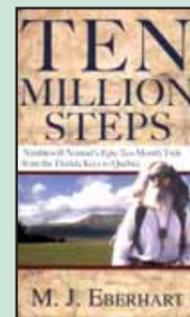
The authors call their book "a nature tour in print and photos—from the mountain trailheads to the summits of the High Peaks." The first half of the book offers a description of the plants and wildlife of the slopes as you climb from the trailhead. This section is not comprehensive; it couldn't be in such a slim volume. It includes photos of some typical trees, flowers, and animals to be seen in the three ecological communities below the summit.

"I wish I had had this little book with me when I climbed Algonquin three years ago."

The introduction provides a short explanation of the glacial geology that produced alpine habitats on those "very special 'islands' on our coldest Adirondack summits." Since the alpine habitats of the 16 peaks have not changed for 10,000 years, they are "a fascinating living museum." Halfway through the book, the focus shifts to alpine life. This is the book's main subject, and the pictures and text in this section are very complete.

I wish I had had this little book with me when I climbed Algonquin three years ago. It weighs about one-tenth of the Peterson volumes I had in my pack, and offers much more useful information to sweeten those necessary water breaks near the summit.

Ten Million Steps



By M.J. Eberhart
Menasha Ridge Press, 2007(paper)
Reviewed by Brett Yates

Ten Million Steps is a long book, but then it's difficult to imagine a very short account of a walk from the Florida Keys to Quebec. M.J. Eberhart, a retired optometrist known in the hiking community as the Nimblewill Nomad, embarked upon his peregrination on the first day of 1998 and trekked for 297 days. Along the way, he kept a daily journal. Every entry appears in this volume.

This format lends Eberhart's tale an immediacy that would've been lost if he'd recounted his journey after filtering it through the lens of retrospection. There's a level of detail, even in regard to the foods eaten, that allows the reader to feel that he too is on the trip.

The walk's distance alone—4,400 miles—was enough to impress me, but *Ten Million Steps* functions not only as a record of a stunning feat of endurance but also as a terrific adventure story in the classical sense. Eberhart's struggles through rain, snow, fatigue, and injury are offset by picturesque scenery, idyllic stopovers in cozy, rural towns, assistance from Trail Angels, and new friendships with fellow travelers. The adventure is made even better than it might have been because it was undertaken by such a likable adventurer. Aside from the determination and optimism necessary for such an enterprise as this one, Eberhart possesses an unbelievable magnanimity: He's forever thanking those who maintain the trails he hikes, and he finds something nice to say about everyone he meets. His amiable personality makes the journey a pleasure even through the occasional uneventful days.

These lulls typically result in journal entries that focus on the spiritual aspect of the odyssey. Although here Eberhart sometimes lapses into sentimentality, his lyrical digressions and contemplative moments serve as effective counterpoints to the prevalent descriptions of physical activity.

Ten Million Steps was first published in hardcover in 2000 in a limited run. The acclaim from those who were lucky enough to find a copy has finally, in 2007, led to a republication in paperback, where it will, I hope, find the larger audience it deserves.



Conservation minded Realtor, Chris Tausch of Marron & Gildea Realtors has offered to donate 30% of his Realtor's commission from a home purchase or sale by any clients who identify themselves as Trail Conference supporters. Contact Joshua Howard for more details, 201-512-9348, ext. 13, or josh@nynjtc.org.

Skytop Lodge

Explore Autumn with a Nature/Hiking Conference
October 21-23, 2007

Naturalist John Serrao and Wildlife Photographer Don Riepe will be leading a Nature/Hiking Conference during Fall foliage season at Skytop Lodge in the beautiful Mountains near the Delaware Water Gap. Skytop has over 30 miles of hiking trails on its 5,500 acres of pristine wilderness and is perfect for hikers, walkers, birdwatchers, and photographers. The conference will include talks, discussions, and outings led by Serrao and Riepe; accommodations and 3 meals daily.

For info/reservations, contact Barbara Roberts at 201-410-6602 or broberts@skytop.com.

Visit us at www.skytop.com

Favorite Hike



By Daniel Chazin

Hudson Highlands Gateway Park

This hike explores the 352-acre Hudson Highlands Gateway Park, where the high points were used for signaling during the Revolutionary War. Subsequently, the land was logged to provide fuel for the local iron industry, and it later served as a dairy farm and a quarry. In 2000, it was acquired as parkland by Scenic Hudson, the Town of Cortlandt, and the County of Westchester.

Aside from its historic interest, Hudson Highlands Gateway Park offers hikers a moderate hike of about four miles with several scenic views of the Hudson River and Highlands and Annsville Creek. The Trail Conference adopted the park's trails and they are currently maintained by Trail Conference volunteers.



DANIEL CHAZIN

Enjoy river views from this Westchester park.

The hike: From the parking area on Sprout Brook Road, cross the road to a kiosk. Here, the blue-blazed Upland Trail begins and heads uphill to a wooden post, where you turn right. After making a U-turn and entering a forested area, the trail proceeds steeply uphill. Soon, you reach a junction, where blue blazes lead both left and right. Turn left and follow the blue blazes for 500 feet to a viewpoint at a stone fireplace. Ahead, you can see the road bridge over Annsville Creek and the Hudson River beyond, with the Indian Point nuclear power plant visible along the river. After taking in the view, return to the main trail and turn left.

In another 0.3 mile, turn right onto the yellow-blazed Hudson Overlook Spur Trail, which heads rather steeply downhill, crosses a small stream, and climbs to another overlook, also with a west-facing view. The view from this overlook is slightly broader, and you can see the Metro-North Railroad bridge over Annsville Creek (beyond the road bridge).

Now retrace your steps to the blue trail. Turn right and, in about 250 feet, turn right onto the white-blazed Vernal Pool Trail. After some ups and downs, the trail bears left and begins a steady descent. At the base of the descent, the trail crosses two streams and then a stone wall, turns left, and heads uphill to the blue trail.

Turn right onto the blue trail, which heads downhill on an eroded woods road (on old maps, this road is called "Old Revolutionary Road"). Soon, the busy Route 9 can be seen and heard directly to the right. At the next junction, bear right onto the red-blazed Annsville Creek Trail, which soon crosses a wooden bridge over the creek, turns right to parallel it, then climbs on a woods road.

At the top of the climb, a short side trail (also marked red) leads left to a lookout over a pond. The main trail now curves left and parallels the pond, soon reaching another kiosk.

Turn left at the kiosk and head downhill to the blue trail, where you proceed straight ahead, now following blue blazes. At the next junction, marked by a wooden post, turn right and retrace your steps down to the parking area where the hike began.

Access by car: From the Bear Mountain Bridge, continue on US 6/US 202 for 3.5 miles to a traffic circle. Take US 9 North for 0.6 mile, and turn right onto Roa Hook Road. Turn right onto Albany Post Road, then immediately turn left onto Sprout Brook Road. Continue for 0.6 mile to a large dirt parking area on the right.

Families, Scouts, Long Distance Hikers Among Those Attending Ramapo 2007

For children of any age, hiking with parents or fortunate grandparents can be a fun family outing. Just ask Ron and Marilyn Rosen of Poughkeepsie, who will hike with their two grandchildren as part of Ramapo 2007, the Appalachian Trail Conservancy's Biennial Conference on July 13-20. Some others who will be there are scouting families. Trip McMillan, Scout Executive CEO for Boy Scouts of America, Northern New Jersey Council (Bergen, Passaic, Hudson, and Essex Counties), says "Ramapo 2007 is a great, fun opportunity for our local Scout families and Scout leaders to develop additional outdoor program resources and skills, and to learn about the national recreational treasure – the Appalachian Trail – that our Scouts have been hiking since the 1920s."

Hiking can be life changing, as it was for David Bessey of Montclair, NJ. "I graduated early from my Maine high school because I was not a particularly happy student. The opportunity to thru-hike the Appalachian Trail was a perfect segue between high school and college, and has given me something to look back on the rest of my life. It was a big deal for me – an experience that gave me confidence and helped me start out my adult life."

Ramapo 2007 offers a perfect opportunity to talk with people like David who have thru-hiked the AT and with

others who are section hikers or day hikers. You can also join one of several workshops on history of the Appalachian Trail and the people who dreamed, designed, and built it. Or learn about the rare plant species that occur on the AT corridor in New York, New Jersey, and elsewhere.

Another option is to hike as many days during the week as time and strength are available. Pick one or more of the 23 parts of the AT in our region and get out on the trail with a leader who will show the way hiking or backpacking. Or try one or more of the 69 non-AT hikes being offered too. Most hikes are offered multiple

times during the week. Pick hikes with the distance, terrain, and pace to match your desired time, effort, and scenery. Everything from 1 mile to over 20 miles backpacking is available.

Ramapo 2007: \$45 for eight days, or \$20 for one day. Registration includes workshops, more than 30 exhibits, hikes, and entertainment every night – only Saturday night costs extra. Most excursions have extra fees. Check out www.Ramapo2007.org for all the details. Online registration closes June 30, but walk-ins can register at Ramapo College beginning at noon on July 13. Some of the most popular activities are likely to be filled early.



AN EAGLE PROJECT *continued from page 5*

approved it for the Trail Conference and gave him the go-ahead on the project. I let Ringwood State Park know that a Scout was working on the bridge project. Daniel still needed one more approval, from his District Eagle Advisor, Joe Ponzio, who approved the project.

Daniel's next step was to get the materials needed for the bridge, the cost of which he estimated at almost \$2,000. After checking around with several suppliers he found that the actual cost would be about \$1,700. He sent letters about his project to many suppliers and the local Chamber of Commerce and started going out visiting vendors. Through his legwork and the great generosity of several businesses he managed to have all but \$160 worth of the materials donated.

Daniel scheduled the building project for a long weekend in November 2006. He asked my advice on transporting the material to the site and if Ringwood State Park might be able to help. I called Rebecca Fitzgerald, who set up a meeting with John Livesey, a park employee with the NJ

Forest Fire Service. The three of us hiked to check the usability of an old woods road that I had found on a map; it would be passable by truck if several blow-downs were cleared. Park employees took care of this work, and Rebecca arranged for a pickup truck and two park employees, Rodney and Kristy, to work with the 16 Scouts in getting the materials out near the site. The park also gave me use of their "mule" to get the tools and supplies out to the site for the other work days.

It took four trips with the truck to get all the material out as close to the site as possible, but the Scouts still needed to carry all the material an additional 150 yards. After all this prep work, the rest was easy. Three days later a new bridge crossed the water, pinned to the boulder in the middle of the stream using a rock drill and rebar.

Hikers crossing the bridge would never realize the cooperative effort that went into this work, just one of many such projects that the NY-NJ Trail Conference, NJ Division of Parks and Forestry, Scouts, and other volunteers complete together each year.



GENE GIORDANO

The completed bridge in Ringwood State Park

Join the volunteers who bring you the great outdoors!

1,700 miles of trails; your membership helps us expand our horizons.

Included with membership, *Trail Walker*; 10% discount on purchases at most outdoor stores, and 25% discount on all Trail Conference maps and books.



Join/Renew

Save time and a tree by joining or renewing online at www.nynjtc.org. Just click on the Join/Renew button.

| MEMBERSHIP LEVEL | DUES |
|-------------------------|---------|
| Senior Individual (65+) | \$25 |
| Senior Family (65+) | \$30 |
| Supporter | \$30 |
| Family | \$40 |
| *Sponsor Individual | \$60 |
| *Sponsor Family | \$75 |
| *Benefactor Individual | \$120 |
| *Benefactor Family | \$150 |
| *Life Individual | \$1,000 |
| *Life Joint | \$1,500 |

Name _____
 Address _____
 City _____ State _____ Zip _____
 Day Phone _____ Evening Phone _____
 E-MAIL _____

Check or money order enclosed Visa Mastercard Amex
 Card # _____ Exp. Date: ____/____

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430.

New Sponsor, Benefactor, and Life Members may elect to receive a Trail Conference cap. Check here if you would like us to send you a cap.

Tax-deductible. Dues are not refundable.