



Hiking with Children

Some tips from a former child.

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Hiking Long Island

Long Island's most popular hiking guide is out in an updated fourth edition.

[READ MORE ON PAGE 11](#)



TRAILWALKER

Spring 2014

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

www.nynjtc.org

New York Comes KNOCKING

State Park Agencies Turn to Trail Conference for Volunteer Recruitment, Training

Our long-time partners at New York State Office of Parks, Recreation, and Historic Preservation (OPRHP) and the New York Department of Environmental Conservation (DEC)—two agencies that own a significant portion of the land where our volunteers maintain and build trails—want more of what the Trail Conference has to offer.

In the Catskills

The DEC and Trail Conference will be deepening their relationship. The DEC has asked the Trail Conference to take the lead role in managing all volunteer activities in the forest preserve. In addition to managing our program, which recruits and trains volunteers who maintain 200 miles of trails

and 29 lean-tos in the Catskills, we will use our expertise to help the state preserve and protect the Catskills.

New volunteers, partnerships, and trail related projects in the region are likely to emerge as we play a greater role in the Catskill Forest Preserve. Stay tuned and bookmark your web browser for nynjtc.org/catskills for announcements and links.

State Parks, Palisades (West of Hudson) and Taconic (East of Hudson) Regions

The Bear Mountain Trails Project is the inspiration for a model of volunteer recruitment, training, and trail building that we are bringing to other state parks in our area. Designated projects are the focus for AmeriCorps crews that are on site four days a week over a period of months building new trails, completing reroutes and maintenance projects, training volunteers, and developing new volunteer trail crews.

The reliable presence of a trail crew at a site over an extended period has proved attractive to many traditional volunteers, who appreciate the flexibility and availability it offers them.

Last July, we brought the model to Sterling Forest, where three AmeriCorps members were the backbone of a three-month trail stint at the park that trained 78 volunteers at 10 workshops and put to trail-building 76 unique volunteers who worked a total of 2,166 hours. Together, they completed nearly a mile of sustainable new trail in the Doris Duke Wildlife Sanctuary and a major repair to the Wildcat Mountain/Townsend Trail in the northern part of the park. Dubbed the Palisades Trail Crew, after the regional park unit in which they work, these volunteers and a new set of AmeriCorps members will continue to

Why choose the Trail Conference? Because we have a 93-year record of extraordinary volunteer service in parks and on trails.

continued on page 2

Walkable Westchester By Jane and Walt Daniels

New second edition covers more parks, more trails

The best guide to the outdoors of Westchester just got even better. *Walkable Westchester*, the indispensable handbook to hiking, walking and exploring in Westchester County, is now available in a new second edition. Including more than 600 miles of trails in over 200 parks, preserves, and sanctuaries, it is the latest addition to the offerings of guidebooks and maps published by the Trail Conference.

This edition, at 448 pages, is bulging with new and updated information, including details on 26 new parks, 42 more miles of trails, and intriguing sidebars on history, lore and nature. There are plenty of new photographs, detailed maps as well as county locator maps, and driving directions with GPS coordinates. Every park

description has been updated and enhanced, all making for informative, yet delightful reading.

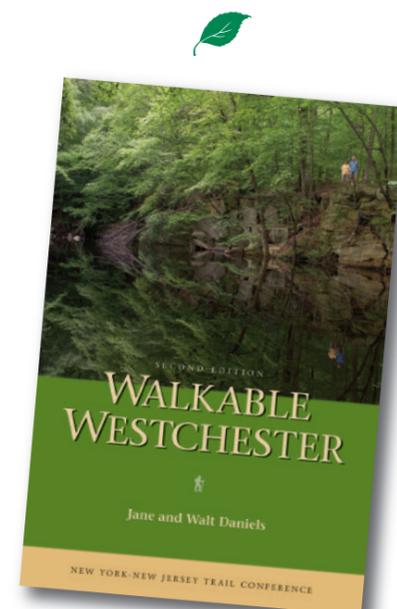
Walkable Westchester is the creation of Jane and Walt Daniels, Westchester residents who are long-time hikers, trail designers and builders, and open-space advocates. The original idea for the book came about when, unable to find a hiking guide exclusive to Westchester, they decided to create one themselves. They thought the task would involve about 70 to 80 parks and about 200 to 250 miles of trail. Eight years later, in 2009, they came out with the first edition and let readers in on a secret: there a lot of open public space in Westchester and, no matter where you live, some of it is close by.

That first issue included more than 180 parks and preserves and described just under 600 miles of trails. This new edition updates these spaces and adds even more detail and history as well as more than a score of new parks and available open space.

The book covers a wide variety of walk-

ing, from level, paved pathways to narrow woodland trails. The environments range from salt-water wetlands to rock outcroppings. So for any walker in Westchester, whether a suburban mom looking for a paved path or a veteran hiker out for a day-long trek, this book is the perfect companion. It's even fun reading on a treadmill.

Order your copy now on our website, Westchester.nynjtc.org, by phone (201-512-9348 ext. 11), or in our office.



PEOPLE FOR TRAILS



Zachary Kunow Suffern, NY

About: Zack is a 14-year-old freshman at Suffern High School and Senior Patrol Leader of Boy Scout Troop 21 in Suffern, NY. Loves the outdoors.

Earned Eagle Scout status by leading the project to build a 60'-long bridge on the Long Swamp Trail in Sterling Forest State Park this past fall and winter.

How Did They Do It? Turn to page 6 to read more about this project.

His Boy Scout Troop: Troop 21 of Suffern, NY. Scoutmaster: Wayne Kunow, Zack's father. On February 22, Zack became the 137th Eagle Scout from Troop 21. The troop is a new member group of the Trail Conference and will maintain the 3.2-mile Long Swamp Trail, which they have come to know well.

Says Sterling Forest Park Manager Jeff Hutchinson: "...this project was colossal."

Says Trails Chair John Mack of Zack and Troop 21: "They cheerfully worked hard together with clear leadership."

Says Zack: "I knew this project would be challenging when I took it on, but I also knew it would be rewarding and give a great sense of accomplishment."

His Future: After high school, Zack plans to study in the field of law enforcement, forestry, conservation, wildlife management, or environmental engineering.

The Family: The Kunows have a family membership in the Trail Conference.

Trail Walker blogs all year long.

Visit blog-tw.nynjtc.org and read about Trail Conference people, projects and relevant trail stories.

TRAIL WALKER

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GEORGETTE WEIR EDITOR
LOU LEONARDIS GRAPHIC DESIGNER

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Mission Statement

The New York-New Jersey Trail Conference is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

- Developing, building, and maintaining hiking trails.
- Protecting hiking trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

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For a full list of staff visit
www.nynjtc.org/content/staff

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

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New, Free Visual Hike Finder at hikes.nynjtc.org

The trail- and tech-savvy volunteer enthusiasts of the New York-New Jersey Trail Conference have developed a brand-new Visual Hike Finder map that links to our online catalog of hikes and parks. This new Hike Finder Map displays point locations that lead to 335 hikes (and counting) from 221 trail heads in 122 parks in the New



At Darlington, Rooms Are Alive with the Sound of Hammers

On February 1, construction work began on our soon-to-be headquarters at the Darlington Schoolhouse. Employees of Mahwah-based LaBarbiera Custom Homes, a division of VHI Builders, began interior renovations by grading and spreading gravel over ground-level crawl space and framing partitions for two small, new rooms on the first floor.

Meanwhile, the restoration team is working to finalize design plans, obtain all needed approvals, and complete fundraising for the project.

The Trail Conference is transforming the historic 1891 Darlington Schoolhouse into its Headquarters and Visitors Center. Restoration will be in accordance with the Secretary of the Interior's Standards for the Rehabilitation of Historic Properties. At the same time, an important objective is to create an energy-efficient building with a minimal carbon footprint. This will be achieved by good insulation and sealing of the building envelope, efficient equipment, LED lighting, and geothermal heating and cooling.

To contribute to the campaign and help us raise the final funds needed, contact Don Weise at 201.512.9348 x13 or dweise@nynjtc.org. The New York-New Jersey Trail Conference is a 501 (c)(3) conservation organization. All gifts are tax deductible and will create a permanent Headquarters for the Trail Conference and restore the Darlington Schoolhouse for the benefit of the community.



Beacon Point, a site-specific work by George Trakas in Beacon, NY, completed in 2007.

Noted Environmental Sculptor George Trakas to Design Darlington Landscape

George Trakas, world renowned environmental sculptor, and the Trail Conference announced in early March that Mr. Trakas will design the landscaping at the future headquarters. Both Mr. Trakas and Trail Conference Executive Director Edward Goodell expressed confidence that the landscaping will be a remarkable setting for the architectural jewel that is the schoolhouse.

Mr. Trakas was born in Quebec in 1944 and has lived in New York City since 1963. Many of his projects are site specific, and he often recycles local materials and incorporates them into his work.

A notable example of his work is the Newtown Creek Nature Walk in Brooklyn.

Through the generosity of an anonymous donor, any incremental costs relating to Mr. Trakas's services will be fully funded and will not require raising additional funds.

Learn more about George Trakas and his work at <http://blog-dsh.nynjtc.org/?p=569>

Call for Nominations for Board, Delegates-at-Large

The Trail Conference Nominating Committee invites nominations for membership on the Board of Directors and Delegates-at-Large. The qualifications for Board of Directors are current membership in the Trail Conference and service participation in trail activities or on a Trail Conference committee. The qualification for Delegate-at-Large is current membership in the Trail Conference. Self-nominations for Delegate-at-Large and Board of Directors are appropriate and welcome.

Please email your nomination to nominations@nynjtc.org. The deadline for receipt of nominations is Friday, April 25, 2014.



We Are A 4-Star Charity

The Trail Conference has recently achieved Charity Navigator's highest ranking, the coveted 4-star rating for our sound fiscal management and commitment to accountability and transparency. Charity Navigator is the nation's largest evaluator of charities, and is a resource used by donors to help them make their giving decisions.

This "exceptional designation" (four out of a possible four stars) differentiates the Trail Conference from other charities and indicates adherence to good governance and best practices that demonstrate trustworthiness to the public.

We invite you to review our profile at CharityNavigator.org.

Call for Award Nominations

Do you know someone who has done an outstanding job as a volunteer?

The Volunteer Committee is looking for nominees. With more than 1,000 people who volunteer, we know award-worthy volunteers are in our ranks. Who do you know who has done an outstanding job? Members may nominate individuals for the annual awards that the Trail Conference Board presents every fall. The deadline is July 1, 2014.

The nomination process is easy. Check nynjtc.org/awards to see the awards, qualifications, and if the potential candidate has received an award in the past. Then fill out the online nomination form or e-mail it with supporting statements to the Volunteer Committee at awards@nynjtc.org. To get ideas of what information is needed, see nynjtc.org/files/award_nomination_sample.pdf

NEW YORK COMES KNOCKING

continued from page 1

build trail at Sterling Forest and elsewhere in the greater Palisades region this season.

The success in the Palisades region at Sterling Forest led New York State Parks officials to approach us with a request to duplicate this model in their Taconics Region (our East Hudson region). As of the deadline for this issue, priority trail projects in Hudson Highlands State Park were being identified for the Taconics Trail Crew that is expected to launch this spring. As at Bear Mountain and in the Palisades region, Trail Conference AmeriCorps members will provide training and opportunity for other volunteers who want to get involved.

Watch our website for exciting opportunities to volunteer and train with these and all of our crews this season. Please see page 3 to read about how we are working with AmeriCorps to expand and diversify our volunteer program.

York-New Jersey region.

Each map point is linked to a trailhead. Click to find links to full descriptions of hikes that start at that trailhead as well as to directions and weather.

Narrow your search on the Hike Finder Map by typing in a ZIP code, adjusting the level of difficulty and length, and clicking on features such as "Swimming," "Waterfall," and "Public Transportation."

All hikes are written and curated by Trail Conference volunteers, who are on trails constantly, building and maintaining 2,000 miles of trails in our region, and collecting and updating trail data for use in

hike descriptions and the production of the best trail maps in the region.

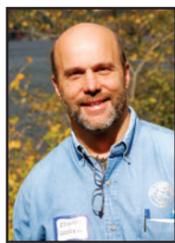
To check out this new Visual Hike Locator map, visit hikes.nynjtc.org. To find information about hiking and volunteering on trails in our region, and to purchase your own sets of the best trail maps for our region, visit nynjtc.org.

All hikes and parks are available on our website and also can be accessed via a text index at nynjtc.org/view/hike.



Zoom in on the region of interest, click on a point, and find one or more hikes.

From the Executive Director



Planning the Last 5 of Our First 100 Years

Rose Harvey, the Commissioner of New York State Office of Parks, Recreation and Historic Preservation (OPRHP), discussed her long range goals for New York's park system at our winter meeting held at Manhattan College in February. The state's park system is huge, and, as she clearly and honestly told us, so are its challenges. But, armed with a strategic plan for addressing these challenges, Commissioner Harvey exuded optimism about the future of New York's beloved park system.

Our Trail Conference audience could only applaud goals that we share with OPRHP:

- Keep state parks and trails open, safe, affordable, and accessible;
- Increase, deepen, and improve the visitor experience in parks and on trails;
- Build a 21st-century green and sustainable park and trail system.

I joined the applause, but also quietly appreciated the power and optimism that can come from a strategic plan.

Over the past decade the Trail Conference has developed strategic goals about every five years. The process is much like a map update—we take a look at current and expected realities and make changes as necessary. Our strategic planning brings together our various cohorts for a shared look at current and expected realities as

they relate to trails and volunteerism. It results in a set of goals that will invigorate our work. The Trail Conference has a very good record of setting actionable goals and achieving them.

Our 2003 strategic plan called for the organization to invest in three priorities: digital map-making, using the Bear Mountain Trails Project to train volunteer trail crew members, and acquiring land to protect our long-distance trails. The fundraising campaign of 2004/05 was inspired by these goals and provided the support to establish these very successful programs.

- Most of our maps have been digital for years and our last analog map, South Taconic Trails, will be converted this year. In addition, 20,000 smart phone maps have been downloaded since launching in spring of 2012.
- Our land acquisition program has protected much of our long-distance trails, especially the Shawangunk Ridge Trail. We've independently protected 2,000 acres of land in the last decade and have jointly protected another 2,000. Many of these lands have been turned over to the state of New York, and we are pursuing additional critical properties.
- The Bear Mountain project has created a fabulous trail experience on the original section of the Appalachian Trail over Bear Mountain but, more importantly, hundreds of volunteers have been able to experience the joy of trail building and many are applying their skills elsewhere in the trail system.

Our 2008 strategic planning process was truncated by the Great Recession. Even so, a number of important strategic goals were

identified that led us to increase, since 2009, our annual contributed volunteer hours by 50%, from 50,000 to 70,000, and our trail miles by 15%, (breaking 2,000 miles). It also led us to create and field an invasive plant strike force.

I mention the good results of our last two strategic plans because we will be starting another strategic planning process later this year. The details of the 2014 strategic planning process should be clear by the time the Summer *Trail Walker* is published. A first step will be outreach to collect opinions and perspectives from our constituents.

A strategic plan provides a powerful, optimistic map to the future.

I realize that for most people, *planning* is not a watchword for excitement. But keep this in mind. The planning we do together this year will guide the Trail Conference right up to its 100th anniversary in 2020. That, I think we can agree, is something to get excited about.

— Edward Goodell
Executive Director
goodell@nynjtc.org

Building the Future with Help from AmeriCorps

Where is the next generation of trail leaders going to come from?

One big source that has proved its effectiveness on trail projects and in communities for decades is AmeriCorps. The Trail Conference is embarked on a strategy to recruit AmeriCorps members and give them opportunities to learn and serve in our area by improving our trails and strengthening our corps of traditional trail volunteers.

AmeriCorps is a direct descendant of the Depression-era Civilian Conservation Corps, which built and improved parks and outdoor facilities in our region and across the nation. Lakes Welch, Silvermine, Turkey Hill, and Pine Meadow in Harriman State Park are local examples of CCC products.

Like its 1930s predecessor, AmeriCorps programs provide participants with job training, leadership skills, opportunities for service that improves communities and the environment, a living stipend to allow indi-

viduals to commit themselves to full time service to their country, and an education award to further their higher education in a variety of ways.

AmeriCorps is a petri dish that grows new generations of outdoor leaders, and quite a number of our own leaders—volunteers, staff, and partners—have been nurtured by it: Skip Card (former board member), Karen Lutz (ATC Mid-Atlantic Region Director), Ama Koenigshof (Trail Builder/Educator), Peter Dolan (New Jersey Program Coordinator), Leigh Draper (former East Hudson Program Coordinator), Jennifer Easterbrook (Administrative Assistant), Erik Mickelson (Field Manag-

er), and Kevin Simpson (Bear Mountain Construction Manager) are just a few that we know of.

The Trail Conference has welcomed AmeriCorps members managed by other organizations on trail projects in the past. Starting this year, we are developing our own AmeriCorps program and look forward to welcoming, training, and cultivating 12 members in May. They will be assigned to trail projects in our region, where they will also help us grow and train our base of local volunteers.

Plans were still in the works as of the deadline for this issue, but we expect to assign members to the Bear Mountain Trails Project, the new Palisades and Taconic Trail Crews (see "New York Comes Knocking," page 1), our Invasives Strike Force in New York and, if funding permits, in New Jersey.

Are you an AmeriCorps conservation alumnus? Let us know. Send an email to: jennifer@nynjtc.org.



PEOPLE FOR TRAILS



NY State Park Police

Where they work: State parks in the Hudson Valley

Safety first: In addition to being first-responders to 911 calls from lost or injured hikers in state parks in our region, park police work to ensure public safety, handle complaints and crime in state parks, and enforce New York and State Parks laws and regulations.

The most calls for help come from: New York State Park Police Captain Michael Cappuccilli uses a Trail Conference map on the wall of his office to point to the #1 location to which his unit responds to 911 calls from hikers: Breakneck Ridge in Hudson Highlands State Park. During peak summer and fall months, he says, the park police respond to at least one call for help each weekend.

Their favorite maps? Trail Conference maps are essential tools for their search and rescue operations. "They are a very important tool for us and are the best maps that I've come across," he says. "They are very coveted when we need to go searching for hikers. They hold up if the weather is bad, and they help keep us from getting lost too," he adds with a smile.

With thanks from us: The Trail Conference donated a fresh supply of the East Hudson Trails map set to the unit as well as a special combined wall map. Cappuccilli is regional commander and executive officer of the Hudson Valley District of the State Park Police.

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Sunday, June 1
Our Summer Meeting

Save the Date!



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

April

Saturday, April 5

SW. Cranberry Lake, Westchester Co., NY. Leader: Mayer Wiesen, 516-671-2095. Meet: 9:25am at Grand Central info booth, upper level. 6 moderate miles. Explore marked trails in this park near Valhalla. Lunch at museum's picnic tables. Suggested donation \$3.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: Ed Mancuso, 917-714-9411. Meet: 10am. Visitors center parking lot. A 4-5 mile hike at easy to moderate pace on various trails. Some up-and-down terrain.

Sunday, April 6

IHC. Palisades and the Giant Stairs, NJ. Leaders: Guy & Jen Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Alpine Boat Basin, Alpine, NJ. Moderately strenuous 8 miles. Hike north on Shore Path along the Hudson, scramble over the Giant Stairs, and then ascend to Long Path for return. Bad weather cancels.

ADK-MH. Millbrook Mtn. and Gertrude's Nose, Minnewaska State Park, NY. Leader: Roberta Forest, 845-750-7059. Meet: 10am at upper lot of Minnewaska (parking fee applies).

AFW. Giant Stairs, State Line Lookout, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 9:30am. Strenuous hike at a moderate pace; out by 2:30pm.

UHC. 4 Birds Indian Cliffs, Rockaway, NJ. Leader: Jean Fletcher, 973-285-5263, day of hike cell 973-452-1567. Meet: 10am at the Boy Scout Camp Winnebago / Fanny State Park parking lot for a moderately paced 5-7 miles around the camp to the Indian Cliffs above Split Rock Reservoir. Bring a light lunch and water. Seriously inclement weather cancels.

Saturday, April 12

AMC-NYNJ. Fort Tryon & Inwood Hill Parks, NY. Leader: Bob Susser, 212-666-4371, rsusser@aol.com (contact leader the week beforehand to confirm walk is still on). Meet: 11am at entrance to Fort Tryon Park (A train to 190th St., elevator up to Fort Washington Ave.). 3 miles at very moderate pace, with great views of the Hudson and the city. Includes visit to the Cloisters museum, ending around 4pm with optional stop at Indian Road Café.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Richard Perlmutter, 908-289-8853, rmperlmutter@yahoo.com. Meet: 4pm at the Trailside Visitor Center Parking Area. Everything looks different in the late afternoon light. We will mostly walk adjacent to watercourses. See a gorge and a ravine, and of course the valley formed by the Blue Brook. Hike ends about 6pm.

Sunday, April 13

AMC-NYNJ. Traditional Palm Sunday Hike, Harriman State Park, NY. Leader: Tom Parliment, tparliment@verizon.net, 845-634-4116 (call before 10:30pm). Meet: contact leader for meeting time and place. Brisk 8 miles with hills. A pleasant hike through southern Harriman State Park, ending at St. John's in the Wilderness church for 3pm service followed by refreshments provided by parishioners.

IHC. Stonetown Circular, Ringwood, NJ. Leader: Paul Ferlazzo, p_ferlazzo@yahoo.com. Meet: 9am at Stonetown Recreation parking, Mary Roth Dr. (off Stonetown Rd.), Ringwood, NJ. Strenuous hike. Red trail up Board, Bear, and Windbeam. Help leader prepare for a Ridge Run in Vermont.

AFW. Norvin Green, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 10am. Moderate to strenuous hike at moderate pace; out by 3pm.

Saturday, April 19

SW. Garrison to Manitou, NY. Leader: Marvin Malater, 718-376-3608. Meet: 8:25am at information booth at Grand Central Station. Linear 10-mile hike on forested rolling hills; moderate pace on climbs. Osborn Loop, Appalachian Trail, then into Manitou Nature Preserve and visit an old estate with paths overlooking the Hudson River. Return on 4:26 train from Manitou. Suggested donation \$3.

Sunday, April 20

AMC-NYNJ. Sugarloaf Mtn. and Breakneck Ridge Trail, NY. Leaders: Nancy & Art Tollefson, tollefson@verizon.net, 212-727-8961 (before 9:30pm). Meet: 10am at Breakneck Ridge parking lot on Rt. 9D, just north of tunnel above Cold Spring, NY (8:44 Metro North train from Grand Central to Breakneck Ridge; leaders take train). Moderate-plus pace and about 2,400 ft. elevation gain (but not face of Breakneck), 8 miles. Enjoy panoramic views of Hudson River from East Hudson Highlands. Bad forecast may cancel; contact leaders eve before if in doubt.

UHC. Lewis Morris Park, Morristown, NJ. Leader: Louise White, 973-746-4319, cell 973-856-3327. Meet: 10am Sunrise Lake at the lowest parking lot (right turn down the hill below boathouse). We will take various trails for about 4 miles at a moderate pace.

Sunday, April 27

ADK-MH. West Mountain-Timp, Stony Point, NY. Leader: Mel Kleiman, nivlem.mk@gmail.com, 845-216-6805. Meet: 10am at Anthony Wayne parking area, Harriman State Park. 9 difficult miles in the 'high alpine meadows' of Harriman.

NYR. Newfoundland to Haskell, NJ. Leader: Michael Chenkin, 917-703-5460 (please do not call between sundown Friday and sundown Saturday). Meet: call leader for details. We'll take unmarked trails to Kanouse Mtn., then to Highlands Trail at Echo Lake. Then south and east through Norvin Green State Forest; out to Haskell on Posts Brook Trail.

IHC. Bare Rock Loop, Sterling Forest, NY. Leaders: Guy & Jen Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Sterling Forest Visitor Center, 119 Old Forge Rd., Tuxedo, NY. Strenuous 9 miles. Explore this new trail, offering very pretty views both north and south. Bad weather cancels.

May

Saturday, May 3

SW. Annual Great Saunter, NY. Leader: For details on where to meet and how to register, call the Shorewalkers hotline at 212-330-7686 or go to www.shorewalkers.org. Meet: 7am. 32-mile walk, at a steady but not fast pace, around Manhattan's rim. We keep to the waterside as much as possible: through more than 20 parks and touching dozens of communities and cultures. Rain or shine. Individual \$20 (\$10 each additional family member); children under 18 free.

Sunday, May 4

ADK-NJR. Camp Smith Trail, NY. Leader: Deanna Felicetta, felicetta.deanna@gmail.com or 845-216-2021. Meet: Please leave your name and contact phone number to register for meeting time and place. 8 miles, moderate-plus pace and terrain.

ADK-MH. Acra Point, Windham, NY. Leader: Sue Mackson, 845-471-9892, suemackson@gmail.com. Meet: Contact leader for details and car pool options. 3.3 miles and 1,000 ft. elevation gain, or 5.2 miles/1,300 ft. if we add Burnt Knob. Moderate pace on this well-known trail, part of the Escarpment Trail in the Catskills. Excellent views and spring wildflowers.

NYR. New Rochelle to Manhattan, NY. Leaders: Camille Cooper, 212-838-0714, Camille_cooper@earthlink.net, and Anna Marynowska, 718-384-2908. Meet: call leaders for details. From station in New Rochelle we'll take local streets across bridge to historic Glen Island Park, with its castle. Then south on Shore Road, East Coast Greenway, stopping at Bartow-Pell Mansion. Trail back to East Coast Greenway, then across the Bronx. Fordham Rd. across University Heights Bridge to Manhattan. Visit all five Sherman Creek parks. Out to Dyckman St. (#1 train station).

AMC-NYNJ. Rockefeller State Park, NY. Leader: Bob Susser, 212-666-4371, rsusser@aol.com (contact leader the week beforehand to confirm walk is still on). Meet: Take 10:20am Metro-North Hudson Line train from Grand Central, arriving Philipse Manor at 11:12; sit in first or second car. Leisurely 6-mile stroll on shady carriage paths and wooded lanes, with many panoramic vistas.

AFW. Turkey Hill Lake, Harriman State Park, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 10am. Easy to moderate hike at leisurely pace; out by 1:30pm.

Saturday, May 10

SW. Garrison/Sugarloaf, East Hudson Highlands, NY. Leader: Marvin Malater, 718-376-3608. Meet: 8:25am at Grand Central Terminal info booth. 11 miles on forested rolling hills; moderate pace on climbs. Osborn Loop, Sugarloaf Hill So., Appalachian Trail, Curry Pond Traverse, West Point Overlook at Arden Point. Suggested donation \$3.

AFW. Black Rock Forest, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 9am. Strenuous hike at moderate pace; out by 4:30pm.

UHC. Hartshorne Woods County Park, Middletown, NJ. Leader: Richard Perlmutter, 908-289-8853, rmperlmutter@yahoo.com. Meet: 10am at the Rocky Point parking lot. Beautiful views of the Navesink River and the Atlantic Ocean. Moderate pace, with lots of ups and downs, but none especially difficult. Hike concludes about 12:30pm.

Sunday, May 11

AMC-NYNJ. BYOB Hike (Binoculars, That Is), Harriman State Park, NY. Leader: Nancy Tollefson, tollefson@verizon.net, 212-727-8961 (before 9:30pm). Meet: 9:20am at commuter lot on East Village Rd. in Tuxedo, NY (8:30 Shortline bus from Port Authority to Tuxedo; leader takes bus). Moderate 6 miles with some gentle hills. Come view the annual migration; past springs have featured many colorful warblers along Victory Trail and Lake Skenonto. Forecast of heavy rain cancels.

IHC. Tuxedo Circular, Harriman State Park, NY. Leader: Roy Williams, royhiker1@aol.com. Meet: 9am at Tuxedo metered lot (free on weekends), 1 East Village Rd., Tuxedo, NY. Moderately strenuous. Hike north on R-D trail towards Parker Cabin Mtn., then various trails back to Tuxedo. Bad weather cancels.

Saturday, May 17

ADK-MH. Hyde Park Walkabout, NY. Leader: Mike Cunningham, 203-748-7233 (call 7-9pm), hikermiker@yahoo.com (email before May 16 noon). Meet: 9:30am at Roosevelt Farm Lane parking, just west of Rt. 9G. Shuttle required. 6 miles at moderately fast pace. Hike 5 different trails in one day and earn a free Hyde Park Walkabout patch.

SW. George Washington Bridge and Beyond, NY. Leader: Cy Adler and friends, adlercy@gmail.com. Meet: 10am at info booth in GWB Port Authority bus terminal, @ 178th St./Broadway (A train to 178th). Walk over the bridge, then down 400 stone steps to Hudson shore and north for 5-8 miles. Spectacular views, waterfall. Bad weather cancels. Suggested donation \$3.

Sunday, May 18

NYR. Bradley Mine and Bottlecup Trail, Harriman State Park, NY. Leaders: Lee Ruelle and Eve Proper, leeruelle@gmail.com. Meet: contact leaders for details. A-SB trail over Green Pond Mtn. to Crooked Rd. and White Bar Trail. A-SB and Bottlecup Trail, over Surebridge Mtn. woods road to Hurst Trail, then AT and Arden Valley Rd., pausing at Bradley Mine. Back on Long Path, AT through the Lemon Squeezer and past Island Pond.

AFW. Blue Mountain Lakes, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 10am. Moderate hike at a moderate pace; out by 3pm.

Saturday, May 24

SW. Bay Ridge to Sunset Park, NY. Leader: Bob Lazzaro, rlazzaro4@aol.com. Meet: 10:30am outside last stop of R subway at 95th St. and 4th Ave. in Bay Ridge. Moderate 5 miles along Shore Rd., from Verrazano Bridge to Owl's Head Park. Then follow the Greenbelt to 8th Ave. Chinatown to stop for lunch. After lunch brief tour of Green-Wood Cemetery. Suggested donation \$3.

Sunday, May 25

AMC-NYNJ. Central Park Tree Walk (Northern Part). Leader: Bob Susser, 212-666-4371, rsusser@aol.com (contact leader the week beforehand to confirm walk is still on). Meet: 10:30am in Dana Discovery Center, inside the park near 110th St./Lenox Ave. entrance. Relaxed stroll to identify some of the trees in Central Park. Many stops; ending about 3pm.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at visitor center parking lot. Hike 5 miles at moderate pace, with a couple of steep sections. Boots recommended. Heavy rain cancels.

Saturday, May 31

ADK-NJR. Skannatati Lollipop Loop, Harriman State Park, NY. Leader: Allison Tully, alitully63@optonline.net or 845-656-0442. Meet: Contact leader for meeting time and place. 7 miles, moderate-plus pace and moderate terrain.

June

Sunday, June 1

AMC-NYNJ. Dater's Mine, Augusta Mine and Beyond, NY. Leaders: Tom Parliment, tparliment@verizon.net, 845-634-4116 (call before 10:30pm). Meet: contact leader for meeting time and place. Moderate 9 miles with hills. After the mine visits we'll head to Claudius Smith's den for fine views of the Catskills, then to a pretty lake.

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

Sunday, June 4

ADK-NJR. West Mountain to the Timp. Leader: Deanna Felicetta, felicetta.deanna@gmail.com or 845-216-2021. Meet: Please leave your name and contact phone number to register for meeting time and place. 9 miles, moderate-plus pace and terrain.

Saturday, June 7

National Trails Day

NYNJTC. Visit nynjtc.org/calendar for details of planned events.

Sunday, June 8

AMC-NYNJ. One-Way Hike to Suffern, NY. Leader: Art Tollefson, arthurtollefson@verizon.net, 212-727-8961 (before 9:30pm). Meet: Contact leader for transportation info and shuttle instructions no later than Thursday before hike. 11 miles with hills at a moderately brisk pace. A rare chance to visit the southern end of the Suffern-Bear Mtn. Trail in Harriman State Park.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center parking lot on Coles Ave. A 4+ mile hike at a moderate pace. Boots strongly recommended. Rain cancels.

Saturday, June 14

ADK-NJR. Norvin Green, NJ. Leader: Allison Tully, alitully63@optonline.net or 845-656-0442. Meet: Contact leader for meeting time and place. 8 miles, moderate pace and moderate-plus terrain.

AFW. Allamuchy State Park, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 9:30am. Moderately strenuous hike at a moderate pace; out by 2pm.

Sunday, June 15

IHC. Old Croton Aqueduct and Westchester River Walk, NY. Leader: Richard Mohovich, 201-675-6304, figgman@mind-spring.com. Meet: Contact leader to register and for details. Moderate 8-mile hike from Tarrytown to Hastings on Hudson, along the Old Croton Aqueduct and Westchester River Walk. Gravel/paved trails and streets, mostly flat.

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

More than 100 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

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

ADK-MH	Adirondack Mountain Club Mid-Hudson	IHC	Interstate Hiking Club
ADK-NJR	Adirondack Mountain Club North Jersey-Ramapo	NYR	New York Ramblers
AFW	Adventures for Women	SW	Shorewalkers
AMC-NYNJ	Appalachian Mountain Club, NY-North Jersey	UHC	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 Fall issue is May 15.

We Welcome Four New Trail Supporting Clubs as Members

Jolly Rovers

www.jollyrovers.org

Jolly Rovers are a roving volunteer trail crew focused on technical stone construction and maintaining trails for the Trail Conference. Their goal is to build beautiful yet naturally integrated stone structures such as staircases and retaining walls into trails when and where trails require them. The Rovers also train local volunteers in other regions, spreading awareness and knowledge of traditional masonry skills

largely lost to antiquity. The Rovers are a nonprofit trail building club that emerged from the Bear Mountain Trails Project.

Monmouth County Park System Outdoor Recreation
www.monmouthcountyparks.com

The Monmouth County Park System is committed to improving the quality of life of the citizens of Monmouth County by providing park and recreation areas, facili-

ties, programs, and services of the highest quality and to furnishing these recreational opportunities in the most effective, efficient, and economical manner possible. They maintain over 124 miles of trails in 21 county parks.

Alley Pond Environmental Center
www.alleypond.com

The Alley Pond Environmental Center (APEC) is a nonprofit environmental education organization dedicated to educating children and adults in the New York metropolitan area, protecting and preserving Alley Pond Park open spaces and water bodies, and advocating for sustainable

environmental policies and practices. It offers educational programs and workshops throughout the year and maintains approximately 3.5 miles of hiking trails within Alley Pond Park.

Boy Scout Troop 21 of Suffern, New York

Zachary Kunow, a Scout from this troop, led Troop 21 on the construction of a major bridge on the Long Swamp Trail in Sterling Forest State Park as his Eagle Scout project. The troop has agreed to maintain this trail. Read about this big project on page 6.

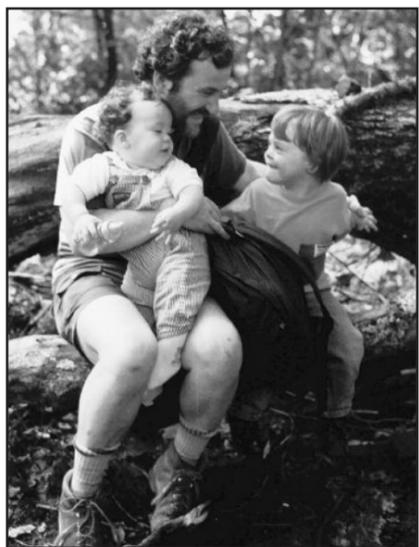


Hiking with Children

By Peter Dolan

I never intended to have a job bringing kids outdoors. I'll be the first to admit that I took my initial position in the woods not to connect with people, but to practice the skills I'd need as a zoology major; a job leading backpacking trips and teaching at a wilderness school would certainly put me ahead as a field biologist.

What I didn't expect was that I'd enjoy outdoor education so much that I'd eventually drop all the lab work so that I could be in the field full-time. And one joy that never got old, whether it was in the mountains of southern California or locally on Bear Mountain, was that of introducing new people to the outdoors. For many people, the best chance to do that is through children.



JOANN DOLAN

The author (lap) explores the Delaware Water Gap with his father and brother.

There are a few reasons to make the effort to include a child on a future hike. The idea of Nature Deficit Disorder, while not listed in any official medical manual, has gained traction in response to the increasing amount of time children spend indoors and in front of screens. Childhood



obesity is also on the rise as sedentary pastimes increase.

Looking towards a larger sense of health, the future of our green areas relies on the decisions these children grow to make – if they never learn to love the outdoors, what motivation will they have to protect it? If we raise a generation of youth disconnected from nature, then nature will eventually pay the price. But more importantly in the short term, taking children outside can be fun (if it's planned well)!

So, how do you plan to take a hike with kids?

- Before worrying about anyone else, focus on yourself. Are you ready to take a slow hike, enjoy frequent rests, and get really enthused about any scary bugs or gross scat that may turn up? If so, you're ready. If you're in the mood to bag a peak or blow off some steam in a power-hike, now is probably not the time to include a child.

- It's all about location—select the right hike for the audience. The *Best Hikes with Children* books, carried on the Trail Conference website, can help you choose from more than 120 hikes throughout New York and New Jersey which are suitable for smaller legs. Loop hikes preferred! You can also find some suggestions on our website: nynjtc.org/content/great-familyfriendly-hikes

- While you might be able to overlook a tiny blister or minor hunger grumbles, such things can be deal-breakers for a child. Be sure everyone's equipped comfortably, and pack extra snacks and insulation if there's any chance of it getting chilly.

- Rest is a good thing—pack a lunch and encourage kids to bring a few toys that

Take it slow.
Pick the right trail.
Bring good snacks.
Dress right.
Think Fun.

engage with the environment (not handheld video games!). Choose a route with views that you know you won't mind spending time looking at. While the kids are playing or exploring, you can read a book and capitalize on the down-time as well.

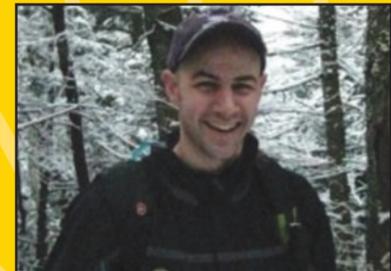
- If you're feeling up to it, try a few basic activities and games to get kids paying more attention to their surroundings. The Appalachian Trail Conservancy website has a fantastic page on simple things you can do with little to no materials required. appalachiantrail.org/hiking/hiking-basics/families-groups/hiking-games-and-activities

If you include a child on your next hike, not only might the experience plant the seed for a future volunteer—you may enjoy taking it slow and looking at nature through a child's eyes more than you expected. I'm sure it's what's kept my parents so young!

Peter Dolan is New Jersey Program Coordinator for the Trail Conference. His current efforts to get people outdoors include recruiting and training students at our neighbor, Ramapo College, where he is organizing a new volunteer trail crew.



PEOPLE FOR TRAILS



Will Soter
Kingston, NY

Volunteers to manage maintenance and maintainers on about 100 miles of Catskills trails in Ulster and Sullivan County as Trails Co-chair with his good friend Alex Marra (see page 9).

He took his first hike at the age of seven, when he joined the Boy Scouts.

Moved to the Catskills in 2001, after college. "I have been hiking here, and the surrounding area ever since."

Outdoor credentials: Became a member of the Catskill 3500 Club in 2009. Is a New York State Licensed Guide and, with Alex, is co-founder and CEO of Upstate Adventure Guides. He is also a licensed guide with Destination Backcountry Adventures and is a member of the Catskill Mountain Club.

Off-trail: Will was an assistant manager for Home Depot 2005 - 2008 and then Barnes & Noble 2008 - 2010. In 2010, he took time off from working to be home with his growing family.

What Will says: "As my daughters are a little older now, and my schedule has begun to open up, I'm looking for ways to become more involved in the local hiking community."

Interested in finding out how you can help on trails in your region? Get in touch with Volunteer Coordinator John Leigh, jleigh@nynjtc.org

Amazing Summer Science Camp Opportunity for Kids 12 -18 at Black Rock Forest

You may have hiked Black Rock Forest before, from the top of Split Rock where one can see New York City, to the bottom of Glycerine Hollow... or perhaps you haven't had the chance. Either way, don't you know children who would love to spend a week at Black Rock Forest, learning from the landscape while immersed in science, art, and nature?

Black Rock Forest Consortium, which includes the Trail Conference, welcomes middle and high school students (grades 6-12) this summer for authentic, week-long learning experiences in nature, working directly with scientists and artists. The focus is on understanding nature through scientific observation and investigation. Classes allow students to explore subjects of interest without the pressure of a grade. They are developed and taught by experts and provide an opportunity to explore college and career possibilities in the natural sciences while having fun in Black Rock Forest.

This year, nine classes are offered on topics such as ornithology, turtle biology,

biodiversity, nature journaling, and forest ecology (including tree climbing!). Classes are hands-on, interactive learning experiences that are fun as well as informative. One class is a collaboration with neighboring Storm King Art Center for outdoor experiences that hone students' observational skills while surrounded by monumental sculptures.

Most classes are half-day and will be offered both morning and afternoon (morning 8:30-12:30, afternoon 1:30-5:30). Drop-off and pick-up service will be provided at the Cornwall Post Office. For a more immersive experience, students can reside in the "green and smart" Forest Lodge all week, with three meals provided each day, activities every evening, 24-hour supervision, and nurse and EMT on-site. Summer Science Camp is certified by the Orange County Department of Health.

For more information or to register online visit www.blackrockforest.org.

BLACK ROCK FOREST CONSORTIUM

2014 SUMMER SCIENCE CAMP

June 22 – 28	Conservation Biology on Seahorse Key
July 14 – 18	High School Week at Black Rock Forest
July 21 – 25	Middle School Week at Black Rock Forest

To Register, visit blackrockforest.org or call (845) 534-4517

We thank these
retail partners for
their extra support



People for Trails. Trails for People.

A quarterly look at some of what our volunteers have been doing to assure public access to nature.

Scouts Build Looooong Swamp Bridge

By Wayne Kunow



PHOTOS: WAYNE KUNOW

Zachary Kunow, a 14-year-old freshman at Suffern High School, Senior Patrol Leader of Boy Scout Troop 21 in Suffern, NY, and my son, is an outdoorsman and environmentally-minded young man. When it came time to choose an Eagle service project at the end of 2012, he knew he wanted to do something for an environmental organization. That “something” turned out to be a 60-foot bridge on the Long Swamp Trail Loop in Sterling Forest State Park. “I was looking for an Eagle Project that would be challenging,” Zachary said. “Designing and building a bridge sounded fantastic!”

Given the size of the bridge, engineering help was needed. Zack worked with Brian Brooker from Brooker Engineering on the design. “Mr. Brooker and I chose a truss bridge design made of triangles because it’s economical, efficient, and very strong,” Zack says. The bridge is 60 feet in length and 40 inches wide with 5-foot-high truss/railings. It is composed of a 40-foot span meeting a 20-foot span over a gabion filled with rocks.

After getting approval from Jeff Hutchinson, Park Manager and John Mack, West Hudson South Trails Chair, the design was submitted to the state engineers for review. We met with the Dept. of Environmental Conservation (DEC) to review the site and discuss the DEC permit process. If the permit could be secured, the plan was to start building the bridge during the summer and complete it by the end of the year in 2013.

Unfortunately, Zack broke his collarbone just before Memorial Day, delaying the start until the fall. He used this extra time to actively fundraise to meet his \$5,000 budget

for materials and supplies. Thanks to a very generous donation from Tilcon New York Inc., sponsored by Ed Cicalese, which covered most of the materials, Zack exceeded his goal. Along with other donations from local businesses, friends, and family, Zack ended up raising more than \$6,000 of monetary and material donations. During this time he was able to obtain a permit from the DEC. Also, after making a few modifications to the design recommended by the state engineers, he received their approval as well.

We constructed the trusses in our driveway, transported them to the park, and raised the bridge. Sounds very simple! Zack had four workdays with the troop (both scouts and parents) to build the six 20-foot trusses, which were completed in October. The 40-foot span was created by splicing two 20-foot sections.

Next, the troop started working on site to clear the new trail and build two gabions. Several tons of rocks were

moved to the site from piles of rock slag from a 19th century mine about 100 yards down the trail. Work on site was shut down during hunting season. However, we took the opportunity to move the trusses and other bridge material to property adjoining the park in early December. This was achieved with the assistance of Mark Olson (Assistant Scoutmaster of Troop 21) from MP Olson Excavation. Mark provided use of his flatbed trailer and a Bobcat to move the trusses and material.

On December 21st, Zack coordinated a large group to assist moving the 20-foot trusses and bridge material through the woods to the bridge site. Thirty-seven people including members of the troop, the Trail Conference, friends, and family erected the trusses on location with temporary support. The splices were added for two 20-foot sections to create the 40-foot span that was needed.

Additional workdays with the troop followed, during which top rail supports were constructed, a footing for the west side of the bridge was dug, and the floor was laid. The final workday was on January 19, 2014 when another ton of rocks was moved to create walking ramps on both the east and west sides of the bridge.

In all, the troop put in 836 person hours and 12 workdays into the planning and construction of the bridge. Zack said, “I knew this project would be challenging when I took it on, but I also knew it would be rewarding and a great sense of accomplishment.”

As a result of this project and our vested interest in this trail, our troop has been approved as a Member Club of the Trail Conference and will be assigned as maintainers of the



Momentum Continues for Hudson Fjord Trail

125 people braved the forecast of another Big February Snow to attend the first of three public meetings about a draft master plan for the Hudson Fjord Trail, envisioned to extend between the Cold Spring and Beacon, NY train stations. The trail would run along the Hudson River in Putnam and Dutchess Counties and offer safer access to existing trail heads for Hudson Highlands State Park.

Participants were residents of Putnam and southern Dutchess County. Environmental leaders from all local organizations, and government officials, including the entire Philipstown Town Board, Cold Spring Trustee Stephanie Hawkins, Beacon Mayor Randy Casale, Putnam County Legislator Barbara Scuccimarra, Assemblywoman Sandy Gale, Deputy Putnam County Executive Bruce Walker, and Linda Cooper of New York State Parks participated. The Trail Conference’s East Hudson Program Coordinator Hank Osborn facilitated one of the discussion groups.

Visit the project’s page at facebook.com/HudsonFjord



LIZ SCHEVCHUK ARMSTRONG-PHILIPSTOWN

Recruiting the Neighbors at Ramapo College

New Jersey Program Coordinator Peter Dolan spent time on the Ramapo College campus this past winter, introducing students to the Trail Conference and recruiting them as volunteers for a new college trail crew. The campus is already a near neighbor in Mahwah, and will be a next-door neighbor when we move into the Darlington Schoolhouse.

In the course of two months, Dolan met with 150 students, most of whom had never before heard of the Trail Conference. Of those, one in three signed up to learn more about volunteering with us. Already students are looking to be placed in volunteer positions recruiting, maintaining, teaching, attending Trail University courses, doing GPS work, and assisting with projects identified by Bergen County and our volunteer leaders.

The Ramapo College Crew initiative is about much more than providing hands in the field – it’s about creating a relationship with a major neighbor to our soon-to-be new headquarters at the Darlington Schoolhouse and cultivating the next generation of environmental leaders, volunteers, and activists through this exciting program.



Mossy Glen Trail Gets New Bridge

When snow shoers from Mid-Hudson ADK hit the Mossy Glen Trail, a new trail bridge over the Peters Kill was ready for them. A new trail bridge was built in the winter. The project was a collaborative effort between Tahawus Trails and the Blueberry Run Trail. One torn away by a raging Peters Kill during Hurricane Irene in 2011.

Volunteers who worked on the project with Eddie Walsh were Webber, and, from the Jolly Rover club crew, Roch Boucher, Artie, Doug Comeau, Duane Card, Marc Patterson, Marc Sierziga, Matt

Long Path & Shawangunk Ridge Trail News



2014 promises to be another exciting year for the Long Path. On National Trails Day (June 7) the new 9.5-mile off-road section from Wittenberg Mountain to Phoenicia, in the Catskills, will open. For this to happen, about 1.5 miles of trail still has to be cleared, and several more rock steps and turnpikes have to be constructed.

The majority of this work will be done during a service trip that is scheduled from May 31 to June 7. Anyone who wants to be part of this project, please check the online calendar for details (nynjtc.org/calendar), or contact the Trail Conference office. See also the Service Vacation notice at right.

Not only will there be need for a crew that week, we also will need volunteers to assist with the logistics before, during, and after the work week: a camp has to be set up, and tools and food have to be brought up the mountain.

The weekends prior to this work week we also will be working on the new trail, and additional volunteers will be needed to help finish the trail by the June 7 deadline. You can come for just a day, or for an entire weekend. Again, please check the online calendar for details.

Other sections of the Long Path will also see activity in the year to come. The Long Path North Hiking Club has scheduled a bridge building event in Cole Hollow on National Trails Day, while south of the Catskills, in Napanoch, we are moving a short trail section from the road onto the D&H Canal towpath. This too will require a new bridge.

In 2012 we reported 1,714 hours of work, which cleared most of the first 3 miles on Romer Mountain. In 2013 a whopping 4,545 hours went into the project, which saw us reach Mount Pleasant from both sides. Now only the section on Mount Pleasant remains to be cleared. We hope you will join us.

Co-Chairs Jakob Franke and Andy Garrison



Walk or Run to Protect the Palisades

Sign up now for the "Escape to the Palisades 6k Trail Run/Walk"

Lace up and speak out as you enjoy a scenic loop hike or run on the Long Path, right across from the proposed LG Tower.

Trails include the Long Path, Shore Trail, Carpenters Trail and Dyckman Hill Trail.

May 4 at 9am, Fort Lee, NJ
For more information and to register, please visit www.escapetopalisades.com

All net proceeds will support Protect the Palisades efforts.



Swamp Trail for at least the next couple of years. On January 22, Zack became the 137th Eagle Scout from Troop 21.

In addition to being Zack's father, Wayne Kunow is also the master of Troop 21 and a Trail Conference member.



The bridge at Minnewaska State Park Preserve this winter, the work was completed on the popular trail by the start of this season and Trail Conference volunteers. The bridge replaces the old bridge and is similar to another bridge over the stream on the preserve.

The bridge was built by Joan James, Jim Gebhard, Mike Garrison, Dave Hidalgo, Bob Brunner, Tim McElwee, Vic Alfieri, Matt Decker, Matt DeGraff, and Liz Degraff.

JOIN PEOPLE FOR TRAILS ON ONE OF THESE EXCITING PROJECTS THIS SEASON

As of the deadline for this issue, snow was still deep throughout our region. Many crews were waiting for the snow to melt to plan their projects and schedules. Check the crew trip calendar at nynjtc.org/view/trail-crew-outings



MARTY COSTELLO

Enjoy a Service Vacation in Our Closest Wilderness Area: The Catskill Mountains Or, help by doing a supply hike

As part of our work to build 9.5 miles of new backcountry trail for the Long Path between the Village of Phoenicia and the Slide Mountain Wilderness Area, the Trail Conference will be offering a weeklong backcountry service vacation between May 31 and June 7, National Trails Day. Our goal is to open this exciting new trail on National Trails Day.

On this extended backcountry service trip the crew will be working on the section of new trail that traverses Cross Mountain between Wittenberg Mountain and Mount Pleasant. The crew will be camping each night on the mountain at a base camp, and work will include clearing trees and vegetation, and tread construction such as raking, side-hilling, waterbars, and stone steps.

The Trail Conference will be leading several hikes to the worksite and the base camp to resupply the crew. Volunteers are needed to carry supplies and tools up and down. If you are interested in either opportunity, please email the Trail Conference at catskills@nynjtc.org.

A New Trail to Go to Black Rock Forest



Workshop participants last year helped scout route for a new trail.

The Hudson Highlands Nature Museum in Cornwall is planning to create a new trail connecting their 6-mile network with that of Black Rock Forest's. One of the results will be the creation of a lovely viewpoint overlooking Cornwall and north to the Shawangunks and Catskills. The Trail Conference is assisting with this project. Last October, we held a Trail Layout & Design workshop at the site, and on May 31, we will lead a Tread & Drainage: Side-hilling workshop that will begin to build the trail. All are welcome to register for this workshop, whether it is to add to your trail skills or to become a part of this project. Sign up at nynjtc.org/view/workshops

South Taconic Trail Extension

The South Taconic Trail is being extended six miles south to the Taconic Park Rudd Pond area in Millerton, NY. This is the natural starting point for the trail, which recent land acquisitions have now made possible. The route requires building about five miles of brand new trail through open woods, hemlock groves, waterfalls, and rock ledges with open views.



The construction phase of this project begins Saturday April 26, and will extend into 2015. Work will range from cutting and clearing with loppers and hand saws, to heavier work digging side hills and treadway smoothing. In September, the Jolly Rovers rock crew has scheduled a full weekend of rock work.

No experience is necessary to join the fun, and there is plenty of work for all abilities. Crew work days will be scheduled throughout this summer and fall, and will be posted on the Trail Crew Outings web page on nynjtc.org. Or contact Andrew Seirup, at aseirup@gmail.com or 845-350-2023. -Andrew Seirup

Andrew is our Trails Chair for the East Hudson region.

Sterling Forest Backcountry Trails Project

This year we're kicking off the trail-building season at Sterling Forest by creating the next section of the Doris Duke Trail, which will extend uphill to join up with the Allis Trail on Sterling Mountain. The Allis is a ridge-top trail running from the Appalachian Trail in the northern section of the park, south along Sterling Ridge and across the New Jersey border to link up with the trails in Ringwood State Park.

Join us for a Sidehilling Party in early May, details to be found here: <http://nynjtc.org/content/sterling-forest-trail-project>

STAFF



**Erik Mickelson
Is New Field Manager**

The Trail Conference welcomes Erik Mickelson as the newest member of our staff. Erik fills the new position of Field Manager and is already a familiar face to many volunteers who worked with him last season at Sterling Forest State Park, where he was a member of the AmeriCorps crew. Erik grew up in Virginia Beach, VA, went to college in Tucson, AZ, and came to Sterling Forest from Oceanside, CA.

Since then Erik has worked at well over 40 different trail sites in Southern California and New York. He worked with the notable trail firm Bellfree Contractors; was a regular trail volunteer with the San Diego Mountain Bike Association (he was their Trail Volunteer of the Year in 2009); and volunteered as Calavera Hills Preserve Trail Captain with the City of Carlsbad, CA. He also sat on the Oceanside Bike/Walk Subcommittee in charge of trail development. What's different about trail work in New York? "Here there are more rocks and more duff," he says with a smile. "More humidity and more bugs. Also more trees, which I love."



Kevin Simpson, an AmeriCorps volunteer with us last year on the Bear Mountain Trails Project, returns this year as seasonal construction manager on the project. Kevin is from Asheville, NC, and grew up hiking and backpacking. He graduated in 2004 from the University of North Carolina-Asheville with a major in sociology. He has taught English to young people in Korea and Taiwan, counseled and taught at an alternative camp for young people, and worked as a teaching assistant in public schools. He is an active member of the Carolina Mountain Club, Wild South, and the Carolina Mountain Land Conservancy. Kevin's hope is "to merge my work with young people and my interests in trails."



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Conservation & Trail Advocacy



Gunks Greenway: Priority Conservation Project

Safeguarding the Gunks Greenway

On February 4, 2014, the Mamakating Town Board voted unanimously to endorse a casino at the top of the ridge. Developer David Flaum, owner of a 345-acre parcel (location of the former Shawanga Lodge) off Exit 114 of Route 17/86 and overlooking the Basha Kill Wildlife Management Area, had requested the endorsement. The Trail Conference is an adjacent landowner to the Flaum parcel, and we oppose a casino at this site owing to the negative impact it would have on our decades-long efforts to protect the integrity of this spectacular ridgetop for wildlife habitat and human recreation. We sent a letter to the town board stating our concerns and asking that they not endorse the casino. We were in good company with partner organizations such as the Basha Kill Area Association and many individuals. Despite losing this round, we will monitor development proposals.

Hike with Us This Spring and Get to Know the Shawangunk Ridge Trail

Check nynjtc.org/calendar for guided spring hikes along the Shawangunk Ridge Trail, where we will be showcasing the trail building and conservation and advocacy work the Trail Conference is doing in the region.



Environmental Protection Fund

Established in 1993, the EPF is the state's dedicated source of funding for critical environmental programs. Governor Cuomo proposed to invest just \$20 million in land protection in the next fiscal year. Sadly, no money to protect land on the Shawangunk Ridge is in the governor's land protection budget proposal. This, despite the fact that the state has identified the Ridge as a priority area for open space protection, worked with the Trail Conference in the past to add land to ridgetop state forests, and is funding Trail Conference efforts to promote a Gunks Greenway on the Shawangunk Ridge. The 100+ member coalition Friends of NY's Environment worked to increase EPF funding overall, to \$200 million. We joined that effort and a February lobby day for it in Albany, and also advocated for an increase in the land acquisition budget in particular.



Protecting the Palisades

Our challenge to LG Electronics' plans to build a tower on the National Historic Scenic Palisades picked up significant momentum this past winter.

- Two separate letters from the National Park Service to Edwin Fehre, Chairman of the Englewood Cliffs Planning Board, discussed the "serious negative impact" of the LG project.
- The Natural Resources Defense Council and the New Jersey Conservation Foundation announced their moves to join the lawsuit against LG Electronics over its plans.
- Six Bergen County mayors signed a letter declaring their opposition to the plans.
- And the Palisades Interstate Park Commission unanimously approved a resolution of opposition.

In all cases, opposition is only to the height of the planned tower, not to LG's use of the site for its headquarters.

Follow the issue on our coalition website, protectthepalisades.org.

Harriman Trails Access

The winter closing of Route 106 in Harriman State Park, between Rt. 17 and Kanawauke Circle, led to a flurry of reports from hikers about a decrease in access to trailheads both along that road section and others. We formed a Harriman Trails Access committee, comprising volunteers and representatives of member clubs, to collect hiker input and review the issue. The committee's goal is to identify issues and recommendations that can be made to park officials.

September Bear Hunt in the Catskills Not a Good Idea

New York State's Dept. of Environmental Conservation has proposed adding a new September bear hunt season in the Catskills. The goal is to manage the bear population, which we accept is an issue across New York State. Lasting for 16 days beginning on the first Saturday of September, the proposed new season coincides with a time of high use by other recreational Catskills users, particularly hikers and fall foliage seekers. In a comment letter to DEC, we stated our opposition to this particular proposal. Aside from issues of public safety, the Trail Conference is concerned that a September hunting season would cause many visitors, including hikers, bird watchers, fishermen, nature photographers, cyclists and others, to stay away from the Catskills and thus the community businesses they traditionally patronize, during this peak tourist season. These users represent a far larger group than do hunters. We feel strongly that a new, early hunting season is not an optimal solution to managing bear populations in the Catskill Mountains region.

Our States' Environmental Budgets

In both New Jersey and New York, the Trail Conference weighed in, along with our partners, on state government budget plans. Our focus was on securing funding for land protection programs.

Green Acres In the Garden State, the NJ Keep It Green Coalition led successful campaigns to pass statewide ballot measures in 2006, 2007 and 2009 generating \$600 million for state open space, farmland and historic preservation programs, as well as dedicated annual funding for capital improvements to state parks and other public lands. Since 2012, when funds were set to run out, NJKIG has conducted a Sustainable Funding Campaign to secure a sustainable source of funding for the preservation and stewardship of New Jersey's natural, recreational and historic treasures for generations to come. The effort continues.

Environmental Protection Fund In New York, the focus of The Friends of New York's Environment, a partnership of more than 100 groups, is on the Environmental Protection Fund (EPF). Established in 1993, the EPF is the state's dedicated source of funding for critical environmental programs that protect clean drinking water, magnificent parks, family farms, and open space. We joined that effort and also advocated for an increase in the land acquisition budget in particular.

We also weighed in on funding for State Parks, with representatives participating in an annual Parks Advocacy day in Albany, and worked to raise awareness of Catskill issues, including adequate funding and staffing for the Dept. of Environmental Conservation, during a Catskill Awareness Day in Albany.

Trailside Nature

Discovering Ferns

By Edna Greig

On just about any woodland walk, you're likely to encounter ferns, some of the oldest plants to inhabit the earth. Ferns predate flowering plants and reproduce not by seeds but by spores.

All native ferns in our area have horizontal underground stems called rhizomes. In early spring, the leaf buds on the rhizomes expand and, in most species, uncoil into the appropriately-named fiddleheads. Fiddleheads are a delightful sight in early spring. Some are stout and covered with dense silver or white hairs to help protect them from the cold. Others are delicate and difficult to spot among the leaf litter.

The fiddleheads continue to uncoil into mature leaves which, in ferns, are called fronds. Fern fronds consist of leaf-like blades and stalks that connect the blades to the rhizomes. Fern blades can be simple (undivided) or they may be divided one, two, or three times, also known as once-pinnate, twice-pinnate, and thrice-pinnate. The degree of division of a fern's blade is important to its identification. Fern field guides delve into this concept further and

provide clarifying illustrations.

The spores of ferns are packaged into tiny sacks called sporangia. In many species of ferns, sporangia are arranged in a characteristic pattern on the underside of the blades. But there are some exceptions as noted below.

A sample of our region's ferns

There are about 80 species of ferns in our region, with the following being some of the more common:

Christmas fern (*Polystichum acrostichoides*) – A fern of drier woodlands with a once-pinnate blade. The ferns can form a dense carpet on the forest floor. The fronds are evergreen, and the previous year's fronds provide a nice backdrop to the densely silver-haired fiddleheads of early spring. The name Christmas fern may stem from the use of the evergreen fronds for holiday decorations.

Cinnamon fern (*Osmunda cinnamomea*) – A fern of moist to wet areas with a twice-pinnate blade. This fern is easily recognizable by its sporangia, which are not on the undersides of the blades but rather are carried in dense masses, or "cinnamon sticks" that rise above the fronds. The close-



Christmas fern fiddleheads

ly-related interrupted fern (*Osmunda claytoniana*) grows in somewhat drier areas and carries its sporangia in the middle of the blade, hence, the blade is "interrupted."

Royal fern (*Osmunda regalis*) – A fern of wet areas that can grow up to six feet tall. Its twice-pinnate blades resemble the leaves of the locust tree. It's sometimes called the flowering fern because its sporangia sit atop the blades like light brown flower clusters.

Ostrich fern (*Matteuccia struthiopteris*) – A spreading fern of marshy woods that can grow to 42" tall. The name comes from the ostrich-feather-like shape of the fronds that have twice-pinnate blades. The fiddleheads are edible.

Hay-scented fern (*Dennstaedtia punctilobula*) – An adaptable fern that can form dense stands in a wide range of conditions, from dry to moist and sun to shade. It's often found along roadsides. Its brittle, light green, twice-pinnate blades smell like hay when crushed.

Maidenhair fern (*Adiantum pedatum*) – A beautiful, unique-looking fern of rich woodlands with delicate, circular blades atop dark, wiry stalks.

A fern field guide can help you discover these and other fairly common, as well as not so common, ferns of our region.

Member Edna Greig is a regular contributor to Trail Walker.



Delicate maidenhair ferns

The Enlightened Hiker: Trails and MUD!

By Ama Koenigshof

Yes, we want to walk around muddy patches when we come to them, and in spring, we may encounter them often. But walking around the mud ends up widening the trail, causing added impact to the environment we are out to enjoy and more maintenance issues for trail stewards. So why do muddy patches happen and how do trail builders deal with them? We asked Trail Builder and Educator Ama Koenigshof to explain.

Muddy patches on trails are usually caused by a poor trail alignment that does not allow water to run off it, or by the development of a berm on the downhill side of the trail that then acts as a dam. The key to a sustainable, mud-free trail is to get the water flowing across the trail, not down it



Stepping Stones

or standing still. A side-hill trail that follows the contours of the land will be a permanent solution if done correctly. That being said, muddy spots happen. Here are some ways we deal with them:

Stepping Stones are a good solution if a trail corridor is narrow, if there is a good supply of large rock nearby, and if the trail is for pedestrians only. If the trail corridor is very wide (more than six feet), hikers will

walk around stepping stones. When choosing stepping stones, the rocks should be at least 1 cubic foot in size with at least one nice flat side. Ideally, they are placed with a gap no larger than six inches between them to ensure comfortable walking.

Turnpike is a trail segment that is built to rise above wet ground. It is a good solution for any width trail corridor, when crush rock and mineral soil are nearby.

PEOPLE FOR TRAILS

Alex Marra
Hurley, NY

Volunteers with his good friend Will Soter (see page 5), as new Trails Co-chair for about 100 miles of Catskills trails in Ulster and Sullivan Counties.

What does a Trails Chair do?

Acts as regional trails manager, recruiting and supporting trail maintainers and supervisors, tracking their work, communicating with park managers and Trail Conference partners, and being the liaison between a regional network of volunteers and appropriate Trail Conference staff. Most also get out on trail projects whenever they can.

Trail Experience: Alex is a long-time hiker and hike leader, is a member of the Catskill Mountain Club, Catskill 3500 Club (he expects to complete his winter peaks this year), Adirondack Mountain Club, and the Trail Conference. He is a licensed New York State Guide. He is co-founder, with Will, and CEO of Upstate Adventure Guides LLC.

Off Trail: Alex is owner and founder of Hudson Valley Weather (hudsonvalleyweather.com) and is a store manager for Home Depot, managing a workforce of up to 150 people.

What Alex says about his new volunteer position: "I'm excited!"

Interested in doing trail work in the Catskills? Get in touch with Volunteer Coordinator John Leigh, jleigh@nynjtc.org

Advice from Leave No Trace in Mud Season: Be Ready to Get Muddy!

- Wear waterproof boots.
- Consider using gaiters
- Be prepared to hike or run down the middle of the trail even when it's wet or muddy - stepping off the designated trail to avoid mud or standing water can quickly lead to the creation of undesigned trails, which can lead to even more erosion. See more at: <http://Int.org/blog/mud#sthash.StHfAol.dpuf>

Typically, each side of the tread way is lined with rock or logs that are dug into the ground and "set" in place. Crush rock fills the area between the sides; if the area is really muddy, the crush may be wrapped in geotextile. On top of all this is mineral soil, compacted to create a crowned tread surface that sheds water. Maintenance includes re-crowning the tread surface to

continued on page 11

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Ken Malkin, on the trails soon*
Laurie Malkin

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IN MEMORIAM

Ruth M. Robinson



An avid hiker and long-time benefactress of the New York-New Jersey Trail Conference—including a generous bequest—Ruth Robinson passed away last year at the age of 88. Born in Wellington, New Zealand, Ms. Robinson spent her youth on the island of Western Samoa where she met and married an American pilot. After his death in World War II, Ms. Robinson remained in the United States and graduated from the University of South Carolina before moving to New York. A reporter and editor with *The New York Times* for more than 30 years, Ms. Robinson channeled her love of the outdoors into dozens of articles on hiking, ski touring, travel, and adventuring. Her personal achievements included summiting all peaks of the Catskills over 3500 feet, all peaks of the Adirondacks over 4600 feet, and treks in the U.S. and Canadian Rockies, South America, and Europe. She will be deeply missed by her friends and climbing companions.

Mike Warren

A long-time hiker and photographer of the Appalachian Trail and New York trails, died on Jan. 31. Mike served as Trails chair of the New York-New Jersey Trail Conference in the early 1970s and contributed photographs to many Trail Conference publications. In 1994 he received the William Hoefler Award for his service to the Trail Conference. Mike published a photo book on the A.T. and collaborated on *Walking the Appalachian Trail*. His photos appeared in the National Geographic book, *Mountain Adventure*, in many Appalachian Trail Conservancy calendars and the covers of dozens of Hagstrom regional maps. Mike started hiking in the New York area in the 1950s and remained an avid hiker throughout his life. He was a hike leader for the Sierra Club and New York Ramblers. He is survived by his partner, Sharon Moir, an A.T. thru-hiker.



Pete Seeger



Pete Seeger and Shorewalkers' Cy Adler

A musician, social activist, and a leader and inspiration to a generation of environmentalists, Pete Seeger died Jan. 27 at the age of 94. He founded the environmental organization Clearwater in 1966, and its namesake sloop was a familiar sight to hikers, boaters, and anyone on or along the Hudson River after its launch in 1969. Clearwater focused attention not only on improving the water quality of the river, but renewing appreciation for the beauty of the Hudson Valley. Mr. Seeger himself was a familiar sight, lending his musical talents to support a host of organizations, enjoying walks with Shorewalkers (see Cy Adler's remembrance on shorewalker.org), and picking up litter along the shore in his long-time hometown, Beacon. He supported the Trail Conference and became an honorary "field checker" when he once sent in a correction to a Trail Conference map of the East Hudson Highlands, where he lived.



When was the last time you thought about your legacy?

By including a bequest to the Trail Conference in your will, you will help us continue the legacy of trails and connecting people with nature for generations to come.

For information, contact Don Weise, dweise@nynjtc.org, or call 201-512-9348, ext. 13

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Smarter socks for hikers and runners

By Howard E. Friedman, DPM

High tech companies keep trying to push their products onto the trail by getting them either in your backpack or on your wrist. But this spring, the newest high tech product for hikers actually aims to come between you and the trail – as long as you are wearing socks. Really smart socks.

Called Sensoria, these new socks will, according to their developers, record and project an image of exactly how your feet are striking the ground. Are you a heel striker, forefoot striker, or mid-foot striker? Do you put more pressure under the big toe area or the small toe area?



Understanding how the foot strikes the ground can be important, especially for runners, since many researchers suggest that mid-foot and forefoot strikers are less prone to injuries than heel strikers. (Walkers and hikers are normally heel strikers).

The Sensoria socks will, the company says, detect if the wearer's gait has changed during a hike or run, also record distance traveled, cadence (number of foot strikes per minute), number of steps taken, calories burned, and other metrics. A number of existing products, such as the Nike+Sportswatch, can provide some similar information, but no other device on the market geared for the athletic consumer can generate data and images of the pressure generated under your feet.

The Sensoria sock is made of a washable, synthetic wicking fabric and will be available this spring from Heapsylon LLC, a Redmond, WA-based technology company, CEO Davide Vigiano said in a telephone interview. The company also manufactures a shirt and sports bra that use a sensor to record heart rate.

The sock incorporates three sensors, one each under the heel, near the big toe, and near the small toe, each less than 1 mm thick. To activate the sensors, the hiker or runner attaches a battery-powered anklet to the sock via snaps. The anklet contains an accelerometer and other technology which allow it to capture data from the sensors in the sock. The user can see the data as it is being collected on his or her smart phone or even Google glasses, with pressure reflected as either green, the lowest reading, or yellow or red, a high reading. The sock sensors do not have a GPS, but can be paired with existing GPS units, Vigiano said.

Data can also be downloaded as a video strip from the anklet after the hike. Harvard evolutionary biologist Daniel Lieberman Ph.D, who has authored many studies on barefoot running and is the author of *The Story of the Human Body* (2013 Pantheon) is collaborating on the mobile application, according to Vigiano.

These smart socks are ideal for trail or road runners who not only want to know how far and fast they have traveled but also want to modify their gait, or be notified if they have started suddenly pronating or supinating and want to try and minimize injury. Moreover, the sock could give a before and after look at exactly how an arch support or foot orthotic changes the pressure under the foot.

Howard E. Friedman, DPM, is an avid hiker, a podiatrist in Suffern, NY, and a frequent contributor to Trail Walker. Find many of his articles on our website at nynjtc.org/news/health-news.



PEOPLE FOR TRAILS



Walkable Westchester Team Westchester, NY

Volunteers: It takes a team. **Authors:** Jane and Walt Daniels (hats) **Project manager:** Jim Simpson **Primary field checkers:** Carol and Erik Jensen, Eileen West. These three volunteers contributed a combined 270 hours to walking, verifying, traveling, and filing reports.

The following volunteers each contributed a minimum of 15 hours to field checking: Ken Blitz, Daniel Chazin, Merilee Croft, Peter Diamond, Mary Dodds, Zachary Gold, Carolyn Hoffman, John Jurasek, Mark H. Linehan, Catharine Raffaele, Will Raffaele, Anne Rahikainen, Kate Ray, Lynn Salmon, Fred Stern, Jacques Van Engel, and Robert Willemann

Others who helped trail check were: Adele Abrahamsen, Bruce and Priscilla Lucas, Paul Meck, Wesley Salisbury, Victoria San Juan, Surekha Soni, Anne Sheridan, William Varner, Gene Wiggins

What they checked: 600+ miles of trails in 200 parks, preserves, and other open spaces

More volunteers: *Copy editing:* Dianne Press; *Indexing:* Suse Bell; *Cover photograph:* Herb Chong

Grand Total volunteer hours? "It's a guesstimate," says Jane. But something in the neighborhood of 5,500, both on- and off-trail for the whole Walkable Westchester team.

Professional contributors: Nora Porter, graphic design; Allison Werberg, cartography.

Special mention: Ossining Public Library, where many editorial meetings were held and which is hosting the book launch on Saturday, April 5 at 2 pm.

Meet the Authors: To schedule a presentation by Jane and Walt Daniels, contact Jane at jdhikes@gmail.com. To see where they will be speaking, visit westchester.nynjtc.org

Coming this Spring Updated, Fourth Edition of Hiking Long Island

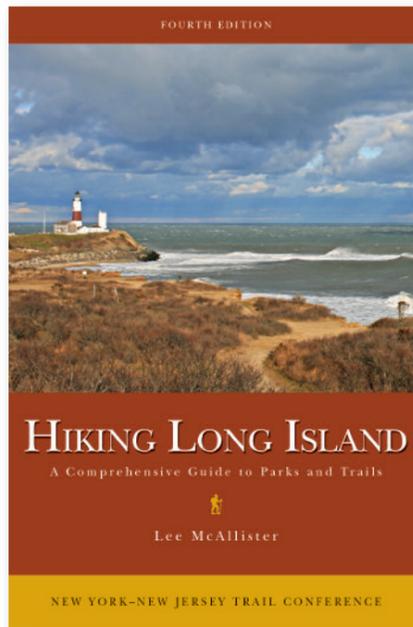
For more than a decade *Hiking Long Island* has been the most popular guidebook to the area's trails. Author Lee McAllister has spent the past 30 years hiking, photographing, and researching natural Long Island, discovering its beauty on and off the beaten path.

This fourth edition of *Hiking Long Island* describes parks and preserves of Nassau and Suffolk Counties, and hiking trails throughout the area. It updates all the trails and adds a few new ones as well. It shows the walker where to explore natural beauty in small parks and larger tracts of public lands. Relevant stories of area history enhance the trail descriptions. The book helps hikers choose the hike most appropriate for their abilities and interests, and

provides directions to the trailhead.

The unique geology and climate of Long Island make it a fascinating place to hike year round. Despite its suburban population close to New York City, there are many places on the island where the walker can seek solitude amid the beauty of the natural world. Glaciers of the last ice age formed its hills and plains. The moraines that run the length of this 118-mile Island afford hilltop views of the ocean from miles away. The overlap of southern and northern climates on its terrain produces an unusual mix of plants, birds and wildlife. There are hardwood forests and pine-barrens, hills and kettleholes, fields and beaches, bluffs and bogs, rivers and bays, dunes and dwarf pines, maritime forests and grasslands, coastal plain ponds and burn areas, and haunting moorlands. And *Hiking Long Island* leads the walker to all of it.

Watch for the publication announcement on our website and in our electronic newsletter, *E-Walker*, and plan to order your copy, on our website, by phone (201-512-9348), or in our office.



The newest edition of this popular guidebook is expected to be available in April.

THE ENLIGHTENED HIKER

continued from page 9

encourage water runoff.

Corduroy is created when logs are placed side by side perpendicular to the path. It is a good solution when there is a supply of newly downed trees nearby. A certified chain sawyer or many dedicated people with handsaws cut the downed trees into pieces of similar diameter that are as long as the trail is wide. The trail tread way is dug out to be twice as deep as the diameter of the logs. The logs get placed side by side, perpendicular to the path of travel, and are recovered with the mud that was dug out. The key to corduroy as a successful solution is that the logs are dug deep enough into the ground that they never become exposed. If done correctly, the logs



Bog Bridge

resist rot for hundreds of years and keep people from sinking into the slop.

Stone Paving –Think stone patio or cobblestone street. This solution is for puzzle lovers. Each rock is "set" at the same height with as few gaps as possible. Once



Paving and Bridge

the entire area is completed, it is covered with mineral soil to lock the structure together. This solution is great for high water flow areas.

Bog Bridging is a good solution if a trail corridor is narrow. Two full round log sills

are "set" perpendicular to the path of travel while one or two long half rounds are suspended across the two sills and attached with large nails or screws creating a flat wooden walking surface above the muck. It can become slippery if always wet. Bog bridging is not the proper solution if there is ever running water in the area, because the structure will shift and possibly wash away.

Puncheon and Boardwalk both use decking attached to stringers. With puncheon, the stringers are placed on sills "set" on the ground; with boardwalk the sills are raised on piers. The construction options are extensive, require carpentry skills, and can require specialized equipment.



Featured Hike



By Robert Ross

Franklin Lakes Nature Preserve: A Jewel Amidst the New Jersey Suburbs



Shoreline paths are an attractive feature at the preserve.

The New York-New Jersey Trail Conference has maintained trails at the lovely 75-acre Franklin Lakes Nature Preserve in Bergen County since December 2011. Several projects are on the docket for us there this year—to be accomplished in collaboration with Eagle Scout candidates—and one recent one completed by the Borough of Franklin Lakes improved a popular trail across the water.

The shine on this gem of a preserve gets even brighter with trail improvements.

Currently, there are two relatively easy trails in the preserve. The Preserve Shoreline Loop (white blaze) is a 1.5-mile loop trail that circles the entire upper basin of the Preserve; the Island Bridges Trail (blue

blaze) is a 0.5-mile trail which starts at the Preserve Shoreline Loop trail and crosses the northern end of the lake on an earthen dike. A third, red trail, leads from the Preserve Shoreline Loop Trail out of the preserve to the nearby High Mountain Park Preserve, where one can enjoy more than 11 miles of trails on 1700 acres, and get a stunning view of Manhattan to the southeast on a clear day and long views over a valley, a reservoir, and occasionally magnificent sunsets.

Until recently, the Island Bridges Trail at Franklin Lakes was interrupted by breaches in the dike in two places. Recently, however, the borough installed two floating bridges to fill the gaps, and these now permit hikers to walk the entire length of the Island Bridges Trail.

The views to the south from these bridges incorporate most of the lake and, to the southwest, a splendid view of High Mountain. Of the two new floating bridges, John Moran, chair of our Northeast Jersey Trails Committee, reports: “I snow shod over them this winter, and they

seemed to be holding up nicely under their loads of ice—they really can't sink much.”

The Trail Conference plans three projects at the preserve this season: a bridge to span Molly Ann Brook; a permanent bridge to replace a temporary bridge near the north end of the preserve; and installation of rustic benches at scenic locations along with a footbridge over a small feeder stream. If things go well, Boy Scouts will complete these projects in spring and summer of this year. The Trail Conference is also working with the borough to obtain grants to build an accessible trail at the preserve.

Trail use at the preserve is likely get a boost if, as expected, the borough votes to allow lake access for car-top boats.

John Moran says: “The preserve is truly an amazing crown jewel amid attractive surrounding suburbs. The big beautiful lake is an eye catcher—with fishing, birding, and picnic opportunities, along with plenty of scenery for photography. The forests, islands, dikes, dams and smaller ponds provide a wide variety of terrain and habitat to amble along with family and friends.”



DANIEL CHAZIN

The lake at Franklin Lakes Nature Preserve

A free map of the Franklin Lake Nature Preserve is available for download on the Trail Conference website, nynjtc.org/map/franklin-lakes-nature-preserve-trail-map.

Robert Ross is an occasional contributor to Trail Walker and is a member of the Trail Conference Conservation Committee, focusing on trail conservation opportunities in New Jersey.



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