Fugitive Pink

Trail Opening Brings Gunks-Catskills Connection Close for Long Path

Fugitive Pink

Yanking Garlic Mustard, Defending Lady’s Slipper: A Day with the Invasives Strike Force

Yanking Garlic Mustard, Defending Lady’s Slipper: A Day with the Invasives Strike Force

New Trail Maintaining Crew in Westchester

We Adopt 26 More Trail Miles in the Catskills

We Adopt 26 More Trail Miles in the Catskills

Volunteers finished the new trail in May.

The trails are in scattered areas in the Catskills and offer varied opportunities for trail maintainers, some with easy grades, others crossing ridge tops. With these new adoptions, the Trail Conference currently manages maintenance of 27 lean-tos and more than 200 miles of trails in the Catskill Mountains region.

We now maintain more than 200 trails miles and 27 lean-tos in the Catskill region.

Oliveerea-Mapledale Trail

The Oliveerea-Mapledale (OM) Trail, also located in the Big Indian Wilderness area of the central Catskills, extends from 3.65 miles in an east-west direction, crossing the Pine Hill-West Branch Trail about a third of the way down that trail from Pine Hill to CR 47. From the east, the OM Trail starts at the end of Rider Hollow Road, traveling up and through the notch between Balsam and Haynes Mountains before dropping down McKinley Hollow and ending at the end of McKinley Hollow Road. This trail suffered some damage during Hurricane Irene and the Trail Conference will be helping the DEC improve eroded sections and re-grade the trail where required.

Mud Pond Trail

The Mud Pond (MP) Trail is located in the Delaware Wild Forest of the western Catskills. The MP Trail extends 1.6 miles.

Upcoming ISF Trail Crew workdays

Upcoming ISF Trail Crew workdays

New and improved blaze colors.

Continued on page 7

Continued on page 7

Continued on page 6

Continued on page 6
The New York-Nj Jersey Trail Conference is a federation of 103 hiking and outdoor groups, dedicated to providing recreational hiking opportunities as well as training in environmental stewardship, trail building, mapping, and advocacy. We need a physical center—a place for our resources to be housed, where we can accommodate volunteers, residents, and visitors. This project, the Trail Conference gains a facility that allows us to provide the following valuable benefits to the public and Trail Conference members:

- A visible headquarters for the 92-year-old Trail Conference
- A center for volunteer stewardship training with classrooms for workshops and volunteer projects
- An assembly room to accommodate Trail Conference meetings and community gatherings of over 100 people
- A visitors center, library, and community resource
- Access to thousands of acres of surrounding parkland and trails
- A new trail from the entrance to Ramapo College to the Ramapo Reservation
- Increased opportunities for partnerships with other clubs and groups

Also, I took public transportation to reach the trail and it couldn’t have been easier. It was exactly as the bus instructions suggest—The best thing is when you get your round-trip ticket at the Short Line bus ticket booth in the Port Authority, make sure you tell them that you are hiking and they will give you a hiker’s discount.

Clear Viewpoint on Slide Mountain
April 15th, 2012: tree188 wrote on nynjtc.org/forum/trail-conditions: “Views from the top of Slide are disappointingly bare when I did this hike, but I imagine that it would be very beautiful in the summer.”

Tour the Schoolhouse
Guided tours of the Darlington Schoolhouse are now being offered on alternate Thursdays. Call the office for additional information and to register: 201-512-9348.

Great Hike and Description
April 26th, 2012: nature commented on nynjtc.org/land/giant-stairs-hike: “I decided to spend Easter in nature’s cathedral and do a hike on the AT/Lemon Squeezer loop, and it was a good hike with plenty of variety. The trees were still very bare when I did this hike, but I imagine that it would be very beautiful in the summer. I found this hike very beautiful and not strenuous at all. I walked it slowly and completed it in four hours. The description/instructions are easy to follow and easy to keep you on the right path and keep you informed on what’s coming up next.”

Send Us a Letter
Email it to tw@nynjtc.org in the subject line, put “letter to TW editor,” or send it to Trail Walker Letters, N-J-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Located in Mahwah, NJ—which in the Leni Lenape language means “Place Where Paths Meet”—the rustic schoolhouse provides a gateway to thousands of acres of public land.

Help Us Make This Vision a Reality
Although the Trail Conference successfully raised the money to acquire the historic schoolhouse and undertake emergency steps to restore the building, we estimate $2.4 million is needed to finish the restoration, build an educational annex, and preserve the property forever.

Tour the Schoolhouse
Guided tours of the Darlington Schoolhouse are now being offered on alternate Thursdays. Call the office for additional information and to register: 201-512-9348.

Feedback
On Our Website
Re Giant Stairs Hike and Rock Slide
April 15th, 2012: GenieA1 wrote: “This is just a fabulous hike. My husband and I did it yesterday (May 11, 2012) for the first time and found it to be exactly as described. We got back to the parking lot in 4 hrs, 15 minutes, having taken the ‘side trip’ to the Women’s Federation monument. Among my favorite moments: seeing a ring-tailed snake, his scales glitting like a necklace in the sun, and enjoying the Peat Leap waterfall (in my camera, it came looking like fireworks) and of course taking in the incomparable, dizzying views and realizing that, at last, we were standing atop those sheer cliffs we see every time we take the train from Beacon to New York City. Hoorah for this hike!”


Clear Viewpoint on Slide Mountain
April 15th, 2012: tree188 wrote on nynjtc.org/forum/trail-conditions: “Views from the top of Slide are disappointingly bare when I did this hike, but I imagine that it would be very beautiful in the summer. I found this hike very beautiful and not strenuous at all. I walked it slowly and completed it in four hours. The description/instructions are easy to follow and easy to keep you on the right path and keep you informed on what’s coming up next.”

Send Us a Letter
Email it to tw@nynjtc.org in the subject line, put “letter to TW editor,” or send it to Trail Walker Letters, N-J-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Located in Mahwah, NJ—which in the Leni Lenape language means “Place Where Paths Meet”—the rustic schoolhouse provides a gateway to thousands of acres of public land.

Help Us Make This Vision a Reality
Although the Trail Conference successfully raised the money to acquire the historic schoolhouse and undertake emergency steps to restore the building, we estimate $2.4 million is needed to finish the restoration, build an educational annex, and preserve the property forever.

Tour the Schoolhouse
Guided tours of the Darlington Schoolhouse are now being offered on alternate Thursdays. Call the office for additional information and to register: 201-512-9348.

Feedback
On Our Website
Re Giant Stairs Hike and Rock Slide
April 15th, 2012: GenieA1 wrote: “This is just a fabulous hike. My husband and I did it yesterday (May 11, 2012) for the first time and found it to be exactly as described. We got back to the parking lot in 4 hrs, 15 minutes, having taken the ‘side trip’ to the Women’s Federation monument. Among my favorite moments: seeing a ring-tailed snake, his scales glitting like a necklace in the sun, and enjoying the Peat Leap waterfall (in my camera, it came looking like fireworks) and of course taking in the incomparable, dizzying views and realizing that, at last, we were standing atop those sheer cliffs we see every time we take the train from Beacon to New York City. Hoorah for this hike!”


Clear Viewpoint on Slide Mountain
April 15th, 2012: tree188 wrote on nynjtc.org/forum/trail-conditions: “Views from the top of Slide are disappointingly bare when I did this hike, but I imagine that it would be very beautiful in the summer. I found this hike very beautiful and not strenuous at all. I walked it slowly and completed it in four hours. The description/instructions are easy to follow and easy to keep you on the right path and keep you informed on what’s coming up next.”

Send Us a Letter
Email it to tw@nynjtc.org in the subject line, put “letter to TW editor,” or send it to Trail Walker Letters, N-J-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Located in Mahwah, NJ—which in the Leni Lenape language means “Place Where Paths Meet”—the rustic schoolhouse provides a gateway to thousands of acres of public land.

Help Us Make This Vision a Reality
Although the Trail Conference successfully raised the money to acquire the historic schoolhouse and undertake emergency steps to restore the building, we estimate $2.4 million is needed to finish the restoration, build an educational annex, and preserve the property forever.

Tour the Schoolhouse
Guided tours of the Darlington Schoolhouse are now being offered on alternate Thursdays. Call the office for additional information and to register: 201-512-9348.

Feedback
On Our Website
Re Giant Stairs Hike and Rock Slide
April 15th, 2012: GenieA1 wrote: “This is just a fabulous hike. My husband and I did it yesterday (May 11, 2012) for the first time and found it to be exactly as described. We got back to the parking lot in 4 hrs, 15 minutes, having taken the ‘side trip’ to the Women’s Federation monument. Among my favorite moments: seeing a ring-tailed snake, his scales glitting like a necklace in the sun, and enjoying the Peat Leap waterfall (in my camera, it came looking like fireworks) and of course taking in the incomparable, dizzying views and realizing that, at last, we were standing atop those sheer cliffs we see every time we take the train from Beacon to New York City. Hoorah for this hike!”


Clear Viewpoint on Slide Mountain
April 15th, 2012: tree188 wrote on nynjtc.org/forum/trail-conditions: “Views from the top of Slide are disappointingly bare when I did this hike, but I imagine that it would be very beautiful in the summer. I found this hike very beautiful and not strenuous at all. I walked it slowly and completed it in four hours. The description/instructions are easy to follow and easy to keep you on the right path and keep you informed on what’s coming up next.”

Send Us a Letter
Email it to tw@nynjtc.org in the subject line, put “letter to TW editor,” or send it to Trail Walker Letters, N-J-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.
Two grants totaling $62,000 will support the Trail Conference’s Gunks Greenway Project along the southern Shawangunk Ridge. The Conservation Alliance, a national group of outdoor industry companies, is awarding $35,000 to the project. The grant was one of 19 announced on April 3, 2012, by the Alliance, which makes grants to community-based campaigns to protect threatened wild habitat, preferably where outdoor enthusiasts recreate.

On April 22, the Conservation Partnership Program (CPP) of New York announced it would support the project with a grant of $27,000. CPP is administered by New York State Department of Environmental Conservation and the Land Trust Alliance and supports land preservation work in New York State. Its grants are funded through New York’s Environmental Protection Fund (EPF) and local matching funding. The grant to the Trail Conference was one of 53 land projects across the state to be funded by the CPP in 2012-2013.

The Gunks Greenway is an ongoing Trail Conference campaign to acquire, protect and manage Shawangunk lands, support advocacy and land acquisition to complete an unbroken greenway linking the Catskill Forest Preserve in New York and the Delaware Water Gap National Recreation Area in New Jersey/Pennsylvania. These are the two largest conserved areas in the nation’s most densely populated region. With the June opening of the new route for the Long Path in Minnewaska State Park Preserve (see page 1), the Long Path is within 2 miles of Vernon State Forest in the Catskills. A route through the forest awaits state approval.

The Southern Gunks is a portion of the Shawangunk Ridge, a geologic feature that extends from New Jersey to Massachusetts, states with a protected ridge-top except in the Southern Gunks. This unique greenway represents an important ecological resource. Within the greenway, the 40-mile Shawangunk Ridge Trail has been a Trail Conference work-in-progress for decades, aiming to connect High Point State Park in New Jersey and Minnewaska State Park Preserve in New York. Sections of the trail cross lands protected by OSI.

The Trail Conference aims to build popular support for completing the Southern Gunks greenway. The advocacy will concentrate on both grassroots constituencies and key decision-makers to secure munici- pal, state and federal support. The Trail Conference is a prominent advocate for the expansion of the Huckleberry State Forest through the acquisition and transfer of lands to New York State.

We harness and coordinate volunteer efforts and partner resources to best serve open space, its users, and volunteers.

The key ingredient of this “trail magic” is, as I’ve observed before, the renewable energy volunteers who are willing to engage in the stewardship of trails and trail lands. Whatever their motives—a desire to give back to the trail they have enjoyed or just to have another reason to be outside—volunteers have powered the Trail Conference for years. With your help, the Trail Conference strives to harness and coordinate volunteer efforts and partner resources in a way that best serves the open space, its users, and the volunteers themselves.

This coordinating function is the responsibility of the program staff who are supported through your charitable contributions. Our basic staff structure includes a point of contact and support for all volunteers and partner agencies in their region. Their diverse responsibilities involve volunteer recruitment, training, and assignments, as well as partner relations, stewardship program coordination and management. The program coordinators, in turn, are supported by specialized program staff in areas such as communication, volunteer management.

This model is working well to expand the scope and volume of our services. With 70,000 annual volunteer hours recently recorded, we are well on our way to 80,000 volunteer hours per year. With volunteer hours in New York and New Jersey valued at an average of more than $25/hour, this will amount to more than $2 million of annual volunteer effort or the equivalent of 40 full-time employees. In effect, each of our 13 employees leverages an additional 3 full-time equivalents of volunteer effort. Since our entire annual budget is less than $2 million, you can take satisfaction that every dollar you contribute is matched by a dollar’s worth of volunteer effort.

With park lands increasing and budgets declining, we expect the Trail Conference will be asked to do even more. With your help, we will continue to meet that increased demand by leveraging the public’s love of nature and willingness to engage in stewardship and outdoor volunteerism. I am truly proud to be part of such an important effort carried out by so many dedicated people. I hope you are, too, and will continue to be a supporter.

Edward Goodell
Executive Director
goodell@nynjtc.org

Conservation News

OSI Protects Little Stony Kill Falls in Shawangunks

In April, the Open Space Institute announced that it had acquired a 235-acre parcel that protects one of the last major waterfalls in private ownership in the Shawangunks, known locally as Little Stony Kill Falls or Nonkanawha Falls. (The falls are noted on Map 104 of our Shawangunk Trails set.)

The property lies land for new trail-heads that will give access to thousands of acres at the Minnewaska State Park Preserve. The newly protected lands also include the Little Stony Kill stream, which meanders through miles of bedrock and pitch pine.

The parcel was acquired by the Open Space Conservancy, OSI’s land acquisition affiliate, from the Ukrainian National Association (UNA), a Ukrainian fraternal organization which since 1953 has operated a center known as Soyuizkia Heritage Center on approximately 130 acres of land it is retaining in the town of Kethokonk, Ulster County.

The land will be conveyed to the New York State Office of Parks, Recreation and Historic Preservation (Parks) as part of the Minnewaska State Park Preserve. OSI and its partners, including the Trail Conference, have added more than 12,000 acres to Minnewaska over the past two decades, making it—at more than 22,000 acres of forested lands—largest park preserve in New York State. The newly acquired lands protect some of the most scenic and remote portions of the Shawangunk Ridge. OSI has acquired thousands of acres of wilderness lands on the eastern side of the mountains, including lands in the remote Writer’s Hole and Mine Hole Hollow, where Trail Conference volunteers just completed the new Mine Hole Trail (see page 1).

The parcel is one of 235 acres that OSI protects in the Shawangunk Mountains. OSI has protected thousands of acres of wilderness lands on the eastern side of the mountains, including lands in the remote Writer’s Hole and Mine Hole Hollow, where Trail Conference volunteers just completed the new Mine Hole Trail (see page 1).
Regional Field Notes

Catskills
Jeff Senterman, Catskills Program Coordinator jsenterman@nyncj.org
Trail University
Spring workshops included two successful Introductions to Trail Maintenance, one in Haines Falls in the eastern Catskills and one in Stamford in the western Catskills. In both cases we worked with partners: the Mountain Top Historical Society, in Haines Falls, hosted our eastern workshop, which was also supported by the Kaaterskill Rail Trail Committee (see Trail Update). In Stamford, we partnered with Headwaters Trails and the Greater Stamford Chamber of Commerce.

We also held an advanced level workshop in Trail Layout and Design. The NYS Dept. of Environmental Conservation (DEC) hosted the classroom portion of this workshop at the Belleayre Ski Center. For lessons in the field, we headed to Roser Mountain to study the very challenging trail layout for the new section of the Long Path that is now under construction.

Trail Updates
Kaaterskill Rail Trail: The field work portion of our Introduction to Trail Maintenance workshop held at Haines Falls resulted in creating a major portion of this future trail. Minor trail clearing and some erosion control work remains on privately owned portions of the trail. On the section in the Forest Preserve, the DEC, has begun work to repair an eroded culvert. We hope that all work will be completed by fall so that the official opening of the trail can take place as part of the annual Lark in the Park schedule of events this October.

Woodland Valley/Romer Mountain Long Path Relocation: In May, the Trail Conference received the permit from DEC that allows us to officially begin construction of this approximately 7-mile relocation. Watch the Trail Crew calendar on the website for trips. We expect to be working on this trail throughout the summer and the fall. Little Pond Trail Relocation: This popular trail behind the Little Pond State Park campground received repairs by DEC for defects and situations it suffers from serious erosion. The Trail Conference has helped the DEC flag a relocation and following some preparation by the DEC trail crew, we will be completing this approximately half-mile-long relocation. The new path will offer a more pleasant climb to the extraordianry meadows near the top of the trail that provide beautiful views of the entire Beaverkill Valley.

View from new AT route on Kittatinny Bank

New Jersey
Jonathan Martin, New Jersey Program Coordinator jmartin@nyncj.org
This is my first official Trail Walker entry and I have one idea where to start. Do I talk about all of the ups and downs that go into trail work or being “the new guy”? Does it make sense to tell you a little bit more about me? Should I say thank you to everyone for being patient and not getting frustrated with all of my questions? Maybe I should just get to work.

Off Trail
One of my top priorities with the Trail Conference is to make sure that we fill New Jersey volunteer vacancies. We’ve been working on this by attending as many tabling events as possible. We have seen Trail Conference members tabling at REI, Whole Foods, Campmor, or Earth Day events. Thanks to the volunteer efforts of folks like Estelle Anderson, Bob Jonas, and Don Trigg, we have brought on a Supervisor in West Jersey (everyone welcome aboard Terry Fiedler) and numerous volunteer trail maintainers and crew participants. We’re still looking for a Supervisor for the Lenape Trail as well as Trail Supervisors in Jenny Jump and High Point State Park. If you’re interested in one of these positions please check the website (go to nyncj.org/volunteer) and click on On-trail or Off-trail under “How to Get Started” or contact me directly for more information.

On Trail
On April 29 I received an email from David and Monica West, New Jersey Trail Crew Chiefs, informing me that their Appalachian Trail relocation project on the Kittatinny Ridge was complete. Their crew spent two weekends out on the AT south west of the Upper Yards Creek Reservoir. The crew moved the trail off of the Yards Creek property and relocated it into Worthington State Forest. The end result is a new great trail with views like the ones you see here. See Trail News on page 9 for a map of the new route.

Welcome this Year’s AT Ridge Runners
We welcome the 2012 Ridge Runners to the New Jersey. The Ridge Runners spend their time on the Appalachian Trail informing hikers about the trail and keeping the AT beautiful. Two report directly to the Appalachian Trail Conservancy, and one to the Trail Conference. If you’re out there this year be sure to say hi to Fred Eames, Hal Evans, and Jerry Adams.

East Hudson
Leigh Draper, East Hudson Program Coordinator draper@nyncj.org
It has been a busy spring in the East Hudson region. The newly formed Westchester Trail Tramps Crew has been hard at work every Wednesday morning maintaining trails. See their profile on page 5. Weekly and monthly crew opportunities are available throughout the region as part of Community Trails, a partnership between the Teatown Lake Reservation and the Trail Conference. Find schedules and information on our website (nyncj.org/view/trail-crew-outings).

Hundreds of people volunteered at state parks across New York on May 5 for the first ever I Love My Park Day. Governor Cuomo worked alongside members of the Friends of E.D. Roosevelt and Trump State Parks. See pictures and news about this and other projects on our East Hudson Facebook page: Facebook.com/NYSRTC-EastHudson. In conjunction with I Love My Park Day, Yorktown Community Trails dedicated and cut the ribbon on an important link in their developing local trail network: the Yorktown Trolley Parkways Overpass. The Jolly Rovers Crew installed stone steps in the recently opened Wildflower Woods at Teatown Lake Reservation in Ossining. The enclosed area provides a 3-acre living classroom for habitat restoration and includes more than 2,500 native and endangered species of wildflowers. The Men’s Club of the Bayouway Jewish Center in Far Rockaway, Queens, formally opened on June 1 the Bayouway Trail in Far Rockaway. Bob Ward, a member of both the club and the Trail Conference, has been an enthusiastic promoter of this trail. Approximately 15 staff from Paragon Sports in Manhattan (www.paragon-sports.com) hold a day of trail service in the East Hudson region. The store is a new retail partner to the Trail Conference, offering 10% off to active Trail Conference members (you must show your current card). Check the website for new Trail U courses to be held in the East Hudson region this summer and fall. Find out more and register here: nyncj.org/trailu.

West Hudson
Larry Wheelock, West Hudson Program Coordinator wheelock@nyncj.org
Harriman/Bear Mountain State Park
Vera’s Old Conference is in discussion with the park management regarding the regulations restricting hikers to “established ways.” Blazed hiking trails and woods roads are considered established ways, but unblazed trails and woods roads in the park are not. The Trail Conference is making the case that some of these roads would make acceptable trails (as connectors or simply on their own merits) and should be blazed, for both navigational and erosion control purposes. We will keep you posted as this develops.

As the Bear Mountain trails project continues, look for exciting new opportu-...
TOOL UNIVERSITY
nynjtc.org/view/workshops
Register for Trail U workshops online or call 201-512-9348.

We thank REI for its support of Trail University!

INTRODUCTORY WORKSHOPS
Open to all; membership not required. No prerequisites. No fee.

Sunday, June 30
Intro to Invasive Strike Force Training: Workshop #569
Location: Treetown Lake Reservation, Ossining, NY
9am-4pm
Learn how to identify 14 common invasive plants, collect data for the ISF and use a GPS unit.

Sunday, June 30
Intro to Shelter/Lean-to Maintenance Workshop #582
Location: Morgan Outdoors, Livingston Manor, NY
10am-3pm
Check our online calendar for additional courses to be added to the schedule. We expect to offer many new courses starting in September.

TRAIL CREW SERVICE PROJECTS
nynjtc.org/view/trail-crew-outings
Orange-Rockland Long Distance Trails Crew
Contact: creylong42@verizon.net or 914-428-9878
Summer trail rehabilitation projects.
Sunday, July 1
Long Path at Woodbury Creek/
Route 32 crossing
Saturday, July 28
AT - Agory Grind, Harriman S.P.
Saturday, August 11
AT - Green Pond Mountain, Harriman S.P.
Saturday, September 8
AT - Green Pond Mountain, Harriman S.P.
Saturday, September 22
AT - Green Pond Mountain, Harriman S.P.
Sunday, October 7
Long Path at Woodbury Creek/
Route 32 crossing
Invasive Strike Force
Contact: Linda Riedl; lriedl@nynjtc.org
Saturday, July 14
Bear Mountain SE NY
Sunday, July 15
Norvin Green State Forest, Ringwood, NJ
Saturday, July 21
Worthington State Forest, western NJ
Saturday, July 28
Flat Rock Brook, Englewood, NJ

PHOTO AT TOP
Volunteer Fred Stern leads maintenance crews at Ward Pound Ridge and works with the Westchester Trail Tramps.

Westchester Trail Tramps
Maintenance Crew
Contact: Mary Dodds at doddsbelhelmer@gmail.com or 914-261-7082 for info and to get on email list. Meets most Wednesdays.
Ward Pound Ridge Trail Maintenence Crew
Also maintains trails at Mountain Lakes Park. Contact: Fred Stern; wpptrailmaintainer@gmail.com for info and to get on email list. Meets most Fridays
West Jersey Crew
Contact: westjerseycrew@trailюсьuld.com or 732-937-9998
July & August
Gene Jukin
Saturday, September 8, TBD
Saturday, September 15, TBD
Saturday, September 29, TBD
Ralph's Peak Hikers Cabin Volunteers Club
Contact: Tim Monarch, RPHCVC;
President 845-297-9573 or bascomgrillmaster@yahoo.com
July 13, 14, 15
12th Annual RPH Cabin Campout / AT Trail Work / BBQ
Projects: paint and repair Sith Lyon Memorial Bridge; install nine check dams south of Shemandoah Mountain; replace stone steps moved by flood damage near I-84 overpass; rebuild wooden walkway near RPH Cabin; clean up cabin grounds and replant Mom’s flower garden; joint work trip off site with the Jolly Rovers Trail Crew of Fahnestock State Park to continue our high-line step restoration project started in May. Get updated info at http://timtrek.mikentim.com

TRAIL EVENTS
nynjtc.org/view/events
Saturday, June 30
AT Community Celebration Warwick, NY
Join our AT volunteers as we mark Warwick’s designation as an Appalachian Trail Country Hikes and more. Find details at nynjtc.org/view/events
Sunday, July 1
AT Boardwalk & Bridge Opening Swamp River, Pawling, NY
Details are posted at nynjtc.org/view/events
Saturday, October 20
Annual Meeting of Members & Delegates
Location: TBD

PHOTO AT TOP
June 1, 2012; Bayswater Trail Opens
The Men’s Club of the Bayswater Jewish Center in Far Rockaway, Queens, formally opened the Bayswater Trail in Far Rockaway. Bob Ward, a member of both the club and the Trail Conference, has been an enthusiastic promoter of this walkway. Left to right in photo: Dorothy Lewandowski, City of New York Parks and Recreation Borough Commissioner; Robert Ward, Far Rockaway Trail Supervisor; Michael Delmonico, Men’s Club of Bayswater Jewish Center Co-President; Mark Schwartz, Men’s Club of Bayswater Jewish Center Co-President; Jill Weber, City of New York Parks and Recreation Administrator Rockaways. Also present but not pictured: Stephan Zahn, NYS Dep. of Environmental Conservation, Office of Natural Resources Region 2, Natural Resources Supervisor.

Volunteer Profile
Westchester Trail Tramps

From left to right: Mary Dodds, Dawn and Dave Montague, Marilyn Blaho, Stuart Faust and Steven Rusa. Crew member Fred Stern, who also leads the weekly (Fridays) trail maintenance crew at Ward Pound Ridge Reservation, took the photo.

May 9, 2012; Treetown Lake Reservation: A still-new trail maintenance crew in Westchester gathers on a rainy morning. The crew is led by new Trail Supervisor Mary Dodds. Mary, of Mohican Lake, retired four years ago from work with the Dept. of Labor. Her neighbor, long-time Trail Conference volunteer Jane Daniels, didn’t let her linger long. Mary was soon helping with the Yorktown Community Trails project, field checking data for Walkable Westchester, going out with the Ward Pound Ridge trail maintenance crews led by Fred Stern, and volunteering at Treetown Lake Reservation. Before she knew it, she had agreed to become a Trail Supervisor herself and lead a new trail crew out of Treetown.

“We call ourselves the Westchester Trail Tramps,” Mary says. “Today (May 9) was our eighth crew date. So far we have worked on the Briarcliff-Peekskill Trail, at Treetown, Gateway Park, and Georges Island.” The regular crew includes:
• Fred Stern, who is crew supervisor at Ward Pound Ridge, a corridor monitor for the Appalachian Trail in Dutchess County, and Mary’s mentor;
• Stuart Faust, who has been a trail maintainer (Lakeside Trail) at Treetown for years;
• Marilyn Blaho, also a member of Fred’s crew at Ward Pound Ridge;
• Steven Rusa, a regular on the new crew;
• Dave and Dawn Montague, also regulars on the crew. They have taken both the Trail Maintenance 101 at Gateway and the Trail Repair course. Dave is rabid about garbage left on trails and always comes prepared to pick it up, bag it, and pack it out.
Future crew plans include a return to Georges Island to do some trail building, a lot of blazing work at Bald Mountain/ Harle Park and on the Briarcliff-Peekskill Trail, and trail building at Treetown Lake Reservation.
**Trail to Great Photography**

**NEW TRAIL OPPORTUNITIES continued from page 1**

miles from Russell Brook Road along the outlet of Mud Pond to the northern shore of Mud Pond. This trail features relative-
ly gentle grades and views of Mud Pond.

**Willowowoc Wild Forest Trails**

The Trail Conference will be adopting most of the foot trails located within the Willowowoc Wild Forest in the western Catskills. This area is just to the west of the Mongaup Pond State Campground and includes a series of connected trails surrounding Frick Pond, Hodge Pond, and Quick Lake. The trails that we are adopting include the Flynn (3.3 miles), Quick Lake (3.2 miles), Loggers Loop (0.55 mile), Big Rock (0.50 mile), and Quick Lake (4 miles) Trails.

In addition, we are adopting the Quick Lake Lean-to on the shores of Quick Lake. The Quick Lake Lean-to requires the longest trail walk of any Catskill lean-to – approximately 7 miles from the Beech Mountain Road Trailhead. The trails in this area are mostly old woods roads that have been converted into hiking trails. They climb and descents are generally moder-
ate, and the views of the mountain ponds and the surrounding mountains are very

The purchase of our map sets supports trail maintenance in the region!

**NEW 4TH EDITION OF HUDSON VALLEYS TRAILS MAP SET**

This new five-map set significantly improves on previous editions of the Hud-
son Valleys area. The maps feature completely redrawn contour lines so more accurately portray the topography, especially along the Hudson cliffs. Nearly 100 miles of marked trails and bike paths are available from Fort Lee, NJ northward through Bergen and Rockland counties to Haverstraw, NY. This includes approxi-
ately 40 miles of the Long Path from its southern terminus at Fort Lee Historic Park to Mount Ivy, NY.

This map set was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.

Price: $8.95 nonmembers, $6.71 for Trail Conference members (when purchased from us).

**NEW 10TH EDITION OF EAST HUDSON TRAILS MAP SET**

This three-map set covers trails and park-

lands throughout the New York Highlands east of the Hudson River. More than 150 miles of marked trails are shown, featuring more than 20 miles of the Appalachian Trail as it passes through Putnam County.

This map set was produced with support from True Grit, an outdoor store and retail partner of the Trail Conference.

Price: $10.95 for nonmembers, $8.21 for Trail Conference members (when purchased from us).

**NEW 5TH EDITION OF HUDSON VALLEYS TRAILS MAP SET**

This new five-map set significantly improves on previous editions of the Hud-
son Valleys area. The maps feature completely redrawn contour lines so more accurately portray the topography, especially along the Hudson cliffs. Nearly 100 miles of marked trails and bike paths are available from Fort Lee, NJ northward through Bergen and Rockland counties to Haverstraw, NY. This includes approxi-
ately 40 miles of the Long Path from its southern terminus at Fort Lee Historic Park to Mount Ivy, NY.

This map set was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.

Price: $8.95 nonmembers, $6.71 for Trail Conference members (when purchased from us).

**GETTING INVOLVED**

If you would like to be a maintainer for one of these trails or any other trail in the Catskills region, please complete the interest form at nynjtc.org/ops/trail-maintainer-catskills-south or contact Jeff Stenterman, Trail Conference Catskill Region Program Coordinator by phone at 518-628-4243 or by email at jsenterman@nynjtc.org.

**A PHOTO WORKSHOP AT TILLMAN’S RAVINE, Stokes State Forest**

By Larry Zink

On May 12, I conducted a photo work-

shop with the Trail Conference at Tillman’s Ravine in Stokes State Forest in northwest New Jersey. Six photographers ventured with me into the ravine to shoot the cascades and waterfalls of Tillman’s Brook.

This location is one of my favorite places to shoot in the state. The spring-fed stream has spent centuries carving its way down the mountain and through rock walls. The clear mountain water, tall hemlock trees, and beautiful rocks offer boundless oppor-
tunities to create exciting images.

Despite a chilly 6:30am start, everyone enthusiastically embraced the challenge. A short hike down the path brought us to our destination. The brook was running high and fast due to recent rain. The forecast was for sunny skies, usually not the best for shooting water. Cloudy skies or open shade are optimal conditions to shoot water because of the inherent low contrast. But this deep ravine provided open shade for everyone. We would deal with the sun at a later point in the morning.

By the end of the workshop everyone had explored many sections of the stream, created their personal visions, tried new techniques, and had a good time. Land-

scape photography is about creating an image that tells a story on some level. Everyone worked hard to make that a real-

ity and at the same time spent a beautiful day outside in one of the prettiest places in the state. It doesn’t get better than that.

Larry Zink is a professional photographer and vice president of creative services for Macy’s. He is planning to offer an autumn photo workshop for Trail Conference mem-

bers, locations to be determined. Watch your email or our website for an announcement.

His book of landscape photography, Natural-

ly New Jersey, is now published.

**TRAILS TO GREAT PHOTOGRAPHY**

**THE DIGITAL VIRTUALS OF THE TRAIL CONFERENCE MAPS FOR SALE ARE SIMILAR TO THE MAPS THAT ARE PRINTED ON WATERPROOF, FIRE-RESISTANT TREKLY. NO BATTERIES REQUIRED.**

The digital versions of the Trail Confer-

ence maps for sale are identical to the maps that are printed on waterproof, tear-resis-
tant Trekly. But include a number of interactive features that allow hikers to use the maps like never before. Each digital map contains geospatial information, such as real world location. This geospatial information makes it possible to locate your position on a map, view satellite imagery for your location, and even measure distances right on the map.

The Trail Conference launched its ven-

ture into digital mapping with 20 trail maps that cover nearly 1,000 miles of trails throughout the region. The available maps are a mix of trail maps available for pur-

chase and those available for free. We plan to make all of our trail maps available in digital versions in the months ahead.

The PDF Maps app is available now on the iTunes App Store free of charge for per-

sonal use. Each map is priced separately, through the in-app map store.

Learn more about Trail Conference PDF maps at nynjtc.org/pdfmaps.
Daddy longlegs, also called harvestmen, are common creatures of woods, fields, and structures. Active from summer to fall, common creatures of woods, fields, and consisting of a cephalothorax and longlegs aren't venomous and don't bite. 8 long, jointed legs. Unlike spiders, daddy longlegs isn't venomous and doesn't bite. There are approximately 160 species of daddy longlegs in North America.

First, they enable the daddy longlegs to see its surroundings. The second pair of legs, longer than the others, contains sense organs that can detect food, a mate, or danger. While at rest or eating, the daddy longlegs often extends these legs outward, ever vigilant.

Daddy longlegs generally require a moist habitat, and usually are found in shady areas. They eat a variety of live and dead animal and plant matter but prefer soft-bodied prey such as flies and aphids. They're more active and feed mostly at night, when the air is cooler and moister.

The life cycle of daddy longlegs vary by species, but all hatch from eggs and go through a series of molts before reaching maturity. Mols can be challenging—the body usually sheds in old skin easily; but extrication of the legs can take considerable effort.

Walking outdoors or in a small group, my goal is to stay out of the hustle and bustle of the surrounding city by traveling the entire time in channels that could be suitable for animal commuters. This means hopping from park areas to cemeteries to might be surprised by how these islands of green can be connected.

A logistical concern is how to make these connections. Treating this concern as a creative activity has led me into some challenging situations. Once I had to pass through a culvert under a highway, with frigid water running at my feet. Another time, I decided to turn around and walk several miles out of my way because a single private yard separated me from the next segment of my path. A real coyote would have walked right through the yard.

Because their behavior is so adaptable, coyotes have done very well in areas that are neither completely urban, nor completely natural, such as suburbs. Historically speaking, coyotes are new to the East Coast. They arrived here by filling niches left as human settlement destabilized the more ecologically fragile wolf populations. Coyotes may be reviled and feared by some people, but a community of urban coyote enthusiasts also exists. Regardless of public sentiment, coyote behavior is closely related to human behavior, both in how we establish private borders of home and individual and in how we parcel and divide natural space.

A well-maintained trail is one of my favorite things. To move through a forest at a free and easy pace in early morning sunlight is a great joy. I am equally fascinated, however, when I see impromptu alterations in boundaries to shared spaces; holes that appear in fences at just the right place to provide access to coinciding roads, or “desire lines” worn in the ground over time by people who seem to have mutually decided on more efficient crossings of a park. Actions such as these attest to the need we humans share with coyotes and other animals to move about unencumbered, to be free.

Dillon de Givé will soon hold an MFA in Art and Social Practice from Portland State University. You can see more of his work at www.implausibot.com.

Related stories on our website
**From Port Authority; leader takes bus.**
212-727-8961 (call before 9:30pm), tollefson@verizon.net. Meet: 8am at 100 Morris Rd., Middletown, N.Y., 2 miles from Millbrook RVR station. 4 miles. Easy, moderate climb. Optional afternoon stop after hiking to hike to Millbrook. (Call after 8pm for Middletown pick-up.)

**AMC, Harrow Hill, Staten Island Historic District.**
Leader: Jerry Finkel, 973-635-8095. Meet: 10am at Governor’s Island ferry terminal. Easy 3 miles. Hike to historic district for a view of the Hudson River and the city. Surf and roll hillside. Easy. 2 miles.

NYC, Governor’s Island Walk, NY.
Leader: Bob Brain, 917-475-2409, cell. Call after 8pm. Meet: 10am at Governor’s Island ferry terminal (just east of South Ferry terminal). Easy. 3 miles. Tour of historic areas with park ranger, then back to the park. Moderate.

**NATURAL RESOURCES CONSERVATION DISTRICT,**
Leader: Pat Munch, 908-696-3350. Meet: 8am at Trinity Nature Center. Moderate 6 miles on easy to moderate terrain. Rough 2 mile hike on the History Trail. Shiner rock outcrops!

**August 8**

MC, Tacunc, Hudson Highlands State Park, NY.
Leader: Slavin, 845-687-7584. Meet: 10am at Eddy Pond parking lot. Easy for details. 9 miles in moderate pace, with hills. Will go to Saugerties and return on the high road. Easy for details. 5:30pm. Meet: 10am at Saugerties State Park. Moderate 4 miles on easy to moderate terrain.

UDC, Delaware & Raritan Canal Walk, NJ.
Leader: Mary Burt, 862-791-3054. Meet: 10am at parking lot; 440 Montauk Highway. Easy to moderate.

PM, Family hike on a Pyramidal Mountain, NJ.
Leader: call Pyramidal Mountain, 973-780-4518. Meet: 10am at parking lot; 440 Montauk Highway. Easy to moderate. 10am.

NYHC, Central Park Walk, NY.
Leader: Charles, 350-267-8939, and William, 973-350-5501. Meet: 9am at 35th Street parking, HBHS. Moderate pace; out by 2pm. 5 miles, 2 miles around the park, then out on Duggan Trail.

**August 9**

UDC, Penland Valley Trail, Blairstown, NJ.
Leader: Greg Jupin, gdsjupin@embarqmail.com, 973-598-9500. Meet: 9am at Foot Bridge Parking, north bloton, Moderate 6.5 miles on flat terrain. Walk to Jameson’s and back, with a half mile of climbing. Several miles on a gravel road.

**August 10**

IHC, Patriots’ Path, Long Valley, NJ.
Leader: Joy and Jessica Nelson, 973-530-1030, sarah@wippom.org. Meet: 10am at Long Valley Boy Scout Park, 1 Farmtover Rd. (81), Long Valley NJ. Moderate pace on a moderate to easy terrain. Start at the beginning of the trail. Patriots’ Path starts out easy, with a breathing view of Long Valley Railroad tracks.

**August 15**

IHC, Mine Hill, Delaware Water Gap, PA.
Leader: Pat Munch, 908-696-3220. Meet: 9am at New Hope, PA. Moderate pace; out by 2pm. Miles, 3 miles around the park, then out on Duggan Trail.

**August 23**

IHC, Tuckers Knolls Reservoir, PA.
Leader: Michael Charles, 970-989-9030. Meet: 9am at trailhead. Easy 2 miles with a few deep and rocky sections. Ascend on a small walkway to the Appalachian Trail. Then either go down on the Appalachian Trail to Duggan Road, or continue to the 2 mile mark.

**September 1**

IHC, Schumemunk Mountain State Park, NY.
Leader: Guy Williams, rЦyherk@nYstruC.com. Meet: 10am at Taylor Ridge parking, on the ridge road. Easy pace; out by 1pm. 5 miles, 2 miles around the park, then out on Duggan Trail.

**September 2**

IHC, Bear Mountain State Park, NY.
Leader: Lynn Gilris, 973-386-1168. Meet: 10am at Parking Lot, see page 6. Easy pace; out by 2pm. 15 miles, 5 miles around the park, then out on Duggan Trail. (Call after 8pm to arrange pick-up.)

**September 3**

IHC, Catskill Mountains, NYC.
Leader: Charles, 973-350-9393. Meet: 9am at E 34th St. Hardwood Hill, E 34th St. Easy 6 miles. Moderate pace; out by 2pm. 5 miles around the park, then out on Duggan Trail.

**September 4**

IHC, West Orange Trail, NJ.
Leader: Joe Cimorrick, cimorrick@aol.com. Meet: 9am at 35th Street parking, HBHS. Easy 9 miles at moderate pace; young adults especially welcome. 5 miles around the park, then out on Duggan Trail.

**September 5**

IHC, Friedenslohe Arboretum Metedeconk, NJ.
Leader: John Cimorrick, 973-635-9783. Meet: 9am at parking lot; 5 miles around the park, then out on Duggan Trail.

**September 6**

IHC, Sandy Point Preserve, NY.
Leader: John DeRosa, jav@tacoma.net. Meet: 9am at 35th Street parking, HBHS. Easy 6 miles. Moderate pace; out by 2pm. 5 miles around the park, then out on Duggan Trail.

**September 7**

IHC, Salt Rock, NJ.

**September 8**

IHC, Highlands Broome, NJ.
Leader: John DeRosa, jav@tacoma.net. Meet: 9am at 35th Street parking, HBHS. Easy 6 miles. Moderate pace; out by 2pm. 5 miles around the park, then out on Duggan Trail.

**September 9**

IHC, Waldo's Rock Preserve, NJ.
Leader: Cal McDaniel, calmcd@netzero.net. Meet: 9am at 35th Street parking, HBHS. Easy 6 miles. Moderate pace; out by 2pm. 5 miles around the park, then out on Duggan Trail.

**September 10**

IHC, Bowl Ski Reservoir, NJ.
Leader: John DeRosa, jav@tacoma.net. Meet: 9am at 35th Street parking, HBHS. Easy 6 miles. Moderate pace; out by 2pm. 5 miles around the park, then out on Duggan Trail.

**September 11**

IHC, Suburban Brotherhood Park, NJ.
Leader: Shirel, 973-696-9663. Meet: 9am at parking lot, see page 6. Easy pace; out by 2pm. 15 miles, 5 miles around the park, then out on Duggan Trail.

**September 12**

IHC, Bear Mountain State Park, NY.
Leader: Lynn Gilris, 973-386-1168. Meet: 10am at Parking Lot, see page 6. Easy pace; out by 2pm. 15 miles, 5 miles around the park, then out on Duggan Trail.

**September 13**

IHC, Bear Mountain State Park, NY.
Leader: Lynn Gilris, 973-386-1168. Meet: 10am at Parking Lot, see page 6. Easy pace; out by 2pm. 15 miles, 5 miles around the park, then out on Duggan Trail.

**September 14**

IHC, Bear Mountain State Park, NY.
Leader: Lynn Gilris, 973-386-1168. Meet: 10am at Parking Lot, see page 6. Easy pace; out by 2pm. 15 miles, 5 miles around the park, then out on Duggan Trail.

**September 15**

IHC, Bear Mountain State Park, NY.
Leader: Lynn Gilris, 973-386-1168. Meet: 10am at Parking Lot, see page 6. Easy pace; out by 2pm. 15 miles, 5 miles around the park, then out on Duggan Trail.

**September 16**

IHC, Bear Mountain State Park, NY.
Leader: Lynn Gilris, 973-386-1168. Meet: 10am at Parking Lot, see page 6. Easy pace; out by 2pm. 15 miles, 5 miles around the park, then out on Duggan Trail.
Haven off the Hudson

Friendly, historic 3-season woodsy community in Western, Westchester County. Co-op offers: hiking, tennis, pool, cafe, social activities, organic community garden. Beautiful Hudson riverfront near: Studio: one-bedroom cottages. $35,000-125,000. www.nynjtc.org/havenoffthehudson
Tel: 914-307-4042 or m227harlequin@yahoo.com

Leave No Trace: Ethics & Trail Tips

By Bob Russo

Dispose of waste properly

“Carry in, carry out,” “pack it in, pack it out.” These phrases are familiar to seasoned hikers. All of our open spaces have a responsibility to protect nearby areas from waste or spilled food.

Focus on these 4 objectives:
1. Avoid polluting water sources
2. Eliminate contact with insects and animals
3. Minimize chances of social impacts
4. Minimize chances of social impacts

Improper disposal can lead to water pollution and soil illness such as giardia. The salt in urine attracts wildlife, so urine waste away from camps and trails and, if possible, on rocks or bare ground rather than on vegetation. Animals may defecate plants to get at the salt.

Dig “cat holes” for excreta (carry a toilet paper). Pick up trash someone else might have left behind.

Below is a list of the decomposition rates for some common items carried on trails:

<table>
<thead>
<tr>
<th>Item</th>
<th>Decomposition Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarette butts</td>
<td>1 to 5 years</td>
</tr>
<tr>
<td>Aluminum cans</td>
<td>80 to 100 years</td>
</tr>
<tr>
<td>Plastic 6-pack holder</td>
<td>100 years</td>
</tr>
<tr>
<td>Glass bottles</td>
<td>1 to 2 years</td>
</tr>
<tr>
<td>Nylon fabric</td>
<td>30 to 40 years</td>
</tr>
<tr>
<td>Wool socks</td>
<td>1 to 5 years</td>
</tr>
<tr>
<td>Tin cans</td>
<td>50 years</td>
</tr>
</tbody>
</table>

These estimates may vary depending on the environment they are in.

Bob Russo is a Leave No Trace master educator, Trail Conference Life member, and NYS licensed outdoor guide.

Clearing Benedict Arnold’s Escape Route

One must note you don’t have to climb over thanks to trail volunteers Geoff Connors (sawyer), Walt Daniels (sawyer), and Hal Kaplan (maintainer of trail, pictured). This blowdown was on Beverly Dock Road, part of the trail network at Glenclyffe in Garrison, NY. This historic route was Benedict Arnold’s escape route when his 1780 treason was discovered. A hike in this area is described on our website nynjtc.org/hike/arden-point-and-glenclyffe-garrison-ny

Eagle Scout Reroute of Hewitt-Butler Trail is Gorgeous

The Hewitt-Butler Trail (HB) that climbs the north side of Wynacko High Point in Bear Mountain Green State Forest was in need of a reroute. This trail section, which went directly up the fall line, had become an eroded and difficult section to hike, in spite of attempts over years to correct the problems with waterbars and check dams.

Erik Synol, a Life Scout from Troop 85 of Bloomingdale, NJ, took on the marathon project of building a 1,700-foot reroute around this problem trail section for his Eagle Scout project. His completed trail section is gorgeous, offering outstanding views of the surrounding mountains and leading hikers around rock outcrops and through mountain laurel as the trail curls its way up to a shoulder of the mountain.

Erik was assisted by fellow scouts from his troop as well as scouts from other areas. He was joined by members of his family and guided by the Wynacko South State Trail Supervisor Paul Makus and Co-Chairs of the Central North Jersey Trails Committee Estelle Anderson and Bob Jonas.

Beaver Brook Bridge Back Where It Belongs

In April, the fledgling Highlands Warriors Trail Crew got its feet wet on its first project. The crew reinstalled a bridge on the Beaver Brook Trail in Rockaway Wildlife Management Area (NJ) that was washed downstream by heavy flooding a few years ago. This 16-foot bridge weighing close to 500 pounds had to be hauled up from the muck and mire, hauled back up to the trail, and then carried 800 feet back to its original abutments. Just hiking up the very steep mountain to the site was an arduous task, not to mention the difficulty in carrying the bridge. Crew members were: Keith Scherer, Michael Lenhardt, Jeffrey Roggen- burg, Glenn Ockskau, Billy Diaz, Larry May, and Bob Jonas. Many thanks from the Central North Jersey Trails Committee.

Avon Calling

Sixteen employees from Avon in Saffin, NY, volunteered on trails in three locations April 27. Divided into three teams led by experienced Trail Conference volunteers, they painted blazes in Harriman, cut brush in Butterfield Falls County Park, and did stonework in Tallman State Park.

One more obstacle to a great trail experience gone!

Erik Synol, at the top of the photo in the red shirt, led fellow scouts, family and friends on a big trail relocation project at Wynacko High Point.

A crew of six handled the 500-pound, 16-foot long Beaver Brook Bridge back into place.

VOLUNTEERS AT WORK

Bob Russo

Typical trail maintenance work on April 27.

Trails Walker

Trail News

AT Section Moved at Worthington State Forest

In April, the West Jersey Trail Crew completed a 0.9-mile relocation of the Appalachian Trail in Worthington State Forest on the Kittatinny Ridge. The change moves the trail from a route that occasionally strayed onto private property to a parallel route that offers new scenic viewpoints. See map detail at right.

Shore Trail at Giant Stairs

The Shore Trail is CLOSED across the Giant Stairs (boulder field between Forest View Trail and Peanut Leap Cascade) due to a major rockslide that occurred on Saturday, May 12. The trail is currently unsafe and will remain closed until it is stabilized. The slide occurred at about 7:30pm. Amazingly, no one was hurt.

Harriman & Sterling Forest Updates

The new Wurhler Trail in Sterling Forest has been cleared and blazed with yellow-bold-on-green backing tags provided by the park. The trail, about a half mile in length, provides a short-cut across the Indian Hill Trail and connects with the Furnace Loop Trail. The trail is largely a woods road, deviating near its south end to pass along the shore of a pond. The path of the trail is shown on the 2011 Sterling Forest Trail Map as an unnamed black dotted line.

In April, the North End of the View Trail in Arden Road was washed out, the Shasta Brook Trail has been rerouted to the west side of the brook, running directly from Arden Road just prior to the now unbridged brook as approached from the Elk Pen. The relocation is an all new, easy/moderate path through woods above the eastern side of the brook. Keeping the brook in sight for most of the way, it terminates in a half mile at the Nuriann Trail at the eastern side of the brook, providing for continuation to the Valley of the Boulders. The Shasta Brook Trail and hence the Nuriann Trail are accessible from the Elk Pen. The Nuriann Trail cannot be reached from Southfields because the bridge across the Ramapo River is not yet repaired.

Pepopelen Gorge Trail Reopens

Park work on repairing and replacing water pipes in the Pepopelen Gorge of Harriman-Bear Mountain State Park was completed in April and the trails there reopened. The Pepopelen Gorge Bridge, however, is still out, but funds have been secured to replace it.

Gonzaga Park on Schunemunk Opens; Trail Access Restored

Access to the High Point and Jesup Trails at the southern end of Schunemunk Mountain is now restored, thanks to the completion of construction by Orange County at Gonzaga Park. The park offers a nice parking area for hikers during daylight hours, but a gate across Mountain Road at Seven Springs Road blocks vehicular traffic at night. Foot traffic around the gate is not restricted.

In April, the fledgling Highlands Warriors Trail Crew got its feet wet on its first project. A crew of six manned the task, not to mention the difficulty in carrying the bridge. Crew members were: Keith Scherer, Michael Lenhardt, Jeffrey Roggenburg, Glenn Ockskau, Billy Diaz, Larry May, and Bob Jonas. Many thanks from the Central North Jersey Trails Committee.

Erik Synol, a Life Scout from Troop 85 of Bloomingdale, NJ, took on the marathon project of building a 1,700-foot reroute around this problem trail section for his Eagle Scout project. His completed trail section is gorgeous, offering outstanding views of the surrounding mountains and leading hikers around rock outcrops and through mountain laurel as the trail curls its way up to a shoulder of the mountain.

Erik was assisted by fellow scouts from his troop as well as scouts from other areas. He was joined by members of his family and guided by the Wynacko South State Trail Supervisor Paul Makus and Co-Chairs of the Central North Jersey Trails Committee Estelle Anderson and Bob Jonas.

In April, the fledgling Highlands Warriors Trail Crew got its feet wet on its first project. The crew reinstalled a bridge on the Beaver Brook Trail in Rockaway Wildlife Management Area (NJ) that was washed downstream by heavy flooding a few years ago. This 16-foot bridge weighing close to 500 pounds had to be hauled up from the muck and mire, hauled back up to the trail, and then carried 800 feet back to its original abutments. Just hiking up the very steep mountain to the site was an arduous task, not to mention the difficulty in carrying the bridge. Crew members were: Keith Scherer, Michael Lenhardt, Jeffrey Roggenburg, Glenn Ockskau, Billy Diaz, Larry May, and Bob Jonas. Many thanks from the Central North Jersey Trails Committee.

Sixteen employees from Avon in Saffin, NY, volunteered on trails in three locations April 27. Divided into three teams led by experienced Trail Conference volunteers, they painted blazes in Harriman, cut brush in Butterfield Falls County Park, and did stonework in Tallman State Park.

One more obstacle to a great trail experience gone!

Erik Synol, at the top of the photo in the red shirt, led fellow scouts, family and friends on a big trail relocation project at Wynacko High Point.

A crew of six handled the 500-pound, 16-foot long Beaver Brook Bridge back into place. 
TRAIL CONFERENCE VOLUNTEERS
February 10, 2012 - May 23, 2012

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment noted above. The list also includes existing volunteers who accepted additional assignments. We thank all Trail Conference volunteers!

Club Chairs: Chair: Cathy O’Neil
Office Program Assistant: Peter Juricke, Anne Rahikainen, Christine Wight

Book Publications Field Checkers: Carolyn Hoffmann
Publications Project Manager: Jim Simpson

TRAIL CONFERENCE
email: volunteers@nynjtc.org

Five hikes explored the trails at Camp Glen Gray before the meeting.

TRAIL CONFERENCE VOLUNTEERS

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment noted above. The list also includes existing volunteers who accepted additional assignments. We thank all Trail Conference volunteers!

Club Chairs: Chair: Cathy O’Neil
Office Program Assistant: Peter Juricke, Anne Rahikainen, Christine Wight

Book Publications Field Checkers: Carolyn Hoffmann
Publications Project Manager: Jim Simpson

TRAIL CONFERENCE
email: volunteers@nynjtc.org

Five hikes explored the trails at Camp Glen Gray before the meeting.

DONORS TO THE ANNUAL FUND
February 10, 2012 - May 23, 2012

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment noted above. The list also includes existing volunteers who accepted additional assignments. We thank all Trail Conference volunteers!

Club Chairs: Chair: Cathy O’Neil
Office Program Assistant: Peter Juricke, Anne Rahikainen, Christine Wight

Book Publications Field Checkers: Carolyn Hoffmann
Publications Project Manager: Jim Simpson

TRAIL CONFERENCE
email: volunteers@nynjtc.org

Five hikes explored the trails at Camp Glen Gray before the meeting.

DONORS TO THE ANNUAL FUND
February 10, 2012 - May 23, 2012

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment noted above. The list also includes existing volunteers who accepted additional assignments. We thank all Trail Conference volunteers!

Club Chairs: Chair: Cathy O’Neil
Office Program Assistant: Peter Juricke, Anne Rahikainen, Christine Wight

Book Publications Field Checkers: Carolyn Hoffmann
Publications Project Manager: Jim Simpson

TRAIL CONFERENCE
email: volunteers@nynjtc.org

Five hikes explored the trails at Camp Glen Gray before the meeting.
Lyme Disease Update

By Howard E. Friedman, DPM

Hikers in this area need to be mindful of Lyme disease, the infection passed along by the deer tick. In 2010, 25% of all Lyme disease cases reported to the Centers for Disease Control and Prevention (CDC) occurred in New York or New Jersey, among nearly 30,000 confirmed and probable cases reported nationwide. Hikers should be aware of Lyme disease as they should arm themselves with the facts before abandoning the woods altogether. After all, only about 1% of tick bites result in Lyme disease, and even those cases could be prevented with some proactive steps.

How is Lyme Transmitted?

Lyme disease is carried by a bite from an infected black-legged tick, *Ixodes scapularis*, a houndstooth arachnid found throughout the world. It commonly inhabits high grass, woods, and leaf-strewn areas. Ticks feed on mammals, attaching for several days to engorge on blood, then drop off and remain in the vegetation as they continue their life cycle: a tick larva becomes a nymph, which becomes an adult.

The tick gut is a reservoir for the bacterium that causes Lyme disease. The organism, a spirochete, is shaped like a corkscrew and called *Borrelia burgdorferi*. Researchers believe ticks contract these bacteria from biting an infected white-footed mouse or deer tick. Ticks can remain attached to their host for approximately 36 to 48 hours of attachment for a tick to inoculate enough of the spirochete into a human host to cause Lyme disease, according to the CDC.

Signs and Symptoms

Initial symptoms of Lyme disease occur within 3 to 30 days of the tick bite. The most common symptom is an erythematous, oval-shaped lesion, usually about 2 inches in diameter, that appears a few days after an infected tick has detached itself. The lesion is known as a “bull’s-eye” rash because it is surrounded by a clear halo.

By 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.

Pelican i1015 Case Warning

Close up look at a black-legged tick, *Ixodes scapularis*.

I tend to bring my iPhone along on most of my hikes, using a Ziploc bag to protect it from rain. So the new i1015 Case from Pelican, a case-resistant, crush-proof and dustproof case that protects your phone while letting you still use it through an integrated jack, looked like a definite step up in terms of protection for my phone. The i1015 is made from heavy duty plastic and has an easy-to-open latch. A rubber liner on the inside of the case creates an airtight seal when the case is closed and latched. Your phone rests on the raised portion of the rubber liner, allowing you to store your headphones and accessories in the case. The case is also two pieces of foam on the lid that secure and hold down your phone in the case, when it is closed and latched. A small carabiner lets you clip the i1015 to the outside of your backpack.

Of the most interest for those of us who want to take music with us while we hike, the i1015 has an integrated audio jack that plugs into your phone inside the case, goes through an airtight seal and then provides an external jack to plug into. This lets you listen while your phone remains protected in the sealed case. The cover is water resistant, so you can easily see what is playing on your phone or any messages that may pop up. Using the case’s audio jack on field tests, I was able to listen to music from my phone as I walked. I did like that, as I all I had to do if it started raining was stash my headphones instead of scrambling to make sure the phone was also protected. The case has not come out any worse for the wear after tumbling around in my backpack.

On the downside, the i1015 makes your iPhone a lot more bulky and a lot heavier. The exterior dimensions of the case are just over 6 ½ inches in length, just over 3 inches in width, and almost 2 inches in depth. More important, the case adds about half a pound of weight to your iPhone. That bulk and weight do not make or break my pack on a day trip, but it is a consideration for a longer hike or if you are very conscious about space and weight in your backpack.

In general, the i1015 does everything that I expected it to do, except it is not designed to be submerged in water, so it is not the case that you would want to take on a canoe trip. Overall I like the extra level of protection that the i1015 provides to my iPhone and that I can listen to music while the phone stays protected. I just wish it were a little lighter and less bulky.

Jeff Serrnatan is Cattkill Program Coordinator for the Trail Conference.

NEW TO THE TRAIL CONFERENCE BOOKSTORE!

Walking the Hudson: From the Battery to Bear Mountain, by Cy Adler, 2010, Countryman Press.

We cover your favorite hiking areas in the New York-New Jersey region, including Harriman-Bear Mountain, the Catskill, North Jersey and Jersey Highlands, East and West Hudson Highlands, and more.

Find all our publications, and select trail guides from others, on our website, and get your 25% member discount!

Go Places with Trail Maps and Books from the Trail Conference.

Visit www.nynjtc.org/search/goshopping!
Or call 201-512-9348
To Cat Rocks on Appalachian Trail via New Boardwalk in Pawling, NY

On May 17, volunteers of the Trail Conference’s Dutchess-Putnam Appalachian Trail (AT) Management Committee installed the last piece of “kick rail” on a new 1,600-foot-long boardwalk and bridge at the Swamp River in Pawling, NY, concluding a two-and-one-half-year project to construct this structure, which carries the AT over an extensive wetland. The project’s completion is to be officially celebrated on-site Sunday, July 1. The hike described here starts southwest of the new structure. Several destinations along the AT from this point—the Dover Oak (2.5 miles away) or Nuclear Lake (6 miles)—offer interest points for round-trip hikes of various levels of difficulty and length. A detailed description of a 12.7-mile round-trip hike that includes a loop around Nuclear Lake can be found on the Trail Conference website.

Volunteers: Some 75, including members of Appalachian Trail Conservancy Mid-Atlantic Trail Crews, Committee chair and project leader Jim Haggett reports that more than 5,000 volunteer hours went into the work. A big thank you to all who contributed their time and skills!

Features: This “out-and-back” hike crosses a wetland on the new 1,600-foot boardwalk, climbs about 1,000 feet overall, passes the largest blazed tree on the AT, and features a number of panoramic views.

Length: About 6.9 miles

Difficulty: Strenuous

Time: About 4.5 hours

Map: Map #1 accompanying the Appalachian Trail Guide to New York and New Jersey.

Getting There: By Train: Metro-North Railroad, Harlem line, to Appalachian Trail station (weekends only, limited schedule). Driving: Take NY Route 22 in eastern Dutchess County to a parking area 1.9 miles north of the traffic light at Coulter Avenue in Pawling (just north of a garden and landscaping center on the west side of the road). From the parking area, proceed south along Route 22 to the Appalachian Trail station platform of the Metro-North Railroad, just south of the garden and landscaping center. Cross the tracks, and continue across the wetland on the new boardwalk. You’ll be following the white blazes that mark the AT.

At the end of the boardwalk, you’ll cross a bridge—also new—over the Swamp River. The trail now turns right, along the base of Corbin Hill. In two-thirds of a mile, after passing through a gap in a stone wall, the trail steepens, with the last part of the climb utilizing switchbacks.

About 1.5 miles from the start, you’ll reach the top of Corbin Hill. The trail emerges from woods onto an overgrown field. It follows along the edge of the field, with woods on the left, and begins to descend, skirting several small fields on the way. Ahead, to the west, you can see the full known as West Mountain. You will soon be climbing to the top of this hill.

But first, you descend to West Dover Road (County Route 20). At the side of the road, notice the Dover Oak. This white oak has a circumference of more than 20 feet and is believed to be the largest blazed tree along the entire AT from Maine to Georgia.

On the other side of the road, the trail descends to a wet area on rocks and punchorns, climbs a jagged rock outcrop, and begins its steady ascent of West Mountain. After climbing for about half a mile, you come to an intersection, where a blue-blazed side trail leads to the Telephone Pioneers Shelter and picnic table, a great spot to take a break. Back on the AT, you continue to climb until the trail reaches the grass-covered summit ridge of West Mountain. Just before the Crest summer, a side trail on the right leads a short distance to Cat Rocks—a panoramic east-facing viewpoint from an open rock outcrop. The trail you took earlier in the hike follows the edge of the fields you see below. After taking in the view, return to the AT, turn left, and retrace your steps to the parking area where the hike began.

This description is adapted from Daniel Chazin more detailed article, which can be found at nynjtc.org/view/hike_at

Support Trails, Parks and Open Space in the New York-New Jersey region by joining the New York-New Jersey Trail Conference.

The Trail Conference maintains more than 1,800 miles of trails, advocates for parks, preserves open space, and provides volunteer service opportunities in the great outdoors.

Your membership supports the trails you love and gives you these additional benefits:

25% Discount on Trail Conference maps, books, and other products

Great Discounts at supporting outdoor retailers and other businesses

Tuition-Free Enrollment in our Trail University introductory courses

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

Access to a wide range of volunteer opportunities on-trail and off-trail

Find links to all these and more at nynjtc.org.

Join/Renew NY-NJ Trail Conference Membership

1,800 miles of trails, your membership helps us expand our horizons.

Included with membership, Trail Walker, 10% discount on purchases at many outdoor stores, and 25% discount on all Trail Conference maps and books purchased directly from the Trail Conference.

For my membership of $50 or more, send me a: Trail Conference Cap OR Harriman-Bear Mountain Map Set

To purchase a gift membership, call 201-512-9348, extension 26.

MEMBERSHIP TYPE

Select one: □ Join □ Renew Membership # if available

<table>
<thead>
<tr>
<th>Individual</th>
<th>Joint/Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular</td>
<td>$30</td>
</tr>
<tr>
<td>Sponsor</td>
<td>$50</td>
</tr>
<tr>
<td>Benefactor</td>
<td>$120</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$45</td>
</tr>
<tr>
<td>Life</td>
<td>$3,000</td>
</tr>
</tbody>
</table>

A joint membership is for two adults residing at the same address.

A check or money order enclosed □ Visa □ Mastercard □ Amex

Card # _ Exp. Date: ______

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

Tax-deductible. Dues are not refundable.