Volunteers Tackle Big Post-Sandy Trails Clean-up

Hurricane Sandy hit our region on October 29 & 30. It transformed many parks and trails and disrupted the lives of millions of people. And yet…

"On Nov. 2, Steve Z. and I took 3 A von volunteers to the Victory Trail in Harriman S.P. It was only a few days since Hurricane Sandy, and we did a lot of post-storm clean up: removing branches and other debris. At the end of the day Steve and I took care of 7 blowdowns. On Nov. 5 we went to the Bangle Hill section of the LP in the southern Catskills, did some clipping, and took care of 30’s blowdowns. In November we did a few chainsaws to undo the Sandy damage—trees down everywhere! … On Nov. 19 we took care of at least 15 blowdowns on Hook Mtn. Chris Rying, Steve Zubarik, and I took care of 24 blowdowns on the AT and LP in Harriman S.P on Nov. 28. There were a few inches of snow on the ground that day."

And so it went, and continues to go throughout our region. That report from Long Path co-chair Jakob Franke was similar to the steady stream of reports from other trail volunteers throughout the region. Teams from the West Hudson South Chain Saw Crew and other certified sawyers have been out on what seems a daily basis in Harriman State Park and parks in Bergen County. North Central Jersey crew members cleared 32 blowdowns in their first clean-up day at Wawayanda State Park (there have been many more since). Volunteers from member club AMC-NY-NJ, Harriman State Park’s south-central section, have been heading out day after day to Harriman State Park, clearing miles of trails and stripping big blowdowns for the chain sawyers.

As of early December, volunteers and park staff had cleared hundreds of downed trees from our region's trails, with hundreds still to go. Damage in the Catskills was spotty, although the summit of Slide was described as covered by blowdowns and the Fox Hollow Trail was reported blocked by a tangle of downed trees for a mile (rangers cleared it over several days). Detailed assessments of trail damage were still in progress as of the deadline for this issue, with trail clearing going on simultaneously.

And so it went, and continues to go throughout our region. That report from Long Path co-chair Jakob Franke was similar to the steady stream of reports from other trail volunteers throughout the region. Teams from the West Hudson South Chain Saw Crew and other certified sawyers have been out on what seems a daily basis in Harriman State Park and parks in Bergen County. North Central Jersey crew members cleared 32 blowdowns in their first clean-up day at Wawayanda State Park (there have been many more since). Volunteers from member club AMC-NY-NJ, Harriman State Park’s south-central section, have been heading out day after day to Harriman State Park, clearing miles of trails and stripping big blowdowns for the chain sawyers.

Will we be so lucky? We know there’s a lot of work to do, but we have the people and the tools to do it.

New York Chooses Trail Conference To Head Invasives Program in Lower Hudson Valley

New York State Dept. of Environmental Conservation (DEC) in October chose the Trail Conference to coordinate its Lower Hudson Valley Partnership for Regional Invasive Species Management (PRISM) program beginning in 2013. The Lower Hudson Valley program is one of eight created by DEC across the state with the aim of facilitating regional partnerships among organizations working to manage invasive species. Each regional program is administered by a local not-for-profit, with funding provided by the Environmental Protection Fund.

"We’re very proud to be selected as coordinator of this important program by New York State," says Trail Conference Executive Director Ed Goodell. "Our 92 years of collaboration with multiple agencies, our experience in working with thousands of volunteers on all aspects of trail stewardship, and our recent achievements in developing a trails-focused invasive species program continued on page 2"
Feedback

Thanks for the Honor

The Bash Kill Area Association (BKAA) was flattered and extremely honored to receive the Trail Conference’s prestigious Leo Rothschild Conservation Award, presented by Jakob Frank, Long Path, Path Finder; and BKAA membership coordinator at our 40th anniversary celebration on Sep. 8 (See Fall 2012, TW, page 1.)

The BKAA has a long-standing connection to the Trail Conference, beginning in 1989, when we were asked to participate on an advisory committee studying possible re-routing of the Long Path along the Shawangunk-Katrine Ridge. Since then, the BKAA membership has deepened, and we have united to confound myriad Shawangunk Ridge threats.

That’s why we have appreciated Trail Conference support and greatly admired the organization’s commitment to creating a ridge trail.——Paula Madley, President, BKAA Via USPS, September 20

Great Work! I Want to Help.

My wife, Deborah, and I just finished a 16-day hike along the Appalachian Trail, from Ossining, NY, to Otisville, NY.

We crossed the George Washington Bridge and hit the Long Path to Hariman State Park. We were connected with the Appalachian Trail (AT). We followed the AT up to High Point, where we transferred to the Shawangunk Ridge Trail (SRT) on up to Otisville. The last three miles of our hike were on county and town roads to Camp Deerpark, where I am the director.

We are so grateful for the folks who volunteer to maintain the trails where we hiked. At one point we were up on the ridge north of High Point and I saw some weed-whacker string on the ground. It struck me at the time that someone up there had weeded so thoroughly that I could enjoy dry ankles on this hike.

I say all of that to say that the experience has motivated me to have a desire to volunteer to maintain a section of trail. Could you please connect me with the person who is in charge of maintaining the SRT in the Otisville area?

—Ken Botunoff, Director, Camp Deerpark Via email, October 4

Maps to Live By

Wanted to thank you, because every day we LIVE by your maps. Indescribable. Fascinating, even when you’re sitting at home with a cup of coffee. Makes us want to paint a star on every beautiful sight we come across (and if you have the maps, you know what I mean) … What says “Free” more than the words “Free Trail” and Neronin Green, Sterling, or Fahnstock? Big, big, Thank-you for your service, from dogs who cannot speak, and humans who can.------ Charlie Dog and Friends

Trail Conference Facebook page, November 19

Hurricane Sandy: Dunderberg

Spiral Railroad Trail

After observing firsthand the devastation along the first half-mile of the Tongs-Toms Trail closer to the river (parts of which resembled a mini-war zone), I gained a greater appreciation for the hard work put in by our dedicated trail maintainers. (In this case, Marc Layton and Bob Fuller) for your post-Sandy trail conditions webpage.

In fact, I actually chose this hike after seeing their trail update report on the website, and thanks to their efforts I was able to enjoy a 5-1/2-hour day on the trails. So thanks guys for a job well done!------ mrtg1020

Trail Conditions Forum on our website, November 20

Hurricane Sandy: From an ATM Damaged Trail

This was part of a hike that was our first look at post-Sandy Hariman trails. Unbe- lievable! Destruction there on the Shawangunk Ridge Trail (SRT) on up to Otisville. The last three miles of our hike were on county and town roads to Camp Deerpark, where I am the director.

We are so grateful for the folks who vol- unteer to maintain the trails where we hiked. At one point we were up on the ridge north of High Point and I saw some weed-whacker string on the ground. It struck me at the time that someone up there had weeded so thoroughly that I could enjoy dry ankles on this hike.

I say all of that to say that the experience has motivated me to have a desire to volunteer to maintain a section of trail. Could you please connect me with the person who is in charge of maintaining the SRT in the Otisville area.

—Trailer

Trail Conditions Forum on our website, November 25

Query: Why that route at Fitzgerald Falls?

I was interested to see an article on rebuilding the AT up Fitzgerald Falls in your fall issue. This letter is by no means a criticism of the wonderful work the Jull Rovers Trail Crew and the Orange and Rockland Long Distance trail crew did at Bear Mountain, which was truly amazing, beautiful and a natural wonder. However, why is it necessary to have the AT go up a waterfall at all?

Thanks again.------woman

Trail Conditions Forum on our website, November 25

TC TO HEAD INVASIVES continued from page 1

management program made the Trail Conference a strong candidate for this leadership role. We look forward to working with DIC, and many other fine and new partners to protect the plants, ani- mals, and landscapes native to the lower Hudson Valley from invasive threats.

As the lower Hudson Valley PRISM coordinator the Trail Conference will be responsible for organizing meetings to develop a strategic plan for the region and set priorities and goals. We will also help facili- tate training, communication, and volunteers recruiting among all the region’s partners.

Our role as coordinator for the lower Hudson PRISM will also mean increased opportunities for our trained Invasive Strike Force (ISF) volunteers to apply their knowledge on projects sponsored by our PRISM program.

If you know of a partner or group work- ing to monitor, control, or educate about invasive species, please contact Andrea Lowen Hudson, who should be informed of the opportunity to be a part of this partnership, please contact Andrea or position of the Conference. Contributions of any kind are welcome. Subscriptions of $15/year are available to libraries only at $15.00 a year. Subscriptions are $10/$15 for individuals, $20/$25 for institutions.

For more information, please contact

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Manhattan College

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Statement of Ownership, Management, and Circulation

Trail Walker is a quarterly publication by the New York-New Jersey Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430. The editor and managing editor is George Teir, at the same address. The annual subscription price is $3; the contact person is George Teir; telephone number is 201-512-9348. The tax status of the organization has not changed during the past 12 months.

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Mark Your Calendar

Annual Winter Meeting in NYC

Winter 2013
Protecting trail lands, or more specifically, protecting the trail experience, is integral to the Trail Conference’s mission. Our efforts have largely centered on protecting these lands from development and misuse through advocacy and outright acquisition, but for the last decade we have been taking a leadership role in recreation ecology, particularly invasive plant management.

Unfortunately, the impact of modern issues on trails and trail lands has changed the way we think about conservation. Climate change, over-browsing of the forest understorey, pollution-tainted air and water, and attacks by exotic plants, pathogens, and pests have stressed ecosystems throughout our region and worldwide. Since these native communiti es are ill equipped to defend themselves, the Trail Conference has taken a leadership role in addressing these issues. Active management is necessary to ameliorate the effects of this collection of stresses on the natural communities to the extent possible.

We have long recognized that we must be vigilant to prevent the negative ecological impacts that trails might create, especially erosion and habitat disturbance, which can be limited by proper layout and construction. Most recently, we have become aware of the onboard of invasive plants and how they are degrading our forests.

Invasive plants can be harmful in a multitude of ways, they have been shown not only to shade out native plants but also to change properties of the soil, such as increasing nitrogen and suppressing beneficial fungal communities within the soil. This can negatively affect the native community, resulting in not only the loss of diversity but also the loss of food resources for animals.

Up to 90% of insect species that eat plants are specialized on a single species of plant or group of species. Once those plants are gone, the insects’ food source is gone too. Many terrestrial bird species rear their young on insects, so if the insect population decreases, the bird population decreases as well. It’s a domino effect started by invasive plants.

If we remain inactive, we may be facing forests in the future that are much less diverse, have fewer wildflowers and wildlife, and contain trails that are more difficult to keep open due to encroachment by aggressive invasive plants.

Invasive plants are non-native (or alien) to the ecosystem under consideration and whose introduction causes or is likely to cause economic or environmental harm or harm to human health. It is inevitable that invasives will blanket all of our natural areas? Perhaps, but if we want to keep the diversity of wildflowers and wildlife we enjoy and ensure that future generations of trail users can enjoy this diversity too, we need to be the ones working to protect it. The goal isn’t to eradicate invasive species. It’s a much bigger job than we could tackle.

Just as we fight against development by choosing to preserve those lands that are most precious to us, we certainly can and should identify our relatively unwilled lands and work to maintain and use the keep invasion from gaining a foothold. That is exactly the strategy we are pursuing. Consider joining us as a volunteer or supporter in 2013.

A word about the weather
I can’t say this issue of Trail Walker go to press without acknowledging the impact of another environmental challenge: the weather, especially when it comes with a name: Irene. Lee, Sandy. Everyone living in metropolitan New York knows and probably experienced the havoc wrought by Superstorm Sandy. Properties, both personal and public, were seriously damaged. Shadowing the hard work of recovery is the uncertainty of how the storm will affect state budgets for parks and conservation. Our parks and trails—refuges for so many—were certainly hit hard by Sandy, with countless thousands of trees downed, miles of trails blocked.

But what really blows me away are our volunteers. No sooner had the wind died down than the chain saws were buzzing and maintainers were out inspecting and clearing trails. Within three days of the storm’s passing, we were reporting an ever-lengthening list of blowdowns removed and trails reopened on our website and Facebook page. To quote two of our Facebook followers: "Wow-u guys are great!" and, "thank you…"
Regional Field Notes

Catkills
Jeff Senterman, Catkills Program Coordinator jsenterman@nynjtc.org

As our Catkill Mountain region continues to recover from Hurricane Irene last year, we are thankful that we escaped with light damage from Sandy, but sad that there was so much damage to our south. Our main- tainers, supervisors, and crew members are working with the Forest Rangers to clear up any trees that did come down. In other news, the work on the new section of the Long Path on Romer Mountain continued throughout the fall Long Path Coordinator Chris Conkoe and Andy Garrison deserve a lot of praise for this work, as they have moved this project from its planning stages to the building stage and have been organizing and involved with every work trip on the mountain throughout 2012. See page 5 story for more.

New Jersey
Jonathan Martin, New Jersey Program Coordinator jmartin@nynjtc.org

Sandy
Much of the end of 2012 was spent mitigating the damage caused by Superstorm Sandy. It is estimated that hundreds, if not thousands, of trees came down across New Jersey. Many of the parks immediately reported that all of their trails were closed for the foreseeable future. Thanks to the efforts of our volunteers, parks were able to clear many of those trails in just a few days.

East Hudson
Volunteers GeoF Connor, Regional Trails Chair, and Mary Dodds, Westchester Trail Tramps Crew Leader report

East Hudson trail crews and maintainers were out in full force the day after Sandy brought howling to the northeast. Many state and county parks were closed for days, but they allowed Trail Conference maintainers to survey and clear their trails. Some areas got badly hit while others escaped lightly. The use of crew opportunities posted by the Trail Conference was gratifying and doubled the size of our volunteers, parks were able to clear many of those trails in just a few days.

West Hudson
Larry Wheelock, West Hudson Program Coordinator wheelock@nynjtc.org

Minnewaska State Park Preserve
In the photos at left, and was able to clear it and several others in a fraction of the time it would have taken an individual maintainer.

Involving Youth
Meanwhile, the Yorktown Community Trails Program continues to engage youth in projects. Over two days, campers at Camp Gambrill built a trail in Granite Knolls Park. Two Eagle Scout projects were completed and a third awaits approval by the Boy Scout Council. All three involved carpentry of building bridges or punchons. One project included building 0.5 mile of trail that connected Granite Knolls Park to Sylvan Glen Park Preserve. Work trips to salvage materials, install waterbars, and remove silt fencing provided opportunities to learn new skills. In Sylvan Glen, a work- shop on installing waterbars used local logs salvaged from Granite Knolls.

Trail Updates
Thanks to DEC Trail Crew! DEC Crews are still making progress on replacing trail bridges that were lost in Hurricane Irene. The crews have also worked to sta- bilize portions of the future Kaaterskill Rail Trail and built the parking lot at the trailhead that will serve the new section of the Long Path on Romer Mountain.

Catkills Trail Maintenance Crew – Weren’t George is the new Trail Crew Chief for the Catkills Mountains Roving Trail Crew. If you are interested in joining the crew, please email me and I will forward your information on to Wendell. Work trips will be scheduled both during the week and on weekends starting in the spring of 2013.

Snow?
Finally, let’s all keep our fingers crossed that we can enjoy some cross country skiing in many trails this winter – we still can’t believe it!

Looking Ahead
While the support for our parks has been phenomenal since the storm, there is still much that remains to be done. Keep an eye out in the coming months for courses in Intro to Trail Maintenance and Chain- saw Certification. The more people we have on the ground overseeing our trails and the more certified sawyers we have to call on, the faster we can respond to events like Sandy. Help us ensure that our trails return to the condition they were in pre-Sandy.

Catkills in the Park
The Trail Conference partnered with the Catkill Center and the Catkill Moun- tain Club to sponsor the 9th Lark in the Park in the Catkills Mountains. This annual event celebrates the outdoor and recreational resources of the Catkill Park and the greater Catkills Mountain region. In addition to our sponsorship, we led several of the more than 30 scheduled activities, including two Trail Mainte- nance bikes, a guided hike around Frick Pond, a lecture on the history of the Catkill Park, and a Trail Crew day at the Kaaterskill Rail Trail. All were very well attended. Next year, we look to be an even bigger partner in the planning, pro- motion, and execution of this event. Mark your calendars now (Saturday Sep- tember 28, 2013 through Monday October 7, 2013) and stay tuned for updates as we begin working on the 10th annual Lark in the Park this spring.

Lark in the Park
The Trail Conference partnered with the Catkill Center and the Catkill Moun- tain Club to sponsor the 9th Lark in the Park in the Catkills Mountains. This annual event celebrates the outdoor and recreational resources of the Catkill Park and the greater Catkills Mountain region. In addition to our sponsorship, we led several of the more than 30 scheduled activities, including two Trail Mainte- nance bikes, a guided hike around Frick Pond, a lecture on the history of the Catkill Park, and a Trail Crew day at the Kaaterskill Rail Trail. All were very well attended. Next year, we look to be an even bigger partner in the planning, pro- 

Post-Sandy, Oakland Boy Scout Troop 49 cleared the Schubert Trail.

Oakland Boy Scouts
After the storm, a crew of nine boys and parents from Boy Scout Troop 49 in Oakland, NJ cleared the Schubert Trail from Skyline Drive to the intersection with the Millstone Trail near Camp Glen Gray in Ramapo Valley County Reserva- tion. The use of crews to maintain trails has proven highly effective in emergency situa- 

Trail crew after a day of work on the Kaaterskill Rail Trail.

Tara Rose, Ramapo Valley County Reservation Trail Crew leader report

In most places on the mountain, the crew was able to get back to volunteering! Keep an eye out in the coming months for courses in Intro to Trail Maintenance and Chain- saw Certification. The more people we have on the ground overseeing our trails and the more certified sawyers we have to call on, the faster we can respond to events like Sandy. Help us ensure that our trails return to the condition they were in pre-Sandy.
Invasives Project Attracts an Army of Trail Volunteers

Erika Schneider-Smith was the top under-18 volunteer this year with our Invasives Strike Force. Hiking with her father, Erika surveyed 9.2 miles of trail for invasive plants, conducting surveys in Mountainside Park, Pyramid Mountain Natural Historic Area, and Norvin Green Slate Forest. Erika says she “cannot wait to begin again in the spring.”

Blowdowns are not the only natural obstacles to an enjoyable trail experience. Invasive plants are another. Some, like mile-a-minute plant (see page 7), can overrun a trail in the months between maintainer visits. Others totally chewed out in places by porcupines who threaten, and is not only effective, but popular. It is also proving to be a great way to involve young people in our trails program.

In 2012, we:
• Conducted seven training workshops and trained 65 new volunteers to identify and monitor common invasive plants.
• Received data from 82% (97) of our original 118 monitoring volunteers—a great great completion rate! Their volunteer hours added up to nearly 1,000 for the year.
• Organized 12 invasives removal trail crew outings, with a total of 87 volunteers contributing 876 hours to remove invasives along 4.3 miles of trails in six parks.
• Engaged 15 monitoring volunteers and 58 trail crew participants under the age of 18.
• Over the past two years, we surveyed 375 miles of trail across the New Jersey and lower Hudson Valley region, 26% of our total trail miles in those areas. Our observation data continues to indicate the top invasive plants along our trails are Japanese barberry and Japanese stilt-grass.
• Phase 1 surveys of common invasive plants have been conducted on trails in more than 60 parks, and completed in many, including Closter Nature Center, Flat Rock Brook Nature Center, Lox Brook Preserve, Tenafly Nature Center, Buttermilk Falls Park, and Claustrum Mountain Park.

Our invasives program is a good way to get young people on trails.

In 2013, we will be able to expand the IF program in the lower Hudson Valley thanks in part to support from the Zofnass family and as a benefit of our new leadership role in the region's state-sponsored invasives management program, PRISM (see page 1). We’ll be conducting more training sessions, recruiting more volunteers and holding more invasive removals in the five counties that make up the lower Hudson Valley—Orange, Rockland, Dutchess, Putnam, and Westchester.

Trail builders report a successful season of restoration on the Major Welch Trail at Bear Mountain this fall. Despite the interruption of Superstorm Sandy in mid-season, the project is poised to be completed this spring.

The Major Welch Trail offers advanced hikers a more rustic and steep experience than do other trails on Bear Mountain. Combined with the east face portion of the Appalachian Trail, it creates a very popular lower Hudson Valley loop. Over the years, portions of the trail became seriously eroded, restoration of sections of the trail, including where it crosses Peters Brook, are among the remaining objectives of the Bear Mountain Trails Project, launched in 2006.

Restoration includes installing stone steps on grades greater than 10%, creating a well-defined roadway to keep hikers from straying off trail and causing further erosion, building drainage dips to shed water, and installing crib walls to reinforce washed out tread. These improvements are meant to create a sustainable trail able to accommodate the thousands of hikers who use it each year while lessening their ecological impact by reducing erosion. (Note to those familiar with the trail: If you are worried about the fate of your beloved “whale backs,” those steeply angled rocks that call Mobly Dick to mind, have no fear, they are here to stay.)

As with other components of the Bear Mountain Trails Project, the Major Welch Trail has been a training ground where volunteers learn advanced trail building skills, including installation of rock steps and crib wall, tread work; use of grip hoist, rigging, and highlines; use of rock drills and splitting and shaping rocks.

From September through November, 24 new volunteers participated in an orientation and at least four Trail University workshops to be qualified to work on the project; 20 members of the Jolly Rover volunteer technical rock work crew contributed a total of 669 hours, completing the construction of 70 stone steps as well as helping instruct seven Trail U workshops.

The all-volunteer West Hudson South Trail Crew assisted on the project, as did three Americorps interns led by the trail building professionals of Tahquioz Trails.

The combined workforce completed a significant portion of the much needed restoration, building 135 stone steps, 550 linear feet of sidehill/roadedge, 75 square feet of cribbing, and 10 square feet of stone paving. Total volunteer hours: more than 1,600. A big THANK YOU goes out to all of those who have helped make the Bear Mountain Trails Project become a reality over the last six years. Please stay tuned for ways you can be involved at Bear Mountain in 2013!
2012 Trail Conference Awards Celebrate Our Volunteers

Trail Conference Annual Awards are determined by the Board of Directors upon recommendation by the Volunteers Committee. The following awards were announced at the October 20, 2012 Annual Meeting in West Milford, N.J.

WILLIAM HOEFERLIN AWARD
This award recognizes Trail Conference volunteers who have demonstrated exceptional commitment to and skill in trail maintenance, management, and/or trail land protection. This year, we recognize four outstanding volunteers with the Hoeferlin Award.

Stephen Zabarkas: Tompkins Cove, NY
Stephen is often the masked and helmeted chief of our West Hudson South chainaw crew. To say Steve is fearless in the face of a trail-clearing challenge is an understatement. His dedication is extraordinary.

A trails volunteer since 2000, Steve is a trail maintainer (Long Path from Fort Lee to Taconic State Park, and Menominee Trail at Bear Mountain), works on trail-building crews, and is active with our invasive plant strike force. He also is an effective volunteer manager, giving a steadily updated list of boardwalks that need removal and coordinating crew outings for maintenance. Steve is an experienced, able, thoughtful, and commonsense guide to everything with which he is involved. His volunteer efforts in some of the most popular parks in the country help to keep hundreds of miles of trails open, safe, and enjoyable for thousands of users each year.

Christopher Eade: Long Beach, NY
Chris has earned as our chief of our West Hudson South Trail Crew, in addition to other volunteer work, taking on the position from his mentor, Bill Hoeferlin (page 5). Chris was a recipient of the Hoeferlin Award recipient (in 1991), who continues as a crew member, often leading Thursday workdays.

Chris is not only an experienced and skilled trail builder, he is an excellent volunteer manager. Chris scours all crew projects in advance, follows up on all volunteer potential leads, and brings his volunteers together twice a year for social activities (lunch and picnic). He works in close coordination with the areas Trails Chair (John Mack) and other volunteers, particularly with the West Jersey Trail Crew, which leads one WHTS trail trip each season. Chris and his crew define reasonable, efficient, and reasonably reasonable solutions to the various trail issues brought to them. He distributes work trip leadership among his crew members, thereby cultivating their leadership skills. He participates on almost all of the crew outings.

Chris' work standards and attention to detail have kept this highly effective volunteer team together and inspired over the past 10 years. Chris is a crew member with a well-earned reputation for being an effective, efficient, and collegial team of volunteers. The contributions by Chris and his crew to our trails are without measure.

Thank you, volunteers!

Dave Webber: Poughkeepsie, NY
Dave has been volunteering on New York’s trails since 1988, primarily at Minnewaska State Park Preserve in the Hudson Valley, where he has been a trail maintainer in the park since at least 1998. Dave took on the responsibilities of trail supervisor that year and has served in that capacity ever since. He has volunteered on trail crews across our New York regions, and in 2004 and 2005 was a member of two successful WHTS crew efforts to restore sections of hiking trails in Harriman-Bear Mountain State Park.

After Hurricanes Irene and Lee wreaked havoc throughout the Hudson Valley, Bear Mountain, Bob was out weekend after weekend, with and without other volunteers, clearing trees and branches. He even trained two new maintainers during this demanding time. Without Bob’s help during that challenging time, we would not have been able to open the eastern section of the park’s trails open and clear as soon as we did.

Wappinger Greenway Trail Committee
For more than 20 years, the Wappinger Greenway Trail Committee has maintained trails and blazed walking routes in eastern Dutchess County along the Hudson River. The committee’s dedication to creating a 10-mile marked walking route that links natural, historic, industrial, and business interests in the area of Wappinger, Village of Wappingers Falls, and the Town of Poughkeepsie in New York’s Dutchess County has been recognized with a terrific 2-mile moderately strenuous woods hike along the Wappinger Creek, with a panoramic viewpoint overlooking the Hudson River. It also includes direct links to the County’s Bordon Park that add another 7 miles of trails to the network.

The Wappinger Greenway Committee has been lucky in its leadership. Joe Ennesser, chair since 1999, and Stuart Sassman, secretary since 1999, together, these leaders have worked with other volunteers, multiple government and non-profit agencies—including the Trail Conference—to protect land and create new parks, gain trailhead access via easements, build a footpath, create trail signs, and promote the trail. Their leadership has been dedicated, passionate, visionary, and result oriented. We thank them for providing new opportunities for residents and visitors to get out, get moving, and explore their community.

Mark Traver: Schoharie, NY, Long Path North Hiking Club
Since 2003, Mark has been club-co-trail chair and maintained, and, since January 1, 2012, has served as club president. Mark has brought tremendous enthusiasm and energy to our Long Path. In the last few years, Mark has been responsible for the construction of at least six footbridges in Albany/Schoharie County. He designed them in ways they were acceptable to the landowner (DEC), and they were pre-constructed at his house, which sped up the process greatly. The work group that put the bridges in.

Mark also maintains several sections of the LP in the Cardells and north and has built several sign-in boxes at lean-tos. At Vooriam’s Nose, a popular hiking area in Coeymans, Green County, he has helped to improve the parking lot area with signs, waterbar, and benches. He also has worked with an Eagle Scout candidate on the Trail Conference to improve the Route 30 near Vooriam’s Nose, and recently helped out with the possible trail route that tied in with the Putnam Rail Trail. Mark has been involved with the Plattekill WHTS crew for his club and, since 2003, has maintained the LP section from East Windham to the Mohawk Canal.

PAUL LEIKIN EXTRA MILE AWARD
Recognizes those volunteers who have demonstrated exceptional commitment to the Trail Conference, such as a book, map, or advocacy.

Three members of the Appalachian Trail Great Swamp Boardwalk construction team were given the Leikin Award this year—Robert Haas, Steve Buck and Frank Dogil. These three members created a combined 200+ trips over 1/2 years to the Great Swamp Natural Area to help build the impressive 1,600-foot crossing of the Great Swamp.

Bob Haas: Wappingers Falls, NY
Bob was a key member of the team that planned and built the Appalachian Trail Great Swamp Boardwalk. Over the course of the 2/1-year project, Bob made more than 50 trips to the site and put in more than 350 hours of work.

Steve Klauske: Poughkeepsie, NY
Steve has been with the Dutchess-Putnam AT Association's rail trail crew and is now a reliable boardwalk proj- ect member. He made more than 50 trips to the site and put in more than 350 hours of work. Steve has been a key member of the ATPA team and has maintained the rail trail in Putnam County for more than 10 years.

Arthur Gardineer: North Tarrytown, NY
By 2007, the 350-hour goal was met, and Arthur expanded his role as a volunteer for over 17 years, the last 11 of which were spent as club president. Arthur arrived at the Trail Conference office ready to give his time to help anyone with absolutely anything they might need. He treated every assignment with utmost seriousness, and treated everyone he works with respect.

A methodical worker, Arthur is known to find and correct others’ mistakes, all while entertaining us with his encyclopedic knowledge of politics and geography. Arthur always goes the extra mile to offer his help, and often his lunch, to those working in the office. He has more than earned this award.

LEO ROTHSHILD CONSERVATION AWARD
Presented to a person or organization that has made a significant contribution to protecting the natural lands that surround them.

This award was presented to the Bash Kill Area Association at its 40th anniversary celebration in September and announced in the Fall issue of Trail Walker (page 1).
Spotted or Not

W intergreens

By Edna Greig

forest floor in winter. Two of these—wintergreen and spotted wintergreen—are there is little to no snow cover to hide them.

Wintergreen

Wintergreen (Gaultheria procumbens) is a ground-hugging shrub that grows up to six inches tall. In oval, leathery, aromatic leaves are up to two inches long and grow in rounded clusters. It primarily reproduces vegetatively, by sending out thin horizontal stems just below the soil surface, and can form large clumps.

Wintergreen is common in dry, usually acidic soils of oak and conifer woods. It's a member of the heath (Ericaceae) family, as are mountain laurel (Kalmia latifolia) and blueberry (Vaccinium species), and the three species often are found together.

Although wintergreen primarily reproduces vegetatively, it also reproduces via seed. In summer, the plants, especially those in brighter locations, have bell-shaped flowers atop tall stalks. Dry, roundish seed capsules mature by October and may persist through winter. The capsules contain numerous dust-like seeds. The seeds have a very low germination rate, so spotted wintergreen, like wintergreen, relies upon vegetative reproduction.

Wintergreen (Chimaphila maculata)

The genus name, Chimaphila, means "loves winter," which seems appropriate for this little evergreen. The species name, maculata, means "spotted." It's a mystery how the species name arose, because the plant has no spots. In fact, the whitish veins on the leaves look like stripes, so another common name for the plant is striped wintergreen.

Adding to the confusion, the plant also sometimes is called spotted or striped pipewort because it looks similar to its relative, pipewort (Chimaphila umbellata). Pipewort can grow in less nutrient-rich soil and are not a first food choice of animals, so they usually remain on the shrub through winter.

Spotted wintergreen blooms in summer with white or pinkish flowers atop tall stalks. The red berries of wintergreen give it another common name—teaberry. Both wintergreen and spotted wintergreen bloom at about the same time. The red berries of wintergreen are to one or two inches tall and have conspicuous, whitish-veined, dark green, pointed leaves that are one to three inches long. The leaves aren't aromatic. Spotted wintergreen blooms in summer with white or pinkish flowers atop tall stalks. Dry, roundish seed capsules mature by October and may persist through winter. The capsules contain numerous dust-like seeds. The seeds have a very low germination rate, so spotted wintergreen, like wintergreen, relies upon vegetative reproduction.

Spotted wintergreen (Chimaphila maculata)

was the original natural flavoring in root beer and other drinks. Hampden-Sydney College has learned from past mistakes. Canadice control agents are selected based on host specificity and not undergo rigorous testing and quarantines before release. The common public concern that biocontrol projects are targeting the wrong host and then need to switch to related native species is usually unfounded. Typically, the target invasive species and maintain it at lower densities, much the same as native pests limit native plants.

To control the plant, 15,000 mile-a-minute weevils have been released at nine sites in southeastern New York since 2009.

During the past few years, the project has been releasing weevils (Rhihoncominus latipes) to control mile-a-minute. Native to east Asia, the mile-a-minute weed became naturalized at one of these little plants.

Spotted wintergreen (Chimaphila maculata)

All in all, it was a great two-day project made all the more special by having supporters of the Memorial Fund working on the project. I was able to learn more about Christopher, his love of hiking in the Catskills, and the love of his family and friends following his untimely passing.

Jeff Sentenar, Catskill Program Coordinator

This project was part of Trail Conference’s Learn to Rehabilitate and Restorate Program for the Catskill Park. Other recently rehabilitated lean-to include the Echo Lake and Diamond Notch Lean-to and recreation of the John Rubbo Lean-to. If you are interested in learning more about the program, visit the Lean-to Crew page on the Trail Conference’s website at www.trailconference.org/learn-a-refurbish-and-maintain.

Putting the Brakes on Mile-a-Minute Vine

By Michael Adamovic

Several species of low-growing evergreen plants native to our area add interest to the forest floor in winter. Two of these—wintergreen and spotted wintergreen—are

Spotted wintergreen

Spotted wintergreen (Chimaphila maculata) also grows in dry woodlands. Although not as common as wintergreen, it's easier to identify. It grows three to nine inches tall and has conspicuous, whitish-veined, dark green, pointed leaves that are one to three inches long. The leaves aren't aromatic. Spotted wintergreen blooms in summer with white or pinkish flowers atop tall stalks. Dry, roundish seed capsules mature by October and may persist through winter. The capsules contain numerous dust-like seeds. The seeds have a very low germination rate, so spotted wintergreen, like wintergreen, relies upon vegetative reproduction.

The Hudson Valley's terrestrial ecosystems are facing a threat today that could greatly alter the health and composition of our forests. The foe, which, capable of overwhelming our diverse native habitats, has the ability to grow up to six inches tall, and up to 20 feet annually! To make matters worse, the myriad seeds it produces are readily dispersed by birds and can survive in soil for up to seven years. Mile-a-minute vine (Eusiricaria perfoliata, also known as Polygonum perfoliatum) is an invasive plant from Asia that was introduced to the U.S. in the 1930s as a nursery plant in Pennsylvania. Since its release, it has been slowly creeping northwestward and can now be found throughout most northeast- ern states.

The Mile-a-Minute Project of the Hudson Valley was created in 2006 to document the spread of the vine and instigate control methods. Project partners actively compile sightings to create maps of the plant's distribution in the state to better understand dispersal rates. (The Trail Conference's Invasives Strike Force includes the Hudson River Valley Natural Resources Partnership, the New York Botanical Garden, the New York State Department of Environmental Conservation, Westchester County Parks, and the New York State Parks, we have released approximately 15,000 weevil sites at nine sites in southeastern New York since 2009. An early release site in New York was more complicated and required new state and federal approvals. But with assistance of Invasive Species Association intern Meredith Taylor, the team was ready to release weevils in New York by spring of 2009.) Working with partners including NY Dept. of Environmental Conservation, Westchester County Parks, and the New York State Parks, we have released approximately 15,000 weevil sites at nine sites in southeastern New York since 2009. Most release sites show promising results, although it may take another five years or so for the weevils to make noticeable reductions. With the spread of invasives themselves, it takes time for biocontrol agents to build up their populations and disperse to new areas. Another biocontrol project aimed at purple loosestrife took nearly a decade before widespread declines in the plant were seen, and the same can be expected with MM biocontrol.

The future of invasive management may increasingly depend on the use of biocontrol agents. People are naturally concerned about possible unintended consequences of releasing another organism to combat a problem species. While scientists can never be entirely certain that a biocontrol agent will not have unanticipated impacts, they have learned from past mistakes. Canadice control agents are selected based on host specificity and not undergo rigorous testing and quarantines before release. The common public concern that biocontrol projects are targeting the wrong host and then need to switch to related native species is usually unfounded. Typically, the target invasive species and maintain it at lower densities, much the same as native pests limit native plants.

Reporting Mile-a-Minute Sightings

Most release sites show promising results, although it may take another five years or so for the weevils to make noticeable reductions. With the spread of invasives themselves, it takes time for biocontrol agents to build up their populations and disperse to new areas. Another biocontrol project aimed at purple loosestrife took nearly a decade before widespread declines in the plant were seen, and the same can be expected with MM biocontrol. The future of invasive management may increasingly depend on the use of biocontrol agents. People are naturally concerned about possible unintended consequences of releasing another organism to combat a problem species. While scientists can never be entirely certain that a biocontrol agent will not have unanticipated impacts, they have learned from past mistakes. Canadice control agents are selected based on host specificity and not undergo rigorous testing and quarantines before release. The common public concern that biocontrol projects are targeting the wrong host and then need to switch to related native species is usually unfounded. Typically, the target invasive species and maintain it at lower densities, much the same as native pests limit native plants.
Member Trail Tale

Jewel in the Crown Ridge
By Catherine Gigante Brown

My husband and I had wanted to hike the Crown Ridge Trail near Bear Mountain for years. But since the bulk of it crossed federal land, permission was rarely granted.

The Crown Ridge Trail was originally closed off to the public during World War II, and maps of the region were rare commodities. My friend Muriel had procured a murky Xeroxed reproduction, which she guarded like a bear sow. Group permits were granted like special dispensations from the Pope. Even USGS maps of the supernatural “Podunk” and “Thouppolasses” regions deleted the trail from their handouts. There was a blank space on Peter’s NY-NJ Trail Conference map where the path should have been.

In 1995, we could hardly believe our good fortune when we read about an organized hike and “thurs.” We immediately signed up. We found ourselves beside Jim, aka “Super Hiker.” This was supposed to be a leisurely day trek, yet Jim’s enormous pack was stuffed with every outdoor gadget imaginable. He carried enough homemade trail mix for a small Third World nation and tossed enough water for an aquarium. He’d been everywhere and seen everything—twice.

After dipping into a notch, the Crown Ridge Trail climbed about 300 feet to a wooded summit. Then it miraculously crossed an open ledge. The Hudson River stretched our lazy bay before us, undulating toward the shores of Manhattan Island. The gaggametic metropolis shimmered some 60 miles in the distance, the Emerald City in basic gray. The juxtaposition of steel and glass, the bozy wonders of the World Trade Center, and the jeweled tip of the Chrysler Building piercing the sky contrasted with the soft curve of Harriman Mountain and newly-spouted birch. We stopped to admire it. Even Jim was silent for a moment.

The weather was perfect. The views of the Hudson were astounding as West Point glinted below. The New York City skyline winked at us like a dream.

Jeremy Nelson captured this fall scene at Harriman State Park during our second photo workshop led by Larry Zink. See more photos and read about the workshop and other topics at our Trails to Great Photography web page: blog.photography.nynjtc.org

The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikes are welcome subject to club regulations and rules of the trail. Hikes 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, and strenuous hikes are relative terms, because it is all subject to personal interpretation.

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 description list of clubs, contact our website or send a SASE with your request to NY-NJ Trail Conference.

The author and her husband Peter atop Joppenbergh Mountain in Rosendale, N.Y.

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

Find many more hikes on our website:

www.nynjtc.org/content/scheduled-hikes
Pair Leaves Big Void to Fill at Sterling Forest

Suzan Gordon and Peter Tilgner

Suzan Gordon and Peter Tilgner of Tenafly, NJ, are stepping down as Sterling Forest Trail Supervisors after 14 very productive years volunteering in this state park. During their tenure, Suzan and Peter have been responsible for putting in seven new trails—including the popular Bear Rock Trail—that features a fabulous overlook of Greenwood Lake—extending or relocating cleared, blazed, and in shape for hikers. Numerous blow downs on the park’s trails. The couple, active members of the North Jersey Ramapo Chapter of ADK, met on a hike 20 years ago and have been at the Tenafly Nature Center, and Peter also plans to continue to volunteer with membership mailings at the Trail Conference. It is time for a new person or persons to take on the responsibility.

Learn about this and other volunteer positions. Visit nyntjc.org/volunteer.

Publishing for the Hiking Community: How You Can Help

Likely, you already know that we are proud to call our trail maps and trail books the best most accurate, most up-to-date and user-friendly trail maps and books for our area. (See page 11, West Hudson Trail map set announcement for an example.)

But do you know who creates them?

A group of trail-loving, trail-using volunteers that we call our Publications Committee, supported by staff and contractors. Publications volunteers bring a variety of skills to our trails-focused publishing program, both traditional print and new electronic products. You may have such a skill, and if you are willing to put it to work for the good of our hiking community, we would love to have you get started!

• If you have marketing experience, you can help us improve our map and book promotion to the public and our retail store partners. Our goal: Anyone who uses trails in our region should know about our products (and buy them).
• If you have project management skills, you can help guide a map or book publication through to completion. Our goal in 2013 is to complete publication of 6 trail map sets and 4 books in both print and digital format.
• If you have substantial knowledge of publishing, you can join as a committee member and help us continue to improve our publications program.

Our goal: Provide hikers with the information they need to use trails safely and enjoyably in our region and to generate revenue to support the Trail Conference mission.

• If you have experience with writing or editing design, cartography and even website/app development, you may be able to contribute to the great work done being done to provide hikers with the best information we can. Our goal: Keep our products relevant and valuable in changing media and markets.

For a complete listing of currently available volunteer vacancies related to our publications, visit our Volunteer Opportunities page at nyntjc.org/vol-vacancies. Volunteer interests can also be communicated to our Volunteer Coordinator, John Leigh (leigh@nyntjc.org).

Volunteers at Work

Long Path Improvements in Woodbury, NY

On November 18, the Orange-Rockland Long Distance Crew (photo above) finished the redesign of the 15 trail bridges between Woodbury and the Spring Trail cleared, but with the Spring Trail cleared, an additional 15 bridge abutments to replace the structures destroyed last fall by Hurricane Irene, and then retrieved the missing 50’ bridge from ‘700’ downstream and rebuilt it on its new foundation. Back in Woodbury, the crew took to boats and chainsaws to address a log jam of debris from Hurricane Irene that had collected and was threatening the bridge the AT uses to cross the Pochuck Canal. In Jersey Jump, members of the crew began removal of blowdowns from Hurricane Sandy, with the Spring Trail cleared, several more to be addressed. Thank you to everyone who participated in the West Jersey Crew in 2012. Ian Blundell, Deb Brownock, Matthew Cahoon, Gordon Campbell, Joan Campbell, Tom Carr, Anthony Comos, June Comos, Anthony DellaRocca, Gene Giordano, Heather Giunta, Jim Harvey, Mike Manes, Ken Manes, Bill Martin, Gay Mayer, Chet Morris, Jont Moore, Jim Moore, Dan Murphy, Kevin O’Callahan, Eric Peltzman, Steve Reiss, Barbara Smith, Alex Sun, Bill Taggart, Linda Taggart, Tyler Urbanski, Jim Wright, Peter Zacharias, Alex Zingare, Pete Zunoff.

Thank you also to all those who volunteered for the crew but weren’t able to work because the work days that they signed up for were rained or hurricane out. And finally, as always, a huge thank you to our NJ/NJEP partners at the state parks, who consistently support our work. Without the working relationship we have with them, we would not be able to accomplish what we do.

—Monica & David Day, Crew Chiefs
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**STAFF NOTES**
Traction Aids for Winter Hiking
By Howard E. Friedman, DPM

When George Mallory’s sun-bleached body was finally found several hundred feet below the summit of Mount Everest 75 years after his fatal climb, at least one boot was intact. One of the climbers who found the body radiated to base camp, “You can see the metal cops, bottom of his boots. The metal was still intact. One of the climbers who body was finally found several hundred feet

Traction is the minimum friction needed to avoid slipping. Traction aids for walkers and hikers are supplied specifically for use on packed snow or ice. For deep snow, snowshoes or skis would be more effective; for several inches of loose snow, with no ice, slipping is generally not a problem. Some devices are advertised just for walking, while others are marketed for running and hiking as well.

Traction aids stretch around the sole of a shoe or boot. Additional features to help stabilize the device to the shoe may include a Velcro strap that goes over the top of the shoe and a thin metal strip that fits around the front of the shoe. All such devices are easy to put on and take off.

Traction aids can be divided into two main categories: spike-less and spiked. One well-known maker of spike-less devices is Yaktrax. Their products feature coiled metal wrapped around elastic bands. The company website says the idea was inspired by a Sherpa in the Himalayas wearing a similar type device.

Most hikers in the Hudson Valley don’t rely on cairns very much, we’re used to blazes painted or, increasingly, nailed to trees. But in other places, there are hundreds of cairns, marking the site of historical or cultural importance. The National Park Service is pleased to announce the publication of the sixth edition of our West Hudson Trails Map set. This two-map set covers trails and parklands west of the Hudson River in the Hudson Highlands of Orange County, New York. Nearly 70 miles of marked trails in Storm King State Park, Black Rock Forest, Schunnemunk Mountain State Park, and several nearby parklands are shown, including over 10 miles of the Long Path and nearly 25 miles of the Highlands Trail.

The Mountaineers Books, 2012
Reviewed by Jonathan Board

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The most significant enhancement to this sixth edition is guidance for the climb of Schunnemunk Mountain, which includes the route of the Jessup/Highlands Trail along the southern portion of the ridge and features a larger scale, making it easier to read. The map incorporates the recent elevation of the Long Path on Schunnemunk Mountain and the resulting reblazing of the trail along the western ridge of the mountain. Trail descriptions with detailed mileage figures are now included in the text on the map back to provide additional guidance for trail users.

Additional viewpoints are shown on the maps, and other minor corrections and changes have been made, making this new edition of the West Hudson map set the most accurate we have ever published. The maps include 20-foot contour lines, UTM gridlines, green overprint for public access lands, parking areas, and other points of interest, as always, the maps are printed in vibrant color on waterproof, tear-resistant Tyvek.

At only $8.95 ($7.68 for Trail Conference members), this comprehensive map set is a must-have for exploring these parklands in Orange County west of the Hudson River. To obtain the revised map set, shop online at www.nyriv.org, call 201-512-9348 and ask for Trail Conference office. The maps are also available on Apple mobile devices through the PDF Maps app. View nytrails.org/hfds to learn more about this exciting digital map offering!

Visit trailpubs.nyri.org and click on the West Hudson Trail set of maps on the pull-down menu and prices. To obtain a physical copy of this new edition of the West Hudson Trails Map set, visit the Trail Conference office at 87 Main Street, Highland Falls, NY 10930, 845-876-4545.
We’ve been bringing readers lots of Long Path news in the past year, owing to the extraordinary efforts by volunteers to move 71 miles of it to better locations (less road-walking). In the course of late summer and fall, the biggest series of those moves, in terms of miles, was accomplished in Orange County. There, 30 miles of road walk has been reduced to about 16, and the trail now passes through a variety of parks, trails, towns, and scenic views. Ice cream can be had, as can a tour of the Harness Racing Museum and Hall of Fame (in Goshen). Jakob Franke, Long Path co-chair with Andy Garrison, summed up the big reroute as follows: “In August we refurbished the Jessup Trail on Schunnemunk Mountain (and co-blazed it with LP markers), and in September we blazed the section along Orange and Rockland Lake and the Heritage Trail [a rail-trail] to Middletown. On October 22, I explored the route through the village of Goshen, and on November 12, I blazed the route through Goshen and Hampton. The trail follows country roads for the next 13.4 miles to Mountain Road, on the Shawangunk Ridge.

The trail changes on Schunnemunk Mountain are depicted on the new West Hudson Trails map set (see page 11). A link to a step-by-step guide to the entire Long Path is available on our website: nynytc.org/region/long-path.

This featured hike starts at the top of Schunnemunk, where the LP meets the yellow-blazed Jessup Trail. For the purpose of this description, this junction is Mile 0.0. How you get to this point is up to you. To head north on the LP which is also co-aligned with the Highlands Trail at this point, turn southwest at this junction.

0.00 The LP junction with the Jessup Trail/Highlands Trail (HT).
3.90 The Jessup Trail ends at the parking lot of Gonzaga Park (an Orange County Park). The LP and HT continue on Seven Springs Road.
4.50 The trails turn right into the woods, passing several stone walls.
5.25 The trails cross Rt. 208 and enter the woods near Orange and Rockland Lake. The trails reach the lake and follow the shoreline.

5.65 The trails reach Museum Village Road; turn left, and follow the road, crossing under Rt. 17 [future I-86].
6.10 Turn left into a commuter parking lot. The trails make a sharp right onto the Heritage Trail, which is an Orange County paved rail-trail.
7.10 The HT leaves the rail-trail, while the LP continues on the rail-trail.
11.25 The trail passes the town of Chester, which has eateries and ice cream.
15.40 The trail reaches the Village of Goshen, where there is a creamery right next to the trail and lots of facilities in town. The trail turns right onto St. James Place, then turns left onto St. Church Street. At the light, the trail crosses Rt. 207 and follows the second road left (W. Main Street).
16.10 After about 0.5 mile on W. Main Street, the trail turns sharply right onto a driveway, across from St. John’s Cemetery. The trail then immediately turns sharply left onto the rail-trail, which is non-paved at this end.
18.45 The trail reaches Hartley Road and turns right.

The trail follows country roads for the next 13.4 miles to Mountain Road, on the Shawangunk Ridge Trail, and continues along the ridge northward for about 17 miles, following the route of the Shawangunk Ridge Trail, before it meets the old route of the Long Path in Wurtsboro State Forest.

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