A DEAL IS STRUCK!
More Land Protected in Sterling Forest

The second round of negotiations with Sterling Forest LLC has come to a close. New York State Governor George Pataki announced that 1,250 acres will be added to Sterling Forest State Park; 1,100 acres will be purchased and another 150 acres will have a conservation easement placed on them. On February 7 at a press conference in the Bear Mountain Inn, Governor Pataki said the latest purchase from the Corporation will cost $8 million; the Governor had committed $4 million from New York State toward this latest acquisition. Governor Whitman has committed $1 million, and the balance is being sought from the Federal government and private sources. Additionally, it was announced that 650 acres were bought from New York University and 100 acres from Mr. Sears Hunter, a private landowner near Greenwood Lake.

In making the announcement about these new acquisitions to Sterling Forest State Park, now the largest park in New York at 13,000 acres, Governor Pataki stated, “This latest acquisition is for the children of the 21st century.” The Governor spoke before representatives from the Public/Private Partnership and a class of elementary students from nearby Fort Montgomery School. Ralph Odell, Director of New York State Natural Resource Protection, noted “the second most exciting thing today is having these children here to witness this history that will so affect their generation.” Bernadette Castro, Executive Director of New York State Natural Resource Protection, noted “the second most exciting thing today is having these children here to witness this history that will so affect their generation.”

In addition to thanking Governor Pataki for his leadership, both Haugland and Hesbon are especially grateful to JoAnn and Paul Dolan, saying, “This acquisition today is a continuation of the Dolans' dream and a testament to the wisdom of their vision more than 15 years ago.”

The New York-New Jersey Trail Conference has been at work on its first map of Sterling Forest, and with these latest parcels now confirmed, the map is projected to be completed for sale in spring of this year.

A view of Sterling Lake from the Sterling Ridge Trail.

Annual Trail Maintenance Workshop to be offered

April 29th, Harriman Park

The New York-New Jersey Trail Conference will conduct its annual trail maintenance and construction workshop (from 9:00 AM to 4:00 PM) on Saturday, April 29th at the Silvermine Picnic Area in Harriman-Bear Mountain State Park. Conference club and individual members, as well as non-members who are interested in acquiring or upgrading a working knowledge of trail construction/maintenance, are welcome to attend. There will be lectures indoors and field work on hiking trails in Harriman Park. Advance registration is required and class size is limited. Non-members of the Trail Conference must include a $4 per person registration fee, which will be credited toward first year membership dues if you join the Conference at the workshop. Take-home materials and a participant certificate will be provided.

The day is scheduled to begin with bagels and coffee at 8:30 A.M. lectures begin at 9:00 A.M. to be followed by discussions and field work. At 3:30 P.M. all participants will return for group socializing and certificate distribution. The workshop will be held rain or shine.

You may register for one of the following three courses:

Maintenance *181. “This session provides training in basic techniques, maintenance

continued on page 10

What’s Inside

President’s Notepad ........... 2
“Green Bond” Challenge ........ 3
GPS Mapping ................. 3
Trail News .................... 4
Hikers’ Bookshelf .......... 9
Trail Relocations .......... 10
Hikers’ Almanac .......... 12

Baier Foundation Gift Assures Continuance of Long Path and Highlands Trail Project

The Marie Baier Foundation has recently made a third gift—of $24,000—to the Trail Conference. Each of these gifts has been designated for trail lands protection in the Appalachian Countryside, for our Long Path and Highlands Project. One of JoAnn Dolan’s last duties as Executive Director was to formally thank the Foundation. JoAnn wrote, “We are so grateful to begin this landmark year with funding to support our most critical projects. After years of negotiations on parcels for the Long Path North, we see 2000 as the time to complete a complex land protection of trail stretch involving 14 parcels. We will be better equipped to address trail issues in New Jersey and work effectively with our state agency partners in protecting a trail and greenway corridor with the Baier funds used to match other gifts. Additionally, we are working with land trusts to protect critical viewed lands for the Appalachian Trail. The year 2000 is a symbolic turning point for where we are headed in the next century for future generations.”

Thanks to the Baier Foundation’s previous gifts, the expansion of the Long Path and the Highlands Trail has continued. John Myers, Trail Lands Consultant for the Trail Conference, stated, “It has been a slow year for acquisitions, but a significant

continued on page 6

The TC’s first digitally produced trail map of Sterling Forest is on the way. For these and other digital mapping projects, we need volunteers for both digital cartography, which requires a high-end PC, and for GPS measuring on week- days. See page 3 for main article.


TRAIL WALKER

Volume XXVII, No. 2 March/April 2000

Nora Portne, Managing Editor
Paul Leikin, Advertising Manager

The TRAIL WALKER (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Of membership dues, $4 is allocated to a one-year subscription. Subscriptions are available for libraries only at $30 per year. Periodical postage paid at New York, NY. Postmaster: Send address changes to the address below. Opinions expressed by authors do not necessarily represent the policy or position of the Conference. Contributions of typewritten manuscripts, photos and drawings are welcome. Manuscripts must be adroit for style and length. Send SAIE for writers’ guidelines. Submission deadlines for the TRAIL WALKER are February 1 (Mar/Apr Issue), April 1 (May/Jun Issue), June 1 (Jul/Aug Issue), August 1 (Sept/Oct Issue), October 1 (Nov/Dec Issue), December 1 (Jan/Feb Issue). Un-submitted contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.


NEW YORK – NEW JERSEY TRAIL CONFERENCE

Mission Statement

The New York-New Jersey Trail Conference, founded in 1933, is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

• Developing, building, and maintaining hiking trails,

• Promoting hiking trail lands through conservation efforts,

• Educating the public in the responsible use of trails and the natural environment.

Board of Directors

Gary Haugland President
Jane Danielle Vice President
Daniel Chazin Secretary
William Moeller Treasuerer

Directors

Paul Bell
David Formesko
Brian Goodman
John Gunzler
Peter Heckler
Tom Humbach
Ann Loeb
G. Gail Neffinger
Tom Rogoza
Malcolm Spier
H. Neil Zimmerman

Staff

Jan Hudson Executive Director
Anne Lutkenhouse Proven Director
Larry Whellock NJ Field Representative
Judith Palmer Administrative Assistant
Annie Sheffler Office Manager
Petey Dughi-Lewis Secretary

Part-time consultants

John Mores Trail Lands Coordinator

Student office clerks

Jessica Nig, Jennifer Harris, Kent Young

The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 58 hiking and outdoor groups, and 11,000 individuals.

From the president’s notepad...

Reading the Trail

I just love maps. I have all the Trail Conference maps (including some older editions that I have to be careful not to pack when I go hiking!). And I confess I subscribe to National Geographic mostly for their maps. And I love those roll-up topo maps, too—very very greenliness in invites exploration. The Trail Conference publishes loads of great map sets and guidebooks, each showing hiking trails as lines, squiggly lines that cross-cress blue stream lines and ascend tightly crowded elevation lines to reach starry viewpoints where the lines form concentric circles. When you look at a map then, if you have been there before, you can remember, and if you, you have enough information for your imagination to take over. Either way, it is a fine thing to really be able to read the lines on a map.

But trails are more than lines on a map, however well drawn. Trails are best experienced as living entities. Maintainers know “their trail” is alive. When they return to the same places time after time, they see that the trail has changed, that something new has sprung up, something old has fallen down. When they return in different seasons, they experience changes. They deliberately set out to see that patch of mountain laurel in bloom, to pick the juicy blueberries, to hear the songbirds in distant trees, or to follow the chimneyunks scurrying to the stone wall. And in the autumn when fallen leaves obscure the footpath, vista opens up to reveal a world grander than the microcosm of their trail. They know how to read the trail.

The trails that Trail Conference volunteers maintain must meet standards of excellence and responsibility. Standards of excellence are easy. We have a great little trail maintenance manual; we have experienced and knowledgeable trail supervisors and trail crews; we have special tools and equipment and run workshops that teach how to use them. We use paint and plastic discs and stone carvings to guide the way. We strive to keep those narrow swaths of trail clear and well blazed so that hundreds even thousands of hikers can easily follow them.

From now on we will be paying close attention to improving the maintenance standards for our trails. We will be monitoring trail conditions and aesthetics, and we will keep our land partners better informed. The standards for responsible stewardship are a bit harder. Currently concerns are being expressed to us that our trails may be harmful to the ecosystems through which they pass, however lower low impact may think they are.

There is even talk of closing some trails - maybe seasonally, may very permanently - to allow the environment to recover. Threats to the life that surrounds the trail must be given serious consideration. We will be initiating an educational program to better inform our volunteers about biodiversity and habitat fragmentation.

And so I challenge us all to “read” our trails a little better this year, to pay closer attention to wetlands and threatened species and the impact of large numbers of hikers - not to mention harm from bikes and motorized vehicles. It will not be easy, but we will be working to develop standards for this aspect of trail work as well. We have always prided ourselves on being good stewards of our trail lands. Now we must be certain that others see us that way as well.

—Gary Haugland

$9.35M infusion for N.J. open land preservation

In December 1999, the Dorns Duke Charitable Foundation announced that it will provide nearly $10 million in grants for open-space preservation in New Jersey over the next four years. The New York-based foundation will give the bulk of the grants - $8.4 million - to The Nature Conservancy and the Trust for Public Land to buy land or conservation easements in the Highlands, Pine Barrens, and Barnegat Bay regions, with the goal of preserving at least 10,000 acres in Bergen, Passaic, Morris, Sussex, Warren, Ocean, and Burlington counties.

The two recipient groups seek parcels that form greenways, protect watersheds, and add to existing parklands and farms with conservation easements.

The Trust for Public Land, a San Francisco-based non-profit organization with regional offices in Morristown and New York has helped to purchase about 1,250 acres in New Jersey in the past two decades, including 1,200 acres that are now part of Bergen County’s Ramapo Mountain Reservation. The Nature Conservancy, based in Arlington, Va., has a regional office in Chester, and has helped to preserve more than 42,000 acres in New Jersey since 1955, including High Mountain in Wayne.

Before Duke’s death in 1993 at age 80, the tobacco heir maintained an estate in Hillsborough, Somerset County. Her will left about $1.5 billion to create charities to advance her interests in the arts, environmental protection, and medical research. In 1997, The Duke Foundation contributed $3 million to the public-private partnership that purchased Sterling Forest. In 1991 Duke donated 5,000 acres to The Nature Conservancy to preserve a rare boreal forest—usually found near the arctic—called Mashipacong Bogs in Sussex County.

Honoring Frank Oliver

A bill has been introduced in the New Jersey Assembly to honor one of our region’s foremost trailbuilders, the late Frank Oliver.

When what is now Ramapo Mountain State Forest near Oakland was acquired by the State, Frank spent many re-tirement years researching the route of the historic Cannonball Trail, so significant in the Revolutionary War. He, in fact, laid out and marked most of the trails in the forest. When the Cannonball Trail was cut into by the construction of Interstate 287, Frank would not rest until he persuaded the State to reconnect the severed parts with the bridge that we now have to re-name in his memory.

Assembly Joint Resolution 33 would designate the Cannonball Pedestrian Bridge over I-287 “the “Frank Oliver Pedestrian Bridge.” Introduced by Assembly- woman Loretta Weinberg of Teaneck, the bill is now in committee, and the committee chairman is waiting to hear how much support there is for it.

Please write to him, Hon. John C. Gibson, Chairman, Assembly Agriculture and Natural Resources Committee, 14 Route 50, Suite A, Seacliff, NJ 08710, and strongly express your support for this resolution and timely favorable action by the committee. Thank you for helping to honor a sterling individual.

Jack Dudley, Ridgewood, NJ

M. Sue Svec, Montclair, NJ

E

T

R

V

T

E

R

E
The Next Generation Challenge:
“Green Bond” the Children in Your Life

Grown-ups, are you taking the children in your life—of whatever age—hiking? It’s a priceless way to experience the world of open spaces, and share an intimate time together. Start the new millennium on the “right foot” by deciding to take the children you know hiking.

You can hike together by yourselves, or, in the New York/New Jersey metropolitan area, take advantage of the many opportunities for guided hike programs, combining hiking with learning, at parks and nature centers. Below is a beginning list of ideas for you to implement the Green Bonding challenge in YOUR life.

Editor’s note: There are more events and programs than shown below. Call each park for more details, because the Trail Walker’s deadlines are much earlier than the parks’ schedules are available.

- Free, guided “Hikes of the Month” at Sterling Forest State Park
  Saturdays, March 18 and April 15
  Head off to Mombasha High Point on March 18 with staff of Sterling Forest State Park. This hike is a moderate, a 2 mile round trip which includes a 400 foot climb. Then, on April 15, come out for a journey on the Indian Hill Loop Trail. This hike is 3 miles long with a total elevation gain of 750 feet. It is rated difficult because of the uneven terrain and sometimes rocky trails.

- History hikes and/or treks—from easy to difficult—are offered in the New Jersey Palisades section of the Palisades Interstate Park. For a full listing of all PIP-NJ events, call the Park at 201-768-0579 or visit its web site at www.undercliff.com.
  Saturday, April 1
  April Fool’s Hike. Moderate hike, from 10 AM to 2 PM. Meet at Blackledge-Kearny House at Alpine Boar Basin. $4. parking per car. Free admission.
  Sunday, April 30
  Pickletown. Moderate hike, from 11 AM to 2 PM. Meet at north parking lot, beyond Englewood Boar Basin. $4. parking per car. Free admission.

- Minnewaska State Park Preserve
  Saturday, March 18 Nature Hike: Spring Equinox Exploration. Moderate, starts at 1 PM.
  Saturday, April 1 Nature Hike: Rainbow Falls. Moderate, 10 AM to 3 PM.
  Saturday, April 8 Nature Hike: Gertrude’s Nose. Strenuous. $5 parking per car.
  Saturday, April 22 Family Hike: Earth Day Meander. Easy, 10 AM to 12 noon. $5 parking per car.
  All Minnewaska programs are free, but require advance registration. Call 914-655-2021 for details and to register.
  A calendar of events in Harriman-Bear Mountain, Sterling Forest State Park, Minnewaska State Park Preserve, and the Trailside Museum and Nature Center is available. Send a self-addressed, stamped envelope to: Special Events, c/o Palisades Interstate Park Commission, Bear Mountain, NY 10911.

**Trail Conference developing all-digital, computerized trail maps**

Even more things are changing at the Trail Conference: first a new president, then a new executive director, and now, in the second quarter of 2000, the first all-digital Trail Conference-produced maps—of Sterling Forest—will be available.

What will make the Sterling Forest map different from the other maps the Trail Conference publishes Visible and invisible changes: shaded relief to give 3-dimensional to the map, more accuracy to the trails’ location due to improved field checking equipment, and the way in which the map was put together.

Since 1975, the Trail Conference has used United States Geographical Survey (USGS) topographic maps as the base for its hiking maps. Many of the USGS maps are so old that we need to make numerous corrections to update them for our use. Additionally, the cartographic process involved is painstakingly tedious and time-consuming: each color requires a separate layer to be drawn, and the map information is added and subtracted layer by layer.

Within the last four years, computer programs for both drawing and digital technology have improved so much that it is now possible to produce a high-quality map completely by computer. Instead of starting with data that first needs correcting, the Trail Conference can now start from available electronic data which is accurate and complete. For example, digital elevation maps (DEM’s) show the land’s elevation on a 10 meter grid measured from aerial photographs. This information is then used in two different computer programs. One creates the shaded relief which will be on the map. The other draws contour lines at a selected interval; in the case of our upcoming Sterling Forest map, at 10 feet intervals. The USGS also produces digital line graphs (DLG’s) which have features such as roads and streams recorded as line segments with lengths, directions and feature codes. All these programs are integrated to produce the base map on which the trails can be overlaid.

Locating the trails is now done electronically, too. In November 1999, thanks to partial funding from a Greenway Conservancy for the Hudson River Valley grant, the Trail Conference was able to purchase a commercial-grade global positioning system (GPS). The readings the GPS collects while its operator is hiking a trail can be corrected to an accuracy of 2-3 meters.

Over the next few years, the Trail Conference will gradually switch its maps’ production process to this more accurate and easily-updated digital technique.

Volunteers Needed. Training will be provided. Call the office 1-201-681-5069 or e-mail nynjtc@aol.com. More details about GPS and digital cartography are available at http://www.nynjtc.org/health/trailmap.html.

**The Tricky Ticks**

A recent issue of the New England Journal of Medicine reported a case of a young girl who experienced a flaccid paralysis. In one day she was unable to walk and her condition worsened requiring supplemental oxygen. A tentative diagnosis of Guillain-Barré syndrome, which can be life-threatening, was made.

As astute pediatrician who was aware that tick paralysis can be mistaken for Guillain-Barré syndrome, looked for a tick. Using a fine-tooth comb, he found a 15 mm engorged tick on the scalp which he removed with tweezers. The tick was identified as Dermacentor Variabilis (a common dog tick) which is associated with Rocky Mountain Spotted Fever. Recovery was as rapid as the onset. In one day the patient’s paralysis disappeared.

**HEALTH HINTS for HIKERS**

By Albert Rosen, M.D.

There are about 60 different ticks that can cause this paralysis but in the United States only the dog tick and the wood tick are causes. The paralysis is caused by a neurotoxin secreted by the tick. It is a rare disease usually seen in children up to 12 years of age. Although all the literature deals with children, adults who weigh around 100 pounds can also be susceptible.

The reason is that the larger the body mass, the less chance for getting the disease.

If you happen to develop a flaccid paralysis in 24 hours and are diagnosed as having Guillain-Barré syndrome, ask your doctor to examine your scalp with a fine-tooth comb and tweezers. It may save you thousands of dollars in medical bills.
Palisades Interstate Park Commission trains volunteer chainsawers

On December 4th, Palisades Interstate Park Commission Ranger Ron Peters conducted a one-day Chainsaw Safety Workshop at Silvermine Lodge in Harriman-Bear Mountain State Park for 22 Conference maintainers, who are now qualified to operate chainsaws in the park.

The training was needed on an emergency basis. Due to the extremely high volume of blow-downs as a result of the combination of the summer 1999 drought followed by Hurricane Floyd, park staff needed a greater degree of help in clearing the trails with chainsaws.


Due to the high attendance at the first workshop, and continued member interest in this type of training in response to the clean-up need, another PIPC-sponsored chainsaw workshop will be offered on April 29 as a part of the Conference’s annual Trail Maintenance Workshop. (See page 5 for details and registration form.)

We hope now to be able to field our own chainsaw task force to clear all but the most difficult blow-downs.

NJ Appalachian Trail Management Agreement renewed

The New-Jersey-NY Appalachian Trail Conference, the New Jersey Department of Environmental Protection, the NJ Department of Transportation, the National Park Service/AT Park Office, and the U.S. Fish and Wildlife Service/Wallkill National Wildlife Refuge have all signed the renewal of the statewide agreement for the administration and management of the AT. The agreement is valid for 10 years and describes specific working relationships amongst these “Trail Partners.”

For the first time the agreement includes the Wallkill National Wildlife Refuge, established while the previous agreement was in force. To the best of our knowledge, the Wallkill Refuge is the only wildlife refuge the AT crosses in its 2,150 miles. Thus, the cooperation of the U.S. Fish and Wildlife Service is integral to the preservation and enhancement of the AT experience, offering a rare opportunity for hikers to view wildlife, especially waterfowl.

Trail Supervisor training held

The New Year began with a volunteer training workshop held on January 8 for Trail Conference trail supervisors, both current and potential. Jack Driller, Tom Dunn, Jakob Franke, Jim Gregory, John Grob, Pete Heckler, Bruce Meyer, Joe Moreng, Chet Morris, Bob Mosu, Don Myers, Laura Newgard, Jeannine Pinto, Glenn Rogers, Gretchen VandeWalle, Dick Warner, and Larry Wheelock attended the workshop held at West Ecology Center (NJ), which started out as a formal training session but ended up a lively forum and exchange of ideas. The supervisors and trail committee chairmen shared their experiences working with maintainers, solving problems, and interacting with park partners. Participants received a Trail Management Guide notebook holding all pertinent information, how-to-tips, and Y&H compliance forms. As John Grob, Conference trail supervisor for Montistown National Historical Park said, “This notebook is the answer to my dreams. Now ALL the supervisor information I need is in one handy place.”

Thanks to Conference Vice President and East Hudson Trails Chair Jane Daniels who facilitated the workshop, and to assistant trainers Walt Daniels, Bob Jonas, and John Maguerlein, Jeannine Pinto and Gretchen VandeWalle handled refreshments.

Following the supervisor training, an introduction to using a Global Positioning System (GPS) unit, led by Walt Daniels, was offered in the field.

1999 Activities of the West Hudson Trail Crew

Our 1999 trail activities began in early March with scouting, inspection and some detail work on the Ramapo-Dunderberg and the 1777 trails in Harriman State Park, and the Indian Hill Trail in Sterling Forest State Park. But our real work began in earnest in early April.

Harriman-Bear Mountain State Park

The Timp-Torne Trail on the Torne has a fine new rock staircase above Mine Road, and work was started on the steep slope on the other side of the road. With six work trips the relocation of the Ramapo-Dunderberg Trail on the Timp advanced with the removal of blowdowns, brushcapping, and by the placing of rock steps, retaining walls, scree walls, sidehilling and drainage crossings. A rock staircase on the Temp-Torne in Temp Pass was also completed. Three work trips to the Cornell Mine Trail brought about a relocation of approximately 400 feet of trail including 130 feet of sidehilling and rock steps and scree walls. A staircase was completed on another section of the trail and stepping rocks were placed to bridge a stream and a wet area.

On the Arden-Surebridge Trail on Green Pond Mountain, hikers will find the ascent easier on a fine new staircase near “the cave” where rock retaining walls were also placed. Sidehilling, brush cutting and blowdown removal was completed on a relocation of about 400 feet of trail. We finished our work there with rock steps, waterbars and drainage work. A stream crossing was improved with some large stepping stones.

Sterling Forest State Park

The connection between the Appalachian Trail and the Indian Hill Trail was begun and completed with sidehilling and the placing of rock steps, retaining walls and scree walls.

Minnewaska State Park Preserve

The crew completed a drainage crossing on the Mossy Glen Trail and placed rock steps and retaining walls in an effort to improve the approaches to the new Mossy Glen Bridge. The bridge and the trail are now complete and in use.

Schunnemunk Mountain

The crew devoted much time and attention to the repair of the Sweet Clover Trail. Switchbacks were created, fallen trees removed and sidehilling, drainage structures and retaining walls installed. About 15 feet of a major rock wall that had been swept away by a slide was rebuilt, and five waterbars installed above the new switchbacks. The work was completed in seven trips.

Highlands Trail

Work began on a small relocation near Mineral Springs Road, with brushcapping, sidehilling and removal of fallen trees. On another section of the Trail near Route 17, another relocation was completed, again with rock- and drainage-work.

Black Rock Forest

Damage caused by a slide on the Duggan Trail was repaired with the re-construction of about 100 feet of retaining wall, stepping stones, and drainage work with rock slabs.

Many thanks to the dedicated volunteers for their outstanding and professional work on our trails. Peter Beck, John Blenninger, Joe Bond, Race Brandt, Larry Braun, Gail Brown, Jim Brown, Brian Buchbinder, Mark Burns, George Cartamidi, Thomas Cerullo, Carla Clark, Harriet Daddona, David Day, Thomas Dunn, Mary Grace Eapen, Chris Ezzo, Edward Farr, Ben Frankel, Victor Gabay, Claudia Ganz, Rick Gerow, Patrick Gilmartin, Denis Halliwell, Russ Hammerschlag, George Mariano, Scott Hanna, Brett Hart, Bill Heath, Rebecca Heath, Hubert Hering, Mary Hilley, Guilian Hook, Margaret Hunter, Joan James, Frank Keech, Cosmo Killeen, Shelia Lipsche, Richard Lynch, Trisha Maeder, Steven Mann, Paul Marcus, Claire Matesa, Gay Mayer, Dougall McBride, Nancy Moen, Colleen Mullins, Carol Nestor, Holger Nissen, Jason Nockolds, Anthony Palmiotti, George Perkins, Peter Perrucci, Bob Reardon, Monica Resor, Rick Rosenthal, Roger Sanchez, Cathy Schaffer, Brett Sherry, Bruce Shriver, Harry Smith, Leah Thalmann, Ross Thalmann, Pete Tilgner, Nancy Tolfesson, Lale Vavoglo, Barel Voorhuis, Paul Wacalowski, Priscilla Webster, Larry Wheelock, and last but far from least, Hanson Wong.

Come out and join the crew. The Crew is ALWAYS busy; it’s the best way to spend a day.

Bob Marshall
Trail Crew Chief
Trail Supervisor
Trail Crew Assistant

Reminder: Long Path Section in Shawangunks Closed

The section of the Long Path from the western end of Mud Pond to its junction with the High Point Trail (see the Trail Conference’s Shawangunks Trail map by grid C-3, about below) has been closed by the landowner. Please do not trespass on this private land. Discussions are still underway about a possible relocation. When a route is established, notice will be published in the Trail Walker and noted on our website at www.njatc.org.
Four restored Catskill Fire Towers to re-open

On National Trails Day 2000 (Saturday, June 3), the Balsam Lake Mountain Fire Tower will formally reopen to the public. The tower is one of five in the Catskill Fire Tower Restoration Project, and its reopening is yet another milestone in the project. It will rejoin the Overlook Mountain Fire Tower, reopened on National Trails Day 1999.

The reopening of the Red Hill Fire Tower, in the Sundown Wild Forest near Arkville, will follow on Saturday, July 13. The Tremper Mountain Fire Tower is scheduled for reopening in the Fall, with Hunter Mountain Fire Tower tentatively scheduled to reopen on October 7. By the end of the year all five towers will be reopened.

What a far cry from three years ago, when the fire towers were abandoned hulks of steel threatened with demolition.

The New York State Dept. of Environmental Conservation hopes that promised funding will allow the redesign of the Meadows Mt. Road parking lot at the Overlook trail head and the construction of a small parking lot on Dinch Road at Red Hill.

Patches ($5) and T-shirts ($13) are still being sold as fundraisers for the fire tower restoration project. Once the five towers are restored, the next steps planned are to finish rehabilitating the four ground cabins for interpretive displays, creating a Summit steward program, and finalizing an “endowment” for ongoing maintenance. For more information about these projects, contact The Catskill Center for Conservation and Development, Rt 28, Arkville, NY 12406, 914-586-2611; or the NYSCDEC, New Paltz, NY; 914-568-3082.

Thanks to Graymoor for Hiker Hospitality

Our sincere gratitude to the Friars of the Atonement at Graymoor Monastery in Garrison, NY, and to Father Fred Alvarez who coordinates their efforts as hosts, for their continuing service and hospitality to Appalachian Trail through-hikers. In July and August 1999, 446 hikers stayed at the campsite on the monastery’s ballfield, and were provided dinner and breakfast in the Graymoor dining room. Last season, the Friars constructed a shower and a slop sink at the ballfield check North Jersey maps. Volunteers are needed to help field check trails in northern New Jersey using the Trail Conference’s Global Positioning System (GPS) unit. The assignments take place during weekdays. Those interested should contact NJ coordinator John Jurasek at jurasek@worldnet.att.net.

New Life Members

The Trail Conference welcomes nine new life members, to our growing “family” of 766: Joe and Linda Moreng, and Gregory Guderian from New Jersey, and from New York, Jamie and Lance Lener, Mr. and Mrs. Hugh Morgan, Robert J. Glynn and Lalla R. Grimes.

An individual life membership is $500, and a joint life membership (two adults at the same address) is $600. Next time you renew, we hope you’ll consider becoming a “lifer.” Your money goes directly into the Outdoor Fund, our trail lands protection fund.
...thanks to the volunteers of the New York-New Jersey Trail Conference. Join and help support the organized volunteer work of building and maintaining foot trails. Get discounts on maps and guidebooks, a subscription the TRAIL WALKER, and learn to do trail work. Add your voice to the thousands of hikers in our region!

I want to join the NY-NJ Trail Conference in the category indicated:

<table>
<thead>
<tr>
<th>Category</th>
<th>Individual</th>
<th>Joint/Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular</td>
<td>$21</td>
<td>$26</td>
</tr>
<tr>
<td>Sponsor</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td>Benefactor</td>
<td>$55</td>
<td>$100</td>
</tr>
<tr>
<td>Student</td>
<td>$35</td>
<td>$30</td>
</tr>
<tr>
<td>Limited Income</td>
<td>$55</td>
<td>$30</td>
</tr>
<tr>
<td>Life</td>
<td>$500</td>
<td>$600*</td>
</tr>
</tbody>
</table>

* two adults at same address

NAME
ADDRESS
CITY STATE ZIP
DAY PHONE EVENING PHONE
E-MAIL
Check one:    new member    renewal

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 232 Madison Ave., Room 802, New York, NY 10016-2901.

Tax-deductible except for $4.00

---

JOIN THE TRAIL CONFERENCE!
1,300 miles of hiking trails are waiting for you...

---

BAIER FOUNDATION GIFT
continued from front page

John Myers

John has an excellent track record in protecting open spaces for the hiking community. As important is the funding from the Marie Baier Foundation that makes it all possible."

Along the Highlands Trail in New Jersey, John has nearly closed a 10-mile gap between Mahlon Dickerson and Allamuchy Mountain State Park. Permissions have been gained from a quarry owner and the Lackawanna Association. With John’s assistance, Bethlehem Township has included the Highlands Trail in its open space plan, and Hunterdon and Warren Counties are pursuing open space acquisitions for the near future.

Trail Conference Executive Director, Jan Hesbon, observed, “Land acquisition is a slow process. Much of these trail systems are built on and around individual landowners, and each negotiation is a time-consuming process. With my experience in land protection through The Nature Conservancy, I learned that each person’s attachment to land is an emotional bond in addition to an economic one, and parting with sentiment is often more painful than parting with money. I am impressed with how many different negotiations and acquisitions John Myers is able to juggle.”

In the next issue of the Trail Walker, we will continue describing how the grant from the Marie Baier Foundation is supporting our initiatives in New Jersey since the appointment of our NJ Field Representative Larry Wheelock...
DAN D'ERRICO stamped envelope to the Conference of-you've lost it, send a self-addressed, have your membership card handy. If in EMS stores on that day. Be sure you in April 27. Trail Conference members re- of the AHS board of directors, recently re- Nevis and mountain bikes on hiking trails. But you should also know of the AHS to help us find our way in the wilderness."

Leave No Trace (LNT), a national edu- cation program that promotes and teaches responsible outdoor recreation, has ex- panded its schedule of Masters courses to be offered nationwide in 2000. These 3- day courses focus on minimum-impact camping and travel techniques, wildland ethics and effective teaching methods. More than 20 Masters courses are sched- uled this year, each focusing on a specific ecosystem or recreational activity, such as hiking. For more information about Mas- ters courses, check out the LNT web site www.LNT.org, or contact Susan Benepe at the National Outdoor Leadership School (NOLS), 328 Main Street, Lander, WY 82071; 307-352-1494.

The Volunteer Vacations 2000 sched- ule is now available from the American Hiking Society. Go on an inspiring vaca- tion for less than the cost of one night in a hotel! Spend a week or two rejuvenating your mind, body, and spirit while work- ing on trails in America's most beautiful wild places. Over 70 trips to forests and parks in 22 states, from March through November are available. Choose from four, seven, or 14-day long trips, rates from $250-

O u r  M e m b e r s

Once again, our sincere THANKS to the map-set-stuffing gang of Ken Dukes, John Guffroda, Pete Heckler, George Peterson, George Sheedy, Bc Sukind and Nick Viggiano. In only 3 sessions, they assembled over 5,000 Harriman map sets at stuffing-party host Paul Leikin's home. You guys are the best!

Get well wishes go to Bob Messerschmidt, who has been battling os- teoarthritis in both knees. He's been on a rest regimen—no hiking, biking, or sking for a while. We hope he's now been permitted to resume some of his activi- ties.

Farewell, and thank you, to Warren Hale, who recently “retired” as Conference trails supervisor for the Wawasanda and Stonetown (NJ) area. Though War- ren lives far from his area of responsibil- ity, he nonetheless spent much time there, and was extremely dedicated to “his” hiking trails.

Congratulations to Kenneth Lutters, a New York State Office of Parks “partner” who was recently promoted to Capital Fa- cilities Manager for the Taconic Region of the New York State Office of Parks, Recreation and Historic Preservation. Ken has long worked with the Trail Confer- ence during his 25 years as a landscape architect, first with our early trail map- ping efforts, then on the permanent relocation of the Appalachian Trail East of the Hudson River, trail planning in the Hubbard Perkins Conservation Area, the Camp Smith Trail, State land acquisition projects for regional parks for the past sev- eral years, and many other projects.

The American Hiking Society's Presi- dent David Lillard eloquently cited H. Nakazaw LIB's (2000) article in the Adirondack Folk Music Folk Music Club Con- certs, singing parties, workshops, musical weekends, informative newsletter. Member discounts, friendly people. For more info, contact: Folk Music Society, 266 W. 37th St. 10 floor New York, NY 10018-6609; Membership 718-543-4971 Folk-Fone 212-563-4099

Pinewoods Folk Music for a week or two rejuvenating your mind, body, and spirit while work- ing on trails in America’s most beautiful wild places. Over 70 trips to forests and parks in 22 states, from March through November are available. Choose from four, seven, or 14-day long trips, rates from $250-

The Adirondack Mountain Club has designed a Kids on the Trail Challenge to promote hiking with children in the Adirondack Park. The AdK's Laurentian Chapter created the Challenge as a way to encourage children—as future stewards of the Adirondacks—to get to know it. The initiative also offers a different approach to experiencing the Park, and serves to disperse hikers to other than the most popu- lar High Peaks region. Children and their adult companions choose hiking des- 

emas are interesting, scary, adventurous, humor- ous, etc. In return to anyone who emails me a story, I’ll send a copy of the finished compilation. Thank you. Brian D. Sakolsky, lamont_merlyon@yahoo.com.
**Be Prepared! Be Prepared! Be Prepared! Be Prepared! Be Prepared!**

**Give a Gift! Give a Gift! Give a Gift! Give a Gift! Give a Gift!**

**Hikers’ Market Place**

NY-NJ TC member? □ YES □ NO □ JOINING NOW

---

### Official Conference Maps

<table>
<thead>
<tr>
<th>Map Description</th>
<th>Retail</th>
<th>Member</th>
<th>FH</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Hudson Trails (1997)</td>
<td>$6.95</td>
<td>$4.95</td>
<td></td>
<td>$6.30</td>
</tr>
<tr>
<td>West Hudson Trails (1992)</td>
<td>$6.95</td>
<td>$5.25</td>
<td></td>
<td>$5.60</td>
</tr>
<tr>
<td>Catskill Trails (1998) &amp; see combo</td>
<td>$13.95</td>
<td>$10.40</td>
<td></td>
<td>$10.50</td>
</tr>
<tr>
<td>Kittatinney Maps (4 NLs) (1997)</td>
<td>$12.95</td>
<td>$9.75</td>
<td></td>
<td>$9.10</td>
</tr>
<tr>
<td>Shawangunk Trails (1997) &amp; see combo</td>
<td>$8.95</td>
<td>$6.75</td>
<td></td>
<td>$6.20</td>
</tr>
<tr>
<td>South Taconic Trails (1989, rev. 1998)</td>
<td>$4.95</td>
<td>$3.75</td>
<td></td>
<td>$3.60</td>
</tr>
<tr>
<td>North Jersey Trails (1998)</td>
<td>$7.95</td>
<td>$5.95</td>
<td></td>
<td>$5.70</td>
</tr>
<tr>
<td>Hudson Palisades (1991)</td>
<td>$4.95</td>
<td>$3.75</td>
<td></td>
<td>$3.50</td>
</tr>
</tbody>
</table>

### Books

<table>
<thead>
<tr>
<th>Book Description</th>
<th>Retail</th>
<th>Member</th>
<th>FH</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scenic &amp; Walks in the Northern Shawangunks (1999) &amp; see combo</td>
<td>$10.95</td>
<td>$8.75</td>
<td></td>
<td>$8.15</td>
</tr>
<tr>
<td>MW-NJ Hardtop: Scenic &amp; Walks in the Northern Shawangunks (1999)</td>
<td>$17.95</td>
<td>$14.50</td>
<td></td>
<td>$13.00</td>
</tr>
<tr>
<td>New York Walk Book (1998)</td>
<td>$19.95</td>
<td>$15.95</td>
<td></td>
<td>$15.00</td>
</tr>
<tr>
<td>New Jersey Walk Book (1998)</td>
<td>$15.95</td>
<td>$12.75</td>
<td></td>
<td>$11.75</td>
</tr>
<tr>
<td>Iron Mine Trails (1996)</td>
<td>$5.95</td>
<td>$4.75</td>
<td></td>
<td>$4.15</td>
</tr>
<tr>
<td>Health-Hits for Hikers (1996)</td>
<td>$5.95</td>
<td>$4.75</td>
<td></td>
<td>$4.15</td>
</tr>
<tr>
<td>Doodletown Hiking Through History in a Vanishing Hamlet on the Hudson (1996)</td>
<td>$12.95</td>
<td>$10.35</td>
<td></td>
<td>$9.65</td>
</tr>
<tr>
<td>Harriman Trails Guide (1999) &amp; see combo</td>
<td>$16.95</td>
<td>$13.55</td>
<td></td>
<td>$12.70</td>
</tr>
<tr>
<td>Circuit Hikes in N. Jersey (1995, repr. 1998)</td>
<td>$9.95</td>
<td>$7.95</td>
<td></td>
<td>$7.20</td>
</tr>
<tr>
<td>50 Hikes in New Jersey (1997)</td>
<td>$14.95</td>
<td>$11.95</td>
<td></td>
<td>$11.25</td>
</tr>
<tr>
<td>50 Hikes in Hudson Valley (1994 repr. 1998)</td>
<td>$14.00</td>
<td>$11.20</td>
<td></td>
<td>$10.50</td>
</tr>
<tr>
<td>Best Hikes w/ Children in the Catskills &amp; Hudson River Valley (1992)</td>
<td>$14.95</td>
<td>$11.95</td>
<td></td>
<td>$11.25</td>
</tr>
<tr>
<td>Best Hikes w/ Children - New Jersey (1992)</td>
<td>$12.95</td>
<td>$10.35</td>
<td></td>
<td>$9.65</td>
</tr>
<tr>
<td>A.T. Guide w/ NY &amp; NJ (1998) w/ 5 maps</td>
<td>$19.95</td>
<td>$15.95</td>
<td></td>
<td>$15.20</td>
</tr>
</tbody>
</table>

### Combo-Packs

<table>
<thead>
<tr>
<th>Combo Pack Description</th>
<th>Retail</th>
<th>Member</th>
<th>FH</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catskill (5 map set &amp; book)</td>
<td>$27.80</td>
<td>$21.60</td>
<td></td>
<td>$20.80</td>
</tr>
<tr>
<td>Harriman (2 map set &amp; book)</td>
<td>$22.65</td>
<td>$17.55</td>
<td></td>
<td>$16.80</td>
</tr>
<tr>
<td>NY &amp; NJ Walk Books</td>
<td>$32.85</td>
<td>$25.85</td>
<td></td>
<td>$25.00</td>
</tr>
<tr>
<td>Shawangunk Combo (4 map set &amp; book)</td>
<td>$17.90</td>
<td>$13.95</td>
<td></td>
<td>$13.20</td>
</tr>
</tbody>
</table>

### The Personal Touch

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Retail</th>
<th>Member</th>
<th>FH</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>NY-NJ TC T-Shirt Circle L, XL</td>
<td>$13.93</td>
<td>na</td>
<td></td>
<td>$12.25</td>
</tr>
<tr>
<td>75th Anniversary T-Shirt Circle M, L</td>
<td>$15.00</td>
<td>na</td>
<td></td>
<td>$13.25</td>
</tr>
<tr>
<td>Harriman Map Bandana</td>
<td>$5.95</td>
<td>$4.35</td>
<td></td>
<td>$3.85</td>
</tr>
<tr>
<td>Conference Logo Patch</td>
<td>$2.75</td>
<td>na</td>
<td>postpaid</td>
<td>$2.05</td>
</tr>
<tr>
<td>Long Path Logo Patch</td>
<td>$2.75</td>
<td>na</td>
<td>postpaid</td>
<td>$2.05</td>
</tr>
<tr>
<td>Conference Logo Decal</td>
<td>$8.95</td>
<td>na</td>
<td>postpaid</td>
<td>$7.00</td>
</tr>
</tbody>
</table>

**Total Enclosed:** $__

---

**Eastern Mountain Sports’**

We’ve got the gear that’ll get you out there.

- **Camping**
- **Hiking**
- **Backpacking**
- **Climbing**
- **Traveling**
- **Paddling**
- **Running**
- **Rentals**

More than 30 years of Gear, Clothing & Advice

100% Satisfaction Guaranteed

**Smartwool**

Using the same technology and the finest Merino wool from the high performance socks, Smartwool has created a new line of long underwear. This breath- and shrink-free, silky soft underwear delivers unmatched temperature and moisture control, fit, and comfort.

Available in tops and bottoms for men and women.

Purchasing Conference Members receive 10% off with membership card.

---

Send to NY-NJ Trail Conference, 232 Madison Avenue, NY, NY 10016. For a full descriptive catalog, please write or call 800-223-7108 anytime.

**1** If postage is $5 or more, can we ship UPS? Yes □ No □ (usually someone has to sign for UPS)

**2** Tax must be paid by NY residents on items & shipping. Thank you!

Reviewed by John Morgan

This book is worth adding to the library of any Appalachian Trail hiker interested in the mid-Atlantic states. I bought the introductory section was mostly boiler plate but really saying too much. Many references about where to get more information, but no real information on the hikes themselves. I was a bit put off by a lot of cautions. However, this doesn't distract from the descriptions of the hikes, which is the basic reason for purchasing the book. The hikes are exceptionally well described, including maps, elevation profiles, and a wonderful narrative of what to see and experience. Starting with a recommended direction in which to hike each section, the descriptions cover such things as the time needed, elevation gained and lost, effort required, social and natural history, and early exit options. It truly is a hiker's friend!

One gets an excellent description of features encountered, including history, special features, viewpoints, and interesting inform hikers of what to expect, so there should be no surprises. If you are thinking about hiking the AT in Maryland, Pennsylvania, New Jersey, and New York, this is a good book to own. I have fairly recently hiked this area myself and know I would have liked to have had this book before I did so. I'm sure I missed some of the historically significant features described here. Next time I travel this wonderful sector of the AT I will have this book in my pack.


Ask the company where you work if it will match your gift to the New York-New Jersey Trail Conference. Your company's matching gift can give us more “fuel” for future trail building and protection.

A hiker's guide, we're sometimes looking for a match to light our campfire (or in today's high tech society) the butane/propane stove. We at the New York-New Jersey Trail Conference are also looking for matches to "stoke" our fires. We are looking for the corporate match—the corporate gift that matches your gift.

This year we have received matching gifts from the following corporations:


and from the following members:


Thank each individual and corporate donor.

Hi hikers, we’re sometimes looking for a match to light our campfire (or in today’s high tech society) the butane/propane stove. We at the New York-New Jersey Trail Conference are also looking for matches to “stoke” our fires. We are looking for the corporate match—the corporate gift that matches your gift.

This year we have received matching gifts from the following corporations:


and from the following members:


Ask the company where you work if it will match your gift to the New York-New Jersey Trail Conference. Your company’s matching gift can give us more “fuel” for future trail building and protection.
you have ever wanted to learn about heavy tion of trail constructing those features. If
Workshop participants will restore a sec-
stream bridging may also be needed.
steps and water bars; erosion repair and
are built with switch-backs, side hilling,
Construction/Restoration.
knowledge of the subject.
tainer or want to enhance an existing
you are interested in becoming a main-
solve them. This is the session for you if
trail repairs or to help on a trail crew, this
Conference members are not eligible.) Rec-
means of purchase, use and maintenance of a
chainsaw and associated safety gear. This
course will qualify maintainers to use a
chainsaw in clearing. Trail Conference-
adopted trails located in Palisades Inter-
state Park Commission parks only. It is
equivalent to U.S. Forest Service certi-

TRAIL MAINTENANCE WORKSHOPS
continued from front page

<table>
<thead>
<tr>
<th>REGISTRATION FORM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trail Maintenance Workshop ■ Saturday, April 29, 2000</td>
</tr>
<tr>
<td>Please check the session you want to attend:</td>
</tr>
<tr>
<td>✑ Maintenance “101” ✑ Construction and Restoration</td>
</tr>
<tr>
<td>✑ Chainsaw Use and Safety</td>
</tr>
<tr>
<td>✑ Check here if you are a Trail Conference Member and enclose a check for a</td>
</tr>
<tr>
<td>$4 (non-member fee) payable to the NYNJ Trail Conference.</td>
</tr>
<tr>
<td>Name ____________________________________________</td>
</tr>
<tr>
<td>Address ____________________________________________</td>
</tr>
<tr>
<td>City/State/Zip ________________________________________</td>
</tr>
<tr>
<td>Day Phone (<em><strong><strong>) Evening Phone (</strong></strong></em>)</td>
</tr>
<tr>
<td>Do you currently maintain a trail? ✑ Yes ✑ No</td>
</tr>
<tr>
<td>If yes, do you work: As an individual or with a club?</td>
</tr>
<tr>
<td>Name of club, if applicable: ____________________________</td>
</tr>
<tr>
<td>Name of trail you maintain: ____________________________</td>
</tr>
<tr>
<td>✑ Check here if you have questions and would like someone to call you.</td>
</tr>
<tr>
<td>Return by April 8th to NYNJ Trail Conference, Trail Maintenance Workshop, 232 Madison Avenue, New York, NY 10016</td>
</tr>
</tbody>
</table>

New Trails and Relocations in the East Hudson Highlands

CORNISH TRAIL (Trail Conference East Hudson Trails map B, grid A-B-4) The new Cornish Trail links Route 3D to the Brook Trail. There is parking at the Route 3D trailhead near Little Stony Point bridge. The blue-blazed Cornish Trail parallels Route 3D until it reaches the stone pillars, then it turns uphill to fol-
low a cement road to the Brook Trail.

WASHINGTON TRAIL (Trail Conference East Hudson Trails map B, grid A-B-4) The end of this trail on Route 3D has been relocated about 0.1 mile south. It now begins at a gate on Route 3D just south of, and across the street from, the Little Stony Point bridge. The white-blazed Washburn follows a woods road, formerly the access road to the quarry. Parking is at the trailhead on Route 3D. By public transportation, take MetroNorth to the Cold Spring, NY, station and walk north.

Walk Britain’s Most Beautiful Landscapes.
Join English Lakeland Ramblers, specialists since 1985 in guided tours of England’s spectacular Lake District. Walk with us along the hills and lakes of England’s largest national park.

For a free brochure: 15 Skyeview Oval, #1A New York, NY 10037 212-775-9001 www.ramblers.com

TRAIL NEWS continued from page 5

ARDEN POINT TRAIL (Trail Conference East Hudson Trails map A, grid B-4/5) This extension of the Trail actu-
ally formalizes access to State prop-
erty. From the gate on the south end of the Garrison, NY, MetroNorth station parking lot (NOT the gate next to the track), the blue-blazed trail follows a woods road. It turns towards the Hudson River, crosses the railroad tracks on a bridge and turns to connect with the existing Arden Point Trail. Parking is free on weekends and $2.00 a day on weekdays.

CEDAR RIDGE TRAIL (Trail Conference East Hudson Trails map B, grid C/D-5/6) This new trail in Putnam County, NY crosses through the Cedar Ridge Farm, and overlooks a working farm and its fields and woods. In the future, we hope that the trail will be extended from both its current termini to connect to the Catfish Loop Trail in Fahnestock State Park (to the east) and to Route 9 (to the west).

OREGON TRAIL (Trail Conference East Hudson Trails map A, grid C-5/6) This trail in Putnam County, NY parallels U.S. Route 9 (to the north) and Route 9D (to the south). It begins at a gate on Route 9D near the Little Stony Point bridge. The white-blazed Oregon Trail parallels Route 9D until it reaches the stone pillars, then it turns uphill to fol-

CORNISH TRAIL (Trail Conference East Hudson Trails map B, grid A-B-4) The new Cornish Trail links Route 3D to the Brook Trail. There is parking at the Route 3D trailhead near Little Stony Point bridge. The blue-blazed Cornish Trail parallels Route 3D until it reaches the stone pillars, then it turns uphill to fol-

SWISS ALPS
22nd Year - Optional length day hiking - Two guides per tour allow you to choose a moderate or more strenuous hike each day - Hiking weekly in charming mountain vil-
lages - Please call for a free color brochure - Toll-free: (888) 478-4004 Alpine Adventure Trails Tours, Inc. 322 Pro Nino Ave., Macon, GA 31204 www.swisshiking.com

DELAWARE RIVER TRIPS

Kittatinny KC Canoes
HIKERS' ALMANAC

continued from back page

SATURDAY, APRIL 8

NYHC. Bear Mountain State Park. Leader: Steve McQuillin, 914-246-2241. Meet: 7:30 AM at Storm King parking lot, 201-967-2937. It's a 9-10 mile ramble through all the best of Storm King, with lunch on our usual overlook. Rain cancels.


RVW. Bearpen Mt. via County Rt. 2. Meet: 8 AM at Sawyer Savel Park parking lot, 67 Market Street, Saugerties. Phones: 212-246-2241. March 5-9 miles. 8 AM at Grand Central Station information booth.

MONDAY, APRIL 10


RVW. Bearpen Mt. via County Rt. 2. Meet: 8 AM at Sawyer Savel Park parking lot, 67 Market Street, Saugerties. Phones: 212-246-2241. March 5-9 miles. 8 AM at Grand Central Station information booth. For more information call 914-246-2241.

TUESDAY, APRIL 11

NYHC. Red Trail on Staten Island. Leader: Lynn Gale, 973-763-6323. Meet: 8 AM at Sawyer Savel Park parking lot, 67 Market Street, Saugerties. Phones: 212-246-2241. March 5-9 miles. 8 AM at Grand Central Station information booth. For more information call 914-246-2241.

THURSDAY, APRIL 13


RVW. Bearpen Mt. via County Rt. 2. Meet: 8 AM at Sawyer Savel Park parking lot, 67 Market Street, Saugerties. Phones: 212-246-2241. March 5-9 miles. 8 AM at Grand Central Station information booth. For more information call 914-246-2241.

SATURDAY, APRIL 15


RVW. North Dorset/Danby Mountains. Meet: 7:35 AM at Grand Central Station information booth. Call leader during week of hike to confirm time and location. Rain cancels.

TUESDAY, APRIL 18

NYHC. Nassau-Suffolk Trail, Smithtown to Sunken Meadow. Leader: George Glatz, 212-533-9457. Meet: 7:45 AM at Port Authority Bus Terminal main lobby. A moderate hike along the Nassau-Suffolk Trail. Rain cancels.

RVW. North Dorset/Danby Mountains. Meet: 7:35 AM at Grand Central Station information booth. Call leader during week of hike to confirm time and location. Rain cancels.

SUNDAY, APRIL 23

NYHC. Ramapo Mountain State Forest. Leader: David Kocian, 201-797-0468. Meet: 9 AM at Lower Parking Lot, Ramapo Mountain State Forest, Oakland, NJ. Moderately strenuous, to Ramapo Lake up the Camel Trail to 10 mile circular.

RVW. Bearpen Mt. via County Rt. 2. Meet: 8 AM at Sawyer Savel Park parking lot, 67 Market Street, Saugerties. Phones: 212-246-2241. March 5-9 miles. 8 AM at Grand Central Station information booth. For more information call 914-246-2241.

Mountain Gate Lodge & Indian Restaurant

Hikers' starting point for many years, the Mountain Gate Lodge offers a unique blend of rustic and modern accommodations in a charming setting. The lodge features cozy rooms, comfortable furniture, and a warm, welcoming atmosphere, perfect for a relaxing getaway.

Outdoor activities

The Lodge is nestled among the Adirondack Mountains, providing a perfect base for hiking, mountain biking, fishing, and other outdoor adventures. The guests can enjoy a variety of guided tours, including canoeing on nearby lakes and exploring scenic trails.

Dining options

The Lodge offers a variety of dining options to suit every taste. Whether you prefer a hearty meal or a light snack, the Lodge has something for everyone.

Contact Information

Mountain Gate Lodge
Address: 1300 Whiteface Turnpike, Lake Placid, NY 12946
Phone: 518-523-2123
Email: info@mountaingate-lodge.com
Website: www.mountaingate-lodge.com

Directions

The Lodge is located approximately 2 hours north of New York City and 1 hour south of Lake Placid. It is easily accessible via major highways and is situated at the junction of two scenic byways:

- Whiteface Turnpike
- Mirror Lake Road

For more information, please visit our website or contact us directly.
HHC. Washington Crossing State Park. Enjoy excellent views on Black Mountain. Moderately strenuous, 8 miles north over Fingerboard Mountain, then interpretive trails. Lunch break after hike or bring lunch. Bring water through woods and fields of the State Park. Stops at the Visitors and parking lot, 87 Market Street, Saugerties. Strenuous bushwhack, 5.5 miles with shorter options. Variety of trails, climbs and views. Steady rain cancels.


MARCH

THURSDAY, MARCH 2

FVT. Johnstown Road Circular. Leader: Jim Brunner, 718-768-4730. Meet: 8 AM at Johnstown Road Circular, 10 minutes north of Route 420, near Tannersville, NY. Easy. 3 miles.

SUNDAY, MARCH 5


TUESDAY, MARCH 7

THURSDAY, MARCH 9


SATURDAY, MARCH 11


WEDNESDAY, MARCH 22

THURSDAY, MARCH 23


SUNDAY, MARCH 5

ANNUAL TRIP INFORMATION

MARCH

THURSDAY, MARCH 2


TUESDAY, MARCH 7

THURSDAY, MARCH 9


SUNDAY, MARCH 5

ANNUAL TRIP INFORMATION

MARCH

THURSDAY, MARCH 2


TUESDAY, MARCH 7

THURSDAY, MARCH 9


SUNDAY, MARCH 5

ANNUAL TRIP INFORMATION

MARCH

THURSDAY, MARCH 2


TUESDAY, MARCH 7

THURSDAY, MARCH 9


SUNDAY, MARCH 5

ANNUAL TRIP INFORMATION

MARCH

THURSDAY, MARCH 2


TUESDAY, MARCH 7

THURSDAY, MARCH 9


SUNDAY, MARCH 5

ANNUAL TRIP INFORMATION

MARCH

THURSDAY, MARCH 2


TUESDAY, MARCH 7

THURSDAY, MARCH 9


SUNDAY, MARCH 5

ANNUAL TRIP INFORMATION

MARCH

THURSDAY, MARCH 2


TUESDAY, MARCH 7

THURSDAY, MARCH 9