Black Rock Forest to Welcome TC Annual Meeting Oct. 13

Come with your family and friends to Black Rock Forest in New York’s western Hudson Highlands for a memorable day of guided and unguided hiking, biking the woods roads, and viewing the beautiful colors at the peak of the leaf season. Black Rock scientists will lead interpretive hikes of the fascinating ecological research on the reserve. All of this and more will be available at the NY-NJTC Annual Meeting at Black Rock Forest, Cornwall, NY, on October 13.

The meeting is open to all Trail Conference members, club delegates, their immediate families, and invited guests.

The day will begin with light refreshments and coffee at 9 am. The business/annual meeting, including awards ceremony, will begin at 9 am (see separate story for slate of candidates for the board). From 11:30 am to 4 pm there will be hiking, biking, science tours, and other recreational activities. The day’s events will conclude with a refreshment reception from 4 to 5:30 pm. You may want to bring a hiker’s lunch. Parking is limited, so please arrange to carpool if possible.

The Black Rock Forest is a 3,785-acre natural area in the Hudson Highlands. It features a diversity of habitats, ranging from young to mature forests, both deciduous and evergreen, and includes numerous streams, ponds, and natural wetlands. It was originally established as a facility for forest management research in 1928. The forest is administered and used as a field station by the Black Rock Forest Consortium, which comprises private and public educational and research institutions, including the Trail Conference. The consortium’s mission is to promote scientific research and excellence in education, while carefully managing the ecosystem of the Black Rock Forest.

New Map Sets, Guide Books Available This Fall

Revised editions of the Conference’s Catskill Trails and Bear Mountain/Harriman State Park map sets are now available. Ordering information is available in Hiker’s Marketplace on page 8. The Conference will also publish three guidebooks this fall, two revisions of earlier books, one brand new. Watch the Conference Web site (www.nynjtc.org) for announcements of availability.

Day Walker

This second edition of the Day Walker is a collection of 32 walks in the New York metropolitan area for new and experienced hikers. The Day Walker presents a sample of walks within 60 miles of the George Washington Bridge, of varying levels of difficulty and most accessible by public transport. The walks feature nature in all of its varieties, museums, and historic sites, and man-made attractions such as canals and city streets. Edited by Joyce Barrett of Chatham, NJ.

Hiking on Long Island

This first edition describes trails, nature hikes, and walking opportunities in public parks and preserves from the Nassau-Suffolk Greenbelt to the eastern tips of Long Island. This comprehensive collection contains information useful to beginning hikers, families, and experienced trekkers looking for a challenge. It includes sections on hiking gear, safety tips, and essays on Long Island geology, animals, plants, and environmental history by noted author and outdoorsman Lee McAllister, a Long Island resident with years of hiking experience.

Circuit Hikes in Northern New Jersey

This complete guide has been fully revised and expanded by Bruce Scofield. It includes 25 hikes in the New Jersey Highlands that can be walked without the need for a car shuttle or retracing of steps. Available in November.

continued on page 3

by Georgette Weir

The grass was as high as a thru-hiker’s eye, and there in the thick of it was Jane Geisler, 78, wielding a weed whip. Around her a crew of teenagers from a nearby summer camp either watched Geisler instruct them in the proper use of the tool or rested in shade on what may have been the day of highest temperature, humidity, and ozone readings of the summer. Their project: a short relocation of the Appalachian Trail through a meadow on the stretch in Dutchess County just before the trail enters Connecticut.

Geisler has been an AT supervisor for 25 years, a term of service honored in July with a Silver Service Award at the biennial weekend meeting of the Appalachian Trail Conference, this year in Shippensburg, Pennsylvania. (Geisler comes to the job as AT chair for the Mid-Hudson Chapter of the Adirondack Mountain Club, the maintaining club.) She was in Shippensburg to accept the award and do a little hiking, but mostly to attend workshops on trail liability issues, maintaining in open areas, and sidehilling.

As one of four maintenance supervisors along the AT’s course through Dutchess and Putnam Counties on the east side of the Hudson, Geisler is responsible for about 12 miles of footpath from the Connecticut border to Westover Road in Pawling. She blazes, she cuts, she recruits maintainers, attends meetings, summarizes condition reports, orders lumber, or...
All Trails Lead to Well-Being

It would be a statement of the obvious, at least to members of the hiking community, to say that there are untold benefits to pursuing our chosen form of recreation. Where we go, whom we go with, what we see and do, all add up to grand and memorable experiences. But the New York-New Jersey Trail Conference is primarily a trail building and maintaining organization, and we work hard at it. Other than seeing to it that our 1,500 miles of trails are in good condition, could there be other benefits to all our volunteer efforts?

The answer, I am happy to report, is emphatic YES.

The June 2001 issue of the Journal of Health and Social Behavior has an article entitled: "Volunteer Work and Well-Being." This title was music to my ears. I am a sociologist by profession (which is why I would get a journal with this kind of name in the first place), and I look for research that demonstrates what I know intuitively through my involvement with the Trail Conference—that our volunteers are extra-ordinary people. At the risk of taking a simple quote out of its complex context, this is the conclusion the authors reached: "In short, both voluntary group participation and volunteer work significantly enhance multiple aspects of personal well-being."

The benefits of doing volunteer work are in addition to other known benefits related to being on trails. One is the physical activity and another is the spiritual experience.

The values of hiking and walking for physical activity, aerobic exercise, and stress management are well researched and have been documented in the medical literature for years. An article in the April 2001 American Journal of Public Health, for instance, identified the relationship between reduced mortality risk and moderate recreational activity—primarily walking—for middle-aged and older women. While we know that hiking can be a pretty strenuous activity—especially with some hike leaders I have encountered—in moderation it is highly beneficial for most people.

There is another aspect of our activity that falls outside the realm of scientific study. The spiritual qualities of being in places of great natural beauty and far removed from everyday stressors have been reiterated by many individuals throughout history. I believe it is this aspect of the trail experience that attracts us and keeps us involved. Interestingly, the spiritual was frequently mentioned in a draft master plan I was reading recently for The Sam’s Point Dwarf Pine Preserve.

Those who have visited this preserve in the Gunks know exactly what is meant, even if mere words cannot adequately convey it. It is why we helped fight for its protection over these many years.

What do the studies on volunteering, the health benefits of walking, and the spiritual value of place mean for the Trail Conference? They suggest a motto for our volunteers: Give us a trail to work on, a friend to hike with, a cause to fight for, and we will ALL be better for it.

Farewell as President

Of course, our volunteer work passes through cycles. In my own case, the demands of my "day job" require that I pass the baton of the Trail Conference presidency to a new volunteer, to be elected in October. This will be my last "President's Notepad" column. It is not, however, the end of my volunteer work with the Conference. I will continue to hike, continue to fight for the preservation of open space, and continue to build and maintain trails.

I have no intention of compromising my well-being in any way.

—Gary Haugland

from the president’s notepad...
No Better Time to Be a Trails Volunteer

You might remember completing a member survey form that was published in this newsletter exactly one year ago. I’m happy to say that, as of late July, our highly efficient volunteers Rita Heckler and Dora Rosenbach have entered all 256 surveys (over 43,000 data points). I expect to report an analysis of the results in the next issue of this newsletter. In the meantime, I’m always happy to hear directly from individual members about how to improve the organization and this newsletter in particular.

October 13: A Great Day at Black Rock

Probably the best way for me to hear from our members and partners is in person. So I’d like to invite all readers to come to our Annual Meeting on October 13, where I’ll have a chance to talk with you, hear your ideas, and brainstorm about how we can make a difference together.

The only problem with that plan is that we have so many fun events scheduled for the day that it will be hard to keep your attention long enough for a conversation. The meeting this year is at Black Rock Forest, in New York’s western Hudson Highlands. Plan to join us and sign up soon. (See article on page 1 and registration form below.)

A Booming Market for Trails Volunteers

Walt Daniels reports (see Tech column, page 8) that the number of miles of hiking trails maintained by the Trail Conference has grown to over 1,500 (co-aligned trails counted only once.) Walt has some more analysis to do, but it appears that many of these gains over our previously reported figure of 1,300 miles of trails have come with the addition of the Highlands Trail, Jockey Hollow trails, and more accurate measurement of existing trails.

The basic message I take away from this is that the opportunities for maintaining trails (a great excuse to get outdoors while contributing a public service) have never been greater for hikers in the New York–New Jersey region. And those opportunities will likely continue to grow. The Conference is pressing hard to have our trail census keep up with our region’s population census, and we are in conversations with a number of land owners/managers about building and maintaining trails on new lands in the near future.

All of this is why our volunteers’ work—providing environmentally sustainable access to nature—is so important. If you ever thought you might want to maintain a trail or carry the administrative load of a trail supervisor or trail chair, there is no better time than now to volunteer. It’s easy: just call (201-512-9348) or e-mail (info@nyntc.org) our office for details.

Trail-blazing, building, and maintaining are the heart and soul of the Trail Conference—the very core around which it was built. The love of hiking and access to the outdoors motivates our volunteers and draws them together to work on a common and greater goal. This desire to enable others to experience what we’ve experienced compels us to build trails, publish authoritative maps and books, and protect trail lands. As executive director, I know that no matter what I might do to enhance our organization’s effectiveness, our fundamental strength will always be derived from this motivation.

It is a very comforting feeling. And it is a very strong foundation on which to build new programs. In future editions of this column I hope to talk more about what programs you would support. Even better, I hope to see you at the Annual Meeting on October 13, where we can talk in person.

—Edward Goodell

Hudson River Valley Ramble Will CelebrateTrails with 70 Walks

SEPTEMBER 22–23

The 2001 Hudson River Valley Ramble trails festival on September 22-23 will expand this year to include guided paddle and biking events in addition to nearly 70 walks and hikes. Sponsored by the Hudson River Valley National Heritage Area, the festival weekend takes place throughout the 10 counties that encompass the National Heritage Area from just north of New York City to the state capital region on both sides of the Hudson River.

The NY-NJ Trail Conference will join with nearly all major environmental, trail, recreational and historic preservation organizations, land conservancies, and historic sites in the region in sponsoring events. Most events are free.

Walks and hikes will be offered on every ability level on terrain ranging from paved rail trails, city sidewalks, carriage roads and nature paths in state parks and preserves to rugged hikes on the heights of the Palisades, Hudson Highlands, Shawangunks, and Catskill Forest Preserve. Many of the walks are well-suited for families and provide a good introduction to hiking. Paddlers are planned at several points along the Hudson River and on the Wallkill River.

The Trail Conference is co-sponsoring three hikes: Jane and Walt Daniels will lead a hike on the Camp Smith Trail in the eastern Hudson Highlands on Sunday, September 23 at 9:30 am; Jane Geisler heads an outing along the Appalachian Trail at Nuclear Lake, also on Sunday at 9:30; and Jakob Franke will escort a group along the Long Path on the Palisades. See Hikers’ Almanac for details.

A free brochure with a complete listing of events is available by calling 800-453-6685.

Board Candidates Announced

The Nominating Committee is pleased to present the following slate of candidates for the Board of Directors. Nominated for three-year terms ending in 2004 are: Mary Smart and Art Lebofsky. Standing for re-election to new terms are: Daniel Chazin, Gary Haugland, and Peter Heckler.

The following are candidates for Delegates-at-large: Hal Kaplan, Dennis Halliwell, Russell Cannizzaro, Jane Levenson, Eric Calder, Bernard Baron, Naomi Sutter, Carl Spreen, John Jurasek, and Jill Hamell.

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Please complete the reservation form below and return it to the TC by September 30. Driving and parking directions will be sent to registrants and also posted on the TC website. Early registration is appreciated.

ANNUAL MEETING SATURDAY, OCTOBER 13

PLEASE PRINT.

Name(s): ____________________________
Address: _____________________________
City, State, Zip: _______________________
Daytime telephone: (______)_____________________
Evening telephone: (______)_____________________
_________adults @ $7 each

Please enclose payment and make checks payable to the NY-NJ Trail Conference. Please return the registration form by September 30 to:

NY-NJ Trail Conference
156 Ramapo Valley Road
Mahwah, NJ 07430

You can pay via credit card by registering online at www.nyntc.org or by phone, 201-512-9348.

Raymond Torrey Memorial 

Torrey Memorial Hike Sunday
October 28

The 64th annual Torrey Memorial Hike to the top of Long Mountain will take place on Sunday morning, October 28. This event honors the Trail Conference’s first president and co-founder, Raymond H. Torrey.

Meet at the Torrey Memorial/Long Mountain parking lot off Route 6 in Harriman Park at 11 am. We will soon depart to arrive at the memorial plaque on top of Long Mountain for a brief 12:15 ceremony. Longtime Torrey Memorial Hike organizer, Meyer Kukle, will be there to share his recollections of earlier events.

For a longer more strenuous hike, Naomi and David Sutter have volunteered to lead a hike starting at 10 am from Silvermine parking area. Silvermine is on Seven Lakes Drive about 1.5 miles south of the Long Mountain circle. (The circle is the intersection of Route 6, Palisades Interstate Parkway and Seven Lakes Drive.) The Sutters promise an interesting hike along obscure trails. They plan to join us around 12:15 at the summit.

This is a beautiful time of year; the view from Long Mountain is captivating. Remember: daylight savings time ends early on the 28th—clocks go back one hour!
Storm King Closed for Rest of Year

Crews searching for unexploded ordnance on Storm King Mountain in July found what they have been looking for. A live 75-millimeter shell was discovered on the mountain. While hikers have been eagerly awaiting the reopening of trails on Storm King, the discovery assures that there will be no hicking permitted at least until early 2002. A preliminary report on the safety of the park is scheduled to be submitted in December/January. A decision about opening trails will be made by the Palisades Interstate Park Commission after that. Storm King Mountain has been closed since forest fires in 1999 revealed the presence of unexploded ordnance, the remains of years of artillery practice at the U.S. Military Reservation at West Point.

Popolopen Gorge Bridge

Hikers hoping to cross the Popolopen Gorge heading from the Popolopen Torne Trail and the northern stretch of the Popolopen Gorge/Timp Torne/1777 West/1779 Trails have found themselves with no choice but to backtrack to their starting point. The bridge, destroyed in 1999 by Hurricane Floyd, has not yet been re-installed. Make a note on your trail map or, by Hurricane Floyd, has not yet been re-installed. Make a note on your trail map or, in parts of Storm King, it will be restored in a cooperative effort by citizen volunteers, the Catskill Center, and the Department of Environmental Conservation. The other towers are on Balsam Lake, Hunter, Overlook Mountains, and Red Hill.

New Loop Opens at Nuclear Lake

The 1.1 mile, yellow-blazed Nuclear Lake Loop opened on July 21. When combined with a 0.8-mile stretch of the AT, the new loop makes a 1.9-mile footpath around Nuclear Lake, in New York’s Dutchess County. The southern terminus of the loop is 1.2 miles from Rt. 55 or 0.9 miles from the AT’s southern junction with a blue-blazed side trail to the parking lot at Rt. 55. From the northern terminus of the Nuclear Lake Loop trail, it is 2.9 miles via the AT to County Rt. 20 (West Dover Road).

Trails Changes Approved

At its last meeting, the Trails Council of the NY-NJ Trail Conference approved:

- a short relocation of the Appalachian Trail on the Graymoor property in New York’s Dutchess County;
- a name change for the Highlands Trail in the Hudson Highlands to the Lone Star Trail; this will avoid confusion with the Highlands Trail in New Jersey;
- the elimination of 0.3 mile of the Split Rock Trail in Hudson Highlands State Park;
- a new 2.6 mile trail called the Nelsonville trail in Hudson Highlands State Park, blazed green.

The changes are effective immediately.

Advocacy & Conservation continued from page 2

state funding for facility improvements to Adirondack and Catskill Forest Preserve campgrounds, boat and canoe launches, picnic areas, wheelchair accessible trails, horse trails, and fishing access sites to provide access and new recreational opportunities for persons with disabilities.

There was a significant threat that the plaintiffs would use the Americans with Disabilities Act to overturn the state laws that keep ATVs off our trails and floatplanes off wilderness waters,” TC/ADK Counsel Neil Woodworth noted. “The settlement maintains the primacy of the ‘forever wild’ clause of the state constitution and the State Land Master Plan.”

TC & ADK Keep Up the Pressure for Clean Air Provisions

The Trail Conference and Adirondack Mountain Club continue to call on the Bush administration to stay the course on regulations to enforce the acid rain reduction provisions of the federal Clean Air Act. At stake is the future of a key provision, the New Source Review (NSR) rule, which requires power plants across the country to install the latest air pollution control technology when a plant undergoes significant renovation.

In July, representatives of Hikers for Clean Air, a coalition of clubs from Georgia to Maine, met with EPA staff about the current NSR program. They also spoke at public hearings scheduled by the EPA to solicit comment on the rule. Neil Woodworth (TC and ADK), Mary Margaret Sloan (American Hiking Society), Peg Brady (Appalachian Mountain Club), and Dave Starzell (Appalachian Trail Conference) represented HCA at the meeting with EPA and presented a collection of science- and health-based facts on forest soils, tree health,iker health, smog, and lake and pond acidification to demonstrate the need for NSR.

The EPA is scheduled to submit its report to the president in August.

—in Meg Everett and Neil Woodworth

Advocacy Resources:

www.hikersforcleanair.org; www.epa.gov

New York and New Jersey have announced their hunting schedules for large game and times when fires are permitted. Hikers are strongly urged to wear safety orange clothing during these times. Dates listed are inclusive.

NEW YORK:

Southern Zone (including Catskills)

Deer Season: Archery: Oct. 15 – Nov. 18; Dec. 12 - 16

Archery (Westchester Co. only): Nov. 1 – Dec. 31

Firearms: Nov. 19 – Dec. 11

Muzzleloader: Dec. 12 - 18

Hunting is not allowed in Bear Mountain-Harriman State Park. However, it is allowed in parts of Storm King, Minnewaska, and Sterling Forest State Parks. Call 845-786-2701 for more details about hunting in these parks.

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Black Rock Forest closes to all hikers from Nov. 19 to Dec. 11. Inclusive. For details, call 845-534-4517.

For more information about New York hunting schedules, call the Dept. of Environmental Conservation hunting, fishing, and game licensing/sales office, 518-457-3521.

NEW JERSEY

Deer Season

Archery: Sept. 29 – Nov. 24

Firearms: Dec. 5 - Jan. 31, 2002

Muzzleloader: Nov. 19 – 21; Dec. 3 - Jan. 31, 2002

Special High Point State Park Muzzleloader Season: Nov. 5 – 9, 12 – 15

A bear hunting season will take place this year. Most of Ramapo Mountain State Forest is closed to hunting. Hunting is not allowed on Sundays in New Jersey.

For more information about the New Jersey hunting schedules, call 908-735-7040 or 609-292-6685.

Hunting Seasons
GET INVOLVED
Volunteers Sought

Work in the Great Outdoors

Trail maintainers are needed on the Appalachian Trail and a number of state parks throughout northern New Jersey. In New York help is needed in the Shawangunks and in Harriman and Taconic State Parks. If you are interested in volunteering in any of these areas or others not listed please contact the Conference office during weekdays or by mail or e-mail. Make your inquiries to the attention of Larry Wheelock. Contact information is on page 2.

Trail Lands Assistants

WANTED: Enthusiastic, energetic volunteers with lots of time, good human relations skills, and some real estate experience to assist NY-NJTC and the ATC Land Trust to research and develop land conservation opportunities in the vicinity of the AT in New York and New Jersey.

The New York and New Jersey Appalachian Trail Management Committees are looking for volunteers interested in helping with supplemental land protection for the Appalachian Trail corridor. The National Park Service has protected a trail corridor averaging 1,200 feet wide for the 160-plus miles of the trail in this area, but some areas would benefit strongly from additional protection, often in the form of scenic easements, land donations, and the like. We seek people interested in helping us make progress toward this supplemental protection. No previous experience is necessary, but an interest in land-related issues is helpful. We envision these volunteers helping in any or all of the following ways:

• determining current ownership of the major neighboring parcels and parcels in particularly sensitive areas;
• working with the NY-NJ TC Conference Trail Lands Consultant to determine the status of contacts already underway;

• working with the Appalachian Trail Conference Land Trust Regional Coordinator to become familiar with the thrust of supplemental protection efforts along the trail;
• working with the AT management committees to determine the areas of highest need;
• working with other land preservation organizations in the region to identify resources that can help our land protection program;
• making contacts with some of the neighboring landowners to determine willingness to participate in the protection program.

If you have questions or are interested, contact (in New York) Dutchess/Putnam Committee Chair Ron Rosen at 845-454-4936, e-mail RRosen@alam.mit.edu; (in New Jersey) New Jersey Committee Interim Chair Larry Wheelock at 201-512-9348, e-mail Wheelock@nynjtc.org.

GPS Data Collectors Wanted

Volunteers are needed to help acquire field data with the Trail Conference's recently acquired GPS units. These extremely light, easy-to-use units will be used to collect data to be placed on our map sets. Help the Trail Conference to update its maps with information for your favorite pastime—hiking. For more information contact John Jurasek, GPS Data Coordinator, 845-365-3618 or Jurasek@optonline.com.

Updates on the Web

Find out the latest outdoor volunteer opportunities by regularly checking the Trail Conference Web site: www.ny-njtc.org/volunteers.

TRAIL CREW SCHEDULES

For the latest schedules, check http://www.nynjtc.org/volunteers/trvrolp.html#crew

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

EAST HUDSON CREW

Leaders: Bernie Stringer: 914-328-3018 stringer@bestweb.net Wal Daniels: 914-725-1250 wdaniels@bestweb.net

For most of these trips we can meet people at the Cold Spring Train Station. Be sure to notify the leader or no one will be there to pick you up. (One Peakskill, one Beacon)

Depending on getting permission, we may modify some of these trips to work on the extension of the Undercliff Trail from the Washburn Trail down to Nelsenville.

Hudson Highlands State Park

Sept. 29 (Stringer), Nelsenville Trail Oct. 13 (Stringer), Brook Trail Oct. 27 (Stringer), Undercliff Trail (Breakneck side)

NYS Military Reserve/Camp Smith Nov. 10 (Stringer), Camp Smith Trail

WEST HUDSON CREW

Leaders: Brian Buchbinder: 718-218-7563 brian@grandrenovation.com Chris Ezzo: 316-431-1148 Claudia Ganz: 812-613-1324 clganz@earthlink.net Robert Marshall: 914-717-4792 rfmarshall@webtv.net

Monica Resor: 732-917-9098 adamant@trailstobuild.com

Harriman State Park

Sept. 15 & 16 (Marshall), 1777 Trail Sept. 22 (Ezzo), Raccoon Brook Trail Sept. 23 (Ganz), Raccoon Brook Trail Sept. 27 (Marshall), 1777 Trail Sept. 29 (Buchbinder), Popolopen Torne Oct. 30 (Marshall), Popolopen Torne

Schunemunk Preserve

Oct. 6 & 7 (Marshall), Long Path

Sam’s Point Preserve

Oct. 20 and 21 (Ezzo), Long Path

Harriman State Park

Oct. 25 (Marshall), Popolopen Gorge Oct. 27 (Ganz), Popolopen Gorge Oct. 28 (Ezzo), Popolopen Gorge Nov. 3 & 4 (Resor), Popolopen Gorge Nov. 8 (Marshall), Popolopen Gorge

Pochuck AT Project

Piers and boardwalk construction. Contact: Larry Wheelock, Wheelock@warwick.net or 973-823-3999

The Appalachian Trail Conference Mid-Atlantic Crew arrives for the week to continue with the piers and boardwalk construction. All volunteers are welcome.

Sept. 13, 14, 15, 16, 17 Sept. 27, 28, 29, 30, and Oct. 1 Oct. 11, 12, 13, 14, 15

WEST JERSEY TRAIL CREW

Leaders: David Day and Monica Resor, 732-917-9098 westjerseycrew@trailstobuild.com

Worthington State Forest

Sept. 8 & 22 Mt. Tammany Trail

AT Relocation (Pochuck) Project Oct. 13

AT Relocation or the Mt. Tammany Trail October 27 If we haven’t finished the work on the Mt. Tammany access trail, we will return to Dunningfield Creek to finish it up. If the access trail is completed, we will be at Pochuck, helping to finish up this season’s work.

AT Relocation (Pochuck) Project November 10 & 11

NORTH JERSEY CREW


Second Sunday of each month. Tackle a variety of projects ranging from trail repair to bridge building in New Jersey parks and forests.

HIGHLANDS (NJ) CREW

Leader: Bob Moss, 973-743-5205 Call no earlier than one week before the scheduled date.

Trips (all on Sunday) will concentrate on the Lake Hopatcong area.

TBA To Be Announced (call leader)

Sept. 9 & 23 Oct. 14 and 28 Nov. 11
25 Years on the Trail and Still Maintaining

continued from page 2

organizes work projects, and arranges water tests for the wells on her trail section. Jane “is just great,” says Dutchess-Putnam Management Committee Chair Ron Rosen. “When you call her up to ask her to do something, it just happens. It doesn’t matter if she doesn’t have experience with something. She jumps right in and figures out what is needed. She has a continuous can-do attitude.”

Geisler also has an uncanny talent for inspiring collaboration and disarming opposition. A carpenter maintains the boardwalk through the Great Swamp in Pawling. An AT neighbor with a riding mower cuts the trail through a grassy meadow. Her success has no doubt has something to do with her combination of fearlessness, steadiness of purpose, grandmotherliness, and twinkling blue eyes. An incident a few years ago made her famous in the trails community—the day she stopped a bulldozer that was downing trees in the AT corridor near the Great Swamp. “A Connecticut volunteer who was walking Corbin Hill noticed some timber activity and called the Trail Conference office,” recalls Ron Rosen. “They called me and I called Jane. She grabbed her segment map, drove right down to the site, waved the guy down, and got him to turn off his bulldozer. Then she met with the woman who was thelogg. Jane was instrumental in getting the prosecution underway that led to a substantial settlement for remediation work.”

When she recalls the encounter, Geisler smiles and reaches for one of her records all her AT activity. As she flips through the pages she remembers another incident, when she was “sentenced” to community service—supervisory duties over two young men who were found guilty of vandalism on the trail and ordered to perform 50 hours of trail work. In an article for the Trail Walker, Geisler warned others about the demands of supervising such service—time and patience are essential, she said. But she also wrote of the accomplishments of this unusual crew: “We completed 17 log water bars, three rock water bars, installed eight posts and numerous log and rock steps, and did a lot of weed whacking... Since I am a gray-haired grandmother, strong arms and young backs were a big help, though I did my share of digging and hauling, too.”

One of the two finished his term by becoming a maintainer for a year. No wonder Ron Rosen says, “She just blows away all preconceived notions of what someone should be like. People just melt in front of her.”

Interested in getting involved with trail work, on the AT or elsewhere? Contact the Trail Conference office: info@trailconference.org; 201-512-9348.

FOR & ABOUT

Our Members

Catskills Map Atlas Now Online
The Catskill Center has created a series of Catskill region map images and geographic information for display on the Internet. The “Catskills GIS Atlas” uses geographic information systems (GIS) technology to create maps of topography, watershed and forest preserve information. The atlas can be accessed via www.catskillcenter.org.

375th 111er
Congratulations to Conference Life Member Irene Logan, who has officially become member 378 of the 111er Club—individuals who have hiked the 111 New England mountains with elevations greater than 4,000 feet.

Sterling Forest Conservation Day
Plan to attend the 14th Annual Sterling Forest Conservation Day Saturday, September 22. This annual fundraising event to benefit the Sterling Forest Partnership will be held at the Sterling Forest State Park Information Center, 140 Old Forge Road, Tuxedo, NY (off Long Meadow Road) from 10 am to 5:30 pm. Registration for a variety of naturalist-led hikes will begin at 10 am. There is a $10 registration fee; children 1 and under are free. All registered participants are eligible for exciting door prizes.

Hikes will focus on the flora and fauna of Sterling Forest. There will also be a variety of children’s activities, including arts and crafts focusing on the natural world. From 2 to 5 pm there will be a BBQ dinner ($10 additional fee) and a raptor program (free) presented by the Weiss Ecology Center.

Sterling Forest Conservation Day will begin at 10 am. There is a $10 registration fee for a variety of naturalist-led hikes focusing on the flora and fauna of Sterling Forest. From 2 to 5 pm there will be a BBQ dinner ($10 additional fee) and a raptor program (free) presented by the Weiss Ecology Center.

Hikes will focus on the flora and fauna of Sterling Forest. There will also be a variety of children’s activities, including arts and crafts focusing on the natural world. From 2 to 5 pm there will be a BBQ dinner ($10 additional fee) and a raptor program (free) presented by the Weiss Ecology Center.

ATC Seeks Land Buyers
Are you in a position to become a Conservation Buyer through the Appalachian Trail Conference Land Trust? A program sponsored by the Appalachian Trail Conference matches conservation buyers with people who are selling land along the AT. Buyers are asked to locate their home out of sight of the trail and to donate a conservation easement on the rest of the property. A conservation easement prevents future development on the property. An easement is an irrevocable gift of a property right and thus entitles the giver to an income tax deduction equal to the value of the easement. For information, contact Bob Williams, Director of Land Trust Programs, at bwilliams@appalachiantrail.org, 104-535-6331, or write to P.O. Box 807, Harpers Ferry, WV 25425.

Help Build Trails on Bannerman Island
The Bannerman Castle Trust seeks volunteers to help establish trails on Bannerman Island in the Hudson River. For information, contact Jennifer Hall at madmarie3@aol.com; telephone 845-297-4803.

New Life Members

The Trail Conference welcomes the following new life members:

Michael J. Smith, Harry J. Speck, and Paul B. Taubman II.
A Life Membership to the NY-NJ Trail Conference is just $400 for an individual; $600 for a joint membership (two adults at the same address). The next time you renew, consider becoming one of the Conference’s more than 800 “lifers.”

Poetry Corner

ICE CAVES MT.

by John Perlman

Bodies steaming at the mouths of fissures
flooded by blue ice
far into summer
thermals swept
across a hundred
hollows coolest
syrrinx piping
peace to silent
soaring
birds

New Life Members

The Trail Conference welcomes the following new life members:

Michael J. Smith, Harry J. Speck, and Paul B. Taubman II.
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WOLF DOG

By Matthew D. Garamone

I want to run with the wolf dog
You want to run with the wolves
And never once did I stop
Because the wolf dog was so shrewd

Feel the cold air sting your skin
As fur glistens upon your limbs
Blood flows thick through open wounds
Hear the wolf dog howl at the moon

Where did you come from?
Where shall you go?
Are you my wolf dog?
Are you the wolf within this home?

Submit poetry about walking, hiking, and the natural world to: tc4poetry@nynjtc.org or to Trail Walker Poetry, NYNJTC, 156 Ramapo Valley Road, Mahwah, NJ 07430. Poetry editor: John Perlman

Geisler leads teens on AT work

of vandalism on the trail and ordered to perform 50 hours of trail work. In an article for the Trail Walker, Geisler warned others about the demands of supervising such service—time and patience are essential, she said. But she also wrote of the accomplishments of this unusual crew: “We completed 17 log water bars, three rock water bars, installed eight posts and numerous log and rock steps, and did a lot of weed whacking... Since I am a gray-haired grandmother, strong arms and young backs were a big help, though I did my share of digging and hauling, too.”

One of the two finished his term by becoming a maintainer for a year. No wonder Ron Rosen says, “She just blows away all preconceived notions of what someone should be like. People just melt in front of her.”

Interested in getting involved with trail work, on the AT or elsewhere? Contact the Trail Conference office: info@trailconference.org; 201-512-9348.

ADVOCACY TIP

Contact information for your state and federal representatives is available via www.vote-smart.org. When sending an e-mail be sure to include your full name and address; this will increase the likelihood that your opinion will be counted and that you may get a reply.
Snake Bites

Editor’s Note: In August, two copperhead bites were reported in the Mid-Hudson Valley at Mohonk and in a Dutchess County back yard.

Recently the Food and Drug Administration (FDA) approved a new vaccine for the treatment of poison snake bites; it replaces a vaccine made with horse serum. The problem with horse serum is the severe reactions in people who are allergic to it. On occasion, the reaction can be lethal.

The incidence of snake bites is extremely rare. In all my years as chair of the safety committee of the Appalachian Mountain Club, I have no record of a participant being bitten by a snake. (I have heard of three snake-bite cases, but the victims were handling the snakes.)

The two poisonous snakes encountered in our area are the rattlesnake and the copperhead. Of the two, the bite of the rattlesnake is more serious. If you encounter a snake, just avoid it. It is as anxious to avoid you as you are to avoid it.

In case of a snake bite on an extremity, place a bandage above, over, and below the site. Make it tight enough to hinder the toxin from spreading, but not so tight that it would cut off circulation completely. Get the patient to the nearest medical facility.

Snake venom is not cheap. The vaccine costs $775 per vial and usually ten vials are required for treatment, plus the facility.

Get the patient to the nearest medical facility, place a bandage above, over, and below the bite. Make it tight enough to hinder the toxin from spreading but not so tight that it would cut off circulation completely. Get the patient to the nearest medical facility.


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MAINTENANCE “101”

Saturday, September 29

The Trail Conference will be offering another opportunity for training in basic techniques, maintenance standards, and the types of problems you may encounter on the trail and how to solve them. This is a one-day course with some classroom work and the majority of the day spent working in the field. If you are interested in becoming a maintainer or want to enhance an existing knowledge of the subject—this workshop is for you. The day will be spent in the Newark Watershed Conservation and Development Corporation facilities and trails in Newfoundland, NJ.

CHAINSAW CERTIFICATION Saturday & Sunday, Sept. 29 & 30

For those who want to bring their chainsaw skills up to par with the standards set for Appalachian Trail sawyers or who need to retain their certification for sawing on the AT. In this intensive workshop you will cover safety issues, chainsaw function and maintenance, cause and prevention of kickback, proper use of equipment, and limbing and bucking techniques. The National Park Service and Appalachian Trail Conference will provide instructors. Both days of instruction will be held at Jockey Hollow in the Morristown National Historical Park, Morristown, NJ. There are a limited number of spaces available, so make your reservations as soon as possible. Current maintainers will be given priority.

Reservations are required for both of these courses. Reservation deadline is September 23, 2001.

Contact the New York-New Jersey Trail Conference office during weekdays at 201-512-9348 or send a postcard with your name, address, phone number, email address (if you have one) and the course that you wish to take to: NY-NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430-1399.

LOW-IMPACT TRAINING Saturday, September 29

How do hikers affect wild places, wildlife, and each other as outdoor recreationists, sometimes in unsuspected ways?

How can hikers reduce their negative impacts?

These are the questions to be addressed in this Leave No Trace, how-to course for hikers and packpackers on treading lightly on the land. This workshop is specially tailored for hikers and hike leaders in the southern New York and northern New Jersey area. The class will meet in Suffern, then go to a trail, most likely in Harriman S.P., for most of the training. If the weather is unfavorable, it may start indoors at the Conference office in Mahwah before moving into the woods. The course will be led by certified LNT instructors.

Registration fee $15; $10 will be returned at the workshop. Meet in Suffern, NY, bus station/commuter lot near junction of Rt. 59 and 202 at 9:05 am. (Public transportation out of Manhattan: Short Line Bus, leaving the NY Port Authority Bus Terminal (414 W 40th St) at 8:15 am, arriving in Suffern at 9:05 am.) Register: Jill Hamell, 382 Parsippany Rd., #2K, Parsippany, NJ 07054. If mailing registration on Sept. 24 or later, call or e-mail to confirm.

Individuals interested in becoming trainers of this course are invited to get in touch. The workshop is jointly sponsored by the Trail Conference, the New York-New Jersey Chapter of the Appalachian Mountain Club (AMC), and by AMC.
Invisible Technology

By Walt Daniels

Invisible, behind-the-scenes technology has greatly impacted the way the Trail Conference tracks information, from financial matters to membership to trails.

Recently, I was asked just how many miles of trail the Conference now maintains. A few mouse clicks delivered an answer, but it was 1,500 miles, not the 1,300 claimed on our publications. For 15 years, a database kept track of all the trails that we maintain and who maintains each section. Unfortunately, in that old system, there was no easy way to keep a running total of miles maintained. But a year ago, we switched to a new database, and the more sophisticated program allows us to add up the trail miles.

Where did those extra 200 miles come from? We are not entirely sure. We don’t know exactly which 1,300 miles were included the previous figure, nor when the totals changed. The Highlands Trail contributed significantly to the increase as did the 26 miles of trails in Jockey Hollow, which were not in the database at all. But those additions do not come close to 200 miles.

The new database now has a field to record the date when a trail is added to the system, so in the future we will know when and where changes occurred.

The new database also tracks joint trails, so such mileages were counted just once in arriving at 1,500 miles, eliminating double counting as a possible source of error. Inclusion of trails co-aligned with others—such as the Long Path in the Catskills, the Highlands Trail, and the AT in Harriman—would have increased the total.

A third possible source of error is in measuring trails. Most often, books were measured by someone guessing the length based on the time it took to walk the trail. The improvement on this method was measuring the length of the trail on the map. Fortunately not only could the route on the map be somewhat inaccurate, but the ground has more twists and turns, which add to length. Prompted by the updating of the *Walk Books,* the Conference purchased more measuring wheels so that the books could give more accurate trail lengths.

More recently, global positioning system (GPS) units have made possible another level of accuracy.

The Trail Conference is about to take the next step in managing its trail information. The use of a geographical information system (GIS) will, we hope, allow us to more efficiently track and plan for expanded and better protected trail systems. With digital tax map information now available from most towns, we will be able to see the property boundaries and ownership of potential trail or viewed lands on computer monitors or printed on maps. This fall our pilot GIS project will be in our efforts to protect the Shawangunks Ridge Trail, which crosses holdings on private land and where views are threatened by development.

It is hoped that the results of our increasing but often invisible technological sophistication will be very visible to members in better trails, better publications, and more hiking opportunities.

Walt Daniels chairs the TC technology committee.
One caveat must be mentioned. I have always had a fascination for rocks and land forms, but I recognize that many people don’t. Many times I have noticed a fellow hiker’s eye glaze over at the mention of such things as cirques and slickensides. If all rocks are the same to you, this book may not be your cup of tea.

The Raymos write with great clarity. Their organization and presentation of facts are precise and clear. The maps, diagrams, and illustrations are well chosen to augment the text. The authors presuppose only a general education in the reader. But geological history is neither short nor simple, so some effort is necessary to appreciate this book. I found that effort well worth while.

Awakening to Nature

Renewing Your Life by Connecting with the Natural World

Charles Cook

Contemporary Books, 2001

Reviewed by Jim Gardineer

As many of us now realize, the technology that surrounds us and which was supposed to make life easier is actually lessening leisure time and creating increasingly hectic lifestyles. As we rush to complete as many tasks as we can before we burn out (or burn up), many of us wonder how we can simplify our lives and connect more with the natural world. Perhaps the recently published book Awakening to Nature, written by Trail Conference member Charles Cook, will provide readers with the motivation for doing just that.

Cook does not advocate throwing away our current lives, jobs, and belongings and fleeing to a cabin in the woods. Instead he suggests practical ways for people to connect with nature. He discusses the benefits of such simple activities as sitting on a park bench and outlines more realistic ways for people to connect with nature. He discusses the benefits of such simple activities as sitting on a park bench and outlines more realistic ways for people to connect with nature. He discusses the benefits of such simple activities as sitting on a park bench and outlines more realistic ways for people to connect with nature. He discusses the benefits of such simple activities as sitting on a park bench and outlines more realistic ways for people to connect with nature.

The book gives an overall picture, rather than being a guide to particular localities. If you look in the index you will find references to Kittatinny Mountain, Bear Mountain, the Ramapos, and other regional hiking spots. But they are mentioned in the context of their geological formation rather than to point out what you should go to see. This is to be expected in a work that covers so much territory. The large-scale view augments rather than replaces local guide books, so pre-plate tectonic guides continue to be useful to hikers.
Short and Steep with Grand Hudson Vistas

Breakneck Ridge Trail, which follows along the ridge and leads to the 1,140-foot summit, with a series of broad views over the Hudson River valley. After a steep descent, a junction is reached with the yellow-blazed Undercliff Trail. Turn left here and follow this trail, built by a volunteer trail crew of the Trail Conference. It descends on switchbacks, runs along a towerling cliff, goes over some huge boulders, and reaches another viewpoint over the Hudson Valley. This trail section is only 0.75 mile long, but its special and unusual features will make it seem longer than that.

Breakneck Brook, reached just short of three miles into the hike, is a great place to stop and rest. A footbridge over the brook leads to a woods road, the route of the Brook Trail. Turn right and follow this red-blazed trail down the valley of the brook to NY 9D. To return to your car (or, for those arriving by train, the Breakneck Ridge station), turn right and proceed north on NY 9D approximately 0.75 mile, taking care to walk facing traffic while going through the tunnel.

Since there is limited train service from the Breakneck Ridge station, those who came by train might choose instead to return from the Cold Spring station, which offers more frequent service. To reach this station, take the blue-blazed Cornish Trail, which branches off from the Breakneck Trail a short distance south of its junction with the Undercliff Trail. The Cornish Trail passes the ruins of the former Cornish estate and leads in just under one mile back to NY 9D. Hikers should continue south on NY 9D (less than an eighth of a mile), then bear right onto Fair Street, which leads left and becomes NY 9D. To return to your car, proceed north on NY 9D approximately 0.75 mile, taking care to walk facing traffic while going through the tunnel.

Destination:
Hudson Highlands State Park (NY)
Distance: 4 miles
Elevation gain: 1,140 feet
Difficulty: Strenuous
Special features: Scenic grandeur of the Hudson River's narrow, winding gorge through the Highlands; accessible via the Hudson Line of Metro-North Railroad.

By Daniel Chazin

This four-mile loop in the Breakneck Ridge area of New York's East Hudson Highlands begins at the trailhead for the Wilkinson Memorial Trail, on NY 9D, about 2.4 miles north of the village of Cold Spring and 0.3 mile north of the Breakneck tunnel. A parking area is on the west side of the road, just south of the trailhead. Those arriving by train should get off at the Breakneck Ridge station, where several northbound trains stop on weekend mornings. (For more information on train service, call the Metro-North Railroad, toll-free 1-800-METRO-INFO.) The trailhead is a short distance south of the station.

The hike proceeds up the Wilkinson Memorial Trail, which follows a curving woods road. In 0.7 mile, hikers should turn right onto the red-on-white-blazed Breakneck Bypass Trail, which leads east to a junction with the white-blazed Breakneck Ridge Trail. Now turn right onto the
continued from page 12

Hikers’ Almanac

Friday - Monday, Sept. 28 – Oct. 1


Saturday, Oct. 6

U.C.H. Ramapo Lake. Leader: Wiley Siegel, 201-797-7040. Meet: 10 am on Skyline Dr. or the first parking lot on the right, bottom of the hill. This is a very scenic moderate hike, well worth the commute. View beautiful Ramapo Lake. Call before 7 am for information.

Hike to South Ferry. Leader: Henry Bliss, 212-691-4489. Meet: 10 am at Hudson River Boat Landing along River St. Washingtonville. 2.5 mile flat trails with beautiful views of the river. Nonmembers fee $3.

M.P. Hawk Migration Workshop. Leader: For information or to make reservations call 845-255-0919 (for nonmembers). Reservations fee $3.

SUNDAY, Oct. 7

I.C.H. Long Path – GW Bridge to Alpine HG. Leaders: Melia McKenzie, 973-844-3354. Meet: 9 am at Palisades Interstate Park Headquarters, Alpine Approach Rd., Alpine, NJ. Moderately strenuous hike along the Grandview trail, passing Alpine Park and various ledges such as Rockefeller Lookout, Clifton, and Alpine Lookout.


U.C.H. Palisades to Alpine. Leader: Mike Puder, 718-743-0920. Call a week in advance for recorded message with hike meeting time. Meet at George Washington Bridge terminal information booth. 6 moderate paced miles.

MONDAY, Oct. 8

R.V.W. Kaaterkill High Peak (3655). Strenuous hike, 9.5 miles, 5 hours. Meet: Sawyere Savings Bank parking lot, MT Market Street, Saugerties, 8:00. Inclement weather date following Monday. For more information call: 845-246-8670.

THURSDAY, Oct. 11

F.V.T.W. Breakneck Ridge to South Beacon. Leaders: Charles & Anita Kerstner, 973-835-1058. Meet: 9:30 am at Bacon Tunnel parking lot. (RT. 100 from Cold Spring Mill Rd. 1/2 mile of tunnel on left). We start at the Hudson and ascend the Breakneck Cliffs with several false summits. The panorama of the Hudson Valley is revealed with our summit. The panorama of the Hudson Valley is revealed with our

Tuesday - Thursday, Oct. 16 – 18

I.C.H. A Different Sevenmile Circular. Leader: Roy Williams, 973-289-1756. Meet: 6 am at Sevenmile Pond Area, Sevenmile Dr., Harriman State Park. Come out to check in and see this route which is truly different in way. The path winds along Sevenmile Pond to Turkey Hill Lake. Anthony Wayne 1776, then to AB Mt. Bring maps! Moderate strenuous hike.


tlw_trailwalker_90001-11.png

Walking • Hiking Day Trips • Vacation Instruction • Growth

Newfoundland Folk Music
Concerts, singing parties, workshops, musical weekends, informative newsletter. Member discounts, friendly people. For more info. contact: Folk Music Club, 400 Seventh Ave., #972, New York, NY 10123 212-663-4099 Folk-Fone 212-674-2508.
The activities listed are sponsored by member clubs of the NY Trail Conference. All hikes are welcome to subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or shoes, no flip-flops. Bring water, a rain poncho, first aid kit, and flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot hike the trail as is not adequately prepared. Leaders may make decisions based on the weather or trail conditions without prior notice.

More than 80 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers’ Almanac. For a descriptive list of Conference clubs, send a SASB with your request to NY Trail Conference, 158 Ramapo Valley Road, Mahwah, NJ 07430.

SUNDAY, SEPT. 1


SUNDAY, SEPT. 2

IHC. Pyramid Mtn. Leader: Neil Weiss, 973-625-0778. Meet: 10:00 am at Croton Village Parking lot; bring your lunch. Rain cancels.

NYHC. Plateau (3840’) and Sugarloaf (3800’). Leader: John Levine, 201-429-6217. For information to make reservations call 845-255-0913 fee for members. Strenuous, long hike of 9 miles. Rain cancels.

SUNDAY, SEPT. 3

UHC. South Mountain in Reservation. Leader: Dot Bereman, 908-484-9549. Meet: 10 am at Ball Mountain T冤rance parking lot on Crest Drive. A moderate 4-5 mile out and back trail with unusual views. Rain cancels.

UFC. Irasburg to Whittier. Leader: Brian Majer, 718-479-5025, Meet at McDonald’s, Rt. 59, NY. Starting from the Hudson, we ascent Hoyt Mtn., with some beautiful 19th-century black settlement, followed by a shore walk along the Hudson River. Bring lunch/water. Please call leader of hike for meeting time. Rain cancels.

SATURDAY, SEPT. 15

THURSDAY, SEPT. 6


SUNDAY, SEPT. 9

UHC. South Mountain Reservation. Leader: Dot Bereman, 908-484-9549. Meet: 10 am at Ball Mountain T冤rance parking lot on Crest Drive. A moderate 4-5 mile out and back trail with unusual views. Rain cancels.

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3500 CLUB. Fir (3620’) and Big Indian (3700’). Leader: John Levine, 201-429-6217. For information to make reservations call 845-255-0913 fee for members. Strenuous, long hike of 9 miles. Rain cancels.

MONDAY, SEPT. 10


SUNDAY, SEPT. 16

3500 CLUB. Otter Hole. Steady rain cancels.

SATURDAY, SEPT. 14

THURSDAY, SEPT. 13

3500 CLUB. Plateau (3840’) and Sugarloaf (3800’). Leader: John Levine, 201-429-6217. For information to make reservations call 845-255-0913 fee for members. Strenuous, long hike of 9 miles. Rain cancels.

SUNDAY, SEPT. 10

UHC. South Mountain in Reservation. Leader: Dot Bereman, 908-484-9549. Meet: 10 am at Ball Mountain T冤rance parking lot on Crest Drive. A moderate 4-5 mile out and back trail with unusual views. Rain cancels.

UFC. Irasburg to Whittier. Leader: Brian Majer, 718-479-5025, Meet at McDonald’s, Rt. 59, NY. Starting from the Hudson, we ascent Hoyt Mtn., with some beautiful 19th-century black settlement, followed by a shore walk along the Hudson River. Bring lunch/water. Please call leader of hike for meeting time. Rain cancels.

3500 CLUB. Fir (3620’) and Big Indian (3700’). Leader: Stephen Fisherman, 845-326-1206, Meet: Thur. 10 pm. Meet at Central Terminal to take train to Poughkeepsie. Bring lunch/water. Please call leader of hike for meeting time. Call any time for recorded message on joint hike with other clubs.

SATURDAY, SEPT. 23

TCADK. Hudson-Vilhoke Ramble. Leader: Lake Nuclear Lake. Leaders: Gene Geisler and Bill Beehler, 845-677-9909. Meet at unpaved parking area at start of 360° turn at Route 9D. 7 miles with ups and downs.

FVTW. Long Path–Lamont-Doherty to Nyack. Leader: Henry and Gisela Loddigs, 718-899-1052. Meet: First parking lot on right side of trail at station, 9:30 am. Tomato 11 Conner connection to Garden State Parkway, to exit 17 for Route 36 South. Continue to drawbridge, immediately at its end exit north, following signs to Sandy Hook Park.

MONDAY, SEPT. 17


SUNDAY, SEPT. 15

THURSDAY, SEPT. 13

MONDAY, SEPT. 10


UHC. South Mountain Reservation. Leader: Dot Bereman, 908-484-9549. Meet: 10 am at Ball Mountain T冤rance parking lot on Crest Drive. A moderate 4-5 mile out and back trail with unusual views. Rain cancels.

UFC. Irasburg to Whittier. Leader: Brian Majer, 718-479-5025, Meet at McDonald’s, Rt. 59, NY. Starting from the Hudson, we ascent Hoyt Mtn., with some beautiful 19th-century black settlement, followed by a shore walk along the Hudson River. Bring lunch/water. Please call leader of hike for meeting time. Call any time for recorded message on joint hike with other clubs.

SATURDAY, SEPT. 22

3500 CLUB. Palisades (1940’) and Sugarloaf (3800’). Leader: John Levine, 201-429-6217. Meet 8:30 am at Warm’s Restaurant in Tarrytown. Moderate paced hike of 10 miles in 3 hours ascent. Heavy rain cancels.

SUNDAY, SEPT. 16

UHC. South Mountain Reservation. Leader: Naomin Shapito, 718-762-3382, call bryant 8:00am. Meet: 10am Locust Grove parking lot, access from Millbrook Mtn. RR station. A bridle path to hike up at the beginning. We are sure to bring plenty of water, hiking boots, and a snack for energy. Sturdy rain cancels.

WC. Sterling Forest AT. Hike. Leader: To register and send registra- tion, call 845-763-2565. Meet: 9 am. 8 easy miles through the Indian hill, one of the newest and most strikingly beautiful loop walks. We’ll fit this in with an equally spectacular section of the Appalachian Trail through dense, virgin forest and over some serious boulders. Cost $14 members, $15 non-members.

IHC. Long Path–Nyack to Clonge Low. Leader: Brian Majer, 718-479-5025, Meet at McDonald’s, Rt. 59, NY. Starting from the Hudson, we ascent Hoyt Mtn., with some beautiful 19th-century black settlement, followed by a shore walk along the Hudson River. Bring lunch/water. Please call leader of hike for meeting time. Call any time for recorded message on joint hike with other clubs.

UTC. AT, West Mountain to Poughkeepsie. Leader: Mike Puder, 1-718-743-0902. A very easy hill and mountainous terrain; 9 miles.