



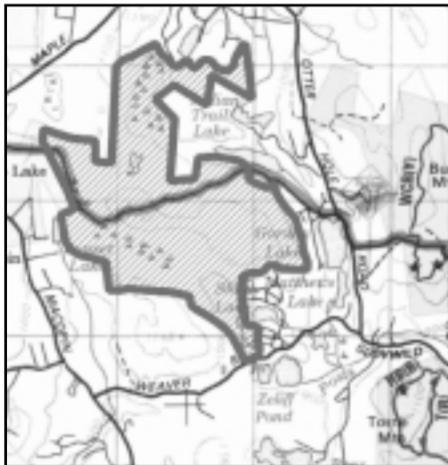
84th Year

TRAILWALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE — MAINTAINING OVER 1,600 MILES OF FOOT TRAILS SEPTEMBER/OCTOBER 2004

In this issue: New West Hudson North Crew...pg 4 • Black Bears...pg 5 • Discounts to Our Members...pg 8 • Favorite Hike...pg 10

Green Acres Acquisition of the Norvin Green Connector Lands Approved Unanimously by West Milford Council



The new Highlands Watershed Protection legislation, approved by the New Jersey legislature in June, resulted in a victory for open space and ensured protection of a vital trail corridor in West Milford. (Gov. McGreevey was scheduled to sign the Highlands legislation as this issue went to press in early August.)

The mayor and town council of West Milford on August 4 voted unanimously to approve the sale, noting that the Highlands act effectively precluded the development of the property. As part of the agreement with Green Acres, the state may lease a small portion of the former Jungle Habitat Site to the township for recreation. (Details were uncertain as of this writing.)

The land—420 acres situated between the Macopin and Otter-Hole Roads in West Milford—is the route of a vital link of the Highlands Trail between Norvin Green State Forest and the Newark Watershed, and Trail Conference members played an active role in protecting it from development.

The fate of this parcel had been in contention since 1996 when the township signed an agent agreement with Len Miller, a New York investment banker who owned property around the Algonquin Waters lake, in which he would pursue development of a golf course, hotel, and convention center on the site.

In 2002, a new town council majority voted to remove Miller as the agent and to preserve this tract as open space with a sale to Green Acres. Proponents of the golf course development were outraged. They envisioned a large ratable for the township, which had recently been told it was losing \$1,137,000 dollars in state aid previously received as part of a watershed community host agreement.

Opponents of the development focused on water issues. They cited the estimated 45 million gallon water diversion from the Echo Lake Reservoir at a time when the downstream Pequannock River was experiencing decreased yearly flow rates. There were also concerns about pesticide and her-

bicide intrusion into the headwaters and recharge area of the Post's Brook/Wanaque Reservoir and the Macopin River and Apschawa Brook tributaries of the Pequannock River.

In spite of opposition from the pro-development faction, a purchase contract

was signed with the state for \$5,500 dollars per acre, an amount that would be hotly contested by the preservation opponents who filed a lawsuit in Passaic County Superior Court to kill the sale.

A number of Trail Conference members *continued on page 9*

Kittatinny Trails Guide Ready This Autumn

Kittatinny Trails, a new comprehensive guide to trails along the Kittatinny Ridge of north-west New Jersey, will be published by the NY-NJ Trail Conference in October. It is a large format book, with maps, photographs, innovative charts on choosing a hike, and an introduction on history, geology, plants, and animals. It will have 220 pages with an index, and will sell for \$18.95.

Authored by Robert Boysen, our West Jersey Trails Committee Chair, the book describes all the blazed trails from the Delaware Water Gap to High Point State Park on the New York border. It also includes descriptions of hiking trails in the Delaware Water Gap National Recreation Area (DWGNRA) in Pennsylvania south of the Route I-80 bridge across the Delaware River.

Kittatinny Trails replaces *Delaware Water Gap National Recreation Area*, a small format NYNJTC book that covered only

trails in the DWGNRA. That book has been out of print since 2000. The new publication responds to requests for a more comprehensive guide not only by hikers but federal personnel in the DWGNRA and state managers in Worthington State Forest, Stokes State Forest, and High Point State Park.

Author Bob Boysen hiked all the trails, wrote all the descriptions, drew the maps, took the photographs, researched the history and geology, and organized the field checking. The book and cover design is by Nora Porter.

Kittatinny Trails has been in preparation for two years since the Publication Committee accepted Boysen's proposal. Publications Chair George Petty, who was project manager for the book, said, "Bob Boysen's many talents and disciplined effort brought the book out on schedule."



Estelle Anderson: Trail Blazer



GEORGETTE WEIR

Estelle Anderson walked one July morning along the still-new Will Monroe Loop in Norvin Green State Forest in Bergen County, NJ, a trail she had lobbied for, helped build, and now maintains (see Trail News last issue). She was pleased to see the tread-way packed down and evident as it coursed through woods and over a rocky ridgeline. Others have been hiking her trail.

Which perhaps is no surprise, since Estelle is a walking commercial for both the trail and the forest of Norvin Green. "I love being up here," she says to a new visitor to the forest. "I love bringing people up here. I love their surprise when we get to the top."

The surprise from the top of Assinikam Mountain is that there is hardly a sign of the suburban beehive below. Forested trees surround Wanaque Reservoir and appear to extend as far as the skyline of Manhattan. And then there are the indigo buntings; she carries binoculars and makes sure her fellow hiker gets a close-up view of one of these rarely seen, tiny beauties.

continued on page 9

Don't Leave Home Without It!

Membership in the Trail Conference entitles you to a 10 percent discount at participating retail stores and businesses, *but only if you show your card to cashiers!* Your Trail Conference Membership Card is your proof of membership and is essential to taking advantage of this major benefit. *Without presentation of a membership card, no discount will be provided.*

These businesses (see list on page 8) provide a wonderful service to the NY-NJ Trail Conference and its members and have helped us to expand our membership base, thereby strengthening our work on behalf of trails and trail lands preservation. Please be sure to show your appreciation to these stores by thanking them and always presenting your membership card when seeking a discount.



The TRAIL WALKER (USPS Permit #970-100) (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available to libraries only at \$15.00 a year. Periodical postage paid at Mahwah, N.J., and additional offices. 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 typed manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for writers' guidelines. Submission deadlines for the TRAIL WALKER are January 15 (Mar./Apr. issue), March 15 (May/June issue), May 15 (July/Aug. issue), July 15 (Sept./Oct. issue), September 15 (Nov./Dec. issue), November 15 (Jan./Feb. issue). Unsolicited contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.

Copyright 2004 by:

New York-New Jersey Trail Conference, Inc.
 156 Ramapo Valley Road (Rt. 202)
 Mahwah, NJ 07430
 201-512-9348

e-mail: info@nynjtc.org

editorial e-mail: tw@nynjtc.org

World Wide Web: <http://www.nynjtc.org>



NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

The New York-New Jersey Trail Conference, founded in 1920, is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

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

Board of Directors

Jane Daniels	Chair
Tom Humbach	Vice Chair
Daniel Chazin	Secretary
Herb Hochberg	Treasurer

Directors

Mary Vance Duggan	John Moran
John Gunzler	Robert Newton
Gary Haugland	Anne Osborn
Peter Heckler	Mary Smart
Art Lebofsky	Malcolm Spector

Staff

Edward Goodell	Executive Director
Maureen Walsh	Administrative Director
Larry Wheelock	Trails Director
Joshua Erdsneker	Volunteer Projects Director
Jim Davis	Development Director
Edwin McGowan	Science Director
Richard Benning	Land Protection Specialist
Lisa Cargill	Development Associate
Nayarid Barahona	Product Manager
Ramon McMillan	Administrative Assistant

Part-time Staff

Amy Little	Coordinator, Shawangunk Ridge Coalition
John Myers	Land Acquisition Director
Gary Willick	Fulfillment Staff
Neil Woodworth	Counsel, Trail Conference/ADK Partnership

The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 85 hiking and outdoor groups, and 10,000 individuals.

FROM THE CHAIR

Hudson River Valley Greenway

In 1991, New York State passed the Greenway Act, a program designed to encourage communities in the Hudson River Valley to enhance life in the valley through economic development, natural and cultural resource protection, public access to the river, and heritage and environmental education. The portion of that program of most interest to hikers is the Hudson River Valley Greenway Trail. Those familiar with the Hudson River Valley know that access to the river is more often blocked than allowed. Although you can see the river, touching it is another story. The concept of a trail along the river was tantalizing, as it would give access to a wonderful resource and at the same time connect the natural, cultural, and historic resources within the valley.

I have been involved with this state project, first as an employee of the Greenway in the early 1990s and later when the governor appointed me to the board of the Greenway Conservancy for the Hudson Valley in 1998. It is probably not surprising that I chair the board's Greenway Trails Committee. The Hudson River Valley Greenway Trail is described as being as diverse as the valley. It routes through woods, ascends hill tops, meanders through meadows, and follows the river; it also links communities, and even wanders down city streets.

It is not often that a long distance trail has a legislative mandate and a top official such as Governor Pataki keenly interested in it being completed. Over the last two years, the Greenway Trails Committee, with extensive staff effort and public input, produced a draft plan for the trail. Released on June 4, 2004, in conjunction with National Trails Day, it describes categories of trails, reports on the status of designated trail segments, provides detailed maps of each county, and offers a framework for completion of the land-based trail and a 12-point working plan. It was designed to be a reference and includes trail development tools, references for design and management criteria, and appendices of trail related resources and publications.

Like the Hudson River Trailway Plan (aptly called River Walk) released by the Westchester County Planning Department in September 2003, the Greenway plan is a framework for trail development; specific routing suggestions can and should change over time. Both plans rely heavily on cooperation among partners—local and elected officials, volunteer committees, state and county governments, and not-for-profits.

Among those partners, of course, is our Trail Conference. The Trail Conference has been involved in the development of the Greenway Trail both because some trails we maintain fit into its framework, and because some new and proposed trails will benefit from our expertise. In the early 1990s, for example, trails in Hudson Highlands State Park were designated as part of the system. That designation enabled the

Trail Conference to apply for and receive money to pay for designing and printing brochures of trails in that park and in Fahnestock State Park. More recently, the Trail Conference has contracted with the village of Wappingers Falls to help that community with a trails project, including recruiting and training volunteers. We have also received grant money to purchase a GPS (global positioning system) unit.

The Trail Conference also supplies leaders for the Greenway's major effort to encourage people to get outdoors and enjoy its benefits: the Hudson Valley Ramble on the last two weekends in September. The event, which began in 2000, is designed to highlight the natural, cultural, and historic resources in the valley. This year, as part of that event, I will be leading a hike along the Camp Smith Trail on Sunday, September 26; Jakob Franke, chair of the Long Path South committee, will lead a 6-mile trek along the crest of the Palisades. (Please turn to page 8 for details about both hikes.) The Ramble has been expanded to two weekends this year, and is a great opportunity for all of us to get out and see what our great Hudson Valley has to offer.

For more information about Ramble activities, see www.hudsonvalleyramble.com.

For a copy of the Greenway plan, see www.hudsongreenway.state.ny.us/index.htm.

For River Walk, see <http://westchester.gov.com/planning/regionalplan/RiverWalkReport.htm>.

—Jane Daniels, Chair, Board of Directors

Letters

Mystery Graffiti: Theme and Variations

Tom Dunn's query in the last issue of *Trail Walker* about mysterious graffiti along the Buck Trail (see *Letters*, page 2) brought quite a few responses, a few of which are printed here. Thanks to all who wrote for helping to clear up the "what" of the mystery. What remains is the "why."



The "graffiti" pictured is an ancient symbol known as the kronos. Opinions are divided as to whether it derives from Greece or Rome. It has been associated with Saturn (both the Greek god and the planet).

More than 30 years ago, the kronos was adopted as the symbol of the band Blue Oyster Cult (for no other reason than that it looked cool and was a bit mysterious; they are not pagans or satanists or anything else on that order). They are still a going concern and are one of the hardest-working bands around.

The band's guitarist, Donald Roeser, is considered by many to be the finest living rock and roll guitarist. Donald is much better known by his stage name, Buck Dharma.

So, the graffiti on the Buck Trail would seem to be the work of a, shall we say, over-enthusiastic fan who decided to make the trail a tribute to Buck. (No it wasn't me! I have better things to do when I'm hiking. Such as hiking.) I must admit that the letter and photo gave me a chuckle, though perhaps they shouldn't have.

In any event, I'd wager that the intent here was more whimsical than destructive. Though I'm well aware that one person's whimsy can be another person's eyesore.

Anton Tibbe
Via email

The symbol is associated with the New York band Blue Oyster Cult. It is essentially a modified ankh, an Egyptian symbol of immortality and life.

Don Wagner
Via email

The marking shown in your photo on page 2 of the July/August issue of the *Trail Walker* looks like the symbol representing the sound "chi" in the Japanese language syllabary known as "hiragana." As for the meaning or purpose for defacing the blazes, I'm at a loss.

Wilson Riley
Via email

Cheers "Building Bridges"

It was a pleasure to read this excellent issue (July/August 2004). "Building Bridges" by Denise Vitale was a thoughtful and valuable contribution, nicely complementing Jane's column. We hikers are onto something, and it isn't just covering a lot of miles and bagging peaks.

Mary Sive
Montclair, NJ

Remembering Paul Leikin

I was sorry to hear of Paul's passing. For many years I enjoyed my phone, mail, and personal contacts with him as we discussed advertising in *Trail Walker* and Paul's hiking adventures. His high spirits and playfulness made an indelible impression. What a pleasant man!

Seth Steiner
Director, English Lakeland Ramblers

**From the
Executive Director**

How We Work



As I write this in the middle of summer, it is the beginning of our Plan & Budget season, a time of year when we seek shelter from the sun to prepare plans and

budgets that express our organization's hopes and dreams for the next fiscal cycle (Oct. 1 – Sept. 30). It occurs to me that there may be some readers out there who might not understand how the organized chaos called the Trail Conference works and might be interested to know. For those readers who want a scintillating tale, read elsewhere; for those who want to better understand and, most important, get involved, read on!

The bedrock premise of the Trail Conference is that we are first and foremost a volunteer organization. From 1920 to 1970, the Trail Conference was purely a federation of hiking clubs organized to assist public agencies build and maintain trails and to represent the interests of hikers. Club delegates made all decisions and club members did all the work. Around 1970, we began accepting individual members, electing a board of directors, and hiring staff. To this day, however, the staff's role is to provide coordination and support to a largely volunteer-run organization.

For the past 30 years, delegates have elected a board of directors charged with running the affairs of the organization. Fifteen years ago, the board did just that, conducting spirited debates about such details as the color of blazes and the format of stationery. As recently as five years ago, they were involved in deciding where the annual meeting would take place. While we still have a "working" board, meeting monthly with high attendance, much of the day-to-day details are delegated to committees while the board concerns itself with the strategic implications of policy decisions and the state of the organization.

Since the mid-1980s, when the Trail Council was formed to set trail policies and make decisions with oversight from the board, more of the work of the Conference has been delegated to committees. This delegated structure has reached its culmination today with nine volunteer committees organized around our basic mission components and functional units.

1. Trail Council: Approves all new trails, major relocations, and trail policies; includes the chairs and supervisors of 13 trail committees and five trail crews.
2. Conservation & Advocacy: Promotes policies and actions in the interest of the hiking community through grassroots and professional advocacy and protects hiking lands, particularly through acquisition and transfer to public agencies.
3. Publications: Oversees the creation of all Trail Conference publications, primarily books and maps.
4. Science: Conducts research and monitoring in support of good stewardship of trail lands and trails.
5. Outreach/Marketing: Promotes awareness and support of the organization's mission and activities.
6. Membership: Seeks to increase membership and member services.
7. Volunteering: Seeks to increase the number of volunteers and the quality of the volunteer experience.
8. Fundraising: Provides the necessary financial support to advance the organization's mission.
9. Administration: Concerns itself with operational policies, financial status, personnel, physical plant, and technology issues.

All of these committees consist of volunteers and would more accurately be called work groups with the emphasis on *work!* Each committee is assigned a staff member who helps coordinate committee activities. Many committees also have a member from the board of directors. And, frankly, some committees have more vacancies, including leadership positions, than we would like.

Each committee tackles the issues and tasks within its functional area based on the expertise, time, and effort that are represented among the committee members. It is important to remember that volunteer committees are only able to accomplish what they are willing and able to accomplish. Volunteers are not employees, after all, and give their time because ultimately the experience is more positive than negative. Striving too hard is often a fast way to dampen enthusiasm of volunteers.

This is why we are always looking for people willing to volunteer on committees, especially in leadership positions. I truly enjoy hearing people's ideas but, above all, I appreciate hearing from people who are ready to commit personal time and/or financial support to the efforts of volunteers getting a valuable job done. Many, many thanks are due to the countless people who have gone the extra mile in this regard.

— Ed Goodell
goodell@nynjtc.org

Maintenance 101: November 6

Trail Maintenance 101 will be offered on Saturday, November 6, at the Black Rock Forest Visitors Center in Black Rock Forest. This training session teaches techniques, maintenance standards, and what problems to expect on the trails and how to solve them. You should take this class if you are interested in becoming a maintainer or enhancing your skills.

Reservations are required; the reservation deadline is October 27. Contact the 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), to: NY-NJ Trail Conference, Maintenance 101, 156 Ramapo Valley Road, Mahwah, NJ 07430. Early sign-up is recommended as the class is expected to fill quickly.

ADVOCACY & CONSERVATION



Ed Goodell congratulates Governor Pataki.

More Gunks Land Gets State Protection

Sale of an 860-acre assemblage of parcels along the Shawangunk Ridge Trail in the Town of Mamakating, Sullivan County, has been completed according to a June announcement by Gov. George Pataki. The Trail Conference led the effort to protect these lands by identifying landowners, conducting negotiations with them, acquiring several options, and purchasing one 151-acre parcel. (Sale of that parcel to the state was announced in the July/August issue of *Trail Walker*.) The purchase announced by the governor on June 30 includes four additional parcels; the Open Space Institute and the Trust for Public Lands were partners in this project. The parcels fill a gap in protected land between Wurtsboro Ridge State Forest and the Shawangunk Ridge State Forest. The land will be managed by the state Department of Environmental Conservation.

Stewart Buffer Lands Still Under Seige

A court-ordered review by New York State of its planned construction of an access highway to Stewart Airport in Orange County is unsatisfactory, according to the Stewart Park and Reserve Coalition (SPARC), which led the legal battle against the plan with help from a \$2,500 Trail Conference contribution. A SPARC spokesperson said in June that the revised plan moved the road only "about 30 feet"; the group plans to continue its opposition. The buffer land, comprising some 7,000 acres west of Drury Lane, is habitat for wildlife and serves as a public hunting cooperative and a multi-recreational area for hiking, biking, horseback riding, and other passive uses. SPARC and its allies, which include Rep. Maurice Hinchey, urge that the state study an alternative route that will leave the buffer lands intact as undeveloped open space. A federal appeals court judge issued an injunction in December that prohibited the state from moving forward with its road-building plans pending its study of the project's impact on recreation.

Fast Track to Controversy

A controversial bill that fast-tracks the permit process for developers in New Jersey was signed into law by Gov. James E. McGreevey in July, while the Highlands Act, which aims to protect and preserve open space, continued to await his signature

continued on page 9

**NY-NJ Trail Conference Annual Meeting
Sunday October 31, 2004
Skylands Manor**

Come to Skylands Manor in beautiful Ringwood State Park in the New Jersey Highlands on Sunday, October 31 for the Trail Conference's Annual Meeting. The meeting is open to all Trail Conference members and their families.

The day will begin with hikes of various lengths, starting at 10:30 am, and garden/manor tours, starting at noon. A Delegates meeting will start at 1:15 pm. A reception to mark the kick-off of a capital campaign, *Connecting People With Nature*, will follow from 2 pm until 5 pm.

Please complete the reservation form below and return it to the Trail Conference office by Friday, October 8. Directions will be sent to those who register. For more details, contact Lisa Cargill at the Trail Conference office, 201-512-9348 or email her at cargill@nynjtc.org.

**Register by
October 8, 2004**

Lisa Cargill, NY-NJ Trail Conference
156 Ramapo Valley Road
Mahwah, NJ 07430
201-512-9348 / cargill@nynjtc.org

Name(s): _____

Address: _____

City, State, Zip: _____

Phone: Day () _____ Eve () _____

E-mail address: _____

I (we) will attend:

_____ *1st Hike: 10:30 a.m.-1:30 p.m. _____ Skylands Manor Tour: 12 p.m.-1 p.m.

_____ *2nd Hike: 11:30 a.m.-1:30 p.m. _____ Garden Tour: 1 p.m.-2 p.m.

_____ *3rd Hike: 12:30 p.m.-1:30 p.m.

_____ Annual Meeting: 1:15 p.m.-2 p.m.

_____ Kickoff reception for capital campaign: 2 p.m.-5 p.m.

(Check all that are appropriate)

**All Hikes will meet at Carriage House*

TRAIL NEWS

Storm King Open on Weekends

It's official. Thanks to persuasive arguments by hikers and others, the Army Corps of Engineers reconsidered its total closure of Storm King Mountain State Park during the months the Corps will be removing unexploded ordnance. The park's trails will be open on Fridays, Saturdays, and Sundays at least to November.

Post's Brook Trail in Norvin Green Rerouted

The Southern Wyanokie supervisors are happy to report that the newly constructed reroute of the Post's Brook Trail is now open. This section between Chikahoki Falls and the Lower Trail Junction eliminates two stream crossings and permits loop hikes between the Lower and Carris Hill Trails and other trails such as the Hewitt-Butler Trail and the Wyanokie Crest Trail. Plans are underway to build a bridge across the Post's

Brook to facilitate hiking the entire length of the Post's Brook Trail from Doty Road during high water.

Wawayanda State Park To Introduce New Tag Blazes

Management of Wawayanda S. P. in north central New Jersey is introducing a pilot program of tag blazing to test public acceptance. These new blazes will be tested on mostly multi-use trails in the main section of the park and will not, at this time, include the hiking trails east of Clinton Road, around Terrace Pond, and in the Abram Hewitt sections of the park. This program will not affect the Appalachian Trail. Currently painted blazing will be left in place for the time being, although they will not be restored or replaced.

These 3 3/4 inch diamond shaped blazes are printed with the name of the trail in black on white and will show, with color symbols, an indication of the degree of difficulty. Green will indicate an easy trail, blue a moderate trail, and black a difficult one. While this difficulty level protocol has been established for some trail uses such as cross-country skiing and bicycling, it has not often been used to indicate hiking difficulty. Interpreting the challenge level of a foot trail remains a very subjective aspect of hik-

ing. It might well be that experienced hikers will not find these symbols very useful, but time will tell. Novice hikers and other user groups may find them more useful.

Blazing will be done above the normal eye level to discourage vandalism, so hikers will want to become accustomed to looking up a bit to stay on the trail and maintainers will need to clip back a bit higher to keep them visible.

At this time the park will be financing this effort, but it remains to be seen if the ongoing expense can be sustained and if other parks in the system will be able to develop this type of program.



New blazes in Wawayanda State Park

A Turn on the Trail: New West Hudson North Crew Forms

By Denise Vitale

Hiking is as much about the journey as the destination, and one of the greatest appeals to many hikers is tracking a true course through the unknown to explore the beauty of our forests, watersides, and meadows. While I know I can trust the North reading on my compass, one never really knows what lies on the trail ahead. Washed out bridges, injuries caused by slipping on wet, downward-sloping rocks, and renegade ATV trails cutting the mapped trail system into incomprehensible intersections can turn a pleasant hike into a race with the fading daylight.

Even when the path beneath my feet is challenging and the direction of the trail unclear, I still find a special gift in each trek. To give something in return, I've been part of the crews who build the staircases, bridges, and waterbars, making the way safer for us and gentler on the land. Spending time with those who've devoted years to tending the trails and who shift rocks with moves as natural as flowing water, I've

continued on page 10

Trail Crew Schedules

For the latest schedules, go to nynjtc.org and click on "Trail crews/Work trips." TBD = To Be Determined

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.

WEST HUDSON NORTH CREW (NEW CREW)

Leaders

Denise Vitale: 845-496-8198 (days or early evenings), WHNTrails@aol.com
Dave Webber: 845-452-7238, webberd1@yahoo.com

Sept. 11 (Saturday) Dave Webber
Gertrude's Nose Trail: Minnewaska S.P.
Erosion control. Meet 9:15, upper parking lot at Lake Minnewaska

Sept. 19 (Sunday) Dave Webber
Gertrude's Nose Trail, Minnewaska S.P.
Erosion control. Meet 9:15, upper parking lot at Lake Minnewaska

Oct. 2 and 3 (Saturday and Sunday)
Denise Vitale
Trestle Trail-NW, Schunemunk S.P.
Beginners' Highline Class Learn/Work project will be focused on building a rock staircase and erosion control. Meet 9:15, trailhead lot on Otterkill Road

Oct. 9 (Saturday) Denise Vitale
Trestle Trail-NW, Schunemunk S.P.
Erosion control. Meet 9:15, trailhead lot on Otterkill Road

Oct. 16 (Saturday) Denise Vitale
Compartment Trail, Black Rock Forest
Stepping stones for several stream crossings; side-hilling. Meet 9:15; place TBD

WEST HUDSON SOUTH CREW

Leaders

Chris Ezzo: 516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder: 718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-633-1324, clganz@earthlink.net
Robert Marshall: 914-737-4792, rmarshall@webtv.net
Monica Resor: 732-937-9098, adamant@trailstobuild.com

Sept. 18 (Saturday) Monica Resor
Stillman Trail relocation on Butterhill Mountain, Storm King S.P.

Sept. 23 (Thursday) Bob Marshall TBD

Sept. 25 (Saturday) Bob Marshall
Stillman Trail relocation on Butterhill Mountain, Storm King S.P.

Trips on the following dates are TBD.

Oct. 2 (Saturday) Claudia Ganz
Oct. 7 (Thursday) Bob Marshall
Oct. 9 (Saturday) Brian Buchbinder
Oct. 10 (Sunday) Chris Ezzo
Oct. 16 (Saturday) Monica Resor
Oct. 17 (Sunday) Chris Ezzo
Oct. 21 (Thursday) Bob Marshall
Oct. 23 (Saturday) Claudia Ganz
Oct. 30 (Saturday) Chris Ezzo
Nov. 4 (Thursday) Bob Marshall

EAST HUDSON CREW

We make a special effort to arrange pick-ups at the nearest Hudson Line train station; call to make arrangements. No special skills are required; the crew leader and other experienced crew members will teach newcomers.

Leaders

Walt Daniels: 914-245-1250
Jack Seirup: 914-232-4871

Trips on the following dates are TBD.

Weekdays: Walt Daniels

Call to indicate your availability and learn project details.

Sept. 25 (Saturday) Walt Daniels

Oct. 9 (Saturday) Walt Daniels

Oct. 30 (Saturday) Walt Daniels

NORTH JERSEY CREW

Leader

Sandy Parr: 732-469-5109

Second Sunday of each month.

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

HIGHLANDS TRAIL CREW

Contact the leader for details, no more than one week before the scheduled work date. All projects are TBD.

Leader

Bob Moss: 973-743-5203

Sept. 12 (Sunday)

Sept. 26 (Sunday)

Oct. 10 (Sunday)

Oct. 23 (Saturday)

Nov. 14 (Sunday)

WEST JERSEY TRAIL CREW

Leaders

David Day and Monica Resor:
732-937-9098,
westjerseycrew@trailstobuild.com
Heavy morning rain cancels.

Sept. 11 (Saturday)

Terrace Pond South Trail,
Wawayanda S.P. Stream crossings
Meet: 9 am, parking lot on Clinton Road ("P" on Trail Conference map #21)

Sept. 25 (Saturday)

Appalachian Trail, Worthington S.P.
Building drainage structures and doing general tread repairs. Meet: 9 am,
Dunnfield Creek parking lot

Oct. 9 (Saturday)

Terrace Pond Outlet, Wawayanda S.P.
Start of major project to replace the trail crossing of the Terrace Pond outlet.
Meet: 9 am, location TBD

Oct. 10 (Sunday)

Terrace Pond Outlet, Wawayanda S.P.
Continue Terrace Pond outlet crossing.
Meet: 9 am, location TBD

Oct. 23 and Nov. 6 (Saturdays)

Jenny Jump S.P. Erosion control,
tread repair. Meet: 9 am, location TBD

AT ORANGE/ROCKLAND

(west of Hudson)
Appalachian Trail Clean-up Crew
Leader

Rick Loggia: 845-496-2423

Sept. 26 (Sunday)

Clean and restore Fitzgerald Falls.
Help needed one Sunday a month.

BLACK BEARS

By Joseph B. Paulin

Black bear populations are widely distributed throughout the forested areas of 42 states in North America. During the 1800s to the mid 1900s, the clearing of land and indiscriminant killing of bears caused populations in the northeast to decline. In more recent years, however, legal protection, habitat recovery, and increased food availability has allowed populations to increase and expand so that in our own region the chance of an encounter with a black bear (*Ursus americanus*) continues to rise. Current estimates based on research conducted by New Jersey Division of Fish and Wildlife biologists place the state's bear population at 2,000 to 3,000 in the core black bear area of Warren, Sussex, Passaic, and Morris counties. Recent estimates place New York's bear population at 5,000 to 6,000 bears, while Pennsylvania's bear population is approximately 15,000 individuals.



EDWIN MCGOWAN

Black bears (the color of individuals may range from black to cinnamon to bluish-gray) are most active at dawn and dusk. Nearly 75 percent of their diet consists of plant material such as skunk cabbage, grasses, forbs, roots, berries, acorns, and nuts, but they will also eat small mammals, white-tailed deer fawns, road-killed deer,

insects, bird eggs, and even other bears. Bears near agricultural communities will often feast on crops, beehives, and occasionally livestock. In more suburban areas, they can be found eating garbage, birdfeed, pet food, and sometimes pets. When bears learn to rely on human derived food sources, they may end up in a situation where they have to be destroyed, so people living in bear country should take care not to feed bears either intentionally or unintentionally.

Prime black bear habitat includes mixed hardwood forests, dense swamps, and forested wetlands. Breeding takes place between late May and August. Male bears have an average home range of 60 square miles, and can travel distances up to 100 miles during the spring when they are looking for mates; females stay closer to home, in a territory that is about 10 square miles. Pregnant females den in early November and give birth the following January. A typical litter consists of three cubs, which are blind at birth, covered with thin hair, and weigh approximately eight ounces each. Although they can survive on their own after six to eight months, cubs usually remain with their mother until she breeds again 16-18 months later. At that time, female yearlings will often establish a home range within or adjacent to their mother's, while male yearlings must disperse. Bears can live for more than 20 years.

Black bears are not true hibernators, which is defined as a state in which body temperature falls dramatically. When they den and become dormant, usually in December, they will not eat, drink, urinate, or defecate. Dens are often found in rock cavities, open nests, brush piles, or depressions at the base of tree blow downs, but can also occur under raised houses and decks.



EDWIN MCGOWAN

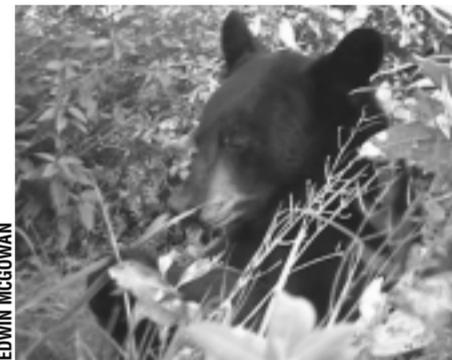
If you encounter a black bear on the trail or at home, it is important to remember that they are large wild animals that should never be approached. Black bears have the potential to cause serious injury if they feel threatened, cornered, or are obstructed from food. They are fast on land (reaching speeds of 35 miles per hour), great tree climbers, and excellent swimmers. They have poor vision, but an acute sense of smell.

Some things to keep in mind if you encounter a bear: make sure it is aware of your presence by clapping, talking, or making other noises; if a bear stands on its hind legs it is not a sign of aggression, but may be trying to get a better look at or smell of you. Warning signs that you are too close to a black bear include woofing sounds, jaw snapping, and swatting the ground. In some instances a bear may "bluff" charge, or begin running toward you and then stop. If you experience signs of aggression do not run or make eye contact; rather, stand up straight, make yourself look as big as possible, and then back away slowly while speaking in a calm, assertive voice. In

the rare event of an attack, fight back.

Additional information about bears can be obtained from the following websites: the International Bear Association for Bear Research and Management (www.bearbiology.com), the NJ Division of Fish and Wildlife (www.njfishandwildlife.com), or the NY State Department of Environmental Conservation: (www.dec.state.ny.us).

Joseph B. Paulin is a Berryman East Graduate Fellow in the Program in Ecology and Evolution at Rutgers University



EDWIN MCGOWAN

SCIENCE & ECOLOGY

The Moran Effect

By Edwin McGowan, Science Director, PhD

It was about this time last year that John Moran and I spent an afternoon searching trail corridors in New Jersey's Ramapo Mountains for sign of the timber rattlesnake (*Crotalus horridus*), a state endangered species. John, our North Jersey Trails Chair and a Trail Conference board member, is the consummate hiker and very nearly a permanent, though mobile, fixture along these trails. John did not have a burning interest in snakes; his role was to guide me through the network of trails while leaving the herpetology to me.

Although we weren't successful, we did make some interesting discoveries. We found several eastern worm snakes (*Carphophis amoenus*), a rarely seen and bizarre looking fossorial species, hiding beneath old boards in a forest clearing. A short while later, we heard the alarm call of a Carolina wren (*Thryothorus ludovicianus*), which led us to investigate the source of its displeasure. Below the wren, two large northern water snakes (*Nerodia sipedon*) were busy corralling a school of black-nosed dace (*Rhinichthys atratulus*) that had become stranded in a small pool along a drying stream. We watched as the snakes plunged recklessly into the pool,

knowing that the small fish had no escape route. A five-lined skink (*Eumeces fasciatus*) and a beautifully colored northern ring-necked snake (*Diadophis punctatus edwardsii*) rounded out the day. All in all, it was a good outing, despite no rattlesnakes being found.

Something else happened that day. Much to my surprise, John had a minor epiphany of sorts—he suddenly realized that there was a lot going on in the woods that had escaped his notice. It was really about expectations. He hadn't looked very carefully or explored possible leads before because he never expected to find much beyond a scampering squirrel or chipmunk.

Seizing on John's newfound enthusiasm, I asked him to take part in a little pilot project. For the next year, he agreed to record his trailside reptile observations and submit them to me by email as brief narratives. Ultimately, I plan to develop an online interactive database to which our members can log on to report their natural history observations. The database will serve as a repository for these records and resource for tracking ecological change. Unlike state Natural Heritage

databases, which primarily track rare species, our database will welcome information on common species and commonplace occurrences—where change may be most evident to the casual observer. John was the perfect test subject—an avid hiker but not exactly an expert naturalist—the typical profile of our members.

It wasn't long before records started trickling in. In some cases, John was not sure about his species identification, but his descriptions usually allowed me to narrow it down to a few possibilities. His record of a slow-moving black snake about four feet long was most likely a black rat snake (*Pantherophis obsoleta*) and not the similar-looking black racer (*Coluber constrictor*)—which is decidedly more high strung and rarely described as slow-moving. A turtle digging a nest hole and described by John as "about five pounds, black shell (but very mossy), with red and yellow stripes on the side of its head," was probably a red-eared slider (*Chrysemys scripta elegans*), a southern species introduced to our area by well-meaning but misguided pet owners.

To date, John has reported four rat snakes, three timber rattlesnakes, the red-eared slider, a nesting eastern stinkpot (*Sternotherus odoratus*), a milk snake (*Lampropeltis triangulum*), and numerous garter snakes (*Thamnophis sirtalis*). As the records mounted, I wrote John acknowl-

edging his success at spotting "herps." He responded:

"It's all due to your awareness campaign. I used to hear rustling and think chipmunks (Great Northern Antlered Grizzly Munks, as I tell the southern folks that I meet along the AT), but now, more often I check with my eyes as well as my ears, and see snakes."

So with the John Moran pilot project coming to a close, we have evidence that hikers can be a valuable source of natural history records. As an added benefit, we also appear to have a snake convert. Expanding this program to the rest of our members will require the development of a user-friendly interactive database. For hiker participants, expertise is not required—just a willingness to look, listen, and record what is going on all around them.

Note: Please keep an eye out for our new TC Volunteer Science webpage at www.nynjtc.org, due out this fall. The page will feature current and upcoming science opportunities for members. Get involved!

Besides being the title of this column, the Moran Effect is also the name of a theory from population biology that explains why animal population fluctuations often happen synchronously over large spatial scales.



Volunteer Classifieds: Get Involved!

Are you looking for new challenges and opportunities to get involved with Trail Conference activities? Please review the *TC Volunteer Classifieds* for exciting and interesting ways for members to become involved with the Conference's efforts. Volunteers are the heart and soul of our organization. Become an active part of our family and get more involved. If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact Volunteer Projects Director Joshua Erdsneker, either by email josh@nynjtc.org or call the office 201-512-9348, and he will find a way to get you involved.

Guidebook Volunteers

The Publications Committee is currently working on several guide books. We are seeking individuals with experience in the following areas:

- Project management
- Marketing
- Indexing
- Field checking
- Proofreading

Please contact Joshua Erdsneker at josh@nynjtc.org or 201-512-9348 for more details.

Workshop and Training Coordinator

Volunteers are the heart and soul of this organization. Without them, our trails fall

into disrepair, our maps become outdated, our website stops loading, etc. To support our volunteers, the Trail Conference offers a variety of training programs. Capital from Trail Maintenance 101 to teaching computer skills, training is an essential part of our volunteer program. We are looking for a person to help coordinate these training sessions. Interested persons should have excellent organizing skills, be able to plan in 12-month intervals, have good communication skills, and be willing to work with Trail Conference staff and volunteers to maximize the impact of our workshops and training sessions. For information, please contact Josh Erdsneker, josh@nynjtc.org, at the Trail Conference office 201-512-9348.

Membership Committee

The strength of the Trail Conference comes from its members. As we face new challenges protecting the hiking trails and trail lands we love, we need to be stronger than ever. If you are a motivated go-getter, then this is the committee for you. With over 2 million hikers in our region, the potential to grow our membership is boundless. Interested persons should be creative, able to work in a team/group environment, and be dedicated to the Trail Conference. The Membership committee will focus on new member acquisition, membership retention, and reviewing and

enhancing benefits of membership in the Trail Conference. Contact Joshua Erdsneker at josh@nynjtc.org or 201-512-9348 for more details.

NJ Chain Saw Crew Leaders

The West Jersey region of the NY-NJ Trail Conference is trying to establish a new chain saw crew to routinely take care of trail blowdowns. A volunteer leader is needed for this effort. Please let us know if you are interested. The West Jersey region includes all of the Kittatinny from the Delaware Water Gap to High Point, plus Wawayanda State Park, the Newark Watershed, Jockey Hollow, and a few smaller parks. More than 15 trails currently require blowdown removals that cannot be handled by the trail maintainer. The details on how such a crew will operate will be left to the leader, but will likely include similar to existing trail crews—i.e., establishing a schedule, identifying potential crew members, and communication of schedules and results. Contact Bob Boysen, West Jersey Trails Chair NY-NJ TC, at rboysen@eclipse.net or call 908-459-4107.

Other positions available:

- Book Review Coordinator
- Assistant web masters
- Presentation Designers

Thank-you, Trail Crews

In our January/February issue, we listed and acknowledged the contributions of 639 trail maintainers and their supervisors who had helped keep our trails clear and healthy the previous year. This hearty thank-you goes to all the men and women who have contributed countless hours of work, gallons of sweat, and pints of blood to building and enhancing trails as members of trail crews. Without dedicated, trail crew members, leaders, chiefs, and chain sawyers, the bridges, staircases, and trails we hike on would not be accessible. Below are the names of the Trail Conference volunteers who have been active with our crews over the past year. If we have not listed you, we apologize for the oversight; please let us know.



Paul Abdis, Vic Alfieri, Richard Antonick, Jack Baccaglioni, Louis Baldanza, Stephen Banyacski, Rosslyn Barnes, Edith Barth, Victoria Beerman, W. Bland, John Blenninger, Karen Blerch, Ian Blundell, Mary-Nell Bockman, Jane Bonnell, Bob Boyle, Sue Boyle, Bob Boysen, Roland Breault, Jim Brown, Gail Brown, Brian Buchbinder, George Cartamil, Joseph Castine, Christian Cesar, Douglas Clarke, Chris Connolly, James Cornelius, James Cowell, Ellen Cronan, Kevin Cwalina, Harriet Daddona, Jane Daniels, Walter Daniels, John Davison, David Day, Duke DeGroat, Dante DeMatteo, Monique DeRuggiero, Arturo Diaz, Luis Diaz, Peter Dilullo, Chris Doolittle, Scott Downing, Jack Driller, Paul Drumgoole, Tom Dunn, Daniel Eagan, Michael Eckenfels, Joshua Erdsneker, Christopher Ezzo, Mitchell Feinstein, Garth Fisher, Richard Foreman, Ben Frankel, Joyce Gallagher, Claudia Ganz, Richard Gerien, Joseph Gindoff, Tom Glasser, John Graham, Josie Gray, Victor Green, John Grob, Robert Hagon, Cynthia Hartling, C. Hayes, Thomas Hearn, John Heckert, Peter Heckler, Sarah Heidenreich, Joseph Henderson, Mary Hilley, Herbert Hochberg, Richard Holden, William Horowitz, J. Hudig, Mark Hudson, Patrick Hynes, Joan James, Robert Jonas, Joseph Kames, Candace Kava, Yuri Kavalerchik, Frank Keech, Tom Kirchofer, Esther Kirk, David Klopfenstein, Larry Korona, Brian Krall, David Lankford, Tibor Latincics, Jeremy Lehrer, Mark Liss, Karen Lutz, Richard Lynch, Mike Machette, John Mack, John Magerlein, Paul Makus, Robert Marshall, John Martin, MaryAnn Massey, Gay Mayer, Douglas McBride, John McCullough, Robert Messerschmidt, Paul Monti, John Moran, Joe Moreng, James Morgan, George Muller, Carol Nestor, Bob Novick, Dave O'Donovan, Alexander Parr, Mark Payne, Raymond Pini, Stephen Plant, Trudy Pojman, Jennifer Pregon, Richard Price, Robert Reardon, Norman Reicher, Monica Resor, Chris Reyling, Kevin Riley, Bill Romollino, Ronald Rosen, Rich Rosencrans, Karen Rosencrans, Howard Samelson, Rosanne Schepis, Curt Schlenker, Trudy Schneider, Norman Schwartz, Warren Seamans, John Seirup, Bruce Shriver, Melissa Shumer, George Sibley, Bob Sickle, Ike Siskind, Harry Smith, Brian Sniatkowski, Sarah Sternick, Donna Stewart, Bill Stoltzfus, Bernard Stringer, Paul Taubman, Eileen Torrey, John Uhle, Denise Vitale, Paul Waclawski, Maureen Walsh, Eddie Walsh, Ed Walsh, Bruce Warden, Richard Warner, David Webber, Pete Weckesser, Steven Weissman, Larry Wheelock, Gary Wiltshire, Hanson Wong, Edward Young, Steve Zubarik

Teatown Collaboration Adds 15th Trail Mile

On July 21, Teatown Lake Reservation officially opened the 15th mile in our trail network. The new trail traverses the 50-acre property newly protected by Westchester County and managed by Teatown Lake Reservation.

Volunteers from the NY-NJ Trail Conference helped to flag the new trail and children and adults from various organizations as well as Teatown's trail crew worked to construct it.

The result of everyone's hard work is a new mile of hiking trails that link Teatown's Back-40 Trail to the Shadow Lake Trail, and which highlight the sections of the property that were so critical to protect: the nine-acre lake that feeds into

Teatown Lake and the Croton Reservoir, wetlands that further protect the watershed, beautiful rock outcroppings and woodlands that provide needed habitat to our local wildlife, and a beautiful area for people to walk through and enjoy for years to come.

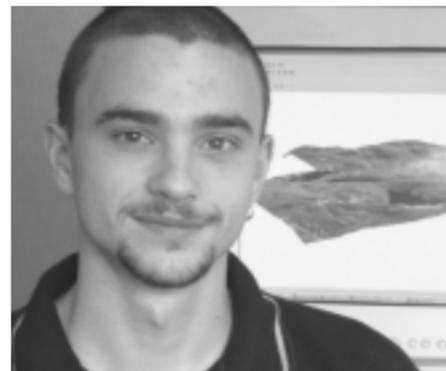
The trail is accessed from Teatown's Back-40 Trail, which starts at Teatown's main parking lot on Spring Valley Road. Future plans include a new trailhead parking lot on Route 134, which will provide direct access to the trail. For more information or directions, contact Teatown Lake Reservation at www.teatown.org or 762-2912, ext. 10.

—Anne Bishop

Volunteer Coordinator,

Teatown Lake Reservation

Teatown Lake Reservation is a member organization of the Trail Conference.



GIS Specialist Joins Staff

The Trail Conference welcomes Eric Yadlovski to the position of GIS Specialist/Cartographer. Eric graduated in 2004 from Rutgers University with a B.S. in environmental planning and a certificate in environmental geomatics. Over the past several years he has specialized in the implementation and use of geographic information systems. In essence, a geographic information system (GIS) is a set of computer-based tools for mapping, analyzing, and displaying spatial data. GIS technology integrates common database operations with the unique visualization and geographic analysis benefits offered by maps.

Eric will develop and manage a custom GIS in support of a broad range of organizational activities including land conservation, trail development and management, environmental monitoring and research, cartographic publications, and geo-marketing. Among his first projects are the Shawangunk map set and creating parcel maps in priority trail corridors for acquisition.



Award Winning "The Cabin Builders"

The Cabin Builders by Craig Pfalzgraf is a heart warming and funny story about how a New Yorker drops his high paced management consulting career and builds a cabin in the southern Adirondack Park

Craig shares not only how to build a Cabin but also how his new neighbors, family and friends all came together to help

A must read for nature lovers and anyone wanting to build a nature getaway

Available at www.iuniverse.com

Black Fly Publishing

HILLTOP ACRES RESORT
 Small resort near Hunter Mountain in Northern Catskills. Beautiful mountain view. Private lake & woods. Ideal for hiking, skiing or relaxing getaway. Central European cuisine. Modestly priced. Open all year. Box 87, Jewett, NY 12444/Tel: 518-734-4580
www.windham-area.com/hilltopacres.htm

www.NYNJTC.org





JAKOB FRANKE

From Left to Right: Gely Franke, John Rovetto, Jim Ryo Kiyon and Eric Meyer

Shawangunk Ridge Trail Moved to Newly Protected Land

On a sunny spring day on the Shawangunk Ridge in the town of Greenville in Orange County, New York, a crew of Trail Conference volunteers stomped through a jungle of dense underbrush (mostly huckleberry) and trees to put the finishing touches on a newly relocated section of the Shawangunk Ridge Trail.

This section of the trail in Greenville has long been a road walk, but not anymore. Recent Trail Conference acquisitions negotiated by the TC's land acquisitions team have allowed the trail to be rerouted from Old Mountain Road and Greenville Turnpike onto permanently protected lands. The lands were purchased with the assistance of the Trail Conference's donor supported Land Acquisition and Stewardship Fund.

On the morning in question the crew volunteers comprised Jakob and Gely Franke, John Rovetto, Jim Ryo Kiyon, and Eric Meyer. A short distance away, on the other side of Route I-84 along Route 6, Gary Haugland worked on constructing a side-trail on another Conference acquisition.

The SRT, which runs the entire length of the ridge from New Jersey's High Point State Park to Sam's Point Preserve in upstate New York, is blazed with Long Path Aqua, since it is actually a long distance spur of the Long Path. In addition, the properties are posted at the roadsides with Long Path markers and/or public notices to inform the public where they can hike and enjoy this now-publicly accessible land.

For information on how to hike this section of the Shawangunk Ridge Trail, please visit our website at <http://www.nynjtc.org/trails/relos/index.html#srtg1> or call the Trail Conference office at 201-512-9348.

—Richard Benning
Land Protection Specialist

Long Path News Shorts

On Saturday, July 10, four people (Rob Sklar, Lynne and John Delesky, Jakob Franke) showed up for a work trip in the back country of Minnewaska State Park. The trip had been posted on the Trail Conference website and had been nominated as an OPRHP/PIPC (Office of Parks, Recreation and Historic Preservation/Palisades Interstate Park Commission) "Take Pride in America Event" by the park's staff. The purpose of the trip was to fix bog bridges on the Long Path near Mud Pond.

The project involved replacing a dozen planks on existing bridges and building two new sections. Thanks to great cooper-

ation from the rangers (Sam and Jorge) we finished the job in one day. They had hauled all the lumber to the worksite and provided us with a lift to and from Lake Awosting. We even had time to sample the blueberries on our way back. A very satisfying day it was.

On Saturday, July 17, Thomas Fella from Nyack, NY, received his Eagle award for rerouting a portion of the LP in Nyack, clearing up an old dumpsite, and working on a new route for the LP over West Hook Mountain. Congratulations and thanks to Thomas.

—Jakob Franke
Chair, Long Path South Committee

Bear Mountain AT Rehab Studied

The first official segment of the Appalachian Trail, Benton MacKay's dream for plebian rural escapism, was opened on Bear Mountain in 1923. Although it wasn't the earliest trail in what is now known as the Harriman-Bear Mountain State Parks, it was and is the premier hiking trail in the region.

Bear Mountain State Park itself receives more visitors in a year than many of our best known western national parks. Current use levels of the AT on Bear Mountain reflect both its historical importance and its accessibility. While this popularity is welcome, the AT on the inn side of the mountain has suffered greatly from the undisciplined usage by the huge number of visitors to Bear Mountain who attempt, and usually succeed, in "going to the top."

Over the years, several relocations have been effected, and much crew work expended on refurbishing eroded stretches marred by multiple herd paths. Nevertheless, the trail, especially on the lower section going north from the summit, is a scarred, barren, and gullied mess. In addition, on the upper section, as well as on the south bound side from the sum-

continued on page 9

National Trails Day Events

National Trails Day Hike Celebrates Highlands

Wet weather didn't keep some 15 people from participating in the Highlands Treasures Hike arranged for National Trails Day (June 5) by Trail Conference volunteers and partners from Skylands CLEAN and the New Jersey Conservation Foundation. The hike was one in a series of hikes that highlight areas in the Highlands Physiographic Province that are threatened by sprawl or unwise development.

This year's area of special concern was the proposed development on Saddle Mountain in West Milford and Ringwood, NJ. This magnificent mountain, which includes the famous "Pine Paddies" and was formerly crisscrossed by a trail system in use for at least the last 100 years, was closed to public use by the new owners in 1995. A planned development on this 425-acre tract would include luxury homes, an 18-hole golf course and clubhouse, and a loop road that connects to Dale Road. This landscape of steep slopes ranges in elevation from 600 to 1200 feet and includes a New Jersey State Museum-registered aboriginal habitation site and a number of C-1 class streams that flow into the Wanaque Reservoir.

A presentation was given by Robin O'Hearn of Skylands CLEAN, Wilma Frey of the New Jersey Conservation Foundation, and Bob Jonas of the NY-NJ Trail Conference at the NJ Audubon's Weis Ecology Center in Ringwood, courtesy of Karla Risdon, Sanctuary Director. This was



BOB JONAS

A National Trails Day hike in Norvin Green led by TC volunteers Bob Jonas and Estelle Anderson spotlighted development concerns adjacent to the park.

followed by a six-mile hike up to the recently opened Will Monroe Trail on Assinewickam Mountain, led by Estelle Anderson of the Trail Conference.

Others Take Place in NYC

The Metro Area Trails Committee of the Trail Conference joined with the New York City Dept. of Parks and Recreation to co-sponsor National Trails Day events at High Rock Park in the Staten Island Greenbelt and Alley Pond Park in Queens. Metro Area Trails Committee Chair Bob Ward reports that volunteers under the direction of Bettye and Stephen Soffer, Staten Island Area Supervisors, worked on and rehabilitated the White Trail from Admunsen Circle to Hylan Blvd. The trail is now restored and open for public use.

In Alley Pond, Joe Gindoff, Judith King, Al Slankina, and Bob Ward laid wood chips on the Green Trail, making it more comfortable for walkers and cutting down erosion.

Hunting Seasons

Hunting Schedules

New York and New Jersey have announced their hunting schedules for large game and times when firearms 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

Regular: Nov. 22-Dec. 14
Archery: Oct. 15-Nov. 21; Dec. 15-19
Archery (Westchester Co. only):
Nov. 1-Dec. 31
Muzzleloader: Dec. 15-21

Black Bear, Catskills

Regular: Nov. 27 - Dec. 14
Muzzleloading: Dec. 15- Dec. 19
Archery: Oct. 15-Nov. 21, Dec. 15- Dec. 19

Special regulations apply on Long Island. For details, go to: <http://www.dec.state.ny.us/website/dfwmr/wma/lihunt.htm>

Hunting is not allowed in Bear Mountain-Harriman State Park.

However, it is allowed in parts of Minnewaska, Sterling Forest and Storm King State Parks. Call 845-786-2701 for more details about hunting in these parks.

Black Rock Forest closes to all hikers from Nov. 22-Dec. 14, inclusive. For details, call 845-534-4517.

More information about New York's hunting schedules is available from the Department of Environmental Conservation at www.dec.state.ny.us.

NEW JERSEY

New Jersey has very complicated hunting seasons that vary depending on location and kind of weapon permit. There is, however, no hunting permitted on Sundays. It is recommended that hikers verify the hunting dates for the location in which they are interested. Call 609-292-2965, Monday through Friday, or 908-637-4125 (the Pequest Trout Hatchery, open seven days a week) or visit www.njfishandwildlife.com. The following dates for deer season apply in many zones.

Deer Season

Firearms (statewide): Dec. 6-11; Dec. 15 is a permit shotgun day. There are additional muzzleloader and permit shotgun days in many zones.

Archery: Sept. 11-Nov.27 and Jan. 1-31 in most zones, excluding Sundays

These Stores & Businesses Offer Discounts to Our Members

Present your Trail Conference membership card at any of these fine places and receive special discounts on your purchases. (Restrictions are varied, so ask each store for details.)

RETAIL STORES

10% discounts on in-store purchases at:

Base Camp Adventure Outfitters

44 South Finley Avenue
Basking Ridge, NJ
908 204-9919

Blue Ridge Mountain Sports

23 Main St., Madison, NJ
973 377-3301

Campmor

810 Rt. 17 North, Paramus, NJ
201 445-5000

Catskill Hiking Shack

259 Sullivan St., Wurtsboro, NY
845 888-4453

Dover Sports Center

242 Rt. 46, Dover, NJ
973 366-3133

Eastern Mountain Sports

820 Rt. 17 North, Paramus, NJ
201 670-6262

The Paramus store offers discounts at all times. Other area EMS stores offer discounts at selected times only. Call local EMS store for details.

Hempstead Outdoor Store/Tent City

5 N. Franklin St., Hempstead, NY
516 486-0960

Jagger's Camp & Trail

351 Adams St., Bedford Hills, NY
914 241-4448

Matt's Sporting Goods

57 Rt. 9W, Haverstraw, NY
845 429-3254

New Paltz Outfitters

188 Main St., New Paltz, NY
845 255-2829

The Nickel

Princeton Shopping Mall
N. Harrison St., Princeton, NJ
609 921-6078

The Outdoor Store

32 Church St., Montclair, NJ
973 746-5900

Paragon Sports

867 Broadway(at 18th St.), New York, NY
212 255-8036, 800 961-3030

Ramsey Outdoor Stores

35 Rt. 17 South, Ramsey, NJ
201 327-8141
226 Rt. 17 North, Paramus, NJ
201 261-5000
1039 Rt. 46, Ledgewood, NJ
973 584-7799

Ray's Sport Shop

559 Rt. 22 West, North Plainfield, NJ
908 561-4400

LODGING, TRAVEL & PUBLICATIONS

At the historic **Bear Mountain Inn**, in Bear Mountain State Park (NY), members get a 10% discount on dining and lodging. Alcoholic beverages and gratuities are not included. Call 845 786-2731.

In the northern Catskills, the **Catskill Mountain Lodge** in Palenville, NY extends discounts to Trail Conference members on non-holiday weekends. For details and reservations, call 800 686-5634 and mention that you are a member.

English Lakeland Ramblers offers Trail Conference members a \$50 discount on their walking tours in England & Scotland. Call 212 505-1020 to plan your trip.

Outdoor Bound, Inc., offers discounts to Trail Conference members who sign up for guided hiking, bicycling, cross-country ski, canoeing & kayaking trips. Visit their website, www.outdoorbound.com, or call 212 505-1020.

Say that you are a Trail Conference member, and get a 20% discount on maps of National Parks from **Trails Illustrated**. Call Map Link, 805 965-4402



CAMP MOR
www.campmor.com
OUTDOOR ADVENTURE GEAR
• BACKPACKING • TRAVEL
• FAMILY CAMPING • CLIMBING
• RUGGED CLOTHING,
FOOTWEAR & OUTERWEAR
• MOUNTAIN BIKES
• CANOES & KAYAKS
• BACKCOUNTRY & X-C SKIING

Visit our Retail Store:
810 Route 17N, Paramus, NJ
(201) 445-5000
For a Free Catalog, Call
1-800-CAMP MOR
(1-800-226-7667)

10% DISCOUNT on IN-STORE PURCHASES for NY/NJ Trail Conference Members (proof of membership required at time of purchase)



Malouf's Mountain
1845 Rt. 17
Sunset Camp

WWW.MALOUFSMOUNTAIN.COM

Camping on the Fishkill Ridge

Located just north of the city limits of Beacon in Beacon Hill

Only 33 Sites Available

Accessible from Metro North

Visit us on the web:
WWW.MALOUFSMOUNTAIN.COM

Ramble the Hudson Valley

Sept. 18-19 and 25-26

The two weekends that comprise this year's Fifth Annual Hudson Valley Ramble, include two outings led by Trail Conference volunteers Jane and Walt Daniels and Jakob Franke. Information about additional hikes and other outings is available at www.hudsonvalleyramble.org or call 800-453-6665 and ask for a free guide.

Palisades Long Path - Shore Trail Trek Saturday, Sept. 18

Hike New York's Long Path along the crest of the Palisades featuring stunning views of the basaltic cliffs, the Hudson River and Westchester County. Led by Long Path South Chair Jakob Franke of the New York-New Jersey Trail Conference, the trek includes a bushwhack down to Skunk Hollow, an historic 19th century black settlement, a rock scramble over the Giant Stairs along the Hudson River and a visit to Peanut Leap Falls and the remnants of Lawrence Gardens. Bring lunch/water; wear long pants; poison ivy along trail. 6 miles, very difficult. Rain date is Sunday, Sept. 19.

Directions: From Palisades Pkwy., take Exit 4; go north on Rt. 9W to Lamont-Doherty Earth Observatory; meet at entrance. Public: From George Washington Bus Terminal at 178th St., Red and Tan bus 9A at 10:40 am; or 9W bus at 9:15 am from Port Authority Terminal to starting point at Lamont-Doherty.

Camp Smith Trail, Hudson Highlands State Park

Sunday, Sept. 26

Running parallel to the Hudson River, the trail's spectacular views make this strenuous hike, with its many elevation gains and losses (1,000 feet altogether), worth the work. The view from Anthony's Nose is as famous as its name. At each viewpoint, you'll learn about the history of the Hudson Highlands from leaders Walt and Jane Daniels of the NY-NJ Trail Conference. Bring lunch, water, windbreaker in daypack. 3.7 miles, difficult.

Directions: From east side of Bear Mt. Bridge, park on river side of Rt. 9D just north of bridge.



QUALITY OUTDOOR GEAR AT COMPETITIVE PRICES

Stop in on your way to the Catskills or Gunks, exit 113 off NY Rte 17... We're chock-full of great gear & info! Local Trail Maps & Guides, Boots, Packs, Tents, Poles, Clothing, Stoves, Filters, Cookware, and tons of other great hiking & backpacking gear... **TAKE A HIKE** to Wurtsboro and check us out!

10% DISCOUNT NY-NJTC and ADK Members

SULLIVAN ST. WURTSBORO, NY
(At the intersection of NY Rt 17 and Rte 209) see our web site for map & directions
845-888-HIKE
www.catskillhikes.com

CONTRIBUTIONS

GIFTS

ADK Mohican Chapter, Wayne W. and Marilyn P. Alvine, Eileen Alvis, Dr. George L. Becker Jr.*, Ian Blundell, Richard Brause, Steve C. and Luisa Sia Casey, William Chiappane, Peter Dillullo, Benjamin and Jeanne Dobrzynski, Duncan Douglas*, Alfred P. Drasheff, Earth Share*, Sheila C. Ewall, Peter B. and Marjorie M. Fisher, Ronald R. Fontana, Peter and Janice Ford*, Joshua R. Gillenson, Howard A. and Cheryl G. Givner, Eric Goldstein, Glenn S. Gray, Timothy A. Gregg, Kenneth A. Griffin, Gregor L. and Nancy L. Hetzel, Hudson River Valley Greenway*, Bernard Japy, Linn E. Johnson, Raymond J. Kane, John Kashwick, Walter L. Kircher, Marilyn Kurland, David A. Landy & Judy Krusell, Chester S. Logan*, Paul N. and Annette S. Marcus, Dr. Edwin McGowan, Gerard McGowan, Paul Murray, Douglas Myer, Felice Aull Nachbar, Dean F. and Lorrie Paccioretti, William F. and Mary H. Penny, Dorothy Z. Peters, Thomas E. Pinnick III, Martha Pope, Samuel F. Pryor, III, Esq.*, Chris and Lydie O. Raschka, Louis W. Rissland, Stanley and Jenny Roberts, Bill Romollino & Valerie Walburn, David and Judith B. Roth, David L. Rowe, Melvin J. and Helga Schwartz, Estate of Walter Seifert*, Isidore Shiffman, Sidney Stern Memorial Trust*, Norman and Nancy Sills, Hardwick Simmons, Richard Smith, Maida Snapper, Mike and Peggy Sormani*, Miriam R. Taub, Thendara Mountain Club, Diana Trebbi, Alice L. Tufel, United Way of New York City, Constantine G. Vasiliadis, Nicholas J. Viggiano, Karl J. Volk, Donald L. Weise*, Westchester Trails Association, Hanson Wong, Barbara Wyssession, H. Neil Zimmerman*

MATCHING GIFTS

HP Employee Charitable Giving Program, Prudential Foundation

MEMORIAL GIFTS

In memory of Jay Schwarz

Michael Brochstein, Mosaic Outdoor Mountain Club of Greater N.Y., Inc.

In memory of Paul Leikin

Ann G. Loeb, George W. Sheedy

In memory of Don Hendrickson

Kristine L. Hart, George W. Sheedy

In memory of Nancy Perkinson

George W. Sheedy

In memory of Catherine Durda

Betty Heald

SPECIAL GIFTS

In honor of the marriage of Lisa Weiss and Kenneth Zudeck

Frances E. Allen, John and Karen Magerlein*, Greg and Sarah Puhly, Bertha Whitmore

In honor of Dr. George Becker, Jr.'s 75th birthday

Daniel R. and Lynne V. VanEngel

In honor of John and Marianne Gunzler

Michael S. McGraw*

For Land Acquisition & Stewardship

Mitchell Bacharach*

To Shawangunk Ridge Coalition

Appalachian Mountain Club*, c/o Casino-Free Sullivan County, Sierra Club's Atlantic Chapter*

To the H. Neil Zimmerman Fund

H. Peter Stern*

To National Trails Day at Alley Pond Park

Eastern Mountain Sports*

LIFE MEMBERS

Herb A. Chong

Trudy L. Wood and Jacob Goldberg

*Members of the Raymond H. Torrey Society

GREEN ACRES ACQUISITION

continued from page 1

regularly attended West Milford Town Council meetings in support of preserving the trail and surrounding land. Bob Moss, the Highlands Trail Supervisor for the Trail Conference, joined the fray as an interested party and saved the day by having a judgment delayed until Miller and the state would be represented.

This tract of land is known variously as "Algonquin Waters," "The Redevelopment Zone," "The Golf Course," and "The Norvin Green Connector." To stroll along this almost two-mile stretch of the Highlands Trail, park a car at Algonquin Way and Stanley Street, then walk gradually up a gentle hill through a hardwood forest on a glacially altered landscape with gently rolling hills. Vernal pools, slightly off the trail, are many. The trail ventures east, passing through a rock ridge composed of jumbled boulders, then downhill through a forest

peppered with wetlands. Continuing on, it enters Newark Watershed lands and a variety of wetlands and short rock exposures. You can end your trip here if you parked your vehicle on Macopin Road or you may continue on to Echo Lake or beyond.

This is not a landscape of awesome peaks, rock formations, and inspiring panoramic viewpoints, but a diverse wildlife habitat and nursery. Studies have shown the presence of the three endangered/threatened raptors: the barred owl, the red-shouldered hawk, and the goshawk. The vernal pools are a breeding ground for a rich variety of amphibians, and the wood turtle and timber rattlesnake have been observed in the area. The forest contains oak, maple, hemlock, beech, hornbeam, and alder, as well as other species.

Bob Jonas, in collaboration with Bob Moss & Estelle Anderson



ADVOCACY & CONSERVATION

continued from page 3

more than a month after its legislative approval. The Permit Streamlining in Smart Growth Areas Bill, also called the Fast-Track Bill—allows permit applications in the departments of Environmental Protection, Community Affairs, and Transportation, not reviewed and acted upon within 45 days of being deemed complete, to receive an automatic approval. It also grants a governor-appointed ombudsman the power to push through permit applications determined to be worthwhile, and veto the decisions of the departments of Environmental Protection, Community Affairs and Transportation. The Environmental Protection Agency has expressed concerns with the bill, while the Sierra Club threatened to take legal action in an effort to halt its implementation.

\$225 Million Recommended For NJ Green Acres

The Garden State Preservation Trust in July approved the latest round of funding recommendations for DEP Green Acres Program open space acquisitions and park development projects. The funding package, which then moved to the legislature for approval, recommends the dedication of almost \$225 million to land acquisition projects and outdoor recreation development through the state land acquisition program and grants and loans to local government and nonprofit organizations. In this funding package, the Green Acres Program recommends the allocation of \$55,495,500 for acquisition projects in the Highlands. This figure includes \$23,770,500 for local projects; \$6,725,000 for nonprofit projects; and \$25,000,000 for state projects in the Highlands.



BEAR MOUNTAIN

continued from page 4

mit, the trail is coaligned with segments of the old and new Perkins Drive, presenting serious safety as well as aesthetic concerns.

For the past two years, the Orange/Rockland AT Management Committee has been studying the feasibility of various relocation/rehabilitation options for the trail over Bear Mountain. For the eastern slope, the heavy "civilian" usage dictates a built-up hardened, extra-wide treadway. The National Park Service and Appalachian Trail Conference, as well as the Palisades Interstate Park Commission and the Trail Conference, would also like to see handicap accessibility. For these reasons, the committee has reached out to NPS and ATC for special consideration with regard to money and expertise that would complement the volunteer expertise and effort of the committee and the Trail Conference. Both the NPS and ATC have committed themselves to investing in the Bear Mountain rehabilitation project in a partnership reminiscent of the Pochuck project, helping to acquire extraordinary resources while respecting the TC's volunteer ethic.

The next phase of the project is to conduct a formal over-arching design process, known as a charrette. Very simply, this is a gathering of all stakeholders in the Bear Mountain AT project, from trail designers and builders, to local historians, geologists, ecologists, agency partners, and other interested parties, to develop the best overall plan for the trail and its environs. TC executive director Ed Goodell has recruited faculty and students from the Rutgers School of Landscape Architecture to facilitate our charrette over several days in early November and again in December. In the meanwhile, the O/R AT Committee is actively recruiting stakeholders from any/all of the categories above. If you or somebody you know may be interested as a stakeholder in participating in the charrettes, please contact the chair of the Orange/Rockland AT through the Trail Conference office.

*—Gail Neffinger
Chair, Orange/Rockland
AT Management Committee*

ESTELLE ANDERSON

continued from page 1

Although one part of her wants to keep the secrets of Norvin-Green to herself, a stronger impulse is to share the beauty. Estelle happily led hikes up the mountain during a May "Community Day" celebration in the park, and on National Trails Day, she helped organize and lead a Critical Treasures hike elsewhere in the forest to highlight the impact of a potential development on 425 privately owned acres that stick into the public land like a large thumb (see page 7).

Estelle's persistence, persuasiveness, and dedication to re-opening a trail to the views on Assinewikam, and her enthusiasm and skill in getting maintainers to work and reinvigorated, impressed South Wyanokie Trails Supervisor Bob Jonas. He launched his own lobbying effort; he wanted her to become assistant supervisor for the South Wyanokie area. After some initial reluctance, she agreed and started last summer.

Since then, Estelle has been out on the trails more than ever. She makes inspection hikes along Norvin-Green's 40-mile trail network and recruits and rallies maintainers, often accompanying them and helping to clip, clear, and paint. She jokes that she

wears her colors; splotches of blue, white, yellow, and rhododendron (don't call it pink) paint—the color of trail blazes in Norvin-Green—festoon her pack and clothes.

"I like working with maintainers," Estelle says. "I like people, and the maintainers include all kinds of people—retired people, young people, working people. Everyone is so different. And you're friends already around the trail."

She is uncomfortable with the thought of being in the *Trail Walker* limelight, but agrees to a profile hoping that it will encourage other women to volunteer in the field. In the few years she has been active as a maintainer, Estelle says she has learned that she is capable of doing more challenging outdoor labor than she at first thought. "I was out with Bob [Jonas], and he said we were going to build a bridge. I told him he was nuts," she laughs. "But he said we were going to do it. And we did!"

"I like making a trail," she says. "I like moving the ribbons, checking the views, making the paths good for people to walk on. It's fun because you see something finished. It's sort of like cleaning your house. When you're done, it looks nice."

—Georgette Weir



Ramsey Outdoor
is your source for
quality products from:

Eureka!

CAMP TRAILS

Silva.

10% discount to NY & NJ Trail Conference members with proof of membership.

Come in and compare our excellent service & competitive pricing!



www.ramseyoutdoor.com

RAMSEY OUTDOOR

Rt. 17 N. Paramus 201-261-5000

Rt. 17 S. Ramsey 201-327-8141

Rt. 46 Ledgewood 973-584-7799

www.NYNJTC.org



In Celebration of the Catskill Park Centennial

A LARK IN THE PARK

October 2-11, 2004

10 days of free guided hiking, walking, biking, paddling and fly-fishing adventures with the New York State Department of Environmental Conservation and other land conservation and trail organizations.

Visit www.dec.state.ny.us

For a free brochure, call 877-426-0323 or e-mail CatskillLark@aol.com

New York State Department of Environmental Conservation
George E. Pataki, Governor Erin M. Crotty, Commissioner

FAVORITE HIKE



By Ralph Ferrusi

High Point Bagging



GEORGETTE WEIR

The author seeks to scale all 62 of New York's county high points; pictured is Orange County's highest point, Schunemunk Mountain.

Location: the 62 counties of New York State

How to get there: drive all over

Length: very short to very long

Rating: ridiculously easy to very hard

Terrain: bumps to serious mountains

Brace Mountain, 2,300', in the Taconic Range east of Route 22 in northeastern Dutchess County, is the highest point in the county. As a long-time resident of Dutchess and a hard-core hiker, I really wasn't aware of this until I read a couple of pieces in the *Poughkeepsie Journal* about the mountain. I climbed it, and it's a real mountain and a worthy climb, with an open summit and outstanding views.

From here, the plot thickened: There are 61 other counties in New York State, and, nature being what it is, each one, naturally, has its highest point. Gary Fallesen has climbed to the top of each county and has written a book about it called *Peak Experience* (Footprint Press). He devotes a chapter to each county high point that describes and rates the climbs, and provides maps and directions. Besides New York, only three other states—California, Colorado, and Utah—acknowledge county “high-pointers” in any way.

New York State's high points range in elevation from a 220-foot hill in Green-Wood Cemetery in Kings County (Brooklyn) to the top of New York State, 5,344-foot Mount Marcy in the Adirondack Park in Essex County, reached by a

serious 14.8-mile round-trip hike. Others on the high end of the list include Seward, Slide, Hunter, Gore, and Bearpen Mountains in the Adirondacks and the Catskills, all between 3500 to 4400 feet.

At the other end of the scale are Grosvenor Avenue and 250th Street in the Bronx, Bennett Park in northern Manhattan, and Glen Oaks Golf Club in Queens. Starting to get the idea that this just might be a fun quest?

Scofield Ridge towers over the rest of Putnam County. Bailey Hill in Mountain Lakes Park, almost in Connecticut, gets you to the top of Westchester after a modest 152' elevation change. Rockhouse Mountain (1,283') in Harriman State Park is the highest point in Rockland County, and Schunemunk Mountain tops off Orange County at 1,664 feet.

It would take a lot of driving, and a fair amount of searching to find and climb all 62 high points, but the next time you are up in Cooperstown, you just might scoot over to the Lutheranville State Forest, find Sisson Road, park your car, and take 20 minutes to climb the quarter-mile to the top of an unnamed 2,420' hill and back, and chalk up the highest point in Otsego County. Or, you might not. As for myself, this quest is a work in progress.

Ralph Ferrusi reports that he has reached the high point of 12 of New York's counties. He coordinates the NY-NJ Trail Conference “Hike of the Week” feature published in the *Poughkeepsie Journal*.

A TURN ON THE TRAIL continued from page 4

come to understand how we, as the stewards of nature's precious gardens, help her withstand the impact of our presence.

Now, my work on the trails is taking a new turn. Black Rock Forest, and Schunemunk, Minnewaska, and Storm King State Parks, all have trails showing the wear of use and water. Since these areas are in my back yard, I've recently accepted the role as the Crew Chief for the West Hudson North Trails system. With the support of Larry Braun as the Trails Chair, and with Dave Webber as the first Crew Leader, we have the beginning of a new crew and are looking for more to join the team.

Are these the trails you hike? Is this where you find solace? Invigoration? Enjoy the beauty of our earth? Are you the maintain-

er for any of these trails? If so, we need your help on projects that focus on restoration, relocation, and erosion control. Experience is not necessary. You only need a willing heart, a bit of time, sturdy hiking boots, and a pair of gloves. Not every project requires moving big rocks. There is pruning and side-hilling—tasks similar to tending a garden. For those who look forward to a strenuous workout on weekends, there are projects that will challenge both your physical and mental strength. If you've always wanted to help but didn't know how, this is an excellent opportunity to learn the skills. Since we are a new crew, each trip will be focused on both education and getting a job done. The complexity of our projects will grow as the skills of the team grow.

The amount of good we can accomplish will depend upon the number of you who step forward to take your turn tending the

The Reluctant Hiker

By Bronwen Pardes

To please a friend, the author forgoes landscapes at the Met to earn her own view from an actual mountaintop.

A few times a year, a friend invites me to head north—we're talking further north than the Bronx, to the Hudson Valley—where she, armed with peanut butter sandwiches, lures me up a mountain trail. I'm not sure what motivates my friend to convert me into a hiker, as I have nothing to contribute to our adventures. I lack a sense of direction, and maps are useless to me. I fail to read the trail blazes she patiently re-explains each time, and often appear to be following Robert Frost's philosophy, when I'm actually just absentminded. I move no more quickly than I did in fourth grade, when my teacher said I had two speeds: “slow” and “stop.”

I live in Manhattan, a city known for, among other things, its flatness (a brief stint in San Francisco ended for perhaps this reason). I was raised in the suburbs, where a hike was something you took when you got a bad parking spot at the mall. And my family isn't the outdoors type—taking a subway at night is fine, as long as I don't venture into the woods in broad daylight with a friend.

What's more, I don't understand gratuitous walking. This isn't laziness—I like walking, forgo the subway every chance I get, and despite the pointy-toed spiky-heeled mules in fashion, I always sport comfortable, if clunky, walking shoes. I just don't get walking without a purpose. Case in point: the other day I walked 18 blocks (that's almost a mile in hiking distance) of flat terrain to Soho's Eastern Mountain Sport to purchase hiking pants. Though I'm never sure what compels my friend to invite me, or me to say yes, I've done so enough times it seemed worth investing in gear.

July's conquest was the Fishkill Ridge in Beacon. I arrived by Metro-North and promptly relinquished my *New Yorker*, my laptop, and, reluctantly, my cell phone to my friend's car, taking only food and water for the trek. After a couple of hours, I began thinking: If it was altitude I was after, I could have broken a twenty rather than a sweat to feel my ears pop on the way to the top of the Empire State building. I could as easily be hiking 5th Avenue, pancake-flat with iced lattes on every block. For a glimpse of something other than concrete, there are skillfully rendered mountain vistas available at the Met in the comfort of air conditioning. But, I realize

as we reach the top, this view was one I had earned. My friend points out distant landmarks—the Shawangunk Ridge (the “Gunks” as those in the know call them), the Palisades (the cliffs, not the mall), the Catskills (the mountains, not the hotels).

My friend and I love to talk, but she also has a talent for being quiet. Once we've caught up on her career, my career, and whether it makes sense to force a cat to be vegetarian, we quietly fall into a groove. She keeps pace ahead of me, stopping now and then to wait for me at a viewpoint. I catch up; we stare in silence, and move on. We do this for miles without seeing another person. Not once does someone try to hand me a piece of paper with a cell phone offer on it.

On our way down, in the midst of inventing a reverse ski lift (down is *much* more treacherous than up), I realized my thoughts were flowing uninterrupted in a way they rarely do back home. I recalled



times I have solved problems, interpreted dreams, reached epiphanies, all on the tops of mountains, lulled by the metronomic crunch of leaves below my feet and the sound of my own breath, with everything I needed on my back, and I understood what my friend had meant when she said some people thought of hiking as a walking meditation. Frederick Law Olmsted, I'd read on the train that morning, wrote while presenting his plans for Central Park, “The enjoyment of scenery employs the mind without fatigue and yet exercises it, tranquilizes it and yet enlivens it.”

Back in the city that never sleeps, I began to think that when he said “without fatigue” he didn't have a four-hour hike in mind. I got home just as my neighbors were getting ready to go out for the night, and I was out like a light by 9:30.

Bronwen Pardes is a potential member of the Trail Conference.

trails. Our schedule is listed in this issue of the *Trail Walker* (see page 4), and online at NYNJTC.org and TrailsToBuild.com. You can contact me, Denise Vitale, at 845-496-8198 (days and early evenings) or WHNTrails@aol.com for more information.



Hiking Boots

Custom made to your feet!

- ▶ One-piece upper ▶ Cushion insole
- ▶ Padded bellows tongue
- ▶ 3 types of Vibram soles ▶ Steel shank
- ▶ Choice of 3 colors: Dk. Brown, Tan, Burgundy

A beautiful custom handcrafted all-leather hiking boot, made for comfort and durability.

Gary L. Barlow 596 Earlville Rd.
Bootmaker Earlville, NY
 315-691-6574 13332

Alpine Adventure Trails TOURS

25th year in the Swiss Alps

Optional length day hiking.
 Two guides per tour allow you to choose a moderate or more strenuous hike each day.
 2-week, 10-day and
www.swisshiking.com
 1-week trips available.

Please call for a free color brochure
Toll Free 1-888-478-4004
 Alpine Adventure Trails Tours, Inc.
 7495 Lower Thomaston Road
 Macon, GA 31220

HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs



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

More than 85 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

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

ADK-MH	ADK Mid-Hudson	OUT	Outdoors Club WEC
ADK-R	ADK Ramapo	PMNHA	Pyramid Mountain Natural Historic Area
IHC	Interstate Hiking Club	RVW	Rip Van Winkle Hiking Club
MJOC	Mosaic Jewish Outdoor Club	UCHC	Union County Hiking Club
NYHC	New York Hiking Club	WEC	Weis Ecology Center
NYR	New York Ramblers	WTW	Woodland Trail Walkers

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the November/December issue is September 15, 2004.

SEPTEMBER

Saturday, Sept. 4

PMNHA. Morning Sun Hike, NJ. Leader: call 973-334-3130 to register. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, Montville Township, NJ. Moderate hike to enjoy the warm summer sun and cooler morning.

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10 am at Sugarloaf area parking; call for directions. Moderate hike.

WTW. High Mountain, Wayne, NJ. Leader: Ernest Wagner, 973-694-3194; call to confirm. Meet: 9:30 am at parking lot 6, William Paterson U. A moderate hike of about 5 miles on Red and White Trails.

Sunday, Sept. 5

IHC. Lake Askoti, Harriman State Park, NY. Leader: Jim Hayes, 201-825-9506. Meet: 9 am at Lake Skannatahi parking, Harriman State Park. Moderately strenuous hike past Hasenclever Mine and a cemetery, reminder of former settlements in this area. Heavy rain cancels.

UCHC. Garrett Mt., Paterson, NJ. Leader: Peter Wolff, 973-239-0766. Meet: 10 am at Lambert Castle; call for directions. Steep climb, then moderate pace along periphery of park, enjoying several views. Lunch after hike at castle veranda; optional visit to castle or Paterson Historic District. Rain cancels.

NYHC & OUT. Hastings to Tarrytown Memorial Hike, NY. Leader: Sal Varbero, 718-420-9569; call 8 pm - 10 pm. Meet: 10 am at Grand Central Terminal info booth to take 10:20 train to Hastings. Memorial hike to celebrate the memory of Jack Doland, who was an eminent hike leader for many local clubs. This was his favorite hike. Easy 5 miles at a moderate pace.

Monday, Sept. 6

ADK-R. Dunderberg Mountain, NY. Leader: Call 845-362-8470 for information. Moderately strenuous 7.5 miles.

OUT. Smithtown to Ronkonkoma, NY. Leader: Ray Krant, 718-435-4994. Meet: 8:45 am at Penn Station-LIRR info booth, lower level. 10 miles on the Suffolk County Greenbelt Trail, easy to moderate with some ups and downs.

Thursday, Sept. 9

UCHC. Four Birds Trail, Hibernia, NJ. Leader: Pete Beck, 201-274-4471. Meet: 10 am at Wildcat Ridge parking; call for directions. Moderate 8-mile hike on trails and woods roads. Steady rain cancels.

Saturday, Sept. 11

ADK-MH. Mohonk Preserve, NY. Leaders: Jenny & Stan Roberts, 845-471-5712; call before 10 pm. Meet: 10:30 am at New Paltz Plaza, NY, between Plaza Diner and hardware store. Moderate 3.5 miles to Table Rocks with good view of the Catskills. Optional scrambling in crevices. Mohonk day-use fee. Rain cancels.

ADK-R. Popolopen Torne/West Mountain, Harriman State Park, NY. Leader: Call 201-836-3329 for information. Strenuous 7-8 mile hike with substantial climbing.

WEC. Wildflower Hike on Pyramid Mt., NJ. Leader: George Petty; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members. Meet: 10 am. 2-hour expedition to observe late-blooming wildflowers. Rain date: Sept. 14.

UCHC. Somerset Environmental Center, NJ. Leader: Bob Keller, 908-580-1778. Meet: 10 am at center; call for directions. Moderate hike on trails and boardwalks. Steady rain cancels. Bring lunch to enjoy after the hike.

WTW. Cooper Mill, Chester, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 10 am at Turkey Farm parking lot, Rts. 206 and 24. A moderate hike of 5 to 6 miles on section of Morris County Patriots' Path.

Sunday, Sept. 12

MJOC. Mt. Taurus, NY. Leader: Hanna Abolitz Benesch, 732-565-1125. Meet: Call leader to register; accessible by train from Grand Central Station to Cold Spring, NY. Strenuous 8 miles. Under-cliff Trail with lots of views of Hudson River to Mt. Taurus, then down to Little Stony Point beach on Hudson. Some rock scrambling; pace not too fast with stops for scenery. Rain cancels. Non-members \$10.

IHC. Triangle Trail Trek, Harriman State Park, NY. Leader: Jim Hayes, 201-825-9506. Meet: 9 am at Tuxedo RR station, Rt. 17, NY. Moderately strenuous hike on entire Triangle Trail, using TMI and RD as the "base" of the triangle. Lunch on Parker Cabin Mt. Rain cancels.

UCHC. Cooper Mill to Kay, Chester, NJ. Leader: John Gilris, 973-386-1168. Meet: 10 am at Cooper Mill; call for directions. 4+ moderate miles on flat trail along Black River and surrounding Kay Environmental Center. Rain cancels.

WTW. Flat Rock Brook Park, Englewood Cliffs, NJ. Leader: Seymour Levine, 201-567-8967; call to confirm before 8 pm Saturday. Meet: 10 am at Fleet Bank, corner of Hudson Terrace and Palisade Ave., Englewood Cliffs. An easy 4-mile hike. Rain cancels.

OUT. Rockefeller Preserve, NY. Leader: Stacey Harris, 914-328-5665 before 11 pm. Meet: Take the 10:51 express Hudson Line train to Tarrytown; leader will wait by the road with a sign. 7 easy miles on the 13 Bridges loop.

Tuesday, Sept. 14

PMNHA. Pyramid Mt., NJ. Leader: call 973-334-3130 to register. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, Montville Township, NJ. Moderate morning hike; adults only.

UCHC. Appalachian Trail, Rt. 94 to Walkkill River, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 9:30 am at State Line Rd. for shuttle; call for directions. Moderately strenuous 10 miles; for experienced hikers.

Wednesday, Sept. 15

ADK-MH. Mt. Beacon, NY. Leader: Lalita Malik, 845-724-5786. Meet: 9 am; call leader for location. Moderately strenuous hike to top of 1,500 ft. summit with breathtaking views of the Hudson Valley. After the hike we'll reward ourselves with a snack at an historic restaurant in Beacon.

Saturday, Sept. 18

ADK-MH. Breakneck Ridge, NY. Leader: Bob Ellsworth, 845-435-5072. Meet: 8 am at Wendy's restaurant on Rt. 9 in Wappingers, NY. Moderately strenuous 5.5 miles with substantial climbing. Good views of Bannerman's Island, Newburgh-Beacon Bridge; see the Wilkinson Memorial.

ADK-R. Round Hill/East Mountain Loop, Fahnstock State Park, NY. Leader: Call 201-816-9465 for information. Moderate 8 mile hike.

WEC. Hikes with Tykes-Ringwood State Park, NY. Leader: Gina McLaughlin and family; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members (maximum fee per family \$32). Meet: 1 pm. 1.5-hour kid-friendly hike, followed by story or craft. Usually not suitable for strollers. Rain or shine.

PMNHA. Late Summer Hike, NJ. Leader: call 973-334-3130 to register. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, Montville Township, NJ. Join us for the last Saturday morning hike of summer 2004.

UCHC. Pyramid Mt., Montville, NJ. Leader: Don Meserlian, 973-228-2258. Meet: 10 am at Pyramid Mt. visitor center; call for directions. Moderate 5 miles along reservoir and past a beaver dam, then up to Tripod Rock. Rain cancels.

WTW. Lewis Morris County Park, Morristown, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 10 am at Sunrise Lake, Lewis Morris Park. A moderate hike of about 5 miles.

RVW. Lone (3721') and Rocky (3508'), NY. Leader: call: 973-778-0992 or 845-246-1823. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 am. Strenuous bushwhack at a slow pace: 12 miles, 9 hours, ascent 1500'. Inclement weather date-following Monday.

Sunday, Sept. 19

MJOC. Schunemunk Mountain, NY. Leader: Hanna Abolitz Benesch, 732-565-1125. Meet: Call leader to register. Strenuous 8 miles. Up on Jessup Trail to Megaliths and down on Sweet Clover Trail; pace not too fast. Hiking boots required; rocky terrain. Non-members \$10.

WEC/Weis Wyanokie Wanderers. Stoked for Stokes: Appalachian Trail, NJ. Leader: Don Weise; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members. Meet: 9:30 am. Very strenuous 8-10 miles with steep terrain and fast pace. Hike the AT south of Rt. 206 for superb mountaintop views of Delaware River Valley and the Poconos; side trip to Tillman's Ravine. Rain or shine.

Wednesday, Sept. 22

PMNHA. Autumn Equinox Hike, NJ. Leader: call 973-334-3130 to register. Meet: 5:30 pm at Pyramid Mountain Natural Historic Area visitor center, Montville Township. Hike up Turkey Mt. as the seasonal calendar switches from summer to fall. \$3 fee.

UCHC. Pine Meadow Lake, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Reeves Brook visitor center; call for directions. About 5 miles. Enjoy the lake in its fall dressing.

Thursday, Sept. 23

UCHC. Bearfort Ridge, NY. Leader: Al Leigh, 973-471-7528. Meet: 10 am at A&P, West Milford; call for directions. 8-9 miles along this beautiful ridge; strenuous and slow-paced to start, then a bit more moderate. Perhaps some early fall color. Steady rain cancels.

Saturday, Sept. 25

ADK-MH. Flume/Grand Canyon Waterfall, NY. Leader: Sue Totten, 845-744-3648. Meet: Call leader for details. Moderate hike on Smiley Carriage Trail, then up Flume Trail, where it becomes steep. Will visit the non-commercial Ice Caves. Bring sweatshirt, light gloves, and flashlight/headlamp.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Bob Hagon, 908-788-8360. Meet: 10 am at Locust Grove; call for directions. 4-5 miles at a brisk pace; hiking boots mandatory. Rain cancels.

NYHC. Jamaica Bay Wildlife Sanctuary, NY. Leader: Bob Ward, 718-471-7036; call after 8 pm. Meet: call for details at least one week in advance. Easy 5-mile hike, all flat. We should catch the start of fall migration and see many species of birds.

RVW. Plateau Mountain (3849'), NY. Leader: call: 845-246-8970. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 am. Strenuous hike: 6 miles, 5 hours, 1700' ascent. Inclement weather date—following Saturday

Sunday, Sept. 26

MJOC. Breakneck Ridge, NY. Leader: Ira Haironson, 718-854-4472; call by Thursday night, no calls after 9 pm. Meet: Call leader to register; public transportation available. Strenuous 7 miles. Moderately paced scramble up the face of Breakneck Ridge on steep terrain (2000 ft. elevation gain); incredible views of the Hudson. End up in Cold Spring for ice cream. Challenging hike; no beginners. Two quarts water and hiking boots required. Non-members \$10.

IHC. Arden Mine Tour, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207. Meet: 9 am at Elk Pen parking, Arden Valley Rd., Arden, NY. Strenuous hike to Boston Mine, more mines on the Dunning Trail, and more mines on Surebridge Mine Rd. Then AT back past Lemon Squeezer and Island Pond. Rain cancels.

WEC. Highlands Hike, NJ. Leader: Weis Naturalist; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members. Meet: 9:30 am. Moderately paced 3-5 miles; for adults and teens. Rain or shine.

PMNHA. Turkey Mt., NJ. Leader: call 973-334-3130 to register. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, Montville Township. Strenuous 4-6 miles on less beaten paths.

UCHC. South Mountain Reservation, West Orange, NJ. Leader: Jay Krafchick, 973-992-4193. Meet: 10 am at Bramhall Terrace; call for directions. 5 miles at a moderately brisk pace; some rocky and hilly areas but suitable for everyone.

NYHC. Mount Loretto and Monarch Butterflies, Staten Island, NY. Leader: Steve & Bette Soffer, 718-720-1593; call 7 pm - 9 pm. Meet: Take 10:30 am Staten Island Ferry from Manhattan; meet leaders promptly at the SIRT bus station in the rear of the ferry terminal. Easy 4-5 miles in this exquisite natural area with fresh water ponds, a small forest, cliffs, and a beach.

WTW. Mt. Minsi, Delaware Water Gap, PA. Leader: Leslie McGlynn, 973-252-8122; call to confirm. Meet: 10 am at Dunnfield Creek rest area, Rt. 80W, NJ. A moderate hike of about 5 miles on AT. Inclement weather cancels.

Thursday, Sept. 30

UCHC. Sunfish Pond, Delaware Water Gap, NJ. Leader: Carol O'Keefe, 973-328-7395; must call to register. Meet: 10 am; call for directions. Green trail up to Sunfish Pond and return on the Appalachian Trail.

OCTOBER

Saturday, Oct. 2

UCHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10 am; call for directions. Moderate 2-hour hike through this beautiful park, with a stream, lake and other natural beauties. Some ups and downs. Steady rain cancels.

OUT. Piermont Circular, NY. Leader: Ray Krant, 718-435-4994. Meet: 8:45 am at PABT at Commuter Statue. 10 miles, moderate hike from Piermont to Nyack. The first part on the Long Path, mostly wooded and moderately hilly; the last part on an abandoned railroad bed.

Sunday, Oct. 3

IHC. Delaware Water Gap Delight, NJ. Leader: Ilse Dunham, 973-838-8031. Meet: 9 am at Kittatinny visitor center, Rt. 80, Columbia, NJ. Moderately strenuous hike on Dunnfield Creek Trail, around Sunfish Pond, return via Appalachian Trail. Rain cancels.

UCHC. Schooler's Mt., Morris County Park, NJ. Leader: Phyllis Brown, 908-753-8812. Meet: 10 am at Lodge parking on Camp Washington Rd.; call for directions. Moderate pace on the Grand Loop and Gorge Trail, ending about 2 pm. Rain cancels.

MJOC. Ward Pound Ridge, NY. Leader: Don Pachner, 914-234-6618; call week of hike before 10 pm. Meet: Call leader to register. 6-mile ramble through colonial countryside in Westchester County's largest park; views of two NYC reservoirs and visit to famous Leatherman's Cave. Two quarts water and hiking boots required. Non-members \$5; drivers and passengers share \$8 parking fee per car. Public transportation available from Grand Central.

NYHC. Short Hike on the Long Path, NJ. Leader: David Konoson, 212-744-2282; call before 10 pm. Meet: 10:15 am at George Washington Bridge bus station. Easy 4 miles at slow pace, overlooking the Hudson River from Closter Dock Rd. to State Line Lookout. Heavy rain cancels.

Monday, Oct. 4

RVW. Annual Len Speri Memorial Hike: Kaaterskill High Peak (3655'), NY. Leader: call: 845-338-8772. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 am. Strenuous hike: 7.5 miles, 5.0 hours. Inclement weather date—following Monday.

Thursday, Oct. 7

UCHC. Ringwood Circular, NJ. Leader: Jim & Theresa McKay, 973-538-0756. Meet: 10 am at Shepherd Lake; call for directions. Moderately strenuous 9-10 mile hike to Bald Mt. and back. Steady rain cancels.

Saturday, Oct. 9

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepselter, 908-273-4188. Meet: 10 am at Trailside parking on Coles Ave.; call for directions. Brisk 4+ miles with some rocky trails, often muddy. Suitable for strong beginner. Steady rain cancels.

NYHC. Staten Island, NY. Leader: Sal Varbero, 718-420-9569; call 8 pm - 10 pm. Meet: 10:30 am in Staten Island Ferry waiting room (Manhattan). Easy hike of 4 miles with small ups and downs. Enjoy the two parks of Staten Island: Silver Lake and Clove Lakes parks.

Sunday, Oct. 10

MJOC. Greenwich Point Park, NY. Leader: Glenn Wiener, 914-422-8183; call 7:30 pm - 10 pm. Meet: Call leader to register by Friday, Oct. 8. Moderately paced 7-8 miles of relatively flat terrain through charming town of Old Greenwich; mansions and beautiful views of Long Island Sound. Optional dinner after hike. \$10 parking fee.

WEC. Family Fall Foliage Hike. Leader: Weis Naturalist; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members. Meet: 1 pm. 2-hour, 2-mile moderately easy (one steep up/down) hike for families with pre-teens in Norvin Green State Forest. Includes stop at abandoned Roomey Iron Mine. Rain or shine.

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10 am at Sunrise Lake; call for directions. Moderate hike with some ups and downs.

NYHC. Rockland Lake to Nyack, NY. Leader: George Glatz, 212-533-9457; call 7 am - 8 am. Meet: 10:15 am at George Washington Bridge bus station, upper level near ticket booths. Easy 6 miles enjoying autumn in Rockland County.

Continued on back

continued from page 11

Thursday, Oct. 14

UCHC. Sterling Ridge Walk-Through. Leader: Carolyn & Jim Canfield, 973-728-9774. Meet: 9:30 am at Jennings Hollow/Long Pond parking in Hewitt; call for directions. Moderately strenuous 8+ miles through Sterling Forest State Park from Rt. 17A to Hewitt. Shuttle required. Steady rain cancels.

Saturday, Oct. 16

UCHC. Jockey Hollow, Morristown, NJ. Leader: Mary Doyle, 908-580-1778. Meet: 10 am in Jockey Hollow parking lot; call for directions. Moderate 4-mile hike.

WEC. Hikes with Tykes-Ringwood State Park, NJ. Leader: Gina McLaughlin and family; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members (maximum fee per family \$32). Meet: 1 pm. 1.5 hour kid-friendly hike, followed by story or craft. Usually not suitable for strollers. Rain or shine.

PMNHA. Blazing Madness Hike, NJ. Leader: call 973-334-3130 to register. Meet: 1 pm at Pyramid Mountain Natural Historic Area visitor center, Montville Township, NJ. Strenuous 5-6 miles at peak fall foliage time.

NYHC. Hudson Overlook and Wave Hill, NY. Leader: Arthur Pierson, 845-462-4654; call day or eve before 10 pm. Meet: 11 am inside Wave Hill gate (western end of W. 249th St.). Easy 4 miles on grounds of Wave Hill and in Riverdale Park along the Hudson River.

Sunday, Oct. 17

UCHC. Rifle Camp Park, W. Paterson, NJ. Leader: Peter Wolff, 973-239-0766. Meet: 10 am; call for directions. Moderate pace with nice views midway.

WEC. Highlands Hike, NJ. Leader: Weis Naturalist; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members. Meet: 9:30 am. Moderately paced 3-5 miles; for adults and teens. Rain or shine.

NYR. Cold Spring to Beacon via Mt. Taurus and Breakneck Ridge, NY. Leader: Jim Korn, 212-697-4811. Meet: 7:35 am at Grand Central Terminal for 7:53 train (check schedule). 10 miles, from Cold Spring Station, follow blue trail through Foundry Cove Park to Route 301, then alongside stream and through village streets to the Undercliff Trail, over Mount Taurus to Breakneck Ridge Trail, over South Beacon to Casino Trail, then descend to Beacon Station via local streets.

OUT. Middlesex Greenway, NJ. Leader: Joel Pomerantz, 212-662-8922. Meet: 9:55 am at Penn Station at the NJ Transit ticket windows (7th Ave. side). 7 miles, steady pace, level terrain. From Metuchen we will follow the abandoned Lehigh Valley railroad east to Perth Amboy, then walk along the shoreline of the Arthur Kill and the Raritan River.

Tuesday, Oct. 19

PMNHA. Tourne Hike, NJ. Leader: call 973-334-3130 to register. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, Montville Township, NJ. Moderate morning hike; adults only.

UCHC. Ramapo Torme, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Reeves Brook visitor center; call for directions. Moderately strenuous 7 miles at moderate to fast pace with spectacular view of northern NJ and visit to the Russian Bear.

Saturday, Oct. 23

PMNHA. Turkey Mt. Geology Hike, NJ. Leader: call 973-334-3130 to register. Meet: 9:30 am at Pyramid Mountain Natural Historic Area visitor center, Montville Township, NJ. Hike up Turkey Mt. with state geologist Rich Volkert. 4 hours. \$5 fee.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Bob Hagon, 908-788-8360. Meet: 10 am at Trailside Center on Coles Ave.; call for directions. Brisk 4-5 miles; hiking boots mandatory. Rain cancels.

RVW. Buttercup Farm Sanctuary, NY. Leader: call: 845-246-6208. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 9 am. Easy hike: 5 miles, all day. Inclement weather date—following Saturday

Sunday, Oct. 24

IHC. Trail Maintenance on Schunemunk, NY. Leader: Jim Canfield, 973-728-9774. Meet: 9 am at Red Apple Restaurant, Rt. 17, Southfields, NY (park in rear). Moderately strenuous day helping to maintain our club's section of the Long Path and lower Jessup Trail. We need your help! Bring lunch, water, work gloves and large clippers, or use tools provided by the club. Rain cancels and postpones to Oct. 30.

WEC/Weis Wyanokie Wanderers. Climb the Crag: Northern Shawangunk Ridge. Leader: Don Weiser; call Weis Ecology Center in Ringwood, NJ, at 973-835-2160 to register and pay in advance; \$8 non-members. Meet: 9:30 am. Strenuous 7 miles with steep terrain and fast pace. Visit a fracture cave, strange rock formations and Table Rocks, great views of mid-Hudson Valley; optional climb of infamous Bonticou Crag. Rain or shine.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Jay Krafchick, 973-992-4193. Meet: 10 am at Locust Grove parking across from Millburn RR station; call for directions. Moderate to somewhat brisk 4 miles along the Rahway River, past Diamond Mill Pond to Painters Point. Trail rocky in places, but suitable for everyone.

NYHC. Staten Island Greenbelt, NY. Leader: Steve & Bettye Soffer, 718-720-1593; call 7 pm - 9 pm. Meet: Take 10:30 am Staten Island Ferry from Manhattan. Meet leaders promptly at SIRT bus station in rear of ferry terminal. Moderate 5-6 miles to see early fall foliage and new Nature Center.

Saturday, Oct. 30

UCHC. Bull's Island to Stockton Circular, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10 am at Bull's Island; call for directions. 6+ miles on a railtrail and towpaths; walk down to Stockton on one side of the Delaware River and back to Bull's Island on the other side. Steady rain cancels.

Sunday, Oct. 31

IHC. Breakneck Ridge and Mt. Taurus, NY. Leader: Roy Williams, 570-828-6207. Meet: 8:30 am at Anthony Wayne parking area, Harriman State Park, NY (or at 9 am, Breakneck Ridge parking on Rt. 9D, Cold Spring, NY). Strenuous climb of both of these striking peaks rising east of the Hudson River; breathtaking views. Rain cancels.

UCHC. High Mountain Preserve Park, Wayne, NJ. Leader: Peter Wolff, 973-239-0766. Meet: 10 am; call for directions. Climb to the 885 ft. peak; unsurpassed views of Passaic Valley and the NYC skyline (bring binoculars). Return on steep and rocky trail. Rain cancels.

NYHC. Fort George, Sherman Creek and Inwood, NY. Leader: Bob Ward, 718-471-7036; call after 8 pm. Meet: call leader at least one week in advance. Easy 4- miles exploring northern end of Manhattan; stops to learn about history, geography and geology.

HIKERS' MARKETPLACE

YOU CAN ALSO ORDER AT OUR WEBSITE: WWW.NYNJTC.ORG

NY-NJ TC member? YES NO JOINING NOW

Please order by circling price

	Retail	Member	P/H	Total
--	--------	--------	-----	-------

Official Conference Maps

Sterling Forest Trails (2003)	\$7.95	\$5.95	+.80	_____
North Jersey Trails (2002)	\$7.95	\$5.95	+.95	_____
Harriman-Bear Mountain Trails (2003)	\$8.95	\$6.75	+.95	_____
NEW!! East Hudson Trails (2003)	\$9.95	\$7.50	+.95	_____
West Hudson Trails (2000)	\$7.95	\$5.95	+.95	_____
Catskill Trails (2003) & see combo	\$13.95	\$10.45	+\$1.10	_____
Kittatinny Trails (2000)	\$12.95	\$9.75	+\$1.10	_____
Shawangunk Trails (2000) & see combo	\$9.95	\$7.50	+.95	_____
South Taconic Trails (1988, rev. 1998)	\$4.95	\$3.75	+.65	_____
Hudson Palisades Trails (available summer 2004)	\$7.95	\$5.95	+.80	_____

Books

A.T. Guide for NY & NJ (2002) w/6 maps	\$19.95	\$15.95	+\$2.00	_____
Long Path Guide to NY/NJ (2002)	\$16.95	\$13.55	+\$2.00	_____
Day Walker (2002)	\$16.95	\$13.55	+\$2.50	_____
Hiking Long Island (2002)	\$19.95	\$15.95	+\$2.50	_____
Circuit Hikes in Northern New Jersey (2003)	\$11.95	\$9.55	+\$2.00	_____
New York Walk Book (2001) & see combo	\$19.95	\$15.95	+\$2.50	_____
NEW!! New Jersey Walk Book (2004)	\$19.95	\$15.96	+\$2.50	_____
Harriman Trails Guide (1999)& see combo	\$16.95	\$13.55	+\$2.50	_____
Iron Mine Trails: NY-NJ Highlands (1996, rev. 1999)	\$8.95	\$7.15	+\$2.00	_____
Health Hints for Hikers (1994)	\$5.95	\$4.75	+\$2.00	_____
Doodletown: Hiking Through History in a Vanishing Hamlet on the Hudson (1996)	\$12.95	\$10.35	+\$2.00	_____
Catskill Trails: A Ranger's Guide to the High Peaks				
Book One: The Northern Catskills (2000)	\$14.95	\$11.95	+\$2.00	_____
Book Two: The Central Catskills (2000)	\$14.95	\$11.95	+\$2.00	_____
Scenes & Walks in the Northern Shawangunks (1999) (hardcover) & see combo	\$10.95	\$8.75	+\$2.00	_____
Shawangunks Trail Companion (2003)	\$18.95	\$15.15	+\$2.50	_____
Nature Walks in New Jersey (1998)	\$12.95	\$10.35	+\$2.50	_____
50 Hikes in the Lower Hudson Valley (2002)	\$16.95	\$13.55	+\$2.50	_____
50 Hikes in New Jersey (1997, rev. 1999)	\$15.95	\$12.95	+\$2.00	_____
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002)	\$14.95	\$11.95	+\$2.00	_____
Best Hikes w/ Children in New Jersey (1992)	\$12.95	\$10.35	+\$2.00	_____
AMC Catskill Mountain Guide (2002)	\$19.95	\$15.95	+\$2.00	_____
ADK Catskill Day Hikes for All Seasons (2002)	\$12.95	\$10.35	+\$2.00	_____
ADK Guide to Catskill Trails (1994, repr. 1998)	\$17.95	\$14.40	+\$2.00	_____
Palisades: 100,000 Acres in 100 Years (2001)	\$27.50	\$22.00	+\$3.00	_____
Catskill Day Hikes (2002)	\$12.95	\$10.35	+\$2.00	_____

Combo-Packs

Catskill (5-map set & ADK book)	\$27.80	\$21.60	+\$2.00	_____
Harriman (2-map set & book)	\$22.40	\$17.55	+\$2.50	_____
NY & NJ Walk Books	\$35.91	\$28.73	+\$3.50	_____
Shawangunk Combo (4-map set & book)	\$17.90	\$13.95	+\$2.00	_____

The Personal Touch

Note Cards: TC Collection	\$12.00	\$9.60	+\$2.00	_____
Hiking Cap	\$12.90	\$10.50	+\$1.75	_____
Long-sleeve Denim Shirt Circle: S M L XL	\$29.90	\$22.90	+\$4.00	_____
Polo Shirt (Forest Green) Circle: S M L XL	\$19.90	\$15.50	+\$4.00	_____
NY-NJTC T-Shirt Circle: L XL	\$13.95	\$13.95	+\$3.50	_____
Harriman Map Bandanna	\$6.95	\$5.95	+\$1.50	_____
Conference Logo Patch	\$2.50	\$2.50	postpaid	_____
Long Path Logo Patch	\$2.75	\$2.75	postpaid	_____
Conference Logo Decal	\$.85	\$.85	postpaid	_____

Subtotal _____
 Postage/handling from above, or \$6.00, whichever is LESS _____
 For non-clothing items, New Jersey residents add 6% tax* _____
TOTAL ENCLOSED \$ _____

NAME _____	Method of Payment: <input type="checkbox"/> Check or money order enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Amex Card # _____ Exp. Date: ____/____ Signature: _____
ADDRESS _____	
CITY _____ STATE _____ ZIP _____	
EMAIL _____ TELEPHONE _____	

Make check or money order payable to NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430. For a full descriptive catalog, please write or call 201-512-9348.
 *Tax must be paid by NJ residents on books, maps, misc., but not on clothing. Thank you!

*Join the volunteers
who bring you the great outdoors!*

1,600 miles of trails and counting; your membership helps us expand our horizons.

Included with membership, *Trail Walker*, 10% discount on purchases at most outdoor stores, and 20-25% discount on all Trail Conference maps and books.

Support the work of the NY/NJ Trail Conference with your membership.

Membership Level	Individual	Joint/Family
Individual	\$25	\$31
Sponsor	\$50	\$60
Benefactor	\$100	\$120
Senior/Student	\$18	\$24
Life	\$500	\$750

Name _____

Address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

E-MAIL _____

Check or money order enclosed Visa Mastercard Amex

Card # _____ Exp. Date: ____/____

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

Tax-deductible.