



85th YEAR

TRAILWALKER

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

MARCH/APRIL 2005

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Building a New and Improved Appalachian Trail on Bear Mountain

by Alison Beeghly

In September, the New York-New Jersey Trail Conference embarked on an innovative trail design journey when it asked 29 Rutgers University landscape architecture students to apply their skills to redesign a portion of the Appalachian Trail (AT). The project, which the students tackled as part of their junior design studio, will lead to a permanent, sustainable route for the portion of trail that runs through New York's Bear Mountain State Park. Through the use of traditional landscape architecture methods and advanced GIS (Geographic Information Systems) applications, the students produced, by the end of December, analyses of the environmental and aesthetic considerations of the project as well as a vision for the project's design.

The AT at Bear Mountain State Park is estimated to be the most heavily used section of the entire 2,175-mile National Scenic Trail. Visitors who attempt to hike this section of the AT to the summit of Bear Mountain today find portions of the trail severely degraded. In response, the New York-New Jersey Trail Conference initiated a project to design and implement a permanent trail route suitable for this heavily trafficked area. They asked for the help of the Rutgers students to organize the design process and to present their recommendations to the community at two public sessions, scheduled in November

and December 2004.

In preparation for the first public sessions, the students spent one month collecting and analyzing data on the park and the AT. They were introduced to functional aspects of the park by Ed Goodell, Trail Conference executive director, and Karen Lutz, regional coordinator for the Appalachian Trail



A redesign of the AT at Bear Mountain will better handle heavy traffic.

Conference. Students became familiar with the park's terrain on exploratory hikes of current trails and possible re-routing options led by Trail Conference volunteers Fred Polvere, Glenn and Jane Collins, and Gail Neffinger. For some of the students it was their first time on the AT; for others it was their first experience hiking.

To gain a more comprehensive understanding of Bear Mountain State Park, the students used advanced GIS applications that analyzed environmental factors such as slope, aspect, hydrology, and geology. Another important source for information came from white papers submitted by experts on local geology, ecology, and history, as well as papers on the trails of Bear Mountain, trail construction, trail relocation options, the AT and AT Conference, and interpretative methods. The students found that one month did little justice to truly understanding the site. However, from their exploration they were able to grasp the depth, diversity, and richness of

continued on page 6

Major trail rehabilitation at Bear Mountain, including the historically important first section of the Appalachian Trail, is a priority project of the Trail Conference, targeted for support in its current \$2.5 million capital campaign. The project will not only improve the quality of hiking for both experienced and novice hikers, it will function as a school for hands-on learning of trail-building skills by volunteers. For information about getting involved, contact Trails Director Larry Wheelock (wheelock@nynjtc.org or 201-512-9348).

Ask Not What Trails Can Do for You...

If you are wondering why you are receiving this issue of the *Trail Walker*, you are probably a member of a Trail Conference member club.

Typically, this newsletter is mailed only to individual members of the Trail Conference

and to leaders of the member clubs. As part of a drive to raise awareness about volunteer opportunities, we are expanding the mailing, for this issue only, to include the members of our member clubs (with club approval). We invite all who receive this publication to check out Trail Conference activities. There is an opportunity for each person to contribute, learn new skills, exercise unsuspected muscles, have fun, enjoy camaraderie, and get the kind of satisfaction that comes from doing work that is needed.

If not for volunteers, hiking in the New York-New Jersey region would be a much poorer experience. Volunteers affiliated with the New York-New Jersey Trail Conference—either as individual TC members or as members of TC-member clubs—are responsible for maintaining 1,600 miles of trails. Volunteers are also the ones who produce the maps we hikers use, the guidebooks we refer to, and the energy and spirit that fuel efforts to conserve our



JOSH ERDSNEKER

See page 3 for info on getting hands-on trail work lessons this spring.

New Versions of Three TC Guidebooks Now Available

The flagship publication of the Trail Conference, the *New York Walk Book*, has been thoroughly revised and updated under the leadership of Daniel Chazin, editor, and Ruth Rosenthal, project manager. It is one of three new versions of TC guidebooks recently released.

Although the new printing of the *New York Walk Book* adheres to the format of the 2001 seventh edition, changes have been made to nearly every chapter. In particular, the trail descriptions in chapter 15, "Storm King and Black Rock Forest," have been expanded and updated to better acquaint the reader with the magnificent trails in this area. Many changes have been made to chapter 16, "Bear Mountain-Harriman State Parks," to reflect the various new and relocated trails in this very popular hiking area. Chapter 18, "Sterling Forest," has been completely rewritten and reorganized to take into account the many new trails that have been established in this park. Jack Fagan has contributed several new sketches, and the maps accompanying the book have been updated.

In addition, the Publications Committee announces that a new second edition of our popular *Hiking Long Island* guidebook and a revised edition of the *Long Path Guide* are also now available. Working with project manager George Petty, author Lee McAllister has updated *Hiking Long Island* to include a number of new and expanded trails that have been recently established on Long Island. The revised *Long Path Guide*, prepared by Herb Chong, includes various relocations to this popular trail.

All three books can be ordered from the Trail Conference, with TC members eligible for a 25 percent discount. For prices and ordering details, see *Hikers' Almanac* on page 12. For information on volunteering with the Publications Committee, please contact Volunteer Projects Director Josh Erdsneker (josh@nynjtc.org or 201-512-9348).

VOLUME XXXII, NUMBER 2

ISSN 0749-1352

PERMIT #970-100

TRAILWALKER

VOLUME XXXII, No. 2
GEORGETTE WEIR
LOUIS LEONARDIS

MARCH/APRIL 2005
EDITOR
GRAPHIC DESIGNER

The TRAIL WALKER (USPS Permit #970-100) (ISSN 0749-1352) is published bimonthly 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.

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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.

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 92 hiking and outdoor groups, and 9,200 individuals.

FROM THE CHAIR

Deadlines

The title of my bimonthly column is not a typo. It's a deliberate pun, however bad.

It's about how we can best prevent a deadline—for everything from a column for this newsletter to a land save that protects a hiking trail—from becoming a deadline, a point of no return on our agenda.

People react to deadlines differently. Some wait to the last minute, needing the pressure of an imminent deadline to complete a task. Personally, I dread tight deadlines and try to give myself plenty of time. Every two months I confront a *Trail Walker* deadline. By being proactive and staying ahead, the pressure is lessened and I can enjoy the process more.

But there are other deadlines that we hikers face that have more significant consequences if they are not met: Time is running out for protecting land for trails.

This is not a new alarm. In the 1930s, the *New York Walk Book* lamented that places to hike were becoming fewer. In the 1930s, farms and privately owned woodlands were still major features of our region's landscape and hiking trails often crossed these lands, with owners' permission. The threats to hiking trails at that

time did not necessarily seem imminent. Today, however, the pressures of development are everywhere evident. Farm land is being converted to housing developments; woodlands on steep slopes are being razed for McMansions; our trails are displaced, or lost, in the process.

I have heard some Trail Conference members say that in putting so much of our resources into land preservation, we are turning away from the focus of our mission: trails. Yet if we don't protect the lands our trails cross, our trails themselves are endangered. To deny or ignore this is to be short sighted. We need to and must make sure we protect trail lands so that generations after us are able to enjoy hiking.

We are at the point of deadline in this effort: Land is not made any more (except in Hawaii and a few other volcanic places), but it is disappearing. If we don't think or act fast enough with respect to land acquisition we will face several unlikable results:

- Fewer, less enjoyable trails;
- No new trails because land is not available or has already been built upon;
- The available land is undesirable or unsuitable for hiking;

- The land has something wrong with it, i.e., is polluted;

- The price of land is unaffordable.

Land acquisition is a crucial component of our trail protection mission; this is why the board of directors designated this an important objective of our capital campaign.

We are all being asked to support this campaign as best we can. The Trail Conference has more than 9,000 individual members, some of whom have given sums far larger than I would ever be able to do. But as The Nature Conservancy and Move-on have discovered, many individuals doing what they can add up to a big difference. One contribution came from a member who indicated that, even on a limited income, she was going to find a way to give. It was an amount some would consider modest, but in my view was generous. Her contribution came from the heart and goes to nourish the soul of what we love to do—hike.

If you have not already contributed to our capital campaign, please consider doing so. We need to meet this deadline well before the situation becomes dreadful.

—Jane Daniels, Chair, Board of Directors

ADVOCACY & CONSERVATION

655 Acres Preserved in Putnam Highlands

The Open Space Institute announced in January that it had purchased 200 acres from the 102-year-old Surprise Lake Camp in the Hudson Highlands of Putnam County and acquired a conservation easement on a contiguous 455 acres. The easement will restrict future development on the site. "Surprise Lake Camp was one of the last large tracts of open space in Putnam County," said OSI President, Joe Martens. He described its location as just beneath the historic escarpment of Breakneck Ridge. It is surrounded by Hudson Highlands State Park; one mile away is Clarence M. Fahnestock Memorial State Park. OSI officials said their eventual hope is that they could acquire additional property to fill in the gaps and connect the two parks. The landscape is largely forested and contains important wildlife habitat, especially for the endangered Timber Rattlesnake, as well as mountain streams, including the Breakneck Brook.

Trail Gap to Be Filled In Hudson Highlands

The Hudson Highlands Land Trust has acquired land off South Mountain Pass in

Putnam County that will fill a gap in the Hudson Highlands State Park. An 18-acre parcel near the Westchester County border was donated to the trust by Bevis and Clara Longstreth. The trust hopes to transfer the property to the state park early this year. Trail Conference East Hudson Crew Chief Walt Daniels notes that the property would add a link to the 5,500-acre park along the Hudson Highlands, a range that stretches from Bear Mountain Bridge north to Newburgh.

2005-2006 NYS Executive Budget Proposal

In response to lobbying by the Trail Conference/Adirondack Mountain Club Partnership, Governor Pataki proposes to increase the total amount of the Environmental Protection Fund (EPF) in the 2005-2006 state budget from \$125 million to \$150 million, a 20 percent increase over last year's level.

The land acquisition appropriation in his proposal has increased from last year's \$30 million to \$40 million with an additional \$15 million for farmland preservation projects. Open space projects

that are eligible under the 2005-2006 land acquisition category include: Shawangunk Mountains, Sterling Forest, Schunemunk Mountain, Catskill Mountain region, and the Highlands Greenway Corridor.

The critical amount for backcountry stewardship has been increased from last year's \$5.75 million to \$7.45 million, a very significant increase.

The new EPF provides \$5 million in matching funds for Quality Communities grants for local land use planning. The Partnership was told that a special portion of this funding was earmarked for hamlets/towns in the Adirondack and Catskill State Parks.

The \$150 million EPF does include \$20 million in General Fund offloads for DEC and State Park capital projects that legally do not belong in the EPF. The state Senate and Assembly have for the last three years worked with us to remove these offloads and re-direct the money to open space and other traditional EPF projects. The Partnership will strongly oppose these offloads as we have done in previous years and continue to advocate for increases in land acquisition and stewardship funding.



Letters

Remembering Nick Styranovski

May 22, 2004: It's the two-year anniversary of my father's accident and death and I woke up thinking about it. And I thought of how I could observe the day and the Trail Conference came to mind. I thought a donation in my father's name would be a good start December 29, 2004: This letter has been sitting on my desk for months and I want to

finally finish it! I have some good news to add—I gave birth to a baby boy on November 3. We named him Nicholas in honor of my Dad. We're all very well and hope you are too. And I hope that your New Year is filled with peace, joy, laughter, and lots of time in the woods.

—Tina Styranovski-Schmidt
Scotch Plains, New Jersey

Longtime Trail Conference member Nicholas Styranovski died May 22, 2002, while hiking on Schunemunk Mountain.

Errata: In the January/February issue of *Trail Walker*, the byline for the article "Sudden Oak Death" was inadvertently omitted. The author was Joan Ehrenfeld, professor in the Dept. of Ecology, Evolution, and Natural Resources at Cook College, Rutgers University, and a member of the Trail Conference Science Committee.

From the Executive Director

trail con-fer-ence

(trāl kōn'fər-əns) n.

1. A formal association of people and groups of people working together to expand high quality hiking opportunities: *She volunteered with the Trail Conference.*

We are trying something different with this issue of the *Trail Walker*. In addition to sending it to individual members of the Trail Conference, we offered to send it to the members of member organizations. About 20 member organizations took us up on our offer.



Why, you might ask, have we done this? The answer is simple. We want to spread the word that there is an easy way for hikers and nature lovers to give back to the lands and trails that have provided them with wonder and enjoyment over the years.

The foreword of *Palisades, 100,000 Acres in 100 Years* by past Palisades Interstate Park Commission (PIPC) Executive Director Robert O. Binnewies acknowledges "...the extraordinary work of volunteers, notably the trail maintainers from the New York-New Jersey Trail Conference. The [hundreds of] miles of trails in the park are their responsibility and we could not operate without them."

The availability of high quality, diverse hiking opportunities in this region is clearly the result of many volunteers working in long partnership with park agencies. Yet, it seems that the general public and even many hikers are unaware of these circumstances.

For example, I had been hiking and backpacking regularly for 20+ years before a conversation with an Appalachian Trail maintainer in the Smoky Mountains National Park made me aware of the effort and care that went into maintaining primitive trails. Before then, I assumed that park employees built trails and people's feet maintained them. Given the enormous pleasure that hiking had provided me over the years, I resolved to volunteer as a trail maintainer when I returned home. It was then that I discovered the Trail Conference.

Like many others, I wasn't familiar with the Trail Conference and, if I had heard the name or seen the maps, I assumed it was a hiking club or some sort of quasi-governmental agency. It took me a while to understand that the Trail Conference didn't lead hikes or organize recreational events like its member organizations. Rather, it focuses solely on providing a forum for people to work together to protect and enhance area hiking opportunities.

In 2004, the Trail Conference had 91 member organizations with a combined membership of well over 130,000 hikers and nature lovers. It is a diverse group united by an interest in stewarding trails and open space and a belief that we are more effective working together than independently. Our focus is on the projects that are either too large for an individual club or better managed by an umbrella group where the interests of all users are taken into account.

Every day, innumerable hikers in this region are enjoying lands and trails that former Trail Conference members took the time to fight and care for. The fights are not over. In fact, this decade is the crux of the struggle for open space activists and nature lovers in this region. The historic surplus of open space is dwindling to the absolute minimum (and beyond) needed to provide clean water, clean air, habitat, and outdoor recreation. The final pattern of connected open space and long-distance hiking opportunities will be decided in the next decade. The Trail Conference needs volunteer activists and new trailblazers to tip the balance toward a more livable landscape.

Paradoxically, as total open space declines, more is coming into public ownership, spreading land managers even more thinly in their stewardship role. The support they get from volunteer organizations like the Trail Conference becomes ever

more essential. In particular, we have seen requests for help planning and building trails skyrocket. We need more people to volunteer with trail crews, and we can always use more trail maintainers, especially in the far-flung Catskills, Kittatinny, and Taconic mountains. And the fact that our stewardship role is expanding off-trail into the environmental monitoring realm means there are increasing opportunities for science volunteers.

In 2004, 1,227 people volunteered under the auspices of the Trail Conference for a total of 38,320 hours. According to our auditors and based on U.S. Department of Labor statistics, this volunteer effort had a dollar value of \$711,882. And those are just the hours that we were able to record!

That is a huge expenditure of time and effort for the benefit of all. Even so, it is not enough, which is why I am hoping that some of the club members reading this issue

will be moved to volunteer and get involved. If only an additional 1 percent of members of Trail Conference member organizations would volunteer, it would double the number of volunteers and make a dramatic difference in the quality and pace of open space protection, trail building and stewardship, environmental monitoring, and hiking book and map production.

Some adjectives for Trail Conference volunteers are: happy, dedicated, interested, involved, excited, eager, cheerful, practical, committed, devoted, enthusiastic, engaged, busy, connected. Become a part of it; you'll be glad you did.

— Ed Goodell
goodell@nynjtc.org

Spring Trails Workshops: Novice to Experienced

Workshops for beginner level trail maintenance, introductory trail construction, layout and design of new trails, and the basics of using Global Positioning System (GPS) and Geographic Information Systems (GIS) for trail building and management will be presented by the Trail Conference on two consecutive weekends in April and May. All courses will be taught by experienced Trail Conference trail managers, builders, maintainers, and designers. The workshops are open to Conference members, members of Conference clubs, and people from nearby communities. Attending a class is a good way to determine whether you would like to be a maintainer, trail crew member, or a trail designer. Instruction will be held at the Newark Watershed Visitors Center in West Milford, NJ, easily accessed via route 23 in the north-central part of the state.

Registration is required for all workshops. Simply fill out the coupon below and send it to the Conference office by April 16, along with an \$8 registration fee for non-members or a \$5 fee for Trail Conference members. Additional information will be provided to all applicants about one week prior to the scheduled workshop. Sign up is first come, first served. Past workshops have been oversubscribed, so send in your registration early.

Workshop details

April 23, Trail Maintenance 101: This training session teaches maintenance techniques, 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.

April 24, Trail Construction and Restoration Techniques: If you have wanted to help on a trail crew or do some heavy repairs on a trail, this is the workshop for you. Workshop participants will restore a section of a trail by constructing steps, waterbars, and side hillings, basic elements of many hiking trails and techniques often used to restore eroded trails.

April 30, Trail Layout and Design: This course will be devoted to establishing guidelines for laying out a safe, exciting, and ecologically sound trail with special attention paid to digital route making, dealing with sensitive environmental and archeological conditions, designing for single and multiple user groups, and designing for a fulfilling hiking experience. Registrants for this course will be given priority for the *GPS/GIS for Trail Management* course on May 1. Registration will be limited to 20 students. If you can bring your own GPS unit, please indicate this on your registration form.

May 1, Global Position Systems (GPS) and Geographic Information Systems (GIS) for Trail Management: This day of training will provide a basic level of skills for using these technologies to aid in trail layout, design, and inventory keeping. Those registered for *Trail Layout and Design* on April 30 will be given priority for this course. Registration will be

limited to 20 students. If you can bring your own GPS unit, please indicate this on your registration form.



Each day will begin with bagels and coffee at 9 am. Workshops will begin promptly at 9:30 and will include classroom lecture, discussion, field work, and material to take home. At 3:30 all participants will regroup for course review, socializing, and sharing their experiences. These workshops will involve field time on nearby trails and will be held rain or shine.

Sign up today!

Past workshops have been over subscribed, so send in your registration early.

Registration Form: Registration can also be done online at www.nynjtc.org/workshops/index.html

Trail Maintenance Workshops

Please check the session(s) you want to attend:

- April 23:** Trail Maintenance 101
 April 24: Trail Construction and Restoration Techniques
 April 30: Trail Layout and Design
 I will bring my own GPS unit.
 May 1: GPS and GIS for Trail Management
 I will bring my own GPS unit.

Name _____

Address _____

City/State/Zip _____

Day phone _____ Eve. Phone _____

Do you currently maintain a trail? Yes No

If yes, do you work as an individual or with a club?

Name of club, if applicable: _____

Name of trail you maintain: _____

Check here if you have questions
and would like someone to call you.

Return by April 16. One form per person. Registration fees—\$5 for Trail Conference members, \$8 for non-members—are per person (one or more courses), not per course, payable to NY-NJ Trail Conference. Send mail registrations to: NY-NJ Trail Conference, Trail Maintenance Workshop, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

TRAIL NEWS

New, Restored Bridges In Harriman/Bear Mountain

The previously proposed bridge near the Route 9W trail head of the 1777 Trail in the northern portion of Harriman/Bear Mountain State Park, is now a reality thanks to Eagle Scout Clint Aylward and Scout Master George Cartamil of Troop 97, New City, NY.

In the southern section of the park, the Stony Brook Bridge, located just below the Cascade of Slid on the Pine Meadow Brook, was restored thanks to the efforts of Trail Conference volunteers Chris Connolly, Joe Ginsdoff, Pete Heckler, Peter Hibbard, Herb Hochberg, and John Mack, and Palisades Interstate Park Commission Rangers Mickey Cahill and Joe Langdon.

The On Again, Off Again Hasenclever Trail

In December, a portion of the Hasenclever Trail in the area of Peter's Mine in Ringwood State Park was again closed to the public. The 5-mile trail links Ringwood Manor and the Long Pond Ironworks in West Milford. The closure is the result of the discovery of an industrial dump site near the trail, which was newly opened last year. After a brief closure in October, immediately following the dump discovery, the trail was reopened by Ringwood State Park authorities when they determined it did not present an imminent threat to hikers. In December, however, New Jersey State Environmental Commissioner Bradley Campbell closed the trail and pressured the Ford Motor Co., which is responsible for clean-up, to begin work. Excavation of the site began in January.

The 3/4-mile section of trail that is closed is approximately 1.5 miles from the Ringwood Manor access and 4 miles from Long Pond Ironworks. There is currently no reroute and a time frame for clean-up completion was not set as of the deadline for this issue. For additional information, call the Ringwood State Park Superintendent at 973-962-7031 ext. 0.

Storm King Now Completely Open

The Army Corps of Engineers finished its work clearing ordnance from Storm King State Park on Jan. 2. The "closed" signs have been removed, and the park is now completely open.

Old Mine Road Reopened

Old Mine Road at Worthington State Forest in New Jersey, closed after Hurricane Ivan's fury, has been repaired and is open again.

Bear Mountain Inn Closes for Renovations

Hikers accustomed to rendezvousing or enjoying post-hike R&R at the Bear Mountain Inn should be aware that the Inn is now closed and undergoing renovation work that is scheduled to last until spring 2006. Overnight accommodations will be available at the four stone lodges

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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.

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

April 24 (Sunday)

May 15 (Sunday)

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.

WEST JERSEY TRAIL CREW

Leaders

David Day and Monica Resor:
732-937-9098, cell 908-307-5049
westjerseycrew@trailsbuild.com

Help build a bridge at Worthington State Park Dunnfield Creek/Blue Dot Trails

This spring, we have a special project to start off our season. Part of the damage done by Hurricane Ivan was the destruction of all the bridges over Dunnfield Creek in Worthington SP. The first bridge on the Dunnfield Creek Trail needs to be replaced as soon as possible, as it has cut off the primary route to much of the eastern half of the park. We have set an intensive schedule to kick off this season with a new bridge.

All trips begin at 9 am at the Dunnfield Creek parking area, just off I-80. There is a walk of about a third of a mile to the work site, so please be there on time. Call or email leaders for meeting place details and other questions. Heavy rain in the morning will cancel; if in doubt, call leaders that morning.

April 9 (Saturday)

Site preparation and construction of new stone pilings and approaches to the new bridge.

April 10 (Sunday)

Site preparation and construction of new stone pilings and approaches to the new bridge

April 16 (Saturday)

Construction of new stone pilings and approaches to the new bridge.

April 17 (Sunday)

Begin construction of the new bridge framework.

April 30 (Saturday)

Begin construction of the new bridge deck and railings.

May 1 (Sunday)

Complete construction of the new bridge deck and railings; finish the approaches and retaining structures.

WEST HUDSON NORTH CREW

Leaders

Denise Vitale (Crew Chief):
845-738-2126, WHNTrails@aol.com
Dave Webber: 845-452-7238,
webberd1@yahoo.com

Join us as we work on the picturesque Gertrude's Nose Trail in Minnewaska State Park. All skill levels and newcomers are welcome. Since we are still a relatively new crew, we provide training on each work trip. For these outings, meet at 9 am at upper parking lot at Lake Minnewaska (gates open at 9 am).

April 16 and 17 (Saturday and Sunday)

April 16 joint with West Hudson South.
Gertrude's Nose Trail,
Minnewaska State Park

Using a highline setup to build rock steps in several steep areas.
Leader: Denise Vitale

April 23 and 24 (Saturday and Sunday)

Whitehorse Mountain,
Storm King State Park

Joint with West Hudson South.
(See WHS schedule for details).

May 8 (Sunday)

Gertrude's Nose Trail,
Minnewaska State Park

Celebrate Mother's Day by tending to our Mother Earth.

Stabilize a talus slope by moving rocks, cutting back brush in the trail corridor, and side-hill benching
Leader: Denise Vitale

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,
crganz@earthlink.net
Robert Marshall: 914-737-4792,
rmarshall@webtv.net

April 16 (Saturday)

Gertrude's Nose Trail,
Minnewaska State Park

Joint with WH North crew.
(See WHN schedule for details).

Leader: Denise Vitale 845-738-2126

April 21 (Thursday)

Tiorati Connector Trail,
Harriman State Park

Leader: Bob Marshall

April 23 (Saturday)

Whitehorse Mountain,
Storm King State Park

Joint with West Hudson North.

Leader: Claudia Ganz

April 24 (Sunday)

Whitehorse Mountain,
Storm King State Park

Joint with West Hudson North.

Leader: Chris Ezzo

April 30 (Saturday)

TBD

Leader: Bob Marshall

May 5 (Thursday)

Stahahe and Nurian Trail,
Harriman State Park

Leader: Bob Marshall

May 7 (Saturday)

TBD

Leader: Brian Buchbinder

EAST HUDSON CREW

Leaders

Walt Daniels, 914-245-1250
Chris Reyling, 914-428-9878
John Magerlein, 914-243-4714
MaryAnn Massey, 914-967-8774
Jack Seirup (tel. contact), 914-232-4871

The East Hudson Trail Crew has some exciting projects this season with opportunities to build several new trails. The East Hudson region has a new supervisor for trails in Westchester County. These will include trails in Kitchawan Preserve, George's Island, and Montrose Point, which need work to bring them up to Trail Conference standards before they can be turned over to maintainers. Several other new trail possibilities are in the process of getting approvals and will be announced when the permissions are in place. There are several small projects where a few people (preferably mid-week) can do the work. We make a special effort to arrange pickups at the nearest Hudson Line train station.

Weekdays

TBD

Leader: Walt Daniels

March 26 (Saturday)

TBD

Leader: Walt Daniels

April 9 (Saturday)

TBD

Leader: Walt Daniels

April 16/17/23/24/30/May 1

TBD

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Our Changing Forests

By William Schuster, PhD

Most forests in our region are dominated by oak trees and have been for thousands of years. But it would be a mistake to conclude that all is well with our forests. The column on sudden oak death in the previous *TrailWalker* (XXXII: 1) described how this alien pathogenic organism may pose significant future threats to our forests. The column on white-tail deer in the issue before that (XXXI: 6) pointed out that populations of this native forest animal are imbalanced and causing other problems.



WILLIAM SCHUSTER

Since the 1960s, researchers have measured the impact of deer foraging on tree development by using deer exclusion fences.

Closer analysis reveals that our forest ecosystems have been profoundly altered. Change is an inherent feature of our forests, although it often takes place slowly on a human time scale. But some of the current changes have been taking place relatively rapidly and can be recognized by hikers who take the time to look for clues.

A healthy, self-replacing forest has trees in several size classes, especially sufficient seedling, saplings, and smaller trees. These must successfully replace the canopy trees when they die, either one or a few at a time

in tree gaps or occasionally on a larger scale after disturbances. But most of our region has insufficient tree regeneration. Detailed records from the Black Rock Forest, located 50 miles north of New York City, indicate some of the changes occurring in forests of the Highlands. A so-called "reverse-J" distribution, with abundant smaller trees and increasingly fewer trees in sequentially larger diameters, typified the Black Rock Forest from the 1930s to the 1960s. But now the majority of all trees are larger than four inches in diameter at breast height with very few in the zero to four-inch diameter range. There are 4,000 tree seedlings per acre, on average, but nearly all under knee height. For many decades almost none of these have survived to grow into full-sized trees.

Size distribution analysis of the dominant red, white, and chestnut oaks indicates aging populations. These trees are most abundant in the larger size classes (10 inch diameter and up) and there are few smaller oaks to replace them in the future. Over the past 75 years oaks have had mortality rates five to eight times as high as their recruitment rates. While oaks still dominate the canopy in most places, their absolute density has been decreasing dramatically. Oaks once comprised more than half of the Black Rock Forest's understory trees, but they now constitute less than 10 percent. Natural forest succession should lead to replacement by longer-lived and more shade-tolerant species like sugar maple and beech, but these have also not regenerated well. Instead, the ubiquitous and faster-growing red maple, along with black birch in some cases, has been the only species to regenerate in significant numbers. These once numbered less than 10 percent of the understory, but

now represent more than half. This canopy-understory contrast portends a major forest composition change.



Deer browsing of young oaks means fewer oaks will reach maturity.

You may also see regeneration of trees that seem out of place because they are, historically speaking. Seedling and saplings of the alien and extremely fast growing tree-of-heaven, and Norway maple in some places, are spreading along edges and in disturbed areas. Black Rock Forest's records document the arrival of several new tree species in the past half century including southern species that are expanding to the north as well as invasive exotics such as slippery elm, red mulberry, catalpa, and tree-of-heaven. Over the same time period a few species have disappeared completely, including northern-forest relicts such as black spruce and paper birch, and American elm and, before that, the American chestnut.

The causes of these changes are numerous. One factor has been enhanced fire suppression, substantially changing the disturbance regime and ecological dynamics. Fires favor regeneration by oaks, while fire suppression favors thin-barked,

fire-sensitive species like red maple. Other human activities have changed the chemical makeup of the landscape, including our atmosphere, waters, and soils. Global trade and transportation have greatly enhanced the spread of invasive species from other continents. The chestnut blight, Dutch elm disease, gypsy moth, hemlock woolly adelgid, and introduced earthworms have all substantially modified our forest ecosystems.

Another major factor has been "decapitation" of the food web as humans eliminated populations of carnivores like wolves and mountain lions. Populations of their main herbivore prey, including deer, have subsequently exploded. These herbivores preferentially browse oak seedlings, a major factor in skewing the age demographics of oak populations. In one cleared and unfenced area studied at Black Rock Forest, over the past 33 years not a single tree has reached even one inch in diameter as it has turned into a dense blueberry patch.

The long-term consequences could be serious. We depend on forests not only for recreation and scenery, but also provision of clean water and air, soil retention, control of nutrient cycling and local climate, timber and other forest products, and also to sustain a host of native plants, animals, fungi, and microbes. Examination of recent small-scale disturbances suggests a transition from oak to red maple dominated forests. More severe disturbances show evidence of increasing exotic species which will likely lead to reductions in native biodiversity.



Red maples (left) are replacing oaks in many of our forests.

There are ways we can try to manage the situation. For example, we could allow small-scale fires to reduce brush loads, recycle nutrients, and favor native species regeneration. But this will be difficult near populated areas. We could take further steps to reduce deer herds, perhaps enhancing the increase of predators such as bear, coyotes, and bobcats, though we are unlikely to ever see the return of the top deer predator, the wolf. We can manage forests and sustainably extract timber products by minimizing disturbance, leaving seed trees and protecting regeneration. Fencing large areas to exclude deer and allow successful seedling maturation could be successful, though unattractive and expensive. To manage the biogeochemical changes we would need to reduce acid rain, ozone, and greenhouse gas emissions. Minimizing the impacts of the spread of exotics will also be difficult, though we will certainly benefit if we can learn how to gauge their seriousness in advance, and wage only the battles that make sense.

Change has always been ubiquitous in forests, but never more so than at this present time. Enjoy your next walk in the woods but recognize that, if we want to keep them healthy, we will all need to be part of the solution.

William Schuster is executive director of the Black Rock Forest Consortium

SCIENCE & ECOLOGY

Collective Action

By Edwin McGowan, Science Director, PhD

"One of the penalties of an ecological education is that one lives alone in a world of wounds. Much of the damage inflicted on land is quite invisible to laymen. An ecologist must either harden his shell and make believe that the consequences of science are none of his business, or he must be the doctor who sees the marks of death in a community that believes itself well and does not want to be told otherwise."

—Aldo Leopold, *Round River*, p. 165. From a collection of Leopold's writings published after his death in 1948.

Aldo Leopold's grim view of early 20th-century America reveals the weariness of an observant witness to widespread ecological loss: the extinction of species, the felling of vast forests, the careless destruction of natural treasures, and perhaps most important, the wanton practices of a society lacking a "land ethic." As a trained ecologist, I remember being moved by this quote when I first came across it some 15 years ago, and it has often entered my mind since.

As I revisit the precise wording of Leopold's prose for this column, I realize with some optimism how much our nation has changed since his time. The trained ecologist is no longer "alone" but part of a much larger community of like-minded people who recognize the value of natural systems, pristine landscapes, and a healthy environment. Environmental laws, the expansion of parks, preserves, and wilderness areas, and the public's desire to find remedies to poor planning and uncontrolled growth suggest the emergence of a much needed land ethic.

As hikers, we have a special stake in protecting the integrity of the wild places we roam. By joining hiking organizations and donating time and resources, we have made an important contribution to the environment. Local lands originally preserved for hiking and outdoor recreation are now recognized as being among the most ecologically significant in our region. The conservation of these lands in perpetuity is a legacy to be proud of.

Still, there is much more that needs to be done to advance our collective interests, especially at this critical time of unprecedented suburban growth and expansion. We need to remain vigilant and demand that additional conservation lands be set aside for future generations

and that those already preserved be properly managed. Supporting organized land acquisition efforts, such as the Trail Conference's Green Corridors Project, is one way to directly effect these goals. Donations to this project go towards purchasing critical land linkages—for both hikers and wildlife—which are later transferred to state entities under conservation agreements. Recovered expenses are then put into additional parcels, completing the cycle.

For those interested in taking a more hands-on approach, we also offer opportunities to help manage the natural resources found on conservation lands. Citizen Science opportunities at the Trail Conference aim to educate participants about local ecology while generating much needed data on the status of plants, animals, and natural communities. For many participants, these projects are an introduction to ecology. We hope they will also serve as a catalyst for further ecological education. (See the Science section of the Annual Report in this issue for examples of Citizen Science opportunities with the Trail Conference.)

Leopold lamented the singular burden of being an ecologist in his day. While an ecologist's eye can still detect many wounds in the land today, it is through collective action that healing and solutions will and are being made.

Visit the new TC Science web page at nynjtc.org/science for more science news and volunteer opportunities.

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. Become an active part of our family and get more involved. If you are interested in volunteering with the TC through any of the jobs listed below, or some other, contact the Volunteer Projects Director Joshua Erdsneker by email (josh@nynjtc.org) or telephone (201-512-9348, ext. 15), and he will find a way to get you involved.

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, from Trail Maintenance 101 to teaching computer skills. We are looking for a person to help coordinate these training sessions. Interested persons should have excellent coordination 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.

Tough Reputation to Uphold

Safeguard the mystic and rugged beauty of the hiking trails in one of the nation's most highly touted outdoor recreation areas. The hiking trails in the Catskills have been praised by hikers all over the world; help keep the praise coming. Without your help, these magnificent trails will fall into disrepair. Join our dedicated Catskills Trail Committee and help keep the trails open.



TOM DUNN

National Trails Day

Registration Assistants

The Trail Conference has 10 National Trails Day events scheduled throughout the New York-New Jersey area. We are hoping to draw a significant number of attendees. We are looking for help collecting and processing the registrations for these events. Participants will be able to sign-up for an event online, mail-in registration form, and at selected local retail stores. Interested persons should be comfortable with computer data entry and general mailing tasks.

Project Management Training

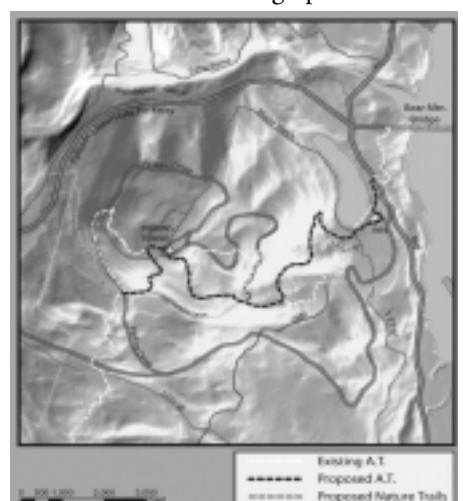
With a wide variety of ongoing projects, the Trail Conference would like to help its volunteers and staff. We are looking for an individual who can train others in project management, teaching staff and volunteers how to run effective meetings, avoid pitfalls, planning techniques, and more. If you are a qualified project manager, please contact Jane Daniels at: jdhiker@optonline.net.

Other Opportunities:

- Assistant to the Executive Director
- Librarian
- Publication Indexer
- Outreach Events Coordinator
- Tabling Event Representatives

BUILDING A NEW AT ON BM *continued from page 1*

history that encompass Bear Mountain. From this understanding, they were able to recognize the issues and exciting opportunities that fueled the design process.



The students presented their analyses at a charette session on November 14 and 15 at Rutgers University. (A charette is a public participatory process where consensus about a project is reached through discussion of priorities and need.) The data and analyses were presented to professionals who would participate in designing the re-alignment of the AT and construction of other trails. One of the presentation high-

lights was a three-dimensional, bird's-eye, fly-through of the mountain created in GIS. This imagery elicited enthused "oohs and ahs," as well as a few less avid groans induced by waves of motion sickness. Once any motion sickness and a few reassuring laughs subsided, the participants discussed, corrected, and expanded upon the data and analyses in break-out sessions.

The resulting analysis made it clear that the complexity of the issues influencing the AT at Bear Mountain Park required a broadening of the project scope to include the entire Bear Mountain area. The most influential issues were used to develop a list of design considerations, including: treatment of trail head, trail relocation, park arrival sequence, environmental impact, and sustainability. These factors were guidelines from which the students designed solutions for a sustainable AT relocation.

The designs were presented at a second charette on December 5 and 6 at Bear Mountain. Through a series of sessions, the participants and students discussed the designs' strengths, weaknesses, opportunities, and constraints. At the conclusion of the charette, the students were equipped to develop a single consensus design that drew the best features from the six previous design scenarios.

The final design was presented on December 20 as a master plan from which

Getting from Point A to Point B: The Making of TC Maps

You see them everywhere there are hikers in the New York-New Jersey region, from outdoors stores to backpacks to coat pockets: Trail Conference hiking maps. The New York – New Jersey Trail Conference has been publishing professionally drawn topographic hiking maps since the early 1980s. They are among our signature products and services to hikers. As with everything the Trail Conference does, our map-making depends on volunteers. The following is a brief description of the current procedures, considerations, and resources that go into producing a Trail Conference map. If you like maps, you can find unusual opportunities for volunteering through the Map Committee.



The decision to produce a map set begins with the Trail Conference **Publications Committee**, which tracks and analyzes sales trends and creates annual map production schedules. Producing maps is the

park and organization officials could initiate the re-alignment of the AT and trail renovations at Bear Mountain State Park.

As these partners contribute their suggestions a final plan will emerge, which can then be used to start seeking funds, permits, contractors, and to develop an implementation schedule for work as well as training opportunities. As you read this, the second stage of the planning process is under way; we hope to see the first work begun by volunteers later this year.

Note from the Trails Director

With this vision in hand, the Trail Conference has moved a long way toward a consensus goal for the future of the trails on Bear Mountain. Our next steps will involve taking this vision and developing a working plan to go with it. This plan will then be brought to each of the partners involved seeking their approvals and suggested adjustments.

Alison Beegly is a student in Rutgers University Landscape Architecture school. Trail Conference partners in the Bear Mountain project are the Palisades Interstate Park Commission, New York State Office of Parks, Recreation and Historic Preservation, the National Park Service, and the Appalachian Trail Conference.

job of the **Map Committee**, a sub-committee of the Publications Committee; its first decision is to choose whether to reprint the set as is, revise an existing analog map set, or convert the map set to digital format.

Like Maps?

Whether the map subcommittee decides to revise an analog map or convert it to a digital map, finding a **volunteer map manager** to coordinate the project is essential. The map manager oversees all aspects of map production, with the objective of producing a high quality map within a budget and in a timely fashion. The work of a map manager is never dull. With the assistance of the committee and staff; they develop a budget and production timelines, appoint and coordinate volunteers such as the field coordinator and map back editor, work closely with the cartographer, obtain approvals from park and land managers, work with printers, draft a press release for the marketing committee, maintain a list of volunteers and others involved, and eventually, upon publication, write and send thank you notes with complimentary map copies to everyone involved.

The **field coordinator** and **map back editor**, appointed by the map manager, are separate volunteer opportunities within the map production process. The map back editor oversees the production of the text and information printed on the backs of the maps. S/he must review the current map back and decide what needs updating, and coordinate changes with the layout artist to determine the layout of the map back. The field coordinator is responsible for overseeing the collection of field data, primarily Global Positioning System (GPS) data of hiking trails and trail features. The field coordinator is also responsible for appointing field checkers. A **field checker** is another fun volunteer opportunity. Their objective is to survey trails, assigned by the field coordinator, with a global positioning system receiver (GPS unit). The survey includes hiking trails to determine their actual location, and identifying features such as trailheads, trail intersections, stream crossings, and viewpoints. The resulting data is sent to the field coordinator, who will archive the data, and send the data to the **cartographer**.

The cartographer will produce several draft versions of the map, which are sent out to selected Trail Conference members and the involved land managers for review. After several drafts are reviewed and all parties are satisfied with the accuracy and aesthetics of the map, it is sent to the printer. At this point, all the hard work of the publications committee, map committee, project manager, map back editor, field coordinator, field checkers, cartographer, reviewers, and the Trail Conference staff pays off. A beautiful, useful, and accurate hiking map is now available for all hikers to use as a tool to enjoy the great outdoors!

If you are interested in volunteering in the map production process please contact Joshua Erdsneker, Volunteer Projects Director, at 201-512-9348 or josh@nynjtc.org.

–Eric Yadlovski, Trail Conference GIS Specialist and Edward Goodell, Executive Director

Jim & Carolyn Canfield

By Maureen Edelson



Jim and Carolyn Canfield of West Milford, NJ, are action figures of the outdoor world: hiking, mapping, maintaining, leading, biking, skiing, presiding. The Canfields may not leap tall buildings, but there's always next month.

Carolyn had just retired from teaching mathematics at West Milford High School in February 1996 when she sought out weekday hikes with a group called Frost Valley Trailwalkers. "Of course I remember that first hike. It was on the AT out of Bear Mountain Inn, up to Perkins Tower. There was ice and snow, and Dave Sutter was the leader. I came home and told Jim about it, and started showing him the same hikes on weekends that I would do during the week."

Now both are retired, and the Canfields' lives are filled with the work and play of outdoor enthusiasts. Carolyn and Jim preside and organize: she as president of the Interstate Hiking Club, a TC member club, and he as trails chair. (IHC maintains the Sterling Ridge Trail, and sections of the Long Path and Jessup Trail on Schunemunk Mountain.) They review NY-NJ Trail Conference maps and serve on the NY-NJ Trail Conference Steering Committee for the Appalachian Trail Conference 2007 meeting. (The 2007 ATC meeting, a weeklong affair involving hundreds of participants, will be organized and hosted by the NY-NJ Trail Conference.) Their physicality and curiosity in the outdoor world, however, truly amazes.

Hiking trips including New Zealand, the Matterhorn (technical base), and Carolyn's favorite lunch spot at Wyanokie High Point (1020') are the stuff of their adventures. The camaraderie of their trips with hiking buddies points up what good company Jim and Carolyn are, and what enjoyment they find in their outdoor companions. They have spearheaded a multi-year effort to hike the Long Path northward from Fort Lee, an effort begun just before the millennium. The couple is responsible for maintaining the 1.5-mile Wingdam Trail in Wawayanda State Park.

Biking has been added to the "let's have fun" list of Canfield activities, particularly through the Union County Hiking Club (another TC member group). Members utilize the growing variety of rail trails in the northeast.

On a windswept winter afternoon, the couple graciously sat still for two hours to tell me the story of their involvement with the New York - New Jersey Trail Conference and its member clubs. Jim and Carolyn are not just action figures; they are, truly, outdoor recreation superheroes.

How Do Trails Come to Be?

By John Myers

Over the past several years, the Trail Conference has been making a concerted effort to expand and protect our trail network in two major ways. One way is acquiring the "missing links" on our existing long-distance trails through acquisitions of privately owned parcels and then transferring these to public agencies. The second way is seeking permission from public land managers to create new long-distance trails over existing public lands.

We have recently been very successful in this second effort and have reached the point where we need new volunteers to help explore and design these new routes. These include the seven trail corridors described below:

1. In Sussex County, NJ, the 20-mile long ridge of mountains running from the Appalachian Trail in Wawayanda State Park south through the Hamburg Mountains, along the top of Sparta Mountain and into Mahlon-Dickerson County Park.
2. In Warren County, NJ, a proposed 15-mile route running from Allamuchy State Park along the top of Jenny Jump Mountain State Park and on into the Pequest Wildlife Management Area.

3. In Passaic County, NJ, a new trail link between Norvin Green State Park and Ramapo Mountain State Forest in the Wanaque area.
4. In Morris County, NJ, a new trail along a portion of Green Pond Mountain connecting county and state lands.
5. In Morris County, NJ, an extension of the Four Birds Trail south of Splitrock Reservoir area, through county lands to Berkshire Valley Wildlife Management Area.
6. In Putnam County, NY, an extension of the Highlands Trail from the Hudson River to Fahnestock State Park and on eastward through New York City watershed lands and other public lands to the Connecticut border.

7. In Orange, Sullivan, and Ulster Counties, NY, along the Shawangunk Ridge, including new trails in Minnewaska State Park and a connecting trail from the Shawangunk Ridge Trail down to Port Jervis.

There are certain skills and knowledge that help in being a trail scout and designer. One is familiarity with a particular wild area along the proposed trail route. You may have intimate knowledge of a beautiful view, special historic place, or a significant natural feature, such as a quiet hemlock grove or site of some geological interest. If you have a special knowledge of these areas, you may be an invaluable resource and may want to become involved

in the design of new trails. We are looking for volunteers now, so that as we get permission for a new trail there are people ready to help scout it.

Or you may just love to go into a new area and explore it to find the undiscovered gems that may be hiding there. A trail scout needs to be willing to walk the wild land features without following a trail and should have some skills with maps, compass, and GPS if possible. To identify a route, which can be followed by others who may be doing environmental or archeological assessments and trail crew leaders determining structure needs, means that the scout must be able to record the route so it can be understood and followed later on by others.

If you're interested in doing this type of volunteer work we want to hear from you! Let us know which areas you're familiar with, so we can contact you for help for trail needs in those areas.

To become involved with this exciting and creative part of trail designing, please contact Josh Erdsneker (josh@nynjtc.org) or Larry Wheelock (wheelock@nynjtc.org) or either of them at 201-512-9348.

John Myers is land acquisition director for the Trail Conference.



Don Recklies

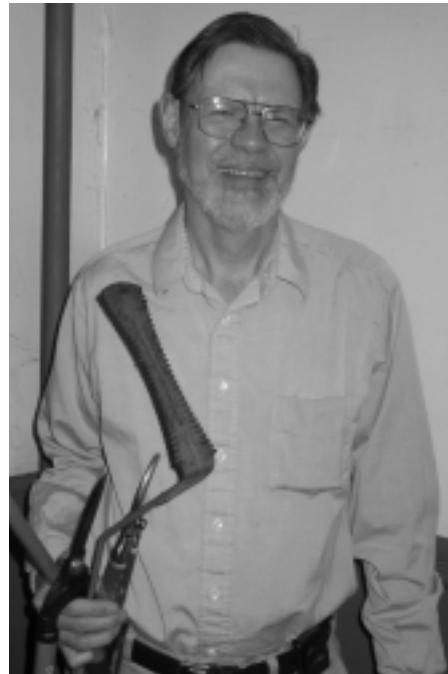
by Anne De Sutter

Don Recklies is a Brooklynite who relies on public transportation, but that doesn't keep him from being an avid hiker and trail maintainer. Don volunteers with the Trail Conference's Metro Trails Committee and can often be found enjoying and maintaining trails in the Greenbelt on Staten Island. The Greenbelt offers a network of 26 miles of trails, a green escape from the city within the city that is accessible by public transportation.

Don came to hiking through a love of nature as a child and has continued to serve his interest by volunteering with Metro Trails and Protectors of Pine Oak Woods, an environmental group of volunteers that cleans out invasive plants, such as the vines that strangle trees, and replants with native varieties. Besides keeping him involved with nature, Don says he likes to hit the trails because it keeps him in shape and makes him feel good.

When he hikes, Don prefers to go with groups, often joining the New York Ramblers, enjoying outings at nature centers and preserves, and venturing as far as Harriman State Park and other areas in the Hudson Valley. An amateur birder, Don also favors outings at Floyd Bennett Field near Jamaica Bay and the Gateway National Recreation Area, both good spots to see both inland and shore birds. He does not keep a "count," preferring to maintain a more casual approach to the sport, but he does keep track of sightings on ebirdsnyc@yahoo.groups.com and has seen the boreal owl that currently resides in Central Park and, closer to home, a great horned owl in Brooklyn's Prospect Park.

Don says he is often asked by people who see him maintaining his trails if he works for the City Parks Department. When he answers no, they often respond,



"Parks oughtta do that." But Parks does not do that, and Don, like so many other volunteers, realizes that clean and well-maintained trails depend on volunteers. "People don't realize how important volunteers are," says Don, who urges more people to volunteer.

Don has found enjoyment and satisfaction in keeping trails available for all to use, and we thank him for his efforts. For more information about the Staten Island Greenbelt, and for descriptions of the trails, visit www.sigreenbelt.org. For information about volunteering with Metro Trails, contact committee chair Bob Ward at 718-471-7036.

TRAIL NEWS continued from page 4

and Overlook Lodge.

For more information or to make reservations, contact the Inn at 845-786-2731. PIPC intends to make the Inn an eco-friendly building that protects and preserves natural resources through the use of environmentally sensitive materials and equipment, including a geothermal heating and cooling plant. The plan also calls for the enhancement of the Hiker's Lounge and Coffee Shop, and the installation of a Hudson Valley Bookstore featuring publications on the environment, history, and architecture of the region as well as locally produced crafts and foods.



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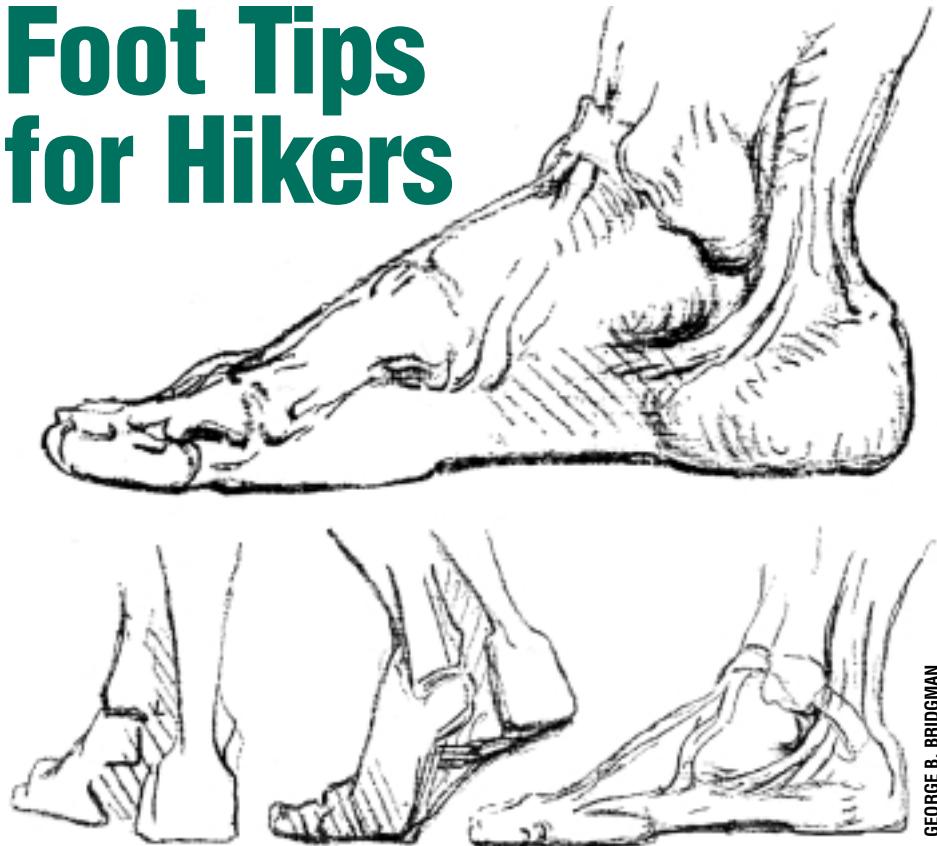
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Foot Tips for Hikers



has occurred. A repetitive activity or stress, such as hiking uphill for several hours carrying extra weight, can cause a foot injury. Unlike a leg cramp, which may eventually go away with continued walking, a foot injury will only get worse.

Common Injuries

Injuries due to overuse include capsulitis, or, inflammation of the soft tissues surrounding a joint. This occurs most frequently around the ball of the foot. Symptoms may include pain and swelling, sometimes affecting just one toe. In severe cases, a toe may begin to take on the appearance of a hammertoe.

Pain under the heel is also a common foot ailment in the very active patient. Symptoms also include pain while standing and walking, centered in the heel. In some cases, a heel spur may be present. This condition, however, is also an inflammation of the fascia, a ligament-like structure stretching from the heel bone to the ball of the foot.

Early intervention is critical for these conditions. Prompt treatment includes application of a cold pack to the painful area for 5-10 minutes a few times a day, anti-inflammatory medication, and, where appropriate, corrective arch support placed into shoes. More severe cases frequently benefit from a cortisone injection.

A common injury for hikers on uneven terrain is an ankle sprain. A moderate or severe sprain could involve a partial or complete tear of an ankle ligament. Frequently, the more severe injuries involve significant swelling and sometimes discoloration of the surrounding skin. A rapid application of a splint to help reduce the swelling and allow the tissues to heal is important. The splint also helps prevent re-injury. Application of an ice pack will help initially, as will elevating the injured foot. Hiking on a foot with an acute ankle sprain can significantly increase the time needed

A 72-year-old woman went to her podiatrist recently, after noticing increasing pain and swelling in her foot. Although she had not twisted or injured her foot, she had noticed increasing discomfort over the previous few weeks. Hiking mostly along the Hudson River for six to seven miles, usually three times a week, she had trouble completing her most recent outing. This older hiker had two questions for her foot doctor: "What's wrong with my foot?" and "Can I continue hiking?"

The answer to the first question was straightforward after an examination and X-rays. The patient had developed a moderate to severe capsulitis, or joint inflammation, in the ball of her foot. The answer to the second question was more difficult.

"Think of yourself as an athlete," her podiatrist told her. "If you do not rest your foot, you may be able to walk through another moderate hike; however, you may be out for the rest of the season." In the end, this hiker followed her podiatrist's advice for rest, anti-inflammatory medication and some special padding for the bottom of her foot. She sat out a few weeks of hiking, but then returned to her regular schedule.

The human foot is well-designed for walking and hiking. The many small joints in the foot are able to adapt to changing and uneven terrain. Other variables, however, such as taking a particularly long hike, or carrying a heavy backpack, can tip the balance in favor of possible foot or leg injury.

Foot pain is usually a sign that an injury

for healing.

Many soft tissue injuries will improve with resting the affected foot, applying ice to the area for 5-10 minutes a few times a day, a compression bandage, such as an Ace wrap, and elevating the foot. It is a good idea to take along on hikes a few Ace wraps and several cold packs which can be activated in the field, when needed.

Those Pesky Blisters

Ice and an Ace wrap will not, however, help a hiker's nemesis—blisters. These painful and annoying injuries can easily be prevented. Blisters occur in the presence of two conditions: repeated chafing of skin against a shoe or boot, and moisture or perspiration. Be certain that shoes or boots fit properly before going out on the trail, and use foot powder to help keep your feet dry. In addition, socks should always be changed if they are wet or even damp. A prescription foot anti-perspirant is available for more difficult cases.

To treat a blister, simply lance or open the blistered skin slightly to allow fluid to drain. Do not remove the blistered skin. Cover the area with dry gauze and tape or a large adhesive bandage.

Failure to keep feet clean and dry can also result in a skin fungus infection, commonly referred to as athlete's feet. This condition will create an itchy, burning sensation. Some over-the-counter preparations may help, but the condition often requires a prescription strength medication for complete healing. In addition to any medication, however, keeping the feet clean and dry is important to treating this condition and preventing it from recurring.

Howard E. Friedman, DPM, is a podiatrist and board certified foot surgeon treating hikers and non-hikers in Suffern, NY. A second article in this series will discuss some more common foot and leg injuries and their treatments.

Long Path Maintenance April 23, 2005

The Long Path North Hiking Club is looking for volunteers for a work maintenance day, Saturday, April 23. The work will be on section 31 of the Long Path in Albany County. Bring lopers or a bow saw if you have them and a lunch. Contact Clarence Putman at 607-538-9569.

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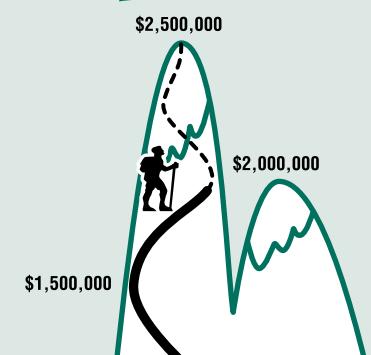
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New York-New Jersey Trail Conference

FAVORITE HIKE

By Lee McAllister

A Winter Idyll on Long Island



This walk offers early signs of spring and views of Cold Spring Harbor before the trees leaf out.

Location: Syosset (Nassau County) to Cold Spring Harbor (Suffolk County)

Length: About 4.3 miles end-to-end (two cars necessary)

Rating: Moderate, about two hours walking time.

Features: Varied woods with lots of mountain laurel, hills, wetlands, and views when the leaves are down.

Terrain: flat to hilly, a couple of wet spots

How to get there: Leave one car in the parking lot of Cold Spring Harbor State Park on Rte 25A just west of the village of Cold Spring Harbor. Then drive west on Route 25A and, at a traffic light at the top of a hill, make a left onto Syosset-Cold Spring Harbor Road. Continue a little over a mile and make a left onto South Woods Road. In a short distance, park in the Stillwell Athletic Fields parking lot on your left. To reach the Stillwell Woods Loop Trail, walk across the field with the chain-linked fence on your left. In a few hundred yards you'll enter a transitional area of thick shrubby growth. Continue straight, then bear left onto the mountain bike trail as it traverses among large spruce trees. Look to right for the yellow dots of the Stillwell Woods Loop and follow them to the edge of the woods. A sharp left will take you into the Stillwell Woods.

Watch out for: The occasional mountain biker and many trail turns, particularly along the first 1.4 miles of the yellow-blazed Stillwell Woods Loop. There are a three road crossings.

Hike Description: It has become an annual tradition for me to do this enjoyable hike on the Stillwell Woods Loop and Nassau-Suffolk Greenbelt Trails (NSGT) sometime between Thanksgiving and New Year's Day.

You will need to pay attention in order to follow the yellow-blazed Stillwell Woods Loop Trail, as there are many turns.

Stillwell Woods, where this hike begins, is dominated by chestnut oak (not all that common in most of Long Island) with a thick understory of mountain laurel. In springtime, the observant walker can see trailing arbutus, some a deep pink in color. On my last hike here, we spotted fox tracks in the fresh snow. After about 1.4 miles, you will turn left onto the white-blazed and easier-to-follow Nassau-Suffolk Greenbelt Trail.

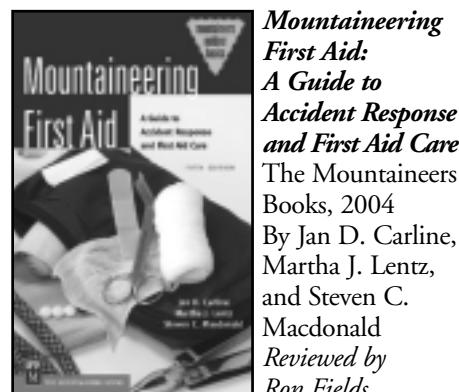
Immediately, you cross Stillwell Lane and continue on past a hill clad with pitch pine (miles away from the pine barrens where these trees proliferate) and follow an old railroad grade. This section features hills on the left and a steep drop-off to a wooded swamp on the right. The scenery impressed me so much that I used it for the cover of the first edition of my book *Hiking Long Island*. In a short distance you'll reach a wetland with a meandering brook under a wooden walkway. It buzzes with life in summer, and even in winter I have seen signs of the renewal to come. The pointy spikes of skunk cabbage poking through the ground on December 30th were the earliest I have ever seen this harbinger of spring. Just beyond this spot, the trail parallels Route 108 for a short distance before crossing the highway.

From here, the trail goes up and down with regularity. The sun hits the west facing slopes in the afternoon and you can feel the temperature difference while working up a sweat. The trees are mature here, with many different species. The tallest are the straight trunks of the tulip tree, which may rise for 60 or 70 feet before having any branches. When the trees are bare, watch to the left for a pretty spot with a view down the length of Franklin Pond across Route 108. Further along, there is a view to the white steeple of St. John's Church. You will also see the yellow plastic markers for the Nature Conservancy trail that merges and then leave again. (That trail connects to Uplands Farm, the Long Island headquarters for the Nature Conservancy.) The mini canyons NSGT circumvents here are more reminiscent of Harriman State Park than Long Island.

After crossing Lawrence Hill Road you will hike the most deceptive mile of trail on Long Island. Steep ups and downs with great views over the waters of Cold Spring Harbor (especially with the leaves down) are the hallmarks of this section. On a clear winter's day, with the low sun behind you, Connecticut is visible in the distance. After returning to your car, you might want to visit the quaint old village of Cold Spring Harbor to reflect, over food and drink, on your time on the trail with family and friends.

This hike description is adapted from Lee McAllister's new edition of Hiking Long Island, published this year by the Trail Conference. See Hikers' Marketplace on page 12 for ordering information.

BOOKNOTES



**Mountaineering First Aid:
A Guide to Accident Response and First Aid Care**
The Mountaineers Books, 2004
By Jan D. Carline, Martha J. Lentz, and Steven C. Macdonald
Reviewed by Ron Fields

don't often see in such books. For example: step 1 in the seven-step process for emergency response (chapter 2) discusses the role of leadership in an emergency; step 4 discusses the value of tender loving care in treatment; and chapters 4 and 5 discuss decision making and rescue planning beyond dealing with the immediate needs of the patient.

Despite the word "mountaineering" in the title, I don't consider this to be a book designed solely for those who seek high altitude. Although situations more familiar to rock climbers and mountaineers are presented, many more medical mishaps that may be encountered by hikers, mountain bikers, cross country skiers, etc., are also used to illustrate valuable concepts. In short, anyone who ventures into the backcountry would benefit from reading this book.

A bit of caution, however. As the book points out, no book could ever take the place of a good course in first aid, preferably wilderness first aid. Taking such a course after reading the book, practicing the techniques presented, and discussing the principles with like-minded adventurers would truly be the way to go.

Ron Fields is an Emergency Medical Technician and wilderness first aid instructor



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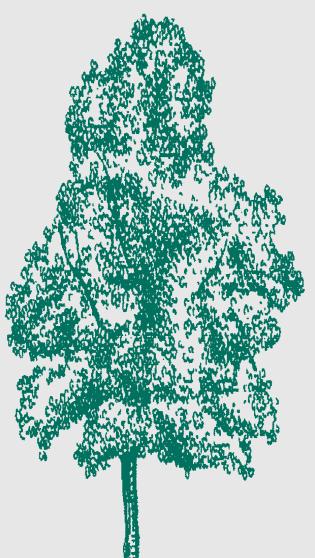
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For confidential information and legal language, contact the Trail Conference at 201-512-9348, or by email: info@nynjtc.org.



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 90 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	NYHC	New York Hiking Club
AMC-NYNoJ	Appalachian Mountain Club/NY-NoJ Chapter	NYR	New York Ramblers
GAHC	German-American Hiking Club	TLR	Teatown Lake Reservation
IHC	Interstate Hiking Club	UCHC	Union County Hiking Club
RWV	Rip Van Winkle Hiking Club	UOC	University Outing Club
		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 May/June issue is March 15, 2005.

March

Saturday, March 5

UCHC. Trail Maintenance at Watchung, NJ. Leader: To register, call 908-789-3670, ext. 221. Meet: 9:30 am; call for directions. Spend a morning giving back a little, having fun, and meeting new people while learning a new skill. Some tools provided; cancelled if snow on ground or severe thunderstorm or rain.

GAHC. Rockefeller State Park Preserve, Tarrytown, NY. Leader: Manfred Janowski, 914-428-4573. Meet: 9 am at Valhalla RR station. Moderate hike with possible cross-country skiing.

ADK-MH. Doodletown, Harriman State Park, NY. Leader: Alvin De Maria, 845-255-1704. Meet: 9:30 am at Anthony Wayne parking area, Palisades Pkwy. Moderate hike through Doodletown and returning on the Timp-Torne trail.

ADK-MH. AT Around Nuclear Lake, NY. Leader: Michele Van Hoesen, 845-691-7442. Meet: 10 am at trail head on Rt. 55 east of Taconic Pkwy. and Rt. 82. Moderate 4-mile hike with nice views from ledges around the lake. Hiking boots required.

NYHC. Wave Hill, NY. Leader: Arthur Pierson, 845-462-4654, before 10 pm. Meet: 11 am inside the main gate of Wave Hill. Easy 2 miles with extra walk in Riverside Park if desired. Admission to Wave Hill is free on Saturday mornings (until noon). Bring lunch or beverage or buy at the café.

WTW. Ramapo Mountain State Forest, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 10 am at lower parking lot; Rt. 287 north to Skyline Dr. exit, turn left under highway to trail head on left. Moderate 6-7 miles.

Sunday, March 6

IHC. Lake Sebago to Big Hill, Harriman State Park, NY. Leader: Jim Conlon, 914-591-6079. Meet: 9 am at Lake Sebago parking, Seven Lakes Dr., Sloatsburg. Moderate 9 miles. Once we pick a direction, we'll roll right along for about 9 miles over moderate terrain looking for a view, lake, or untracked snow. Conditions may require crampons or snowshoes.

UCHC. Garret Mountain, Paterson, NJ. Leader: Walter Koenig, 973-684-5528. Meet: 10 am; call for directions. Moderate hike with splendid views of historic Paterson. Optional lunch at Libby's Diner afterwards.

Monday, March 7

RVW. Slide Mountain, Catskills (4180'), NY. Leader: For information, call 845-246-4145. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Strenuous 6.5 miles; snowshoes and crampons required. Inclement weather date – following Monday.

Thursday, March 10

UCHC. Anthony Wayne, Harriman/Bear Mtn. State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10 am at Anthony Wayne parking; call for directions. Moderately strenuous circular with many possibilities.

Saturday, March 12

UOC. Hartshorne Woods, Atlantic Highlands, NJ. Leader: Charlie Fox, 732-922-4440. Meet: 9 am at Johnson Park, River Rd., Piscataway, NJ. Easy to moderate hike of about 5 miles.

ADK-MH. Pawling Nature Reserve, NY. Leader: Bob Ellsworth, 845-435-5072. Meet: 8:30 am in Poughkeepsie; call leader to register by March 10. Easy hike to enjoy deep hemlock gorge and wet meadows. Crampons may be required.

ADK-MH. Black Rock Forest, NY. Leader: Russ Faller, 845-297-5126; call before 9:30 pm. Meet: Call leader. Moderately strenuous hike or cross-country ski; all-day event.

Sunday, March 13

IHC. Turkey Mountain, Montville, NJ. Leader: Terry Kulmane, 908-665-2672. Meet: 10 am at Pyramid Mtn. Visitors Center; call for directions. Moderate 5 miles, watching for wild turkeys. Rain/heavy snow cancels; call prior to 8:45 am the day of hike if in doubt.

Monday, March 14

IHC. Johnsontown Loop, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207. Meet: 9 am at Johnsontown Circle, Sloatsburg. Moderately strenuous 8 miles. Tramp through woods and up and down a hill or two. Conditions may require crampons or snowshoes.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Mary Doyle, 908-580-1778. Meet: 10 am at visitors center; call for directions. Moderate 4 miles in a historic national park. \$4 admission fee. Steady rain cancels.

NYHC. Alice Austen/Fort Wadsworth, NY. Leader: Bettye and Steve Soffer, 718-720-1593 between 7 and 9 pm. Meet: Allow time to make the 10:30 am ferry from Manhattan and meet at the train station on Staten Island in the rear of the ferry terminal. Photo ID may be required at Fort Wadsworth. Easy 5-6 miles from ferry past Lighthouse Museum, Alice Austen house, to Fort Wadsworth.

WTW. Pocono Environmental Education Center, PA. Leader: Leslie McGlynn, 973-252-8122 or LSL376@cs.com; call to confirm. Meet: 9:30 am at PEEC. Moderate 7-8 miles.

Tuesday, March 15

RVW. Huckleberry Point, NY. Leader: For information, call 845-338-8772. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Moderate 4.8 miles; snowshoes and crampons may be required. Inclement weather date – following Monday.

Saturday, March 19

AMC-NYNoJ. Arden, Harriman State Park, NY. Leader: Nancy & Art Tollefson, 212-727-8961; call before 9:30 pm. Meet: 9:15 am at Arden Elk Pen parking lot off Rt. 17 or take 8:15 am Shortline Bus from Port Authority to Arden, NY. Vigorous 9-mile hike with rolling hills; crampons may be required. Call eve before hike if bad weather forecast.

ADK-MH. Fahnestock Park, NY. Leader: Rich Forman, 845-635-5187. Meet: Call leader. Moderate 6-mile loop at Catfish Pond; crampons may be required. Minimal elevation gain.

UCHC. South Mountain Reservation, NJ. Leader: Lee Fanger, 973-376-3160. Meet: 10 am at Locust Grove; call for directions. About 5 brisk miles just before the official end of winter. Rain, snow, ice cancels.

NYHC. Matawan to Lombardo, NJ. Leader: Ray Krant, 718-435-4994, before 10 pm. Meet: 8:40 am near the NJ Transit ticket windows at Penn Station. Flat 9 miles on the Henry Hudson Trail, once a railroad line, in Monmouth County. Bring lunch and beverage.

Sunday, March 20

UOC. Washington Crossing State Park, Washington Crossing, PA. Leader: Charlie Severn, 732-246-3387. Meet: 9 am at Johnson Park, River Rd., Piscataway, NJ. Easy 6 miles.

IHC. Black Rock Forest, NY. Leader: Jane Egan, 973-636-0809; no calls after 9 pm. Meet: 9 am at Red Apple Rest, Southfields, NY. Moderately strenuous 7 miles. Circle through Black Rock Forest from the west side with numerous lakes and views of Schunemunk Mtn. and the Catskills. Conditions may require crampons or snowshoes.

GAHC. Ward's Pound Ridge Reservation, Cross River, NY. Leader: Brian Kassenbrock, 718-748-0624; must call leader to register. Meet: 10 am. Moderate hike with possible cross-country skiing.

WTW. St. John's in the Wilderness, NY. Leader: Cliff Harvey, 973-228-8647 or clifharvey@comcast.net; call to confirm. Meet: 10:15 am at Sloatsburg RR station, NY. A pleasant, easy hike on Palm Sunday. Bad weather cancels.

Monday, March 21

RVW. Windham High Peak (3524'), NY. Leader: For information, call 845-246-7616. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Strenuous 6.6 miles; snowshoes and crampons required. Inclement weather date – following Monday.

Wednesday, March 23

UCHC. Randolph Trails, NJ. Leader: Jim & Theresa McKay, 973-538-0756. Meet: 10 am at Freedom Park; call for directions. About 5 easy miles, with optional lunch at end.

Thursday, March 24

UCHC. Elk Pen, Harriman State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10 am at Elk Pen, Arden; call for directions. Moderately strenuous hike past iron mines, the Lemon Squeezer, Times Square.

Saturday, March 26

RVW. Tivoli to Clermont and Return, NY. Leader: For information, call 845-758-6143. Meet: 10 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Easy 5 miles. Inclement weather date – following Saturday.

IHC. Wyanokie High Point, NJ. Leader: Elinor King, 908-233-8411. Meet: 10 am at Weis Ecology Center, Ringwood, NJ. Moderately strenuous hike along Wyanokie Circular trail, with its ups and downs, past old iron mines, then upward to High Point for lunch, all at moderate pace. Conditions may require crampons or snowshoes.

ADK-MH. Stissing Mountain, NY. Leader: Lalita Malik, 845-592-0204. Meet: Call leader. Moderate 6-mile hike up to fire tower, along ridge to north peak. Crampons may be required. Stop at cafe afterwards.

TLR. Easter Parade Hike, NY. Leader: For more information, contact Teatown Lake Reservation, Ossining, at 914-762-2912, ext. 10. Meet: 10 am. Leave your Easter hats at home as we search for nature's finery on this 2-hour spring hike. We'll be on the lookout for spring ephemerals that show their flowers before the leaves come out on the trees. Non-members \$3.

NYHC. Cranberry Lake, NY. Leader: Mayer Wiesen, 516-671-2095, before 10:30 pm. Meet: 9:30 am Grand Central Terminal near the information booth. Moderate 7 miles through woods in a Westchester County park just north of White Plains. Bring lunch, beverage, and extra socks.

Sunday, March 27

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

Monday, March 28

RVW. Edmund Niles Huyck Preserve, Rensselaerville, NY. Leader: For information, call 845-246-4145. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Moderate 5 miles; snowshoes and crampons may be required. Inclement weather date – following Monday.

Tuesday, March 29

UCHC. Jockey Hollow, Morristown, NJ. Leader: Dave Bennett, 973-701-0248. Meet: 10 am at visitors center; call for directions. Moderate 5+ miles with some ups and downs.

Wednesday, March 30

UCHC. Old Short Hills Park, Millburn, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am; call for directions. About 5 miles; quite hilly.

Thursday, March 31

UCHC. Bald Mountain and Timp, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10 am at Bear Mountain Inn; call for directions. Moderately strenuous hike, with steep climb to Bald Mtn., Cornell Mine and a great view. Another view on the Timp, then return on easier trails. Steady rain cancels.

APRIL

Saturday, April 2

UCHC. Trail Maintenance at Watchung, NJ. Leader: To register, call 908-789-3670, ext. 221. Meet: 9:30 am; call for directions. Spend a morning giving back a little, having fun and meeting new people while learning a new skill. Some tools provided; cancelled if snow on ground or severe thunderstorm or rain.

UCHC. South Mountain Reservation, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Bramhall Terrace; call for directions. Hike from east to west end of park, with side trip to Old Short Hills Park. Some rugged areas and two hills to climb. Hike ends about 1:30 pm.

SUNDAY, APRIL 3 - DAYLIGHT SAVINGS TIME BEGINS.

Set clocks ahead one hour!

Sunday, April 3

NYR. Stonetown Circular, NJ. Leader: Barbra Skarbinski, 718-389-5536. Meet: 7:30 am at Port Authority Bus Terminal for 7:45 New Jersey Transit bus (#197). Strenuous hike from Monksville Dam over Board, Bear, and Windbeam Mountains; out on Hewitt-Butler Trail and Burnt Meadow Road to Rt. 511.

GAHC. South Mountain Reservation, Millburn, NJ. Leader: Helga Nagy, 201-796-5578. Meet: 10 am at Millburn RR station. Moderate hike.

IHC. Highland Trail – Schooley's Mountain, NJ. Leader: Charlie & Anita Kientzler, 973-835-1060. Meet: 9 am at Cooper Mill, Rt. 24, Chester, NJ. Moderately strenuous hike on the Patriots' Path and Highland Trail, past waterfalls and old quarry.

TLR. Catamount Hill Ramble, NY. Leader: For more information, contact Teatown Lake Reservation, Ossining, at 914-762-2912, ext. 10. Meet: 10 am. Cliffdale Farm is the starting point for this hike on one of the nature center's least used trails. Non-members \$3.

Monday, April 4

RVW. Balsam Lake Mtn. (3600'), NY. Leader: For information call 845-246-7616. Meet: 8 am in Saugerties, NY. Moderately strenuous hike: 5.5 miles, 5 hours. Inclement weather date the following Monday.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10 am at visitors center; call for directions. About 3 miles; Tempe Wick House and the Primrose Path.

Tuesday, April 5

UCHC. Popolopen Gorge, Harriman State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10 am at Bear Mountain Inn; call for directions. Moderately strenuous 6.5 miles. Climb the Timp-Torne and visit rehabilitated Fort Montgomery as well as the gorge.

Wednesday, April 6

UCHC. Turkey Mountain, Montville

continued from page 11

Thursday, April 14

UCHC. White Bar & Beyond, Harriman State Park, NY. Leader: Al Leigh, 973-471-7528. Meet: 10 am at rear lot of Red Apple Rest, Southfields; call for directions. Moderately strenuous 8-9 miles with some climbing, including Black Rock, Tom Jones, Parker Cabin, and Carr Pond Mountains. Lunch at Lake Skenonto. Short shuttle required.

Saturday, April 16

UCHC. Ramapo Lake, Oakland, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10 am; call for directions. Moderate 5-6 miles; very scenic hike with view of beautiful Ramapo Lake.

NYHC. Southampton, NY. Leader: Ray Krant, 718-435-4994, before 10 pm. Meet: 9:15 am near the Long Island Rail Road ticket windows at Penn Station; fare about \$25 RT. Moderate 12 miles, mostly on sand, through glamorous, affluent beach areas. Bring lunch and beverage.

NYHC. South Mountain Reservation, NJ. Leader: Judy Levine, 718-482-9659, between 9 and 10 pm. Meet: 8:45 am at Penn Station in the NJ Transit ticket window area for the 9:11 train; fare \$8.50 RT. Moderate 9 miles, sometimes hilly, rocky, with some stream crossings. Bring lunch and beverage.

Sunday, April 17

GAHC. Buttermilk Falls, Appalachian Trail, NJ. Leader: Mathias Wetherich, 908-253-9042; must call to register. Meet: 9:30 am. Moderate hike.

IHC. High and Low along the Hudson, NJ. Leader: Steve Rikon, 973-962-4149. Meet: 9 am at Englewood Boat Basin, Palisades Interstate Park, Englewood Cliffs, NJ. Moderately strenuous 7 miles. From State Line Lookout we descend steeply to Shore Trail and continue south to Englewood Boat Basin (then shuttle to start). Shore Trail hugs the shoreline, passing boulders that have fallen from the cliffs above and several waterfalls.

UCHC. Sandy Hook, NJ. Leader: Andy & Dolores Miroslsky, 908-707-1178. Meet: 10 am in front of Sandy Hook Lighthouse; call for directions. Level walk about 5 miles from there to visitors center and back; suitable for everyone.

Monday, April 18

RVW. Terrace Mountain, NY. Leader: For information call 845-338-8772. Meet: 8 am in Saugerties, NY. Strenuous hike: 7 miles, 1600' ascent, 6 hours. Inclement weather date following Monday.

Wednesday, April 20

RVW. Trail Maintenance on Black Dome, NY. Leader: For information call Donna Wamsley at 845-246-8616. Meet: 8 am in Saugerties, NY. Moderately strenuous hike to do trail maintenance: 7 miles, 5 hours. Barnum Rd. to Thomas Cole Mountain.

UCHC. Hank's Pond, Pequannock, NJ. Leader: Cherrill Short, 973-299-0212. Meet: 10 am; call for directions. About 5 miles. Hike around the pond.

Thursday, April 21

UCHC. Lake Cascade, NJ. Leader: Jim & Theresa McKay, 973-538-0756. Meet: 9:30 am at A&P parking on Rt. 511 for shuttle; call for directions. Moderately strenuous 8 miles; Village Vista Trail to AT, then to Cascade Lake. Back on the AT and State Line Trail.

Saturday, April 23

UCHC. South Mountain Reservation, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9 pm. Meet: 10 am at Locust Grove parking; call for directions. Brisk 5-mile hike in a little over 2 hours; steep uphill at start. Rain cancels.

Sunday, April 24

IHC. Tourne Park, Boonton, NJ. Leader: Marguerite La Corte, 973-625-4379. Meet: 9 am at Torne Park, Boonton. Moderate 5-mile woodlands ramble up and over the Tourne to discover spring wildflowers.

TLR. Earth Day Walk, NY. Leader: For more information, contact Teatown Lake Reservation, Ossining, NY, at 914-762-2912, ext. 10. Meet: 10 am. Renew your connection to the earth with this 1 1/2 hour walk; we'll stop along the way to read words of eminent conservationists. Non-members \$3.

UCHC. South Mountain Reservation, NJ. Leader: Louise White, 973-746-4319. Meet: 10 am at Tulip Springs parking lot; call for directions. About 4 miles through pine forest to Hemlock Falls, then on to Ball's Bluff, Mines Point; return on woods road along the Rahway River. Rocky with some steep areas.

Monday, April 25

RVW. Westkill Mountain (3880'), NY. Leader: For information call 845-246-7987. Meet: 8 am in Saugerties, NY. Strenuous hike: 7 miles, 6 hours. Inclement weather date following Monday.

UCHC. Boonton Falls, Grace Lord Park, NJ. Leader: Cherrill Short, 973-299-0212. Meet: 10 am; call for directions. About 3 miles; a treat for the eyes with low water, spectacular with high water.

Tuesday, April 26

UCHC. Stokes State Forest, NJ. Leader: Jim & Theresa McKay, 973-538-0756. Meet: 10 am at Stony Lake parking; call for directions. 6-7 miles from Stony Lake to Lake Wapalanne.

Wednesday, April 27

UCHC. Allamuchy State Park, NJ. Leader: Jean & Don McLellan, 908-464-6246. Meet: 10 am; call for directions. About 5 miles. Nice level hike; lunch at beautiful lake.

Thursday, April 28

UCHC. Blue Mtn. Lakes Rd. to Camp Road on the AT, NJ. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 9:30 am for shuttle; call for directions. Moderately strenuous 7.5 miles on the Appalachian Trail in the Delaware Water Gap area.

Saturday, April 30

IHC. Cliffs, Ledges, and Views in the Shawangunks, NY. Leader: Ilse Dunham, 973-838-8031. Meet: 9 am at municipal parking lot, Rt. 202 & Rt. 59, Suffern, NY. Strenuous. Not far from Lake Awosting we'll find dramatic geological features and spectacular views; hike along delicious Blueberry Run. Bring \$ singles for tolls and parking fees. Plan on supper at Gilded Otter in New Paltz, NY.

UCHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10 am; call for directions. Moderate hike past a stream, lake, and other natural beauties; some ups and downs. Steady rain cancels.

NYHC. Garrison Loop from Manitou, NY. Leader: Halina Jensen, 212-568-6323, between 9 and 10 pm. Meet: 8:35 am at Grand Central Terminal near the information booth for train to Manitou; fare \$14 RT. Moderate 6 miles with plenty of ups and downs in the woody highlands along the Hudson River. Spectacular views. Bring lunch and beverage.

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