Building a New and Improved Appalachian Trail on Bear Mountain

by Alison Bergfry

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 the first 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 in the New York-New Jersey region.

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 interpretive 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

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 interpretive 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 Trail 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 recommendations to the community at two design process and to present their recom-

region’s trail lands and protect its trails. With a membership that includes more than 9,200 individual members and 92 member clubs (see list on page 8), the NY-NJ Trail Conference represents more than 130,000 hikers. We need more of this number to become volunteers for hiking. Opportunities to get involved are at hand: skills workshops are planned for the spring; trail crews have set their work schedules.

Don’t hesitate to get in touch with any of the contacts listed in this newsletter, or with Volunteer Projects Director Josh Erdneker (josh@nynjtc.org or 201-512-9348) for more information. Or visit our website, www.nynjtc.org.

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.

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 Petry, 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 Erdneker (josh@nynjtc.org or 201-512-9348).
**Deadline**

By being proactive and responsible, deadlines are in our control. They are not a burden or a hardship but a tool and opportunity to gain a competitive advantage and achieve our goals. 

People react to deadlines differently. Some react 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 1980s, the New York Walk Book lamented that places to hike were becoming fewer. In the 1990s, farms and privately owned woodlands were the last 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 no return on our agenda. 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 unlikely 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;

**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 and Claiborne Cliffs. Mahoetneck 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 RAT, 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 tract hopes to transfer the property to the state park early this year.

**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 $5 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 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 offsets 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 offsets and re-direct the money to open space and other traditional EPF projects. The Partnership will strongly oppose these offsets 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 that I hope your Year’s New is filled with peace, joy, laughter, and lots of time in the woods.

—Tina Styranovski

**From the Chair**

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 dead-line—for everything from a column for this newsletter to a land save that protects a hiking trail—from becoming a dead-line, 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.

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**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 individual 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
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 even 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 of the Trail Walker 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 design professionals. Workshops are open to Conference members, members of Conference member clubs, and people from nearby communities. Attending a class is a good way to determine whether you would like to be a trail maintainer, trail crew member, or a trail designer. Instruction will be held at the Newark Watershed Visitors Center in West Milford, NJ, easily accessible 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 $8 registration fee for non-members or $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 over subscriptioned, 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 have 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 hill, 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 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 System (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.

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

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:

Address:

City/State/Zip:

Phone: _____________________________

Day phone: ___________  Eve. Phone: ___________

Registration can be mailed to: NY-NJ Trail Conference, T rail Maintenance Workshop, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

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 work 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.

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
[ ] May 1: GPS and GIS for Trail Management

I will bring my own GPS unit.

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

Return by April 16. One form per person. Registration fee—$5 for Trail Conference members—$10 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.
**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 Sled on the Pine Meadow Brook, was restored thanks to the efforts of Trail Conference volunteers Chris Connolly, Joe Gindoff, 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 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 New 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 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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Leader/Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>April 17 (Sunday)</strong></td>
<td>Begin construction of the new bridge framework.</td>
<td></td>
</tr>
<tr>
<td><strong>April 30 (Saturday)</strong></td>
<td>Begin construction of the new bridge deck and railings.</td>
<td></td>
</tr>
<tr>
<td><strong>May 1 (Sunday)</strong></td>
<td>Complete construction of the new bridge deck and railings; finish the approaches and retaining structures.</td>
<td></td>
</tr>
</tbody>
</table>

**WEST HUDSON NORTH CREW**

- **Leaders**:  
  - Denise Vitale (Crew Chair): 845-738-2126, WHINTrails@aol.com  
  - Dave Webber: 845-452-7238, webberdi1@yahoo.com

**WEST HUDSON SOUTH CREW**

- **Leaders**:  
  - Walt Daniels: 914-245-1250  
  - Chris Reilly: 914-628-9878  
  - John Magerlin: 914-243-4714  
  - MaryAnn Massey: 914-967-8774  
  - Jack Setiup (tel. contact): 914-232-4871

**EAST HUDSON CREW**

- **Leaders**:  
  - Chris Ezzo: 516-431-1148, musicbynumbers59@yahoo.com  
  - Brian Buchbinder: 718-218-7563, clganz@earthlink.net  
  - Robert Marshall: 914-737-4792, whntrails@aol.com  
  - Dave Webber: 845-452-7238, webberdi1@yahoo.com

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**STORM KING NEWS**

- **Contact the Ringwood State Park Superintendente for this issue.**

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**For The Latest Schedules And Info, Log On To**

[www.NYNJTC.org](http://www.NYNJTC.org)
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 Trailblazer (XXIX: 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 (XXIX: 6) pointed out that populations of this native forest animal are imbalanced and causing other problems.

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.

As I revisit the precise wording of Leopold’s prose for this column, I realize that the optimism he so often projected has been diminished by human activities. Our forests now look different than they did even 15 years ago, and it has often entered my mind since.

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

Since the 1960s, researchers have measured the impact of deer foraging on tree development by using deer exclosure 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 seedlings, 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 1950s 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 5 inches in height. For many oaks, 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. While many of our past 75 years olds and 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 adequate 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.

As hikers, we have a special stake in these changes. If we can learn how to manage the disturbance regime and ecological dynamics, fires favor regeneration by oaks, while fire suppression favors thin-barred, 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.

Aldo Leopold has been “decapitating” of our human activities, eliminating 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 the age demographics of oak populations. In one cleared and unenclosed 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 oaks 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.

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 in small tracts 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
# 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 section 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 somebody else, contact the Volunteer Projects Director Joshua Erdeneker 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 mountain that encomposes Bear Mountain. Strong, rugged, and 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.

### 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

### 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. At every step of the Trail Conference's needs, 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 trends and creates annual map production schedules. Producing maps is the 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 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

The field coordinator, appointed by the map manager, is another fun volunteer opportunity. Their objective is to survey trails, assigned by the field coordinator, with a global positioning system (GPS) unit. The survey includes hitting points on the 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

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. As 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, please contact Joshua Erdeneker, Volunteer Projects Director, at 201-512-9348 or josh@nynjtc.org.

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

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 realignment of the AT and construction of other trails. One of the presentation high-lighted was a three-dimensional, bird's-eye, fly-through of the mountain created in GIS. This imagery elicited enthusiastic “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 analysis during our 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 design's 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 park and organization officials could initiate the realignment 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 Beeghly is a student at 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.
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. (IHFH maintains the Sterling Ridge Trail, and sections of the Long Path and Jessup Trail on the Sterling Ridge, and sections of Interstate Hiking Club, a TC member group). Members enjoy outings 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 by Anne De Sutter. They have spearheaded a multi-year effort to hike the Long Path northward from Fort Lee, an effort begun by Anne De Sutter.

Hiking trips including New Zealand, the Matterhorn (technical base), and Carolyn’s favorite lunch spot at Wyanokee 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 superheros.

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 sections.

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 Fahnstock 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 several 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 new trail the there is 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.

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 Erdener (josh@nytc.org) or Larry Wheeler (wheelock@nytc.org) or either of them at 201-512-9348.

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 haven 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 vines not native to the area, 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 Rammers, enjoying outings at nature centers and preserves, and venturing as far as Harriman State Park and other areas in the Hudson Valley. An amateur bird watcher, 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 have a “count,” preferring to take a more casual approach to the sport, but he does keep track of sightings on ebirdny@yahoo.com groups 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 if they 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.

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John Myers is land acquisition director for the Trail Conference.
Foot Tips for Hikers

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?"

"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 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 up the appearance of a hammertoe.

Plantar fasciitis 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 inside 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 strain 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 well as elevating the injured foot. Hiking on a foot with an acute ankle sprain can significantly increase the time needed 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 an Annie? Not really, 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 improper or perpiration. 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 lace 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 recent article on this topic will discuss some common foot and leg injuries and their treatments.

Your Club Can Get Involved Too!

Trail Conference Member organizations are vital partners in our efforts to maintain and protect the hiking trails that we all use. A member club of the Trail Conference must have adopted and maintain over 540 miles of trails in New York and New Jersey. That’s more than one-third of the trails under our care! Member clubs have taken responsibility for sections of 93 different trails and several-ten-sections. Several trails need maintainers and new trails are under construction. If your club is interested in getting involved and adopting a section of trail, please contact your Volunteer Director, Joshua Ersneker, at josh@nyntc.org or 201-512-9348, extension 15. The following is a list Trail Conference Member organizations, 92 as of January.


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 516 of the Long Path in Albany County. Bring loppers or a bow saw if you have them and a lunch. Contact Clarence Purman at 607-538-9560.
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: Variety 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 parking lot to the left. 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 spotty points of skunk cabbage poking through the ground on December 30th were the earliest I have ever seen this harbingers 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 that merges and then leaves 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 Hiker’s Marketplace on page 12 for ordering information.

When I agreed to review Mountaineering First Aid: A Guide to Accident Response and First Aid Care by Jan D. Carline, Martha J. Lentz, and Steven C. Macdonald, I anticipated reading yet another textbook on first aid in the backcountry. What I found was a pleasant surprise. To begin with, the book is short (165 pages) and therefore lightweight (earning a privileged place in my backpack). To my way of thinking, the real value of any informative text is its ability to present relevant information in as few pages as possible, otherwise few will read it and fewer still will carry it around to be used when needed.

First aid books generally don’t differ much in terms of factual information. The steps for controlling bleeding and the principles of splinting a fractured limb, for example, are pretty much universal. The real value of this book is how these principles, concepts, and techniques are presented; that is, in a clear, concise, logical, and organized manner that is easy to understand.

With few exceptions (too insignificant to mention) I found the first aid concepts presented to be accurate, and consistent with what I believe, teach, and practice. Specifically, I found the Quick Reference Guide in the introduction to be a valuable asset in looking up information in a hurry. I was also gratified to see topics discussed that I 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.
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 hikes are welcome to club regulations and rules of the trail. You are responsible for your own safety. Most hiking boots or shoes, low-heeled shoes. Bring food, water, rain gear, and first aid kit. Dress for the weather and try to avoid anyone who thinks they cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 60 clubs belong to the Trail Conference, and many of our affiliation 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 the NY-NJ Trail Conference Office.

The deadline for the May issue is January 15, 2005.

**Club Codes**

- NYHC: New York Hiking Club
- NY-NJTC: New York-New Jersey Trail Conference
- UCHC: Union County Hiking Club
- TTR: Trail Conference Of New Jersey
- UOC: Union County Trails
- GC: GaHiking
- MHC: Mid-Hudson
- BRC: Backcountry Riders
- DC: Dutchess County
- IDC: Ithaca District Club
- UCR: UC Rochester
- ADK: Adirondack Mountain Club
- RVW: Rip Van Winkle Hiking Club
- ADK-MH: ADK Mid-Hudson
- ADK-NY: ADK Northville
- AMN: Appalachian Mountain Club
- CTK: Catskill Trail Conference
- TLR: Teatown Lake Reservation
- AMC: Appalachian Trail
- MRV: Minnewaska Regional
- TPA: Taconic Path Association
- WSH: Wave Hill
- WTW: Woodland Trail Walkers
- OGS: Old Forge Group
- NYS: New York State
- IHC: Imperial Hiking Club
- IHR: Ithaca Hiking Roundtable
- CB: Catskill Bicyclists
- US: United States Navy
- UTC: Upper Trail Conference
- HIC: Hillcrest Hiking Club
- MV: Mount Vernon
- MWA: Mountain Washington Association
- IGAHC: Imperial GaHiking Club
- NYC: New York City
- TWC: Taconic Water Company
- TWC: Trail Conference Of New York
- VS: Virginia State
- ADC: Adirondack Club
- ADK-MH: ADK Mid-Hudson
- AMC-NY: Appalachian Mountain Club
- AMH: Adirondack Mountain Club
- GVW: Greek Valley Water
- ADK-NY: Adirondack Northway
- AMC: Appalachian Trail
- TLA: Trail Conference Of New York
- TPA: Trail Conference Of New York
- CT: Connecticut
- NY: New York
- ADK: Adirondack Mountain Club
- ADK-MH: ADK Mid-Hudson
- AMN: Appalachian Mountain Club
- TLR: Teatown Lake Reservation
- AMC: Appalachian Trail
- MRV: Minnewaska Regional
- TPA: Taconic Path Association
- WSH: Wave Hill
- WTW: Woodland Trail Walkers
- OGS: Old Forge Group
- NYS: New York State
- IHC: Imperial Hiking Club
- IHR: Ithaca Hiking Roundtable
- CB: Catskill Bicyclists
- US: United States Navy
- UTC: Upper Trail Conference
- HIC: Hillcrest Hiking Club
- MV: Mount Vernon
- MWA: Mountain Washington Association
- IGAHC: Imperial GaHiking Club
- NYC: New York City
- TWC: Taconic Water Company
- TWC: Trail Conference Of New York
- VS: Virginia State
- ADC: Adirondack Club

**March**

**Saturday, March 5**

**UHCC**

*Leader: Barbara Skarbinski, Mimi For information, call 845-228-6477 or bskarbinski@icr.com. To confirm: Meet 10:15 at Subway Station–River Rd, Phoenicia, Easy 6 miles.*

**ADK-MH**

*Meet: 10 am at Subway Station–River Rd, Phoenicia, Easy 6 miles.*

**AZC**

*Meet: 10 am at Subway Station–River Rd, Phoenicia, Easy 6 miles.*

**NNC**

*Meet: 10 am at Subway Station–River Rd, Phoenicia, Easy 6 miles.*

**SUN**

*Meet: 10 am at Subway Station–River Rd, Phoenicia, Easy 6 miles.*

**ADK-MH**

*ADK Mid-Hudson*

**AMC-NY**

*Appalachian Mountain Club*

**NNC**

*New York Northern Club*

**TRP**

*Teatown Lake Reservation*

**AMC-NY**

*Appalachian Mountain Club*

**NRL**

*New York Ramble Club*

**TRP**

*Teatown Lake Reservation*

**AMC**

*Appalachian Mountain Club*

**VVP**

*Vail Valley Path*

**IHC**

*Interstate Hiking Club*

**NYHC**

*New York Hiking Club*

**SUN**

*Sunday, April 3* **NYR**

*New York State Rangers*

**NYS**

*New York State*

**HIC**

*Hillcrest Hiking Club*

**MV**

*Mount Vernon*

**MWA**

*Mountain Washington Association*

**IGAHC**

*Imperial GaHiking Club*

**NYC**

*New York City*

**TWC**

*Taconic Water Company*

**TWC**

*Trail Conference Of New York*

**VS**

*Virginia State*

**ADC**

*Adirondack Club*

**ADK-MH**

*ADK Mid-Hudson*

**AMC-NY**

*Appalachian Mountain Club*

**NNC**

*New York Northern Club*

**TRP**

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**ADC**

*Adirondack Club*
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Thursday, April 14


Saturday, April 16

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

NYHC. Southampton, NY. Leader: Ray Krat, 718-425-4954, before 10 pm. Meet: 9:15 am near the Long Island Railroad ticket windows at Penn Station; fare about $25 RT. Moderate 12 miles, mostly on sand, through glummosus, affluent beach area. Bring lunch and beverage.

NYHC. South Mountain Reservation, NJ. Leader: Judy Levine, 718-482-9690, between 9 am and 10 pm. Meet: 8:45 am at Penn Station in the NJ-Barnes & Noble train area or for the 511 train (start 8:40 AM). Moderate 8 miles, sometimes rocky, with some stream crossings. Bring lunch and beverage.

Sunday, April 17

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

NYHC. High and Low along the Hudson, NJ. Leader: Steve Hickey, 973-842-1410. Meet: 9 am at Englewood Cliffs, NJ. Moderately strenuous 7 miles. From State Line Lookout we descend steeply to Shore Trail and continue north to Englewood Cliffs before starting to start. Shore Trail hugs the shoreline, passing boulders that have fallen from the cliffs above and several waterfalls.

UCHC. Sandy Hook, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am; call for directions. About 6 miles, a trail through the dunes with excellent ocean views.

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NIK DODGE 05/04