



85th YEAR

TRAILWALKER

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

MAY/JUNE 2005

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Help TC Reach \$2.5 Million Capital Campaign Summit

We're not finished yet! But even as the Trail Conference's \$2.5 million capital campaign, announced last October, seeks to conclude, the list of accomplishments already made possible by campaign contributions is impressive. To date, more than \$2 million has been contributed by 230-plus donors (including individuals, corporations, and foundations). These donations have:

- helped protect almost 1,400 acres of trail lands in New York and New Jersey;
- helped identify an additional 13,800 acres of unprotected, privately held acres where development could close or block existing and proposed trails;
- funded designs for rehabilitating trails on Bear Mountain, including the historically important first section of the Appalachian Trail; and,
- paid for hiring a GIS specialist and the development and implementation of an up-to-date Geographic Information System (GIS), a tool that significantly enhances all Trail Conference projects, such as map publishing, trail design, and trail lands protection. New maps of trails in the Shawangunks and an improved map of Sterling Forest trails are just two projects that have already benefited from the capabilities of this campaign-funded GIS system (see "Updated Maps" this page).

More remains to be accomplished, and



LARRY WHEELOCK

Trail scouts admire the view from a spot along the proposed reroute of the AT on the east side of Bear Mountain.

it's not too late for each TC member to be counted among those who contribute and help to *Connect People With Nature*.

Safeguarding Our Trails

Hikers can no longer take trails on private land for granted. Throughout our region, rapid loss of open space to development threatens existing and proposed trail routes.

In order to safeguard our trails and future opportunities for hiking, the Trail Conference has established a Land Acquisition and Stewardship Fund. The purpose of this revolving fund is to finance the acquisition of trail corridors to safeguard existing long distance trails and to create new trail corridors that link major public open spaces

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Updated Shawangunks and Sterling Forest Maps Available in June

The sixth edition of the Shawangunk Trails map set (three maps) and the third edition of the Sterling Forest Trails (one map) will be available before summer. Both sets are not only updated, including significant additions, corrections, and improved clarity of contour lines, but are scaled up from the prior editions. Each map in the Shawangunk set is slightly larger than in previous editions, but more significantly, non-trail areas have been almost eliminated in favor of devoting most of the map space to trail lands.

Similarly, the most notable change to the

Sterling Forest map is a 25 percent increase in map size, which results in improved clarity. The multi-colored elevations formerly used within public space have been replaced with two shades of solid green to improve demarcation of hunting vs. non-hunting areas. Also, identification of archery-only areas has been added. Four trails that are expected to be completed within the 2005 calendar year are shown as proposed trails, and they are identified clearly with dashed red lines (easier to read than the solid orange used in the prior edition of this map). New trails that now appear on the map are the Long Meadow Trail, the Parker Cabin Hollow Trail in western Harriman Park, and the Hasenclever Iron Trail in New Jersey.

Both map sets provide UTM (Universal Transverse Mercator) grid lines, particularly useful for those with GPS units. (The

UTM grid, in which the lines are 1000 meters apart, allows simple estimation of location and distances. For further information about UTM and GPS, visit www.nynjtc.org, go to Trails, then scroll down to Map Readings.) The maps were created entirely in-house, with the aid of new GIS technology, by Trail Conference cartographer Eric Yadlovski.

With all of the updates and changes in detail and appearance, the value of these maps has been significantly improved. For prices and to order your new maps, see Hikers' Marketplace on page 12, or call 201-512-9348 Ext.11 or 43, or visit www.nynjtc.com.

Jill Arbuckle Eyes The Big Picture

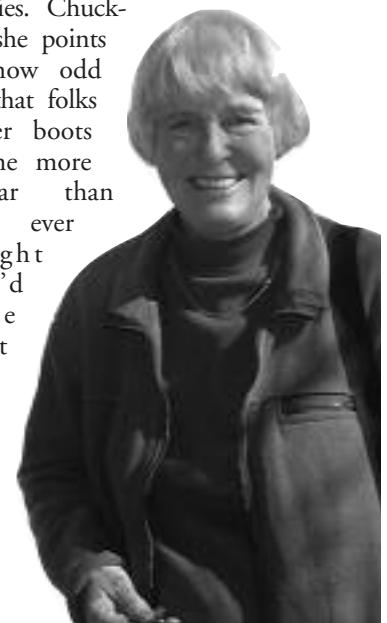
By Maureen Edelson

Jill Arbuckle introduced herself with just enough of a low, rich, straight-talking brogue to evoke thoughts of the Scottish Highlands (and Sean Connery). But these days, and for years now, it's the Highlands in New Jersey that have captured Arbuckle's fancy.

Jill, long active with the NY-NJ Trail Conference, is the New Jersey Trails Supervisor for the Appalachian Mountain Club (AMC). It was her involvement with AMC, which she joined for the cross-country ski outings, and the Adirondack Mountain Club (ADK), another TC-member club that linked her to the beloved Adirondacks, which led her to the Trail Conference. After heading the local AMC chapter in the early 1990s, Arbuckle was tapped for the Trail Conference board.

Today, with 25 years' experience at both Trail Conference and member club levels, Arbuckle has a birds-eye view of the patchwork of activities that absorb an outdoor recreation/conservation volunteer.

"I've drunk a lot of coffee at farmers' kitchen tables," establishing relationships that help with land stewardship, says Jill. Learning to deal with state and local officials provides experience in political activity. The seemingly unceasing land development in our metro area forces trail relocations, ironically one of Jill's favorite activities. Chuckling, she points out how odd it is that folks in her boots become more familiar than they ever thought they'd be about



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Take a Step for Hiking On National Trails Day

See page 3 for details on 10 area projects set for the June 4 weekend.

TRAILWALKER

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GEORGETTE WEIR
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MAY/JUNE 2005
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GRAPHIC DESIGNER

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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.

ADVOCACY & CONSERVATION

OSI Buys 412 Acres On Shawangunk Ridge

Preservation of two more pieces of the 42-mile Shawangunk Ridge Trail Corridor were put into place in March when the Open Space Institute purchased 306 acres on the ridge near Otisville and another 106 acres in the Town of Rochester.

The larger property, known as Gobbler's Knob, is located on the western escarpment of the Shawangunk Ridge. It overlooks the Bashakill Wildlife Management Area and is home to numerous species, including rare dwarf pitch pine, scrub oak and northern hardwood hemlock forests and provides habitat for black bears, eagles, and timber rattlesnakes. Two mountain streams traverse the parcel and empty into the Bashakill WMA, while recharging ground water aquifers and public drinking water supplies in the communities of Deepark and Mount Hope. Visible from Westbrookville to Wurtsboro, as well as the

a 62-acre slice of Green Pond Mountain in Rockaway Township, NJ, according to a February report in the *Newark Star-Ledger*. "Under the preservation plan," the paper reported, "the county will now be able to take the trails of the Morris County Greenway atop Green Pond Mountain. At that point, they become part of the 40-mile Farny Highlands Trail network, which connects a number of local parks." The acquisition was arranged by TC member club Morris Land Conservancy with funds contributed by another TC member, Morris County Park Commission, as well as Rockaway Township, an open space grant, and more than 90 Green Pond residents.

NJ Preserves Highlands Acres

Three parcels totaling 132 acres of prime watershed land in the northern Highlands have been purchased by the New Jersey Dept. of Environmental Protection. The land buffers and feeds Spruce Run Reservoir and, according to a report in the *Newark Star-Ledger*, brings the state acquisition total in the region to nearly 1,400 acres since last summer's passage of the Highlands Water Protection and Planning Act. Passage of that act was a priority project of the Trail Conference. The parcels are located in the townships of Bethlehem, Lebanon, and Clinton.

ATVs Banned

in Catskill Forest Preserve

In March the New York Dept. of Environmental Conservation (DEC) released the long awaited draft State Land All Terrain Vehicle (ATV) Use Policy. It prohibits ATVs anywhere on open lands and trails of any kind in the Adirondack and Catskill Forest Preserves. ATV use on roads in the Forest Preserve is strictly limited by current laws and regulations. The proposed DEC policy does not affect Palisades Interstate

The addition was a priority acquisition for the Trail Conference and is included in the New York State Open Space Conservation Plan.

Bashakill wetlands, Gobbler's Knob affords 50-mile panoramic views, including the distant Catskill high peaks, and, like many landscapes in the Shawangunks, has cliff and talus formations. OSI plans eventually to offer the entire parcel to the New York State Dept. of Environmental Conservation as an addition to the Bashakill WMA.

The smaller parcel is described as the "western gateway" to Minnewaska State Park. It is located on Route 44/55 on the western side of the park, adjacent to two state overlooks that provide panoramic views of the Catskill Mountains and the Rondout Valley. The addition was a priority acquisition for the State of New York and is included in the New York State Open Space Conservation Plan. The property is characterized by steep rocky slopes, old-age stands of pitch pines, and important chestnut oak forest. The headwaters of two major north-flowing streams—the Saunders Kill and the Mill Kill, are located on the property and will now be protected in perpetuity. OSI will convey the 106-acre parcel to the Palisades Interstate Park Commission as an addition to the Minnewaska State Park Preserve.

Farny Highlands Trail Gap Filled

A missing link to a system of hiking trails that extends from the Appalachian Trail in West Milford south to Patriots' Path, will be filled thanks to the February purchase of

Parkway Commission (PIPC) or state park regulations that already prohibit ATV use anywhere on OPRHP state parks or PIPC owned lands.

ATV use is also prohibited in DEC wildlife management and natural areas. DEC did reserve the right to permit ATV use of forestry roads and multiple use trails in DEC owned state forests, and unique and reforestation areas outside the Adirondack and Catskill State Parks. This last provision might affect state forests outside the Catskill Blue Line and possibly state forests through which the Finger Lakes Trail and Long Path North hiking trails pass.

The Trail Conference-ADK Partnership vigorously opposed allowing any ATV use in the Adirondack and Catskill Forest Preserves and opposed ATV use on other state owned lands where that ATV use would displace or degrade the experience of existing recreational users or materially degrade natural resources, including soil erosion and silting into streams and wetlands. DEC will accept public comments on the ATV draft policy until May 27. Write to Robert Davies, Director, Division of Lands and Forests, NYS DEC, 625 Broadway, Albany, NY 12233 or email: rkdavies@gw.dec.state.ny.us.



Call for Candidates for TC Board, Delegates

The Trail Conference Nominating Committee seeks nominees for the board of directors and delegates-at-large. To submit a name(s) of a prospective nominee(s) for either position, please contact Pete Heckler, chair of the committee (p Heckler@msn.com), or one of the committee members c/o the Trail Conference office: Herb Hochberg, Chris Connolly, Peter Kennard, and Maureen McCahery. Elections will take place at the NY-NJ TC Annual Meeting in October.

MAKE A DIFFERENCE BE A TRAIL ADVOCATE



New board member Don Weise is a longtime volunteer for the New Jersey Audubon Society's Weis Ecology Center in Ringwood, NJ. Don has volunteered to chair the Conservation & Advocacy Committee and is seeking others with a passion for protecting open space and hiking opportunities.

Have you ever experienced the frustration of having a favorite hiking trail or view closed or compromised due to development, off-road vehicle damage, or land ownership issues? Do you ever feel afraid for the future of our trails and want to make a difference?

The Trail Conference needs grassroots **Advocacy Volunteers** to serve as our eyes, ears, and voices where it matters most—at the local level. You can help protect our trails by advocating for trail protection and more open space.

We envision structuring an Advocacy Committee similar to the Trails Council, where we have a body of peers each working with local volunteers to manage a particular area. We need people who will monitor local situations and organizations that affect trail access. We also need "issue specialists," analogous to the trail crews, who can serve as resources on issues such as land use law, cell towers, ATVs, etc. State and county coordinators will share information between local volunteers and specialists in different regions.

If you would be able to be a Trail Conference Advocacy Volunteer, either as a local volunteer, issue specialist, or county/state coordinator, please contact Josh Erdsneker at the office 201-512-9348 or josh@nynjtc.org, and/or submit a volunteer interest form online at <http://www.nynjtc.org/volunteers/vif.html>.

On-the-Job Trail Construction Training Set for Wappingers Falls

The Trail Conference will be holding a series of trail-building workshops in Wappinger Falls, NY through the end of May. Come join us as we enhance and upgrade the Wappinger Greenway Trail in Dutchess County. We will be integrating existing trails and creating new ones to establish a trail system that connects The Village of Wappingers Falls, Wappingers Creek Estuary, Scenic Hudson Lands, Reese Audubon Nature Preserve, and Bowdoin Park.

Work is available at every level of experience and interest. Tools and experienced instruction will be provided. All you need to bring is work clothing, sturdy boots and



gloves, plenty of water, lunch, and a willingness to work hard and have good fun.

These workshops will provide participants with first-hand, "in the field," professionally led experience building new trail segments, rock and timber step construction, and bridge building. One of the great features of this project is its accessibility via public transportation. There is a Metro-North train station in New Hamburg, which is within walking distance to sections of our worksite.

Weekday and weekend trips are available. If you are interested in this project, please contact Eddie Walsh, at 201-512-9348 extension 28 or eddiewalsh@nynjtc.org.

Why Land Acquisition Matters

From the Chair & Executive Director

As we approach our \$2.5M goal in the *Connecting People with Nature* campaign, some long-time members are still undecided about supporting the effort. Probably, the most frequent concern expressed is in relation to the Land Acquisition & Stewardship Fund, which accounts for the bulk of the funds needed. People ask, "Why is the Trail Conference getting into the land acquisition business? Shouldn't we stick to our primary mission, trail maintenance?"

First, it is important to point out that rather than abandoning our emphasis on trails, we are expanding it. Both the miles of trail and reported volunteer hours are increasing, and trail vacancies are declining.

Throughout our history, advocacy has been our primary protection method—consider Storm King, Minnewaska, and Sterling Forest—and continues to play a very important role today.

What has changed is that the dwindling stocks of vacant land and the pace of development are converting prime hiking areas into prime development areas. Experts predict that northern New Jersey and the lower-mid-Hudson Valley will be "built out" over the next couple of decades. This is truly the final window of opportunity to create new, and protect existing, trail corridors.

While there are many organizations doing excellent land acquisition work, and we've worked closely with some of the best, none have our fervent interest in protecting trail corridors. Corridors are difficult to assemble because they often comprise many small parcels, making them more troublesome and expensive to acquire on a per acre basis.

But rather than sitting on the sidelines and watching as trail corridors are carved up and developed, the Trail Conference characteristically has taken a proactive, hands-on approach: raise funds to buy and transfer them into public stewardship while they are still undeveloped and affordable. Land acquisition is not a job we sought, any more than we sought to kick off a landmark environmental decision by opposing ConEd's plans for Storm King in 1962. Both grew directly from our mission of protecting hiking trails.

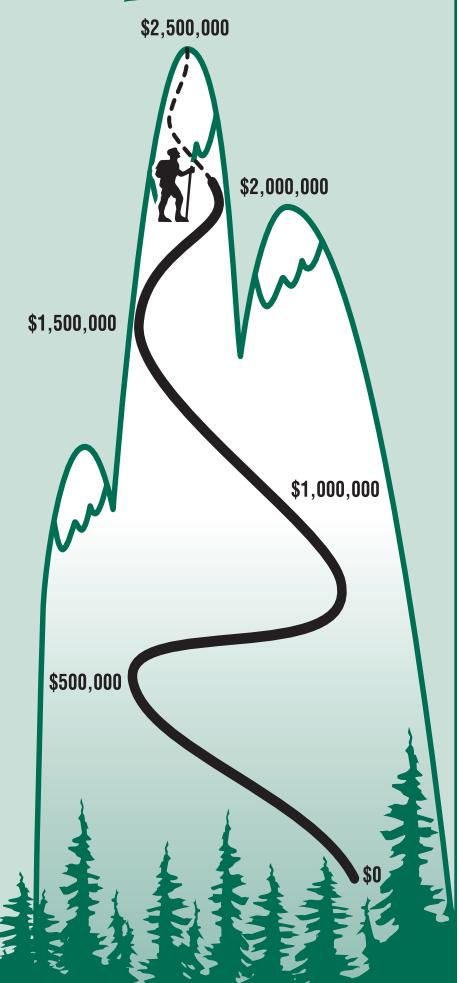
The Trail Conference has become an organization that protects and maintains the resources needed to *connect people with nature* in this most crowded of U.S. metropolitan regions. For the next decade or so, that means land acquisition as well as advocacy, stewardship, trail construction, and publishing books and maps.

To help us accomplish the goal, we have established a separate Land Acquisition & Stewardship Fund. Money in this revolving fund can be used only for acquiring parcels associated with trail corridors. Proceeds from transferring these parcels to public entities return to the Fund, allowing them to be used over and over for as long as needed. As the "built out" condition is approached and there are fewer opportunities for acquisition, the Fund will be converted to an endowment dedicated to the stewardship of trails.

We live in extraordinary times that call for extraordinary measures. We are asking members, who are so moved, to make an extraordinary contribution to the *Connecting People With Nature* campaign.

*—Jane Daniels, Board Chair
Ed Goodell, Executive Director*

*Share
the
Dream*



New York-New Jersey Trail Conference

June 4 & 5: NY-NJ TC – National Trails Day Events

Join other outdoor enthusiasts for a fun day of trail maintenance and improvement activities on June 4, National Trails Day. The New York-New Jersey Trail Conference has scheduled 10 events that weekend to mark the occasion. Take your pick of opportunities that include constructing the first new section of the newly defined Warren Trail in Jenny Jump State Park in New Jersey, training in basic trail maintenance on the Staten Island Greenbelt Trail, and

building bridges in George's Island County Park in Westchester and on the new Salisbury Trail near Albany (it connects the Long Path to Thompson's Lake State Park).

No previous trail work experience is required. Participants do not need to be NY-NJ Trail Conference members. Children are invited to most projects. Project details and online registration are available at: www.nynjtc.org; click the event register button on the left menu.

West Milford, NJ
North-East NJ
Warren County, NJ
Staten Island, NY
Bayside, Queens, NY
Westchester, NY
Harriman, NY
Albany, NY
New Paltz, NY
Wappingers Falls, NY

Newark/Pequannock Watershed
Palisades Interstate Park
Jenny Jump State Park
Greenbelt Trail- High Rock Park
Alley Pond Park Trails
George's Island Comity Park
Harriman State Park
J.B. Thacher State Park
Minnewaska State Park
Wappingers Greenway Trail

June 4
June 4
June 4
June 4
June 4, 5
June 4
June 4
June 4
June 5
June 4, 5



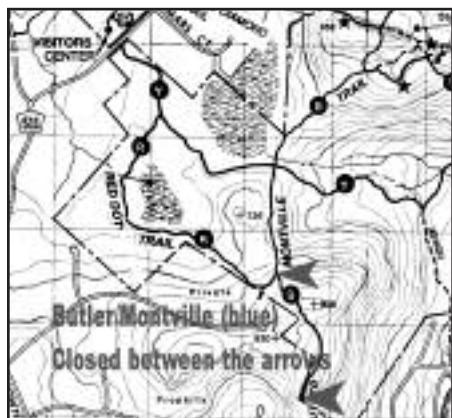
BOB JONAS

Trail work happens year-round, as these Scouts working last year in Norvin-Green State Park can attest. But June 4 is a really big day for trails; thousands will participate in National Trails Day events nationwide. Join the action at one of 10 TC projects planned that weekend in our region.

TRAIL NEWS

Trail Section Closed On Turkey Mountain

The Blue Trail on Turkey Mountain at the Pyramid Mountain Natural Historic Area in Morris County, NJ, has been closed from the intersection with Red Dot Trail continuing south to near the old quarry. This section of trail crossed private property and is now off limits. A trail reroute is planned by early spring.



Temporary Parking Relocation At Wild Cat Mtn.-Rt. 17a

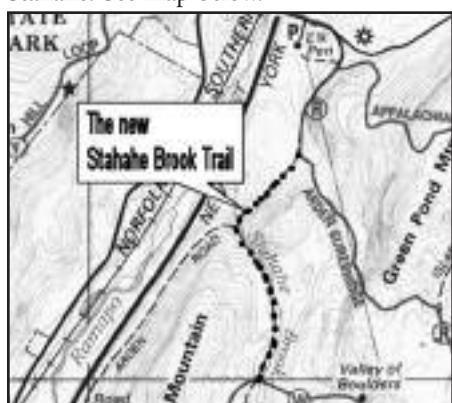
Renovation of the commuter/trailhead parking lot at the Wild Cat Mountain southern trailhead on Rt. 17a will require the temporary relocation of hiker parking. Work by the New York State Dept. of Transportation was scheduled to begin in April and to be completed by the end of May. For the duration of the construction project, hikers will be permitted to park cars on Sterling Forest State Park property on the southwest corner of Rts. 17 & 17a.

Reminder: No Parking at Red Apple Rest

With the serious hiking season commencing, it seems worth repeating an announcement from our January/February issue: Until further notice, there will be no free all-day parking for hikers at the Red Apple Rest parking lot in Southfields, along Route 17.

The nearest parking for hikers is at Elk Pen, approximately 3/4 mile to the north. See NY-NJ Trail Conference Map #4, Northern Harriman-Bear Mtn. Trails.

For those utilizing the Elk Pen parking area to access the Nurian Trail, the Trail Conference has established an alternate route to it: the Stahahe Brook Trail (red stripe on white). It follows the Old Arden Road south for about 0.3 mile from where the Arden-Surebridge Trail (red triangle on white) leaves the road, then turns east after passing over a bridge and follows a woods road along the brook to reach the Nurian Trail (white) near the northern end of Lake Stahahe. See map below.



<h1>Trail Crew Schedules</h1>	
<p>For the latest schedules, go to nynjtc.org and click on "Trail crews/Work trips."</p> <p>TBD = To Be Determined</p> <p>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.</p>	<p>WEST HUDSON NORTH CREW Leaders Denise Vitale (Crew Chief): 845-738-2126, WHNTrails@aol.com Dave Webber: 845-452-7238, webberd1@yahoo.com</p> <p>Minnewaska State Park Gertrude's Nose Trail 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 all these outings, meet at 9 am at upper parking lot at Lake Minnewaska (gates open at 9 am).</p> <p>May 8 (Sunday) <i>Celebrate Mother's Day by tending to our Mother Earth.</i> Stabilize a talus slope by moving rocks, cutting back brush in the trail corridor, and side-hill benching Leader: Denise Vitale</p> <p>May 14 and 15 (Saturday and Sunday) As above, plus rock moving with highline Leader: Dave Webber</p> <p>May 21 (Saturday) See May 8 details. Leader: Denise Vitale</p> <p>June 5 (Sunday) National Trails Day event See May 8 details Leaders: Denise Vitale and Dave Webber</p> <p>June 12 (Sunday) Regeneration of old trail Leader: Dave Webber</p> <p>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</p> <p>May 5 (Thursday) Stahahe and Nurian Trail, Harriman State Park Leader: Bob Marshall</p> <p>May 7 (Saturday) Tim-Torne relo at Brooks Lake, Harriman State Park Leader: Brian Buchbinder</p> <p>May 14 (Saturday) Tim-Torne relo at Brooks Lake Leader: Claudia Ganz</p> <p>May 15 (Sunday) Tim-Torne relo at Brooks Lake Leader: Monica Resor</p> <p>May 19 (Thursday) Stahahe and Nurian Trail, Harriman State Park Leader: Bob Marshall</p> <p>May 21 (Saturday) TBD Leader: Chris Ezzo</p>
	<p>June 2 (Thursday) Tim-Torne relo at Brooks Lake Leader: Bob Marshall</p> <p>June 4 (Saturday) National Trails Day Parker Cabin Hollow Trail Leader: Chris Ezzo</p> <p>June 11 (Saturday) TBD Leader: Monica Resor</p> <p>June 12 (Sunday) TBD Leader: Chris Ezzo</p> <p>June 16 (Thursday) Tim-Torne relo at Brooks Lake Leader: Bob Marshall</p> <p>June 18 (Saturday) TBD Leader: Brian Buchbinder</p>
	<p>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</p> <p>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.</p> <p>Weekdays TBD Leader: Walt Daniels</p> <p>May 1 (Sunday) TBD Leader: Walt Daniels</p> <p>May 21 (Saturday) George's Island Trail clearing and get ready for bridges. Meet: 9 am at Cortlandt Train Station Leader: Walt Daniels</p> <p>June 4 (Saturday) George's Island Major bridge workshop Meet: 9 am at Cortlandt Train Station Leader: Walt Daniels</p> <p>May 1 - June 12 Wappingers Greenway Leader: Eddie Walsh See page 3 for details.</p>

What You Don't See Adds Up

Hikers may not realize just how many blow-downs have been removed from trails in recent months, thanks to the efforts of a very devoted group of folks: the Trail Conference Chain Saw Crew for Harriman and Sterling Forests State Parks. From July through December of 2004, crew members volunteered more than 200 hours of their free time to remove 300+ blow-downs from trails in Harriman/Bear Mountain and Sterling Forest State Parks.

Their work involves not only removing wood from the trails, but also carrying the necessary equipment to perform this arduous work to and from the work sites.

So when you are out hiking on unobstructed trails, think of the following folks who have donated their own time toward your enjoyment:

Steve Banyacski (co-crew chief), Roland Breault, Jack Driller, Tom Dunn, Joe Ginsdorf, Suzan Gordon, Joan James, Mark

Liss, Bob Marshall, John McCullough, Ike Siskind, Pete Tilgner, Kim Waldhauer, Steve Zubarick (co-crew chief).

If you would like to volunteer your time as a sawyer, contact the TC office (volunteers@nynjtc.org, 201-512-9348) and inquire about the next chain saw certification course.

— Peter Heckler

SCIENCE & ECOLOGY

By Edwin McGowan,
Science Director, PhD

Tracking the Wild (& Invasive) Phragmites

Each day, on my commute to work through Harriman State Park, I pass by a small roadside wetland nestled in the park's rocky woodlands. The wetland provides a pleasant opening in the dense forest canopy, in which the sun illuminates contrasting hues of green, brown, and red. The plant community is typical of the Highlands, reflecting the mildly acid growing conditions produced by underlying granitic geology. Highbush blueberry, mountain laurel, and hemlock ring the perimeter, while the soggy interior supports a mixed assortment of mostly low-growing species anchored by tussock sedge, steeplebush, ferns, and mosses.

The layered vegetation and varied terrain of this wetland create numerous microhabitats for its animal inhabitants, from deep pockets of saturated muck to the dry sloughing bark of dead hemlock snags. Direct sunlight penetrates the open portion, providing basking opportunities for snakes, turtles, frogs, and dragonflies, while the dense vegetation around the edges creates cool shade on all but the hottest summer days. The presence of these gradients—from sunny to shaded, hot to cool, wet to dry, and even acid to neutral—all add to the structural and biotic complexity of the place. Local

biodiversity appears to be quite high. For example, just driving by I have noted spotted, painted, and snapping turtles, as well as northern water snakes, green, and pickerel frogs, all attempting to cross the short stretch of road abutting the wetland.

An Invader

This little scene has another rather recent inhabitant that I failed to mention. Creeping inward from one side is a dense stand of the invasive plant *Phragmites australis*, or common reed. A tall, attractive plant with an elegant plume-like inflorescence at its top, common reed often outperforms its name by becoming not just common but dominant in wetland systems. Unabated, it usually proliferates clonally into dense monotypic stands, replacing much of our native flora in the process. For our little wetland, this could mean rapid and drastic change.

There is widespread concern among ecologists and land managers that invasive plants such as common reed are undermining native ecosystems through a cascade of direct and indirect effects (see May/June 04 *Trail Walker*). While common reed does provide some positive ecosystem functions, including those documented by Erik Kiviat of Hudsonia, reed stands are usually viewed

as a poor substitute for the complex native plant communities they supplant. The issue is muddied somewhat by the existence of a non-invasive native phragmites and questions about just what exactly our wetlands looked like in past.

Nevertheless, if we are to deal intelligently with common reed and other invasives, we first need to know the scope and scale of the problem. While we know that this species is widespread, little information exists on the exact extent of its invasion. Has it reached small interior wetlands within our larger parklands? If so, has it achieved dominance in these systems? Once present, does it spread aggressively or is it constrained by environmental conditions? Answers to these questions are badly needed if we are to effectively manage this and other invasive species.

Help Survey Parks For Phragmites

Toward this end, the Trail Conference is initiating a Citizen Science project to map common reed in the inland marshes and sedge meadows of Harriman and Sterling Forest State Parks, where this species has made some inroads but is not yet ubiquitous. Our near-term goal is to map its distribution, so we can evaluate current conditions and create a baseline of data from which to measure change. Long-term, this data will help guide future management decisions, including efforts at early detection and control of this species where appropriate.

How it works: Each volunteer will be assigned a survey block of their choosing that covers a section of park containing one or more open wetlands. Using maps



EDWIN MCGOWAN
TC volunteers will survey local parks for the presence of phragmites.

provided by the Trail Conference, participants will visit the designated wetlands within their block and record basic data on common reed including its presence/absence and an estimate of percent cover. They will also take digital photos of the wetlands to serve as a photo archive. These photos will also permit us to compare the efficacy of ground surveys (this study) with remote sensing techniques (aerial photos available online) for mapping common reed.

Although there is a natural desire with invasive plant management to cut and pull first, and ask questions later, we will start conservatively with this important mapping exercise. The resulting record will serve as a much needed baseline and will allow us to assess the status of this plant in a large and vital region of the Highlands.

To learn more about this project please visit the TC science web page at www.nynjtc.org/science.

Eagle Eyes

Each winter, bald eagles converge on the lower Hudson River to exploit its open waters and abundant fish supply.

This eagle bonanza is due to the synergistic effects of a number of protective measures dating back to early 1970s. These include the granting of endangered species status in 1972, banning of the pesticide DDT, production of captive reared birds by state agencies, and increased protection of nest sites and other critical habitats.

This last item, critical habitat, may turn out to be the primary limiting factor for eagles in the future. For breeding pairs, this means suitable nest sites with minimal disturbance in close proximity to clean, uncontaminated prey resources. Similarly, wintering birds require a healthy food base and undisturbed habitats for perching and foraging by day and roosting by night.



HERB CHONG
TC eagle counters spy their targets at George's Island in Westchester this winter.

For the past two winters, Trail Conference science volunteers have been doing their part to assess eagle use of critical wintering habitats on trail lands in the lower Hudson Valley. Fifty volunteers have participated to date in field surveys, which have focused on eagle use of forested perching areas on parklands with TC-maintained trail systems.

Their findings?

1. Most of our wintering eagles aggregate at just a few roost sites to spend the overnight hours. Four Hudson Valley roosts have had 30 or more eagles at once. On one memorable evening, volunteers counted 81 eagles roosting on a single hillside. Along the lower Hudson, peak roosting numbers occur in January and February.
2. Eagles will roost within sight of hiking trails but typically arrive at these locations in late afternoon after all but the most intrepid winter hikers have left the woods. Consequently, the potential for disturbance by hikers is low in most circumstances. Also, many trails predate the recent growth in eagle numbers using these roosts, which suggests eagles continue to select these sites despite the proximity of trails.
3. Eagles using day perches in trees along the Hudson may be disturbed by approaching hikers and will take flight if encroached upon too closely. In recognition of this potential problem, the TC worked with state and Westchester County officials to reroute sections of the proposed 46-mile Hudson River Walk Trail away from critical eagle habitats.
4. Although many of the sites used by our wintering eagles are on protected lands, several private land holdings adjacent to state parklands are heavily used by eagles and should be acquired for protection.
5. Eagle watching along the lower Hudson is a great way to cure the winter doldrums.

—Edwin McGowan

Trailside Explorations: Aquatic Insects

Wetlands of all kinds are breeding grounds for a wide variety of insects. Since hiking trails often trace the edges of these waterways, hikers have ample opportunities to experience and explore the lives of insects.

Many insects, from the dreaded mosquito to the darting dragonfly, start their lives in freshwater streams, ponds, and rivers. Once they mature, most leave the water; usually they don't go far. Some species, however, live in water their entire lives. Aquatic insects are important to the stream environment for several reasons. First, they are the base of food webs involving fish, birds, turtles, snakes, and large invertebrates such as crayfish. Second, they help keep streams clean by breaking dead leaves into many small pieces, upon which decomposer organisms (bacteria and fungi) feed. As these decomposers eat and thrive, they in turn release nutrients that plants need in order to grow.

Further, because stream insects are highly sensitive to environmental conditions, the presence or absence of particular species can be used as a sensitive indicator of water quality.

Like most animals, aquatic insects have preferred habitat conditions in which they live. Two main factors that determine what insects live in which waters is the water itself and the stream bottom, or substrate.



VICTOR LAMOURUX
Water bug

Stream depth is important, because it affects the amount of light, temperature, and oxygen available. The rate of water flow is also important. Species have a variety of adaptations that allow them to cope with different rates of water flow; as the rate of flow varies, the kinds of insects found in the stream will also vary.

The material that composes the bottom of the stream can also make life easy or difficult

continued on page 9



VICTOR LAMOURUX
Water scorpion

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* below for exciting and interesting ways for members to become involved with the Conference's efforts. Additional opportunities in the areas of Advocacy and Conservation are described on pages 2 and 7, respectively. Volunteers are the heart and soul of our organization. Become an active part of our family and get more involved. If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact the Volunteer Projects Director, Joshua Erdsneker, either by email josh@nynjtc.org or call the office 201-512-9348, and he will find a way to get you involved.

New Jersey Appalachian Trail Leadership Needed

There are a variety of challenges being faced on the Appalachian Trail in New Jersey. One of the most daunting is finding leaders to oversee the Trail Conference's activities on and off the AT in the state. As the AT faces increasing threats, we need new leaders to help tackle these challenges. Please contact Larry Wheelock at 201-512-9348 or wheelock@nynjtc.org for more information.

Incident Reporting Procedures Update Manager

Every hiker should know who to call when an ATV illegally cuts through a park or a storm badly damages a trail. The Trail Conference maintains a list of contacts of the land managers and park personnel who should be notified when these types of activities occur. To ensure that hikers reach

the right persons in an efficient manner, this list needs to be updated on an annual basis. Willing persons simply need to make a few phone calls to verify the contact list is accurate. If you're able to help, please contact Larry Wheelock at wheelock@nynjtc.org or at the Trail Conference office 201-512-9348.

Catskill Trail Committee Opportunities

• *Assistant Trail Chairs:* With more than 100 maintainers and 200 miles of hiking trails, our Catskill Trail Committee is one of the largest trail committees in the Trail Conference. To improve our communications with our volunteers and land managers, we are seeking two Assistant Chairs to help coordinate the efforts of our volunteers. Help preserve and protect the Catskill wilderness; get involved now. For information, please contact Josh Erdsneker, josh@nynjtc.org, at the Trail Conference office 201-512-9348.

• *Catskill MOU Translator:* We are seeking a volunteer who is comfortable reading and transposing legal documents. The Trail Conference will be converting its Memorandum of Understanding (MOU) with the State of New York and the Dept. of Environmental Conservation (DEC) into a new format called Adopt a Natural Resource. This is a great opportunity for a detail oriented individual with an interest in helping to strengthen our relationship with the land managers in the Catskills. For information, please contact Larry Wheelock, wheelock@nynjtc.org or at the Trail Conference office 201-512-9348.

by club representatives who had an interest or expertise in the topic; discussion included developing lists of action items and steps that can be taken to address the issue.

The next step is to act on these "hot" topics identified by our member clubs. To put action behind these brainstorming sessions, *volunteers are needed to coordinate the steps necessary to create solutions for issues raised*. For example, the ORV breakout session identified several deliverables, such as forming an ORV working group on the Trail Conference's Advocacy committee. Now, that committee needs leadership and volunteers willing to address the issues at hand (See Advocacy Volunteers p. 2).

Every summer, Trail Conference volunteers and staff begin a three-month process of developing the objectives, tasks, and deliverables for the plan and budget for the upcoming fiscal year. Hundreds of great projects and programs are suggested, but with limited resources, only projects with the support of volunteers can be considered.



Top trail concerns identified by TC Delegates in February will get follow-up attention at the June meeting.

Technology Crew and Maintainers

When you think of the Trail Conference, you have images of shovels, rock bars, and clippers as the primary tools of our trade. This is only half true as we expand our arsenal of tools to accomplish our mission; the Trail Conference has embraced the use of many hi-tech tools such as GPS devices, scanners, database development, and advanced micro-computing environments. Our organization needs computer savvy individuals to expand and enhance our electronic capabilities. If you have experience in any of the areas below and would be willing to donate some of your time, please contact Anne Dyjak dyjak@nynjtc.org at the Conference office 201-512-9348.

- Assistant Web Master
- Network/Server administration
- Webpage development
- Database design
- Desktop computer support (hardware and software)
- Electronic Marketplace (online stores)

Retail Store Representatives

We are looking for individuals to manage the sale of Trail Conference books, maps, and memberships at selected retail partners. Interested persons should be outgoing and not afraid to speak with people. Retail experience is a real bonus as well as any "visual/display" experience, but not necessary. An eye for detail is a must as well as a creative and fun spirit able to communicate the TC mission. Ability to travel to the needed locations, such as Campmor, Ramsey Outdoor, etc. is a must. Training will be provided. For more information about this opportunity, please contact Josh Erdsneker at josh@nynjtc.org 201-512-9348.

The Trail Conference invites its member clubs and "Incubator" participants to submit the results of their brainstorming sessions and any other ideas that they are willing to take action on, to the correlating Trail Conference Committee at the June Delegate's meeting. Representatives from each Trail Conference committee will be in attendance and will present and provide an overview of the 2005 Plan & Budget. The meeting and program start at 7 pm. Please join us for a social hour, beginning at 6 pm, for a chance to share refreshments and chat with hiking club representatives.

Please RSVP your attendance to office@nynjtc.org by June 16, 2005.

Directions: Enter the southern entrance to Palisades State Park. Follow Henry Hudson Drive about one mile to the Ross Dock Circle and look for signs to the meeting.

New Member Benefit: Soak Your Feet and Much More

The Trail Conference would like to welcome The Town Tinker Tube Rental, located in Phoenicia, NY, as a participating Retail Partner. Conference members who want to float down the refreshing Esopus Creek in the Catskills can save 10 percent on their equipment. To take advantage of this great benefit of membership, just present your Trail Conference Membership Card at the time of purchase. Visit them on the web at www.towntinker.com or call 845-688-5553 for more information.

Are you Organized?

The Trail Conference has a variety of storage rooms that need to be organized. We have an offsite storage unit with archived paper files from our office and stashed office supplies in a variety of corners and closets in our Mahwah office; we need a little help getting things coordinated. If you have a knack for keeping closets orderly and would be interested in lending a hand, please contact Naya Barahona at naya@nynjtc.org or 201-512-9348 extension 23.

Information, Please

Are you well versed on the plethora of hiking trails in New York and New Jersey? Would you enjoy providing guidance to NY-NJ Trail Conference members on appropriate hikes for their skill level? Do you have a few free hours to spend at the Trail Conference office in Mahwah in the company of staff and fellow volunteers? If you fit this description, the Trail Conference is looking for volunteers to assist with telephone and mail inquiries during the week. Please contact Naya Barahona by email (naya@njnyc.org) or telephone (201-512-9348, ext. 23) if you are interested and available to assist.

Other Opportunities:

- Librarian
- Publication Indexer
- Outreach Events Coordinator
- Tabling Event Representatives

Volunteer Insurance Reminder

Many of us like to bring a friend or family member on our maintenance trips. Sharing the joys of volunteering on a trail makes every trip more enjoyable. While the Trail Conference strongly encourages you to invite friends and family to join you, be aware that not everyone on your work trip will be covered by the Trail Conference insurance policy.

To be eligible for liability and accident coverage, an individual must be on file with the New York-New Jersey Trail Conference as a registered volunteer, such as a trail maintainer, co-maintainer, shelter caretaker, crew member, field checker, or environmental monitor, and engaged in the work affiliated with the assigned volunteer position with the Trail Conference.

Not being listed as one of these types of volunteers does not prohibit an individual from accompanying you on a work trip; it does, however, prevent them from being covered by the insurance policies provided to registered trail volunteers.

Registered volunteers are responsible for maintaining their own health and liability insurance. In the event that a registered volunteer's personal policy coverage is insufficient, the NY-NJ Trail Conference, and/or certain public agencies on whose lands Trail Conference volunteers operate, may provide additional liability and accident coverage for the benefit of volunteers who may be injured or sued in the course of performing their assigned tasks on behalf of the NY-NJ Trail Conference.



Top trail concerns identified by TC Delegates in February will get follow-up attention at the June meeting.

HOW THE TRAIL CONFERENCE TARGETS AND PRESERVES OPEN SPACES

The Trail Conference currently has a number of priority projects in both New York and New Jersey where we are seeking to add new trails or extend current trails. As in hiking, the process of preserving land for trails happens step by step.

Step 1: Identify a Trail Corridor and Gather Data

One of the first steps we take in preserving trails in a new area is to identify possible connections between existing open spaces and parks. We may be able to identify connecting properties by looking at Geographic Information System (GIS) data—either our own or that of towns or counties—or by examining paper tax maps. The question then becomes, what is the best route to connect the two open spaces?

Step 2: Determine Path of Least Resistance

Usually the best route from an acquisition standpoint is the one with the fewest parcels to purchase. It is far easier, and the project is more likely to succeed, if we need to negotiate with just two or three landowners rather than with seven or eight.

Step 3: Negotiate Purchase

If a trail already crosses a landowner's property, we probably have a relationship with him/her and it is easier to start a dialogue about the possible sale of their land. In the best scenario, they may offer to donate or sell part or all of their land for the trail. We negotiate a price, and if possible, sign an option to purchase the property. If we get everyone in the corridor to agree to sell, then we have a new hiking corridor. If individuals are not willing to sell us their land, they may be interested in giving us a trail easement, or perhaps written revocable permission to allow the trail on their land.

Step 4: Determine Ultimate Owner

Before the Trail Conference signs any agreement, it first determines who will ultimately own the property. The Trail Conference holds property only temporarily. In New Jersey we work primarily with Green Acres as ultimate owner (a division of New Jersey's Dept. of Environmental Protection), and in New York with the Dept. of Environmental Conservation. In both states we also work with a number of local/county land trusts, non-profit environmental organizations, local and county governments, and other state agencies.

Step 5: Scout the Most Appealing Route

The land must be physically explored and, if it's for a new trail, a route laid out that avoids endangered plants or animals, major highways, and wetlands, and includes viewpoints, areas of particular interest or historical significance.

Step 6: Maintenance and Monitoring

When all of these steps are successfully taken, the trail has been built by TC volunteers, and the land preserved, the final step is to arrange for ongoing maintenance and monitoring by another TC volunteer.

Volunteer Opportunities

Conservation volunteers can help us scout corridors, get tax maps, and/or post acquisitions as open to the public. For more information on getting local data or helping to conserve open spaces in your town, contact Rich Benning (Ext. #24) at the Trail Conference office (201-512-9348).

—Richard Benning, Land Acquisition Specialist.

Eagle Scouts Work with TC to Enhance Norvin Green State Forest

New signs at 35 trail intersections in Norvin Green State Forest, and erosion control on the Mine Trail, also in Norvin Green, are the results of two separate Eagle Scout projects completed in 2004 with the guidance of Trail Conference Supervisors for the Southern Wyanokies Bob Jonas and Estelle Anderson.

Life Scout Jeremy Rounds of BSA troop 146, Hoboken, NJ, worked with the supervisors, his father, fellow scouts, and their families to plan, design, and install a series of water bars and check dams along the Mine Trail, a popular route to the Roomy Mine and Wyanokie High Point from the Weis Ecology Center in Ringwood.

After a day that included a site visit and instruction in the fine art of water bar construction and trail hydrology from the TC supervisors, followed by a second visit to map out the correct locations for the water checks, Jeremy returned on December 5 with his entire troop, and

their families and friends, to install 11 control devices on the trail.

Earlier in the year, Life Scout Darrel O'Dell of BSA Troop 44, West Milford, NJ, took on the challenge of installing an extensive system of signs to alleviate ongoing problems of inexperienced hikers becoming lost within the 4500-acre state forest (despite existing prominent blazes). Starting in January 2004, with the assistance of Darrel's father, Pete, Troop Committeewoman Ellen Caleca, and the Trail Conference supervisors Jonas and Anderson, Darrel surveyed all the trail intersections in the forest and decided on 35 new signs.

Sign-making help was provided by Bill McNaught's wood shop class at Lakeland Regional High School in Wanaque. Students Devon DeGroat, Brian Dupree, Matt Hartwick, Jarett Miller, and Paul Van Dunk lettered the signs using a pantograph-mounted router. Darrel and

Anne Dyjak: Administrative Director

Anne Dyjak joined the Trail Conference in February as Administrative Director. Anne has served as a vice president for the past several years at large national financial institutions and has extensive experience in regional operations management, residential real estate lending, and commercial loan and real estate workout.

Anne is an avid hiker and birder. She has been the chair and an outings leader for the past eight years for the North/Central NJ Inner City Outings (ICO) group of NJ Sierra Club. ICO is a nationwide community outreach program of the Sierra Club whose mission is to provide opportunities for urban youth and adults to explore, enjoy, and protect the natural world.

Anne also serves as co-chair of the board of directors of the Trailside Museum Association, which provides advocacy and financial support to the Trailside Nature and Science Center in Watchung Reservation, a 2,000-acre preserve in Union County, NJ.

Anne enjoys traveling and spent her honeymoon camping with the brown bears at the McNeil River Sanctuary, approximately 200 air miles outside of Anchorage, AK. She has hiked in Denali National Park and Wrangell-St. Elias National Park in Alaska, and in many of the western and northwestern national parks. A graduate of Cook College, Rutgers University, Anne resides in Somerset County in a home built in 1780.

his brother Jerry then painted, filled in the letters, and coated the signs per New Jersey State Forest specifications. Darrel, Pete, Ellen, Kevin Tlusty, and Jonas and Anderson completed installation of the signs in August.

Thanks go to the scouts, their leaders and families, Bill McNaught and his students at Lakeland High, and school principal Joseph C. LoCascio for their excellent work and cooperation.

—Bob Jonas and Estelle Anderson,
TC Supervisors, Southern Wyanokies



Bob Jonas, TC Supervisor for Norvin Green State Forest, assists Eagle Scout candidate Darrel O'Dell install new trail signage.

Eddie Walsh: Trails Projects Coordinator

The Trail Conference welcomes Eddie Walsh to the position of Trail Projects Coordinator. Eddie has been involved with the Trail Conference since 1984. As a volunteer, he maintained a section of the Long Path and started the Long Path end-to-end program. In 1989 he was the recipient of the Next Generation Award.

Formerly, he was the Trails Coordinator for the Adirondack Mountain Club, managing the paid and volunteer trail crews for all the trail contracts between the ADK and the New York State Dept. of Environmental Conservation. Prior to that, he worked as a paid trail crew leader for the Adirondack Mountain Club (five seasons), Green Mountain Club, Appalachian Mountain Club, and the Maine Appalachian Trail Club, plus he served a winter stint as the caretaker for the Randolph Mountain Club in New Hampshire.

Eddie has hiked the Long Path and 2,000 miles of the Appalachian Trail in addition to various long treks in Europe and Central America. He has a Visual Arts Degree from SUNY New Paltz.

With the Trail Conference he has worked as the project coordinator on the Sterling Forest Southfields Furnace Bridge, the Twin Forts Trail staircase and footbridge projects, and the Popolopen Bridge construction. Currently, he is coordinating the Bear Mountain Trails Project and the Wappinger Greenway trail development. He looks forward to sharing his extensive technical trail design and construction expertise with the Trail Conference Trail Crews and improving the quality of trails in the region.



JILL ARBUCKLE

continued from page 1

septic issues—potties, etc.—in our highly utilized recreational corridor.

Jill is currently responsible for a section of the Appalachian Trail in Wantage (approximately 10 miles of the corridor between High Point and Waywayanda), and supervises another 10 miles in Stokes State Forest. Of member club volunteers, she says, "These are people I'm happy to be with," usually self-starters, and sometimes with a keen personal interest in a trail section.

The many, varied issues that concern a Trail Conference/member club leader create a living quilt rich in texture and pattern. Providing a solid underpinning is the refined system of the Trail Conference-member club relationship. "The set-up works very well," says Jill, pointing out that the Trail Conference provides training and expertise, while member clubs provide the cheerful service to get a job done.

Where's a favorite lunch spot for Jill when it's time to take a break from the morning's work? "There's a high ridge halfway along the corridor, with Waywayanda to the east and High Point to the west," she says, "near Goldsmith Road." What makes it special? Straightforwardly, Jill identifies the essential elements: "It has what you need: a tree, a breeze, and a rock." What a sublime focus. Thank you, Jill Arbuckle.



Top Five Foot Problems to Avoid

By Howard E. Friedman, DPM

A 59-year-old man complained to his podiatrist about pain in his right heel that began during a recent camping trip. The patient had been hiking, camping, and fishing for several days. He was also portaging a canoe with his buddy. The combination of poor arch support in his wading boot and carrying a heavy canoe contributed to an acute foot condition. Now, this hiker is sidelined until the pain and inflammation of his foot subside.

His condition—as well as many other hiking-related foot injuries—could have been avoided had preventive steps been taken. Moreover, once such injuries occur, further damage can be avoided if treatment is sought promptly.

Five Preventable Foot Conditions

One foot condition that can often be prevented is a **stress fracture**—an incomplete break of a bone that occurs in response to a repetitive action, such as running, jumping, or even walking. Symptoms include pain and some swelling in the affected area. The metatarsals, the bones that connect directly to the toes, are common locations of stress fractures. Other areas that may be subject to stress fractures are the tibia or fibula in the lower leg. To prevent this injury, one should

be sure to include adequate supplies of calcium and vitamin D in one's diet. One early sign of this condition is a stubborn ache or pain in the affected bone, although accurate diagnosis sometimes requires an MRI. Prompt treatment will prevent further injury.

A foot problem more visible than a stress fracture is a painfully infected **ingrown toenail**. Pain in the corner of the nail, along with redness and swelling, are the early warning signs. Home treatment can include soaking the toe in warm salt water and applying a topical antibiotic. Usually, however, the ingrown nail needs to be removed under local anesthesia. If the condition recurs, the border of the ingrown nail can be permanently removed. Trimming toenails straight across and avoiding tight shoes or boots can prevent this condition from occurring; prompt treatment can avoid complications.

No other part of the body is routinely and completely “double-wrapped” in clothing as is the foot. The warm, damp environment inside the shoe or boot can lead to a **fungus infection** or a red, itchy inflammation of the skin known as **dermatitis**. In some cases, these conditions can be an allergic reaction to wool socks, or

the result of contact with poisonous plants or insects. Treatment requires the application of a steroid cream. A chronic skin fungus, commonly known as athletes' foot, requires the daily application of an anti-fungal cream, often for a period of up to six weeks. Maintaining dry feet and changing into dry socks can help prevent these conditions. Removing boots at the end of a hike and changing into sandals or moccasins is also helpful.

Tendonitis—the inflammation of a tendon, such as the Achilles tendon—is the fourth preventable condition. Stretching the Achilles tendon prior to beginning a long hike can help prevent this serious injury which, in many cases, can last for months. One suggested method is as follows: Lean against a wall or tree, with feet flat on the ground, one foot in front of the other, and switch between leaning forward and standing straight. In addition, rising up on the toes for five-to-ten seconds, several times in a row, can help strengthen and condition tendons and muscles in the calf and foot. For best results, perform this exercise with the other foot raised off the ground. Prompt treatment will keep a mild injury to a tendon from becoming more severe.

One of the most frequent causes of foot pain is **plantar fasciitis**—the inflammation of the tough, fibrous band of tissue (fascia) connecting the heel bone (calcaneus) to the base of the toes. This condition is often associated with a heel spur, or growth of bone on the undersurface of the heel bone, but may occur even in the absence of a heel spur. An early symptom of this sometimes debilitating condition is a pain or dull ache in the bottom of the heel bone, usually with the first step when getting up from a bed or chair. The pain sometimes diminishes as

the day progresses. If left untreated, patients may resort to limping, and they can be sidelined for months from hiking, running, or even walking a treadmill. Carrying a heavy backpack on a long hike may cause this condition.

To prevent *plantar fasciitis*, one should wear well-fitted shoes with a supportive footbed (arch support). The stretching exercises described above for the Achilles tendon are also helpful in preventing this condition. Remedies include resting the heel on an ice pack for five-to-ten minutes a few times a day, and the use of an anti-inflammatory medication, such as ibuprofen. In some cases, prescription medication may be required. Other treatments include a stretching splint, custom-made arch supports (orthotics), and cortisone injections.

With some common sense, a person's feet should hold up well during years of hiking, walking, and staying physically active. Taking appropriate preventive steps, and early diagnosis and treatment of foot injuries, are very important in keeping patients on their feet.

Howard E. Friedman, DPM, is a podiatrist and board-certified foot surgeon treating hikers and non-hikers in Suffern, New York.



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GEAR CHECK

An occasional series that will review gear appropriate for hiking.



Patagonia Puff Ball Jacket
Reviewed by Josh Erdsneker

In the past, being allergic to down has put a serious crimp in my ability to properly outfit myself for cold weather backpacking trips. Nothing kept you warm like down...until now. The Patagonia Puff

Jacket is a lightweight, wind and water resistant, synthetic jacket that has answered the prayers of hypo-allergenic hikers around the world. During a recent two-night trip to the Catskills, where the temperature dropped into the low single digits, I was faced with hiding in my sleeping bag until the spring thaw, or donning my Polarguard® HV insulated Puff Jacket and getting my morning oatmeal started. With just two thin layers on underneath the Puff, I was toasty. The Puff has great pockets for keeping your evening snacks from freezing and is highly compressible for easy packing. The removable hood adds an extra level of impervious protection from the elements. At only 25.5 ounces, the Puff Jacket is the perfect jacket for keeping you warm and stylish when you get to camp, wait in line to climb that frozen waterfall, or head out to the lodge for a mug of steamy hot chocolate.



Rating: 5 boots out of 5

Josh Erdsneker is Volunteer Projects Director at the Trail Conference

Award Winning "The Cabin Builders"

The Cabin Builders by Craig Pfalzgraf is a heart warming and funny story about how a New Yorker drops his high paced management consulting career and builds a cabin in the southern Adirondack Park. Craig shares not only how to build a cabin but also how his new neighbors, family and friends all came together to help.



A must read for nature lovers and anyone wanting to build a nature getaway Available at www.iuniverse.com

Black Fly Publishing

HELP TC REACH 2.5 MILLION *continued from page 1*

throughout the region. When the corridors are fully assembled, the fund will become an endowment, sustaining our stewardship of the trails far into the future.

The biggest goal of the campaign—\$2 million—is to capitalize this fund. With campaign contributions already made, the Trail Conference:

- bought and preserved eight parcels (totaling 795 acres) in the Shawangunks, and acquired two options on an additional 241 acres, which have been assigned to the Open Space Institute for preservation until the land can be transferred to New York State;
- bought and preserved four parcels, totaling 112 acres, on the Ginseng Ridge section (north of the Catskills) of the Long Path;
- expects to complete purchase of 94 acres linking county and state lands in the town of Sparta, NJ. TC will hold this land until New Jersey's Green Acres program can acquire it in 2006.
- cooperated with the Appalachian Trail Conference to help NYC's Dept. of Environmental Protection buy 109 acres bordering the Appalachian Trail in the town of Kent, Putnam County, NY.

The Trail Conference has identified an additional 375 privately held parcels, totaling 13,800 unprotected acres of land that impact trail routes. If these lands are developed into residential areas, the existing and proposed trails that traverse these properties will be closed or blocked forever. Contributing now to the Land Acquisition and Stewardship Fund will advance our work of protecting these trail lands.



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Trails on Bear Mountain

The Bear Mountain Project is two-fold:

- reconstruct the three primary trails that cross the mountain—the Appalachian, Major Welch, and the Suffern/Bear Mountain Trails; and
- enlist a new generation of volunteers, training them to build and maintain trails.

In March of this year, the Trail Conference formally assumed the role of Project Manager in an agreement with the Palisades Interstate Park Commission (PIPC); Appalachian Trail Conservancy (formerly AT Conference); National Park Service, and New York State Office of Parks, Recreation and Historic Preservation.

Upon completion in 2010, the Bear Mountain project will feature a newly constructed sustainable trail system that accommodates a variety of user abilities; comprehensive directional signage; trailside interpretation facilities that illustrate trail construction and maintenance, the history of the AT, and other trails in the park; a new corps of trained trail volunteers; and restoration of off-trail trampled woodland.

Early contributions to the capital campaign made it possible for the Trail Conference to lay the groundwork for this agreement in the fall of 2004 by commissioning design of a master plan for the project. Design work was done in the fall of 2004 by the Rutgers University Landscape Architecture Department (see story in March/April 2005 *TW*), and a plan for trail renovations was presented to PIPC in February of this year.

As part of the evolving management plan, two Trail Conference groups have already been assigned: the Orange/Rockland AT Committee will oversee the AT portion of this project, while the West Hudson South Committee will manage the work done on the other trails. Eddie Walsh was hired as Trails Projects Coordinator, a new TC staff position, and will oversee the project.

With an estimated 500,000 people reaching the summit of Bear Mountain each year, and more than 100,000 hiking

on the AT there, the Bear Mountain Project offers an unparalleled opportunity to raise public awareness of trails and the role of volunteer trail workers, and to recruit new volunteers. Please consider donating your time or financial resources to one of the greatest reconstruction projects in the history of the Trail Conference.

GIS

GIS is a valuable, often essential, tool for many TC programs, including publications, trails, land acquisition and stewardship, advocacy, and science. Because so much Trail Conference work requires complex spatial information, funding GIS was designated a critical goal of the capital campaign.

In 2004, the Trail Conference acquired the necessary hardware and software and hired Eric Yadlofski as its GIS specialist. Eric has built and maintained the Trail Conference GIS and worked with a variety of volunteers, especially John Mack, to develop procedures for collecting data and creating digital cartography for a variety of uses.

In particular, GIS has enabled the Trail Conference to fully update information relevant to the Land Acquisition and Stewardship Fund. The work has included gathering and entering parcel data information into the system, and producing maps for long distance trails, such as the AT and Long Path, highlighting priority parcels.

Be with Us at the Summit

Thanks to the vision and generosity of our members and supporters, this first Trail Conference capital campaign has moved forward and upward with impressive and steady momentum. "The outpouring of generosity and support has been gratifying," says Trail Conference Executive Director Edward Goodell. "We will be making a big push to reach our campaign goal by summer.

TRAILSIDE EXPLORATIONS...

continued from page 5

ficult for aquatic species. Stream substrates commonly comprise sand, gravel, rocks, plant material, sticks, mud, or a combination of these materials. Aquatic insects use the substrate as a place to live, find food, hide from predators, and reproduce. Most aquatic insects prefer specific substrate type. Insects that are typically found in fast-moving streams are also adapted to live amidst large rocks and cobbles, and not in fine, silty mud. Conversely, insects found in the slow-moving waters of wetlands or flat floodplains are adapted to live in fine silts and clays. So, the type of stream water and substrate help determine what insects you will encounter on your hike.

One other factor has a major role in determining aquatic insect presence or absence—pollution. Pollution can be found in a wide variety of forms including heat, nutrients, and toxic compounds contained in storm runoff from lawns, parking lots, sewers, car exhaust, fertilizers, pesticides, and wastes from industrial activities. Aquatic insects are strongly affected by these pollutants; many, but not all species are incapable of surviving even low levels of pollution. The absence of some groups of insects can actually help determine what pollutants are present. Three groups—caddisflies, stoneflies, and mayflies—are very sensitive to pollution and require cool, oxygen-rich, fast-flowing water without chemical pollutants. The absence of all three groups from a body of

We want to make sure everyone is aware of this opportunity to be counted among those who are protecting and expanding hiking opportunities in our region."

New Donors Bring Campaign to \$2.1 Million

New Donors

January 30, 2005–March 24, 2005

Douglas O. Bowers, Fidelity Charitable Gift Fund, Jane Geisler*, NJ Conservation Foundation, Edward T. O'Connor, William F. and Mary H. Penny, Priscilla Pogact, Martha Pope, Aaron Schoenberg and Kathy Schoenberg, Lucy R. Waletzky and Jim Hamilton*

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Gifts for Bear Mountain Renovation Project*
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*Members of the Raymond H. Torrey Society



Dragonfly nymph

water indicates a problem.

The next time you are out for a casual hike, stop by that stream or pond near the path and turn over a rock or pick up a twig. Whether you are looking for water quality problems, or just curious, see what aquatic insects are there. Some useful references are Giller and Malmqvist's *The Biology of Streams and Rivers*, J. R. Voshell's *A Guide to Common Freshwater Invertebrates of North America*, and M. J. Caduto's *Pond and Brook: A Guide to Nature in Freshwater Environments*.

Robert Hamilton is a graduate student at the Dept. of Ecology, Evolution, and Natural Resources, Cook College, Rutgers University.

DONORS TO THE ANNUAL FUND

January 30, 2005–March 24, 2005

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FAVORITE HIKE

By Daniel Chazin



Plan This Walk in Mountain Laurel Season



DANIEL CHAZIN

Natural views and human artifacts are the attractions of this loop hike in the East Hudson Highlands.

Location: East Hudson Highlands
Length: About six miles
Rating: Moderate
Time: About four hours

Features: This loop hike follows footpaths and carriage roads of a former estate through mountain laurel thickets.

Map: New York-New Jersey Trail Conference East Hudson Highlands Map #101

How to get there: From the east side of the Bear Mountain Bridge proceed north on NY 9D for 4.5 miles, and turn right onto NY 403 at Garrison. (If coming from the north, turn left onto 403 from 9D.) Continue on 403 for 2.1 miles to Cross Road (just north of the terminus of NY 403 at U.S. 9). Turn left onto Cross Road (a one-block road that leads to US 9) and park along the shoulder of the road.

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: Follow NY 403 or US 9 south to their intersection, and find the white blazes of the Appalachian Trail (AT), which crosses the intersection. Turn right and follow the trail across a former pasture on a boardwalk, then continue uphill on an old carriage road. In half a mile, after crossing a stream, follow the white blazes as they turn uphill and begin a steeper climb on a footpath. (Ahead, the carriage road is the route of the yellow-blazed Carriage Connector Trail, which will be your return route.) Near the top of the hill, turn sharply left, as the blue-blazed Osborn Loop Trail leaves to the right. You now join another carriage road – this one being relatively level.

A short distance beyond, another blue-blazed trail leaves to the right. Follow this side trail a short distance to a viewpoint over the Hudson River, Bear Mountain Bridge, and West Point. Return to the AT and turn right. Follow the AT for another .75 mile along a relatively level carriage

road. After a short climb, you'll notice a cairn and a triple yellow blaze to the right of the trail, marking the start of the Curry Pond Trail. Turn right onto this footpath. (You may see a few yellow blazes on trees to the right of the trail about .25 mile from the viewpoint. These yellow blazes mark the AT corridor boundary and should be disregarded.)

Follow the Curry Pond Trail as it descends through dense mountain laurel thickets, steeply in places, and passes interesting rock outcrops and Curry Pond. The trail ends at a junction with the blue-blazed Osborn Loop Trail.

Turn right and follow the Osborn Loop Trail north. The trail briefly follows a carriage road, but soon turns right and descends to cross a stream. It continues along the side of Canada Hill, crossing a few more small streams and climbing to the crest of the ridge, where it offers views through the trees over the Hudson River. From here the trail descends, first gently, then more steeply, paralleling a stream. At the base of the steep descent, marked by a cairn, the Osborn Loop Trail turns right onto a woods road and continues to descend more gradually through mountain laurel and hemlocks. It crosses a stream at a cascade and climbs gently to reach a junction with the red-blazed Sugarloaf Trail.

Turn right at this junction, continuing to follow the blue-blazed Osborn Loop Trail along a wide, well-engineered carriage road and noticing a gazebo to the left of the trail and a small, dammed pond to the right. When you reach the junction at which the blue-blazed Osborn Loop Trail departs to the right, stay on the carriage road, blazed yellow. Bear right at the next junction and continue along the yellow-blazed Carriage Connector Trail, passing through dense mountain laurel and hemlock, and bearing right at the next two trail junctions.

When the Carriage Connector Trail ends at a junction with the white-blazed Appalachian Trail, continue ahead along the carriage road, now following the white blazes. Retrace your steps along the AT and highway to return to your car.

A Walk in the Woods with Bill Hoeferlin

By Faith W. Eckler

The early 1920s saw a remarkable growth of interest in walking as a means of recreation and for the study of nature, an explosion equaled only by the "back to nature" phenomenon among young people in the 1970s. One who participated in the earlier movement and came to be known as "The Guiding Star of the Trail" was William (Bill) Hoeferlin, a gentleman from Switzerland.

In 1927 he founded his own hiking club, the Wanderbirds, and was its leader for more than 40 years. He devoted many hours to discovering, developing, clearing, and marking trails in the New York metropolitan area. In 1934 he began making his own trail maps, which eventually numbered more than 60 and covered all of the region, extending even to the Catskills. Available through the Hammond Map Company for sale to the public, the maps are collector's items today. They were remarkably detailed, although not always strictly accurate; nevertheless, Bill was always willing to have corrections pointed out and was continually revising and updating his maps right up until his death.

When I began serious hiking, Bill Hoeferlin was an almost legendary figure [the Hoeferlin Memorial Trail in Ramapo Mountain State Forest and the Hoeferlin Trail in Waywayanda State Park are both named for him], and I'm happy to say that I had the pleasure of hiking with him once. In 1968 and 1969 I had been going out alone on weekdays, systematically exploring the trails in nearby Jockey Hollow National Historical Park and Lewis Morris County Park as warm-ups for my more ambitious weekend hikes. Hikers Region Map number 11 was woefully inadequate. When I thought I understood the trail system pretty well, I wrote to Bill Hoeferlin, offering either to supply him with my own hand-drawn map or to walk him around the trails if he cared to come to Morristown.

He chose the latter plan, and on September 21, 1969, he and his good friend Oton Ambroz, together with three

young hikers, arrived in my driveway. They had driven out from New York in someone's rattletrap car, which had managed to make it to Morristown, but just barely. It died on the spot. The first order of business was to find a mechanic who could work on the car while we hiked—no mean feat on a Sunday afternoon.

A lean and spare man, Bill had lost a number of teeth by the time I met him, and his general appearance was rather



Faith Eckler recalls a hiking legend.

shabby. But he turned out to be a delightful gentleman with a wealth of hiking lore. I was leading the way through the woods, and I remember that at one point he asked me to slow my pace for the sake of his friend. I suspect that it was actually Bill who was tiring, for less than a year later he collapsed and died at the end of a day hike in the Palisades. I was saddened to learn of his death for I would have liked to hike with him many more times. And my new trail data never made it into the revised map number 11, issued in July of 1970.



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HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs



Monday, May 30

RVW. Plotterkill Gorge Nature Preserve, Rotterdam, NY. Leader: Call 845-246-4145 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Easy to moderate 5 miles. Inclement weather date the following Monday.

June

Thursday, June 2

UCHC. Ramapo Torne and Russian Bear, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Reeves Meadow; call for directions. Moderately strenuous 8 miles.

Saturday, June 4

NYNJTC. National Trails Day Events. See page 3 for details.

UCHC. National Trails Day Trail Maintenance at Watchung Reservation. Leader: Pre-register by calling Trailside at 908-789-3670, ext. 221. Meet: 8:30 am. Hikes, followed by trail work in several locations. No experience needed. Bring work gloves and tools, if you have them. Lunch and T-shirts provided to all pre-registered volunteers.

NYHC. National Trails Day Trail Work at High Rock Park, Staten Island. Leader: Bettye and Steve Soffer, 718-720-1593; call 7-9 pm. Meet: Call for directions. Join volunteers at this Staten Island Greenbelt park to help clear and maintain trails and plant gardens; come early for breakfast. No experience needed.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Bob Hagon, 908-788-8360. Meet: 10 am at visitors center; call for directions. Enjoy a brisk 4-5 mile hike in this historic national park; \$4 per person admission fee. Hiking boots mandatory. Rain cancels.

OUT. Blydenburgh County Park. Leader: Ray Krant, 718-435-4994; call before 10 pm. Meet: 8:45 am near LIRR ticket windows at Penn Station. Moderate 8 miles, mostly flat. Scenic trails around a large lake.

ADK-MH. Rondout Creek Area near Peekamoose. Leader: Alvin DeMaria, 845-255-1704. Meet: Call leader. Strenuous, fast-paced 9 miles exploring the headwaters of Rondout Creek. Route to be determined, but lots of bushwhacking.

ADK-MH. Indian Rock/High Point, Shawangunks, NY. Leader: Ray Depuy, 845-532-9303. Meet: Call leader. Moderate 6-7 miles, past ruins of blueberry picker's shacks to High Point Carriage Trail and out to Indian Rock for some beautiful views. We'll stop as often as needed.

Sunday, June 5

NYNJTC. National Trails Day Events. See page 3 for details.

PMNHA. Mountain Laurel Hike, NJ. Leader: Call 973-334-3130 for information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township. Moderately strenuous hike to view blooming laurel.

UCHC. South Mountain Reservation, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 2:30 pm at Oakdale Picnic Area; call for directions. Enjoy a Sunday afternoon stroll; moderate terrain with only one long, gradual uphill. Expect hike to last about two hours.

Thursday, June 9

UCHC. Stokes/Sunrise Mountain, NJ. Leader: Joy McLaughlin, 973-263-2799. Please call leader to register. Meet: 10 am at Stokes Park office; call for directions. Moderately strenuous 7-8 miles. Stony Brook Trail and the AT; return on Tinsley and Swenson Trails.

Saturday, June 11

UOC. Bird Walk, DeKorte Park, Lyndhurst, NJ. Leader: George Pitcher, 732-828-1890. Meet: 8 am at Johnson Park, River Rd., Piscataway, NJ. Beautiful walk on well-kept paths; about 2-4 miles.

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

ADK-MH. Breakneck-Undercliff Trails, Cold Spring, NY. Leader: Bob Ellsworth, 845-876-4534. Must register with leader by June 9. Meet: 8:30 am in Wappingers Falls. Strenuous 8 mile hike. Scramble up the very steep face of the mountain; views of Cold Spring, Constitution Island to the south, and West Point and Storm King Mtn. across the Hudson River.

ADK-MH. Slide Mountain Wilderness Area for Children, NY. Leader: Trish Cina, 845-339-7170; call eves or weekends. Meet: Call leader. 3.4-mile hike of Giant Ledges. While challenging, is doable for the younger crowd. Two splendid viewpoints. Heavy rain cancels.

Sunday, June 12

IHC. Watchung Reservation, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10 am at Trailside Museum, Coles Ave., Mountainside, NJ; call for directions. Moderate but brisk hike of 4-5 miles; some rocky trails and brook crossings.

Continued on back

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 Chapter	RVW	Rip Van Winkle Hiking Club
IHC	Interstate Hiking Club	TLR	Teatown Lake Reservation
NYHC	New York Hiking Club	UCHC	Union County Hiking Club
NYR	New York Ramblers	UOC	University Outing Club
OUT	Outdoors Club	WWW	Weis Wyanokie Wanderers
PMNHA	Pyramid Mountain Natural Historic Area		

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 July/August issue is May 15, 2005.

May

Sunday, May 1

TLR. May Day Hike, NY. Leader: call 914-762-2912 for information. Meet: 10 am at Teatown Lake Reservation, Ossining, NY. Short, easy hike in the woods to search for mayapples and mayflowers. \$3 fee.

IHC. 1777 Trail to Fort Montgomery, NY. Leader: Pete Heckler, 201-261-4644. Meet: 9 am at Fort Montgomery parking; call for directions. Moderately strenuous hike with plenty of views and diversions at the Timp, Bald Mtn., the carousel, Twin Forts Trail. Shuttle required; no calls morning of hike.

UCHC. Bowman's Hill Wildflower Walk, NJ. Leader: Valerie Brown, 609-397-7267. Meet: 1 pm at Lambertville Station Restaurant, park on gravel lot in rear. 8-10 miles along Delaware & Raritan Canal Towpath to the preserve; admission charge. Possible stop after the walk in New Hope.

Monday, May 2

RVW. Appalachian Trail, Southwest MA. Leader: Call 845-246-5670 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Moderately strenuous 5 miles, from Mount Everett to Jug End Rd. Inclement weather date the following Monday.

Thursday, May 5

UCHC. Kakiat Circular, Harriman State Park, NY. Leader: Hank Perrine, 212-666-0694. Meet: 10 am at Kakiat County Park, Rt. 202 east through Suffern, NY. Moderately strenuous hike climbing for good views over Rockland County.

Saturday, May 7

UCHC. Watchung Trail Maintenance, NJ. Leader: Pre-register by calling Trailside at 908-789-3670, ext. 221. Meet: 9:30 am. Have fun while giving back to the trails; meet new people and learn new skills; no experience needed. Bring work gloves, tools if you have them; some tools will be provided.

IHC. Fox Gap to Delaware Water Gap, PA. Leader: Jennifer and Guy Percival, 973-984-1005. Meet: 9 am at Kittatinny Visitor Center, I-80; call for directions. Moderately strenuous 8 miles over Mt. Minsi and descending on the AT on the Pennsylvania side of Delaware Water Gap; shuttle required.

UOC. Palisades, NJ. Leader: Coraly Gorlicki, 732-548-2315. Meet: Call leader. Moderate hike along Long Path and Shore Trail along the Hudson River.

UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ. Leader: John Gilris, 973-386-1168. Meet: 10 am at Cooper Mill. 4+ miles, flat, easy hike suitable for beginners. Rain cancels.

ADK-MH. Mianus River Gorge, Bedford, NY. Leader: Bob Ellsworth, 845-876-4534. Must register with leader by May 5. Meet: 9 am in Wappingers Falls. Easy 5 miles to an old mine, overlook, cascade, and a hemlock grove.

ADK-MH. Smiley Carriage Trail, Napanoch Point, NY. Leader: Ray Depuy, 845-532-9303. Meet: Call leader. Moderately strenuous hike, with views of the Catskills and Roundout Valley.

Sunday, May 8

NYR. Schunemunk, NY. Leader: Ewa Zalewska, 718-383-1926. Meet: 8:55 am at NJ Transit ticket windows near 7th Ave., Penn Station. Will take 9:11 train to Salisbury Mills; check train times. Follow old Erie RR south to Salisbury Mills Village and Long Path, out to Monroe park'n' ride via Jessup and Highlands Trails.

PMNHA. Tripod Rock, NJ. Leader: Call 973-334-3130 for information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township. Moderate hike to this famous glacial erratic.

Tuesday, May 10

UCHC. Buttermilk Falls, Stokes State Forest, NJ. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am at Yetters Diner, Rt. 206 just west of where Rt. 15 ends. Shuttle to Buttermilk Falls. 6-7 miles from the Falls to the AT, back via Hidden Falls.

Wednesday, May 11

RVW. Innisfree Gardens, Millbrook, NJ. Leader: Call 845-246-6208 for information. Meet: 9 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Easy 5 miles at easy pace.

Thursday, May 12

UCHC. Camp Wyanokie to Hewitt, NJ. Leader: Jim and Theresa McKay, 973-538-0756. Meet: 9:30 am at Long Pond parking; call for directions. Shuttle required. Moderately strenuous 9 miles.

Saturday, May 14

ADK-MH. Mohonk-Minnewaska. Leaders: Jean-Claude Fouere and Georgette Weir, 845-462-0142. Meet: Call leader. Strenuous 9 miles, starting at Coxing Kill parking (per person fee required). Hike to Trapps, Millbrook Mtn., Lake Minnewaska, and High Peters Kill Trail. Rain date May 15. Group size limited to 10 plus leaders.

ADK-MH. Indian Head Wilderness Area, NY. Leader: Trish Cina, 845-339-7170; call eves or weekends. Meet: Call leader. Strenuous 6 miles with 1600' elevation gain. On the way up, we'll pass through Dibble's Quarry. Walk along Long Path to summit. Heavy rain cancels.

UOC. Sourland Mtn. Preserve, Hillsborough, NJ. Leader: Gene Varney, 732-873-2506. Meet: Call leader. Moderate 4-mile hike observing migrating birds, spring flowers, ferns, and mosses.

PMNHA. Turkey Mountain, NJ. Leader: Call 973-334-3130 for information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township. Moderate hike to view waterfalls.

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Joan Lepsetter, 908-273-4188. Meet: 10 am at Locust Grove parking, corner Glen Ave. and Lackawanna Pl. across from Millburn RR station. Brisk 4+ miles with one steep uphill and some rocky trails; suitable for strong beginners. Steady rain cancels.

NYHC. Old Croton Aqueduct, NY. Leader: Sal Varbero, 718-420-9569; call 8-10 pm. Meet: Call leader for time; entrance to Van Cortlandt Park, 242nd St. and Broadway (#1 train to last stop). Easy 6 miles, all flat. Walk to Tibbets Brook Park, enjoying the lake at lunch.

OUT. Belmont Lake State Park, Long Island. Leader: Paul Develet, 516-488-5232. Meet: Take 9:13 LIRR train from Penn Station to Babylon (check latest LIRR schedule); meet leader at Babylon RR station. Moderate 8 miles, flat. Walk along stream to picturesque Belmont Lake. Non-members \$3.

Sunday, May 15

IHC. Rockhouse Mountain, Harriman State Park, NY. Leader: Pete Rigotti, peterlabor@yahoo.com. Meet: 9 am at Lake Skannatati parking area, Seven Lakes Dr. Moderate hike on Long Path south to Beech trail, then south or east? May visit rarely visited Barnes mine.

OUT. Hewitt, NJ, to Greenwood Lake, NY. Leader: Phil Tates, 718-242-5384. Meet: 7:15 am at Port Authority commuter's statue. Moderately strenuous 11 miles. Sterling Ridge Trail to Jennings Hollow, Fire Tower Trail to W. Valley. This is rugged terrain. Non-members \$3.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Mary Dell Morrison, 908-684-5175. Meet: 10 am at Visitors Center. \$4 admission per person. Scenic 4-5 miles in historic national park.

Monday, May 16

RVW. Ashokan High Point (3080'), NY. Leader: Call 845-246-7616 for information. Meet: 8 am at Sawyer Savings Bank, 87 Market St., Saugerties, NY. Strenuous 8.5 miles; expect hike to last 7 hours. Inclement weather date the following Monday.

Thursday, May 19

UCHC. Pine Meadow, Harriman State Park, NY. Leader: George Pullman, 973-773-2678. Meet: 10 am at Reeves Meadow Visitors Center. Fast-paced circular on various trails; about 5 hours.

Saturday, May 21, and Sunday, May 22

WWW. Catskill Getaway Weekend. Leader: Don Weise. Call 973-835-2160 to pre-register. Meet: 9:30 am. Two very strenuous, fast-paced, 8-11 mile day hikes. Panther/Giant Ledge and North-South Lake area. Directions to starting point sent upon registration. Non-members \$8.

Saturday, May 21

IHC. Weis Ecology Center Wildflowers, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Weis, Ringwood, NJ; call for directions. Moderate 6-7 mile hike in Norvin Green State Forest, where we can expect blooming wildflowers complemented by views from Wyanokie High Point.

OUT. Fieldston, Riverdale Park and Inwood, NJ. Leader: Leonard Morgenstern, 917-842-9400. Meet: 10:30 am at Riverdale Diner, 238 St. and Broadway (take 1 or 9 train). Moderate 7-10 miles with some hills. Walk through residential Fieldston, then into the wilderness of Riverdale Park; hope to also stop at Inwood Park nature center. Several drop-off points. Non-members \$3.

Sunday, May 22

IHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10 am at Trailside Museum on Coles Ave.; call for directions. Moderate but brisk 4-5 mile hike with some rocky trails and brook crossings.

Monday, May 23

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continued from page 11

TLR. Laurels and Meadows, NY. Leader: call 914-762-2912 for information. Meet: 10 am at Teatown Lake Reservation, Ossining, NY. Short, easy hike. We'll be on the lookout for spectacular blooms of mountain laurel and stop in the meadow to net some insects and talk about meadow ecology. \$3 fee.

WWW. Hudson-Harriman High Peaks, NY. Leader: Don Weise. Call 973-835-2160 to pre-register. Meet: 9 am at Weis Ecology Center, Ringwood, NJ. Strenuous, fast-paced 8-10 miles. Some of the best local views are found on this steep, challenging, and rewarding hike. Highlights include Pingyp Mtn., Suffern-Bear Mtn. Trail, Cat's Elbow, and West Mtn. Non-members \$8.

Tuesday, June 14

PMNHA. Mountain Laurel Hike, NJ. Leader: Call 973-334-3130 for information. Meet: 10 am; call to pre-register. Moderate morning hike; adults only.

Thursday, June 16

UCHC. Tiorati Circle, Harriman State Park, NY. Leader: George Pullman, 973-73-2678. Meet: 10 am at Tiorati Circle, Seven Lakes Dr.; call for directions. Fast-paced, moderately strenuous hike in a favorite area.

Friday - Sunday, June 17-19

ADK-MH. ADK 2005 Spring Outing. Leader: For details about this event and registration information, visit www.adkli.org or contact Tom Farre, 631-427-4795 or email: tom@tomfarre.com. This year's outing is sponsored by the Long Island ADK; theme is "The Undiscovered Island."

Saturday, June 18

ADK-MH. Schunemunk Mountain, NY. Leader: Jean-Claude Fouere and Georgette Weir, 845-462-0142. Meet: Call leaders before 9:30 pm. Strenuous 8 miles with 1400' total elevation gain. If our timing is right, we'll enjoy a wonderland of laurel on this hike along the Jessup Trail, Long Path, and Sweet Clover Trails. If not, there is still the pink and white beauty of the conglomerate rock underfoot and wonderful views in every direction from the two ridgelines. Possible stop at Weir's Ice Cream afterwards. Group size limited to 10, plus leaders.

NYHC. Scarborough to Tarrytown, NY. Leader: Mike Puder, 718-743-0920; call before 9:30 pm starting Thursday before the hike for recorded message. Meet: Call for directions. Easy 5 miles, all flat and at a moderate pace. Lovely hike along the Old Croton Aqueduct.

OUT. Allenhurst to Spring Lake, NJ. Leader: Ray Krant, 718-435-4994. Meet: 9:45 am at Penn Station NJ Transit ticket windows, upper level, 7th Ave. section (do not use 8th Ave. section). 9 miles, flat, moderate pace. Easy hike mostly on boardwalk connecting communities along the south Jersey Shore. Non-members \$3.

PMNHA. 100 Steps, NJ. Leader: Call 973-334-3130 for information. Meet: 10 am. Moderate hike.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9 pm. Meet: 10 am at Locust Grove parking, corner Glen Ave. and Lackawana Pl., across from Millburn RR station; call for directions. Brisk 5 miles (about 2 hours) with steep uphill. Rain cancels.

Sunday, June 19

IHC. Swampy Silvermine, Harriman State Park, NY. Leader: Larry Spinner, 845-356-5219. Meet: 9 am at Silvermine picnic area, Seven Lakes Dr.; call for directions. Moderately strenuous 10-mile hike exploring areas that are seldom hiked. All could be wet, including Owl and Bockey Swamps. Call after 7 am on Sunday if weather is in doubt.

UOC. Rocky Hill to Griggstown, NJ. Leader: Charlie Severn, 732-246-3387. Meet: 10 am at Johnson Park, River Rd., Piscataway, NJ. Moderate 6 miles along the Delaware & Raritan Canal, with historical background info provided by leader.

NYHC. Fort Tryon Park to Van Cortlandt, NYC. Leader: George Glatz, 212-533-9457; call 7-8 am. Meet: 1 pm outside Fort Washington Ave. exit of 190th St. A train (take elevator up to the exit). Moderate 4 miles but with some steep ups and downs; see the natural high point of Manhattan.

Tuesday, June 21

PMNHA. Summer Solstice Hike, NJ. Leader: Call 973-334-3130 to pre-register. Meet: 7 pm. Moderate hike. \$3 fee.

Thursday, June 23

UCHC. Coppermine, NJ. Leader: Carol O'Keefe, 973-328-7395. Please call leader to register. Meet: 10 am. Moderately strenuous 6-7 miles, up to the Kittatinny Ridge on the AT. Lunch at Raccoon Ridge, famous bird watching spot, then down Kaiser Rd. to the mines.

Saturday, June 25

IHC. Minnewaska Meander, NY. Leader: Gail Stocks, 973-839-9038. Meet: 10 am at Minnewaska State Park, lower lot; call for directions. Moderately strenuous combination of scenic trails and carriage roads; possible swim in Lake Awosting.

OUT. Pocantico Hills, NY. Leader: Ray Krant, 718-435-4994; call before 10 pm. Meet: 9 am at Grand Central Terminal, upper level information booth. Moderate 10 miles on Old Croton Aqueduct from Scarborough into Pocantico Hills. Scenic and less traveled. Non-members \$3.

NYHC. Wagner College and Clove Lake Park, NY. Leader: Sal Varbero, 718-420-9569; call 8-10 pm. Meet: 11 am at Staten Island Ferry Terminal, Manhattan side. Easy 4 miles through the campus and then enjoying the various Clove Lakes.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside parking on Coles Ave., at intersection of New Providence Rd. Brisk 4-5 miles; some rocky, often muddy, trails. Steady rain cancels.

Sunday, June 26

PMNHA. Summer Wildflowers, NJ. Leader: Call 973-334-3130 for information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township. Easy hike to enjoy the blooming wildflowers.

NYHC. Jamaica Bay Wildlife Refuge, NY. Leader: Helen Mangione-Yee. Meet: 11 am near token booth at Broad Channel subway station (take Far Rockaway A train). Moderate 6 miles in this lovely and tranquil place. Afterwards, walk across Cross Bay Bridge and take boardwalk to Far Rockaway. Heavy rain cancels.

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10 am at Lewis Morris Park, Sugarloaf area. Brisk hike.

Thursday, June 30

UCHC. Wildcat Mtn. and Indian Hills, Southfields, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 9:30 am at Indian Hills parking for shuttle; call for directions. Moderately strenuous 8 miles.

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A.T. Guide for NY & NJ (2002) w/6 maps	\$19.95	\$14.96	+\$2.00	_____
NEW!! Long Path Guide to NY/NJ (2005)	\$16.95	\$12.71	+\$2.00	_____
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