



85th YEAR

TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE — MAINTAINING OVER 1,600 MILES OF FOOT TRAILS SEPTEMBER/OCTOBER 2005

In this issue: Annual Meeting...pg 2 • Greenway Trail Grand Opening...pg 4 • Walk Your Way to Health...pg 6 • Booknotes...pg 10 • Hiker's Almanac...pg 11

Ramapo Watershed Green Space: Going, Going, Gone

July 12: Ramapo town board considers plan for 292 homes on land that would impact four state parks in two states

July 18: Tuxedo town board considers revised plan for 107 luxury homes at the heart of Sterling Forest State Park

The uplands of the Ramapo River in New York and New Jersey are prime hiking areas in our region. Consider the four major parks that are in its watershed: Harriman, Sterling Forest, and Ringwood State Parks, and Bergen County's Ramapo Reservation. For 85 years, the NY-NJ Trail Conference has worked with its public partners to maintain and develop an extensive network of trails on these lands and to preserve the land itself.

At a springtime conference on the Ramapo River Watershed, TC Executive Director Ed Goodell, one of the conference presenters, reminded the audience of 200

that there have been benefits to this land protection beyond those enjoyed by hikers. "The river's water quality today is largely due to the protection of these vast tracts of land," he said.

As these uplands have been preserved—from Sterling Forest to more recent conservation successes at Camp Glen Gray (now a part of the Ramapo Reservation), Dater Mountain adjacent to Harriman (200 acres purchased last fall by Rockland County and the Trust for Public Land) and, in April, Camp Todd next to Ramapo Mountain State Forest, the headwaters of our region's streams and rivers have been protected.

Threats remain, however, to the Ramapo River's green corridor and watershed. Of the watershed's total 103,052 acres, 53 percent is unprotected. Another 3,801 acres have pending development applications. Where steep slopes once made uplands unattractive for development, now ridgetop



Houses replace forest on a Ramapo watershed ridge.

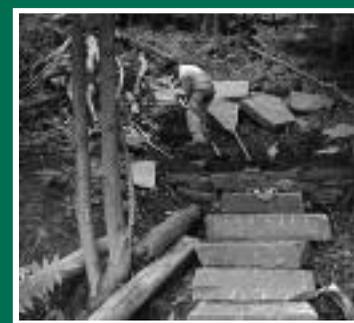
views sell for a premium, justifying huge blasting and cut-and-fill operations that resemble strip mines more than neighborhoods. (See stories on page 3 regarding Sterling Forge Estates (107 homes) and Sterling Mine Road (292 homes) in the Town of Ramapo.)

The challenge for protection of the Ramapo River corridor is now largely in New York, where the Trail Conference aims to preserve the last remaining land parcels—in New York's Torne Valley and alongside Nicoma Brook (Sterling Mine Road)—that will connect these four parks and preserve the green corridor for passive recreation and watershed protection. We also advocate for state and local regulations

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Busy Fall Crew Schedules Ahead

See page 5 for details



82-Year-Old "City Boy" Is a Fahnestock Regular

By Georgette Weir



Trail maintainer Al Poelzl's background as foreman of a carpentry shop is evident in the clean and carefully tended tools that neatly hang in his garage. As often as three or four times a week this 82-year-old Trail Conference volunteer selects what he needs for trail work and hoists his self-designed wooden trail maintenance pack loaded with loppers, bow saw, chain saw, and fuel onto his back and heads off into the woods of Fahnestock State Park in New York's Putnam County. Officially, Poelzl is responsible for most of the four-mile-long Perkins Trail in the Hubbard-Perkins Conservation Area of the park. Unofficially, he takes care of whatever he sees needs to be done as he enjoys walks on trails throughout the 14,028-acre park.

For this 20-year Dutchess County resident and self-professed "city boy"—Poelzl was born and lived in Manhattan until his retirement in 1985—trail work is a retirement job. "But it's not an ordeal," Al is quick to say. "I really enjoy it."

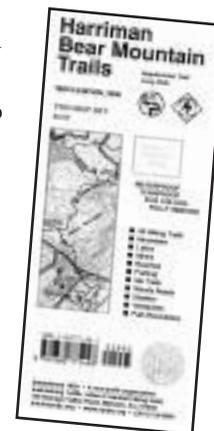
Al's love affair with the outdoor life and nature study began in Central Park and the Museum of Natural History. He started

continued on page 7

New Edition of Best-Selling Harriman Map Set Published

The 10th edition of the Harriman-Bear Mountain Trails map set is now available. This revised edition includes the new Parker Cabin Hollow, Brooks Lake, Stahahe Brook, and Lake Tiorati Trails, as well as relocations of the Ramapo-Dunderberg and the Timp-Torne/1777W/1779 Trails. New UTM (Universal Transverse Mercator) gridlines replace the former latitude and longitude gridlines. The UTM gridlines allow for easier navigation and more accurate determination of locations and distances.

To order your new Harriman-Bear Mountain Trails map set, see Hikers' Marketplace on page 12, call 201-512-9348, ext. 11, or visit www.nynjtc.org.



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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 advocacy and acquisition.
- 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 99 hiking and outdoor groups, and 10,000 individuals.

FROM THE CHAIR

When I Went Walking



In the spring, when I went walking

I took a co-worker who had never been on a hike to an old quarry with rusty cable;
 We saw pink lady slippers and smelled the skunk cabbage;
 She wants to go hiking again.

In the summer, when I went walking

I showed three ten-year-old boys a pond with frogs singing and slime around the edges;
 We picked blueberries and ate them all;
 They want to go hiking again.

In the fall, when I went walking

I pointed out to my friend the hawks flying by as we sat overlooking the Hudson River;
 We enjoyed the colorful foliage along the trail;
 We want to go hiking again.

In the winter when I went walking

I heard the crisp snow crunch under my husband's boots and felt the cold air;
 He shared hot chocolate from a thermos with me;
 We will go hiking again.

When you went walking

Did you feel rain on your face, hear the birds sing, or find a spider?
 You enjoyed them with someone, I hope.
 Will you go hiking again?

—Jane Daniels, Chair, Board of Directors

Letters

Remembering Bill Hoeflerlin

I'm pleased to learn that Bill Hoeflerlin is still being remembered by many veteran hikers (see "A Walk in the Woods with Bill Hoeflerlin," May/June TW, p. 10). He was an original, as some old-timers might say—one of the true American individualists. I first met him at Trail Conference meetings in the late 1960s, at that time held at the American Museum of Natural History. I have a vivid memory of him making a vain attempt to save the Hemlock Spring shelter near the AT on Anthony's Nose. He had a strong, deep-seated love for the place. Repeated vandalism was forcing its removal. Bill's love for the place was so great that at least one person donated money directly to Bill to make repairs on it,

which he did. But his efforts were in vain. The shelter was taken down.

Bill died in 1970. There was talk that a hiking companion, Oton Ambroz, was putting together a biography of him, but I've heard nothing more of it. I still carry Bill's maps and refer often to them. Some say you cannot now discover many of the unmarked trails on them. So far, I've not found that so. There is a method. Look for them in seasons where the trees are bare of leaves. A light fall of snow helps. Early morning and late afternoon are best, when long shadows are cast over the forest floor. These help define the outline of the concave trace of the footpath, or the edge or berm of the long-forgotten wagon road. Try it. The method is infallible.

—Robert L. Schulz
 Richmond Hill, NY

We welcome letters to the editor. Send them to tw@nynjtc.org or mail to Trail Walker, NYNJTC, 156 Ramapo Valley Road, Mahwah, NJ 07430.

2005 Annual Meeting – Black Rock Forest, October 22

Does an autumn morning starting off with hot pancakes and delicious maple syrup from Vermont, followed by a majestic hike through oak, maple, birch, and American beech trees in Black Rock Forest and Storm King State Park sound like fun? If so, you are invited to join fellow Trail Conference members, volunteers, and member clubs for our Annual Meeting on October 22, 2005, at the Black Rock Forest Lodge, in Cornwall, NY. Breakfast will be served at 9 am, to be followed by our annual meeting. Our day will be highlighted by a variety of afternoon hikes and activities throughout the forest. So come hungry and prepared for a great day in the woods.



Please **RSVP** online at www.nynjtc.org or by calling 201-512-9348 extension 10. Pancakes are popular, so please let us know if you're coming so we don't run out!

Psst...

Let others know when you see them on the trail

The next time you're out for a hike or maintenance trip, please take a moment to remind the first hiker you see who it is who maintains and protects the trail you're on. Inform them that it's through the efforts of over 1,100 volunteers that the trails stay open and accessible. Remind them that the Trail Conference is not a federally funded agency or an extension of the state park system. And finally, convince them that they need to join the Trail Conference to support our efforts. As a member, they will receive the same great benefits that you have come to enjoy: 25 percent discounts on our books and maps, 10 percent discounts at local outdoors stores like Campmor and Ramsey Outdoor, and much more.

A strong membership is the foundation for all that the Trail Conference accomplishes. Please help us strengthen that foundation by getting just one person to join the Trail Conference today. If you would like some membership brochures to hand out when you hike, please contact Josh Erdsneker at volunteers@nynjtc.org or 201-512-9348 ext 25.

Visit Us Today!

www.NYNJTC.org

From the Executive Director

Study Shows: Hikers Are Not an Invasive Species



I've yet to meet a Trail Conference member and volunteer whom I wouldn't call an environmentalist, if for no other reason than that they work to protect natural areas and make them accessible in an environmentally responsible way. Most would agree that, while single-track hiking trails are the most environmentally benign (and certainly least expensive) way to provide public access to nature, it

is important to address questions of recreational carrying capacity and ensure sustainable use.

The problem is that there has been very little research into these issues actually conducted in the deciduous forests of northern New Jersey and Hudson River valley. Most research of this type has been in alpine areas of New England or associated with federal land holdings further west.

The lack of substantive information about the environmental impacts of hiking in this area was one of the reasons we began developing a Trail Conference science program four years ago. Since then, with generous support from the New York Community Trust and the Educational Foundation of America, we have been able to hire a science director

and begin trailside monitoring and research projects that are now producing results.

For example, we recently reported results of a two-year project supported by the Black Rock Forest Consortium that assessed the impacts of forest roads and hiking trails on the abundance and diversity of breeding birds. Early morning surveys by volunteers (experienced birders) were conducted in consecutive years at 18 field sites (six trailside, six roadside, and six forest interior). Human trail use data was also collected using six sign-in boxes.

No statistical difference was found in average bird diversity or abundance among interior forest, hiking trail, and forest road sites. Furthermore, there was no correlation between human trail use and bird diversity/abundance.

Previous research had shown significant differences in the abundance and diversity of beetle species between forest roads and interior forests. The minimal impacts found in our study along the forest roads

and hiking trails can most likely be attributed to consistent canopy cover over these sites and the mobility of birds versus beetle species. Future studies should look at other species and perhaps assess more subtle effects of nesting success and site preference along forest roads and hiking trails.

As a hiker, it is gratifying to know that there is no indication, in this study at least, that trails or hikers fragment the ecological integrity of the landscape. I firmly believe that, under real hiking conditions of the northeast, the environmental impacts of hiking are negligible and far outweighed by a powerful conservation ethic rooted in the direct experience of nature found on a hiking trail.

(See "Protecting What We Love," on page 5 to learn how you can participate in new research that we will be conducting with Rutgers University and the USDA in Harriman State Park and Ramapo Mountain State Forest.)

—Ed Goodell

ADVOCACY & CONSERVATION

Sterling Forge Estates Again Threatens Park

In July, advocates for Sterling Forest State Park once again were called to action to defend the integrity of the park and ecosystem from private development on a 575-acre parcel at its center. At continuing issue is a proposal by landowner Sterling Forest Corp. to build 107 luxury single-family homes on the property. A previous plan also to build an 18-hole golf course was abandoned in 2004 when the NYS Dept. of Environmental Conservation (DEC) ruled that the golf course would negatively impact populations of the eastern timber rattlesnake, a threatened species. A revised draft environmental impact statement was submitted by the corporation in March of this year and on July 18 was reviewed by the Tuxedo town board, the lead agency.

Several scientific studies, however, contend that the development as a whole, and not just the golf course, put the rattlesnakes—and other species in decline—at risk. This issue, and the threat to the integrity of the park and ecosystem that it presents, prompt conservation advocates to call on the town, DEC, and Governor Pataki to permanently protect this "hole in the donut" of Sterling Forest. The Trail Conference was among those organizations whose representatives and members spoke against the development proposal at the meeting.

Meanwhile, in the Town of Ramapo...

A proposal to build 292 houses on a steep-slope ridgetop in the Town of Ramapo was criticized in written testimony submitted on behalf of the Trail Conference by Executive Director Ed Goodell in July. The town's planning board was reviewing a development proposal for Sterling Mine Road. Goodell pointed out that the property includes some of Ramapo's last remaining open space and wetlands and that development there would directly threaten these resources. In addition, the development would be visible to hikers on trails in state parks in two states—

Harriman SP, Sterling Forest SP, and Ringwood SP. Goodell urged the board at a minimum to reduce the scale of the development to no more than 172 units and to prohibit construction of any above an elevation of 750 feet.



ORV/ATV Updates: NJ and NY

Two years ago, volunteer and New Jersey Highlands Trail Supervisor Bob Moss drafted model legislation intended to address increasing ORV problems in New Jersey. Currently, one can buy an ATV, leave the dealer, and never buy insurance, register the vehicle, or complete a license/training course. The proposed legislation tries to close these loopholes. This spring, Trail Conference Executive Director Ed Goodell met with NJ Sierra Club and NJ Audubon representatives to discuss a collaborative legislative approach. New Jersey Dept. of Environmental Protection (DEP) Secretary Bradley Campbell has stated that increased enforcement costs are running almost \$1 million a year, approximately \$140,000 for the Division of Fish and Wildlife and \$757,000 for the Division of Parks and Forestry. In addition, DEP says about 343,000 acres of state park, forest, and wilderness have been damaged as a result of the illegal activities. In New York, work to pass a comprehensive ATV bill before the end of the legislative session was not successful. Although the NYS Dept. of Environmental Conservation (DEC) has released for public comment a draft ATV use policy for public lands under its jurisdiction (see July/August *Trail Walker*, p. 3), with more than 250,000 ATVs in the state, comprehensive legislation regulating their use is critical.

Highlands Trail Extension into Connecticut Proposed

By Richard Benning,
TC Land Protection Specialist

The Trail Conference convened a meeting on June 16, 2005, to discuss extending the Highlands Trail (HT) through Putnam County from the Hudson River into Connecticut. The current trail goes from Hunterdon County, NJ, to Storm King State Park in Cornwall, NY, and is about 120 miles long. The new extension will add about 30 miles to the HT using new trails and co-alignments with existing trails.

Representatives attended the meeting from many organizations and government agencies working to preserve open space in Putnam County. These included the Open Space Institute, Friends of the Great Swamp (FrOGS), Hudson Highlands Land Trust, Putnam County Land Trust,

Putnam County Parks Dept., Trust for Public Land, Highlands Coalition, Scenic Hudson, NYC Dept. of Environmental Protection, NYS Dept. of Environmental Conservation, Hudson River Valley Greenway, and NYS Office of Parks, Recreation and Historic Preservation.

Participants at the meeting offered many good ideas and advised the group on where and how the trail could be routed using preserved properties, finding safe crossings at major highways, avoiding wetlands, and overcoming other difficult crossings. Individual groups offered to take the lead on making contacts with landowners in areas where they are already working.

A possible route for the trail was discussed that would include a connection

*...it will add a wonderful
new hiking resource for the
public to enjoy...*

from Storm King State Park north through New Windsor, then across the Hudson River via the Newburgh-Beacon Bridge, and into Hudson Highlands State Park.

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Upcoming Workshops

TRAIL MAINTENANCE 101 Saturday, October 29

Place: Lasdon Park,
Westchester County, NY

Registration will be limited to 30,
so sign up soon.

Call the Trail Conference office,
201-512-9348 or visit www.nynjtc.org
for additional details or to register.

SCHOOL OF HARD KNOCKS Invites you to participate in a dynamic Advocacy Training

This training will feature analysis and debate of real-life advocacy battles being fought real-time, right now. For newbies and grizzled veterans alike, learn how to advocate effectively for the wild places you love! Learn, network, get inspired, and get

support. Drama, laughter, hopefully not too many tears. Bring popcorn; this could be better than *War of the Worlds*, and it won't cost you nine bucks, either! (Oh, yeah, if you don't want popcorn for lunch, we'll serve you something your mother would approve of.)

If you are currently an activist, we urge you to send us a description of your current advocacy battle by Tuesday, Nov. 8th. If yours is selected, the School of Hard Knocks expert panel will discuss it, question and challenge you, and send you and the rest of us out with some new perspectives and ideas. Visit www.nynjtc.org/issues/advocacy.html for a helpful online submission form (preferred but not required). Aspiring activists are welcome without submission.

**SAVE THE DATE: SATURDAY,
NOVEMBER 12, 2005.**

TRAIL NEWS

A New Beginning for the Long Path

The Long Path (section 29) now starts in Fort Lee Historic Park instead of under the George Washington Bridge. The relocation eliminates 0.8 mile of road walk.

LP Shifts in Section 29

A section of the Long Path in the northern Catskills, including Vroman's Nose, has been relocated.

New directions:

0.10 Just past the bridge at the edge of West Fulton, turn left into an open field and head uphill to a blazed white pine. The LP follows some white pine trees through the field for a short time before entering a mixed hemlock-hardwood forest.

0.30 Turn uphill on a woods road that is marked as a snowmobile trail. The LP now follows the snowmobile trail until it enters the Patria State Forest.

0.70 Follow the snowmobile trail to the left on a woods road.

1.00 Turn left again on another woods road.

1.15 Turn right leaving woods road.

1.40 Enter the Patria State Forest.

1.45 Turn left uphill leaving the snowmobile trail and woods road. This is at mile **1.20** of the Fifth Edition of *The Long Path Guide*.

A Northern Section of LP Is Closed by Landowner

A portion of the Long Path in section 33, from mile 2.35 to mile 6.35, has been closed to hiking by the landowner owing to logging activity along the trail. Negotiations for reopening the stretch to hikers are continuing between the landowner and the Long Path North Hiking Club. In the meantime, hikers should continue north on Elm Drive (mile 2.35 in the guide) to its intersection with Beaverdam Road. There turn right to where the LP crosses the road.

New Brooks Lake Trail

Built in Harriman/Bear Mtn. Park

Working in temperatures where the average person might seek shade in a lawn chair with a beer, members of the West Hudson Trails South Trail Crew were busy establishing the new Brooks Lake Trail in Harriman/Bear Mountain State Park, in the hamlet of Fort Montgomery. The new trail provides a pleasant walk around the shores of Brooks Lake, and accommodates a relocation of the Timp-Torne 1777W/1779 Trails to eliminate a hazardous road walk on the adjoining Mine Road.

The town, Palisades Interstate Park Commission, and the Trail Conference can all be justifiably proud of this project. Notable improvements to trails in the WHTS area over the past several years is a tribute to their devotion to the good stewardship ethic and the enjoyment they derive in sharing the benefits of their labor with everyone.

AT Reopens at Wallkill River NWR

The Liberty Marsh restoration project at Wallkill River National Wildlife Refuge is complete, and the Appalachian Trail is once again open (no longer rerouted). The newly constructed dikes are mowed and the trail is well maintained. Within the "new" section, cedar posts were installed at 1/10-mile intervals. The standard 2" x 6" white blazes are painted on the posts.

Indian Hill AT Connector Trail Relocated

In Sterling Forest, the northern half of the trail connecting the Indian Hill Loop to the Appalachian Trail has been relocated. This was done to avoid an environmentally sensitive area where the original route went. The new tread was recently blazed and opened and now terminates at the register box on the AT less than .2 mile west of the Sapphire Trail.

Schunemunk Mountain Trailhead Changes

Autos will no longer be permitted on Seven Springs Road, thereby ending access to a trailhead parking area for the Jessup/Highlands Trails on Schunemunk Mountain. Hikers will be allowed to walk the road to access the trails. The aqua blazes of the HT already follow the road and the yellow blazes of the Jessup Trail will soon join them. There is parking along Seven Springs Road near the intersection with Mountain Road, the access road from Route 208. Mountain Road is busy and parking on it is not recommended. The road was closed in order to end a severe problem with illegal dumping at its end point.



Elsewhere, at the Taylor Road trailhead to the mountain, the start points of the Jessup/Sweet Clover/Highlands Trails have been shifted in response to a request by the owner of the private Shaw Road. Instead of crossing Taylor Road from the south end of the parking area and heading onto Shaw Road, hikers should cross at the north end onto a cut meadow lane that goes uphill and then proceeds south for 0.2 mile to join the old trail at Shaw Road gate.

Appalachian Trail Bridge at Dunnfield Creek

The bridge access for the AT from the Dunnfield Creek parking area at the Delaware Water Gap has become increasingly unstable. In spite of efforts to warn people away, the signs have been removed and people continue to use this very unsafe bridge. Stepping stones nearby in the stream were recently moved and are now unusable. Please be prepared for a wet foot crossing at this location or use the overflow parking area and access the trails through the gate at the back of the field. The old bridge structure should be removed soon and negotiations are under way to have a new one built.

Wappingers Greenway Trail Grand Opening October 15, 2005



Trail Work Opportunities Still Available

Thanks to the cooperative efforts of the NY-NJ Trail Conference and the Wappinger Falls Greenway Committee, after almost a full year in construction phase and 10 years in planning, the 4+-mile Wappinger Greenway Trail will be completed this fall. There will be weekend and weekday worktrips scheduled throughout September and a Grand Opening on October 15.

To get involved, or to help out, contact Eddie Walsh, NYNJTC Trail Projects Coordinator, at 201-512-9348 ext. 22 or email: eddiewalsh@nynjtc.org.



EDDIE WALSH

Maintaining the Forests As Well As the Trails

Norvin Green State Forest (NGSF), like many of our trail lands, suffered from a massive die-off of their higher altitude forests due to the drought of recent years and the subsequent attack of gypsy moths. The primary victims were chestnut oaks, which bore the brunt of the attack and which serve as the substrate for the majority of trail blazes in NGSF.

Rather than let nature take its course, trail supervisors Bob Jonas and Estelle Anderson decided to give Mother Nature a push-start. They contacted Lisa Simms of the New Jersey Tree Foundation, and she happily agreed to supply trees to be planted on public lands. A mix of 110 seedlings—40 chestnut oak, 30 pitch pine, 30 eastern white pine, and 10 Norway spruce—arrived April 26 and were immediately soaked in a starter solution overnight before tagging and wrapping in a planting medium. The next

two days contingents of Trail Conference maintainers, supervisors, and friends trudged up to Assinewikam Mountain and Wyanokie High Point loaded with seedlings, bottles of water, and tools and carefully inserted the young trees into slot trenches, gently pressed the soil around their stems, and watered.

Participants in this project were: Estelle Anderson, assistant trail supervisor, and maintainers Adam Bird, Joe Henderson, Bob Messerschmidt, Gus Preschle, and Joe Schachtele. Also helping were Al and Donna Baginsky, Rod Mehrlander, Lisa Wiggins, and Tony Yauch. Bob Jonas, trail supervisor for the Southern Wyanokies, invites any TC supervisors or chairs who may be interested in a similar project in their area to contact him (YNOKE@aol.com).



BOB JONAS

Replanting trees at Norvin Green are: Estelle Anderson, Joe Schachtele, Joe Henderson, Bob Messerschmidt, and, kneeling, Gus Preschle.

Bear Attacks Sleeping Camper in NJ Park

Encounters between hikers and black bears on the trails of northern New Jersey seem to be on the increase, with a number of bears exhibiting an unsettling fearlessness. In the most serious case this summer, a camper sleeping in a shelter along the Appalachian Trail in High Point State Park was attacked by a bear in the early morning of July 13. According to official reports, the bear bit the camper on the leg and tried to drag him in his sleeping bag. Two weeks later, state workers trapped a female bear that was identified as the attacker at the

shelter; it was tranquilized, then shot by a state biologist.

In the wake of these encounters, hikers and campers are reminded to follow practices that will keep themselves and wildlife safe. Bears learn very quickly. Bears that associate food with people may become aggressive and dangerous. This may lead to personal injury, property damage, and the need to euthanize problem animals. These tips come from the New Jersey Division of Fish & Wildlife:

- Do not feed bears!
- Do not store food, or non-food items such as gum, soap, and deodorant, in tents, sleeping bags, or backpacks.

- Don't burn or bury garbage; bears will dig it up.
- Bears will sometimes bluff charge; stand your ground and then slowly back away.
- If you encounter a bear at close range, remain standing upright, avoid direct eye contact, back up slowly, and speak in a calm, slow, and assuring voice.

Report all bear damage and nuisance instances to your camp office.

For more information about bears and tips about safe hiking and camping practices in bear country, visit www.njfishandwildlife.com.

Trail Crew Schedules

For the latest schedules and additional details, go to nynjtc.org and click on "Trail crews/Work trips."

TBD = To Be Determined

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

WEST HUDSON NORTH CREW Leader

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

Join us as we tend to the trails in Minnewaska, Schunemunk and Storm King State Parks and Black Rock Forest. All skill levels and newcomers are welcome. Since we are still a relatively new crew, we provide training each work trip. We also provide the tools. Please bring gloves, plenty of water and lunch. If you would like to volunteer with us, please contact the crew chief.

September 18 (Sunday)

Gertrude's Nose Trail: Minnewaska State Park
Project: Gertrude's Nose new trail refinement and old trail rehabilitation
Meeting Time: 9 am
Meeting Place: TBD
Leader: Dave Webber

September 24 (Saturday)

Joint work trip with West Hudson South Whitehorse Mountain: Storm King State Park
Project: Relocating a portion of the Stillman Trail
Meeting Time: 9:30
Meeting Place: 9W north lot
Leader: Monica Day
732-937-9098,
westjerseycrew@trailstobuild.com

September 25 (Sunday)

Whitehorse Mountain: Storm King State Park
See above for details.
Leader: Denise Vitale

WEST HUDSON SOUTH CREW

Leaders

Chris Ezzo (Crew Chief): 516-431-1148,
musicbynumbers59@yahoo.com
Brian Buchbinder: 718-218-7563,
brian@grandrenovation.com
Claudia Ganz: 212-633-1324,
clganz@earthlink.net
Robert Marshall: 914-737-4792,
rmarshall@webtv.net

September 15 (Thursday)

Brooks Lake, Harriman-Bear Mtn. State Park
Leader: Bob Marshall

September 17 (Saturday)

Brooks Lake, Harriman-Bear Mtn. State Park
Leader: Claudia Ganz

September 22 (Thursday)

Parker Cabin Hollow Trail, Harriman/Bear Mtn.
Leader: Bob Marshall

September 24 (Saturday)

Whitehorse Mountain: Storm King State Park
Leader: Monica Day, 732-937-9098,
adamant@trailstobuild.com

September 25 (Sunday)

Whitehorse Mountain: Storm King State Park
Leader: Denise Vitale, 845-647-1771

October 2 (Sunday)

Brooks Lake, Harriman/Bear Mtn. State Park
Leader: Chris Ezzo

October 8, (Saturday)

Brooks Lake, Harriman/Bear Mtn. State Park
Leader: Brian Buchbinder

October 13 (Thursday)

Major Welch Trail, Harriman/Bear Mtn. State Park
Leader: Bob Marshall

October 15 (Saturday)

Sapphire Trail, Sterling Forest State Park
Leader: Claudia Ganz

October 22 (Saturday)

Sapphire Trail, Sterling Forest State Park
Leader: Chris Ezzo

continued on page 9

Leave No Trace

Principle #1: Plan Ahead & Prepare

The Leave No Trace Center for Outdoor Ethics is a national non-profit organization dedicated to promoting and inspiring responsible outdoor recreation through education, research, and partnerships. Leave No Trace builds awareness, appreciation, and respect for our wildlands. Trail Conference Administrative Assistant Ramon McMillan recently earned certification as a LNT Master Educator. This is the first in what will be a continuing series by Ramon on LNT principles.

Leave No Trace

Principle #1: Plan Ahead and Prepare

This is the first principle of the Leave No Trace outdoor ethic and is one of the most important. The lack of thorough planning can have a heavy impact on the natural environment and the enjoyment of the outdoors by others. For example, something as simple as not bringing along proper rain gear can lead to a life threatening condition and an unnecessary need for rescue. As a hiker or trip leader it is very important to do your homework.

- Know park regulations.
- Prepare for the weather and terrain.
- Use proper gear.
- Develop the skills necessary for a particular trip.

In the Northeast there has been a great increase in unnecessary rescues due to the improper use of cell phones and GPS units. Technology is not a substitute for proper preparation and common sense. Be responsible and self-reliant. Rescues involve large groups and machines that churn up vegetation and disrupt wildlife—they are not low impact.

Finally, consider your group size and its physical impact on trail lands and its visual impact on other users. Small groups are less disruptive for other users and wildlife.

For more information about LNT go to www.LNT.org or call 201-512-9348 x10.

—Ramon McMillan

Administrative Assistant with the NYNJTC and LNT Master Educator



LARRY WHEELOCK

SCIENCE & ECOLOGY

By Rebecca Jordan

Protecting What We Care About By Doing What We Love

Like many hikers, I often find myself returning to favorite trails. While I enjoy the opportunity to forge out on a new footpath, nothing surpasses the pleasures of the familiar scents, sounds, and views of my favorite places. And nothing disappoints me more than seeing garbage left behind, names carved into a tree, or evidence of ORVs or other equipment that I know should not be there. Because of my feelings, I am willing to pick up trash, report trail misuse, and continually share with others the benefits of taking care of our public use lands.

Yet, misuse is not the only thing that threatens the landscapes that I love. One of the greatest threats to our ecosystems is invasion by exotic species. Exotic species are those that are not native to a particular land-

scape but have been introduced, generally by people. If you polled friends and family regarding the greatest threat to our natural areas, I would guess exotic species would not be their chief concern. Nevertheless, an abundance of evidence from researchers in New Jersey, across the United States, and internationally indicates that non-native species pose grave threats to our natural areas not only aesthetically, but also economically and culturally; they can even create problems for human health. Previous articles in *Trail Walker* have described some of the most prominent of these pests – Japanese barberry, stilt grass, the hemlock woolly adelgid. In light of research evidence, we should be asking ourselves, What can we do to reduce the harmful effects of exotic species?

A project by the New York-New Jersey Trail Conference and researchers at Rutgers University, funded by the United States Department of Agriculture, offers hikers a way to help protect our native ecosystems.

A lack of information regarding the distribution and rate of spread of these exotic, invasive plants severely limits the ability of researchers to address the concerns they raise. One of the most successful means of avoiding a catastrophic species invasion is the early detection of individual plants. Given the vast size of public lands, data collection and monitoring for early detection by just a relatively small number of researchers and forest managers is not sufficient.

Our project will test whether the use of motivated, trained citizens and public education are constructive means to control the spread, and thus reduce the harm, of invasive species. We contend that hikers can apply their skills to help identify non-native plants and add to a growing database about the distribution of these species. Furthermore, by educating others, concerned hikers can play an important role in assisting land and trail managers and the general public to reduce one of the greatest threats to our natural lands.



Phragmites, an exotic invasive species

We will be seeking hikers to help us collect data about exotic plants and to explore the best ways of educating the public about this threat to our woods. The project will be implemented in Harriman State Park in New York and Ramapo Mountain State Forest in New Jersey. If you are interested participating, please contact the Trail Conference at volunteers@nynjtc.org.

Rebecca Jordan is an assistant professor in the Dept. of Ecology, Evolution, and Natural Resources at Cook College, Rutgers University.



Walk Your Way to Health

By Dr. Howard E. Friedman

Do not be surprised if, in the near future, your physician's initial response to your high cholesterol will be "take a daily walk for 30 minutes," rather than "take a daily cholesterol-lowering statin pill." Walking is becoming recognized as a valuable form of exercise with important health benefits, and it is one in which almost everyone can participate. No special equipment or personal trainer is required!

The benefits of walking regularly extend beyond improving one's physical health. A recent report in the *Journal of the American Geriatric Society* notes that regular walking can improve the symptoms of clinical depression and decrease a sense of fatigue. Another study, published in a medical journal that focuses on issues related to sports and exercise, documents that people who walk regularly—for about 30 minutes, five



times a week—report an increased feeling of self-confidence, while those who describe themselves as not being regular walkers report feeling "unhealthy" and lacking energy.

It is easier, however, to measure the *physical* benefits of walking regularly. Blood tests before and after a period of walking, hiking, or running will reveal if important markers, such as cholesterol or triglycerides, have improved.

Don't Stop Walking

A landmark study, the Studies of Targeted Risk Reduction (STRIDE), was conducted by Duke University. The researchers sought to determine what would happen to the health of walkers and runners if they quit all physical activity. They divided the volunteers into three groups. One group exercised the equivalent of jogging 20 miles each week. The intermediate group of participants exercised the equivalent of jogging 12 miles per week, while the least vigorous group included walkers who exercised the equivalent of walking 12 miles per week at a brisk pace.

The good news is that, regardless of activity level, each participant in the study benefited from a decrease in their level of triglycerides, an increase in their level of HDL (the "good" cholesterol), and a decrease in body fat mass. Two weeks after the participants ceased all exercise, however, only people in the most vigorous exercise group maintained any benefit of improved cholesterol.

that she led. These ranged from nature walks, canoe trips, to winter campouts. Many of her outings featured a theme. On St. Patrick's Day, I recall a hike to the Irish Potato located on the Suffern-Bear Mtn. Trail in Harriman Park. The day before the hike, Shirley scouted the area and hid some favors for the expected youngsters. When the group arrived the next day, she then regaled the children with tales of leprechauns while they searched for hidden treats.

Another memorable trip was a winter campout in Fahnestock State Park in January. The theme was the Chinese New Year, which follows ours by about a week. After setting up camp and hiking, we were treated to a full course Chinese dinner prepared in advance complete with chopsticks. It was quite a chore sitting around in +10 degree weather trying to manipulate chopsticks during brief interludes of mitten removal.

Shirley mentored many people in the ways of the outdoors by sharing her vast knowledge. She ascribed her interests by proudly saying, "My people were woods people from Northern Maine." She is also mentioned in *Who's Who in American Art*.

Remembering Shirley C. Williams

By Ike Siskind

For those who have admired the wooden plaque outside the Trail Conference's office, it was made by Shirley C. Williams, a prominent wood carver and artist who resided in Rockland County.

Tragically, the artist was killed after being hit by a car while walking one evening near her home. The incident occurred on Route 9W near the entrance to Rockland Lake State Park on July 5, 2005.

In 1981 Shirley was commissioned by the Trail Conference to carve the plaque, which was to be installed in the Palisades Park Administration Building. During a renovation, the plaque was misplaced. Shortly after the Conference moved to Mahwah, inquiries were made about the plaque, which was found and subsequently returned to the Conference.

Shirley was a very active member of Ramapo ADK during its formative years. She was known for the many innovative, informative, and just plain fun outings

30 Minutes a Day

While experts agree that when it comes to exercise and health, more is better, the genuinely busy but health-conscious person need not despair. Walking briskly at least 30 minutes a day, five times a week, is the suggested minimum. However, the benefits of exercise are cumulative. So, three ten-minute walks during the course of a day will also improve health.



© SPORTLINE

One tool now popularly used to encourage people to walk more is the pedometer. This small device, which counts the number of steps taken during the course of a day, can be clipped to a belt or waistband. A pedometer can help someone understand that perhaps he or she is indeed more active than they realize. At the same time, knowing that every step is being counted may encourage someone to walk more than planned, *e.g.*, by parking at the end of a parking lot.

10,000 Steps

Many exercise experts advocate walking at least 10,000 steps a day. Estimating that an average step spans about two feet, 10,000 steps total just under four miles. The goal of 10,000 steps originated many years ago as a marketing tool for a Japanese compa-

ny, and it is only a rough guideline. The *Journal of Sports Medicine* has suggested a tiered system in which someone walking less than 5,000 steps a day would be considered sedentary, someone walking more than 10,000 steps a day would be considered active, and someone logging over 12,500 steps a day would be considered highly active.

Keep Your Mind Sharp, Too

Another landmark study published by the Harvard School of Public Health recorded the results of more than 18,000 women between the ages of 70 and 81 years who walked either 40 minutes a week or 90 minutes a week. Rather than focusing on the physical benefits of exercise, this study evaluated how walking affected mental acuity and cognition. Nurses queried participants over the telephone throughout the study, asking questions that would test memory, recall, and attention. Once again, the women who walked longer distances demonstrated better cognitive function and—just as important—less mental decline over the period of the study.

Conclusion

The evidence regarding the health benefits of walking are clear: improved cardiovascular health, a boost of brain function, and uplifted spirit. With or without a pedometer, a person who takes either one long walk a day or several shorter ones can be assured that he or she is contributing to their overall health. Of course, walking briskly will confer more benefit than strolling lazily, and the benefits of a long and vigorous hike exceed those of a short walk.

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

Hunting Seasons

Hunting Schedules

New York has announced its hunting schedule for large game and times when firearms are permitted. Hikers are strongly urged to wear safety orange clothing during these times. Dates listed are inclusive.

NEW YORK: Southern Zone (including Catskills) Deer Season

Regular: Nov. 19–Dec. 11
Archery: Oct. 15–Nov. 18; Dec. 15–19
Archery (Westchester Co. only):
Oct. 15–Dec. 31
Muzzleloader: Dec. 12–20

Black Bear, Catskills

Regular: Nov. 21–Dec. 12
Muzzleloading: Dec. 12–Dec. 20
Archery: Oct. 15–Nov. 18,
Dec. 12–Dec. 20

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

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

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

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

NEW JERSEY

New Jersey's hunting dates had not been announced as of the deadline for this issue. There is, however, no hunting permitted in the state on Sundays. Otherwise, New Jersey has very complicated hunting seasons that vary depending on location and kind of weapon permit. It is recommended that hikers verify the hunting dates for the location in which they are interested. Call 609-292-2965, Monday through Friday, or 908-637-4125 (the Pequest Trout Hatchery, open seven days a week) or visit www.njfishandwildlife.com.



ED GOODELL

Volunteer Classifieds: Get Involved!

Are you looking for new challenges and opportunities to get involved with Trail Conference activities? Please review the *TC Volunteer Classifieds* for exciting and interesting ways for members to become involved with the Conference's efforts. Volunteers are the heart and soul of our organization. Become an active part of our family and get more involved. If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact the Operations Director, Joshua Erdsneker, either by email josh@nynjtc.org or call the office 201-512-9348 ext. 25, and he will find a way to get you involved.

Become an active part of our family and get more involved.

Trail Maintainers

The core of the Trail Conference is trail maintenance. We are looking for individuals and couples who are willing to adopt a section of trail. Maintainers are expected to visit their assigned section a minimum of twice a year, keeping it passable by cutting back brush, ensuring it is well marked and free of trash, and submitting bi-annual reports of their work. We have openings in several areas:

Individuals interested in volunteering at **Alley Pond in Queens**, contact Martin Grossman at mgrossman3@nyc.rr.com or 718-423-8533.

If you are interested in adopting a section of trail in the **Catskills**, **West Jersey**, **East Hudson**, or **Black Rock Forest**, please contact Joshua Erdsneker, either by email, volunteers@nynjtc.org, or 201-512-9348, ext. 25.

Direct Mailer

The Trail Conference is looking to expand its membership and has begun to develop a direct mail campaign. We are looking for writers, layout designers, and persons with experience working on a direct mail membership appeal. For more information and to get started please contact Joshua Erdsneker, either by email, volunteers@nynjtc.org, or 201-512-9348, ext. 25.

Outreach Committee Chair

The Outreach Committee promotes the Trail Conference's mission through outreach to members (*Trail Walker*), hikers, and the general public (National Trails Day, speaking and tabling events, marketing and public relations). We are looking for an organized, motivated leader to take charge of the committee and help increase the public's awareness of the Trail Conference. Interested persons should contact Edward Goodell at Goodell@nynjtc.org or call 201-512-9348 ext 12.

Mailing Party

It's not glorious, but it's important! Come join friends and fellow hikers one evening a month to help prepare membership mailings. The first Wednesday of every month starting October 5, 2005, you're invited to grab a slice of pizza and help stuff some envelopes. If you're interested, please contact Josh at 201-512-9348 ext. 25.



PRESERVING THE LAST...

continued from page 1

that will restrict development and minimize environmental impact.

For example, the municipal planning departments in Rockland and Orange Counties should require large developments in the Ramapo River highlands to meet guidelines: a 300' buffer from "open waters," including wetlands and intermittent streams; a prohibition on development on steep slopes greater than 20 percent; a zero net fill requirement in flood hazard areas; zero degradation of surface waters for all new or expanded point source discharges; 20' maximum disturbance of vegetation next to structures in upland forest areas and maximum 3 percent impervious coverage; and funding for land acquisition.

Last year New Jersey passed the Highlands Water Protection and Planning Act

that raises the standards for large developments in watersheds and provides extra funding for open space acquisition (thus, Camp Todd's preservation). New York has no such statewide regulations.

Each year New Jersey spends \$150 million on open space protection. The Bergen County freeholders are contemplating spending \$7 million this year on open space. New York has been spending only \$30 million per year, and though this year's budget has been increased to \$40 million for land acquisition, it is nowhere large enough for a state so large and populated. Orange County has just begun funding open space at \$2 million per year. Rockland County established a five-year, \$16 million fund in 2002. More local funding is needed, such as the 2 percent real estate transfer tax that was provided for in the Community Preservation Act, which failed to pass the NY state senate this year.

FAHNESTOCK REGULAR

continued from page 1

hiking on visits to a childhood friend's home upstate. At age 16, Al joined the Civilian Conservation Corps and was assigned to a camp in Watertown, NY. His supervisor, he recalls, "was surprised that I knew all the trees." World War II brought three years of active duty in Europe, after which he returned to New York and landed a job with Metropolitan Life Insurance Company. He stayed with the company



37 years, moving up from floor sweeper to foreman of the carpentry shop. In 1950 he married Anne, and the two honeymooned on the summit of Slide Mountain in the Catskills. Fifty-five years later, they laugh as they recall a night spent warding off porcupines. In those days, Al's primary tool on the trail was his camera; he is an award-winning photographer and his large color images of city and mountains adorn his home.

When the couple moved to rural Dutchess County after Al's retirement, Al was already on intimate terms with much of the landscape of the lower and mid-Hudson area. Never one to join hiking clubs—"I prefer the freedom of going off on my own or with friends," he says—Al nevertheless took on a Trail Conference assignment in the Taconics soon after his retirement. In 1996 he moved to a trail closer to home in Fahnestock and he has been maintaining there ever since.

"Al took a leading role in building the Perkins Trail and has been its only maintainer since it opened in 1996," says Fahnestock Trail Supervisor John Magerlein. "He has been one of our most capable and enthusiastic maintainers—always ready to chain-saw blowdowns, check out trails in the park, or do whatever needs to be done."

Also needed is a system of compliance enforcement. Who monitors and enforces compliance with the developer's plans, such as soil disturbance and tree removal? Who is monitoring erosion or leachate run off? Who is watching for endangered species while mountaintops are being blasted? And who is monitoring runoff from the I-87 and rail corridor?

The answer often is, no one. Until such monitoring is institutionalized, the need for hikers to be the eyes and ears of the environmental community is greater than ever. To learn more and get more involved in TC efforts to protect the Ramapo River watershed corridor, please contact Josh Erdsneker at 201-512-9348 or josh@nynjtc.org.



The People Behind Our Books and Maps

Our Publications Committee has had a busy year. Under the guidance and supervision of our dedicated volunteers, the Trail Conference has so far published five map sets this year, for Sterling Forest, Shawangunks, North Jersey, Harriman Bear Mtn., and the Kittatinnies. The committee was also busy publishing new and updated hiking guidebooks: our new *Kittatinny Trails* guidebook, a new edition of *Hiking Long Island*, and revised printings of the *New York Walk Book* and the *Long Path Guide*.

But that's not all they've been up to. Several new titles are underway as is the continuous process of updating and improving our current maps and books. Hearty thank-yous go to the individuals who have worked above and beyond the call of duty: Dan Chazin, Herb A. Chong, George Petty Jr., Ruth Rosenthal, Nancy Tollefson, Suse Bell, Walter Daniels, Mark Cirillo, Miklos Pinther, Lee McAllister, Nora Porter, Craig Little, Jonathan Meyers, Anthony Mancini Jr., Jack Fagan, Kathleen Caren, Steve Butfilowski, Robert A. Giaquinta Jr., Robert Boysen, Peter Tilgner, Suzan Gordon, John Moran, Louis Leonardis, Malcolm Spector, H. Neil Zimmerman, Larry Braun, Jakob Franke, and Adrienne Coppola.

Students Aid Cleanup



BOB JONAS

Ten nursing students from Ramapo College joined trail supervisors Bob Jonas (at left) and Estelle Anderson (not pictured) on Earth Day for a cleanup of Glenwild Avenue in Bloomingdale, NJ, where the road runs through Norvin Green State Forest. They cleared a mile of roadway, filling more than 80 trash bags with junk, and hauling out a propane bottle and numerous tires. Joe Luke of the Bloomingdale Dept. of Public Works supplied safety signage and vests and picked up the trash the following day.

Check out the new online Trail Conference calendar!

This easy-to-use calendar includes trail crew schedules, meeting dates, *Trail Walker* deadlines, and much more! Go to www.nynjtc.org and click on the Calendar link.





Leave a Trails Legacy

Your planned gift to the New York–New Jersey Trail Conference can leave a lasting legacy and give you some immediate benefits:

- Reduce your taxes
- Increase your current income
- Conserve your family's wealth
- Fulfill your charitable goals
- Reflect your special interests

Here are some ways to make a planned gift:

Bequests

With the right planning, including the Trail Conference in a planned gift can reduce estate taxes. You can make a charitable bequest of a specific dollar amount, a percentage of your estate, or the remainder of your estate after making provisions for family and friends.

Gifts That Provide Life Income

A **Charitable Gift Annuity** can be purchased directly from the Trail Conference for a minimum of \$10,000. Annuity income can be provided for life for up to two people, and payments can be deferred until a time when you need it most. A charitable gift annuity can be purchased with cash or appreciated securities. Charitable gift annuities provide you with guaranteed income for life at a rate that may be higher than other fixed income products. You will receive an immediate charitable gift income tax deduction and may get relief from tax on capital gains.

For more information on making a planned gift to the Trail Conference, please contact Ed Goodell, 201-512-9348 ext. 12, or goodell@nynjtc.org.



GEAR CHECK

An occasional series that will review gear appropriate for hiking.



Suunto X9

Reviewed by Josh Erdsneker

GPS + Pedometer + Altimeter + Barometer + Thermometer + Compass + Watch = Suunto X9

How high have I climbed? Will it rain? Will my water freeze tonight? How fast are we walking? Which way is north? How do I get back to my car? The X9 can help you answer all of these questions and more.

The question that hounds every gear-head and gizmo collector: How can I

justify buying this new gadget? With a price tag of \$699 the answer for the Suunto X9 wrist-top computer is simple: It can save your life. The X9's advantage is that it combines all of the tools that anyone who is venturing outdoors will need.

Using the navigation and GPS features, you can forget about getting lost or finding your way back to your car. Before heading out for a hike or paddle, mark your "Home" position; when ready to head back, select the "Find Home" command and the GPS will guide you back with directions on the easy-to-read face. With great features like this, the X9 raises the bar for wrist-top computers.

With a rechargeable battery, users should be careful not to drain power on extended trips when using the GPS and navigation features. By adjusting the frequency of the signal the GPS receives from the satellites, you can prolong the life of the battery, but just in case you run out of juice, the X9 can be charged in the field with a 9-volt battery. Also, with so many features and computing power, users should be prepared to spend a few hours getting acclimated to the watch. This is not a jacket you can just put on and zip up. You'll need to study and play with it before you reap the rewards of its full functionality.



Rating: 3.5 boots out of 5

HIGHLANDS TRAIL...

continued from page 3

From there the route would cross over a small number of private parcels to link together the following: Clarence Fahnestock State Park, West Branch Headwaters and other lands of NYC-DEP, Mount Ninham Multiple Use Area, Horse Pound Brook, Wonder Lake, Cranberry Mountain State Wildlife Management Area (WMA), and finally into Connecticut.

The Trail Conference's procedure in creating new trails involves extensive field investigation before a route can be finalized. This includes input from landowners to help determine the route, as well as investigation of sensitive biological areas to

minimize any environmental impacts.

It is likely that this new section of the Highlands Trail will be similar to the existing trail in New York and New Jersey—a primitive path with a minimum of construction. Once it has been designed and built, it will add a wonderful new hiking resource for the public to enjoy, connecting all these open spaces areas into a single corridor.

If you, or anyone you know is interested in scouting, maintaining, or building hiking trails for the Highlands Trail in Putnam County, please contact Rich Benning at the Trail Conference office, 201-512-9348 ext. 24.



Capital Campaign Over \$2 Million

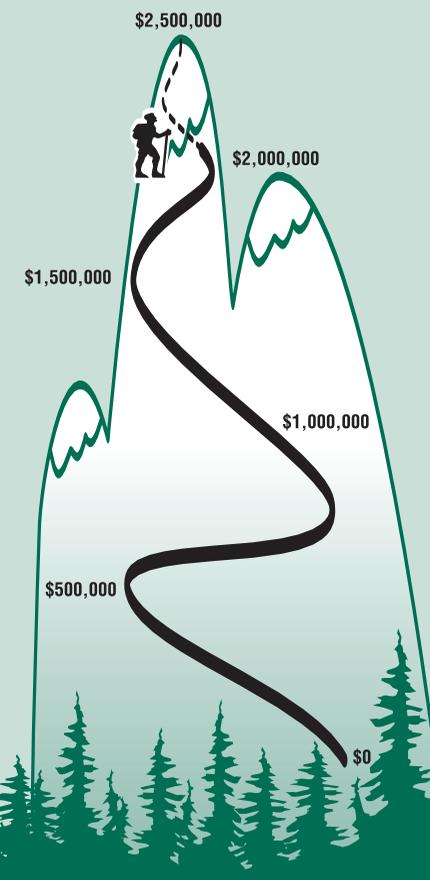
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TRAIL CREW SCHEDULES

continued from page 5

October 27 (Thursday)
Menomine Trail, Harriman/Bear Mtn.
Leader: Bob Marshall

October 29 (Saturday)
TBD
Leader: Bob Marshall

EAST HUDSON CREW

Leaders

Walt Daniels, 914-245-1250
Chris Reyling, 914-428-9878
John Magerlein, 914-243-4714
MaryAnn Massey, 914-967-8774
Josie Gray, 845-831-5786
Patrick McGloin, 631-223-2164
Eddie Walsh (Wappinger Greenway Project),
201-512-9348, ext. 22, cell 845-591-1537

Check the website, www.nynjtc.org, for schedule. There are several small projects where a few people (preferably mid-week) can do the work. We make a special effort to arrange pick-ups at the nearest Hudson Line train station.

Weekdays

TBD

Leader: Walt Daniels

WEST JERSEY TRAIL CREW

Leaders

David and Monica Day
732-937-9098, Cell: 908-307-5049
Email: westjerseycrew@trailstobuild.com

All trips begin at 9 am. There is usually a walk to the work site, so please be there on time. Call or email leaders for meeting place details and other questions. Heavy rain in the morning will cancel; if in doubt, call leaders between 6:00 and 6:30 that morning.

September 10 (Saturday)

Dunnfield Creek Trail, Worthington State Forest

We will begin construction of a new section of trail to reroute around the area washed out by Hurricane Ivan last fall.

October 2 (Sunday)

Dunnfield Creek Trail, Worthington State Forest

We will continue work on the reroute around the washout.

October 8 (Saturday)
**Rattlesnake Swamp Trail,
Delaware Water Gap National Recreation Area.**
We will be completing the trail relocation, started in the Spring, around an area of the trail that has been flooded by a beaver dam.

October 15 (Saturday)

October 16 (Sunday)

October 22 (Saturday)

October 23 (Sunday)

Appalachian Trail, Vernon

We will begin work replacing and extending the bog bridges (puncheon) in three contiguous boggy meadows.

HIGHLANDS TRAIL CREW

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

Leader

Bob Moss: 973-743-5203

September 11 (Sunday)

September 25 (Sunday)

October 9 (Sunday)

October 23 (Sunday)

NORTH JERSEY CREW

Leader

Sandy Parr, 732-469-5109

Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day.

Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

AT MID-ATLANTIC CREW

October 6-10

AT, Vernon Valley

The Appalachian Trail Conservancy's Mid-Atlantic Crew will be helping to build an addition to a bridge in New Jersey's Vernon Valley floodplain, through which the AT passes. Anyone interested in helping with this bridge work and possibly beginning some puncheon work on a nearby section of the trail should contact Larry Wheelock, Trails Director, at the Trail Conference office (201-512-9348). Also, see the West Jersey Trail Crew schedule above for dates on which this project will continue through the month of October.

Upcoming Events For Outdoor Enthusiasts

The Sixth Annual Hudson River Valley Ramble offers more than 150 guided walks, hikes, kayaking, biking, cultural events, and river explorations on the week-ends of September 17-18 and September 24-25. Hikes are offered for every ability level from easy to very strenuous. For a program guide, call 800-453-6665 or visit www.hudsonvalleyramble.com. The Hudson River Valley Ramble is sponsored by the Hudson River Valley National Heritage Area and the Hudson River Valley Greenway with assistance from the Hudson River Estuary Program, NYSDEC. Several outings are led by Trail Conference members.

Sunday, September 18, Long Path Hike to High Tor. Long Path South Chair Jakob Franke will lead a trek that offers spectacular views in all directions from High Tor's summit, with short detours to historic Youmans-Van Orden House and High Tor Vineyards. Bring lunch/water. A difficult 3 miles, with a steady climb and a few very steep short climbs near top; not suited for children under 8. Meet at 11 am at the corner of Ridge Rd. Take Rt. 9W from Haverstraw south to right turn onto Old Rt. 304 (Co. Rt. 90) to corner of Ridge Rd. (second left). Take Rt. 9W from Nyack north to left turn onto Old Rt. 304. Public transportation: from Port Authority, Red and Tan 11A bus to Stony Point; disembark at corner of Old Rt. 304/Ridge Rd.

Sunday, September 25, Anthony's Nose. TC President Jane Daniels and her husband Walt will lead a Ramble group along the Camp Smith Trail to this Hudson River overlook. Running parallel to the Hudson River, the Camp Smith Trail to Anthony's Nose offers spectacular views that make this strenuous hike, with its many elevation gains and losses, worth the work. At each viewpoint, you'll learn about the history of the Hudson Highlands. Bring lunch, water, and windbreaker. A difficult 3.7 miles. Meet at 9:30 am on the east side of Bear Mtn. Bridge, park on river side of Rt. 9D just north of bridge.

Second Annual Lark in the Catskill Park features 100 outdoor and indoor adventures over 10 days, October 1-10. It is sponsored by the NYS Dept. of Environmental Conservation, the Catskill Center for Conservation and Development, and the Catskill Mountain Foundation.

TC Member Pete Senterman will lead one Lark on October 1: a leisurely hike through pristine, Catskill Forest Preserve woodlands to the Beaverkill Headwaters and Tunis Pond. The hike begins at Balsam Lake, walks along the headwaters of the Beaverkill to Beaver Meadow and returns, taking a side trip to Tunis Lake. A naturalist will narrate along the way. Bring lunch/water. Hiking boots required. A moderate 7+ miles. From Rt. 17 in Livingston Manor, exit to Rt. 151 or Rt. 152; follow to Little Pond Campground in Turnwood. Meet at 10 am just outside campground entrance. Pre-register by Friday, Sept. 30 by contacting the leader at 914-641-2888 or psenterman@pirmie.com.

Second Biennial Pedal, Paddle, Hoof, and Hike, Mahlon Dickerson Reservation, October 15 (raindate: Sunday, October 16). This fundraiser for the Morris Trails Conservancy is fun whether your preference is to bike, kayak, horseride or walk. The event pits multi-use teams against one another to complete tasks on



Multi-use teams are invited to compete in an event at Mahlon Dickerson Reservation.

the trail. You don't need to have a team—they are created at the event. Each team will accumulate between 13 and 18 miles of trail time and prizes will be awarded for both individuals and teams. Proceeds from the event support the Morris Trails Conservancy's trail improvement initiatives throughout the county. The Morris Trails Conservancy is a not-for-profit membership organization dedicated to supporting Morris County's trail network and encouraging multi-use of those trails. The registration fee is \$25 per participant and includes snacks, lunch, and great giveaways. For more information email mtcpvh@optonline.net or call the conservancy at 973-829-8256.

ATC Expands Its Vision

The ATC is still the ATC, but the letters now stand for Appalachian Trail Conservancy (not AT Conference). The name change went into effect in July. ATC is a volunteer-based, private nonprofit organization dedicated to the conservation of the 2,175-mile Appalachian National Scenic Trail, a 250,000-acre greenway extending from Maine to Georgia. The NY-NJ Trail Conference is one of 30 maintaining member organizations. The name change reflects the group's expanded focus on conservation and coincides with several new organizational and communications initiatives designed to broaden its education and outreach efforts. For more information about ATC, visit www.appalachiantrail.org.



APPALACHIAN TRAIL
CONSERVANCY

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Check www.nynjtc.org for more information.

FAVORITE HIKE



By Estelle Anderson

Boulders & Buntings & Bears: Assiniwikam & Will Monroe Loop



ESTELLE ANDERSON

A boulder garden of glacial erratics is a feature of the Wyanokie Circular Trail.

Location: Norvin Green State Forest, Ringwood, NJ

Length: About 4.6 miles

Rating: Moderate+

Time: approx four hours with lunch

Features: Boulder garden, laurel, nearly 360-degree views, Indigo Buntings

Map: NJ # 21

How to get there: From Rt. 287, exit at Wanaque, Rt. 511. Proceed north on Rt. 511 (Ringwood Ave.) to Westbrook Rd. (Skyline Diner on your right). Turn left. There will be a fork for Stonetown Rd., bear left staying on Westbrook. Shortly there will be a sign for Weis Ecology Center; turn left onto Snake Den Rd.; stay on it to the parking lot.

Watch out for: Bears, foraging for berries. Rarely have seen, but be noisy hikers.

Hike Description: This hike travels through very scenic areas of Norvin Green State Forest, with many views along the way. Starting from the outer parking lot at Weis Ecology Center, the Otter Hole Trail (OH, green) travels along the driveway to Weis for approximately 200 feet and then continues parallel to the Blue Mine Brook. The trail skirts the Highlands Natural Pool, then turns west and joins the "W" Trail. Immediately after crossing the iron bridge, the OH Trail turns south to meet the Hewitt-Butler (blue). The trail is co-aligned with the Mine Trail (yellow on white) for a short distance.

Follow the Hewitt-Butler (HB) trail to its junction with the Macopin Trail (white). On the way uphill, stop at the overlook ledges and enjoy the valley view. Ahead to the northeast is Assiniwikam Mountain, your destination. Turn right onto Macopin Trail. This trail is a pretty hike down to the Otterhole Trail (OH). Turn left onto the

OH and follow it until you see the red-on-white blazes for the Wyanokie Circular Trail (WCI). Turn right onto the WCI. It immediately goes uphill, and shortly you are in a field of large glacial erratics, the boulder garden. The trail winds through the boulders, downhill and around more boulders.

Along this trail are laurel, rhododendron, many ferns, and delicious blueberries.

Continue on the WCI until you come to the junction with the Will Monroe Loop (WML) (pink) and Wyanokie Crest Trail (WCR) (yellow). There's a pink arrow pointing you to the right for the WML. Along this trail are laurel, rhododendron, many ferns, and delicious blueberries. Once you reach the first rock scramble, you have a view. And the views continue for the rest of the ridge walk. Keep an eye out for Indigo Buntings. Then, back into the forest, and continue to the WCI, where you will turn left and go uphill. From the upper junction of WML, retrace your steps to the OH trail. Turn left on the OH, and stay on it for the hike back to your car.

TC member Estelle Anderson lives next to Norvin Green State Forest in New Jersey.

Have a Favorite Hike?

If you would like to submit a hike to the Favorite Hike feature, write it up following the format above. The Hike Description section should be no more than 400 words. Send it in an email to tw@nynjtc.org or mail it directly to the TW editor: Georgette Weir, 102 Sutton Park Road, Poughkeepsie, NY 12603. Be sure to include your name, and city and state of residence.

BOOKNOTES



Best Hikes with Children: New Jersey

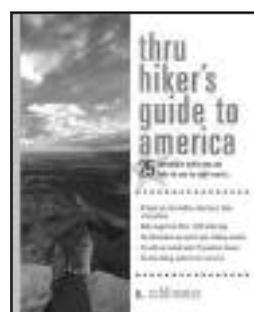
By Arline Zatz
The Mountaineers Books,
2nd Edition, 2005
Reviewed by Maureen Edelson

Best Hikes with Children: New Jersey by Arline Zatz is a gem. Parents owe it to themselves, their children, plus grandma and grandpa (which Zatz and her husband have become since the first edition) to use this book to explore the nature, science, recreation, and fun of the Garden State. Adults or new hikers could also use it as an uncomplicated guide to outdoor fun.

Zatz's style in covering 85 hikes from High Point in the north to Cape May in the south is conversational and warm yet specific. She states the availability of picnic tables at the end of a given trail, but enriches the notion by letting you know your rest will be beneath American holly trees. She successfully weaves history, legend, area resources, and science into her trail directions with colorful, evocative prose.

The book's icons and terms for codifying hikes are clear. Trails are rated one to three hiking boots, depending on their challenge (from a child's point of view). Website and camping resources are provided, and Zatz's introductory sections—from New Jersey Facts (did you know the State Seashell is the knobbed whelk?) to "how to hike" advisories—are well done. Each of the 85 simple trail maps has a north indicator and a scale, allowing parents to teach basic map skills to junior hikers.

Zatz holds your hand as you hike—the gap in the fence at Sandy Hook is right where she says it will be; and yes, children will be enthralled with Tripod Rock at Pyramid Mountain. With this book Zatz reveals herself as the bubbie—the warm and caring grandma—of hiking in New Jersey.



Thru Hiker's Guide to America: 25 Incredible Trails You Can Hike in One to Eight Weeks

By E. Schlimmer
Ragged Mountain Press, 2005
Reviewed by Georgette Weir

E. Schlimmer is that rare breed: an honest enthusiast. Here he is at the end of his short and breezy introduction: "A long-distance adventure will resemble nothing like the deceitful photos of overjoyed, squeaky-clean people featured in magazines and gear catalogs... In reality, tents leak, knees scrape, snow falls in May, boots fall apart, swarms of bugs resemble clouds, and you start to smell really, really bad."

Schlimmer's book is not a mile-by-mile trail guide, but a review of the characteristics and pros and cons of a diverse array of long-distance hiking routes around the country. They range from 95-mile long Wonderland Trail in the Cascade Mountains of Washington to the flat, 1,300-mile long Florida Trail, to our own Long Path.

Schlimmer begins each section with a short list of reasons To Go (excellent chances for solitude, incredible views) next to a parallel list of reasons Not To Go (limited thru-hiker support, miles of road-walking). He briefly describes the hike and for each includes separate sections on Weather, Terrain, Water, Wildness,

Wildlife, Points of Interest, and a personal statement about the hike by someone who has done it. The book is nicely illustrated with photos and maps that show the general route of each trail. The back of the book includes his Recommended Resources, names, addresses, and contact information for those who want the more detailed info they will need for each outing.

Schlimmer's footwear (sneakers) and light load (he carries a 12-pound pack, not counting food and water) may not be everyone's cup of tea—some may even challenge that they are unsafe—but they are thought-provoking.

Whether or not you are interested in hiking the full lengths of the trails Schlimmer has selected, his choices are intriguing and the information he presents is useful. The book is easy and fun to read for anyone wondering where to go for their next hiking vacation.

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HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs



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

More than 90 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

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

ADK-MH	ADK Mid-Hudson	RVW	Rip Van Winkle Hiking Club
ADK-R	ADK Ramapo	UCHC	Union County Hiking Club
GAHC	German-American Hiking Club	WEIS	Weis Ecology Center
IHC	Interstate Hiking Club	WTW	Woodland Trail Walkers
NYHC	New York Hiking Club	WWW	Weis Wyonokie Wanderers
NYR	New York Ramblers		
OUT	Outdoors Club		
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 November/December issue is September 15, 2005.

September

Saturday, Sept. 3

ADK-MH. Bashbish Falls and Mountain, NY, MA. Leader: Dave Koehler, dave.ny3@verizon.net or 518-851-9089. Meet: Call leader to register by Sept. 2. Moderate hike in the South Taconics, joint with Young Members Group. Steep descent to base of falls, then steep ascent on the other side; climb Alander for even more views.

ADK-R. Appalachian Trail, Mt. Peter to Hewitt, NY. Meet: Call leader at 201-871-3531. Moderately strenuous 9 miles.

NYHC. 5 Bridges and a Tram Hike, NY. Leader: Pat O'Malley, 212-924-7486. Meet: 10:30 am at 57th St. and 2nd Ave. in front of McDonald's, Manhattan. Moderate 12 miles, with drop-off points; some hills and some industrial waterfront. Take the tram to Roosevelt Island (\$2) and cross five bridges into Queens, Manhattan, and Brooklyn. Heavy rain cancels.

UCHC. Ramapo Lake, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10 am at Skyline Dr., first parking lot on left at bottom of hill (Rt. 287 to exit 57). Very scenic casual hike around beautiful Ramapo Lake.

Sunday, Sept. 4

IHC. Washington Valley Park and Chimney Rock, NJ. Leader: Jennifer and Guy Percival, 973-984-1005. Meet: 9 am at Chimney Rock Park, Martinsville, NJ. Moderate 6 miles; steep and hilly terrain. Down wooded ravine to cataract, then up to Hawk Watch; through pine forest and around a pretty reservoir.

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

WTW. Ramapo Valley County Reservation, NJ. Leader: Ernest Wagner, 973-694-3194. Meet: 10 am at parking lot of reservation on Rt. 202 in Mahwah. A moderate hike of 4.5 miles on Silver, Halifax, Havemeyer, White, Ridge, and Waterfall Trails.

Monday, Sept. 5

RVW. Mt. Utsayantha, Stamford. Meet: 8 am; call leader at 845-246-4145. Moderate 5 miles. Inclement weather date the following Monday.

ADK-R. Beyond Tiorati, Harriman State Park, NY. Meet: call leader at 973-835-2832. Moderately strenuous 8 miles.

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

Saturday, Sept. 10

UCHC. Watchung Trail Maintenance. 9:30 am–Noon. Call Trailside Nature and Science Center at 908-789-3670, ext. 221, to register.

UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ. Leader: John Gilris, 973-386-1168. Meet: 10 am at Cooper Mill; call for directions. Casual 4-5 miles; suitable for beginners. Hike along Black River, see historic markers, snack at Kay. Rain cancels.

NYHC. Stony Brook, LI. Leader: Jim Peborde, 718-352-0381. Meet: Penn. Station, Manhattan, near LIRR ticket windows to take 9:14 am train to Stony Brook. Easy 5 miles at steady pace; forest trails with some hills. See Long Island Sound and visit a grist mill (\$3 fee). Rain cancels.

NYHC. Bronx River Parkway. Leader: Sal Varbero, 718-420-9569; call 8 pm–10 pm. Easy 5 miles, all flat. Walk from Bronxville to Scarsdale, NY, enjoying the lovely scenery.

WTW. Harriman State Park, NY. Leaders: Glenn and Sarah Collins, 973-744-5126; call to confirm before 8 pm on Friday, Sept. 9. Meet: 9:15 am at Sloatsburg RR station. A moderate hike of 6 miles.

Sunday, Sept. 11

IHC. Black Rock Forest, NY. Leader: Jim Conlon, 914-591-6079. Meet: 9:30 am at Black Rock Forest main parking area, Reservoir Rd., Cornwall, NY. Moderately strenuous 9 miles with a number of climbs, including Mt. Misery before lunch. Return on more moderate terrain.

ADK-R. Scouting the Ramapos and Schuber, NJ. Meet: Call leader at 201-816-9465. Moderate 8 miles.

WEIS. NJ Highlands Hike. Leader: Charlie Toole; call 973-835-2160 to register. Meet: 9:30 am at Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ. Moderate 4-5 miles; out by about 2:30 pm. Great views in Harriman and Sterling Forest; Little Dam Lake, Green Pond, Wildcat Mtn. Non-members \$8.

NYHC. Long Path, State Line to Nyack, NY. Leader: George Glaz, 212-533-9457; call 7-8 am. Meet: 10:15 am at George Washington Bridge Bus Terminal, upper level near ticket booths. Moderate 8 miles along the Long Path, including the pier at Piermont.

GAHC. Gateway National Park, Sandy Hook, NJ. Leader: Henry Loddigs 718-899-1052. Meet: Bathhouse of first parking lot on right side after toll station at 9:30. C hike and swimming.

Saturday, Sept. 17

ADK-MH. East Hudson Highlands, NY. Leader: Bob Ellsworth, eggbert@us.ibm.com, 845-876-4534. Meet: Wappingers Falls, Rt. 9; call to register by Sept. 7. Moderate 7 miles; some rocky trails and several small stream crossings. Enjoy walking through a forest of hardwoods and laurel, and a stop overlooking Jordan Pond.

ADK-R. Black Rock Ramble, NY. Meet: Call leader at 201-357-4642. Moderate 7 miles.

RVW. Hudson Valley Ramble NY. Meet: 9 am; call leader at 845-246-7616. Moderate 5 miles; 1,400' elevation gain. Overlook at fire tower.

OUT. Sloatsburg, NY. Leader: Brian Dawson, 718-967-0855, night.hiker@verizon.net. Meet: Call leader to confirm date and time; possibly will be on Sept. 18. Moderate pace; rocky, hilly trails, 12 miles. For the fit beginner; learn how to follow trails and use compass/map. Out late.

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9 pm. Meet: 10 am in Locust Grove parking lot, Glen Ave. and Lackawanna Pl., across from Millburn RR station. Brisk 5 miles (in little over 2 hours) with one steep uphill. Rain cancels.

WTW. Palisades Circular, NY. Leaders: George Thomas, 914-591-7102; call to confirm. Meet: 9:45 am at Alpine headquarters parking lot. Easy hike of 5+ miles with one down and up.

Sunday, Sept. 18

IHC. Farny Highlands, NJ. Leader: Pete Beck, 973-538-4922. Meet: 10 am at Fisherman's parking, Split Rock Rd., Rockaway, NJ. Moderately strenuous 6 miles on Four Birds or Split Rock trails; moderate hills.

WWW. Anthony's Nose, NY. Leader: Don Weise; call 973-835-2160 to register. Meet: 9:30 am at Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ. Strenuous 8-9 miles; out by about 2:30 pm. Steep terrain on Camp Smith Trail and AT overlooking Dunderberg and Bear Mountains; wonderful Hudson River views. Non-members \$8.

NYHC. Croton to Peekskill, NY. Leader: Oliver Wayne, 201-840-4145; call before 10 pm. Meet: 8:30 am at info booth, Grand Central Terminal. Moderate 13-mile hike with some hills and some road walking and possibly swampy areas. Briarcliff-Peekskill Trail, views of Blue Mtn. and Spitzenberg Mtn. All weather.

UCHC. Sandy Hook, NJ. Leader: Andy and Dolores Mirolsky, 908-707-1178. Meet: 10 am in front of Sandy Hook Lighthouse. Approximately 5 miles from there to visitor center and back; suitable for everyone.

WTW. Will Monroe Loop, Norvin Green State Forest, NJ. Leader: Estelle Anderson, 973-697-5326 or email stelle@netrom.com; call to confirm. Meet: Boy Scout Lake, Camp Wyonokie on Snake Den Road in West Milford. An easy paced hike with some steep climbs and rock scrambles.

Monday, Sept. 19

RVW. Balsam Lake Mtn. (3723'), Catskills. Meet: 8 am; call leader at 203-321-1981. Moderately strenuous 10 miles; some bushwacking. Inclement weather date is following Monday.

Saturday, Sept. 24

OUT. Hudson River Path and Riverside Park, Dyckman St. to 72nd St., NYC. Leader: Leonard Morgenstein, 917-842-9490. Meet: 10:30 am at NW corner of Dyckman and Broadway (A train to Dyckman). Moderate 7-10 miles with some hills/flights of steps. Only one drop-out point (125th St.). Northern portion of Hudson River Path, past Little Red Lighthouse, with great views of Hudson River and beautiful Cherry Walk. Non-members \$3.

WEIS. Women's Hike, NJ. Leader: Karla Risdon, sanctuary director; call 973-835-2160 to register. Meet: 8 am at Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ. Moderate 2-3 miles. Enjoy scenic spots in Ringwood such as Wyonokie High Point, Windbeam Mtn., or the reservoir overlook. Out by about 10 am. Non-members \$8.

PMNHA. Signs of Fall Hike, NJ. Leader: Call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike.

UCHC. Watchung Reservation, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside Nature Center, Coles Ave. and Providence Rd. Moderate 4-5 miles, some hills on rough terrain. Steady rain cancels.

WTW. Central Park Manhattan Highlights, NYC. Leaders: Irene Kelvasa, 212-246-6641, and Middy Weissbart; call to confirm. Meet: Commuter statue in ticket area of Port Authority. An easy 3+ mile hike starting at 11 am at park entrance at West 67th St.

Sunday, Sept. 25

IHC. Appalachian Trail Connection, NJ. Leader: Steve Rikon, 973-962-4149. Meet: 9 am at A&P/Hewitt Post Office shopping center, Warwick Tpk., Hewitt, NJ. Strenuous 8-mile hike on AT, connecting Wawayanda State Park to Bearfort Ridge. Views of West and Surprise Lakes.

WEIS. Treading Trails with Tony, NJ. Leader: Tony DiLemme, environmental educator; call 973-835-2160 to register. Meet: 11 am; NJ locations to be announced. Moderate paced, social hikes intended for ages 18-30. Spend some time outside, unwind, and make some new friends. Out by about 4 pm.

NYHC. Great Kills Park, Staten Island, and Monarch Butterflies, NYC. Leader: Steve and Bettye Soffer, 718-720-1593; call 7 pm–9 pm. Meet: Take 10:30 am Staten Island Ferry from Manhattan; meet at SIRT station in rear of Staten Island ferry terminal. Easy 5 miles, all flat. Gateway National Park area; woods, beaches, marinas. Will take bus from ferry terminal to the park.

GAHC. Greenbelt Trail, Sunken Meadow State Park to Smithtown Landing, LI. Leader: Henry Loddigs, 718-899-1052. Meet: Bathhouse of most easterly parking lot at 10 am. B, C hikes, swimming possibility.

Monday, Sept. 26

RVW. Balsam Cap (3623') and Friday (3694') Mountains, Catskills. Meet: 8 am; call leader at 845-246-1823. Very strenuous 7.5 mile bushwack. Inclement weather date is following Monday.

Tuesday, Sept. 27

UCHC. AT Trail Maintenance in Wawayanda State Park, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at ranger station at Wawayanda entrance; call for directions. Help maintain our section of the Appalachian Trail, and hike about 6 miles. Bring clippers, bag for picking up trash.

October

Saturday, Oct. 1

UCHC. Watchung Reservation Trail Maintenance. 9:30 am to noon. Have fun, meet new people, and give something back to the trails; no experience needed. Call Trailside Nature and Science Center at 908-789-3670, ext. 221, to register.

NYHC. The Coney Island Boardwalk, NYC. Leader: Judy and Marty Mahler, 718-692-2854; call 6 pm–8 pm. Meet: Call leaders. Easy 3-4 miles, all flat. From Nathan's to Seagirt, then back to Brighton Beach for optional Russian meal.

ADK-MH. Brace Mtn. (Taconics), NY. Leaders: Jean-Claude Fouere and Georgette Weir, 845-462-0142 (before 9 pm) or gewir@optonline.net. Meet: Contact leaders for meeting time and place. We'll examine the metamorphic rock of the remnants of an ancient Himalayan-scale range on this 8-mile trek that will take us from New York to Massachusetts and back. Elevation gain will be about 1400 feet. Group size limited to 10.

Sunday, Oct. 2

IHC. Lake Sebago, Harriman State Park, NY. Leader: Dave Sutter, dsuttr@aol.com. Meet: 9:30 am at Lake Sebago, Seven Lakes Dr., Harriman State Park. Moderately strenuous hike exploring old, little used trails.

OUT. City Island & Orchard Beach, NYC. Leader: Ted Gabay, 914-632-3684; call morning of walk 8-9 am only. Meet: 11 am at token booth, Pelham Bay Park subway stop in the Bronx (take #6 train to last stop). Moderate 6 miles. We'll take bus to Lobster Box on City Island for early lunch, then tour City Island and walk the Siwanoy Trail back to the subway. Bring sunscreen, bug repellent, long sleeves, and slacks (poison ivy). Heavy rain cancels. Non-members \$3.

UCHC. Pyramid Mtn., Montville, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10 am; call for directions. Moderate 5 miles; mostly flat with one steep climb, suitable for all.

NYR. Mt. Peter, NY, to West Milford, NJ. Leader: Phil Tates, 212-242-5384. Meet: PABT 7:30 am for 7:45 #197 NJT bus. OW Mt. Peter. From Mt. Peter, we'll follow AT south along Bearfort Ridge to the State Line Trail, passing over Grand View en route. Turn on State Line Trail to the Ernest Walter Trail, which goes to the Quail Trail, then the QT to the Bearfort Ridge Trail. Continue via the BRT to the Terrace Pond North Trail, then the TPNT to the gas line, which descends to Union Valley Road in West Milford.

Thursday, Oct. 6

UCHC. Sterling Ridge, NY. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 9:30 am at Jennings Hollow parking, Hewitt. Moderately strenuous 8-9 miles. Hewitt to Rt. 17A.

Friday, Oct. 7

PMNHA. Fit Friday for Seniors, NJ. Leader: Call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Whether you're a senior or not, hiking is more fun with a group. Moderate.

Saturday, Oct. 8

NYHC. Old Croton Aqueduct – Hastings to Irvington, NY. Leader: Sal Varbero, 718-420-9569; call 8 pm to 10 pm. Meet: 10 am at info booth, Grand Central Terminal. Easy 5 miles, all flat. Hike along the Hudson River, past beautiful homes.

UCHC. Turkey Mtn., Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10 am at Pyramid Mtn. parking lot; call for directions. Moderate to brisk 4-5 miles with some hills. Past limestone quarry to waterfalls near Bott's Pond, then follow the brook through wetlands area. About 3 hours.

Sunday, Oct. 9

IHC. Trail Maintenance on Schunemunk Mtn., NY. Leader: Jim Canfield, 973-728-9774. Meet: 8:30 am at Tuxedo, NY, RR station, Rt. 17 for shuttle to Mountainville, NY. Moderately strenuous. Help maintain our club's section of the Long Path and the lower Jessup Trail. Bring gloves and clippers, if you have them; some tools provided. No experience needed. Rain postpones to Saturday, Oct. 15.

WWW. Peter's Kill/Awosting Falls, NY. Leader: Don Weise; call 973-835-2160 to register. Meet: 9:30 am; call for location. Very strenuous 9-12 miles. Classic Shawangunks hike from Coxing Kill to Awosting Falls via High Peters Kill trail; possible side trip to Lake Minnewaska. Non-members \$8.

PMNHA. New Blue Trail, NJ. Leader: Call 973-334-3130 for more information. Meet: 1 pm at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Let's officially break in this new, rerouted old trail. Moderate.

NYHC. Short Hike on Long Path, NY. Leader: David Konoson, 212-744-2282; call before 10 pm. Meet: 10:15 am at George Washington Bridge Bus Terminal to take 10:45 bus. Easy 3-4 miles at slow pace. Hike from Closter Dock Rd. to State Line Lookout, overlooking Hudson. Heavy rain cancels.

OUT. Alley Pond Park, Queens. Leader: John Socolick, 516-791-6453. Meet: 12:30 pm at Hillside Ave. and Winchester Blvd. (F subway to last stop at 179th St., then Q43 bus to Winchester Blvd.). Moderate 6 miles. Explore the many trails and ponds in this lovely park. Steady rain cancels. Non-members \$3.

GAHC. Schunemunk Mountain, NY. Leaders: Henry Loddigs, 718-899-1052 and Mathias Wuethrich 908-253-9042. Meet: Parking lot Red Apple Restaurant, Rt. 17N, Southfields, NY at 9:30 am. B, C hikes.

Thursday, Oct. 13

UCHC. Ringwood State Park, NJ. Leader: Al Leigh; co-leader Jim McKay, 973-538-0756, jrmckay@verizon.net. Meet: 10 am at Skylands Manor. Moderate 8 miles to Bear Swamp Lake.

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Saturday, Oct. 15

OUT. Morristown and Garden Walk, NJ. Leader: Helen Mangione-Yee, 212-348-5344; call morning of walk 7:30 – 8 am only. Meet: 9:30 am at NJ Transit RR ticket windows, 7th Ave. side of Penn Station. Buy one-way ticket to Morristown with a return from Convent Station. Moderate 7-8 miles, with hills, trails, road walking, drop-off point after 3 miles. See beautiful old homes and learn about history of the area. Heavy rain cancels. Non-members \$3.

UCHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10 am; call for directions. Moderate 2-hour hike with some hills. Beautiful park with stream and lake. Steady rain cancels.

Sunday, Oct. 16

IHC. Osborn Loop, East Hudson Highlands, NY. Leader: Roy Williams, 570-828-6207. Meet: 8:30 am at Anthony Wayne parking area, Harriman State Park. Strenuous hike from Castle Rock south on Sugarloaf and Osborn Loop Trails; enjoy beautiful fall day with views of Hudson River and valley.

WEIS. Castle Point, NJ. Leader: Charlie Toole; call 973-835-2160 to register. Meet: 9:30 am at Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ. Moderate 4-5 miles; out by about 2:30 pm. Besides gorgeous fall foliage, see old castle, water towers, Ramapo Lake, Wanaque reservoir, Norvin Green State Forest, Campgaw Mountains, even the NYC skyline. Non-members \$8.

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

Tuesday, Oct. 18

PMNHA. Morning Hike, NJ. Leader: Call 973-334-3130 for more information. Meet: 10 am at Pyramid Mountain Natural Historic Area visitor center, 472A Boonton Ave., Montville Township, NJ. Come out for a little exercise while enjoying the fall colors. For adults. Moderate.

UCHC. Storm King Mtn., NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10 am; call for directions. Moderately strenuous 5-6 miles with quite a bit of climbing; excellent views of the Hudson Valley are worth it.

Saturday, Oct. 22

WEIS. Women's Hike, NJ. Leader: Karla Risdon, sanctuary director; call 973-835-2160 to register. Meet: 8 am at Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ. Moderate 2-3 miles. Enjoy scenic spots in Ringwood such as Wyanokie High Point, Windbeam Mtn., or the reservoir overlook. Out by about 10 am. Non-members \$8.

NYHC. South Mtn. Reservation, Millburn, NJ. Leader: Judy Levine, 718-482-9659; call after 8:30 pm. Meet: Take 9:11 NJ Transit train from Penn Station, NY, to Millburn, NJ. Moderate 9 miles. Explore hills and streams of this wonderful nature preserve.

UCHC. Watchung Reservation, NJ. Leader: Joan Lepselter, 908-273-4188. Meet: 10 am at Trailside Nature Center. Brisk 4-5 miles (about 2 hours); some rocky trails. Steady rain cancels.

Sunday, Oct. 23

WEIS. Treating Trails with Tony, NJ. Leader: Tony DiLemmo, environmental educator; call 973-835-2160 to register. Meet: 11 am; NJ locations to be announced. Moderate paced, social hikes intended for ages 18-30. Spend some time outside, unwind, and make some new friends. Out by about 4 pm.

IHC. Fall Foliage in Harriman State Park, NY. Leader: Larry Spinner, 845-356-5219; no calls after 9 pm. Meet: 9 am at Lake Kanawake parking, Rt. 106, Harriman. Moderately strenuous 8 miles. A little bit of everything: mines, old trails, a few woods roads, and nice foliage views.

WWW. Claudius Smith's Den, Harriman State Park, NY. Leader: Don Weise; call 973-835-2160 to register. Meet: 9:30 am; call for location. Strenuous 8-9 miles. Autumn color and grand views, including an old outlaw's hideout. Also Lake Sebago, Diamond Mtn., and Cascade of Slid. Non-members \$8.

OUT. Pocantico Hills, NY. Leader: Ray Krant, 718-435-4994. Meet: 9 am at Grand Central Station info booth. Moderate 12-13 miles. Walk by mansions of Scarborough, through Aqueduct Trail, Pocantico Hills, ending at Tarrytown reservoir.

OUT. Nissequogue River, LI. Leader: Quyen (Quinn) Pham, 631-234-5486; call 8-10 pm or morning of hike. Meet: Take 9:14 am LIRR train from Penn Station to Kings Park (call to check train time); meet leader at Kings Park station at 10:40. Moderate 6 (or 12) miles. Short road walk, then hilly bluffs to Sunken Meadow with awesome view of the river and Long Island Sound. Optional hike to Smithtown landing. Rain cancels.

GAHC. Lake Minnewaska, NY. Leader: Manfred Janowski, 914-428-4573. Meet: McDonald's restaurant on northside of Rt. 199 in New Paltz, NY at 10 am. A,B,C hikes.

Tuesday, Oct. 25

UCHC. Ramapo Mtn. State Forest, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10 am; call for directions. Moderate 6 miles on Schuber and Yellow Trails.

Saturday, Oct. 29

NYHC. Kensico Reservoir, NY. Leader: Mayer Wiesen, 516-671-2095; call before 10:30 pm. Meet: 9:30 am at info booth, Grand Central Terminal. Moderate 8-mile hike. Follow Catskill Aqueduct from Valhalla to Pleasantville, with glorious fall foliage above a blue reservoir.

OUT. Kingston to Hamilton, NJ. Leader: Ray Krant, 718-435-4994. Meet: 9:30 am at Port Authority bus terminal, near commuter statue. Moderately paced 12 miles on easy terrain. Very scenic walk along Delaware Raritan Canal; most of route not typically done by local clubs.

UCHC. Ramapo Torne, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Reeves Meadow visitor center. Hike to spectacular view of northern NJ from the Torne; return by Reeves Brook Trail. Moderate but steady uphill of about an hour; out by 1:30.

Sunday, Oct. 30

IHC. Breakneck Ridge and Mt. Taurus, East Hudson Highlands, NY. Leader: Roy Williams, 570-828-6207. Meet: 8:30 am at Anthony Wayne parking area, Harriman. Strenuous. Climb both of these striking peaks rising above the Hudson River; enjoy breathtaking views, bring a camera for some gorgeous shots.

NYHC. Staten Island White Trail, NYC. Leader: Bettye and Steve Soffer, 718-720-1593; call 7 pm - 9 pm. Meet: Take 10:30 am ferry from Manhattan and meet leaders at train station at rear of Staten Island ferry terminal to take bus. Moderate 8 miles. Early fall foliage from Willowbrook Park going toward Hylan Blvd. Heavy rain cancels.

UCHC. Watchung Reservation, NJ. Leader: Rick and Ellen Jeydel, 908-232-2413. Meet: 10 am at Trailside Nature Center. Very fast-paced hike of 4-5 miles with some rocky trails, often muddy. Steady rain cancels.

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