



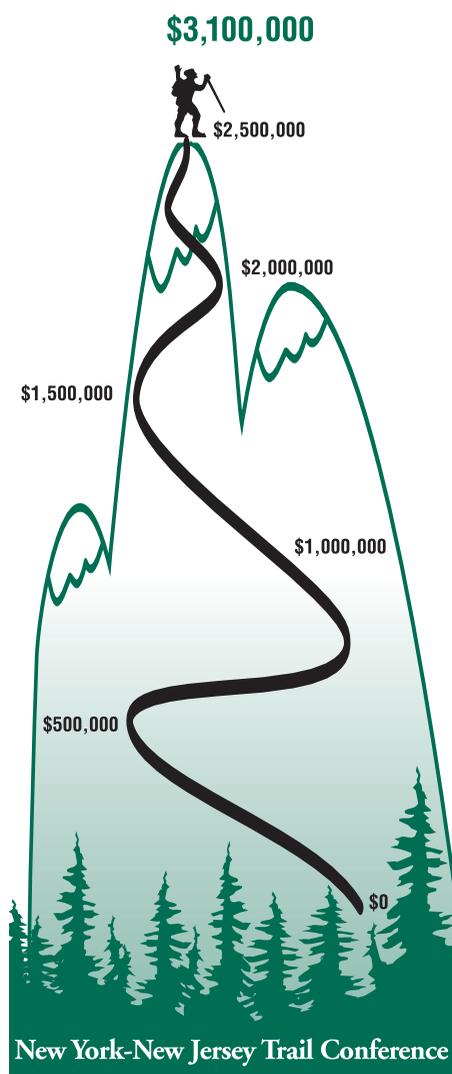
TRAILWALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE — MAINTAINING 1,629 MILES OF FOOT TRAILS

JANUARY/FEBRUARY 2006

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Campaign Exceeds \$2.5M Goal



As this issue goes to press, the Trail Conference is proud to announce that the *Connecting People With Nature* campaign has raised more than \$3.1 million in just over two years, allowing us to declare victory as of December 31, 2005.

A recent announcement by the Morris County Open Space Preservation Trust of a \$500,000 grant, coupled with a matching grant of \$500,000 from the New Jersey Green Acres program, put us over the top (helped our hiker reach the summit!). With these most recent grants, we will make our second New Jersey acquisition—a 74-acre assemblage in Washington Township that will accommodate the co-aligned Highlands Trail and Patriots' Path. (Read about our first NJ land purchase at right.)

2005 was a big year for the Trail Conference. We made major progress on the ambitious plans we had laid out for our future when, in late 2004, we announced the *Connecting People With Nature* campaign. Our goal was to raise \$2.5 million in order to:

1. Improve the connectivity of our region's trail system;
2. Increase our recruitment and training of volunteers for trail crews by rebuilding the historic Bear Mountain trails;
3. Convert all of our hiking maps to digital format.

Even though the campaign is not quite finished (as of the deadline for this issue), the contributions to the campaign are being put to work and are producing impressive results.

- More than 2,000 acres have been protected, including portions of the Highlands Trail, the Long Path, and the Shawangunk Ridge Trail. These lands also provide for side trails connecting with local communities.
- We have redesigned the hiking trails on historic Bear Mountain, NY, including the original and most heavily used section of the Appalachian Trail. This multiyear project will commence next spring as a "Trail University" designed to recruit and train a new generation of volunteers prepared to build and maintain trails in the region's burgeoning open space.
- Our staff cartographer is working with volunteers to convert all hiking maps to digital format, so they can be more accurately and easily updated. Four of our 10 map sets are now digital, and our goal is to complete the other five in the next two years.

The generosity and commitment of our members and partners makes it possible for the Trail Conference to achieve the vision of creating and safeguarding high quality hiking opportunities for future generations. For the inside story on this generosity, please see Ed Goodell's column on page 3.

Trail Conference Completes First Land Purchase in New Jersey

On November 3, 2005, the Trail Conference successfully concluded its first purchase of trail lands in New Jersey by closing on 94 acres adjacent to the north-west border of Weldon Brook Wildlife Management Area. Funds for the purchase price, \$310,000, were provided by capital campaign gifts to the TC Land Acquisition & Stewardship Fund and a loan from a Trail Conference member. The Trail Conference hopes to transfer the property, known as Rolling Hills and located in Sparta Township in Sussex County, to New Jersey's Green Acres program, a division of the Dept. of Environmental Protection.

This purchase closes a gap in the corridor for the Iron Belt Trail and reflects the Conference's commitment to preserving long-distance trail corridors in our region. Board member Malcolm Spector is scouting this new trail, which is planned to have a northern terminus in Wawayanda State Park, heading generally south on lands that already are almost entirely public. It will connect Hamburg Mountain State Forest, Sparta Mountain Wildlife Management Area, Weldon Brook WMA, and Mahlon Dickerson Reservation, where it will join the Highlands Trail. The parcel purchased

continued on page 3

Going a Round in the School of Hard Knocks

If inspirational David and Goliath stories are your cup of tea, then a Trail Conference School of Hard Knocks session is the place to be. The first in what may become a series of training sessions for advocacy volunteers took place November 12th at the Suffern Public Library. Twenty-five attendees learned tactics and strategy from a panel of experienced issue advocates and others working on the front lines of open space and smart development issues.

JoAnn Dolan, former executive director of the Trail Conference and a leader in the effort to preserve Sterling Forest; Bill O'Hearn, executive director of the Highlands Coalition; and Steve Gross, a planner with Hudson Highlands Environmental Planning, offered advice and comments in response to case studies described by

activists on three issues:

- The ongoing effort to prevent development of Sterling Forge Estates on the privately owned "hole in the donut" of the surrounding Sterling Forest State Park. Susan Sher and Mary Yrizarry, co-presidents of the Sterling Forest Partnership, briefly related the 30-year epic of the Sterling Forest success.
- The movement in Deerpark, Orange County, to prevent construction of a large residential development on the steep slopes of the Shawangunk Ridge. Susan O'Neill and Dorothy Karmalinski of Deerpark United Neighbors outlined the concerns of the community, the obstacles they face, and the resources they have gathered.
- An attempt by neighbors to downsize a proposal for a single large home in a neighborhood of modest residences. Robin O'Hearn, executive director of Skylands Clean, noted that the project was sounding alarms about vulnerabilities in the recently celebrated Highlands Preservation Act.

Much of the advice offered during the day was summed up on a tip sheet labeled "Notes for Fighters in the Trenches" hand-



Dennis Schvejda sets the stage for the first TC advocacy workshop.

ed out by Steve Gross: *Don't miss a step* (i.e., know the processes of governmental and environmental approvals; be specific in your comments; know your science); *What brought you to the table may not win the game* (you may be concerned about water quality, but endangered timber rattlesnakes may save the day); *Lawyers are expensive* (invest your early dollars in the right consultant); *Know your tool box* (your hammer may be a governmental review; your bull dozer, environmental requirements); *Consultants know who butters their bread* (don't accept consult-

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

e-mail: info@nynjtc.org

editorial e-mail: tw@nynjtc.org

World Wide Web: www.nynjtc.org



NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

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

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

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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

Armchair adventures

At a loss for a topic for my column, a suggestion came my way to write about books for the armchair hiker—a perspective many adopt in January and February. As a reference librarian, I set my professional skills to work on a topic I loved and enthusiastically set about researching books related to hiking adventures.

Bill Bryson's *A Walk in the Woods*, about his adventures on the Appalachian Trail, was my starting entry. From there, I quickly found others about the Appalachian Trail, including one by Trail Conference Life Member Larry Luxenberg, *Walking the Appalachian Trail*. I enjoyed both books, and although different in presentation, they tell of the people, the places, and the history of the AT. It was easy finding tales of hiking the AT, and more difficult finding other hiking adventures. *Walk Across America* was the first of several books that Peter Jenkins wrote, and just like the Bryson and Luxenberg books, the people met figure into his story line.

I typed in "Jon Krakauer," author of *High Exposure* and *Into Thin Air*, and began finding numerous extreme adventure books, including *Seven Summits* by Dick Bass. It is the story of two successful businessmen who, without any prior climbing experience, decide to climb the highest peak on each of the seven continents. Colin Fletcher's *Man Who Walked Through Time* is the story of his solo walk through the Grand Canyon; it includes a natural history focus as well.

As I meandered down my path of books, I developed a rather lengthy to-read list comprising several categories. Then an unexpected turn occurred. A children's book, *Paddle to the Sea*, kept popping into my head. Written in 1941 by Holling Clancy Holling, it is the story of a canoe, made by an Indian boy in landlocked Canada and put into the water so that it could make its way to the sea. Holling also wrote *Minn of the Mississippi*, a story told from the viewpoint of a snapping turtle over the 25 years she takes to go down the Mississippi River.

I read and reread Holling's books as a child, as did my daughters; I hope my granddaughter will as well. Timeless (although not politically correct), they tell tales that show the interrelationship of humans, geography, and nature. Holling's beautiful full-page illustrations complement the story, side notes, and sense of adventure. Children as young as four feel wonder and learn geography and natural history while being snuggled in an armchair.

Travelers learn that when something unexpected happens to take the turn of events in stride. Such is the case with my armchair traveling. In the end, the books that I am recommending are Holling's books. Your local library is likely to have copies or can borrow them for you. I hope that you will include a young person in your next armchair adventure.

—Jane Daniels, Chair, Board of Directors

Now Available: All New Hudson Palisades Map Set

The all new, second edition of the Trail Conference Hudson Palisades map set is now available. The five-map set covers hiking trails in the New Jersey section of the Palisades Interstate Park (including the Long Path and Shore Trail), as well as trails in Tallman Mountain, Blauvelt, Rockland Lake, Hook Mountain, and High Tor State Parks in New York—all part of the Palisades Interstate Park system. Also included on the map are the trail systems in various county and town parks in New York, as well as in Flat Rock Brook Nature Center, Tenafly Nature Center/Lost Brook Preserve, and Rockleigh Woods Sanctuary/Lamont Reserve in New Jersey.

This new map set incorporates many improvements and enhanced features. The trail routes shown on the maps are products of the latest GPS and digital technology, and the maps include UTM

(Universal Transverse Mercator) grid lines, which are particularly valuable to those equipped with GPS receivers. They are at a scale of 1:18,000 and show contour lines at 20-foot intervals. Vivid five-color graphics on the maps' front sides clearly depict the full range of the area's geographic features, including topographic

contours; rivers, streams, lakes, and wetlands; landmarks and viewpoints; and access points, including parking areas. A green overlay designates publicly-owned open space. Bike paths are also shown on the map.

Hikers and outdoor enthusiasts will appreciate the durable quality of these maps, printed on the waterproof and tearproof Tyvek material that can endure years of active use.

The map backs provide brief histories of the parks and other features of interest, as well as useful information regarding landowners, park regulations, and public transportation. Telephone numbers and websites from which additional information can be obtained are also included.

The price of the five-map set is \$8.95, non-members, \$6.71, members. To order, see Hikers' Marketplace on page 12, or purchase online at www.nynjtc.org.



Letters

Re "Can I Get There from Here?" letter in Nov./Dec. 2005 Trail Walker

Yes, But Not That Way

I am one of those hikers who considers a trailhead accessible by public transport even if a bus or train drops you off two miles from it. I certainly don't prefer a lengthy road walk before and after trail hiking, but am reasonably comfortable with it.

That said, one of the examples of a road walk you gave in your editor's note, from Skyline Diner along West Brook Road [to access Norvin Green State Forest], is the only one I will never attempt again. The

reason: a combination of narrow or no shoulders and heavy dump truck traffic every time I've had to do the walk. The worst part is the shoulderless 200- or 300-yard bridge over the Wanaque Reservoir. I was lucky the six or seven times I crossed it during the past few years, but shudder to think what might have happened had I been caught on the bridge with dump trucks approaching from each side simultaneously. They take up almost an entire lane of West Brook Road, with only inches to spare.

Therefore, I wouldn't recommend this route to the Wyanokies to anyone on foot, unless s/he is a known thrill seeker and feels lucky.

—Jonathan Goodnough
 Hoboken, NJ

You might wish to point out that almost all of the day hikes run by New York-North Jersey Chapter of Appalachian Mountain Club meet public transportation. People who arrive via bus (usually) or train find a plethora of cars ready to take them to the trailhead of the day. The club has an office in New York City, (212) 986-1430, www.amc-ny.org.

—Richard Wolff
 Montclair, NJ

Send Us Your Thoughts

The *Trail Walker* welcomes letters to the editor. Send them via email to tw@nynjtc.org or mail to:

Trail Walker Editor
 NY/NJ Trail Conference
 156 Ramapo Valley Road
 Mahwah, NJ 07430

From the Executive Director

The People Who Are Connecting You With Nature

The success of our *Connecting People With Nature* campaign began three years ago, when more than 40 Trail Conference volunteer leaders and staff gathered along the Hudson River to identify the key obstacles to improving hiking opportunities in the region. With the recognition that the window of opportunity to create and protect an interconnected system of trails was rapidly diminishing, three challenges rose to the top:

1. Permanently protecting hiking lands, especially linkages between existing public open space;
2. Increasing our volunteer capacity to build trails and maintain access to open space;
3. Adopting technologies that enhance our ability to fulfill our mission.

It was quickly apparent that our annual operating budget could not simultaneously address these emerging challenges and maintain our existing programs. Therefore, the



Trail Conference board of directors decided to seize the moment and **embark on a campaign to raise \$2.5 million** beyond our annual budget.

Before announcing the campaign publicly at our Fall 2004 Annual Meeting, 70 major donors (including all board members) had pledged almost \$1.5 million, which provided the momentum to successfully finish and exceed our original goal. Many, many thanks are due to the early visionaries whose leadership was essential to our success. Paramount among them were our campaign co-chairs, whose names will go unmentioned here at their own request.

In the fall of 2005, two matching grants of \$500,000 each to acquire lands in Washington Township, NJ, for the Highlands Trail allowed us to reach and greatly exceed our goal. Also crucial to meeting our goal were \$200,000 in bequests, which the board wisely dedicated to the campaign; the bulk of the bequests came from longtime member and club delegate Jay Schwarz.

Even though the campaign officially ends December 31, 2005, anyone wishing to contribute can do so after that date simply by writing "campaign" in the memo field of their check.

The following is a list of people and organizations that have contributed to the *Connecting People With Nature* campaign as of December 1, 2005.

—Ed Goodell

DONORS TO THE CAMPAIGN September 2003 to December 2005

Barbara R. Ackerman, John Adams, Kate S. Ahmadi, Bryan & Ora Alter, Patrick J. Applegate, Jill H. Arbuckle, Harvey G. Aronson, Michael J. Ashworth, Robert P. & Joan T. Augello, Catherine A. Bales, Debra Marie Balestra & Hunt Leigh, Peter M. Balma, Edith Barth, Herman Baruth, Christopher K. Bastedo, William B. Bates Jr., Dr. George L. Becker Jr., Paul Bell, Hanna & Andy Benesch, Eileen Berch & Barbara Drake, Robert E. Berlin & Ruth W. Berlin, Sherri Biscan, John B. Bleninger, Michael Bonifanti, Douglas O. Bowers, Rita Boyd, Robert & Rose Marie Boysen, William A. & Barbara A. Branch, Roland Breault, Han & Afina Broekman, Melinda Broman, John & Patricia Brotherton, Howard Brown & Nancy A. Houghton-Brown, John F. & Carmen R. Bruckner, Howie Burke, Robert F. Busha, George H. & Geraldine Byrne, Evangeline Caliandro, James Canfield & Carolyn Canfield, Russ & Diane Cannizzaro, Lisa C. Caplan, William F. & Madeline A. Carrington, Gerard & Constance Chasse, Daniel D. Chazin, William Chiappane, Linda M. Clark, Herman H. Clausen, Derek D. & Barbara Cocovinis, Vincent A. & Karen M. Coghlan, Neil & Katherine Cohen, Ronna Cohen, James A. Conklin, Chris K. Connolly, Henry G. Corey, Jacqueline Corrieri, Donald T. Corrigan, Louis Cothalis, Pat Cotter & Francis Turner, Ellen M. Cronan, Robert J. Danetz, Jane & Walt Daniels, Geoffrey Dann & Lauri Novick-Dann, Nestor Danyluk, Lois N. De Conca, Denise R. DeBernardi, John P. Denkowski, JoAnn & Paul Dolan, Thomas A. Dunn, Sarah C. Durham, Arthur H. & Nancy Ebeling, A Ross Eckler, Mark & Judi Edgerly, Joan & David Ehrenfeld, Marc Ellenbein, Majken Elgaard, John Ellingboe & Page Hartwell, Jeanne B. Epstein, Leonard & Nancy Esposito, Sheila C. Ewall, Charlotte & Stanley Fahn, Edward W. Fanslau, Thomas E. Farrell, Frank C. Fischer, Anthony & Barbara Fischetti, Jim M. & Roseline S. Flynn, Robert L. & Judy Foester, Ronald R. Fontana, Dennis F. Fordham & Ruth Lu, Arnold & Elaine J. Forsch, Joanne Foster, John Macalla, Jakob Franke, Gely Franke, Ben & Phyllis Frankel, Robert E. Fuller, Claudia L. Ganz, Donald J. Garber, Fred Gardiner, Jane Geisler, Clifford Norman Gerenz, Frances V. Gibbs, Edward N. & Nancy T. Gifford, John & Wanda Giuffrida, Jeffrey Glans & Louise Perkins, Perry Goldschein, Toby Golick, Edward Goodell,

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Much of the property seen in this view looking northeast toward the main Shawangunk Ridge has been protected by the Trail Conference, thanks to campaign contributions to the Land Acquisition and Stewardship Fund.

L. Hochberg, Royal Jay Holly, Gaylord C. Holmes, Samuel G. Huber & Catherine Weiss, Paul R. Hundt, Frank Hunter, Buddy Jensen & Linda Bowden, Bonnie Joachim, Linn E. Johnson, Valerie Johnson, Robert J. Jonas, Thomas J. Joyce, John P. Jurasek, Denis J. Kaminski Jr., Lola Kasumoto, David Katz, Richard & Marion Katzive, Michael A. Kaye, William M. & Christina Kelly, Peter L. Kennard, Albert Kent Jr.,

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FIRST LAND PURCHASE IN NJ continued from page 1

by the Trail Conference is important as having been one of the few unprotected sections along the trail's proposed route.

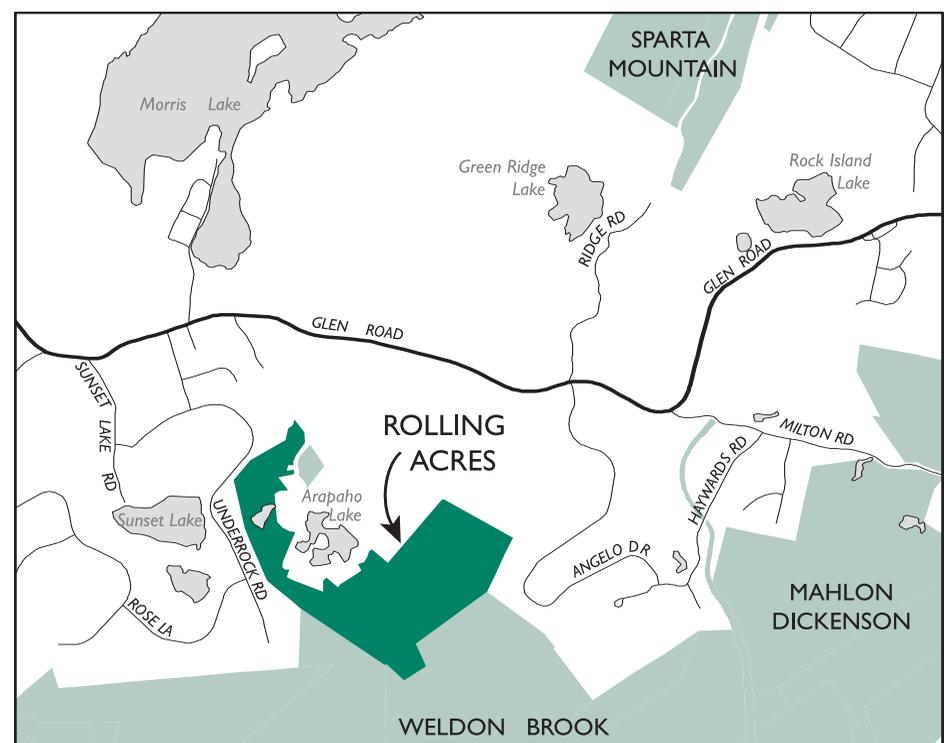
When constructed, the Iron Belt Trail will add another 20 to 30 miles of trails to New Jersey's trail system. It will provide hiking opportunities and viewpoints in an area not currently accessible to the hiking public.

The property contains a wide diversity of interesting geographical features, fauna, and flora. Much of it is forested, with stands of towering beech trees, hemlocks, and an assortment of other trees, shrubbery, and flora. The topography is generally hilly and rocky, with a scattered assortment of wetlands, vernal pools, and streams. The wetter portions of the property are ideal habitat for its many cold-blooded residents: wood frogs, spring peepers, spotted salamanders, northern gray tree frogs, and green frogs, many of which seem to be disappearing

throughout New Jersey. There is a small pond, complete with a family of beavers. Neighbor and Trail Conference member Laura Newgard has also identified a red-tailed hawk as a resident of the property.

The land is laced with old woods roads, with some routes connecting into Weldon Brook. The Trail Conference will open the property to the public for hiking, bird-watching, and other passive, non-wheeled recreation. Access will be through Weldon Brook and/or Mahlon Dickerson, as the parcel does not have a parking area and parking is not allowed on the street, which is privately owned.

In a region that is quickly developing, the Trail Conference has identified protecting and preserving trail corridors as a priority goal. If you are interested in scouting lands or wish to contribute to the Iron Belt Trail project, please call Rich Benning or Larry Wheelock at the TC office at (201) 512-9348.



TRAIL NEWS



Hasenclever Trail Remains Closed During Area Remediation

The Hasenclever Iron Trail, opened in the summer of 2004, remains closed while New Jersey authorities oversee the removal of toxic waste in the area. The trail, which extends just over five miles from Ringwood Manor to the footbridge over the Wanaque River on the Sterling Ridge Trail at the Long Pond Iron Furnaces, was closed soon after opening when an industrial waste dump was discovered nearby. The trail briefly reopened after an initial determination that the dump posed no threat, but was closed again in December of 2004 pending cleanup.

Cleanup was delayed, but resumed in the fall of 2005 after the *Bergen Record* published a series of articles on the history of the site, and the state assumed the supervisory role from the federal government.

At a November meeting with Ringwood State Park authorities, Trail Conference representatives asked about the status of the trail and surrounding mine lands. The park officials speculated that the trail itself, as well as the surrounding area, would remain closed to the public for the foreseeable future. However, they expected that there would be some remediation of the trail before it reopened, including resurfacing and reforestation.

"We look forward to hearing the New Jersey state authorities announce that the trail and surrounding area is finally cleared and reopened to the public," commented John Moran, chair of the North Jersey Trails Committee.

Route 218 Reopens

A landslide that resulted in the closure of Route 218 in Cornwall, NY, in October has been cleared and the road was reopened in December. (It is worth remembering, however, that this road is frequently closed in winter due to icy conditions.) As of the deadline for this issue, it was not yet known whether the slide had any impact on trails in Storm King State Park.

Bridge Out Near Denning Trailhead

Hikers heading from the Denning trailhead to Table, Lone, or Rocky Mountains in the Catskills will likely see a "Bridge Out" sign still posted. In October, torrential rains destroyed the footbridge over the Deer Shanty Brook that carries the Long Path in that spot.

Trail Crew Schedule

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.



John Robb Lean-to Burns

The John Robb Lean-to on the Spruceton Trail up Hunter Mountain burned to the ground in October. Details about the cause of the fire or the possibility of rebuilding the structure were not available.

Dunnfield Creek Trail Is Hikeable Again

Although work has not been completed on the partial relocation and repairs to the flood-damaged Dunnfield Creek Trail in Worthington State Forest, it is now passable. Additional steps need to be constructed and some blow-downs need to be removed, but the remaining obstacles will not deter hikers.

AT Now Passable Through NJ Flood Plain

As a result of the flood conditions in October, a section of the AT, between Rt. 94 and Canal Road in Vernon, NJ, had to be closed just as work to reconstruct it was about to begin. With the receding waters and help from the North Jersey Trail Crew, the existing bridge has been repaired adequately to allow hikers to pass over the Wawayanda Creek tributary. Replacement of this bridge will be attempted again in the spring.

Fall Crew Reports

West Hudson South Crew

West Hudson South trail crew had another successful season of trail building. For the spring and fall season we put in more than 1,400 hours of volunteer service on the Brooks Lake Trail and several other projects in Harriman State Park. I would like to thank the following people for their time and effort: Victor Alfieri, Carolyn Bloomfield, Roland Breault, Gail Brown, Jim Brown, Brian Buchbinder, Norm Clausen, Chris Connolly, David Day, Tom Dunn, Gail Foldes, Robert Foldes, Don Freudenberg, Joyce Gallagher, Claudia Ganz, Dan Hausner, Kim Hausner, Mary Hilley, Bill Horowitz, Joan James, Alice Layne, Richard Lynch, Frank Madden, Bob Marshall, Richard Maskal, Gay Mayer, Lori Maynard, Doug McBride, Francis Mead, Sal Morra, Monica Resor, Kevin Riley, Trudy Schneider, Melissa Shumer, Manny Silberberg, Charles Silver-Frankel, Ike Siskind, Briana Therien, Karen Volk, Hanson Wong, and Steve Zubarik.

—Chris Ezzo, Crew Chief

East Hudson Crew

Most of the work trips this summer and fall were spent building bridges and puncheon in George's Island Park (Westchester County). The trail system there is now fully usable, although part of it is closed during the winter months because of eagles



DAVID DAY

WALT DANIELS

roosting on the point. We also did waterbar work on Mt. Beacon and the Breakneck Bypass.

Special thanks to Patrick McGoin, who led a number of trips and participated in most of them. We also thank Westchester County for supplying the materials for the bridges and Bob Del Torto, the county's volunteer coordinator, for helping with the construction.

—Walt Daniels, Crew Leader

West Jersey Crew

It was a busy year for the West Jersey Crew. In the course of 18 work days, the crew built a 30-foot bridge over Dunnfield Creek in Worthington State Forest, began construction of the Warren Trail in Warren County by clearing three miles of new trail, built trail reroutes around a beaver dam-



induced flood on the Rattlesnake Swamp Trail in the Delaware Water Gap National Recreation Area and around a flood-induced washout on the Dunnfield Creek Trail in Worthington State Forest, relocated and repaired a boardwalk on the Appalachian Trail near Unionville that had been knocked askew by an uprooted tree, and installed an assortment of water bars, retaining walls, and rock steps on the Appalachian Trail in Worthington State Forest and near Unionville.

A big thank-you to the following people for their hard work: Jack Baccaglioni, Larry

continued on page 6

News from the Long Path

Trail Connecting Sam's Point with Minnewaska Reopens

Some exciting news for everyone who loves a through trail: The Trail Conference has finally gotten permission to reopen the old blue trail connecting High Point in Sam's Point Preserve with the Smiley Carriageway in Minnewaska State Park. Opening the blue trail effectively fills in the gap in the Long Path that was caused when land owner John Bradley closed the Mud Pond section several years ago. Hikers will now have a path to walk from Verkeerderkill Falls to High Point and the Smiley Carriageway, and then follow Smiley to Lake Awosting Carriageway and the Long Path near Lake Awosting.

Work has started, and a short relocation of the old blue trail, removing it from a sensitive area, was finished before the end of October. In November additional work was done and the trail is now flagged and passable. Malcolm Spector, Eric Meyer, Patty Lee Parmalee, and Jakob Franke worked many hours on the project this fall.

It will, however, take several more trips with lots of volunteers to get the approximately three-mile trail back in shape.

Although the tread way is clearly recognizable, blueberry has grown luxuriantly over the trail from both sides. We will finish the project and do the blazing next spring.

Elsewhere on the LP

On the New Jersey Palisades, the LP is in exceptionally good shape, thanks to a crew of summer interns from the NJ section of the Palisades Interstate Park (PIP) who widened the footpath quite a bit. It's up to us now to keep it in good shape. Also, work was finished this summer on a couple of detours that really improved the hiking experience between Greenbrook Sanctuary and Rockefeller Lookout.

In Rockland County, LP committee members led several group hikes on the LP during the season. Frank Madden and Jakob Franke led a group up High Tor as one of the Hudson Valley Ramble events, and a week later the two assisted the town of Clarkstown with a series of hikes, the longest of which was a circular from Rockland Lake over Hook Mountain.

Unfortunately, the new trail that was built two years ago through West Point property remains closed.

On the Shawangunk Ridge Trail, committee members are actively working on the creation of side trails and loop hikes. Newly acquired lands will allow hikers, in the future, to take the train to Port Jervis and then hike from there to the train station in Otisville. Volunteers will be needed to build and maintain these new trails.

Up north there has been a reroute in section 27, which was approved at the last Trails Council meeting. The relocation will move about two miles of the Long Path off-road, and is in the town of Blenheim, Schoharie County, on land belonging to the New York Power Authority and two adjacent private landowners. A description of the reroute will be on the Trail Conference website.

Lastly, kiosks telling the LP story have been installed at both ends of the trail. A new kiosk was erected at the northern end, at Thacher State Park, and PIP installed one at the southern terminus at Fort Lee Historic Park, near the visitor center.

—Jakob Franke, Chair,
Long Path South Committee

Lend Your Talents to Bear Mountain Trails Restoration Project

In early December 2005, the volunteers and staff of the NY/NJ Trail Conference and the Appalachian Trail Conservancy wrapped up the detailed trail layout and rehabilitation plan for the proposed upgraded trail system on Bear Mountain. The next steps are to recruit first-stage volunteers and to build our trail stewardship capacities by training new individuals in the necessary skills. A series of workshops is set to start in April 2006. Watch the March/April 2006 issue of *Trail Walker* for specific dates.

In the meantime, the following specific leadership roles have been identified and need to be filled.

***Volunteer Enlistment Coordinator:**

Serves as registrar and coordinates outreach efforts

***Assistant Volunteer Coordinator:**

Maintains database, manages volunteer participation records

***Recruitment Volunteers:** Make weekly phone calls and send out emails to prospective field volunteers

***Outreach Volunteers:** Present project to the targeted groups

Fundraising Coordinator: Coordinates grant applications and other fundraising initiatives

Publicity Coordinator: Sustains an outreach program to news media, trade publications, and partners

Newsletter Editor: Manages a monthly newsletter for the project

Webmaster: Manages Trail Conference web pages for this project

Tools and Materials Quartermaster: Maintains an inventory of all tools and materials

Temporary Informational Signage Coordinator: Coordinates temporary directional and other informational signage to direct the hiking public in a safe and orderly way for the duration of the project.

Visitor and Housing

Coordinator/Hosts: Secures adequate room and board for visiting participants in the project, volunteer, crews, and trainers; ensures visitors feel welcome.

Legal Adviser

Bookkeeper

*These positions need to be filled this winter!

To sign up for any of the above positions, contact Eddie Walsh, Project Manager, at (201) 512-9348, ext. 22 or email eddiewalsh@nynjtc.org.



LARRY WHEELLOCK

The best features of Bear Mountain, including spectacular views such as this one, will be highlighted by the trails restoration project.

From the Advocacy Director: Dennis Schvejda

We're Vigilant on ATV Issues

If there's a hot-button issue for hikers, it's ATVs. A few years ago, Dept. of Environmental Protection (DEP) Commissioner Brad Campbell took a step forward in New Jersey, ramping up enforcement efforts. Currently Commissioner Campbell is reviewing legislation that could be termed "comprehensive." The legislation is expected to close the point-of-sale loop-hole whereby an ATV may be purchased without registration, insurance, car-size license plates, training, or an ATV operator's license. Just as with a motor vehicle, the proposed legislation would require these credentials at purchase in the dealership. Registration fees would in part be used to fund enforcement efforts to help end the plague of illegal use on our public lands.

While we applaud these efforts and are waiting for a copy of the draft legislation to review, another ATV measure in the works adds another layer of contentiousness.

The controversy surrounds the creation of ATV "parks," something DEP can do without legislative approval. The only currently legal facility, Chatsworth, is closing, and DEP is committed to opening several facilities throughout the state. The first may be in Monroe Township, Gloucester County. Several years ago, the site was one of several potential sites identified by a group of DEP officials and non-profit representatives. The 200-acre site was subsequently purchased by the state, and plans to create an ATV park have moved forward without any notification of local residents or officials.

Well, the cat is out of the bag and local residents are up in arms. A coalition of citizens, local officials, and civic organizations has formed to fight the

ATV park proposal. You never get a second chance to make a first impression, and DEP has an uphill battle to get this ATV facility off the ground.



The reverse of this conundrum would be towns that welcome an ATV facility, but the site in question is already preserved as public open space. One such municipality could be West Milford. New Jersey is once again seriously considering the old Jungle Habitat lands, now part of Norvin Green State Forest, as an ATV park. This idea has surfaced several times, only to wither under public outcry.

This 800-acre property is a critical part of the Highlands Greenway that stretches from Bear Mountain through Harriman State Park, Sterling Forest, Long Pond Ironworks State Park, and Norvin Green State Forest. The noise from this facility and the scarring of the land will seriously impact hiking trails that traverse it: Hewitt-Butler and Burnt Meadow. If this proposal sees the light of day, the Trail Conference and its partner organizations will again sound the alarm and rally public opposition.

The Trail Conference and most New Jersey environmental organizations support the creation of facilities where ATV riding is permitted. However, any ATV facilities should be created with full public disclosure, should be on lands purchased for ATV use (not existing parklands), should conform to strict environmental site standards, and should be created after or along with the adoption of legislation that treats ATVs as motor vehicles.

ADVOCACY & CONSERVATION

Contract Signed for Preservation of Awosting Reserve

The Trust for Public Land and the Open Space Institute have signed a contract to buy the 2,500-acre Awosting Reserve for \$17 million. The land will be resold to the state for expansion of the adjacent Minnewaska State Park. In 2002, Awosting Reserve proposed a major housing development on the ridge. Developers wanted to build nearly 350 luxury homes on the eastern slope of the Shawangunk Ridge. A major victory for the environmental community, the sale capped a three-year campaign to prevent the proposed development by the Trail Conference and its partner organizations.

DEP Moves to Protect 1,200 Acres in Wyanokie Highlands

Exciting News! The Trail Conference and the Highlands Coalition have been working with the NJ Dept. of Environmental Protection (DEP) to support its Wyanokies

Highlands project. We are lobbying legislators and have written letters of support to the U.S. Dept. of Interior requesting funding under the federal Highlands Conservation Act.

With or without this funding, DEP is moving forward to protect over 1,200 acres in the Wyanokies, filling in the missing pieces of a greenway, protecting an area with perhaps the greatest concentration of hiking trails in the state, and reopening areas now closed to hikers.

Stewart Land Deal Reached

In the Nov./Dec. issue of *Trail Walker*, Sandra Kissam, president of the Stewart Park and Reserve Coalition (SPARC), reported on the status of efforts to preserve the Stewart Airport buffer lands ("Save Pastoral Oasis," p. 6). The Trail Conference is a supporting member of SPARC. In November, SPARC and its partners, Orange County Federation of Sportsmans Clubs and the Sierra Club, announced

settlement of their lawsuit against the NYS Dept. of Transportation's plans for development on nearly 2,000 acres. The terms of the deal call for development on just 400 acres, with 1,600 acres added to Stewart State Forest, bringing the total preserved acreage to nearly 7,000 acres. SPARC's goal has been realized. Now it has to pare down its legal debt, which, Kissam wrote in *Trail Walker*, exceed \$35,000. It is launching a fund drive to pay off the debt.

NYS Seeks Comment on Draft Open Space Plan

New York State's Dept. of Environmental Conservation (DEC) has released its 2005 Draft Open Space Conservation Plan for public comment and review. The Open Space Conservation Plan serves as the blueprint for the state's land conservation efforts, which during the past 10 years have conserved more than 924,000 acres of land with an investment of more than \$586 million in land acquisition funding. The

comment period on the draft closes at 4:45 pm, Jan. 18, 2006. For copies of the plan and additional information, visit the DEC webpage: www.dec.state.ny.us/website/dlf/opensp/.

Good News for Open Space at the Ballot Box!

In November, New Jersey residents passed 70 percent of the 30 ballot measures to fund open space protection, approving \$165,232,424 in additional funding (in most cases, to be raised over the next 20 years). New York passed three of four measures, for \$5 million. New Jersey voters also approved Ballot Question Number 2, to clean up diesel emissions. Nationwide, 46 open space measures passed, totaling \$563,805,750.

Catskills: 400 Acres Saved on Overlook Mountain

New York State is buying 403 acres on Overlook Mountain in Ulster County to help protect the prominent and popular Catskill summit. The land deal includes the 210-acre Woodstock Guild of Artists and Craftsmen parcel, the 92-acre Berg parcel, the 73-acre Karma Triyana Dharmachakra Inc. parcel, and the 28-acre Illjes parcel.

continued on page 8

TC Recognizes Outstanding Volunteers

Each year, the Trail Conference recognizes and thanks with awards individuals who have given exemplary service to maintaining, building, or protecting trails in our region. This year's honorees were announced at the Annual Meeting, held October 22, 2005, at Black Rock Forest.



Next Generation Award

BSA Ringwood, NJ, Boy Scout Troop 96

This award is given to those under age 18 who are making significant contributions of time and energy to trail building or protection. Gene Giordano, NJ Appalachian Trail Management Committee Chair and Ringwood Supervisor for the North Jersey Trails Committee, notes that Troop 96 has an extensive record of helping with trail maintenance projects in northeastern New Jersey. Their major accomplishments include:

- a footbridge on a trail in Long Pond Ironworks State Park (2002)
- reblazing the 3-mile section of the Halifax Trail in Ringwood State Park (2002)
- reblazing the 6.2-mile Crossover Trail in Ringwood State Park and building a quarter-mile reroute (2003)
- the original blazing of the 6-mile long Hasenclever Iron Mine Trail in Long Pond Ironworks State Park and Ringwood State Park (2004)
- a footbridge on the Schuber Trail at Camp Glen Gray (2004)
- a footbridge on the Blue Trail, Ringwood State Park (2005 and a work in progress)

Troop 96 is an active hiking and backpacking troop with a strong Leave No Trace ethic. The troop routinely hikes the AT in groups no larger than 10 and has made up its own patches to award Scouts who complete the entire New Jersey section of the trail from Mt. Peter to the Delaware Water Gap and another patch called the River to River for Scouts hiking from the Hudson River to the Delaware.

Major William A. Welch Trail Partner Award

Adena Long, Staten Island Greenbelt Administrator, Park Manager, and Executive Director of the Staten Island Greenbelt Conservancy

Robert Ward, Metro Trails Chair, noted that Adena Long has been instrumental in helping Trail Conference maintainers on Staten Island, serving as a liaison with the city parks department, and helping to organize the annual National Trails Day event. "She has done a lot more for us than listed in her job specifications," Ward said, and she has been a true partner to the Trail Conference on Staten Island.

William Hoeflerlin Award

Jack Driller, Don Morgan, and Bob Ward

The Hoeflerlin Award recognizes Trail Conference volunteers who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection. This year the award was given to three volunteers.

Jack Driller serves as supervisor of the southern portion of Harriman State Park for the Trail Conference and is a very active member of the West Hudson South Chain Saw Crew. Peter Heckler, West Hudson South Trails Chair notes, "Jack has served the hiking community long and well in a number of roles over the years in both the New York-North Jersey Chapter of AMC and the Trail Conference." Currently Jack serves as NY-North Jersey AMC chapter representative to the Trail Conference.

Don Morgan has served as supervisor for the northwestern portion of Harriman State Park for the past 15 years, but unfortunately is retiring at the end of 2005 because of ailing knees. Notes Heckler: "His quietly efficient manner of administering trails in that area, including recording and reporting, training and motivating the efforts of 25 maintainers for that long a period, is certainly due an expression of appreciation and recognition from the community that has been the beneficiary of Don's time and talents."

Robert Ward became Metro Trails Chair in 2001. Since then, working with NY City Parks Department, he has added trails in three urban parks to the Trail Conference

network of maintained trails. More importantly, he has done it in a well thought out manner, always getting people lined up to assume the roles of supervisors. His steady efforts have succeeded in an urban environment not usually considered as a hiking destination, notes Jane Daniels, Trail Conference board chair. "Bob's efforts mean that urban dwellers can easily enjoy the outdoors without venturing far afield."

Paul Leiken Extra Mile Award

Steve Banyacski and Steve Zubarik

As the first co-chairs for the West Hudson South Chain Saw Crew, Steve Banyacski and Steve Zubarik have demonstrated an exceptional commitment to keeping trails blow-down free. The past several years have presented a real test to that end, and the crew has dedicated approximately 2,000



HERB CHONG

hours in lugging the required equipment, clearing trails, and recording and reporting their labor. "Their dedication well deserves recognition for exemplary service to the hiking community," says Pete Heckler.

Byram Highlands Charity Hike

More than 500 individuals hiked a section of the Highlands Trail, behind leaders provided by the Trail Conference, and raised money for Byram's schools, fire department, and emergency squad. The event was sponsored by the Hudson Farm, in conjunction with Byram Township, with the help of the NY/NJ Trail Conference. The Peter and Cynthia Kellogg Foundation, owner of Hudson Farm, pledged to give \$1 per year of age of each participant to their choice of any of the three beneficiaries. The Trail Conference thanks its volunteers for leading the hikes, its members for attending the event, and the Hudson Farm owner for his generosity in hosting this unprecedented charity event.



FALL CREW REPORTS

continued from page 4

Bernstein, Susan Bernstein, Ian Blundell, Bob Boysen, Roland Breault, Gordon Campbell, Joan Campbell, Mike Chatzopoulos, Nick Eggert, Dick Gerien, Susan Greener, Don Griffin, Joan James, Jeff Janso, Brandon Kalaskey, Cris Kalaskey, Richard Krohn, Bill Martin, Jason Martin, Gay Mayer, Mary Mayer, Sean Mayer, Keith McDermott, Leslie McGlynn, Marshall McKnight, Seth Minsk, Craig Nunn, Sandy Parr, Steve Reiss, Chuck Rood, Steve Shyne, Bruce Thomson, Heather Vivian, Bob Warren and Joan Woolery; also to Shanna Gabel and Chris Wilson, summer interns from the NJ Dept. of Environmental Protection. We also are deeply appreciative of Superintendent Ernie Kabert of Worthington/Jenny Jump State Forests, and his staff, who provided and transported the construction materials and tools for the Dunnfield Creek Bridge, and provided brush-cutting equipment that was invaluable in clearing the new Warren Trail up and over what we learned later is locally known as "Bramble Hill."

—Monica & David Day, Crew Leaders

Volunteer Classifieds: Get Involved!

Become an active part of the Trail Conference family. If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact Operations Director Joshua Erdsneker, either by email volunteers@nynjtc.org, or by phone, (201) 512-9348 ext. 13, and he will find a way to get you involved.

Committee Assistants

Each Trail Conference committee is seeking an individual to serve as secretary. Responsibilities include taking minutes, coordinating meeting time and location, distributing meeting minutes and agendas, and coordinating the collection of volunteer hours and recognition. Contact Jane Daniels, either by email jdhiker@optonline.net or call the office (201) 512-9348 for more information.

Can you spare 2 hours a week?

Join the fun and come to our Mahwah office and assist with the packing of map and book orders, shipping membership cards, and processing membership renewals. Keep the Trail Conference's orders and fulfillment department on track by lending us a hand. With a boom in memberships and book and map orders, we need your help. Contact Joshua Erdsneker, either by email, volunteers@nynjtc.org, or by phone, (201) 512-9348, ext. 13.

Appalachian Trail Natural Heritage Coordinator

Every summer and fall, Trail Conference volunteers head out to selected sites along the AT to monitor rare, threatened, or endangered species of plants. We are

looking for a volunteer to help coordinate the efforts of these volunteers and act as a liaison between the TC, Appalachian Trail Conservancy, and National Park Service. Interested persons should contact Larry Wheelock at Wheelock@nynjtc.org or 201-512-9348, ext 16.

NEW... Metro Trails Crew

NYC Residents: Are you looking for a place to do trail work, but don't want to spend 90 minutes on a train? Join our newly formed Metro Trails Committee Trail Crew. We have many exciting projects in Queens and Staten Island. Contact the Trail Crew Chief, Joe Gindoff, at joeghiker@aol.com or 718-672-3855 to find out more.

Trail and Hiking Information Experts

The Trail Conference strives to offer the public and our members the highest level of customer service. To do so, we need your help. The Trail Conference seeks volunteers both to come to our office to answer phones or to answer hiking related questions from their own home.

If you are willing to answer questions from home, just let us know what areas you would be willing to field questions about and we can email you the caller's contact information and question. Interested volunteers do not need to be all-knowing about hiking in our area, just willing to look up information and take a message if they don't know the answer. Please contact Catherine Gemmell at (201) 512-9348 or office@nynjtc.org for more information.

Why Worry about Exotic Invasives?

By Kenneth Elgersma

Infest, dominate, alien, aggressive, invasive, exotic. These words often are used in connection with species that are successfully introduced into a new geographic region, and all contain overtones of violence and suspicion. Do exotic species deserve this hostility, or have they gotten a bad rap? Critics have accused scientists of using loaded terms to hype up the issue of exotic invasives and create conflict where none exists. It is important then to ask, Why care about the species that we call “exotic” and “invasive”?

Ecologists refer to an “invasion” when a species originating from a distant place, usually a different continent, becomes extremely abundant in a new ecological community. When a new species becomes a significant portion of the local community, it can result in far-reaching changes to the whole ecosystem. Sometimes these changes are benign or even positive. In fact, our society relies on the positive impacts of many exotic species; wheat, growing across vast tracts of farmland, is one example. Tamarisk, an exotic invasive shrub in the desert southwest, provides habitat for the endangered Southwest Willow Flycatcher. Many exotic plants, such as Multiflora Rose, are introduced for their pleasant flowers or even for medicinal value.

But while positive changes may occur as a result of invasion, there are also many

ways that the arrival of a new species can negatively affect its new home ecosystem, and these negative changes tend to be more prevalent. The simplest and most familiar negative impact is the loss of native species. While total extinction due solely to invasive species is rarely documented, other than on remote islands, exotic invasives often put added stress on native populations. For species that are already in danger of extinction, this may be the final nail in the coffin. Indeed, it has been estimated that almost half of the species listed as “threatened and endangered” are facing problems from non-native, newly established species.



JOAN LEHNFELD

Invasive tamarisks in the American southwest provide habitat for endangered birds but also soak up scarce water.

But invasive species can affect more than just the local native plants and animals; they can also affect the resources available in an ecosystem. The tamarisk mentioned

earlier greatly reduces water availability to other plants, animals, and people by tapping small and large streams throughout the southwest. Invasives may also increase the amount of disturbance in an ecosystem. Invasive earthworms, for example, till the soil and reduce the litter layer, and nutria in the Chesapeake Bay disturb marsh banks while digging for roots. Fire-prone grasses disturb forest and shrub ecosystems by making the ecosystem more flammable, resulting in hotter, faster, and more frequent wildfires.

Ecosystem impacts can also directly affect human welfare when humans rely on ecosystems for goods and services. Invasive pathogens have devastated the logging industry, most notably in our area when Chestnut Blight eliminated a valuable timber species. Invasive pathogens are also responsible for massive crop losses, such as that which devastated potatoes in Ireland and led to human famine. More recently, concern is mounting about the invasive soybean rust that could devastate soybean crops, and consequently farmers, in the midwestern United States.

Fisheries, too, are prone to invasion; invasive carp can all but destroy pristine fisheries by destroying habitat for native game fish. Aquatic weeds such as *Salvinia* in the southeastern United States can result in degraded fisheries and clogged waterways, which are unsuitable for boats.

Pasturelands have been rendered all but useless by the invasion of prickly pear cactus in Australia and by St. John's Wort and exotic thistles in the western United States. All of these invasions have resulted in massive economic losses.

While the impacts of invasion can be positive and subtle, often they are negative and profound. Consequently, it is imperative that our society be attentive to the issue of biological invasions in order to maintain healthy ecosystems in our changing world.

Kenneth Elgersma is a graduate student in the Dept. of Ecology, Evolution and Natural Resources at Cook College, Rutgers University.

Help Survey Invasive Plants

The Trail Conference, in partnership with Rutgers University, will be participating in a three-year study funded by the U.S. Dept. of Agriculture, to study the spread of invasive plants. Teams of citizen scientists will collect data on invasive plants over an assigned two-mile section of hiking trail. Interviews and volunteer selection will commence this winter and training sessions will be starting in the spring of 2006. If you would like to participate in this groundbreaking study, please contact Joshua Erdsneker, volunteers@nynjtc.org or call the office (201) 512-9348, ext. 13 to sign up.

Rethinking Smokey Bear: Managing Wildfire on the Shawangunk Ridge

By Gabriel Chapin, Shawangunk Ridge Land Steward, The Nature Conservancy

The northern Shawangunk Ridge starts out near Rosendale, NY, as a series of convoluted valleys and cliff faces. Running nearly due southwest for approximately 17 miles, the ridge—steadily gaining elevation—culminates in a broad plateau above Ellenville, NY, before dropping off dramatically at the Sam's Point escarpment. Characterized by rugged cliffs, cascading streams, and stunning views, the northern Shawangunk Ridge is a complex and beautiful landscape.

The diversity of plants and animals native to the northern Shawangunks is no less astounding than the landscape itself. In addition to more than 30 rare plant and animal species, the ridge is home to the world's best remaining example of a rare ridgetop dwarf pitch pine barrens and supports one of the largest chestnut oak forests in New York. The present day assemblage of plant and animal species found in the northern Shawangunks has developed from a complex interplay of natural processes including climate changes, varia-

tions in the local environment (e.g., soils, topography, etc.), and periodic disturbances from storm events, insect and disease outbreaks, and wildfires.

Natural forest fires have occurred in the Gunks for at least the past 9,000 years. Without fire, the unique forest types and biological diversity found on the ridge today would not exist. Based on extensive research, scientists believe these historical fires played an essential role in maintaining the health of both the pine barrens and chestnut oak forest, making these systems “fire dependent.” Some tree species, such as pitch pine and oak, depend on fires to help them regenerate. Without fire, other hardwood species such as red maple—which have the ability to regenerate in the shade of taller trees—gradually invade pitch pine and oak forests, dramatically altering the unique habitats important for many of the rare plant and animal species found in the Gunks. Fire is also a key process in recycling nutrients bound up in the natural litter and debris on the forest floor.

For nearly 100 years, we have actively suppressed wildfires in forests across the United States leading, ironically, to larger and more damaging wildfires in recent years. In the absence of fire, fuel has accumulated on the forest floor—in the form of leaves, twigs, and highly flammable shrubs and small trees—setting the stage for unusually severe, high-intensity fires. Such fires can damage homes and property in addition to the harmful ecological impacts. In the northern Shawangunks, large fires of up to several thousand acres were common until the early 1960s. After more than 50 years of successful fire suppression—and much longer in many areas—key ecosystems in the Gunks are now threatened by

fire, the very thing that has sustained them for thousands of years. Loss of these important forest types and the unique habitat that they provide, due to either the absence of fire or the occurrence of unnaturally severe fire, could have devastating impacts on the ecological integrity of the ridge.

In an effort to combat this complex threat, the Shawangunk Ridge Biodiversity Partnership—a science-based, public/private consortium of 10 organizations and

mined weather conditions, so they do not burn as intensely as most wildfires. In November of 2005, the Partnership successfully conducted two prescribed burns at the Mohonk Preserve and plans to expand this program to other parts of the ridge.

According to the National Interagency Fire Center, federal agencies have spent over \$6 billion on fire suppression in the last five years, but for all of our efforts fires continue to grow larger and cause more damage. Fire



THE NATURE CONSERVANCY

A trained crew of wildland firefighters from the Shawangunk Ridge Biodiversity Partnership ignite a prescribed burn at the Mohonk Preserve in November 2005.

agencies dedicated to the long-term protection of the Shawangunks—is currently developing a ridgewide fire management program. This program involves two key components: planning for wildfire suppression to minimize the threat of severe wildfire; and prescribed burning, to reintroduce fire as a key ecological process and reduce forest fuel loads. Prescribed burns are intentionally ignited under predeter-

is an essential process for maintaining the health of our forests, however encroaching human development, elevated fuel loads, and declining ecological systems make it impossible to allow fire to function in its natural role. Since we can not (and should not) try to eliminate forest fires, it is time to take a hard look at how we can manage them in the future to provide a safer, healthier, and more sustainable environment.

New Staff

Elizabeth (Liz) Bleiweiss joined the Trail Conference staff in October as accounting/operations manager. Liz lives in Waldwick, NJ, with her husband Lou and two teenage children, Rick and Elizabeth. She is a May 2005 graduate of Ramapo College with a degree in environmental studies.



This along with her many years of work experience in banking and office management makes a perfect combination for her position at the Trail Conference. Liz spends most of her vacations camping and hiking with her husband. She also enjoys watching wildlife and recently registered her backyard as a wildlife habitat with the National Wildlife Federation. Liz is looking forward to getting involved in many of the activities the Trail Conference offers.

Catherine Gemmell joined the Trail Conference in October as information manager, having previously been involved with the Conference as a volunteer. Born in New Zealand, she enjoys backyard birding,



hiking, and camping. A seasoned traveler to more than 25 countries, Catherine has walked and camped in New Zealand, Australia, Britain, and Europe. Her most memorable ram-

ble was across the Lancashire moors, with the breathtaking view from Pendle Hill. She was a volunteer for Random Acts of Genealogical Kindness while pursuing her interest in genealogy. An accomplished piano player, Catherine taught music part-time during her 15 years in Australia. Her other interests are gardening, reading biographies, and doing cryptic crossword puzzles. Certified as a web programmer, Catherine also brings to the Trail Conference her extensive background in information systems.



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IN MEMORIAM

Barbara McMartin, Prolific Guidebook Author, 1931-2005

Barbara McMartin, a longtime Trail Conference member, died at her home in the southern Adirondacks this past September. She had battled breast cancer for 20 years.



W. ALEC REID, COURTESY ADIRONDACK SPORTS & FITNESS

I first met Barbara in the 1980s when she was writing (with co-author Peter Kick) her first downstate guidebook, *Fifty Hikes in the Hudson Valley*. Then living along the Croton Gorge in Westchester, she sought my advice and asked whether I knew anyone who would enjoy exploring new hikes with her. I introduced her to the late Paul Leikin, a Trail Conference stalwart, and they soon became fast friends. Later, when she moved permanently to her beloved Adirondacks, she turned over her rights to this book to Stella Green and me. Paul and I visited her new lakeside home many times.

Barbara published her first guidebook in 1972, the same year she earned her Ph.D. in mathematics from CUNY. Two dozen more books followed, including the 11 volume Discover series, which covers all regions of the six-million-acre Adirondack Forest Preserve.

Among her numerous volunteer roles, she was vice president of the Adirondack Mountain Club and editor of their magazine, *Adirondack*. In 1992 she chaired the New York State Adirondack Park Centennial.

Barbara and I served together for years on the newly formed New York State Forest Preserve Advisory Committee. This

was my first such group appointment, years before I became Trail Conference president, and Barbara was my mentor. Her guidance on the ways and sensitivities of volunteer boards and in dealing with turf-conscious government officials was to serve me well as I became more active with the Trail Conference and other organizations.

Barbara set and observed many high environmental and ethical standards. She left New York State a better place for us all. I will miss her...always.

—H. Neil Zimmerman
Past President, NY/NJ TC

Lenwood Vandermark, Co-Founder, At Your Own Risk Hiking Club

Lenwood Vandermark, a retired City of Newburgh firefighter, former member of the US Marine Corps, co-founder of At Your Own Risk Hiking Club, and avid outdoorsman, died on October 5, 2005, at age 90.

Len was an inspiration to all who knew him. He especially enjoyed getting young people involved in hiking and cross country skiing. He loved camping, canoeing, backpacking, and swimming. He participated in a number of cross country ski races and marathons. He was a strong race walker and received awards at local, state, and national levels. Less than a month before he died, Len participated in a number of events during the senior games in Orange County, where he won seven awards.

Those who hiked with Len will remember his famous line "just another 50 yards" when it seemed like a hike was getting a little too long. His life serves as a role model and shows that regardless of age, one can enjoy the pleasures of the outdoors.

—Bambi Barth

Delegates Meeting Thursday, February 9

All members are invited to attend this meeting of hiking club delegates.

Where: at Seafarers and International House in NYC; 123 E. 15th St. New York, between Third Avenue and Irving Place near Union Square.

When: Social hour 6-7;
business meeting 7-9

The meeting will include presentation of three Trail Conference initiatives:

- Trail University at Bear Mountain
- Advocacy and the Trail Conference
- ATC biennial conference at Ramapo College in July 2007

Public transportation: One block east of the Union Square/14th Street subway station, which is served by the Q, W, N, R, and L subway lines. Bus lines: 1, 2, 3, 5, 6, 7, 9, 14, 101, 102, 103 stop nearby.

ADVOCACY & CONSERVATION

continued from page 5

Morris OKs Preservation of 791 Acres

Morris County will spend \$13.9 million to preserve 791 acres of property, including many parcels adjacent to parks, trails, and other public lands, plus two old, but not quite historic, homes. The county's preservation trust has issued 152 grants preserving 19,217 acres, an area about the size of Chester Township, since 1994.

\$1.6 Million for Trail Projects in NJ

New Jersey Dept. of Environmental Protection announced the award of more than \$1.6 million in federal funds to improve, maintain, and develop trails statewide. Projects include: Wawayanda State Park trail maintenance; Sparta Glen Brook Trail restoration; Hasenclever Iron Trail signage; Delaware Water Gap National Recreation Area trail maintenance and restoration.

Bergen Buys Parcel in Ramapos

Bergen County has purchased a rugged, 32.5-acre plot of land that straddles Mahwah and Oakland to preserve as a park. The \$700,000 purchase of the parcel—known as the Phillips property—will increase the amount of parkland the county owns in the Ramapo Mountains. The land is next to Camp Glen Gray, the 750 wooded acres the county bought in 2002 for \$5.1 million. It is also near Camp Todd, a 73-acre parcel that the county, state, and non-profit groups bought for \$8 million in 2005.

Wayne Adds Open Space to High Mountain Preserve

Wayne has acquired nearly 24 acres of wooded property from St. Joseph's Wayne Hospital for \$4.4 million. Instead of Village Grande at High Mountain, consisting of 16 three-story buildings, a clubhouse, and a pool, the property will remain in its natural state. In 1993 the Trail Conference helped create High Mountain Preserve. We continue our efforts today to add surrounding parcels to this oasis in a sea of sprawl.



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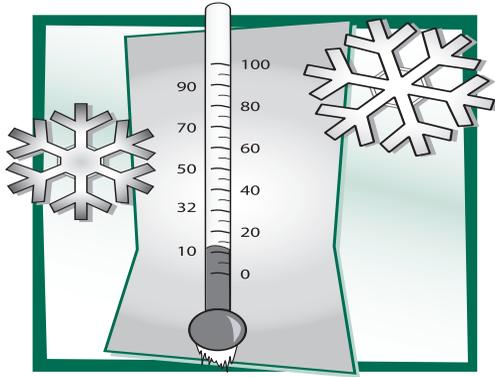
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Avoiding and Treating Frostbite

By Howard E. Friedman, DPM



Beck Weathers did not become famous, in the notorious expedition of 1996, for attempting to climb to the summit of the highest mountain in the world, Mount Everest. Dr. Weathers, a physician, gained notoriety for surviving a terrible blizzard on that mountain, one that claimed several lives. The part-time mountaineer suffered hypothermia and frostbite so severe it cost him his entire right hand and much of his left, as well.

Another mountaineer, Alison Hargreaves, described numbness and tingling in her foot after climbing in the Alps during the winter. Ms. Hargreaves required four days in the hospital to treat her frostbite. Her injury was limited to a great toe and did not result in the loss of any part of her foot.

Frostbite is not limited to the Himalayan or Alpine mountain climber. Anyone who ventures outside in below-freezing temperatures for a prolonged period without adequate protection from the cold is susceptible. Fortunately, most instances of frostbite do not result in amputation. A young snowboard instructor, seen by me last winter, developed numbness and tingling of his great toe after teaching on the slopes all day in below-freezing temperatures. Outpatient treatment—including pain medication and local wound care—was sufficient to treat his mild case of frostbite.

Who Is Most Susceptible?

Frostbite refers to injury to the superficial and deep tissues of the body following prolonged cold exposure. Superficial injury to the skin, especially toward the tips of the fingers and toes, will often heal completely. Even after healing, however, the patient will usually have some pain in the frostbitten area when exposed to cold weather.

Injury encompassing a greater portion of the hand or foot and extending to tissues below the skin forecasts a grimmer prognosis. Such an injury may well lead to a partial amputation. Experts estimate, however, that only about 8 percent of patients with frostbite require any type of amputation.

Several factors interact to predispose a hiker or climber to be more susceptible to frostbite. Small children and older, poorly nourished individuals—especially those with poor circulation—are generally more susceptible. Smoking and alcohol use increases one's chances of developing frostbite. Indeed, anyone suffering from exhaustion, poor control of diabetes, or a thyroid condition may have a decreased ability to "warm up" by the body's natural mechanism: shivering.

How Cold Is Cold?

How low must the temperature fall for one to be susceptible to frostbite? Frostbite has been defined as an injury resulting from prolonged exposure to temperatures below 32 degrees Fahrenheit (the freezing point).

The frequency of frostbite injuries increases, however, at temperatures below 14 degrees Fahrenheit. Risk of frostbite becomes even greater at wind chill temperatures of -13 Fahrenheit, and a wind chill of -49 Fahrenheit will cause skin to freeze very rapidly. But temperature and wind chill are not the only factors. Skin temperature will drop more quickly if the skin is wet (e.g., from damp clothes, high humidity, or perspiration), and this increases the likelihood of frostbite.

How Do I Know If I Have Frostbite?

The signs and symptoms of frostbite vary, depending on the severity of the injury. Early signs often include a loss of sensation in the affected area—usually fingers, toes, ears, or nose, or even part or all of a hand or foot. Despite the loss of sensation, frostbite is painful. The skin may blanch in color, or become grayish and take on a firm and hard texture. Severe cases are marked by the loss of function in the affected toes or fingers, or even in an entire arm or leg.

Determining the severity of frostbite can be difficult, since some effects of the injury may occur days, weeks, or even months after the initial exposure. Blistering of the skin usually occurs within days of the injury. The blisters may be clear, indicating a superficial skin injury, or they may be red in color, indicating that the thermal injury extends into the deeper tissues. Reddish blisters indicate a more severe prognosis.

Treatment and Prevention

Frostbite can be prevented by wearing appropriately insulated clothing, gloves, socks, and boots. Maintaining adequate nutrition and hydration are important, as are avoiding smoking and alcohol consumption during periods of exposure to cold. One must also ensure that one's boots are not so tight as to cut off circulation in one's feet, and that wet clothing (especially socks and gloves) is removed as soon as possible.

If one suspects that frostbite has set into one's fingers or toes, there are a few simple rules for treatment in the field. Avoid rubbing the affected part, as it can further damage the tissue. Moreover, do not try to re-warm the affected part until all risk of additional freezing has passed. A cycle of tissue freezing, re-warming and re-freezing can be especially damaging.

Hospital treatment is required for severe and even moderate cases of frostbite. In the hospital, the patient is first evaluated for hypothermia—a drop of the patient's overall body temperature. Next, re-warming of the affected hand, foot, or even the entire patient will be started. This may include warm water baths, specialized blankets, and/or warm intravenous fluids and medication.

Local blisters will be treated, and medication for the pain, which accompanies re-warming the tissues, will be prescribed. Over subsequent weeks or even months, as healthy tissues heal, damaged tissues may require surgical removal or amputation. The effects of frostbite may be minimal, or they may be devastating.

In sum, prevention of frostbite is the best medicine.

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

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Banff Mountain Film Festival

Suffern, NY, March 1, 2006

New York City, March 6 & 7, 2006

This traveling exhibition from the 30th annual Banff Mountain Film Festival brings you the world's best mountain films. Experience the adventure of climbing, mountain expeditions, remote cultures, and the world's last great wild places — all brought to life on the big screen.

Gear raffles sponsored by Campmor and Paragon Sports at these events benefit the Trail Conference.

Suffern, NY

7:30 pm, March 1, 2006

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7:30 pm, March 6 & 7 2006

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FAVORITE HIKE



By Stephen Minnett

Overnight on the Shawangunk Ridge



The author on the summit of Bear Hill in the Shawangunks.

A Trail Conference recommended weekend backpack on the Shawangunk Ridge Trail published in *Backpacker Magazine* caught the attention of Stephen Minnett, a leader of Scout Troop 277 of New Jersey. Upon investigation, he decided to backpack a piece of it, from Wurtsboro to Cragmoor, NY, one November weekend, with four Scouts and one other leader.

One of the "Last Great Places"? Spectacular views? Trail starts in High Point State Park, NJ? I live in New Jersey and have backpacked with the Boy Scouts for several years but had no clue what trail *Backpacker* was referring to. But after checking in with the NY/NJ Trail Conference and getting some advice, I had a destination for our troop's November backpacking trip: the Shawangunk Ridge.

We spotted cars at the public library in Cragmoor (after getting permission to leave them overnight), after first caching a few jugs of water off Ferguson Road (formerly Roosa Gap-Summitville Road) at its intersection with the Long Path. Our starting point was the trailhead at the VFW post in Wurtsboro.

A short hike put us on top of the ridge, and we had our lunch looking out over the Rondout Valley and the Basha Kill Wildlife Management Area, trying to pick out High Point Monument 25 miles away.

After a pleasant four miles or so, we reached Roosa Gap, a saddle in the ridge line with a stream that looked like it would be reliable most months of the year. An old woods road followed the stream, and along it we found near-perfect camping conditions a short distance off the trail. The sounds of the stream lulled us to sleep.



The Boy Scouts are left-to-right: Max Schiniller, James Hitchings, Nick Valente, and in back, Adam Orzechowski. Leaders: Jeff Kalajian, right, and Stephen Minnett, left.

Next morning, we proceeded from the Roosa Gap, emptied the plastic water jugs we had stashed (who knew the stream would be full?), and continued on the Long Path back up to the ridge. An hour or two brought us to another saddle, where the

ridge is closest to Cox Road on the east, and another couple of woods roads. Camping would have been great here, but there was no water nearby, so we continued to the stream below Rt. 52 and Bear Hill.

The Long Path/Shawangunk Ridge Trail (LP/SRT) here makes a steep descent off the ridge and intersects yet another old woods road following the stream. To camp, we left the LP/SRT and followed the woods road 100 yards or so to set up our second camp in another perfect camping spot. (The slight noise from traffic on Rt. 52 didn't interfere with the quality of our evening.)

Sunday morning we were up early, and on the trail by 8:30 am. The hike with packs up Bear Hill was an adventure, but not insurmountable. By 10:45 we were standing on the summit of Bear Hill with an astonishing view that included the Hudson Valley in the southeast, High Point in the southwest, and the Catskills to the north. I try hard to end the backpacks with something special, but this may have been our best!

A short, flat walk brought us back to our cars parked at the library. A quick side trip took us to Sam's Point Preserve for a look.

This trip would have been too easy at other times of the year when dark falls later. A day hike along this ridge would be perfect. Rt. 52 has parking that eliminates the need to climb Bear Hill. Midway, there is parking at Roosa Gap.

Length: 11.5 miles, Wurtsboro to Cragmoor

Rating: Moderate

Noteworthy Features: Spectacular views. Pristine trails and camping.

Resources: USGS Map Quads: Wurtsboro; **Long Path Guide** (NY/NJ TC); Trail Conference Map 104 Shawangunk Trails

How To Get There: To Wurtsboro: NY Rt. 17 to exit 114; left onto Old Rt. 17, go 0.7 mile and turn right onto a gravel road to old Wurtsboro rail station (now VFW post). To Cragmoor: Rt. 209 north to Ellenville and then east on Rt. 52. Turnoff to Cragmoor is at the top of the saddle on the ridgeline.

Watch Out For: Lots of recent bear sign. We were meticulous about the way we hung our bear bags. Also, no overnight parking at Sam's Point Preserve or the Bear Hill Preserve. Trail markers alternate between aqua LP markers (on private land) and blue DEC markers (on public land).

Camping: Thanks to recent state land acquisitions, all the land along this route (except Bear Hill Preserve) is state land subject to normal DEC camping rules. Campfires are allowed. (Practice Leave No Trace techniques: No stone fire ring. Dig and remove topsoil in a 2' circle. In the morning, cover the cold ashes with the topsoil and scatter leaves and debris over the area so no evidence remains.)

Confessions of a Winter Hiking Addict

By Mark Eis



The author (right) with WMS students Jim Mayer, Jim Warren (standing), Mickey Splain and Sean Buckley (kneeling) in the col between Little and Big Haystack. Mts. Marcy and Skylight in the background.

The gentle Ramapo and Hudson Highland hills in our region provide much enjoyment for a quick daylong jaunt any season of the year. I've experienced some real winter conditions atop the Schunemunk Ridge in January and February, with deep snow and biting wind. I've even used my crampons once or twice running up Storm King Mountain. Generally, though, you can hop out of the car with some light-weight hiking shoes and a small knapsack and be adequately prepared for hiking in our local hills.

For a real winter challenge, the Catskill or Adirondack mountains will offer up a weekend full of cold weather fun. Winter hiking and climbing anywhere, however, are not to be taken lightly, and you may need to up your skill set before undertaking a serious winter day hike or backpack. Luckily, there is a friendly, accepting group of winter hiking addicts out there to help you expand your winter fun.

Sponsored by the Adirondack Mountain Club (ADK), Winter Mountaineering School (WMS) and its all-volunteer staff have been helping three-season hikers become four-season hikers for more than 50 years. I was lucky enough to discover

this program about six years ago, and I've been back every year since. It has turned me into a real winter hiking addict.



The author (right) with fellow WMS instructor and winter hiking addict Jim Daley on the summit of Santanoni Peak.

If you're not afraid of getting hooked I highly recommend taking the plunge. You may find yourself running out to climb the Schunemunk Ridge in a blizzard; but don't worry, I'll see you up on top.

Mark Eis is a Trail Conference member and an ADK Winter Mountaineering School instructor who lives in Orange County. For more information on the ADK Winter Mountaineering School visit www.winterschool.org or call the ADK at (518) 523-3441.

SCHOOL OF HARD KNOCKS

continued from page 1

ants' reports at face value); **Project reviewers are people too** (get to know the decision makers personally; treat them with respect even in opposition); **The odds are stacked against you, but don't let that stop you.** "It takes hard work and fundraising and vigilance," Gross reiterated at the conclusion of the workshop. "There are success stories. Know that it can be done."

Attendee Susan O'Neill left the workshop feeling much more optimistic about her group's chances for success. "We really like the 'Recreate to Educate' idea," she said of one tactic recommended to expand local awareness of the issues. "And I love the idea of establishing relationships with our town board members. We like to think of them as our neighbors. What an informative workshop!"

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February 17-20, Cost \$210

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For additional information on all of the programs listed above visit:
www.winterschool.org
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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-R	ADK Ramapo	UOC	University Outing Club
GAHC	German-American Hiking Club	WEC	Weis Ecology Center
IHC	Interstate Hiking Club		
NYR	New York Ramblers		
RVW	Rip Van Winkle		
UCHC	Union County Hiking Club		

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 March/April 2006 issue is January 15, 2006.

January

SUNDAY, JANUARY 1

IHC. New Year's in Harriman State Park, NY. Leader: Dave Sutter, dsutr@aol.com. Meet: 9 am at commuter parking lot, Sloatsburg, NY; turn right at blinker light on Rt. 17 north, Sloatsburg, and go 1 block, turn right to parking. Moderately strenuous; 8 hilly miles, not for beginners. Start the year off on the right foot as we explore obscure paths in our favorite park. Conditions may require crampons or snowshoes.

MONDAY, JANUARY 2

RVW. Belleayre (3375') & Balsam (3600') Mountains, Catskills. For leader and info, call 845-338-8772. Meet: 8 am. Strenuous hike: 7 miles, 7 hours. Inclement weather date, following Monday. Snowshoes and crampons required and changes to route may occur.

TUESDAY, JANUARY 3

UCHC. Turkey Mountain, Montville, NJ. Leader: Terry Kulmane, 908-665-2672. Meet: 10 am at Pyramid Mtn. visitors center. Many ups and downs; rain/falling snow cancels. Conditions may require crampons.

WEDNESDAY, JANUARY 4

UCHC. South Mountain Reservation, NJ. Leader: Joan Lepselter, 908-273-4188. Meet: 10 am; call for directions. About 5 miles. Follow the Rahway River past Diamond Mill Pond.

THURSDAY, JANUARY 5

UCHC. Lake Sebago, Harriman State Park, NY. Leader: Jim Conlon, 914-591-6079. Meet: 10 am at Lake Sebago boat launch; call for directions. Moderately strenuous hike; up to 5 hours.

SATURDAY, JANUARY 7

UOC. Manasquan Reservoir, NJ. Leader: Coralyn Gorlicki, 732-548-2315; call for meeting place and time and to confirm date. Easy 5 miles around the reservoir; bring binoculars. Hot apple cider and cookies around fireplace at visitors center after the hike.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Mimi Solomon, 973-379-3910. Meet: 10 am at Tulip Springs parking, Brookside Ave.; call for directions. Over fields and through the woods to Mayapple Hill; lots of ups and downs for a 2.5-mile hike.

SUNDAY, JANUARY 8

GAHC. Saddle River Park, Paramus, NJ. Leader: Helga Nagy, 201-796-5578. Meet: 10:30 am at Dunderhook Park parking lot; call for directions. Easy and moderate hikes.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Dave Bennett, 973-701-0248. Meet: 10 am at Jockey Hollow visitors center. Moderate 4-5 miles, with mixture of level, easy walking and some elevation gain. Steady rain or snow cancels.

IHC. Kanawake Exploration, Harriman State Park, NY. Leader: Jim Conlon, 914-591-6079. Meet: 9 am at Lake Kanawake parking, Rt. 106; from Sloatsburg turn right on Seven Lakes Dr., left on Rt. 106. Moderately strenuous 8 miles on mostly moderate terrain. We hope to find untracked snow. Conditions may require crampons or snowshoes.

WEC. Fanny Highlands North, NJ. Leader: Don Weise. Meet: 9:30 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Fast paced, strenuous 7-9 miles with steep terrain; out by about 2:30 pm. Morris County hike on Four Birds Trail to Green Pond and Copperas Mountains; see cliffs and a "river of rocks." Heavy snow/dangerous driving conditions cancel. Cost: \$5 members, \$8 non-members.

MONDAY, JANUARY 9

RVW. Wittenberg (3780') and Cornell Mountains (3860'), Catskills. For leader and info, call 845-246-8616. Meet: 8 am. Strenuous hike: 9 miles, 7 hours. Inclement weather date—following Monday. Snowshoes and crampons required.

TUESDAY, JANUARY 10

UCHC. Lewis Morris Park, Morristown, NJ. Leaders: Jeane and Don McLellan, 908-464-6246. Meet: 10 am at Sunrise Lake. Follow the yellow trail; up to 5 hours.

WEDNESDAY, JANUARY 11

UCHC. Mahlon Dickerson, Jefferson Twp., NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10 am at picnic area. About 5 miles; hike to the highest point in Morris County.

THURSDAY, JANUARY 12

UCHC. Bockberg Reprise, Harriman State Park, NY. Leader: Dave Sutter, dsutr@aol.com. Meet: 10 am at Bockberg parking, Rt. 9W. Moderately strenuous hike; up to 5 hours.

SATURDAY, JANUARY 14

WEC. Women's Hike, NJ. Leader: Sanctuary Director, Karla Risdon. Meet: 8 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced 3 miles; out by 11 am. Join the group for early morning hike to favorite scenic spots. Possible carpool to trailhead. Heavy snow/dangerous driving conditions cancel. Cost: \$5.

UCHC. Turkey Mountain, Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10 am at Pyramid Mountain parking lot. Moderate to brisk 5 miles over rocky trails, with some wet spots and elevation gain. Hike past limestone quarry to waterfalls near Bott's Pond, past wetlands and natural rock stairs; not for beginners.

SUNDAY, JANUARY 15

IHC. Mahlon Dickerson Reservation, NJ. Leader: Jim McKay, 973-538-0756. Meet: 9:30 am at Saffin Pond parking lot, Jefferson, NJ. Moderate 7-8 miles on various trails depending on conditions.

WEC. Island Pond, Harriman State Park, NY. Leader: Charlie Toole. Meet: 9:30 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced 4.5-mile hike with some climbing; out by about 2:30 pm. Lemon Squeezer, Green Pond, and Surebridge Mountains. Heavy snow/dangerous driving conditions cancel. Cost: \$5 members, \$8 non-members.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Ed Leibowitz, 210-332-1709. Meet: 10 am at Locust Grove parking lot. Moderate 3 miles over rocky trails, suitable for beginners. Falling rain/snow cancels; bring crampons in case of ice.

MONDAY, JANUARY 16

RVW. Huntersfield Mountain (3423'), Catskills. For leader and info, call 845-417-8097. Meet: 8 am. Moderate hike: 4 miles, 4 hours. Inclement weather date—following Monday. Snowshoes and crampons required.

TUESDAY, JANUARY 17

UCHC. Tourne Park, Boonton, NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10 am at Tourne Park. Hike to Birchwood Lake; for experienced hikers.

WEDNESDAY, JANUARY 18

UCHC. Ramapo Mtn. State Forest, Oakland, NJ. Leader: Mickey Siegel, 201-797-7054. Meet: 10 am; call for directions. About 5 miles around Ramapo Lake and the surrounding Ramapo Mtns.

THURSDAY, JANUARY 19

UCHC. Silvermine, Harriman State Park, NY. Leader: Katya Hanson, 732-530-5213. Meet: 10 am at Silvermine parking area; call for directions. Moderately strenuous hike exploring old trails and woods roads; up to 5 hours, for experienced hikers.

SATURDAY, JANUARY 21

ADK-R. A Winter's Trail. Leader: call 201-816-9465 for further information and meeting place. Moderate 5-7 miles.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside Nature and Science Center, Coles Ave. and New Providence Rd. Moderate 4-5 miles; mixture of level, easy walking and some elevation gain on rough terrain. Steady rain/heavy snow cancels, but if snow is deep we'll cross-country ski.

SUNDAY, JANUARY 22

ADK-R. East Hudson Ramble, NY. Leader: call 914-337-6612 for further information and meeting place. Moderate 7 miles.

IHC. Weis Ecology Center, Ringwood, NJ. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 9 am at Weis parking lot. Moderately strenuous 7-8 miles on various trails depending on conditions; soup and dessert in W. Milford after the hike.

GAHC. Ward Pound Ridge Reservation, Cross River, NY. Leader: Brian Kassenbrock, 718-748-0624; please call leader in advance. Meet: 10 am at museum parking lot; call for directions. Easy and moderate hikes; possibly cross-country skiing.

MONDAY, JANUARY 23

UCHC. Cedar Grove Community Park, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am at the park. Easy, level hike (about 3 miles) on a railroad bed and past a hemlock grove and reservoir.

RVW. Big Indian (3700'), Catskills. For leader and info call, 845-246-8546. Meet: 8 am. Moderate+ hike: 9 miles, 7 hours. Inclement weather date, following Monday. Snowshoes and crampons required.

TUESDAY, JANUARY 24

UCHC. South Mountain Reservation, Maplewood, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Bramhall Terrace. Moderate 5 miles; seldom used trails passing Hemlock Falls in ice.

WEDNESDAY, JANUARY 25

UCHC. Old Short Hills Park, Millburn, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at the park. About 5 miles on a potpourri of trails, quite hilly.

THURSDAY, JANUARY 26

UCHC. Kanawake Mystery, Harriman State Park, NY. Leader: Dave Sutter, dsutr@aol.com. Meet: 10 am at Kanawake parking lot, Seven Lakes Dr. Up to 5 hours; for experienced hikers. Severe weather cancels.

SATURDAY, JANUARY 28

ADK-R. Sapphire Trail. Leader: call 845-359-2465 for further information and meeting place. Easy to moderate 6 miles.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10 am at visitors center. Moderate 4 miles in this historic national park. Suitable for beginners. Ice/steady rain or snow cancels.

SUNDAY, JANUARY 29

IHC. Lewis Morris County Park & Jockey Hollow, Morris Twp., NJ. Leader: Jim McKay, 973-538-0756. Meet: 9:30 am at Lewis Morris. Moderate 7-8 miles on various trails depending on conditions.

WEC. Social Hike for Ages 18-30, NJ. Leader: Environmental Educator, Tony DiLemme. Meet: 10 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced hike; out by about 3 pm. Great opportunity to spend time outside, unwind, and make some new friends! Locations TBA; possible carpool to trailhead. Heavy snow/dangerous driving conditions cancel. College student discount price: \$5.

UCHC. South Mountain Reservation, W. Orange, NJ. Leader: Louise White, 973-746-4319. Meet: 10 am at Turtleback Rock parking area on Walker Rd. Moderate 4+ miles in nicely wooded area; some rough spots. See the glacial erratic, Turtle Rock.

MONDAY, JANUARY 30

UCHC. Great Swamp, Chatham, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10 am at the Nature Center. Easy, level hike (about 3 miles) on a boardwalk and the Laurel Trail.

RVW. Blackhead Mountain (3940'), Catskills. For leader and info, call 845-876-4738. Meet: 8 am. Strenuous hike: 4.5 miles, 6 hours. Inclement weather date, following Monday. Snowshoes and crampons required.

TUESDAY, JANUARY 31

UCHC. Turkey Mountain, Boonton, NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10 am at Pyramid Mtn. parking area. Up to 5 hours; for experienced hikers.

January

THURSDAY, FEBRUARY 2

UCHC. Kanawake Circle, Harriman State Park, NY. Leader: Jim Conlon, 914-591-6079. Meet: 10 am at Kanawake parking lot. Moderately strenuous, up to 5 hours, for experienced hikers.

SATURDAY, FEBRUARY 4

ADK-R. Long Path and History, Toot. Leader: call 845-634-7635 for further information and meeting place. Moderately strenuous 8 miles.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Locust Grove parking lot. Moderate 4-5 miles with some hills.

SUNDAY, FEBRUARY 5

ADK-R. Winter Hike or Snowshoe Trek. Leader: call 845-362-8470 for further information and meeting place. Moderate 6 miles.

IHC. Patriots' Path to Schiff Reservation, NJ. Leader: Jennifer and Guy Percival, 973-984-1005. Meet: 9 am at Kings Market, Rt. 24, Mendham, NJ. Moderate 8 miles with one steep hill. Shuttle required.

GAHC. JFK Bird Sanctuary, Long Island, NY. Leader: Gunter Georgi, 516-883-2336; please call leader in advance. Meet: 10 am at Tobay Beach parking lot; call for directions. Easy hike; possibly cross-country skiing.

NYR. South Amboy to Keansburg, NJ. Leader: Ludwig Hendel, 718-626-3983. Meet: 7:50 am at NJ Transit ticket windows, Penn Station, near 7th Avenue (other ticket windows are closed Sundays) for 8:07 North Jersey Coast train to South Amboy (check train times with NJ Transit). From South Amboy we'll go south along the shore to Lawrence Harbor, Cliffwood Beach, Keyport, Treasure Lake, and Union Beach.

UCHC. Jockey Hollow, Morristown, NJ. Leader: Mary Doyle, 908-580-1778. Meet: 10 am at visitors center. Moderate 4 miles on the Mt. Kemble Trail. Ice or steady rain/snow cancels.

WEC. Social Hike for Ages 18-30, NJ. Leader: Environmental Educator, Tony DiLemme. Meet: 10 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced hike; out by about 3 pm. Great opportunity to spend time outside, unwind, and make some new friends! Locations TBA; possible carpool to trailhead. Heavy snow/dangerous driving conditions cancel. College student discount price: \$5.

TUESDAY, FEBRUARY 7

UCHC. Tourne Park, Boonton, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am at the park. Up the Tourne and over to the lake; will snowshoe if conditions permit. Up to 5 hours, for experienced hikers.

WEDNESDAY, FEBRUARY 8

UCHC. Loantaka Brook Reservation, Morris Twp., NJ. Leaders: Len Shnitzer and Norma Cohen, 732-499-9176. Meet: 10 am at Kitchell Rd. parking near the pond. Moderate hike; about 5 miles.

THURSDAY, FEBRUARY 9

UCHC. Reeves Meadow, Harriman State Park, NY. Leader: George Pullman, 973-773-2678. Meet: 10 am at Reeves Meadow visitors center. Up to 5 hours; for experienced hikers.

SATURDAY, FEBRUARY 11

UOC. Rutgers University, NJ. Leader: Carol Foe, 732-634-7244. Meet: 10:45 in Johnson Park, River Rd., Piscataway, NJ. Easy 3 miles around the Voorhees Mall and Old Queens section of Rutgers; lunch afterward.

WEC. Women's Hike, NJ. Leader: Sanctuary Director, Karla Risdon. Meet: 8 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced 3 miles; out by 11 am. Join the group for early morning hike to favorite scenic spots. Possible carpool to trailhead. Heavy snow/dangerous driving conditions cancel. Cost: \$5.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside Nature and Science Center on Coles Ave. and New Providence Rd. Moderate 4-5 miles, mixture of level, easy walking and some hills on rough terrain. Steady rain or heavy snow cancels, but in deep snow we'll cross-country ski.

SUNDAY, FEBRUARY 12

GAHC. Staten Island Greenbelt, NY. Leader: Fred Volk, 718-987-3094; must call leader in advance. Meet: 10 am at Greenbelt Nature Center. Easy hike.

IHC. Ringwood, NJ. Leader: Steve Rikon, 973-962-4149. Meet: 9 am at parking lot A, Skylands Manor, Ringwood, NJ. Moderate. Depending on weather, a variety of trails including Cooper Union Trail to Governor Mt. overlook; conditions may require crampons or snowshoes.

WEC. Harriman State Park, NY. Leader: Don Weise. Meet: 9:30 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Fast paced, strenuous 7-9 miles with steep terrain; out by about 2:30 pm. Silvermine Lake, Black Mtn., great views of Bear and West Mountains in this very scenic area of Harriman. Heavy snow/dangerous driving conditions cancel. Cost: \$5 members, \$8 non-members.

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TUESDAY, FEBRUARY 14

UCHC. Schooley's Mountain, Long Valley, NJ. Leader: Bill Barton, 908-647-6658. Meet: 9:30 am at Cooper Mill, 2 miles west of Rt. 206 in Chester. Moderate hike; for experienced hikers.

WEDNESDAY, FEBRUARY 15

UCHC. South Mountain Reservation, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Mayapple Hill. About 5 miles. A view of the countryside from the crag.

THURSDAY, FEBRUARY 16

UCHC. Apshawa, W. Milford, NJ. Leader: Steve Gruber, 908-647-3253. Meet: 10 am on Northwood Dr. off Macopin Rd. Moderately strenuous 9 miles. Reservoir, stream cascades, and view of NYC on a clear day. If there is enough snow, we'll snowshoe.

SATURDAY, FEBRUARY 18

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Trailside Nature & Science Center, Coles Ave. at New Providence Rd. Steady but moderate 4-6 miles. Rain cancels.

SUNDAY, FEBRUARY 19

ADK-R. Fawn Trail and Doodletown, NY. Leader: call 845-359-2465 for further information and meeting place. Easy 6 miles in Harriman State Park.

IHC. Fanny Highlands, Rockaway, NJ. Leader: Jane Egan, 973-636-0809; no calls after 9 pm. Meet: 9 am at Fanny Highlands visitor center, Split Rock Rd., Rockaway, NJ. Moderately strenuous. Passing through the high country to south and east of Split Rock Reservoir, this trail completes a loop with Four Birds Trail.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 1:30 pm; call for directions. 2-hour easy hike on the Elmdale Trail.

WEC. Wyanokie High Point and Carris Hill, NJ. Leader: Charlie Toole. Meet: 9:30 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced 4-5 mile hike with some climbing; out by about 2:30 pm. The day's adventure will include two iron mines, waterfalls, and fantastic winter views. Heavy snow/dangerous driving conditions cancel. Cost: \$5 members, \$8 non-members.

TUESDAY, FEBRUARY 21

UCHC. Pyramid Mountain, Boonton, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am; call for directions. Moderate 5 miles. Hike along the reservoir to Tripod Rock.

WEDNESDAY, FEBRUARY 22

UCHC. South Mountain Reservation, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Tulip Springs; call for directions. About 5 miles. Moderate hike through pine forest to Hemlock Falls and beyond.

THURSDAY, FEBRUARY 23

UCHC. Stokes State Park, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am at Stony Lake parking lot. Moderately strenuous hike on the Appalachian Trail and other trails; up to 5 hours, for experienced hikers.

SATURDAY, FEBRUARY 25

UCHC. Seaside, Lavalette, NJ. Leader: Gary Petrie, 732-257-0137. Meet: 10:30 am at entrance to Island Beach State Park. 8-10 miles on three different boardwalks during the 'other' season at the shore. Bad weather cancels.

SUNDAY, FEBRUARY 26

GAHC. Palisades & Hudson Shoreline, NJ. Leader: Helly deLiz, 201-592-6377. Meet: 10 am at Linwood Park shopping center, Rt. 9W, Fort Lee, NJ. Easy and moderate hikes.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Louise White, 973-746-4319; call between 9 am and 9 pm. Meet: 10 am at Tulip Springs. About 4 miles through pine forest to Hemlock Falls, then to Ball's Bluff and Mines Point. Some sections are rocky and steep.

UOC. Princeton, NJ. Leader: Charlie Severn 732-246-3387. Meet: 12 noon in Johnson Park, River Rd., Piscataway, NJ. Walking tour (docent led) of Princeton Historical District; \$7 per person.

IHC. Kakiat Trail, Harriman State Park, NY. Leader: Hank Perrine, 212-666-0694. Meet: 9 am at Kakiat County Park, Rt. 202, Montebello, NY. Strenuous. An invigorating day in the winter forest; hike to and around Island Pond, depending on conditions. Conditions may require crampons or (we hope) snowshoes.

TUESDAY, FEBRUARY 28

UCHC. Ramapo Valley County Reservation, Darlington, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am; call for directions. Up to 5 hours; for experienced hikers.

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