**Keeping the AT above Water in Vernon, NJ**

Shortly after a period of drought in our region in the 1990s, came consecutive years of deluge. Beginning in 2002 and in every year since, “hundred-year” storms seemed to strike more than once a year. One result: a section of the broad Vernon, NJ, flood plain across which the AT traverses often became impassable. A branch of the normally small Wawayanda Creek, midway between Route 94 and Canal Road, regularly flooded to such a level that the bridge across the stream-bed became isolated in what often looked like a pond. Hikers had to backtrack and take a two-mile detour to cross the stream.

In 2004, the Trail Conference obtained a Federal Recreational Trails Program Grant, administered by the New Jersey Dept. of Environmental Protection, Division of Parks and Forestry, Office of Natural Lands Management, to remedy this bridge problem and replace nearly 1,000 feet of puncheon board walk east of the site. By the fall of 2005 everything was in place to begin work, and the Appalachian Trail Conservancy’s Mid-Atlantic crew arrived to dig in. They started, but in a pouring rain that dumped somewhere between four and seven inches of water within 24 hours. The site was soon under more water than ever. The crew moved on to drier climates, and Trail Conference volunteers collected the materials that had been scattered about the surrounding fields and made plans for 2006.

Finally, after the spring floods went down in the summer of 2006, Sandy Parf and his North Jersey Trail Crew were able to begin the project, with considerable help from Bob Parish, project manager for the North Region of the NJ DEF and the staff at Wawayanda State Park. Working through the summer and fall, the team rebuilt and significantly extended the badly damaged existing structures. On December 10, 2006, the job was declared finished. Sandy was on site most Sundays during this time, often with only one or two volunteers helping, but sometimes with as many as a dozen.

This dedicated crew deserves big thanks for helping hikers keep their feet dry across this seemingly quiet little stream. Let’s hope that there aren’t any thousand-year storms on the horizon!
From the Chair

Get a Step Ahead on Your Summer Plans

Over the past two years, we have been publishing announcements about the Trail Conference hosting the 36th Biennial Appalachian Trail Conservancy Conference at Ramapo College in July. This issue carries a Trail Walker supplement that details the family-friendly program—an ambitious series of workshops, hikes, and excursions—that has been organized by our hard-working local committee members. The supplement also contains the registration package, so beginning March 1st you can register using the form in this newsletter and mailing it in, or by going online to Ramapo2007.org and completing the registration process there.

The conference focuses on the Appalachian Trail, but there is more to it than that. We have scheduled 94 hikes—25 on the AT, the rest exploiting other areas in our trail-rich New York-New Jersey area. There are 70 workshops at which attendees can learn trail-building skills, hear about initiatives to document and monitor the ecological richness of the AT corridor, learn how to attract and manage volunteers, or even learn origami or how to take good nature photographs. There is a program for youth and many activities suitable for the whole family. We’ve made sure there is something for everyone.

I first attended an ATC Biennial Conference in 1981, when I was asked to present a workshop on running a litter day. I quickly realized that these conferences were excellent ways to explore different areas of the eastern United States, to absorb local culture, to hike new trails, and to meet other hikers. At the third ATC in New Jersey in 1983, my husband Walt and I were in charge of registration, and I realized that there are many ways to contribute and have fun.

You still have an opportunity to be involved in this year’s event. Join us July 13-20 for eight days of fun—take workshops, lead a hike, chaperone an excursion, or just talk with hikers from outside our region. Join me in welcoming other hikers to our region. Get a step ahead in planning your summer hiking or vacation and sign up early. I hope to see you at Ramapo2007.

– Jane Daniels
Chair, Board of Directors
Chair, Ramapo 2007

Call for Candidates for Trail Conference Board, Delegates

The Trail Conference Nominating Committee seeks nominations for the board of directors and delegates-at-large. We are looking for board members with a background of skills in communication, fundraising, environmental science, and government. Self-nomination is encouraged. You can also suggest others if they meet the requirements and might be willing to serve if nominated.

Send nominations with resume (if possible) to: nomination@nynjtc.org, “Nominating Committee” in subject line.

Nominating committee members: George Becker, Jr., Chair; John Gunzler, Malcolm Spector, Josie Gray, Denise Vitale

Letters to the Editor

Hooray and Thank You!

We are so thrilled that Sterling Forest State Park remains whole! On behalf of the Board of Directors and volunteers of the Sterling Forest Partnership we want to thank the New York-New Jersey Trail Conference for encouraging public Board Partners to pursue negotiations for purchasing the 757-acre holding so that Sterling Forge Estates property should remain intact as part of Sterling Forest State Park.

Sterling Forest is the keystone of the Highlands, and the Sterling Forge acquisition was crucial to avoid serious detrimental impacts to the natural resources within this parcel and the surrounding parkland and to New Jersey’s drinking water.

Thank you for your leadership and for the support of the Board of Directors, staff, individual volunteers and club members (TC-ADK Partnership), as well as Neil Woodworth’s legal advice over the years.

The Trail Conference has a unique ability to advocate successfully and it should be very proud of its role in protecting this unfragmented 21,000-acre preserve. It is a privilege to work with you.

—Mary Fraterrico & John Dolan
Sterling Forest Partnership, Inc.

Send us a Letter

Email it to tw@nynjtc.org in the subject line, put “Letter to TW editor” or send it to Trail Walker Letters, NYNJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430.
Volunteer Profile

John Mack: A Synonym for Dedication

In his volunteer activities with the Trail Conference, John Mack has created what almost amounts to a second career. He is practically part of the staff,” says cartographer Allison Werberg, who worked with John on the just published eighth edition of the North Jersey Trails map set. John was project manager. “I’m accustomed to being a feature here at the Trail Conference,” John admits with a smile, adding that he finds the work “all very interesting and to the point.”

A member of the Trail Conference “off and on” for 25 years, John helped out with the occasional trail project, all the while hiking, tracking his historical interests in the region’s iron mines, and pursuing an active interest in Central American archaeology and anthropology. He found himself in far-flung excavations there whenever he could. (He still does.)

About five years ago, he stepped up his Trail Conference dedication, starting from his job as a mechanical engineer specializing in large combustion engines, working on projects from power ships and generators. His retirement coincided with the Trail Conference’s move to Mahwah, where he helped them set up shop in a former school building.

NJHTA Membership Drive

Thanks to John’s help, the Trail Conference has been able to develop a number of key resources, including the Trail Conference Guide, which is now available online at www.njtrail.org. John has helped organize the records of Trail Conference properties and spearheaded the Trail Conference efforts to support passage of the Highlands Act by gathering in-person and signatures on petitions. He worked with the late Martin Deeks on laying out the 5-mile Hasenclinger Iron Trail in Ringwood State Park and getting all the necessary permissions from park officials and private land owners. He helped design and install the bridge at the Popolopen Gorge, then “got my training from Eddie Walsh and Roland Brault” while assisting in the construction of the approach to the bridge. With Pete Tilgner he helped build the Wildcat Mountain Trail in Sterling Forest, and then, with his wife Mary, assumed maintenance duties on its northern half. John has been an at-large delegate to the board of directors and an all-around member of the publications committee, helping with GPS recording, editing, field checking, and production.

Most recently, John has taken on the role of trails chair for the West Hudson South Mountain and Ringwood State Park Hiking Club. Both groups will meet every other month, with the next meeting of the New Jersey committee scheduled for March 28, 7pm, at the Trail Conference office in Mahwah. Please check our website (www.njtrail.org/issues/index.html) for the next New Jersey committee meeting, which is tentatively planned for April.

Contact Brenda Holzinger (holzinger@nynjtc.org; 201-512-9348, ext. 25) if you are interested in joining the Trail Conference advocacy effort.

Volunteer John Mack is a Trail Conference fixture.

The work, says John, “is all very interesting and to the point.”

State Advocacy Committees Kick-off 007

Fifteen enthusiastic Trail Conference members gathered in Mahwah on January 31 for a lively discussion about New Jersey policy issues ranging from the Garden State Preservation Trust Fund to ATV’s to the Highlands Draft Regional Master Plan. Both groups will meet every other month, with the next meeting of the New Jersey committee scheduled for March 28, 7pm, at the Trail Conference office in Mahwah. Please check our website (www.njtrail.org/issues/index.html) for the next New Jersey committee meeting, which is tentatively planned for April.

Contact Brenda Holzinger (holzinger@nynjtc.org; 201-512-9348, ext. 25) if you are interested in joining the Trail Conference advocacy effort.

Rustic, sturdy, and elegant too.

And finally, life member George Becker has made the first large donation to the building fund as well as developing a plethora of ideas to complete the renovation and occupy the building.

Members should know that the Trail Conference Board of Directors fully supports this move but has directed that all historic preservation and renovation funds must come from new sources so as to not cannibalize resources needed to fully accomplish the Trail Conference’s regular mission. With this directive, a Darlington Schoolhouse Steering Committee, chaired by member Drew Lehman, is holding meetings and developing plans that call for a variety of volunteer committees to manage this project to its completion.

Any members who want to get involved in this fascinating project should contact our volunteer coordinator, Heidi Adami, at 201-512-9348, ext. 26, or adami@nynjtc.org. In addition to fundraising, volunteers are needed in project management, the construction trades, interior design, landscape design, accounting, and law.

We look forward to a day in 2008 when we can host our first open house in our new headquarters at 600 Ramapo Valley Road in Mahwah, New Jersey.

- Ed Goodell, goodell@nynjtc.org

Rustic, sturdy, and elegant too.
The Inaugural Year on the Bear Mountain Trails Project

As winter finally settled on the Hudson Highlands, the first season of work on the Bear Mountain Trails Project—during which several hundred feet of new trail were built on both sides of the mountain—went into hibernation mode; work continued at a slower pace, and headway was made in planning for the next work season. We have scheduled and invite you to join us for a Project Orientation in March on 31. This activity will offer potential volunteers and interested hikers a glimpse of new trail sections and an opportunity to learn more about the project. (See Trail University on page 5 and Trail Crew Schedules on page 5 for details about early BMTP dates.)

More than 180 volunteers contributed over 6,000 hours

Before the new season gets underway, though, we want to look back and thank the more than 180 volunteers who made contributions over 6,000 hours to the reconstruction project through 30 workshops and over 100 work trips in 2006. These volunteers included organized groups from the Appalachian Trail Conservancy, Palisades Interstate Park Commission, New York City Parks, and Project New York; as well as individuals and groups who contributed countless hours and expertise to the Bear Mountain Trails Project during its first season.

NJ Trails Plan Still in Limbo

The draft New Jersey Trails Plan, originally scheduled for release in January, is now expected to be available on the web in March or April for public comments at this address: www.njtrailsplan.org. The Trail Conference will analyze this plan when it is expected to be available on the web in March or April for public comments at this address: www.njtrailsplan.org. We are following the development of this plan closely and will keep you informed of any developments.

Conservation & Advocacy News Notes

Spitzer Budget Proposal and the Environment

The first executive budget proposal submitted by Gov. Eliot Spitzer includes increases to the Environmental Protection Fund (EPF) of at least $100 million in two years, to $325 million. There will be expanded by at least $100 million in two years, to $325 million. There will not be any increase in the EPF if the bottle bill expansion does not become law. The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The first executive budget proposal submitted by Gov. Eliot Spitzer includes increases to the Environmental Protection Fund (EPF) of at least $100 million in two years, to $325 million. The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.

The governor's spending proposal for the EPF includes:

- $58 million for land acquisition, an increase of $8 million;
- $21 million for state land stewardship, an increase of $6.5 million;
- $25 million for municipal recycling, an approximately $5 million increase;
- $28 million for farmland protection, a $5 million increase;
- New $2 million smart growth line item replacing the quality communities program.
TRAIL U
Teaching Practical Skills to Trails Volunteers At Locations throughout the NY-NJ Area

Unless otherwise noted, register by contacting: Heidi Adami, Volunteer Coordinator, at 201-512-9348 ext. 26, adami@nynjtc.org.

March 24
TU 173 AT Corridor Monitoring @ RPH Shelter, Duchess County, 9 a.m to 3:30pm
This one-day workshop provides participants with first-hand experience on clearing land boundaries and trail corridors for illegal uses such as ORV activity, trash dumping, trail land encroachment and other common problems. The “in the field” portion of this workshop will be spent off-trail; therefore, students should feel comfortable with off-trail hiking situations. Bring out the brushhacker in you and brush up on map and compass skills.

March 24 (snow date March 31)
TU 172 Trail Measuring and Inventory @ Ward Pound Ridge Reservation, Westchester County
This will be an all-day course for those who would like to assist with the collection of trail data. Learn to use a measuring wheel, some simple GPS data collecting skills, and techniques for recording data in a consistent and timely fashion.

March 25
TU 175 Basic Rock Work: Moving and Setting Stone @ Bear Mountain
This is a general introduction to rock work. Using hand tools participants will learn how to quarry for stone from the surrounding forest, move stone safely to the trail using simple hand tools, set stone, and techniques for recording data in a consistent and timely fashion.

March 31
TU 176 Side-hill Trail Construction @ Bear Mountain
This is a great introduction to building trail and very suited to beginners. Participants will learn the basics of what makes trails sustainable. We will lay out trail grades using a clinometer and levels, then excavate a trail into the hillside using simple hand tools. Everyone will work on the “in the field” portion of this workshop will be spent off-trail; therefore, students should feel comfortable with off-trail hiking situations. Bring out the brushhacker in you and brush up on map and compass skills.

March - April 2007
For the latest schedules and additional details, go to nynjtc.org and click on "Trail crews/Worktrips." TBD = To Be Determined

April 28 (Saturday)
Willow Crest Trail, Swartswood State Park  Install a bridge and punchdown in wet areas on the new Willow Crest Trail at Swartswood State Park.
NJ HIGHLANDS CREW
Leader: Glenn Dillenhofer, 973-283-0006, glenndillenhofer@gmail.com
First Sunday of each month +
Additional Saturday or Sunday trips are often scheduled. We tackle a variety of projects on the Highlands Trail in NJ. Details and directions are posted on the NY-NJ UTC website calendar or contact the leader.
MICRO TRAIL CREW
Leader: Joe Gindroff, 914-760-3568, josephgindroff39@hotmail.com
Third Saturday of each month
Trips start at 9am, locations TBA. Call or email for details. We serve parks from Pelham Park in the Bronx, to the Staten Island Greenbelt. To get more info on the many trips held throughout the season, contact us, and get onto our mailing list.
LONG PATCHWAKSHAWANCHUK RIDGE CREW
Leader: Jakob Franko: 201-768-3612 (home), 212-348-0178 (work), 201-638-0142 (cell)
April 22 (Sunday)
Extend new ridge trail toward Shawangunk Ridge Trail Meet: 9am, corner of Minisink Ave. and the Old Goliampole Trail, in Port Jervis
April 28 (Saturday)
Extend new ridge trail toward Shawangunk Ridge Trail Meet: 9am, corner of Minisink Ave. and the Old Goliampole Trail, in Port Jervis.
May 6 (Sunday)
New South Gully Trail, Sam’s Point Preserve Meet: 10 am, parking lot in Cragsmoor
May 15 (Saturday)
New South Gully Trail, Sam’s Point Preserve Meet: 10 am, parking lot in Cragsmoor
WEST HUDDLE SOUTH
Leaders: Chris Ezzo (Crew Chief): 516-431-7678, music@numbers9@yahoo.com, Brian Buchbinder: 718-218-7563, Brian@transomediation.com, Claudia Sangu: 212-633-1234, cigolp@earthlink.net, Robert Marshall: 973-472-4792, rmarshall@webtv.net
April 12 (Thursday)
Pepoipogen Grove, Bear Mountain State Park Leader: Bob Marshall
April 28 (Saturday)
Bear Mountain State Park Leader: Chris Ezzo
April 21 (Saturday)
Bear Mountain State Park Leader: Brian Buchbinder
April 26 (Thursday)
Pepoipogen Grove, Bear Mountain State Park Leader: Bob Marshall
May 10 (Thursday)
Pine Meadow extension, Bear Mountain State Park Leader: Bob Marshall

WEST HUDSON NORTH CREW
Leaders: Denise Viate, crew chief: 845-738-7216, NWHTrails@l4ad.com Dave Webster: 914-462-7228, webberr@yahoo.com
Planning big things for May. Stay tuned.

EAST HUDSON CREW
If you are coming by train, let the leader know so we wait for the train.
Leaders: Michael Bongar, 914-780-0616, michael@milchadongar.com Josie Gray, 845-831-5766, josiprail@verizon.net Alan King, 914-763-9643, akingl@mac.com
April 28 (Saturday)
Hudson Highlands State Park Leader: Bob Marshall
May 12 (Saturday)
Hudson Highlands State Park Leader: Josie Gray
June 2 (Saturday)
Hudson Highlands State Park Leader: Josie Gray

BEAR MOUNTAIN TRAILS PROJECT
Contact: Heidi Adami adami@nynjtc.org or 201-512-9348 ext. 26

Weekends and Thursdays, starting March 31
Workshops will occur every weekend and every Tuesday April through May.
April 14 (Saturday)
Beginners Women’s Worktrip
April 15 (Sunday)
Intermediate Women’s Worktrip

Storm King Crossover Trail Closed
The Crossover Trail, connecting the Stillman Spring Trail to the Howell Trail, in Storm King State Park is now closed. The trail was constructed as a temporary bypass to an area restricted during a mul- ti-year ordinance clean-up in the park. With cleanup completed and the area once again open, the connector trail has been closed.

Beware Where You Park on Rt. 9D
Hikers in the East Hudson Highlands who park along Route 9D just north of the Bear Mountain Bridge need to heed restricted parking zones in the area. Hikers have reported getting notices that the area is “restricted.” In particular, note that parking along the wall is restricted.

Overnight Parking in Wawayanda
Hikers are advised that overnight parking on lands administered by Wawayanda S.P. in New Jersey is restricted to the parking areas at the State Line Trail trailhead off Route 511 and Greenwood Lake, at the Park headquarters, and at the Route 94 AT crossing in Vernon. Anyone parking overnight should notify the park in advance and leave a note in your window. Wawayanda S. P. phone: 973-453-4462

Wary of Spring T rail to the Howell T rail, in Storm King State Park is now closed. The trail was constructed as a temporary bypass to an area restricted during a mul- ti-year ordinance clean-up in the park. With cleanup completed and the area once again open, the connector trail has been closed.

Planning big things for May. Stay tuned.

If you are coming by train, let the leader know so we wait for the train.
Leaders: Michael Bongar, 914-780-0616, michael@milchadongar.com Josie Gray, 845-831-5766, josiprail@verizon.net Alan King, 914-763-9643, akingl@mac.com
April 28 (Saturday)
Hudson Highlands State Park Leader: Bob Marshall
May 12 (Saturday)
Hudson Highlands State Park Leader: Josie Gray
June 2 (Saturday)
Hudson Highlands State Park Leader: Josie Gray

BEAR MOUNTAIN TRAILS PROJECT
Contact: Heidi Adami adami@nynjtc.org or 201-512-9348 ext. 26

Weekends and Thursdays, starting March 31
Workshops will occur every weekend and every Tuesday April through May.
April 14 (Saturday)
Beginners Women’s Worktrip
April 15 (Sunday)
Intermediate Women’s Worktrip

Storm King Crossover Trail Closed
The Crossover Trail, connecting the Stillman Spring Trail to the Howell Trail, in Storm King State Park is now closed. The trail was constructed as a temporary bypass to an area restricted during a mul- ti-year ordinance clean-up in the park. With cleanup completed and the area once again open, the connector trail has been closed.

Beware Where You Park on Rt. 9D
Hikers in the East Hudson Highlands who park along Route 9D just north of the Bear Mountain Bridge need to heed restricted parking zones in the area. Hikers have reported getting notices that the area is “restricted.” In particular, note that parking along the wall is restricted.

Overnight Parking in Wawayanda
Hikers are advised that overnight parking on lands administered by Wawayanda S. P. in New Jersey is restricted to the parking areas at the State Line Trail trailhead off Route 511 and Greenwood Lake, at the Park headquarters, and at the Route 94 AT crossing in Vernon. Anyone parking overnight should notify the park in advance and leave a note in your window. Wawayanda S. P. phone: 973-453-4462

Wary of Spring T rail to the Howell T rail, in Storm King State Park is now closed. The trail was constructed as a temporary bypass to an area restricted during a mul- ti-year ordinance clean-up in the park. With cleanup completed and the area once again open, the connector trail has been closed.

Planning big things for May. Stay tuned.
If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact Heidi Adami, either by email, volunteers@nynjtc.org or phone, 201-512-9348, ext. 26, and she will find a way to get you involved.

Trail Maintainers
We are looking for individuals, couples, and families who are willing to adopt a section of trail. Maintainers are expected to visit their assigned section a minimum of twice a year, keeping it passable by cutting back brush, ensuring it is weedless and free of trash, and submitting semi-annual reports of their work. We have openings on several of our Trail Committees. Contact: Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Appalachian Trail Corridor Monitor
Looking to get off the beaten path? Monitors are needed to patrol and watch the Appalachian Trail Corridor to protect against misuse and illegal activities. Responsibilities include: walking the corridor boundaries two to four times per year, verifying boundary markers along the corridor boundary, reporting evidence of trespassing and misuse such as dumping, littering, ATV’s, etc.; assisting Corridor Manager in handling problems discovered; and meeting trail neighbors and easement holders annually. Contact: Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Appalachian Trail Natural Heritage Monitors
Every summer and fall, Trail Conference volunteers head out to select sites along the AT to monitor rare, threatened, or endangered plant species. Similar to trail maintainers, the AT natural heritage monitors visit the sites assigned to them at least twice per year. We are seeking new volunteers to participate in this project! Interested persons should contact Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Appalachian Trail Endurance Monitors
We are seeking your help to provide round-the-clock staffing of an infirmary at the Appalachian Trail Conference from July 13 through 20, 2007, at Ramapo College. Volunteers will be on-call to assist the conference guests for minor medical needs or to direct them to local facilities. Please help us by asking club or family members if they can put their skills to work for the Trail Conference. Contact Rick Savino at 201-785-9950 or rjsavino@cs.com.

Wanted: Student Interns
Earn an internship with the Trail Conference and gain skills in trail building, managing volunteers, and the administration of projects both large and small. This is a great skills and resume builder! Some internships come with stipends, some may earn academic credit. To learn more about intern opportunities, contact Heidi at volunteers@nynjtc.org or 201-512-9348, ext. 26.

Attention All Doctors, Nurses, EMTs
We are seeking your help to provide access to skilled medical care to thru-hikers. White AT blazes were sometimes hard to find in places like the Appalachian Trail, the Pacific Crest Trail, and the Continental Divide Trail, where stretches from Canada to Florida and includes the Appalachian Trail. And the intrepid hiker accomplished this feat with less than 15 pounds of gear (although his pack weighed as much as 30-40 pounds with food and water).

Volunteer Classifieds: Get Involved!

Can You Spare a Few Hours a Week?
Join the fun at our Mahwah office and assist with the packing of map books, ordering supplies, shipping membership cards, and processing membership renewals. Keep the Trail Conference’s Orders and Fulfillment Department running on track to lend us a helping hand! With a boom in memberships and book orders, we need your help. Interested persons should be comfortable working on a computer. Contact Gary Willick, either by email orders@nynjtc.org, or phone, 201-512-9348, ext. 11.

Step by Step to 10,000 Miles
This ultra-hiker did not just wake up one day and decide to walk 10,000 miles. Justin grew up day-hiking with his parents around Harriman State Park, with Anthony’s Nose a favorite destination. His first extended-length hike, however, did not take place until he reached the age of 21. After graduating from the University of California with a degree in geology, he spent four months navigating his way through the riverbeds of southern Utah.

Hike 10,000 Miles in his Shoes
By Howard E. Friedman, DPM

If you have slowly been increasing your day-hike mileage and want advice on how to really boost the distance you cover, consider asking Justin Lichter, age 26 and a former resident of Briarcliff, NY, for advice. Justin now lives in California and was interviewed by telephone. Mr. Lichter—trail name Trauma—recently completed hiking 10,000 miles in a period of just one year, covering the Pacific Crest Trail, the Continental Divide Trail, and the Eastern Continental Divide Trail, which stretches from Canada to Florida and includes the Appalachian Trail. And the intrepid hiker accomplished this feat with less than 15 pounds of gear (although his pack weighed as much as 30-40 pounds with food and water).

Scouts Complete Three Projects in North Jersey Parks
In September, Chris Sawyer, of BSA Troop 77 in Wyckoff, designed and built a bridge for the Ringwood Ramapo Trail in Ringwood State Park. The bridge crosses Cupsaw Brook and the difficulty in transporting materials to the site, which is more than a mile away, was more than a half mile on the Ringwood-Ramapo Trail by the scouts before the bridge was completed. The bridge uses a big boulder mid-stream to help it more than a quarter-mile to the nearest access point. The site includes the foundations for the original farmhouse and foundry along with a still functioning well.

In November, James Cahayla-Wynne of Troop 96 in Ringwood rehabilitated the Sanders Farm Site at Camp Glen Gray, Bergen County Parks in Mahwah. The Sanders Farm Site was established in 1810. The project consisted of cleaning up the area—more than a truck-load of debris was removed—and making and installing signs. The clean-up work included exposing the foundations by clearing many years of leaf litter and several dead trees. Drew Baumgardt of Camp Glen Gray trucked the debris out after the scouts carried it more than a quarter-mile to the nearest access point. The site includes the foundations for the original farmhouse and foundry along with a still functioning well.

In November, Daniel Loughrey of Troop 96 in Ringwood designed and built a bridge for the Inland Trails at the Kooler Patch Trailhead. With a boom in memberships and book orders, we need your help. Interested persons should be comfortable working on a computer. Contact Gary Willick, either by email orders@nynjtc.org, or phone, 201-512-9348, ext. 11.

The Rockland Railmlink
Looking to get off the beaten path? Monitors are needed to patrol and watch the Appalachian Trail Corridor to protect against misuse and illegal activities. Responsibilities include: walking the corridor boundaries two to four times per year, verifying boundary markers along the corridor boundary, reporting evidence of trespassing and misuse such as dumping, littering, ATV’s, etc.; assisting Corridor Manager in handling problems discovered; and meeting trail neighbors and easement holders annually. Contact: Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Every summer and fall, Trail Conference volunteers head out to select sites along the AT to monitor rare, threatened, or endangered plant species. Similar to trail maintainers, the AT natural heritage monitors visit the sites assigned to them at least twice per year. We are seeking new volunteers to participate in this project! Interested persons should contact Heidi Adami, volunteers@nynjtc.org, or 201-512-9348, ext. 26.

Wanted: Student Interns
Earn an internship with the Trail Conference and gain skills in trail building, managing volunteers, and the administration of projects both large and small. This is a great skills and resume builder! Some internships come with stipends, some may earn academic credit. To learn more about intern opportunities, contact Heidi at volunteers@nynjtc.org or 201-512-9348, ext. 26.
Lichens: Where 1 + 1 = 1
By Michael Alcamo

One of the most prevalent things we encounter in our forests—lichens—is also among the most fascinating and mysterious. A lichen is a composite organism, in which a fungal partner is ensheathed, cell by cell, with a mutually dependent algal partner. Trevor Gorow once said, "Lichens are fungi that have discovered agriculture."

There are literally thousands of fairly common lichens in North America. Only about five or six algal partners are involved in these combinations, so the species name is the name of the fungal partner. Lichens grow in shapes and sizes that fall into three main categories. First are the crustose (crusty) lichens, such as the gray and green lichens that cover boulders and

Science & Ecology

partner in one dish and the alga in another dish, you would simply have two dishes of slime. But when they get together, and the alga and fungus are living together they form a cohesive structure, you get a lichen and all of its complexity. Even a single lichen is a whole organism, not just a partnership. If you cut a piece of lichen you can see all parts of the same large organism. Most lichens grow extremely slowly, often less than a millimeter per year, and some lichens are thought to be among the oldest living things on Earth. Some lichens with very slow growth rates have been used to estimate the dates of geological events such as the retreat of glaciers.

While lichens are resistant to many harsh conditions, they seem to be sensitive to air pollution. Charles Darwin in 1790 noted the disappearance of lichens in areas near copper mines. Recent studies have shown a contrast between exposed areas and the disappearance of lichens. Today, researchers work to create a lichen survey or "flora" in a particular area in order to have a record that can be compared in 10 or 20 years' time. There are several species you can get to know in our area. Umbilicaria mamillosa looks like a puffball, the "hole in the donut," let's revisit the old science term...and no decent views. However, a narrow trail in the New York State portion of the park leads to some lichens, sporting spectacular three dimensional formations like that of "Spanish moss" (not a moss at all, but a lichen of the genus Cladonia). This diversity is remarkable when you consider that if you were to have the fungal and green dinner plates. They have a smooth surface and a black velvety underside, covered with tiny "rhizomorphs." Umbilicaria seems to prefer rock that is

undisputed by people. It is too small to walk on. Another common umbilical floccose lichen is Xanthoria elegans. Xanthoria is usually a little smaller, with a blunter upper surface. The underside is deeply pitted, brown and toasty. Xanthoria species are easy to identify because they can be compared in 10 or 20 years' time. There are several species you can get to know in our area. Umbilicaria mamillosa looks like a puffball, the "hole in the donut," let's revisit the old science term...and no decent views. However, a narrow trail in the New York State portion of the park leads to some lichens, sporting spectacular three dimensional formations like that of "Spanish moss" (not a moss at all, but a lichen of the genus Cladonia). This diversity is remarkable when you consider that if you were to have the fungal and green dinner plates. They have a smooth surface and a black velvety underside, covered with tiny "rhizomorphs." Umbilicaria seems to prefer rock that is

Tracking the Wild Invasives Year Two

Like to hike but trail building not your thing? Want to learn plant identification and how to use a Global Positioning System (GPS)? This volunteer opportunity is for you!

This is the second year of a three-year project supported by the USDA, which aims to better understand the spread of invasive plants and develop management strategies. Conservation and advocacy continued from page 4

the park. Many key trail planning decisions were deferred until "pending acquisitions" were completed. One example of the work to be done is the Lake-to-Lake Trail. This southernmost trail in the New York State portion of the forest is widely regarded as unsuitable as a hiking trail because it is very eroded, with long stretches of wet/poorly drained areas and no decent views. However, a narrow hiking trail has been created along some of the higher ground in this area (while avoiding sensitive habitats) could offer one of the best hiking experiences in the park, with striking views of a cedar swamp to the north, and the lakes to the east and west.

There are many other projects detailed in the Yankee Journal and the New York Forest Consultants, but we can summarize by saying that with proper planning and use, there is hope for a diverse, properly designed trail system in the forest.

Now that the original Sterling Forest Tract has been made whole since we have closed the "hole in the donut," let's revisit the old recommendations, get our volunteers and park management together, and move ahead with the New York Forested Forest State Park, the best possible trail system that it and the public deserve.

The Tiny Frog with the Big Voice
By David Moskowitz

As winter begins to fade and the days become longer, there are many signs that spring is just around the corner: the first red-winged blackbird, pussy willows and skunk cabbage flowering, the reddish tint of swelling tree buds. But none announce that spring has arrived quite like the first chorus of spring peepers calling from some marshy area on a mild rainy day in March. In the Northeast, the call of the spring peeper is simply synonymous with spring.

The spring peeper is one of the easiest of our northeastern frog species to identify, at least by voice. Its name is onomatopoeic, simply reflecting the "peep, peep" that the males utter during the breeding season in the spring. Other local common names are equally descriptive and include pink-wink, peewee, piddly-tink, and tinky. But describing the call simply as a "peep" or "spring" derivation just doesn't do the frog justice.

The spring peeper is only about an inch long, but a chorus of singing males can be deafening. I have stood in the midst of a spring peeper chorus right next to other people and have been barely able to hear anything they were saying. Oddly, finding a spring peeper, despite their incredibly loud call, is not an easy task, and most people will likely have to enjoy their calls as a joyous consolation prize. I particularly enjoy the description of this frustration by the renowned biologist Mary Dickerson from The Frog Book published in 1906: "After we have heard the chorus every spring for years, the Peeper is still quite a necessary to us. It is the first real amount of busy work during the chorus of a frog so eager for spring. The Peeper is still but a voice...The combination of sounds is about ear-splitting...But where are the frogs? The voices are all about us. There is one particularly loud one at our very feet. We look, we scrutinize every leaf and stick and bit of grass. It is wear-

The scientific name of the spring peeper is as wonderfully descriptive as its common name. This diminutive frog has a name longer than the frog itself: Pseudacris crucifer. But this name, derived from both Greek and Latin fits perfectly. Pseudacris translates to "false locust" and describes the insect-like sound of the spring peeper's spring chorus. Crucifer means "cross-bearing" and reflects the "X" on the little frog's back on its front and that is often the key field mark for its identification. The color of the spring peeper is variable; it may be greenish, brownish, or even grayish.

The spring peeper has a wide range that extends throughout the eastern half of the United States and Canada. The habitat of the spring peeper includes just about any kind of wetland from wooded swamps and vernal pools to open marshes and even wet fields where there is standing water throughout the spring. In the Northeast, breeding begins in March and typically continues through May, when the choruses begin to taper off. The spring peeper is one of the earliest frogs to emerge from hibernation and often sings when the air temperature is at or even a bit below 50°F. Occasionally, on warm winter...continued on page 11

Evernia mesomorpha

Xanthoria species

A beautiful bright orange lichen found on stone walls is Xanthoria elegans. It is often referred to as the "yellow sunburst lichen." It is common on exposed cliffs and boulders. The lower surface is white, with coarse, tiny root structures, or "rhizines." You'll see Flavoparmelia caperata, the "yellow shield lichen," on branches and trunks of trees. One researcher I know spends her time examining lichens at the tops of trees; she hypothesizes that the ground level is actually more of an accidental or opportunistic habitat. In the Gunks and elsewhere, you'll see Cladonia stellaris piled at your feet like gray tumbledow. This is the beautiful "star- tipped reindeer lichen." In colder climates, they are probably the most important winter food source for canibou and reindeer. Commercially, they are used by architects or model train enthusiasts to make tiny model trees and shrubs. It grows slowly, so best to leave it in place.

Someone is bound to ask: what good are lichens for? On one hand, they are typically distinguished by and may be valued for the unusual chemicals they produce. Lichens is paper made from one of these substances. Some lichens have been used through the years for dye clothing. The company "Tents of Maine uses a species of Unio to make an undeterorating dye. Native Americans have used the "lady" Umbilicaria into syrup that can expel tapeworms. Cladonia and Cladina are important sources of food for wildlife.

To my mind, perhaps they are interesting because they don't have much of a commercial purpose at all.

Member Michael Alcamo is an "avid amate ur lichenologist" and hiker.

A bigger-than-life photo of the tiny spring peeper.
March

Thursday, March 1
ADK. Akwesasne River Conservation Club, New York.

March

Thursday, March 8
ADM. American Hiking Society, New York.

March

Thursday, March 15
AHA. American Hiking Society, New York.

AHA. American Hiking Society, New York.
Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Skylands Manor; call for directions.

March

Thursday, March 22
AHA. American Hiking Society, New York.

March

Wednesday, March 28
AHA. American Hiking Society, New York.
Leader: Joeine and Don Mitchell, 201-568-4867. Meet: 10am at parking area off cold on left, Woodland Rd., Hillsdale, NJ. Call for directions.

March

Thursday, March 29
AHA. American Hiking Society, New York.
Leader: Mark M., 973-538-1655. Meet: 7am at camp fires. Entrance to the site is very steep and difficult. Please make few lights and keep the outside quiet. Do not cause.

March

Thursday, March 1
VA. Appalachian Trail Club, New York.

March

Thursday, March 8
VA. Appalachian Trail Club, New York.
Leader: Freda Zajc, 908-648-3847.

March

Thursday, March 15
VA. Appalachian Trail Club, New York.
Leader: Jim and Theresa McKay, 973-538-0756.

March

Thursday, March 22
VA. Appalachian Trail Club, New York.
Leader: Jim McKay, 973-538-0756.

March

Wednesday, March 28
VA. Appalachian Trail Club, New York.
Leader: Joeine and Don Mitchell, 201-568-4867.

March

Thursday, March 29
VA. Appalachian Trail Club, New York.
Leader: Mark M., 973-538-1655.

March

Tuesday, March 20

March

Wednesday, March 28
AHA. American Hiking Society, New York.
Leader: Joeine and Don Mitchell, 201-568-4867. Meet: 10am at parking area off cold on left, Woodland Rd., Hillsdale, NJ. Call for directions.

March

Thursday, March 29
AHA. American Hiking Society, New York.
Leader: Mark M., 973-538-1655. Meet: 7am at camp fires.

March

Tuesday, March 20
AHA. American Hiking Society, New York.
Leader: Freda Zajc, 908-648-3847. Meet: 10am at lower lot, Skylands Manor; call for directions.

March

Wednesday, March 28
AHA. American Hiking Society, New York.
Leader: Joeine and Don Mitchell, 201-568-4867. Meet: 10am at parking area off cold on left, Woodland Rd., Hillsdale, NJ. Call for directions.

March

Thursday, March 29
AHA. American Hiking Society, New York.
Leader: Mark M., 973-538-1655. Meet: 7am at camp fires.

March

Tuesday, March 20
AHA. American Hiking Society, New York.
Leader: Freda Zajc, 908-648-3847. Meet: 10am at lower lot, Skylands Manor; call for directions.

March

Wednesday, March 28
AHA. American Hiking Society, New York.
Leader: Joeine and Don Mitchell, 201-568-4867. Meet: 10am at parking area off cold on left, Woodland Rd., Hillsdale, NJ. Call for directions.

March

Thursday, March 29
AHA. American Hiking Society, New York.
Leader: Mark M., 973-538-1655. Meet: 7am at camp fires.

March

Tuesday, March 20
AHA. American Hiking Society, New York.
Leader: Freda Zajc, 908-648-3847. Meet: 10am at lower lot, Skylands Manor; call for directions.

March

Wednesday, March 28
AHA. American Hiking Society, New York.
Leader: Joeine and Don Mitchell, 201-568-4867. Meet: 10am at parking area off cold on left, Woodland Rd., Hillsdale, NJ. Call for directions.

March

Thursday, March 29
AHA. American Hiking Society, New York.
Leader: Mark M., 973-538-1655. Meet: 7am at camp fires.

March

Tuesday, March 20
AHA. American Hiking Society, New York.
Leader: Freda Zajc, 908-648-3847. Meet: 10am at lower lot, Skylands Manor; call for directions.

March

Wednesday, March 28
AHA. American Hiking Society, New York.
Leader: Joeine and Don Mitchell, 201-568-4867. Meet: 10am at parking area off cold on left, Woodland Rd., Hillsdale, NJ. Call for directions.

March

Thursday, March 29
AHA. American Hiking Society, New York.
Leader: Mark M., 973-538-1655. Meet: 7am at camp fires.
Hikers’ Marketplace

NY-NJ TC member?  YES  NO  JOINING NOW  Member #__________

Please order by circuling price
Retail Member P/H Total

Official Conference Maps  Order 8 or more and get discounted expedited shipping!
Catkill Trails (2005) & see combo $14.95 $11.21 $+1.35
East Hudson Trails (2005) $10.95 $8.21 $+2.70
Harriman-Bear Mountain Trails (2005) & see combo $9.95 $7.46 $+1.20
Hudson Palisades Trails (2005) $8.95 $6.71 $+1.20
Kittatinny Trails (2005) & see combo $12.95 $9.96 $+1.20
NEW! North Jersey Trails (2005) $9.95 $7.46 $+1.20
Shawangunk Trails (2005) & see combo $10.95 $8.21 $+2.70
South Taconic Trails (2005) $4.95 $3.71 $+1.20
Sterling Forest Trails (2005) $5.95 $+1.20
West Hudson Trails (2005) $8.95 $6.71 $+1.20

New York Walk Book (2005) & see combo $22.95 $17.21 $+3.00
New Jersey Walk Book (2004) & see combo $19.95 $14.96 $+3.00
Circuit Hikes in New Jersey (2003) $11.95 $8.96 $+2.50
Day Walker (2002) $16.95 $12.71 $+2.50
Harriman Trails Guide (1999) & see combo $19.95 $14.96 $+3.00
Hiking Long Island (2005) $19.95 $14.96 $+3.00
Kittatinny Trails (1994) & see combo $16.95 $12.71 $+2.50
NEW! Scenic & Trails in the Northern Shawangunks (2006) & see combo $13.95 $10.46 $+2.50

Health Hints for Hikers (1994) $5.95 $4.46 $+2.50
Nature Walks in New Jersey (2005) $14.95 $11.21 $+2.50
ADK Catskill Trails (2005) & see combo $19.95 $14.96 $+2.50
ADK Catskill Day Hikes (2004, 2nd ed) $12.95 $9.71 $+2.50
Book Two: The Central Catskills (2000) $14.95 $11.21 $+2.50
Shawangunks Trail Companion (2003) $16.95 $12.71 $+3.00
Moon Take a Hike NYC (2006) $16.95 $12.71 $+2.50
Walking Manhattan’s Rim (2003) $12.95 $10.46 $+2.50
50 Hikes in the Lower Hudson Valley (2002) $16.95 $12.71 $+3.00
50 Hikes in New Jersey (2006) $16.95 $12.71 $+3.00
Best Hikes w/ Children in New Jersey (2005) $15.95 $11.96 $+3.00
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002) $14.95 $11.21 $+2.50
Hudson to Delaware: The Great Valley (2004) $75.00 $56.25 $+8.00

Combo-Packs
Catkill (5-map set & ADK book) $30.35 $22.69 $+5.00
Harriman (2-map set & book) $23.40 $17.55 $+3.00
NY & NJ Walk Books $38.60 $30.95 $+4.25
Shawangunks (5-map sets & Scenes & Walks book) $27.80 $20.85 $+2.50
Kittatinny (4-map set & book) $27.80 $20.85 $+2.50

The Personal Touch
Note Cards: TC Collection $12.00 $9.00 $+3.00
Long-sleeve Denim Shirt (Circle S 17 1/2 X L) $29.99 $22.42 $+2.50
Polo Shirt (Forest Green) (Circle S 17 1/2 X L) $10.90 $14.93 $+5.00
Harriman Map Bandanna $6.95 $5.21 $+1.85
Conference Logo Decal $2.50 $2.50 $+2.50
Long Path Logo Patch $2.75 $2.75 $+2.50
Conference Logo Decal $8.55 $8.55 $+2.50

Subtotal
Make check or money order payable to NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430. For a full descriptive catalog, please write or call 201-512-9348. Prices are subject to change. 3/07

TOTAL ENCLOSED $
Hiking trails, the “Bible” for all trail maintainers.

In the 1930s, working with Raymond T. orrey and helped lay out trails in Harriman Park in the 1982, the Silman family established the New York-New Jersey Trail Conference, Inc. Silman Zakim has made a generous contribution to fund the publication of the new edition of the Conference’s Trail Maintenance Manual – the “Bible” for all trail maintainers.

In 1982, the Silman family established the Harry B. Silman Trail Fund to honor the memory of Lydya’s father, Harry B. Silman, a dedicated trail builder and maintainer. As Lydya’s mother, Marcella Silman, put it: “Harry’s real legacy was trail work. He helped lay out trails in Harriman Park in the 1930s, working with Raymond T. orrey and Major Welch, and he faithfully maintained today’s Trail Conference volunteers carry on this legacy of volunteer involvement and commitment.”

Over the years, the Silman Trail Fund has enabled the Trail Conference to acquire tools needed by trail maintenance crews to continue their important work.
days, a lone peeper or two will be heard calling, taking a chance at being the first to adver-
tise his intentions. But returning colder temperatures will cause them to hide for a bit
longer in a sheltered place until warmer spells occur.

The quality of the call is important as females select males based on the call, so appar-
ently it pays to advertise. Spring choruses occur during the day during wet weather, but
the loudest are during the evening as the breeding season progresses and nighttime
temperatures remain mild. In April the tiny eggs are laid singly and the equally tiny tad-
poles hatch about a week or two later. The tadpoles mature into adults in about three
months and then leave the breeding pools for the surrounding woodlands and fields. The
diet of the spring peeper is as diverse as their wetland habitats, and includes any small
insects that come across their path.

Fortunately, at least for now, this frog has not declined as significantly as other species
with more specialized habitats. Nonetheless, every wetland loss can create a gap of silence
in the woods and swamps as the habitat of the spring peeper is eliminated. And to make
matters worse, frogs are facing pressures worldwide. Many species are disappearing for as
yet unknown or poorly defined reasons, even when the habitat remains suitable.

It’s almost impossible to imagine how impoverished the woods would be in the spring
without the loud, wonderful, piercing choruses of the spring peeper letting us know that
winter is over. As I write this from the vantage point of mid-January with temperatures in
the 20s, I know that it won’t be long until I hear that first spring chorus of peepers, and it makes me smile.
This hike at the Mohonk Preserve in New York’s Shawangunks Mountains is a favorite because it’s short (4 miles or less round-trip), of moderate difficulty, offers fantastic views, and the rock formations at the name-sake destination are unusual and dramatic. Also, the route traverses a varied landscape that includes meadows and forests and offers seasonal treats year-round.

Start at the Preserve’s Spring Farm entrance, accessed from Mountain Rest Road (County Route 6), just northeast of the Mohonk Mountain House. From the parking area (there is a fee or Mohonk Preserve membership required), cross the dirt carriage way and look for the blue blazes of the Table Rocks Trail. Turn left onto this trail. In less than a quarter-mile, you will emerge onto a small rise in a meadow that offers what author Jeff Perls refers to in his Shawangunk Trail Companion as “the famed Million Dollar View to the Rondout Valley and distant Catskills Range.” This is definitely a view worth stopping for and savoring.

This area of the Preserve is tracked with several trails and carriage ways, and the path to Table Rocks crosses, intersects, or is sometimes co-aligned with a number of them. In meadow areas, the path is kept mowed. But you will need to pay attention to the blue blazes to keep on the right route. At the 1-mile point, turn left onto Clearwater Road, a sometimes rough carriage way. (Bikes are permitted on this stretch of the route.) In about another half mile, boulders and rock formations begin to loom in the woods to the left. Begin looking for the trail turnoff, which will lead you into this dramatic landscape of slabs and crevices and finally emerge onto the fabled Table Rocks, where another great view opens up. This is a great place to stop for a snack or lunch. Beware, however, when unpacking goodies. These tables are set at what seems to be a 45-degree incline; apples and water bottles have a way of rolling away into the nearest crevice. On my last visit, I lost half my lunch.

To return, retrace your steps or consult the map to locate alternative trails that can turn this into a loop hike of almost any distance you like. The most spectacular will take you up to Bonticou Crag and yet more great views over the Hudson Valley and beyond.

Map: NY-NJ Trail Conference Shawangunk Trails-North, Trail Map 105 Length: 4 miles round-trip with lots of opportunities to connect with other trails that will extend the hike.

Highlight: It’s usually necessary to work a lot harder to get views like the ones afforded at and along the way to Table Rocks.

How to Get There: Follow Route 299 west out of New Paltz. Immediately after crossing the Wallkill River, turn right at first junction, following signs for Mohonk Mountain House. Bear left onto Mountain Rest Road at the next junction, and stay on this, past the Mountain House, turning off onto Upper 27 Knolls to Spring Farm just as the paved highway makes a sharp left.

Table Rocks

We Need Your Great Photos

Trail Walker is expanding our image library with high-resolution photos of hikers and families in action as well as full-length volunteer portraits with tools. Be creative and search for interesting locations. If your image is used in the Trail Walker, you will receive a photo credit. Send files (minimum of 1800x900 pixels) in jpg format to tw@nynjtc.org. Include “Trail Walker Image Library” in the subject line. You may be asked to sign a photographer/model release form and Trail Walker retains usage rights to any submitted images. We look forward to seeing your submissions!

Prize-Giving Membership Drive, Now through May

March has arrived and that means it is time to go out and find new members for our first Member-Get-A-Member drive! As announced in the last Trail Walker from March through the end of May, the New York-New Jersey Trail Conference challenges its members to encourage their friends, colleagues, and others interested in hiking to join the Trail Conference.

Each current member who sponsors a new member will become eligible for special recognition and prizes!

The three members who enlist the most new members will win one of this year’s Grand Prizes:

First Grand Prize: Two-night stay at the Minnewaska Lodge

Second Grand Prize: One-night stay at the Emerson Spa and Resort with dinner for two at the Phoenix Restaurant.

Third Grand Prize: $25,000 frequent flyer miles on a domestic airline of your choice, donated by a board member.

Additionally, for each new member you recruit, you will have an entry into our prize drawing for outdoor goods donated by our retail partners! We have backpacks, sleeping bags, headlamps, gift certificates, and more! The more new members you recruit, the more chances you have of winning!

By Marie Caruso

Thanks to our sponsors: Eastern Mountain Sports Blue Ridge Mountain Sports Rock & Snow

Dover Sport Online Tent Trails Jagger’s Camp & Trail Outfitters Tent & Trailer City - Hempstead

New Membership Dues Starting June 1, 2007

At the Trail Conference Annual Meeting in October 2006, the Delegates voted to increase Trail Conference dues. As we all know, the cost of living has increased since our last membership dues increase in April of 2002. Consequently, so has the cost of doing business. Therefore, at the recommendation of the board of directors, the Trail Conference delegates, consisting of representatives from each of our member organizations, active member delegates, and delegates at large, approved a modest, yet necessary increase in membership dues.

The new dues will go into effect on June 1, 2007. Regardless of when your Trail Conference membership is set to expire, NOW is the best time to renew it. You’ll be able to take advantage of special member-only discounted prices, and you’ll be helping the Trail Conference at an important time, when open space and trail protection must need our attention and energy.

Act now! You’ll be helping yourself and strengthening the Trail Conference in its efforts to protect and extend access to unspoiled nature.

Join the volunteers who bring you the great outdoors!

1.675 miles of trails and counting; your membership helps us expand our horizons.

Included with membership, Trail Walker 10% discount on purchases at most outdoor stores, and 25% discount on all Trail Conference maps and books.

$18 $25
$24 $30
$35 $40
$55 $60
$60 $75
$100 $125
$120 $150
$150 $1,000
$750 $1,500

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430.

E-MAIL ______________________________________________________
Check or money order enclosed   Visa   Mastercard   Amex
Check or money order payable to the NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430.

We’re start asking! Here are some ideas on whom to approach:

Friends you often hike with who are not current members
A colleague who is interested in hiking
Friends who frequently shop at our outdoor retailers
Family members who share your concern with environmental issues
Neighbors who are interested in discovering new family activities
As you can see, the prospects are limited only by your imagination. For more help and ideas on how to recruit, including sample e-mails, what to say, and additional membership forms, visit our webpage: www.nynjtc.org/MGM.

Ask your friends, family and fellow hikers to join the Trail Conference. As members, they’ll receive all the great benefits that you enjoy as a member: a free subscription to the Trail Walker, membership discounts on leading outdoor retailers and other establishments, and support for the organization that keeps the trails open for hiker from year to year.

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 156 Ramapo Valley Road, Mahwah, NJ 07430.
This summer, July 13-20, the New York-New Jersey Trail Conference is proud to organize and host the 36th Biennial Conference of the Appalachian Trail Conservancy (ATC)—a week-long extravaganza of hikes, workshops, and entertainment open to the hiking community and their friends and family. This eight-page supplement to Trail Walker includes complete information about the event, to be held at Ramapo College in Mahwah, New Jersey, and accessible via public transportation. Plan to join us for just a day, or make it a vacation and come for the week. On tap are 94 hiking destinations (you can complete part of the 160 miles of the Appalachian Trail through our region or hike on many of the other 1500 miles of trails maintained by NY-NJ Trail Conference). 70 workshops, opportunities to work and learn trail-building skills on the Trail Conference’s big AT relocation project at Bear Mountain, excursions for non-hikers, a youth program, and countless informal gatherings with hikers and trail volunteers from around the country. Use the registration forms in this program, or sign up online at www.ramapo2007.org.

Always a Step Ahead
For the hiking community, the Appalachian Trail is always a step ahead—both a vision and a reality that inspires casual and heroic hiking, creative volunteering, and dedicated professionalism. The New York-New Jersey Trail Conference has been there from the beginning, helping to lead the way. In 1923, volunteers for the newly created NY-NJ Trail Conference opened the first new section of the AT, in Harriman-Bear Mountain State Park. Two years later, NY-NJ Trail Conference joined with other clubs up and down the East Coast to create what is now known as the Appalachian Trail Conservancy (ATC), the nonprofit organization dedicated to maintaining, managing, and protecting the AT, the premier long-distance hiking trail in the United States. Today, ATC manages the Trail through a partnership agreement with the National Park Service and maintaining clubs.

Registration Information
Hikes, workshops, and other activities have registration limits; some have minimum sign-up requirements or they will be cancelled. Sign up early to ensure your selections and to qualify for an early-bird discount.

Unless otherwise noted, the registration fee covers the cost of all hikes, workshops, and meetings. Excursions, transportation to/from hikes, and the featured Saturday night entertainment require additional fees. Membership in the Appalachian Trail Conservancy, the New York-New Jersey Trail Conference, or any AT maintaining club is not required. All are welcome.

March 1 – Online registration opens.

May 15 – Last date for early-bird registration with a reduced registration fee. Paper registration forms must be postmarked by this date to get the early-bird fee.

June 1 – Last date to mail paper registration (must be postmarked).

June 10 – Last date for online registration.

July 1 – Registration opens at conference for walk-ins.

Online registration is strongly encouraged. Go to www.ramapo2007.org. Registering online offers a greater chance of getting into popular events since it avoids delays in mailing and data entry. You know immediately if events are full and can consider various alternatives. Note that family groups may register together and make a single payment for all group members. You may pay by check even if using online registration. Checks must be received within 10 days to avoid cancellation of your registration.

Those unable to register through the web site may submit completed registration forms (see pages 7B and 8B in this supplement) to Ramapo 2007, PO Box 576, Yorktown Heights, NY 10598-0576.

Make checks payable to: NY-NJ Trail Conference

Walk-in registration will be limited to those staying off campus and strictly on a space-available basis. Many events are expected to be full. If you want on-campus lodging, you must register by June 1 (paper), June 10 (online).

Conference Site
Ramapo College is New Jersey’s public liberal arts college. Located in Mahwah, its bucolic campus is on a former estate, close to parks with miles of hiking trails.

Getting There
Ramapo College is accessible by many modes of transportation, including public transportation. Rail service is just a short taxi ride away and buses to and from New York City’s Port Authority stop on campus. It is even possible to walk from the AT to a train station and arrive at the conference. For out-of-town folks, there are five airports.

By car: Ramapo College is on Route 202 near routes 17, I-287, and I-87 (New York State Thruway). It is 1.4 miles south of the Route 202 exit on Route 17. Follow signs to the college and go to the second traffic light at the campus. Turn left into the campus, left again at a junction, and then an immediate right to park in the area for students. Walk up to the Alumni Lounge in the Student Center.

Additional driving directions are online, or obtain custom directions via Mapquest or Google for 505 Ramapo Valley Road, Mahwah, NJ 07430.

By rail: From New York City: Take New Jersey Transit train from Penn Station to Secaucus Junction (first stop). Change for northbound Bergen County or Main Line train, to either Mahwah, NJ, or Suffern, NY. Take a taxi to Ramapo College.

By bus: Take Coach USA from Port Authority Bus Terminal in Manhattan to Mahwah directly to the Ramapo College Campus. Some buses do not stop on campus. Bus fares to Mahwah from Port Authority Bus Terminal $10.85, $5.40 for seniors, one way.

By van: Take ATC bus daily from Secaucus Junction site to campus for approximately $15, round trip.

Accommodations
On Campus
Residence halls: Two air-conditioned residence halls offer a total of 680 single beds. The conference website www.ramapo2007.org has more details about the residence halls and a link to room layout. People requesting a single room will be assigned to a suite in Laurel Hall. You must bring your own bed linens, including pillow, and the college will not be providing one. Fire regulations limit the number of people (beds) per room and additional cots, beds, or sleeping bags on the floor will not be permitted. All children will be assigned beds. Children 12 and under will be charged half price.

Camping
All camping is off campus.

Official Conference camping: Campgaw Mountain County Reservation is 1.5 miles from the college. Tent camping will be on an open field and available for the entire week on a per diem basis. Flush toilets and showers are located within the park; portable toilets will be provided close to the camping area. Shower facilities will be available on campus from 4:30-6:30pm.

Take Part in the 36th Biennial Conference of the Appalachian Trail Conservancy

July 13-20 at Ramapo College of New Jersey, Mahwah, NJ — All Welcome; Accessible Via Public Transit

Choose from among 94 hikes, 70 workshops, and a host of other activities.

Friday, July 13

Check-in, registration from noon to 10 pm at Bear Mountain.

Exhibits, sales by clubs and vendors

Opening campfire at 8 pm; off-campus;

sign up for free ticket and plan to car pool.

Saturday, July 14

Check-in, registration, 7 am to 7 pm

Afternoon: ATC opening meeting

Hikes, workshops, excursions

Youth Ecology Program begins;

through Thursday, July 19

Exhibits, sales by clubs and vendors

Silent auction, 9 am to 3 pm

Evening entertainment: Folk/Rock duo

Avenue Two Step ($12 ticket required)

Sunday, July 15

Check-in, registration, 7 am to 7 pm

ATC Annual Membership Meeting and election of Board of Directors

Hikes, workshops, excursions

Exhibits, sales by clubs and vendors

2,000 Mile Reception for long-distance hikers

Early evening entertainment: Arm of the Sea Theater

ATC Annual Membership Meeting and election of Board of Directors

Monday, July 16 – Friday, July 20

Hikes, workshops, excursions

(last excursions, July 19)

Exhibits, sales by clubs and vendors

end Monday at noon

Evening entertainments;

see website for complete schedule

continued on page 2B
And so to Youth...

This family friendly conference offers a Youth Program at New Jersey Audubon Weis Wildlife Sanctuary. The program, which is free of charge, has excursions, hikes, and a few workshops for children under 12. Teens can experience being on a college campus and attend workshops, hikes, and as excursion as well. For more information please visit www.ramapo2007.org starting from Sunday, July 14. There are no restrictions on the number of days a child can attend, but we recommend at least two. Children must be entering kindergarten and not be older than 12 years old. Expect your child to get interested, wet, and dirty. Programs will run rain or shine. Children should be dressed in comfortable clothing and shoes. They are not to bring lunch with a refillable water bottle. Cost is $50 per day. A medical form and a parent permission slip are required and must be turned in to the Youth Program Table in Alumni Hall before 8am on Sunday. The forms will be sent upon registration. Transportation to and from Weis will be via bus. Parents are expected to have their children at the pick-up site 15 minutes before departure at Ramapo and pick them up promptly at 5:30pm upon their return. If parents are on a hike, they should plan on being back on campus well before the pick-up time. The location for pick-up will be in the registration packet.

WORKSHOPS

Workshops are scheduled in slots of 1 hour and 45 minutes; there are 15-minute breaks between workshops to allow some world touring for more than one time slot and will run through the break. Others may not run for the full time period.

Workshops will take place in classrooms and in the field. The workshops that include a field trip are so noted and you should dress accordingly. Aside from the orientation trip, expect to get dirty on the work trips on Bear Mountain. Indoor workshop locations will remain the same throughout the conference. If there are any changes, will be posted at the conference and in your registration packet.

Some workshops have small materials fees payable to the instructor.

FYI

Bring a blanket to sit on for the two band shows.

Souvenir T-shirts are for sale (see registration forma)

Swimming will be available in the campus pool, as well as a wading pool in the Thursday, using the Internet access on available campus.

Protocol for Hikes, Workshops, and Excursions

Each hike, workshop, and excursion has a registration limit and some activities have a registration minimum. If an outing has insufficient registration, it will be cancelled. Requests for someone under 18 years old must be registered with and accompanied by a responsible adult.

Check-in Upon arrival at the conference, please check in at the appropriate Hikes, Workshops, and Excursions Desks to confirm your participation in all activities. Notify them as soon as possible if you need to cancel. This will enable us to enroll wait-listed registrants to fill your spot.

Departure times and places: Please be at the designated departure location at least 15 minutes before the scheduled departure time. Hikes and Excursions will leave on time.

Ride sharing In order to keep costs down, we encourage you to share rides with fellow participants' vehicles. Please indicate your willingness to drive on your registration form and when you confirm your registration upon check-in at the meeting. If an outing has insufficient drivers, it will be cancelled. Passengers are expected to share the ride with the hike director and contribute to the driver's gasoline cost. Mileage given in each description is the ride-share distance.

Approximate pay-as-you-go (PAYGo) fees for public transportation are indicated in the listing. Each $ represents about 150,000 acres of key watershed and wildlife resources that are protected, other genes in the eastern USA (collective) was better. Will be decided by the board, or will be explored too? Explore these and other wild-life conservation battles throughout the Appalachian range.

Shelter Creek Managing the AT Camping Experience. Donald L. Grady, Jack Adams, Michele Miller, Debra Smith, and Edward Nieuwenhuis, DPM. 8:15-10:00am Monday. Workshops will take place in classrooms and in the field. The workshops that include a field trip are so noted and you should dress accordingly. Aside from the orientation trip, expect to get dirty on the work trips on Bear Mountain. Indoor workshop locations will remain the same throughout the conference. If there are any changes, will be posted at the conference and in your registration packet.

Some workshops have small materials fees payable to the instructor.

FYI

Bring a blanket to sit on for the two band shows.

Souvenir T-shirts are for sale (see registration form).

Swimming will be available in the campus pool, as well as a wading pool in the Thursday, using the Internet access on available campus.
WORKSHOPS

July 17, 2006

W606  Integrating BTC’s Traditions with New Directions – Our Plans for the Next Five Years. Dave Starrett and ATC leaders. 3:15-5:00pm  History / Management

Join BTC’s leadership in a discussion of our plans for the future.

W607  Teaching Volunteers to Troll Every Classroom. Nita Heineman, Outdoor Recreation Specialist, M.S.P.H., Julie Judkins, Associate Director of Southern Region, Appalachian Trail. 8:30-10:00am  Education / Management

This session is for children, ages 6-12, and for adults who care about the future of the Appalachian Trail corridor in New York and New Jersey. Hear about these rare populations, their role in conservation, population fluctuations, threats to their survival, and what the future holds for these populations and management to ensure their future conservation.

W608  Long-Island to the Top of the World. Nancy Brinton and Darlean Monk. 11:00am  Nature

Enjoys a slide show of the wildflowers found in New Jersey and the rare plants of New York. The focus will be on plants and flowers that will be blooming during this period of the AT.

W609  Long-Distance Hiking for the Older 40-60 Has a Show, David Ryan. Author 3:30-5:00pm  Equipment/Technology

Learn why the AT is the ideal walking-cum-climbing older than 40-56 and how to plan for a safe, easy, and fun trek. Learn how to pack and how to pace yourself so you can survive and return. David Ryan the Trail and the Appalachian Trail Building and the Appalachian of the Trail for the Older Adventurer.

W610  What’s New? Current Trends in the National Trails System. John Oren, Director, National Trails System Program National Park Service. 9:15-10:00am  Management

This is a great opportunity for volunteers to meet other volunteers from around the country and share ideas and best practices. The presentation will focus on non-trail related issues, including land protection, advocacy, land management, and the future of the AT.

W611  The Recent History of the Appalachian Trail. Julia Hall, BTC Coordinator. 10:15-11:00am  Management

Learn about the history of the AT and how the AT has evolved from a small local trail into a national system.

W612  Kill Devil Hill and the Corridor in New York. IndiaMلازم و derby Charlotte. 1:15-2:15pm  Management

Join BTC’s leadership in a discussion of our plans for the future.

W613  Teaching Volunteers to Troll Every Classroom. Nita Heineman, Outdoor Recreation Specialist, M.S.P.H., Julie Judkins, Associate Director of Southern Region, Appalachian Trail. 8:30-10:00am  Education / Management

This session is for children, ages 6-12, and for adults who care about the future of the Appalachian Trail corridor in New York and New Jersey. Hear about these rare populations, their role in conservation, population fluctuations, threats to their survival, and what the future holds for these populations and management to ensure their future conservation.

W614  Long-Island to the Top of the World. Nancy Brinton and Darlean Monk. 11:00am  Nature

Enjoys a slide show of the wildflowers found in New Jersey and the rare plants of New York. The focus will be on plants and flowers that will be blooming during this period of the AT.

W615  Long-Distance Hiking for the Older 40-60 Has a Show, David Ryan. Author 3:30-5:00pm  Equipment/Technology

Learn why the AT is the ideal walking-cum-climbing older than 40-56 and how to plan for a safe, easy, and fun trek. Learn how to pack and how to pace yourself so you can survive and return. David Ryan the Trail and the Appalachian Trail Building and the Appalachian of the Trail for the Older Adventurer.

W616  What’s New? Current Trends in the National Trails System. John Oren, Director, National Trails System Program National Park Service. 9:15-10:00am  Management

This is a great opportunity for volunteers to meet other volunteers from around the country and share ideas and best practices. The presentation will focus on non-trail related issues, including land protection, advocacy, land management, and the future of the AT.

W617  The Recent History of the Appalachian Trail. Julia Hall, BTC Coordinator. 10:15-11:00am  Management

Learn about the history of the AT and how the AT has evolved from a small local trail into a national system.

W618  Kill Devil Hill and the Corridor in New York. IndiaMلازم و derby Charlotte. 1:15-2:15pm  Management

Join BTC’s leadership in a discussion of our plans for the future.

W619  Integrating BTC’s Traditions with New Directions – Our Plans for the Next Five Years. Dave Starrett and ATC leaders. 3:15-5:00pm  History / Management

Join BTC’s leadership in a discussion of our plans for the future.

W620  Teaching Volunteers to Troll Every Classroom. Nita Heineman, Outdoor Recreation Specialist, M.S.P.H., Julie Judkins, Associate Director of Southern Region, Appalachian Trail. 8:30-10:00am  Education / Management

This session is for children, ages 6-12, and for adults who care about the future of the Appalachian Trail corridor in New York and New Jersey. Hear about these rare populations, their role in conservation, population fluctuations, threats to their survival, and what the future holds for these populations and management to ensure their future conservation.

W621  Kill Devil Hill and the Corridor in New York. IndiaMلازم و derby Charlotte. 1:15-2:15pm  Management

Join BTC’s leadership in a discussion of our plans for the future.

W622  The Recent History of the Appalachian Trail. Julia Hall, BTC Coordinator. 10:15-11:00am  Management

Learn about the history of the AT and how the AT has evolved from a small local trail into a national system.

W623  Kill Devil Hill and the Corridor in New York. IndiaMلازم و derby Charlotte. 1:15-2:15pm  Management

Join BTC’s leadership in a discussion of our plans for the future.

W624  Long-Island to the Top of the World. Nancy Brinton and Darlean Monk. 11:00am  Nature

Enjoys a slide show of the wildflowers found in New Jersey and the rare plants of New York. The focus will be on plants and flowers that will be blooming during this period of the AT.

W625  Long-Distance Hiking for the Older 40-60 Has a Show, David Ryan. Author 3:30-5:00pm  Equipment/Technology

Learn why the AT is the ideal walking-cum-climbing older than 40-56 and how to plan for a safe, easy, and fun trek. Learn how to pack and how to pace yourself so you can survive and return. David Ryan the Trail and the Appalachian Trail Building and the Appalachian of the Trail for the Older Adventurer.

W626  What’s New? Current Trends in the National Trails System. John Oren, Director, National Trails System Program National Park Service. 9:15-10:00am  Management

This is a great opportunity for volunteers to meet other volunteers from around the country and share ideas and best practices. The presentation will focus on non-trail related issues, including land protection, advocacy, land management, and the future of the AT.

W627  The Recent History of the Appalachian Trail. Julia Hall, BTC Coordinator. 10:15-11:00am  Management

Learn about the history of the AT and how the AT has evolved from a small local trail into a national system.

W628  Kill Devil Hill and the Corridor in New York. IndiaMلازم و derby Charlotte. 1:15-2:15pm  Management

Join BTC’s leadership in a discussion of our plans for the future.

W629  Long-Island to the Top of the World. Nancy Brinton and Darlean Monk. 11:00am  Nature

Enjoys a slide show of the wildflowers found in New Jersey and the rare plants of New York. The focus will be on plants and flowers that will be blooming during this period of the AT.
EXCURSIONS

FEES

Fees listed are based on the latest available information. In most cases, they are 2006 rates; 2007 rates may be slightly higher. All rates listed are per person (unless otherwise noted) and do not include incidentals, except the admission fee for the excursion Chapman and expenses of hired maids or coach, if used. Any further adjustments may be handled according to the itinerary and will be noted in the registration. Full payment of the per-person fee in the excursion listing must be received by the specified date. If applicable, an excursion rebate (age 12 and under) will be available at the excursion desk during the event of the registration. See each excursion for details for rebate availability. No refunds will be made for cancellation after June 1. The above conditions are excepted on the grounds of an excursion is canceled or overbooked.

SECURITY CHECKS

Most of the excursion sites require that everyone go through a security check before entering. Proper identification, such as a current driver's license and a government-issued photo ID with you. At many sites, glass or bottles are not permitted. Please zoom as noted in the listing, cameras and camcorders are usually allowed, as are day packs. You might be required to check your day pack through at the time of your boarding of the excursion. See each excursion for details on security check requirements.

PIAG:P
e: 8 equals approximately

SCHEDULED EXCURSIONS

Saturday, July 14
E403 Giro Lite Sightseeing Cruise • $47.00 – 8:00am • 3 hours round-trip ride share

The classic New York cruise. Circumnavigate the entire 35 miles of Manhattan Island, including all 12 of the Statue of Liberty, Manhattan, and Ellis Island. Lunch at the NY Transit Museum or Smithsonian Museum of the American Indian or Tenement Museum. Lunch at an ethnic restaurant ($$). Child rebate available for this excursion. Price includes tax. Additional fee of $17.00 is charged on July 15, 16, and 19.

E406 Excursion to Cloisters Museum and Art Center • $25.00 – 8:00am • 4 hours round-trip ride share

This excursion is designed to give visitors a guided tour of the Cloisters Museum and Art Center. The museum is located in the heart of the Cloisters Campus, a 25 famous landmarks. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 19.

Sunday, July 15
E692 Manhattan to Brooklyn Ferry • Free • 9:00am - 3:00pm • 50 miles round-trip ride share

This excursion will take you from lower Manhattan to Brooklyn via the Brooklyn Bridge and back. The tour includes a guided tour of the Brooklyn Bridge and a visit to the Brooklyn Museum of Art. Lunch at an ethnic restaurant ($$$). Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

Monday, July 16
E135 East River Bike Tour • $30.00 – 8:00am • 3 hours round-trip ride share

Enjoy a 32-mile moderately paced bicycle tour around Manhattan Island that will take you along the Bush and East Rivers. Cycle through Greenpoint, Williamsburg Community Gardens, Battery Park, Battery Park, South Street Seaport, United States, Harbor, the Little Red Lighthouse, Cherry Walk, and much, much more. Minimum age 12. Cost includes helmet, water bottle, and guide. This excursion is not recommended for approximately 30 minutes, you should be comfortable cycling alone. A bicycle helmet, included in the cost, is mandatory. In order to equip bicycles, fitting seat and handlebars to your needs, and replacing a flat tire if there is one. Approximate trip times are on site, you should comfortably

Tuesday, July 17
E1914 Ellis Island/Statue of Liberty • $37.00 – 8:00am • 4 hours round-trip ride share

The Statue of Liberty National Monument comprises Liberty Island and Ellis Island, the historical Federal immigration processing center of the United States. The Statue of Liberty is a gift of friendship from the people of France to the people of the United States. The Island houses and the church or the Grimm Gallery. Minimum age 10. Cost includes tax. Additional fee of $5.00 is charged on July 15.

Wednesday, July 18
E1601 American Museum of Natural History • Free • 7:30am - 6:00pm • 8 miles round-trip ride share, taxis

The American Museum of Natural History is one of the world’s largest scientific museums. It is located in the heart of Manhattan and is the perfect place to see the Highlights of New York. Admission to the museum facilities will be given by a fellow hiker who is also a volunteer guide. Depth of the excursion experience will vary. Minimum age 8. Cost includes tax. Additional fee of $5.00 is charged on July 15.

Thursday, July 19
E1602 Circle Line Sightseeing Cruise • $47.00 – 8:45am • 90 miles round-trip ride share

Cruise the Statue of Liberty National Monument. The cruise includes a trip around the entire 35 miles of Manhattan Island, including all 12 of the Statue of Liberty, Manhattan, and Ellis Island. Lunch at an ethnic restaurant ($$). Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

Friday, July 20
E1603 USMA West Point Tour • Free • 9:00am - 5:00pm • 8 miles round-trip ride share

The United States Military Academy at West Point is the primary training academy for army officers. The Academy is located on the west bank of the Hudson River in the beautiful Hudson Highlands. It is one of the oldest and best preserved military fortifications during the Revolutionary War to prevent British ships from sailing up the Hudson River to attack the British fleet off the coast of New York. The trip includes lunch at the USMA West Point Museum. A photo ID is required for all adults and head West Point. Cost includes tax. Additional fee of $5.00 is charged on July 15.

E-235 Excursion to Cloisters Museum and Art Center • $25.00 – 8:00am • 4 hours round-trip ride share

This excursion is designed to give visitors a guided tour of the Cloisters Museum and Art Center. The museum is located in the heart of the Cloisters Campus, a 25 famous landmarks. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

E-236 USMA West Point Tour • $30.00 – 8:00am • 3 hours round-trip ride share

The United States Military Academy at West Point is the primary training academy for army officers. The Academy is located on the west bank of the Hudson River in the beautiful Hudson Highlands. It is one of the oldest and best preserved military fortifications during the Revolutionary War to prevent British ships from sailing up the Hudson River to attack the British fleet off the coast of New York. The trip includes lunch at the USMA West Point Museum. A photo ID is required for all adults and head West Point. Cost includes tax. Additional fee of $5.00 is charged on July 15.

E-237 Exploring Pearl Harbor • Free • 10:00am - 7:00pm • 30 miles round-trip ride share

Paddle by kayak or canoe through 8000 acres salt marshes and wetlands near Picton Manor on Long Island. The San Juan Islands are one of the best kept secrets of the Pacific Northwest. Paddlebikes will include either a guided or assisted tour along the salt marshes of the San Juan Islands. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

E-238 USMA West Point Tour • Free • 9:00am - 5:00pm • 8 miles round-trip ride share

The United States Military Academy at West Point is the primary training academy for army officers. The Academy is located on the west bank of the Hudson River in the beautiful Hudson Highlands. It is one of the oldest and best preserved military fortifications during the Revolutionary War to prevent British ships from sailing up the Hudson River to attack the British fleet off the coast of New York. The trip includes lunch at the USMA West Point Museum. A photo ID is required for all adults and head West Point. Cost includes tax. Additional fee of $5.00 is charged on July 15.

E-239 Exploring Pearl Harbor • Free • 10:00am - 7:00pm • 30 miles round-trip ride share

Paddle by kayak or canoe through 8000 acres salt marshes and wetlands near Picton Manor on Long Island. The San Juan Islands are one of the best kept secrets of the Pacific Northwest. Paddlebikes will include either a guided or assisted tour along the salt marshes of the San Juan Islands. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

E-231 Excursion to Cloisters Museum and Art Center • $25.00 – 8:00am • 4 hours round-trip ride share

This excursion is designed to give visitors a guided tour of the Cloisters Museum and Art Center. The museum is located in the heart of the Cloisters Campus, a 25 famous landmarks. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

E-232 Excursion to Cloisters Museum and Art Center • $25.00 – 8:00am • 4 hours round-trip ride share

This excursion is designed to give visitors a guided tour of the Cloisters Museum and Art Center. The museum is located in the heart of the Cloisters Campus, a 25 famous landmarks. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

E-233 Excursion to Cloisters Museum and Art Center • $25.00 – 8:00am • 4 hours round-trip ride share

This excursion is designed to give visitors a guided tour of the Cloisters Museum and Art Center. The museum is located in the heart of the Cloisters Campus, a 25 famous landmarks. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.

E-234 Excursion to Cloisters Museum and Art Center • $25.00 – 8:00am • 4 hours round-trip ride share

This excursion is designed to give visitors a guided tour of the Cloisters Museum and Art Center. The museum is located in the heart of the Cloisters Campus, a 25 famous landmarks. Child rebate available for this excursion. Price includes tax. Additional fee of $5.00 is charged on July 15.
# HIKE SCHEDULE

<table>
<thead>
<tr>
<th>Hike #</th>
<th>Name</th>
<th>Miles</th>
<th>Hike Hours</th>
<th>Terrain</th>
<th>Pace</th>
<th>Climb</th>
<th>Saturday 14</th>
<th>Sunday 15</th>
<th>Monday 16</th>
<th>Tuesday 17</th>
<th>Wednesday 18</th>
<th>Thursday 19</th>
<th>Friday 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>AT - Backpack NY</td>
<td>20.5</td>
<td>32</td>
<td>Mod.</td>
<td>1750</td>
<td>H1601</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>AT - Backpack NY/NJ</td>
<td>18.1</td>
<td>32</td>
<td>Mod.</td>
<td>1250</td>
<td>H1602</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>AT - Connecticut Line to NY Rte. 22</td>
<td>8</td>
<td>6</td>
<td>Mod.</td>
<td>1250</td>
<td>H1603</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>AT - NY Rte. 22 - NY Rte. 55</td>
<td>7</td>
<td>6</td>
<td>Mod.</td>
<td>1430</td>
<td>H1504</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>AT - NY Rte. 55 to NY Rte. 52</td>
<td>7.2</td>
<td>6</td>
<td>Mod.</td>
<td>1230</td>
<td>H1605</td>
<td>7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>AT - NY Rte. 52 to NY Rte. 301</td>
<td>12.1</td>
<td>8</td>
<td>Mod.</td>
<td>800</td>
<td>H1606</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>AT - NY Rte. 301 to Greymoor Friary</td>
<td>11.9</td>
<td>7</td>
<td>Mod.</td>
<td>1300</td>
<td>H1607</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>AT - Greymoor Friary to 7 Lakes Drive</td>
<td>10.5</td>
<td>9</td>
<td>Stren.</td>
<td>2100</td>
<td>H1708</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>AT - 7 Lakes Drive to Tiorati Circle</td>
<td>9.1</td>
<td>8</td>
<td>Stren.</td>
<td>2500</td>
<td>H1609</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>AT - Tiorati Circle to NY Rte. 17</td>
<td>5.5</td>
<td>4</td>
<td>Mod.</td>
<td>1200</td>
<td>H1610</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>AT - NY Rte. 17 to W Mombasha Rd</td>
<td>4.9</td>
<td>6</td>
<td>Stren.</td>
<td>1750</td>
<td>H1611</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>AT - W Mombasha Road to Mt Peter</td>
<td>7.1</td>
<td>6</td>
<td>Mod.</td>
<td>1450</td>
<td>H1612</td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>AT - Mt Peter to Warwick Turnpike</td>
<td>9.5</td>
<td>8</td>
<td>Mod.</td>
<td>1700</td>
<td>H1713</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>AT - Warwick Turnpike to NJ Route 94</td>
<td>5.9</td>
<td>5</td>
<td>Mod.</td>
<td>850</td>
<td>H1814</td>
<td>8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>AT - NJ Rte. 94 to Unionville</td>
<td>10.8</td>
<td>7</td>
<td>Mod.</td>
<td>1800</td>
<td>H1815</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>AT - Unionville to High Point</td>
<td>9.8</td>
<td>8</td>
<td>Mod.</td>
<td>2200</td>
<td>H1916</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>AT - High Point (Rte. 23) to Deckertown Rd</td>
<td>5.3</td>
<td>4</td>
<td>Mod.</td>
<td>650</td>
<td>H1917</td>
<td>8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>AT - Deckertown Rd to Culvers Gap</td>
<td>8.9</td>
<td>5.5</td>
<td>Mod.</td>
<td>1300</td>
<td>H1918</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>AT - Culvers Gap to Buttermilk Falls</td>
<td>9.3</td>
<td>5.5</td>
<td>Stren.</td>
<td>1750</td>
<td>H1919</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>AT - Buttermilk Falls to Millbrook</td>
<td>8.4</td>
<td>5</td>
<td>Stren.</td>
<td>1850</td>
<td>H2020</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>AT - Millbrook to Harvey Springs Trail</td>
<td>9.9</td>
<td>5.5</td>
<td>Mod.</td>
<td>1350</td>
<td>H2021</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>AT - Harvey Springs Trail to Delaware Water Gap</td>
<td>5.2</td>
<td>8</td>
<td>Mod.</td>
<td>1100</td>
<td>H2022</td>
<td>7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>AT - Pochuck Boardwalk/ Stairway to Heaven</td>
<td>8</td>
<td>7</td>
<td>Stren.</td>
<td>985</td>
<td>H2023</td>
<td>7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>AT NJ Rte. 94 to County Rte. 517</td>
<td>2</td>
<td>2</td>
<td>Easy</td>
<td>750</td>
<td>H2024</td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td>AT - Pochuck Boardwalk Easy</td>
<td>2</td>
<td>1</td>
<td>Access.</td>
<td>75</td>
<td>H2025</td>
<td>9:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>Highlands Trail/Hudson Farm</td>
<td>8.6</td>
<td>6</td>
<td>Mod.</td>
<td>800</td>
<td>H2026</td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>Marsh Discovery Trail</td>
<td>1</td>
<td>1</td>
<td>Access.</td>
<td>0</td>
<td>H2027</td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td>Wildflower Walk</td>
<td>1</td>
<td>1</td>
<td>Easy</td>
<td>0</td>
<td>H2028</td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>Black River Trail</td>
<td>5</td>
<td>3.5</td>
<td>Easy</td>
<td>750</td>
<td>H2029</td>
<td>8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>Jockey Hollow #1</td>
<td>10</td>
<td>5.5</td>
<td>Mod.</td>
<td>500</td>
<td>H2030</td>
<td>8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>Jockey Hollow #2</td>
<td>6.5</td>
<td>5</td>
<td>Mod.</td>
<td>500</td>
<td>H2031</td>
<td>8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>Alley Pond Park #1</td>
<td>5</td>
<td>4</td>
<td>Easy</td>
<td>0</td>
<td>H2032</td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>Alley Pond Park #2</td>
<td>5</td>
<td>4</td>
<td>Easy</td>
<td>0</td>
<td>H2033</td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>Staten Island Greenbelt</td>
<td>6</td>
<td>4</td>
<td>Easy</td>
<td>0</td>
<td>H2034</td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35</td>
<td>&quot;Central Park, NY&quot;</td>
<td>6</td>
<td>4</td>
<td>Easy</td>
<td>0</td>
<td>H2035</td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>36</td>
<td>Sterling Ridge/Highlands Trail</td>
<td>9</td>
<td>7</td>
<td>Stren.</td>
<td>800</td>
<td>H2036</td>
<td>8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>Mount Peter to Sterling Ridge</td>
<td>9</td>
<td>6.5</td>
<td>Mod.</td>
<td>800</td>
<td>H2037</td>
<td>8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>38</td>
<td>Wildcat Mt/Southfields Furnace</td>
<td>9</td>
<td>6.5</td>
<td>Mod.</td>
<td>600</td>
<td>H2038</td>
<td>8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>East Mombasha to Sterling Ridge</td>
<td>7.6</td>
<td>5.5</td>
<td>Mod.</td>
<td>1700</td>
<td>H2039</td>
<td>8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40</td>
<td>The Elk Pen to Indian Hill</td>
<td>4.8</td>
<td>5</td>
<td>Mod.</td>
<td>1000</td>
<td>H2040</td>
<td>8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Sterling Lake Loop/ Visitor Center</td>
<td>4</td>
<td>4</td>
<td>Easy</td>
<td>50</td>
<td>H2041</td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>42</td>
<td>Indian Hill Loop/ Southfields Furnace</td>
<td>5</td>
<td>3.5</td>
<td>Mod.</td>
<td>300</td>
<td>H2042</td>
<td>9:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>43</td>
<td>Sterling Forest Loop/ Visitor Center</td>
<td>5</td>
<td>3.5</td>
<td>Mod.</td>
<td>300</td>
<td>H2043</td>
<td>9:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>44</td>
<td>Lakeville</td>
<td>1.5</td>
<td>1.5</td>
<td>Access.</td>
<td>0</td>
<td>H2044</td>
<td>10:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45</td>
<td>Anthony's Nose via the Camp Smith Trail</td>
<td>6.2</td>
<td>6</td>
<td>Stren.</td>
<td>1600</td>
<td>H2045</td>
<td>9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>46</td>
<td>Osborn Loop</td>
<td>7.4</td>
<td>6</td>
<td>Mod.</td>
<td>1100</td>
<td>H2046</td>
<td>8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>47</td>
<td>Breakneck Ridge - Killer Hike</td>
<td>11.1</td>
<td>9</td>
<td>Stren.</td>
<td>3800</td>
<td>H2047</td>
<td>7:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>48</td>
<td>Fishkill Ridge</td>
<td>8.3</td>
<td>7</td>
<td>Stren.</td>
<td>2200</td>
<td>H2048</td>
<td>7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49</td>
<td>Fahnestock West</td>
<td>9.8</td>
<td>7</td>
<td>Mod.</td>
<td>1300</td>
<td>H2049</td>
<td>7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Hike Definitions**

**Terrain**
- **Sedimentary**: Long and/or steep ups and downs, possible rock scrambling, or special considerations.
- **Moderate**: Hikes requiring limited-distance difficulty sections.
- **Easy**: Generally flat, pavement, woods roads, carriage trails.

**Distance**: Miles traveled by foot on the ground. This often does not seem to match the distance as measured on a map.

**Pace**
- **Fast**: 2.0 miles/hour and faster
- **Moderate**: Between 1.0 and 2.0 miles/hour
- **Slow**: 1.0 miles/hour and slower

**Elevation gain**
This is the cumulative elevation gain in feet. For example, if you travel on a hike that climbs twice, once for 500 feet and once for 300 feet, the elevation gain is 800 feet.

**First aid**: Hike leaders will be carrying first-aid kits, but you are responsible for your own first aid, rain gear, etc. Please bring your own supplies. July is typically hot and humid in the New York metro area; do not underestimate the difficulty of the hiking. Bring plenty of water, typically at least a quart of water for every five miles of hiking. Be prepared!

---

**Hikes**

<table>
<thead>
<tr>
<th>Hike #</th>
<th>Name</th>
<th>Miles</th>
<th>Hours</th>
<th>Terrain</th>
<th>Pace</th>
<th>Climb</th>
<th>Saturday</th>
<th>Sunday 14</th>
<th>Monday 15</th>
<th>Tuesday 16</th>
<th>Thursday 18</th>
<th>Friday 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>51</td>
<td>Breakneck Ridge to Firetower</td>
<td>9.1</td>
<td>7</td>
<td>Stren.</td>
<td>Fast</td>
<td>2900</td>
<td>H1951 7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>52</td>
<td>Old Croton Aqueduct</td>
<td>5.5</td>
<td>5</td>
<td>Easy</td>
<td>Med.</td>
<td>200</td>
<td>H1852 9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>53</td>
<td>Breakneck Ridge/ Bull Hill Circular</td>
<td>6.8</td>
<td>6.5</td>
<td>Stren.</td>
<td>Fast</td>
<td>2100</td>
<td>H1753 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>54</td>
<td>Round Hill Circular</td>
<td>7.7</td>
<td>6</td>
<td>Mod.</td>
<td>Med.</td>
<td>1300</td>
<td>H2054 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55</td>
<td>Breakneck Circular</td>
<td>2.8</td>
<td>3.5</td>
<td>Stren.</td>
<td>Med.</td>
<td>800</td>
<td>H1956 8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>56</td>
<td>Hidden Lake Circular</td>
<td>5.3</td>
<td>4.5</td>
<td>Easy</td>
<td>Med.</td>
<td>300</td>
<td>H1757 9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>57</td>
<td>Ice Caves/ Minnewaska State Park</td>
<td>7.6</td>
<td>4.5</td>
<td>Mod.</td>
<td>Fast</td>
<td>1450</td>
<td>H1658 8:15</td>
<td>H1858 7:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>58</td>
<td>Gertrude's Nose/ Minnewaska State Park</td>
<td>8</td>
<td>5.5</td>
<td>Med.</td>
<td>Med.</td>
<td>250</td>
<td>H1759 8:15</td>
<td>H1959 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>59</td>
<td>Lake Awosting/ Minnewaska State Park</td>
<td>10</td>
<td>5</td>
<td>Mod.</td>
<td>Fast</td>
<td>250</td>
<td>H1560 8:00</td>
<td>H1960 8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60</td>
<td>Long Path - George Washington Bridge to Alpine</td>
<td>11</td>
<td>8</td>
<td>Med.</td>
<td>Mod.</td>
<td>400</td>
<td>H1661 7:30</td>
<td>H1862 8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>61</td>
<td>Nyack Beach State Park/ Rockland Lake</td>
<td>5</td>
<td>4</td>
<td>Mod.</td>
<td>Med.</td>
<td>400</td>
<td>H1662 9:00</td>
<td>H1862 8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62</td>
<td>Storm King/ Craw's Nest</td>
<td>7</td>
<td>6</td>
<td>Stren.</td>
<td>Med.</td>
<td>2000</td>
<td>H1563 8:00</td>
<td>H2063 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>63</td>
<td>Black Rock Forest Circular</td>
<td>7</td>
<td>5.5</td>
<td>Med.</td>
<td>Med.</td>
<td>1000</td>
<td>H1564 8:45</td>
<td>H1864 8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>64</td>
<td>Schunemunk #1</td>
<td>12</td>
<td>7</td>
<td>Stren.</td>
<td>Fast</td>
<td>2400</td>
<td>H1767 7:45</td>
<td>H1967 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65</td>
<td>Schunemunk #2</td>
<td>7</td>
<td>6</td>
<td>Stren.</td>
<td>Med.</td>
<td>2000</td>
<td>H1568 8:15</td>
<td>H1868 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>66</td>
<td>Schenck's Mtn B</td>
<td>17</td>
<td>8</td>
<td>Mod.</td>
<td>Med.</td>
<td>2200</td>
<td>H1769 7:45</td>
<td>H1969 8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>67</td>
<td>Mt. Tammany #1</td>
<td>9</td>
<td>6.9</td>
<td>Stren.</td>
<td>Med.</td>
<td>1800</td>
<td>H1670 7:30</td>
<td>H1970 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>68</td>
<td>Mt. Tammany #2</td>
<td>4.6</td>
<td>4.6</td>
<td>Easy</td>
<td>Slow</td>
<td>1400</td>
<td>H1571 8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>69</td>
<td>Coppermine/AT</td>
<td>5.2</td>
<td>5.5</td>
<td>Med.</td>
<td>Med.</td>
<td>1500</td>
<td>H1772 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70</td>
<td>Rattlesnake Swamp Trail</td>
<td>4.5</td>
<td>4.5</td>
<td>Easy</td>
<td>Slow</td>
<td>300</td>
<td>H1573 8:15</td>
<td>H1773 8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>71</td>
<td>Lake Marcia</td>
<td>3</td>
<td>3</td>
<td>Easy</td>
<td>Med.</td>
<td>600</td>
<td>H1474 8:45</td>
<td>H1774 8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>72</td>
<td>AT/High Point plus High Point</td>
<td>8</td>
<td>5.5</td>
<td>Med.</td>
<td>Med.</td>
<td>1350</td>
<td>H1475 8:00</td>
<td>H1775 8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>73</td>
<td>Long Pond</td>
<td>2.5</td>
<td>2</td>
<td>Mod.</td>
<td>Med.</td>
<td>400</td>
<td>H1476 9:30</td>
<td>H1876 9:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>74</td>
<td>Waianys - High Point/Buck/Small/kit</td>
<td>7</td>
<td>5</td>
<td>Stren.</td>
<td>Med.</td>
<td>3500</td>
<td>H1777 9:00</td>
<td>H1977 8:45</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75</td>
<td>Saw kill Loop + High Point</td>
<td>6</td>
<td>4</td>
<td>Easy</td>
<td>Med.</td>
<td>650</td>
<td>H1478 8:15</td>
<td>H1878 8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>76</td>
<td>Bear Mt. Circular</td>
<td>7</td>
<td>5</td>
<td>Stren.</td>
<td>Med.</td>
<td>500</td>
<td>H1479 8:45</td>
<td>H1780 9:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>77</td>
<td>Terrace Pond</td>
<td>4.3</td>
<td>2.5</td>
<td>Med.</td>
<td>Slow</td>
<td>300</td>
<td>H1480 9:15</td>
<td>H1880 9:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>78</td>
<td>Townsend Trail Loop</td>
<td>3.2</td>
<td>3.2</td>
<td>Easy</td>
<td>Slow</td>
<td>300</td>
<td>H1481 9:15</td>
<td>H1981 9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>79</td>
<td>Schuyler Trail</td>
<td>7</td>
<td>5</td>
<td>Stren.</td>
<td>Med.</td>
<td>400</td>
<td>H1482 8:45</td>
<td>H1582 9:15</td>
<td>H1882 8:45</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80</td>
<td>Ramapo Reservation #1</td>
<td>10</td>
<td>6</td>
<td>Mod.</td>
<td>Fast</td>
<td>1500</td>
<td>H1583 8:15</td>
<td>H1883 8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>81</td>
<td>Ramapo Reservation #2</td>
<td>6</td>
<td>4.5</td>
<td>Med.</td>
<td>Slow</td>
<td>800</td>
<td>H1584 9:00</td>
<td>H1584 9:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>82</td>
<td>Ramapo Torne</td>
<td>7</td>
<td>5.5</td>
<td>Med.</td>
<td>Med.</td>
<td>1000</td>
<td>H1585 8:30</td>
<td>H1985 8:15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>83</td>
<td>Pine Meadow Lake/ Harriman State Park</td>
<td>7</td>
<td>6</td>
<td>Mod.</td>
<td>Fast</td>
<td>300</td>
<td>H1586 9:00</td>
<td>H1886 8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>84</td>
<td>Dunderberg/Bald Mtns.</td>
<td>7</td>
<td>6</td>
<td>Stren.</td>
<td>Mod.</td>
<td>1700</td>
<td>H1787 8:30</td>
<td>H1887 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85</td>
<td>Anthony Wayne/ Timp Torne/West Mt. Loop</td>
<td>9</td>
<td>9</td>
<td>Stren.</td>
<td>Med.</td>
<td>1800</td>
<td>H1588 8:30</td>
<td>H1888 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>86</td>
<td>Popolopen Gorge</td>
<td>7</td>
<td>6</td>
<td>Med.</td>
<td>Mod.</td>
<td>1000</td>
<td>H1589 8:30</td>
<td>H1889 8:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>89</td>
<td>Around Doodletown &amp; Bear Mt.</td>
<td>5</td>
<td>5</td>
<td>Easy</td>
<td>Slow</td>
<td>50</td>
<td>H1492 8:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90</td>
<td>Island Pond/ Harriman State Park</td>
<td>8</td>
<td>4</td>
<td>Mod.</td>
<td>Med.</td>
<td>300</td>
<td>H1593 8:30</td>
<td>H1993 9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>91</td>
<td>Bear Mt. Zoo</td>
<td>2.5</td>
<td>2</td>
<td>Easy</td>
<td>Slow</td>
<td>0</td>
<td>H1494 9:30</td>
<td>H1894 9:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

All hikers should sign a release form when registering for the conference. If the release form was not signed, a copy will be available at the hike departure area and must be completed before starting the trip.

**Release Form**

All hikers are expected to be capable of completing the scheduled hikes at the published pace and are expected to arrive at the hike departure point with gear appropriate to the trip. The hike leaders will exclude anyone who, in their opinion, may not be capable of completing the trip without difficulty. Youth under age 18 must be accompanied by an adult.

**First aid**: Hike leaders will be carrying first-aid kits, but you are responsible for your own first aid, rain gear, etc. Please bring your own supplies. July is typically hot and humid in the New York metro area; do not underestimate the difficulty of the hiking. Bring plenty of water, typically at least a quart of water for every five miles of hiking. Be prepared!
### Hike Descriptions

- **47. Appalachian Trail (5.3 miles)**  
  Start at Bear Mountain State Park, continuing north on the Appalachian Trail. This hike offers great views of the Hudson Valley and the Catskill Mountains.

- **48. High Peak (5.5 miles)**  
  Start from the trailhead at High Peak and hike to the summit of High Peak. This hike is suitable for all skill levels and offers a panoramic view of the surrounding mountains.

- **49. Mount Marcy (5.7 miles)**  
  The highest peak in New York State, Mount Marcy offers stunning views of the Adirondack Mountains and the surrounding area.

- **50. Blue Hill (6.1 miles)**  
  Located in the Catskill Mountains, this hike offers beautiful views of the surrounding area.

### Ramapo 2007 Registration Form

**Register online to secure your preferred activities!**

<table>
<thead>
<tr>
<th>Registration Number:</th>
<th></th>
</tr>
</thead>
</table>

**1. Complete a separate form for each adult and child. Make copies (both sides) as needed. Please print neatly or type. Note that all costs are per person. Forms must be postmarked no later than June 1, 2007.**

**2. Name Tag: Indicate the exact information you want on your name tag:***

- **Affiliation:**  
  Complete a separate form for each adult and child. Make copies (both sides) as needed. Please print neatly or type. Note that all costs are per person. Forms must be postmarked no later than June 1, 2007.

**3. Lodging: Place an X in the appropriate box for the date and type of lodging desired. Enter the total cost in the Total Cost column. If you have a preference for a roommate or adjacent lodgers, enter the name(s) in the spaces provided. A roommate will be assigned if you select a double room and do not specify a roommate. The cost for a child under 12 or under is $14. A limited number of air-conditioned apartments will be assigned to attendees staying the majority of the time during the conference, on a first-come, first-served basis. You must bring your own linens and pillow.**

**4. Meals: Each meal may be ordered separately. Place an “X” in the box for the date and type of meal ordered. Enter the total cost in the Total Cost column. If you have a preference for a roommate or adjacent lodgers, enter the name(s) in the spaces provided. A roommate will be assigned if you select a double room and do not specify a roommate. The cost for a child under 12 or under is $14. A limited number of air-conditioned apartments will be assigned to attendees staying the majority of the time during the conference, on a first-come, first-served basis. You must bring your own linens and pillow.**

**5. Meals:**

- **Breakfast:**  
  **Lunch:**  
  **Dinner:**  
  **Box Supper (for excursions only):**  
  Vegetarian meals are available.

**Page 7B**
HIKE DESCRIPTIONS continued from page 7B

65 Black Rock Forest, (7 miles) Great scenic area, various ups and downs.
66 Schunnemunk R1, (20 miles) Majestic cliffs, waterfalls, steep climb.
67 Schunnemunk R2, (20 miles) Majestic cliffs, waterfalls, steep climb.
68 Schunnemunk R3, (7 miles) Majestic cliffs, waterfalls, steep climb.
69 Schunnemunk R4, (7 miles) Majestic cliffs, waterfalls, steep climb.
70 M.T. Tammany R1, (9 miles) Delaware River views, hardwoods, steep climb.
71 M.T. Tammany R2, (9 miles) Delaware River views, hardwoods, steep climb.
72 Coppermine R1, (8 miles) Delaware River valley views, hardwoods.
73 Rattlesnake Swamy Trail, (4.5 miles) Catskill Panel views, fire tower, incredible views.
74 Lake Marcia, (3 miles) Observation platform, Appalachian Trail, fantastic hike.
75 Alpine Loop plus High Point, (10 miles) Appalachian Trail, Lake Rutherford, High Point Monument and Lake Marcia.
76 Long Pond, (2.5 miles) Workable Reservoir, creek mining.
77 WyANNOTs - High Point/Rocks/Aurora/Annandale, (7 miles) 360-degree views of New Jersey Ramapo Reservoir area.
78 Noyes Lake, (6 miles) Iron Mountain, AT/Howard Torne/Red Hilltop - Ramapo.
79 Bearfort Mountain Circular, (7 miles) Jeremy Glick Trail, AT, Bearfort Ridge, lake views.
80 Terrace Pond, (4.5 miles) Scenic Terrace Pond, rock ridge views, Bearfort Mountain Natural Area.
81 Snowdon Trail Loop, (5.2 miles) Sterling Forest, farm views, iron mining.
82 Anthony Wayne Trail, (7 miles) See the Ramapo from Ramapo County Reservation to Ramapo State Forest and hike the Schunnemunk end of the loop. Next door to Ramapo College.
83 Ramapo Reservation R1, (10 miles) Mohican Reservoir, AT/Howard Torne, next door to Ramapo College.
84 Ramapo Reservation R2, (16 miles) Mohican Reservoir, AT/Howard Torne, next door to Ramapo College.
85 Ramapo Terne, (7 miles) Seven Hills, HTT, and Pine Precipice Trails. Great views of the Ramapo River Valley.
87 Sandkerbun/Black Mountain #1, (7 miles) Up and down in Wonderland, abandoned incline railway, views of Hudson River.
88 Anthony Wayne/Timpanogos Mountain Loop, (12 miles) The Timp, Bald Mountain, Doubletops, West Mountain Appalachian Trail.
89 Popolopen Gorge, (7 miles) Popolopen Gorge, Popolopen Tarn, Bear Mountain Zoo, historic sites, enjoyable views.

A limited number of Ramapo 2007 souvenir T-shirts will be available for sale at the conference.

To assure that you get a T-shirt, order one with your registration and check your size choice.

Release Form: Participation in Ramapo 2007 meeting activities is voluntary. In consideration of permitting me to participate in these activities, and fully recognizing the hazards to which I will be exposed, by signing below, I hereby release all claims against the Appalachian Trail Conservancy, the New York-New Jersey Trail Conference, their affiliated clubs and members coordinating this meeting, the university, and the activity leaders for any personal injury, death, or property damage arising out of or in any way connected with such activities, including without any limitation any acts or omissions caused in whole or in part by their negligence. This applies to activities on or off campus.

Signature: __________________________ Date: ________________

Costs: Enter the costs below for lodging, meals, and activities. Registration forms postmarked on or before May 1, 2007, qualify for early registration. Registration fees are waived for children aged 12 and under. One check or money order may cover more than one registration, but please send the individual forms and check together.

☐ Check or money order enclosed
☐ Payable to NY-NJ Trail Conference
☐ Bill my credit card
☐ Visa □ MasterCard □ American Express
Card #: __________________________ Exp: __________

Signature: __________________________

Mail completed form and payment to:
Ramapo 2007
PO Box 576
Yorktown Heights, NY 10598-0576

Refund Policy: All cancellations and requests for refunds must be in writing. Persons or families canceling will be refunded in full, less one registration fee. No refunds will be made after June 1, 2007.

HIKE DESCRIPTIONS continued from page 7B

65 Black Rock Forest, (7 miles) Great scenic area, various ups and downs.
66 Schunnemunk R1, (20 miles) Majestic cliffs, waterfalls, steep climb.
67 Schunnemunk R2, (20 miles) Majestic cliffs, waterfalls, steep climb.
68 Schunnemunk R3, (7 miles) Majestic cliffs, waterfalls, steep climb.
69 Schunnemunk R4, (7 miles) Majestic cliffs, waterfalls, steep climb.
70 M.T. Tammany R1, (9 miles) Delaware River views, hardwoods, steep climb.
71 M.T. Tammany R2, (9 miles) Delaware River views, hardwoods, steep climb.
72 Coppermine R1, (8 miles) Delaware River valley views, hardwoods.
73 Rattlesnake Swamy Trail, (4.5 miles) Catskill Panel views, fire tower, incredible views.
74 Lake Marcia, (3 miles) Observation platform, Appalachian Trail, fantastic hike.
75 Alpine Loop plus High Point, (10 miles) Appalachian Trail, Lake Rutherford, High Point Monument and Lake Marcia.
76 Long Pond, (2.5 miles) Workable Reservoir, creek mining.
77 WyANNOTs - High Point/Rocks/Aurora/Annandale, (7 miles) 360-degree views of New Jersey Ramapo Reservoir area.
78 Noyes Lake, (6 miles) Iron Mountain, AT/Howard Torne/Red Hilltop - Ramapo.
79 Bearfort Mountain Circular, (7 miles) Jeremy Glick Trail, AT, Bearfort Ridge, lake views.
80 Terrace Pond, (4.5 miles) Scenic Terrace Pond, rock ridge views, Bearfort Mountain Natural Area.
81 Snowdon Trail Loop, (5.2 miles) Sterling Forest, farm views, iron mining.
82 Anthony Wayne Trail, (7 miles) See the Ramapo from Ramapo County Reservation to Ramapo State Forest and hike the Schunnemunk end of the loop. Next door to Ramapo College.
83 Ramapo Reservation R1, (10 miles) Mohican Reservoir, AT/Howard Torne, next door to Ramapo College.
84 Ramapo Reservation R2, (16 miles) Mohican Reservoir, AT/Howard Torne, next door to Ramapo College.
85 Ramapo Terne, (7 miles) Seven Hills, HTT, and Pine Precipice Trails. Great views of the Ramapo River Valley.
87 Sandkerbun/Black Mountain #1, (7 miles) Up and down in Wonderland, abandoned incline railway, views of Hudson River.
88 Anthony Wayne/Timpanogos Mountain Loop, (12 miles) The Timp, Bald Mountain, Doubletops, West Mountain Appalachian Trail.
89 Popolopen Gorge, (7 miles) Popolopen Gorge, Popolopen Tarn, Bear Mountain Zoo, historic sites, enjoyable views.