P

Scenic Trail. The rail conference has been studying this status for the Long Path (LP), a portion of which traverses the Shuangangk Ridge via the Shuangangk Ridge Trail.

Hinchey’s bill, the Long Path Trail Study Act of 2008, would authorize project-based funding and technical assistance via the National Park Service in order to explore alternative routes for connecting existing sections of the trail. (Please turn to page 3 to read Congressman Hinchey’s remarks in full and learn more about how a National Scenic Trail study might benefit the LP.)

The main focus of the June 7 event, however, was celebration of the cleanup of a 150-acre property preserved by the Trail Conference and due to be turned over to NYS Dept. of Environmental Conservation (DEC) and added to Wurtsboro Ridge. The land offers the opportunity to link the Shuangangk Ridge Trail to a network of rail and canal trails in the area of the southern Shuangangk Ridge Conference volunteers, DEC officials including Region 3 Director Willie Janeway, and area residents helped pick up remaining trash, reviewed maps depicting the area’s trail networks and state Greenway’s concerns, and we had to rethink our proposal. We applied for a grant to fund a study to see what could be done. We described access to local trail systems and the Hudson River as “unsafe, unplanned and inconvenient”—and in need of improvement.

A Popular Destination Spectacular views of the Hudson River and Highlands, the adrenaline-and heart-pumping thrill of climbing Breakneck Ridge, easy, family friendly trails on Little Stony Point, and a dedicated stop on the Metro-North rail line just for hikers, all contribute to making this section of the park one of the most popular hiking spots in the country. The area has been voted among the top ten best hiking destinations by Absecon Magazine, and the Breakneck Ridge Trail currently ranks as the #1 day hike in the nation in an online poll conducted by Trails.com.

A walk on the trails near Breakneck intersects with the paths of history. Henry Hudson passed its northern head in 1609, waiting for weather and the tide, on his way back down the River. 2009 will mark the quadracentennial of his voyage, and the fortress at West Point was established as the United States Military Academy in 1803.

A greenway group seeks to improve access and parking at the busy trailhead areas in Hudson Highlands State Park.
From the Board of Directors

Nominating Committee Names Slate for Board

On May 27, 2008, the Board of Directors approved the appointment of Ann Osborn to the board of directors, to replace Anne Osborne, who has resigned to take the position of TC science consultant. This appointment was to be submitted to the Delegates for approval at the June meeting.

Ann M. Gruhn

Ann is a hiker, cyclist, cross-country skier, and a long-time TC Trail Conference member. She is currently the Program Manager for the East Hudson Community Trails Program, a position she has held since 1991, when she was hired as a trail steward. She brings to the Trail Conference a wealth of expertise in information technology.

At the Trail Conference Annual Meeting on October 18, 2008, three members of the current board of directors will be presented for re-election for three-year terms.

Daniel Van Engel

Ian Hight

Seth MCKee

Also at the Annual Meeting in October, two new members of the board of directors will be presented to the delegates for approval, as well as nominees for delegates-at-large.

Winston Perry

Winston has been a Trail Conference member since the 1960s. He has been a trail maintainer of the Upper Nyack Trail, a section of the Long Path, for decades. An architect, he has served on the Upper Nyack Planning Board for 25 years and is a trustee of the Historical Society of Rockland.

TC Appoints NY East Hudson Regional Representative

The Trail Conference is pleased to welcome Christie Ferguson to the staff. The position of NY East Hudson Regional Representative has been vacant since the retirement of Christin Hight last year.

Christin Ferguson

Christie will work with TC volunteer Stephanie Molina to create a brochure that will serve as the official guide for the West Nyack Trail on the East Hudson Community Trails Program.

Holding the position of TC executive director, Samantha Fife, has directed the Trail Conference’s efforts to expand the Trail Conference’s capacity to provide assistance to local trails in the region with the dynamic Trail Conference staff.

The TC East Hudson Community Trails Program is a great job.

The Trail Conference wishes to thank all who participated in the 2008 Member-Get-A-Member Campaign. This year we were able to get 58 new members to join the Trail Conference and support all the hard work that our staff and volunteers do daily! Winners of the raffle prizes will be contacted individually. The winners of our top three prizes are:

Grand Prize: Campmor Camp Package: Andrew Bell
Second Place Prize: One-night stay at the Emerson Resort and Spa, Ronald Rosen
Third Place Prize: Lunch and hiking at the Mohonk Mountain House: Steven Alt

Edward Saff

Edward Saff is a professor of biology at Ramapo College, and a clinical professor of pathophysiology and neurosciences at the University of Medicine and Dentistry of New Jersey. He has served on and chaired the Mahwah Environmental Commission, as well as the Mahwah Board of Education. He is a dedicated outdoorsman and will be a key liaison between Ramapo College and the Trail Conference as the Trail Conference prepares to move its headquarters to the Darlingston Schoolhouse, even closer to the college than we are now.

Nominates for Delegates-at-Large

The following TC members are nominated to represent TC’s individual members at delegates meetings:


Call for Nominations for Awards

Members may nominate individuals for Trail Conference awards. Please send nominations (with supporting statements) to Malcolm Simpson at mbsimpson@aol.com.

Mid-East Hudson Community Trails Program 2008 Mecember-Get-A-Member Call

The Trail Conference is pleased to welcome Christie Ferguson to the staff. She fills the position of NY East Hudson Regional Representative. In the position, Christie will tailor and deliver a range of trail-related services, primarily in West Putnam County and Putnam, where the state will inaugurate the Trail Conference’s East Hudson Community Trails Program.

The East Hudson Community Trails Program is made possible by a $100,000 challenge grant from Westchester resident Bob Wadsworth, with matching funds from New York State, the Historical Society of Rockland.

The program will serve the citizens of the region with the dynamic Trail Conference staff. The program is designed to expand the Trail Conference’s capacity to provide assistance to local trails in Putnam and Westchester Counties.

MGM 2008 IS OVER!

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Congressman Maurice Hinchey Announces Long Path Legislation

**Remarks by Congressman Maurice Hinchey, D-NY, June 7, 2008**

I would like to thank the NYS Department of Environmental Conservation and the New York-New Jersey Trail Conference for co-sponsoring today's event marking National Trails Day and celebrating the preservation of an important piece of open space.

I'd also like to take this opportunity to thank all of the volunteers and local organizations that worked to clean up the area over the past year. As you know, these volunteers have been cleaning up what is known as the LaFarge Property, this 150-acre property that the Trail Conference had purchased and preserved, which is now being purchased by the NYS DEC for addition to the Warwick Ridge State Forest. The property includes former railroad beds, which we expect will be used as "rails." There is also a proposal for a "walk to trails" path.

This property is a key parcel in the creation of a 56-mile protected corridor along the Shawangunk Ridge, connecting the federally protected Delaware Water Gap National Recreation Area with the Constitutionally protected Catskill Forest Preserve. The property will someday link the adjacent D&H Canal with the Shawangunks Ridge Trail, which is part of a much longer trail for which we are seeking federal designation.

The Long Path Trail could eventually connect New York City with the Adirondacks, including portions of the Catskills and Shawangunk Mountains. The study will:

- Make available project-based funding and technical assistance via the National Park Service.
- Explore alternative routes for connecting existing sections of the estimated 350-mile trail.
- Find alternatives to the miles of roads that are currently needed to cross central Orange County and other areas.

If the Trail study shows good promise, which I am confident it will, and the study recommends that National Trail System designation be pursued, we will then introduce the legislation needed to add the Long Path Trail to the national system.

The Long Path Trail will connect many of our state's most spectacular natural resources, including the Palisades cliff in New Jersey, the Appalachian Trail, the Highlands Trail in Hariman State Park; the Shawangunk Ridge; the Rondout Creek Valley; some of our highest peaks in the Catskills; the Finger Lakes Trail; and the Helderberg Escarpment and Thatcher State Park.

The Long Path Trail Study Act of 2008:

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The Long Path was originated by Vincent Schaefer of the Mohawk Valley Hiking Club in the 1930s, as New York's version of Vermont's Long Trail and was publicized in Raymond Torrey's weekly column in the New York Post. The Trail Conference has been slowly developing the LP for the last 70 years and recently took the lead in promoting this national designation.

In the process of establishing this trail, private property will be respected and no federal eminent domain may be used. The trail's maintenance and development will rely on local partnerships with partners, such as with the Trail Conference and Adirondack Mountain Club. This legislation, which was introduced in the House on June 5, was co-sponsored by Congressmen Eliot Engel (NY) and Steve Rothman (NJ). A companion bill has been submitted in the Senate by Senators Frank Lautenberg and Robert Menendez of New Jersey and Senators Schumer and Clinton in New York.

From the Executive Director

Congressman Maurice Hinchey Announces Long Path Legislation

**EG:** I would like to cede my column space in this issue to comments made by Congressman Maurice Hinchey at a National Trails Day event celebrating the volunteer clean-up of 150 acres in Sullivan County, NY. In his surprise announcement of the Long Path Study Act of 2008, Congressman Hinchey once again demonstrated by his words and deeds that he is one of the greatest proponents of protecting the region's natural heritage and making it accessible for all to enjoy.

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Reality, of course, is quite different. Because we use charitable dollars and public money from state and county agencies in most of our transactions, we are accountable to the public for how we spend those dollars, as we should be. With federal funding for open space preservation at an all-time low and both New York and New Jersey facing budget challenges, it’s more important than ever to make every acquisition dollar count.

The Trail Conference has developed its own internal guidelines for prioritizing tracts of land. We specialize in linear corridors that support and protect our “big four” long-distance trails—Appalachian Trail, Long Path, High Mountain Trail, and Shawangunk Ridge Trail—and key connecting trails. Our volunteer network of trail stewards is stretched pretty thin, over 1,700 miles of trails, so we can be careful not to buy chunks of land that are going to generate new trail branches that will be difficult to maintain.

The Trail Conference sent comments on the plan to DECE. We support the proposals detailed above and added a strong caution against yielding to pressure to allow off-road bicycle use on the Escarpment Trail/Long Path or on steep and narrow hiking trails in Wilderness areas, including on Windham High Peak. Additional components of the draft master plan include recommending maximum group size of 12 for day hikes—a voluntary limit, not mandatory—and maintaining register boxes on trailless peaks as long as they are maintained under an Adopt-a-Natural Resource agreement.

Interim Changes Proposed for Windham High Peak Wild Forest
At the same time NYS DEC released its revised master plan for state lands in the Catskills, it also made public proposed changes to the Unit Management Plan for the Windham High Peak Wild Forest. The changes would allow new off-road bicycle loops in areas that the draft master plan does not target as new Wilderness areas. The Trail Conference went on record in support of the planned changes to the UMP as written.

NEW YORK
Catskill Master Plan Would Add to Wilderness Areas
New York State Dept. of Environmental Conservation’s revised draft master plan for state lands in the Catskills contains good news for hikers. The plan proposes to:

- expand the West Kill Wilderness Area of the Catskill Forest Preserve, most of the Hunter Mountain Wild Forest;
- create Windham Blackhead Range Wilderness Area by combining the former Blackhead Range and North Mountain Wilderness Forests with portions of the Village, Windham High Peak and Black Dome Wild Forests;
- create four trail corridors for bicycles on existing roads through existing or new Wilderness areas.

Lackawaxen Ridge Biodiversity Partnership
The Trail Conference has become a member of the Shawangunk Ridge Biodiversity Partnership. The Partnership consists of nonprofit and public organizations and aims to use science and land management strategies to preserve the sensitive wildlife habitat and other natural resources of the Shawangunk Ridge.

Informed by field research findings, partners collaborative manage the larger landscape, provide environmental education, and work with local communities to preserve the space on the slopes of the ridge. Over 40,000 acres of the ridge are protected by the members of the Shawangunk Ridge Biodiversity Partnership.

The Trail Conference will work cooperatively with the partners to improve access and user etiquette on our public lands. This partnership should help enhance our ability to make informed decisions about how to lay out and maintain trails.

Terry Aldrich
Joe Ayers
Mitzvah Day Leads Group To AT Summit Clean-up

For the third consecutive year, the AT on Shenandoah Mountain in New York’s Dutchess County was the destination for volunteers participating in Dutchess County Mitzvah Day. The volunteers head to the mountain’s rocky summit to clear fire rings and fire rings. Although control is somewhat limited insofar as the pipelines hold long-term rights of way.

Pedestrian Tunnel Reopens at Bear Mountain

The pedestrian tunnel under Route 9W at Bear Mountain State Park reopened June 5 following four months of reconstruction. The tunnel provides safe access to trails east of the road as well as to the pool and Trailside Zoo. The tunnel is now accessible to the disabled.

Some Minnewaska Trails Stay Closed after Fire

See page 7.

New Jersey Appalachian Trail Committee Welcomes Youth Groups for Trail Work Experiences

The NJ Appalachian Trail Management Committee reserves two sections of the Appalachian Trail in the Delaware Water Gap National Recreation Area for outreach programs with Scout and school youth groups. Youth and leaders learn about trail maintenance and the AT and then go out on the trail to work. On May 10, 18 volunteers from Scout Troop 56 from Millington, NJ, spent the day on the AT and removed illegal fire rings. Any groups interested in signing up for the program may contact the NJ AT Committee at troo56@appalachiantrail-nj.org. Thank you Troop 56!

Joe Giordano, NY-NJ Trail Conference Chairman, NJ Appalachian Trail Management Committee

For the last two years, the pipeline work has continued with the pipeline companies, although control is somewhat limited insofar as the pipelines hold long-term rights of way.

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Consequently, he has enjoyed his recent tenure behind the controls of the excavator and looks forward to his next challenge—using a bulldozer to level out terrain.

Volunteer Manager for the Friends of Darlington Schoolhouse
The community is showing great interest in assisting with the restoration of our new home. We are looking for a volunteer to manage volunteer interest and speak with interested volunteers.

Database Assistant
Our database manager is at capacity! Assist our information manager with routine database maintenance, data importing and exporting, creating scripts and new modules. Experience working with relational databases and Excel is essential.

Google Earth Cartographer
Assist our in-house cartographer expand our website with production of virtual hikes in Google Earth.

2008 NJ AT Ridge Runners
Each summer, Ridge Runners hike back and forth on the Appalachian Trail in New Jersey, monitoring AT use, educating hikers on good trail practices, and caring for the backpacker campsite in Worthington State Forest. The program was established in 1992 and is cosponsored by the Trail Conference along with the NJ Dept. of Environmental Protection, the National Park Service, and the Appalachian Trail Conservancy. In May, this year’s Ridge Runners hit the trail in New Jersey: Neil Koch, Kevin Riedel, and Christian Rodriguez.

VOLUNTEER PROFILE
continued from page 1

Consequently, he has enjoyed his recent tenure behind the controls of the excavator and looks forward to his next challenge—using a bulldozer to level out terrain.

Andy lives near the Shawangunk Ridge in Wartburg, has been maintaining a section of the AT since 2002, and is a regular with the Shawangunk Ridge Crew. Says Crew chief Jakob Franke: “Andy has hardly missed a work trip (and we’ve had many) building new trails in the Shawangunks. On these trips he is a good friend, an extremely productive worker, and a great story teller. He is one of those people who can work and walk and talk at the same time.”

With his son, also named Andrew, Andy has hiked the Long Path end-to-end. They plan to take a month this summer to do the same on Vermont’s Long Trail. Also this summer Andy volunteered to be the field supervisor for the Trail Conference, succeeding Eric Meyer, who is resigning because of time constraints. “Eric has done a superb job as supervisor for the last seven years,” Jakob says. “He is a very lucky man to have Andy to fill these large shoes.”

“Andy is one of my Trail Conference heroes,” says Brenda Holzinger, TC’s staff member charged with cleaning up the TC’s LaFarge site. In addition to Andy’s dedication and hard work, he is also a source of immense inspiration to everyone who works with him, including me. His enthusiasm, can-do attitude, boundless energy and ability to find fun in every aspect of the clean-up are the reason this

Sometime around 20 years ago, a friend from California came and visited me in New York. We had done a lot of hiking near home in the summer, but during July I spent a week working with a bulldozer to level out terrain. It turned out to be Jenny Lane, and it was a perfect choice for a day hike: an easy grade up through dense hardwoods, emerging briefly into an opening of ledge and dwarf pitch pine, ending with a side trail down to Lake Awosting. At the time I had no idea that one day (2001) I would move to the town of Shawangunk, let alone that when I asked the Trail Conference for a trail to maintain I would be given Jenny Lane! I lost the boyfriend, but I kept the trail—a more reliable companion really.

I had helped out with other trail crews occasionally, but having solo responsibility for a segment was a little intimidating. On my introductory foray, Rob Segal came along to show me the ropes. We lopped and clipped away at the laurel and blueberry till I was quite tired, and tired of it. I get the method, I said to him; let’s go home and I’ll come back another day. No, we can finish, said Rob, and sure enough. I got a second wind and we did—largely due to his indefatigable enthusiasm.

It was then I knew this was not a responsibility to be taken lightly. I kept it at solo for a year or two, feeling an ever greater sense of ownership and love for that stretch of land, where I would often hike even when not working there. Most of my attention, though, was held by 2,500 acres on a different slope, which the public (especially me) could not visit. As Coordinator of Save the Ridge, I spent three years in a campaign to stop the 250 houses and golf course planned for Awosting Reserve.

One day I got a call from Ed Goodell inviting Save the Ridge to become the 100th NJ/NY Trail Conference member organization. Eureka! We could join for half price as a maintainer club, and I would have a team to help with the work. Of course, people have turned out to be busier than they thought they would be when they voted for the plan, but a small faithful core has come to love and care for our Jenny as I do. We have a good time together when we go, and they agree with me that it’s great to feel that you have earned the privilege of using the Ridge by putting in some physical work as well as advocacy.

Last spring we made a start on the season’s work but didn’t finish the job before a hit-and-run driver put me in the hospital for a week in July. I had to stop the fall rehab and pretty much dropped the ball on responsibilities and physical work. So, I lay in Nierenberg asking if any blue an email came from Rob Segal and Jakob Franke (who had both visited me in the hospital) organizing a Long Path work trip on—Jenny Lane! Those guys are the definition of responsible: they saw a need, figured I wasn’t up to dealing with it, and just went ahead and took care of it themselves. I did join them (and Rob Sklar), though I thought I wouldn’t much use it. But it was great to be alive, out on “my” trail again, a kind of second coming home.

I looked forward to being strong enough this spring to take the job back and make regular trips up there. That (and if we could get it again) would mean I was fully recovered—or at least recovered enough—and back to normal. Come March I started thinking, I’m not sure what my head would send to the Save the Ridge crew, saying “Let’s go do a first go-through before the leaves come out.”

But before I sent it, that whole part of Minnewaska went up in flames. From my home on the east side I could see a sky-full of black smoke behind the ridge. I kept wondering whether Jenny was burning—like a parent with a child trapped in the house. The map on the Times Herald-Record website suggested the worst: our trail appeared to be the southern border of the burn area and perhaps had been partly gorged by bulldozers making necessary firebreaks. I lay in Nierenberg asking if anyone knew whether maintainers would be expected to go clean up the damage or whether the fire had “done our work for us.” I waited for a chance to go visit Jenny in the hospital, so to speak.

In the later weeks was that through other routes in the park had opened, Jenny is badly wounded and needs to be left alone to regenerate. Possibly in 2009. Life will not, after all, return to normal. I feel as though my friend Jenny needs me but I can’t go to her, even though—healthier now myself—I finally could. And she probably doesn’t need me as much as I need her; she needs for me—and everyone—to leave her alone, allow the natural process to take over and she heals. I understand that. I’ve been there.

But I do miss her. I look forward to our reunion, when she is strong enough to accept my help, as the friends I know through the years have helped me.

Patty Lee Parmalee is a maintainer of the Long Path Trail at Minnewaska State Park Preserve.
Liverwort: A Pretty Little Plant with a Medieval Name

By Michael Alcamo

Liverworts have possibly the most unattractive name in science. In the Middle Ages, people thought they resembled the inner workings of the liver. So far as is known, is unique in the plant kingdom. These are oil bodies, containing a lipid or oil, and are thought to keep the plant moist and provide an odor or taste that keeps away predators. While the so-called “more advanced plants” often get a lot of credit for their lovely flowers or maple syrup, they don’t have these interesting oil bodies in their cells. Liverworts now have their own phylum, Marchantiophyta, and are generally viewed as distinct from the other non-vascular plants, mosses, fungi or horsetails. It’s estimated there are 6,000 to 8,000 species, but new liverworts are being identified constantly, and some think there may be 10,000 species.

Liverworts reproduce in two ways, sexually and asexually. Sexual reproduction involves two specialized structures associated with each. Thalloid liverworts, look for small caps, called capsules. Within the capsule are tiny bumps, the gemmae, which look like little green eggs but are, in fact, granules that contain a complete set of the parent plant’s genetic information. When hit by raindrops, the gemmae fall to the ground and can become new plants—clones with the same genome as the parent. This is an example of asexual reproduction. You can also sometimes observe structures for sexual reproduction. Liverworts do not flower and thus do not produce seeds. Instead, they produce by means of spores. The plants are unique, with male and female sex organs forming on different plants. The antheridiophores of the male plant look like umbrellas, while the female’s archegoniophores have deeply lobed finger-like projections. Look for both at the edges of the thallus.

In the final regrowth after you have cut the plant back several times in one season. Liverworts are grouped into three varieties: thalloid, complex thalloid, and leafy. Each plant is about one to four inches long. “Thalloid” liverworts, the Marchantioidea, look like small green ribbons. “Leafy” liverworts, the Jurgeniomannioidea, comprising about 85 percent of species, are very small with even more and trier scale-like leaves arranged on a tiny stem. When you find your liverwort, look for other interesting features. Liverworts reproduce in two ways, sexually and asexually, and there are specialized features associated with each. On thalloid liverworts, look for small cups, called capsules. Within the capsule are tiny bumps, the gemmae, which look like little green eggs but are, in fact, granules that contain a complete set of the parent plant’s genetic information. When hit by raindrops, the gemmae fall to the ground and can become new plants—clones with the same genome as the parent. This is an example of asexual reproduction. You can also sometimes observe structures for sexual reproduction. Liverworts do not flower and thus do not produce seeds. Instead, they produce by means of spores.

The need for ecological restoration will keep some areas of Minnewaska State Park Preserve closed indefinitely. As this issue went to press, patches of green were beginning to emerge amidst the ashes at Minnewaska State Park Preserve. The fire that started there April 17 ultimately burned nearly 3,500 acres in an area roughly bounded by Route 44/55, the Lower Averill-Carriageway, the Smiley Carryway, and the Whitetail Ridge. It was, according to Roy Yancy, chief horticulturist at the New York State Museum, observed 25 different species of liverworts along Esopus Creek in uptown New York.

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And it smells. The stinky alkaloids poison the butterfly larvae, which hatch out when confused Monarch slay the eggson the plants. The need for ecological restoration will keep some areas of Minnewaska State Park Preserve closed indefinitely.
**HIKERS' ALMANAC**

A Sampling of Upcoming Hikes

Sponsored by Member Clubs

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**July**

**Tuesday, July 2**


NYHC. NYC: Leader: Al. 718-817-0766. Meet at 9am at the park entrance. This is an easy hike with some rocky terrain. No donation requested.

**Thursday, July 4**

NYHC. NYC: Leader: J. 917-608-0742. Meet at 8am at the start of the trail in Novi. Please bring water. Donation requested.

**Sunday, July 7**


**Monday, July 8**

**Thursday, July 11**

**Saturday, July 13**


NYHC. NYC: Leaders: Jim and Theresa. 718-817-0766. Meet at 7am at the parking lot of the LIRR north side. Please bring water. Donation requested.

**Wednesday, July 17**


**Saturday, July 20**

**Thursday, July 25**

**Monday, July 29**

**Saturday, August 4**

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**Wednesday, August 7**

**Thursday, August 8**

**Friday, August 9**

**Sunday, August 11**

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**Thursday, August 15**

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**Member Club Profile**

**Hike-a-thon Set for October 4, 2008 to Support ‘Hiking Club at Bear Mountain’**

The Trail Conference plans to construct a public exhibition about hiking and trail building at Bear Mountain State Park. Called Trails for People, the proposed exhibit is conceived as a publicly accessible, high visibility, engaging and entertaining interactive exploration of the fundamentals of hiking trail design, construction, and maintenance.

We believe that this represents the first-ever attempt in the United States to introduce general audiences to hiking and trail-building in a hand-on, whole-body, interactive style.

To build support for this project, we have set a People for Trails celebration on October 4, 2008, in Harriman State Park.

The centerpiece of the celebration is a hike-a-thon, which will raise awareness and support for volunteers who build and maintain the hiking trails in the New York-New Jersey metropolitan region. Participation will be limited to 300 individuals, so mark your calendars, start training now, and keep your eyes open for the sign-up form.
Shawangunk Ridge Coalition
Michael F. & Paula Medley • H. Neil Zimmerman

TRIBUTES
In honor of David Chase
Bethel Shulman
In honor of the birth of Stuart Howard
The Trail Conference office staff
In honor of MaryLou Katz
Linda & Beatrice Frank
In memory of Marty Last, Paul Leddon, James Effler, and Jane Silverberg
Peter & Rita Haddad
In memory of Shelley Norton
David Kennedy
In memory of Tony Dunn
Donna & Laurena Walsh

GIVE \nDO NO RS TO THE ANNUAL FUND
March 22, 2008 to May 19, 2008

GIFTS
Lloyd & Beatrice Frank
Anna Parker, and Anne Silberberg
The Trail Conference office staff
In memory of Tom Dunn
Herbert Shulman
Deborah S. & Larissa Wohl

DO NO RS TO THE ANNUAL FUND
March 22, 2008 to May 19, 2008

Gifts
Merrill Lynch & Co., Pfizer Foundation, REI, UPS

Matching Gifts
Fyke Nature Association, Ellen Stewart

In the name of Elizabeth and Elizabeth Brown
Brenda Thompson

CONTRIBUTE YOUR CLUB, TRAIL PROJECT T-SHIRT TO TC PROJECT

Quilt maker and Trail Conference member Carolyn Canfield has offered to create a TC quilt project that will generate additional funds for the Trail Conference. This project will help our organization increase the number of people who support the TC and make it easier for people to contribute to TC’s annual fund.

Double Your Impact
Did you know that your donations to the Trail Conference can have twice the impact if you participate in your company’s matching gift program? Both your contributions and membership dues may be doubled if your employer offers a matching gift program.

Employers such as IBM, Pfizer, Verizon, GE, American Express, and dozens more have easy-to-use programs designed to help your favorite nonprofits.

Ask your personnel or human resource office for a matching gift form and send it to:
Joshua Howard
Membership & Development Director
NYC Trail Conference
156 Ramapo Valley Road
Mahwah, NJ 07430

YOUR CHANCES ARE DOUBLE

1. Find a Matching Gift Program
2. Complete Your Donation
3. Notify Your Employer of Your Gift

The Trail is easy to light, just one match ignites a small pool of fuel that collects in the center of the stove. The center flame ‘pivots’ the stove for 3–4 minutes until the rest of the fuel ignites and shoots small flames around the perimeter of the stove. Like many alcohol stoves, the Vargo Triad does require the use of a windscreen. I made one out of aluminum foil. The screen keeps the flame from blowing out and helps it burn more efficiently.

I have used the stove to boil water for hot drinks and cook macaroni and quinoa in a recent test I brought 2 cups of water to a boil in about 5 minutes after the stove was primed, and cooked a cup of macaroni in a rolling boil for another 13 minutes before the flame spurted. This was all on 1 ounce of fuel. I cooked in a 0.9 liter titanium pot. Any pot, however, should be more than about 3.5 inches in diameter to fit the pot stand. Results will vary with colder temperatures, windy conditions and, perhaps, a less conductive metal.

When cooking is completed, the flame can easily be blown out. With a little practice, excess fuel can be poured back into your container by letting the fuel run down one of the legs like a spout. An alcohol stove cannot get as hot as a gas stove nor can the flame be controlled. And the lightweight stove sometimes tips easily and sometimes flames up. Be sure, for simplicity, weight, size, and an inexpensive fuel, the Vargo Triad is worth considering.

Vargo Triad Titanium Stove
Suggested retail price: $29.95
Reviewed by Howard E. Freedman DPM

The Vargo Triad alcohol stove is a small, light-weight stove that can boil up to 2 cups of water at a time. The stove burns a denatured alcohol, an inexpensive fuel readily available. It is useful for one or two people who plan to cook simply. Compared to other alcohol stoves I have used, this one is well constructed and designed. It has six folding legs, three that swing down to create a base and three that fold up to form a pot stand. The stove has small holes around the circumference that serve as jets for the flames, and a central hole into which fuel is poured.

Leave a Legacy
You can make a lasting difference for Trail Conference by including it in your will. A bequest or other planned gift is a gift for the future.

Naming the Trail Conference as a beneficiary of your estate, you will help secure our future. Your gift is private and not made public until your death (or you can request your gift remain anonymous) and can be designated for a specific program or an unrestricted gift. You can choose to donate a specific sum from your estate, for example $10,000, or you may allocate a percentage of your estate.

Please contact Development Director, Joshua Howard for bequest language or estate, for example $10,000, or you may allocate a percentage of your estate.

Contact Us Today!
www.NYNJTC.org

File sizes needed for print are larger than those required for the web. Set your camera for a high or high resolution.

The smallest size photo that we can use is 3 inches x 2.25 inches @ 300dpi (900 x 675 pixels).

Larger sizes are recommended and should be saved as RGB jpeg files.

Please contact Development Director, Joshua Howard for bequest language or estate, for example $10,000, or you may allocate a percentage of your estate.

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Taking Digital Pictures for Trail Walker?

Taking Digital Pictures for Trail Walker?

@ 300dpi (900 x 675 pixels).

Larger sizes are recommended

Please contact Development Director, Joshua Howard for bequest language or estate, for example $10,000, or you may allocate a percentage of your estate.

Visit Us Today!
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For a Free Trip to the Catskills!

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The area also weighs heavily in environmental history. The well-organized popular campaign from 1936 onward to preserve the river’s natural scenery from being ravaged by quarrying and power plant installation was the cause célèbre that catalyzed the latter epoch of aggressive third-party environmental litigation in the United States, initiated by such organizations as the Hudson River Conservation Society and Scenic Hudson.

The painters of the Hudson River School study the view here with signature landscape. The area is celebrated in the stories of Washington Irving (e.g., Bull Hill is featured in LeatherStocking Tales, 1823) and the poems of George P. Morris and William Cullen Bryant.

Improved Access Is Goal

It is clear what makes the area so popular for visitors of the past and modern day hikers. But getting onto the trails safely is a problem. Parking at the trailhead areas is very limited and the busy highway is regularly lined with the cars of outdoor enthusiasts of all stripes. Families must cross the highway to reach the footpaths and beach at Little Stony Point across the street from the parking area. Hikers march to trails single-file along a narrow shoulder, and beach at Little Stony Point. A wallof books about hiking and related subjects resides at the TC office.

Most books reviewed in Trail Walker make their way to the shelves of the Trail Conference’s Hoeh Avenue collection, a library of more than 1,400 books and guides on hiking and outdoor subjects. Trail Conference members may borrow up to three books for up to three weeks at a time. Either visit the office or check the online catalog by going to www.nynjtc.org and clicking on the Library in the left-hand column. For questions, send an email to office@nynjtc.org with “Library” in the subject field.

A photo of a map that shows the trail system near Little Stony Point.

DIRECTIONS TO PARKING AREAS:

Parking at the trailhead is limited to vehicles with current parking permits.

From Route 9W between Cold Spring and Saugerties, go north for 20 miles, then turn right onto Route 32, following signs to Little Stony Point and Millbrook.

From Route 287 north or south, take the exit onto Route 9W north for 8 miles, then turn right onto Route 32 as above.

From the north or south, take Routes 173 or 299 south, then Route 9W north for 5 miles, then turn right onto Route 32 as above.

THE HUDSON HIGHLANDS

The Hudson Highlands State Park System, which is part of the New York State Park System, is a beautiful region that offers scenic views and many hiking trails. The area is also known for its rich history and cultural significance.

Many people enjoy hiking in the Hudson Highlands, and there are many resources available to help them plan their trips. The New York-New Jersey Trail Conference, for example, offers a variety of resources for hikers, including a guide to the trails and a map of the region.

One of the most popular trails in the Hudson Highlands is the Breakneck Ridge Trail. This trail is approximately 6 miles long and offers stunning views of the Hudson River Valley. Hikers can also visit Little Stony Point, a popular swimming spot on the Hudson River.

Another popular trail is the Philipstown Greenway Trail. This trail is approximately 2 miles long and offers a variety of views, including the Hudson River and the surrounding mountains.

In addition to the hiking trails, the Hudson Highlands also offers many other outdoor activities, including kayaking, fishing, and bird watching. These activities are all accessible from the parks and recreation areas in the region.

The Hudson Highlands is a beautiful region that offers many opportunities for outdoor activities. Whether you enjoy hiking, kayaking, or simply relaxing in nature, there is something for everyone in the Hudson Highlands.
The Blackhead Range in New York's Greene County is currently classified as a Wild Forest area in the Catskill Forest Preserve; but it is due to get even stronger forest protection if a DEC proposal to make it an official Wilderness area is approved. The proposal is part of the Catskill State Land Master Plan now under review. (See page 4.)

With three peaks over 3900 feet—Blackhead (3940), Black Dome (3980), and Thomas Cole (3940)—at least five spectacular scenic outlooks among them, the Blackhead Range is a popular destination. Early this spring, groups of hikers from three Adirondack Mountain Club chapters (Mid-Hudson, Mohican, and the Albany groups) unexpectedly found themselves leapfrogging between scenic outlooks and rock scrambles on the Blackhead Range in the northern Catskills. They weren't the only ones on the trail.

Opinions about the difficulty of hiking the Blackhead Range vary from "moderate with some steep climbs" to "one of the most strenuous hikes in the Catskills." But there is no disagreement that the views, including over the Escarpment Trail north and south and toward the range of the Devil's Path to the south and spectacular Mid May offered the bonus of trails lined with an abundance of wildflowers: red trilliums, Dutchman's breeches blooms in May along the Blackhead Range Trail.

Dutchman's breeches blooms in May along the Blackhead Range Trail. Two of the three ADK groups chose to set up a shuttle, leaving cars at the Barnum Road parking area and driving around to start from Big Hollow Road. To follow their steps, take the Black Dome Trail (red) 0.5 mile from the parking area to a junction with the Batavia Kill Trail (yellow). To hike all three peaks, turn left onto the yellow trail. (You can bypass Black Dome and climb straight to Black Dome by staying on the red trail.) In just under one mile, the Batavia Kill Trail ends at an intersection with the Escarpment Trail (Long Path blue-blazed); turn right on the ES for one mile, climbing steeply to the summit of Black Dome Mountain; turn right onto the yellow Blackhead Mountain Trail. Continue on the yellow trail until you reconvene with the red-blazed Black Dome Trail. To head on to Black Dome and Thomas Cole, stay straight on the red trail; after this quick peak, follow a generally gradual course down to Barnum Road.

Hikers from several ADK groups enjoy lunch and a view from Black Dome.

**Featured Hike**

Blackhead Range, Northern Catskills

The Blackhead Range is in the northern Catskills: Route 23A, Scribner Hollow Road (between Tannersville and Hunter), 2.5 mi to Maple Crest Road (Route 60) to either Hauser Road then Barnum Road for southern parking area; or Maple Crest Road to Big Hollow Road (Route 56) for northern parking area.

**Trail**

Northwest to South Lakes and Windham High Peaks. One very nice feature is that a quick and easy car shuttle can be arranged by leaving cars on one side of the mountains and starting from the other side, making possible a one-way day hike of nearly 8 miles over all three peaks.

**Hikers’ Market Place**

**NY-NJ TC member?**

**YES**

**NO**

**JOINING NOW**

**Member #:**

**Please order by circling price**

**Retail**

**Member**

**P/H**

**Total**

**Official Conference Maps**

Order 6 or more and get discounted expedited shipping!

- Catskill Trails (2005) & see combo $14.95 $11.21 +$3.50 ______
- NEW! Hiking Hudson (2005) $19.95 $15.96 +$3.00 ______
- NEW! Harriman-Bear Mountain Trails (2007) & see combo $9.95 $7.96 +$1.50 ______
- Hudson Palisades Trails (2005) $8.95 $6.71 +$1.50 ______
- Kittatinny Trials (2005) & see combo $12.95 $9.71 +$1.50 ______
- North Jersey Trails (2007) $9.95 $7.96 +$1.50 ______
- NEW! Savanquinke Trails (2008) & see combo $10.95 $8.71 +$1.50 ______
- South Taconic Trails (2006) $4.95 $3.71 +$1.00 ______
- Sterling Forest Trails (2005) $7.95 $5.96 +$1.30 ______
- West Hudson Trails (2006) $8.95 $6.71 +$1.50 ______

**Boots**

- Hiking the Jersey Highlands (2007) $22.95 $17.91 +$3.50 ______
- New York Walk Book (2005) & see combo $22.95 $17.91 +$3.50 ______
- New York Walk Book (2004) & see combo $19.95 $15.96 +$2.50 ______
- Circuit Hikes in Northern New Jersey (2003) $11.95 $9.96 +$1.00 ______
- Day Walker (2002) $16.95 $13.21 +$3.00 ______
- Harriman Trail Guide (1999) & see combo $16.95 $13.21 +$3.00 ______
- Hiking Long Island (2005) $19.95 $15.96 +$3.00 ______
- Kittatinny Trails (2004) & see combo $18.95 $14.96 +$3.00 ______
- Scenes & Walks in the Northern Shawangunks (2006) & see combo $13.95 $10.96 +$3.00 ______
- Nature Walks in New Jersey (2003) $14.95 $11.96 +$3.00 ______
- AMC Catskill Mountain Guide (2002) $19.95 $15.96 +$3.00 ______
- ADK Catskill Trails (2005) & see combo $19.95 $15.96 +$3.00 ______
- ADK Catskill Day Hikes for All Seasons (2002) $12.95 $9.71 +$3.00 ______
- Shawangunks Trail Companion (2003) $18.95 $14.21 +$3.00 ______
- Moon Take a Hike NYC (2008) $16.95 $13.21 +$3.00 ______
- Walking Monticello's Rims (2003) $13.95 $10.65 +$3.00 ______
- NEW! 50 Hikes in the Lower Hudson Valley (2008) $16.95 $13.21 +$3.00 ______
- 50 Hikes in New Jersey (2005) $16.95 $13.21 +$3.00 ______
- Best Hikes with Children in New Jersey (2007) $15.95 $11.96 +$3.00 ______
- Best Hikes w/Children in the Catskills & Hudson River Valley (2002) $14.95 $11.19 +$3.00 ______
- Hudson to Delaware: The Great Valley (2004) $75.00 $56.25 +$5.50 ______

**Combos**

- Catskill (5-map set & ADK book) $30.35 $22.69 +$3.00 ______
- Hamman (2-map set & book) $23.40 $17.75 +$3.00 ______
- NY & NJ Walk Books (3-map set & Scenes & Walks book) $23.95 $18.23 +$3.00 ______
- Shawangunks (3-map set & scenes & walks book) $27.80 $21.80 +$3.00 ______
- Kittatinny (4-map set & book) $27.80 $21.80 +$3.00 ______

**The Personal Touch**

Note Cards: TC Collection $12.00 $9.00 +$3.00 ______
- Long View: Deblin Shirt: Circle: S M L XL $20.95 $22.43 +$5.50 ______
- Polo Shirt (Forest Green): Circle: S M L XL $19.90 $14.95 +$3.00 ______
- Trail Conference Baseball Cap $5.00 $3.75 +$1.00 ______
- Trail Conference Logo Patch $2.75 $2.75 postpaid ______
- Long Path Log Patch $2.75 $2.75 postpaid ______
- Trail Conference Logo Decal Circle: Inside Outside $0.85 $0.85 postpaid ______

**Subtotal**

Postage/handling from above New Jersey residents add 7% tax* ______

**TOTAL ENCLOSED $**

**Method of Payment**

☑ Check or money order enclosed

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