



TRAILWALKER

New York-New Jersey Trail Conference – Maintaining 1,683 Miles of Foot Trails

In this issue: National Trails Day...pg 3 • Building for the Ages...pg 6 • Hiking with Kids...pg 7 • About Trekking Poles...pg 11

Trail Conference Fights Parks Closure Plan in NJ

As this issue was going to press, Trail Conference volunteers and staff were mobilizing to prevent closure of parks in New Jersey. On March 31, the state's Division of Parks and Forestry released recommendations for extensive park closures in order to comply with Governor Corzine's fiscal year 2009 budget.

DEP recommended full elimination of services and closure at the following areas: High Point State Park; Jenny Jump State Forest; Worthington State Forest; Monmouth Battlefield State Park; Stephens State Park (administered under Hopatcong State Park, which will remain open); Brendan T. Byrne State Forest (including Indian King Tavern); Round Valley Recreation Area; Parvin State Park; and Fort Mott (including Hancock House).

Partial elimination of services and/or closures would occur at Ringwood State Park (including reduced hours at Ringwood Manor, closure of swimming at Shepherd Lake Recreation Area), D&R Canal State Park (including reduced interpretive services and closure of Bulls Island Recreation Area) and Washington Crossing State Park (40 percent reduction in interpretive staff – resulting in reduced hours of operation at Clark House, Johnson Ferry House and the museum).

For the latest news and action alerts, stay tuned at www.nynjtc.org.

Volunteers Open New Trails (and Other Trail News)

Two New Trails in the Shawangunks

The Shawangunk Ridge Trail and Long Path South crews recently finished two new trails. Many thanks to Eric and Sue Meyer, Andy Garrison, Malcolm Spector, Gely Franke, Ryo Kiyani, John Moran, Mike Knutson, Linda and John Siwarski, Paul Labounty, and the participants in the Fall 2007 Trail Maintenance 101 workshop at Sam's Point, who helped to make these trails a reality.

Minisink Trail Extended

One of the new trails is a nearly 2-mile extension of the Minisink Trail (MT) that opened in the spring of 2007 in the town of Deer Park, on the outskirts of Port Jervis. The MT (red blazes) now runs nearly four miles from an intersection with the Lenape Ridge Trail (white blazes) in Deer Park, northeast to a new trailhead on Route 6 at the Deer Park / Greenville town line, where there is parking for several cars. The MT can also be accessed via a trailhead for the Lenape Ridge Trail near the junction of Old Greenville Turnpike and Limekiln Road.

Starting from the new MT trailhead on Route 6, follow the red blazes up to a woods road, which the trail follows for almost a mile. It goes under a power line, then shortly after turns onto a footpath that extends through a wooded valley. The trail follows a stone wall and crosses several streams and other woods roads. The path then turns sharply northeast (right), and arrives on a narrow ridge, where there is a great viewpoint at a spot where the railroad passes through a cut in the ridge. The new trail goes under a power line before it links with the junction of the pre-existing MT and LRT.

You can make this a 6-7 mile lollipop hike by continuing on the MT and returning via the Lenape Ridge Trail, or vice versa. Other routes are possible by follow-

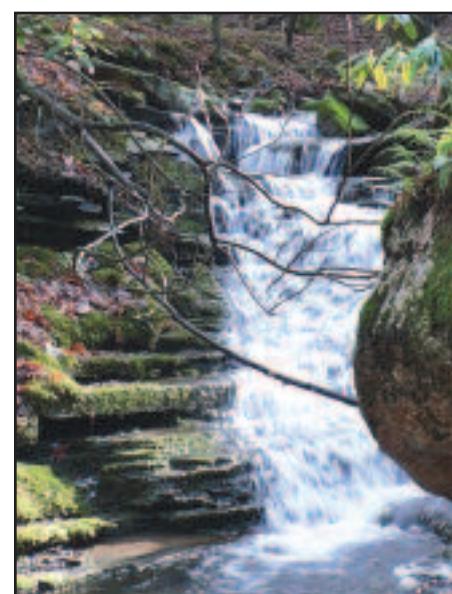
ing woods roads, but these are unblazed.

You can even walk into Port Jervis by following the LRT out of the woods to a connection with the city's History Trail near the Neversink River. (See Favorite Hike, page 12, May/June 2007 *Trail Walker*.)

South Gully Trail Opens

The other new trail in the Shawangunks is the South Gully Trail, which runs from Sam's Point Preserve in Cragsmoor down 1,400 feet to Route 52. It is blazed with aqua blazes that signify the Long Path, since it will be part of a future reroute of the LP. The elevation at the Sam's Point trailhead is 2,000 feet; at Route 52, it is 600 feet.

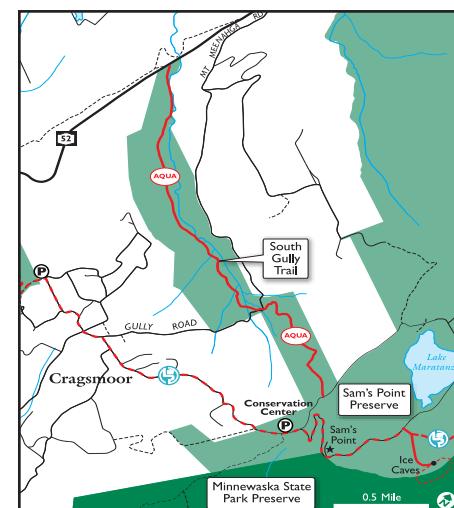
The trail follows a mostly linear course through South Gully, a beautiful ravine on the west flank of the Shawangunk Mountains. The trail starts at the loop road in Sam's Point Preserve, and is 2.7 miles long.



South Gully in the Gunks features several pretty falls and pools.

It passes an old berrypicker shed, crosses through a nice patch of laurel, and reaches a pretty stream before crossing Gully Road.

Next it crosses several small streams and then follows South Gully on a high



The new South Gully Trail connects to Sam's Point

embankment, with the stream and several pretty falls and pools visible below. After a final stream crossing, the trail follows a woods road down to Route 52. A few cars can be parked there just south of the bridge over the gully to provide a shuttle.

—Jakob Franke, Chair,
Long Path South Committee

Windham Long Path Section Temporarily Closed

Recently, a timber harvest was begun in the Ashland-Pinnacle State Forest near County Route 32C in the Town of Windham. This harvest will require the temporary closure of a short section of the Long Path and a nearby parking area. The section of the LP that is closed will be temporarily relocated a short distance to the north. The relocated trail is marked with orange flagging. An alternate parking area is available a short distance down a truck trail from the closed parking area. A written notice and map showing the locations of the relocated trail and alternate parking are posted on site.

A Re-route on the Hewitt-Butler Trail
The North Jersey Weekday Trail Crew, after several previous work trips, got out on

continued on page 4

Call for Trail GPSers!!

If you hike with a GPS unit, or are willing to learn how to use one, you can help us continue to create great trail maps! Dedicated volunteers have collected the majority of the GPS data used to create the trails on our current maps. The Publications Committee is working on a number of major mapping projects, including brand new digitally produced editions of our popular Kittatinny Trails and Catskill Trails map sets, as well as a new addition to our North Jersey Trails map set covering northern Morris County parks. We need your help collecting GPS tracks of the trails and woods roads in the following areas:



Catskill Forest Preserve

Delaware Water Gap National Recreation Area

High Point State Park

Stokes State Forest

Worthington State Forest

Farny State Park and surrounding areas

Pyramid Mountain

Mahlon Dickerson WMA

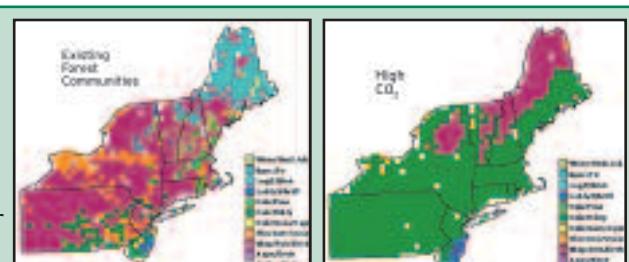
Wildcat Ridge WMA

Other parks in northern Morris County and southern Sussex County

If you hike in any of these parks and would like to help with our GPS efforts, contact volunteers@nynjtc.org. If you would like to help support our region's superb network of hiking trails in some other way, check out the opportunities on page 6 (Volunteer Classifieds) or online (www.nynjtc.org, click on Volunteer).

Climate Change Is on the Way: How Will the Woods Respond?

Learn why our forests are changing before our eyes. Turn to page 7.



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**Mission Statement**

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

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

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.

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From the Chair

Wanted: More 'Noise' about the Trail Conference



Most of us seem to agree that the Trail Conference (TC) does a poor job in advertising itself. I certainly do. When I tell an acquaintance that I spend much of my time in retirement with the NY-NJ Trail Conference, the response is usually a blank stare. Before I joined the TC about 10 years ago, I had no idea who maintained and built the trails and I had certainly never heard of the NYNJTC.

On the other hand, a major charm of the TC is that we don't create a lot of "noise" in self promotion. We just DO STUFF—a

lot of stuff. And we don't tell other people how to behave (other than "please don't destroy our trails with your ATV"), we just provide them with great opportunities to enjoy nature. There is a certain nobility in a volunteer organization that provides significant service to the public without a great deal of focus on self promotion.

The conundrum is that, nevertheless, we could do an even bigger and better job if our external communications/organization marketing were enhanced. We could get new members and volunteers more easily, government agencies would give us more attention and respect, and we could get more contributions to support staff, who facilitate our volunteer work.

So what is to be done? We need to strike a new balance between charm and nobility on the one hand and enhancement of organization effectiveness on the other.

First, we need a volunteer who can act as an excellent "communications guru," to manage/coordinate all of our external communications. Career experience in marketing and management would be an excellent plus. If you are interested, or know of someone who might be, let a board member or committee chair know.

Bob Boysen
Chair, Board of Directors

Calls & Letters to the Editor

Clubmoss: Not as Romantic as Reported

I do enjoy reading *Trail Walker* and continue membership, though we live too far north to take advantage of your many offers.

In your last issue you had a nicely written article called "Clubmoss: The Diminutive Giant." I would like to correct an error in it.

The romantic notion of sperm swimming to egg in "those vertical yellow cones" is not correct. Spores are shed from those cones and distributed by wind. Some will germinate on or below the soil surface and grow into tiny plants. These may eventually produce eggs and sperm. Sperm do swim to egg and if fertilization occurs a new green plant, that we recognize as a clubmoss, may grow. A lifecycle involving two separate plants is also the mode of sexual reproduction practiced by ferns.

Ruth Schottman
Burnt Hills, NY

Editor's note: Right you are, Ms. Schottman! Trail Conference Science Committee member Joan Ehrenfeld, Professor in the Department of Ecology, Evolution, and Natural Resources at Rutgers University, confirms the above account.

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, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

TC Scores at the Banff Film Festival



In late February and the first week of March, at three sessions of the Banff Mountain Film Festival in the Metropolitan area, your TC staff and volunteers garnered close to a whopping \$3700 for a few hours work. They sold raffles to the audience—for the chance to win some very great outdoor equipment donated to the TC by Paragon Sports in Manhattan and Ramsey Outdoors.

Special thank-yous go out to: Katy Dieters, Ryan Dolan, Ed Goodell, Lou Leonardi, Ruth Rosenthal, Michael Rosenthal, Malcolm Spector, Joe Gindoff, Leslie Rapparlie, and Joshua Howard who helped spread the word about the Trail Conference at the three area showings. Thanks to our hard-working market-ers!

Visit Us Today! 
www.NYNJTC.org

MEMBER get a MEMBER

2008 CAMPAIGN

Let Your Friends and Family Help You Win Great Prizes!

Grand Prize: Camping Equipment Package from Campmor

Second Place Prize: One-night, mid-week stay in a Jr. suite and dinner for two at the Phoenix Restaurant at the Emerson Resort and Spa

Third Prize: Lunch and hiking passes for two at the Mohonk Mountain House

For each new member you recruit, you will have one entry into our drawing for various outdoor goods donated by our retail partners. Items you might win through the raffle are:

• Bring a copy of your *Trail Walker* to work. Share it with colleagues and hand them the MGM form to fill out.

• Go on a hike with friends and use a Trail Conference map and/or book. Show them how helpful these materials are and suggest that they support our efforts.

• Take a walk on Trail Conference maintained trails and point out to family members that these trails wouldn't exist or be in the great condition they are without the efforts of the thousands of Trail Conference supported volunteers.

• Go to Campmor or any other of the Trail Conference's many retail partners and show people how much the "members-only" discount can save them on their favorite gear.

The MGM Campaign ends soon, so sign new members up today!

Prizes and winners will be announced at the June annual meeting at Ross Dock. Good luck!

YES!! Please sign up my friend for all the benefits of the NY-NJ Trail Conference!

Membership Level	Single	Couple/Family
Supporter	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40
Senior	<input type="checkbox"/> \$25	<input type="checkbox"/> \$30

Please Print

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Do not share my information with other organizations

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156 Ramapo Valley Road
Mahwah, NJ 07430

You can also join at www.nynjtc.org

or call the office at 201.512.9348

Copies of this form are acceptable.

Your membership is tax deductible. Dues are not refundable.



From the Executive Director

Every Day is Trails Day: Making Wild Outdoors More Accessible



A recent study by Drs. Oliver Pergams and Patricia Zaradic in the October 2007 issue of the *Proceedings of the National Academy of Sciences* has highlighted again what the authors called "a fundamental and pervasive shift away from nature-based recreation."

It is worth noting that among the activities studied—park visitation, hunting and fishing, camping, and hiking/

backpacking—only hiking/backpacking has not been declining over the past two decades after steady increases in all activities for decades since they began to be measured.

Elsewhere, the authors have hypothesized that a general decline in nature-based recreation is likely due to videophilia—"the new human tendency to focus on sedentary activities involving electronic media." (See www.videophilia.org)

While I have some questions about the underlying data sources of this research, my own experience at the Trail Conference and as a parent both support the larger premise that people, especially children, are becoming less and less likely to venture into the wild outdoors.

The significance of this trend, and the troubling part, is the growing body of evidence that direct experience of wild nature, preferably at a young age, results in more

environmentally responsible behavior. If you believe, as I do, that we have entered an era in which humans must learn to live within the ecological constraints of our planet, it is very important to have as many people as possible working to lighten humanity's ecological footprint and solve environmental problems of our making.

This is why I believe non-motorized access to nature is so important—it connects us with something essential in our heritage as hunter-gathers and it sharpens the awareness we need to find our way forward into a new age of humans as environmental stewards.

Trail Conference volunteers provide the most simple and ancient form of nature-based recreation—hiking. They provide the pathways for people to connect with wild nature directly. They produce the maps, guidebooks, and websites to help

people find their way and know something about their local environment. They write letters to elected officials and spend long nights giving testimony to planning boards to protect and preserve our trail lands and other open spaces.

The rest of the country celebrates National Trails Day on the first Saturday in June. For Trail Conference members, every day is Trails Day. And every trail is an opportunity to connect others to nature and renew one's own connection with nature.

—Ed Goodell, goodell@nynjtc.org

National Trails Day Events: June 7

TAKE PART IN A TRAIL PROJECT

Final Clean-up and Celebration at LaFarge Property!

For details go online at www.nynjtc.org, click on Projects and follow LaFarge links, or contact Brenda Holzinger at holzinger@nynjtc.org, 201-512-9348, ext. 25

AT Project in Dutchess County

Ollie Simpson of the Dutchess-Putnam AT Committee will lead participants on a refurbishment of an AT side trail known as the Beekman Uplands Loop, which was a former route of the AT. The trail is in need of blueberry and mountain laurel trimming as well as water management on the northern end. Meet at 9am at the Rt. 55 AT parking area (west of Pawling, NY). Contact leader at olliesimpson2005@yahoo.com or 845-298-8379.

Bear Mountain Trails Project

Celebrate the day by working at Bear Mountain. Contact Matt Townsend at townsend@nynjtc.org for details.

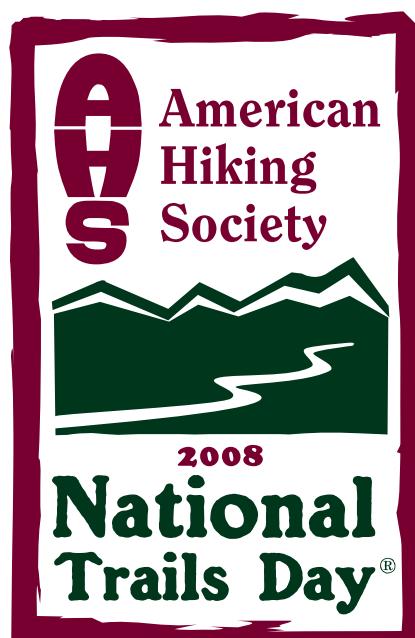
West Hudson South Crew Project

Project to be determined. Contact Brian Buchbinder for details: 718-218-7563, brian@grandrenovation.com



MAUREEN EDELSON
Trail Conference volunteers will be among those heading into the woods on National Trails Day.

Give a little something back to trails by taking part in a trail project with a Trail Conference crew or member club maintenance outing. Or enjoy a day on a trail by joining a hike sponsored by one of our member clubs. Find an event below, or visit our NTD page at www.nynjtc.org for the most up-to-date list of activities in our region. For a national listing of events, go to www.americanhiking.org/NTD.aspx



Metro Crew Bridge-building in Alley Pond Park, Queens

June 6, 7 & 8 (Fri. Sat. & Sun.) Alley Park, Eagle Scout Projects. Meet 9am at the upper parking lot, across from the Sanitation Department, off Winchester Blvd. Join the crew and Eagle Scouts in building two bridges (17' and 30' long). Leader: Joe Gindoff, 718-614-2209 or joeghiker@aol.com

Try-A-Trail Crew Day with the West Jersey Crew

Douglas Trail, Worthington State Forest We will continue our work building water management structures (water bars and check dams) on the Douglas Trail in Worthington State Forest. Leaders: Monica and David Day, 732-937-9098 or 908-307-5049 (cell) or westjerseycrew@trailstobuild.com

Long Path North Trail Maintenance

Join the LP North Hiking Club on a trail maintenance outing on LP section 26—Huntersfield Ridge. Work will include clearing blowdowns. New volunteers welcome! Call for details. Leader: Clarence Putman, 607-538-9569.



ENJOY A HIKE

Union County Hiking Club Plans Event at Watchung Reservation, NJ
UCHC plans a day of guided nature walks and/or trail projects at Watchung Reservation. See www.unioncountynj.org/parks/nationaltrailsday.html for details. 8:30am – 12:15pm at Watchung Reservation; continental breakfast included. Call 908-527-4231 to register.

Hike South Mountain Reservation, Millburn, NJ, with Union County Hiking Club

Union County Hiking Club plans a moderate hike for intermediate hikers; 2-3 hours, with several hills, on the yellow trail through a pine forest. Meet at 10am at Tulip Springs parking, Brookside Ave. Leader: Mimi Solomon, 973-379-3910.



Hike Ringwood/Skylands, NJ with Woodland Trail Walkers

Moderate 7 miles; meet at 10am at Ringwood Manor; call to confirm. Leader: Ernest Wagner, 973-694-3194.

Hike the Sussex Branch Trail in the Kittatinneys with Adventures for Women

Easy to moderate hike; meet at 10am, out by 2pm. Call 973-644-3592 or go to www.adventuresforwomen.org for details and to register.

Hike Hyde Park, NY, Trails with Adirondack Mountain Club, Mid-Hudson Chapter

Moderately easy, about 7 miles. Meet at 10:30 at Poughkeepsie train station (will meet NYC train). Shuttle to Hyde Park. Rain may cancel. Call leader if in doubt. Joint with AMC. Leader: John Kolp, 845-496-1731.

YOU ARE INVITED Get a Historical Perspective On Hudson Valley Landscape

Club Delegates and All Members Are Invited

When: June 12, 2008

Where: Ross Dock, Fort Lee, NJ
Social hour will begin at 6pm with business meeting and guest speaker Jim Johnson to follow starting at 7pm.



Meeting site at Ross Dock

Hiking trails in our region cover the same ground as did American and British armies during the Revolutionary war. Get a historical perspective on the Hudson Valley's landscape from Colonel James M. Johnson, U.S. Army, Retired, Ph.D, when he speaks to our annual June meeting.

As the center of the colonies at the time of the American Revolution, the Hudson River Valley hosted many key figures, battles, and political events throughout the eight years of war. The Sons of Liberty, the leaders of the Revolution, were as active in New York as they were in Massachusetts; they printed broadsides, encouraged boycotts, rallied, rioted, and dumped British tea into the New York Harbor even as Patriot housewives throughout the Valley threw their own "tea parties" at the expense of merchants and Loyalist neighbors, who supported King George III. The social fabric was ripped apart in the civil war between the Loyalists and Whigs, now called the Patriots. Come and learn about the importance of the Hudson Valley in the fight for liberty.

Driving directions and other details are available online at <http://www.nynjtc.org/events/meetings.html>



Conservation & Advocacy



**From the
Conservation Director:
William P. O'Hearn**

**So Close, Yet So Far –
Windows Are Closing in
the Gunks and Ramapo's**

With all of the preservation activity over the last few years in the Ramapo Mountains and the southern Shawangunk Ridge, *Trail Walker* readers could be forgiven for thinking that these two areas are secure and it is time for the Trail Conference to move its focus on to other areas. Unfortunately, this is not the case. We are in a race to conserve the last few critical tracts before we hit "build-out," the point at which all the vacant land in an area is either protected for open space or developed as residential or commercial buildings.

In the Ramapo Mountains and watershed right on the New York-New Jersey border, we have of course made great progress in saving 20,000 acres in Sterling Forest State Park and some significant tracts in the Torne Valley. In fact, as we stated in the recent testimony against the Pierson Lakes/Byron Hill Estates proposed development in the Town of Ramapo, we are only five or six properties away from tying together Sterling (to the west), Harriman (east) and

Ringwood State Park and Ramapo Valley County Reservation (south) in a fantastic greenway from the Hudson River to the Pompton River that would be easily accessible from Routes 287 and 17.

The challenge here is that projects like Byron Hill Estates, Lorterdan, and Tuxedo Reserve are primed to move forward. Perhaps a greater concern is the recent designation of the "Route 287 Corridor in Rockland and Westchester Counties" as a desired growth area by the New York Metropolitan Transportation Council, another example of regional plans colliding with each other. The future course will come down to local decisions by local planning boards. Our job is to educate these local boards and pull in support from state and regional agencies to save these last key properties.

The Shawangunk Ridge, about 35 miles to the northwest, is a much larger project area, but here, too, our years of hard work and progress are in danger of coming up short if the Shawangunk Ridge Trail (SRT) is cut off by new development. The northern portion of the ridge, which connects to the Catskills, is well protected by the Mohonk Preserve, Mohonk Mountain House lands, and Minnewaska State Park Preserve (which now includes the area known as the Awosting Reserve), but the south is a crazy jigsaw puzzle of parkland and long stretches of privately owned open space.

Once again, transportation planning will play a major role in what gets developed here, as we wait to see the plans for widening Route 17 and adding exits as it is changed to federal Interstate 86. At stake are possible breaks in a 256-mile corridor along the Shawangunk-Kittatinny Ridge that runs from Rosendale, NY, almost to the Pennsylvania-Maryland border.

The key targeted area for us is a 20-mile stretch from Route 17 in the north to Route 84 in the south, east of Route 209. It includes the towns of Greenville, Mount Hope, and Deerpark in Orange, and Mamakating in Sullivan County. The Trail Conference has outlined a plan to secure protection of the Shawangunk Ridge Trail in this area and we are excited that the Land Trust Alliance is supporting our work with a grant so that we can develop the information base, maps, volunteer expertise, and other tools that we need to succeed (see story below).

If you are interested in helping to protect a green corridor from the Hudson River to the Pompton River or want to be involved in securing an uninterrupted Shawangunk Ridge Trail, contact me at ohearn@nynjtc.org.



Conservation & Advocacy News Notes

Make sure you get Action Alerts from the Trail Conference so that you can help support our region's trails, parks, and open spaces. Set your email program to accept mail from the New York-New Jersey Trail Conference!

NEW YORK

TC Southern Gunks Project Gets Support from Land Trust Alliance

The Land Trust Alliance in April announced a grant to the Trail Conference to help fund the development of a landowner information database, maps, outreach efforts, and other tools needed to successfully complete our trail lands protection campaign on the southern Shawangunk ridge. A previous grant from LTA helped fund a clean-up of a 140-acre parcel on the ridge (LaFarge) to ready it for transfer to state DEC.

Our goal is an uninterrupted 36-mile Shawangunk Ridge Trail between High Point State Park in New Jersey and Minnewaska State Park Preserve in New York. The southern Gunks project targets a 20-mile stretch on the ridge paralleling Route 209 from Route 17 in the north to the New Jersey border. The corridor crosses through the towns of Greenville, Mount Hope, and Deerpark in Orange, and Mamakating in Sullivan County. This stretch is the only unprotected section of a continuous greenway corridor that extends from the Maryland state line all the way to the Catskills.

In recent years Trail Conference crews have built new sections of the SRT as well as new connecting trails to it. See page 1 for details about the latest trail enhancement in this area—an extension of the Minisink Trail just outside the city of Port Jervis. Read Conservation Director Bill O'Hearn's column (above) to learn more about our project in the southern Shawangunks.

TC Buys Strategic 18.5 Acres on Shawangunk Ridge

In yet another example of the value of vigilance when it comes to matters of real estate, the Trail Conference closed on an 18.5-acre

Shawangunk Ridge property in Deerpark, NY, in March of this year. The parcel, known as the Ferretti property, touches Huckleberry State Forest on its northern border and a private landowner on its southern edge, and features a beautiful waterfall.

Like most of the land along the Shawangunk Ridge, the Ferretti property is a heavily forested tract with rock outcrops. It drops steeply to the Metro-

North train line that defines its western boundary. This is a strategic purchase because it leaves the Trail Conference just one parcel away from having the western spur of the Shawangunk Ridge Trail (SRT) run from downtown Port Jervis into Huckleberry State Forest.

Persistence was required because although the contract of sale was signed in November 2006, there were some breaks in the chain of title that needed to be cleared. This took almost a year to resolve. Added to this was a discrepancy between the acreage that was shown on the town tax map and the number in the deed, which meant that the Trail Conference was about to purchase a parcel whose exact acreage was unknown. A survey would cost almost half the value of the land itself.

Fortunately, at this point Trail Conference board member Seth McKee stepped in with a suggestion that we ask someone who has surveyed properties all around this land to do a mini-survey or composite map that would give a fairly accurate picture of the acreage of this land. We did this, and the number was 18.5 acres, about what we expected. Having the acreage resolved allowed us to move ahead with the closing, and we are now getting ready to start handing the land off to the New York State Dept. of Environmental Conservation.

We thank our former Land Acquisition Director John Myers for securing this property, and our attorney, Bob Augello, for his patience and determination in tying up all of the loose ends.

Belleayre Resort Update

As this issue went to press, planning was in progress for an analysis of the impact the proposed resort development would have on views from trails and summits in nearby areas of the Catskill Forest Preserve. Trail Conference volunteers planned to participate by hiking trails and taking photos and GPS coordinates during a balloon test required by NYS DEC as part of the environmental impact study. (Areas from which the balloon could be spotted would be visually impacted by the planned development.)

Meanwhile, in late February the DEC released specifics about new ski trails it intends to build as part of the project. The documents indicate a reduction from nine miles of new ski swaths, as originally planned, to six, with three miles of trails on the eastern side of the mountain no longer on the drawing board. Keep up with news about Belleayre on the Trail Conference website; follow the links from Advocacy at www.nynjtc.org.

NEW JERSEY

NJ ATV Damage Inventory & Photo Contest

ATV legislation was still cooking but on the back burner in New Jersey as this issue went to press. The Trail Conference is taking advantage of the time to beef up our case for ATV regulation. This effort includes compiling documentation of environmental damage to state parks, trails, and open spaces through photos and your reports. Keep those pictures coming! Take your camera when you are out hiking and if you see ATVs or signs of the damage they have caused, take pictures and email them with details (where, when) to holzinger@nynjtc.org. GPS coordinates of damage are much appreciated also, but are not required.



TRAIL NEWS

continued from page 1

March 11 to complete a mile-plus relocation of the Hewitt-Butler Trail off the north-south power line in Norvin Green State Forest north of West Brook Road. The new route is mainly on footpaths, entirely in woods along a ridgeline, and features a beautiful westward panorama of Bearfort Mountain.

To access the 7.2-mile northern section of the Hewitt-Butler from the south, shoulder parking is available immediately west of 711 West Brook Road, with the trailhead just across the road. Note: West



The Hewitt-Butler Trail now avoids a power line.

Brook may run high at times.

The north trailhead, with nearby ample parking, is on the south side of County 511 (Greenwood Lake Turnpike), just east of East Shore Road. Burnt Meadow Road offers two roadside parking areas. One, about a half-mile south of County 511, is at the Hewitt-Butler east-west power line crossing (most of this section has also been relocated away from the power line). The other parking area, just over a mile south of County 511, is at the Burnt Meadow Trail crossing. The Burnt Meadow Trail connects with the Hewitt-Butler 0.8 mile to the west.

—John Moran, North Jersey Trails Chair

Highlands Trail Missing Link Forged

The missing link of the Highlands Trail between Windbeam Mountain and the Blue Mine in Norvin Green State Forest is now completed. There is limited parking on Townsend Road, and additional parking at Ringwood's Recreation Area on Stonetown Road. An additional trail between this new section and Ball Mountain in Norvin Green State Forest, which would provide an aesthetically pleasing loop trail, has been proposed but is not yet approved. Stay tuned.

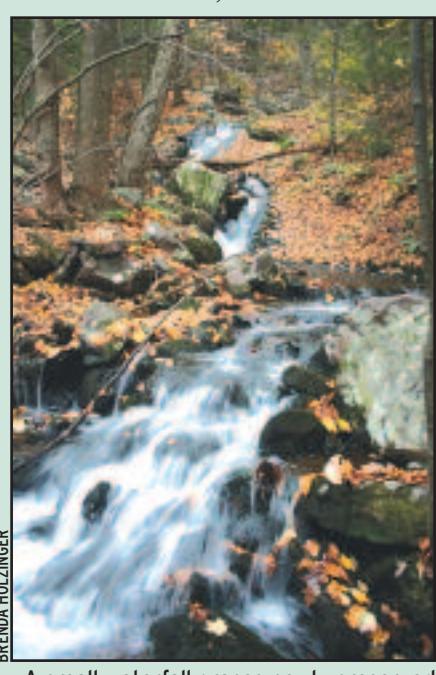
Route 106 Closed in Harriman S.P.

Route 106 between Little Long Pond and Kanawauke Lake is closed until at least the end of summer. Signs point to a bridge closing on the route as the reason. Bottom line: trail access parking areas are open, but accessible by car only from the west (Route 17/17A) side of the park. (A park official told the TC that hikers can walk on the damaged area of the road, however.) From Seven Lakes Drive, the Kanawauke parking area is available, but the pull-offs for the Ramapo-Dunderberg crossing, the Victory Trailhead, and the White Bar and Island Pond Road lot are not; they can be accessed only from Route 17.

Milford-Montague Walkway Closed

Hikers should take into account that they will be unable to cross the Delaware River between New Jersey and Pennsylvania by way of the Milford-Montague Toll Bridge's pedestrian walkway from now until Memorial Day 2009. The bridge is undergoing extensive rehabilitation.

Find Trail News online at www.nynjtc.org.



A small waterfall graces newly preserved land in the Shawangunks.

TRAIL U

Teaching Practical Skills to
Trails Volunteers at Locations
Throughout the NY-NJ Area

May – June Workshops

For information or to register for a workshop, go to www.nynjtc.org and click on "Workshops" in left-hand column or contact volunteers@nynjtc.org or call 201-512-9348, ext. 26.

Additional workshops may be added at our Bear Mountain Trails Project (BMTP) by group request or popular demand. Contact Matt Townsend, BMTP manager, at townsend@nynjtc.org.



May 3 & 4 (Saturday & Sunday)
Start time is 9am
#335: Basic Stone Cribbing (May 3)
#336: Basic Stone Cribbing (May 4)
Coordinator: Matt Townsend
Instructor: TBD
Contact: Matt Townsend, townsend@nynjtc.org
Location: Bear Mountain State Park

May 17 & 18 (Saturday & Sunday)
Start time is 9am
#337: Stone Paving (May 17)
#338: Stone Paving (May 18)
Coordinator: Matt Townsend
Instructor: TBD
Contact: Matt Townsend, townsend@nynjtc.org
Location: Bear Mountain State Park

May 31, June 1
June 4 & June 7
Citizen Scientist Invasive Plant Monitoring
Training sessions are planned to prepare for the third and final year of our USDA research project. Please see page 11 for details.
Contact: Anne Osborn, aosborn@nynjtc.org, 201-512-9348



Learn to prepare rocks for use in crib walls and trail paving at Trail U.

Trail Crew Schedules

May - June 2008

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

TBD = To Be Determined

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

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, thornburyhall@verizon.net

This crew covers the NJ Ramapos, Ringwood S. P., Norvin Green S. F., and NJ Palisades area. Its purpose is to respond quickly to immediate needs, rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact John Moran by email.

WEST JERSEY CREW

Leaders: Monica and David Day
Phone: 732-937-9098 **Cell:** 908-307-5049
Email: westjerseycrew@trailstobuild.com
Website: www.trailstobuild.com

Beginners are welcomed on all work trips. All events begin at 9:00am. Please phone/email the leaders for meeting location and driving directions. There is usually a walk to the work site, so please be there on time (call the leaders' cell phone if you are coming to an event and are running late). Rain cancels – if in doubt, call the leaders between 6:00 and 6:30 that morning.

May 3 (Saturday)

Terrace Pond North Trail, Wawayanda State Park

We will construct rock steps on several of the steeper climbs of the Terrace Pond North relocation.

May 17 (Saturday) Try-A-Trail Crew Day! Warren Trail, Jenny Jump State Park

Work continues on this new trail.

May 31 (Saturday)

Terrace Pond North Trail, Wawayanda State Park

We will continue with trail improvements on several of the steeper climbs of the Terrace Pond North relocation.

June 7 (Saturday) National Trails Day Try-A-Trail Crew Day!

Douglas Trail, Worthington State Forest

We will continue our work building water management structures (water bars and check dams) on the Douglas Trail in Worthington State Forest.

June 21 (Saturday)

Appalachian Trail, Worthington State Forest

We will begin construction of a mouldering privy at Backpacker Site 2.



Members of the Shawangunk Ridge/Long Path South crews, led by Jakob Franke, second from right, were busy on the ridge last fall. Their accomplishments are featured on page 1.

June 22 (Sunday)

Appalachian Trail, Worthington State Forest

We will complete construction of a mouldering privy at Backpacker Site 2.

CENTRAL JERSEY TRAIL PROJECT

Contact: Ellen Cronan, ecronana@yahoo.com

??Anything for this, or was it a one-day project??

HIGHLANDS TRAIL CREW

Leader: Glenn Oleksak, glenno@nji.com

We meet on the first or second Sunday of each month, with additional trips sometimes scheduled. We tackle a variety of Highlands Trail projects from trail maintenance to trail building. Most upcoming spring trips will be in Hunterdon County, NJ. For details on trips, go to www.nynjtc.org and click on "Trail crews/Work trips" at left. Please contact leader if you are coming on a trip so that you can be notified of cancellations.

METRO TRAILS CREW

Leader: Joe Gindoff, 718-614-2209
joeghiker@aol.com

May 17 (Saturday)

Pelham Bay Park

Contact: Liz Gonzalez, 646-319-5159
Meet 10am at the canoe launch next to the Orchard Beach Parking Lot. Coastal Cleanup

May 18 (Sunday)

Alley Pond Park, Queens

Meet 9am at the corner of 233 St. and 67 Ave. Trail maintenance / Waterbar construction

June 6, 7 & 8 (Fri. Sat. & Sun.)

National Trails Day, Eagle Scout Projects

Alley Pond Park, Queens

Meet 9am at the upper parking lot, across from the Sanitation Department, off Winchester Blvd. Join us in building two bridges (17' and 30' long)

June 21 (Saturday)

Van Cortlandt Park, John Muir Trail

Meet 9am at the riding stable parking lot Trail maintenance

EAST HUDSON CREW

Work dates to be announced on website. Sign up for email notification at www.nynjtc.org; click on "Trail Crews/Work Trips" then Sign-up for Trail Crew at top of page.

WEST HUDSON SOUTH CREW

Leaders: Chris Ezzo (Crew Chief): 516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder: 718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-633-1324, clganz@earthlink.net
Bob Marshall: 914-737-4792, rmarshall@webtv.net
Monica Day: 732-937-9098, Cell: 908-307-5049,

westjerseycrew@trailstobuild.com

May 8 (Thursday)

Popolopen Gorge Trail

Leader: Bob Marshall

May 10 (Saturday)

Brooks Lake Trail

Leader: Monica Day

May 22 (Thursday)

Long Path

Leader: Bob Marshall

May 31 (Saturday)

TBD

Leader: Chris Ezzo

June 7 (Saturday)

TBD

Leader: Brian Buchbinder

June 12 (Thursday)

Long Path

Leader: Bob Marshall

June 14 (Saturday)

Sterling Lake Loop Trail

Leader: Claudia Ganz

June 21 (Saturday)

Cornell Mine Trail

Leader: Chris Ezzo

NEW JERSEY APPALACHIAN TRAIL FIELD CREW

Leader: Gene Giordano, trailwork@appalachiantrail-nj.org

Second Saturday of Each Month, April through November

Work begins at 9am and is finished before 4pm. Covers the entire NJ section of the AT, blue-blazed side trails, and shelters. Supplements work by our individual maintainers as requested and for special work projects. Workers bring gloves, lunch, and water; all tools, equipment and training provided. Email leader to be placed on email notification list.

BEAR MOUNTAIN TRAILS PROJECT

Project Manager: Matt Townsend, townsend@nynjtc.org or 201-512-9348

For info and to register: volunteers@nynjtc.org, or call 201-512-9348, ext. 17

Second Saturday of Each Month

Beginner work trips.

Weekly Work Trips

Scheduled Thursday through Monday (including on weekends that have workshops)

June 7 (Saturday), National Trails Day

Work trip at Bear Mountain

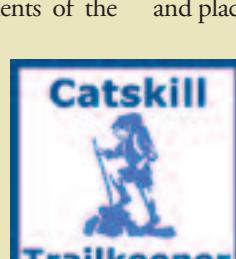
grams already in place to protect the Catskill region. In addition, the program will educate visitors and residents of the region about the hiking trails and myriad other outdoor recreation resources available in the greater Catskills, as well as about the fragility of this region and its importance to the environmental health of New York State.

Ultimately, the Catskill Trailkeeper Program will focus on grassroots-based education and advocacy initiatives as a new conservation stewardship resource to complement pro-

interactive capabilities, a summer intern program that will train college students and place them on popular trails and summits for hands-on outreach, and an educational program for K-12 schools and youth groups throughout the Catskill region. The Trailkeeper summer outreach internships are inspired by the Appalachian Trail Ridgerunner and ADK Summit Steward programs.

During its first year, TC and Mountainkeeper staff focus is on creating a website that eventually will grow into an

information portal and virtual community for the entire Catskill area. The fledgling website is located at <http://trailkeeper.wordpress.com>. Please check back often for content updates and new functionality. The educational outreach program will begin in early 2009 and the summer internship program will be in place for summer 2009. If you are interested in working as a volunteer project manager for this program or in any other capacity, please contact Brenda Holzinger via email (Holzinger@nynjtc.org) or telephone (201-512-9348, ext. 25).



Trail Conference Kicks Off Catskill Trailkeeper Program

The Catskill Trailkeeper Program is an exciting new education and stewardship project the Trail Conference is inaugurating in partnership with Catskill Mountainkeeper.

The Catskill Trailkeeper Program will focus on grassroots-based education and advocacy initiatives as a new conservation stewardship resource to complement pro-

Volunteer Classifieds: Get Involved!

Project Manager: Web-Redesign, Implementation & Launch

Help guide our technical and creative team to a successful launch of a dynamic new Trail Conference website! Candidate should have a working knowledge of current web technologies and delivery systems (Drupal content management system a plus). Prior experience working on websites in a team environment with management experience a plus. Familiarity with trails within the tri-state region would be helpful. Contact: Edward Goodell, 201-512-9348, ext.12, goodell@nynjtc.org.

Help with Closter Nature Center (NJ) Trails Project

The NY-NJ TC will be improving trails at the Closter Nature Center in Closter, NJ in late May through early June. Trail improvements include installing 700 linear feet of plank puncheon boardwalk and a 4' wide x 70' long elevated boardwalk. Volunteers are needed to dismantle deteriorating structures and construct new ones. Work begins May 14th and will continue Wednesday - Sundays for the following three to four weeks. Contact Eddie Walsh, Project Manager, at tahawustrails@gmail.com or 845-591-1537 for more information or to get involved.



VBA Programmer Needed for New Marketing Project

We are looking to expand our publications sales and could use assistance programming Microsoft Map Point to meet our needs. This project will involve MS Access, Excel, Word and Map Point. Contact volunteers@nynjtc.org for more information.

Event Planner

Help make the ONE Fest event successful for the TC, club affiliates and exhibitors. Assist with promoting the event to affiliates to help attract exhibitors and attendees. If you have good communication skills, high energy and a positive attitude, contact volunteers@nynjtc.org to get involved with this event.

Tool Quartermaster

The Trail Conference is looking for a conscientious soul to help us inventory and track our vast storehouse of tools and equipment. This includes rock bars, grip hoists and inclinometers but also GPS's, video projectors and tabletop displays. All of these are purchased with our members' charitable donations, so we want to make sure they are being put to good use and in good condition. If you enjoy keeping good records and have a few hours per month, we want to talk with you. Contact: volunteers@nynjtc.org or 201-512-9348, ext. 26.

Bear Mountain Camp & Tool Quartermaster

If you are tool-savvy and have general handy-man skills, you are a great candidate to help us at our base camp at Bear Mountain (Lower Twin Lake Camp). This camp will be home for the season for our three paid trail staff as well as a resting place and getaway for volunteers who come for a weekend or extended trail work vacation. Contact Bear Mountain Program Manager Matt Townsend at townsend@nynjtc.org or 201-501-9348, ext. 24.

Office Assistant: Order Processing

Retrieve and print electronic orders (retail) coming from our web store into a database. Charge the orders through a credit card virtual charging website, enter the order details into our financial software (QuickBooks), and ship out the orders. After becoming proficient in this, the volunteer will move onto taking and processing phone-in and walk-in orders. Familiarity with a database system (preferably Filemaker), an accounting software (preferably QuickBooks), skill using the Internet. Two mornings or afternoons a week for a month. Contact: volunteers@nynjtc.org or 201-512-9348, ext. 26.

Join Friends of Darlington Schoolhouse

The Friends of the Darlington Schoolhouse are seeking volunteers to help in the following areas:

- **Technology:** A volunteer to help digitize the Darlington archives and maintain the website
- **General:** Volunteers to join the committee and help direct the future of the schoolhouse

If interested, please contact Chris Tausch at info@darlingtontschoolhouse.org for more information.

Talk to New Jersey

Help spread the word about the Trail Conference in New Jersey and enjoy some interesting events. Support NJ Regional Representative Brenda Holzinger by staffing our information table at events in New Jersey during April, May, and June. Contact: volunteers@nynjtc.org or 201-512-9348, ext. 26.

Catskill Trailkeeper Project Manager

The Trail Conference seeks a project manager for a new Catskill Trailkeeper program. Work in partnership with Catskill Mountainkeeper to develop this stewardship and education program for trails in Catskills. (See page 5 for program details.) Contact: Brenda Holzinger, Holzinger@nynjtc.org or 201-512-9348, ext. 25.

Maintainer Openings in NJ and NYC

Apply now for maintainer openings on the Warren Trail in Warren County and in Stokes State Forest in Sussex County, both in New Jersey. There also are openings in the Metro region (New York City, including Staten Island). Contact: volunteers@nynjtc.org or 201-512-9348, ext. 26.

Contact volunteers@nynjtc.org or 201-512-9348, ext. 26, to indicate your interest or get more information about these or other volunteer opportunities.



* T R A I L R E F L E C T I O N S *

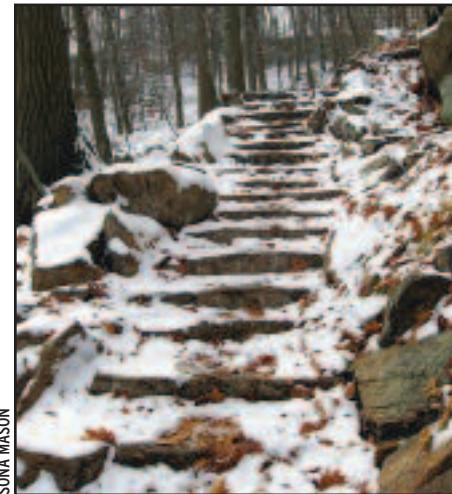
Attention All Trail Stewards: Maintainers, Crew Members, Monitors, etc:
Have you enjoyed a good day on the trail while doing maintenance?
Share your experience with words or a photo. Send your contributions to *Trail Walker* editor Georgette Weir at tw@nynjtc.org.

Three Crew Members Reflect on Building Something for the Ages

Something to Show at the End of the Day

By Sona Mason, Bear Mountain volunteer

There is something immensely satisfying about standing back at the end of a day's trail-building, and having a manifestly tangible end product such as a magnificent stone stairway to show for it. So unlike today's increasingly technocratic work environment, where more often than not, the most visible result of one's labor is a clean desk or blank screen.



SONA MASON
Work that will outlast its creators.

Not only does this monument of stone look good, but it will probably outlast the lifetime of its creators. Neither will it become outdated and descend into obscurity in some dusty filing cabinet or box or even more invisible hard drive, but will be used and appreciated by many others for years to come. It will stand as its own ode to nature, being made of the materials of nature, taken just a few feet away. True, it will erode, but only incrementally, adding character to its beauty. Mosses and lichens will gradually add their adornment, for picnickers and scout groups to further discover and enjoy.

And best of all, there is an unequalled feeling of contentment at the end of such a day with the satisfaction of a job well done, knowing that you can go back at any time to gloat over your own bit of hand-forged eternity.

Looking Forward to Year Three on The Mountain

By Steve Zubrik, West-Hudson Trail Crew member and Bear Mountain Volunteer

During the first year of the Bear Mountain project, in 2006, I learned some basic techniques at the workshops: crib wall construction, stone splitting, and rock pinning. It was the start-up year, so I got involved with moving a tool box down to the worksite and making a 280-foot chute for gravel. During the 2007 season, my curiosity drove me to The Mountain every couple of weeks. Here's some of what I saw.

There were interesting examples of field engineering and puzzle solving going on. Erin cut a rectangular hole in bedrock to set a base stone for a crib wall. Rich and Jon used a grip hoist and dragline to remove an inconvenient tree trunk. Jed and Eddie rigged a double, round-trip high line to belay buckets of surfacing material down to the new trail. Motorized wheelbarrows showed up. Standards were still very high. Eddie Walsh still asked, "Are you satisfied with that?" when he saw a problem.

A new attraction was talking to the professionals (trail gypsies) who rotated through to lead workshops and work on the trail. I liked hearing about the places they've worked since their last Bear Mountain stints. Some built with mud in Costa Rica. Others worked on trails in New Mexico, Yosemite, and Alaska. Another was a cook on the Clearwater sloop. Vicarious? Certainly. But still a pleasure.

As I walked the trail at the end of year two, I felt a personal relationship with individual rocks and the people who set them. Here's where Peter, Matt, and I pinned base rocks on bedrock. The steel pins are covered by duff now, but I know they're there. Here's where Matt and I cut sections out of a dead oak that was leaning over the trail. Here's the section of crib wall where I burned out trying to keep up with Claire. Here are the steps below the seasonal waterfall that I set with Tom and Ollie. Is there a name for 'rock' druid?

Year three on The Mountain will have new challenges. The work is getting farther from road access. The trail will go through a boulder field. There are a lot of blowdowns on the flagged route. When do we start?

Building Something for the Ages

By Catherine Kelleher, volunteer with the Potomac AT Club and NY-NJ TC

Trail work is unrelated to my profession, information technology in the telecom industry, or to my background and education. Perhaps because of this, it is a wonderful diversion. Working on trail projects, even for just a day, has been a great way to clear the mind from routine issues while learning something new. A work trip borders on a pocket vacation—becoming totally absorbed in a different experience—without the elaborate advance prep, adjustment time, or catch-up after returning.

Trail construction on the scale of Bear Mountain just doesn't happen much these days. You still have some trails needing a bit of a reroute or occasionally a new route cut, but few projects have the time, resources, or skills to do so much work with stone. Perhaps it is a bit elitist, but it is satisfying to work on something that can last decades, not just seasons. The useful life of this trail is certainly many multiples that of any application



Catherine Kelleher, Bear Mountain Volunteer

software currently being developed.

For those with an ever practical bent, there are some generally applicable skills to be learned at Bear Mountain, in addition to a host of trail skills. With so much to be accomplished, observing the project management is in itself fascinating. Getting tools and supplies in place, coordinating a shifting and variable work force, setting up equipment and executing tasks like construction of a section of steps, cribbing, or a sidehill is a case study ready for the Project Management Institute's body of knowledge known as the PM-BOK.

In a way I'm glad the effort at Bear Mountain is large enough to require several more seasons of work. I intend to take advantage of them. Opportunities to learn on this scale just aren't readily available. Each time on the mountain has been both an interesting learning experience and a satisfying day's work. I just wish the project were a little closer to where I live, inside the Washington, D.C. beltway.

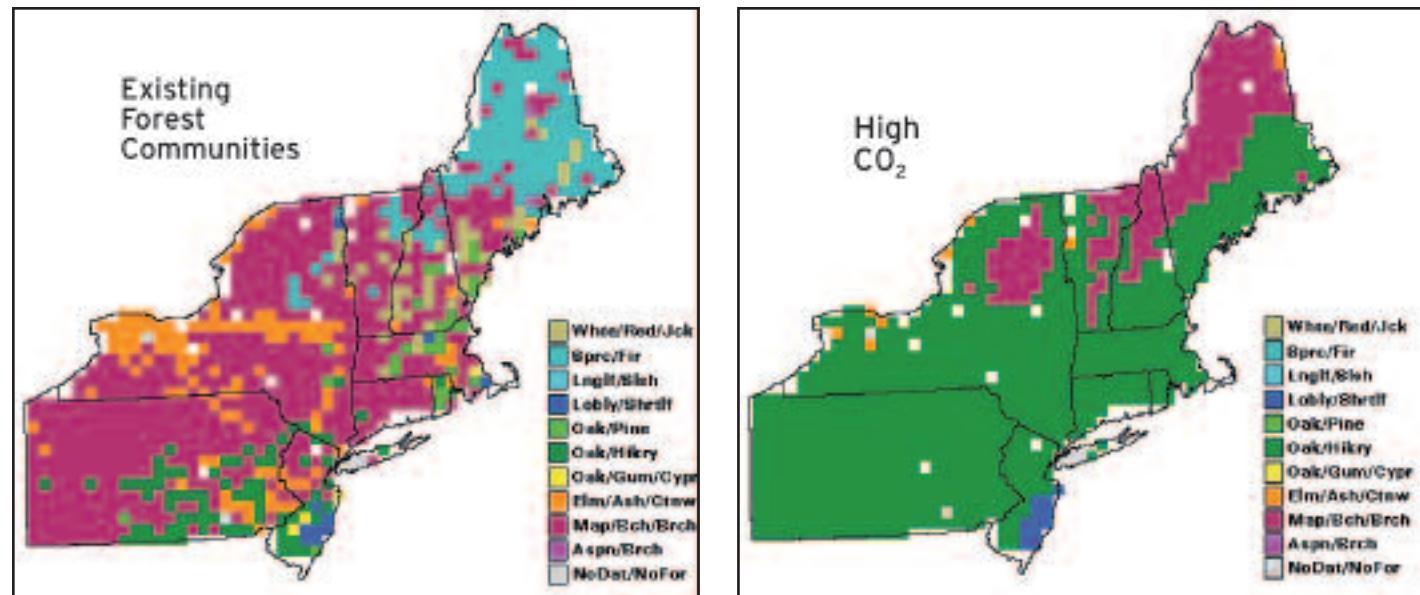


Science & Ecology**Climate Change
Is on the Way:
How Will the
Woods Respond?**

By Joan Ehrenfeld

Trees live so long—200, 300 years, maybe more—that it seems inconceivable that the forests we love to hike through will change dramatically, perhaps as we watch. But forest scientists are nervously watching the woods, anticipating that many changes may be coming soon. There is now no doubt that people are changing the climate on earth: change is already well underway, and will continue at ever-increasing rates. While most attention is, naturally, focused on the implications of these changes for human welfare, all other creatures—animals, plants, and even microbes—will be affected as profoundly as people are. Indeed, there is overwhelming evidence that human-caused climate change has already greatly affected many species, from plankton to bears, and from the tropics to the Arctic.

Projections of climate change in the mid-Atlantic region show that we can expect warmer and shorter winters with more rain and less snow, droughts occurring during most summers, and longer, hotter summer seasons (see www.northeastclimateimpacts.org). What this means is that by 2070-2090, New Jersey could have a climate like that of Georgia and South Carolina today, if emissions continue at their current rate. Also, extreme events—periods of very hot, very cold, very dry, or very wet weather—often have larger effects on organisms than do the slow changes in seasonal averages. In other words, one extreme event can “reset” plant and animal populations and restructure whole ecological communities in ways that last a long time.



Our region currently supports diverse forest communities. Projections of forest tree distributions based on climate models and assuming continued high levels of CO₂ emissions show the loss of much of this forest diversity. See http://www.nrs.fs.fed.us/atlas/tree/ne_fortypes.html.

Climate change is already affecting plants and animals throughout the world in many ways. A few examples will illustrate this. Coral reefs are increasingly experiencing bleaching events, in which the corals turn white and die because temperature stress kills the symbiotic algae that live within the coral organism. As this has been happening at a rapidly accelerating rate over the past 10 years, it is now estimated that up to 50 percent of coral reefs may be on the verge of collapse; coral reefs may largely disappear by mid-century. Numerous species of animals—birds, insects, copepods in the plankton of the oceans, among others—have shifted their ranges northward. Wildflowers are flowering earlier and fall is arriving later in many parts of temperate, boreal, and arctic environments. Bird migration and breeding patterns have also changed dramatically in some places; one species, the pied flycatcher, has become nearly extinct in the Netherlands over just the past decade, because of a mismatch between its altered breeding times and the availability of its insect prey.

What can we expect in the forests of our region?

Because temperature and moisture conditions affect so many aspects of the lives of all plants and animals, it is certain that the biology of many species will change. It is very difficult, however, to predict exactly which species will change, in what ways, and by how much. It can be expected that more southern species, including pest species like kudzu, the highly invasive vine, may move north into our area. Heat-sensitive species that now reach their southernmost point of occurrence in New Jersey, for example, may depart for more northern areas.

The U. S. Forest Service has combined several climate models with detailed information about the climatic preferences of most forest tree species to make some projections about where forest trees will be found. Species typically found in cool, moist environments—hemlock, beech, red oak, sugar maple—and many of the common species on ridgetops in our area, such as chestnut oak and black oak, are expected to decline in abundance over the next century, some precipitously. Conversely,

southern species, such as southern red oak, turkey oak, post oak, even loblolly pine, are projected to become more common.

Forest Service scientists have also used these projections to forecast changes in forest communities; they project a change from diverse forest communities in northern New Jersey and southern New York to a situation with only oak-hickory forests throughout the region.

Finally, forest service scientists are applying these models to migratory birds: they forecast that forest birds, such as wood warblers, thrushes, and orioles, may experience major shifts in their ranges as climate and plant communities change. Visit their website (www.nrs.fs.fed.us/atlas/index.html) and see for yourself how climate change may affect your favorite species of tree.

The projections are sobering. They tell us we should enjoy our diverse forests now, and, obviously, work as hard as we can to prevent the amount of climate change that may be heading our way.

Joan Ehrenfeld is a member of the Department of Ecology, Evolution, and Natural Resources, SEBS, Rutgers University

Hike Logistics for Small Bipeds (i.e. Kids)

By Marek Stycos

A drumbeat of research news indicates young people avoid physical activity, especially in the outdoors. Niko Stycos doesn't fit that stereotype. Here, his Dad reports on the techniques he used to bequeath to Niko and his friends the pleasures of hiking.

The Age: What's the right age to start hiking?

My son, Niko, was hiking on day three, strapped to my chest in a Baby Bjorn. Rapidly we moved into a Kelty backpack carrier. At this age, you may want to surround the child's neck with a towel to avoid whiplash while they gain muscle control.

We came to an agreement at about the time he was 2½: “At the age of 3, we’re splitting the work 50/50. You walk half the time and I’ll carry you half the time. At 3½, you’re on your own—the backpack won’t fit you anymore.” This was accepted like all things at that age—parents are omniscient, so it must be so.

The Selection: Where to go?

Get junior reading maps with you immediately. Explain, “We need to find a ‘P’ for parking at the beginning and the end of our hike for an end to end,” or “We are looking for a loop today,” or “* means killer view!” You get the idea. At age 3 Niko was suggesting useable routes (perhaps by mistake?).

Length vs. Time: How big a hike?

Don’t worry so much about length. Just make sure the first one isn’t a monster that will turn them off permanently. Plan enough TIME. Start early, the worst experience for a child is rushing: “I’ll tell you about that later, we’ve got to hurry or we’ll miss the Flintstones reruns!” Let them roll at their own pace, with gentle prodding.



An early photo of Niko Stycos, who has been hiking with his Dad since infancy.

The Throttle: How do you keep them going?

“Hey, keep your eyes peeled for the next [TRAIL JUNCTION], [VIEWPOINT], [LAKE], [STREAM], [ROPE SWING], [BLUEBERRY PATCH], [INSERT ITEM HERE]. See if you can spot it first.”

“Do you want to be point person? Okay, then you’ve got to be the pace setter too.”

Watch their temperature. Kids don’t regulate. Ask them, “Are you too hot or cold?” You’ll be surprised how many times you take off their hat to find a sweat-laden noggin. They’ll speed up when feeling balanced.

Bring a small knapsack or backpack with extra clothes. Remember, once cotton gets wet, it stays wet. Wool and polypropylene will dry while being worn. Think multiple hats and layers (less weight and bulk, more warmth).

Goals: What are you looking for?

There must be premeditated highlights to look forward to. These should be noted during the “selection” phase. “Today we’re looking for [the Lemon Squeezer], [the Boston Mine], [Claudius Smith’s Den], [the Ice Caves]…

Food: What to bring (this assumes day hiking only—not overnights).

Snacks: Kids need constant fuel to maintain a pace.

- Best: Fresh, organic fruit. You will see this converted into energy almost immediately.

- 2nd Best: Fresh, organic juice. Anything processed takes longer to convert into energy.

- 3rd Best: Homemade granola (it’s easy, ask me for a recipe).

Do not add candy or sugar (see below).



An older Niko knows the swing of things.

Avoid:

- Sugar. This will provide false energy and then a super lull, replete with “Are we there yet” complaints.
- Anything with more than five ingredients. Most “health” bars are loaded with garbage. By the next day, your child may have processed it.
- High fructose corn syrup. Worse than sugar (see above).
- Partially hydrogenated anything. Will slow them down like L.A. traffic.
- Artificial or natural flavors (really the same thing, per *Fast Food Nation*).

Recap: Wasn’t that fun!?

Bring a camera and take photos and scan the map with the specific hike highlighted. Later you can review the good times and keep reinforcing that hiking is a blast.

HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs

May**Thursday, May 1**

UCHC. Bearfoot Ridge, Hewitt State Forest, NJ. Leader: George Smith, 973-778-3586. Meet: 10am at A&P in Hewitt for short caravan to trailhead. Strenuous morning and easy afternoon; about 8 miles.

Saturday, May 3

UCHC. Watchung Trail Maintenance, NJ. Leader: preregister with Trailside at 908-789-3670. Meet: 9:30am; we'll work until noon. Have fun while giving back something to the trails; meet new people while learning a new skill. No experience needed. Bring gloves, trash bag, and clippers/lopping shears if you have them. Severe weather cancels.

WTW. Central Park, Manhattan. Leaders: Middy Weissbart and Irene Kelvsa, 212-246-6641; please call to confirm and for meeting place. Easy 4 miles.

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Clotilde Lanig, 732-549-4977. Meet: 10am at Tulip Springs parking, Brookside Ave., Millburn. Easy, pleasant hike at a moderate pace. Rain cancels.

ADK-MH. Schunemunk Mountain, NY. Leader: John Kolp, 845-496-1731. Strenuous, 10-mile hike up the Trestle Trail and along the Western Ridge on the Long Path. Cross-over and hike out to High Knob. Return via Dark Hollow, either along the marked trail or the old hunters' trail along the brook. Rain may cancel. Call leader if in doubt. Meet 10am at Black Rock Fish & Game Club parking area on NY 32 and Angola Road, Orange County south of Cornwall.

SHORE. The Great Saunter, Manhattan. Annual 32-mile walk around Manhattan's rim. For information and to register in advance, go to www.shorwalkers.org. The pace is steady, but not fast. Most of the route is fairly flat. We keep to the waterside as much as possible. No rain date. We'll go rain or shine and many of us will make it round, regardless of the weather. We walk through more than a dozen parks, and touch a dozen cultures. There are many points from which you can easily drop off and catch public transportation.

Sunday, May 4

WWW. Terrace Pond to Flagpole Vista, NJ. Leader: Don Weise; call Weis Ecology Center at 973-835-2160 for details and to pre-register. Meet: 9am. 10 miles at fast pace. Clinton Rd. to Warwick Tpk. We'll rock scramble on new trails and bag two of the West Milford Baker's Dozen peaks. Fee \$8.

GAHC. Jamaica Bay Wildlife Refuge and Greenwood Cemetery, NY. Leader: Brian Kassenbrock, 718-748-0624. Meet: 10am at Cemetery main entrance, 5th Ave. and 25th St., Brooklyn. Moderate/easy walks through spring blooming landscape and bird flyway.

IHC. Catamount Mtn., Harriman State Park, NY. Leader: Jordan Lampert, 732-516-0148. Meet: 9am at Lake Seabago lot, Seven Lakes Dr. Strenuous 9 miles, with 5 climbs that afford excellent views.

HGSF. Mohawk Trail, Cornwall, CT. Leader: Mike Carlo, 203-263-4547. Meet: 10:30am at Housatonic Valley Regional High School, Rt. 7, just north of intersection with Rt. 112. Strenuous 8-9 miles; no early exits. Dean Ravine and a challenging climb up Barrack Mtn. Shuttle required. Hike from Cornwall Hollow to Falls Village. Steady rain cancels.

HGSF. Rockland Lake State Park, NY. Leader: Gloria Flook, 203-972-0108. Meet: 11am at Rockland Lake State Park trailhead; call for directions. Can also meet at 10am for carpool. Somewhat more difficult, faster paced hike; not recommended for beginners.

Tuesday, May 6

UCHC. Reeves Meadow, Harriman State Park, NY. Leader: Bob Bieri, 201-664-3813. Meet: 10am at Reeves Meadow parking on Seven Lakes Dr. 6 miles at moderate pace with some steep sections; includes stops at the Ramapo Torne and the Russian Bear. For experienced hikers.

Wednesday, May 7

TLR. Spring Bird Walk, Ossining, NY. Leader: naturalist Charlie Roberto; call Teatown Lake Reservation at 914-762-2912, ext. 110, to register. Bird song fills the morning and spring migration is in full swing; join this 7am walk when birds are most active. Families welcome.

AFW. The Palisades, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Easy to moderate hike; out by 2pm.

UCHC. Ramapo Valley County Reservation, Mahwah, NJ. Leader: Ben Sterman, 201-797-0468. Meet: 10am; call for directions. About 5 miles at moderate pace. A lake, a reservoir, and a cascading river.

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

More than 100 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

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

ADK-MH	Adirondack Mtn. Club Mid-Hudson
ADK-R	Adirondack Mtn. Club Ramapo Chapter
AFW	Adventures for Women
FOGM	Friends of Garret Mountain
GAHC	German-American Hiking Club
HGSF	Hiking Group for Singles and Friends
IHC	Interstate Hiking Club
LPNHC	Long Path North Hiking Club

NYR	New York Ramblers
SHORE	Shorwalkers
TLR	Teatown Lake Reservation
UCHC	Union County Hiking Club
WEC	Weis Ecology Center
WTW	Woodland Trail Walkers
WWW	Weis Wyanokie Wanderers

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the July/August 2008 issue is May 15, 2008.

Saturday, May 10

WTW. Loantaka Park, Morristown, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; please call to confirm and for meeting place. Meet: 10am at Loantaka. Easy 5-6 miles.

IHC. Appalachian Trail - Culvers Gap to Buttermilk Falls, NJ. Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Augusta, NJ, park & ride, Rt. 206 at Rt. 15. Moderately strenuous 8 miles, mostly along the AT with a major climb rewarded by views of the Delaware River and Poconos. Buttermilk Falls trail is lovely in the spring. Shuttle required.

AFW. Wave Hill/The Cloisters, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Easy hike.

UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ. Leader: John Gilris, 973-386-1168. Meet: 10am at Cooper Mill; call for directions. 4+ miles at moderate pace; suitable for beginners, optional 2-mile extension. Hike along the Black River. Rain cancels.

ADK-MH. Northern Catskills Black Dome, NY. Leader: Jean-Claude Fouqué (JCFOUERE@optonline.net; 845-462-0142 before 9pm). Meet: Contact leader for place, time, car-pool arrangements. 7+ miles will take us from the Barnum Road parking lot to Thomas Cole Mtn. and on to Black Dome offering beautiful views. All-day hike; bring lunch, water and wear adequate clothing.

SHORE. Roosevelt Island, NYC. Leader: Louis Kleinman, louiskleinman@yahoo.com or 646-232-4134 by Thursday evening if you plan to attend. Co-leader: Tom McBreen, 516-812-0156 (home), 516-238-8073 (cell). Combination of historical walking tour and photography tour. Meet 9:45am for 10am start, at Tram Plaza at 59th St. and 2nd Ave. See entire island – historical ruins, apartment complexes, commercial district. Many photo opportunities. Lunch at local restaurant (or bring your own lunch). About 8 miles round trip, moderate pace, or take the island bus for \$0.25 (\$0.10 for seniors!). Return via tram, subway, or bridge to Queens and subway. Rain cancels; but rain date on Sunday, May 17, 2008.

Sunday, May 11

ADK-R. Trestle to Trestle (TC map #114). Leader: call 201-816-9465 for details and meeting place. Moderate 7.5 miles.

AFW. Wawayanda State Park, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Moderate hike; out by 3pm.

NYR. Lord Stirling Park, NJ. Leader: Don Recklies, 718-768-9036; call leader for hike details. Meet: 7:55am at NY Penn Station for 8:11 NJT train to Lyons Station, arrive at 9:27; return from Convent Station. Drivers call for directions.

HGSF. Breakneck Ridge, Cold Spring, NY. Leader: Orest Engelbrecht, 203-743-1981. Meet: 10am at Metro North RR lot for Breakneck Ridge. Strenuous hike with rock scrambling required. Up Breakneck Ridge with outstanding views of Hudson River; 6+ miles but over 2,000 ft. total ascent.

UCHC. Mother's Day Hike at Willowwood/Bamboo Brook, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10am at Willowwood parking. Easy 3.4 miles; a stroll suitable for all. Walk through two estates with gardens, woods, and fields. Steady rain cancels.

Tuesday, May 13

UCHC. Terrace Pond, NJ. Leader: George Smith, 973-778-3586. Meet: 10am at lot #7 on Clinton Rd., West Milford. Moderately strenuous 5-7 miles; lunch at the pond. For experienced hikers.

Wednesday, May 14

UCHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. About 5 miles at moderate pace through this beautiful park; some hills. Steady rain cancels.

Friday, May 16

TLR. Central Park, Manhattan. Leader: naturalist Charlie Roberto; call Teatown Lake Reservation at 914-762-2912, ext. 110, to register. Early morning walk in this birding hot spot.

AFW. Wanaque Ridge Trail, Ramapo Mtn. State Forest, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Moderate hike; out by 2pm.

Saturday, May 17

AFW. Appalachian Trail - Rt. 23 to Oil City Rd., NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 9am. Strenuous hike; out by 5pm.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepselter, 908-273-4188. Meet: 10am at Trailsid Nature & Science Center; call for directions. 4-5 miles at a brisk pace. Steady rain cancels.

ADK-MH. Waterfall Hike Taconics-Race Brook, CT. Leader: Alvin DeMaria 845-255-1704. 10 miles in the vicinity of Salisbury, CT. We will hike the Race Brook Trail, with numerous waterfalls. Then south along the AT, through Sages Ravine, to cars (shuttle). Call for car pooling.

SHORE. The Bridges & Waterways of New York's Central Park. Leader: Matthew Brozyna, 917-912-9533. Meet: 9am sharp at the Atrium entrance to the Time Warner Towers Complex at 59th St. & Columbus Circle. Rain or Shine Subway: take the A, D or 1 train to 59th St. This moderately paced adventure will take you under, over, around and through many of the amazing architectural wonders of Central Park (arches, bridges, and waterways). We begin our journey at the southwest tip of Central Park South and zig-zag our way up the eastern half of Central Park to The Harlem Meer at 110th St. Then we circle back along the western half of the park and finish at Sheep's Meadow. Please bring water and lunch or snack for this fascinating 5-hour trek of approx. 8 miles.

Sunday, May 18

WEC. Buck Mtn. with the Highlands Hikers, NJ. Leader: Charlie Toole; call Weis Ecology Center at 973-835-2160 for details and to preregister. Meet: 9:30am. 4-5 miles at easy to moderate pace. Hike western side of Norvin Green State Forest; hills with views of Manhattan and northern Wyanokies. Fee \$8.

IHC. Wanaque Ridge Trail, NJ. Leader: Pete Heckler, 973-831-2307 (no calls morning of hike); please preregister by email at p.heckler@msn.com. Meet: 9:30am at Back Beach Park, Haskell, NJ. Moderate 7 miles along this new trail, past Indian Rock, with excellent views of Wyanokies. Hike around Ramapo Lake to return.

Saturday, May 24

WTW. Pyramid Mtn., Boonton, NJ. Leader: Wanda Gilbert, 973-334-7585; please call to confirm. Meet: 10am at Pyramid Mtn. visitors center. Easy 3 miles.

AFW. Cheesequake State Park, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Easy to moderate hike; out by 2pm.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Leslie Bischoff, 908-233-7454. Meet: 10am at Trailside Nature and Science Center. Fast paced 5-6 miles with some rocky trails; for advanced hikers. Rain cancels.

SHORE. The Jersey / Hudson River Saunter - Part 2. Leader: Matthew Brozyna, 917-912-9533. If you have been searching for a journey with spectacular views of the Big Apple, but from a different perspective, make it a must to join us on this amazing 14+ mile medium-paced walk. First, we walk across the GW Bridge from Manhattan; then we will spiral south along The Palisades, The Cliffs, and The Shores of New Jersey. Later we pass through Historic Hoboken, and finally end our adventure at the newly rebuilt pier near the tip of Jersey (Liberty) City, N.J. Please bring plenty of water, fresh fruit & nuts for energy, and/or lunch for this visually stunning, 7+ hour "mini-saunter." We return to Manhattan by PATH (\$1.50 fare). Meet: 9:15am at the information booth in the GW Bridge Port Authority Bus Terminal (178th St./Broadway). By Subway: take the A Train to the 175th St. Station.



A hiker walks past mountain laurel in bloom last June at Lake Awosting in Minnewaska State Park Preserve.

Sunday, May 25

IHC. Ramapo Mtn. State Forest, Oakland, NJ. Leader: Jim McKay, 973-538-0756. Meet: 9am at lower parking lot, Skyline Dr. Moderate 6-7 miles including the new Indian Rock and Wanaque Ridge Trails.

WWW. Schunemunk Mtn.-Megaliths Loop, NY. Leader: Don Weise; call Weis Ecology Center at 973-835-2160 for details and to preregister. Meet: 9am. 9 miles at fast pace. Explore fracture caves, ravine, giant rock formations on Orange County's highest peak; great views. Fee \$8.

ADK-MH. Mohawk Trail, Cornwall, CT. Leader: Jack Patterson, 203-866-7667. Meet: 9am at Baird's Store on Rt. 7; call by 5pm day before for directions. Moderate hike; pace/distance to be determined by the group. Only severe bad weather cancels.

UCHC. South Mtn. Reservation, Millburn, NJ. Leaders: Rick and Ellen Jeydel, 908-232-2413. Meet: 10am at Locust Grove parking, across from Millburn RR station. Very fast paced 5 miles with a hill at the start; for advanced hikers. Steady rain cancels.</p

June**Sunday, June 1**

HGSF. Undermountain Trail to Mt. Frissell, CT. Leader: Phil Statlender, 203-631-8620. Meet: 9:30am at White Hart Inn, Salisbury; call for directions. Strenuous 12 miles, including climb of Mt. Frissell. Trail crosses highest point in CT as well as juncture of CT, NY & MA.

UCHC. Pyramid Mountain, Montville, NJ. Leader: Angela Coble, 908-686-5958. Meet: 10am at Pyramid Mtn. parking; see <http://parks.morris.nj.us> for directions. Brisk 4-5 miles with steep hills; hiking boots required. Rain cancels.

Tuesday, June 3

UCHC. Annual Trail Maintenance at Wawayanda State Park, NJ. Leaders: Dave Hogenauer, 973-762-1475, and Fred Schneider, 973-694-0156. Meet: 10am at park offices, short distance from Rt. 511 just north of Upper Greenwood Lake. We will hike 6 miles of the AT, clearing low branches, small trees across the trail, trash; nothing major. No experience needed. Bring work gloves and clippers if you have them. One group will go steeper route, the other on a fairly level segment.

Wednesday, June 4

UCHC. Jonathan Woods, Denville, NJ. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Diamond Spring Park in Denville; call for directions. About 5 miles at moderate pace. Hike to the revolutionary era "Hog Pen" and short road walk in Cedar Lake area.

Thursday, June 5

UCHC. Jockey Hollow National Park, Morristown, NJ. Leader: Mike Handelman, 718-633-6129. Meet: 10am at visitors center parking; call for directions. Moderately brisk pace for 9-10 miles; for experienced hikers. Mostly easy/well shaded terrain.

Saturday, June 7**NATIONAL TRAILS DAY**

LPNHC. Huntersfield Ridge Trail Maintenance, NY. Leader: Clarence Putman, 607-538-9569. The Long Path North Hiking Club will be doing trail maintenance, including the clearing of a number of blowdowns, on section 26 of the Long Path. New volunteers welcome!

UCHC. National Trails Day at Watchung Reservation, NJ. Leader: call 908-527-4231 to register; see www.unioncountynj.org/parks/nationaltrailsday.html for details. Meet: 8:30am - 12:15pm at Watchung Reservation; continental breakfast included. Join staff and volunteers for guided nature walks and/or trail maintenance or repair project. Take part in this national event to help our trails!

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Mimi Solomon, 973-379-3910. Meet: 10am at Tulip Springs parking, Brookside Ave. Moderate hike, 2-3 hours with several hills; for intermediate hikers. Yellow trail through Pine Forest and almost to Crest Dr.

WTW. Ringwood/Skylands, NJ. Leader: Ernest Wagner, 973-694-3194; please call to confirm. Meet: 10am at Ringwood Manor. Moderate 7 miles.

AFW. Sussex Branch Trail. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Easy to moderate hike; out by 2pm.

ADK-MH. Hyde Park Trails, NY. Leader: John Kolp, 845-496-1731. Meet: 10:30 at Poughkeepsie train station (will meet NYC train). Shuttle to Hyde Park. Moderately easy, about 7 miles. Rain may cancel. Call leader if in doubt. Joint with AMC.

Sunday, June 8

IHC. Sterling Forest, NY. Leaders: Pete Tilgner and Suzan Gordon, 201-871-3531. Meet: 9am at East Shore Rd. parking, Greenwood Lake, NY. Moderately strenuous hike on Sterling Ridge and Lake to Lake trails; excellent views from various lookout points, including the best view of Greenwood Lake from the fire tower. Shuttle required.

AFW. Fishkill Ridge, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 8:30am. Strenuous hike; out by 4pm.

HGSF. Mohawk Trail to Dark Entry Ravine, Cornwall, CT. Leader: Mike Carlo, 203-263-4547. Meet: 10:30am at hiker parking on Rt. 4 in Cornwall Bridge, just east of Rt.7/Rt. 4 junction. Strenuous hike. Steady rain cancels.

ADK-MH. AT Garrison to Bear Mountain Bridge, NY. Leader: Sue Mackson, susiem6@juno.com, 845-471-9892. Meet: McDonalds at Route 9 just south of Village of Wappingers Falls. 9am. Six miles. Wonderful ridge views and mountain laurel; climb down at Anthony's Nose, rather than up.

FOGM. Garret Mountain and the Great Falls, NJ. Leader: Craig Nunn, 551-206-6823. Meet 12:30pm (after lunch) at Lambert Castle parking area off Valley Road in Paterson. 7 miles moderate pace on trails and city streets, some ups and downs. Walk past scenic vistas and sites associated with the silk and other industries from Garret Mountain to Paterson including the Great Falls of the Passaic River and the historic raceway system. Steady rain cancels.

Tuesday, June 10

UCHC. Pine Meadow Lake, Harriman State Park, NY. Leader: Ellie King, 908-233-8411. Meet: 10am at Reeves Meadow visitor center on Seven Lakes Dr. 5-7 miles at moderate pace; for experienced hikers. Up a moderately pitched trail to lunch at the lake; hoping to see laurel in bloom.

Wednesday, June 11

UCHC. Eagle Rock Reservation, West Orange, NJ. Leader: Peter Wolff, 973-731-0602. Meet: 10am at lot past the restaurant, near kiosk; call for directions. About 3+ miles at moderate pace.

Thursday, June 12

AFW. Hook Mountain, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Moderate hike; out by 2pm.

UCHC. Bellvale Mountain, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 9:30am at ranger station parking in Wawayanda State Park; call for directions. Shuttle required. 9 miles at a steady pace; for experienced hikers. Along the AT from RT. 17A to Long House Rd. with marvelous views; constant ups and downs and then some steep descents.

Saturday, June 14

WTW. Weis Ecology Center, Ringwood, NJ. Leaders: Gwen and Tom Healey, 973-492-4855. Meet: 10am at Weis Ecology Center parking on Snake Den Rd. Moderate 5 miles.

AFW. Appalachian Trail - Oil City Rd. to Rt. 94. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 9am. Strenuous hike; out by 5pm.

UCHC. Farney Highlands, Rockaway Twp., NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at fisherman's parking on Split Rock Rd. Moderate to brisk 4 miles with several hills, rocky trails, and one tricky stream crossing over Beaver Brook.

Sunday, June 15

IHC. Delaware & Raritan Canal Towpath - Kingston to Princeton, NJ. Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at D&R Towpath parking, Kingston. Moderately strenuous 10 miles, mostly level. Includes time to visit Princeton Univ. Museum.

GAHC. Harriman State Park, NY. Leader: Brian Kassenbrock, 718-748-0624; please call to preregister. Meet: 9:45am at Anthony Wayne parking. Moderate hike.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9pm. Meet: 10am at Locust Grove parking across from Millburn RR station. Brisk 5 miles in little over 2 hours with steep hill at start. Steady rain cancels.

Monday, June 16

UCHC. Patriots' Path, Morristown, NJ. Leader: Roz Bloom, 973-364-0186. Meet: 10am at Speedwell Village; call for directions. Easy 3 miles; a stroll suitable for all. Hike along the old Rock-a-Bye Railroad and Whippany River.

Tuesday, June 17

UCHC. Dater Mountain, Harriman State Park, NY. Leaders: Jim and Theresa McKay, 973-538-0756. Meet: 10am at Reeves Meadow visitor center on Seven Lakes Dr. 6 miles at moderate pace, including a short road walk; for experienced hikers. Hike in Dater Mtn. County Park on various trails.

Thursday, June 19

AFW. Harriman State Park, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Moderate hike; out by 2pm.

Saturday, June 21

AFW. Bearfort Ridge Fire Tower, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Moderate hike; out by 3pm.

UCHC. Eagle Rock Reservation, West Orange, NJ. Leader: Peter Wolff, 973-731-0602. Meet: 10am at parking past the Highlawn Pavilion. Casual 3-mile hike on some newly marked trails; good for beginners. Rain cancels.

ADK-MH. Catskill Wittenberg - Cornell Mountains, NY. Leaders: Jean-Claude Fouéré (JCFouere@optonline.net; 845-462-0142) and Georgette Weir by June 19 for meeting place and time, and for car pool arrangements. Strenuous. Starting from Woodland Valley we will climb 2,400 feet to the Wittenberg summit at 3,780 foot elevation, on to Cornell Mountain at 3,860 foot elevation, and back for a hike of 9+ miles. All-day hike; bring lunch, water, and wear adequate clothing.

Sunday, June 22

IHC. The Palisades, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 9:30am at NJ Palisades Interstate Park headquarters, Alpine Approach Rd, Alpine, NJ. Moderately strenuous 6 miles. Walk along top of the Palisades with a steep descent to the river passing several outstanding viewpoints; possible stop at Kearney House.

AFW. Kay Environmental Center and Cooper Mill, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Easy to moderate hike; out by 2pm.

UCHC. Watchung Reservation, Mountainside, NJ. Leaders: Rick and Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside Nature and Science Center. Very fast paced hike of 5-6 miles with some rocky trails; for advanced hikers only. Steady rain cancels.

ADK-MH. Mountain Laurel Hike In Three States. Leader: Salley Decker at 845-454-4206, evenings before 10pm. Meet: Register by Friday, June 20 for carpool location. We will start in CT, hike Round Mtn., then Frissell (to the highest point in CT), and on to the Tri-State Marker! Then, we will continue on to the summit of Brace Mtn., the highest point in Dutchess County. Return by a woods road. One rock scramble. 8 miles. Bring sunscreen and a hat along with recommended gear. Hiking boots and extra water a must. Possible stop for food after the hike, so plan accordingly. Rain cancels.

Wednesday, June 25

UCHC. Ramapo State Forest, Oakland, NJ. Leader: Ben Sterman, 201-797-0468. Meet: 10am at lower lot, at start of Skyline Dr.; call for directions. About 5 miles at moderate pace. Around the lake and then climb to the ridge for some interesting views.

Thursday, June 26

UCHC. Sunrise Mountain, Stokes State Forest, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10am at Sunrise Mtn. parking on the AT; call for directions. Moderately strenuous 8.5 miles from Sunrise Mtn. to Steam Mill and back. For experienced hikers.

Saturday, June 28

UCHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. Moderate 4 miles with some hills through this beautiful park. Steady rain cancels.

Sunday, June 29

ADK-R. Skannatati, Harriman State Park (TC map #119), NY. Leader: call 845-354-9165 for details and meeting place. Moderate 7 miles.

IHC. Pequannock Watershed, NJ. Leader: James Schlenker, 908-561-0228. Meet: 9am at Burger King, Rt. 23N, Butler, NJ. Moderately strenuous 8 miles. Lovely hike from Hanks Pond to Buckbear Pond; seldom done and not to be missed. Shuttle required.

AFW. Pyngyp Mountain, Harriman State Park, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 9am. Strenuous hike; out by 4pm.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9pm. Meet: 10am at Locust Grove lot across from Millburn RR station; call for directions. Brisk 5 miles with steep hill at start in little over 2 hours. Steady rain cancels.

Monday, June 30

AFW. Jockey Hollow, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for details and to register. Meet: 10am. Moderate hike; out by 2pm.

UCHC. Loantaka Brook, Morristown, NJ. Leader: Clotilde Lanig, 732-549-4977. Meet: 10am at South Street parking; call for directions. Easy, level 3 miles; a stroll suitable for all. Walk through woods on paved and unpaved trails along a stream.

Member Club Profile

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. We invite club representatives to submit photos from hikes or maintenance outings or other events (please set your digital camera for highest resolution). Email your photos, along with complete caption information to: tw@nynjtc.org; put "TW club photo" in the subject line.

Delaware Valley AMC hikers enjoy a break at a waterfall.

Delaware Valley Chapter, AMC

In a sense, the Delaware Valley Chapter of the Appalachian Mountain Club (DVC-AMC) is the frontier club of the New York-New Jersey Trail Conference, being our westernmost member club. With more than 5,000 members scattered across three states—Pennsylvania, middle and southern New Jersey, and northern Delaware—DVC-AMC covers a lot of ground. The chapter is one of three AMC member clubs that belong to the Trail Conference, the others being the New York-North Jersey and Mohawk-Hudson Chapters.

DVC-AMC tackles its geographic spread by clustering activities around three areas: a primary group, centered in southeastern Pennsylvania, the Lehigh Valley Group, which meets in the Allentown-Bethlehem-Easton area, and the Mid-Jersey Group, which meets in central New Jersey. All three schedule activities and events that become part of the chapter schedule.

DVC-AMC offers day hiking, backpacking, canoeing, kayaking, bicycling, cross country skiing, snowshoeing, winter mountaineering, trail maintenance, conservation cleanups, educational workshops, meetings and programs throughout the year. Events are led by volunteers. The club maintains a 15-mile section of the Appalachian Trail in Penn-

The group maintains 15 miles of the AT in Pennsylvania.

sylvania, between Wind Gap and Little Gap, and also schedules other monthly trail work outings, such as at Valley Forge National Park.

The group's comprehensive website details its scheduled activities and offers links to such useful information as directions to popular trailheads in the NY-NJ-PA region and weather forecasts for favorite hiking destinations. New hikers will find there an online guide to day hiking, *How to Survive in the Wilds of the Delaware Valley: A Guide to Day Hiking With the Delaware Valley Chapter of the Appalachian Mountain Club*. It includes good tips for getting started on the trail and is helpful in understanding such hiker lingo as separation, sweep, and car spot.

Learn more about the Delaware Valley Chapter of the AMC at their website, www.amcdv.org.

Get Certified to Distance Swim at Lake Minnewaska.

If you would like to end your hike at Minnewaska State Park Preserve by taking a distance swim in the lake, you can, but only if you pass a swim test and become a member of the Minnewaska Distance Swimmers Association (MDSA). Details on testing standards and swim test dates can be found at the website www.minnewaskaswimmers.org or call the MDSA hotline at 845-895-5012.

By arrangement with the park, MDSA members who pass a 500-yard swim test, pay the MDSA annual membership fee of \$15, and post a photo ID, are permitted to swim from the beach at the southeast corner of the lake, in deep water, parallel to a 200-yard buoyed line, with no lifeguard present. Swimming at the park begins on June 21 and ends on September 1.

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Thank you to Ed Goodell & Lynne Katzmann

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Tributes are only printed for donations of \$25 or more.

Castle to Castle

Special thanks go out to Fred, Anne and Hank Osborn who hosted the TC's first "Castle to Castle" hike, which introduced the Trail Conference and its new East Hudson Community Trails Program to a group of hearty souls who braved the elements on a wet March morning to hike between landmarks in the East Hudson Highlands.



Catskill Hiking Shack Closes

After more than 10 years in business, the Catskill Hiking Shack in Wurtsboro closed April 30. The Shack had been a favorite destination for hikers in the market for boots, packs, and other trail gear. "We have truly enjoyed running this shop and have met many wonderful people along the way," owners Susan and John Lavelle wrote to their customers in a March email. "It has been a very difficult decision to make and we have given it our best for the past 10 years." The Lavelles cited the downturn in the economy as their reason for closing. "With the current economic climate and dismal forecasts for the near future, we simply couldn't continue to 'hang in there.'"

Hike-a-thon Set for October 4, 2008 To Support 'Gateway to the Backcountry' 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 hands-on, whole-body, interactive style.

To build support for this project, we have set a People for Trails celebration 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 signup form in the July/August Trail Walker.

Commerce Bank

The Trail Conference is a part of Commerce Bank's Affinity Membership Program, which provides our organization the opportunity to earn annual cash donations. We're thrilled with the ease of participating in this program and that there is no cost to our organization or our members.

Here's how it works:

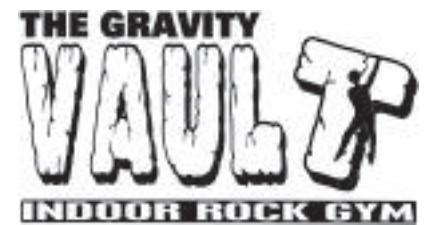
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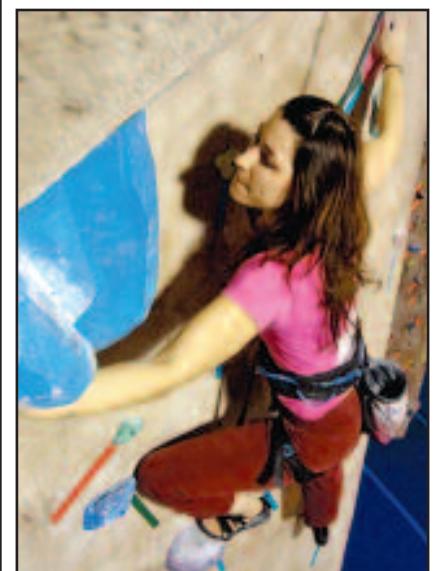
New Membership Benefit!



The Gravity Vault in Upper Saddle River, New Jersey, has partnered with the Trail Conference to offer every Trail Conference member, who shows a membership card 10% off day-pass admissions to their facility!

With 13,000+ square feet of indoor rock climbing, this facility offers you the chance to meet new people, engage in a new sport or just enjoy another activity that can be transferred to the outdoors. The Gravity Vault has 45 top rope stations, this provides ample opportunity to climb and to reach heights of over 40 ft.

Other features of the Gravity Vault include: a rappel ledge, a keyhole arch, two 14+ feet high bouldering walls totaling 4,500+ square feet, a cardiovascular training area, a private party room, a lounge and a pro shop. If you don't know anything about rock climbing, you can enroll in classes that teach belay and climbing skills. Moreover, you can rent all the equipment that you might need to climb there, including rock shoes, harness and chalk bags—all you have to do is show up!



For more information about the Gravity Vault and what they offer, visit their website at www.gravityvault.com or call 201.934.ROCK(7625). We hope you enjoy this great new membership benefit and have fun climbing!

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Trekking Poles: Do You Need Them?

By Howard E. Friedman, DPM



UPPER SECTION	INTEGRATED POSITIVE ANGLE GRIP
> Perfect ergonomics	
> Minimum packing size	
> Optimized swing action	
COMFORT STRAP	
> Wicking liner for a more breathable strap	
> Softer strap edge means less tender spots	
MID SECTION	ALUMINUM
> The highest-quality 7075 aluminum alloy	
> An outstanding level of tensile strength due to our exclusive heat-treating process	
> Textured inside surface to ensure a superior hold	
> The poles lock reliably at the selected length	
SUPER LOCK SYSTEM	
> Provides maximum hold	
> Length adjustment locks in 3-4 turns	
> 360° reverse turn security	
SLEEVE	
> Designed to prevent dirt and debris from getting into the section above	
LOWER SECTION	UNIVERSAL CARBIDE FLEXTIP
> The Carbide Flextip can flex up to 30° without damaging the pole shaft	
> Optimal grip on rock and ice surfaces	
> To replace the Carbide Flextip, position an open crescent wrench around the pole shaft section, and using a quick motion, whack the Carbide Flextip off. Do this with the tip facing downward to avoid injury	
> Please visit www.leki.com to view an instructional video	
BASKET	
> Prevents poles from sinking into soft ground or rocky terrain	
> Snowflake Baskets (model #8-575-003) can be interchanged for winter use	
> To remove baskets, unscrew with a pulling motion	
> To apply baskets, simply push the basket onto the Carbide Flextip until it is locked into position	

Moses in the Bible traveled through the desert for 40 years with one. In literature, Gandolf the Grey, in the *Lord of the Rings* trilogy, travels with one, too. And highly experienced backpacker Andrew Skurka has trekked well more than 10,000 miles with a pair of them.

"I hike nowhere without my two trekking poles," Skurka, named "Adventurer of the Year" by *National Geographic Adventure* magazine for 2007, writes on his backpacking website.

Yet, many hikers and backpackers are still not convinced of the usefulness of hiking (or trekking) poles, and many of those who are convinced choose to use only one pole.

Advocates of trekking poles say they decrease pressure on the knees, especially going up or down hill. And advocates of Nordic walking (a type of exercise walking) maintain that the poles help with walking even on a level surface.

What Does the Research Show?

Research published in scientific journals supports the use of two trekking poles, especially going up or down hill. One article, published in *Medicine & Science in Sports and Exercise* in 2000, loaded volunteers with a backpack equal to 30 percent of their body weight and monitored their walking for 60 minutes on a treadmill with five degrees of incline. Those using two hiking poles had a longer stride, with a shorter frequency of strides. The muscles in their legs were less active, energy consumption while carrying the poles did not increase, and the subjects perceived their workout with poles to be less taxing than the same routine without poles.

Another scientific article, published in the *Journal of Sports Sciences* in 1999, evaluated how trekking poles affected forces on the knees while hiking downhill. Volunteers were monitored, while carrying a backpack weighing about 17 pounds, walking on a ramp downhill 25 degrees with and without two trekking poles. The poles were adjusted to about two-thirds of their body height while participants walked at a constant rate wearing hiking boots. The authors concluded that an important force on the knee (ground reaction force) decreased as much as 20 percent when the volunteers used two hiking poles. Other forces on the knee also decreased. The greatest decrease occurred while the hikers had both poles on the ground when one foot was in the air between steps.

A third study, published in the *International Journal of Sports Medicine* in 2000, determined that 20 volunteers, walking uphill at a grade of up to 25 percent carrying about 33 pounds in an internal-frame Gregory backpack, said their perceived exertion was less while walking with a pair of Leki brand poles than while walking without them. In addition, no significant increase in energy expenditure was noted while using trekking poles, despite the extra weight (about 24 ounces for the pair) and the extra arm motions. Test subjects also said that the steeper the grade, the more they relied on their poles.

Walking Stick, Stave, or Trekking Pole? Many a hiker has made his or her way over a rocky brook crossing with the aid of a nearby thick, relatively straight downed branch. Some hikers routinely use a walking stick, carefully crafted from a downed branch, but finished and smoothed for ease of use. So what are the advantages of an

expensive trekking pole?

Modern trekking poles are very strong because they are made from reinforced aluminum or carbon graphite. They have a cushioned, ergonomic foam or cork composite hand grip. One innovative company, Pacerpoles, has placed the handles at an oblique angle, claiming they make the use of the pole more efficient. Many poles have fabric straps attached to the hand grip to prevent the poles from slipping away.

Trekking poles have three sections, which can be extended or collapsed. A locking ring mechanism is the most common method of securing the bottom and middle

Force on the knee may decrease by as much as 20% when two poles are used.

sections of the pole at the desired length. A twist to the right locks the pole, while a twist to the left unlocks it. One locking ring controls the bottom pole section, while another ring controls the middle section. An optional feature is a small spring (which can be turned on or off) in the center of the pole to give a bit of extra shock absorption when the pole hits the ground.

The bottom of the trekking pole usually has a strong carbide tip, which resists wear and tear. Sitting just above the carbide tip is a circular plastic basket-like device. This feature helps the pole resist plunging far into muddy or boggy ground. A special snow basket can be inserted for snow treks. This modification makes the poles more useful in deeper snow by increasing the surface area of the basket.



Since trekking poles are made for rugged use, pole parts such as hand-cushions, carbide tips, and locking rings can generally be replaced, if needed.

In contrast, walking poles for the Nordic walking exercise discipline have a more secure wrist-strap mechanism as well as a modified and angled rubber tip, may only contain one or two sections (rather than three), and are lighter in weight. They are designed not to bear the full weight of the walker but only to assist in walking. A hiking or trekking pole is designed for more rugged use and pressures.

Extra Weight, or Worth Their Weight?

In the age of "lightweight" hiking and backpacking, some argue that any extra unnecessary weight is a burden that can slow a hiker down. However, people who regularly use trekking poles wouldn't hike without them.

"Trekking poles are a staple in my gear list, about as important as my shelter or rain jacket," Skurka wrote in an email. "They put some extra power into my step," he added.

While the weight of a pair of collapsible three-section trekking poles varies from 17 ounces to over 24 ounces, research studies have shown that carrying this additional weight does not impact the hiker's performance. The studies also indicate that metabolic use is not increased with pole use.

Many hikers and backpackers further justify the extra weight of trekking poles by finding additional uses for them. These include using them for tent or tarp poles—or even makeshift poles to string a line to dry rain-soaked clothes. Moreover, some backpackers reduce the weight of the poles by removing the wrist straps and baskets from the bottom of the poles.

Personal Experiences

Over the past several years, I have become convinced of the usefulness of hiking poles. Before making any investment, however, I "borrowed" two identical kitchen mop handles, unscrewed the mop attachment, and hit the trail. I appreciated the poles during stream crossings, and especially when going downhill. On more than one occasion, being able to plant a pole into the ground prevented or minimized an ankle sprain or fall. Eventually, I began using Leki Makalau trekking poles. I have also used Komperdell Mountaineer anti-shock poles.

While I rarely adjust the pole length during a hike, preferring instead to simply "choke" up on the pole when going uphill, I do find the adjustable feature important. Before the hike, I adjust the pole length to a size that suits me, making certain to tight-

Leading Trekking Pole Manufacturers

Black Diamond (www.bdel.com)
Komperdell (www.komperdell.com)
Leki (www.leki.com)
MSR (www.msrgear.com)
Pacerpoles (www.pacerpole.com)

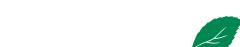
Trekking Pole Features

Foam or cork hand-grip
Adjustable wrist-straps
Three-section adjustable length
Rugged carbide tip
Anti-shock absorber (available on some models)

en the locking rings to avoid slippage (on one occasion, my hiking pole did shorten unexpectedly, since I had not sufficiently tightened the adjustment). Moreover, if I need to use my hands for an uphill climb, I can collapse the poles and stow them in my backpack.

Overall, I would add my voice to those who proclaim that they do not hike anywhere without their two hiking poles.

Howard E. Friedman DPM, www.yourfootdoc.net, is a podiatrist treating hikers and non-hikers in Suffern, NY.



Tracking the Wild Invasives – Year Three

This is the third and final year of a three-year project supported by the USDA, which aims to better understand the spread of invasive plants in forested parklands that have high conservation value and high levels of public use.

Field data are collected by volunteer "citizen scientists" drawn from the membership of the Trail Conference and member clubs. An explicit part of the research is to test whether hikers can collect accurate data regarding invasive plants.

You can register online (www.nynjtc.org/science/projects/2008/usda.html) or contact Annie Osborn, the project coordinator, at the office, 201-512-9348, or by email, aosborn@nynjtc.org.

Training Dates

Saturday, May 31

Sunday, June 1

Wednesday, June 4

Saturday, June 7

If you have or can borrow someone's GPS unit we will be able to train more volunteers.



Favorite Hike

By Al Poelzl (hike leader) and Georgette Weir

Stissing Mountain

Stissing Mountain rises like an island amidst the still pastoral landscape of north-central Dutchess County. Admittedly, it is remote for many in the New York-New Jersey area (even for some of us living in Dutchess County). And offering a relatively short (1.5-mile) lollipop hike from the parking area at the base to the summit, the mountain may seem to fall short for some hikers. But Stissing has virtues that make it a worthwhile destination, including 360-degree views from a fire tower at its summit and an optional 4-mile extension around Thompson Pond at its base.

The hike up Stissing includes an elevation gain of 950 feet, which begins immediately upon leaving the parking area, so hikers who enjoy a strenuous climb won't feel shortchanged. There is minimal blazing. Shortly after starting up, the trail, which is rocky and eroded, hits a woods road. Turn left on the road, then take the next left at a fork made by a footpath (on the left) and the woods road (which continues right). The fork is marked by a cairn. Pay attention or you may miss this junction. (You'll return to this point on the woods road later.)

At the summit (1400 feet) there stands an intact fire tower, which can be climbed by those who want more uphill exercise. It offers fabulous 360-degree views that extend east to the Taconics and west to the Catskills. The tower was saved and is preserved by a local citizens group.

To descend the mountain, walk past the tower and westward; turn right and downhill wherever there is a choice.



An early-spring view of the Harlem Valley from the top of the fire tower.



Hike



Atop Stissing Mountain in March: Sayi Nulu, Al Poelzl, Lalita Malik and fire tower.

Land and trails on and around Stissing Mountain are mostly private and trails are open to the public thanks to permission of the owners. The New York State Dept of Environmental Conservation has land nearby designated as a multiple use area. The Nature Conservancy owns several hundred acres on the mountain in addition to land around Thompson Pond at the mountain's base.

The pond, and the surrounding marsh and swamp land, is a naturalist's delight. The area is a remnant of a glacial kettle and showcases a dynamic wetland ecology. According to the TNC, more than 387 species of plants, 162 species of birds, and 27 mammal species have been identified in the Thompson Pond/Stissing Mountain area.

One caution: The Thompson Pond Trail can be very muddy, even under water during wet periods, such as an early spring day.

HOW TO GET THERE

Take the Taconic Parkway to the exit for Route 199. Go east on Route 199 to Route 82 in Pine Plains; go south on Route 82 less than half a mile; turn right onto Lake Road and continue on this for about 1.8 miles to the small Stissing Mountain trail-head parking area. This is a short distance beyond the parking area for the Thompson Pond Sanctuary.

GET MORE INFO

Stissing Mountain Area is allotted four pages in the *New York Walk Book* and is featured in *50 Hikes in the Lower Hudson Valley* by Stella Green and H. Neil Zimmerman (second edition just published this spring; see Hikers' Marketplace).

You can also get information from The Nature Conservancy's website, www.tnc.org; type "Stissing" in the Search box on the home page.



Hikers' Marketplace



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