



Meet the Morris Trails Partnership

They build high-quality foot-paths and multiuse trails close to home. **READ MORE ON PAGE 3** ▶



Worms in the Woods

In the Northeast, worms are going where no worm has gone before.

READ MORE ON PAGE 5 ▶



TRAIL WALKER

July/August 2009

New York-New Jersey Trail Conference – Maintaining 1,716 Miles of Foot Trails

www.nynjtc.org

Thank a Trail Conference Chain Sawyer

Many of hikers' favorite trails would still be closed this summer if not for the extraordinary efforts of the Trail Conference's volunteer chain sawyers. In just a few months they cleared hundreds of trees and limbs brought down by ice this past winter from trails throughout our region: in Harriman-Bear Mountain, Minnewaska, Schunemunk, Sterling Forest, and Storm King State Parks; along the Appalachian Trail in Putnam, Dutchess, and Orange Counties in New York and on the Bearfort Ridge in New Jersey; and in parks in the Hudson Highlands East of Hudson. These volunteers were too busy to take pictures of themselves at work, but join us in thanking:

- Tom Amisson
- Steve Banyacski
- Robert Betanzos
- Roland Breault
- Rose Diamond
- Jack Driller
- Chris Connolly
- David Dvorsky
- Mike Garrison
- Jim Gebhard
- Susan Gordon
- Peter Hoh
- Joan James
- Mark Liss
- Bob Marshall
- John McCullough
- George Muller
- Chris Reyling
- Cal Rizzuto
- Ollie Simpson
- John Skinner
- Pete Tilgner
- Steve Zubarik

Trail Conference chain sawyers are trained and certified to US Forest Service standards in exchange for a commitment to help keep trails in our region clear. If you are interested in becoming a trained volunteer chain sawyer, register your interest by using the Volunteer Interest Form (under Volunteer) on our website.

Trail Work in the Big Apple

The Bronx and Bear Mountain. Queens and the Ramapo Mountains. Staten Island and the Shawangunks.

What do all these have in common? They are places where Trail Conference volunteers maintain trails.

The Metro Trails Committee, which has responsibility for over 60 miles of trails in five city parks in New York City, is, perhaps, the most unlikely of the Trail Conference's 16 regional trail committees. Who would think there are hiking trails to maintain in a region better known for its cement?

Yet on May 16, Trail Conference volunteers were out on those trails taking part in the City Parks Department's annual celebration, "It's My Park Day."

"It is always great to see members of the local community, especially youth, getting involved in improving our hiking trails," said Joe Gindoff, who helped to introduce eight teenagers from Flushing High School to trail work at Alley Pond Park in Queens that day. As warblers sang overhead, the teens built five new waterbars, filled a dozen existing trail steps with mineral soil, and installed two posts to serve as trailhead markers. A rock with mysterious carvings, discovered on a trail crew trip last year, was moved back to its original resting place, but not before a large tree fell, sending an owl flying over the startled group.

The students learned about trail blazes, erosion control methods, how to move rocks and use trail tools, and how to identify and stay away from poison ivy. Their adviser, Jared Widjeskog, later said that they really enjoyed the experience, and "some students have already asked if we can schedule another day to help out in the park!"

Meanwhile, at Pelham Bay Park in the Bronx, Trail Conference volunteers joined the Parks Department Natural Areas Manager John Grayley to restore a small meadow that provides lovely views south of Orchard Beach. Led by Peter Quinones, the enthusiastic group of volunteers was cheered when Elizabeth Alston identified praying mantis eggs.



Students from a Queens high school show their strength in rock moving.



Metro crew leaders Joe Gindoff (left) and Erwin S. Schaub lead students from Flushing High School on a trail work outing at Alley Pond Park in Queens.

As evidenced by just these two outings, trails and parks in New York City encompass a wide variety of terrain types. "Many of the city parks border coastal waters where you can find salt marsh and fresh water ponds, Alley Pond Park has kettle ponds, and the Staten Island Greenbelt has a hilly terrain with beautiful vistas," boasts the committee's brochure. "The trails in these areas have high usage due to the easy access and high population density. This heavy use demands continual upkeep by our maintainers and by our trail crew (but also makes for easy access for volunteers!)"

Not many cities can offer trail work opportunities within their boundaries. Even if you are a city resident who likes to escape to the country to do your hiking, think about staying in town from time to time to do a little community service in the great outdoors. Check out the opportunities and contacts below or be in touch with East Hudson Regional Representative Christie Ferguson, ferguson@nynjtc.org, who will get you connected.

Metro Trail Committee, Who's Who

Metro Co-Trail Chairs: Joe Gindoff, Joeghiker@aol.com and Lizbeth Gonzalez, lz.gonzalez@verizon.net
Metro Trail Crew Chief: Linda Sullivan, marmlinda@yahoo.com

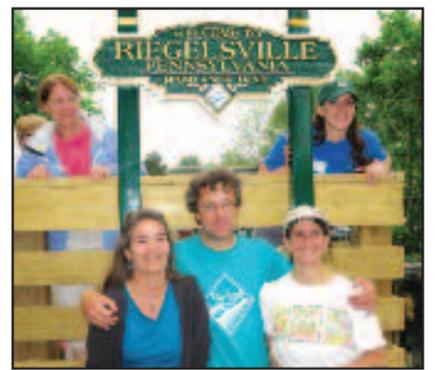
Alley Pond Park, Queens

Trails: Approximately 3 miles maintained by Trail Conference; 657 acres
Volunteer Needs: Trail supervisor, maintainers
Supervisor: Joe Gindoff with assist from Erwin Schaub

Pelham Bay Park, Bronx

Trails: 10 miles, including Hunter Island Trail and the Bridle Path; 2766 acres, including 13 miles of shoreline; NYC's biggest park
Volunteer Needs: trail maintainers, including equestrians and paddlers
Supervisor: Lizbeth Gonzalez

Highlands Trail Crosses the Delaware



Brenda Holzinger and Glenn Oleksak from the Trail Conference and Suzanne Wilder, president of the Musconetcong Mountain Conservancy, on the Highlands Trail in Pennsylvania.

Almost 100 Highlands Trail supporters gathered at the Delaware River on Saturday, May 16, to celebrate the Highlands Trail crossing from Pohatcong Township, NJ, to Riegelsville, PA. The trail crosses the Delaware River via the Riegelsville Toll-Supported Bridge. The day started on the New Jersey side with a welcome from Brenda Holzinger, the former New Jersey Regional Representative for the Trail Conference.

Following this welcome, Gary Haugland, the TC Highlands Trail Chair, and JoAnn Dolan, former TC Executive Director, spoke about the challenges and rewards of building the Highlands Trail, and thanked all the volunteers involved in the trail building effort over the past 15 years. The Appalachian Mountain Club plans to continue the trail in the Highlands of Pennsylvania.

See page 3 for news of the HT east of the Hudson River. Find links to HT info at www.nynjtc.org; click on Trails Overview under Go Hiking, then on Highlands Trail under Long Distance Trails.

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TRAIL WALKER

VOLUME XXXVI, No. 4

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GEORGETTE WEIR
LOUIS LEONARDISEDITOR
GRAPHIC DESIGNER

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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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www.NYNJTC.org



From the Executive Director



Mapping a better route to the same destination

Last winter, the board of directors, with assistance from two family foundations, initiated a strategic planning process. The objective was to create a new organizational framework that takes into account our unique strengths and contemporary conditions to build a more efficient and sustainable organization.

An external facilitator is a critical ingredient in organizational development, and we hired the best we could find — *Conservation Impact* based in Boulder, Colorado. The principal of this firm, Shelli-Bischoff Turner, has done similar work for about 450 conservation-oriented entities, including some local organizations, such as Scenic Hudson, Mohonk Preserve, The Land Trust of New Jersey and Orange County Land Trust.

A wide variety of stakeholders were consulted during the process, including 99 interviews with agency partners, member clubs, volunteers, donors, board and staff. An additional 26 delegates and 129 volunteers were surveyed online. This input was supplemented with Trail Conference studies and reports, as well as a literature review of volunteerism and outdoor recreation. The board of directors met in a weekend retreat at Black Rock Forest to review the results and set goals for the next three years.

The research and input from our stakeholders confirmed the importance of a number of key issues:

- Easy access to well designed and maintained trails, as well as access to information and guidance, are seen as important components of achieving the public health priorities of active, healthy lifestyles and obesity reduction.
- Although fragmented, the amount of public open space has increased dramatically, and managing agencies are seeking ways to address their growing stewardship responsibilities with limited resources.
- Volunteerism is growing rapidly (especially recently in response to the weak job market), but more volunteers are seeking shorter term, impromptu engagements.
- Hiking clearly is the most popular trail activity, with 33% of the population over 16 years of age reporting that they hike on natural surface trails an average of 11 times per year. Other major trail users include 20% who say that they

mountain bike, and 17% who report trail running, with many "multisport" participants. The fastest growing trail uses over the past decade are trail running and snowshoeing, whereas backpacking has declined the most.

Specific to the Trail Conference, the following observations were deemed strategically important:

- The Trail Conference's distinctive competence is volunteer management and trail development and promotion.
- There is an opportunity for the Trail Conference and land managing partners to create the nation's best trail system serving a major metropolitan area.
- Hikers and other non-motorized trail users (including mountain bikers, trail runners and equestrians) have far more mutual interests than differences and should be working more closely together to achieve mutual goals.
- The Trail Conference's 100+ member organizations represent a large and important constituency, but the lines of communication need to be improved

Based on the stakeholder input and planning process, the Board of Directors came up with five areas of focus for the organization over the next 3 to 5 years.

1. Setting trail quality standards and increasing the miles of trails meeting these standards
2. Reaching a new level of competency in volunteer recruitment, deployment, and retention
3. Promoting greater appreciation of the Trail Conference's work among member organizations, trail users, agency partners and philanthropic organizations
4. Achieving financial growth and sustainability
5. Improving governance, organizational development and operating efficiency

Based on informal discussions, one of the more controversial outcomes may be the notion of the "Trail" Conference serving as a "big tent" organization that accommodates a variety of trail users.

For some time, it has been our policy to work with other user groups, but as a matter of practice, the majority of the trails have been designated (usually by the land managing agency) for hiking only. In the future, I expect the Trail Conference to have more non-hiking organizations as members and more trails in its inven-

continued on page 7

DONORS TO THE ANNUAL FUND

April 1, 2009 to May 31, 2009

We thank the following trail supporters for their generous donations to the Trail Conference Annual Fund. The Annual Fund is our primary resource for funding trail projects and support services for trail volunteers.

GIFTS

Paul Abdis & Kathryn A. Abdis, ADK Ramapo Chapter, Betty J. Aiken, Arthur G. Almeida, Dan Avallone, Karola & Myles Axton, Michael & Kathy Azzara, Marilyn Bakun, Ken Bald, Peter M. Balma, Geoffrey Barclay, Robert Barkalow & Drusilla Barkalow, William B. Bates Jr., Miloslav Besta, Theodore N. Bloch, Stuart D. Braman, Roger Broadwell, James Brown & Gail Brown, Sheldon T. Brown & Kathryn Weld, James Danoff Burg, Stephen Carroll & Elizabeth Carroll, Melissa Chase, Karen Chatten, William Chiappane, Dave B. & Donna Colavito, Lois N. De Conca, Peter A. DeBaun, Rosanne T. Dobbin, Duncan Douglas, David & Barbara Dykhouse, Robert C. & Hannah G. Eckstein, Maureen K. Edelson & Todd Edelson, Donald Eisen, John Ellingboe & Page Hartwell, Michael & Marjorie Engber, Timothy Englert, Naomi Epstein, Donald E. & Mary Sue Farquhar, Sanford Felzenberg, Barclay Food & Daryl English, Dennis F. & Jo-Ellen Fordham, Jakob Franke & Gely Franke, Andrew Fratianne, Allan Frei & Astri Kingstone, Edgar L. & Olive I. Freud, Edward J. Gaffney, Thomas & Susan Gallo, William Gannett, Matthew Garamone & Adrienne Booth, James J. Gebhard, William H. Gelles, Douglas Gerlach, Eric Gerringer, Eugene Gionti, R. Dan Gladding & Ann Gladding, Jannah Goodell & Konrad Hayashi, Suzanne Goodell, Lisa L. Gordon, Clayton Gordon, Josie Gray, Don Griffin, John Grob & Anne Grob, James P. Haggett, Doug & Nancy Haitch, Paul H. Harrison, Marilyn L. Gross & Kim Hausner, William J. Hentschel, Ellen L. Herr, Joseph A. Higgins Jr., Ian M. Hight & Carroll Hight, Boris Hladek, Gordon G. Hoekstra, Blaine T. & Mary Jo Hoekstra, Ellen Holt, Carol D. & Karl Jessen, Robert J. Jonas, Gregory Joseph, Brian L. Kennedy, Stephen Klepner, John Kolp & Cinthia Seibels, Susan Kornacki & Charles M. Gordanier, David K. Krane, Robert Krumm, Richard D. & Faith A. Larson, Lou Leonardis, Adam & Melinda Leone, Julius Levine & Hermine Levine, Fred R. Liberman, Ann G. Loeb, Bernd Lohner, Bruce D. Lucas & Priscilla B. Lucas, Ron F. Luna, Natalie A. Macke, Paul Makus, Kenneth H. Malkin & Linda Z. Malkin, Judith Ann & Richard Malsbury, Paul N. & Annette S. Marcus, Steven Mars, Edward & Barbara Martoglio, Debra Laks & Robert Marx, Morris Trails Partnership, Miklos Muller & Jan Keithly, Richard W. Murray, Paul Neuman, Daniel North, Michael Obsuth, Joachim & Lila Oppenheimer, Keith & Nicole Oringer, William F. & Mary H. Penny, George P. Perkinson, Winston Perry & Betty Perry, Priscilla Pogact, Mary Jean Purdy, Carol A. Quinn & David W. Mayo, Mark Quinn, Raeburn Foundation, Linda Reik, Dorothy W. & Peter M. Rinaldo, Neil & Kathryn Rindlaub, Ruth B. M. Robinson, Donald H. Roeske & Margaret Roeske, Roger Roloff & Barbara Petersen, Adam & Megan Ross, Francesco Rossi & Jennifer Vogel-Rossi, David Schiff, Patrice & Charles M. Scully, James Shearwood, Terry Sherman, Linda Shwab, James Simpson, Norman J. Smith, Alexandra Soltow, Joseph Stashkevitch, Frank Stern, Bill Stoltzfus Jr., Peter W. Strong, Michael J. Stumpf, Edward & Carol Thayer, David Thompson, John P. Turrell, Daniel Van Engel & Lynne Van Engel, Christie Van Kehrberg, Maricris Villareal, Douglas A. Villepique, Irene M. Voce, Ernest Wagner, Eddie Walsh, Richard N. Warner, Blake E. Wayland, Larry A. Wehr, Donald L. Weise, Robert A. & Muriel E. Went, Margaret J. Wissler, James Zeller, Lijun Zhan, Nick Zungoli & Susan Zungoli

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In memory of Ocean Ables
Mindy Greenfield

In memory of Aunt Nona Beamer
Neil Fried and Caren Loebel-Fried

In memory of John Boyes
James Meyers, Jim Lansford

In memory of David L. Brown
John Stewart and Bonnie Brown

In memory of David Greenfield
Mindy Greenfield

In memory of Bertba Pritchard
Jeanne Zylber

In memory of Bobbi Muriano
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In memory of Stephen Silverman
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In memory of George Addison Smith
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In memory of Dr. Pei Yi Wu
David Sutter and Naomi Sutter

In memory of three mentors: Colin Fletcher, Bill Myles and Guy Waterman
Martin F. Zumsteg

In honor of Jane Daniels' recent birthday
Mark Linehan and Karen La Bonte

In honor of Jane and Walt Daniels—
Congratulations on publication of Walkable Westchester
John Gray

In honor of Fred L. Katzman and his love of the outdoors
Edward K. Goodell and Lynne S. Katzmann

In honor of Palmer H. Langdon
William E. and Suzanne Congdon

In honor of Marjorie Navidi
Rita Freund

In honor of the partnership between Orange County
Land Trust and the Trail Conference
James Delaune

In honor of William Ryan, Sr.
Robert Ryan

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

New Hoeflerin Award Winner Announced



Pete Senterman, former chair of our Catskills Trails Committee and latest Hoeflerin Award winner.

In April, the Trail Conference board of directors presented former Catskill Trails Chair Pete Senterman with the William Hoeflerin Award, which recognizes Trail Conference volunteers who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection. The volunteer committee recommended the award upon Pete's retirement after 15 years of service as Catskills trails chair, documented in the January/February issue of *Trail Walker* in the page 1 story, "Leaving the Catskills a Better Place." (Back issues of *Trail Walker* can be accessed on our website under Be Informed). Congratulations to Pete, and thank you for your many years of dedicated service.

The Highlands Trail Lands East of the Hudson River

On National Trails Day, June 6, at least 80 people celebrated the grand opening of several new trails at 974-acre Wonder Lake State Park. This recent addition to the state park system is managed by the Taconic Region of NYS Office of Parks, Recreation and Historic Preservation. Trail Conference volunteers have been hard at work building the park's first trails, including the first section of the Highlands Trail (HT) east of the Hudson River.

Beginning from the parking lot off historic Ludingtonville Road, attendees enjoyed the newly constructed HT, hiking to Wonder Lake. Also new is a trail to Bare Hill, a high point in the park. Several pre-existing woods roads have also been blazed, resulting in many miles of hiking opportunities. Surrounded by mountain laurel and tall

hemlocks, the peaceful setting of Wonder Lake was both picturesque and invigorating.

The Highlands is a unique physiographic region that traverses four states: Pennsylvania, New Jersey, New York, and Connecticut. Storm King and Breakneck Ridge are two of the more famous mountains in the range. The Highlands Trail—currently established in New Jersey (see page 1) and in New York west of the Hudson River—is expanding into the remaining areas. Plans are well underway in Pennsylvania; this is the first segment of the trail built in Putnam County.

You can be a part of the continuing work at Wonder Lake. We are taking the HT around Wonder Lake and Laurel Pond. Join our trail crew on a scheduled work day. **NO PREVIOUS EXPERIENCE REQUIRED!** We provide the tools and the training!

Please check the website for work dates: Click on Trail Crew Schedules under Get Involved, then choose East Hudson Trail Crew.



GEORGETTE WEIR

Gary Haugland, Chair of the Highlands Trail Committee and crew leader of the trail-building project at Wonder Lake State Park, and Bill Baumann, park manager, pound in the trailhead marker during National Trails Day festivities that marked the official opening of the trail system there. Trails in the park are a mix of footpaths and multi-use routes. Approximately 80 people, representing hikers and equestrians, turned out for the occasion, which included guided hikes on about 5 miles of new or newly blazed trails. Download a free trail map on our website. Search the Find a Park database under the Go Hiking tab for Wonder Lake State Park.

Invasive Plant Volunteers Survey Park Trails



ROBYNN SHANNON

Citizen-scientist volunteers in the fourth and last season of our study of invasive plants along park trails were trained at the end of May in Sterling Forest State Park under the direction of botanist Robynn Shannon. This joint study with Rutgers University was funded by the USDA. Above, volunteers identify plants during training in the field.

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.



Tom Carr (MTP), Estelle Anderson (TC), Duncan Douglas (MTP), Ron Luna (TC), and Bob Jonas (TC) meet in the field to plan a new trail in Morris County.

Morris Trails Partnership

"Creating and maintaining great trails in Morris County."

From their tagline to their activities, the **Morris Trails Partnership (MTP)** is an organization that cuts to the chase. "Nobody wants to sit in a room and have a meeting," says Tom Carr, of Mountain Lakes, NJ, the group's chief volunteer trail designer. "The thing we do well is build trails. That's what we pride ourselves on. It's not a social group, it's a working group. Brunch, we're not so good at. Everybody wants to get their hands dirty."

Aside from its geographical focus, MTP sounds a lot like the Trail Conference of which it is a member and strong supporter—in May the club made a \$1,000 donation to the Trail Conference. "We wanted to help the Trail Conference in its hour of need," explains Duncan Douglas, a long-time club member who coordinates much of the group's work and serves as president.

In a previous incarnation, the group offered hikes and other social activities. These days, however, its focus is on designing, building, and maintaining trails in Morris County, NJ. They work primarily in Pyramid Mountain Natural Historical Area, where they build and improve trails for foot-traffic only, and in Lewis Morris County Park, where they build multi-use trails, often working with crews comprising mountain bikers and equestrians.

"The biking community has really stepped up when it comes to building trails," Tom says. "They're some of the best workers we have." Duncan notes that the team relies on trail standards developed by the International Mountain Bicycling Association (IMBA) while building multi-use trails, and often bor-

rows from those standards for foot trails. "It's damn good engineering," he says.

MTP has built countless miles of trails ("we're not big on keeping records," says Duncan), and several bridges. They are particularly proud of a 45-foot bridge constructed at Pyramid Mountain.

Duncan calls MTP an informal group, numbering 10-20 regular volunteers. Yet they are on the trail two Saturdays each month, and have established a close working relationship with Morris County Parks, which provides logistical and equipment support for their projects.

Morris Trails Partnership recently donated \$1,000 to the Trail Conference, and is working with us to create trail links among several New Jersey parks.

Recently, MTP finished construction of a trail linking Pyramid Mountain with Kincaid Farm. Now, the group is working with the Trail Conference and Morris County Parks to explore the possibility of a footpath linking Pyramid Mountain, Split Rock Reservoir, and Buck Mountain State Park.

Estelle Anderson, co-chair with Bob Jonas of the Central Jersey Trails Committee for the Trail Conference and on the team working with MTP, says, "It will be a collaborative effort and very good for all of us."

MTP welcomes new members. Visit their website at www.morristrails.org.

Outside, Inside

The Trail Conference Offers Community Service Opportunities for People Who Love the Outdoors.

You can help by:

- Adopting a trail to keep clean and clear
- Learning new skills on trails
- Joining our team in the office
- Contributing your professional skills
- And much, much more!

Go to nynjtc.org and click on Volunteer under Get Involved to learn about the possibilities!

Join Our Second Annual Hike-a-thon October 3, 2009 at Bear Mountain State Park



Individuals and Clubs: Plan now to take part in this fun event that will raise funds for the Trail Conference.

There will be multiple routes, varying in length and difficulty. Something for everyone!

Watch for details in future issues of *Trail Walker* and online at www.nynjtc.org

Put your feet to work for the Trail Conference!

Volunteers Spiff Up Hudson Highlands Gateway Park

Hormoz Kheirabi, the Trail Conference's newly appointed volunteer trails supervisor for Westchester County, welcomed a small crew of volunteers for a day of maintenance and tree planting at Hudson Highlands Gateway Park on May 16. Hank and Viki Goldberg, and Katherine Kyle joined Hormoz at this 352-acre park on the border with Putnam County. They reblazed the 0.8-mile red trail, which runs along the Annsville Creek.

In the afternoon, the Trail Conference team helped to plant 250 trees in the park, part of a collaborative project with Scenic Hudson, the Town of Cortlandt, and the Highlands Task Force. A total of 18 people helped plant trees, and the Trail Conference volunteers were pleased to have had the opportunity to contribute to this community service project.

Hudson Highlands Gateway Park is bounded by the Annsville and Sprout Creeks. It features 4 miles of trails, which are described in *Walkable Westchester*, published by the Trail Conference and available for purchase. (See Hikers' Marketplace on page 8 or shop on our website, www.nynjtc.org.)



PHOTOS BY HORMOZ KHEIRABI

Katherine Kyle helped reblaze one of three trails in Hudson Highlands Gateway Park.



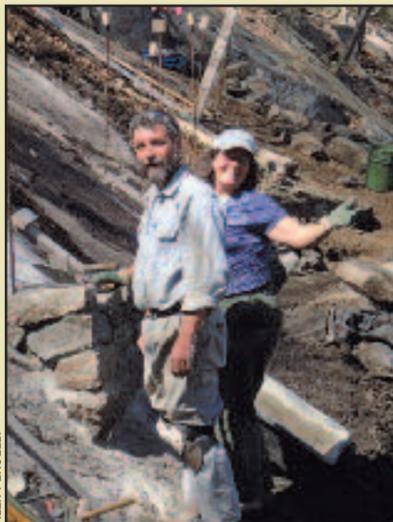
Vicki and Hank Goldberg were among the volunteers who planted 250 trees at the park.

Briefing from the Bear Mountain Project

As of May 18, 83 unique individuals from three organizations had contributed 1,840 hours of work this season.

- Trail Conference: 35 individuals volunteered 1,230 hours; 14 alumni of the project's Trail University courses have become core volunteers on the work
- Student Conservation Association: 29 individuals volunteered 462 hours
- Boy Scouts of America: 19 individuals volunteered 148 hours

Work trips are scheduled Thursdays through Mondays, 8:30am-4:30pm. Volunteers are welcome. Contact bearmountaintrails@gmail.com for information or to register.



ALEX PENGELLY

Peter and Ellen Jensen have been training volunteers at Bear Mountain in advanced trail building skills. They are shown building an abutment for a bridge.

TRAIL WORK IN THE BIG APPLE

continued from page 1

Van Cortlandt Park, The Bronx

Trails: The Trail Conference is responsible for maintaining the almost 2-mile John Muir Trail and is working with the Friends of Van Cortlandt Park to develop a trails plan for the park. The park covers more than 1000 acres.

Volunteer Needs: Trail maintainers
Supervisor: Joe Gindoff

Staten Island Greenbelt

Trails: Nearly 40 miles of trails; 3000 acres
Volunteer Needs: Trail maintainers
Supervisor: Peter Liander, Trails4si@aol.com

Forest Park, Queens

Trails: approximately 3.5 miles on 500+ acres, including 165 acres of trees
Volunteer Needs: Trail supervisor and maintainers
Supervisor: Joe Gindoff

Trail Crew Schedules

July – August 2009

Many of our crews are on summer hiatus. The ones listed here have trail projects planned in July and August.

Check our website for possible additions or changes to schedules. Go to www.nynjtc.org and click on Trail Crews in the Get Involved tab.



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.

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

Work outings as needed

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.

HIGHLANDS TRAIL CREW

Leaders: Glenn Oleksak, HT Supervisor: htsupervisor@verizon.net or 973-283-0306
Adam Rosenberg, HT Co-Supervisor: dobsonian@verizon.com or 973-570-0853

Monthly on a Sunday

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. Check the website for details. Please contact leader if you are coming on a trip so that you can be notified of plan changes.

METRO TRAILS CREW

Leaders: Joe Gindoff, 718-614-2219, joeghiker@nynjtc.org; Linda Sullivan, crew chief, 347-721-6123, marmlinda@yahoo.com; Liz Gonzalez, lz.gonzalez@verizon.net

Sturdy work boots or other hiking footwear is mandatory. All participants must sign in to perform trail work. **RSVP is a must.**

Please contact Linda Sullivan, Metro Trail Crew Chief in order to receive email notices of work outings, or check the Metro Trail Crew page on the Trail Conference website.

EAST HUDSON CREWS

RPH Work Party Weekend

July 10, 11, and 12

Leader: Tim Messerich, bascomgrillmaster@yahoo.com, 845-297-9573

Work on the AT in Dutchess County in the vicinity of the RPH Cabin will include splitting and moving rocks. "Party" is a relevant word for this annual work & eat event. Come for a day, or for the weekend! Please RSVP immediately.

Ward Pound Ridge

Weekly Trail Maintenance Trips

Contact: Brenda Bates, Park Manager, 914-864-7317.

Meet: 9:30am at the Trailside Nature Museum Ward Pound Ridge.

Ward Pound Ridge volunteer trail maintainers meet weekly year round. If you would like to be put on their email list for notifications, contact Christie Ferguson, EH Regional Representative, at ferguson@nynjtc.org or view the East Hudson Trail Crew webpage at www.nynjtc.org for more information and the schedule.

Wonder Lake State Park/Highlands Trail

Dates TBA (check Trail Crew web page)

Leader: Gary Haugland, hauglandg@aol.com, 845-642-1590

Meet: 9:30am at the Ludingtonville Road at Kent Corners of I-84 in Putnam County.

New trail construction continues at Wonder Lake, including brush clearing, side-hilling, and some stone work. This section of trail is a critical portion of the Highlands Trail, a long-distance trail project through New York and New Jersey.

Dutchess-Putnam AT in Fahnestock State Park Every Saturday

Leader: Tim Messerich, bascomgrillmaster@yahoo.com 845-297-9573

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: Eddie Walsh, bearmountaintrails@gmail.com, 845-591-1537
Volunteer Coordinator: Christopher Ingui, 201-783-3599

Thursday-Monday, Weekly to November General work days, suitable for beginners to experienced trail workers

Training will be provided according to participant's skill level, interest, and project needs. Meeting time is 8:30am at Bear Mountain. Please sign up via email and wait for either an email or phone confirmation from us prior to attending to confirm the trip and so we know whether to expect you.

Work trips involve a variety of tasks and experience, such as: corridor clearing, prepping work sites, quarrying stone, using an overhead high-line to transport stone, creating crushed stone (with mash and sledge hammers), building crib walls, setting rock steps, and splitting stone.

Long Path South Crew Reports Busy Spring Season

Ice storms this past winter caused extensive damage on the Long Path, in the form of broken limbs and downed trees. The section in Minnewaska State Park Preserve was especially hard hit, with storm-created slash piles every 100 to 200 feet in places. Clean up was accomplished through a combination of park staff and several days of volunteer labor, the latter organized by supervisor Rob Segal and trail chair Jakob Franke.

Although Schunemunk Mountain was hit hard too, the Long Path there was spared any major damage.

We did have a week-long closure of the Long Path on the Wurtsboro Ridge, where a fire on April 18-19 consumed more than 400 acres. Nearly 1.5 miles of trail were affected, with lots of blazes melted or completely burned. The entire section had to be reblazed.

Down south we had a cleanup session in Mt. Ivy in Rockland County, on the stretch of the Long Path along the Palisades Interstate Parkway. A load of old household debris, including a washing machine, motorcycle, and lots of shoes, was finally removed in a cooperative effort between

Trail Conference volunteers, Keep Rockland Beautiful, and the New York State Dept. of Transportation.

Other projects involved reblazing the orange connector trail between the Long Path and Mountainview Nature Park in Central Nyack, and side-hilling along the yellow sidetrail of the Long Path near Ferguson Road in the Town of Mamakating.

Up north, in Greene County, Bob Russo has become the trail supervisor of Long Path sections 24, 25, and 26. Bob was also in charge of a Trail Maintenance 101 workshop in the Catskills on May 9, which

yielded several new maintainers (in the Catskills) for the Trail Conference.

And finally, we are working hard on a new edition of the *Long Path Guide*, which will also appear online in an experiment that is to gauge its effect on the sales of published guides. Is it a harbinger of things to come?

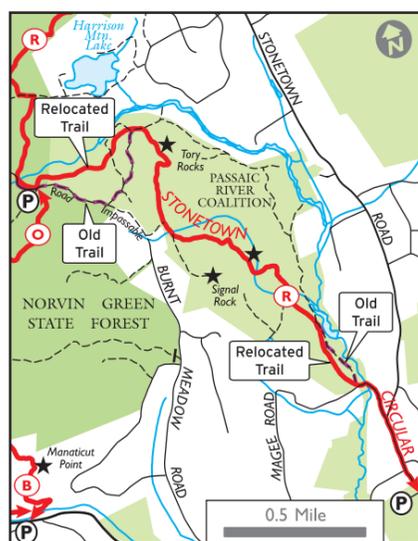
— Jakob Franke,
Long Path South Trail Chair





Stonetown Circular Relo

Two relocations have been constructed this spring along the Stonetown Circular Trail in Ringwood, NJ. The first relocation substitutes an attractive footpath for a roadwalk on Burnt Meadow Road between Tory Rocks and the road bridge over Burnt Meadow Brook. The second relocation replaces a walk on an often wet woods road north of Magee Road with a much-improved route along a wooded hillside.



These relocations were made possible through the efforts of Trail Conference members Frank Schoof, Brian Sniatkowski, and Craig Nunn (who helped scout the new routes), as well as Larry May, Cliff Konnerth, Terri Rousseau, Vin Dryer, Chris Connolly, and John Moran (who did the actual construction of the new trail). We also wish to thank the Passaic River Coalition for their kind permission to relocate the trail onto their property.

Trail in Fahnestock Under Water

The Old Mine Railroad Trail in Fahnestock State Park is frequently under water at the Hidden Lake dam near where the trail ends at the Three Lakes Trail. Depending on water level, it may be difficult or impossible to cross. A good alternate route between the Old Mine Railroad and Three Lakes Trails is a section of the Charcoal Burners Trail about 1/4 mile southwest of the Hidden Lake dam. There are currently no plans to fix the problem, which is caused by beaver activity.

Science & Ecology

Worms in the Woods

By Joan G. Ehrenfeld

Earthworms! The mere word evokes, at least for gardeners, a vision of rich, crumbly, beautifully fertile soils and the luscious vegetables that pour abundantly from them. But for many forest ecologists in the northern parts of the United States, the word strikes them with fear, even terror. The reason? Earthworms are not naturally found in the soils of forests of regions that were covered by glacial ice during the last great Ice Age.

Forests in the glaciated regions thus lacked earthworms; in New Jersey, this includes the areas north of an uneven line extending from Woodbridge in Middlesex County, through Morristown, and west to the Delaware River near Phillipsburg, and it includes all of New York north of New York City. But over the past couple of decades, European and Asian species of earthworms have become abundant in forests throughout the glaciated region, with profound and often damaging consequences for the soils, plants and animals of the forests.

Earthworms appear to be very simple and innocuous beasts—a long segmented tube, no appendages, not much difference between the head and tail—that just wriggle and squirm if you pick them up. Most people are only even aware of worms after a hard rain, when they come to the surface of the ground and are found, dying, on sidewalks and roads. But they have fascinating and complex life cycles and behaviors within the soil. These behaviors have very large effects on the structure and chemistry of the soil (whence their importance to gardeners and farmers). Because of the dependence of many forests organisms on the soil, the introduction of earthworms starts a cascade of effects on many other organisms.

In deciduous forests, dead leaves falling to the forest floor in the autumn decay rather slowly, so that a layer of slightly, to partially, to mostly-decayed leaf material builds up on the surface of the soil. This layer of organic material, aptly termed by soil scientists the ‘O’ horizon, plays a crucial role in the forest: its loose, spongy structure stores moisture, supplies nutrients for plants, provides an ideal environment for seeds to germinate, and supports an amazing number and diversity of other soil organisms. These in turn provide food for other invertebrates like ants and beetles, and for vertebrates like salamanders, mice, and birds.

Certain kinds of earthworms, termed “anecic” species, create burrows that run vertically from the surface of soil downward, deep into the mineral soil. These species feed on freshly deposited leaves at the surface of the O horizon, and then travel downward in their burrows, excreting digested leaf material as they go. The most common non-native earthworm of this type is the common night crawler, *Lumbricus terrestris*, a very large worm (up to 10 centimeters, or 4 inches long). Night crawlers can remove all the leaf litter deposited on the soil of a typical hardwood forest every year.

Another type of earthworm, termed “epigeic” (or “over-the-soil”), lives only in the litter and on the surface of the mineral soil. A common non-native species of this

litter promotes the establishment and growth of some of the most invasive non-native plant species, such as Japanese stilt grass (*Microstegium vimineum*), seen in almost every forest in our region. The loss of the leaf litter is also thought to result in a loss of salamanders, the most abundant vertebrate in the forest.

Earthworm-invaded forests are found throughout our region; they are easily spotted by the lack of leaf litter, and often by the abundant presence of exotic plants. Look on the soil surface for the signature “casts” of the worms—small piles of tiny pellets or crumbs.

Non-native worms have been transported to the United States through all types of commerce and activities that move soil around—horticultural plants, garden plants, dirt on the wheels of vehicles, or even hiking boots, or the bottoms of boats. Worms have also been moved around by the hundreds of millions as fishing bait.

Scientists do not yet have a way of ridding forests of them once they are established. However, we can try to keep them from spreading to forests that are as yet uninvaded, by reducing direct introduction, and by reducing the movement of soil.

- Don't throw away unused fishing bait!
- Don't put compost that contains worms or was made in a worm-composting system, into your garden if you live near a forest!
- Wash your boots between hikes!
- And if you, or your friends, use mountain bikes on the trails, wash them too!

These friends of gardeners are not so welcome in the forests of our region.

type is the leaf worm, or beaver tail, *Lumbricus rubellus*; it also can rapidly remove the leaf litter from the forest floor.

The third type of earthworm is termed “endogeic” (or “within-the-soil”); these worms live only within the mineral soil, and help mix organic-rich surface soils deeper into the soil profile. These worms are typically grey or pinkish, rather than reddish-brown. A common endogeic worm is the angle worm, *Aporrectodea caliginosa*, often found in gardens. There are at least 15 different species of non-native worms that are now established in northern forests.

Forests in which these worms have become established are devoid of leaf litter. The lack of leaf litter in turn results in the loss of many native forest plants, including ferns, wildflowers, and tree seedlings. Conversely, and perhaps diabolically, the lack of

Joan Ehrenfeld is a professor in the Dept. of Ecology, Evolution, and Natural Resources at Rutgers University.

For more information about earthworm invasions, see the following websites:
Great Lakes Worm Watch:
<http://www.nrri.umn.edu/worms>
Brooklyn Botanic Garden:
http://www.bbg.org/gar2/topics/essays/2004su_worms.html

The Curious Case of the July-fruiting Mayapple By Edna Greig

Mayapple (*Podophyllum peltatum*) is an easily recognized native herbaceous plant of rich open woodlands in eastern North America. In early spring, the emerging leaves of mayapple appear like small green umbrellas dotting the forest floor and give rise to another of its common names, umbrella plant. Within a few weeks, these umbrellas grow into a dense groundcover that stands about one to two feet tall.

An individual mayapple plant can form a large clump, with up to 1,000 stems. Look closely at a clump and you will notice that the stems are of two different types. One type of stem is topped by a single, large, umbrella-like leaf and has no flowers. The second type of stem is forked and bears two smaller umbrella-like leaves. Growing from

the fork of these branched stems, and hidden by the leaves, is a single, nodding flower which blooms in May. The waxy, white flower, about two inches in diameter, has six to nine petals that look a bit like saucers.

Mayapples’ clump-forming habit is its primary reproductive strategy. It also can reproduce sexually, through the production of seed-bearing fruit. But sexual reproduction is challenging, because mayapple is self-incompatible. This means that it must rely upon insects to transport pollen among the flowers of different clumps of plants. Because the flowers of mayapple are hidden by leaves and also produce no nectar, they are only infrequently visited by insects. And, the few insects that do visit may not forage beyond the boundaries of an individual clump. As a result, a large clump of mayapple typically produces a relatively small number of fruits that contain the seeds of the next generation.

Although small in number, the fruits of mayapple are quite large and showy. In fact, mayapple produces the largest fruit of any herbaceous plant in its native woodlands. The characteristic fruit is responsible for the “apple” in mayapple as well as some other common names such as hog apple, Indian apple, and wild lemon. The yellow, fleshy, egg-shaped fruit is about 1 1/2 to 2

inches long and matures in late July or early August. The fruit has a pervasive sweet odor which may reveal its presence while otherwise being hidden beneath the umbrella of leaves.

The fruit is a favorite food of the eastern box turtle (*Terrapene carolina*) which can easily reach it from the forest floor. The turtle excretes the undigested seeds from the

fruit and by doing so provides the seeds with some protective camouflage as well as some starter fertilizer.

People also have eaten the pulp of the ripe mayapple fruit, but opinions on its taste are varied, and run the gamut from bland to sickly sweet. The unripe fruit and seeds are toxic and should not be eaten. The stems, leaves, and roots of the mayapple also are all highly toxic and are not browsed by deer or other herbivores.

Edna Greig is a Trail Conference member who has been studying, growing, and writing about native plants of the eastern United States for more than 25 years.



Mayapples leafing out in spring.

PHOTOS BY EDNA GREIG



The immature fruit appears in summer.



Flowers hide under the umbrella-like leaves.



HIKERS' ALMANAC

A Sampling of Upcoming Hikes
Sponsored by Member Clubs

Find more hikes at www.nynjtc.org. Click on Scheduled Hikes under Go Hiking!

July

Saturday, July 4

AMC-NY/NJ. West Mtn. and the Timp, Harriman State Park, NY. Leader: Hallie Wolfe, 914-643-4856 or halliewolfe@optonline.net. Meet: call for meeting place and time; \$6 parking fee. Newbie, friendly, wandering kind of hike. Where the mood takes the leader. Some steep climbs and possible blueberries. Wear boots, bring water, food, and maps if you've got 'em.

WTA. Appalachian Trail in Fahnestock State Park, NY. Leader: Helen Wu. For info contact Eileen West, eileenw1000@yahoo.com, or Don Derr, 914-277-5707. Meet: 9:15am at North White Plains RR station to carpool to hike; transportation contribution \$6. Moderate 6 miles. Out and back on the AT between Highland and Chapman roads, with time to enjoy view from Canopus Hill.

Sunday, July 5

WTA. Round Hill, Fahnestock State Park, NY. Leader: Carol Harting, 845-669-6731. Meet: must call to register. Moderate 7-8 miles. From Rt. 9 and NY 301, hike at leisurely pace with some moderate climbing, through woods and along a pleasant stream.

UHC. Lewis Morris Park, Morristown, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10am at Lewis Morris, last lot on left. Lovely hike with some nice climbs and at a brisk pace. Bad weather cancels.

IHC. Appalachian Trail, Sterling Forest, NY. Leaders: Peter Tilgner and Suzan Gordon, 201-871-3531, browning.27@verizon.net. Meet: 9am at Sterling Ridge Trail parking, Rt. 17A. Moderately strenuous 8 miles; shuttle required. Hike the AT from Rt. 17A crossing at Mt. Peter to Sterling Ridge trailhead. Only heavy rain cancels.

Saturday, July 11

UHC. Watchung Trail Maintenance, NJ. Leader: Preregister by calling Betty Kelly, 908-789-3683. Meet: 9:30am; we'll work until noon. Bring water, work gloves, trash bag, clippers/shears if you have them. Have fun and meet people while giving back to the trails; no experience needed. Severe weather cancels.

UOC. Ken Lockwood Gorge, NJ. Leader: John Horvath, 732-249-4257. Meet: call for meeting time and place and to register; carpooling. Easy hike along spectacular tree-lined river gorge near High Bridge, NJ.

AFW. Bearfort Ridge, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 9am. Strenuous hike at a moderate pace; out by 4pm.

Sunday, July 12

AMC-NY/NJ. Harriman State Park, NY. Leader: Ellen Blumenkrantz, eblumenkrantz@hotmail.com. Meet: must preregister; limited to 12 people. Moderate paced 10 miles. Bring lunch and lots of water, heavy rain cancels. Optional pizza/beer stop after the hike.

WTA. Terrace Pond, NJ. Leader: Eileen West, eileenw1000@yahoo.com, or call Don Derr, 914-277-5707. Meet: 9:45am at North White Plains RR station to carpool to hike; transportation contribution \$5. Moderate 5 miles. Along the ridge, then through shaded valley where last of the rhododendrons may be in bloom. Rain cancels.

UHC. Great Swamp National Wildlife Refuge, NJ. Leaders: Don and Jeanne McLellan, 908-464-6246. Meet: 10am at Great Swamp parking; call for directions. 4 moderate miles in one of the first designated wilderness areas. Level, but can be muddy.

AFW. Minnewaska, Mohonk Preserve, NY. Leader: for info and to register, visit www.adventuresforwomen.org or call 973-644-3592. Meet: 10am. Strenuous hike at a moderate pace; out by 4pm.

TNC. Family Nature Walk, NJ. Leader: Guided walk with Environmental Educator. Preregistration requested; go to www.tenaflynaturecenter.org or call 201-568-6093. Meet: 3:30pm at Tenafly Nature Center. Discover new things in the forest on this hour-long walk. No strollers; inclement weather cancels. Non-members \$5.

Saturday, July 18

AMC-NY/NJ. Hook Mountain State Park, NY. Leader: Steve Galla, 914-953-2222 or steve@stevegalla.com. Meet: 9am at Nyack Beach State Park; \$6 parking fee. Steep initial climb, then hike at moderate pace along ridge with spectacular views; return along Hudson River path. New hikers, seasoned hikers, guests welcome. Rain or heat of 90+ degrees cancels; out about 2pm.

WTA. Pine Meadow Lake, Harriman State Park, NY. Leader: Catharine Raffaele. For info contact Eileen West, eileenw1000@yahoo.com, or Don Derr, 914-277-5707. Meet: 9:30am at North White Plains RR station to carpool to hike; transportation contribution \$5. Moderate 5-6 miles. Pleasant destination for a summer day; pace adjusted to weather.

UHC. Pyramid Mtn., Montville, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Pyramid Mtn. parking. Brisk 4-5 miles up to Tripod Rock and back along the reservoir. Rocky trails with some steep hills; hiking boots required. Rain cancels.

IHC. Delaware Water Gap Blueberry Hike, NJ. Leader: Ursula Davis, 973-786-7087. Meet: 9am at Kittatinny Visitor Center, I-80 (last exit before bridge to PA). Moderately strenuous hike from Delaware River up to Sunfish Pond and down to Dunnfield parking. Blueberries should be plentiful. Shuttle required.

UHC. Turkey Mtn., Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Pyramid Mtn. parking. Brisk 4-4.5 miles on rocky trails with several hills; not for beginners. We'll go to the falls; no lunch stop.

Saturday, July 25

WTA. Northern Harriman State Park, NY. Leader: Carol Ann Benton, aquarius2950@hotmail.com. Register in advance. Meet 9:30am at Rt. 17/17A commuter lot for short shuttle to trailhead. Moderate 7 miles. Various trails plus a ridge walk. Rain cancels.

SW. Manhattan Statues and Mounuments, NY. Leader: Tom McBreen, 516-812-0156; day of walk call 516-238-8073. Meet: 11am at front of Time Warner Bldg., Columbus Circle. Moderate walk, child/stroller friendly, from 59th St. to 103rd St.; about 4 hours. Bring lunch, water, and binoculars/camera. Call eve before until 9pm if weather questionable. Heavy rain cancels. A donation is requested of nonmembers.

AFW. Blue Mtn. Lakes with Blueberry Picking, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am. Moderate hike at a leisurely pace; out by 2pm.

Sunday, July 26

AFW. Island Pond, Harriman State Park, NY. Leader: for info and to register, visit www.adventuresforwomen.org or call 973-644-3592. Meet: 9:30am. Moderate to strenuous hike at moderate pace; out by 2:30pm.

WTA. Fahnestock State Park, NY. Leader: Minu Chaudhuri. For info contact Eileen West, eileenw1000@yahoo.com, or Don Derr, 914-277-5707. Meet: 9am at North White Plains RR station to carpool to hike; transportation contribution \$6. Moderate 5-6 miles. Scenic hike over rolling hills with stops at three ponds.

UHC. DeKorte Park, Meadowlands, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10am at visitors center, 2 DeKorte Park Plaza, Lyndhurst, NJ. This Environmental Center has nearly 4 miles of salt marsh and upland trails; some floating boardwalk. Beautiful and wild views, lots of birds, and different terrain than most hikes. Heavy rain cancels.

August

Saturday, August 1

UHC. Watchung Trail Maintenance, NJ. Leader: Preregister by calling Betty Kelly, 908-789-3683. Meet: 9:30am; we'll work until noon. Bring water, work gloves, trash bag, clippers/shears if you have them. Have fun and meet people while giving back to the trails; no experience needed. Severe weather cancels.

WTA. Piermont, NY. Leader: George O'Lear. For info contact Eileen West, eileenw1000@yahoo.com, or Don Derr, 914-277-5707. Meet: 9:30am at North White Plains RR station to carpool to hike; transportation contribution \$3. Moderate 5-6 miles. Out to Piermont jetty for grand views of the Hudson, then short climb up Tallman Mtn.

AFW. Catfish Pond, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am. Moderate hike; out by 2pm.

TNC. Family Evening Walk, NJ. Leader: Guided walk with Environmental Educator. Preregistration required and space limited; go to www.tenaflynaturecenter.org or call 201-568-6093. Meet: 7pm at Tenafly Nature Center. Discover your nocturnal senses on this hour-long walk, with games; night is not as scary as it seems. Adults with children ages 5+; rescheduled in case of inclement weather. Non-members \$10.

Sunday, August 2

AMC-NY/NJ. Pine Meadow Lake, Harriman State Park, NY. Leader: Ellen Blumenkrantz, eblumenkrantz@hotmail.com. Meet: must preregister; limited to 12 people. Moderate paced 9 miles with several steep ups and downs and great views. Bring lunch and lots of water. Optional pizza/beer stop after the hike.

IHC. Appalachian Trail - Fox Gap to Mt. Minsi, NJ. Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Lake Lenape AT parking, Delaware Water Gap. Strenuous hike with pretty views of Delaware River, heading south from ridge of Blue Mtn. Shuttle required.

NYR. Central Valley to Manitou, NY. Leader: Lee Ruelle, 212-388-0354 or leerule@gmail.com. Meet: 7am at Port Authority Bus Terminal for 7:15 bus to Central Valley (one-way). From Central Valley, we'll follow the Long Path over Brooks Mtn., Howell Mtn., and Torrey Memorial to Popolopen Gorge. Out on PG, crossing Bear Mtn. Bridge, to Manitou RR Station.

WTA. Lillinonah Trail, Newtown, CT. Leader: Eileen West, eileenw1000@yahoo.com, or call Don Derr, 914-277-5707. Meet: 10am at North White Plains railroad station to carpool to hike; transportation contribution \$8. Moderate 6-7 miles. Hike along Lake Lillinonah into Paussett State Forest; designated scenic trail with many vistas. Rain cancels.

TNC. Family Nature Walk, NJ. Leader: Guided walk with environmental educator. Preregistration requested; go to www.tenaflynaturecenter.org or call 201-568-6093. Meet: 3:30pm at Tenafly Nature Center. Discover new things in the forest on this hour-long walk. No strollers; inclement weather cancels. Non-members \$5.

Saturday, August 8

AMC-NY/NJ. West Mtn. and the Timp, Harriman State Park, NY. Leader: Hallie Wolfe, 914-643-4856 or halliewolfe@optonline.net. Meet: call for meeting place and time; \$6 parking fee. Newbie friendly, wandering kind of hike. Where the mood takes the leader. Some steep climbs and possible blueberries. Wear boots, bring water, food and maps if you've got 'em.

WTA. Sloatsburg to Tuxedo, Harriman State Park, NY. Leader: Marvin Malater, 718-376-3608. Meet: call day before hike to confirm and for info about meeting and ending points. Meet 10am at Sloatsburg bus station. Moderate 7.5 miles. Pine Meadow Trail to Cascade of Slid; lunch on rock shelf by Lake Sebago. Return from Tuxedo. Joint with Shorewalkers.

UHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am at the park. Moderate 4-mile hike; beautiful park with some hills. Steady rain cancels.

Sunday, August 9

NYR. Southern Staten Island Beach Walk, NY. Leader: Camille Cooper, 212-838-0714 or Camille_Cooper@earthlink.net. Meet: 8:15am at Manhattan Staten Island Ferry Terminal for 8:30 ferry. After railway to Tottenville, we'll walk city streets to Conference House Park, then trails and beach to Mt. Loretto. More streets to Great Kills Park, then Oakwood and Midland beaches, ending at South Beach (swim stop). Return to ferry on foot or by bus.

SW. Riverdale-Fieldston Stroll, NY. Leader: Mayer Wiesen, 516-671-2095. Meet: 1:30pm at NE corner of Broadway and 207th St. (last stop on A train). Easy 3-mile walk; estates, interesting architecture, and woods by the Hudson River. No smoking.

IHC. Norvin Green State Forest, NJ. Leader: Steve Rikon, 973-962-4149. Meet: 9am at Weis Ecology Center in Ringwood, NJ. Moderately strenuous 8 miles. Posts Brook Trail, Highlands Trail, past Blue Mine, then back to Snake Den. Shuttle required.

WTA. Island Pond, Harriman State Park, NY. Leader: Catharine Raffaele. For info contact Eileen West, eileenw1000@yahoo.com, or call Don Derr, 914-277-5707. Meet: 9:30am at North White Plains railroad station to carpool to hike; transportation contribution \$5. Moderate 5-6 miles. ASB Trail from Elk Pen, with steep climb; return on the AT. Pace adjusted to weather.

Saturday, August 15

SW. Rockaway Beach Hike and Swim, NY. Leader: Edward Leibowitz, 201-332-1709; must call to confirm. Meet: 11am at Rockaway Beach subway station at 116th St. (A train to Broad Channel, change to S train and exit last stop). Easy pace for 5-7 hours. We'll walk the boardwalk from 116th St. to the end. Bring lunch, water, bathing suit. Rain cancels. A donation is requested of nonmembers.

WTA. Appalachian Trail/Shenandoah Mtn., Fahnestock State Park, NY. Leader: Carol Harting, 845-669-6731. Meet: register in advance. Moderate 6-7 miles. AT from Miller Hill Rd. to Canopus Lake using car shuttle, or Shenandoah Mtn. depending on weather. If too hot to hike, we can just hang out at Canopus Lake.

UHC. South Mtn. Reservation, W. Orange, NJ. Leader: Louise White, 973-746-4319; call before 9pm. Meet: 10am at Turtle Back Rock parking on Walker Rd. in W. Orange. Moderate 2-hour hike.

Sunday, August 16

WTA. Jordan Pond, Fahnestock State Park, NY. Leader: Herb Hochberg. For info contact Eileen West, eileenw1000@yahoo.com, or call Don Derr, 914-277-5707. Meet: 9am at North White Plains railroad station to carpool to hike; transportation contribution \$6. Moderate 6-7 miles. Pretty hike to three ponds; only 300 feet of elevation.

IHC. Split Rock Reservoir, NJ. Leaders: Guy and Jen Percival, 973-590-7437. Meet: 9am at Split Rock parking, Rockaway, NJ. Strenuous 13 miles on Four Birds Trail; dip your toes in the water at lunch. Bring lots of water.

Saturday, August 22

AFW. Apschawa Preserve, W. Milford, NJ. Leader: for info and to register, visit www.adventuresforwomen.org or call 973-644-3592. Meet: 10am. Moderate hike; out by 3pm.

WTA. Beech Trail, Harriman State Park, NY. Leader: Carol Ann Benton, aquarius2950@hotmail.com. Meet: register in advance. Meet 9:30am at Lake Skannatati off Seven Lakes Dr. Moderate 8 miles. Rain cancels.

UHC. Pyramid Mtn., Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Pyramid Mtn. parking. Moderate 4-5 miles; no lunch stop and not suitable for beginners. Up steep, rocky trail on Pyramid and Turkey Mountains, including Valhalla Overlook.

Saturday, August 29

AFW. Schooley's Mountain, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am. Easy to moderate hike at leisurely pace; out by 2pm.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 4-5 miles, with mixture of level, easy walking, and some hills on rough terrain. Steady rain cancels.

Sunday, August 30

SW. Central Park Fast Walk, NY. Leader: Dorothy Lourdou, 212-685-6443. Meet: 12 noon at NE corner 72nd St. and CPW. 5 brisk miles. Visit Strawberry Fields, the Ramble, Belvedere Castle, Reservoir, Loch, North Woods, Harlem Meer, and Conservancy Garden. Bring snack, water, wear sturdy shoes. Heavy rain cancels. A donation is requested of nonmembers.

IHC. Tripod Rock, Pyramid Mtn., NJ. Leader: Claire Bransfield, 908-240-1479. Meet: 9am at Pyramid Mtn. visitor center, Kinnelon, NJ. Moderately strenuous 8 miles. Around a beautiful lake, then to see Whale and Bear rocks.



GEORGETTE WEIR

Early spring at the Croton Dam along the Old Croton Aqueduct Trail.

WTA. Sloatsburg to Tuxedo, Harriman State Park, NY. Leader: Marvin Malater, 718-376-3608. Call day before hike to confirm and for info about meeting and ending points. Meet 10am at Sloatsburg bus station. Moderate 7 miles. Varied trails along brooks and with climbs to panoramic views. Return from Tuxedo.

SW. Jersey Shore along the Hudson, NJ. Leader: Minor Bishop, 212-686-5095. Meet: 9:30am at restaurant opposite PATH terminal in Hoboken, NJ. Moderate 10 miles. Walk the rapidly changing NJ side of the Hudson River, from Hoboken to GW Bridge; lunch stop at a diner. Rain cancels. A donation is requested of nonmembers.

IHC. Minnewaska Hike and Swim, NY. Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 8am at Harriman RR station, Rt. 17, Arden, NY. Car shuttle to Minnewaska State Park. Moderately strenuous 8 miles, and a swim.

SW. Brooklyn Bridge to Governor's Island, NY. Leader: Bob Lazzaro, rlazzaro4@aol.com; 718-502-4762 (cell). Stroller/child friendly. 3 miles at a slow-medium pace. We'll meet at 10am in front of Long Island University, Flatbush and DeKalb Avenues in Brooklyn. (Get there via B, M, R, Q train to DeKalb.) We'll cross the Brooklyn Bridge and stroll down the East River to the Governor's Island Ferry Terminal, for a free ferry ride and all the festive activities of City Of Water Day-Governor's Island. Be sure to pack a picnic lunch to enjoy on the Island. Heavy rain at time of start cancels. A donation is requested of nonmembers.

Sunday, July 19

AFW. Watchung Reservation, NJ. Leader: for info and to register, call 973-644-3592 or visit www.adventuresforwomen.org. Meet: 10am. Easy hike; out by 2pm.

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.

AFW	Adventures for Women	SW	Shorewalkers
AMC-NY/NJ	Appalachian Mountain Club, NY-NoJ Chapter	TNC	Tenafly Nature Center
IHC	Interstate Hiking Club	UHC	Union County Hiking Club
NYR	New York Ramblers	UOC	University Outing Club
		WTA	Westchester Trails Association

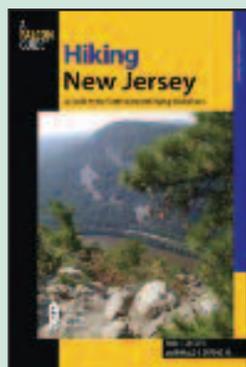
Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the September/October issue is July 15.

Book Review

Hiking New Jersey

A Guide to 50 of the Garden State's Greatest Hiking Adventures

By Paul E. DeCoste and Ronald J. Dupont, Jr.



Globe Pequest Press, 2009
Reviewed by Daniel Chazin

Recently published by Globe Pequest Press as part of their series of Falcon guides, *Hiking New Jersey*, describes 50 hikes throughout the Garden State, from High Point to Cape May. Each hike begins with a general outline of the major features of the hike, and is followed by a listing of specific details (such as length of the hike, available maps, and special considerations) and directions to the trailhead. A more comprehensive description of the hike follows, and a detailed listing of trail mileages is also provided.

A well-designed and easy-to-read sketch map that highlights the route and shows

other trails that the hiker will encounter along the way is included for each hike, and information is also provided on local events and attractions. Several out-and-back hikes are included, but most are loop hikes.

The book offers not only well-written and easy-to-follow descriptions of each hike, but also much interesting historical material. Ron Dupont, one of the authors, is an expert on New Jersey history, and his comprehensive knowledge is reflected in the fascinating historical accounts that accompany most of the hikes.

The authors have selected some of the best hikes in the state. Novice hikers will be provided with a great selection of hikes, and even experienced hikers will find some hikes that will lead them to places that they have not previously visited. In terms of depth of information provided, accuracy and ease of use, this is probably the best guidebook published to date on hiking in New Jersey.

The book does contain some minor errors. Reference is made to Trail Conference North Jersey Trails Map 21, which was superseded two years ago by all-new digitally-produced Maps 115 and 116. Some place names, such as "Shawangunk" and "Cooper Mill," are misspelled, and in at least one instance (Hike #13, The Tourne), the hike mileage given is over half a mile too short. But overall, the book is very well done, and I highly recommend it to anyone looking to find new places to hike in New Jersey.



Get the "Hike of the Week"
www.NYNJTC.org

EXECUTIVE DIRECTOR

continued from page 2

tory that are not exclusively or even primarily for hiking.

To those who may take exception to this approach, I want to make clear that we believe in a diverse system of trails, with standards and conditions for each type of use. Also, as the preeminent trail organization in the region, our public agency partners expect us to play a central role in bringing mutual interests together to create the best trail system possible.

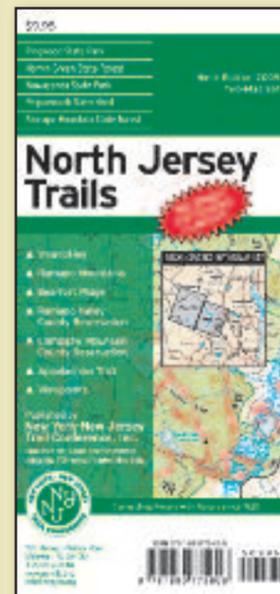
We certainly don't subscribe to the notion that all trails can or should be shared by all users — in part, because we don't think the bulk of existing hiking trails meet the standards for other uses. On the other hand, the dramatic expansion of public open space provides ample opportunities to create more trails for newer user groups, as well as hikers. We look forward to working with these user groups externally and internally to take advantage of these opportunities.

The overarching goal should be to get people outside appreciating and caring for our natural resources. In particular, we need to attract more young people and ethnic groups who are underrepresented in outdoor recreation surveys, for it has been shown that people who bond with nature at a young age, or with family and friends, are much more likely to support public policies that are nature-friendly.

The implications of this strategic planning process will unfold over the coming months and years as we work towards specific goals and objectives. I look forward to engaging with all of our stakeholders and supporters moving forward.



— Edward Goodell
Executive Director



New Trails, Park Areas Featured On Revised North Jersey Map Set

The Trail Conference Publications Committee is pleased to announce that the revised ninth edition of our *North Jersey Trails* two-map set is now available. Over a dozen new trails—including the Wanaque Ridge Trail, the Indian Rock Trail, the Lake Sonoma Trail, the Overlook Rock Trail, and several bicycle trails which are also open to hikers — have been added to this map set, and many relocations of existing trails are also shown. Newly acquired public land—including the former Jungle Habitat property, which is now part of Ringwood State Park—is shown in green on this new edition.

To obtain a copy of this new map set, see the Hikers' Marketplace on page 8, call 201-512-9348, shop online at www.nynjtc.org, or stop in at the Trail Conference office.

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Attend the Trail Conference's ORIENTATION WORKSHOP!

Are you thinking about volunteering for the Trail Conference, but don't know where to start?

Join us for one of our VOLUNTEER ORIENTATION sessions to:

- Learn more about the details of our volunteer programs!
- Meet new and experienced volunteers!
- Discover the many ways you can contribute to your trails and give back to the open space you enjoy so much!
- Gain a better understanding of how the Trail Conference Connects People with Nature.

Next Workshop:

Tuesday August 18, 2009; 6:00 pm – 7:30 pm,
Hubbard Lodge, Fahnestock S.P., NY

You can get more information and register for an orientation session by:

- Visiting our website: www.nynjtc.org/volunteer
- Emailing: volunteers@nynjtc.org with "Orientation" in the subject line, or
- Calling the office at 201-512-9348

You must register to attend.

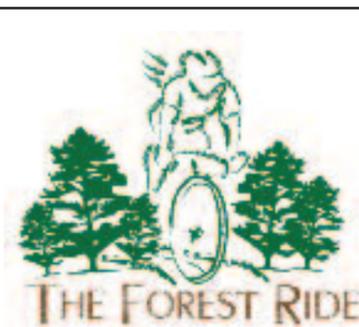
Another Way to Give

Have you considered investing in the Trail Conference's mission? Making a donation in the form of a charitable gift annuity from the Trail Conference might be the perfect opportunity for you. A charitable gift annuity pays you a steady fixed income for the rest of your life.

Charitable gift annuities are very popular gifts because of the high rate of return, which will never change after a gift is made, regardless of interest rate fluctuations. And, a charitable gift annuity is simple to establish.

With a charitable gift annuity you would get an immediate income tax deduction for a significant portion of the value of your gift, and favorable taxation of the annuity payments will increase the spending power of your annuity.

For more information, please contact Jennifer Hezel at hezel@nynjtc.org or 201-512-9348, ext. 28.



Join The Forest Ride 2009

to support Black Rock Forest Consortium's environmental, research, education, and conservation programs.

(The Trail Conference is a consortium member.)

Columbus Day Weekend

One-day ride:
Sunday, October 11, 2009

Three-day ride:
Saturday, October 10 -
Monday, October 12, 2009

Training rides this summer in NYC and Orange County

For more information or to register visit:
www.theforestride.org
or call Emily at Black Rock Forest Consortium
845-534-4517, ext. 26

Featured Hike



Try the New, Improved Wanaque Ridge Trail



View of the Wanaque Reservoir from the Wanaque Ridge Trail.

Brian Sniatkowski, Trail Supervisor for Ramapo Mountain State Forest, writes: "Have you considered [writing about] the Wanaque Ridge Trail? It's a great hike. Peter Heckler has done an amazing job turning the WRT into a wonderful hiking experience. It's largely off the eroded ATV tracks and woods roads and has been moved to an outstanding route. Check it out if you haven't been there in the past year. I think you will be impressed."

The hike is in Ramapo Mountain State Forest in Bergen County and features panoramic views, including dramatic views of the Wanaque Reservoir with the massive Raymond Dam in the foreground, and the Wyanokies beyond. Several hikers who have walked the route recommend starting on the blue-blazed MacEvoy Trail from Wolfe Drive in Wanaque. A loop hike from here covers 5.5 miles and is rated as "moderate" by Daniel Chazin, editor of many Trail Conference books.

From Wolfe Drive, follow the MacEvoy Trail uphill, and continue for half a mile to a gas pipeline clearing. Just before reaching the pipeline, you'll notice three orange blazes on a tree to the left, which mark the start of the Wanaque Ridge Trail (WRT).

Turn right onto the WRT, and continue on it as follows several woods roads, descends through a ravine, crosses a stream, and passes Profile Rock before climbing to the crest of the ridge, where it heads south. It is from along this ridge that panoramic views west-facing (over the Wanaque Reservoir) and east-facing open up.

After continuing along the crest of the ridge for a short way, offering views on both sides, the WRT descends and briefly follows two woods roads.

You'll come to a Y-intersection, where a red-stripe-on-yellow blazed trail begins to the right. Bear left to continue on the orange-blazed trail, which crosses a stream, climbs to cross the gas pipeline, and turns right onto the pipeline service road.

In 60 feet, it turns left and climbs into the woods. After a relatively level section, the trail descends to end at a junction with the Indian Rock Trail (inverted red triangle on white). Turn left onto this trail, which soon ends at a junction with another woods road. Here, you should turn left, now following the white-"C"-on-red-blazed Cannonball Trail. This parallels, at some distance, the western shore of scenic Ramapo Lake; a rock ledge along the way offers a broad view over

the lake. In another 500 feet from this ledge, a gravel road joins from the left. Continue ahead on the road.

A short distance beyond, follow the Cannonball Trail as it turns left onto an intersecting gravel road, leaving Ramapo Lake. When the Cannonball Trail turns right, you should continue ahead on the gravel road, now following the light-blue blazes of the MacEvoy Trail, which will take you back to the trailhead.

How to get there: To reach the trailhead, take Skyline Drive (from I-287) west to Conklintown Road. Turn left and continue for about a mile to Cannonball Road. Turn left, then take the first left onto Wolfe Drive. Follow Wolfe Drive to its end, where street parking is available.

(Adapted from Daniel Chazin's October 12, 2007 Hike of the Week column in The Record, Bergen County's daily newspaper.)

Hikers' Marketplace



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Please order by circling price Retail Member P/H Total

Maps (TC published except where noted. Discounted shipping available for orders of 8 or more.)

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East Hudson Trails (2008)	\$10.95	\$ 8.21	+\$1.60	_____
Harriman-Bear Mountain Trails (2008) & see combo	\$ 9.95	\$ 7.46	+\$1.60	_____
NEW!! Hudson Palisades Trails (2009)	\$ 8.95	\$ 6.71	+\$1.60	_____
NEW!! Kittatinny Trails (2009) & see combo	\$13.95	\$10.46	+\$1.75	_____
NEW!! North Jersey Trails (2009)	\$ 9.95	\$ 7.46	+\$1.60	_____
Shawangunk Trails (2008) & see combo	\$10.95	\$ 8.21	+\$1.60	_____
South Taconic Trails (2006)	\$ 4.95	\$ 3.71	+\$1.20	_____
Sterling Forest Trails (2008)	\$ 7.95	\$ 5.96	+\$1.40	_____
West Hudson Trails (2006)	\$ 8.95	\$ 6.71	+\$1.60	_____
Old Croton Aqueduct (Friends of OCA, 2008)	\$ 4.95	\$ 3.71	\$1.10	_____

Books

NEW!! Walkable Westchester (2009)	\$24.95	\$18.71	+\$3.70	_____
Appalachian Trail Guide to New York & New Jersey (2007)	\$19.95	\$14.96	+\$3.20	_____
Hiking the Jersey Highlands (2007)	\$22.95	\$17.21	+\$3.70	_____
New York Walk Book (2005) & see combo	\$22.95	\$17.21	+\$3.70	_____
New Jersey Walk Book (2004) & see combo	\$19.95	\$14.96	+\$3.70	_____
Circuit Hikes in Northern New Jersey (2003)	\$11.95	\$ 8.96	+\$2.70	_____
Day Walker (2002)	\$16.95	\$12.71	+\$3.20	_____
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Shawangunks Trail Companion (2003)	\$18.95	\$14.21	+\$3.70	_____
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Best Hikes w/ Children in New Jersey (2005)	\$15.95	\$11.96	+\$3.20	_____
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002)	\$14.95	\$11.21	+\$3.20	_____
Hudson to Delaware: The Great Valley (2004)	\$75.00	\$56.25	+\$5.70	_____
West Milford's Bakers Dozen (2008)	\$ 9.95	\$ 7.46	\$2.70	_____

Combo-Packs

Harriman (2-map set & book)	\$23.40	\$17.55	+\$3.75	_____
NY & NJ Walk Books	\$38.60	\$28.95	+\$4.75	_____
Shawangunk (3-map set & Scenes & Walks book)	\$21.65	\$16.24	+\$3.25	_____
Kittatinny (4-map set & book)	\$28.60	\$21.45	+\$3.25	_____

The Personal Touch

Note Cards: TC Collection	\$12.00	\$ 9.00	+\$3.20	_____
Long-sleeve Denim Shirt Circle: M L	\$29.90	\$22.42	+\$6.00	_____
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Trail Conference Logo Decal Circle: Inside Outside	\$.85	\$.85	postpaid	_____

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*Tax must be paid on books, maps, misc., but not on clothing or shipping, by customers with NJ ship-to (not billing) addresses. Prices are subject to change. (7/09)

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