Walkable Westchester

If Westchester County is not high on your list of hiking destinations, maybe it’s time to think again. The Trail Conference is pleased to announce publication of a brand-new title: Walkable Westchester, by long-time hikers, trail activators, and Westchester residents Jane and Walt Daniels. The book is expected to be available for purchase in mid-March. The Daniels have compiled (and uncovered) a wealth of hiking opportunities in this suburban county. Their one-volume resource identifies and describes 180 parks, preserves, sanctuaries, and protected open spaces and almost 600 miles of hiking trails in Westchester County.

The authors reveal that the county is something of a walker’s heaven. “Aside from property in and near Heritage Hills in Somers and two isolated tiny pockets elsewhere in the county, all homes in Westchester are within one mile of a park boundary or place to walk,” they note. Hard to believe given the county’s proximity to New York City. “Walkable Westchester’ is a must have for New York City hikers without a car,” reports Robert DeCandido, Urban Park Rangers. “Many places in Westchester are easily reached by public transportation and the authors even tell you exactly how available it is,” Bravo!

The book details a range of hiking opportunities in the county, from handicapped accessible to rugged terrain, through woodlands, wetlands, fields, and meadows, along streams, ponds, lakes, and Long Island Sound. Trails include paved paths, woods roads, dirt roads, or narrow woodland footpaths in urban, suburban, rural, and natural settings. “Who would have known there are so many parks in Westchester?” asks Sue Bell, the book’s volunteer indexer and a resident of New Jersey. “I had thought it was just endless suburbs as depicted in a John Cheever novel.”

continued on page 9
**Letters to the Editor**

Hikers and Bikers: Room for Both? The following letters respond to Jane Daniels’ columns, “Hikers and Bikers: Is There a Common Cause?” published in the January/February 2009 issue of Trail Walker.

**Alliances are in Hikers’ Interest**

Kudos to Jane Daniels for her article. Building bridges with mountain biking organizations, horseback riders, and trail runners is clearly in our best self interest. Like us, they are first-hand witnesses to the trail damage caused by motorized vehicles. But not long ago, many disgruntled mountain bikers were more closely aligned with ATV riders than with hikers.

The good news is that this trend appears to be reversing itself through a similar trend in using trails and urging their members not to ride on hiking-only trails.

One such initiative is the above the former Jungle Habitat property in West Milford, N.J. The most developed part of the property recently became an ATV and mountain biking park in 2002. Nowadays, the same land houses a network of foot trails, walking, running, horseback riding, and biking. The trails, built by mountain bikers from JORBA (Jersey Off-Road Bicycle Association) are kept separate from our nearby Hewitt-Butler and Burnt Meadow trails by the old Jungle Habitat perimeter fence.

NJ Trail Runners also schedules work days with the South Mountain Conference for trail maintenance and building hiking trails. They will not always agree and we must continue to stand up for hikers’ interests. But by looking for common ground, non-motorized trail user groups can present a united front in the battle to protect our trails and pass meaningful off-road vehicle legislation.

**Hiking-Only Trails Are Essential**

Having done trail 1998-2001 monitoring and maintaining those trails twice a week, I feel I should comment on Jane Daniels’ interesting account of her day doing trail work with mountain hikers. First, Jane provides a puzzling and incomplete description of the “differences between footpath, standard bicycle, and bicycle [trail] standards.” She lists only two wider curves on switchbacks, and ramps instead of steps. We hikers know that hiking trails have to step very steep sections. In these places, building a ramp instead would result in a somewhat massive structure. We have not encountered such a structure in any of our woodlands excursions.

Perhaps more important, Jane missed two critical components of a well-designed bicycle trail. The data from my surveys demonstrated conclusively that trails with rocky or wet surfaces are less popular than those in northern New Jersey and nearby New York, widen significantly under rear-tire bicycle use. Furthermore, they need to be lined somehow, with rocks or logs, to keep the path narrow. This was done successfully on the Ramapo Valley Cycle Club race route, the first bicycle trail built in Ringwood with the approval of the park’s management.

The other feature is the requirement of a fairly smooth, hard-surfaced surface over wet areas. Round rocks spaced two apart, excellent for pedestrians, provide bicyclists with no way to avoid damaging the soil. The requirements for a proper bicycle trail, taken together, add up to one that is more intrusiveness than a footpath. This is one of two basic reasons why hiking-only trails should be available in all major parks.

That is a shame. I have always wanted inter-modal access to hiking trails. I increased with trail use restrictions. Back in 1998, that was considered non-intrusive accommodation. Now, it sounds like the same position would brand us as an anti-bicycling group. The desire for hiking-only trails is not an extremist position. The Wilderness Act prohibits bicycles in wilderness areas. They are a high-tech intrusion. For many of us, conflicts with the backcountry experience we seek to enjoy.

**Wheels and Heels: Different Trail Experiences**

I am a long time hiker and mountain biker but a new member of the Trail Conference. I want to support your conservation efforts and trail maintenance efforts. I hope we can all co-exist on the trails and tolerate a similar type of user group that would like to help conserve and protect what’s left of our forests and trails.

Not every trail is suitable for bicycle use however, there is enough space to share with other trail users that choose to use wheels instead of heels. Current scientific data supports the research that hiking and cycling have similar impacts on the trails.

With the rising costs of fuel and the need for exercise, mountain biking has become more intrusiveness than a footpath. This is one of two basic reasons why hiking-only trails should be available in all major parks.

The local economies can get a little benefit from trail tourism and, together, I know we can make a greater difference towards making this planet a better place.

Michael Viti
Glen Head, NY

The author is a Trail Conference member, president of CLIMB (Concerned Long Island Mountain Bicyclists), New York State (MTB Alliance) Representative, and a member of the New York State Trails Council.

**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 voluntary, elected public service organization committed to: • Developing and maintaining hiking trails.

• Promoting hiking trails through support and advocacy.

• Educating the public in the responsible use of trail and the natural environment.

**Board of Directors**

Rebecca Berman Chair Chris Condover Vice Chair

Max Higby Treasurer Daniel Chazin Secretary

**Staff**

Edward Grover Executive Director Howard Brown Deputy Executive Director

Larry Wheelock Northeast Regional Representative

Christina Ferguson New Jersey Regional Representative

Bill O’Flaherty Conservation Director

Jenney Apperland Regional Representative

Gary Wilck Coordinator

Catherine Gunter Volunteer & Information Manager

J. Cal Rizzuto Administration

**Part Time**

Husay Almad Membership Director

Kathy Goldman Office Assistant

The New York-New Jersey Trail Conference is a non-profit, 501c3 organization whose mission is the federation of hiking and cycling groups and the development of hiking trails and resources.

**Communications**

E-mail: info@nynjtc.org

Visit Our New Site Today!

[www.NYNJTC.org](http://www.NYNJTC.org)

**Letter to the Editor**

Email it to tw@nynjtc.org; in the subject line, put “letter to TW editor”; or send it to Trail Walker Letters, NJ-NY Trail Conference, 136 Ramapo Valley Rd., Mahwah, NJ 07430.

---

**February 2009**

**Visit Our New Site Today!**

[www.NYNJTC.org](http://www.NYNJTC.org)

**Volunteer West Livingston Director**

**The Trail Walker** (USPS Permit #2159) (ISSN 0743-1522) is published bimonthly by the New-York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available for $15.00 per year, $10.00 to senior citizens, or $15.00 for the family. Periodical postage paid at Mahwah, N.J., and additional mailing offices. Postmaster: Send address changes to the below address. Options expressed are those of the writers and do not necessarily represent the policy or position of the Conference. Contributions of typewritten manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for payment of submitted manuscripts. Subscription change of address and returns: P.O. Box 415, Mahwah, N.J. 07430. All rights reserved. Unpublished contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, write to: Call (973) 207-1124.

**Printed on recycled content paper**
On New Year's Day, 20 hikers joined an AOK club on a half-day hike into Wappinger Greenway Trail, constructed by Trail Conference volunteers and staff.

Ken Mallkin, of Hillsdale, NJ, content developer. Ken, along with several other volunteers and volunteering in the TC office as an assistant to the TC regional representatives, was soon also attaching himself to the web project. He joined Phil on developing content for the Find a Park feature, concentrating on parks and public open spaces in New York. Ken is a former merchandise executive with “heavy computer” experience. “He has been hiking for more than 30 years throughout the TC region, and beyond.” “I told my wife that if we ever plan a trip to the White Mountain 4000 footers, we’ll hike next in Switzerland,” says Ken. “We did, and many times, but he would never let me forget.” He notes, “I always wanted to return some of the joy my family had because of other TC volunteers and now I can.”

Gayle Edgerton, of New York City and Dutchess County, NY, content developer. Gayle describes herself as a fairly new volunteer with the Trail Conference. She started working on trail projects just that past fall. Gayle joined the team that is putting in a new trail at Wonder Lake State Park in Putnam County, NY. That’s near her hometown of White Plains “a real world job” as a clothing designer. During the winter trail building hiatus, Gayle volunteered for the web team, writing up descriptions of Dutchess State Park and parks in Dutchess County and New York City. In addition to hiking, Gayle enjoys trail running and mountain biking. Her favorite local destination is Putnam County Park Preserve in Westchester County, between Hometown Hill Road and Fahnstock State Park.

Arthur Gardiner, of Congers, NY data input. Arthur has been a do-it-all office volunteer for the Trail Conference for the past year. He agreed to take on the daunting task of inputting all the information compiled in Daniel’s database, one of seven years of Hike of the Week columns for The Record into our new, searchable Find a Hike database, one of the new features on our new website.

Staff support for the project is provided by Georgene Wieir, communications specialist, and Ed Goodell, executive director.
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 JERSEY
TC Contact:
NJ Regional Representative Brenda Holzinger, hudholzinger@nynjtc.org or 973-303-3538

NEW YORK
TC Contacts:
West of Hudson Regional Representative Larry Wheelock, Wheelock@nynjtc.org, 201-313-9348, ext. 16
East of Hudson Regional Representative Christie Ferguson, Ferguson@nynjtc.org, 201-799-4434

River, Trails, and Conservation Assistance Awarded to East Hudson The East Hudson Community Trails Program has been selected to receive a grant, in the form of technical assistance, from the National Historic Site Program’s Improvement Fund to provide educational signage regarding trail closures and eagle protection efforts on the trails at George’s Island County Park in Westchester County. In the proposal, Christie Ferguson, the East Hudson Regional Representative, detailed the need for additional measures to protect Bald Eagles roosting in the park during winter. Hiking in certain areas of George’s Island is curtailed during winter months in order to minimize disturbances to roosting eagles. This is to be more fully explained with the new signs. At the same time, eagle viewing will be promoted at other locations at the park and neighboring properties. The new signs will advance the aims of the George’s Island Park Bald Eagle Roosting Site Protection Project, which seeks to enhance access to Hudson River habitat for the local community and visitors to the park while providing opportunities for environmental education and enrichment and generating awareness about Bald Eagle use of the Hudson River and the Hudson River Valley.

The sign project was a good match for the Hudson River Foundation, which seeks to repair habitat along the Hudson River and improve facilities and shorefront access points. The Trail Conference is working closely with Westchester County Parks, NYS Dept. of Environmental Conservation, and Teatown Lake Reservation on this project.

Conservation & Advocacy

From the Conservation Director: William P. O’Hearn

Obama and Congress to the Rescue? As we all know by now, the land trust community is facing the frustration of plenty of land available (at great prices), but no money to pay for it. At the same time, we are watching the green infrastructure in our parks—parking lots, camp sites, woods roads, foot bridges, etc.—degrade because of state, county, and local funding cuts. So, when we hear about the new President and Congress proposing an $815 billion stimulus package, we have to ask: How green is it? How much will it help us at the state and local level?

The answer, which will probably change by the time you read this, is that the package will help to some degree. Our four U.S. senators and six congressional delegation, especially Representatives Hinchey and Hall in New York, are already engaged in gathering good “shovel-ready” projects that will fit into the $3.1 billion allocated (in the draft version) toward “improvements on public lands, including new roads, trails, and facilities.” There is also $400 million budgeted for flood control efforts, which will include purchases of open space that will improve water quality. And last, but certainly not least, there is $30 billion for highway construction, a portion of which could be used to fund bycicle and pedestrian programs.

Beyond the stimulus package itself, we continue to work on federal legislation that would fund a feasibility study for the designation of the Long Path as a National Scenic Trail, and we hope for more funding from the Land and Water Conservation Fund, Forest Legacy program, and the Highlands Conservation Act. These federal programs have suffered under the previous administration but may finally be coming back to life, even in this challenging economic environment. Lastly, we can expect and should demand to see a new attitude at EPA (Environmental Protection Agency), the Dept. of Interior, U.S. Forest Service, Army Corps of Engineers, and other federal agencies that cover environmental issues. The Democrats are now firmly in control of our federal government; let’s make sure they don’t forget that the environmental community helped put them there.

Conservation & Advocacy — October/November

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 JERSEY
TC Contact:
NJ Regional Representative Brenda Holzinger, hudholzinger@nynjtc.org or 973-303-3538

NEW YORK
TC Contacts:
West of Hudson Regional Representative Larry Wheelock, Wheelock@nynjtc.org, 201-313-9348, ext. 16
East of Hudson Regional Representative Christie Ferguson, Ferguson@nynjtc.org, 201-799-4434

River, Trails, and Conservation Assistance Awarded to East Hudson The East Hudson Community Trails Program has been selected to receive a grant, in the form of technical assistance, from the National Historic Site Program’s Improvement Fund to provide educational signage regarding trail closures and eagle protection efforts on the trails at George’s Island County Park in Westchester County. In the proposal, Christie Ferguson, the East Hudson Regional Representative, detailed the need for additional measures to protect Bald Eagles roosting in the park during winter. Hiking in certain areas of George’s Island is curtailed during winter months in order to minimize disturbances to roosting eagles. This is to be more fully explained with the new signs. At the same time, eagle viewing will be promoted at other locations at the park and neighboring properties. The new signs will advance the aims of the George’s Island Park Bald Eagle Roosting Site Protection Project, which seeks to enhance access to Hudson River habitat for the local community and visitors to the park while providing opportunities for environmental education and enrichment and generating awareness about Bald Eagle use of the Hudson River and the Hudson River Valley.

The sign project was a good match for the Hudson River Foundation, which seeks to repair habitat along the Hudson River and improve facilities and shorefront access points. The Trail Conference is working closely with Westchester County Parks, NYS Dept. of Environmental Conservation, and Teatown Lake Reservation on this project.

Conservation & Advocacy — October/November

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 JERSEY
TC Contact:
NJ Regional Representative Brenda Holzinger, hudholzinger@nynjtc.org or 973-303-3538

NEW YORK
TC Contacts:
West of Hudson Regional Representative Larry Wheelock, Wheelock@nynjtc.org, 201-313-9348, ext. 16
East of Hudson Regional Representative Christie Ferguson, Ferguson@nynjtc.org, 201-799-4434

River, Trails, and Conservation Assistance Awarded to East Hudson The East Hudson Community Trails Program has been selected to receive a grant, in the form of technical assistance, from the National Historic Site Program’s Improvement Fund to provide educational signage regarding trail closures and eagle protection efforts on the trails at George’s Island County Park in Westchester County. In the proposal, Christie Ferguson, the East Hudson Regional Representative, detailed the need for additional measures to protect Bald Eagles roosting in the park during winter. Hiking in certain areas of George’s Island is curtailed during winter months in order to minimize disturbances to roosting eagles. This is to be more fully explained with the new signs. At the same time, eagle viewing will be promoted at other locations at the park and neighboring properties. The new signs will advance the aims of the George’s Island Park Bald Eagle Roosting Site Protection Project, which seeks to enhance access to Hudson River habitat for the local community and visitors to the park while providing opportunities for environmental education and enrichment and generating awareness about Bald Eagle use of the Hudson River and the Hudson River Valley.

The sign project was a good match for the Hudson River Foundation, which seeks to repair habitat along the Hudson River and improve facilities and shorefront access points. The Trail Conference is working closely with Westchester County Parks, NYS Dept. of Environmental Conservation, and Teatown Lake Reservation on this project.

Conservation & Advocacy — October/November

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 JERSEY
TC Contact:
NJ Regional Representative Brenda Holzinger, hudholzinger@nynjtc.org or 973-303-3538

NEW YORK
TC Contacts:
West of Hudson Regional Representative Larry Wheelock, Wheelock@nynjtc.org, 201-313-9348, ext. 16
East of Hudson Regional Representative Christie Ferguson, Ferguson@nynjtc.org, 201-799-4434

River, Trails, and Conservation Assistance Awarded to East Hudson The East Hudson Community Trails Program has been selected to receive a grant, in the form of technical assistance, from the National Historic Site Program’s Improvement Fund to provide educational signage regarding trail closures and eagle protection efforts on the trails at George’s Island County Park in Westchester County. In the proposal, Christie Ferguson, the East Hudson Regional Representative, detailed the need for additional measures to protect Bald Eagles roosting in the park during winter. Hiking in certain areas of George’s Island is curtailed during winter months in order to minimize disturbances to roosting eagles. This is to be more fully explained with the new signs. At the same time, eagle viewing will be promoted at other locations at the park and neighboring properties. The new signs will advance the aims of the George’s Island Park Bald Eagle Roosting Site Protection Project, which seeks to enhance access to Hudson River habitat for the local community and visitors to the park while providing opportunities for environmental education and enrichment and generating awareness about Bald Eagle use of the Hudson River and the Hudson River Valley.

The sign project was a good match for the Hudson River Foundation, which seeks to repair habitat along the Hudson River and improve facilities and shorefront access points. The Trail Conference is working closely with Westchester County Parks, NYS Dept. of Environmental Conservation, and Teatown Lake Reservation on this project.
Trail Crew Schedules

March – April 2009

For the latest schedules and additional details, go to our website.

M ETRO TRAIL C REW
Leader: Joe Gindoff, 718-614-2209, joe@gindoff.org; Linda Sullivan 347-721-6103, marmildaily@yahoo.com
No experience is required. We provide the training, tools, gloves and the fun! Please bring a lunch and plenty of water. A day pack to carry your lunch and supplies is suggested. Supply day works or other hiking follower is mandatory. All participants must sign in to perform trail work. RSVP is a must.

March/April Individual work dates may be announced. Please check the website, or contact Linda Sullivan to be put on the Metro Trail Crew notification list: marmildaily@yahoo.com.

March 21, 29, May 4, 29 (Saturday) Pelehham Park Bank Leader: Liz Gonzalez Join the Friends of Pelehham Park in restoring wetlands, building footbridges and waterways, removing invasive plants, planting trees and maintaining trails at New York City’s largest park. comprises of 2.763 acres and over 13 miles of sidewalks. We work on Saturdays from 10am to 2pm. Transportation to work site may be by foot, with canoes and on shoreboat. Confirm meeting place with leader.

April 18 (Saturday) Location TBD 9am Leader: Joe Gindoff

EAST HUDSON C R E W

April 14 (Tuesday)
Trail Maintenance/Mini Course
at Ward Pound Ridge Contact: Bramalea Bland, Park Manager: 914-864-7317
Meet: 9:00am at the Trailside Nature Museum, Ward Pound Ridge Join Ward Pound Ridge trails volunteers for a brief update meeting about the park’s 40 miles of trails followed by hands-on learning while doing trail blazing, maintenance and/or erosion control.

April/April 15 (Saturday)
3. Click on “Trail/Crews/Work Trips” in right column
4. Select Trail on Courses

March 28 – 29 (Saturday – Sunday)
Stone Cutting, Splintering and Shaping
Location: Bear Mountain State Park
Time: 8:30am
Coordinator: Eddie Walsh, bearmountaintrail@verizon.net
Participates may register for only one day or both days. Must register in general instruction on stone splitting using rotary hammer drills, splitting hammer, and hand shovels and wedges. On March 28, we will split two groups. Group 1 will learn the basics of splitting and cutting. Group 2 will work with hand hammers and chisels and learn to finely shape stones as we install step and crib walls.

April 4 (Saturday)
Trail Maintenance 101
Location: Teatown Lake Reservation, Ossining, NY.
Time: 9:00am
Instructor: John Magerlein Coordinator: Christina Ferguson, East Hudson Regional Representative, tergooses@nynjtc.org, 201-729-4534

April 4 (Saturday)
Stone Shop Construction and Rock Moving Basics
Location: Bear Mountain State Park
Time: 8:30am
Instructor: Eddie Walsh

April 11 – 12 (Saturday – Sunday)
Stone Crib Wall Construction
Location: Bear Mountain State Park
Time: 8:30am
Instructor: Eddie Walsh

April 19 (Sunday)
Corridor Monitor Workshop
Location: RPH Shelter on AT in Dobbs County Line
Time: 9am to 4pm
Instructor: Ollie Simpson and Ron Rosan Coordinator: Christina Ferguson, East Hudson Regional Representative, tergooses@nynjtc.org, 201-729-4534

April 25 (Saturday)
Trail Construction and Restoration
Location: Sterling Forest or Harriman State Park
Time: 9am to 4pm
Instructor: Monica and David Xa
Coordinator: Larry Wheelock, wheelchair@nynjtc.org, 201-512-9348, ext. 16

April 25 (Saturday)
Trail Maintenance 101
Location: Snowman Mountain State Park
Time: 9am to 4pm
Instructor: TBD
Coordinator: Larry Wheelock, wheelchair@nynjtc.org, 201-512-9348, ext. 16

May 9 (Saturday)
Trail Maintenance 101
Location: North/South Lake Campground, Pawlet, Catkills
Time: 9am to 4pm
Instructor: TBD
Coordinator: Larry Wheelock, wheelchair@nynjtc.org, 201-512-9348, ext. 16

Notes:
• Please contact the leader for details on trips.
• For details on trips: 1. Go to www.nynjtc.org
2. Scroll on "On AT Pages" in left column and click on "Home"
3. Click on "Trail/Crews/Work Trips” in right column

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 any one events. A time “guest” participation is allowed, so bring your friends.

NORTH JERSEY WEEKEND CREW
Leader: Sandy Pan, 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 building fod in new building in northern New York.

NORTH JERSEY WEEKEND CREW
Leader: John Mosen, thompsoynjtc@verizon.net
This crew covers the NJ, Ramapo, Passaic, S. P., Morris Green S. F. and Nut Pakatasa area. Its purpose is to get and quickly to immediate needs, rather than to schedule definite events far in advance. To participate in call the leader.

WEST JERSEY CREW
Leaders: Monica and David Day
Phone: 908-307-5049
Website: www.trailtoolsbuild.com
Bring your lunch, plenty of water, gloves and sturdy work shoes, and be prepared to get dirty. All tools, materials and training will be provided. Beginners are welcomed on all work trips.

All events begin at 9:00am. Please phonemail the leaders for meeting location and driving directions. There is usually no need for work site. at the location (call the leaders’ cell phone if you are coming to a trip and need to let them know we will be there on time). Participants may participate in the trips if there is no hike on the day. In some cases, participants may participate in the trips if there is no hike on the day.

Contact the leader for details of future projects. Visit timtrek.mikentim.com.

WEST HUDSON SOUTH CREW
Leader: Chris Ezoo
Phone: 914-737-4792, brian@grandrenovation.com
Fifteen stone steps need to be installed on the trail. The project will take place with leader.

April 25 (Saturday)
Warren Trail, Jenny Jump State Park
We will continue work on the new Warren Trail in Jenny Jump State Park, extending it towards Ruggiano’s Glory Road.

May 2, Saturday
Douglas Trail, Westminster State Forest
We will continue our work installing water bars and check the Douglas Trail in Westminster State Forest.

HIGHLANDS TRAIL C REW
Leader: Glenn Dilekaus, hsidevans@verizon.net
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. For details on trips: 1. Go to www.nynjtc.org
2. Scroll on "On AT Pages" in left column and click on "Home"
3. Click on "Trail/Crews/Work Trips” in right column

Please contact the leaders for details on trips so that you can be notified of cancellations.

THE WEST HUDSON SOUTH CREW finished up another busy year of trail construction. All told they spent 950 hours rebuilding and repairing damaged and eroded hiking trails. In Har - riman-Bear Mountain State Parks, the crew built and improved crossings on Popolopen Gorge, completed trail relocation on the Diamond Mountain Tower Trail, and performed erosion control work on the Seven Hills and Fawn Trail. In Sterling Forest State Park the crew completed a rocking wall project on the Steeple Lake Loop Trail. I’d like to thank everyone who came out and contributed time and sweat to all these projects. Without these people we wouldn’t have such great trails. Thank you.


—Chris Ezoo, Crew Chief

March/April 2009
Volunteer Classifieds: Get Involved!

Appalachian Trail Corridor Manager
This is an exciting job for someone who has an AT corridor boundary monitoring and maintenance experience. Supervise boundary monitors, coordinate semi-annual reporting, work with the maintenance personnel, neighbor and government contacts and with the local management committee to stop illegal boundary activities, and assess environmental and development impacts.

Trail work not your thing? You can still donate your time and support the Trail Conference by working in our office or from home.

Trail Crew Chief Assistant (work from home)
Are you not inclined to do the heavy work of trail building but would like to support our trail crews? Here is an opportunity to take on an important part of building and maintaining our hiking trails by becoming a Trail Conference Corridor Monitor. This is a great job for people who have not volunteered before, as it involves contacting prospective recruits for the crew, keeping records of the work done and any people who volunteered, as well as other duties as requested by the Trail Crew Chief. If you’re comfortable contacting people and have organizational skills and time during the spring, summer, and fall, then this kind of work could be just right for you.

Web Writers: Maintain a part of our new website
Work from home or in the office. Adopt a part of our new online database to add information and comments or GPS trails to ensure that we have people who can field check trail descriptions or GPS trails to ensure that we have the most up-to-date information.

Appalachian Trail Corridor Monitor
This is an exciting job for someone who has a strong land conservation ethic. To support trail maintainers and the problems reported by trail maintainers. If you have the above skills and are interested in dedicating your time to support the Trail Conference and maintaining the AT corridor, this is the role for you!

Outreach
Do you have good organizational and clerical skills? Are you proficient with Microsoft Office software? The Trail Conference is looking for someone to help manage his workload and provide assistance with day-to-day tasks. If you have these skills, you could be just right for us.

Data Entry and Clerical Support
Office help needed for our office in Mahwah, 2–3 hours a day, twice a week. Duties include: Internet research, processing and shipping orders, and stocking of our books, maps and supplies.

Publications Volunteers Needed
The Publications Committee is looking for volunteers to help with upcoming book and map projects. If you have skills in the areas of writing, editing, or proof-reading, you can help us produce a new or revised trail guidebook. We are also looking for volunteers to serve as project managers for our books and maps, and for people who can field check trail descriptions or GPS trails to ensure that we have the most current and effective information.

Volunteer Opportunities
Are you not inclined to do any heavy work of trail building but would like to help support our trail crews? Here is an opportunity to take on an important part of building and maintaining our hiking trails by becoming an AT Corridor Monitor. This involves contacting prospective recruits for the crew, keeping records of the work done and any people who volunteered, as well as other duties as requested by the Trail Crew Chief. If you’re comfortable contacting people and have organizational skills and time during the spring, summer, and fall, then this kind of work could be just right for you.

Work from home or in the office. Adopt a part of our new online database to add information and comments or GPS trails to ensure that we have people who can field check trail descriptions or GPS trails to ensure that we have the most up-to-date information.

Appalachian Trail Corridor Monitor
This is an exciting job for someone who has a strong land conservation ethic. To support trail maintainers and the problems reported by trail maintainers. If you have the above skills and are interested in dedicating your time to support the Trail Conference and maintaining the AT corridor, this is the role for you!

Outreach
Do you have good organizational and clerical skills? Are you proficient with Microsoft Office software? The Trail Conference is looking for someone to help manage his workload and provide assistance with day-to-day tasks. If you have these skills, you could be just right for us.

Data Entry and Clerical Support
Office help needed for our office in Mahwah, 2–3 hours a day, twice a week. Duties include: Internet research, processing and shipping orders, and stocking of our books, maps and supplies.

Publications Volunteers Needed
The Publications Committee is looking for volunteers to help with upcoming book and map projects. If you have skills in the areas of writing, editing, or proof-reading, you can help us produce a new or revised trail guidebook. We are also looking for volunteers to serve as project managers for our books and maps, and for people who can field check trail descriptions or GPS trails to ensure that we have the most current and effective information.
Sedges reproduce in annual cycles by means of seeds, but are also perennial—at the end of the growing season, they die back to the ground level, and the following year, they will sprout from underground rhizomes or roots. In this way, a sword of sedges might actual ly be one large organism.

Sedges depend on the wind, not insects, for pollination, though their flowers nevertheless attract insects. Sedge flowers are considered delicacies by sedge grasshoppers, leaf beetles, aphids, blighters, and some harmless insects. In wetlands, the seeds or seedheads of sedges are food sources for ducks, rails, certain songbirds, small rodents, and some turtles.

There was great excitement in the sedge-loving community recently when the Lange-Headed Sedge (Carex macrolepolda) was discovered in New Jersey. This sedge is native to Russia, Japan, and the Pacific coast of Canada. In summer 2005, New Jersey botanist Louise Wooton discovered three populations growing near the coastal area of the state. Professor Wooton hypothesized that dried sedges had been used as shipping material, and that a few grains had blown into the wind when someone in New Jersey opened a box of something made in Russia, Japan, or the Pacific coast of Canada. In winter 2005, New Jersey botanist Louise Wooton discovered three populations growing near the coastal area of the state. Professor Wooton hypothesized that dried sedges had been used as shipping material, and that a few grains had blown into the wind when someone in New Jersey opened a box of something made in Russia, Japan, or the Pacific coast of Canada. In winter 2005, New Jersey botanist Louise Wooton discovered three populations growing near the coastal area of the state. Professor Wooton hypothesized that dried sedges had been used as shipping material, and that a few grains had blown into the wind when someone in New Jersey opened a box of something made in Russia, Japan, or the Pacific coast of Canada. In winter 2005, New Jersey botanist Louise Wooton discovered three populations growing near the coastal area of the state. Professor Wooton hypothesized that dried sedges had been used as shipping material, and that a few grains had blown into the wind when someone in New Jersey opened a box of something made in Russia, Japan, or the Pacific coast of Canada. In winter 2005, New Jersey botanist Louise Wooton discovered three populations growing near the coastal area of the state. Professor Wooton hypothesized that dried sedges had been used as shipping material, and that a few grains had blown into the wind when someone in New Jersey opened a box of something made in Russia, Japan, or the Pacific coast of Canada. In winter 2005, New Jersey botanist Louise Wooton discovered three populations growing near the coastal area of the state. Professor Wooton hypothesized that dri...
HIKERS’ SAMPLING OF Upcoming Events by Member Clubs

---

**March**

**Sunday, March 1**

- **GANC**

- **IHC**
  - Tread on the Water Trail, NJ: Leader: Dave Groves, 201-484-3614. Moderate hike/lowery. Follow newly-acquired rights-of-way to use the Patriots’ Path to Cox’s Pond and the rear of the Tread on the Water Trail. Meet: Cox’s Pond off of the RT 46. Call for directions. Moderate to strenuous 7 miles, 7 hours.

**Tuesday, March 3**

- **UCHC**
  - Maureen T. Foster, NJ: Leader: Jean Laposay 201-925-4774. Meet at Trail Center on Canal Path at Pines Rd. at 6:30 PM. Sickly 7 miles for the best in the world.

- **RVW**

**Thursday, March 5**

- **UCHC**

- **IHC**
  - Merla Painted Rock Ridge, Cross River, NY: Leader: Brian Kanway, 718-701-6746. Moderate and easy way up probably rocky in spring; pre-registration requested. Extensive New York museums at 10 AM.

---

**April**

**Wednesday, April 1**

- **IHC**

- **ADK-MH**

**Thursday, April 2**

- **UCHC**

---

**Notes:**

- The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikes are welcome to subject to club rules and regulations. Please check with the club prior to the hike for additional rules or restrictions.

---

April 26

IHC. Trail-Cleaning on Sterling Ridge Trail, NY. Leader: Jim Corbin. 7:30-9:30 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.

April 27

AFW. Backpacking in Harriman State Park, NY. Leader: Steve Brown. 6:44-9:02 AM. To register or go to www.walkingnewyork.com. Meet at parking lot near one mile south of Harriman State Park, NY. On the way back, meet at parking lot near one mile south of Harriman State Park, NY.

April 28

IHC. Trail-Cleaning on Sterling Ridge Trail, NY. Leader: Jim Corbin. 7:30-9:30 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.

April 29

TJR. Park Ridge, NJ. Leader: Tom Sullivan, Jim Bennett, and Robert Willimann. 7:00-9:00 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.

April 30

AHC. Peekskill, NY. Leader: Robert Mooney. 7:00-9:00 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.

May 1

IHC. Mahlon Dickerson Reservation, NJ. Leader: Anne Sullivan. 7:00-9:00 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.

May 2

ANH. Backbone State Park, IL. Leader: John Naugle. 6:44-9:02 AM. To register or go to www.walkingnewyork.com. Meet at parking lot near one mile south of Harriman State Park, NY.

May 3

SVS. Great Neck Preserve, NY. Leader: Bob Ross, Dietrich Raffaele, and Kate Ray. 7:00-9:00 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.

May 4

IHC. Fishkill Ridge, NY. Leader: Tom Sullivan, Jim Bennett, and Robert Willimann. 7:00-9:00 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.

May 5

AHC. Peekskill, NY. Leader: Robert Mooney. 7:00-9:00 AM. Meet near end of Sterling Ridge Trail on Ft. Tryon Park at 8 PM. Contact Leader to register.
Because of the continuing interest in the rehabilitation of the Darlington Schoolhouse as our future headquarters, we have decided to provide updates from time to time on our progress toward our move-in date. We are now in the "permit" phase of the project, during which we will work to provide our site plan and architectural drawings to state, county, and local regulators to obtain the approvals needed before we can start construction.

Fortunately, we have assembled an excellent professional team:
- Theor Laticinis, PC and PP of Condin Associates and Trail Life USA Committee is managing the project, determining its scope and ensuring that we are on track.
- The Colgan Perry Lawler Auralee Associates (CPLA), architectural firm, has been brought on to provide pro-bono counsel and coordinating the overall completion of the project.
- Andy Norin, land use attorney with the law firm Doidge & Biddle & Pearley, is providing pro-bono counsel and coordinating the overall completion of the project.

As our organization is constantly updating and expanding our trail maps and looking to expand our offerings of maps for new areas, we would like to obtain a better understanding of how people use our maps and what map features people prefer.

Your input in this survey can help us improve our current maps and also provide the production of new top-quality trail maps in the future. The survey is available online at http://my Trailmap.com.
Appalachian Trail Festival 2009
The 37th Biennial Meeting of the Appalachian Trail Conservancy
July 17-24, 2009
Castleton State College, Castleton, Vermont
Hosted by the Green Mountain Club

Here are some of the week’s highlights:

- Early morning birding
- "Appalachian Trail Conservancy Membership Meeting"
- "Hikes on the Appalachian Trail in Southern Vermont"
- "Appalachian Trail and Tales"
- "Lessons on 'going light'"
- "Trail Magic Discussion"
- "Virtual Tour of the Long Trail Lodge"
- "Climate Change and the Appalachian Trail"
- "Rattles and Ribbons, a Workshop on Northeastern Snakes"
- "Green Wall Shelter Replacement"
- "American Revolution Sites Including Bear Mountain-Harriman State Park"
- "Trail Maintenance From Kent Pond"
- "Ice Cream Run to Ben & Jerry’s Factory"
- "Rattlers and Ribbons, a Workshop on Northeastern Snakes"
- "Narrated M/V Carillon Cruise on Lake Champlain"
- "American Revolution Sites Including Bear Mountain-Harriman State Park"
- "Trail Maintenance from Kent Pond"
- "Ice Cream Run to Ben & Jerry’s Factory"
- "Rattlers and Ribbons, a Workshop on Northeastern Snakes"
- "Narrating M/V Carillon Cruise on Lake Champlain"

LETTERS TO THE EDITOR
continued from page 2

Jersey trail network. But in the January/February issue of Trail Walker I was happy to see an article in which Jane Daniels speaks about meeting and working with the mountain biking community.

I look forward to more work done side by side with the Trail Conference.

Evan Finneran
Fair Lawn, NJ

On Another Topic…

Improve Delegates Meetings,
Don’t Cut Their Number

Re Bob Boyson’s “From the Chair” column in the September/October 2008 Trail Walker, “Proposed That Be Fewer Delegates Meetings.”

In the original and continuing basis for the esteem and reputation of the Trail Conference rests with our trail work, and that derives directly from the strength, energies, and devotion of the volunteer base. To continue that positive interaction, it is important to maintain the impression that members (or their representatives, the Delegates) have the opportunity to comment, advocate, and if necessary, direct the actions of the Trail Conference.

Bob Boyson comments that the attendance at Delegates meetings has been steadily declining. And to counter that trend, he recommends reducing the number of annual meetings from three to two. Other solutions are possible, but have not been extensively considered or attempted.

Those meetings must be made more interesting. Topics should be scheduled which will encourage audience participation. Consider recent Trails Council meetings which had very spirited discussions on incursions of trail and motor bikes on the hiking trails, and another meeting that dealt with a proposed new trail that originally was planned with a trail interchange resulted in interesting, exhilarating, and productive meetings.

Surely, there are alternative topics which will result in comparable participatory and exciting delegate meetings. The Delegates should match their club affiliations, represent over 100,000 hikers. It would be very valuable, both to the clubs and to the Trail Conference environment, to encourage conservation efforts, if a significant percentage became motivated to become involved in their communities. They could become a very potent local political force.

Discussions at the Delegates meetings to draw out a more diverse group such as from Vermont could be encouraged could be encouraged.

My main point is that there must be a number of alternative therapies, short of the radical surgery of reducing the number of meetings, to make Delegates meetings more interesting.

Jack Drillet
Bridgewater, NJ

We often hear the message, “Weather can change rapidly. Be Prepared.” Author Peter Bronski makes the case vividly with chronicles of tired or lost hikers ill-prepared for the onset of rain, snow, cold, or wind. Hypothermia and accidents resulting in broken limbs or worse are the common stories. Aramony plays a big role as well, and an increasing one as hikers equipped with cell phones or personal locator beacons call for help when facing the slightest challenge. Bronski reminds us that our own carelessness or bad luck may put others at risk too, when emergency personnel are called out for rescues.

Bronski makes some careless errors in his introduction. He reports, for example, that Marcy was first climbed in 1837 and that by then “buildings already stood atop Mount Washington and an auto road led up to the top.” Yet according to Mount-Washington.org, the first building was constructed there in 1852 and the road certainly was not traveled by autos at that time!

Nevertheless, this is a must read for anyone thinking of enjoying the great outdoors experience, in the Adirondacks or else where. It offers good reminders of the importance of experience, preparation, and humility in approaching the great Adirondack outdoors. As Bronski shows us, when things go wrong in the wilderness, one can be very close to haven, and yet very far.

For more information on volunteer opportunities, visit www.vermont2009.org. Registration begins March 1.
Hiking isn’t just about backcountry trails anymore, and neither is the Trail Conference. The Hudson Hills and Highlands Community Trails Program, our one-year-ence. The Hudson Hills and Highlands Reservation, focuses on developing and trail systems that traverse the site and connect varied habitats, including meadow, deciduous forest, and southern Dutchess counties.

The latest book from the Trail Conference, Walkable Westchester (see story on page 1), is another manifestation of this new orientation toward promoting hiking opportunities close to home. Jane and Walt Daniels have written a one-volume encyclopedia of 180 places, large and small, to hike in a county better known for its bedroom communities and proximity to Manhattan than for its hiking trails.

A preserve known as the Marshlands Conservancy is an example. This medium-size property—170 acres—is on Long Island Sound in the town of Rye, is owned and managed by Westchester County Parks, and is accessible both by car and public transportation. A network of nearly three miles of trails traverses the site and connects varied habitats, including meadow, deciduous forest, and salt marsh. Perhaps more appealing, Marshlands offers one-half mile of shoreline property along the Sound, one of the few such places accessible to the public in New York.

Trail systems are marked andMarshlands is a great place to meander or go birding. For those who prefer directions, the Daniels describe (but not in the book) a 1-mile walk that starts from the Nature Center. Take the trail that begins at the right side of the Nature Center (as you face it), cross a small bridge and take the trail to the left along the meadow. (The large white house overlooking the meadow is the Jay Heritage Center. John Jay, the first chief justice of the United States, grew up on the property. He is buried nearby on land still owned by his descendants.) Follow the left edge of the meadow; at its far end take a side trail to the left and a view of the marshlands and an osprey nest platform. Continue to circle the end of the spit. Just before reaching the trail junction to return to the mainland, walk along the far side of the property. For those wishing to explore less-used trails, trail choices are numerous and continue toward the shore. Otherwise the return trip is to retracing your route back to the meadow and then head left downhill. Cross through a salt marsh and go out onto a spit, known as Murie’s Neck. Take the right fork and circle the end of the spit. Just before reaching the trail junction to return to the mainland, walk along the far side of the property.

In the fall turn right onto Boston Post Road. The entrance to Marshlands Conservancy is about 200 yards on the left. To learn about the other 179 places to walk in Westchester County, buy Walkable Westchester from the Trail Conference (see Hikers’ Marketplace below) or your favorite book store.

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

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.)
Catkill Trails (2005) & see combo $14.95 $11.21 +$1.50
NEW! East HUD Trail Map (2006) $10.95 $8.21 +$1.50
NEW! Harriman-Bear Mountain Trails (2008) & see combo $9.95 $7.46 +$1.50
Hudson Palisades Trails (2005) $8.95 $6.71 +$1.50
NEW! Kittatinny Trails (2009) & see combo $12.95 $9.71 +$1.50
North Jersey Trails (2007) $9.95 $7.46 +$1.50
Shawangunk Trails (2008) & see combo $10.95 $8.21 +$1.50
South Taconic Trails (2005) $4.95 $3.71 +$1.00
NEW! Sterling Forest Trails (2008) $7.95 $6.39 +$1.50
West Hudson Trails (2006) $8.95 $6.71 +$1.50
NEW! Old Croton Aqueduct (Friends of OCA, 2008) $4.95 $3.71 +$1.00

NEW!! Walkable Westchester (2009) $24.95 $18.71 +$3.50
Hiking the Jersey Highlands (2007) $22.95 $17.21 +$3.50
Circuit Routes in New York (2003) $11.95 $9.56 +$2.00
Day Walk (2002) $16.95 $12.71 +$3.00
Harriman Trails Guide (1999) & see combo $16.95 $12.71 +$3.00
NEW! Hiking Long Island (2008) $22.95 $17.21 +$3.50
Kittatinny Trails (2005) & see combo $18.95 $14.20 +$3.50
Scenes & Walks in the Northern Shawangunks (2006) & see combo $13.95 $10.46 +$3.50
AMC Catskill Mountain Guide (2002) $19.95 $15.96 +$3.00
Moon Take a Hike NYC (2006) $16.95 $12.71 +$3.00
Walking Marthahall’s Rim (2003) $13.95 $10.46 +$3.00
NEW! 50 Hikes in the Lower Hudson Valley (2008) $16.95 $12.71 +$3.50
50 Hikes in New Jersey (2005) $16.95 $12.71 +$3.50
Best Hikes w/Children in New Jersey (2005) $15.95 $11.96 +$3.00
Best Hikes w/Children in the Catskills & Hudson River Valley (2002) $14.95 $11.21 +$3.00
Hudson to Delaware: The Great Valley (2004) $75.00 $56.25 +$5.50
NEW! West Milford Bikers Dozen (2008) $9.95 $7.46 +$2.50

Combo-Packs
Harriman (2-map set & book) $23.40 $18.23 +$3.50
NY & NJ Walk Books $38.60 $29.85 +$4.50
Kittatinny (4-map set & book) $27.80 $22.80 +$3.50

The Personal Touch
Note Cards: TC Collection $12.00 $9.00 +$3.00
Long-sleeve Denim Shirt: Circle M L $29.90 $22.95 +$5.50
Polo Shirt (Forest Green): Circle S M L XL $19.90 $14.93 +$5.50
Trail Conference Baseball Cap $5.00 $3.75 +$1.20
Trail Conference Logo Patch $2.50 $2.50 postpaid
Long Path Logo Patch $2.75 $2.75 postpaid
Trail Conference Logo Decal: Circle: Inside Outside $8.50 $8.50 postpaid

Subtotal
Postage/handling from above $3.00
New Jersey residents and 7% tax

TOTAL ENCLOSED $