Completed Bare Rock Trail Leads to Great View at Sterling Forest

See page 12 for a description of a hike on this trail, or go to www.nynjtc.org/take/hike/bare-rock-trail-woods-lake-overlook for more detailed write-up of the hike.

A 2:20pm on Friday, June 23, Peter Tilgner and Suzan Gordon painted the last blaze and thereby finished work on the 3.8-mile Bare Rock Trail in Sterling Forest State Park. The trail runs between the Sterling Lake Trail and the Fire Tower Trail and leads to a great, 180-degree viewpoint overlooking Greenwood Lake.

The trail was several years in the works, from inspiration to completion. Peter and Suzan, trail supervisors for Sterling Forest, report that 17 different individuals helped during eight work trips. The volunteers included members of the North Jersey Ramapo Chapter of ADK as well as Trail Conference members: Chris Connolly, Sheila Rizzo, Andrew Kitzmann, Chuck Holmes, Richard Lynch, Irene Logan, Ed Goodell, Georgette Weir, Cliff West, Richard Sumner, Alan Nolan, Fred Hodde, Simon Goeden, John Mack, Noel Schulz, Mark Las, and Jack Driller.

The newly completed section of the Bare Rock Trail is not on the 2008 Trail Conference Sterling Forest map, but is indicated in the map detail on page 12.

New 4.8-mile Rocks Trail Links Historic Spots at Pound Ridge

On July 17, Pound Pound Ridge Reservation trail crew members, Trail Conference representatives, park personnel, and friends celebrated the opening of a new trail at the park called the Rocks Trail (RT).

The trail connects six prominent and historic rocks in the park: Dancing Rock, Raven Rock, and Indian Rock Shelter. The Rocks Trail was created by combining several existing trails with three newly built trail sections.

The Rocks Trail is 4.8 miles long; however, from the Michigan Road parking lot, the complete hike is more than 7 miles, with a total 1,300-foot elevation gain. It is considered strenuous by park standards. The trail is blazed with white metal markers overlaid with an “RT” decal. The Rocks Trail has not yet been added to the official park map, which is available at several locations in the park. It will be added in the near future. It is shown on a kiosk near the Michigan Road parking area.

For more than two decades, Ben Frankel has been supporting trail maintenance and volunteer enthusiasm as supervisor of the South Taconic Trails. One truism of trail volunteering is that each of us brings our own personality and style to the job and has a lot of room to shape and build community. Ben brought his knowledge, compassion, wit, and energy to the job, solving problems in his own quiet, methodical, and humble way.

Ben loves the trails and has made a point to get to know all of the volunteers, even having everyone to his house for an annual dinner. He is still going strong, but decided that upon turning 80, it was time to pass the torch. He has left such a deep impression on his friends and volunteers that we wanted to compile this tribute to thank him for so many years of leadership, stewardship, and friendship! Thank you, Ben!

— Josie Gray, East Hudson Trails Chair

I met Ben by coming across his sweater hanging on a tree on the South Taconic trails. Being a New Yorker, I wondered who would leave such a nice sweater hanging on a tree for anyone to take? Later, I came upon Ben, dressed in khaki pants and a long-sleeved, collared shirt, working on the trails. He was the most elegant trail maintainer I ever met. Ben got hot and left the sweater on a tree to retrieve it on his way down. That’s Ben—trustworthy, elegant, charming, and inspiring. His dedication to maintaining the trails inspires you to do a great job, as possible.

Ben called me this year and told me that he decided long ago that when he turned 80, he would hand over his supervisor job to somebody else, and that somebody is me. How could anybody say no to a man who has maintained trails for more than 40 years?

Claudia Farh, Supervisor for South Taconics (newly appointed)

Upon my arrival at Taconic State Park in 2001, Ben Frankel had already been heading up the Trail Conference’s South Taconic Trail Crew for years. I rapidly discovered how special the South Taconic Trail is and how important the Trail Conference’s work is to Taconic State Park. Ben Frankel, through his leadership, has been a guiding force in the stewardship of what is surely one of the northeast’s premier hiking destinations.

— Ray Doherty, Taconic State Park Manager

When I first met, Ben, I quickly realized that I was in the presence of an exceptional individual. He was a patient, thorough, competent instructor of this particular novice trail maintainer. He knew his South Taconic trail network just about as the centimeter, and kept copious notes on various features along the different trails. He was full of sternly worded instructions, fatherly advice, and all kinds of trail lore and natural history of the area.

Help Needed to Develop Orienteering Style Map for Section of the Highlands Trail

Orienteering-style maps are specifically designed for special competitions that involve following maps and looking for specific features to reach a series of checkpoints.

The Highlands Trail in Putnam County will have to form a hiking trail across the northern part of Putnam include half a dozen parcels owned by the New York City Dept. of Environmental Protection (DEP). The agency owns buffer lands there to protect the water quality in their numerous reservoirs in the Croton system. They permit, even encourage, people to hike on these reservoir lands—but, and it’s a big but, they do not want any marked trails. What to do?

This fall, we will begin exploring these lands to identify viewpoints, scenic overlooks, and, most important, stream crossings, and status them on existing maps. In the end we will have a set of orienteering-like maps for those who wish to hike this portion of the Highlands Trail. Orienteering maps are specifically designed for special competitions that involve following maps and looking for specific features to reach a series of checkpoints.
How Many Steps at Bear Mountain?

Editor’s Note: Several hikers have challenged the published count of 800 steps on the stretch of the Appalachian Trail that opened June 5 on Bear Mountain. One group of three say they counted 705 steps. Another hiker reported counting 719. Asked about the step count, construction manager Edwin Walsh reports the number 800 came from the design specifications for the project, “720 below the Pine Flats and 76 above.” When we created the work logs, we assumed an average rise of 7 inches. In reality, I think most of the steps were about 8 inches, which would reduce the number of installed steps by 100,” he confessed that in the rush to have the trail ready for its scheduled public opening on June 5, he did not count the final number of steps. “I focused my energy on the goals of having a beautiful, functional, and solid trail built by June 5.” The new official number of steps: 700.

Bravo, Bear Mountain Team

I had been aware of this project almost from its inception, but, sadly, even as a long-time AT maintainer, never lifted a finger to move a one-ton rock in the four years it was a work in progress. As I walked the trail after the official opening, I truly regretted missing the opportunity. I had no idea of the magnitude of this project. In my mind’s eye, I envisioned some steps weaving up the mountain a couple of hundred yards or so. Not near, not by a long shot. When I hiked onto the relo, my first impression was how inviting it was. This very quickly turned to downright awe. As a long-time hiker, two-time AT thru-hiker, and long-time AT maintainer, I was bowled over not only by the quality of the work itself—reminiscent to me of the Inca/Mayan stonework I’ve seen in Central America and Mexico—but also by the quality of the closers route. Magnificent. The good old “lurch, trip and stumble” AT is never going to be quite the same, once you walk this.

— Ralph Ferraii, Stormville, NY

Thank You, Trail Conference

The Tenafly Nature Center would like to extend a sincere thank you to Trail Walker for further acknowledging the hard work of Jack Driller and Mark Liss, Trail Conference volunteers, in the July/August 2010 issue [p. 4, “Volunteer Profile”]. In addition to lending a hand with unexpected events such as this, volunteers of the NY-NJ Trail Conference also locate, monitor, and render our trails year round—a huge task for which we cannot thank you enough.

— Jennifer Kleinsham

Executive Director, Tenafly Nature Center

Thanks for the Maps

I’d like to thank the generous folks who responded to my recent request (July/August Trail Walker) for copies of the old map series, Hikers News, originally designed by William Hoeftlin, then continued and updated by Leon Greenman of the Walking News during the 1960s. Along with this series of maps, I was also fortunate to receive other maps and guidebooks relating to hiking in the New York metro area. My hope is to have all of this information eventually archived at our new headquarters at the Darlington Schoolhouse when we move in.

Thanks to: Bruce Applebaum, Fred Kris, Harry J. Smith, Bob Randhawa, Eileen West for her donation of maps from the collection of Dick Redfield, Neil Bedell, and another donor who prefers to remain anonymous.

— Bob Jonas West Milford, NJ

Send us a Letter

Email it to tw@nynjtc.org; in the subject line, put “letter to TW editor,” or send it to Trail Walker Letters, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Why Trail Maintenance Reports?

Twice a year maintainers are asked to submit a report of what they have done on the section of trail they maintain. The Trail Conference does want to know that a trail is being cared for, but there are big-picture reasons for this reporting as well.

• Trail reports alert the supervisor and trail chair if there are any problems.
• We use the numbers of volunteers, hours worked, and trail miles maintained when applying for grants and to indicate the value of our volunteer service in our annual audit.
• Most important, we use the information in these reports to let our partners, such as park rangers, agencies and government officials, know that we are taking care of the trails and that we take that responsibility seriously.

So thank you, trail volunteers, not only for doing the maintenance, but also for doing the paperwork and attending meetings that are part of keeping 1700-plus miles of trails open for the public to hike.

— Jane Daniels, Trail Council Chair

BEN FRANKEL continued from page 1

Ben was very supportive of my idea to bring summer campers out to help maintain the trail. He encouraged me to come out with us on the days we showed up with campers. Instead of waiting for us at the access road parking lot, he went in early to prepare. I remember vividly how when the group reached the work site we found ourselves fogged in as we walked along the open ridge. Suddenly a voice ahead of us said “Hello!” and there stood Ben. I was instantly enchanted when I called him Mr. Frankel, emerging out of the mist like a legendary figure out of some old myth.

Ben has been doggedly loyal over the years to this spectacular and under-appreciated hiking treasure on the New York-Massachusetts-Connecticut border. I dare hope that we can keep up the good work that he has begun so well and so humbly. And I hope that I will soon see Ben out there on the ridge again, perhaps bringing summer campers out to help maintain the trails and that we take that responsibility seriously.

Thank You, Ben!

— Nicolas Franceschelli, Trail Maintainer

Special gift membership deal during the months of September through December.

Give the gift that makes a difference and start crossing those names off your holiday gift list!

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Gift-giver:
Name ___________________________________________________________
Member/ #1: Individual/Family
Name ___________________________________________________________
Address _________________________________________________________
City __________________________State ______ Zip ________
Phone __________________________
E-mail __________________________
Check or money order enclosed $________
Please bill my credit card 
Visa  Mastercard  Amex
Card # __________________________
Exp. Date __/____
Make check or money order payable to the NY-NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430.

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Regular Price $30 Now $15!

Family “Supporter” Membership
Regular Price $40 Now $20!

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Name ___________________________________________________________
Address _________________________________________________________
City __________________________State ______ Zip ________
Phone __________________________
E-mail __________________________
Check or money order enclosed $________
Please bill my credit card 
Visa  Mastercard  Amex
Card # __________________________
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Visa  Mastercard  Amex
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Regular Price $40 Now $20!
In July, MEVO stepped up to volunteer to organize our 3rd Annual Hike-a-thon. We are letting them at it, providing mentoring and support so these young people enjoy a great learning experience in event management.

Eric’s level of enthusiasm, energy, and self-starting, can-do spirit is unusual. But Trail Conference members should take heart in his story. Eric found his passion on a Trail Conference maintained trail. He found opportunity in our volunteer program. He found mentors among our trail staff and volunteers at Bear Mountain, where he has worked hands-on as an AmeriCorps intern this summer.

Other young people have found similar benefits through involvement with the Trail Conference.

Join this year (and not all-inclusive):
• 15 Boy Scouts from a troop in Monroe, NY, carried in (and up) the timber decking needed for the trail bridge on the AT at Bear Mountain.
• 15 teens from Groundwork USA, a nonprofit that aims to improve local communities, spent August 5 and 6 helping to remove obsolete sections of the Major Welch and Appalachian Trails and restore them back to the forest at Bear Mountain State Park.
• Rockland County AmeriCorps brought 40 young people to help restore the obsolete AT on Bear Mountain back to the forest under Trail Conference supervision.
• Three full-time Rockland County AmeriCorps interns, all college students, are each serving 300 hours at Bear Mountain.
• Ian Vanderkamp, a June graduate of Montclair High School, GPSed the entire Lenape Trail in Essex County, in both directions, providing basic info that will be used for a future trail project here.
• Alex from Montclair High School, Emily Gold and Jamie Famous GPSed all occurrences of several invasive species at High Mountain Reservation.
• Alex Cacci, a Boy Scout from Mahwah, NJ, built a beautiful and solidly constructed new footbridge on the Halifax Trail at Scarde Oak Pond in Ramapo Reservation as his Eagle Scout project.
• 12 Boy and Cub Scouts from Wayne NJ, completed a trail clean-up at High Mountain Preserve.
• We welcomed West Point BSA Troop 23, as a new member group. They will be maintaining the stretch of the AT between the Bear Mountain Inn and the Bridge, including the reroute around the Bear Mountain Zoo.
• New Jersey AT Management Committee Chair Gino Giudiano reserves two sections of the AT in the Delaware Water Gap National Recreation Area for outreach programs with Scout and school youth groups.

Even this incomplete accounting shows a pretty good record for a small organization that has no formal youth program (though we do have a modest endowment fund—the Lever Fund—that can provide money for youth trail projects).

Our 90-year-old organization faces never-ending trail obligations and younger volunteers will be the life blood that keeps trails open for new generations. If you have ideas about how we can better engage with youth, please let me know.

And watch for details about our Hike-a-thon this fall. Let’s give our young MEVO volunteers a response they can be proud of.

— Edward Goodell
Executive Director
goodell@nynjtc.org

Celebrate 90 Years of Trails in New York and New Jersey on Saturday, October 16, 2010

Join us for the 90th Anniversary Brunch and Membership Meeting of the Trail Conference at the Senator Frank R. Laurntenberg Visitor Center, Sterling Forest State Park, Tuxedo, NY.

This annual pancake event is a long-time favorite for Trail Conference members. Have a hearty breakfast (seating is limited; reserve your place—see below), take care of a little Trail Conference business, then follow in the footsteps of the Sterling Ridge Wanderbirds (pictured at right) in what is now Sterling Forest State Park in the company of Trail Conference volunteers and supporters.

Brunch Reservation Options

☐ I'd like to reserve my seat for the 90th Anniversary Brunch and make a donation to help offset the costs of the event. Go to Donate Now, indicate your donation, and in the Special Instructions box, type, “Please reserve _ places at the 90th Anniversary Brunch.”

☐ I would like to reserve my place now for the brunch. Contact Heidi Ahl at abed@nynjtc.org or 201-982-9348, ext. 26 to reserve your place.

☐ I cannot attend brunch, but I wish to honor the Trail Conference’s 90th Anniversary with a gift. Go to Donate Now, indicate your donation and in the Special Instructions box, type, “I cannot attend the event, but I wish to honor the Trail Conference’s 90th Anniversary with a special gift.”

☐ $250 and above: Presenting Sponsor of the 90th Anniversary Brunch

☐ $90–$249: 90th Anniversary Circle

☐ $45–$89: Maintainers’ Circle

☐ I am interested in making a special gift in honor of the Trail Conference’s 90th Anniversary. Please contact me.

Name(s) __________________________
Address __________________________
City ___________________ State ______ Zip
Phone __________________________
Email __________________________

$250 and above: Presenting Sponsor of the 90th Anniversary Brunch

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Learn more at www.nynjtc.org/content/90th-anniversary-brunch-and-membership-meeting
Volunteer Profile
Trail Maintainers Sarah and Glenn Collins: “Stewarding the Outdoor Experience for Thousands and Thousands”

By Lenny Bussanich

Long-time hikers and trail maintainers Sarah and Glenn Collins have an unwavering dedication for the outdoors. It comes across the phone line as they talk about their recent accomplishment of rebuilding the new section of Appalachian Trail on Bear Mountain in time for its grand opening on National Trails Day, June 5th. Glenn proudly states, “It was just a thrill to have that responsibility.”

For almost 10 years, starting as volunteers with the Woodland Trail Walkers club (now disbanded), this couple from Montclair, N.J.—she is the reference librarian at the Foundation Center in New York and volunteer coordinator for the Paper Mill Playhouse, he is a reporter for the Dining section at the New York Times—has maintained the 3.2-mile stretch of the Appalachian Trail that runs from the Bear Mountain Bridge to Perkins Tower on Bear Mountain. (Recently, they handed over the trail piece that covers the bridge to the inn to West Point Boy Scout Troop 23.) They refresh blazes, pick up trash, remove fire pits, and notify certified chain-sawers to clear away blowdowns when handouts prove to be inadequate. They savour the section’s historical significance as one of the oldest segments of the AT and its role, as Glenn’s words, as the “point of the spear in the introduction of urban American people to the outdoor experience and nature.”

So they were honored when the request came for help in rebirthing the new trail section in time for its grand opening. As the trail crew raced to complete the heavy rock and surfacing work of the first phase of the relocation, the Collinses got acquainted with the new route and methodically developed a blazing plan. Sarah emphasizes that their focus throughout the spring was on “getting the blazes correct.”

Glen puts it “did not want to have too many” of the AT’s signature 2-inch-by-6 inch white blazes, “yet enough to minimize confusion.” He reports that he and Sarah “lived on the trail for a week,” asking hikers and other users for recommendations, and that they are “still studying” the trail in order to maximize its directionality.

Their diligence paid off. When the trail opened with much fanfare on National Trails Day, Sarah and Glenn were rewarded with “some nice comments” from users and other maintainers. Among them was trail maintainer (and Trail Walker editor) Natalie West. She reports that while hik- ing the trail that day with Gary Haugland, former Trail Conference president and current chair of the East Hudson Highlands Trail committee, the sparkling white, sharp-edged rectangular blazes drew their admiration. “We jokingly warned that a new standard for blazing was being set and that we would be held to it,” West says. “Then we met the Collinses on the trail and had the opportunity to praise their work in person. It was great that, even as we admired the extraordinary work of the trail builders, we had with us the maintainers who not only had helped get the trail ready, but who would carry on, protecting and maintaining the trail in the future.”

Ask what kinds of challenges they have encountered during their years of service on the AT. Sarah quickly says, “The main issue is the sheer volume of people” on the trail. The park puts the minimum number at 20,000. But, Sarah adds, those numbers also bring advantages. “We get to meet so many people enjoying the trail.”

The two take pride in their “opportunity to be stewards of the outdoor experience for thousands and thousands of people.”

Sarah and Glenn have hiked in faraway places such as Hong Kong, Martinique, and Banff National Park, where they celebrated their 40th wedding anniversary. But they also enjoy their weekends hiking and volunteering on the trails of the New York-New Jersey metropolitan area.

When asked for words to encourage potential volunteers, Glenn answers that taking care of a trail is “worth the extra work and who you give to the trail.” Sarah states her belief that voluntering is “part of the core of American history,” it “speaks to the need for a balancing force against fierce individualism,” and is an opportunity to “give back to a group larger than yourself.”

Thanks to the Collinses’ extraordinary dedication and cherished ideals, present and future users of the Appalachian Trail will better enjoy the outdoor experience for many years to come.

What’s Next at Bear Mountain?

Now that work on Phase 1 of the Bear Mountain Trails Project—centered on the lower west face of Bear Mountain and the building of the rock “staircase” trail—has been wrapped up and the trail opened to the public, what’s next?

Over the summer construction crews moved to the south side of the mountain, where the focus has been on reconnecting the Appalachian Trail off of Perkins Memorial Drive and into the woods, providing a more “backcountry style” of trail. Trail workers aimed to complete this project by the beginning of September and open it to the public soon after.

In addition, the south side portion of the Major Welch Trail has been closed. The trail now begins at the base of Bear Mountain at Harvey Field along its current route up the east face where it ends at the summit of the mountain. The new Appalachian Trail on the south side does, however, incorporate the views of the closed section of the Major Welch Trail.

Coming This Fall: Build an ‘All-Persons’ Trail

The upcoming fall season will bring even more changes to Bear Mountain and opportunities for volunteers to learn and shape the trail.

A new handicapped accessible all-persons trail on the summit is in the works and will be in place by the end of the season. Work on this project will consist of building critical trail and wall to work on each phase of it. This is a great opportunity for volunteers to get involved.

Additional construction will begin on the upper east face of the mountain, starting from the cul de sac where the “staircase trail” now emerges and bringing the AT to the summit via a new route. A new version of the University workshop shops at Bear Mountain will take place in September. (See page 5.) Attendees can expect to learn skills in stone splitting, stone shaping, rock moving and mecha- nized trail building (using tracked carrier carriers to help to help transport materials). Volunteers are needed, particularly for the all-persons trail, and there is always work available through November. If interested, contact Chris Legas at cirg98@optin.org.

Since the beginning of the summer work in August, the trail crews at Bear Mountain have donated more than 2,000 hours of work.

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

Most workshops can be registered online at www.nynjtc.org/view/workshops. Once registered, you will receive additional details one week prior to the actual workshop date. Please pay attention to any prerequisites that may apply to certain courses. If you have any questions, please contact Chris Inglesi at cinglesi@nynjtc.org

Additional courses will be added throughout September and October. Be sure to check the Trail University webpage at www.nynjtc.org/view/workshops for updates.

Orientation: The Bear Mountain Trails Project
September, October 12
9am-3pm
Location: Bear Mountain State Park
Join us for an on-site review of the Bear Mountain Trails Project and walk-through of the new Appalachian Trail routes on the mountain. The day begins with a slide show, but most of the day will be devoted to a challenging walk up the newly opened 700+ step section as well as the current work on the south saddle and summit of the mountain. Explanations of the techniques and methods used in building the trail will be given as well as the possible volunteer opportunities for the upcoming Fall season will be covered in detail.

NOTE: This course is mandatory for all following courses at Bear Mountain.

TRAIL U
September/October 2010

Trail Crew Schedules
September – October 2010
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.

CENTRAL JERSEY CREW
Leaders: John Jaka & Estelle Anderson
Phone: 973-697-5326 Cell: 908-803-3883
Email: CNTRailoptimyzers@yahoo.com
Please check the Trail Crew Schedules on www.nynjtc.org/content/trail-crew-schedules for work trips, or feel free to call us for more information.

NORTH JERSEY WEEKEND CREW
Leader: Sandy Purr, 740-409-5109
Second Sunday of each month
Trips start at 9:30 am; call for location and details during the week before the scheduled trip.

WEST JERSEY CREW
Leaders: Monica & David Day
Phone: 732-937-0806 Cell: 908-307-0409
Email: westjerseycrew@trailstobuild.com
Website:www.trailstobuild.com
As of the Trail Walker deadline, work dates but not work locations for the fall season have been determined. Check our webpage or www.nynjtc.org/content/trail-crew-schedules for additional details.

September, September 11
Project and location TBD
September, September 18
Project and location TBD
September, September 25
Project and location TBD
September, October 2
Project and location TBD
September, October 9
Project and location TBD
September, October 23
Project and location TBD
September, November 6
Project and location TBD
RIGGER’S TRAIL CREW
Leader: Adam Rosenberg, HT Co-Supervisor: dobbin@verizon.net 973-570-0863
Sunday, September 19
September, Sunday, October 17
9am -3pm
We tackle various jobs building new sections or renovating existing sections of the Highlands Trail throughout New Jersey as well as fire lines. Work throughout the Hudson Valley is all volunteers; experience is not necessary. Contact leader for details of the trips and what tools to bring.

METHO TRAIL CREW
Leaders: Lee 614-3219, jaeheibenberg@nynjtc.org, Linda Sullivan, crew chief, 347-721-6121, marmamindy@gmail.com; Liz Gazzaniga, zgazzaniga@verizon.net
We work in various parts throughout New York City, generally the third Saturday of each month. May through October, with additional work dates as needed. Re-experience necessary. We provide gloves, tools, training. Please contact Linda Sullivan, in order to receive email notices of work outings, or check the Metro Trail Crew Page at www.nynjtc.org/content/trail-crew-schedules.

September, September 18
Staten Island Greenbelt
Bloodroot Valley area
Work: TBD
Meet: 9am at Greenbelt Nature Center, 700 Rockland Avenue
Trail Maintenance 101
Saturday, September 19
10am-11:30am
Location: Trail Conference Office, Mahwah, NJ
This one-to two-day course in conjunction with the New Jersey Department of Agriculture in hosting a workshop focusing on the Forest Pest Outreach Survey Project. The workshop’s main focus is to teach people interested in the outdoors about invasive insects and how to help protect the forests of New Jersey by becoming aware of signs and symptoms of a possible infestation. The workshop will include a PowerPoint presentation highlighting invasive insects that pose a serious health threat to the forests of New Jersey as well as the tools they use. Biological samples of the insects and their damage will be on display to complement the information in the presentation and act as a learning tool.

Stone Splitting and Shaping
Saturday and Sunday, September 18-19
9am-5pm
Location: Bear Mountain State Park
This is a one- to two-day course designed to educate students on how to split and shape stone for trail building. Topics covered will include proper use and maintenance of tools (i.e. portable generators, rope hammer drills, cartridge tipped shaping hammers, and chisels) as well as how to “read” a rock so that it splits properly. Only one day is necessary but students are welcome to attend both days for more detailed instruction. Prerequisites: Bear Mountain Orientation at or at least one year of Trail Conference trail construction experience.

September, October 9
Project and location TBD
September, October 16
TBD
Leader: Claudia Ganz
September, October 28
Popolopen Gorge at Queensboro Lake Leader: Bob Marshall
December, November 30
TBD
Leader: TBD
WEST HUDSON SOUTH
Leaders: Claudia Ganz
Phone: 973-570-0863
Email: westjerseycrew@trailstobuild.com
Phone: 845-952-7238, webber1@yahoo.com
Look for fall trail work schedule at www.nynjtc.org/content/trail-crew-schedules.

LONG PATH/HAWKINS GORGE RIDGE TRAIL CREW
Leaders: Andy Gunther, internranger@gmail.com or 848-888-0622
Jakob Frank, JF31@rci.rutgers.edu or 201-788-3612
Look for fall trail work schedule at www.nynjtc.org/content/trail-crew-schedules.

BEAR MOUNTAIN TRAILS PROJECT
Throughout November 28
Thursday-Wednesday
4:30am-4:30am
Trips involve a variety of tasks, such as: corridor clearing, prepping work sites, restoration, quarrying stone, using an overhead highe to transport stone, creating crushed stone (with motorized crawlers), building curb walls, setting rock steps, and splitting stone.

While training is provided every day, individuals who have no trail building experience are REQUIRED to attend one Trail Course on Bear Mountain or a Trail Building 101 course at another location. If you cannot meet these requirements but wish to volunteer, please contact the Volunteer Coordinator at bearmountaintrails@gmail.com.

Rock Moving for Trail Construction
Saturday, September 25
9am-3pm
Location: Bear Mountain State Park
Don’t underestimate the importance of this work shop! This course is for trail builders who have the physical capacity to perform this task a cost of time and potentially a lot of damage to your back and hands. Topics covered include: mechanical advantage using rock bars and picks, safety considerations, proper body mechanics, and use of reducing natural resource impacts. Prerequisites: Bear Mountain Orientation at or at least one year of Trail Conference trail con- struction experience.

Mechanized Construction: Using Crawler Carriers for Material Transport
Saturday, September 26
9am-5pm
Location: Bear Mountain State Park
Truck dumpers are used to support trail building materials over rough terrain and ups slopes on which regular wheel barrows are not practical. This workshop introduces participants to the walk-behind tracked motorized crawler carrier. Topics covered include care and maintenance, job hazard analysis, and self loading and operation. The Canycom BFP 602 carrier will be available for training. NOTE: By taking this course there is the expectation that you will volunteer a couple of days to operate the Canycom on the Bear Mountain Trails Project. Prerequisites: Bear Mountain Orientation at or at least one year of Trail Conference trail construction experience.
Some of Our Discount Partners

You can recoup the cost of your membership in one visit!

The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers — benefits only available to Trail Conference members.

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discounts, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website’s membership benefits area at www.nynjtc.org/content/retail-partners for current offers.

25% Discount on Trail Conference publications and clothing when purchased directly from the Trail Conference.

FREE Subscription to the Trail Walker, the Trail Conference’s bimonthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

Money-Saving Discounts at participating retailers and businesses.

Workshops and Seminars on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring, and GPS operation.

Volunteer Opportunities to “learn by doing” in areas as varied as trail maintenance, construction, publications, environmental monitoring, and cartography.

Access to the Hoeferlin Library at the Trail Conference office that includes more than 1,000 books on hiking worldwide, along with maps, guides and a historical archive.

Outdoor opportunities

Visit www.nynjtc.org/content/retail-partners for complete list of money-saving discounts!

Some of Our Discount Partners

Trail Conference members can take advantage of exclusive discounts and benefits with participating retailers and businesses!

Volunteer Classifieds: Get Involved!

To apply or for more information about these or other volunteer opportunities, go to our Volunteer Web Page at: www.nynjtc.org/volunteer or contact us at volunteers@nynjtc.org

OFF-TRAIL OPPORTUNITIES

Find more by clicking the link “Off-trail vacancy” on the Volunteer Web Page

Darlinton Schoolhouse Restoration Grant Manager

Are you interested in historic preservation? Would you like to see a community landmark like the Darlington Schoolhouse preserved and open to the public? This is your chance to play a central role in making this dream come true. The New York-New Jersey Trail Conference has received grants to restore the Schoolhouse, but can’t get started without a volunteer to help manage the grants and meet their requirements. The Grant Manager will be responsible for insuring that the terms of grant agreements are adhered to, reconciling invoices with grant budgets, attending meetings with granting agencies and architects, preparing reports and various paperwork associated with the grants, etc. You will be working with a great team of professionals. A couple of hours per week, sometimes more, is all that is needed.

Member Relations Volunteers

Help sustain the viability of one of the metropolitan area’s largest membership and volunteer outdoor organizations! We need volunteers to help us engage with our membership in our mission of providing access to open space in our region. We will match your skills, qualifications, and interests to the projects on hand.

Trialworker Editor

Ever wanted to be an editor? Here is your chance! The Trail Conference needs a trial maintainer-savvy volunteer to edit a semi-annual electronic newsletter for trail maintainers and managers. Use your writing and investigative skills to supply copy and ferret out other writers to produce articles about trail maintenance, tools, interesting projects, and problems solved. Work from home and then find an excuse to visit completed trail projects. Must be computer-savvy and willing to learn some layout and design. A great opportunity to provide information to other trail workers. For a 6-page newsletter, this position is likely to require approximately 10-40 hours to write and layout, less if you solicit articles from others.

CRM Database Lead

If you have experience using a CRM database, particularly in migration to CRM software, and want to keep your skills up to date and help the Trail Conference at the same time, then take advantage of this unique opportunity by working with our volunteers and staff in developing and executing a CRM migration.

OUTDOOR OPPORTUNITIES

Find more by clicking the link “On-trail vacancy” on the Volunteer Web Page

Become a Trail Maintainer!

Adapt a section of a trail to keep clear and adequately blazed two or more times a year, and help to keep our region’s footpaths accessible, pristine and protected. We have vacancies on trail sections in almost all regions across our trail network covers, particularly Long Path North. We need three new Trail Maintainers to take care of relocated sections of the LP in the Huntersfield State Forest and Ashland Pinnacle State Forest area just north of the Catskills.

Seaview Unitek Area: Maintain sections of the famous Long Path. We need three new Trail Maintainers to take care of relocated sections of the LP in the Huntersfield State Forest and Ashland Pinnacle State Forest area just north of the Catskills.

West Hudson North: Maintain sections of the famous Long Path. We need three new Trail Maintainers to take care of relocated sections of the LP in the Huntersfield State Forest and Ashland Pinnacle State Forest area just north of the Catskills.

New to Trail Work? Join a Trail Crew...

...and learn on the job! Our Trail Crews welcome both new and experienced volunteers. Participation is flexible; most crews spend from 3 to 8 hours—weekdays or weekends—working at a specific site. We have crews working on trails in West Hudson, East Hudson, Northern New Jersey, and Western New Jersey. For crew schedules and contact information, click “Trail Crew Schedules” under the ‘Get Involved’ menu on our website.

AT Corridor Monitors*

Are you looking to hike off trail in some-times rugged conditions? Then you may have found your volunteer calling. As an AT Corridor Monitor, you would monitor, maintain, and report on the boundaries of a section of the Appalachian National Scenic Trail corridor. We need four monitors in Orange County, NY, and five in Sussex County, NJ. More details about these vacancies can be found on our website.

Hike Field-checkers*

Help verify information in a planned Trail Conference Hike of the Week book. You will be sent a hike write-up and asked to follow its directions and rate any needed updates or corrections. Probable start: mid-fall. To indicate your interest, go to our Volunteer Web Page and click “Sign-up for Field-checking.” Please indicate your preferred geographic area and difficulty level, if any.

*These positions are available to Trail Conference members only. To join, you can complete the form on page 12, or sign up online at: www.nynjtc.org/membership.

September/October 2010

TRAIL WALKER

Page 6

Visit www.nynjtc.org/content/retail-partners for complete list of money-saving discounts!
The witch of the autumn woodlands
By Edna Greig

In mid autumn, most deciduous trees and shrubs have long finished flowering and instead display brightly colored foliage that marks their entry into winter dormancy. But there is one native woodland shrub that defies the season. It is the witch hazel (Hamamelis virginiensis). At the same time that the leaves of witch hazel turn a golden yellow during the shorter days of autumn, it also bursts into bloom with a multitude of highly fragrant, lemon-yellow flowers.

Witch hazel is a common shrub or small tree that can be found in deciduous woodlands in eastern North America and is often found along trails. It usually grows to about 8 to 10 feet tall in our area and has an open, zig-zag branching pattern. Its leaves are 2 to 6 inches long, broadly oval, with wavy edges. Look for the unenamelled leaf bases as an easy way to identify witch hazel during the growing season.

The autumn flowers of witch hazel are arranged in clusters of two to four along its slender twigs. Each flower has four ribbon-like petals that are about 1/8 inch wide and 3/4 inch long. The overall appearance is that of yellow spiders clinging to the twigs. When the flowers first open, they mingle with the golden foliage and often go unnoticed. But the flowers usually remain on the twigs for a week or more after the leaves fall. This is when the flowers are most conspicuous, especially when they are lit by the sunshine that passes through the newly opened canopy. A good time to seek out the spidery flowers of this witch of the woodlands is right around Halloween.

A Halloween witch hazel hunt may also reveal another fascinating feature of this shrub, for this is the time of year when witch hazel disperses the seeds formed from the previous year’s flowers in a most unusual way. The woody, urn-shaped seed pods are about 1/2 long and are sparsely scarred along the twigs. Each seed pod contains two shiny black seeds. When the time is right, the seed pods will explosively release the seeds with a loud pop. This explosive release can send the seeds flying up to 30 feet away and ideally deposits them where they can germinate free from competition with the parent shrub. This seed popping habit of witch hazel has given rise to another common name, snapping alder. Witch hazel is the latest flowering of our native shrubs and may have evolved this strategy as a way to avoid competition with other flowering plants for pollinators and bees and flies. But the down side to this strategy is that the cold temperatures of October and November mean that there are far fewer pollinators out and about. This is one of the reasons why witch hazel produces only a relatively small number of those seed popping pods.

Also called snapping alder, witch hazel pops its seeds up to 30 feet away.

Although witch hazel blooms around Halloween, the witch in its common name is probably not related to a blemish-inducing sorceress. Instead, witch is derived from the Old English word wic meaning pliable, referring to the branches. The pliable, crooked branches of witch hazel were used by early settlers as driving rods to sink our underground water. The other half of its common name, hazel, comes from the fact that its leaves resemble those of the American hazelnut, another shrub native to eastern North America.

Native Americans used witch hazel for a variety of medicinal purposes. Today, distillate of witch hazel is produced commercially and sold in pharmacies as a soothing and cleansing astringent. It also is an important ingredient in many cosmetics and pharmaceuticals. The witch hazel used commercially is harvested by cutting its stems to the ground, and most of it is obtained by contract from landowners in Connecticut. Since witch hazel vigorously resprouts after its stems are cut, a new harvest is possible every few years.

—Trail Conference member Edna Greig writes occasional columns on natural history topics for Trail Walker.
Find more hikes at www.nyntjc.org. Click on Scheduled Hikes under Go Hiking!

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

September 23

KHC. Highlands Trail: Tunnel Road to Spruce Run State Park, NJ. Leader: call 973-439-3233 to register. Moderate hike at a moderate pace; out by 5pm.

October 1


October 16

KHC. Mountain Trail: Alpine, NJ. Leader: Guy and Jen Percival, 973-590-7437, nycratin@gmail.com. Let’s experience nature with all your senses. Suitable for the visually impaired. Out by 4pm.

October 2


October 2

KHC. Marcy-Dupont Path: Pyramidal Ridge, NY. Leader: call 973-439-3233 to register. Moderate hike at a moderate pace; out by 5pm.

October 2

KHC. Mountainside: Site Specific Art Installation, NJ. Leader: call 973-334-1434, photosnaps58@gmail.com. Meet NJ State Park entrance 4-5 miles from the trailhead. Parking is free. Out by 7pm. Cost $10.

October 2

KHC. Mountainside: Site Specific Art Installation, NJ. Leader: call 973-334-1434, photosnaps58@gmail.com. Meet NJ State Park entrance 4-5 miles from the trailhead. Parking is free. Out by 7pm. Cost $10.

October 9

KHC. Parmaknot: Bushy Hill, NY. Leader: call 973-604-2905 to register. Meeting point at junction of NC 504 and NC 41 (overpass) at Spuyten Duyvil. Meet in Central Park parking lot 4:30pm. Out by 7pm. Cost $5.

September 12

KHC. Raritan River: Watchung Reservation, NJ. Leader: Clotilde Lanig, 908-761-7450, c.lanig@swbell.net. Easy hike at a moderate pace; out by 2pm.

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On Sunday, October 17

IHC, Bear Mountain and MR, Teaneck, Hudson Highlands State Park, NY. Leader: Roy Williams, 570-830-6280, nyharvest@icloud.com. Meet 8:30am at Anthony Wayne parking area in Harriman State Park, shuttle required or meet at 9am at Bear Mountain Bridge parking at 9:30. Shenandoah's pitbooks ahead for those strolling the views of the Hudson Valley. Bad weather cancels.


NYR, Anthony’s Nose to Cold Spring, NY. Leader: Ludwing Heim, ph: 845-943-5003. Meet 7am at Grand Central Terminal for 10:30am Hudson Line to Maukto review. will return from Cold Spring. Shenandoah. From Manhattan we’ll walk south to be of location and approach trails Anthony Nose, then Camp Smith Trail and over South Mountain Pass and Canada Hill. Continue on Ontosco point and lake Elizabeth. Water then across the 400, climb for North Red Hudson; then turn left to Indian Point. Then Constitution Hill and Bescoold and local roads to Foundry Corn Cold Spring.

GS, Nature Scamper Hunt for Families, NJ. Leader: call 973-609-2820 for info to shuttle. Meet 20 minutes across street-nomination (53 lot) even ends at 6pm. Calling all adventurous families! Together to solve our nature riddles as you hunt for answers along the trails that! Great for all ages.

Tuesday, October 19

USC, Wayne Area to Powinchuck Brook, NJ. Leader: Carol Orwin, 973-569-7595. Meet 9:30am at Powinchuck Brook in Glenmoor, about 8 miles, last half mostly on advisory level Powinchuck with an outstanding suberintended. Shuttle required at 47 from Arr Panel to Wayne Mountain Road and down to the brook.

Thursday, October 21


Saturday, October 23

NEC, Howling Wolves Hikes, NJ. Leaders: Volunteers from NJ Audubon’s West Wood Walks, 973-829-2020 to register. Meet 9:30am at Volkmann Road in Millstone, NJ. About 2 miles or of some of our favorite scenic spots. Carpet may be needed. Out by Dark. Cost: $5.

USC, Tourne Park, Newton, NJ. Leader: Susan Jacobs, 973-967-4204-4266. Meet 9am on the park. Climb to the top of the Trumbull Reservoir. Slightly sticky forest.

VOLUNTEERS AT WORK

As part of Pepsi Gives Back, 96 PepsiCo employees spent a volunteer day clearing barberry on the Yeatown-Kitchawan Trail in Westchester. The trail will be maintained by Trail Conference volunteers and is part of the Hudson Hills and Communities Trail Program.

By Susan Sterngold

On June 29, 2010, while walking on the north side of Pine Meadow Lake in Harriman State Park, I happened to notice a pile of rocks in the water with a rectangular stone sticking out of the top. The season’s dry spell had resulted in a low water level that revealed a gravestone, normally underwater. I knew there was a Conklin family cemetery across the lake, and I had heard there were some buried graves in the lake. I consulted Dan Hazin and Dave Sutter, two friends who have forgotten more about Harriman State Park than I will ever be lucky enough to know.

There are two slightly different stories accounting for this curious site, but both they have the same ending. Dan reported that according to Bill Miles (author of the original Harriman Trails):

“In 1934, when the dam had been built and the lake began to fill, Ramsey Conklin protested that the water would cover the 19 graves there, including those of his mother and father. So John Tansam, the Superintendent of the New York Division of the Park, built a pyramid of earth above the grave site, covered the sides of the mound with stone andrip, and planted several laurels on the top (N.Y. Post, 6/9/37). When the lake had filled with water, the little graveyard island could still be seen. It was ‘wounded’ and ‘battered’ since it was lowered to the lake level.”

Dave Sutter, who has saved many historical and out-of-print references regarding the history of Harriman State Park and the people who once lived on its land, cited an article in a 1939 Whispershaw Press newsletter by Marjorie Sterneven. In “Old Burial Grounds of Harriman,” Ms. Sterneven reported that when the dam was being built in 1933, young men in from a nearby CCC (Civilian Conservation Corps) camp decided to honor the “early pioneers” whose graves would soon be covered with water, by building a stone pyramid topped by 19 and 12 wooden crosses.

Today, the rock pyramid remains, now topped by a memorial plaque naming: Matthew Conklin (1792-1867), son of Ezekial Conklin and Catherine Johnson, and Phoebe Jane (1787-1867), wife of Matthew Conklin.

See it for yourself when the low is explore. The north side of Pine Meadow Lake and look for the gravemarker. It is easy to see from the Conklin’s cabin area. Rising and rising. Happy hiking!

Trail Conference member Susan Sternigold hikes regularly in Harriman State Park.

Low water at Pine Meadow Lake in Harriman State Park reveals a piece of history.

A bit of underwater history emerges in Harriman

--- Laurie Rankin, Secretary, Catskill 3500 Club

Third Annual Hike-a-thon To Benefit Programs of the NY-NJ Trail Conference

This year’s event is being organized for the Trail Conference by Mahwah Environmental Volunteers Organization, an independent student group comprising high school and college students.

Low water at Pine Meadow Lake in Harriman State Park reveals a piece of history.

FICA, Old Cotton Aqueduct, Tarrytown and Sleepy Hollow, NY. Leader: contact 914-977-3366. Meet 10am at Nepaug Rd and Green St. This hike boils up - uplift - from Nepaug Rd. Tarrytown. Good hike with a lot of history and back includes a detour to several interesting sites in Sleepy Hollow Cemetery. About 5.5 to 6 miles. Bring lunch and good work gloves.

Sunday, October 24

IHC, Trail Maintenance on Schunnemunk Mountain, NY. Leader: Tom Pamis, 973-725-4046. Meet 6pm at 5000’ West trail leader for meeting time and location. Scenic hike and fine at exact one of the best views in the Bear Mountain area - flat rocks. 

UCCH, South Mountain Reservation, West Orange, NJ. Leader: White, 973-796-4399 Meet: 8am at Turtle Back rock parking. Moderate 4 miles. Rain cancel.

GS, Laurel Trail, Great Swamp, NJ. Leader: call 973-627-6209 to register. Meet West trail nomination (53 lot) even a natural to explore the swamp in the full length of autumn color on this moderate nature hike. For ages 8hr.

Tuesday, October 26

USC, Web Ecology Center, Nanuet, NJ. Leaders: Carlin and Jim Canfield 973-728-9774. Meet 10am at parking lot. 6 miles at moderate pace to mines and marvelously rocky trail with elevation gain of about 900 feet.

Thursday, October 28

APF, Campground Reservation, NJ: Leader: call 973-644-9592 for info and registration or visit w w w.nynjtc.org. Moderate hike of a moderate pace to 9pm.

Saturday, October 30

UCCH, Delaware Park, Montclair, NJ. Leader: 973-763-7230. Meet 10am at all trail runners. 2 Delaware Park area, Montclair, NJ. 4 miles of salt marsh and upland trails with views beautiful and wild, lots of birds and soft floating foreshore. Ha! rain cancel.

Sunday, October 31

ICB, Round Valley Recreation Area, NJ. Leader: Chris Davis, 609/694-2500. Meet 10am at Round Valley Recreation Area (south lot). 4.2 miles on trail system. Low water at Round Valley Lake. See story below.


Catskill 3500 Club members volunteer to restore the shelter at Diamond Notch. See story below.

Low water at Pine Meadow Lake in Harriman State Park reveals a piece of history.
When making their estate plans a few years ago, outgoing board chair Robert Boysen first interest, so of course, I said yes.” Bob adopted a second trail, became Trailer Trail Conference assignments followed. Bob adopted a second trail, became Supervisor in several New Jersey regions, Trail Chair, member of the Trail Conference Board of Directors, then board chair. 2004. “Rosy,” he says, “hiked most of the book input. She also did a lot of the original typing.”

Robert and Rose Marie Boysen, hiking in Denali National Park, Alaska.

The Boysens are only one of several dozen longtime supporters of the Trail Conference who have indicated that they have included the organization in a will, trust, or other estate plan. Planning a gift to the Trail Conference may mean funding a charitable gift annuity or remainder trust with the Trail Conference as the beneficiary. Whether it is simply a line in your will or something more complicated like the bequest of real estate, there are planned giving opportunities to address these concerns. Planned giving can help you realize a tax savings, provide for a reliable flow of income, and memorialize a loved one. But most of all, planned giving can help you create a gift that has the impact you desire.

“I love the Trail Conference because of its focus on volunteers simply doing a job that needs doing without a lot of fanfare,” Bob says. “Given this, and the fact that we are financially capable of significant contributions to efforts we favor, adding the Trail Conference to our will was a natural progression.”

When the Trail Conference began in 1998, when he started working with Sandy Parr’s North Jersey Trails Crew...
New 13th Edition of Harriman-Bear Mountain Trails Map Set
Now Available

The Trail Conference is pleased to announce the publication of the 13th edition of our most popular map set, Harriman-Bear Mountain Trails. This two-map set shows trails throughout Harriman and Bear Mountain State Parks, including the Appalachian Trail and Long Path, as well as other surrounding parklands.

This revised edition features an improved and enlarged inset map of Bear Mountain that shows the new configuration of the Appalachian Trail on the mountain. Several updates, minor changes such as increased labeling of contour lines, and corrections to the previous edition have also been incorporated into this edition on both the map faces and backs.

At a cost of $9.95 ($7.46 for members), this map set is a must-have for outdoor enthusiasts interested in exploring the rich network of trails in Harriman and Bear Mountain State Parks. To obtain the revised map set, see the Hikers’ Marketplace on page 12, shop online at www.nytc.org, call 201-512-9348, or stop in at the Trail Conference office.

This 13th edition of this map set also makes a great companion to the revised and fully updated Harriman Trails guidebook by William Mylès and Daniel Chazin that will be available soon. Visit http://harriman.nytc.org for more information or to sign up for email notification upon publication.

Harriman-Bear Mountain Trails was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.

GOING TRAIL-LESS
continued from page 1

sometimes running through the fields and forests. It is a world-recognized sport, and one of its great advantages is the use of symbols to make them useful regardless of one’s own language.

We don’t intend to generate such super-detailed topographic maps. Our focus will be on delineating the wet areas, identifying preferred stream crossing sites, and pinpointing views that increase the positive hiking experience.

These parcels are not large—only a few square miles at most—and most can easily be hiked sequentially. Located between Clarence Fahnestock State Park and Wonderland Lake State Park, they are linked by short road walk sections and in some places other state and county open space areas. Armed with topographic base maps and a GPS (or, if you are old fashioned like me, a compass) it will become possible to piece together a hike that incorporates the high-light of these low-lying wetlands and hilly surrounding forests.

If this kind of a trail project sounds intriguing, I invite you to participate. There are some rules. You must register with the DEP and carry a current access permit with you when you hike on these watershed lands. And if you intend to park your car nearby, you must have a parking tag visibly displayed. These are available by registering with the NYC DEP online or by mail. The DEP website is www.nyc.gov/html/dep/html/watershed_protection/access.shtml.

If you are interested and are willing to share your data and descriptions with the Trail Conference, please contact me to obtain the base map so I can keep track of who is working on this project. Other than that, you will be on your own. My email address is haugsland@aol.com.

Hunting Seasons 2010

NEW YORK
Regular and Archery
Southern Zone (includes Catskills, Shawangunks, and most of Hudson Valley) – Deer


Regular: Nov. 20 – Dec. 12
Muzzleloading: Dec. 13 – Dec. 21

Westchester County – Deer
Regular (bowhunting only):
Oct. 16 – Dec. 31

Suffolk County – Deer
Regular (bowhunting only):
Oct. 28 – Dec. 12
Special Firearms Season ** (special permit, weekend days), Jan. 3 – Jan. 31, 2011

West of Hudson River, including Catskills and Shawangunk Ridge – Bear

Regular: Nov. 20 – Dec. 12
Muzzleloading: Dec. 13 – Dec. 21

Hunting is not allowed in Bear Mountain-Harriman State Parks. However it is allowed in part of other state parks. Call parks for details.

Black Rock Forest (845-534-4517) closes to all hikers from Nov. 20 through Dec. 12.

For more info about deer and bear hunting seasons in New York, go to www.dec.ny.gov/outdoor/28605.html.

NEW JERSEY

In New Jersey, the safest course in the fall is to hike only on Sundays, when hunting with firearms is generally prohibited throughout the state. Otherwise, hunting seasons vary by weapon and geography. Hunting seasons for deer and bear were not yet published as of the deadline for this issue.

Try visiting www.state.nj.us/dep/fgw, then click on Hunting, then Deer. Go to the same site for other hunting seasons and information.

Peaceful Places: New York City
129 Tranquil Sites in Manhattan, Brooklyn, Queens, the Bronx and Staten Island

By Evelyn Kanter

The title of this book, in some ways, says it all. There are peaceful places in New York City. It’s hard to imagine peace and tranquility while you are commuting to or from work on the subway or express bus, but Evelyn Kanter not only tells us where they are, she tells us a lot about them. The author goes out of her way to make this guide very user-friendly. For easy reference, she lists the Peaceful Places alphabetically and assigns a number to each. They are also listed by area: Manhattan, Brooklyn, Queens, the Bronx, and Staten Island.

There are 11 different categories of Peaceful Places, including: Enchanting Woods, Parks & Gardens, Scenic View, Historic Sites, and Urban Surprises. As a bonus, Kanter adds a section that directs the reader to Peaceful Day Trips—Beyond New York City. For each Peaceful Place there is a list of “essentials” that includes street address/location, phone number, admission/cost (if any), hours, and travel information—including public transportation. There is also a “Serenity Rating” of one to three stars. One star: tranquil if visited in the guide (and possibly avoided at other times); two stars: almost always sublime; three stars: heavenly anytime.

Trail Conference volunteers help to maintain trails that are in close proximity to many of the sites in the guide and those trails can be part of your trek through The City. In the Bronx we assist Friends of Pelham Bay Park, where you can visit Twin Islands (#119, two stars) and Orchard Beach (#85, one star). The Staten Island Greenbelt Crew maintain nearly 50 miles of trails with access to three Peaceful Places: the Greenbelt Nature Center (#54, two stars), Moses Mountain (#78, two stars), and the Jacques Marchais Museum of Tibetan Art (#96, three stars). I have been to the Greenbelt Nature Center and Moses Mountain, and I would give each of them a higher rating than two stars, see for yourself if you agree with me or with Ms. Kanter.

Manhattan and Peaceful are not a natural combination, but you can manage to achieve this concept, if you know where to go. Bryant Park (#23, two stars) is my daytime turf and it would also be my pick for visitors to The City looking to add some tranquility to their urban quest.

In my 50 years as a New York City resident I have been lucky enough to have visited 39 of the 129 sites identified by Ms. Kanter; reading her review brought back fond memories of those experiences. I’ve added five new ones since reviewing this book, which makes a more peaceful New Yorker as a result.

Menasha Ridge Press, 2010
Reviewed by Joe Gindoff, Metro Trails Chair, with an assist from Lucille Gunter, Metro Trails Crew Member

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Please also be sure to visit the New York Chapter of the Appalachian Trail Club website, www.aatc.org, for information on all the local trails in New York City.
Featured Hike

Completed Bare Rock Trail Leads to Great Viewpoint

By Daniel Chavin

Trail Conference volunteers recently completed the Bare Rock Trail in Sterling Forest State Park, which leads to a spectacular overlook of Greenwood Lake. This loop hike takes in the Sterling Forest Fire Tower.

**Length:** About 7.5 miles.

**Difficulty:** Strenuous.

**Time:** About five hours.

**Map:** New York-New Jersey Trail Conference Sterling Forest Trails Map #100.

**How to Get There:** Take the New York Thruway to Exit 15A. Take Mine Road (County Route 72) west for 3.0 miles, then turn right onto Long Meadow Road (County Route 84). In 3.5 miles, turn left onto Old Forge Road and continue for 0.5 mile to the Sterling Forest State Park Visitor Center.

**Description:** Leave the visitor center, using the front entrance, and turn right on a dirt path, following the blue blazes of the Sterling Lake Loop. Continue about half a mile until you see a sign along West Sterling Road marking the start of the Bare Rock and Fire Tower Connector Trails.

**Turn left:** then immediately turn right and follow the orange blazes of the Bare Rock Trail. The trail will follow both woods roads and narrow footpaths on its way to the top of a ridge, where it reaches a junction marked by the letters “BR.” Turn right and descend rather steeply on a side trail, marked with blue-stripe-on-orange blazes. You’ll emerge onto Bare Rock—a spectacular viewpoint over Greenwood Lake.

When you’re ready to continue, climb back to the main trail and turn right. The Bare Rock Trail heads generally south along the ridge. In about a third of a mile, the trail bears left to an east-facing viewpoint, then bears right and continues to descend to end at a junction with the white-stripe-on-red-blazed Fire Tower Trail.

Turn left onto the Fire Tower Trail, a woods road. In a quarter of a mile, you’ll reach a junction with the green-blazed West Valley Trail, which begins to the left. The route ahead is flooded, so you will have to bear right and bushwhack around the flooded section.

When you return to the woods road (the route of the Fire Tower Trail), turn right and follow the road for a mile to a junction with the orange-blazed Sterling Ridge Trail and the teal-diamond-blazed Highlands Trail. Turn left, onto this multi-blazed trail.

After a short level stretch, the trail turns slight right and climbs very steeply over rock ledges to reach a south-facing viewpoint from open rocks. The trail now descends to cross an intermittent stream, then climbs again—first gently, then more steeply. It soon reaches the Sterling Forest Fire Tower (open only on weekends and holidays, when a ranger is present).

Proceed east on the white stripe-on-red-blazed Fire Tower Trail, which descends steeply on a woods road. After a mile, where the Fire Tower Trail branches off to the right, continue on the main road, now marked with red-triangle-on-white blazes as the Fire Tower Connector Trail. When the road ends at a junction with the blue-blazed Sterling Lake Loop, turn right and follow the blue blazes back to the visitor center, where the hike began.