



Volunteer Profile

Glenn and Sarah Collins maintain one of our region's busiest trail sections.

READ MORE ON PAGE 4 ▶



Hikers' Almanac

Enjoy a hike with one of our member clubs and organizations. See the fall offerings.

READ MORE ON PAGES 8 and 9 ▶



TRAIL WALKER

September/October 2010 New York-New Jersey Trail Conference – Connecting People with Nature since 1920

www.nynjtc.org

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/hike/bare-rock-trail-greenwood-lake-overlook for a more detailed write-up of the hike.

At 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,

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.



A Trail Conference crew including Peter Tilgner, Suzan Gordon, Richard Sumner (sitting) admires the view of Greenwood Lake from Bare Rock in 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 Katzmann, Chuck Holmes, Richard Lynch, Irene Logan, Ed Goodell, Georgette Weir, Cliff West, Richard Sumner, Alan Nolan, Fred Hodde, Siman Gooden, John Mack, Noel Schulz, Mark Liss, 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 Ward Pound Ridge

On July 17, Ward 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, Bear Rock Petroglyph, Spy Rock, Castle

Building the trail took nearly a year of planning followed by about a year of trail building and re-blazing. To mark its opening, guests gathered for a continental breakfast and congenial talk before heading out to walk the new trail. Geof Connor presented a short history of the park that included the history and lore associated with each of the six rock features.

Jeff Main, park manager, thanked the volunteers for their work in the park.

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Left to right on the new Rocks Trail: David Margulis, Connie Stern, Fred Howley, Danielle Fitch, Fred Stern, Leili Kheirabi, Kurt Himpel, Geof Connor, and Jim Fitch

Ben Frankel Passes the Taconics Torch

For more than two decades, Ben Frankel has been supporting trail maintenance and volunteer enthusiasm as supervisor of the South Taconics 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!

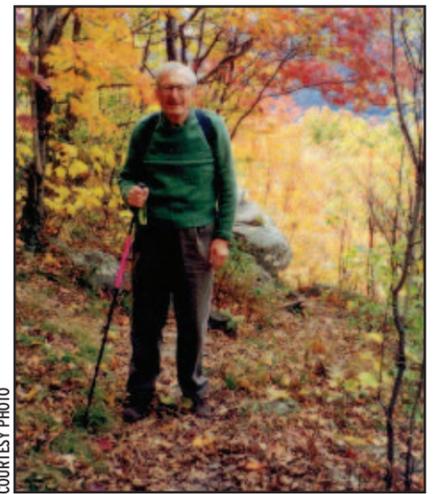
—Josie Gray, East Hudson Trails Chair

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 the way down. That's Ben—trusting, elegant, charming, and inspiring. His dedication to maintaining the trails inspires you to do as much as possible.

Ben called me this year and told me that he decided long ago that when he turned 80, he would hand over the 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 Farb, Supervisor for South Taconics (newly appointed)

Upon my arrival at Taconic State Park in 2001, Ben Frankel had already been head-



COURTESY PHOTO

Long-time Taconics Trail Supervisor Ben Frankel has worked on the trails for four decades.

ing 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

"If you talk to Ben very long, you soon realize how much he loves hiking and being outdoors. Thank you, Ben, for all that you have done for the trails in the South Taconics and the maintainers who care for them."

—Jane Daniels, Chair, Trails Council

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 to 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.

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Going Trail-less in Putnam County

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

By Gary Haugland, HT East of Hudson Chair

A portion of the Highlands Trail in Putnam County will become a trail-less trail. *What?*

The idea of a trail-less trail was first proposed for the Long Path in the 1930s: locate an endpoint and identify some major waypoints and then leave it up to the adventurous hiker to find his or her own way. Over the years, the Trail Conference has conscientiously moved away from this concept to create a network of cleared and marked trails. Even the Long Path is not following the original strategy.

But it looks like a portion of the Highlands Trail in Putnam County will have to. The open spaces we have identified 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 one—they do not want any marked trails. What to do?

This fall, we will begin exploring these lands to identify viewpoints, scenic outcroppings, and, most important, stream crossings, and situate 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,

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TRAIL WALKER

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Mission Statement

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

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

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Letters to the Editor

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 Eddie 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 had no idea of the magnitude of this project. In my mind's eye, I envisioned some stone steps weaving up the mountain a couple of hundred yards or so. Not so, 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 chosen route. Magnificent. The good old "lurch, trip and stumble" AT is never going to be quite the same, once you walk this walk.

—Ralph Ferrusi,
Stormville, NY

Trail Conference member Ralph Ferrusi writes a weekly Hike column for the Poughkeepsie Journal, from which this letter was adapted. You can find a link to the article on our website. Go to www.nynjtc.org/news/news-items and scroll to find "New Bear Mountain path redefines hiking trails."



Thank You, Trail Conference

The Tenaflly 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 hike, monitor, and reblaze our trails year round—a huge task for which we cannot thank them enough.

—Jennifer Kleinbaum
Executive Director, Tenaflly 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 Hoeflerlin, 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 Kies, Harry J. Smith, Bob Randhare, Eileen West for her donation of maps from the collection of Dick Redfield, Neil Zimmerman, and another generous 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 trails 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 managers 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 to the public for hiking.

—Jane Daniels, Trails Council Chair

BEN FRANKEL

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Ben was very supportive of my idea to bring summer campers out to help maintain the section, and took the trouble to come out with us on the day 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 (he disliked it intensely when I called him Mr. Frankel), emerging out of the mists 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 emerging mysteriously out of a low cloud. Thank You, Ben!"

—Nicolas Franceschelli,
Trail Maintainer



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From the Executive Director



Young Volunteers Working with the Trail Conference

In 2008, Eric Fuchs-Stengler, then a junior at Mahwah High School, took himself on a hike—his first ever—at nearby Ramapo Valley County Reservation. In late August of this year, Eric was set to head to Clark University in Wooster, Massachusetts, where he plans to study global environmental studies and environmental science. The two events are connected.

“Before I went to the reservation I had never realized how big the world is, how beautiful,” Eric says, confessing that until eighth grade he did little besides play video games. “I discovered nature at the reservation. I brought my best friend out and we kept hiking.”

Eric immediately felt “an urge to help the environment.” He joined the Trail Conference in order to become a maintainer. Because of his age, then 17, he needed his parents’ written permission. He was assigned the Yellow-Silver Trail at the reservation.

Not content with that, Eric then set about founding a new youth group, Mahwah Environmental Volunteers Organization (www.mahwahevo.org). Its membership, he says, includes 360 high school and college students who volunteer for local and regional environmental projects and enjoy monthly hikes. This spring and summer, the group made two work trips to Bear Mountain, one to help clean up the Lower East Face Appalachian Trail (AT) prior to its opening on June 5, and one to help remove the obsolete AT and restore it back to the forest. Each trip had 15 young volunteers.

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.

Just 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 Vanderklein, 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.



Eric Fuchs-Stengler, young trail volunteer *par excellence*

- Also from Montclair High School, Emily Gold and Jamie Fanous GPSed all occurrences of several invasive species at High Mountain Reservation.
- Alex Ciocci, a Boy Scout from Mahwah, NJ, built a beautiful and solidly constructed new footbridge on the Halifax Trail at Scarlet 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 Gene Giordano 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. Lautenberg 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 Hedy Abad at abad@nynjtc.org or 201-512-9348, 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.



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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 unmistakable exuberance for the outdoors. It comes across the phone line as they talk about their recent accomplishment of reblazing 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, NJ—she is 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-sawyers to clear away blow-downs when handsaws prove to be inadequate. They savor the section’s historical significance as one of the oldest segments of the AT and its role, in 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 reblazing 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.”

Glenn notes they “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) Georgette Weir. She reports that while hiking 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 worried that a new standard for blazing was being set and that we would be held to it,” Weir 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.”

Asked 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 200,000. But, Sarah adds, those numbers also bring advantages. “We get to meet so many people enjoying the trail.” The two take great pride in their “opportunity to be stewards of the outdoor experience for thousands and thousands of people.”



Glenn and Sarah Collins on their freshly blazed section of the AT

The AT is “the point of the spear in the introduction of urban American people to the outdoor experience and nature.”

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 “gives you much more back than you give to the trail.” Sarah states her belief that volunteering 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 Collins’ 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 east 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 relocating 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 Hessian Lake and continues 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 share their skills.

A new handicapped accessible all-persons trail at the summit is in the works and will be completed by the end of the fall season. Work on this project will consist mostly of building crib wall and transporting materials with tracked crawler carriers. This is a great opportunity for volunteers to get involved.

Also, 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 series of Trail University workshops 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 mechanized trail building (using tracked crawler carriers to help transport materials).

Volunteers are needed in particular for the all-persons trail, and there is always work available through November. If interested, contact Chris Ingui at cingui@nynjtc.org.

Since the beginning of the work season in April until mid July, volunteers at Bear Mountain have donated more than 2,000 hours of work.

— Paige Trubatch



TRAIL NEWS

continued from page 1



ing his remarks he said, “The Rocks Trail was not only a great opportunity for the Trail Conference volunteers to see a project come together from start to finish, it places renewed interest on features tied to the local history, which helps reinforce a sense of place here at the reservation.” Jane Daniels, chair of the Trail Conference Trails Council, added her congratulations.

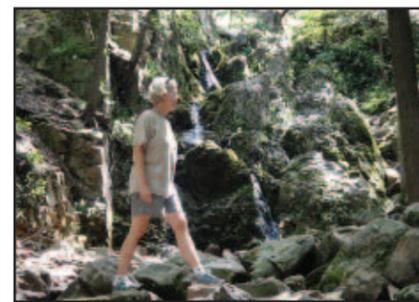
Ward Pound Ridge Reservation is the largest Westchester County park. It contains more than 40 miles of hiking trails that are maintained by Trail Conference volunteers.

— Fred Stern, trail volunteer

New Fitzgerald Falls Section of AT Avoids Flood Zone

Traveling northbound on the Appalachian Trail as it passes north of Greenwood Lake, one traverses and follows a stream called Trout Brook and the 25-foot Fitzgerald Falls. This trail section has been prone to flooding and is under water much of the winter and spring. After much preparation, planning, and all of the necessary approvals, relocation of the AT here has been completed. The new trail sections opened July 11, 2010. There are three new segments:

- The major relocation was of a section from the wooden bridge crossing Trout Brook to the bottom of Fitzgerald Falls. The old path was under water most of the year. The new trail stays on the west side of Trout Brook and approaches the falls from the northwest. New stone steps were constructed at the bottom of the falls to cross Trout Brook.
- The second relocation was made at the top of the falls after the AT crosses Trout Brook. The old trail crossed a tributary of Trout Brook, traveled along its west bank, and crossed it again. The new trail stays on the west side of this stream, avoiding two crossings.
- In inclement weather (rain or ice) the stone steps up the side of Fitzgerald Falls can be quite treacherous. A new Fitzgerald Falls Bypass Trail starts at the AT before the bottom of the falls, traverses northwest around the falls, and meets the AT after it crosses Trout Brook. This avoids two stream crossings and the steep steps along the falls.



Volunteer Marge Taylor on new stone stream crossing at Fitzgerald Falls.

The enormous effort to plan and construct this new section could not have been possible without the assistance of both the North Jersey and the West Hudson trail crews. We thank them for their contribution to make the trails better for all hikers and outdoor enthusiasts.

— Richard Taylor, AT Section Supervisor

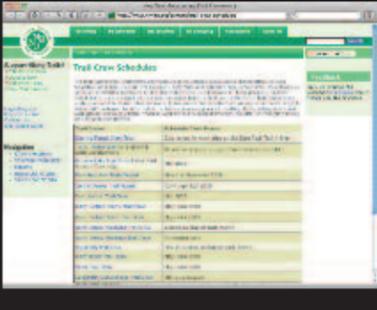
Find Trail News on our website at www.nynjtc.org/news/trail-news.



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.



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.

CENTRAL JERSEY CREW

Leaders: Bob Jonas & Estelle Anderson
Phone: 973-697-5326 **Cell:** 908-803-3883
Email: CNJTrails@optonline.net

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 Parr, 732-469-5109

Second Sunday of each month

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

WEST JERSEY CREW

Leaders: Monica and David Day
Phone: 732-937-9098 **Cell:** 908-307-5049
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.

Saturday, September 11
Project and location TBD

Saturday, September 18
Project and location TBD

Saturday, October 2
Project and location TBD

Saturday, October 9
Project and location TBD

Saturday, October 23
Project and location TBD

Saturday, October 30
Project and location TBD

Saturday, November 6
Project and location TBD

HIGHLANDS TRAIL CREW

Leaders: Adam Rosenberg, HT Co-Supervisor:
dobsonian@verizon.net or 973-570-0853

Sunday, September 19

Sunday, October 17

We tackle various jobs building new sections or reworking existing sections of the Highlands Trail throughout New Jersey as well as in New York west of the Hudson River. All are welcome, experience is not necessary. Contact leader for details of the trips and what tools to bring.

METRO TRAIL CREW

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

We work in various parks throughout New York City, generally the third Saturday of each month, May through October, with additional work dates as needed. No 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.

Saturday, September 18

Staten Island Greenbelt

Bloodroot Valley area

Work: TBD

Meet: 9am at Greenbelt Nature Center, 700 Rockland Avenue

EAST HUDSON CREWS

Dutchess-Putnam Appalachian Trail

Most Saturdays

Contact: Tim Messerich, bascomgrillmaster@yahoo.com or 845-297-9573
Join RPH Volunteers (TC member club) on AT maintenance outings.

Ward Pound Ridge Reservation

Weekly Trail Maintenance Trips

Contact: wprtrailmaintainer@gmail.com
Contact WPRR at the email address above or view the East Hudson Trail Crew webpage at www.nynjtc.org/content/trail-crew-schedules for more information and the schedule.

EAST HUDSON COMMUNITY TRAILS PROJECTS

Contact: Leigh Draper, at draper@nynjtc.org for more information or check the East Hudson Trail Crews page at www.nynjtc.org.

Wonder Lake State Park Trail Project

With Fahnestock State Park

In Putnam County

Teatown to Kitchawan Trail Project

With Teatown Lake Reservation

Westchester County

Angle Fly Preserve Trail Project

With Somers Land Trust

Westchester County

Contact: volunteer@somerslandtrust.org

Changes in schedule due to inclement weather will be announced via the Friends of Angle Fly Preserve mailing list.

WEST HUDSON SOUTH

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

Thursday, September 23

Popolopen Gorge at Queensboro Lake

Leader: Bob Marshall

Saturday, October 2

TBD

Leader: Chris Ezzo

Thursday, October 14

Popolopen Gorge at Queensboro Lake

Leader: Bob Marshall

Saturday, October 16

TBD

Leader: Claudia Ganz

Thursday, October 28

Popolopen Gorge at Queensboro Lake

Leader: Bob Marshall

Saturday, October 30

TBD

Leader: Claudia Ganz

Thursday, November 4

TBD

Leader: Bob Marshall

Saturday, November 13

TBD

Leader: TBD

WEST HUDSON NORTH CREW

Leaders: Denise Vitale, Crew Chief: 845-738-2126, WHNTrails@aol.com
Dave Webber, H: 845-452-7238, webberd1@yahoo.com

Look for fall trail work schedule at www.nynjtc.org/content/trail-crew-schedules.

LONG PATH/SHAWANGUNK RIDGE TRAIL CREW

Leaders: Andy Garrison, srtmaintainer@gmail.com or 845-888-0602
Jakob Franke, jf31@columbia.edu or 201-768-3612

Look for fall trail work schedule at www.nynjtc.org/content/trail-crew-schedules.

BEAR MOUNTAIN TRAILS PROJECT

Through November 28

Thursday-Monday

8:30am-4:30pm

Work trips involve a variety of tasks, such as: corridor clearing, prepping work sites, restoration, quarrying stone, using an overhead highline to transport stone, creating crushed stone (with mash and sledge hammers), building crib 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 U course on Bear Mountain or a Trail Building 101 course at another location. If you cannot meet these requirements but still wish to volunteer, please contact the Volunteer Coordinator at bearmountaintrails@gmail.com.

TRAIL U

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

September/October 2010

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 Ingui at cingui@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

Sunday, September 12

9am-3pm

Location: Bear Mountain State Park

Join us for an on-site review of the Bear Mountain Trails Project and a 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 worksites on the south side and summit of the mountain. Explanations of the techniques and methods used in building the trail thus far as well as the possible volunteer opportunities for the upcoming Fall season will be covered in detail. NOTE: This orientation is mandatory for all following courses at Bear Mountain.

Forest Pest Identification

Sunday, September 12

10am-11:30am

Location: Trail Conference Office, Mahwah, NJ

The Trail Conference is collaborating 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 four invasive insects that pose a serious health threat to the forests of New Jersey as well as neighboring states. Biological samples of the insects and their damage will be on display to complement the information in the presentation and aid 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 to desired dimensions. Topics covered will include proper use and maintenance of tools (i.e. portable generators, rotary hammer drills, carbide 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 or at least one year of Trail Conference trail construction experience.

Trail Maintenance 101

Sunday, September 19

9am-3pm

Location: Trail Conference Camp at Lower Twin Lakes, Harriman State Park

This one-day training session covers the skills necessary to maintain a hiking trail so it is easily passable and harmonious with its surroundings. Students will learn assessment of trail conditions, clearing, blazing, proper use of tools, and how to report any trail problems. No previous experience is necessary and beginners are welcome. Students will spend the morning in a classroom environment and then head out into woods for hands-on learning.

Rock Moving for Trail Construction

Saturday, September 25

9am-5pm

Location: Bear Mountain State Park

Don't underestimate the importance of this workshop! Moving large rocks without the proper technique can cost a lot 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 methods of reducing natural resource impacts. Prerequisites: Bear Mountain Orientation or at least one year of Trail Conference trail construction experience.



Mechanized Construction: Using Crawler Carriers for Material Transport

Sunday, September 26; 9am-5pm

Location: Bear Mountain State Park

Tracked dumpers are used to transport trail building materials over rough terrain and up 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 safe 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 or at least one year of Trail Conference trail construction experience.

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

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



NY-NJ Trail Conference BENEFITS

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 bi-monthly 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 Hoeflerlin Library at the Trail Conference office that includes more than 1,000 books on hiking worldwide, along with maps, guides and a historical archive.



Some of Our Discount Partners



VISIT WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS FOR COMPLETE LIST OF MONEY-SAVING DISCOUNTS!

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

Darlington 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 vitality 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.

Trailworker Editor

Ever wanted to be an editor? Here is your chance! The Trail Conference needs a trail 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 30-40 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!*

Adopt 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 our trail network covers, particularly:

Long Path North: Maintain a section of the famous Long Path. We need three new 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.

Neversink Unique Area: Maintainers are needed for this beautiful and popular fishing area, centered around the Neversink River in Sullivan County, just south of the Catskills.

West Hudson North

- Minnewaska area
- Sections of the Shawangunk Ridge Trail
- The Catskills

West Jersey

- High Point State Park
- Stokes State Forest
- Wawayanda State Park West
- Jenny Jump State Park.

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 tab on our website.

AT Corridor Monitors*

Are you looking to hike off trail in sometimes rugged conditions? Then you may have found your volunteer calling. As a 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 note 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*

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Science & Ecology

Country Mosquitoes,
City Mosquitoes

By Brian Johnson

Summer is a great time to get out and enjoy the outdoors, but the familiar high-pitched whine and subsequent bite of mosquitoes is to many people a big deterrent to enjoying an outdoor experience.

Mosquitoes are more varied than you may think. New Jersey alone has roughly 60 mosquito species, with each one preferring different breeding habitats and blood sources. The common denominator among all species is that they need water for their development. Each species goes through four stages of development: they start as eggs, develop into larvae, turn into pupae, and finally emerge from the water as adults.

Eggs are usually laid on the surface of standing water or on damp soil near water that is subject to flooding. Eggs usually hatch in a day or two, though some species' eggs can sit dormant for years without water. For example, *Aedes vexans*, New Jersey's most prolific pest mosquito, is one. It is a flood-water species common in most woodland areas. It lays its eggs along the water's edge. Another example is *Aedes trivittatus*, which lays its eggs in floodwater pools in meadows, swamps, and woodlands.

Mosquitoes' larval stage lasts from 4-14 days depending on climatic conditions and the species. In this stage the larvae feed on microorganisms and organic matter in the water. Most breathe from the surface of the water through siphon tubes on their tails.

The pupal stage is a non-feeding stage of development that lasts from one to four days and is similar to the period of time

butterflies spend in a cocoon. Once in the adult stage, males and females both feed primarily on plant nectars or other sugar sources. Only females bite and take blood, which they use for egg development.

A mosquito group of particular interest in the Northeast is the *Culex* genus; these transmit West Nile Virus (WNV). WNV is maintained in nature between birds and ornithophilic (bird-biting) mosquitoes with *Culex pipiens*, *Culex restuans*, and *Culex salinarius* being implicated as the main animal vectors. The vector is the insect that transfers the virus from its original host, in this case birds, to its secondary host, in this case people.

In the Northeast, the main vector of WNV is *Culex pipiens*. Most *Culex* species are container-breeders. This means that they breed in stagnant water in all sorts of containers, such as buckets, tires, wading pools, clogged rain gutters, and birdbaths.

Culex species are typically more prolific in urban areas than other species due to this preference for containers, which are omnipresent in urban landscapes. Breeding in containers also allows them to survive periods of drought in which other sources of water would dry up. Their numbers peak in mid to late summer, and this is when WNV infection rates are the highest.

The reason why WNV peaks in late summer is still being debated, but there are a few hypotheses. One is that *Culex* species shift their feeding from their preferred avian hosts to more mammalian hosts, including humans, when bird species start to migrate in late summer. Another hypothesis is that late summer is when the bird and mosquito populations have their highest infection rates following a whole summer of virus propagation and spread in the bird and vector communities. There's even evidence that hybrid urban *Culex* species feed more fre-

quently on humans in late summer than their non-urban counterparts.

In any case, the fact is that WNV peaks in mid to late summer and that if you are planning on enjoying the outdoors you should protect yourself by wearing insect repellent, pants, and long-sleeved shirts. At home you can do your part by emptying and removing buckets or other containers that might hold water, covering wading pools when not in use, and changing the water in your birdbaths every week.

What a great excuse to get out of the city or your back yard with its threat of *Culex* mosquitoes and go enjoy the deep woods on your favorite trail!

Brian Johnson is a graduate student in the Department of Ecology, Evolution, and Natural Resources at Rutgers University.



Culex pipiens quinquefasciatus mosquito



Culex pipiens quinquefasciatus mosquito

The witch of the
autumn woodlands

By Edna Greig

In mid autumn, most deciduous trees and shrubs have long finished flowering and instead don the brightly colored foliage that marks their entry into winter dormancy. But there is one native woodland shrub that defies what seems to be the sensible thing to do at this time of year, and that is witch hazel (*Hamamelis virginiana*). 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 lightly fragrant, lemon yellow flowers.

Witch hazel is a common shrub or small tree of dry or moist 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 uneven 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 open 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 also 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 scattered 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 like 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 broom-riding sorceress. Instead, witch is derived from the Old English word *wych* meaning pliable, referring to the branches. The pliable, crooked branches of witch hazel were used by early settlers as divining rods to seek out 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.

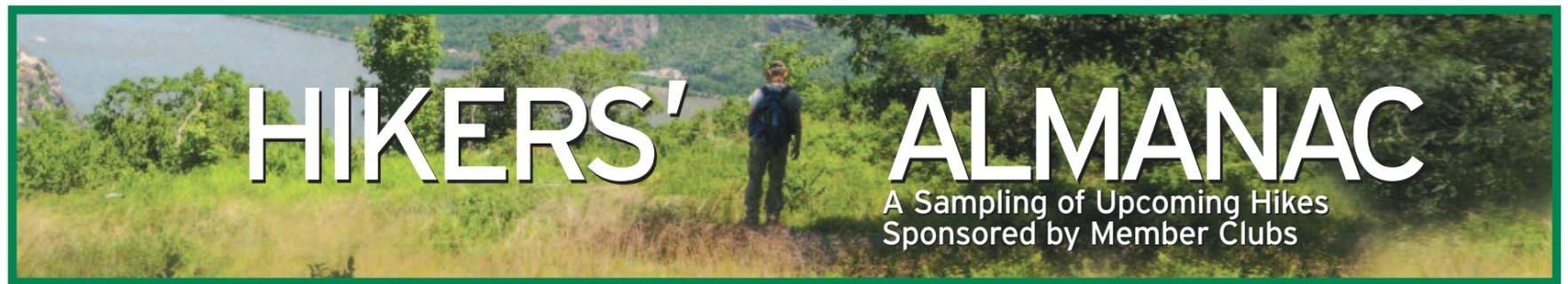
Native Americans used witch hazel for a variety of medicinal purposes. Today, distillate of witch hazel is produced commercially and sold in pharmacies as a soothing and cleansing astringent. It also is an important ingredient in many cosmetics and pharmaceuticals. The witch hazel used commercially is 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.



Hamamelis virginiana L.; American witchhazel





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

September

Thursday, September 2

UCHC. Pocono Environmental Education Center, Dingmans Ferry, PA. Leader: Chuck Pollack, 973-584-5913. Meet: 10am at Visitors Center. 7.5 miles; for experienced hikers. Easy out available. We'll have views of the Delaware Valley and Kittatinny mountains.

Saturday, September 4

AMC-NYNJ. Two Lakes in Harriman State Park, NY. Leader: Carol Ann Benton, aquarius2950@hotmail.com or 914-762-7347; call before 9:30pm. Meet: contact leader for meeting time and location. Beautiful hike on Seven Hills Trail (Diamond Mountain), woods roads and several other trails, passing Pine Meadow Lake and Lake Wanoksink. Rain cancels. Limited to 12 people.

WEC. Wildflowers of Pyramid Mountain, NJ. Leader: associate naturalist George Petty from NJ Audubon's Weis Ecology Center; call 973-835-2160 to register. Meet: 10am; directions will be sent upon registration. Observe late-blooming summer wildflowers; possible climb to top of the mountain to enjoy the view. Out by 12:30pm, limited to 12. Heavy, soaking rain postpones to next day. \$8 non-members.

PM. Fabulous Fungus Hike, Pyramid Mountain, NJ. Leader: call 973-334-3130 to register. Meet: 10am; directions upon registration (\$1 fee). Moderate family outing to discover the wonderful fungi found along the trails at Pyramid Mountain. For ages 7 and up.

Sunday, September 5

IHC. Bearfort Ridge, Hewitt, NJ. Leader: Howard Litwack, 732-571-9608. Meet: 9:30am at A&P shopping center/Hewitt Post Office on Greenwood Lake Tpk. (Rt. 511). Strenuous 9 miles on this really pretty ridge.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center parking. Brisk 4-5 miles with some rocky trails. Rain cancels.

GS. Laurel Trail, Great Swamp, NJ. Leader: call 973-635-6629 to register. Meet: 9:30am; directions upon registration (free). Walk the Laurel Trail in the National Wildlife Refuge and discover the wildlife that calls the Great Swamp home. For ages 18+.

Monday, September 6 (Labor Day)

ADK-MH. Wappingers Creek Greenway Trail, NY. Leader: Georgette Weir, gweir@optonline.net, 845-462-0142. Meet: contact leader for morning meet time and place. 4 moderate but aerobic miles, with several good ups and downs, on this trail right in the village of Wappingers Falls.

UCHC. Grace Lord Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am at park, call for directions. Easy hike of about 3 miles in 1.5 hour. See Boonton Falls, a treat for the eyes in low water and spectacular in high water.

Tuesday, September 7

AFW. Bald Rocks, Harriman State Park, NY. Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 10am. Moderate-plus hike at a moderate pace; out by 2pm.

GS. Baby and Me Hikes in Morris County, NJ. Leader: Great Swamp naturalist; call 973-635-6629 to register. Meet: 9:30am; directions upon registration. Put your infant in a pack and join a naturalist out on various Morris County trails. Out by 11am; \$1 fee. Repeats all Tuesdays in September and October.

Thursday, September 9

UCHC. Late Summer on the Palisades, Alpine, NJ. Leader: Margo Moss, 201-568-5325. Meet: 10am at State Line Lookout. About 7 miles of wildflowers, butterflies, and Hudson River views on this special loop along the Palisades. Bring flower ID book and we'll try to identify them all.

Saturday, September 11

AFW. Stokes State Forest, NJ. Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 9am. Moderate to strenuous hike at a moderate pace; out by 5pm.

AMC-NYNJ. Hudson Highlands, Beacon, NY. Leader: Nancy Hull, 845-831-3856, nichlo@yahoo.com. Meet: contact leader for meeting time and location. Hike up Fishkill Ridge and on to Lamb's Hill and a variety of trails in Hudson Highlands State Park; steep initial climb rewarded by great views. Bad weather may cancel.

UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ. Leader: John Gilris, 973-386-1168. Meet: 10am at Cooper Mill. 4-5 miles with some uphill; suitable for beginners. Optional 2-mile extension. Take a snack break at Kay. Rain cancels.

Sunday, September 12

NYR. Sandy Hook, NJ. Leader: Kay Cynamon, 212-865-3245. Meet: 7:45am at Port Authority Bus Terminal for 8am Academy bus to Sandy Hook one-way; will return via Seastreak Ferry (\$23 fare). Explore the peninsula, various historic sites, Hudson Trail, and Twin Lights Lighthouse in Highlands.

IHC. Highlands Trail: Tunnel Road to Spruce Run State Park, NJ. Leaders: Guy and Jen Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Spruce Run State Park, 68 Van Syckels Rd., Clinton, NJ. Moderately strenuous 8 miles; shuttle required. Hike across Jugtown Mountain with lots of pretty views, old dirt roads and farms. Continuous rain cancels.

ADK-MH. Sketchbook and Camera Hike, Minnewaska State Park Preserve, NY. Leaders: Kathy and Barry Skura, bskura@optonline, 914-779-0936. Meet: contact leader for meet time and place. Introduction to sketching and photo composition during 8-mile, moderately paced hike from Lake Minnewaska to Lake Awosting. Stops at scenic points to learn and practice basic techniques. Bring camera or sketchpad with colored pencils or crayons.

PM. Singles Hike, Pyramid Mountain, NJ. Leader: call 973-334-3130 to register. Meet: 10am; directions upon registration (free). Moderate hike for singles; all adults are welcome. Find someone new to hike with!

Monday, September 13

AMC-NYNJ. Dog Friendly Anthony Wayne Hike, Harriman State Park, NY. Leader: Harold Marciari, 516-652-6243, hmr742@optonline.net. Meet: contact leader for meeting time and location. Challenging hike with lots of hills at moderate pace, but with great views. Dogs must be under owner's control at all times, owners must have adequate food and water for their dog, and park leash rules must be obeyed. If weather is questionable, call after 7am morning of hike.

Tuesday, September 14

PM. Evening Bat Walk and Program, Pyramid Mountain, NJ. Leader: Dr. Lance Risley of Paterson University Biology Department; call 973-334-3130 to register. Meet: 6pm; directions upon registration (\$5 for ages 8-12, \$10 for ages 13 and older). Discussion on the bats of North America, including problems with White Nose Syndrome, followed by walk on the trails to search for bats using an echolocation device. For ages 8 and up.

Friday, September 17

AMC-NYNJ. Pine Meadow Lake, Harriman State Park, NY. Leader: Ellen Blumenkrantz, eblumenkrantz@hotmail.com. Meet: contact leader for meeting time and location. Moderately paced hike with several steep ups and downs. Great views; visit Pine Meadow Lake and return along the brook. Limited to 12 people.

Saturday, September 18

ADK-MH. Minnewaska State Park Preserve, NY. Leader: David Koehler, 917-613-2043, k2david121@gmail.com. Meet: contact leader for meet time and place. Fourth hike in the Waterfalls series will have us going to Rainbow Falls and Awosting Falls, a 60-foot plunge into a broad pool. The strenuous 8-mile loop will use carriageways, the Long Path, and Mossy Glen Trail.

WEC. Morning Women's Hikes, NJ. Leaders: naturalists from NJ Audubon's Weis Ecology Center, call 973-835-2160 to register. Meet: 8am; directions will be sent upon registration. Moderate 2-3 miles to some of our favorite scenic spots; carpool may be needed. Out by 10am. Cost \$5.

Sunday, September 19

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Pat Curley, 908-868-7510. Meet: 10am at Trailside Nature Center parking. 4-5 miles at a brisk pace. Steady rain cancels.

GS. Trees of the Great Swamp, NJ. Leader: call 973-635-6629 to register. Meet: 10am; directions upon registration (\$3 fee). Become familiar with our native trees and learn interesting facts about how they are used by humans and wildlife. For ages 12 and up.

Monday, September 20

AMC-NYNJ. Dog Friendly from Reeves Meadow, Harriman State Park, NY. Leader: Susan Sterngold, 845-519-4890, banjolady.susan@verizon.net. Meet: contact leader for meeting time and location. Climbs and views, lunch at the lake, moderate pace. Dogs must be under owner's control at all times, owners must have adequate food and water for their dog, and park leash rules must be obeyed.

Wednesday, September 22

PM. Family Autumnal Equinox Hike, NJ. Leader: call 973-334-3130 to register. Meet: 5:30pm; directions upon registration (\$5 fee). Join this moderate hike to welcome in the fall season and learn some interesting facts about the equinox. For ages 7 and up. Out by 8pm.

Thursday, September 23

UCHC. Mt. Tammany, Delaware Water Gap, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Dunfield Creek/AT parking. Moderately strenuous 9.5 miles; for experienced hikers. Hike up steep Mt. Tammany for fantastic view of the Gap and Delaware River; then along ridge to Sunfish Pond, returning on the AT.

Saturday, September 25

SW. NYC Marathon Walk, NY. Leader: Ian Hochstead, ianhoch@hotmail.com. Meet: 8:30am at Fort Hamilton Memorial Triangle, bounded by 4th Ave., 5th Ave., and 94th St. in Brooklyn (R train to 95th St.). Walk most of the nearly 24-mile route of the NYC Marathon, starting in Brooklyn and ending in Central Park. Includes four boroughs and four bridges. Brisk pace; countless drop-off points. Bad weather may shorten but will not cancel.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center parking. Brisk 4-5 miles with some rocky trails. Rain cancels.



DOROTHY REILLY

Walker Pond in the Staten Island Greenway

Sunday, October 10

GS. Mushroom Meandering, NJ. Leader: call 973-635-6629 to register. Meet: 10am; directions upon registration (\$3 fee). Take a short walk in the forest to identify various mushrooms. For ages 16 and up.

Sunday, September 26

IHC. Wawayanda State Park, NJ. Leader: Steve Rikon, 973-962-4149, rikon4@optonline.net. Meet: 9am at Wawayanda ranger station in Hewitt, NJ. Moderate 7 miles. Climb the "Stairway to Heaven" on the AT to viewpoint, then eastward through the park. Shuttle required.

AFW. Mt. Defiance, Ringwood State Park, NJ. Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 9:30am. Moderate-plus hike at a moderate pace; out by 2pm.

GS. Fall into Fall, NJ. Leader: call 973-635-6629 to register. Meet: 1pm; directions upon registration (\$3 fee). Get ready for autumn and explore the swamp searching for the first signs of the changing season. For ages 5 and up.

Monday, September 27

UCHC. Duke Island Park, Raritan, NJ. Leader: Clotilde Lanig, 732-549-4977. Meet: 10am at visitors center. Easy ramble along the D&R Canal and the Raritan River. Steady rain cancels.

Thursday, September 30

AFW. Claudius Smith Rock, Harriman State Park, NY. Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 10am. Moderate-plus hike at a moderate pace; out by 2pm.

October

Saturday, October 2

AFW. Four Birds Trail, Wildcat Ridge, Farney Highlands NJ. Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 9am. Moderate to strenuous hike at a moderate pace; out by 5pm.

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

Sunday, October 3

IHC. Lake Skannatati, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207, royhiker1@aol.com. Meet: 9am at Lake Skannatati parking on Seven Lakes Dr. Moderately strenuous hike on various trails; stops at the Little Cemetery, Hasenclever Mine, and Lakes Askoti and Skannatati. Bad weather cancels.

Tuesday, October 5

UCHC. Nyack, NY. Leader: Ron Kuhns, 201-836-5256. Meet: 10am; call for directions. 6 miles with a fair amount of climbing, but the Hudson River views make it all worthwhile. Steady rain cancels.

AMC-NYNJ. Diamond and Panther Mountains, Harriman State Park, NY. Leader: Jane Levenson, 212-534-7806; call before 10pm. Meet: contact leader for meeting time and location. Brisk paced, moderate hike up classic Diamond, then up the more elusive Panther, a gem less often climbed. Steady rain cancels, call if in doubt.

GS. Wild Edibles, NJ. Leader: call 973-635-6629 to register. Meet: 10am; directions upon registration (\$5 fee). Walk the trails with a naturalist and explore the world of wild edible plants and maybe taste a few treats. For ages 12 and up.

PM. Multi-Sensory Family Hike, NJ. Leader: call 973-334-3130 to register. Meet: 1pm; directions upon registration (free). Take a walk in Mendham's Dismal Harmony Park and be prepared to experience nature with all your senses. Suitable for the visually impaired. For ages 5 and up.

FOCA. Old Croton Aqueduct, Westchester County, NY. Leader: Tom Tarnowsky at tom.tarnowsky@gmail.com. Meet: 11am in Croton Gorge Park parking lot. 2 mile walk on the northernmost section of the Old Croton Aqueduct in northern Westchester County. Trail is easy and level after brief switchback hill. See stonework of 1905 Croton Dam and spillway. Site specific art installation at same site on this day in conjunction with other Aqueduct celebration events of Friends of the Old Croton Aqueduct

WEC. Foliage Hike for Families, Norvin Green State Forest, NJ. Leader: naturalist from NJ Audubon's Weis Ecology Center, call 973-835-2160 to register. Meet: 1pm; directions will be sent upon registration. Easy 2-3 mile hike at a slow pace, out by 3pm; for families with pre-teens. See the Highlands in all their fall glory; stop at Roomy Iron Mine and possible side-trip to a waterfall. \$8 non-members.

WEC. Where It's "A.T." for Hawks, NJ. Leaders: associate naturalists Philip De Rea and Ray Fowle from NJ Audubon's Weis Ecology Center, call 973-835-2160 to register. Meet: 9:30am; directions will be sent upon registration. The Appalachian Trail is "where it's at," especially during hawk migration. Beginner friendly hawk watch on Sunrise Mountain. Out by 12:30pm; handouts included. \$10 non-members.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Pat Curley, 908-868-7510. Meet: 10am at Trailside Nature Center parking. 4-5 miles at a brisk pace. Steady rain cancels.

PM. Nutty Family Hike, NJ. Leader: call 973-334-3130 to register. Meet: 1pm; directions upon registration (free). "Go nuts" as you hike with a naturalist and learn to identify the acorns and oaks along the trail. For ages 7 and up.

Tuesday, October 12

AFW. Norvin Green State Forest, NJ. Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 10am. Moderate-plus hike at a moderate pace; out by 2pm.

Thursday, October 14

UCHC. High Point State Park, Sussex, NJ. Leader: Joyce Breach, 973-875-4376. Meet: 10am at visitor center on Rt. 23. Moderately strenuous 7-8 miles on the AT and Monument Trail; good views and autumn colors.

Saturday, October 16

AMC-NYNJ. Gertrude's Nose Bill's Way, Minnewaska State Park Preserve, NY. Leader: Bill Hladky, wehldaky@yahoo.com or 914-410-4385; call before 9pm. Meet: contact leader for meeting time and location. Stride, bend, reach, under and over rocks all the way.

UCHC. Cedar Grove/Verona Hilltop Reservation, NJ. Leaders: Ted and Ginny Sandler, 862-219-3011. Meet: 10am at Cedar Grove Community Park parking. Brisk 4-5 miles in about 2.5 hours. Explore the recently completed trails in Cedar Grove, Verona and North Caldwell. Wooded trails, then up moderate paths to Hilltop Reservation, and along ridge to Verona White Rock, an area used by 1800's settlers as a religious meeting place.

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

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

Club Codes

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

ADK-MH	ADK Mid-Hudson Chapter	NYR	New York Ramblers
AFW	Adventures for Women	PM	Pyramid Mountain Natural
AMC-NYNJ	New York-North Jersey Chapter,		Historic Area
	Appalachian Mountain Club	SW	Shorewalkers
FOCA	Friends of Old Croton Aqueduct	UCHC	Union County Hiking Club
GS	Great Swamp Outdoor Education Center	WEC	Weis Ecology Center
IHC	Interstate Hiking Club		

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

Sunday, October 17

IHC. Breakneck Ridge and Mt. Taurus, Hudson Highlands State Park, NY. Leader: Roy Williams, 570-828-6207, royhiker@aol.com. Meet: 8:30am at Anthony Wayne parking area in Harriman State Park; shuttle required (or meet 9am at Breakneck Ridge parking on Rt. 9D). Strenuous. We'll climb both of these striking peaks, with breathtaking views of the Hudson River Valley. Bad weather cancels.

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

NYR. Anthony's Nose to Cold Spring, NY. Leader: Ludwig Hendel, 718-626-3983. Meet: 7:30am at Grand Central Terminal for 7:47am Hudson Line train to Manitou one-way; will return from Cold Spring. Strenuous. From Manitou we'll walk south to base of bridge and ascend old blue trail to Anthony's Nose, then Camp Smith Trail and AT over South Mountain Pass and Canada Hill. Continue on Osborn Loop past Lake Elizabeth. We'll then cross Rt. 403, climb Fort Hill and North Redoubt, then local routes to Indian Brook Falls. Then Constitution Marsh trails past Boscobel and local road to Foundry Cove Trail in Cold Spring.

GS. Nature Scavenger Hunt for Families, NJ. Leader: call 973-635-6629 to register. Meet: 1pm; directions upon registration (\$3 fee); event ends at 3pm. Calling all adventurous families! Work together to solve our nature riddles as you hunt for answers along the trails. Great for all ages.

Tuesday, October 19

UHC. Wawayanda to Pochuck Boardwalk, NJ. Leader: Carol O'Keefe, 973-328-7599. Meet: 9:30am at Pochuck Boardwalk in Glenwood, NJ. Pleasant 8 miles, last half mostly on completely level boardwalk with its astounding suspension bridge. Shuttle required. AT from Warwick Turnpike to Wawayanda Mountain and down to the boardwalk.

Thursday, October 21

UHC. Sterling Ridge, Rt. 17A to Hewitt, NJ. Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 9:30am at Jennings Hollow in Hewitt, Greenwood Lake Turnpike opposite East Shore Dr. Moderately strenuous 8 miles through Sterling Forest State Park. Shuttle required.

Saturday, October 23

WEC. Morning Women's Hikes, NJ. Leaders: naturalists from NJ Audubon's Weis Ecology Center, call 973-835-2160 to register. Meet: 8am; directions will be sent upon registration. Moderate 2-3 miles to some of our favorite scenic spots; carpool may be needed. Out by 10am. Cost \$5.

UHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-627-4046. Meet: 10am at the park. Climb to the top of the Tourne at moderate pace. Steady rain cancels.

FOCA. Old Croton Aqueduct, Tarrytown and Sleepy Hollow, NY. Leader: contact czfahn@yahoo.com, 914-478-3961. Meet: 11am at Neperan Rd. and Grove St. (two blocks east - uphill - from Route 9), Tarrytown. Guided walk north to the Pocantico weir and back includes a detour to several interesting sites in Sleepy Hollow Cemetery. About 5.5 to 6 miles. Bring lunch and water. No registration required.

Sunday, October 24

IHC. Trail Maintenance on Schunemunk Mountain, NY. Leader: Jim Canfield, 973-728-9774. Meet: 9am at Taylor Rd. parking, Mountainville, NY. Moderately strenuous. Help us maintain this section of the Long Path and the Lower Jessup Trail. Bring lunch, water, clippers (if you have them), and good work gloves. Rain postpones to Saturday, October 30.

AMC-NYNJ. Mines! Mines! Mines!, Bear Mountain State Park, NY. Leader: Tom Parliament, tparliament@verizon.net or 845-634-4116; call before 10:30pm. Meet: contact leader for meeting time and location. Scenic hike to find and explore at least five of the best mines in the Bear Mountain area. Rain cancels.

UHC. South Mountain Reservation, West Orange, NJ. Leader: Louise White, 973-746-4319. Meet: 10am at Turtle Back rock parking. Moderate 4-5 miles. Rain cancels.

GS. Laurel Trail, Great Swamp, NJ. Leader: call 973-635-6629 to register. Meet: 9am; directions upon registration (\$1 fee). Join a naturalist to explore the swamp in its full bloom of autumn color on this moderate nature hike. For ages 18+.

Tuesday, October 26

UHC. Weis Ecology Center, Wanaque, NJ. Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 10am at Weis parking lot. 6 miles at moderate pace to mines and waterfalls; rocky trail with elevation gain of about 900 feet.

Thursday, October 28

AFW. Campgaw Mountain Reservation, NJ. Leader: call 973-644-3592 for info and registration or visit www.adventuresforwomen.org. Meet: 10am. Moderate hike at a moderate pace; out by 2pm.

Saturday, October 30

UHC. DeKorte Park, Meadowlands, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10am at lot near visitors center, 2 DeKorte Park Plaza, Lyndhurst, NJ. 4 miles of salt marsh and upland trails with views beautiful and wild; lots of birds and some floating boardwalk. Heavy rain cancels.

Sunday, October 31

IHC. Round Valley Recreation Area, NJ. Leader: Chris Davis, 609-924-2563. Meet: 9am at Round Valley Recreation Area (south lot), 1220 Lebanon Stanton Rd. (Rt. 629), Lebanon, NJ. Moderately strenuous hike on the rugged Cushtunk Trail nearly around the reservoir. Bad weather cancels.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Lee Fanger, 973-376-3160. Meet: 10am at Locust Grove parking, across from RR station. Moderate 5 miles with some rocky sections. Rain cancels.

Volunteers at Work



As part of Pepsi Gives Back, 16 PepsiCo employees spent a volunteer day clearing barberry on the Teatown-Kitchawan Trail in Westchester. The trail will be maintained by Trail Conference volunteers and is part of the Hudson Hills and Highlands Community Trails program.



Eight participants attended a Trail Maintenance 101 course sponsored by the Friends of Van Cortlandt Park, Bronx, NY. In the afternoon the group provided a trail restoration project on the 1.7 mile John Muir Trail. The Friends group hopes to recruit volunteers to assist a full-time park crew slated to start work this fall. The crews will implement a trail plan designed by the NY-NJ Trail Conference.

Catskill 3500 Club volunteers restore the shelter at Diamond Notch. See story below.



Volunteers with the Appalachian Trail Dutchess-Putnam Committee continued work this spring and summer on the big boardwalk project over the Great Swamp in Pawling, NY.

Catskill 3500 Club Refits Diamond Notch Lean-to

Diamond Notch Lean-to in the Catskills is once again habitable. In June, the Catskill 3500 Club completed a weekend-long refurbishment of the decaying shelter. (See photo above, middle at right.)

Before the project, the lean-to listed heavily, the leaky roof was more moss than shingles, the floor boards had long since been porcupine food, the outhouse – we won't mention. After much behind the scenes work by NYS Dept. of Environmental Conservation and Trail Conference shelter supervisor Doug Senterman, and with funds for supplies contributed by the Catskill 3500 Club, rebuilding took place on June 26 and 27.

More than 20 volunteers over two days removed the old mossy roof, put on a new cedar shake roof, put in new floor boards (bothering some resident mice in the process), stained the entire structure, installed a stone patio, dug a hole and put up a new outhouse, took care of the old outhouse, raked and tided the entire site, and carried out old or left over materials.

This was the second Catskill lean-to project in as many years for the club, which in both cases worked with the Trail Conference and DEC. We are very pleased with how they have gone and are currently planning the next one!

— Laurie Rankin
Secretary, Catskill 3500 Club

A bit of underwater history emerges in Harriman

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 Chazin and Dave Sutter, two guys who have forgotten more about Harriman State Park than I will ever be lucky enough to know.



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

It turns out there are two slightly different stories accounting for this curious site, but they both have the same ending. Dan reported that according to Bill Myles (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 Tamsen, 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 rip-rap, and planted some 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. Wind and water, however, have since lowered it 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 1935 *Whispering Pines* newsletter by Marjorie Stevenot. In "Old Burial Grounds of Harriman," Ms. Stevenot 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 ivy and 19 wooden crosses.

Today, the rock pyramid remains, now topped by a memorial plaque naming Matthew Conklin (1792-1880), son of Ezekial Conklin and Catherine Johnson, and Phebe Jane Hand (1787-1867), wife of Matthew Conklin.

See it for yourself when the water is low. Explore the north side of Pine Meadow Lake and look for the grave marker. It is easy to see from the Conklin's cabin area. Bring binoculars. Happy hiking everyone!

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



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

SUPPORT TRAILS!
Save the Date
Saturday, October 30

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

Watch www.nynjtc.org for location and other details.

Donor Profile Robert and Rose Marie Boysen



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

When making their estate plans a few years ago, outgoing board chair Robert Boysen and his wife, Rose Marie, included the Trail Conference in their will. It was, he says, “a natural progression” for this outdoor-loving couple.

Bob’s involvement in the Trail Conference began in 1998, when he started working with Sandy Parr’s North Jersey Trail Crew. “Eighteen months later, Larry Wheelock asked me if I’d be interested in maintaining a trail. This was always my first interest, so of course, I said yes.” Other Trail Conference assignments followed. Bob adopted a second trail, became Trail Supervisor in several New Jersey regions, including the Delaware Water Gap National Recreation Area, then West Jersey Trails Chair, member of the Trail Conference Board of Directors, then board chair. Along the way he authored *Kittatinny Trails*, published by the Trail Conference in 2004. “Rosy,” he says, “hiked most of the trails in the Kittatinny range with me for the book input. She also did a lot of the original typing.”

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 design 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.”

Trail Project in Yorktown Heights Will Be a Boon to Local Residents

By Jane Daniels, Chair, Trails Council



WALT DANIELS

This pedestrian ridge over the Taconic State Parkway, connects the Yorktown Trailway with Legacy Fields/Woodlands Park and is a crucial link in a planned new community trail network.

A project in New York’s Westchester County aims to create a 12-mile, multiuse trail network comprising three existing local parks, to be-purchased open space, and linear connections provided by the Yorktown Trailway and an underground gas pipeline. Called Yorktown Trails, it emerged when my husband Walt and I, residents of Yorktown, saw opportunity in a pending proposal for the town to purchase 200 acres of open space adjacent to an existing multiuse trail and would connect with one of the existing parks.

Walt, co-chair of the Town’s Advisory Committee on Open Space and active locally for almost 10 years, learned of the proposed purchase. Knowing who to call and what procedures to follow, he and I approached Yorktown’s Parks and Recreation Commission with a request to build a trail system beginning with the six miles of existing trails. With that approval in hand, in April, we made a presentation to the Trail Conference’s Trails Council, which approved the concept. The Westchester Mountain Bike Association (WMBA) heard about the project and asked if they could help. Much, though not all, of the planned trail network is or will be designated non-motorized multiuse, with one park restricted to hiking only. WMBA assistance in the project adds additional volunteer power as well as their expertise on building multiuse trails and securing funding.

Part of the Trail Conference’s East Hudson Community Trails Initiative, this project is envisioned to encourage positive uses of the parks as well as involving the community in the building phase. Jen Fava, Superintendent of Parks and Recreation for the Town of Yorktown, stated, “It is exciting to have people and organizations working together to enhance the opportunities for our residents to enjoy the outdoors. We look forward being able to take advantage of parkland that normally would not be utilized.”

The town initially expressed concerns about expenses for the project and was reassured that not only were volunteers building the trails, Yorktown Trails was also looking for outside funding. Tim O’Con-

nell, president of WMBA applied for and received grants from the International Mountain Bike Association and Specialized. He said, “This funding has given the project a solid start and will be leveraged when applying for future grants.”

On June 22, the Trail Conference and the Town of Yorktown signed a formal agreement to start constructing the new trail system. The agreement calls for Trail Conference volunteers to take responsibility for maintaining existing trails and to take the lead on designing and developing new trails. Even with the proposed open space purchase on hold, work is underway to connect Deer Hollow Park, Sylvan Glen Preserve, Woodlands Park, and the Yorktown Trailway.

Plans for the project include signs indicating permitted uses at all neighborhood entrances and kiosks with a map and interpretive material at parking areas. Both Sylvan Glen Preserve and a yet to be purchased piece have remnants of quarrying operations. Other parts of the project will involve outreach to neighbors, youth groups, and schools. Their involvement will help build community pride and provide a venue for low-cost exercise. It is also hoped that contact with neighbors will open opportunities so that corporations will use the project for their volunteer days and provide some additional funding.

A web page has been set up to inform the public, as well as allowing the committee to post a work trip schedule and photos of progress as it is made. See www.nynjtc.org/node/3157/yorktown-community-trails.

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March 27, 2010 - May 26, 2010

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In memory of Anita Kientzler
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New 13th Edition of Harriman-Bear Mountain Trails Map Set Now Available

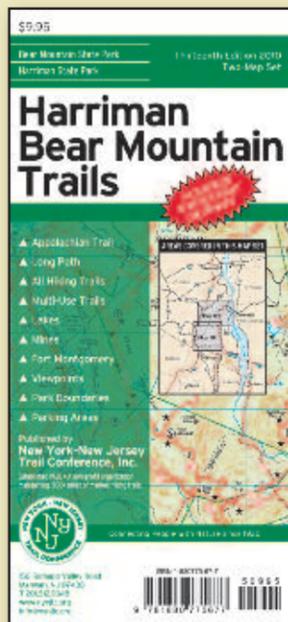
The Trail Conference is pleased to announce the publication of the 13th edition of our most popular map set, **Harriman-Bear Mountain Trails**. This two-map set shows trails throughout Harriman and Bear Mountain State Parks, including the Appalachian Trail and Long Path, as well as other surrounding 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.nynjtc.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 Myles and Daniel Chazin that will be available soon. Visit <http://harriman.nynjtc.org> for more information or to sign up for email notification upon publication.

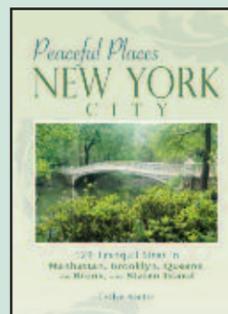
Harriman-Bear Mountain Trails was produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.



Book Review

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

By Evelyn Kanter



Menasha Ridge Press, 2010

Reviewed by Joe Gindoff, Metro Trails Chair, with an assist from Lucille Gionet, Metro Trails Crew Member

The title of this book, in some ways, says it all. Yes, 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 is broken down into four sections—Northern, Upper, Midtown, and Lower. The other boroughs are not broken down, but there are maps of each area for those readers who enjoy a visual overview.

There are 11 different categories of Peaceful Places, including: Enchanting

Walks, Parks & Gardens, Scenic Vistas, 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, website, 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 as described in the guide (and possibly avoided at others); 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 maintains nearly 30 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 (#66, 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 38 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 and am a more peaceful New Yorker as a result.



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 that 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 Wonder Lake State Park, they are linked by short road walk sections and in some places other state and county open space lands. 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-

lights 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 maps 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 hauglandg@aol.com.



Hunting Seasons 2010

NEW YORK

Regular and Archery Southern Zone

(includes Catskills, Shawangunks, and most of Hudson Valley) – Deer

Bow: Oct. 16 – Nov. 19, Dec. 13 – Dec. 21

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. 1 – Dec. 31

Special Firearms Season** (special permit, weekdays): Jan. 3 – Jan. 31, 2011

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

Bow: Oct. 16 – Nov. 19, Dec. 13 – Dec. 19

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 parts or all 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. Huntings 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.

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Featured Hike



By Daniel Chazin

Completed Bare Rock Trail Leads to Great Viewpoint



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.

Dogs:
Permitted on leash.

Difficulty:
Strenuous.

How to Get There:
Take the New York Thruway to Exit 15A. Turn left at the bottom of the ramp onto Route 17 and head north for 1.4 miles to the exit for Sterling Forest. Follow Sterling 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 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 half a mile to a junction with the blue-on-white-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 sharply right and climbs very steeply over rock ledges to reach a south-facing view-

point from open rocks. The trail now descends to cross an intermittent stream, then climbs again—first gradually, 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 steadily on a woods road. After a mile, where the Fire Tower Trail branches off to the right, continue ahead 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.

Hikers' Marketplace



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Please order by circling price Retail Member P/H Total

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NEW!! Harriman-Bear Mountain Trails (2010)	\$ 9.95	\$ 7.46	+\$1.60	_____
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South Taconic Trails (2006)	\$ 4.95	\$ 3.71	+\$1.20	_____
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Combo-Packs

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