



A Trail for Everyone

New summit loop on Bear Mountain expands the AT community.

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Run (Almost) Barefoot?

Read what a podiatrist reports on the pros, cons, and maybe's of this latest trend.

READ MORE ON PAGE 11 ▶



TRAIL WALKER

July/August 2011

New York-New Jersey Trail Conference – Connecting People with Nature since 1920

www.nynjtc.org

Volunteer Profile: John Blenninger

A milestone was reached on May 1 when John Blenninger announced he was stepping down as Trails Supervisor of Black Rock Forest (BRF), a position he has filled for 35 years. "Driving distance, advancing age and the tiresome (but necessary) paperwork are catching up with me," he explained in a letter, adding that he plans to continue to maintain three trails at BRF.

John is a legend among experienced Trail Conference volunteers. He has recruited and trained countless maintainers, overseen significant expansion of trail responsibilities at BRF and adjacent Storm King State Park, has been a frequent instructor of Trail Maintenance 101 workshops, and enjoys a reputation as "the Rembrandt" of trail blazing.



"No mug shot," John declared. Instead, the trail artist carrying his work pack.

He shakes his head at the mention of this last. "No," he says in his quiet, deliberate voice, "not Rembrandt—Michelangelo, because he not only painted but was also a sculptor." John's eyes twinkle in a straight face as he stakes this claim to blazing greatness. But a glance around the compact rustic lair that is his living room reveals it as a hybrid of an artist's studio and collector's gallery. Trail tools—countless loppers, hand pruners, scrapers (his sculpting tools), bow saws, buckets in various sizes, paint brushes, flick sticks—and 40 souvenir paint blazes harvested from fallen trees or bark, testify to his abiding interest in what has been a nearly life-long avocation: Creating the answer "Yes" to the question, "Is your trail a joy to follow?" It's a question he puts to every trail maintainer.

John's introduction to trail maintenance came in 1971 when he joined a work trip on the White Bar Trail in Harriman State Park sponsored by his hiking club—New York City Chapter of the Adirondack Mountain Club. He joined the Trail Con-

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Trail Conference Sells Two Large Land Parcels to New York State

Land protects Long Path, Shawangunk Ridge trail corridors

On June 3, 2011, representatives of the Trail Conference and the New York State Dept. of Environmental Conservation (DEC) met at the trailhead of the Minisink Trail on Route 6 in Greenville, NY (Orange County), to mark the transfer to the state of 389 acres on the Shawangunk Ridge and the expansion of recreational trail opportunities in the region.

This was the second transfer of land from the Trail Conference to DEC this year, successes that are a tribute to the persistence and persuasiveness of volunteers and staff of our Conservation Committee. Both parcels were purchased by the Trail Conference in 2006 with funds donated by members to our Land Acquisition and Stewardship Fund (LASF) with the expectation of eventual state purchase.

State Takes Ownership of Long Path Corridor Parcel

The earlier land transfer occurred in March, when New York State fulfilled a promise made five years ago to secure protection of a Long Path corridor in Greene County, north of the Catskills. Money for the state's \$217,000 buy came from the state's Environmental Protection Fund land acquisition budget, which is funded by real estate transfer fees and was staunchly defended by the Trail Conference and other organizations during tough state budget negotiations the past two years.

The Trail Conference purchased the 205-acre parcel, which was subdivided off of a larger parcel to provide a buffer to the Long Path as it moves from the Catskills north



Partners in land protection, left to right: David Church, Orange County Planning Director; William Rudge, DEC; Neil Zimmerman, Friends of the Shawangunks; Robert Anderberg, Open Space Institute; Paula Medley, Basha Kill Area Association; William Janeway, DEC Region 3 Director; Edward Goodell, NY-NY Trail Conference Executive Director; Joe Ann Drake representing State Senator Bonacic; Gaylord Holmes, Trail Conference Board Member; Andrew Garrison, Shawangunk Ridge Supervisor, Trail Conference; Jakob Franke, Long Path Supervisor, Trail Conference; James Delaune, Orange County Land Trust Executive Director; and Richard Katsive, Trail Conference Board.

toward the Mohawk River and ultimately the Adirondacks. Its sale to the state marks the culmination of a 10-year cooperative effort with the DEC to protect open space and a route for the Long Path in this area.

Creating a New State Forest on the Gunk Ridge

The land on the Shawangunk Ridge was acquired by the Trail Conference as part of its efforts to create a protected corridor for the Shawangunk Ridge Trail. DEC will add the acres to Huckleberry Ridge State Forest. Money for the state's \$1.5 million purchase also came from the EPF open space program.

The parcel already features a beautiful 5-

mile loop hike built by Trail Conference volunteers in 2007. (Find directions to the trailhead and a description of the hike on our website. Type "Minisink Trail" in the site's search box.) Following brief remarks by officials from both organizations, Trail Conference volunteer Jakob Franke led a group of 17 hikers on an exploration of the trail.

Just a decade ago, no state forest land existed on the Shawangunk Ridge in Orange County. With this June land transfer to DEC, Huckleberry Ridge State Forest now comprises nearly 1500 acres.

The Trail Conference was instrumental in creating this state forest, working closely

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Knock, Knock...

By Chris Ingui

The tapping on my car window startled me, not only because I had been asleep, encased in nothing but muddy workpants and a drenched sleeping bag, but because it came from a police officer aiming a flashlight at my head. "Do you have a permit?" he asked through the window. I did, but it was in my tent and under a foot of water more than 100 yards away. I opened my door to the rain and began explaining myself.

The goal for this trip was to construct several sections of stone turnpike along the wettest sections of the trail.

We had set up camp on Friday, April 15 near the Weis Ecology Center in Norvin Green State Forest in New Jersey, handy to the weekend's work site—a project that would combine trail building with a workshop in stone construction. A total of 22 volunteers had signed up to participate—16 members of the Jolly Rovers stonework crew, 5 additional Trail Conference volunteers for the workshop, and me. Despite several higher campsite options on a nearby ridge, we chose a low-lying field because it offered a large fire pit and space for the trail crew to pitch tents and meet for dinner after work. We knew rain was in the forecast, but high on good spirits, we ignored every sign that we were setting ourselves up for trouble.

Saturday morning started out well. Those who had not camped on Friday night arrived early, and by 9am we were hiking into the woods with picks, bars, and hammers in hand. The worksite was roughly a mile in, where the Mine Trail crosses the base of a marshy valley and the trail is often under water for days after a rainfall. The goal for this trip was to construct several sections of stone turnpike along the wettest sections of the trail. These turnpikes, built of native fieldstone would elevate the trail above the wetland.



Volunteer Travis Schnell: wet, hungry, but all smiles

Constructing a turnpike is technically simple, but the conditions in which one is built often are frustrating; very wet ground is a typical scenario. Trail builders must work a large portion of the time in water or mud. Doing anything with stone in these conditions becomes challenging; wet and cold feet only add to the difficulties.

Heavy rain arrived as predicted and water on the already muddy Mine Trail began to rise, overtaking the tops of boots and resulting in uncomfortable, squishy foot falls. Rocks quickly became coated in slimy grit, making them impossible grasp. Faces were mud splattered, clothing

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TRAIL WALKER

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GEORGETTE WEIR EDITOR
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Mission Statement

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

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

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

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The New York-New Jersey Trail Conference

Special Report

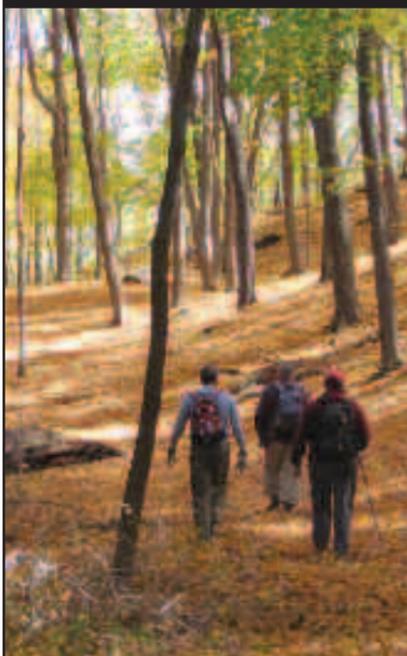
ANNUAL REPORT

October 1, 2009 through September 30, 2010

Sterling Forest State Park



Wonder Lake State Park



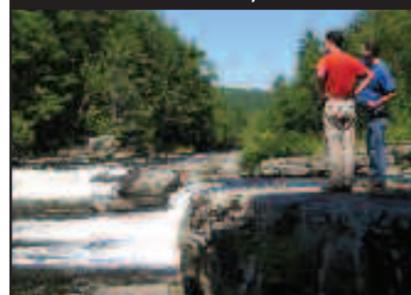
Yorktown Community Trails



Bear Mountain State Park



Neversink River Unique Area



Marking the First 90 Years

What does a mission-focused organization do when it enters its 90th year of operations? If the organization is the Trail Conference it looks ahead, not back; asserts its ambitions, not its retirement plans. Mostly, it keeps doing what it was created to do—make public lands accessible to the public—which translates into recruiting and training nature lovers to build trails, maintain trails, be advocates for trails, and make trail maps and information available for public use.

The fiscal year that preceded the one covered in this report was difficult. The economic recession forced us to cut budgets and programs significantly. We weathered the storm by staying focused on our mission. And we did some organiza-

tional retooling in the face of the new environment, adding a new position of Development Director to help us secure funds to advance our ambitions.

By the end of the anniversary year we had made a tough climb over rocky terrain to discover a wonderful view. Here are a few of the highlights:

- State parks in New York and New Jersey stayed open thanks to advocacy campaigns
- We maintained 1,775 miles of trails
- The rebuilt Appalachian Trail opened on Bear Mountain
- We published four map sets in new or revised editions (Harriman, Catskills, West Hudson, and East Hudson)
- Our Kittatinny Trails map set (2009) won a design award from NJ DEP

Treasurer's Report for Fiscal Year 2010

By Jim Gregoire, Treasurer

Results for our fiscal year ended September 30, 2010 have been audited and an unqualified opinion dated March 24, 2011 has been issued by the Trail Conference's auditors, ABD Associates, LLP.

Total revenues for the year were \$1,451,555 consisting principally of membership dues and contributions (\$997,169); map and book sales (\$274,594); and income from various trail building contracts (\$155,272). This revenue is approximately \$280,000 lower than the previous year, primarily due to the recording of contributions received in early 2010 as income and receivable in late 2009.

Our expenses for the year totaled \$1,494,391, approximately the same as in the prior fiscal year. Of this amount \$1,125,621 are program-related expenses, including \$204,540 for trail building

projects. Management and general expenses of \$88,327 were down approximately \$30,000 from the prior year, while fundraising and membership expenses increased by a similar amount, reflecting the hiring of a Development Director in mid-year.

Our net income (a.k.a. "change in net assets") for the year was down \$42,836, bringing total net assets of the organization to \$2,843,605 at year-end. Major components of net assets are trail lands and easements (\$1,814,421), cash and investments (\$552,757), and receivables (\$158,984). We have also capitalized \$634,992 of invested costs of the Darlington School House construction project. Total liabilities of \$350,615 include a mortgage of \$216,000 secured against our land assets. That mortgage will be retired with the proceeds of a recent land sale to New York. Additional land assets are under contract for sale to New York State for a price of \$1,555,100.

Volunteer Contributions by Committee 1/1/10 – 12/31/10

Committee	Work Hrs	Travel Hrs	Value*
Administrative	4,114	880	\$125,849
Communications	121	9	3,276
Conservation & Advocacy	1,180	192	\$34,574
Darlington School House	139	15	\$3,881
Membership/Development	337	119	\$11,491
Publications	2,687	502	\$80,363
Technology Committee	1,418	—	\$35,734
Trail Builders and Maintainers	41,583	11,396.80	\$1,335,091
Volunteer Committee	276	61	\$8,492
TOTAL	51,855	13,174.80	\$1,638,751

*The value of volunteer time presented here is \$25.20 - the average wage plus benefits of non-management, non-agricultural workers in New Jersey. www.independentsector.org/volunteer_time

Where We Work:

Ninety years after a handful of Trail Conference volunteers built their first trail—the 20-mile long Ramapo-Dunderberg Trail in Harriman State Park—1,342 volunteers in 2,110 volunteer positions on and off trail were keeping more than 1,775 miles of trails in the following parks and preserves open for public access and enjoyment with almost 70,000 hours of contributed labor.

PARKS IN NEW YORK

Alley Pond Park
Black Rock Forest
Blauvelt State Park
Buttermilk Falls Park
Catskill Park
Cheesecote Mountain Town Park
Clausland Mountain County Park
Fahnestock Memorial State Park
Forest Park
George's Island County Park
Goose Pond Mountain State Park
Harriman - Bear Mountain State Park
High Tor State Park
Hook Mountain State Park
Hudson Highlands Gateway Park
Hudson Highlands State Park
Idlewild Park
Kitchawan Preserve
Manitou Point Nature Preserve
Minnewaska State Park Preserve
Montrose Point
Mount Washington State Forest
Mountainview County Nature Park
Neversink River Unique Area
Nyack Beach State Park
Palisades Interstate Park
Pelham Bay Park
Roosa Gap State Forest
Sam's Point Preserve
Schunemunk Mountain State Park
South Mountain County Park
Staten Island Greenbelt
Sterling Forest State Park
Storm King State Park
Sylvan Glen
Taconic State Park
Tallman Mountain State Park
Teatown Lake Reservation
Van Cortlandt Park
Ward Pound Ridge Reservation
West Hook Mountain Open Space
Wurtsboro Ridge State Forest

PARKS IN NEW JERSEY

Abram S. Hewitt State Forest
Allamuchy Mountain State Park
Camp Glen Gray
Campgaw Mountain County Reservation
Delaware Water Gap Natl Recreation Area
Fanny State Park
Fanny-Rockaway State Park
Flat Rock Brook Nature Center
Garret Mountain Reservation
High Point SP/Walkkill Natl. Wildlife Refuge
High Point State Park
Jenny Jump State Forest
Long Pond Ironworks State Park
Mahlon Dickerson Reservation
Morristown National Historical Park
Norvin Green State Forest
Palisades Interstate Park
Pequanock Watershed
Pequest Wildlife Management Area
Preakness Range-High Mountain
Pyramid Mountain
Ramapo Mountain State Forest
Ramapo Valley County Reservation
Ringwood State Park
Rockaway River Wildlife Management Area
Rockleigh Woods Sanctuary/Lamont Reserve
Spruce Run State Park
Stephens State Park
Stokes State Forest
Swartswood State Park
Tenafly Nature Center
Voorhees State Park
Wanaque Borough Park
Wawayanda State Park
Worthington State Forest

Our full Annual Report can be viewed and downloaded online at www.nynjtc.org.

From the Executive Director



An Appalachian Trail for Everyone

The problem of living is, at bottom, an economic one. And this alone is bad enough, even in a period of so-called "normalcy." But living has been considerably complicated of late in various ways—by war, by questions of personal liberty, and by "menaces" of one kind or another. There have been created bitter antagonisms. We are undergoing also the bad combination of high prices and unemployment. This situation is world wide—the result of a world-wide war.

It is no purpose of this little article to indulge in coping with any of these big questions. The nearest we come to such effrontery is to suggest more comfortable seats and more fresh air for those who have to consider them. A great professor once said that "optimism is oxygen." Are we getting all the "oxygen" we

Ninety years ago, these words were a small part of an article by Benton MacKaye, "An Appalachian Trail: A Project in Regional Planning," published in the *Journal of the American Institute of Architects*, October 1921. The article did indeed launch the Appalachian Trail project, with the Trail Conference wasting no time to get started in 1922—a work in progress that has been a point of inspiration for the Trail Conference's mission over the decades. It is uncanny how apropos these words and our mission are today.

Mackaye's article is an interesting read today. In his analysis, the problems of too much unemployment and too much time on one's hands could be resolved through volunteering, specifically to create an Appalachian Trail, with shelters, communities, and even food production. MacKaye was trying to improve the quality of people's idle time by giving them something to do that would, in turn, improve other people's access to quality, outdoor time.

Shortly after his article was published, members of the Palisades Interstate Park Trail Conference representing more than



The new section was praised for its beauty and respect for its surroundings.

of 1923, the first 20-mile section of AT crossing Bear Mountain/Harriman parks was completed, and a conference of 400 people had gathered at Bear Mountain Inn to map out further trail-building strategies.

Fast forward to the summit of Bear Mountain June, 2011, where officials from the Palisades Interstate Park Commission, National Park Service, and Appalachian Trail Conservancy helped us dedicate the first mountaintop section of the AT that complies with Americans with Disabilities Act (ADA) guidelines. It was heart-warming and inspirational to welcome members with mobility impairments into the trail community via a section of the AT that, though short, offers a superb view of the Hudson Valley all the way to the Catskill mountains 50 miles to the north.

Opening this ADA section of the AT was a major milestone in the larger Bear Mountain Trails Project to rehabilitate the AT and side trails in this heavily hiked area. Slowly, we are converting the highly eroded trails into well drained and hardened pathways that will stand the test of traffic and time.

This project is expanding the trails community in a way that I think MacKaye would appreciate. For hundreds of thousands of mostly novice hikers, often first or second generation immigrants, the trails at Bear Mountain will be their first introduction to the great natural areas and "backcountry" this region has to offer. With our members' and partners' support, we intend to complete this project, now over halfway done, as well as add an interpretive exhibit to help visitors appreciate and advocate for access to public open space.

While the entire length of the Appalach-

ian Trail is protected, we are still working to locate other long distance trails on public lands, most notably the Long Path (350 miles) the Highlands Trail (170 miles), and the Shawangunk Ridge Trail (43 miles). The Land Acquisition & Stewardship Fund (LASF) was created with member donations in 2003 for just this purpose. Until

"This project is expanding the trails community in a way that I think MacKaye would appreciate."

recently, these funds were tied up in land purchases waiting for acquisition by New York State. That wait is over, with the acquisition of 600 acres in two different parcels by New York Dept. of Environmental Conservation. (See our page 1 story on this for details.) Funds from the state associated with these purchases will pay off loans and the excess will return to the LASF for additional land protection projects.

Benton MacKaye certainly had the right idea when he proposed that volunteers with "leisure time" could come together to help create opportunities for the larger public to connect with nature. With your help, the Trail Conference is proving his point, year after year, decade after decade.

— Edward Goodell
Executive Director
goodell@nynjtc.org



Hiker Linda Ropiecki brought daughter Jackie to her first mountain summit experience.

might for the big tasks before us?

"Let us wait," we are told, "till we solve this cursed labor [substitute deficit] problem. Then we'll have the leisure to do great things."

But suppose that while we wait the chance for doing them is passed?

20 clubs and agencies met with Mackaye at the log cabin atop Abercrombie & Fitch in Manhattan to talk about his proposal. The outcome was a unanimous vote to rename their organization the New York-New Jersey Trail Conference and commit it to the big task of building the Appalachian Trail and a regional network of trails. By the end

We Asked for Your Opinions, and You Gave Them

By Michael Brickman

In an effort to better serve our members we recently completed a survey. Thank you to everyone who participated. The New York-New Jersey Trail Conference thrives because of our active membership and your responses to the survey will help us improve our services to you. The 10 winners of the random drawing for a copy of either the Sterling Forest or Jersey Highlands map set will be announced in the September/October issue.

We received more than 1300 responses to the survey of which more than 1000 were members, 10% of our membership.

Survey Highlights

(See our website for the complete report.)

Member Involvement

We surveyed members about their involvement in the Trail Conference. Among the key findings:

- More than 80% of member respondents use our website to look up hikes and information! If you are not using the site, there are some amazing features such as the hike finder, a calendar of hikes and events, and of course the official Trail Conference online store. Check us out now at nynjtc.org.

Other top ways members participate are:

- Nearly 25% maintain a trail.
- About one-third of members said they love the shopping discounts at our retail partners.

- Less than 10% participate in member events, which indicates an opportunity for us to grow member involvement.

Member Communications

We are pleased to report that 90% of members rated our communications excellent. You told us:

- The *Trail Walker* print newsletter is our most popular form of member communication, with more than 60% of members reading it often.
- The *eWalker* email newsletter is also popular, with more than 50% of survey respondents indicating that they read it often.
- The website is popular, with nearly 70% of member respondents indicating they use it somewhat or often.

With all the hype of social media such as Facebook and Twitter, we were interested to find that fewer than 10% of members say they rely on social media channels for information from the Trail Conference.

Trail leaders were an important source of communication as well, with nearly one in five members relying on communication

from trail leaders and fellow members. This may be an area where we can build more effective communication in the future.

Trail Conference Maps and Books

We were thrilled to find out that 97% of members surveyed indicated they owned a Trail Conference map or book! This tells us we are doing a good job of providing the information our members want.

Member Satisfaction

98.5% of members would recommend the NY-NJ Trail Conference to a friend. This is a great response from our members and is a strong indicator of satisfaction. We only exist if we have members, so take action and tell a trail-loving friend about the Trail Conference today.

Trail Conference Events

Building a great community of hikers is one of our missions, so we asked members, What would attract you to a Trail Conference event?

Not surprisingly, more than half responded Hikes (53%). We also learned that many members are interested in information on trail issues (43%), workshops and discussions on trail-related issues (46%), and guest speakers (38%).

Voice of Our Members: What Are Strengths of the Trail Conference?

- "Comprehensive trail maintenance and trail building in our area. Providing the best hiking maps I have ever seen anywhere!"

- "Its effectiveness in getting people together to protect and maintain trails, fighting the 'good fight' for open space; hiking information in form of maps and books (and updates); organized hikes; discounts are very nice too."

Voice of Our Members: How Can We Improve the Trail Conference?

- "Awareness. I don't think very many people are aware of the Trail Conference outside of the hiking community."

- "Would like to be able to buy maps in digital form to load on a GPS."

- "Catching up with technology. In particular, I wish there were more products that would allow better pre-hike planning utilizing GPS and computer."

- "Greatly appreciate the efforts of trail maintainers, but don't like the attitude on the part of some that the trails must be made 'easy' to be accessible 'to all'—we're not all the same, yes we need gentle nice trails, but we need to keep a lot of rugged ones too, the forests and mountains must challenge us, not just be a 'walk in a town-like park.'"

There were hundreds of comments just like this and it's great to hear the voices of our members. We will be integrating this feedback into our strategic planning process. Thank You!

Michael Brickman is a Trail Conference member and professional marketing consultant who is volunteering his professional services to support our organization.

Regional Field Notes

Catskills

Jeff Senterman,
Catskill Program Coordinator
jsenterman@nynjtc.org



The Trail Conference continues to expand its outreach and trail work in the Catskills. We offered two introductory workshops this spring, one covering lean-to maintenance and the other trail maintenance. Both workshops were great successes with some of the best turnout that we have ever had in the region. In May, we participated at Kenco Outfitters' first annual Trailfest in Kingston. We will be at the Batavia Kill Stream Celebration in

August, and at a number of other events throughout the region this summer and fall seasons.

There is an effort afoot to rebuild the Catskill Trail Crew and create a dedicated crew that can do heavy-duty trail maintenance and building projects in the region. As a start, in June we worked with the staff of the Catskill Center for Conservation and Development to do trail work on the section of the Long Path that crosses the Center's Platte Clove Preserve in the northeastern Catskills. Other trips planned for the season include blow-down removal and water bar construction in conjunction with the Trail Conference's roving crew.

The Lean-to Work Crew, with great support from Catskill 3500 Club members, is also up and running this year. We

hope to complete a number of lean-to projects, including the reconstruction of the Shandaken Lean-to and the rehabilitation of the Devil's Acre Lean-to.

The Trail Conference is working with other regional organizations, including the Catskill Center, to expand recreational opportunities on the New York City Dept. of Environmental Protection (DEP) lands in the Catskills.

On May 6 more than 20 representatives of organizations and regional agencies in the Catskills attended the first meeting of the Catskill Trail Partners at the Catskill Center's offices in Arkville, NY. This inaugural meeting was co-hosted by the Trail Conference and the Catskill Center and represents a cooperative regional effort to increase communication and coordination so as to improve Catskill trails and move towards more sustainable recreational opportunities.

Finally, a new web page on the Trail Conference's website is a clearinghouse



Table Mountain Lean-to was site of caretaking workshop.

for Catskill news and information about Trail Conference efforts in the region: nynjtc.org/content/catskill-trail-news-and-programs.

All of these efforts start from a strong volunteer base. Last year our volunteers maintained over 200 miles of trails and 26 lean-tos in the Catskills. Let's keep expanding those efforts!

New Jersey

Chris Ingui,
New Jersey Program Coordinator
cingui@nynjtc.org



Map Launch

It was a dark and stormy night, but the Trail Conference and the Land Conservancy of New Jersey were throwing a map launch party at the new Ramsey Outdoors store in Succasunna, NJ. More than 60 hardy souls braved rain and wind to take a look at (and buy) the first new map to be added to the Trail Conference catalog in 11 years. The map covers 230 miles of trails in 30 parks and is a strong visual demonstration of the abundance of hiking opportunities that exist close to home for millions of people.

Congratulations and thanks to the project team led by volunteer Craig Nunn.

Jenny Jump Trail Recruiting Hike Fills All Slots

Our new West Jersey Trails Chair Don Tripp is off to a great start with this good news report:

Our newest trail in New Jersey is now fully staffed with enthusiastic trail maintainers. West Jersey Trail Crew supervisors Monica and David Day's orientation hike on May 22 provided the participants interested in becoming trail maintainers (TM's) with insight regarding the Jenny Jump Trail's construction and a detailed walk along the newly completed trail pointing out current and potential maintenance needs. Each of the six participants agreed to take responsibility for maintaining one of five trail



New volunteers meet the new Jenny Jump Trail.

segments covering the 7-mile length.

For the past six years the West Jersey Trail Crew members have been constructing a trail through the Jenny Jump State Forest. Originally conceived as the "Warren Trail," the Jenny Jump Trail will run

from the state forest office near Hope, NJ, to Mountain Lake, providing views of the Great Valley and Delaware Water Gap. It will be completed this summer and we are planning to invite Trail Conference members and the public on an inaugural hike in the autumn. Watch for details.

There are still other TM opportunities in western New Jersey. For additional information contact Don Tripp, West Jersey Trails Chair at westjerseytrails@gmail.com.

Your Chance to be the Boss

We are looking for a Trails Chair for our new Northwest Jersey Region, which encompasses Stokes State Forest as well as Wawayanda and High Point State Parks. Interested volunteers who wish to be considered for the position or have questions about what it entails can contact me at cingui@nynjtc.org.

East Hudson

Leigh Draper,
East Hudson Program Coordinator
draper@nynjtc.org

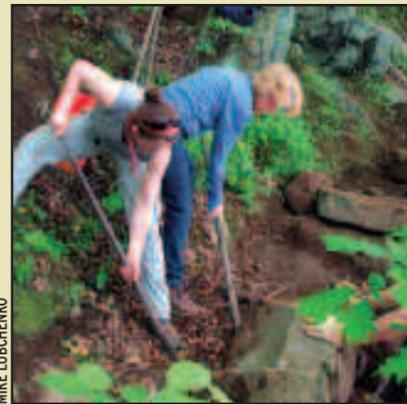


East Hudson Community Trails

Last year, this collaboration between the Trail Conference and Teatown Lake Reservation in Westchester completed the 6.5-mile Teatown-Kitchawan Trail (TKT), which travels through several New York City Dept. of Environmental Protection parcels, and links directly to Westchester County Parks Kitchawan Preserve trails. Thirty volunteers attended two training sessions and four work trips to complete the trail.

This spring the volunteer TKT trail crew has been at work creating a trail along Vernay Lake, which connects to both the Back 40 and Hidden Valley Trails.

On May 21 and 22, the Jolly Rovers



Teatown staffers Merrilee Frable and Jean Maiorano joined stone step workshop.

volunteer trail crew built stone steps on a seriously eroded section of the Lakeside Trail in the Teatown Lake Reservation. The project included a workshop teaching stone step building techniques to a number of other volunteers. The Rovers were to be in the area again at the end of June to install steps with the Yorktown Trails volunteers.

The Trail Conference has led two workshops for the Yorktown Trails project. A water bar workshop repaired an eroded section of trail in Sylvan Glen. A Trail Maintenance 101 was also held to train and recruit maintainers for Turkey Mountain, Granite Knolls, Yorktown Railway, and FDR Park.

Also in the works:

Current maintainers and others interested are encouraged to sign up for an Invasive Strike Force workshop to be held at Teatown Lake Reservation on July 10.

The Dutchess/Putnam Appalachian Trail crews continue to build boardwalk over the Great Swamp near Pawling, NY. Other crews are making trail repairs and replacing bridges in Fahnestock and Hudson Highland State Parks.

Metro Area

Friends of Pelham Bay Park joined with the Adirondack Mountain Club for the fifth annual lagoon clean-up. Canoes were supplied by the NYC Urban Park

Rangers, who conducted a brief training class for novices. Trail work days provided tree plantings for Million Tree Day and a meadow restoration.

A Trail Maintenance 101 was held on Staten Island and the Metro Trail Crew joined volunteers for a trail work day on the Staten Island Greenbelt.

Van Cortlandt Park

Trail Conference expertise in trail work and volunteer training brought it a contract with Friends of Van Cortlandt Park (FVCP), a New York City park in the Bronx. FVCP sponsors trail work days to complete their trail master plan, which was developed by the Trail Conference. The Trail Conference also provides FVCP with volunteer training in trail building and maintenance. In May, we provided two workshops to the park's trail volunteers. To learn more about the Van Cortlandt Park Trail Crew, visit: www.vancortlandt.org.

West Hudson

Larry Wheelock,
West Hudson Program Coordinator
Wheelock@nynjtc.org



HT Views at Risk from Goosepond Mountain

A proposal to build 227 houses on 398 acres in the Town of Chester, NY (Orange County) has raised concerns about the project's impact on scenic views from the Highlands Trail as it crosses the ridge of Goosepond Mountain State Park in the town. West Hudson Program Coordinator Larry Wheelock took those concerns, and a map of the view as it would appear after

development, to a meeting of the town's planning board in April. Similar concerns were expressed in writing by Jim Hall, executive director of the Palisades Interstate Park Commission. Town officials promised to meet with Trail Conference representatives about the issue and to require that a route for the Highlands Trail be included in a final plan. If fulfilled, that promise would end a section of road walk along LaRoe Road.

Bear Mountain Trails Project

It's been a busy season on several fronts at Bear Mountain. The new 1.3-mile long summit loop, including nearly a half-mile of ADA-compliant, handicapped accessible trail, was completed in time for a June 4, National Trails Day celebration. (See photos on page 3.) As that project neared

completion, young volunteers from Boy Scout Troop 258 lent their hands to closing the former route. Volunteers George Perkinson and Chris Reyling put the finishing touches on this project by painting the 2" x 6" blue rectangular AT blazes (official side trail blaze) along the new section, creating a shortcut across one end of the loop.

Meanwhile, attention turned to the base of the mountain, where work and workshops are set to begin on a demonstration trail. Located in the vicinity of the old stone Spider Hill House (formerly a stone restroom intended to become a hiking and trails museum), a new 857-foot long section of the Appalachian Trail will be built and is to serve as a self-guided interpretive trail illustrating many of the efforts, structures, and thought that go into designing and building hiking



21 attended Trail Maintenance 101 in Sterling Forest in May.

trails. The trail will extend from the Spider Hill House to the start of the newly constructed lower east face of the AT. The location near the inn, the beach, and the popular lakeside walkway at Hessian Lake offers great promise for educating the public about the who and what of trail building and maintenance.

TRAIL CONFERENCE VOLUNTEERS

March 19, 2011 - May 20, 2011

The Volunteer Committee acknowledges these new volunteers who took on or completed an assignment during the time period noted above, as well as existing volunteers who have accepted additional assignments. We extend our thanks to them, and to all our volunteers.

Board Member: Charlotte Fahn

Office Program Assistants:

Joan Doris, Ken Hall, Patricia Livingston

Trail Corridor Monitors: Charles P. Holmes, Erica Ward-Gonzalez

Trail Crew Members: Brian Beckenbaugh, Robert Brunner, Willy Diaz, Christine Fehre, Robin French, Scott Gerum, Artie Hidalgo, Chris Ingui, Allen Jaeger, Joe Leib, Nick Miazio, Lee Mott, Karen Nelson, Rich Raschdorf, Travis Schnell, Jeff Wiedre

Trail Maintainers: David Allen*, Debbie Bell, Adam Corbisiero, Matthew Degraw, Michael Di Trani, Amedeo Diedwardo*, Connie Duquette, Douglas Furman, Renee Gerber, Dennis Hardy, Robert Hosko*, Peter Kellstrom, Paul Kienker, Doug Lawrence, Joan Lyons, Martha Maletta, Lon Maletta, Donna Nye, George Preoteasa, Lawrence Randall, Richard Raschdorf, Eunsil Recksiek, Linda Reik, Ted Wallace, Erica Ward-Gonzalez, Michael Williams, Anne Wilson

Trail Supervisor: Andrew Seirup

Did we miss you or someone you know? Please tell us so we can correct our records and give you the thanks you deserve. Contact the Volunteer Administrator via email: volunteers@nynjtc.org

* Adopted multiple trails sections.

Peter Frishauf & K C Rice Congratulate

Kelley Litzner & Rachel Mendelowitz

On their June 25, 2011 Wedding. Best Wishes for Great Hikes in the Hudson Highlands & Beyond.

Don Weise Joins TC Fundraising Team



Author, hike leader, and environmental advocate Don Weise has joined the Trail Conference staff as development manager for major gift donations. Don brings over 20 years of business development experience and an inside perspective on hiking and the Trail Conference to the job.

Don has served as a Trail Conference board member, trail maintainer, co-chair of the West Milford Open Space Committee, leader of fundraising and advocacy events for the Trail Conference, and author of *West Milford Baker's Dozen*, a local hiking book. His latest book, *Circuit Hikes In Harriman*, is to be published by the Trail Conference.

"The Trail Conference does so much for the hiking community," says Don. "I feel privileged to be part of this organization's fundraising efforts." When not working to build support for the Trail Conference, Don enjoys spending time with his family, traveling, hiking, and running.

Volunteer! The Trail Conference Needs You!

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

OUTDOOR OPPORTUNITIES

Become a Trail Maintainer! Great Work Environment!

Adopt a section of a trail and help to keep our region accessible, pristine and protected. We have vacancies for maintainers on trail sections in these areas:

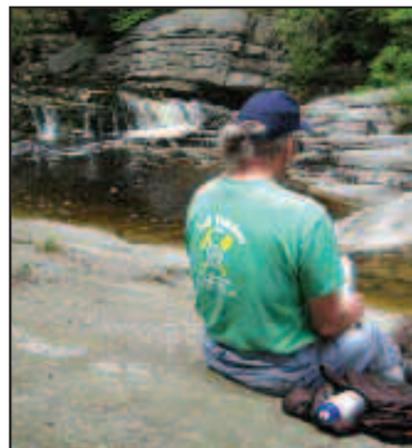
- Taconic State Park, Southern Columbia County, NY
- Harriman Bear Mountain (north-west section) in Orange County, NY
- Black Rock Forest, Orange County, NY
- Staten Island, Richmond County, NY
- Shawangunk Ridge Trail, Orange County, NY
- East Hudson Community Trails, Dutchess, Putnam, and Westchester Counties, NY
- Ringwood State Park, Bergen County, NJ
- The Highlands Trail, Hunterdon County, NJ

Get out and about volunteering as a Trail Corridor Monitor:

Corridor Monitors walk the boundaries of a section of the National Park Service's Appalachian National Scenic Trail approximately 2 to 4 times per year, maintaining boundary markings and reporting conditions to the land managers. There are vacancies for volunteers to monitor the trail land boundaries on both sides of the Hudson River:

- West of the Hudson, in Sussex County NJ, and Orange County NY
- East of the Hudson, in Dutchess County

Since going to press, trail maintenance or monitor opportunities in other areas may have become available, as well as other on-trail positions such as: Trail Supervisor, Corridor Manager, Crew Chief, Crew Chief Assistant, Lean-to/Shelter Caretaker, and Trail Inventory Monitor. Check out our current volunteer opportunities and what they entail at: www.nynjtc.org/vol-trail-vacancies



INDOOR OPPORTUNITIES

Member Relations Volunteers

We need volunteers to help us engage with members in our mission of providing access to open space in our region. Help us with mailing, marketing, responding to questions, offering assistance. We will match your skills, qualifications, and interests to the projects on hand.

Order Processing Assistant

Do you want to be a part of the team that sells our outstanding trail maps and books? We have an opening for a volunteer to assist our Fulfillment Coordinator process our book and map orders. Training will be provided. Come join us in our interesting and educational office environment—we need your help!

Are Your Fridays Free?

If you have a few hours or more to spare on Fridays and would like to share your knowledge of hiking trails in our area and help the office staff, we are waiting for you! Volunteer in our office by helping out at the front desk, answering our phones and questions from fellow hikers. We will provide all the necessary training.

We have details on these, as well as other off-trail volunteer opportunities on our website at: www.nynjtc.org/vol-vacancies

DONORS TO THE ANNUAL FUND

March 24 - May 23, 2011

GIFTS

Dr. George L. Becker Jr., Fred & Lori Bethon, Mauritz Blonder, Ian Blundell, Helen Chinitz, Herbert J. Coles & June Fait, Chris Connolly, Jane & Walt Daniels, Matthew Degraw, Edward DiSalvo, JoAnn L. & Paul R. Dolan, Claudia Edwards, Kenneth English & Carolyn Kelly, Sergio Fernandez, Peter I. & Janice A. Ford, Jakob & Gely M. Franke, B. Harrison & Phyllis Frankel, William Gannett, Edward K. Goodell & Lynne S. Katzmann, Suzan Gordon, James & Jane Gregoire, Ann M. Gruhn & Peter Franaszek, Diane Henderson, William J. Hentschel, Daniel Hoberman, David E. Hogenauer, Gaylord CC & Anne J. Holmes, Richard & Marion Katzive, Albert Kent Jr., Margaret Cook Levy, Caridad & Victor Lira, Kenneth H. & Linda Z. Malkin, Frank S. March, Philip & Lynne McLewin, Dr. Deborah D. Miller, Margo Moss, Bernit Obert, Thomas O'Brien, Fred H. & Anne Todd Osborn, Allen Rochkind, James G. Schlenker, Tom Schmitt, Hal Scholl, Gary Schulze & Ann Marie Snyder, Tom A. Sullivan, Stiles Thomas & Lillian Thomas, Richard N. Warner, Ari Weinstein, Patsy & Roy Wooters, Myra Yangis

TRIBUTES

In memory of Richard R. Begin
Catherine Gardner & the Washingtonville High School Class of 2000 Reunion Committee

In memory of Walter E. Britt
Ellen East/Time Warner Cable, William Osbourn, Samuel Vaughan Howe & Rebecca Booth Howe, Paula & Irwin Levine, Robert & Barbara Kelly Benya, Eric Needham/Turner Network Sales, John Britt, Richard J. & Jean M. Harrington, Verizon

In memory of Donald B. Derr
JoAnn L. & Paul R. Dolan

In memory of Charlotte E. Fontana
Susan F. Serico

In honor of Josie Gray
Dr. Deborah D. Miller

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ADK Mohican Chapter, AIG Matching Grants Program, CNA Foundation, Earth Share New York, EarthShare New Jersey, Eastern Mountain Sports, Fidelity Charitable Gift Fund, Google, IBM Corporation Matching Grants Program, Johnson & Johnson Matching Gifts Program, Land Trust Alliance, NE Program, Morgan Stanley, Smith Barney Global Impact Funding Trust, Inc., Mutual of American Foundation, Network For Good New York, Alpine Club, Somers Land Trust, The Leonard & Evelyn Lauder Foundation, The New York Community Trust, Trust, United Way of Long Island

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

Board, Delegate Nominations for 2011

The Nominations Committee of the Board of Directors hereby presents candidates for the Board of Directors for three-year terms and Delegates at Large for one-year term to be voted on at the Annual Meeting of the New York-New Jersey Trail Conference, Inc. to be held on October 15, 2011 at Caputo Community Center in Ossining, NY.

For Board of Directors

Daniel Van Engel

Dan is a neurologist in private practice in Ridgewood, NJ. He is on the staff of the Valley Hospital in Ridgewood where he currently serves as the Director of the Spine Center. He is a life member of the Trail Conference and chairs our Volunteer Committee. Dan has served on the board of directors since 2005.

Edward Saiff

Eddie is a professor of biology at Ramapo College, and clinical professor of pathophysiology and neurosciences at the University of Medicine and Dentistry of New Jersey. He has served on and chaired the Mahwah Environmental Commission, and the Mahwah Board of Education. He chairs the Darlington School House Committee for the Trail Conference. Eddie has served on the board of directors since 2008.

James A. Gregoire

Jim recently sold Gregoire Capital LLC, an investment management and consulting firm. He has been a trail maintainer for the Trail Conference for five years and has been an Appalachian Trail supervisor for six years. Jim currently serves as the Treasurer of the Trail Conference. Jim has served on the board of directors since 2009.

Walter E. Daniels

Following his 30-year career at IBM, Walt has volunteered over 2,000 hours annually for the last 13 years for the Trail Conference as its webmaster, trail maintainer, trail supervisor, trail assessment leader, workshop leader, steering committee member for the 2007 Appalachian Trail Conference, publications committee member and co-author of *Walkable Westchester*.

Richard R. Levine

Rick Levine is the Managing Director of ITP Associates, a commercial real estate developer and manager of transportation facilities, primarily at Newark Airport. He was the executive director of the "Love Newark Committee," a public-private environmental initiative, a hike leader for the Adirondack Mountain Club's Outdoor for Kids program, and an event leader for the Fashion Institute of Technology.

Anne Todd Osborn

(To fill for one year the seat being vacated by Jane Daniels.) Anne, of Garrison, NY, is a former member of the Trail Conference Board of Directors. She holds a master's degree in forestry from Yale and served briefly as science director for the Trail Conference.

Charlotte Fahn

(To complete the term of Josie Gray.) Charlotte has been an active volunteer with Friends of the Old Croton Aqueduct since 1996, serving as project manager and editor on two map-guide projects and as Friends president. She is project manager of the forthcoming *Hike of the Week* book for the Trail Conference.

For Delegate-at-Large

George Becker	George Petty
Robert Berlin	Michael Riff
David Bertollo	Karen Rose
Harvey Fishman	Ruth Rosenthal
Steve Galla	Trudy Schneider
Jill Hamell	Frank Schoof
John Jurasek	Naomi Sutter
Harold Kaplan	Robert Ward
Mark Liss	Gary Wiltshire
Paul Makus	Patricia Wooters
Jeff Marino	Richard Zinn
Margo Moss	

Science & Ecology

Indian Pipe - A Ghostly Inhabitant of the Forest

By Edna Greig

When you escape to the cool shade of rich woods during the summer, you may spot odd looking waxy white stems with downturned tops rising from the forest litter. They look like some type of fungus but are actually the flowering stems of a plant called Indian pipe (*Monotropa uniflora*). The common name comes from the upside-down, pipe like shape of the plant stem and its single, downturned tubular flower. It's also known as ghost flower and corpse plant because of its eerie appearance and the fact that the plant decomposes and turns black if handled. The early 20th-century naturalist Neljete Blanchan described Indian pipe as "Colorless in every part, waxy, cold, and clammy, Indian pipes rise like a company of wraiths in the dim forest that suits them well."

Indian pipe is usually found in deep shade because, unlike most plants, it doesn't photosynthesize its own carbohydrates. It thrives where the sunlight is too dim for most photosynthesizing plants to survive. It gets needed carbohydrates by being a parasite, a trait shared by only about 1 percent of the world's plant species.

Indian pipe is fairly common in rich woodlands throughout our area, and the white pipes are usually conspicuous in the shade. The flower stems push through the forest duff in mid- to late summer, either singly or in small clusters. The stems usually emerge after a soaking rainfall and, in dry summers, far fewer plants emerge. The



Look in the shade for this pale plant.

virtually smooth stems have only tiny, vestigial leaves and grow to a height of 3 to 10 inches. Bumblebees are the primary pollinators of Indian pipe's flowers. Once fertilized, the downward facing flowers turn upward giving the genus its name of *Monotropa*, meaning "one turn." Indian pipe produces copious, dust-like seeds. After the seeds mature, the entire plant turns black but remains upright and visible for up to several weeks.

Since Indian pipe doesn't photosynthesize, it doesn't need chlorophyll and so has no green coloration. It also doesn't need leaves to gather sunlight. What it does need is to have its roots connected with an

underground, mycorrhizal fungus that, in turn, is connected to the roots of a living tree. Symbioses between mycorrhizal fungi and photosynthesizing plants like trees are common. The tree's roots gather water and nutrients from the soil by way of the fungus, and the fungus takes carbohydrates that the tree has produced with energy from the sun. It is a mutually beneficial relationship. Indian pipe is an interloper in this symbiosis, stealing the tree's carbohydrates from the fungus and giving nothing in return. Scientists consider Indian pipe a parasite of the fungus.

Indian pipe parasitizes only a limited number of fungi species. Its dust-like seeds also will only germinate in the presence of an appropriate fungi species, so the germination rate is very low. Because of this, Indian pipe is slow to colonize new areas.

Scientists think that Indian pipe descended from a photosynthesizing ancestor plant that inhabited the forest understory. The ancestor plant probably shared the services of a mycorrhizal fungus with a tree, possibly a conifer. The ancestor plant was very efficient in tapping into the resources of the fungus and began to confiscate the carbohydrates that the fungus obtained from its conifer host. The ancestor plant became so efficient at stealing carbohydrates from the fungus that it no longer needed to photosynthesize. Over time, it lost its green coloration and its leaves and evolved into today's Indian pipe.

When you're in the shade of the forest this summer, especially after a rainfall, be on the lookout for these ghostly inhabitants.

Member Edna Greig is a regular contributor to Trail Walker on natural history topics.

TC SELLS LAND PARCELS

continued from page 1

with the Trust for Public Land, DEC and the landowner on the first 527-acre acquisition nearly a decade ago. The Trail Conference subsequently purchased an additional 980 acres in this region using funds from its LASF. With this sale, 958 of those acres will have been transferred to New York State, nearly tripling the size of the Huckleberry Ridge State Forest.

Protecting this land is key to the Trail Conference's goal of protecting the 43-mile long Shawangunk Ridge Trail, built in 1992-93 to connect the Appalachian Trail in High Point State Park, NJ and Sam's Point Preserve in Cragmoor, NY. In doing so, the Trail Conference also aims to create a recreational and wildlife corridor between the two largest conservation areas in the region—the Catskill State Park and the Delaware Water Gap National Recreation Area.

New York State Department of Environmental Conservation Commissioner Joe Martens marked this latest state acquisition by stating: "The Shawangunk Ridge is listed as a priority project in New York State's Open Space Conservation Plan in recognition of its unique and outstanding array of natural resources, abundant recreational opportunities and scenic significance. The ridge's 50-mile span is a major east coast flyway for migratory birds, and its forests are habitat for bobcats, black bears, timber rattlesnakes and more than 200 species of nesting birds. We are indebted to the Trail Conference for all their help in protecting and preserving this and other critical parcels on the Shawangunk Ridge."

Edward Goodell, Trail Conference executive director, says: "By protecting the steep forests that comprise this wildlife and recreational corridor, the Dept. of Environmental Conservation is demonstrating once again that it is possible to simultaneously promote local economic development, provide healthy recreation and protect the environment."



Jakob Franke, in yellow, led a hike along trails on the land transferred to DEC.

KNOCK, KNOCK...

continued from page 1

soaked. But these hardy Trail Conference volunteers persevered!

After eight hours of moving, crushing, and setting stone in the rain and muck, the waterlogged crew hiked back to camp. Thankfully, several tarps had been hung in advance, guarding both the fire pit and dry kindling. We lit a fire and prepared a "Stone Soup," with pre-designated crew members each adding their chosen ingredient to a pot of simmering broth. Drenched and filthy, huddled shoulder to shoulder under the small tarps around the campfire, doing little jigs to stay warm. Despite our resemblance to a refugee camp, the scene of people eating, talking, and working together was encouraging.

By 7pm the soup was long gone and the rain was still pouring down. We decided that it would be best for those who had not set up their tents the night before to go home and meet us again in the morning. Just six of us stayed to camp that night. We entertained ourselves by attempting to dry our soaked work pants, roasting them over the fire until they resembled large, gruesome slabs of beef jerky.



Water recedes from the 12-inch high it reached in the campsite.



A muddy but happy Bob Brunner at work on the trail.

As the hours ticked by, the water continued to rise in our campsite. By midnight, we stood upon the slightly elevated stones of the fire pit, now an island of fire, and looked out to our tents, which resembled buoys at sea. After contemplating our options for the night, we made for our shelters, only to find sleeping pads and belongings afloat. Desperate for rest, I headed to my car, taking everything except my tent...and camping permit.

I didn't tell all of this to the police officer, but I explained enough to show we weren't vagrants. He left us in peace, and on Sunday morning we were rewarded with a clear sky, pleasant temperature, and best of all, the returning crew!

As the six who had spent the night emerged to dry their belongings, the rest of the crew of 21 arrived, bringing coffee, bagels, donuts, and even bundles of dry socks. The workday commenced after breakfast. Despite the previous day's hardships, the crew showed no signs of weariness or frustration. As the day went on, spirits, laughter, and camaraderie grew. Time passed quickly, and by 5pm more than 80 feet of turnpiking had been built and opened for use.

We hiked back to the cars, laughing about the flooding of our camp, the strange burn holes several of us had in our workpants, and fond memories of the great dinner we had shared. After a group photo, everyone hugged and shook hands, exchanged phone numbers, and arranged to meet up for the next work trip in four weeks.

I expect that books have been written on the communal bonds that form when groups of people outlast hardship together. I'm sure the difficulties we encountered were essential ingredients in the recipe that made this trail crew such a success. But more important, I think, are the personalities of people attracted to volunteering as trail stoneworkers. They may be strange, but they make good company. Just like the ingredients that make a great stone soup.



Trail Volunteers: Brian Beckenbaugh, Bob Brunner*, Steve Bullwink, Willie Diaz, John Farrell, Christina Fehre*, Robin French, Scott Gerum, Artie Hidalgo*, Chris Ingui*, Allen Jaeger, Bob Jonas, Joe Lieb, Nick Miazio*, Karen Nelson, Monique Sandreter, Travis Schnell, Jesse Spiro, Jeff Wiedre*, Ginger Walluck, Aleksey Zinger, and anonymous

Chris Ingui is Trail Conference program coordinator for New Jersey and a leader of the Jolly Rovers stonework crew, volunteers trained in advanced stone work who help solve advanced trail problems throughout our service area.

*camper





HIKERS' ALMANAC

A Sampling of Upcoming Hikes
Sponsored by Member Clubs

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

July

Saturday, July 2

FVYMCA. Balsam Mountain, Catskills, NY. Leader: Contact Reid Bauer for info at rbauer@frostvalley.org. A steep and strenuous climb to one of the Catskills highest peaks. Balsam Mountain, one of the Catskill 3500 peaks, is a secluded and viewless summit. Hikers are drawn to Balsam for the solitude and challenge it provides. The 1,600' climb from McKinley Hollow to the Pine Hill-West Branch trail is one of the steeper Catskill climbs. Prospective Catskill 3500 Club members will get to know it well, as Balsam must be climbed twice (once in winter) for membership in the club.

WTA. Mianus Gorge, Bedford, NY. Leader: Audrey Sutton. For more information, contact Eileen West at eileenw1000@yahoo.com. Meet: 10am at North White Plains train station to shuttle to trailhead; transportation contribution \$3. Easy 4-5 miles. Hemlocks, ferns, waterfalls, and lake panorama in a leisurely walk in this Bedford preserve. Trail lunches not permitted, so bring snacks.

UCHC. Locust Grove, South Mountain Reservation, NJ. Leader: Gail Waimon, 973-467-4761. Meet 10am Locust Grove. This will be a brisk paced, 5-mile hike. Rain cancels.

Sunday, July 3

AMC NYNJ. Family Hike and Swim, Lake Awosting, Minnewaska State Park Preserve, NY. Leader: Andrew Joyce, 973-324-2657, amojoyce@aol.com. Meet: contact leader for meeting time and location. Family hike (children ages 5 and older) from Minnewaska State Park to Lake Awosting for a swim and back. Blueberry picking stops (hopefully) each way.

NYHC. Bear Mountain State Park, NY. Leaders: Bob Ward and Pat O'Malley, call after 8pm, 718-471-7036. Meet: 10:45am at white Commuters Statue in Port Authority Bus Terminal. Walk the newly completely rebuilt oldest section of the Appalachian Trail as far as the overlook; this part is handicapped accessible. Return to the city by about 7pm.

AFW. Tom Jones, Harriman State Park, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 10am. Strenuous hike at a moderate pace; out by 2pm.

Saturday, July 9

AMC NYNJ. Half-Day Hike on Hook Mountain and the Long Path, NY. Leader: Steve Galla, 914-953-2222, steve@stevegalla.com. Meet: contact leader for meeting time; meeting at Rockland Lake State Park in Valley Cottage, NY. 6 miles at a moderate pace. Very scenic hike with mostly ups and downs. Hike to top of Hook Mtn. for magnificent views of the Hudson River valley, then north on the Long Path along the ridge, ending along shore of Rockland Lake. Ends at about 1pm. Swimming on the premises. Temperature over 90 or rain cancels; contact leader if in doubt.

WTA. Fahnestock Lakes and Ponds, Putnam County, NY. Leader: For more information, contact Eileen West at eileenw1000@yahoo.com. Meet: at North White Plains train station to shuttle to trailhead; transportation contribution \$6. Moderate 10 miles. Less frequented trails along several ponds, plus a visit to Canopus Lake. Rain cancels.

UCHC. Turkey Mountain, Montville, NJ. Leader: Al DiCianni 973-455-7262. Meet: 10am Pyramid Mtn. visitors center parking lot. Hike 4-5 miles. Begin on blue trail (100 steps) to red trail. Continue on yellow trail to the paved road and follow yellow trail back to cars.

Sunday, July 10

NYHC. Massapequa Greenbelt, Long Island, NY. Leader: Mike Puder, 718-743-0920 or nyhiker50@verizon.net; call or email before 9pm. Meet: call for recorded message with meeting time and place starting Wednesday before the hike. We'll be taking LIRR train from Penn Station. Easy 6 miles past beautiful ponds with waterfowl; possible stop at restaurant once in town.

AFW. Valley of the Boulders, Harriman State Park, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 9:30am. Strenuous hike at a moderate

Saturday, July 16

AMC NYNJ. Sterling Ridge End-To-End. Leader: Christine Benton, 718-768-7937, call before 8:30pm, cbentonhiker@yahoo.com. Meet: contact leader for meeting time and location. 9 very hilly miles at a moderate pace. High points along the ridgeline afford great vistas of the Highlands and beyond. Climb firetower for extra views (if open). Rocky, uneven terrain. Car shuttle (even the shuttle is scenic). Extremely bad weather cancels; call leader for recorded message day before the hike.

NYHC. Leatherstocking Trail and Saxon Woods, Larchmont/Mamaroneck, NY. Leader: Ray Krant, 718-435-4994. Meet: 9:15am at information booth, upper level, Grand Central Terminal. 9 miles at moderate pace, with pleasant scenes and lush greenery.

WTA. Taxter Ridge, Greenburgh, NY. Leader: Ellie Carren. For more information, contact Eileen West at eileenw1000@yahoo.com. Meet: 10am at North White Plains train station to shuttle to trailhead; transportation contribution \$1. Easy 4-5 miles. Hike in this less-visited preserve maintained by the town of Greenburgh. Nice wooded trail, good for a warm day.

SW. Upper Montclair to Verona, NJ. Leader: Ray Krants, 718-435-4994. Meet: 10am at Port Authority Bus Terminal, near white commuter statues. Easy to moderate 8-9 miles with some hills. Hike through wooded areas in Mills Reservation, then rail-trail for easy walking. End at scenic Verona Park.

IHC. Highlands Trail, Hopatcong and Byram, NJ. Leader: Mac McCaulley, 973-398-3002, macmccaulley@aol.com. Meet: 9am at Roland May Eves Mt. Inlet Sanctuary, Lakeside Ave./Northwood Rd., Hopatcong, NJ. Moderately strenuous. Hike the Anderson Bypass with views of the Kittatinnies and Lake Hopatcong on this little-used section of trail. Visit Bear Pond, the most beautiful little-known pond. Bring swimsuit for after the hike. Heavy rain cancels.

Sunday, July 17

AMC NYNJ. Four Lakes and Blueberries, Harriman State Park, NY. Leader: Tom Parliment, 845-634-4116, call before 10:30pm, tparliment@verizon.net. Meet: contact leader for meeting time and location. 9 miles at a moderate pace. Harriman State Park has a number of magnificent lakes and we will visit four of them; long lunch stop at lake. Blueberries likely.

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

Saturday, July 23

AMC NYNJ. Island Pond Wanderings, Harriman State Park, NY. Leader: Bill Hladky, 914-410-4385, call before 9pm, wehladky@yahoo.com. Meet: contact leader for meeting time and location. 5 miles at a moderate pace, but with some difficult trails. Short but still a hike, not a walk. Island Pond in the afternoon, possibly to top of Island Pond Mtn. Hike still on with high temperatures, but bring 3 liters water.

VSHC. Fire Island/Robert Moses State Park, NY. Leader: Joel Berman, 516-608-9880. Meet: 10am at boardwalk leading to lighthouse, east end of parking lot #5. We'll hike 5 miles past the lighthouse, through Kismet, Saltaire and Fair Harbor, along the boardwalk and dirt roads.

WTA. Sterling Forest Fire Tower and Lake, NY. Leader: Carol Harting; register at 845-669-6731. Meet: Rt. 17A commuter parking lot, then carpool to trailhead. Moderate 5-6 miles. Up to the fire tower, then down to the lake for lunch. Less than an hour to the cars, time to stop off for ice cream or a cool drink on the way home. Transportation contribution \$6.

SW. Cascade of Slid and Beyond, Harriman State Park, NY. Leader: Marvin Malater, 719-376-3608. Meet: 8:40am at Port Authority Bus Terminal, near white commuter statues, for 9:15 bus to Sloatsburg (one-way), arriving 10:07. Moderate 7-8 miles with some hills. Hike along Pine Brook, lunch at Lake Sebago, stop at Dutch Doctor shelter and Claudius Smith's Cave on the trek out to Tuxedo.

UCHC. Turkey Mountain, Montville, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Pyramid Mtn. parking lot. Moderate-to-brisk 4 to 4.5 miles with several ups and downs. Yellow to the Falls (stop for views; low water likely) to green and up red (250' gain); then red to blue down the 100 Steps back to cars. Not for beginners. No lunch stop. Bring water. No preregistration needed. Allow 2 3/4 hours.

Sunday, July 24

AMC NYNJ. West Mountain, Pawling, NY. Leader: Michael Brochstein, 212-678-7881, call before 9pm, Michael_brochstein@mabysystems.com. Meet: contact leader for meeting time and location. 7 miles with moderate hills and at a moderate pace. Hike the Appalachian Trail in Dutchess County. Nice rural setting with nice views; see the "Dover Oak." Beginners welcome, but hiking boots required. Rain cancels. Call 7:15-8am morning of hike if in doubt.

GAHC. Fire Island/Robert Moses State Park, NY. Leader: Doris Metzner, 718-779-6881. Meet: 9:30am at state park bathhouse, parking lot #5. LIRR to Babylon and Suffolk S-47 bus to park. Easy hike with swimming. Non-members \$2.

Saturday, July 30

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

WTA. Northern Palisades, NY. Leader: Carol Ann Benton; register at aquarius2950@hotmail.com. Meet: 9:30am at Rockland Lake Rd./Landing Rd. near firehouse. 7 miles; moderate in morning, easy afternoon. Head north on Long Path, Treason Trail down to bike path, return along the Hudson River, passing stone ruins such as the Ice House. Rain or thunderstorms cancels. Transportation contribution \$4.

UCHC. Mt. Minsi/Delaware Water Gap, PA. Leader: Pat Horsch, cell 908-693-8331. Meet: 10am Gap parking lot on Rt. 611. We will ascend along a little waterfall to meet the Appalachian Trail and head south, enjoying some beautiful views overlooking the Delaware River. Return on the fire road, then loop back to return to the cars. Mostly moderate terrain, but steep and rocky in a few sections. Approx. 2 1/2 hours. Bring snacks and water. Steady rain cancels.

Sunday, July 31

WTA. Island Pond, Harriman State Park, NY. Leader: Catharine Raffaele. For more information, contact Eileen West at eileenw1000@yahoo.com. Meet: 9:30am at North White Plains train station to shuttle to trailhead; transportation contribution \$6. Moderate 5 miles. From the Elk Pen parking, steep climb up ASB, pace adjusted to weather. May linger at Island Pond (but no swimming allowed). Return on AT.

IHC. Loantaka Brook Reservation, Morristown, NJ. Leader: Al MacLennan, 973-451-1435, ajmacleannan@verizon.net. Meet: 9am at Loantaka, South St. in Morristown. Fast-paced 8 miles on paved and dirt trails, terrain mostly flat.

NYR. Arden to Mount Ivy, Harriman State Park, NY. Leader: Ian Hochstead, ianhoch@hotmail.com. Meet: PABT 8:15 am for 8:30 ShortLine Bus OW Arden. From Arden, follow Appalachian Trail north to the Long Path, proceeding to Mount Ivy. Return using TOR bus.

August

Saturday, August 6

AMC NYNJ. West Mountain, Harriman State Park, NY. Leader: Carol Ann Benton, 914-762-7347, no calls after 9pm, aquarius2950@hotmail.com. Meet: contact leader for meeting time and location; no public transportation. 6 miles with substantial hills but at a moderate pace. Expansive views of Hudson River and surrounding hills. Bad weather cancels.

WTA. Popolopen Gorge, Harriman State Park, NY. Leader: Minu Chaudhuri, 914-941-6408. Meet: 9:30am at Fort Montgomery parking off Rt. 9W, near Bear Mtn. Moderate 5-6 miles. Hike along Popolopen Creek, return on 1779 Trail. Transportation contribution \$7.

Sunday, August 7

AFW. Bare Rock, Sterling Forest, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 9:30am. Moderate hike at a moderate pace; out by 2:30pm.

NYHC. Governors' Island, NY. Leader: Bob Ward, call after 8pm, 718-471-7036. Meet: 10:18am at Governors' Island ferry terminal in Manhattan (just east of Staten Island ferry). Easy 3 miles. Ranger guided tour of historic areas, then walk along the promenade, with views of Brooklyn waterfront and NY harbor.

GAHC. Sunken Meadow State Park, LI. Leader: Doris Metzner, 718-779-6881. Meet: 10am at state park bathhouse, eastern car park. LIRR to Kings Park. Easy hike with swimming. Non-members \$2.

WTA. Appalachian Trail from Graymoor Garrison, NY. Leaders: Jane and Walt Daniels, jdhikes@gmail.com or 914-245-1250. Meet: 9:15am at North White Plains train station to shuttle to trailhead (or 10am at parking near the AT at Graymoor); transportation contribution \$5. Moderate 8 miles. Out and back along the AT north from Graymoor. En route, visit artifacts from Revolutionary War era.

IHC. New Section of Patriots' Path, Stephens State Park, NJ. Leaders: Guy and Jennifer Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Long Valley Brew Pub, Fairmount Rd., Long Valley, NJ. Moderately strenuous hike on brand new section of Patriots' Path: Stephens State Park to Long Valley. Starts out hilly and ends hilly with a breathtaking view of Long Valley. Meet and end at the Brew Pub. Shuttle required.

Tuesday, August 9

UCHC. Pyramid Mountain, Montville, NJ. Leader: Dave Hogenauer, 973-762-1475 (cell 973-901-0824, day of hike only). Meet: 8:30am for a 3-hour hike up and over the mountain and then along the reservoir. About 5 miles at a moderate pace.

AFW. Pine Meadow Lake, Harriman State Park, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 10am. Easy hike at a moderate pace; out by 2pm.

Saturday, August 13

WEC/WWW. Devil's Path: Catskills High Peaks Weekend (Aug. 13-14). Leader: Don Weise, donweise@hotmail.com, 973-835-2160. Meet: contact leader to register. Two challenging days, total 24 miles with over 14,000 vertical feet. Climb Indian Head, Twin, Sugarloaf, and several other mountains. Overnight accommodations or camp out. Good fitness level required.

NYHC. Tallman Mountain State Park to Nyack, NY. Leader: Mike Puder, 718-743-0920 or nyhiker50@verizon.net. Meet: call for recorded message with meeting time starting Wednesday before the hike. We'll be taking a bus from Port Authority bus terminal. Moderate 8 miles. Delightful walk on the bike path, then the Long Path and the pier in Piermont. Spectacular views of Hudson River. Then walk on pleasant former rail bed to Nyack; join leader for early supper at Mexican restaurant. Late return.

WTA. Pyramid Mountain and Two Reservoirs, NJ. Leader: Eileen West, eileenw1000@yahoo.com. Meet: at North White Plains train station to shuttle to trailhead; contact leader for time. Transportation contribution \$7. Moderate 9 miles. Diverse terrain in Butler-Montville area of NJ, trails along the shores of reservoirs and return over Pyramid Mtn. Rain cancels.

SW. Allenhurst to Spring Lake, NJ. Leader: Ray Krants, 718-435-4994. Meet: 8:15am at Penn Station, Jersey Transit windows, upper level near 7th Ave. Easy 9 miles on flat terrain. Explore South Jersey shore communities, with beach and ocean views. Walk on beach and boardwalk.



Chicken mushroom at Arden Point, Hudson Highlands State Park

WTA. Tom Jones/Parker Cabin, Harriman State Park, NY. Leader: Carol Ann Benton; register at aquarius2950@hotmail.com. Meet: 9:30am at Rt. 17A commuter parking lot for short shuttle to Rt. 106. 8 miles, moderate to strenuous. We'll climb both of these hills and hike past two lakes for great views all day. Bad weather cancels. Transportation contribution \$6.

Monday, July 4

SW. Jones Beach Walk, NY. Leader: John Socolick, 516-791-6453, call between 6-10pm. Meet: noon at Freeport LIRR station downstairs waiting room (take LIRR to Freeport, arriving about noon); bring Metrocard for bus. 4-6 miles on beach, boardwalk, and some trails (wear old shoes and bring swimsuit). Rain cancels.

Thursday July 7

UCHC. Farny Area, Rockaway, NJ. Leader: Leslie McGlynn, 862-219-5560; mcglynn.leslie@yahoo.com (cell phone day of hike only, 973-668-6512). Meet: 9:45am Four Birds north parking lot#3. A moderately paced 5-6 mile hike along the ridge on the Four Birds Trail with lunch at a shady, scenic spot. Bring lunch and water.

pace; out by 2:30pm.

GAHC. Fire Island National Seashore/Sunken Forest, NY. Leader: Gunter Georgi, 516-883-2336. Meet: 10am; must register with leader. We'll be taking LIRR to Long Island, then a ferry. Easy hike with swimming. Non-members \$2.

WEC/WWW. Coppermines, Cores & Sunfish Pond, Delaware Water Gap NRA, NJ. Leader: Don Weise, donweise@hotmail.com, 973-835-2160. Meet: 9am; contact leader to register. 7-8 miles at a brisk pace. Explore the shady side of Kittatinny Ridge and hunt for giant core samples from a dam project along the Delaware River. Lunch and swim at a mountaintop lake (bring swimsuit).

IHC. Buttermilk Falls, Lewis Morris County Park, NJ. Leader: Guy Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Sunrise Lake parking in Lewis Morris County Park. Moderate 8 miles. From the Buttermilk Falls Natural Area, we hike down India Brook to Patriots' Path, ending at Lewis Morris Park. Shuttle required.

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

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

Club Codes

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

AFW	Adventures for Women	NYR	New York Ramblers
AMC NYNJ	Appalachian Mountain Club, New York-North Jersey Chapter	SW	Shorewalkers
FVYMCA	Frost Valley YMCA	UCHC	Union County Hiking Club
GAHC.	German-American Hiking Club	VSHC	Valley Stream Hiking Club
IHC	Interstate Hiking Club	WEC/WWW	Weis Ecology Center
NYHC	New York Hiking Club	WTA	Westchester Trails Association

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

IHC. Top & Bottom of the Urbanized Palisades, NJ. Leader: Craig Nunn, 551-206-6823, dystopicnj@gmail.com. Meet: 9:45am at NJ Transit Hoboken terminal waiting room (north side). Strenuous 8-12 miles on streets and park paths, with one substantial climb. Hike to the top of the Palisades, then along ridge through historic neighborhoods with magnificent views of NYC. Then descend and walk the Hudson Waterfront Path back to Hoboken.

UCHC. Jockey Hollow National Historical Park, Morristown, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am visitor center parking lot. A brisk 5+ miles hike on variety of trails. Rain cancels.

Sunday, August 14

AMC NYNJ. Breakneck Pond, Harriman State Park, NY. Leader: Joe Bonner, hikerman4169@yahoo.com. Meet: contact leader for meeting time and location. Moderately paced 9 miles to Breakneck Pond and a reservoir or two. Bring lots of water. Limited to 12 people.

WTA. Croton Gorge Park and the Old Croton Aqueduct. Leaders: Sue Soni, 914-747-2452, and Anna Goldowski, baginanna@yahoo.com. Meet: 9:30am at North White Plains train station to shuttle to trailhead, or 10am at trailhead (contact leaders for directions). Transportation contribution \$3. Easy 7 miles. We'll walk along the Croton River, do an out and back on the aqueduct, visit the lovely falls at the dam, and lunch under shade trees in this lovely county park.

UCHC. Tulip Springs, South Mountain Reservation, Milburn, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10am Tulip Springs parking lot to the right and back by the picnic area. Hike a mix of trails at a brisk pace, 4-5 miles. Rain cancels.

Saturday, August 20

NYHC. Tarrytown Reservoir, NY. Leader: Ray Krant, 718-435-4994. Meet: 9:15am at info booth, upper level, Grand Central Station. Moderate 10 miles. We'll pass Swan Lake and end on the Old Croton Aqueduct.

AMC NYNJ. Frolicking on the Fawn Trail, Harriman State Park, NY. Leader: Hallie Wolfe, 914-941-533, halliewolfe@optonline.net. Meet: contact leader for meeting time and location; no public transportation. Moderately paced 6-9 hilly miles. Shaded summer ramble over West Mtn. and the Timp. Pace may be slow, back by at least sunset.

VSHC. Caumsett State Park at Lloyds Neck, Long Island, NY. Leader: Maria Ortiz, 516-352-7563. Meet: 10am at Caumsett toll booth. We'll hike 5 miles along roads and the beach.

WTA. Mountain Lakes Park, North Salem, NY. Leader: Carolyn Hoffman, 914-948-0608, earthwormch@aol.com. Meet: 9:30am at North White Plains train station to shuttle to trailhead; transportation contribution \$4. Easy to moderate 5 miles. Hardwood forest, quiet with no road noise. Route includes Mt. Bailey, highest point in Westchester (982 feet, but no view).

SW. Palisades: Closter Dock, NJ, to Piermont, NY. Leader: Marvin Malater, 718-376-3608. Meet: 8:40am at Port Authority bus terminal, south wing by the white commuter statues, for 9:15 bus to Closter Dock Rd. (one-way), arriving 10am. 9-10 miles at moderate to brisk pace, mostly level with steps. Long Path through Stalene, Tallman Mtn. State Park, and Piermont. Option for dinner in Piermont.

UCHC. Jockey Hollow National Historical Park, Morristown, NJ. Leader: Jim Schlegel, 973-731-4339. Meet: 10am Jockey Hollow Visitor Center parking area. A moderate 4- to 5-mile hike on a variety of trails. Inclement weather cancels.

Sunday, August 21

NYHC. Hudson River Walk, NYC. Leader: Bob Ward, call after 8pm, 718-471-7036. Meet: 11am at South Ferry terminal, downstairs. Easy 3 miles. Walk from the Battery to 30th St., see new High Line Park.

WTA. Black Rock Forest, NY. Leader: Debbie Farrell, 914-282-9942, call before 9pm, dfarpr@optonline.net. Meet: contact leader. Space for three people arriving by train in Bronxville. Moderate to strenuous 7-8 miles. Hike along cascading stream, up to several panoramic viewpoints, and over less-traveled Honey Hill. Transportation contribution \$8.

IHC. Storm King State Park, NY. Leader: Chris Davis, 973-590-7437, chrisdavis08558@yahoo.com. Meet: 9am at Anthony Wayne parking area, Harriman State Park. Strenuous hike with the best views west of the Hudson. Our approach using new trails from Rt. 218, 200 feet above the river, will make the views even better. Shuttle required.

Thursday, August 25

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

UCHC. Beulahland, Delaware Water Gap National Recreation Area, NJ. Leader: Lili Brohal, jackandlili@centurylink.net or 908-362-9563. Meet: 10am Kittatinny Visitor Center. We will hike 5-6 miles, along the Dunnfield Creek Trail, Holly Springs Trail, and Beulahland Trail. After lunch overlooking the Delaware River; we return along the rails-to-trails path to the parking lot. Bring lunch and water. You must register with the leader the day before the hike.

Saturday, August 27

AMC NYNJ. Schunemunk Mountain State Park, NY. Leader: Ellen Blumenkrantz, 201-784-8417, eblumenkrantz@hotmail.com. Meet: contact leader for meeting time and location. Moderately paced 10 miles over hilly terrain. Great views of the mid-Hudson valley. Limited to 12 people.

AFW. Appalachian Trail, Harriman State Park, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 9am. Strenuous hike at a moderate pace; out by 4pm.

WTA. Shenandoah Mountain on the AT. Leader: Carol Harting, 845-669-6731; must call to register. Meet: contact leader. Moderate 6-7 miles. Hortontown Rd. off the Taconic Parkway, possible shuttle to Canopus Lake. Transportation contribution \$6.

UCHC. Fanny Area, Rockaway, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am Fisherman's parking lot, Split Rock Rd. Moderate-to-brisk 4 miles with multiple ups and downs. Start up Split Rock Rd; turn left into woods (white) to blue and down to a difficult stream crossing (even if dry); continue on blue back up to Split Rock Rd with detour for close-up of reservoir and back to cars. Not for beginners. No lunch stop. Bring water. No preregistration needed. Allow 2 3/4 hours.

Sunday, August 28

NYHC. Snug Harbor Walk, Staten Island, NY. Leader: Bettye Soffer, 718-720-1593; call 7-9pm to register. Meet: call leader to register. We'll be taking Staten Island Ferry. Easy 3 miles. Walk the esplanade past Victorian houses and see the gardens in their summer glory.

AFW. Sterling Forest State Park, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for info and to register. Meet: 10am. Easy hike at a leisurely pace; out by 2pm.

GAHC. Fire Island/Robert Moses State Park, NY. Leader: Gunter Georgi, 516-883-2336. Meet: 9:30am at state park bathhouse, parking lot #5. LIRR to Babylon and Suffolk S-47 bus to park. Easy hike with swimming. Non-members \$2.

WTA. Mianus River Gorge Preserve, Westchester, NY. Leader: Catharine Raffaele. For more information, contact Eileen West at eileenw1000@yahoo.com. Meet: 9:30am at North White Plains train station to shuttle to trailhead; transportation contribution \$3. Easy 4-5 miles. This lovely preserve offers a cool retreat from the summer heat. Picnicking is not permitted, so we'll have lunch at the preserve entrance after the walk.

IHC. High Point, NJ, to Unionville, NY. Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 9am at Appalachian Trail crossing on Rt. 284, Sussex, NJ. Moderately strenuous 9 miles. Hike down from the High Point Monument through New Jersey and New York to the AT crossing on Rt. 284. Shuttle required.

NYR. Lenape Trail: Cedar Grove to Newark, NJ. Leader: Dennis Gin, home: 212-925-273. Meet: PABT 8:05am for 8:20 #194 NJT bus. OW Cedar Grove. From Rte. 23 at Cedar Grove, follow Lenape Trail: first on right-of-way of former Caldwell Branch of the Erie RR and then climbing the First Watchung to Mills Reservation. Descend ridge into Montclair and use local streets to Brookdale Park. Continue on Lenape through Glen Ridge, Bloomfield, and Belleville to Branch Brook Park. Out via Newark Light Rail to Newark Penn Station.

Monday, August 29

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Len Shnitzer, 732-499-9176. Meet: 10am, Sunrise Lake parking area, lower boathouse parking lot. Meandering trails past Sunrise Lake.

Tuesday, August 30

UCHC. Weis Ecology Center, Wanaque, NJ. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 10am parking lot off Snake Den Road. A moderate 6-7 mile hike. May include a visit to Chikahoki Falls. Bring lots of water.

Member Club News

Find links to all Trail Conference member groups online under the Community tab at www.nynjtc.org. Member groups: submit your news and photos for Trail Walker and the website via email: tw@nynjtc.org.

Troop 23 Clears Roadside AT of Garbage

Boys Scout Troop 23 from West Point completed some trail maintenance on part of the AT, specifically on the new bypass trail outside of the zoo in Bear Mountain. The troop collected seven bags of garbage in this area. Troop sponsor Cal J. Christensen notes, "Lots of trash gets tossed out of passing cars over the side of the hill."



COURTESY PHOTO

Scout Troop 23 with bags of trash.

Member Group Profile: Highlands Natural Pool

Did you know that when you park at New Jersey Audubon's Weis Ecology Center, in Ringwood, NJ, and walk through the Center's grounds and then around the Highlands Natural Pool—to access the Green Trail into Norvin Green State Forest—you are passing through a bit of history?

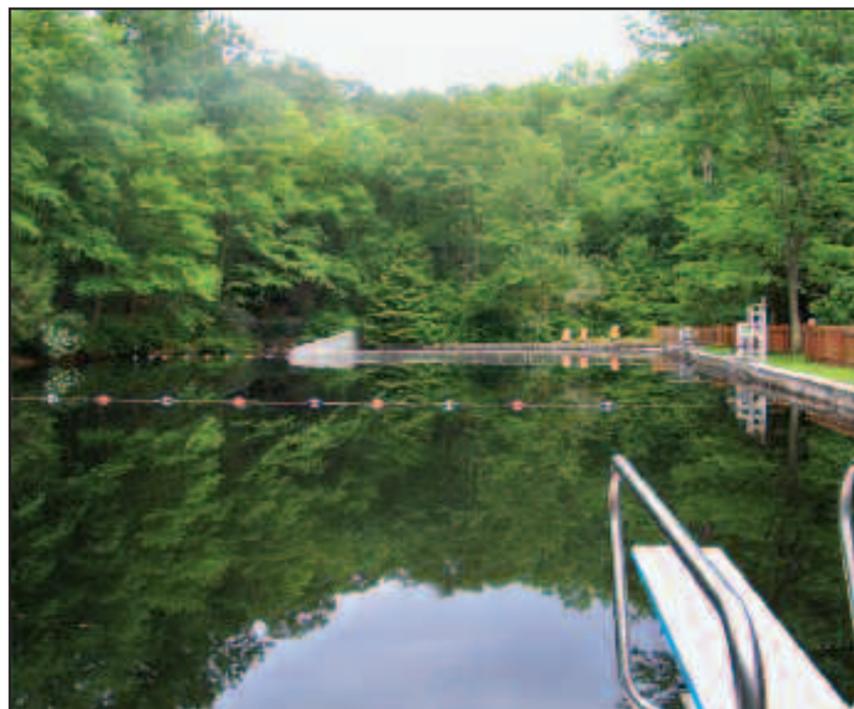
The grounds of what is now the Weis Ecology Center and the Highlands Natural Pool were purchased in the early 1920s by European immigrants—outdoor enthusiasts seeking to create a place for recreation, community, and enjoying nature. Known as the Nature Friends, these families and individuals enjoyed winter and summer sports and were avid hikers. (You can see their 1930s-era plaque on the left side of the Weis Ecology Center main building, where they refer to themselves as an "International hiking organization.") The recreation field, volleyball court and ping-pong tables are all reminders of the Nature Friends' activities on these grounds. (Today, the Nature Friends are still very active in Europe.)

The Highlands Natural Pool was carved out of the hillside by the Nature Friends in 1935 and since 1997 has been owned and operated by the nonprofit Community Association of the Highlands, Inc. In the tradition of the Nature Friends, the pool is run and lovingly maintained largely by volunteer labor.

Stream-fed, chemical-free, and Olympic-sized, the Highlands Natural Pool continues the 76-year legacy of the Nature Friends by providing a welcoming place for hikers and families to relax and swim. New members and visitors are welcome! For a modest day-fee, you can become a provisional member, spend the day, and try us out! Call for details. It continues to be much loved by all who know it.

So the next time you come for a hike this way, plan for some R&R and a swim on your way back. Enjoy a bit of history in a natural setting among poplars and evergreens.

Add a swim to your hike! Mention this article, and you'll get a discount on the admission fee!



The stream-fed Highlands Natural Pool adjacent to Norvin Green State Forest.

Hours in 2011:

Saturday, May 28 through Sunday June 26: weekends only, 11am to 7pm

Saturday, June 25 through Labor Day, September 5: weekdays from 11am to 8pm, and weekends from 10am to 8pm

Saturday September 10 through Sunday September 25: weekends only, 11am to 7pm

Weather conditions and diminishing daylight as the summer draws to a close will affect operating hours. Telephone 973-835-4299; on the web at www.highlandsnaturalpool.org.

About Dogs

If you plan to bring your dog along for a hike, please note: Health rules prohibit dogs inside the pool area. In addition, to protect the pool's water supply, all trails should be accessed by walking your dog to the end of Snake Den Road, where you'll see the trailhead kios, rather than using the trail that goes around and above the pool. Thank you.

Leave No Trace: Ethics & Trail Tips

By Bob Russo

Tips for Summer Hiking

In summer we need to **plan and prepare** to have enough water, fend off pesky insects, and, ironically, stay dry and warm.

Staying hydrated while hiking is important in all seasons, but the heat of the summer makes sufficient hydration especially important. If you drink too little, heat exhaustion and, worse, heat stroke (which can be deadly) can result. Carrying plenty of water is essential.

Insects, mosquitoes and black flies can be more than annoying. They can also be disease vectors. In our area, for example, mosquitoes may carry the West Nile virus, which is responsible for what the Center for Disease Control calls "serious, life-altering, even fatal disease." Deer ticks may carry a variety of bacteria that cause such serious illnesses as Lyme disease, anaplasmosis, and babesiosis. All of these are potentially dangerous. Always use a good insect repellent. I use Naturepel, (it has no Deet in it); it works well and can be used on your skin or clothing. Make sure you apply it every two hours to keep it working effectively. Long-sleeve shirts and pants may not be very comfortable in the summer, but they are a

lot safer than exposing your arms and legs to these insects. Keep your pants tucked into your boots or socks over pants, and always check for ticks at the end of the day.

And remember that hypothermia can be a risk in summer as well as in cooler seasons, so clothing should be moisture wicking. Avoid cottons. (Although, a combination of polyester and cotton (50/50 or 60/40) is ok. The less cotton the better.) Cotton holds moisture, which can be dangerous if temperatures drop quickly in a summer thunderstorm. Such storms can drop the temperature as much as 30 to 40 degrees in a very short time. A packaged poncho or other rain gear is therefore a recommended pack item in the summer.

Bob Russo is a Trail Conference member and volunteer and a Leave No Trace Master Educator. Find more Leave No Trace principles at www.lnt.org.



Clubs: Get your news and hikes for September/October to us by July 15 to be included in the next Trail Walker. Send to tw@nynjtc.org.

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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



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Scout Builds New Footbridge at Camp Glen Gray



Ryan Ciocchi on the footbridge he planned and built with family and friends.

A new footbridge has been constructed and trail maintenance was performed at one of the hiking trails at Camp Glen Gray. This was an Eagle Scout project led by Mahwah High School freshman, Ryan Ciocchi, with the help of scouts, parents, and friends of Mahwah Boy Scout Troop 258. The project was completed in May 2011.

Rocks were strategically placed in the upper part of the stream as a means to slow down rushing waters. Rocks were also added to the bank of the stream to prevent flooding. On the yellow trail near the footbridge, overgrown shrubs were trimmed, fallen tree limbs were removed, and the trail was cleared of leaves.

North Jersey Trails Chair John Moran guided the project.

This location is about a mile north of the camp headquarters, and is a historic site where the Sanders family forge and farm once stood. A cabin for troop camping also existed, but both the forge and cabin are now in ruin. It is a peaceful and serene area to hike through.

The footbridge was built on the Yellow Trail, near the junctions of the Yellow-Silver and Schuber (Orange) Trails. Prior to the footbridge, the rocky terrain and rushing stream were challenging to cross. A footbridge was greatly needed.

In defining the project, Ryan worked closely with John Moran, Trails Chair, North Jersey Trails Committee. The assistance provided by Camp Glen Gray caretaker Drew Baumgardt in transporting materials to the worksite was instrumental. Ryan received donations from the Mahwah Elks Lodge #1941, Home Depot in Mahwah, Home Depot in Paramus, Lowes in Nanuet, NJ, and Wilkes Deli in Mahwah.

The streambed, which contained fallen branches and other debris, was cleaned up.

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Barefoot Hiking???

By Howard E. Friedman, DPM

Let your thoughts drift back to your last great hike. Scenic vistas. A waterfall or bubbling brook, perhaps. And a rocky trail, no doubt. Now imagine retracing your steps on that hike, but barefoot. If mega shoe manufacturers like Merrell and Nike can convince you, you may just start hiking in a minimalist shoe closer to a ballet slipper than a hiking boot. Of course, if everyone decided to hike really barefoot, there would be no need to purchase the new breed of "barefoot" shoes so heavily advertised at more than \$100 a pair.

While there are passionate advocates for running, walking, and hiking barefoot, the term "barefoot running" can often refer to a shoe that is very flexible with a thin sole and little if any mid-foot or arch support. Such shoes are now labeled "minimalist shoes."

Clearly, this type of footwear is not for everyone. Individuals who have experienced severe foot problems such as torn tendons, significant arthritis of the foot, or medical conditions that require specific footwear, should consult a foot specialist before trying a minimalist shoe. Others may find occasional use of "barefoot shoes" worthwhile.

The Hype

Minimalist shoes have definitely gone mainstream. Nike, Merrell, and Vibram all promote the benefits of minimalist shoes on their websites. For example Vibram, creator of Five Fingers footwear that looks like a glove, claims that their shoes will strengthen the foot and leg muscles; improve motion in the ankles, feet, and toes; stimulate nerve receptors in the feet, which will transmit valuable information to the brain; improve posture by lowering the heel to the ground; and "allow the foot and body to move naturally—which just feels good."

Myriad web and blog sites launched by self-appointed barefoot running gurus also tout barefoot and minimalist shoes with similar claims. Underlying all the claims is the belief that today's over-engineered running and hiking shoes are to blame for many sports-related injuries of the feet, legs, knees, and hips.

What the Research Shows

Recent research does support measurable biomechanical changes in the walking cycle when switching from wearing traditional shoes to going barefoot.

Researchers at Rush Medical College found that for people with arthritis of the inside, or medial, compartment of the knee, shoes increase the forces on the painful joint by almost 12% compared to walking barefoot. An article in *Nature Reviews Rheumatology* in 2011 concurs and adds that forces on the knee are reduced even when walking in a flexible-soled shoe with a flat heel compared to when walking in traditional walking shoes.

Italian researchers published in 2009 that experienced barefoot runners demonstrated decreased stride length, decreased impact force, decreased contact time, and increased stride frequency when running barefoot. With shorter, more frequent strides, the force of impact on the heel decreased by about 27%.

The mechanics of why barefoot running decreases the force of impact has been explained and published by researchers led by evolutionary biologist Daniel Lieberman, PhD, of Harvard University, in a study supported by the company Vibram. People accustomed to running barefoot experience significantly lower forces as the foot strikes the ground because those runners land with the forefoot first, the researchers report. The force of initial impact generated is three times lower than someone striking the ground with the rearfoot first.

Comparing a barefoot runner landing on his forefoot first to someone wearing shoes landing on his heel first, the overall force decreases by seven times. By the time the barefoot heel strikes the ground, forces have dissipated.

The key, according to this research, is being what is called a "forefoot striker." Forefoot strikers take a higher number of shorter steps. Also, barefooters consume less oxygen due to the lack of shoe weight. Even someone wearing traditional shoes, however, will decrease his or her overall force of impact a small amount by landing on their forefoot first, that is, walking on tip-toes, Dr. Lieberman explained in an email.

What We Don't Know

Enthusiasts for barefooted running, walking, and even hiking suggest that rates of injury will decrease as more people exercise in more flexible shoes with no elevated heels. An article in the *British Medical Journal* in 2007 estimated a wide range of between 19-79% as the number of runners who develop an injury.

No concrete proof exists, however, that running shoes are the cause of injuries. Indeed, no published data exists about whether people who have traditionally gone without shoes have a lower incidence of injuries, although Dr. Lieberman's Harvard lab will be publishing that data in the future.

Moreover, walking, hiking, or running barefooted without proper conditioning could very well lead to injuries such as achilles tendonitis or even metatarsal stress fractures. Needless to say people who actually walk, run, or hike barefooted are at risk of simple skin lacerations and puncture wounds.

What To Do?

Any hiker considering experimenting with hiking in minimalist shoes should try the following: walk around your house for a few hours barefoot or in socks. See if your feet, legs, knees, and hips are comfortable. Then, don the backpack you would wear on a day hike filled to the same weight normally worn and repeat the exercise. How does it feel?

If you are pain free and are enjoying the experience, you may be a candidate to wear a pair of minimalist shoes on at least part of your next hike. Allow at least eight weeks of conditioning to become comfortable "barefoot hiking."

Podiatrist, board-certified foot surgeon, hiker and Trail Conference member Howard E. Friedman, DPM, is a frequent contributor to Trail Walker.



Vibram Five Fingers

GEAR CHECK

An occasional series that will review gear appropriate for hiking.



Eton Raptor Solar Charger with All-Terrain Guidance Functions

Reviewed by Jeff Senterman

Ever find yourself with a dead cell phone and needing a charge? If you have the Raptor, you can use the power of the sun to charge your cell phone. The Raptor bills itself as a Solar-Charger with All-Terrain Guidance Functions. Those functions include a cell phone charger, altimeter, barometer, compass, AM/FM/weather band radio, clock, flashlight, and strangely, a bottle opener.

How does the Raptor end up working for backpackers and hikers? Probably not as well as it might for a homeowner or someone else not worried about weight or bulkiness, but that's not to say that it doesn't have some benefits for hikers. The

negatives really come about because of its weight (roughly 12 ounces) and its overall size (2.9" x 8" x 1.25"), but the benefits include a number of handy functions and the ability to recharge devices through solar power alone.

I found the altimeter to be fairly accurate, and the barometer and the weather band radio to be helpful when it comes to forecasting and knowing the weather. The digital compass function was useful to get an idea of direction, but I would not rely on it for navigation.

The charging function is the major feature of the Raptor and probably the most useful. You can use the Raptor's power to charge your cell phone or pretty much any other rechargeable device. With a fully charged Raptor, I was able to charge my cell phone to about half of its full power.

The downside is that charging the Raptor to full power via its solar cells takes 18 hours. I'm not sure how anyone hiking could keep the Raptor in full sunlight for that time period. I had the Raptor on the outside of my pack during a couple of different day hikes and it did recharge, though not fully. I was still able to use the Raptor functions and provide charging for my cell phone, but the less you're able to charge the Raptor, the less you can use the functions, and the less charge you can impart to your cell phone or rechargeable device.

With its many functions, the Raptor can be confusing to use; be sure to read the instructions before you use it. I brought along the quick reference guide provided, just in case.

Overall the Raptor offers some useful functions in a durable (except the antenna) package. And, if I'm trying to open a brew after a long hike on the trail, the bottle opener built into the handle might just come in handy.



Rating: 3 boots out of 5

Ratings are 1-5 boots, with a 5-boot ranking signifying "This is very good. I like it."

Basic Training for Invasives Strike Force

The latest phase of the Trail Conference's work on identifying and controlling invasive plants along trails got underway in earnest in May and June with six workshops in New Jersey. (The program in New Jersey is funded by a Recreational Trails Grant administered by the NJ Dept. of Environmental Protection.) The introductory training included instruction in identifying 14 common invasive plants and the use of GPS units for documenting their locations.

A new grant allows us to expand the program to New York.

Trainees became eligible to volunteer with the Trail Conference's Invasives Strike Force, and have been collecting data about invasive species along trails in New Jersey. For a week, the volunteers were augmented by two interns from the New Jersey Invasive Species Strike Team who mapped a large list of emerging invasive species along trails in selected parks. An Advanced Training focused on identifying a set of newly emerging invasive plants that will be surveyed as part of phase two of this project.

Funding for a similar program in New York's lower Hudson Valley has been received from the Easter Foundation and a training in New York is scheduled for Sunday, July 10 at Teatown Lake Reservation in Westchester. (See details below.)

This Trail Conference program is being managed by Linda Rohleder, a Ph.D. candidate at Rutgers University Dept. of Ecology, Evolution, and Natural Resources. Staff support is provided by cartographer Jeremy Apgar.



JEREMY APGAR

What is it? Identification practice.

Trail U:
Intro to Invasive Plant Identification
Sunday, July 10
Teatown Lake Reservation
Ossining, NY

This workshop will teach the basics of plant identification and introduce 14 common invasive plants. It will prepare you to be a volunteer in the Trail Conference's Invasives Strike Force (ISF). These 14 plants are to be surveyed in the first phase of a monitoring project in New Jersey and New York. You will be taught how to collect data for the ISF and how to use a GPS unit.

Visit the Trail U page on the website (nynjtc.org/view/workshops) to register for this workshop.

Featured Hike



New Summit Loop on Bear Mountain



JEREMY APGAR

Time: About one hour
Difficulty: Easy
Length: About 1.3 miles
Features: This magnificent footpath takes full advantage of the natural features of interest found along the trail and includes several spectacular viewpoints.
Dogs: Allowed on leash
Map: Trail Conference Harriman-Bear Mountain Trails Map #119 with revised inset now available for free download at nynjtc.org/hike/bear-mountain-summit-loop



DANIEL CHAZIN

The full trail includes steps and rugged terrain.

Hike writer Daniel Chazin, editor of numerous Trail Conference books and maps and author of the Hike of the Week column published in *The Record* (Bergen County, NJ), rarely writes in superlatives. But after returning from a pre-opening scouting trip to the new 1.3-mile Appalachian Trail loop at the summit of Bear Mountain, Daniel

had this to say: "The trail construction is absolutely fabulous, and it represents some of the most exquisite stonework I have ever seen on a trail!"

Credit for this work, which includes a 0.4-mile section of trail built to be handicapped accessible in accord with the standards of the Americans with Disabilities Act, goes to the Trail Conference professional and volunteer trail builders led by Eddie Walsh, principal of Tahawus Trails, in charge of the overall project.

The loop can be accessed from the parking lot at Perkins Tower, as described here, or incorporated into a longer hike starting elsewhere in the park. The following is excerpted from Chazin's hike description on our website.

The hike begins at a sign for the AT on the northwest side of the summit. Directly ahead is a fork. The blue-blazed fork to the left will be your return route, but for now, take the right fork, blazed with the 2"x6" white blazes of the AT and the red-ring-on-white blazes of the Major Welch Trail. The first third of a mile is the handicapped-accessible trail section and has been skillfully designed to blend in with the surroundings.

About a quarter mile from the start and after crossing two service roads, you'll come to a huge boulder on the left side of the trail. Here, the Major Welch Trail departs

to the right at a fork, but you should bear left and continue to follow the white-blazed AT.

After passing the end of a blue-blazed trail on the right, you'll reach a spectacular north-facing viewpoint over the Hudson River. This marks the end of the accessible trail section. After taking in the view, bear left and descend stone steps.

The trail curves sharply to the left and begins to head south through dense thickets of mountain laurel and blueberry. This section of the AT features many stone steps, most of which were shaped on-site from native rock. You'll reach a junction atop a flat rock with a blue-blazed trail that begins on the left. This will be your return route, but continue ahead on the AT.

Shortly, the trail emerges on a flat pock-marked rock surface and soon reaches the start of another blue-blazed trail at a south-facing viewpoint over West Mountain.

Turn right and follow the blue-blazed side trail, which soon emerges on another rock outcrop, with excellent views to the west (Queensboro Lake may be seen below). In 500 feet, this trail ends at a triple blaze. Turn around, retrace your steps to the AT, turn left onto it, and proceed to the junction with the blue-blazed trail that you passed earlier. Turn right and follow this connector trail, which climbs to Perkins Memorial Drive at the base of the Perkins Memorial Tower, where the hike began.

Hikers' Marketplace



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