



80th Anniversary Year

# TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE...MAINTAINING OVER 1300 MILES OF FOOT TRAILS

JULY/AUGUST 2000

## First-ever Sterling Forest trails map now available

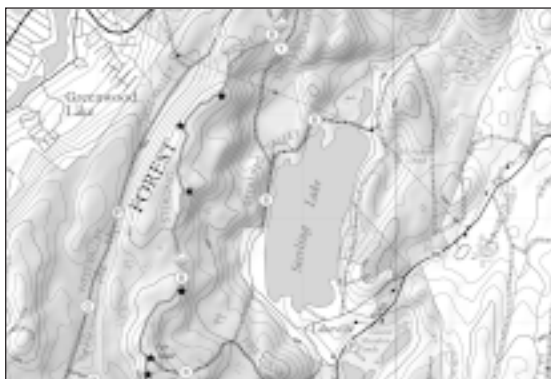
Sterling Forest State Park trails are featured in an all-new—and for the first time, all-digitally-produced—Trail Conference-published map.

Using the most sophisticated technology available, this map will guide you along hiking trails traversing over 20,000 acres of parklands featuring mountainous cliffs, dense second-growth woodlands, lakes and marshes, and which offer dazzling vistas of the New York-New Jersey Highlands and beyond.

This five-color map, printed on water-proof, tear-proof Tyvek, covers this popular hiking area in southern Orange County, New York—and celebrates the successful culmination of a 15-year effort to preserve Sterling Forest for public recreational use, originally spearheaded by former Trail Conference Executive Director Joann Dolan and her husband, Paul.

Included on the map are all marked trails, parking areas, viewpoints, access points, mountains, lakes, mines and woods roads. The NY-NJ Highlands Trail is also located on the map, as are the contiguous publicly-owned parklands of Harriman-Bear Mountain State Park, and Passaic County-preserved lands across the state line in New Jersey. A section of the Appalachian National Scenic Trail also traverses Sterling Forest State Park.

“After working for more than 15 years to protect Sterling Forest, the Trail Conference is especially happy to produce this state-of-the-art digitized map. It is the first comprehensive map of Sterling Forest available for the public,” stated Jan



Hesbon, Conference Executive Director. “This beautiful map will be treasured by hikers and other recreational users of the forest.”

New production process yields visible improvements

The Sterling Forest trails map is the TC’s first all-digitally-produced map. Not

only are there visible changes in the map’s appearance, but vast “invisible” changes in how the map is produced.

Formerly, traditional cartography processes, which involved hand drawing the trails, were used to create our maps. Since 1975, we had used United States Geological Survey (USGS) topographic maps as the base for the hiking maps. Many USGS maps are so old that we needed to make numerous corrections to update them for our use. Additionally, the cartographic process involved was painstakingly tedious and time-consuming: each color used on a map required a separate layer to be drawn, and the map information was added and subtracted layer by layer.

Within the last four years, computer programs for both drawing and digital technology have improved so much that it is now possible to produce a high-quality map completely by computer. Instead of starting with data that first needs correcting, the Trail Conference can now start

*continued on page 8*

**Revised East Hudson and Shawangunks Trails Map Sets Now available! — See page 8 for details**

### Links Long Path and Shawangunk Ridge Trail

## New York State to buy 1,300-acre tract on Shawangunk Ridge



On the heels of National Trails Day, New York Governor George Pataki announced that the state will purchase a 1,300-acre parcel along the Shawangunk Ridge to preserve a major hiking trail connection of the Long Path and Shawangunk Ridge Trail.

The parcel contains a three-mile length of the 340-mile Long Path, and the Long Path’s link with the 36-mile Shawangunk Ridge Trail, part of the Long Path system. The long path currently ex-

tends from the New Jersey side of the George Washington Bridge to John Boyd Thacher State Park on the Helderberg Escarpment just west of Albany. The Shawangunk Ridge Trail traverses the geologically-unique Shawangunk Ridge between High Point State Park in northwestern New Jersey and Minnewaska State Park Preserve.

“The ‘Gunks hold a special place in the minds of hikers, and this land’s preservation is wonderful news,” said former Trail Conference President Neil Zimmerman, who closely monitored the

project. “The Trail Conference has been involved for 7 years with the Open Space Institute and the Trust for Public Land working to place this property in the pub-

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**Good News! Long Path, Mount Tammany, and Breakneck Trails just designated as Community Millennium Trails.**

## TRAIL WALKER

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Nora Porter *Managing Editor*  
Paul Leikin *Advertising Manager*

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### NEW YORK - NEW JERSEY TRAIL CONFERENCE

#### Mission Statement

The New York-New Jersey Trail Conference, founded in 1920, 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 88 hiking and outdoor groups, and 10,000 individuals.

*It's Summer! And here are a few of our ideas on how to have some fun out on the trails during those lazy, hazy, crazy days!*

# SUMMER

## Hiking with Children

by Daniel Kriesberg

Giving a child the freedom to play, discover, and explore is the most wonderful gift we can share. Childhood is for exploring. And what better place to do it than outdoors? Children will only care for nature if they feel a part of it. Parents can be guides by giving them freedom and opportunity to discover nature; the best way is to take a hike. A hike may last several hours and cover a few miles, or only fifteen minutes and a hundred yards.

Hiking with young children shows us there is wonder in the commonplace. When a child hugs a tree, waves to geese flying by, or talks to a worm, they are demonstrating a connection most of us have lost. Hiking with a child puts us back in touch.

Each moment and place has something worth investigating; every hike is an adventure. One time it may be climbing a giant rock, another finding a secret place, seeing a deer, or splashing through water.

### Getting started

First decide where to go. Don't be jaded by thinking it is only worth it if you can go to some large wilderness area. The goal is not to cover ground, but to have fun. Hiking with children will be at his/her own pace. Your first hike should be to a familiar place. If you are traveling or trying something new, talk to local hiking clubs, park rangers, or others familiar with the area. Get a guidebook and study the maps.

Pick a place that suits your child's needs. In summer, lots of shade is important. Pick trails that are flat and easy to walk. It is a good idea to have a few places to stop and safely let your children roam. A stream, lake, or pond is fun, or maybe a field full of butterflies to chase or rocks to climb. Be mindful of any hazards.

It is amazing how children can find something new even in a place they've been before. Don't be afraid to go to the same place more than once.

### Supplies

A good day pack or fanny pack can easily carry what you need. Food, water, and clothes are the most important. Carrying extra food and drink is not nearly as much of a problem as carrying too little. It takes a lot of energy to explore the world! Take frequent breaks. A great snack is GORP (good old raisins and peanuts, with some M&M's thrown in). Enough water can be the difference between fun and misery.

Extra clothes are a good idea; you never know what will happen. Rain gear can help a fun family outing stay bearable. In summer, children need protection from sun and bugs, so use lots of suntan lotion and bug spray. Stay away from strong chemicals such as DEET. Use products made for babies and young children. Try to keep a hat on their heads. Water shoes are a good idea. You never know when the urge to wade will overcome a child.

In cooler weather, use layers of clothes to allow flexibility. A fleece jacket and rain gear are good for fall, winter, and early spring. Wool socks are better than cotton. It is worth the money for a good

## FUN STUFF TO BRING

Besides the essentials listed above, having some of the following can be fun:

- ☑ **Bug Boxes** - A bug box is a clear plastic box with a magnifying glass for a top. It will bring a whole new world closer to your child's eye. If a bug box is unavailable, any magnifying glass will do.
- ☑ **Field Guides** - Identification books for animal and plant life will help everyone learn more. Some helpful series are *Golden Nature Guides* from Golden Press, *Crinkleroot Guides* from Bradbury Press and the *Stokes Natural Series* from Little, Brown, and Company. The Audubon Society publishes the *First Field Guide* series specifically for children.
- ☑ **Paper and pencil** - Handy items for drawing, taking notes, making maps, writing a poem, or keeping a journal.
- ☑ **Plastic Bags** - They can be used to bring home treasures.
- ☑ **Binoculars** - Getting close to wildlife is not easy. Binoculars make them easier to observe.
- ☑ **Toy** - A favorite toy is a fun thing to bring along. The outdoors is a great place to let a child's imagination run wild.
- ☑ **Trowel** - A small shovel can be used to dig up the soil and find many interesting animals. It can also be used to dig a quick latrine.
- ☑ **Camera** - Bring a simple camera that a child can use. Let them take pictures of whatever they want.

## FUN THINGS TO DO

Children have a gift for finding things to do. Trust them. Being outside is a chance to be free. If they need a little encouraging to get going here are some activities to try:

- ☑ **Lift a rock.** Rocks are shelters for a lot of interesting animals—insects, millipedes and salamanders. Try to identify the animals or make up names for them. Be careful to put the rock or log back exactly the way it was.
- ☑ **Scavenger Hunt.** As you and your child walk along, suggest things for them to find. Some possibilities: a feather, something red, an acorn, something smooth, an animal track, a bird, something beautiful, or a black stone. Kids will have fun sending you in search of something.
- ☑ **Follow the Leader.** This classic game can be a lot of fun. Be safe but be creative. Go around trees, over rocks, under branches, jump up and down, and off you go.
- ☑ **Hide and Seek.** Pretend to be a predator, such as a fox. Your child can be a rabbit. Give them time to hide and see if you can catch them.
- ☑ **Collections.** Children love to collect things. A collection can be made from many different things such as rocks, leaves, twigs, insects or photographs. Keep a list of birds seen, trees identified, flowers, favorite sounds, or whatever else grabs your child's interest. We always have a treasure pocket when we hike.

set of long underwear.

A simple first aid kit kept in the bottom of the bag is well worth its weight. It is also a good idea to bring a pocket knife, toilet paper, matches, a whistle, and a compass in case of emergency.

Above all, bring your common sense and listen to what it tells you. Respect the place you hike, the weather, and when your child says enough. Some days it just doesn't work; go home and come back another time.

Children can't love the outdoors by staying inside watching television or playing computer games. Even a small natural area can be the setting for a wilderness adventure. Your greatest influence is by being a model. If you get excited, your child will follow suit. If you model love and concern for nature, then your children will notice. Children learn a lot when they see you pick up litter, or when you answer a question with the phrase "I don't know, let's look for the answer."

In the end the necessary piece of advice is simple: go hiking.

# FUN

## A WALK BACK IN TIME

### A Visit to the Historic Trapps Mountain Hamlet

By Stella Green

Let us take a walk back in time and imagine this small mountain community isolated on the Shawangunk Ridge. Picture what life must have been like for these stalwart, resourceful folk. Not for them the easy life of electricity, central heating, automobiles, and other modern conveniences. Even medical attention for a sick child was a convoluted process. The family needing help put a lantern in the window. The closest home then did the same, so that the alert was passed down to the family nearest to Minnewaska. Someone from that homestead then ran to fetch a doctor.

Life was hard. Summers were devoted to blueberry and huckleberry picking, hunting, walnut and chestnut gathering, cultivation of kitchen gardens, and the production of grist-mill stones cut by hand from thick pieces of bedrock. Winter activities included making hoops for barrels by the men, and weaving on hand looms for the women. Some residents were employed by the mountain hotels at Lake Mohonk and Lake Minnewaska.

The homes lacked running water, so the inhabitants (probably the children) were forced to drag what they needed up the steep, and in the winter slippery, slope from the Coxing Kill. Pastures for stock were cleared and the rocks used to make low walls to contain sheep and horses. These walls can still be seen on the property. Addition of split rail fencing on top of the rocks made them high enough to keep animals in their place.

This area in the Shawangunk Trapps was once part of a large colonial grant made in 1730 called The Grootte Transport (Dutch for "great land transfer"). The existing State Highway 44/55 was completed in 1929, following the route of the old Wawarsing-New Paltz Turnpike and destroying some Trapps home sites. The Trapps people, some fifty families, moved up to the ridge during the late 1700s from the Rondout Valley in an endeavor to find less crowded conditions. Their community included a store, the Trapps Chapel (built in 1881), a one-roomed schoolhouse (built in 1850), and a lodging house and tavern.

Further down the Coxing Kill at Split Rock stood a water-powered sawmill, the Enderly Mill, and a blacksmith shop. Many of the boards and beams used in the construction of Trapps Hamlet houses were produced here.

One Hamlet home, the Van Leuven Cabin, continued to be occupied by the Van Leuven family into the 1920s, when it was bought by the Mohonk Mountain House. In the 1960s it came into Mohonk Preserve ownership. From the 1960s to the 1980s, Appalachian Mountain Club rock climbers leased the Cabin which became known as the "Appie Cabin."

Recently the Preserve decided to renovate this historic home as a museum, and to create a walking path to it. The house first appears on the assessment rolls of 1889, and was occupied by Anna and Eli Van Leuven and their children. It is small, two-storied, and in remarkably good condition. Inside, the visitor can see that newspaper was used for insulation, then covered by wallpaper.

There were no stone houses in the hamlet; all were built without studs or beams and completely supported by the vertical planks

still visible here. Outside the front door stands a large boulder, part of it cut away to make an outdoor work surface. The piece cut out was used as a support under the front door; nothing was wasted.

The Trapps Hamlet Path passes by the Fowler burial ground, whose oldest recognizable headstone dates from 1866. Death was a frequent visitor to families in the hamlet. The flu epidemic of 1918 took its toll, and Mrs. Enderly, already widowed when her husband was killed in an accident, lost six of her twelve children to this outbreak.

We should all commend the Mohonk Preserve for its vision in protecting and restoring, rather than demolishing, this historic site.

The Mohonk Preserve has produced a booklet, *Trapps Mountain Hamlet, An Interpretive Walk through a Vanished Shawangunk Community*, available at the Mohonk Preserve Visitor Center. The booklet costs \$1, which is refundable upon its return. The trail, approximately 1.5 miles round trip, begins at the entrance booth of the West Trapps Entry parking lot. Non-members of the Preserve must pay a day-use fee. The trail is easy, though not wheelchair accessible. Handicapped access is provided to the cabin from Route 44/55. Parking here is limited and should not be used by those able to walk the trail.



## NEXT GENERATION PROFILE

### JEFFREY SENTERMAN



Sitting here in Greenville, Maine, my thoughts drift back to the moments before I received the Trail Conference's Next Generation Award. If someone told me then that in seven years I would graduate from a small college in northeastern Vermont and move to Greenville in northern Maine to work, I would have probably laughed it off. At that age I had no grand plans, no real thoughts of what I would be doing in the future. My work with the Trail Conference was a way for me to feel more mature and to give me a sense of being a part of something. It also gave me the opportunity to have a hand in the management and maintenance of the trails that I loved from a very early age. When I first became involved with the Trail Conference, my future thoughts were of going to the Culinary Institute of America in Hyde Park, becoming a chef, and living happily ever after. Getting a job working to protect the environment never even crossed my mind. So I continued volunteering within the Trail Conference. Then I received the Trail Conference's Next Generation Award and a dim light bulb turned on in my head.

The idea came to me that maybe there was some kind of future in work like this, maybe the kitchen was not all that it was cracked up to be. As I sat there listening to Eddie Walsh (a previous Next Generation Award winner) talk about all the things I had accomplished, two different feelings ran through my head. The first was absolute fear, knowing that I would have to go up and receive the award (for those of you at that annual meeting, perhaps you remember my dumbfounded and mumbled "thank you" as I accepted). Second, and more importantly, I felt accomplishment and pride: I was amazed with all that I had accomplished and imagined so many more things I could do. By the time I was a senior in high school, I knew where my heart was. It was not in a restaurant, but outdoors working to protect and preserve the environment. My decision was made, the path was charted out. I went to college and dove head first into my chosen

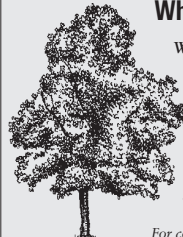
major, environmental science.

As graduation approached, I started the job search that most college seniors begin. What would I do if I could not find one? After graduation, I returned to the Catskills and continued working at a job I'd held the previous summer as an Assistant Forest Ranger. As luck would have it, just as the season was winding down in the Catskills, I was offered a position with the Maine Land Use Regulation Commission. I accepted and was hired as the Somerset County Project Analyst and made the jump to Greenville. So now the story comes full circle. The work I did on the trails taught me about our environment and our duty to protect that environment in any way we can. I know that my parents and the people in the Trail Conference have instilled in me a respect for our natural resources and an everlasting love for the outdoors. That is how I got where I am and now I understand that you do not need to have a road map for you life. Passions lead you in the direction of your future and eventually you get to a point where you are doing something that means something to you. I consider myself lucky that I have gotten to a point like that so soon in my career.

I may not remain in Maine, but I know wherever I go, the foundation of service and work I laid down with the Trail Conference will serve me well.

### Where there's a Will, there's a Trail

When we build them, you hike them. We've been building and protecting trails for 80 years for at least four generations of hikers since 1920. That's 1,300 miles in New York and New Jersey to date. Help us keep building for the next generation by naming the New York-New Jersey Trail Conference in your will. A bequest makes a wonderful gift, and it lasts beyond one lifetime.



For confidential information and legal language, contact Jan Hesbon at 212-685-9654, or by email: info@nynjtc.org.



# TRAIL NEWS

## Trail Conference grant helps enlarge AT corridor

### Side trail proposed through property

In a classic example of a successful Appalachian Trail Countryside Initiative, 60 acres of undeveloped land within 100 feet of the AT was purchased to preserve the Trail's viewshed, form a protective buffer, and consolidate ownership to curtail illegal all-terrain vehicle incursions.

Trail Conference Appalachian Trail overseer Mike Rea first suggested public acquisition of the 60 acres—think of it as the "hole in a donut" around Cascade Lake. The Town of Warwick was supportive, but could not finance the entire purchase price. Using some of the proceeds from a sale of donated lands in New Jersey, the NY-NJ Trail Conference and Appalachian Trail Conference Land Trust each contributed \$4,500, totaling 1/3 of the purchase price. The Town of Warwick was prepared to finance the remaining \$18,000, or the final two-thirds of purchase price, but a private citizen stepped forward

with the funds. In December 1999, Warwick accepted the land donation for inclusion in its Cascade Lake Town Park.

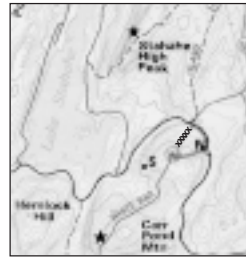
"Although the AT is a national recreation resource, it is also a local resource," said Mike Rea. "Warwick's support of increasing local parkland while protecting the AT demonstrates their understanding of, and commitment to, the partnership that exists *de facto* between the AT community and the Town."

Trail Conference AT volunteers plan a side trail to the Appalachian Trail through the newly-acquired parkland, offering another means of access to the Bellvale Ridge and AT in southwestern Orange County, NY.

## Harriman gets summer crew for trail repairs

Harriman-Bear Mountain State Park will have a summer trail crew this year to address the considerable damage to the park's trails by last year's Hurricane Floyd.

To respond to the damage, Mr. and Mrs. Shelby Davis of Tuxedo Park, NY, donated \$21,000 to the Palisades Interstate Park Commission to fund a Student Conservation Association (SCA) trails restoration project this July. SCA will field a crew of two supervisors and eight members who will work on a four-week turn-key program schedule established by PIPC staff and the Trail Conference. This generous donation is gratefully appreciated by the entire hiking community—and especially by the Trail Conference's over-worked West Hudson Trail Crew.



## White Bar Trail relocation: Harriman-Bear Mountain

A short, 1/3 mile section of the White Bar Trail has been relocated to eliminate a dangerous roadwalk to and from the parking area on Route 106. (See the Trail Conference's Harriman-Bear Mountain Trails map #3, grid B4.)

The trailheads for the White Bar remain unchanged. This relocation proceeds east from Island Pond Road, to cross Route 106 directly to the middle of the parking area on the south side of road, then climbs Carr Mountain to rejoin the White Bar.

## Storm King State Park Clean-Up Update

Forest fires last fall resulted in the discovery of old military shells in sections of Storm King State Park. As a result, the Palisades Interstate Park Commission (PIPC) was forced to close this immensely popular park to the public. Since then, the Trail Conference and the Adirondack Trail Mountaineering Club (ADK) have been work-

ing with our Hudson Valley Congressional delegation, notably Representative Sue Kelly (R-Katonah), and Carol Ash, the Executive Director of PIPC, to persuade the Department of Defense (DOD) and the United States Army to arrange a clean-up of the unexploded munitions. At an April meeting, Trail Conference and ADK representatives emphasized the importance of reopening the hiking trail network by summer 2000, and of preserving the aesthetics of this magnificent park by limiting the construction of firebreaks.

After some discussion, DOD and Army officials agreed that all hiking trails would be swept clear along with a 25-foot buffer on each side of the trails. This work was to begin by June, 2000. If this timetable is kept, we might expect that public trails could be reopened by this August. The Army Corps of Engineers already has the money (\$400,000) in the FY 2000 budget for clearance of the hiking trails.

Our thanks to Congresswoman Sue Kelly, Congressman Ben Gilman (R-Middletown) New York Senator Charles Schumer, PIPC's Carol Ash, and their staffs for their efforts to date to secure the clean-up of trails areas.

## Annual Trail Maintenance Workshop trains over 100 volunteers

The Annual Trail Maintenance Workshop held on April 29<sup>th</sup> at Silvermine in Harriman/Bear Mountain State Park was a great success, with everyone expressing a sense of accomplishment and skill-learning.

Over 100 volunteers participated in one of three courses: Basic Trail Maintenance, Trail Construction & Restoration, and Chainsaw Safety & Palisades Interstate Park Commission Certification.

Many thanks to Chief PIPC Ranger Tim Sullivan for his organizational help, and to all our classroom\* and field instructors: John Bleninger, Jack Driller, Chris Ezzo, Claudia Ganz, Susan Gerhardt, Suzan Gordon, Mary Hilley, Bob Marshall, Mike Rea\*, Monica Resor\*, Ike Siskind\*, Pete Tilgner, and Larry Wheelock\*.

A special vote of appreciation to Trudy Schneider and Marilyn Siskind for the great refreshments they prepared and served in both the morning and afternoon.

- Pete Heckler, Chair  
West Hudson Trails Committee

## Reminder: Long Path Section in Shawangunk Closed

The section of the Long Path from the western end of Mud Pond to its junction with the High Point Trail (see the Trail Conference's Shawangunk Trails map #9, grid C-3) has been closed by the landowner. Please do not trespass on this private land. Discussions are still underway about a possible relocation. When a reroute is established, notice will be published in the Trail Walker, and noted on our website at www.nynjtc.org.

## \$50,000 gift honors JoAnn Dolan

### 100 acres preserved in Sterling Forest

Former Trail Conference Executive Director JoAnn Dolan was honored with a \$50,000 gift from the Open Space Institute and the Trust For Public Land. This gift was made to the Orange County Land Trust for protection of Arrow Park land near and contiguous to the Sterling Forest State Park. The gift was used for land and easement acquisition of two parcels totaling almost 100 acres to protect the viewshed of the Appalachian Trail in Sterling Forest.

Rose Harvey, Senior Vice President of The Trust for Public Land stated, "We are pleased to be a part of these purchases,

as acre by acre we fill in the pieces of one contiguous park in the New York/New Jersey Highlands. And we are very happy to honor JoAnn Dolan with this gift in recognition of her vision and unflinching leadership to protect Sterling Forest as Executive Director of the New York-New Jersey Trail Conference."

This gift was made through the JoAnn Dolan Fund established by the Trail Conference last fall. The Dolan Fund is established for stewardship of trail lands within the bi-state region. Additional gifts to the Dolan Fund are welcome through the coupon below.

**JOANN DOLAN STEWARDSHIP FUND**  
...established for the management and care of our public trail lands

**YES,** I want to support stewardship of our public trail lands. Enclosed is my contribution of \$ \_\_\_\_\_.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

This contribution is fully tax-deductible. Checks should be made payable to the NY-NJ Trail Conference. Send to: NY-NJ Trail Conference, 232 Madison Avenue, Room 802, New York, NY 10016.

## John Gebhards First Executive of Orange County Land Trust

The Orange County Land Trust recently announced the appointment of its first Executive Director, John Gebhards, who will begin in June. For most of the last decade, John has been Executive Director of the Sterling Forest Partnership. Its predecessor organization, Sterling Forest Resources, was founded by the Trail Conference, the Open Space Institute, and The Nature Conservancy. Through the Partnership, John has been a principal leader in helping protect Sterling Forest. He has made countless presentations throughout the Highlands region, organizing and educating thousands of people about the benefits of Sterling Forest as a resource to be protected as a state park. (See the advertisement for part-time educator for the Partnership on page 7.)

Both JoAnn Dolan and Jan Hesbon, former and current Executive Directors of the Trail Conference, have worked closely with John as members of the Board of Sterling Forest Partnership. JoAnn commented, "John has been a critical force in the public/private partnership to save Sterling Forest. He is a master at organizing the community, and we are very grateful for his untiring efforts. His move to the Land Trust is a logical next step for him, and fortunately, we will continue to have his expertise and collaboration in his new role."

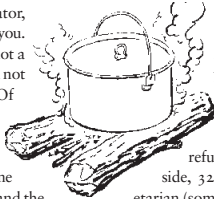
# HIKERS' BOOKSHOP

*Lipsmackin' Backpackin', Lightweight Trail-tested Recipes for Backcountry Trips*, by Tim and Christine Conners. Three Forks Books, Falcon Publishing, Inc., 2000.

Reviewed by Nancy K. Zimmerman

If you are a dehydrator, this cookbook *might* be for you. I say *might* because I am not a dehydrator and thus could not test any of those recipes. Of the recipes I was able to test, three out of five were good enough that I intend to use them on the trail. One of the others tasted awful and the last did not have the right timing and amounts.

Even though I have hiked for several years under the trail name "Gourmet Gang," I am only willing to whip myself into a cooking mode at the end of the day when I know what lies ahead, so I spent my review energies on the 59 dinner recipes. A few statistics will tell you why I would not buy this book for myself (even if I had a dehydrator). Forty recipes require this device, and at-home preparation looks formidable. Only seven had less



than 1,000 mg of sodium. Six had more than 3,000 mg. For one serving. Does your stove "simmer" anything? Thirteen recipes required simmering or some other maneuver my stove refused to do. On the positive side, 32 of the recipes were vegetarian (sometimes with a little brand-name substitution) and more could easily be converted to vegetarian. Some required no cooking, and many called for only a quick boil, so if fuel consumption is important to you, this cookbook is very specific about minimizing cooking time. An excellent feature is a section that has nothing but on-the-trail instructions for each dish. Each instruction is approximately 1.5 x 7 inches and can be cut out and put into a bag with the ingredients. There are a few no-clean-up recipes that truly are, too.

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# GET INVOLVED

## VOLUNTEERS SOUGHT

### ■ Publications Production & Marketing

Interested in working behind the scenes to produce Trail Conference publications? Help is needed to work in small groups to manage projects, aspects of production and marketing. For example, decisions need to be made on which photographs to use. Contact Jane Daniels c/o the Trail Conference office or jdaniels@bestweb.net.

### ■ Be a Store Maintainer

Looking for an excuse to visit a hiking store or talk with book distributors? The Publications Marketing Subcommittee needs people to interact with stores or distributors about the Trail Conference's publications. These visits are not cold sales calls, but are ways to increase the Trail Conference's visibility and service. Visiting the store includes making sure that they have enough service and giving them *Trail Walkers* to distribute. Training provided. Contact John Gunzler at johngunz@netscape.net.

### ■ Become an AT Maintainer in Harriman Park

Several sections of the Appalachian Trail are available for trail maintenance assignments. Dedicated maintainers are sought by the Orange and Rockland Counties Appalachian Trail Management Committee volunteers. If interested, please contact area AT overseer Brian Doyle via email (preferably) at [Appleweb@aol.com](mailto:Appleweb@aol.com); or at home, (845) 268-7708.



## UPDATE

### Restoring the Land and Water Conservation Fund

In May, the House of Representatives resoundingly passed the Conservation and Reinvestment Act of 1999 (CARA) which provides \$3 billion in annual conservation funds for new parks, land purchases, and restoration of coastal areas.

This bill, also known as HR 701 and Senate 2123, will permanently authorize full funding of the Land and Water Conservation Fund program (LWCF) and establish a permanent LWCF state-side funding source for the purchase of ecologically and recreationally significant lands.

If CARA is approved by the Senate and signed into law, New York would be eligible for over \$100 million for conservation projects, including nearly \$50 million of LWCF dollars, and New Jersey would be eligible for over \$59 million annually, including almost \$18 million of LWCF dollars.

The Trail Conference and the Adirondack Mountain Club strongly support S. 2123, as it would provide critical funding for projects such as Sterling Forest, Schunemunk Mountain, National Lead (Southern Gateway to the Adirondack High Peaks), and numerous greenways, rail trails and playgrounds.

### What you can do

This legislation's prospects for passage in the Senate are uncertain. At press time, several versions of CARA had been introduced, and were scheduled for debate in mid-June.

While the time available to comment on S2123 may be almost gone when you receive this issue of the *Trail Walker*, please contact your senators and urge them to support this bill.

## TRAIL CREW SCHEDULES



### ◆ NEW JERSEY TRAIL CREW

**What & Where:** Tackle a variety of projects ranging from trail repair to bridge building in NJ's parks and forests. Bring lunch, work gloves and a beverage.

**When:** Sundays, July 9 & August 13  
**Leaders:** Sandy Parr, 732-469-5109; Dick Warner, 201-327-4945.

### EAST HUDSON TRAIL CREW

Major repair of Breakneck Ridge Trail started

*Both veterans and newcomers welcome!*

Join Trail Conference volunteers during the summer—and beyond—as a major trail rehabilitation project gets underway on the Breakneck Ridge Trail in the East Hudson Highlands.

Breakneck Ridge is an extremely popular, challenging trail with opportunities for rock scrambles. But we might say it is being loved to death; the heavy

usage is necessitating repair and stabilization for resource protection and improved safety.

The East Hudson Trail Crew estimates that 2-3 more years are needed to complete this challenging rehabilitation project. Led by Bernie Stringer, East Hudson Trail Crew co-leader, and Walt Daniels, project manager, volunteers will use rocks to define a 6-8 foot-wide hardened foot path, re-seed and replant vegetation on either side of the footpath and install rock steps and water bars where needed.

On June 3, 2000—National Trails Day—19 volunteers worked prodigiously to remove all the loose rock and define

the footpath about 1/3 of the way to the first flat viewpoint. A special thanks to the Hudson Valley Health Care Americorps volunteers who helped that day.

Come on out! We meet at 9:00 am at the Breakneck Ridge trailhead, just north of the tunnel on Route 9D north of Cold Spring. If you are coming by train to Cold Spring, let Bernie know so someone can pick you up. Bring lunch, water, work gloves in a day pack. Wear hiking boots and clothing appropriate to the weather.

—Bernie Stringer, 914-528-5018 or [string2@ibm.net](mailto:string2@ibm.net);

Walt Daniels, 845-245-1250

**Yes!! Count me IN for the Breakneck Ridge rehabilitation project.**

I'll join you on: [please circle your choice(s) of trip(s)]

Saturdays: July 8                      August 12                      September 9

Name \_\_\_\_\_

Address \_\_\_\_\_

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Day phone (     ) \_\_\_\_\_

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Return to: NY-NJ Trail Conference, Attn. Breakneck Ridge Project, 232 Madison Ave., Room 802, New York, NY 10016.



...thanks to the volunteers of the New York-New Jersey Trail Conference. Join and help support the organized volunteer work of building and maintaining foot trails. Get discounts on maps and guidebooks, a subscription the TRAIL WALKER, and learn to do trail work. Add your voice to the thousands of hikers in our region!

I want to join the NY-NJ Trail Conference in the category indicated:

Regular	Individual	Joint/Family
Sponsor	<input type="checkbox"/> \$21	<input type="checkbox"/> \$26
Benefactor	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50
Student	<input type="checkbox"/> \$95	<input type="checkbox"/> \$100
Limited Income	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
Life	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
	<input type="checkbox"/> \$400	<input type="checkbox"/> \$600*

\* two adults at same address

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## HEALTH HINTS FOR HIKERS

By Albert Rosen, M.D.

You don't have to be a hiker to develop leg cramps, but it sure helps. Usually referred to as nocturnal leg cramps because they frequently start after you are asleep, they can occur during a hike, especially if you are in pretty sad physical shape and out on a hike that is a bit more than you can handle. They can also occur after a hike and before bedtime. There have been occasions when I've driven home from a hike and had to stop the car and walk about a bit until the pain subsided. These cramps can affect the muscles in the calf and the foot. The toes may curl which can lead to difficulty in walking.

A preventive as well as curative measure is to stretch the muscles of the foot and calves, and walking around can help too. There are several medications that are recommended to prevent cramps such as quinine in 200-300 mg doses, calcium,

magnesium, and vitamin E supplements. There are two schools of thought about these preventive measures: one school thinks they help and the other thinks they don't. Take your choice.

Joe Bord, an active hiker, informed me that he had success preventing cramps by drinking tonic water. As you know, this is the mixer which is used in the famous gin and tonic. The ingredient in tonic water which prevents leg cramps is quinine, and the amount is relatively small. He drinks a glass at lunch from time to time, or in place of a soft drink. If the tonic water doesn't do the trick, add the gin. However, don't drive with this combination. The consequences are such that it would be safer to have the cramps. No one was ever arrested and lost their driver's license because of leg cramps!

**LOST:** One individual in a remote paradise.  
\* Please, do not try to rescue.

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**NEW YORK STATE TO BUY TRACT ON SHAWANGUNK RIDGE**  
continued from page 1

lic domain. And now this beautiful section of the Long Path will be protected in perpetuity."

The Open Space Institute (OSI) and the Trust for Public Land (TPL) reached an agreement with the Lands and Forest Corporation to sell the property to the state for \$1.2 million. This project was initially brought to OSI's and TPL's attention by the NY-NJ Trail Conference's Trail Lands Consultant John Myers. The purchase will be financed through the state's Clean Water/Clean Air Bond Act. The land will be acquired as a state forest and used for passive public use, such as hiking, hunting, camping, and bird watching. A management plan will be developed by the State Department of Environmental Conservation.

OSI is a non-profit organization dedicated to protecting land in New York State. In less than two decades, it has protected over 70,000 acres, creating and adding to parks and preserves throughout New York.

TPL, founded in 1972, applies its expertise in negotiation, public finance and law to protect land for public use and enjoyment. It has helped preserve more than 55,000 acres in New York State since 1981.

**A Remarkable Landscape**

Located in the towns of Mamakating and Wawarsing in Sullivan and Ulster counties, the land itself crests at an elevation of almost 1,800 feet, and provides expansive vistas of the Spring Glen/Route 209 valley and rolling hills extending to the west. From the crest, the elevation falls off in a series of rugged steps nearly to the valley floor itself, providing challenging hiking. An old state highway, the remnants of the relocated Route 52, and a former town road, Old Mountain Road, allow a more sedate ramble from ridge top to the valley. This remarkable landscape supports outstanding biodiversity: on the property is an extensive dwarf pitch pine forest community, one of only two such examples of this forest community in the world, and eight rare natural communities, 27 rare plant and seven rare animal species.

The acquisition borders on and pro-

vides improved access to a detached parcel of State Forest Preserve land on top of the Shawangunk Ridge south of Ellenville, as well as connecting other major public lands on the ridge. Cox Road will be the primary access point and parking area.

The Shawangunk Ridge/Minnewaska State Park area is one of 131 priority conservation projects identified in the State Open Space Conservation Plan. The protection of the Ridge has long been a top conservation objective of the Trail Conference, the State, the OSI, and the TPL.

In addition, The Nature Conservancy, the nation's largest non-profit conservation organization, has identified the Shawangunk Ridge as one of the country's "last great places" in recognition of the unique ecosystem and rare and endangered species found throughout the ridge.

In 1996, Governor Pataki proposed and voters approved the Clean Water/Clean Air Bond Act which authorizes \$1.75 billion for a variety of important environmental programs, including water quality improvements, open space protection, local solid waste management, restoration of brownfields, and projects to improve air quality.

Since 1995, the state has invested more than \$200 million from the Bond Act and the state Environmental Protection Fund to preserve more than 270,000 acres of land throughout New York identified in the state open space plan. 🍃

**NEW LIFE MEMBERS**

The Trail Conference welcomes 6 new life members, to our growing "family" of 780: Carmine M. Alfano, Richard and Thea Seibel, and Martin Zumsteg from New Jersey, and from New York, JoAnn Dolan, and Milton Jones.

Individual life memberships are \$400; joint life memberships (two adults at the same address) are \$600. Next time you renew, we hope you'll consider becoming a "lifer." Your money goes directly into our Outdoor Fund for trail lands protection.

**Pinewoods Folk Music Club Concerts, singing parties, workshops, musical weekends, informative newsletter. Member discounts, friendly people. For more info, contact: Folk Music Society, 266 W. 37<sup>th</sup> St. 10 floor New York, NY 10018-6609; Membership 718-543-4971 Folk-Fone 212-563-4099**

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**FOR & ABOUT**

**Our Members**

❖ Our deep appreciation to our devoted band of volunteers who perform vital office operations—from answering the telephone, to selling maps and guidebooks, to data entry and word processing: **Claire Bertollo, Van Caliendo, Vivian Cannata, Hal Kaplan, Paul Leikin, Fred Liberman, Rosa Scheck and Nancy Tollefson, and Anne Grob**, who recently added Volunteer Coordinator to her own "job description!" We literally could not do it without you all!! Thanks SO much.

❖ **Volunteer Fire Tower Stewards** sought for restored fire tower and observers cabin at Red Hill, Claryville, NY. Greet visitors, explain history, answer questions. Familiarization class given. Saturdays, Sundays or both, from July 16 thru Sept. 17. You pick the date(s). Minimum age 18 years. Contact Helen Elias, 845-985-7274.

❖ **Sterling Forest Docents** Needed. Learn field techniques from Master Teachers and then, using the extraordinary natural resources of Sterling Forest, help provide en-

vironmental education opportunities to children with special needs. Training and program preparation begins this summer. Contact John Gebhards, Sterling Forest Partnership, 7 Spring Rock Dr., Goshen, NY 10924; or sterfor@magickarpet.com.

❖ Conference member **Larry Ehrlich** became an able-bodied instructor for **The Adaptive Sports Foundation**, a nonprofit organization that offers recreational opportunities to individuals with mental and/or physical disabilities, 2 years ago. Since then, he has found the experiences heartening, and brought to our attention a **new Summer Program** of the Foundation, which includes biking, golf, and tennis; paddling will likely be done this summer as well. Hiking and backpacking have been proposed and the idea has been met with enthusiasm, and ideas on how to make them workable are welcomed. For more information, visit their web site at [www.wdski.org](http://www.wdski.org). To Volunteer with the Foundation, please contact Gwen Allard, 518-286-1409; E-mail: [epsia@aol.com](mailto:epsia@aol.com).

**Become a Landowner Along the Appalachian Trail. Have a Home in the Woods!**

You can become a Conservation Buyer through The Appalachian Trail Conference Land Trust. Our program matches conservation buyers—people like you—with people who are selling land along the AT.

You locate your home out of sight of the Trail, and all we ask is that you donate a conservation easement on the rest of the property. A conservation easement "runs with the land"—that is, no present or future owner can develop it!

AND, because an easement is an irrevocable gift of a property right, you get a nice income tax deduction equal to the value of the easement.

Contact **Bob Williams**, Director of Land Trust Programs, at [bwilliams@appalachiantrail.org](mailto:bwilliams@appalachiantrail.org), (304) 535-6331, or write to P.O. Box 807, Harpers Ferry, WV 25425.

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Harriman-Bear Mtn. Trails (1995, rev. 1999)	\$7.95	\$5.95	+ .95	_____
East Hudson Trails (2000)	\$8.95	\$6.75	+ .95	_____
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North Jersey Trails (1998)	\$7.95	\$5.95	+ .95	_____
Hudson Palisades (1991)	\$4.95	\$3.75	+ .80	_____

## Books

Scenes & Walks in the Northern Shawangunks (1999) & see combo	\$10.95	\$8.75	+\$1.75	_____
<b>NEW - Hardcover!</b> Scenes & Walks in the Northern Shawangunks (1999)	\$17.95	\$14.50	+\$3.00	_____
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ADK Guide to Catskill Trails (1994, repr. 1998)	\$16.95	\$13.55	+\$2.50	_____
Catskill Trails: A Ranger's Guide to the High Peaks	\$14.95	\$11.95	+\$1.75	_____

## Combo-Packs

Catskill (5 map set & book)	\$27.80	\$21.60	+\$2.50	_____
Harriman (2 map set & book)	\$22.65	\$17.55	+\$2.50	_____
NY & NJ Walk Books	\$32.35	\$25.85	+\$5.00	_____
Shawangunk Combo (4 map set & book) (2000)	\$17.90	\$13.95	+\$2.50	_____

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Harriman Map Bandanna	\$6.95	\$5.95	+\$1.25	_____
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## STERLING FOREST TRAIL MAP

continued from page 1

from available electronic data which is accurate and complete. For example, digital elevation maps (DEMs) show the land's elevation on a 10-meter grid measured from aerial photographs. This information is then used in two different computer programs. One creates the shaded relief which interprets the land's slopes onto a map. The other draws contour lines at a selected interval; in the case of Sterling Forest, at 50-foot intervals. The USGS also produces digital line graphs (DLGs) with features such as roads and streams recorded as line segments with lengths, directions, and feature codes. All these programs are integrated to produce the base map on which the trails can be overlaid.

Locating trails is now done electronically, too. In November 1999, thanks to partial funding from a Greenway Conservancy for the Hudson River Valley grant, the Trail Conference was able to purchase a commercial-grade global positioning system (GPS) unit. The readings the GPS collects while its operator is hiking a trail can be corrected to an accuracy of 2-5 meters.

The Sterling Forest trails map required the efforts of many. Special thanks are due to Herb Chong for his computer wizardry and technical know-how in assembling all the electronic data into the base map, to Chris Cesar who developed the data collection system, and trained others in the techniques, to John Jurasek, Steve Kelman, and Joe Bohmer for their field-checking efforts, and to John Gebhards, Jim Gell, Gary Haugland and Jeff Hutchinson for field data. Steve Butflowski designed the reverse side of the map, and Daniel Chazin and JoAnn Dolan wrote the reverse-side informational text.

The Sterling Forest trails map retails for \$7.95 (Trail Conference member price is \$5.95), plus .80 shipping. You can or-

der the map using the Conference Shop coupon at left.

To view a portion of the map in color, visit the Conference's website at <http://www.nynjtc.org/news/sfmap.html>.

## Revised maps for East Hudson and Shawangunk Trails are here!

The Trail Conference is pleased to announce publication of a slightly revised fifth edition of our East Hudson Trails three-map set.


These five-color maps, printed on waterproof, tearproof Tyvek, cover many popular hiking areas in the East Hudson Highlands, including Hudson Highlands and Fahnestock State Parks, Hubbard-Perkins Conservation Area, Breakneck Ridge, Beacon Ridge and the Appalachian Trail. Important changes in this revised edition are the addition of the Overlook Trail and the reroute of the beginning of the Washburn Trail on Route 9D; the previous edition is still quite accurate, though.

A couple of late-breaking changes were omitted from this revised edition. Hikers should note that, on Map #2: in Cold Spring, Cemetery Road is now Peekskill Road; Uhl Road is now Old Albany Post Road (where there is access to the Wilkinson Trail from Route 9); and East Esselborne Road is now East Mountain Road North.

The new fifth edition of our Shawangunk Trails four-map set features Ulster County's popular and dramatic Minnewaska State Park Preserve.

These five-color maps, printed on waterproof, tearproof Tyvek, include the Long Path. Also included is a new enlarged map of Sam's Point Preserve.

You can order the East Hudson and/or the Shawangunk Trails map sets using the Conference Shop coupon at left.



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### CLUB DONATIONS

Bronxville Hiking Club

### MEMORIAL DONATIONS

Anonymous, in memory of Julia Jacobs, for West Jersey Trail Crew tools  
Gloria & William Lewit, in memory of Ken Peck

## IN MEMORIAM

**JAMES RANSOM**, 88, author of *Vanishing Ironworks of the Ramapos* and a leading historian in Bergen County, NJ, died in May after being hit by a car. An avid hiker as a young man, Mr. Ransom became fascinated with local history and was an ardent proponent of the outdoors. Among a host of civic positions he held, he once served on the Palisades Interstate Park Commission. Locally, he was perhaps best known for his lectures and writings on Bergen County's past, often focusing on railroads and ironworks. His 1966 book, *Vanishing Ironworks of the Ramapos*, remains in high demand among historians of the region. "It's the only really scholarly book on the subject," said Rita Alexander, owner of The Book Store at Depot Square in Englewood. Because of a limited printing, the book has become a rare find. Alexander says she sold her last copy a year ago for \$150.

**MITZI DURHAM**, co-owner and operator, with her husband, John, of the Apple Valley Inn in Glenwood, NJ—a favorite with Appalachian Trail thru-hikers for its family-style meals and rhyming guest

book—died this spring. A gracious Alabama native, her hospitality was legendary as was her staunch support of our local AT volunteers in Vernon, NJ. She "never [did] an inch" of the AT, and stumbled into her role as AT hostess by accident: finding an ailing thru-hiker camped across the street from the Inn, she took him in, nursing him back to health—not even aware that the Trail was nearby. The rest is history. Whether hosting public meetings at the Inn, easing neighbors' concerns about Trail improvements, or lending her reassuring presence at town AT meetings, Mitzi could be counted on to champion any AT project.

**MANFRED D'ELIA**, the founder of the North Jersey and Ramapo chapters of the Adirondack Mountain Club, died in March at age 91. Member #29 of the Catskill 3500 Club, Manfred had summited Mt. Rainier, the Matterhorn, Mt. Damaband (6,000 meters) in Iran and Pikes Peak. An accomplished concert pianist, he loved classical music, his track and field trophies, but above all, hiking.



## GOT A MATCH?

**A**s hikers, we're sometimes looking for a match to light our campfire or (in today's high tech society) the butane/propane stove.

We at the New York-New Jersey Trail Conference are also looking for matches to "stoke" our fires. We are looking for the corporate match—the corporate gift that matches your gift.

Since the last issue of the *Trail Walker* we have received matches from the following corporations:

**American Express**, American Ref-Fuel Company, **Chase Manhattan**, Coolfire Interactive, **Deutsche Bank**, Mobil, **Pfizer**, Prudential, **Reader's Digest**, Reuters and from the following individuals:

**W. B. Bates**, Leonard Stanley Bernstein, **John Burdzy**, Richard Casper, **Karen Cleveland**, Richard Garland, **Ben Hedges**, Donna Kirchner, **Maria S. Maclean**, Geoffrey Meissner, **Charles Milligan**, Linda Montgomery, **Ruth B. M. Robinson**, Jeff Raskin, **Catherine Ruhland**, Royal Sengstacken, **Stephen C. Shyne**, Brian Sniatkowski, **John Waffenschmidt**, Mark Wilson, **William Woodward**

Ask the company where you work if it will match your gift to the New York-New Jersey Trail Conference. Your company's matching gift can give us more "fuel" for future trail building and protection.

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Ann Benedetto at (973) 835-0546 or Ruth Barone at (212) 545-1000

# Planning Our Strategy During a Year of Many Transitions

In spring 1998, Executive Director JoAnn Dolan asked the Board of Directors to formalize the direction and priorities for the Trail Conference. By the time Neil Zimmerman announced his intention to retire after twelve years as President, the Board of Directors had begun the journey of Strategic Planning. Facilitated by consultant Karen Starr, the Board completed two full-day retreats in spring 1999 just before JoAnn announced her resignation after nineteen years as Executive Director.

Development of a strategic plan could not have been timed better. The plan was all but finished when Gary Haugland and Jan Hesbon assumed their respective offices in fall 1999, succeeding Neil and JoAnn. A task force of the Board continued to meet last winter to "wordsmith" the language of our Mission, our Vision, our Values, Guiding Principles and our Goals; which are reproduced below.

Task Force members were Jane Daniels, Chair, Daniel Chazin, Walt Daniels, Brian Goodman, John Gunzler, Gary Haugland, Jan Hesbon, Tom Humbach, Tom Humbach, and Gail Neffinger.

The Strategic Plan is intended to be a living document that will guide the Trail Conference at least through the fall of 2002; it will be reviewed annually. Since it is our first plan, it is the foundation for our long-range planning and direction-setting in the future.

## STRATEGIC PLAN - 1999-2002

### INTRODUCTION

This planning document represents a vision of the Trail Conference developed by the Board of Directors elected in Fall 1998 and adopted by the Board elected in Fall 1999.

This strategic plan sets the course for the Trail Conference to follow from FY1999 to FY2002. It is a dynamic document that will allow the Trail Conference to focus on certain areas instead of spreading itself too thin. It will also allow the Trail Conference to be proactive in its dealings with issues, partners, and threats. The plan focuses on a series of new activities designed to raise public awareness of the organization and help the organization operate as a not-for-profit business. An on-going Strategic Planning Committee will be appointed by the president to evaluate, review, and revise the plan on an annual basis.

### TERMINOLOGY

The New York-New Jersey Trail Conference is referred to as the *Trail Conference* in this document. The Board is its 15-member Board of Directors.

A *trail* is a defined pathway primarily intended to be used for recreational travel. It may or may not be marked; it generally will not be paved or otherwise improved, except as is consistent with the need for safety and/or preservation of the resource and its environment. A *hiking trail* is intended for foot traffic only. Snowshoers, cross-country skiers and handicapped users are considered foot traffic. *Multiple use trails* are those trails which have been designated for other uses in addition to hiking, e.g., horses, bicycles, snowmobiles, etc.

The region bounded by the Delaware Water Gap, across northern New Jersey, into southern New York and north to the Catskills and South Taconics along the Connecticut border delimits the Trail Conference's primary sphere of operation.

A *partner* is one party in an interdependent relationship between groups which can be implicit or have formal obligations.

### MISSION STATEMENT

The New York-New Jersey Trail Conference, founded in 1920, 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 trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

### VISION STATEMENT

The New York-New Jersey Trail Conference will maintain its position as the leading hiking trail organization in the region. In pursuit of that goal, the Trail Conference will:

1. Continue programs of developing, building and maintaining hiking trails.
2. Expand its role as an advocate for better stewardship of trail lands.
3. Enhance efforts to preserve and protect trail lands.
4. Increase visibility and cooperation with member clubs, partners and the public.
5. Sustain a high level of quality volunteer participation.
6. Produce high-quality publications.
7. Broaden the demographic base of its membership.
8. Strengthen the financial base of its operation.

### VALUES AND GUIDING PRINCIPLE

The Trail Conference's main focus is hiking trails and to this end, operates under the following values and principles.

#### The Trail Conference

- a. is a partnership of volunteers and paid staff who have shared responsibility to achieve the Trail Conference's mission.
- b. practices responsible fiscal planning that includes maintaining adequate staff and working within a balanced budget.
- c. recognizes the value of public-private partnerships among governmental agencies and non-governmental organizations and will continually strengthen these relationships.
- d. acknowledges that growth is necessary to accomplish its mission. Growth includes increased membership, miles of maintained trails, acres of land protected, and ways of educating the public.
- e. respects the needs, values, and traditions of the communities within which the Trail Conference operates and will involve people from a broad spectrum of backgrounds in its activities.
- f. honors individual privacy and will not release any information about members without their permission.
- g. endorses the value of biodiversity and concept of ecosystem protection.
- h. supports the principles of Leave No Trace (approved December 14, 1999)

is and will remain a not-for-profit corporation.

### ORGANIZATIONAL STRUCTURE

The Trail Conference is a member-directed organization providing for full participation by its members and member clubs in all facets of the Conference's governance, programs, and activities.

- Clear lines of authority are established and specific roles and responsibilities are assigned to members, member clubs, the Board, committees, and staff.
- By-laws determine the overall structure and governance of the Trail Conference. Where there are conflicts between the current by-laws and this Strategic Plan, amendments to the by-laws will be proposed.
- Volunteer committees and the staff implement the work of the Trail Conference, following policies which must be approved by the Board of Directors before they become effective.
- The Board will establish committees and, with advice from those committees, establish a *charge* to each committee which defines and limits its roles and responsibilities. The policy or governing document of each committee helps achieve the goals of this Strategic Plan and enables committees to make decisions in a consistent and timely manner.
- The Executive Director, in consultation with the Board, will establish the roles and responsibilities of the staff. The Executive Director is appointed by and reports to the Board and, under its direction, manages the day-to-day operations of the Trail Conference and supervises the staff.

### CURRENT ENVIRONMENT

The Trail Conference has a well established reputation with its members and the outside community based on the passion, dedication, skills, and diligence of its volunteers and staff. The longevity and legacy of the organization have given the Trail Conference credibility within the region, allowing it to establish and maintain partnerships. The Trail Conference has also built a reputation for its trail lands protection efforts. The strength of this organization is greater than the sum of its parts—volunteers, member clubs, and staff.

### INTERNAL: STRENGTHS AND WEAKNESSES

As the Trail Conference's commitments and reputation grew, gaps within the organization began to appear. Business practices such as budgeting and planning needed to be improved and followed. Technology needed to be kept current so that staff and volunteer time could be more effectively used.

The strong desire to remain a volunteer-based organization has led many members to realize that the organization was not recruiting and developing enough volunteers, especially for committees and off-trail activities. The committee structure of the Trail Conference has varied considerably from quite strong AT committees to inactive Membership, Trail Lands and Conservation committees. Aside from trail maintainers, the need for volunteers has surpassed the ability to recruit and train them, particularly in the project or middle management areas. With the growth of the Trail Conference, it has become necessary to have Board members with a broad range of professional skills as well as an enthusiasm for hiking.

The communication of the Trail Conference with its member clubs has not been effectively harnessing their energy. The Trail Conference needs to proactively involve them in education, protection, and advocacy.

### EXTERNAL: OPPORTUNITIES AND THREATS

Other trail users want access to the network of hiking

trails in the region. Sometimes they use the trails with little respect for authority or regard for regulations. The lack of enforcement of state and Federal trail-use regulations is a threat to the Trail Conference-maintained hiking trails. Mountain biker and ATV groups advocate strongly for their views, but hikers have not been vocal enough. Not enough hikers belong to organized groups and they have not been sufficiently visible in their efforts to preserve the hiking experience. The threat of others wanting access to hiking trails can become an opportunity for advocating for more open space and funds to support its infrastructure. Those advocacy efforts are more effective with multiple partners.

Concerns about biodiversity have been used to support the preservation of open space, but at the same time they can be used to restrict access to the very land the Trail Conference has helped preserve. The Trail Conference should establish a Science Advisory Committee drawing from biologists, botanists, and ecologists in New Jersey and New York.

As a result of tight state budgets, park systems do not have enough money for adequate stewardship. The Trail Conference can help by providing supplemental resources in addition to continuing to maintain hiking trails.

When dealing with governmental officials on issues concerning stewardship of parks, traditionally the Trail Conference has worked behind the scenes. This method has worked effectively when dealing with the centralized management of New York State parks, but less effectively when dealing with officials from New Jersey State parks, whose management is more decentralized. In New Jersey, there has been a general perception within the State Park system, and among its members and clubs, that the Trail Conference has not adequately focused on the needs of New Jersey. To become more visible in New Jersey and improve lines of communications with park officials, the Trail Conference has recognized the need for an office in New Jersey (as of October 1999, an office was opened). Moreover, the Trail Conference should work toward establishing relationships with other open space entities (governmental and non-governmental) in New Jersey just as it has established relationships with similar entities in New York.

Like any organization with a principal address in New York City, the Trail Conference is not immune from the dynamics created by political boundaries—e.g. New Jersey and New York, or by history—upstate New York (local control) and downstate New York (big city). Through its activities in the region, the Trail Conference is affected, even if incidentally, by that political phenomenon. In New York, the need for local control in upstate New York must continue to be addressed through recruiting of trail leadership and volunteers from the local communities. The office in New Jersey is intended to show that the Trail Conference is concerned about New Jersey issues. In addressing subjects that affect both states, the Trail Conference must make concerted efforts to mention both states by name.

Throughout the region, the Trail Conference must address the issue of recognition for its activities through a concerted effort of outreach within the local communities. Partnerships with other environmental groups, outreach to nontraditional user groups, and increased advocacy on trail-related issues are opportunities available to the Trail Conference to increase its visibility both to individuals and the media. These opportunities can provide more support for open space preservation and broaden the Trail Conference's demographic base.

Harvesting information technology is an opportunity. Using the Internet is an effective and inexpensive way to communicate, educate, and inform the public.

Land development threats will continue to exist, in both New York and New Jersey. To obtain money

needed for protection, projects must be tailored to funding opportunities.

#### GOALS

To attain the vision, a number of goals have been developed. These goals are not "set in stone" but are to be reviewed every year by a committee appointed by the President. Under each goal, there are a series of objectives.

#### A. Continue programs of developing, building, and maintaining hiking trails

1. Protect current trail network
2. Develop a strong trail crew program
3. Establish a career development process for maintainers to become supervisors and chairs
4. Develop new hiking trails as opportunities arise

#### B. Expand role as an advocate for better stewardship of trail lands

1. Establish a Conservation and Advocacy Committee
2. Strengthen relationships with partners (government, land trusts, and private landowners)
3. Identify and develop effective relationships in the environmental/political arena
4. Establish a proactive lobbying agenda

#### C. Enhance efforts to preserve and protect trail lands

1. Establish Trail Lands Committee
2. Create a land acquisition and management policy
3. Establish a Science Advisory Committee

#### D. Maximize membership growth, retention and involvement (this goal combines Vision Statement 4 and 7).

1. Establish a Membership Committee
2. Identify skills and interests of members
3. Increase club participation/involvement
4. Increase membership and diversity
5. Improve membership communications
6. Revitalize Delegates' Meetings

#### E. Increase coverage of activities in public media

1. Establish a Publicity Committee
2. Develop more media contacts
3. Increase distribution of *Trail Walker*
4. Increase flow of information to key elected officials, policy makers and land managers
5. Review public sources of information

#### F. Produce high-quality publications

1. Strengthen the Publications Committee
2. Develop a publications policy
3. Streamline editing and production process
4. Keep publications current
5. Utilize new technology

#### G. Strengthen the financial base of its operations

1. Reconfigure Administrative Committee
2. Enhance activities dealing with finances
3. Establish a Development Committee
4. Strengthen financial base
5. Establish Technology Committee

#### POSTSCRIPT

Throughout its development for more than a year, the Strategic Plan became a catalyst for some of the recent changes that you have may have observed within the New York-New Jersey Trail Conference in the past several months:

- The *Trailwalker* was re-formatted into a more contemporary design.
- The first Field Representative in New Jersey was hired.

### The Trail Conference Greet the Technology Challenge!

We are in transition! New technology has arrived in the office since the first of the year. Last month, a new database was installed, a low-cost, high tech system which will enable us to be in personal touch with our members.

Two months ago, we put into place a new email system, which gives us constant on-line service, and three months ago, the first voice-mail system was installed. Although each has come with its share of bugs, our chief technician, Walt Daniels and his colleagues, John Kolp and Dave Bertollo, have kept the office running without downtime, for which we are very grateful.

You may have noticed some of these changes. Now, if no one is able to answer the phone when you call, you will hear a voice directing you to trail information, general information, or one of the staff. The new e-mail system provides individual mailboxes at a home address: "[\\_\\_\\_\\_\\_@nynjtc.org](mailto:_____@nynjtc.org)."

Here are our new extensions and email addresses:

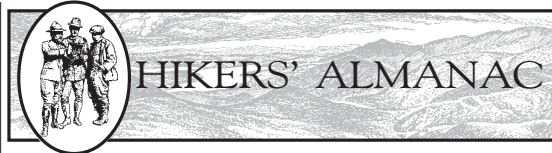
**Jan Hesbon**, ext. 7,  
[jhesbon@nynjtc.org](mailto:jhesbon@nynjtc.org)  
**Anne Lutkenhouse**, ext. 6,  
[alutken@nynjtc.org](mailto:alutken@nynjtc.org)  
**Judith Fulmer**, ext. 5,  
[jfulmer@nynjtc.org](mailto:jfulmer@nynjtc.org)  
**Annie Shreffler**, ext. 4,  
[ashreff@nynjtc.org](mailto:ashreff@nynjtc.org)

- Trail Supervisors were trained.
- Trail Chairs were presented with revised Trail Management Guides.
- Volunteers are being recognized this summer through special "thank you" events courtesy of an anonymous donor; volunteers are also being awarded official caps donated by a Board member.
- A Coordinator of Volunteers was appointed.
- New volunteers were trained in GPS mapping.
- A membership survey has been prepared for next issue of the *Trail Walker*.
- A new Conservation and Advocacy Committee was created with Neil Zimmerman as Chairman.
- The Development Committee was reorganized.
- A newly-appointed Technology Committee has led the Conference office into the 21<sup>st</sup> century with state-of-the-art technology. (See sidebar above)
- The Publications Committee is developing a systematic production and marketing process.

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continued from back page

## CLUB CODES

**ADK-J Adirondack Mountain Club, North Jersey Chapter.** Contact: Betty Heald, (201) 967-2937.

**GAHC German-American Hiking Club.** Contact: Evelyn Hoyer, (718)457-8319.

**HHC Hunterdon Hiking Club.** Contact: Lud Bohler, (908)788-3941.

**IHC Interstate Hiking Club.** Contact: Brian Mazur, (973) 478-5285;

[interstatehiking@mindspring.com](mailto:interstatehiking@mindspring.com). Schedule \$1. on request.

**MSC Miramar Ski Club.** Contact: Jay Schwarz, (212)673-7132.

**RVW Rip Van Winkle.** Contact: Fred Backhaus, (914) 246-5670.

**UTC Urban Trail Club.** Contact: Cap Field, (718)274-0407.

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 flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot complete the hike or are not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

Many of our affiliate groups sponsor hikes not listed in the *Hikers' Almanac*. For a descriptive list of Conference clubs, send an SASE with your request to NY-NJ Trail Conference, 232 Madison Ave., Rm. 802, NY, NY 10016.

#### ADMINISTRATIVE ASSISTANT WANTED

Admin. Asst. needed to join the TC office team. Responsibilities include phones, word processing, reception, database, troubleshooting, special projects. Must possess excellent computer & e-mail skills, good phone manner, communication skills. Excellent benefits. 35K. Fax resume to JudithFulmer, 212-779-8102.

#### Mountain Gate Lodge & Indian Restaurant

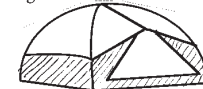
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**JULY**

**SUNDAY, JULY 2**

**IHC. Paradise Rock.** Meet: 9 am at Elk Pen parking area, Arden, NY. Leader: Pete Rigotti, 718-769-3814; [PARIGOTTI@aol.com](mailto:PARIGOTTI@aol.com). Moderately strenuous via the old ASD trail and a later stop at some of the old iron mines. Morning coffee break at 10:30 am. Return route determined by conditions. Bring lots of water.

**SATURDAY, JULY 8**

**IHC. Appalachian Trail: NY Route 52 to NY Route 55 (West Pawling).** Meet: 8:30 am at Suffern, NY, Municipal Parking Lot, Next to RR Tracks, Junction of Rts 202 & 59. Leaders: Elsie and Joel McKenzie, 973-694-3056; [emckenzie@srvnet.com](mailto:emckenzie@srvnet.com). Moderately strenuous 7.1 miles. Mount Eggbert and Morgan Stewart Memorial Shelter are the "high points" of this section, and a cool ravine is also along the route. Shuttle required. Contact leaders for alternate meeting points.

**IHC. Stokes State Park.** Meet: 9 am at Kings parking lot, Route 22/523. Leaders: Ron and Anita Krauth, 908-534-2894. Leader's Choice, 3.5 miles. Bring water, lunch and wear hiking boots.

**SUNDAY, JULY 9**

**IHC. The Great Swamp, Basking Ridge, NJ.** Meet: 9 am at McDonalds at the Morris Hills Shopping Center, Intersection of Rt 202 & Rt 46, Parsippany-Troy Hills, NJ. Leader: Brian Mazur, 973-478-5285; [mazurb@hotmail.com](mailto:mazurb@hotmail.com). Easy. Could the Jersey Devil be hiding out in the swamp? Let's find out. 8.5 frogless miles includes 1.5 miles of road walking past various estates.

**MONDAY, JULY 10**

**RVV. Plateau Mt.-Mink Hollow to Stony Clove.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Strenuous 5.6 miles, 5 hours. Inclement weather date-following Monday. For more information call: (845) 246-7387.

**RVV. North Lake: Rock Shelter/Escarpment Trails.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate 4.9 miles with time for swimming, 3.5 hours. Inclement weather date-following Monday. For more info call: (845) 246-8670.

**THURSDAY, JULY 13**

**ADKJ. Thursday Ramble.** Contact Betty (201) 967-2937, or Phyllis (201) 358-9252 before 9 pm on Wednesday evening.

**SATURDAY, JULY 15**

**RVV. North/South Lake State Campground.** Meet: Hiking and Swimming. Meet: 9 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Inclement weather date-following Saturday. For more information call: (845) 246-4145.

**IHC. Slide Circular (Catskills).** Meet: 8:30 am at Harriman RR Station, Rt 17, Harriman, NY. Leader: Mike Selander, 201-451-5411; [mike\\_selander@mindspring.com](mailto:mike_selander@mindspring.com). Strenuous circular from Denning trailhead. We'll cross the infamous log bridge (now a single log) and follow the Fisherman's Path along the Neversink East Branch in the shade of hemlocks and coolness of pools and water shoots. We'll pick up the Burroughs Range Trail in the col between Cornel and Slide and make a steep 800 foot hand-over-foot ascent to the summit of the tallest peak in the Catskills. Return by Curtis-Ormsbee and Phoenicia East Branch "Express". Approximately 12 miles.

**THURSDAY, JULY 20**

**ADKJ. Thursday Ramble.** Contact Betty (201) 967-2937, or Phyllis (201) 358-9252 before 9 pm on Wednesday evening.

**SATURDAY, JULY 22**

**RVV. Lake Awosting** (entrance fee). Easy 5 miles. Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Inclement weather date-following Saturday. For more info call: (845) 246-5447.

**IHC. Merrill Creek.** Meet: 9 am at Circle Outlet Center. Leader: Kathy Finch, 908-806-3673. Follow the Preserve's trails, 4-5 miles of the forests and fields. Bring plenty of water, snacks and lunch.

**MONDAY, JULY 24**

**RVV. Eagle Mt from Dry Brook Road.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Strenuous bush-whack, 8.4 miles, 5 hours. Inclement weather date-following Monday. For more information call: (845) 246-2241.

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**THURSDAY, JULY 27**

**ADKJ. Thursday Ramble.** Contact Betty (201) 967-2937, or Phyllis (201) 358-9252 before 9 pm on Wednesday evening.

**FRIDAY-FRIDAY, JULY 28-AUGUST 4**

**MSC. Mid-summer hiking week** (all or part) at our lodge in Watsfield, VT. Call 212-978-9191 for information.

**SUNDAY, JULY 30**

**IHC. Buck Trail Special.** Meet: 9 am at Lake Sebago Fisherman's Parking Area, Hamlin State Park, NY. Leader: Pete Rigotti, 718-769-3814; [PARIGOTTI@aol.com](mailto:PARIGOTTI@aol.com). Moderately strenuous. We cross Breakneck and Ladentown Mountains to have lunch with a view of the Hudson River. After tea and coffee we'll stop at a lake.

**MONDAY, JULY 31**

**RVV. Overlook Mt. from Platte Clove.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Strenuous 8.8 miles, 5.5 hours. Inclement weather date-following Monday. For more information call: (845) 246-4590.

**AUGUST**

**THURSDAY, AUGUST 3**

**ADKJ. Thursday Ramble.** Contact Betty (201) 967-2937, or Phyllis (201) 358-9252 before 9 pm on Wednesday evening.

**SATURDAY, AUGUST 5**

**IHC. Appalachian Trail: NY Route 55 to NY Route 22 (Pawling).** Meet: 8:30 am at Suffern, NY, Municipal Parking Lot, Next to RR Tracks, Junction of Rts 202 & 59. Leaders: Elsie & Joel McKenzie, 973-694-3056; [emckenzie@srvnet.com](mailto:emckenzie@srvnet.com). Moderately strenuous 7 mi. This section no longer passes Nuclear Lake. In addition, West Mt has good northern views (without a cliff) and the swamps have punchen and bridges to cross them. Shuttle required. Contact leaders for alternate meeting points.

**IHC. Jockey Hollow Circular.** Meet: 10 am at J/Circle Outlet Center. Leader: Bob Hagan, 308-788-8300. Moderate hike to include Washington's encampment and Tempe Wick House. \$4 per person admission charged to those without park passes. Must wear hiking boots; bring at least 1 qt. water. Rain cancels. Lunch after hike.

**SUNDAY, AUGUST 6**

**IHC. Hike to Victory.** Meet: 9 am at Tuxedo Railroad Station, Tuxedo, NY. Leader: Ise Dunham, 973-838-9031. Moderate. First we work our way up Tom Jones and Parker Cabin Mountains, then down to the Victory Trail and Sebago Beach for a swim.

**SHW. Pine Meadow Lake/Valley of Dry Bones.** Call leader, Nestor Danyuk, 718-364-6445, to confirm meeting place and time. Hilly and challenging 10 miles including scenic mountain vistas en route to Suffern. Boots and 2 liters of water essential; not suitable for beginners.

**MONDAY, AUGUST 7**

**RVV. Minnewaska State Park.** Hike & swim - details TBA. Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Inclement weather date-following Monday. For more info call: (845) 256-0614.

**THURSDAY, AUGUST 10**

**ADKJ. Thursday Ramble.** Contact Betty (201) 967-2937, or Phyllis (201) 358-9252 before 9 pm on Wednesday evening.

**SATURDAY, AUG 12**

**RVV. Mt. Utsayantha (3214), Stamford, NY.** Meet: 9 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. Moderate 4 miles, 4 hours. Inclement weather date-following Saturday. For more info call: (845) 246-4145.

**UTC. Old Croton Aqueduct.** Meet: 9 am at Grand Central Terminal information window. Leader: Sal Varbero, 718-420-9569 between 8-10 pm. Glenwood to Irvington with grand Hudson views.

**SUNDAY, AUGUST 13**

**IHC. Merrill Creek Reservoir, Harmony Township, NJ.** Meet: 9 am at McDonalds at the Morris Hills Shopping Center, Intersection of Rt 202 & Rt 46, Parsippany-Troy Hills, NJ. Leader: Brian Mazur, 973-478-

5285; [mazurb@hotmail.com](mailto:mazurb@hotmail.com). Easy 7 miles of mostly level terrain through the environmental preserve and around the reservoir. Rain cancels.

**GAHC. Lake Sebago.** Meet: 9:15 am, Staatsburg Municipal Parking Lot. Leader: Brian Kassenbrook, 781-748-0624. Hiking, swimming and canoeing. \$8 pp entrance fee; potluck picnic. Calls by 8/10 appreciated.

**MONDAY, AUGUST 14**

**RVV. Fahnstock State Park, from Rte 301.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Moderate 7.5 miles, 5.5 hours. Inclement weather date-following Monday. For more information call: (845) 246-4590.

**TUESDAY, AUGUST 15**

**IHC. Full Moon Hike.** 6:45 pm at Frenchtown parking lot near bridge. Leader: Judy Moore, 908-762-1782. From Frenchtown, across bridge to covered bridge in PA, then along canal path, 5-6 miles. Wear sturdy shoes and bring water.

**THURSDAY, AUGUST 17**

**ADKJ. Thursday Ramble.** Contact Betty (201) 967-2937, or Phyllis (201) 358-9252 before 9 pm on Wednesday evening.

**SATURDAY, AUGUST 19**

**UTC. Flat Rock Brook Nature Center.** Meet: 11 am at GW Bridge bus terminal near information and ticket windows. Leader: Pat O'Malley, 212-924-7486. Moderate steady pace on nature trails, about 4 miles. Some ups and downs, tranquil brook and lovely pond. Bring lunch, water, sunscreen, and insect repellent. Heavy rain or muddy trails cancels.

**SUNDAY, AUGUST 20**

**IHC. Tale of Two Lakes.** Meet: 9 am at Tuxedo Railroad Station, Tuxedo, NY. Leaders: Charlie and Anita Kientzer, 973-635-1060. Moderately strenuous: Claudius Smith's Den, Sebago Lake and "the raspberry patch or high-bush blueberries" are on the itinerary. If the day is warm, we will cool our feet at Lake Skenando.

**MONDAY, AUGUST 21**

**RVV. Hunter Mt. Loop: Spruceton Rd to Devil's Path to Diamond Notch trail.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Strenuous 8.3 miles, 5.25 hours. Inclement weather date-following Monday. For more information call: (845) 246-4145.

**THURSDAY, AUGUST 24**

**ADKJ. Thursday Ramble.** Contact Betty (201) 967-2937, or Phyllis (201) 358-9252 before 9 pm on Wednesday evening. Sunday, August 27

**IHC. Great Triangle Project: Liberty Water Gap Trail - Liberty State Park to Lincoln Park, Jersey City.** Meet: 9 am at Liberty State Park - South Parking Area, Jersey City, NJ. Leader: Mike Selander, 201-451-5411; [mike\\_selander@mindspring.com](mailto:mike_selander@mindspring.com). Moderate, about 8 miles. We'll follow the second of two proposed routes starting at Liberty State Park with sweeping views of Lady Liberty, lower Manhattan and New York Harbor, continuing through historic districts of downtown Jersey City and Newark Avenue to Journal Square, passing the Apple Tree House as well as the oldest cemetery west of the Hudson. Through Lincoln Park before hitching a ride back on the Hudson-Bergen Light Rail (\$1.50). Bring change.

Manhattan and New York Harbor, continuing through historic districts of downtown Jersey City and Newark Avenue to Journal Square, passing the Apple Tree House as well as the oldest cemetery west of the Hudson. Through Lincoln Park before hitching a ride back on the Hudson-Bergen Light Rail (\$1.50). Bring change.

**GAHC. Sunken Meadow State Park.** Meet: 10 am at bathroom of most easterly parking lot. Leader: Evelyn Hoyer, 718-457-8319. Hikes and swimming.

**UTC. Lost Brook Preserve.** Meet: 9:45 am at GW Bridge bus terminal, upper level information area. Leader: George Glatz, 212-533-9457, between 7-8 am. About 6 miles. Bring food and water.

**SATURDAY, AUGUST 26**

**RVV. Bard College/Cruzer Island.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Moderate walk, 3.5 miles, 3 hours. Inclement weather date-following Saturday. For more information call: (845) 246-5809.

**RVV. Peekamoose & Table Mountains.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Strenuous 8.6 miles, 7 hours. Inclement weather date-following Saturday. For more information call: (845) 246-4145.

**SUNDAY, AUGUST 27**

**IHC. Great Triangle Project: Liberty Water Gap Trail - Liberty State Park to Lincoln Park, Jersey City.** Meet: 9 am at Liberty State Park - South Parking Area, Jersey City, NJ. Leader: Mike Selander, 201-451-5411; [mike\\_selander@mindspring.com](mailto:mike_selander@mindspring.com). Moderate, about 8 miles. We'll follow the second of two proposed routes starting at Liberty State Park with sweeping views of Lady Liberty, lower Manhattan and New York Harbor, continuing through historic districts of downtown Jersey City and Newark Avenue to Journal Square, passing the Apple Tree House as well as the oldest cemetery west of the Hudson. Through Lincoln Park before hitching a ride back on the Hudson-Bergen Light Rail (\$1.50). Bring change.

**MONDAY, AUG 28**

**RVV. Mills Mansion to Norrie Point.** Meet: 8 am at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. Moderate 6 miles, 4.5 hours. Inclement weather date-following Monday. For more information call: (845) 246-0331.

**SEPTEMBER**

**FRIDAY-MONDAY, SEPTEMBER 1-4**

**MSC. Labor Day hiking weekend** at our lodge in Watsfield, VT. Call 212-978-9191 for information.

**SUNDAY, SEPTEMBER 3**

**IHC. Sourland Mountain.** Meet: 9 am at Taco Bell at Flemington Outlet. Leader: Jerry Barrick, 908-730-9405. All-trails hike of Sourland hills, moderate 6 miles with scenic views. Bring water, lunch and hiking boots. For full hike schedule contact Betty Heald- (201) 967-2937.

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