



TRAIL WALKER

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

JULY/AUGUST 2001

Walk the New Trails at Sparta Mountain (and Bring Your Binoculars)

By Martin Treat

As I saunter through the Sparta Mountain Wildlife Management Area, following newly posted blazes, I can hardly believe this 2,000-acre site in the heart of New Jersey's Central Highlands was once targeted to host thousands of homes in cluster villages with retail outlets and golf courses. Thanks to The Friends of the Sparta Mountains, Sparta Township (Sussex Co.) listened and put limits on this proposed sprawl. By 1997, 1,800 acres had been permanently preserved with their purchase by New Jersey Green Acres and the Victoria Foundation.

Now, with the agreement from co-owners NJ Fish & Game and NJ Audubon, and with very special advice from the latter, a system of trails has been designed and NY-NJ TC volunteers have nearly completed their construction. The trails balance the need for public access with respect for a wildlife sanctuary.

Situated in southeastern Sussex County, at the very western edge of the Newark Pequannock Watershed, the Sparta Preserve beckons the hiker. One way to reach the area is along the Highlands Trail; traveling north from Mahlon Dickerson Reservation (6 miles), or southwest from the Newark Pequannock Watershed (8 miles from Canistear Road/Rte 23), the hiker travels in a contiguous greenway. I particularly like the stop at beautiful Ryker Lake for rest and lunch. Then, follow the shoreline trail for an excursion to a largely intact 18th-century millrace at Hopewell Forge. Watch for the subtle NJ Audubon Marsh Hawk blazes. Circle around to the western shore and



The bog at Sparta Mountain is a haven for wildlife.

come back to the HT over the raceway of the dam. At this spot in April, I saw a Bald Eagle scouting out the lake.

In addition to access via the HT, there is a trailhead to the Sparta Preserve, with parking, less than a mile from Ryker Lake at Edison and Glenn Roads. Visit NJ Audubon's kiosk showing trail map and historic markers. This is located soon after the turn from Glenn Road to Edison Road on the right after the bridge.

Another trailhead can be reached by

continuing the drive north along Edison Road for about 2 miles. Take a moment to read the historical monument dedicated to Thomas Edison and the 19th-century ironworks he built (National Register of Historic Places). The brand-new monument features lithographic depictions of the works and is so accurate that, standing there, you can identify the buildings, mines, and machinery out of the remnant foundations.

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Thinking About the Impact of a Walk in the Woods

by Georgette Weir

Should a product widely available and commonly used for outdoor projects—arsenic-treated wood—be used in natural areas to continue a trail through a wetland? Will a new trail inadvertently wipe out a colony of an endangered plant? How many trails should cross through a single, small watershed? Will maintainers recognize an intrusion of an invasive, exotic species along their trail?

Issues around trail building and maintaining are getting complex and the Trail Conference is working to meet them head on. The questions above were among those raised at the first science-oriented workshop organized by the Conference (see "Learning the Trade," page 6). As Conference President Gary Haugland told the group, the Conference is "expanding its focus beyond erosion."

Watersheds, species, and habitat issues were addressed in the workshop by speakers Bill Richardson, hydrologist with the New York City Department of Envi-

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Almost Official: Sterling Forest Is a "Scenic Park"

A recommendation to classify Sterling Forest State Park as a "scenic park" and designate 95 percent of its territory as "park preservation area" was enthusiastically endorsed by the Trail Conference in its official review of the draft master plan for the park. By definition, "a scenic park is located in a natural setting and has limited development which is oriented toward accommodating visitors who seek nature oriented activities and scenic attractions."

The Palisades Interstate Park Commission and NYS Office of Parks, Recreation and Historic Preservation released the draft plan, along with a Draft Environmental Impact Statement, March 21, and conducted two public meetings in April. The public comment period closed


on May 4.

Speaking after an intensive review of the drafts with TC members, Executive Director Edward Goodell applauded the park preservation area proposal and noted that overall, the draft is "a very thorough inventory of the landscape's natural, physical, and cultural features."

Some interim management strategies put forth in it, however, were not so favorably reviewed by the Trail Conference. In particular, the Conference strongly objected to a proposal to uniformly locate hiking trails on existing woods roads pending the development of a Comprehensive Trails Plan. Woods roads, the Trail Conference response noted, "do not conform to the latest hiking trail design standards

... often require a greater commitment of maintenance resources than a properly sited and designed trail. . . gather and channel so much surface water, the associated flooding and erosion is often beyond the ability of trail maintainers with ordinary hand tools to solve. . . create "edge" and significant ecological "breaks" in the landscape. . . and lack an aesthetic trail experience.

"We believe the Interim Hiking Trail Plan can be easily improved even while working on a Comprehensive Trail Plan." Following that declaration were specific suggestions for trail route changes in the park along with relocating hiking trails off of woods roads.

Goodell said he was "optimistic" about the final master plan for Sterling Forest State Park, which was expected to be released by early July. "I'm confident that the concerns of backcountry hikers will be more adequately addressed in the final document," he said. — G.W. 

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TRAIL WALKER

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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.

from the president's notepad...

Remembering George Zoebelein

by Gary Haugland

It is with great sadness I announce the death of George Zoebelein, president of the Trail Conference from 1965 to 1970. George died on May 13, 2001. He was active and influential in many hiking and land protection organizations and movements for much of his life. He served as president of the Appalachian Trail Conference, president of the Palisades Nature Association at Greenbrook Sanctuary, and was a friend and participating supporter of many regional entities, including the Palisades Interstate Park Commission and the Rockland County Planning Department. He served his town of Grandview-on-Hudson as a trustee.

Much that characterizes today's Trail Conference can be connected to George: our expanded membership, our publications, our partnerships with other organizations, our interest in land protection. He was, in essence, the first individual member of the Trail Conference. Meyer Kukle remembers when George first came to the TC office in 1961 to inquire about becoming a member. At that time, membership was restricted to clubs and their delegates. George was advised to join an outdoor club; he said he did not want a hiking club. Rules are meant to be broken, and he was granted a class B membership, previously reserved for former club delegates who wanted to continue their asso-



George Zoebelein (right) chatting with Rep. Maurice Hinchey

ciation with the TC. He stayed active with TC for 40 years. Today there are nearly 10,000 individual members.

George was effective in public relations and publications. A letter he wrote to the *New York Times* in 1962 resulted in a burst of interest in hiking and the TC and led to a regular feature on hiking in the paper. He chaired the TC Walk Book Committee and, according to another former Conference president, Don Derr, persuaded the editors at Doubleday to take on our reissue of it, published in 1984. As president of the Appalachian Trail Conference, one of his lasting accomplishments was to develop a trail guide series that was uniform throughout the AT's many sections.

George actively participated in many of the burning issues of the day. He joined

the opposition to the plan to carve into Storm King Mountain for a massive utility scheme, a successful grass-roots effort that ultimately led to the environmental law movement as we know it today. He was involved with the protection efforts of the Friends of the Shawangunks that led to the creation of Minnewaska State Park. In his last decade he served as president of the Palisades Nature Association at Greenbrook Sanctuary, and selflessly gave himself over to this work as he had to so much else during the course of his life.

I knew George best from our mutual involvement with the Long Path. Through his relentless advocacy, he helped secure the extraordinary status that the LP has in Rockland County, where the trail is on the official planning department maps and must be considered in all development proposals that impact its route. His working relationship with Rockland County has been rewarding to all parties, and serves as a model for the rest.

My fondest memories are of George conversing with key politicians and environmentalists. He had a precise way with words and a gracious way with people, gaining the respect of all he met. Then, at the most unexpected moments he would interject a wry bit of humor and, with a gleam in his eye and a smile twitching on his lips, wait for the laughter.

JoAnn Dolan, former Executive Director of the Trail Conference, recalls George's creativity and generosity. "Trail Conference colleagues sought out George for his creative thinking and his vision for the future. George was always considering ways to draw out talent of mixed disciplines from volunteers, and he fostered

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THE VIEW FROM ALBANY

by Neil Woodworth and Margaret Carr

Major Expansion of Thacher Park to Extend Long Path Northward

At a celebration of Earth Day at John Boyd Thacher State Park, Governor George E. Pataki announced an agreement with the Open Space Institute (OSI) to purchase 496 acres to expand this popular park near Albany. The property will increase the size of the park to 1,844 acres and extend the Long Path northward.

Thacher Park safeguards six miles of limestone cliff-face, rock-strewn slopes, woodland, and open fields, providing a marvelous panorama of the Hudson-Mohawk Valleys and the Adirondack and Green Mountains. The new acreage includes more than a half-mile of frontage on the Helderberg Escarpment, known for its spectacular views and rich fossil-bearing formations. There are more than 12 additional miles of trails for summer hiking and mountain biking, and winter cross-country skiing, snowshoeing, and hiking.

The acreage, located in the Town of Knox, Albany County, contains a mix of

hardwood and evergreen forests, open meadows, and wetlands, and is traversed by a number of woods roads and old stone walls. The escarpment, a north-south range of limestone ridges and cliffs, is the defining feature of landscape of the western Hudson River Valley in the Capital District. The area contains a number of crevasses and caves as a result of the interaction of water with the limestone formations.

"The Adirondack Mountain Club and the New York-New Jersey Trail Conference celebrate this major expansion of Thacher State Park," said Neil F. Woodworth, counsel to both ADK and the Trail Conference, in remarks at the April ceremony. "With its dramatic cliffs and sweeping views from the Catskills to the Adirondacks, Thacher Park is very popular with our Capital District members and is an ideal setting for an extension of the 350-mile Long Path hiking trail. This purchase hastens the day when a hiker will be able to walk a continuous footpath

from the Palisades to the Adirondacks. This very beautiful portion of the Helderbergs will be a memorable part of that hiking experience."

The Open Space Institute, a nonprofit conservation organization dedicated to the preservation of the open space resources of the Hudson Valley, began acquiring portions of the escarpment through its nonprofit acquisition affiliate, the Beaverkill Conservancy, five years ago. The new land will be managed by OPRHP and will expand John Boyd Thacher State Park to the north.

The State will acquire the 496-acre property from OSI with approximately \$750,000 from the State Environmental Protection Fund (EPF). Over the last several years, the Trail Conference and ADK have lobbied for Long Path projects to be a priority for EPF and Bond Act funding. Recently, the state acquired important stretches of the Long Path on Ginseng and Huntersfield Mountains on the portion of

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from the Executive Director

The Race for Open Space

by Edward Goodell

Have you ever gone for a hike with your mind fixated on the grand picnic you'll have at a favorite overlook only to find yourself abruptly pulled back to the present by a pumping heart and gasping lungs as you encounter a steep climb on the way? That is a bit how I feel working for the Trail Conference.

As I approach my fourth month on the job, it sometimes seems that the lofty aspirations set for me are overshadowed by the immediate challenges of day-to-day operations with highly competent but mostly new staff and office volunteers. Even so, I am reminded of the importance of the larger issues on a regular basis.

For example, at a recent seminar held by the Rutgers School of Public Policy and

Planning, the speakers predicted that the State of New Jersey will be "built out" in 40 years if current trends continue. By then, there will be no more land to be developed—or conserved. Only lands that have been protected will be available as open space. With conservation opportunities dwindling rapidly, hikers must act now to protect our trail lands and the backcountry experience.

In mid-May I also attended a "listening session" with the US Forest Service Highlands Study team. Over the next 12 months, with an appropriation from the 2001 Congress, this

group will inventory and analyze the impacts on natural resources of various development scenarios in the Highlands in New Jersey and New York.

The Highlands area under study is of intense interest to the Trail Conference since it encompasses all of our hiking trails lands with the exception of the Kittatinny/Shawangunk Ridge and Catskill Preserve. This study will be a snapshot of the important natural and recreation resources of the area and the status and trends of development pressures; the information will be available to agencies and groups like ours via the web.

Many people expressed disappointment that the scope of the study was insufficient because it isn't addressing a variety of socioeconomic issues that encourage development. While I agree with these criticisms, my primary feeling is the study will be worthwhile if it does just one thing—clearly demonstrate just how bad the uncontrolled sprawl scenario is compared to "smart growth" and a sustained program of land conservation over the next several decades.

EXPERTS PREDICT THAT
NEW JERSEY WILL BE
"BUILT OUT" IN 40 YEARS.

I believe that the Highlands Study can create an excellent tool for demonstrating the impact of uncontrolled sprawl as well as workable alternatives. It is up to the Trail Conference and our affiliates in the Highlands Coalition to get the word out and to carry on the actual conservation and advocacy work of preserving the open space before it is developed.

To be more effective in this strategy, the Trail Conference needs more influence and more resources. In short, we need more members—both individual members and member clubs. We need to do more to recruit potential members and communicate what the Trail Conference does and what it stands for. To do this, we must work more closely with our member clubs to help build their membership and capacity to influence conservation issues.

So, as we work through the issues of running the day to day operations of the Trail Conference office this summer, I want all of our current readers to know that we are also focused on increasing our long term effectiveness by increasing our membership and our ability to influence the outcome of current and coming conservation efforts. This is the best way to assure that we all continue to have access to trail lands far into the future.



Trail Conference Open House Draws Many Guests to the Mahwah Office

It may have been a day when people would rather have been hiking, but that didn't stop over 100 people from coming to the NY-NJ Trail Conference's Open House on Sunday, May 20. As guests nibbled on chocolate cake and delicious munchies, conversations were rampant in every part of the new Mahwah offices.

"I talked with people that I wouldn't ordinarily have the chance to in the normal course of my work," said NJ Field Representative Larry Wheelock. "And this was also a great way to strengthen our own volunteer base."

Administrative Director Scott Voorhees was kept busy selling a variety of maps and books, while TC board members discussed issues and helped out in many ways. Among them was the well-organized Ann Loeb, who spearheaded the party's planning.

Township of Mahwah Mayor Richard Martel, members of the area's Fire and Rescue squad, volunteers and several long-time TC supporters such as Paul Leikin, Bob Newton, Marcelle Silman, and Tom Prentzel were among those enjoying the get-together.

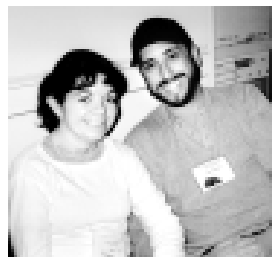
"This may have to become an annual event," summed up Executive Director Edward Goodell. "The great turnout we had is an indicator that people want to interact directly with us and meet other members as well. This is exactly the kind of function that builds new personal bridges across the whole organization."

Below, l.-r.: Sue Humbach, Thomas Humbach, Karen Mishler, Bill Mishler



Judith Fulmer

Right, l.-r.: Larry Wheelock, Ed Goodell, Paul Leikin



Jean Marie Lynch and John Williams



Jim Van Blarcom and Ann Loeb

— Pip Klein



TRAIL NEWS

□ Catskill Hiker Dies in Fall

A hiker fell to his death while attempting a solitary bushwack of Friday Mountain in the Catskills. The hiker, Trail Conference member Schiram Biyani, 48, of Fishkill, was found at the bottom of a 30- to 50-foot cliff about a third of a mile due east of the summit of Friday Mountain at an elevation of 3,400 feet, according to state Forest Ranger Patricia Rudge, quoted in a report in the *Kingston Freeman*. Biyani, a Ph.D. employee of IBM, was last seen on Sunday, April 29, leaving his car in the parking lot in the Town of Olive. Catskill trail registers showed that he was a frequent hiker in the region. His body was discovered eight days later following an intensive search by DEC rangers and volunteers, many of them from the Catskill 3 500 Club. He was reported to be carrying a light daypack and a computer printout of a map.

□ Headed for the Adirondacks?

Keep in mind that restrictions on camping and hiking, implemented on an emergency basis last year, are now permanent. The regulations include a ban on camping over 4,000 feet; a limit on camping between 3,500 and 4,000 feet to designated areas; a ban on glass containers; a limit on groups to 15 for day hikes and eight for overnight stays; and a requirement that pets be leashed on trails and at campsites. Also expect to fill out a mandatory trip ticket at the start of any hike into the High Peaks area. The tickets will be available at all High Peaks trailheads. Half the ticket is to be left in a box at the trailhead, the other half is to be carried and ready to show rangers. Rangers can fine people up to \$250 for each violation of a wilderness-area regulation. The new requirements are part of a management plan, adopted last year after public hearings, that aims to better assess wilderness use and improve protection of the wilderness environment.

□ Forest Service Maps More Easily Available

Forest Service maps previously available only from agency offices and limited retail outlets will now be offered also through the U.S. Geological Survey's map sales program. USGS topographical maps typically show natural and constructed features such as roads, boundaries, and transmission lines; Forest Service maps add information on available recreation use, local plant and wildlife, trails and visitor centers, campgrounds and picnic

The Eyes and Ears of the Appalachian Trail



Levi Mason, Garth Fisher, Matthew Moore—AT Ridgerunners 2001

Ridgerunner.

That's the job title Garth Fisher will carry this summer as he hikes the New Jersey stretch of the Appalachian Trail monitoring trail use, educating hikers, and caring for the backpacker campsite in Worthington State Forest. Fisher, who is one of three ridgerunners working the New Jersey AT this summer, is sponsored by the NY-NJTC.

The New Jersey ridgerunner program began in 1992 when the Trail Conference, the New Jersey Department of Environmental Protection, the National Park Service, and the Appalachian Trail Conference co-sponsored two ridgerunners for AT patrol duty. In that first year the two encountered 800 hikers between Memorial Day and Labor Day. In year 2000 the number of ridgerunners had increased to three and they encountered 6,685 trail users; an increase of 800 percent. This year again, three ridgerunners will patrol the 74

miles of AT in New Jersey and act as caretakers for the campsite in Worthington S. F. The section of the AT from the Dunnfield parking area in the Delaware Water Gap to Sunfish Pond in Worthington is the heaviest used section of trail on the entire AT.

The New Jersey program is now a well established component of the older AT Ridgerunner and Caretaker program, begun 30 years ago. These programs were set up to provide a backcountry management presence on the AT in areas of heavy visitation. Ridgerunners and caretakers have become an important source of information and education to users of the Appalachian National Scenic Trail and the indispensable "eyes and ears" of the maintaining clubs, managing agencies, and the Appalachian Trail Conference (ATC). They help reduce crime, vandalism, and nuisance problems while enhancing the experience of novice hikers. AT maintainers have found the ridgerunners' first-hand reports very valuable for the latest in trail conditions.

Garth Fisher is an experienced hiker and backpacker. After 35 years of doing social work, he is looking to this experience as a new opportunity to apply his skills in working with people. Fisher hails from Wisconsin, but he is not unfamiliar with the eastern regions—he hiked the entire AT in 2000!

Look for him, if you are on the AT this summer.

—Larry Wheelock
NJ Field Representative

areas. For more information, log on to <http://mapping.usgs.gov/>.

□ Sterling Forest Information Center Relocated

By the time this issue of *Trail Walker* reaches readers, the information center at Sterling Forest should be in a new location, at the former Sterling Forest Conference Center on Old Forge Road, off Long Meadow Road in Warwick. The new information center will be used until the Lautenberg Family Visitor Center is built several hundred yards away, across Old Forge Road on the south shore of Sterling Lake. At that time, according to park officials, the information center will become part of the new visitor center, and the renovated building will continue to be used as an education and research center.

□ Note to GW Bridge Users

The George Washington Bridge's Palisades Interstate Parkway toll plaza is now open all night to E-ZPass customers only. Hours: Sunday–Thursday, 11:00 p.m. to 5:00 a.m. and Friday–Saturday, 11:00 p.m. to 7:00 a.m. For information call 1-800-221-9903. (This eliminates the need to take a longer route through Fort Lee.)

Camp Glen Gray Protected

Thanks to a public-private partnership among the Trust for Public Land (TPL), Bergen County, NJ, and a community group, an important segment of the Ramapo Mountains greenbelt near the Trail Conference office in Mahwah, NJ, will continue to be preserved.

Camp Glen Gray, a 750-acre Boy Scout Camp in Mahwah and Oakland, NJ, will be protected as open space as the result of the sale of the property to the partners. The Trail Conference is working with TPL to maintain and expand public access to trails on the site—particularly the Yellow Trail, which traverses Camp Glen Gray from Cannonball Lake in the north to Skyline Drive in the south.

Camp Glen Gray was the nation's oldest continuously operating Boy Scout camp. The Scouts put the camp up for sale in January, saying it was too expensive to maintain. The camp had been included on a list of New Jersey's 10 most endangered historic sites by Preservation New Jersey, a statewide historical resource conservancy. Although developers were reported to have offered as much as \$7.5 million, the Scouts accepted the joint offer through TPL of \$5.1 million.

Questions about how the land will be divided among the purchasing parties and how much public access there will be remain to be settled, noted Trail Conference board member Daniel Chazin.

One of the partners, a Washington township-based Jewish community center, reportedly plans to establish a day camp on its portion of the site.

Final Closure of the Graymoor/Appalachian Trail Land Dispute . . . at Last

The Graymoor Friars of the Atonement signed new easements for the Appalachian Trail over to the National Park Service in a brief ceremony May 25, 2001. These new easements settle a longstanding dispute that resulted from previous easement violations by the friars. The new easements were agreed to at a meeting on August 23, 2000, which Senator Charles Schumer and Congresswoman Sue Kelly, both of New York, helped organize. At the May 25 ceremony, Minister General Fr. Arthur Johnson, said, "The Franciscan Friars of the Atonement at Graymoor are grateful that this issue has been put to rest, that our First Amendment rights have been respected, and that we can continue the partnership we have had since 1923 to continue to host the Appalachian Trail on our property."

Signing for the National Park Service, park manager Pam Underhill said, "Where the Appalachian Trail and Graymoor come together is truly a special place."

The new easement upgrades the entire 63.28-acre easement to "right of way," returns 1.84 acres to the friars, adds an-



Senator Schumer witnesses agreement.

other 7.59 acres to the NPS corridor, provides the friars with \$2,5680 for the easement upgrades, and ensures a yearly meeting between the Friars and NPS to facilitate communications

With the addition of new land to the right-of-way, Walt Daniels, Dutchess/Putnam AT South manager for the Trail Conference, notes the current trail will be moved to a new and better location. The relocation work, Daniels says, should be completed in June. The length of the trail will not change significantly, but the road crossings of Old Highland Turnpike and Old West Point Road will be at different places by less than a few hundred feet.

GET INVOLVED

Super Volunteer Job Opportunities: Flexible Hours, Dress-Down Everyday, Great Coworkers, No Income Taxes, Corporate Fishing Hole, etc.

All this and more, when you volunteer to work in the Trail Conference office. So if you have a few hours on a regular basis, consider donating your time (and having a good time).

The Trail Conference can definitely use your help. We need all types; from highly motivated project leaders to people who just want to be told what to do and where to do it. Among the jobs available at the moment, are:

- Coordinator of Volunteers. Match volunteers to projects and staff. Coordinate volunteer schedules, organize materials and workspace. Report volunteer hours and plan recognition events.
- Information Specialists. Answer inquiries from the public about the Trail Conference and hiking information. Staff Trail Conference booth at outreach events.
- Data Entry. Update membership and club database; key in responses to membership surveys.
- Development Associate. Research funding opportunities, draft correspondence.
- Writers and Reviewers. Write Trail Walker articles, book reviews, and press releases
- Event Specialists. Plan events and organize logistics and presentation.
- Photographers. For Trail Walker and other publications

Hikers Haul Trash in Annual Litter Day Cleanup

Freezers, washing machines, sofas, tires, televisions, and many bags of trash were among the unnatural items found along the trails on Litter Day, May 6, 2001. The annual cleanup was a great success this year in areas throughout New York and New Jersey.

Among those reporting on their Litter Day activities was Diana Dikovsky, Trail Conference member and teacher at Lincoln High



TC member Diane Dikovsky, at right, with her Litter Day crew from Brooklyn's Lincoln High School.

School in Brooklyn, who led a group of her eager students up Bull Hill. They were pleasantly surprised to find only one bag's worth of trash along their hike, mostly in the cistern/silo on the Cornish Trail. In another cleanup, 29 garbage bags were filled at the AT crossing on Route 17A. The seven volunteers at this location also discovered a washing machine and a large television console.

At the Ross Dock Recreation Area along the Hudson Shore Path in New Jersey, Sam Gellens, along with his wife, son, and friend, collected five large bags of litter. These four volunteers also uncovered a freezer. Steve and Terri Zubarik picked up 39 gallons of trash along the bike path at Jones Point to the 9W gate. Rosanne Schepis collected a large amount of plastic and Styrofoam coffee cups at the trailhead of Brook Trail. Larry Braun and his ADK Knickerbocker group of 16 hik-

ers looked for but did not find any litter in Black Rock Forest. Hank Jenkins, Rick Taylor, and Pete McGinnis collected one bag of trash along the Long Path section from the Summitville-Roosa Gap Road to Sam's Point. Max Lopp and Karen dePodwin collected eight bags of trash, a tire, and a large bag of sodium chloride along the Ramapo River at the Trail Conference office in Mahwah.

Thanks to all who participated. And remember to pack a sack to pack out litter whenever you take to the trails. 🍃

— Karen dePodwin
Litter Day Coordinator

Editor's Note: The Trail Conference thanks Karen, a student at Saddle River Country Day School, for taking on the job of Litter Day coordinator as a senior project. Her enthusiasm and skills pulled off a successful event within a short time.

TRAIL CREW SCHEDULES



For the latest schedules, check <http://www.nynjtc.org/volunteers/trvolop.html#crew> or www.trailstobuild.com

For all trips bring work gloves, water, lunch. Contact leaders in advance for meeting times and places.

□ EAST HUDSON CREW
Bernie Stringer 914-528-5018
stringer@bestweb.net
Walt Daniels 914-245-1250
wdaniels@bestweb.net

For most of these trips we can meet people at the Cold Spring Train Station. Be sure to notify the leader or no one will be there to pick you up. (One Peekskill, one Beacon)

Depending on getting permission, we may modify some of these trips to work on the extension of the Undercliff Trail from the Washburn Trail down to Nelsonville.

Breakneck Bypass
Saturday, July 7 (Bernie Stringer)
Clipping brush and building waterbars.

Highland Trail
Saturday, August 25 (Bernie Stringer)
Constructing waterbars.

□ WEST HUDSON TRAIL CREW
See website

□ HIGHLANDS CREW
Concentrating in the Lake Hopatcong area.
For all trips bring work gloves, water and lunch.
Sundays: July 15 and 29; August 12 and 26; September 9. Contact Bob Moss, 973-743-5203

□ NORTH JERSEY CREW
TBA
Tackle a variety of projects ranging from trail repair to bridge building in New Jersey parks and forests.
Sundays: July 8 and August 12 (Sandy Parr, 732-469-5109; Dick Warner, 201-327-4945)

□ POCHUCK CREW
Contact Larry Wheelock,
201-512-9348 (TC office)

□ SAM'S POINT CREW
Saturday, July 8 (Jeff Lougee, 845-647-7989)
Hack out non-native "intruders" such as barberry and phragmites which are threatening the native flora of the Shawangunk Ridge. Bring loppers, pruning shears, and other sharp instruments.

Help Develop a "Leave No Trace" Workshop For September

The Trail Conference, Appalachian Mountain Club, and AMC's New York-North Jersey Chapter are cooperatively producing a Leave No Trace workshop specially tailored for day hikers in New Jersey and southern New York. Leave No Trace is a program created by the National Outdoor Leadership School (NOLS) to help those engaging in backcountry recreation and travel minimize their impact on the environment, wildlife, and the experience of other visitors. The program is designed to be flexible and adaptable to the many different environments and situations we encounter.

The popularity of backcountry recreation has soared, bringing more people to our parks and trails than ever before. Nowhere is this more true than in the parks within one to two hours travel time of the 20 million people clustered in and around New York City. These parks not only provide us with wonderful, scenic hiking destinations, they are also the last refuge in our area for many types of wildlife and plants, and provide communities near and far with pure drinking water. The many roles fulfilled by these parklands make it particularly important that their environmental and aesthetic values be maintained

at as high a level as possible. Also, the Trail Conference knows that aware, impact-conscious hikers are gentler on trails and good ambassadors for the hiking community.

The workshop is scheduled for Sept. 29, 2001. Much needs to be done to get ready for that day. Knowledgeable hikers and trail maintainers are needed to help develop our unique program in conjunction with Leave No Trace trainers. Those with ideas and suggestions, or otherwise interested in assisting with the program (including learning to teach it), please contact Jill Hamell, 973-463-1881, jmh@pobox.com. If you are a hike leader or hiker interested in taking the program, save that date! 🍃

Development Associate

The Trail Conference seeks an experienced part-time development associate to work closely with the Executive Director in fundraising activities. Skills desired: wordsmithing, research, and donor cultivation. Passion for conserving the backcountry experience is preferred. Send resume to the Trail Conference Office, Attn: Development Associate Position (info@nynjtc.org).

Our Members

Save the Date/Annual Meeting
Saturday, Oct. 13 is the date set for the NY-NJ Trail Conference's annual meeting. Hikes will follow the meeting, then a dinner and square dancing. Details to follow in the September/October issue of *Trail Walker*.

Thank-You

To **Richard and Nancy Wolff**, who have generously contributed a number of publications and a large number of "topo" maps to the library. The material was left with them by a friend who has moved from the area. These welcome contributions are much appreciated and will serve the Trail Conference well.

To **Gari and Lori Ledyard** of Hartsdale, NY, who donated a brand-new Panasonic phone/fax machine to the Conference. The equipment has been installed in the office and has greatly improved the staff's ability to send and receive faxes.

Poetry Wanted for *Trail Walker*

Send your contributions to the Trail Conference office (note "TW Poetry") or to tw@nynjtc.org. The staff thanks John Perlman for suggesting and coordinating this possible new feature in *Trail Walker*.

Kids in the Woods at Minnewaska

The Nature Center at Minnewaska State Park will be open weekends and Wednesdays this summer, noon to 5:00 p.m. Nature walks are scheduled for each Sunday at 11:00 a.m.

The park also sponsors a series of programs for children: Junior Naturalist Adventures. Session 1, Tuesdays and Fridays (July 3, 6, 10, 13); Session 2, Tuesdays and Fridays (July 24, 27, 31, August 3); Session 3 (August 6-10). Please call for information and to sign up: 845-255-2011.

Also, each Wednesday at 4:00 p.m. the park will sponsor short programs, most with short walks, on a "Feature of the Week." Topics will include Trees of the Shawangunks, Native Americans in the Shawangunks, and Owls, and Other Night Birds. Meet at the Nature Center.

Kids in the Woods at Kittatinny

Kittatinny Valley State Park plans a series of free nature programs for children and families this summer. They include "Forestry Field Day" (Saturday, July 14, from 10:00 a.m. to 1:00 p.m.), "Bugs!" (Sunday, July 15, from 10:00 to 11:30 a.m.), and "Lost in the Woods: Child Survival" (Sunday, July 29, 2:00 to 3:00 p.m.). Pre-registration is recommended. Call 973-786-6445 for additional information.

Learning the Trade and Science of Trail Work at TC's Annual Maintenance Workshop



Chris Harmon points out invasive plants to workshop participants.

Eighty-two people turned out to learn the trade of trail maintenance at five workshops organized and hosted by the East Hudson Trail Committee in Cold Spring, May 5. The workshops covered topics in maintenance, construction, and monitoring, as well as watershed, species, and habitat issues. The science-oriented workshops were a first for the Conference, which has recently made a priority of relating science-based environmental concerns to its trail-building and maintaining work (see separate story

on the science workshop).

After short introductory remarks by Gary Haugland, Trail Conference president, and Ron Samuelson, East Hudson Trails chair, participants left for classroom instruction. Hands-on field instruction in the afternoon was part of the curriculum of all classes and for most people the best part of the workshop.

The day ended when participants returned for iced tea, lemonade, and homemade cookies. This short time to socialize gave instructors a chance to answer more questions and participants a chance to meet others who had similar interests. Thanks were expressed to Jane Daniels for coordinating the event, and to workshop leaders and their field assistants for contributing their time and expertise: Ron Rosen, Chris Florack, Brian Conz, Bill Richardson, Chris Harmon, John Magerlein, Chris Cesar, Mary Anne Massey, Al Poelzl, Bernie Stringer, Mark Hudson, Jim Gardineer, and James Burns.

Trail Conference Intern Needs Lodging in the Fall

The Trail Conference seeks to host a student intern from Austria from August 6 to November 30 to help set up a website for protecting the Shawangunk Ridge in New York. The website will serve as a resource where professionals and the public can access information about conserving the ridge. The goal is to see the Shawangunk Ridge protected through a combination of acquisitions and good local planning.

We have identified an excellent candidate, Bernd Kuchar, who is 24 years old, completing a master's degree equivalent, and has worked on similar websites in Europe. He reports that his hobbies are "hiking, skiing, swimming, trail running, inline-hockey, mountain biking, Tae Bo, traveling, cooking, reading . . . and a lot of other things."

He has ample funds to support his stay if we can locate housing within a reasonable commute to the Mahwah office. If you would like to host Bernd this fall and support an important project, please contact Edward Goodell at the Trail Conference office for more details.

IN MEMORIAM

Ken Lloyd

A long-time trail maintainer and lover of the woods, Ken Lloyd, of Clifton, NJ, passed away this spring. A memorial service was held for him in Clifton on May 31 at St. Peter's Episcopal Church. Ken, a retired accountant with a degree from Rutgers, came to New Jersey by way of England and Canada. He served almost half of his 83 years as a volunteer with the Woodland Trail Walkers and the NY-NJ Trail Conference. He joined his hiking club in 1960 and served both as president and director. With the Trail Conference, his maintenance efforts included the trails at Pyramid Mountain in Kinnelon and the Appalachian Trail on Kittatinny Ridge, both in New Jersey. He once summed up his love for working in the woods: "There's the physical exercise, the fresh air, the joy of being in the woods, and the tangible results. When you're through working, there's a real sense of accomplishment. It's a magnificent sport!"

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NEW LIFE MEMBERS

The Trail Conference welcomes the following new Life Members:

April Barth
Russ Bellew
George Lanfranchi
Miranda Magagnini
Mathew Pilkington

And a belated welcome to **Harold Weisberg**, who joined in November of last year, but whose name was inadvertently not included in previous Life Member lists.

A Life Membership to the NY-NJ Trail Conference is a wonderful gift to yourself or a loved one, and to the Trail Conference. An individual life membership is just \$400; a joint life membership (two adults at the same address) is \$600. Next time you renew, please consider becoming one of the Conference's more than 800 "lifers."

Contributions Sought for Silman Tool Fund

Since 1982, the Harry B. Silman Tool Fund, established by Marcelle Silman in memory of her husband, an avid trail maintainer, has helped the Trail Conference acquire the tools necessary for building and maintaining trails. Over the years the fund has received further support from the Silman's daughter, Lydia Zakim. The Trail Conference invites other donors to contribute to the fund and thereby expand it for additional tools, such as global positioning systems. "As we acquire more and more trails, it becomes evident that just getting more places to walk and hike doesn't mean that they are in pristine condition," notes Marcelle Silman. The work of keeping trails passable, she reminds hikers, "is a never-ending chore."

To make a contribution to the Silman Tool Fund, send a check made payable to the NY-NJ Trail Conference, to the TC office. Note "Silman Tool Fund" in the memo line.

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TRAILBUILDING & THE ENVIRONMENT

continued from page 1



A green frog within arm's reach of a trail: Is it rare or is it common?

ronmental Protection, and Chris Harmon, preserve manager for the Eastern New York Chapter of the Nature Conservancy. Both are members of the Conference Science Advisory Committee, established earlier this year.

Richardson gave maintainers a quick class in the hydrologic cycle, defined watersheds and wetlands, talked about the importance of vernal pools to the incuba-

tion of many species, and walked his listeners through an exercise in which they delineated a small-stream watershed using a TC trail map. What was the point? "The biggest impact of a trail occurs in its initial planning and construction," Richardson told the group. "The solid runoff from the trail is probably the most important impact." Richardson's lessons for maintainers:

Know the limits of each watershed, and in a small watershed minimize the impact of runoff by planning few trails. Be able to recognize wetlands and vernal pools and, when possible, build trails around, not through them.

Chris Harmon focused on the sometimes uneasy relationship between trails and the well-being of plants and animals. "I'm FOR trails," he emphasized often, between anecdotes of trail/species frictions. Here's one: A scientist identified a colony of an endangered plant near the AT in a Conservancy preserve. It was determined that the colony required additional light to succeed and so trees were selectively cut to let in the light. The colony thrived and expanded. Until, that is, AT hikers realized the site had become an ideal camp spot. "I'm FOR trails," Harmon repeated after his story. His lessons for maintainers? Become familiar with the species along your trail; know which to protect and which to attack with vigor; be on the lookout for unintended consequences of your work.

As for their answers to the first question at the start of this article, posed at the workshop by a maintainer: Richardson

SO RARE

What's Rare in Bergen Co., NJ (for example)

A sample of the plants listed on New Jersey's "Rare Species and Natural Communities of Bergen Co."

- Koehn's tooth-cup (*Ammannia latifolia*)
- Puttyroot (*Aplectrum hyemale*)
- Slender cottongrass (*Eriophorum gracile*)
- Clammy everlasting (*Gnaphalium macounii*)
- Featherfoil (*Hottonia inflata*)
- Larger Canadian St. John's-wort (*Hypericum majus*)
- Small whorled pogonia (*Isotria medeoloides*)
- Pale duckweed (*Lemna valdiviana*)
- Mudweed (*Limosella subulata*)

BIODIVERSITY ONLINE

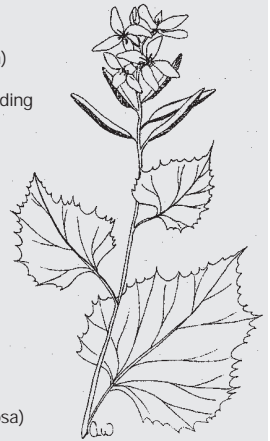
The following are online resources for trail builders and maintainers who want more information on wetlands and biodiversity issues.

- For information about wetlands, try the National Wetland Inventory (NWI): <http://wetlands.fws.gov/webstat.gif>. This is an interactive, national database of wetlands, complete with maps, that identifies various categories of wetlands.
- For lists of rare and endangered species: The Natural Heritage Program
 - For the New York list of rare plants: www.dec.state.ny.us/website/dfwmr/heritage
 - For the New Jersey "Rare Species and Natural Communities Lists by County": www.abi.org/nhp/us/nj/
- For information on invasive plants, try the Invasive Plant Council of New York State: www.nysm.nysed.gov/ipcnys/
- "Weeds on the Web" <http://TNCWeeds.ucdavis.edu>. This useful site includes photos of offending plants, management strategies, and tool reviews (the Weed Wrench and Root Talon may be tools useful but unfamiliar to maintainers).
- NYS Biodiversity Research Institute: www.nysm.nysed.gov/bri/index.html
- Association for Biodiversity Information: www.abi.org/index.htm

THE INVASIVE TOP TWENTY

List of the top 20 most serious invasive plants in New York State, compiled by the Invasive Plant Council of NYS.

- Black locust (*Robinia pseudoacacia*)
- Black swallow-wort (*Cynanchum* species: *C. nigrum* and *C. rossicum*)
- Common reed (*Phragmites australis*)
- Curly pondweed (*Potamogeton crispus*)
- Elaeagnus species
 - Autumn olive (*E. umbellata*)
 - Russian olive (*E. augustifolia*)
- Eurasian water milfoil (*Myriophyllum spicatum*)
- Garlic mustard (*Allaria petiolata*)
- Honeysuckles (non-native shrub species), including
 - Fly honeysuckle (*Lonicera morrowii*)
 - Tartarian honeysuckle (*Lonicera tatarica*)
- Japanese barberry (*Berberis thunbergii*)
- Japanese honeysuckle (*Lonicera japonica*)
- Japanese knotweed (*Polygonum cuspidatum*)
- Japanese stilt grass (*Microstegium vimineum*)
- Multiflora rose (*Rosa multiflora*)
- Norway maple (*Acer platanoides*)
- Oriental bittersweet (*Celastrus orbiculatus*)
- Porcelain-berry (*Ampelopsis brevipedunculata*)
- Purple loosestrife (*Lythrum salicaria*)
- Rhamnus species
 - Common buckthorn (*R. athartica*)
 - Smooth buckthorn (*R. frangula*)
- Spotted or bushy knapweed (*Centaurea maculosa*)
- Water chestnut (*Trapa natans*)



noted that lumber made of recycled plastic is now available as a substitute for arsenic-treated wood. Harmon recommended black locust wood as an alternative; it is both an invasive "weed" species and is very durable, so maintainers can

double their satisfaction. He noted that the tree is so plentiful on some Conservancy properties that they harvest and mill it for their own trail use. (See "Arsenic on the Trail?" for additional information on this topic.)

ARSENIC ON THE TRAIL?

Chromated copper arsenate is a pesticide infused into wood to protect it from termites and beetles. It also protects against the ravages of humidity. It has been used for 60 years and is the material used to build many playgrounds, residential decks, docks, railings, fences, and trail wetland crossings. Lumber treated with CCA is banned in some countries but permitted in the US, though questions about its continued use have recently become more numerous and public. In March, sections of three Miami-area parks were closed after researchers found that arsenic had leached into the soil from pressure-treated wood.

According to an Associated Press report May 23, the Environmental Protection Agency was conducting a routine review of the use of CCA, which it expected to complete in June.

What alternatives are there to "pressure-treated" wood? TC Science Advisory Committee member Chris Harmon recommends black locust. Although a common local weed tree, it is not readily available commercially. Where it is common in a woods area it can be harvested and milled. Similarly,

local cedar is recommended by TC staffer Larry Wheelock, who notes that the bridge at Mossy Glen in Minnewaska State Park is built with cedar. AT South Manager Walt Daniels also notes the use of red cedar along the AT. "We have some dead red cedars on the AT, which we have used for posts to mark the trail across fields. We have also used rough-sawn oak for puncheon on the AT. We get this cut for us at a local sawmill. Ron Rosen (chair of the AT Dutchess/Putnam Management Committee) is the expert on obtaining it."

Wood made of recycled plastic, recommended by Bill Richardson, another member of the science advisory committee, is commercially available under the name Trex. Walt Daniels notes this has been used fairly extensively in Teatown Reservation. "Many of the small bridges are surfaced with it. It has a somewhat spongy feel walking across it. I have mixed feelings about its use. Most of our trails and the AT in particular prefer a 'natural' solution to problems. Trex is far from natural, but it's good for the environment and is better than landfilling the plastic."

—G.W.



Hikers' Market Place

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East Hudson Trails (1997, rev. 2000)	\$8.95	\$6.75	+.95	_____
West Hudson Trails (2000)	\$7.95	\$5.95	+.95	_____
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Kittatinny Trails (2000)	\$12.95	\$9.75	+\$1.10	_____
Shawangunk Trails (2000) & see combo	\$9.95	\$7.75	+.95	_____
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North Jersey Trails (1998)	\$7.95	\$5.95	+.95	_____
Hudson Palisades (1991)	\$5.95	\$4.75	+.80	_____

Books

Catskill Trails: A Ranger's Guide to the High Peaks				
Book One: The Northern Catskills	\$14.95	\$11.95	+\$1.75	_____
Book Two: The Central Catskills	\$14.95	\$11.95	+\$1.75	_____
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New Jersey Walk Book (1998) & see combo	\$15.95	\$12.75	+\$3.00	_____
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Vanishing Hamlet on the Hudson (1996)	\$12.95	\$10.35	+\$2.50	_____
Harriman Trails Guide (1999) & see combo	\$16.95	\$13.55	+\$3.00	_____
Long Path Guide to NY/NJ (1996)	\$9.95	\$7.95	+\$1.75	_____
Nature Walks in New Jersey (1998)	\$12.95	\$10.35	+\$2.50	_____
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Best Hikes w/ Children in the Catskills &				
Hudson River Valley (1992)	\$14.95	\$11.95	+\$1.75	_____
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A.T. Guide for NY & NJ (1998) w/ 6 maps	\$19.95	\$15.95	+\$2.50	_____
ATK Guide to Catskill Trails (1994, reprinted 1998)	\$16.95	\$13.55	+\$2.50	_____

Combo-Packs

Catskill (5 map set & book)	\$27.80	\$21.60	+\$2.50	_____
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NY & NJ Walk Books	\$32.35	\$25.85	+\$5.00	_____
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*Tax must be paid by NJ residents on books, maps, misc., but not on clothing. Thank you!

Tech News

Help Tailor the TC Web Site for Hikers

"The Sunday *New York Times* contains more factual information in one edition than in all the written material available to a reader in the 15th century." A new book called *The Attention Economy* by Thomas H. Davenport and John C. Beck (Harvard Business School Press, April 2001, ISBN 1-57851-441-X) makes the case that most of us are suffering from attention overload. (A sample chapter can be read at www.acm.org/ubiquity/book/t_davenport_2.html.) Every business or organization you are part of, and many more that would like you as a customer or member, seeks your attention.

Perhaps the Trail Conference website is contributing to this overload, but I would like to think that it is helping reduce the overload by making targeted, selected information available for hikers.

The most useful information is that which magically appears exactly when you need to know it. We can't quite meet that criteria, but we can make relevant information easy to find. Of course, the needs of Trail Conference members are very broad and may not be met by the results of the somewhat eclectic wanderings of the webmaster through the Internet. If our content does not match your needs let us know what we are missing. Better yet,

spend an hour trying to make sense of some small corner of the Internet universe, looking for good books or Internet sites, and send them to us. If they are trail related, we will find a place for them on our site. In future articles we will mention some of those small corners.

To start things off, one of those small parts of the universe is a list of books about plant identification at www.nynjtc.org/committees/science/references.html. Another is a list of books and links about trail maintenance, design, and construction—www.nynjtc.org/committees/trailsCouncil/index.html.

Share your web recommendations with other hikers by sending them to info@nynjtc.org

—Walt Daniels

Technology committee chair

REMEMBERING GEORGE ZOEBELEIN

continued from page 2

a creative, relaxed atmosphere for meetings. Over the years, George pressed for better marketing of the Trail Conference, for effective ways to attract new members and, above all, to be on the forefront of land protection. . . With his charming understated style and dry wit, George was a marvelous diplomat and spokesperson for the NY-NJ Trail Conference."

George Zoebelin was devoted to the landscape, people, and history of the Hudson River Valley and the Hudson Highlands. He settled in a town appropriately named Grandview-on-Hudson, near Nyack, along with his wife, Nancy, whom he met through hiking. It is most fitting that he is buried in Rockland Cemetery, near the Long Path, which he fought to keep located so it passes by the cemetery and the tomb of General George Fremont—the "Path Finder." As hikers on the LP go through this historic cemetery, they will pass within a few hundred feet of George Zoebelin's final resting spot.

Donations

George was interested in strengthening the outreach efforts of the Appalachian Mountain Club. You can send donations in his name to AMC specifying their outreach program.

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What is a Torrey Society Contributor?

The Society is named after Raymond H. Torrey who led the Trail Conference for its first 18 years serving as a prolific publicist, exuberant hiker, brilliant trail builder, unyielding conservationist, volunteer organizer, shrewd negotiator, and diplomat/historian.

The Torrey Society honors individuals who contribute \$500 or more annually to the ongoing operations of the Trail Conference. Members of the Torrey Society enable the Trail Conference to carry this proud tradition into the future.

THE VIEW FROM ALBANY

continued from page 2

the trail that connects the Catskill Forest Preserve and Thacher Park.

Clearing the Air, Restoring Mountain Views

The New York-New Jersey Trail Conference, ADK, and the American Hiking Society invited the Appalachian Mountain Club and the Appalachian Trail Conference to join a unique partnership to lobby for national legislation to curb acid rain. Since then, the Potomac Appalachian Trail Conference has joined the partnership, called Hikers for Clean Air. The prime objective of Hikers for Clean Air is to enlist our hiking colleagues in the Mid-Atlantic states and the South in our lobbying campaign.

There is much for us to do. Recently, the United States Environmental Protection Agency (EPA) announced new regulations that would force reductions of smog and haze-causing sulfur and nitrogen emissions by coal burning power plants that are seriously degrading air quality in the Adirondacks, Catskills, Great Smoky National Park, and Shenandoah National Park.

In addition, the EPA has begun to actively enforce the new source rule. Since 1999, the Justice Department has filed lawsuits against coal burning electric utilities in the Midwest and South, charging them with violations of the new source rule (NSR) requirements of the Clean Air Act (CAA). Under the CAA, older power plants were exempted from installing the latest scrubber technology. However, new plants or reconstructed plants that added generating capacity or increased emissions triggered the requirement to install the best available pollution control technology. The suits represent a new effort by the EPA to reduce nitrogen oxides (NOx), and sulfur dioxide (SO₂) emissions from coal-fired electric generating facilities. New York's Attorney General Elliot Spitzer has filed similar lawsuits. The EPA and Spitzer allege that these utilities made "major modifications" to their generating plants without installing new scrubber and pollution control technology required by the new source rule. The utilities claim that they are merely doing routine maintenance, but the addition of additional generating capacity and higher emission levels in these older facilities is clear evidence of a violation of the new source rule.

The early success of these lawsuits and several settlements out of court have greatly enhanced the prospects of passage

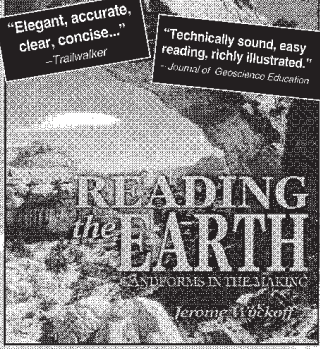
of the Acid Rain Control Act in 2001. In the wake of climbing gasoline prices and the electric power crisis in California, however, coal companies and some electric utilities are making a strong lobbying effort to persuade the Bush administration to cancel the smog and haze regulations, abandon the new source rule lawsuits, and repeal the new source rule itself. If "Big Coal" is successful, it will be the death knell for most Adirondack lakes and mountain forests in the Adirondacks, Catskills, and Appalachians.

The Trail Conference, ADK, and our Hikers for Clear Air partners have asked EPA Administrator Christine Todd Whitman to keep the smog and haze regulations in place and to begin active prosecution of electrical utilities that are in violation of the Clean Air Act. We have asked President Bush and Whitman to continue the new source rule lawsuits by the EPA and the Justice Department and to actively enforce the new source rule. The Trail Conference and its Clean Air partners will actively lobby for passage of the Acid Rain Control Act in 2001.

Editor's Note: On May 31, the Bush administration said it would proceed with National Park anti-haze regulations, though they will first be reviewed by the Office of Management and Budget, which could result in changes. The EPA's proposed amendments can be viewed at <http://www.epa.gov/ttn/oaqrg>.

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HIKERS' BOOKSHELF



The Catskill Forest: A History
 Michael Kudish, Purple Mountain Press, 2000
 Review by Daniel Case

Michael Kudish, a professor of forestry at Paul Smiths College, has taken the essence of his 1970's-era doctoral dissertation and his considerable research into the Catskill forests since then, and compiled it into an informative yet highly readable book of great value to hikers. *The Catskill Forest: A History* is nothing less than the most complete guide yet to the forests of the Catskills and what they contain, a resource long needed.

Kudish took as his study area the region that includes all peaks higher than 2,900 feet—prime hiker territory. Over three decades he has thoroughly explored this rough circle covering parts of five counties, from river valleys to isolated summits. So devoted has he been that he is probably the only person to claim bland, viewless Eagle Mountain as his favorite peak, owing to its research possibilities.

He starts with a history section, finding in isolated bogs as old as 9,000 years a record of the forests that flourished as the last glaciers were melting and plant

life returned. The next great event in the lifecycle of the woods, European settlement and the ensuing impact on the woods of tanbarking, farming, and logging, gets equal consideration.

The second half of the book will provide those whose hikes are as much explorations as walks with plenty of objects for their quests. Range by range, Kudish gives the locations of interesting areas of forest, such as old burns, landslides, and quarries. Sidebars helpfully explain the signs of first-growth forest, old farmland, and burn areas, in case you think you've found one he's missed (I believe, for instance, that some first-growth hemlocks near Halcott Mountain have escaped Kudish's eye).

The book is accompanied by a lavish map, prepared with the financial backing of the Catskill Watershed Corporation. It details and delineates the areas of virgin forest, fires, landslides, past farmland, reforestation, and other disturbances on one side and locations of all known forest-product industries (logging operations and quarries) on the other. It makes an excellent way to condense the vast knowledge in these hardback covers into something that can go into a backpack.

PRODUCT REVIEW

It's North O'Clock
 A new GPS watch by Casio
 Review by John Jurasek

At first glance, the SATELLITE NAV1 PAT 2GP (GPS) watch by Casio appears to be one of the best innovations in the area of electronic navigation devices in a long time. The concept of taking a GPS device, miniaturizing it to the size of a (albeit large) wristwatch, is certainly innovative. The idea of having a GPS on your wrist rather than having to hold it out in front of you seems very convenient.

I found that this unit performed reasonably well under most conditions. It comes with most of the features that the casual user would need. The watch has adjustable track-point recording intervals and satellite contact modes. In order to get consistent readings the watch needs to keep a continuous satellite fix. However, in this mode, the battery becomes depleted in only 70 minutes, hardly the length of a standard hike. If you switch to an auto mode setting, the battery life extends to 140 minutes, still not long enough for the average hike, and you sacrifice accuracy as the watch must continually regain contact with the satellites, which introduces errors into the measurements.

The included computer interface lets

you store the GPS measurements on your computer. Interfacing the watch with the computer, however, is no easy task. The watch must be placed in a special holder to be linked to the computer's serial port. The data can then only be sent to the proprietary software that comes with the watch. At best, this is a complex and time-consuming task.

Besides the computer interface problems, data input into the watch was difficult. The menus are a series of mazes that are easy to get lost in and hard to memorize. You need to continually refer to the thick 50-page manual that reads like the technical journal it is.

This watch really is a paradox. The professional user who would understand the technicalities of the watch wouldn't use it because of its limitations, while the casual user couldn't use it because of its technicalities. However, the one factor that may dissuade most people from using it is its price tag. At around \$500, roughly four times the price of a regular GPS with similar features, any advantage due to the convenience of wearing it on your wrist is foregone. So while the Casio NAV1 PAT 2GP (GPS) Watch is a neat new device, practicality wins out and relegates it to the category of just another interesting "gadget."



HIKERS' ALMANAC

continued from page 12

where it intersects with New Providence Rd. A moderate ramble of 4-5 miles.

RWW. Hunter Mt. (4040'). Leader: For more information call 845-246-4145. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Strenuous hike of 7.5 miles. Inclement weather date is following Saturday.

SUNDAY, AUGUST 12

UHC. South Mountain Reservation. Leader: Dot Bereman, 908-464-9546. Meet: 10 AM at Oakdale parking lot off Cherry Lane near Northfield Ave. Enjoy a moderate ramble in this lovely reservation.

IHC. Buck Trail Special. Leader: Peter Rigotti, 718-769-3814. Meet: 9 AM at Lake Sebago parking lot, Seven Lakes Dr., Harriman State Park, NY. Moderately strenuous hike starting on the 7 Hills Trail from Lake Sebago, then to the Buck Trail. From there, conditions will determine route: maybe a view, maybe a lake.

OUT. Lower Manhattan Walk. Leader: George Glatz, 212-533-9457, 7-8:30 AM. Meet: 11 AM at Staten Island Ferry Terminal in Manhattan. 5 miles to Battery Park City and then to a new park along the Hudson.

MONDAY, AUGUST 13

RWW. Dry Brook Ridge. Leader: For more information call 845-246-5670. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Strenuous hike of 9.6 miles, from Millbrook Rd. to Margaretville. Inclement weather date is following Monday.

WEDNESDAY, AUGUST 15

OUT. Greystone - Irvington via O.C.A. Leader: Hal Kaplan, 914-376-3156. Meet: 12:00 noon at Greystone RR station (take 11:20 Hudson Line train from Grand Central, arrive Greystone at 11:57). 8 moderate miles on OCA and other trails, includes two 150' climbs. Hike on the long forgotten Algonquin trail and the new Rowlays Bridge trail. Lunch in Hastings Waterfront Park. Inclement weather cancels.

FWW. Flat Rock Nature Preserve, Bergen County. Leader: Len Rothstein, 201-363-4851. Many winding trails; a beautiful wooded area. Bring trail lunch. 5 miles.

SATURDAY, AUGUST 18

UHC. South Mountain Reservation. Leader: Don Meserlin, 973-228-2258. Meet: 10 AM at Tulip Springs parking lot, Brookside Ave., Millburn, 4 miles north of So. Orange Ave. Ramble at a moderate pace through the pine forest and to Hemlock Falls and beyond.

ADK-R. Kakiat Trail. Leader: Call 845-634-7635 for information. Moderate 5.5-mile hike.

OUT. Bronville to Scarsdale. Leader: Helen Yee, 212-348-5344, evenings before 10 PM. Meet: 11 AM at Grand Central Station Information Booth (buy one-way fare to Bronville and return fare from Scarsdale). 5 moderate miles from Bronville to Scarsdale via Bronx River Parkway, but on trails. Heavy rain cancels. \$3 non-members.

OUT. Osbourne Loop. Leader: Mike Puder, 718-743-0920, call any time for recorded message. Meet: Call leader week of hike: will meet at Grand Central Station Information Booth (drivers meet at Manitou RR station). 8 miles at moderate, steady pace.

SUNDAY, AUGUST 19

UHC. Jockey Hollow, Morristown. Leader: Call 973-746-4319 for information. Meet: 10 AM at Jockey Hollow Visitors Center. \$4 per-person admission is charged to those without park passes. Enjoy a scenic 4-5 mile ramble at a moderate pace in this historic National Park.

IHC. Lake Skannatati Circular. Leader: Roy Williams, 973-283-9756. Meet: 9 AM at Skannatati parking area, Seven Lakes Dr., Harriman State Park, NY. Moderately strenuous hike - we will see Lake Askoti (filled in 1937) from the Red Cross trail, the Hasenclever Mine (1797) and the little old cemetery from the Beech trail (named after Art Beech in 1972). Return on Long Path.

ADK-R. Harriman Circular. Leader: Call 845-359-2465 for information. Moderate 6-7 mile hike on the Beech, Long Path, ASB and Red Cross trails.

OUT. Hiking and Swimming at South Beach Park. Leader: Rolande Chapeau. Meet: In Staten Island Ferry waiting room (Manhattan side) to take 10:30 AM ferry. 8 flat, easy miles around Fort Wadsworth; walk on the beach and boardwalk to Miller Field; great views from South Bay. Non-smoking hike. \$3 non-members.

MONDAY, AUGUST 20

RWW. Sugarloaf Mt. (3800'). Leader: For more information call 845-246-1823. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Strenuous hike of 7 miles. Inclement weather date is

following Monday.

TUESDAY, AUGUST 21

FWW. Pyramid Mountain. Leader: Dave Hogenauer, 973-762-1475. Meet 10 AM at the Kinnelon baseball diamonds town park a couple of miles north of the park office on the Butler-Boonton Road. Hike of 6-7 miles will start at the north end of Pyramid Mountain and see: Tripod Rock and other glacial erratics.

SATURDAY, AUGUST 25

UHC. Watchung Reservation. Leader: Call 973-746-4319 for information. Meet: 10 AM at Trailside Nature and Science Center parking lot on Coles Ave. where it intersects with New Providence Rd. A moderate ramble of 4-5 miles.

OUT. North County Trailway. Leader: Salvatore Varbero, 718-420-9569, 8-10 PM only. Meet: 9 AM at Grand Central Station Information Booth (buy one-way fare to Tarrytown). 10 level miles along N. County Trailway Pass from Tarrytown to Pleasantville.

OUT. Great Kills Park. Leader: Ray Krant, 718-435-4994. Meet: 10:15 AM at Staten Island Ferry Terminal (Manhattan side). 5 miles in this part of Gateway National Recreation area. Hike around Great Kills Harbor and on Crookes Point Beach. \$3 non-members.

SUNDAY, AUGUST 26

WEC. Harriman Southern Ledges. Leader: To register and send payment, call 973-835-2160. Meet: 9 AM. 8 strenuous miles - Racon Brook and 7 Hills trails with views from several bare rock summits. Cost \$4 members, \$5 non-members.

UHC. South Mountain Reservation. Leader: Mirni Solomon, 973-763-6449. Meet: 10 AM in Locust Grove parking lot, corner of Glen Ave. and Lackawanna Pl., across from Millburn RR station. A brisk ramble along the yellow trail and the white trail.

IHC. Route 106 Circular. Leader: Peter Rigotti, 718-769-3814. Meet: 9 AM at White Bar parking lot, Rt. 106, Harriman State Park, NY. Strenuous hike, starting on the White Bar trail and eventually reaching Lake Sebago. No wimps allowed.

MONDAY, AUGUST 27

RWW. Tremper Mt. (2740'). Leader: For more information call 845-246-5447. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Strenuous hike of 6.4 miles, from Jessup Rd. to Old Rt. 28. Inclement weather date is following Monday.

WEDNESDAY, AUGUST 29

FWW. Ramapo Mountain State Forest. Leader: Mickey Siegel, 207-797-7054. A tour of Ramapo Lake and the surrounding Ramapo Mountains. Bring trail lunch. Meet in first parking lot. 5 miles.



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SPARTA TRAIL

continued from page 1

The trail begins at the monument and takes you through the works and back to the beginning of the 18th century. After a mile, the ancient cuts of human labor give way to an overlook of the environmentally spectacular Edison Bog.

The trail is placed close to the bog, but not too close. From the overlook, walk with careful observation, binoculars ready. The path is barely visible and quite narrow and warblers abound. At this point, I am not so much hiking as sneaking along among more rocky overlooks, trying to spot an egret or heron out on the bog or an osprey perched on a lofty pine. Continue on a combination of nature trail and forest road, cross pristine streams, edge along a great swamp; bask in this wilderness and marvel at this preservation and evolving trail work. After exploring the rambling nature trails, the hiker may head back to the monument via the mining road (four miles) or, if a friend has left a car back at Ryker Lake, continue another four miles on newly cut trail for a full traverse of the Sparta Mountain WMA.

Martin Treat says his work as designer and construction leader of the Sparta Mountain WMA trail network for the past five years has been "a pleasure."



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HIKERS' ALMANAC

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 is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 80 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, send an SASE with your request to NY-NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430

Club Codes

- | | |
|-------------------------------------------------------|-------------------------------|
| ADK-J: Adirondack Mountain Club, North Jersey Chapter | NYR: New York Ramblers |
| ADK-R: Adirondack Mountain Club, Ramapo Chapter | OUT: The Outdoors Club |
| FVT: Frost Valley Trailwalkers | RWW: Rip Van Winkle Hikers |
| IHC: Interstate Hiking Club | UHC: Union County Hiking Club |
| NYHC: New York Hiking Club | WEC: Weis Ecology Center |

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@njtc.org or to the Trail Conference office. The deadline for the September/October issue is July 26.

JULY

WEDNESDAY, JULY 4

NYHC: Bear Mountain. Leader: Mike Puder, 718-743-0920. Meet: Grand Central Terminal; call leader during the week of the hike for meeting time. Hike to the top of Bear Mountain on the Appalachian Trail.

OUT: Hiking and Swimming at Jacob Riis Park. Leader: Rolande Chapeau. Meet: 10:45 AM in front of Wendy's at last stop on #2 subway train in Brooklyn. Will take Q35 bus to first stop after Gil Hodges Bridge. 7.5 flat, easy miles around Fort Tilden, a fresh water pond and woods, then boardwalk to 116 St./A train and Q53 to Queens. Non-smoking hike. \$3 non-members.

THURSDAY, JULY 5

ADK-J: Thursdays in the Woods. Every Thursday. Leader: Call to register and for meeting time and place before Wed. 9 PM, 201-967-2937 or 201-358-5292. 5-7 miles with ups and downs.

SATURDAY, JULY 7

UHC: Lewis Morris Park. Leader: Gail Waimon, 973-467-4761. Meet: 10 AM at Lewis Morris Park at the Sugarloaf Area parking lot. Come out for a moderate hike.

OUT: Old Croton Aqueduct. Leader: Salvatore Varbaro, 718-420-9569, 8-10 PM only. Meet: 10 AM at Grand Central Station Information Booth. 7 level miles along the aqueduct from Glenwood to Irvington, with beautiful scenery along the Hudson. \$3 non-members, plus train fare.

SUNDAY, JULY 8

UHC: Watchung Reservation. Leader: Ellie King, 908-233-8411. Meet: 10 AM at the Trilside Nature and Science Center parking lot on Coles Ave. where it intersects with New Providence Rd. A steady brisk pace of 5 to 6 miles.

IHC: Campgaw Conundrum. Leader: Phellis Swan, 973-835-4513. Meet: 9 AM at Campgaw Mountain County Reservation, Mahwah, NJ. Easy hike on the Hemlock, Gray Birch, Dogwood and Old Cedar trails. We'll pop out at the top of the ski slope for a wide angle view and lunch. Home early.

ADK-R: RD Circular. Leader: Call 845-359-2465 for information. Moderate 7-8 mile hike on Beech, Red Cross, Dean, Menomine, Bockey Swamp and AT trails.

OUT: Hastings to Tarrytown. Leader: George Glatz, 212-533-9457, 7-8:30 AM only. Meet: 10 AM at Grand Central Station Information Booth. 6 easy miles along the Old Croton Aqueduct, picking berries along the way.

MONDAY, JULY 9

RWW: Minnewaska State Park: Castle Point to Lake Awosting. Leader: For more information call 845-255-0614. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Moderate hike of 10 miles and swim. Inclement weather date is following Monday.

TUESDAY, JULY 10

FWW: Jockey Hollow, Morristown National Park. Leader: Joe Brownlee, 973-635-1171. Meet 10 AM at Jockey Hollow visitor center parking lot. From Jockey Hollow to Crosslands to the Audubon Center and back along the river: 6-7 miles. Bring trail lunch.

SATURDAY, JULY 14

UHC: South Mountain Reservation Family Hike. Leader: Mimi Solomon, 973-763-6449. Meet: 10 AM at the Tulip Springs parking lot, Brookside Ave., Millburn, 0.4 mile north of So. Orange Ave. A family ramble: children second grade and older welcome. Ramble at a casual pace to Hemlock Falls and beyond. Sturdy tie sneakers (if no boots available), a small snack and drinking water, please.

OUT: Bear Mountain. Leader: Mike Puder, 718-743-0920, call any time for recorded message. Meet: Call leader week of hike for meeting time; will meet at Grand Central Station Information Booth. 5 miles uphill at a moderate, steady pace. Hike to top of Bear Mountain on the Appalachian Trail: spectacular views.

SUNDAY, JULY 15

UHC: Jockey Hollow, Morristown. Leader: Call 973-746-4319 for information. Meet: 10 AM at the Jockey Hollow Visitors Center. A \$4 per-person admission is charged to those without park passes. Enjoy a scenic 4-5 mile ramble at a moderate pace in this historic National Park.

IHC: Patriots' Path - New Black River Section. Leader: Leon Wasserman, 973-887-8622. Meet: 9 AM at Cooper Mill, Rt. 24, Chester, NJ. Moderate 7-mile hike on the new section of Patriots' Path connecting Cooper Mill and Bamboo Brook Center; along Black River most of the way. Shuttle required.

OUT: Delaware and Raritan Canal. Leader: Paul Devellet, 516-488-5232, before 10 PM. Meet: 9:15 AM at NJ Transit ticket windows in Penn. Station. 8 moderate, flat miles along this historic canal from New Brunswick to Bound Brook. \$3 non-members, plus train fare.

MONDAY, JULY 16

RWW: Huckleberry Point. Leader: For more information call 212-595-3549. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Moderate hike of 4.8 miles. Inclement weather date is following Monday.

WEDNESDAY, JULY 18

OUT: Greystone - Irvington via O.C.A. Leader: Hal Kaplan, 914-376-3156. Meet: 12:00 noon at Greystone RR station (take 11:20 Hudson Line train from Grand Central, arrive Greystone at 11:57). 8 moderate miles on OCA and other trails, includes two 150' climbs. Hike on the long forgotten Algonquin Trail and the new Rowleys Bridge Trail. Lunch in Hastings Waterfront Park. Inclement weather cancels.

THURSDAY, JULY 19

FWW: Johnsonstown Circular. Leader: Joe Brownlee, 973-635-1171. Meet: 10 AM at Johnsonstown Road Circle. An 8-mile circular with a lake and views from Parker Cabin Mtn. and the Blue Disc Trail.

SATURDAY, JULY 21

UHC: Toure Park, Boonton. Leader: Don Messerian, 973-228-2258. Meet: 10 AM at Toure Park; second parking lot on left. Bring lunch to enjoy after the moderate hike.

IHC: Slide Circular. Leader: Mike Selender, 201-451-5411. Meet: 8:30 AM at Harriman RR station, Rt. 17, Arden, NY. Strenuous 12-mile hike. From the Denning trailhead, we'll follow Fisherman's Path along the Neversink river, then Burroughs Range trail between Cornell and Slide and make a steep 800 hand-over-foot ascent to the summit of the tallest peak in the Catskills.

ADK-R: Ramapo Mountain Adventure. Leader: Call 845-354-0738 for information. Easy 5-mile hike.

SUNDAY, JULY 22

UHC: South Mountain Reservation. Leader: Louise White, 973-746-4319. Meet: 10 AM at the Turtleback Rock Parking Area in West Orange on Walker Rd. near Turtleback Zoo. We will enjoy a brisk ramble on the orange trail in this nicely wooded area and also see the "turtle rock".

MONDAY, JULY 23

RWW: Balsam Mt. (3600'). Leader: For more information call 845-246-4431. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 7 AM. Moderate + hike of 5 miles. Inclement weather date is following Monday.

SATURDAY, JULY 28

RWW: Acre Point. Leader: For more information call 845-246-4145. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Moderate hike of 5.1 miles; ascent of 900'. Inclement weather date is following Saturday.

UHC: South Mountain Reservation. Leader: Ellie King, 908-233-8411. Meet: 10 AM in Locust Grove parking lot, corner of Glen Ave. and Lackawanna Pl., across from Millburn RR station. This will be a brisk ramble of 5-6 miles.

ADK-R: Station To Station - The Upper West Side of Harriman. Leader: Call 201-871-3531 for information. Moderate 8-mile hike.

SUNDAY, JULY 29

UHC: Hacklebarney State Park, Long Valley. Leader: Dot Berreman, 908-464-9546. Meet: 10 AM. Rocky footing, casual 4 miles to enjoy scenic glacial gorge and Black River.

IHC: Long Path - Long Clove to Mt. Ivy. Leader: Donal Maloney, 201-760-6320. Meet: 9 AM at Mt. Ivy Commuter parking lot (Rt. 202), Mt. Ivy, NY. Moderately strenuous 6.8-mile hike. This section passes a dramatic Paliades cliff and ascends High Tor, where we have a 360 degree view of the Hudson Valley. Swimming stop planned at nearby High Tor State Park. Shuttle required.

MONDAY, JULY 30

RWW: Overlook Mt. Leader: For more information call 845-246-4082. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Moderate hike of 5 miles. Inclement weather date is following Monday.

TUESDAY, JULY 31

FWW: Wyanokie Circular, Ringwood. Leader: Mary Dell Morrison, 908-684-1173. Meet 10 AM at Weis Ecology Center. Hike may include Chickahokie Falls, Otter Hole, and other points of interest. 6-7 miles.

AUGUST

THURSDAY, AUGUST 2

ADK-J: Thursdays in the Woods. Every Thursday. Leader: Call to register and for meeting time and place before Wed. 9 PM, 201-967-2937 or 201-358-5292. 5-7 miles with ups and downs.

FRIDAY, AUGUST 3

OUT: West Greenwich Village. Leader: Helen Yee, 212-348-5344, before 10 PM. Meet: 5:45 PM in front of Waverly Theater on 6th Ave. and W. 3rd St. 4 moderate, steady miles down many quaint streets; discover some hidden treasures along the way. Heavy rain cancels. \$3 non-members.

SATURDAY, AUGUST 4

UHC: Pyramid Mountain. Leader: Orlinde Lanig, 732-549-4977. Meet: 10 AM at Pyramid Mountain Visitor Center parking lot. We will see one of the world's wonders, Tripod Rock. This moderate hike is a very rewarding experience.

ADK-R: The Forgotten Camp Smith Trail. Leader: Call 845-354-0738 for information. Moderate 4-mile hike.

OUT: Sheepshead Bay. Leader: Joan Mendelson, 718-361-2585, before 10:30 PM. Meet: 11 AM at entrance to McDonald's, D train to Sheepshead Bay station. 3 miles at an easy pace. From Sheepshead Bay via Manhattan Beach to Brighton Beach. \$3 non-members.

OUT: Delaware and Raritan Canal. Leader: Salvatore Varbaro, 718-420-9569, 8-10 PM only. Meet: 9:10 AM at Penn. Station Information Booth. 8 level miles along the canal, enjoying the beautiful scenery between manmade canal and river.

SUNDAY, AUGUST 5

UHC: South Mountain Reservation. Leader: Call 973-746-4319 for information. Meet: 10 AM at Tulip Springs parking lot, Brookside Ave., Millburn, .4 mile north of So. Orange Ave. Ramble at a moderate pace through the pine forest and to Hemlock Falls and beyond.

IHC: Black Rock Forest. Leader: Jim Hayes, 201-825-9506. Meet: 8:30 AM at Red Apple Restaurant, Southfields, NY. Moderately strenuous hike in scenic Black Rock, with its seven lakes and a refreshing swim at Sutherland Pond.

OUT: Sun Leads Pond Preserve. Leader: Rolande Chapeau. Meet: 10:50 AM at N20 bus stop (past Stems depot. store) on Roosevelt Ave., Flushing (take first car of the #7 Flushing train to last stop). 5-6 miles of easy, scenic walking through Manhasset Valley Park to a nice harbor in Sunset Park. Return by bus or train from Port Washington. Non-smoking hike. \$3 non-members.

OUT: Old Croton Aqueduct. Leader: Mike Puder, 718-743-0920, call any time week of hike for recorded message. Meet: Call leader week of hike; will meet at Grand Central Station Information Booth. 5 flat miles at moderate, steady pace from Scarborough to Tarrytown along the aqueduct.

MONDAY, AUGUST 6

RWW: Blackhead Mt. Loop (3940'). Leader: For more information call 845-246-4431. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 AM. Strenuous hike of 5.6 miles. Inclement weather date is following Monday.

SATURDAY, AUGUST 11

UHC: Watchung Reservation. Leader: Bob Keller, 908-233-0699. Meet: 10 AM at Trilside Nature and Science Center parking lot on Coles Ave.

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TRAIL WALKER

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