



# TRAIL WALKER

NEW YORK/NEW JERSEY TRAIL CONFERENCE — MAINTAINING 1,669 MILES OF FOOT TRAILS

JULY/AUGUST 2006

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## LONG PATH REACHES 75 YEARS & 347 MILES

Seventy-five years ago, Vincent J. Schaefer, a 25-year-old cofounder and hike leader of the Mohawk Valley Hiking Club in upstate New York, had a big idea:

an unblazed north-south walking route in New York linking downstate urban areas to the Adirondack High Peaks. "In 1931, my Dad drew the route on topo maps," recalls his son Jim. "His original idea was to start at Bear Mountain and include high lands that more or less paralleled the Hudson River. He included the Shawangunks, the Catskills, the Helderbergs, and the eastern Adirondacks to the top of Whiteface Mountain."

Schaefer brought his idea to other hike leaders, including Raymond Torrey, a cofounder of the New York/New Jersey Trail Conference. Torrey wrote a hiking

ness paths, woods roads, and paved walks. It included urban, suburban, rural, and wild areas. It crossed public lands and private property. And it wasn't long before it was vulnerable to the forces that threaten it today: development, traffic, and loss of rights-of-way.

The economic boom that followed the end of World War II began to transform the New York landscape. Forests and farms became residential subdivisions; once quiet country lanes whizzed with traffic. Though the uncertainty of an unmarked trail appealed to Schaefer's explorer sensibility,



TODD SCHREIBMAN



PHOTOS BY HERB CHONG

column in the *New York Post* ("The Long Brown Path") and in 1933 he began including descriptions of hikes along Schaefer's route, which came to be called the Long Path.

### An Ever Changing Route

The *New York Walk Book* describes the Long Path (LP) as "a living trail system, one whose size and shape are ever changing."

Which is probably why it's sometimes hard to get a handle on it.

To begin with, "ever changing" was a characteristic that appealed to Schaefer. Unlike the cleared and blazed paths of the Appalachian Trail and Long Trail in Vermont from which he took inspiration, Schaefer envisioned the Long Path as a three- to ten-mile wide corridor defined around a series of landmarks—"geologic, historic or culturally interesting sites he selected every few miles," says Jim. Hikers would navigate to the landmarks, which might be on private land as well as public, using topographic maps and compass. Schaefer would later write that he wanted hikers to "enjoy the sense of uncertainty, exploration, and achievement that reaches its highest level when the individual is dependent on the use of compass, marked map, and woods knowledge to reach an objective."

Then, as today, the LP included wilder-

ness paths, woods roads, and paved walks. It included urban, suburban, rural, and wild areas. It crossed public lands and private property. And it wasn't long before it was vulnerable to the forces that threaten it today: development, traffic, and loss of rights-of-way.

Still, the idea has proved inspirational to a few dedicated individuals. In 1960 Robert Jessen of the Ramapo Ramblers and Michael Warren of New York City urged its revival and began to lay out a formal path. The concept of the trail had by this point evolved into a fully cleared and blazed footpath. Two flurries of trail-building occurred in the 1980s and '90s, first in the Catskills, and the second further north, in Schoharie and Albany counties, where the Long Path North Hiking Club was formed. Its members built and maintain

*continued on page 8*

### National Trails Day Photos

Turn to page 3



LP views include (left to right): cityscapes (George Washington Bridge), farmland (Vroman's Nose near Albany), and mountain streams (Kaaterskill Falls).

## HIKERS TRACK TRAIL INVASIVES

### Why We Monitor Invasive Plants

By Anne Todd Osborn

"Strider" hiked the Appalachian Trail from Maine to Georgia beginning just days after college graduation. It's a great way to "See America First" and a good way to get in shape for the Peace Corps. Noticing plants along the way that were known to be a nuisance in her home state of New Jersey, she wondered how they had spread to Maine and other remote sections of the famous trail.

Her mother, a landscape designer, explained that many old world plants came to North America in the ballast soils of the

original settlers' ships, in their livestock fodder, and as medicinal plants which subsequently moved west with the pioneers,

*continued on page 7*

## WANTED



**Kudzu of the North**  
Please turn to page 7.

The TRAIL WALKER (USPS Permit #970-100) (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available to libraries only at \$15.00 a year. Periodical postage paid at Mahwah, N.J., and additional offices. Postmaster: Send address changes to the address below. Opinions expressed by authors do not necessarily represent the policy or position of the Conference. Contributions of typed manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for writers' guidelines. Submission deadlines for the TRAIL WALKER are January 15 (Mar./Apr. issue), March 15 (May/June issue), May 15 (July/Aug. issue), July 15 (Sept./Oct. issue), September 15 (Nov./Dec. issue), November 15 (Jan./Feb. issue). Unsolicited contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.

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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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## FROM THE CHAIR

# What and Where Is Solitude?

People hike for different reasons—to exercise, to be outdoors, to explore nature, to reach scenic views, to enjoy solitude or companionship, or any combination of those. Although I may consider the solitude of a hiking destination when planning a hike, I had not thought of it as a reason to hike.

But early in May, when hiking the Appalachian Trail in the Smokies, I was asked to think about solitude and hiking by someone from the Virginia Tech School of Forestry doing a survey on the subject. The first questions on the survey asked me to indicate on a map where I had hiked, my start and finish times, stopping points along the way, and the number of people met. Subsequent questions were designed to determine what constituted solitude for the respondent. I was asked to rate the level of solitude in a variety of situations. The focus was on the number of people met within 15 minutes of the trailhead or near an attraction. I noticed and commented on the fact that the survey did not take into

account being away from the sounds of civilization, such as road noise.

The next day, this survey topic was a subject of a discussion among my family as we hiked a short, 2.4-mile stretch on the AT. The trail, just north of the Smokies, was

...a stream cascading alongside the trail almost immediately increased our sense of solitude...

isolated, and for the first mile we saw no one. As we came downhill to I-40, the noise of truck traffic steadily increased and our feeling of solitude decreased. The contrast was glaring and we made a couple of comments about solitude to each other. After crossing under the highway, we went back into the woods, where we could hear one another speak. Noticing that a stream cascading alongside the trail almost imme-

diately increased our sense of solitude as it drowned out the sounds from the nearby highway, we continued our discussion.

We realized that the noises of civilization felt more intrusive to our sense of solitude than did encountering people at a trailhead or on a trail. Think of the Grand Canyon: even with hordes of people milling around at the top, there is a sense of solitude to be felt in the vast distances of open space that surround one. And the Grand Canyon, like many places of natural beauty, offers possibilities to quickly disappear from the crowds or avoid them altogether.

We live in an area where people and the noises of civilization are hard to escape. But there are places where you can find solitude both from people and noise. If I mention them, though, those refuges might disappear.

—Jane Daniels, Chair, Board of Directors



# Letters

## Kudos to our Chainsawers

I am the maintainer of both the Ramapo-Dunderberg and Timp-Torne trail segments beginning at Jones Point in Harriman/Bear Mountain State Park. The many days of high winds and thawed ground this past winter resulted in over 100 blow-downs along the Dunderberg Ridge. In addition, there was a large hole in the trail left by the upended root mass of a fallen tree. About two dozen of the blow-downs were removed by dragging or cutting with hand tools, but more than 70 large blow-downs remained.

Steve Zubarik and Roland Breault, members of the TC chainsaw crews, spent two full days cutting out the remaining blow-downs and beautifully filling the hole in the trail. All of this work was completed within two weeks from when I notified them. This allowed the trail to be reblazed and fully restored in time for spring hiking.

Please join me in thanking our trail crews for their wonderful work. The more I see, the more I am amazed at the work done by our volunteers.

—Robert E. (Bob) Fuller  
 East Brunswick, NJ

## Thank you, Larry Braun

Dear Larry:

I was sorry to hear that you resigned as chair of the West Hudson Trails North Committee (WHTN) after five years of service to the Conference and to the hiking community.

I have always admired your tenacity and accomplishments for the Conference. You have put in thousands of hours to improve our trail systems, and I am impressed at your achievements.

Thank you for getting things done in Minnewaska State Park after years of bureaucratic delay. Relocation work on the

Gertrude's Nose Trail is completed.

Thank you for getting all those officials to look at and plan transportation connections to Schunemunk State Park—with comprehensive proposed trail changes.

Thank you for getting major blow-downs removed in these two parks and organizing chainsaw crews for the WHTN Committee. And thank you for finding a Trail Crew Chief.

Thank you for working with Scenic Hudson to establish a new trail in the new Franny Reese Preserve in Highland, NY.

And, personally, thank you for your administrative planning to separate Storm King State Park from Black Rock Forest in terms of trail maintenance. In the former, you helped reopen Storm King and planned the orange-blazed Butter Hill Trail and promoted the By-Pass Trail extension. In the latter, you gradually but finally convinced Black Rock Forest to allow the Conference to adopt all the marked trails there (more work for me, but the relationship between BRF and NY/NJTC is greatly streamlined and enhanced). You even prompted BRF to construct a necessary bridge.

I'm sure you have done more than memory serves. For all you have done for the Conference and for the hiking community, I can only say once again, Thank You and Congratulations!

—John Blenninger  
 Walkkill, NY

Trails Supervisor, Black Rock Forest

*Editor's Note: The following letter was written in September 2005 but was lost in the mail. It tells a story worth publishing, though almost a year late.*

## Next Great Leader

Your article "Next Great Leaders," (July/August 2005) brought to mind the many people who in their own way work to keep our woods, parks, and forests places where we can hike or just spend a few hours away from it all.

One such person is my grandson, who devotes some of his free time to cleaning up trails, wood roads, and unauthorized picnic areas in Ringwood State Park. Cars, car parts, radios, washing machines, cans, bottles, and any other thing you can imagine have been abandoned there. At first he worked alone or with park maintenance men. The task was too big to make headway and park funds were not always available.

Frank happens to be a member of a Rover auto club in Penna. The membership comes from states in the northeast. These members love to put their vehicles to the test on difficult woods roads. Frank's idea was to bring this enthusiasm for rough road driving and the task of cleaning up the park together. The membership was all for it. However the park saw problems. Frank and the park officials worked things out. It must be done at no cost to the park, and the park would set the rules of the road.

The next thing was to spot the sites and coordinate the available time. That first trip was successful. Everything went as planned. There have been five or six pick-ups since that first and each time the group picks up the trash and disposes of it. Their most memorable trip was on February 25, 2005, two or three days after a snowstorm. The task was to bring out and dispose of an almost intact VW Bug. The end of the story is that eight hours later they brought out the VW from the park and hauled it up to a New York state junkyard.

The young man's name is Frank Battersby. He is a student at Stevens Institute of Technology, a member of the NY/NJ Trail Conference, the Rover Club, and an avid hiker and biker. Our families are all extremely proud of all his endeavors.

—Hugh Murray  
 Hawthorne, NJ

The *Trail Walker* welcomes letters to the editor. Send them via email to tw@nynjtc.org or mail to:

Trail Walker Editor, NY/NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430

From the Executive Director

## Let's Extend the Long Path to the Adirondacks in Time for Its Centennial



As the Long Path marks its 75th year (see article on page 1), it represents what can be accomplished when hiking enthusiasts energetically and persistently pursue a good idea over time.

It also represents the challenges of fully realizing a continuous "wilderness" corridor across a landscape that is increasingly constrained by development.

There are 347 miles of blazed Long Path, essentially connecting Manhattan with Albany. This is an amazing accomplishment for a trail that does not have any special federal or state protected status. Rather, it has been stitched together over its tortuous course by the hard work of many, led by Trail Conference volunteers, working closely with local municipalities, park managers, and private landowners.

More miles of Long Path are located on public lands today than ever before, but 117 miles are still located on private lands or roads. And with land values rising in response to development pressure, the routes across private lands are ever more tenuous.

I believe the best way to commemorate the 75th anniversary of the Long Path is to commit ourselves to completing the entire trail from Manhattan to the Adirondack high peaks in advance of its 100th anniversary. While 25 years may seem like an overly long time to accomplish this, there is an awful lot still to do.

What would a completed Long Path look like? End-to-end, it would be, at a minimum, a 500'-wide, protected corridor that spans the entire Hudson River watershed from the Adirondack high peaks to Manhattan by way of the Catskills. It would be an officially designated scenic trail and given protected status. It would be reserved for foot use and include side trails into local parks and trail networks. The treadway

would be unpaved and built to standards appropriate for the anticipated level of use—hardened in more populated areas and more primitive in remote areas. Whenever possible, overnight camping would be allowed to facilitate through-hiking.

To accomplish this will require a commitment to use all of the tools at our disposal—advocacy, planning, partnerships, land acquisition, trail design and construction, and stewardship. Some of the most challenging areas that will need the concerted focus of state, county, and municipal partners are:

1. Orange County: The 25 miles between Schunemunk State Park and the Shawangunk Ridge are mostly a road walk. As one of the fastest growing counties in New York, with spiraling development and real estate prices, a much more unified effort will be required to protect a continuous corridor.
2. North of Ginseng Ridge in Greene County: For much of the 50 miles north of Greene County and the Catskills to Thacher State Park west of Albany, the trail is located on private lands by permission. By volunteering their lands for others to use, these landowners are among the heroes who are keeping the trail open, but public agencies should shoulder more of the burden.

3. North of Thacher State Park: There is no marked trail north to the Adirondack Park. The Long Path North Committee has proposed several corridors, but a large number of acquisitions and conservation easements may be required to protect any one of these routes.

4. Adirondack Forest Preserve: The Long Path would most likely enter the forest preserve in the area of the Wilcox Lake Wild Forest where there are a variety of woods roads that can be used to approach the high peaks area. The Adirondack Park could be the one place where the Long Path fulfills Vincent Schaffer's original vision of a three- to ten-mile wide corridor defined by a series of landmarks.

Whether or not we are able to permanently protect a recreational corridor spanning the length of the Hudson River will depend on whether we can join with municipal, county, and state volunteers to make it happen. Remembering that a young man's vision 75 years ago has already inspired the unlikely achievement of a blazed Long Path through one of the most densely populated regions of the country, I'm betting that we can.

— Ed Goodell, [goodell@nynjtc.org](mailto:goodell@nynjtc.org)



HERB CHONG

The Long Path is currently blazed along this route from Fort Lee, NJ, to Altamont, NY. The Shawangunk Ridge Trail, connecting the AT at High Point, NJ, with Minnewaska State Park, is also shown.

### National Trails Day



June 3, 2006

## NTD Crews Turn Out Despite Wet, Stormy Weather



Lambert Wixson (left), John Casti (right) joined Walt Daniels at Breakneck Ridge Trail



Harlem Valley AT relocation



Venture scouts on the AT, Worthington S.F.



Thacher Park trail gang



Clearing the Staten Island Greenbelt



Wet work at Thacher S.P. above and right.



On Bear Mountain AT, above & top left

## Save the Dates for Fall Workshops

Details to come in next issue.

**October 14 (Saturday)**  
**Maintenance 101**

Two locations this year!

Port Jervis, Orange County, NY and  
Ward Pound Ridge Reservation,  
Westchester County, NY

**November 11, 12 (Saturday, Sunday)**  
**Trail Layout and Design**

### Correction:

Due to a data error, the membership map published in the May/June *Trail Walker* (page 2) showed certain counties as having zero members, when in fact members reside in those counties. We regret the error.

National Trails Day, June 3, was a soaking wet affair in our region. Many events were cancelled. But as these photos attest, some folks were undeterred and either completed their intended missions or amended them. In the latter category, 12 youth and parents who prior to this year never had anything to do with trail creation or maintenance, participated in Hike + Serve Venture Crew 100's exploration of a proposed new trail at Norvin Green State Forest. Crew President Becky Gehman (age 16), thought the day's outing was terrific despite the rain, and found the proposed trail and lake "just beautiful." Ken Card did his usual excellent job of leading youth in the outdoors. Crew Advisors Judy Murphy and Bill Badinelli were responsible for this (unpictured) National Trails Day event.

# Trail Crew Schedules

## July, August, and early September, 2006

For the latest schedules and additional details, go to [nynjtc.org](http://nynjtc.org) and click on "Trail crews/Work trips."

TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places. Volunteers must become members of the Conference to participate in these projects. A one-time "guest" participation is allowed, so bring your friends.

### LONG PATH/SHAWANGUNK RIDGE CREW

**Leader:** Eric Meyer, Jakob Franke, 201-768-3612 (eve), 212-342-0178 (day)

### August 5 (Saturday)

Place and time to be determined.

### EAST HUDSON CREW

#### Leaders:

Walt Daniels, 914-245-1250  
Michael Bongar, 914-788-0616  
Josie Gray, 845-831-5786  
MaryAnn Massey, 914-967-8774  
Patrick McGloin, 631-223-2164

If you are coming by train, be sure to let the leader know so that we wait for the train.

#### Weekdays

**Leader:** Walt Daniels

Meet: 9 am, TBD

Work varies; in Kitchawan Preserve and Hudson Highlands Gateway

### July 15 (Saturday)

#### Kitchawan Preserve

**Leader:** Walt Daniels

Meet: 9 am, Croton Train Station

Restoring trails. One has a major stream crossing requiring a bridge.

### July 22 (Saturday)

#### Wilkinson Trail on Sugarloaf Mountain

**Leader:** Josie Gray

Meet: 9 am, Cold Spring Train Station

Waterbars

### August 26 (Saturday)

#### Hudson Highlands Gateway

**Leader:** Walt Daniels

Meet: 9 am, Peekskill Train Station

Large gully threatening trail



### METRO CREW

#### Leaders:

Joe Gindoff, 914-760-3568

Lizbeth Gonzalez, 646-319-5159

Tools and gloves will be furnished, feel free to bring your own. Mass transit and carpooling are possible.

### July 8 (Saturday)

#### Pelham Bay Park

The TC joins with Friends of Pelham Bay Park and the NYC Parks Department in removing invasive plants, addressing erosion and drainage issues, and removing shoreline debris along the bridle trail. The NYC Parks Department will provide tools or you can bring your own.

Meet: 10 am at the Bartow-Pell Mansion parking lot located at 895 Shore Road, Bronx.

(The Bronx Equestrian Center at Pelham Bay Park has offered a \$5 trail ride discount to volunteers who work that day.)

### Aug 5 (Saturday)

#### Alley Park Queens

Erosion control

Meet: 9 am upper parking lot.

### Aug 12, 13 (Saturday, Sunday)

#### Forest Park, Queens

General assistance

Meet: 10 am

### NJ HIGHLANDS CREW

**Leader:** Glenn Oleksak

973-283-0306, [glenno@nji.com](mailto:glenno@nji.com)

### First Sunday of each month

Trips start at 10 am. Call, email, or check NY/NJ TC website calendar for directions and details of work trip.

### NORTH JERSEY WEEKEND CREW

**Leader:** Sandy Parr, 732-469-5109

### Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day.

Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

### NORTH JERSEY WEEKDAY CREW

**Leader:** John Moran, [johnjmoran@earthlink.net](mailto:johnjmoran@earthlink.net)

This crew will cover the NJ Ramapos, Ringwood S. P., Norvin Green S. F., and NJ Palisades area. Its purpose is to respond quickly to immediate needs, rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact John Moran by email.

### BEAR MOUNTAIN PROJECT

A variety of work for a variety of skill levels: clearing corridor; prepping site; quarrying stone with use of highline; moving crushed stone with culvert chute, five-gallon pails, or wheelbarrows; building crib walls; setting rock steps; and splitting stone. Novices are very welcome on these days. To register for any of the trips below or for more info, email: [office@nynjtc.org](mailto:office@nynjtc.org), go to the Trail Conference website at [www.nynjtc.org/](http://www.nynjtc.org/) BearMountainTrails, or call 201-512-9348.

### July 11 (Tuesday)

### July 18 (Tuesday)

### July 25 (Tuesday)

### August 1 (Tuesday)

### August 20 (Sunday)

### August 22 (Tuesday)

### August 29 (Tuesday)

### WEST JERSEY TRAIL CREW

Not active in July and August

### WEST HUDSON NORTH CREW

Not active in July and August

### WEST HUDSON SOUTH CREW

Not active in July and August



# TRAIL NEWS

## AT Bridge at Dunnfield Rebuilt

The AT bridge at the Dunnfield access area of Worthington State Forest, recently damaged beyond repair by flood events, is being reconstructed by the New Jersey Dept. of Transportation (DOT) and should be complete by the time this issue reaches the public. Special thanks are due to Sheree Davis with the DOT, Bob Gray, Chief Ranger with the National Park Service/Appalachian Trail Park Office, and Gene Giordano, chair of the New Jersey AT Local Management Committee, who kept the pressure on to get this dangerous problem corrected.

## Breakneck Parking Dangers

Hikers parking along the sides of Route 9D at the trailhead for the Breakneck Ridge Trail should be aware that since recent publicity has highlighted the popularity of this trail, parking has become very limited and the use of this area is at times dangerous. On a recent weekend it was noted that all parking space was occupied and some drivers were parking along the highway shoulder. One such driver, when pulling away from the shoulder, was unable to see an oncoming vehicle exiting from the northbound lane of the tunnel, which resulted in a serious accident. Please be extra cautious when parking or walking in this area. Through traffic does not always slow down for pedestrians. Make alternative plans for your hike if you cannot park safely in the area.

## Catskill Bound? Note Rt. 23A Closures

Rt. 23A between Palenville and Haines Falls will be subject to periodic closures or limited traffic for most of the 2006 construction season as work is planned for many projects along the road. Alternate routes are Rt. 23 or 28. Rt. 23A through the Village of Hunter is also having major repaving, curbs, and drainage done this season, so expect delays and very rough road.

## Repeat: No More Parking

### At Seven Springs Road for Schunemunk

Some bad news is worth repeating. As we reported in the September/October 2005 issue, autos will no longer be permitted on Seven Springs Road, thereby ending access to a trailhead parking area for the Jessup/Highlands Trails on Schunemunk Mountain. Hikers will be allowed to walk the road to access the trails. The aqua blazes of the HT already follow the road and the yellow blazes of the JT will soon join them. There is parking along Seven Springs Road near the intersection with Mountain Road, the access road from Route 208. Mountain Road is busy and parking on it is not recommended. The road was closed in order to end a severe problem with illegal dumping at its end point.

## BEAR MOUNTAIN TRAILS PROJECT UPDATE

## Learning to Use a Culvert Chute

Crews broke ground in late March on the relocation of the Appalachian Trail at Bear Mountain. As of the deadline for this issue, 10 days of workshops had been held and 15 work days completed. More than 40 volunteers have participated in the construction so far, contributing over 500 hours of service to the project.

Volunteers have built stone steps and many square feet of stone crib/retaining walls. They also have set up and begun using a tool new for the Trail Conference: a 287-foot-long culvert chute, used to transport crushed stone fill and surfacing from Perkins Drive down to the location of the new trail under construction.

Thanks go to the Thendara Mountain Club (TMC), which is offering overnight housing for project volunteers at their Lake Tiorati Camp this summer.

To get involved, come out for a work trip or participate in one of the ongoing *Trail University* workshops and training events (see crew schedules above, Trails U schedule on page 9). Contact Heidi Adami, Volunteer Coordinator (201-512-9348, ext. 26), or Eddie Walsh, Project Manager (201-512-9348, ext. 24), to register for an event or for more information.



A volunteer monitors the 287-foot long chute used to move material to a work site on Bear Mountain.

**Visit Us Today!**   
[www.NYNJTC.org](http://www.NYNJTC.org)

# ADVOCACY & CONSERVATION

## NJ to Spend \$40 million

### For State Park Improvements

NJ Governor Jon Corzine's budget proposal allocates \$40 million for improvements to state parks, state-run historic sites, wildlife areas, forests, and marinas. In the past five years, no more than \$16 million has been allocated for upkeep. While a great improvement, the commitment is seen as a down payment, since New Jersey's 39 state parks and 58 state-run historic sites need at least \$250 million in improvements, according to state officials.

## Trump Donates Land for New State Park

Donald Trump has donated to New York State two parcels totalling 436 acres along the Taconic State Parkway in New York, that will be known as the Donald J. Trump State Park. Trump had eyed both parcels—the northern 282 acres known as Indian Hill and the southern 154 acres known as French Hill—for golf courses or homes. His donation means the land will remain as open space and will eventually have trails for hiking, bird watching, and other passive pursuits.

## NJ Highlands Coalition Forms

The New Jersey Highlands Coalition, an offshoot of the four-state Highlands Coalition, has been formed as a separate organization to more closely monitor the state-mandated Highlands Council's ongoing work on a Highlands regional master plan. The Trail Conference is one of the organizations making up the Coalition's executive committee.

## Belleayre Resort to be Scaled Back?

Shandaken developer Dean Gitter says he is willing to reduce the size and impact of his proposed Belleayre Resort at Catskill Park by up to 45 percent, but he remains silent on specifics. Gitter's original plan, proposed more than six years ago, was for a resort on 573 acres of a 1,960-acre parcel in the Ulster County town of Shandaken and the Delaware County town of Middletown, near the Belleayre Mountain Ski Center. The proposal called for 400 hotel rooms, 351 additional hotel and housing units, a 21-lot single family residential subdivision, and two 18-hole golf courses.

## NY Budget Nixes ATV Trails

Last year, lawmakers and ATV advocates agreed to raising the registration fee for ATVs from \$10 to \$25 with the caveat that the money would be set aside for trail development. This year, the legislature's budget agreement repeals trail development plans and orders the registration fees be swept into the state's general fund. It also reduces the registration fee back to \$10.

## NJ Governor Delays Land Funding Vote

Conservation groups have been told by the New Jersey governor's office that Gov. Corzine won't seek to put a question on this fall's ballot to pump up the Garden State Preservation Trust, which could be out of money as soon as this summer.

## Once Upon a Trail

### Naturalizing Unused Trails Takes a Gardener's Touch

By Denise Vitale

I have a story to tell... a story about making an impact. It starts with a footprint in the back-country of the Grand Canyon near an old mining camp. It was behind a rock, off the trail. A boot met the ground in that spot over 100 years ago when soles were connected to leather uppers with hob-nails. The tale goes back much further than that to ancient Roman times. You can still see the imprints of the chariot wheels that rolled across the fields of Europe.

Why is this story important to us? Anyone who has hiked up on Bear Mountain or in the Delaware Water Gap knows why. The impact of many off-trail hikers has left bare areas criss-crossed with herd paths and sections of trail widened to 20 feet and more across. If you look more closely as you hike along, you will also find the imprint of trails, long closed, but still



As new trails are built, old trails will be replanted.

relentlessly to maintain our current trails and build new trails we hope will still be used many years after our boots no longer make imprints on this earth. The work we do will tell our story for generations to come. Our message is that we care, not only about providing a path through nature's beauty, but also about preserving that beauty and diminishing the scars of our abandoned paths. When time is taken to help the earth heal herself, an unused trail can disappear into the landscape with time.

To this end, we are beginning a new chapter in our history focusing on our commitment to removing the traces of old routes when we build new trails. In this chapter, passages of compacted, lifeless soils will be rejuvenated so that water and roots

When time is taken to help the earth heal herself, an unused trail can disappear into the landscape with time.

visible under layers of leaves and the decay of branches placed many years before to disguise the now-forbidden corridor.

We at the Trail Conference are the stewards of over 1,600 miles of trails. We work

From the Advocacy Director: Dennis Schvejda

## Hikers & ATVers...Working Together?

Trail Conference and rider group find common ground

One word sums up the current situation regarding comprehensive ATV legislation in New Jersey: stalemate. Efforts over the past several years to enact comprehensive ATV legislation have failed due to the opposition of the ATV riding community, while efforts to gain access to legal ATV riding areas have been blocked by the conservation community.

Illegal ATV riding has damaged almost 350,000 acres of New Jersey parklands, threatening visitor safety and disrupting recreational opportunities enjoyed by hundreds of thousands of park visitors. It is the number one threat to our parks. Meanwhile, the only legal off-road vehicle park in the state, near Chatsworth in the Pine Barrens, is scheduled to close by 2008. While some of New Jersey's 250,000 ATV riders head to Pennsylvania or New York, a lack of legal and local ATV riding areas makes our parks temptations that draw more and more ATVers. The current situation serves neither group, and the public's open space investment is compromised.

What are we to do? I believe if we are to begin to make any progress towards reining in illegal ATV riding in our parks, we must work with responsible members of the ATV riding community. One such organization is the New Jersey Off-Highway Vehicle Association (NJOHVA), a not-for-profit coalition that advocates safety, environmental, conservation, and land ethics education, serves as a communication network, and works to protect, promote, and enhance responsible and quality off-highway vehicle recreation opportunities. Recently I met with John Parrinello of NJOHVA to review items essential for comprehensive ATV legislation. For the first time, these historic foes have reached an agreement in principle.

Currently, you can purchase an ATV, leave the dealer, and never buy insurance, register the vehicle, or complete a license/training course. NJOHVA would support comprehensive ATV legislation to close these loopholes, require automobile-size license plate tags, and levy hefty fines for ATV trespassing if the legislation is truly comprehensive and provides at least two sites for legal ATV riding.

can find their way into sustainable depths. In addition to rescuing plants in harm's way to fill in voids left in damaged areas, we are also learning to propagate new plants from seeds and cuttings collected from native trees, shrubs, flowers, and grasses.

This is where gardening meets trail work, and we are looking for some volunteers to help us. When we relocate sections of the Appalachian Trail across Bear Mountain, a project that began this spring, we will have large sections to restore to a more natural habitat and replant with indigenous vegetation. We are looking for someone with experience in plant propagation to teach a group of volunteers the appropriate techniques and timing for collecting seeds and

The comprehensive ATV legislation stalemate may be coming to a close.

If the Trail Conference could work with the ATV riding community, I have no doubt we would finally secure passage of our "wish list" ATV legislation.



## What Next?

With your encouragement the Trail Conference would seek additional support from the conservation and ATV community to work together with the NJ Dept. of Environmental Protection (DEP) and the state legislature to pass comprehensive legislation that includes legal places to ride. Specifically, campaign components could include: defining elements necessary for comprehensive ATV legislation with input from non-governmental organizations and DEP; securing organizational support from conservation and ATV organizations; reaching out to organization members and the public at large to educate and engage their support for passage of legislation; sponsoring "town hall" meetings, press events, and editorial board meetings; working with citizens and municipal officials to pass resolutions in support of legislation and ordinances to curtail illegal ATV riding; organizing visits to each state legislator to discuss ATV issues and gather support for legislation.

This important first step, the Trail Conference and NJOHVA agreeing on ATV legislation in principle, was accomplished after years of frustration. While it is a milestone, it is but the first of many necessary steps on the path to legislative success. We will not succeed without your support and your willingness to commit volunteer time.

The Trail Conference takes the opinions of our membership seriously. Please share your thoughts on this proposed collaborative campaign by sending messages to me at [schvejda@nynjtc.org](mailto:schvejda@nynjtc.org). If you are so inclined, please indicate your willingness to volunteer...as you see, there's plenty to do!

cuttings from plants on the mountain. We are also looking for volunteers willing to raise the new plants so they are ready for us in the coming years.

Once we step upon a patch of earth, it will bear the imprint of our soles forever. Please join me in the restoration of Bear Mountain trails so the imprint we leave behind tells a story of kindness to the land and the healing that comes from caring.

If you have any interest in working with us on this special project, please contact Denise Vitale at [WHNTrails@aol.com](mailto:WHNTrails@aol.com) or 845-738-2126.



## NEW STAFF

### TC Expands NJ Open Space Work With New Conservation Director

William P. (Bill) O'Hearn has joined the Trail Conference as Conservation Director, with the primary goal of expanding the Conference's acquisition and conservation activities in New Jersey. O'Hearn previously held the positions of New Jersey Regional Plan Director for the New Jersey Highlands Coalition and Director, Land Trust for the Passaic River Coalition.

Bill will work with John Myers, Land Acquisition Director and architect of the Trail Conference's Land Acquisition and Stewardship Fund, who has worked on the program primarily in New York State since 1991, to eventually take on the organization's



New York State projects as well. The Trail Conference's conservation program has preserved 3,600 acres to date in New York and New Jersey.

Bill has served as a board member of the Sterling Forest Partnership and is a 15-year member of the Trail Conference.

### Volunteer Coordinator

#### to Focus on Recruitment, Retention

Heidi Adami joins the Trail Conference staff as Volunteer Coordinator. Heidi has a background in nonprofit work that includes volunteer recruitment and retention as well as development and marketing. She is also an experienced volunteer; upon graduating from Kutztown University with a bachelor's degree in psychology, she completed a year of service with the AmeriCorps' VISTA program (the domestic Peace Corps) and has been involved with a

number of volunteer and nonprofit organizations over the years. Growing up in central Pennsylvania, Heidi spent her youth and early



adult years hiking the Susquehannock, Loyalsock, and Mid-State Trails. She recently moved to New Jersey and looks forward to exploring the open spaces of the New York and New Jersey area.



## Leave a Lasting Legacy

A Charitable Gift Annuity can be purchased directly from the Trail Conference for a minimum of \$10,000. Annuity income can be provided for life for up to two people, and payments can be deferred until a time when you need them most. For more information on including a New York/New Jersey Trail Conference Charitable Gift Annuity in your planned giving portfolio, contact Maureen Edelson at [edelson@nynjtc.org](mailto:edelson@nynjtc.org) or 201-512-9348, ext. 29.

## Volunteer Classifieds: Get Involved!

If you are interested in volunteering with the Trail Conference and do not see an opportunity that suits you, contact the Volunteer Coordinator, Heidi Adami, either by email, [volunteers@nynjtc.org](mailto:volunteers@nynjtc.org), or phone, 201-512-9348 ext. 26, and she will find a way to get you involved.

### Publications Committee

Our volunteer Publications Committee is responsible for producing and marketing all Trail Conference map sets and guidebooks. We welcome volunteers who are interested in contributing to our efforts, thereby ensuring that the public will be provided with the most accurate, up-to-date, and useful information! Volunteers with the following talents and interests are particularly welcome:

**Editing:** Our publications are edited by volunteers.

**Field-Checking:** We need volunteers to field-check our maps and guidebooks. This involves following the description or the route shown on the map and making sure that it is complete and accurate.

**Indexing:** Volunteers are needed to prepare the indices for our guidebooks.

**Photographs:** If you have good-quality photographs taken from our trails, we may be able to use them in our guidebooks.

**Graphic Design:** Volunteers are needed for graphic design and layout of our books and maps.

**Cartography:** We need volunteers to assist in the preparation of our new digital maps, as well as sketch maps for our guidebooks. We are currently looking for cartographers

for two new publications. One will present selected hikes in the New York metropolitan area; the other will describe trails in Westchester County. Proficiency in Adobe Illustrator and ArcView 9 is desirable. Sample design specifications and a sample map are available on the web at [www.nynjtc.org/volunteers/pubs-ed.html](http://www.nynjtc.org/volunteers/pubs-ed.html).

**GPSing:** Volunteers hike a designated trail with a GPS receiver, recording important waypoints and taking careful notes. The information gathered is then sent to the Trail Conference office, where it is stored and used to produce our maps.

**Project Managers:** Project managers oversee the production of maps and guidebooks, coordinating the work of other volunteers and contractors and ensuring that the publication comes out on time and within the approved budget.

**Marketing:** We need people with expertise in marketing to assist us in the marketing of our publications. We are also looking for volunteers to visit stores and make sure that they stock our current Trail Conference publications.

### Accounting Advisor

The Trail Conference maintains a complex set of financial records and occasionally needs some nonprofit accounting advice and guidance. If you are a CPA and would be willing to volunteer your expertise, please contact Elizabeth Bleiweiss at [bleiweiss@nynjtc.org](mailto:bleiweiss@nynjtc.org) or 201-512-9348, ext 23.

### Other Opportunities

- Minute Takers
- Network/Server administration
- Desktop computer support (hardware and software)



## IN MEMORIAM

### Meyer Kukle

Meyer Kukle, an avid hiker, conservationist, and former executive of an outerwear company, died in January. He was 85.

A passionate environmentalist, Meyer was involved with the Palisades Interstate Park Commission, which honored him with a certificate of appreciation when he turned 80. He also had what he termed a "55-year love affair" with the New York/New Jersey Trail Conference. Ten years ago, he dedicated 100 acres of his family's property in the Catskills to conservation through the Catskill Center for Conservation & Development. Preservation easements guarantee the land will always stay wild.

Meyer is survived by his wife, Lenore; three sons, Richard, David, and Peter; a daughter, Susan, and five grandchildren. Memorial donations may be made to Meyer's Fund, Palisades Interstate Park Commission, P.O. Box 155, Alpine, NJ 07620.

### Jerry Wyckoff

Jerry Wyckoff, founder and charter member of the North Jersey Chapter of ADK (Adirondack Mountain Club), died peacefully on April 26 after a long battle against cancer. His last evening was spent singing favorite songs with fellow Orpheus chorus member and friend, Jack Morrison. Jerry celebrated his 95th birthday in March.

Jerry was the author of several books on geology, including *Reading the Earth: Landforms in the Making* (Adastra West, Inc., 1999), and he often led geology hikes. He was a staunch supporter of the New Jersey Environmental Lobby from its beginning in the 1970s and, most recently, was actively involved in preserving the New Jersey Highlands. Jerry's passing is a great loss to north Jersey's environmental community, particularly in its endeavors to preserve open space.

Donations in Jerry Wyckoff's name may be sent to: Association of NJ Environmental Commissions, P.O. Box 157, Mendham, NJ 07945; Skylands CLEAN, 551 Ringwood Avenue, Wanaque, NJ 07465; or NY/NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430.

—Betty Heald

## Calling All Volunteers!

**By Popular Demand, We Bring You:**  
New York/New Jersey Trail Conference  
Volunteer Business Cards!

Printed on Tyvek, these tear-resistant, waterproof cards are the perfect tool to help you deliver the message about the Trail Conference mission. These cards can be handed out to fellow hikers and curious people you meet along the way, helping you to provide the valuable outreach we need to grow and maintain a network of dedicated volunteers.

To receive your free Trail Conference Volunteer Business Cards, contact Heidi Adami, Volunteer Coordinator, at 201-512-9348, ext. 26 or [adami@nynjtc.org](mailto:adami@nynjtc.org).

## 50 Attend Trails Workshops

Soaking April rains on both of this year's annual spring trails workshop days did not deter 50 determined registrants. While poor conditions dictated that some field work be rescheduled, the lecture portions of both Maintenance 101 and Construction/Restoration workshops were presented at the picturesque and hospitable U.S. Senator Frank S. Lautenberg Visitors Center at Sterling Forest State Park. The wet weather outside allowed time for extended discussions and "Q & A" sessions inside on day one. When the rain did relent for a bit in the afternoon of the second day, it was possible to observe several examples of poor trail conditions in the field and discuss the application of the methods of remediation presented earlier.

A note of appreciation goes to the instructors who were able to provide a rewarding learning experience in defiance of the uncooperative weather.

Thanks very much to:

### Maintenance "101"

Ike Siskind  
Peter Tilgner  
Suzan Gordon

### Construction and Restoration

Monica and David Day

### A special note of thanks to the folks who provided the refreshments and support services:

Rita Heckler  
Lou O'Neil  
Trudy Schneider  
Marilyn Siskind  
Joyce Gallagher  
Joan James  
Mary Hilly  
Jack Driller  
Mark Liss  
Manny Silberberg  
Chris Ezzo  
Bob Marshall

Thanks also go to Sterling Forest Park Manager James Gell and his staff for their cooperation and hospitality.

# Help Combat the Invasive Mile-a-Minute Vine

**The Problem:** Be on the lookout for the non-native and highly invasive mile-a-minute vine (*Polygonum perfoliatum*). It has been called the Kudzu of the northeast because of its very aggressive nature. Early germination and fast growth allow mile-a-minute to out-compete native vegetation. This annual vine can grow up to six inches a day and reach lengths of more than 23 feet a year! Prickly stems and vines allow it to climb over surrounding vegetation and form dense, tangled mats that shade out the sun and choke underlying vegetation. This can lead to a decrease in local biodiversity while reducing the aesthetics of the landscape. Mile-a-minute is easily recognized by its triangular leaves, downward facing prickles, ocrea (circular leaf surrounding the stem), and small clusters of iridescent blue fruits that appear in late summer.

**The Solution:** Look, Find, Report, Pull, Monitor! Although well-established in several mid-Atlantic states, this vine appears to be a rather recent arrival in New York/New Jersey, known from just a half dozen locations in our area. This suggests containment may be possible if we act now. Government agencies and other organizations have been collaborating to launch an early detection and rapid response effort to combat its spread. This includes 1. education and outreach to improve detection of the vine; 2. control of known infestations,



KATRINA SHINDLECEER

The non-native mile-a-minute vine turns familiar scenes into alien landscapes.

and; 3. post-control monitoring for signs of recurrence. Hand pulling of this shallow rooted vine before seed set (before mid-late July) is the preferred control approach. Plants pulled after seed set should be “cooked” in the sun in black plastic bags for at least three weeks to kill the seeds.

**How to Help:** Watch for this distinctive looking non-native invasive during hikes,



KATRINA SHINDLECEER

especially along edge habitats receiving full to partial sun. It is our only area plant with deltoid leaves, prickles, and ocrea. In New York, it is currently known from Iona Island and Dunderberg Mountain in Bear Mountain State Park, the Palisades Parkway and Blauvelt State Park in Rockland County, Stewart buffer lands in Orange County, and Camp Smith in Westchester County, among other areas. To report an infestation or volunteer to help with this effort please contact Kristen Fix at 845-758-7015 or [kmfix@gw.dec.state.ny.us](mailto:kmfix@gw.dec.state.ny.us). For additional pictures and more information go to: [www.ipcnys.org/sections/target/mlm\\_overview.htm](http://www.ipcnys.org/sections/target/mlm_overview.htm).



## What Is It?



LORENZO (LARRY) JORGES

Poison ivy vine? No, it's a seven-foot long black snake emerging from a tree hole along the Pump House Trail at Wawayanda S.P., April 30.

## HIKERS TRACK INVASIVES

*continued from page 1*

escaping into the wild wherever Europeans wandered and settled. Once gardening as an esthetic (dare I say competitive?) pursuit of plant fanciers overtook gardening for food, fodder, flowers, and pharmacology, more and varied bushes, trees, vines, and grasses foreign to the continent made their way into and then out of people's gardens.

The national highway system employed exotic fast-growing plants of all types to stabilize banks and bare soils. Departments of conservation nationwide naively planted exotic trees, shrubs, and roses for “improved” wildlife habitat. The choices were made for thriftiness, the ability to thrive on neglect, and rapid growth and dispersal, the very description of successful “pioneer” plants.

Not every invasive plant is from another continent. Many are North American species taking advantage of locally stressed or disturbed places. Not every foreign plant can be coaxed to grow even in the best of conditions let alone escape to be a nuisance in the wild.

### Problem is Global

Unfortunately for the insects, birds, and animals that depended upon their native flora with which they had co-evolved, a few hardy newcomers tended to out-compete the plant members of these creatures' highly diverse and complex ecosystems. The resulting simplified systems of far fewer plants deprive many species of essential food stuffs, breeding habitat, and adequate shelter. Hikers themselves may unwittingly transport the seeds of some of these most

aggressive of colonizers on their clothing or on the soles of their sneakers.

“Strider” got in the habit of cleaning the soles of her boots frequently. It wasn't because she disliked the little muddy waffles in the tent or at home. “Strider” cared about the effect of her movements through the landscape. In the countries where Peace Corps volunteers work, often in or near environmental hot spots, preventing the spread of exotic weeds prevents the loss of essential grazing or planting systems that people have lived with for eons. It also slows or prevents extinction of rare and wonderful indigenous plant and animal communities.



Anne Osborn and Joan James brave the rain to flag monitoring sites at Harriman S.P.

No less than in Asia and Africa, our own native butterflies, birds, and mammals depend on highly complex and rich plant systems thousands of years old. They too constantly are threatened by the uncontrolled spread of non-native plants through movements of wind, water, insects, birds, and mammals (of which man is only one). These plants may be trees, vines, shrubs, grasses, sedges, reeds, or green flowering plants. They may win the race for nutrients and space by a number of stratagems: shading out the competition, altering the soil chemistry, germinating earlier, growing rampantly in a wide variety of light regimes

## How did they get here from there?

or soil types. They also employ multiple methods of propagation: huge quantities of seed, aggressive vegetative or root sprouting, riding on passive dispersers like wind and water, or clinging to active dispersers like birds and mammals.

### TC Volunteers Start Field Work

The New York/New Jersey Trail Conference together with Rutgers University is in the first phase of a three-year study to teach volunteers how to recognize and monitor over two dozen of these disturbing plant opportunists. Parkland trails in Harriman and Ringwood /Ramapo have been flagged in dozens of two-mile segments in order that citizen scientists may collect informa-

tion at precise intervals on the presence or absence, and the abundance of these system-changing species. GIS mapping is employed to watch any changes in plant communities. One short section in each park will be measured by all the volunteer monitors in that park plus a half dozen or more trained botanists. The data points will be graphed to see if the volunteers' data are in line with the professionals' data. My bet is that their data are every bit as good!

Another focus of the USDA grant is the testing of retained knowledge of the volunteers, and any changes in their advocacy such knowledge begets. Roughly 30 teams will be deployed this summer. We hope to get similar numbers of fresh recruits for 2007 and 2008. That would generate a lot of very good information about the spread of these invasive plants over time, the efficacy of using trained volunteers to monitor them, and the measure of environmental advocacy gained in defense of threatened landscapes—the ripple effect of trained citizen scientists on the places where they live.

### The Careful Hiker

“Strider” finished her AT thru-hike, gave a speech about it at her college, and spent the next five years in West Africa and Madagascar helping people and hiking and healing the land. I last saw her just before she headed west to a new coast, her freshly scrubbed boots packed for careful, thoughtful hiking in the Olympic Range.

Anne Todd Osborn is science project coordinator of the Trail Conference and has served as a member of the TC board of directors.



## LP Runner Raises \$1,500 for Trail Conference

Charity runner David O'Neill had two goals this spring: finish his early-May trail run on the Long Path and be home in time for Mother's Day with his wife Angela and his sons. He made it.

Starting from Fort Lee Historic Park on May 1, David and his family and friends were cheered on by New York/New Jersey Trail Conference members Dan Chazin, Jakob Franke (chair of the Long Path South Committee), and TC Development Director Maureen Edelson. David's course over the next 12 and a half days took him across 347 miles of challenging New York and New Jersey terrain. He reached the trail's terminus at Lewis Road and Route 146, Altamont, NY, on May 13. This was David's second Long Path run.

While running for fun and personal pursuit, David also raised \$1,300 (and a great deal of awareness) for the New York/New Jersey Trail Conference. He hopes the funds will go specifically to assist the Long Path, which marks its 75th anniversary this year.

Congratulations, David, and many thanks from the Trail Conference.  
For more about Charity Runners and David O'Neill, visit his website, [www.charityrunners.org](http://www.charityrunners.org).



## Crew Reopens Sam's Point Blue Trail



A weekend of hard work was put in on the old Blue Trail at Sam's Point in May by the Shawangunk Ridge & Long Path Crew. They cleared over one mile of blueberries and blazed about half of the trail (blue). The trail is very passable now, and one more day of weed whacking and clipping and blazing (August 5) should finish the job.

## LONG PATH REACHES 75 continued from page 1

more than 75 miles of the trail. In Saratoga County, there is active interest in linking with the trail and carrying it further north.

Additionally, a southern extension to the LP on the Shawangunk Ridge—the Shawangunk Ridge Trail (SRT)—was built to connect with the AT at High Point State Park in New Jersey. The SRT offers an alternative route for the LP to one through Rockland and Orange Counties that includes extended road walks.



The LP course follows the Palisades.

### Adding Up the Miles

Today, the LP is recognized on maps for 347 miles, from Fort Lee in New Jersey to the village of Altamont, 15 miles west of Albany. It crosses the Palisades Interstate Park, Harriman/Bear Mountain and Schunemunk Mountain State Parks, the Shawangunk

Ridge, and the Catskills—a complicated and enormous achievement. Jakob Franke, current chair of the Long Path South Committee for the Trail Conference, calculates that 230 miles of the recognized route are currently protected, 90 miles are on roads, and 27 miles run across privately owned land with owners' permission. Its presence is sufficiently stable that it inspires end-to-enders. Edward Walsh, a member of the LP South Committee who manages the end-to-end awards program, notes that recognition of LP end-to-end hikes began in 1991, and that since then, 90 individuals have earned the LP end-to-end patch. Most have walked the trail as section hikes; the first to do it as a continuous hike was Mary Ann Nisely, who accomplished the feat in 1998. And David O'Neill has run the length of the LP as a fundraiser for the Trail Conference in two consecutive years (see story above).

From Altamont north to Whiteface Mountain, the trail exists, depending on your point of view, either as an ambition—a scheme on maps that needs to be transferred to the ground—or complete as that unblazed corridor that links a series of landmarks identified by Schaefer.

"During his final years," says Jim Schaefer, "Dad drafted a 'Guide to the Long Path North,' citing 84 landmarks, from Gilboa, in Schoharie County, across the Helderbergs, Rotterdam and Glenville Hills and through the eastern Adirondacks to White-

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March 21, 2006 to May 25, 2006

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### SPECIAL GIFTS

In honor of Ken Zadeck's 50th birthday  
Mark & Dana Wegman, Evan Glassman

### NEW LIFE MEMBERS

Frank & Lorraine Anelante, James J. Gebhard, Joseph Gindoff, Bruce Modick

### STEWART PARK AND RESERVE COALITION (SPARC) DONORS

Guy Jacob, Abraham & Cynthia Ofer, Walter E. Britt

\*Members of the Raymond H. Torrey Society



LP/AT junction at Harriman S.P.

face Mountain atop the Adirondacks." These landmarks, he notes, have become goals for 84 different hikes, "much like the hikes he took the Mohawk Valley Hiking club on from 1929 to 1955 or later. He took our family to many of them."

Jim notes that many of these landmarks are on or near the course of the currently blazed LP trail from Gilboa to Thacher Park, and the LP-blazed road walk from

Thacher Park to Edinburg Bridge in Saratoga County. Landmarks 43 to 84 are, he says, "somewhat remote locations in the eastern Adirondacks." GPS locators have been recorded and will be included in a new edition of the Trail Conference *Long Path Guide* scheduled to be published in 2007. To reach them, hikers must rely on their backcountry navigating skills. "They are bushwhacks in the old tradition in the Forest Preserve," says Jim Schaefer. "No cut trails, but old logging roads, trails, game trails and such to get from one place to another—classic hiking in wilderness or almost wilderness conditions."

Taken all together—the LP south and north, wilderness bushwhack or paved road—Jim Schaefer views the LP as one of the most varied and accessible trails in the country. "There are blazed trails for hikers who like those. There are paved sections for people who like to rollerblade or who need handicapped accessible trails. The LP is the most ecologically and culturally sensitive hiking experience," he says. "None other than the Long Path of New York touches all outdoor enthusiasts."

How long will the Long Path be when it celebrates 100 years? Read Executive Director Ed Goodell's column on page 3 for some thoughts about the future.



# TRAIL U at Bear Mountain Trail Skills Trainings

Workshops July-August 2006

To register for any of the workshops below, or for more information, contact eddiewalsh@nynjtc.org, call 201-512-9348, ext. 22, or register online at www.nynjtc.org/BearMountainTrails. All workshops will take place on a section of the new AT route. Directions, meeting places, and times will be given upon registration.

## Stone Cribbing Apprenticeship Level I

July 8, 9 (Saturday, Sunday)

Registration deadline: July 4

Instructor: Jed Talbot (Off the Beaten Path and SCA Skills Instructor)

## Stone Cribbing Apprenticeship Level II

July 14, 15, 16 (Friday, Saturday, Sunday)

Registration deadline: July 11

Instructor: Jed Talbot (Off the Beaten Path and SCA Skills Instructor)

## Stone Splitting\*

July 15 (Saturday)

Registration deadline: July 11

Topic: Proper use of tools to rough split boulders to desired dimensions (portable generator, electric hammer drill, hand hammers, tracers, and rifting hammers).

Instructor: Eddie Walsh (NY/NJTC)

## Project Overview and Orientation

July 15 (Saturday)

Registration deadline: July 11

A general introduction to the site including a presentation and walk of the proposed trail culminating in some light trail work and/or visiting crews in action.

Leader: Larry Wheelock (NY/NJTC).

\*These workshops are sponsored in part by funds from the Appalachian Trail Conservancy and National Park Service Appalachian Trail Park Office.

## Women's Weekend\*

### Basic rock moving and stone construction

July 21, 22, 23 (Friday, Saturday, Sunday)

Registration deadline: July 16

Topics: mechanical advantage, simple tools for moving large rocks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts. We will be constructing stone steps and cribbing walls. There will be special emphasis on instruction and learning. Registration is limited to females; attend all or some days.

Instructor: Mariah Keagy

## SPECIAL DRAINAGE TOPIC:

### Stone Culvert Construction

August 12, 13, 14 (Saturday, Sunday, Monday)

Registration deadline: August 3

Learn to build a stone culvert with stone paved inflows and outflows. Cribbing and stone shaping techniques will also be covered.

Instructor: Eddie Walsh (NY/NJTC)

### Advanced Stone Work with Peter Jensen\*

August 25, 26, 27 (Friday, Saturday, Sunday)

Registration deadline: August 16

Participants will work alongside Peter Jensen, primary trail designer for the new AT on Bear Mountain and expert stone worker, to build a narrow section of stone cribbed treadway and stone steps along a rock ledge. This is an excellent chance to learn new skills and construct a piece of the new AT. Must register for all 3 days.

Instructor: Peter Jensen

# How to Lead a Hike

## Tips from a Veteran Hike Leader

Trail Conference member and volunteer Richard Zinn celebrated 25 years of leading hikes in May 2006. His first hike leadership experience was at Mt. Taurus in the



East Hudson Highlands, and over the years, he has developed some good leadership messages to share with us all. Maureen Edelson captured some of his sage advice.

## Choosing a hike to lead

"Tailor the hike to your abilities—pace, strenuousness, distance—and preferences, like a nice climb to a good view."

## Know where you're going

"Preview the trail one to two weeks before you lead."

## Communicate with your group

"Let people know the meeting place. Have a sign-in sheet so you know who's in your group. Hikers should introduce themselves. Welcome new members. Ask for an experienced hiker to volunteer to sweep. Let people know the rules and standards of your hike."

## When you're at a crossroads

"It's important to wait at trail junctions for the entire group to gather. Make sure everyone takes the correct turn."

## Take a break

"People need a break in a strenuous hike, or the opportunity to take in a view, or time for basic human needs—like a separation. A lunch break with a great view is smart."

## Have adequate resources

"Carrying some extra water is always a good idea."

## Reaching your destination

"People enjoy conversation, meeting new people, and catching up with old friends. I've even had romance blossom on my hikes. AMC hikes always end with an offer of a ride back to the city or to mass transportation. We wind up with happy and sociable people on our trails."



# Enjoy a Long Distance Swim At Lake Minnewaska

The Minnewaska Distance Swimmers Association (MDSA) invites anyone who is hiking or biking at Minnewaska to qualify as a distance swimmer and enjoy an uncrowded beach with an expanded swimming area at Lake Minnewaska. A 200-yard buoyed cable stretching out 25 yards from shore outlines a zone where one can take a 400-yard uninterrupted swim. Entrance to the water is at the former "family beach" on the southeast end of Lake Minnewaska, a walk of about 15 minutes from the upper parking lot.

To use this beach it is necessary to be a member of MDSA. A swim test, \$15 annual membership fee, two photographs (head shots), and forms including a release of liability are required for membership.

Swim tests are scheduled for Sundays July 9, 16, 23, and 30 at the Rosendale Pool six miles north of New Paltz on Route 32. A final test for 2006 will be on Saturday, August 5 at 12 noon at Moriello Pool in New Paltz. More details are on the MDSA website, www.minnewaskaswimmers.org, or call 845-895-5012. Reservations for swim tests are helpful but not required.



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# Member Club Profiles

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. We plan to briefly profile one or two of our member clubs in each issue of *Trail Walker*. We invite club representatives to submit photos from hikes or maintenance outings or other events (please set your digital camera for highest resolution). Email your photos, along with complete caption information to: tw@nynjtc.org; put "TW club photo" in the subject line.

## New Member Club

### Fire Island Wilderness Committee

Club President: Joe Zysman

Membership: 100

Joined Trail Conference: February 2006

Club President Joe Zysman says the Fire Island Wilderness Committee joined the Trail Conference in order to resume maintenance of the trails at Fire Island National Seashore. The Fire Island Wilderness is the only federal wilderness in New York state, and it's the smallest maintained area of the National Park Service. For more information on the Fire Island Wilderness Committee, contact Joe at fiwilderness@earthlink.net.

## Established Club Member

### Nassau Hiking and Outdoor Club (NHOC)

Club President: Patrick McGloin

Membership: 550

The Nassau Hiking and Outdoor Club celebrates its 40th anniversary this year, and has a decades-long history with the Trail Conference. Its original hiker/members were secured with the help of the Trail Conference, which provided then-Nassau County Executive Eugene Nickerson with a list of local residents who might be interested in joining. The group's first hike was at Tackapausha in Seaford, Long Island, on December 18, 1966. Despite the club's name, the focus of its activities these days is not on Long Island, but instead, on hiking in Harriman, the Ramapos, the Shawangunks, and the Catskills. "We like hills," says Club President Patrick McGloin, "and we don't have many on Long Island." For more information, visit www.nhoc.org or email president@nhoc.org.

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# FAVORITE HIKE



By Shawn Viggiano

## Tillman Ravine Natural Area



SHAWN VIGGIANO

Waterfalls and hemlock groves make Tillman Ravine a cool spot on a hot day.

You wake up early one morning and look at the temperature; it's 80 degrees and humid. You want to escape the air-conditioned house and get outside. But where can you go for the day to escape the heat? Believe it or not, you might try New Jersey. One great cool place in the state is the Tillman Ravine in Stokes State Forest in the Kittatinny Mountains of northwestern New Jersey.

The Tillman Ravine Natural Area encompasses more than 500 acres of large hemlocks and northern hardwood forest. Tillman Brook, a cold mountain stream that originates from a spring deep in the Kittatinnyes, cuts through the red shale and sandstone walls as it rushes downhill to form a beautiful ravine. Rhododendrons and Christmas ferns cling to rock ledges. If you time your hike for late June or early July, you should enjoy the bonus of the rhodies in full bloom.

A 1.6-mile perimeter trail forms a figure eight loop in the ravine, with a few connectors across the mini-loops in between. The trail system in the ravine was reconfigured and reblazed recently, so existing maps are not accurate. Check the map posted at the trailhead kiosk for the up-to-date layout.

There are two parking areas; it does not matter which one you start from. I prefer to start from the "first" lot, the one most distant from Walpack. It leads straight into the ravine, and I can see it right away. The main perimeter trail is blazed with a white rectangular. Three cross-loop trails are also blazed white, but in circle, diamond, and triangle shapes.

From my preferred parking lot, start out by taking the trail to the left of the kiosk.



You will hike through a pine plantation and then drop down to the Tillman Ravine. Notice the temperature change, usually a good 10-degree difference from top to bottom. The trail follows along the brook, crossing it several times. The ravine narrows, and the trail climbs back to the top of the ravine.

At this point you will be at the middle part of the figure eight of the perimeter trail; turn left. After a short distance the trail quickly drops back down into the ravine. Once at the bottom you will come to a beautiful slide and at the bottom of the slide is the "tea cup," a pothole formed from the swirling motion of the rushing water. After the tea cup you will see the largest of the falls, Tillman Falls.

From here the brook starts to flatten out. Eventually the trail heads out of the ravine and meanders through a beautiful hardwood forest. You will come to the second parking lot. Cross the lot and follow the trail; you'll find yourself once again at the middle of the figure eight. Hang the left to follow the trail to the parking lot where you started.

Rather than sit home with the air conditioner on, come out and enjoy nature's own cooling system. Soak your feet in a cold mountain stream, sit under the shade of a hemlock, or enjoy the breeze on a mountain top.

**Length:** About 1.6 miles

**Rating:** Moderate, owing to a couple of steep sections

**Features:** Waterfalls, pools, hemlocks, and hardwood forests

**How to Get There:** Take I-80 west. Get off at Sparta, Rt. 15 exit. Take Rt. 15 north. Where Rt. 15 turns into Rt. 206, take Rt. 206 north. Go past Stokes Forest entrance. Make left onto Strubble Rd. Follow signs for Tillman Ravine. Park at first lot.

**Maps:** Kittatinny Trails Map 17. Trails were recently redesigned. Check map at kiosk for new design.

# BOOKNOTES



## Moon Take a Hike New York City

Avalon Travel Publishing, 2006

By Skip Card

Reviewed by Daniel Chazin

*Take A Hike New York City: Hikes within Two Hours of Manhattan* is undoubtedly the best book of its kind on the market today. Containing over 60 hikes in both New York and New Jersey, it is a great choice both for the novice hiker with limited knowledge of the area, as well as for the experienced hiker who is looking for a new place to go.

The book's coverage is comprehensive, the writing is clear, and the selection of hikes demonstrates that Skip Card, the author, has an extensive knowledge of the area. Each hike is accompanied by sketch maps which, while providing sparse information on intersecting trails, do clearly show the route of the hike. Excellent quality photographs that capture the special features of each hike are also included.

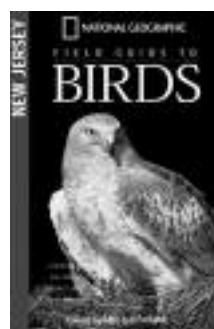
Particularly impressive is the fact that the descriptions are up-to-date. For example, the Storm King hike incorporates the relocation of the Stillman Trail that was opened less than a year ago. Wherever appropriate, references to Trail Conference maps accompany the hike descriptions, and the author recognizes the important contributions of the Conference in building and maintaining our trail network.

There are a few minor errors. For example, the author states (p. 233) that Hudson Line Metro-North trains "make one morning stop" at the Breakneck Ridge station, and that "[r]eturn service is even more unpredictable." In fact, two trains stop at this station each weekend day—northbound in the morning, and southbound in the afternoon.

Overall, though, the book is well worth its \$16.95 price. In fact, after perusing the review copy of the book I was provided with (which, of course, will find its home in the Trail Conference library), I quickly made a trip to Barnes and Noble to purchase my own copy!

*Daniel Chazin has edited many TC guidebooks and chairs the TC Publications Committee.*

*Moon Take a Hike—New York City* is available for purchase from the Trail Conference. See Hikers' Marketplace on page 12 for details.



## The National Geographic Field Guide to Birds: New Jersey

National Geographic, 2005

Edited by Jonathan Alderfer

Reviewed by Patricia Grove

Do you like to be able to identify the birds you see and hear? Does this guide belong in your daypack when you hike in New Jersey? Perhaps.

This field guide belongs to the genre that feature photographs rather than illustrations. It does not attempt to be comprehensive, but rather includes 169 species that one would typically encounter in the state. Each entry includes a photograph of the bird, a description of field marks (colors, bill shapes, and the like) that one could use to identify the bird, a paragraph about the behavior of the bird, notes about its typical habitat, and lists a few areas in the state where one might expect to encounter the species. A state map is colored to show generally where the species might be found in winter, summer, or year-round. Field notes provide hints about behavior or appearance that aid in identification.

The field guide is compact (4 x 6 x 0.5 inches), and birds are presented in the same order as they would be in more comprehen-

sive (and larger) bird guides. Photographs are excellent, and the information is succinct, accurate, and helpful.

Although the Forward suggests that the guide is suited to birders of varying ability from beginner to expert, I don't agree. I have been birding for many years (although I am by no means an expert in field identification), and there are several aspects of this field guide that would drive me crazy. Several common species (e.g., white-breasted nuthatch) are presented only in field notes as comparators to another bird.



*The bald eagle is classified as "mostly brown and white."*

There is only one photograph for each species, so in species in which juveniles or males and females look very different, this guide would be no help. There are no flight silhouettes for raptors.

One curious aspect of this guide is a color index, but if like me, you have friends who call and say "I saw this greenish bird . . ." the index might help narrow the possibilities!

*Patricia Grove is a professor of biology at the College of Mount Saint Vincent, Riverdale, NY.*



# HIKERS' ALMANAC

*A Sampling of Upcoming Hikes Sponsored by Member Clubs*



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

More than 90 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY/NJ Trail Conference.

## Club Codes

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

|          |   |      |                            |
|----------|---|------|----------------------------|
| ADK-R    | Adirondack Mountain Club – Ramapo Chapter                 | NYR  | New York Ramblers          |
| AMC-NYNJ | Appalachian Mountain Club – New York/North Jersey Chapter | OSF  | Outdoor Singlefriends      |
| GAHC     | German-American Hiking Club                               | RVW  | Rip Van Winkle Hiking Club |
| IHC      | Interstate Hiking Club                                    | TNC  | Tenafly Nature Center      |
|          |   | UCHC | Union County Hiking Club   |

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to [tw@nynjtc.org](mailto:tw@nynjtc.org) or to the Trail Conference Office. The deadline for the September/October 2006 issue is July 15, 2006.

## July

### Saturday, July 1

**UCHC. Echo Lake Park, Mountainside, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10 am; call for directions. Easy, short hike partly in the woods with some hills and partly on level paths; returning by lunch time. Good for a hot day; bring lunch to enjoy after the walk. Steady rain cancels.

### Sunday, July 2

**IHC. Wawayanda State Park, NJ.** Leader: Steve Rikon, 973-962-4149. Meet: 9 am at A&P/Hewitt, NJ, Post Office shopping center, Warwick Tpk. Moderate hike on many trails around the lake, through a hemlock forest and giant rhododendron thicket. See Wawayanda in all its glory. Shared park entrance fee. Shuttle required.

**GAHC. Fire Island/Sunken Forest, NY.** Leader: Gunter Georgi, 516-883-2336; must call leader to register. Meet: 10 am in Sayville, Long Island. Moderate hike and swimming.

### Monday, July 3

**AMC-NYNJ. Sociables 50+ Sterling Forest, NY.** Leader: Hal McLaughlin, 718-428-1154. Meet: call leader. Moderate 5 miles. We'll spend 15 minutes at visitors center learning history of Sterling Forest, then hike Sterling Lake Loop and Pine Meadow Trail; including historic Iron Mine tour. Mostly ages 50+ but all ages welcome.

**RVW. Sam's Point Preserve, NY.** Leader: call 607-246-7616 for meeting place and hike details. Meet: 8 am. Moderate hike, with possible hike to the Ice Caves; mileage depends on group.

**UCHC. Loantaka Brook Reservation, Morris Twp., NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am at Kitchell Rd. parking near the pond. Easy, short hike; a stroll where you can talk and not watch your feet.

### Wednesday, July 5

**UCHC. Allamuchy Mountain State Park, NJ.** Leaders: Jeane and Don McLellan, 908-464-6246. Meet: 10 am at Allamuchy scenic overlook on I-80 East. Nice, easy, level hike with beautiful lake for lunch stop; bring insect repellent.

### Saturday, July 8

**UCHC. South Mountain Reservation, Millburn, NJ.** Leader: Mimi Solomon, 973-379-3910. Meet: 10 am at Tulip Springs parking, Brookside Ave., Millburn. Moderate hike with several hills. Expect hike to take 2-3 hours. To Mayapple Hill, over Northfield Ave. Bridge, then on lower trail back to Tulip Springs.

### Sunday, July 9

**IHC. Parker Cabin from Hollow to Mountain, Harriman State Park, NY.** Leaders: Pete Tilgner and Suzan Gordon, 201-871-3531. Meet: 9:15 am at commuter parking lot, Rt. 17 at Rt. 17A, Southfields, NY. Moderately strenuous. Enjoy three good climbs, using one of Harriman's newest trails.

### Tuesday, July 11

**UCHC. Light Trail Work in Wawayanda State Park, NJ.** Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at state park entrance parking lot (entrance fee). 6 miles on the AT with only slight hills. We'll also do some light trail maintenance, picking up any trash and doing some clipping/topping. Bring clippers/shears if you have them and a small garbage bag.

## Teen and Parent Hikes

Join Hike 'n' Serve Venture Crew 100 open hikes on Sundays in July. Start time 10 am. Kickoff hike July 2 led by *NY Post* writer Skip Card, author of *Take a Hike New York City: Hikes within Two Hours of Manhattan*. Youth must be accompanied by his/her parent. For more information, schedules, meeting times, and to register, visit [www.glengray.org](http://www.glengray.org). First family to register earns a copy of Skip's book!

**TNC. Trail Work at Tenafly Nature Center, NJ.** Leader: Peter Tilgner. Contact: [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org) or call 201-568-6093. We'll remove overgrown vegetation, dead trees and branches, and cut and pull invasive plants that grow over the center's 8 miles of trails; 9:30 am till noon. Volunteers should wear long-sleeved shirts and pants, with socks pulled over cuffs to minimize tick exposure. Water bottles are available at TNC. Minimum age is 13 years old. TNC will supply tools and some gloves. Registration is not required, but is requested.

### Wednesday, July 12

**RVW. Rotary Park, Kingston and Maritime Museum, NY.** Leader: call 845-246-4590 for meeting place and hike details. Meet: 8 am. Easy 5 miles; optional boat ride to lighthouse (fee).

**UCHC. Old Short Hills Park, Millburn, NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am; call for directions. Moderately easy hike on various trails, area is hilly.

### Saturday, July 15

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside Nature & Science Center, Coles Ave. at New Providence Rd. Moderate 4-5 mile hike with mixture of level and slightly hilly trails. Steady rain cancels.

### Sunday, July 16

**IHC. Ladentown Loop, Harriman State Park, NY.** Leader: Hank Perrine, 212-666-0694. Meet: 9 am at Ladentown parking lot, east end of TMI Trail, Pomona, NY; call for directions. Moderately strenuous. We will head south on the SBM Trail, then circle back; route depends on weather.

**GAHC. Sunken Meadow State Park, Long Island.** Leader: Evelyn Hoyer, 718-457-8319. Meet: 10 am at bath house of most easterly parking lot. Moderate hike and swimming.

**UCHC. South Mt. Reservation, W. Orange, NJ.** Leader: Louise White, 973-746-4319. Meet: 10 am at Turtleback Rock parking, Walker Rd., W. Orange. Moderate 4 miles in nicely wooded area; see Turtle Back Rock.

### Monday, July 17

**RVW. Hidden Pond, Minnewaska State Park, NY.** Leader: call 607-246-7616 for meeting place and hike details. Meet: 8 am. Moderate hike.

**AMC-NYNJ. Sociables 50+ Reeves Brook, Harriman State Park, NY.** Leader: Robert Danetz, 201-692-9217. Meet: call leader. Moderate 7 miles; relaxing day in the woods, with stops to enjoy the beauty. Mostly ages 50+ but all ages welcome.

**UCHC. Mills Reservation, Cedar Grove, NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy, short hike, mostly level on the Lenape and Blue trails.

### Tuesday, July 18

**UCHC. Pine Meadow, Harriman State Park, NY.** Leader: Wayne Frey, 732-537-9190. Meet: 10 am at Reeves Meadow visitors center, Seven Lakes Dr. Moderate hike to the lake; for experienced hikers.

**TNC. Trail Work at Tenafly Nature Center, NJ.** Leader: Peter Tilgner. Contact: [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org) or call 201-568-6093. We'll remove overgrown vegetation, dead trees and branches, and cut and pull invasive plants that grow over the center's 8 miles of trails; 9:30 am till noon. Volunteers should wear long-sleeved shirts and pants, with socks pulled over cuffs to minimize tick exposure. Water bottles are available at TNC. Minimum age is 13 years old. TNC will supply tools and some gloves. Registration is not required, but is requested.

### Friday – Monday, July 21-24

**AMC-NYNJ. Yoga and Hiking in Vermont.** Leader: Dara Sullivan, 718-343-3378. Meet: call leader as soon as possible for details and registration information. Join us for a long weekend of moderately vigorous, hilly hikes to lovely views, combined with relaxing yoga. Stay at Arbor Inn, Stowe, VT, with pool and hot tub; reasonable cost includes lodging and meals.

### Saturday, July 22

**AMC-NYNJ. Blueberry Hike, Harriman State Park, NY.** Leader: Art and Nancy Tollefson, 212-727-8961. Meet: Tuxedo, NY; call for meeting time and place. Moderate 7 miles, stopping for all blueberries found near the trail, which might slow us up a bit (hopefully). Heavy rain cancels.

**ADK-R. Horse Stable Rock and Stone Memorial.** Leader: Call 845-354-0738 for meeting place and time, and hike details. Moderate 7 miles.

**UCHC. Turkey Mtn., Montville, NJ.** Leader: Al Verdi, 973-263-8569. Meet: 10 am at Pyramid Mtn. parking. Moderately brisk 4-5 miles, rocky trails and some hills; not for beginners. Historic limestone quarry, waterfall near Bott's Pond.

### Sunday, July 23

**OSF. Fahnestock State Park, NY.** Leader: Lyne Ciccarelli, 862-268-0127. Meet: Please call for meeting place and time. Moderate hike in this beautiful park near Cold Spring, NY.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leaders: Rick and Ellen Jeydel, 908-232-2413. Meet: 10 am at Trailside Nature and Science Center, Coles Ave. at New Providence Rd. Strenuous, very fast paced 5 miles on rocky trails, often muddy. Steady rain cancels.

### Monday, July 24

**RVW. Hunter Mtn. (4,040'), Catskills.** Leader: call 845-246-8546 for meeting place and hike details. Meet: 8 am. Moderately strenuous 5.5 mile hike; expected to take 5 hours. Optional bush-whack to SW Hunter Mtn.

**UCHC. Grover Cleveland Park, Essex Fells, NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy, short hike, mostly level. Enjoy the best of two different parks.

### Tuesday, July 25

**TNC. Trail Work at Tenafly Nature Center, NJ.** Leader: Peter Tilgner. Contact: [www.tenaflynaturecenter.org](http://www.tenaflynaturecenter.org) or call 201-568-6093. We'll remove overgrown vegetation, dead trees and branches, and cut and pull invasive plants that grow over the center's 8 miles of trails; 9:30 am till noon. Volunteers should wear long-sleeved shirts and pants, with socks pulled over cuffs to minimize tick exposure. Water bottles are available at TNC. Minimum age is 13 years old. TNC will supply tools and some gloves. Registration is not required, but is requested.

### Wednesday, July 26

**UCHC. Buttermilk Falls, India Brook, Mendham, NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy 3-4 mile hike to lovely waterfall; bluebird boxes and raspberry bushes along the way.

### Saturday, July 29

**ADK-R. Iron Mountain.** Leader: call 845-354-0738 for meeting place and time, and hike details. Moderate 7 miles.

**RVW. Five Rivers Environmental Park, Delmar, NY.** Leader: call Sandy Thorpe, 845-246-7174 for meeting place and hike details. Meet: 8 am. Easy 5 miles.

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Ellie King, 908-233-8411. Meet: 10 am at Locust Grove parking, across Glen Ave. from RR station. Moderate 4-5 miles to Hemlock Falls.

### Sunday, July 30

**IHC. Suffern to Reeves Meadow, Harriman State Park, NY.** Leader: Jim McKay, 973-538-0756. Meet: 9 am at Reeves Meadow visitors center, Seven Lakes Dr., Harriman. Moderately strenuous 8.5 miles. Hike on the SBM, Kakiat, and Pine Meadow Trails; shuttle from Reeves Meadow to Suffern, NY, train station.

**RVW. North Point, Catskills, NY.** Leader: call 607-246-7616 for meeting place and hike details. Meet: 8 am. Moderate hike to the same vistas that inspired artists of the 19th-century Hudson River School.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Naomi Shapiro, 973-762-1832. Meet: 10 am at Trailside Nature and Science Center, Coles Ave. at New Providence Rd. Moderate 4 miles with some rocky trails. Rain cancels.

### Monday, July 31

**UCHC. Painter's Point, South Mtn. Reservation, NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy, short hike, mostly level. A favorite hike along the Rahway River.

## August

### Wednesday, August 2

**AMC-NYNJ. Skannatati Circular, Harriman State Park, NY.** Leader: Mike Handelsman, 718-633-6129. Meet: please call by July 31 for meeting time and place. Brisk and strenuous 10 miles. Enjoy a mid-summer, mid-week romp in mid-Harriman.

**UCHC. Hedden Park, Dover, NJ.** Leaders: Len Shnitzer and Norma Cohen, 732-499-9176. Meet: 10 am; call for directions. Easy hike along Hurd Brook to the lake.

### Thursday, August 3

**UCHC. Weis Ecology Center, NJ.** Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 10 am at Weis; call for directions. Moderately strenuous 6-7 miles, with views from several peaks including Wyanokie High Point; for experienced hikers.

### Friday – Friday, August 4-11

**AMC-NYNJ. Week of Hiking in Green Mountains, Vermont.** Leader: Larry Spinner, 845-356-5219; call before 9 pm. Meet: call leader as soon as possible for details and registration information. Moderately strenuous, hilly hikes featuring steep climbs and scrambles as we summit some of Vermont's 4,000-footers; no beginners. Biking, kayaking (outfitters available). Stay at Arbor Inn, VT, with pool and hot tub; reasonable cost includes lodging and meals.

### Saturday, August 5

**IHC. Minnewaska State Park Meander, NY.** Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 8:30 am at Harriman RR station, Rt. 17, Arden, NY. Moderately strenuous hike on Long Path and carriageways.

**UCHC. Tourne Park, Boonton, NJ.** Leader: Susan Jacobs, 973-402-2555. Meet: 10 am; call for directions. Moderate 2-hour hike through beautiful park with stream and lake; some ups and downs. Steady rain cancels.

### Sunday, August 6

**AMC-NYNJ. Breakneck to Cold Spring, NY.** Leader: Art Tollefson, 212-727-8961. Meet: Breakneck stop on Metro North train; call for meeting time. Moderately strenuous 9 miles, taking the easy way up Breakneck and then Undercliff Trail to Cold Spring. Drivers must arrange own shuttle or take train one stop. Heavy rain cancels.

**OSF. Wawayanda State Park, NJ.** Leader: Lyne Ciccarelli, 862-268-0127. Meet: 10 am; please call for meeting place. Moderate hike in this beautiful state park.

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Eck Khoon Goh, 908-790-0939. Meet: 10 am at Locust Grove parking lot, corner of Glen Ave. and Lackawanna Pl., across from Millburn RR station. Brisk 4-5 mile hike with some hills. Rain cancels.

### Monday, August 7

**AMC-NYNJ. Sociables 50+ Anthony Wayne to Tiorati, Harriman State Park, NY.** Leader: Mike Handelsman, 718-633-6129; call 7-10 pm. Meet: call leader. Moderately strenuous, hilly 9 miles for experienced, fit hikers only. Hike on the AT to Black and Fingerboard Mtns. Bring 3 quarts of water and good hiking boots. Car shuttle; rain cancels. Mostly ages 50+ but all ages welcome.

**UCHC. Turtle Back Rock, South Mtn. Reservation, NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy, short hike. Level hike to Girl Scout oval.

### Thursday, August 10

**UCHC. Sebago Boat Launch, Harriman State Park, NY.** Leader: Katya Hanson, 732-530-5213. Meet: 10 am at Sebago boat launch; call for directions. Moderately strenuous 8 miles, featuring woods roads; shuttle may be required; for experienced hikers.

### Sunday, August 13

**NYR. New Townsend Trail, Sterling Forest, NY.** Leader: Clive Morrish, 212-242-0931. Meet: 7:30 am at Post Authority bus terminal for 7:45 NJT bus #197 to Greenwood Lake, NY. Hike the entire, newly-blazed Townsend Trail, as well as Sterling Lake, Wildcat Mtn., Furnace Loop, Indian Hill, and Sapphire out to Harriman RR Station. Moderately strenuous, hilly hike. Please call leader for details, including mileage.

**IHC. New York City Walk.** Leader: Roy Messaros, 201-337-5004; must call to tell leader where you will meet the group. Meet: 8:30 am at Ridgewood NJ Transit train station, or 9:30 at Hoboken station, or 9:45 at Church St. Path station, Manhattan. Moderate street and bridge walk in lower Manhattan, then cross Manhattan Bridge to lunch stop in new waterfront park in Brooklyn, then cross Brooklyn Bridge to Battery Park, ending with Staten Island Ferry ride across NY Harbor and back. Bring lunch and liquids.

**GAHC. Robert Moses State Park, Fire Island.** Leader: Joy Mollenhauer, 516-883-8595. Meet: 10 am at bath house of parking lot #5. Moderate hike and swimming.

**UCHC. Watchung Reservation, Mountainside, NJ.** Leaders: Rick and Ellen Jeydel, 908-232-2413. Meet: 10 am at Trailside Nature and Science Center, Coles Ave. at New Providence Rd. Very fast paced 5-mile hike with some rocky, muddy trails; for experienced hikers only. Steady rain cancels.

### Monday, August 14

**UCHC. The Tourne, Boonton, NJ.** Leader: Cherryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy, short hike to Birchwood and Crystal Lakes.

*Continued on back*

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**RVW. Landis Arboretum, Esperance, NY.** Contact: 845-417-8097 or 518-895-8474. Meet at 8 am. Easy hike: 5 miles, 4 hours. Inclement weather date, following Monday.

**Tuesday, August 15**

**UCHC. Stony Lake, Stokes State Forest, NJ.** Leader: Wayne Frey, 732-537-9190. Meet: 10 am at Stony Lake parking (park fee). Moderate hike, moderate steepness, beautiful views from the Appalachian Trail; for experienced hikers.

**Saturday - Monday, August 19-28**

**AMC-NYNJ. Week+ of Hiking in Maine.** Leader: Bob Fuller, 732-613-8992, call before 9 pm, refuller99@hotmail.com. Meet: contact leader as soon as possible for details and registration information. A week of strenuous 10-12 mile hikes, with steep climbs and scrambling. For experienced, strong hikers; no beginners. Baxter State Park (Mt. Katahdin) and Rangeley-Stratton area. Motel accommodations in Millinocket and Stratton, ME. Reasonable cost includes lodging only; car pooling coordinated.

**Saturday, August 19**

**ADK-R. Historic Cold Spring Foundry, NY.** Leader: call 845-365-3618 for meeting place and time, and hike details. Easy, about 4 miles.

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Naomi Shapiro, 973-762-1832; call before 9 pm. Meet: 10 am at Locust Grove parking, Glen Ave. and Lackawanna Pl., across from Millburn RR station. Brisk 5-mile hike with steep hill at start; little over 2 hours. Rain cancels.

**Sunday, August 20**

**IHC. Parker Cabin & Tom Jones Mountains, Harriman State Park, NY.** Leader: Jim McKay, 973-538-0756. Meet: 9 am at Parker Cabin Hollow trailhead, Rt. 106, Southfields, NY. Moderately strenuous 8 miles.

**UCHC. Jockey Hollow National Park, Morristown, NJ.** Leader: MaryDell Morrison, 908-684-5175. Meet: 10 am at visitors center parking lot. Scenic 4-5 mile hike in this national historic park.

**Monday, August 21**

**AMC-NYNJ. Sociables 50+ Tuxedo Circular, Harriman State Park, NY.** Leader: Dean Gletso, 845-354-0738. Meet: call leader. Moderate 8 miles with ups and downs; guaranteed great views. Hiking boots, 2 quarts water required; rain cancels. Mostly ages 50+ but all ages welcome.

**UCHC. Cedar Grove Community Park, Cedar Grove, NJ.** Leader: Cheryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy, short, level hike: a railroad bed, hemlock gorge, and the reservoir.

**RVW. Bearpen & Vly (3600/3529'), Catskills, NY.** Contact: 607-363-7267 or 845-338-8772. Meet 8 am. Strenuous hike: 8 miles, 6 hours.

**Tuesday, August 22**

**UCHC. Schooley's Mountain, Long Valley, NJ.** Leader: Bill Barton, 908-647-6658. Meet: 10 am at Cooper Mill on Rt. 24, 2 m. west of Rt. 206, in Chester. Moderate hike to the county park.

**Wednesday, August 23**

**UCHC. Kay Environmental Center, Chester, NJ.** Leader: Joe McLaughlin, 973-263-2799. Meet: 10 am; call for directions. Moderate; eat lunch along the Black River in a beautiful wooded park.

**Saturday, August 26**

**UCHC. Watchung Reservation, Mountainside, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside Nature and Science Center, Coles Ave. at New Providence Rd. Brisk morning hike of 4-5 miles; mixture of level, easy walking and slight hills on rough terrain. Steady rain cancels.

**RVW. Black Creek Forest, Esopus, NY.** Contact: 845-246-6459. Moderate hike: 3 miles, 4 hours. Meet at 8 am. Inclement weather date, following Saturday.

**Sunday, August 27**

**IHC. Fahnestock State Park, NY.** Leader: Jane Egan, 973-636-0809; call before 9 pm. Meet: 9 am at Fort Montgomery (Trading Post) parking on Rt. 9W North. Moderate 7.5 miles with a few moderate climbs. Hike on some little-used trails in the Hubbard-Perkins/Round Hill area of Fahnestock; this area was once used for farming and iron mines. Share rides to the trailhead.

**GAHC. Sunken Meadow State Park, Long Island.** Leader: Marlies Binz, 718-849-1463. Meet: 10 am at bath house of most easterly parking lot. Moderate hike and swimming.

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Naomi Shapiro, 973-762-1832; call before 9 pm. Meet: 10 am at Locust Grove parking lot, Glen Ave. and Lackawanna Pl., across from Millburn RR station. Brisk 5 miles in little over 2 hours, steep hill at start. Rain cancels.

**Monday - Thursday, August 28-31**

**AMC-NYNJ. White Mountains of New Hampshire.** Leader: Bob Fuller, 732-613-8992, call before 9 pm, refuller99@hotmail.com. Meet: contact leader as soon as possible for details and registration information. Three days of strenuous 10-12 mile hikes, with steep climbs and scrambling. For experienced, strong hikers; no beginners. Hike in the heart of the White Mountains, including many 4,000-footers. Motel accommodations in Gorham, NH. Reasonable cost includes lodging only; car pooling coordinated.

**Monday, August 28**

**UCHC. Great Swamp Nature Center, Chatham, NJ.** Leader: Cheryl Short, 973-299-0212. Meet: 10 am; call for directions. Easy, short, level hike along the boardwalk and Laurel Trail.

**RVW. Black Creek Forest, Esopus, NY.** Contact: 845-246-6459. Moderate hike: 3 miles, 4 hours. Meet at 8 am. Inclement weather date, following Saturday.

**Tuesday, August 29**

**UCHC. The Tourne, Boonton, NJ.** Leader: Joe McLaughlin, 973-263-2799. Meet: 10 am; call for directions. Moderate hike up the Torne and then over to the lake; for experienced hikers.

**Wednesday, August 30**

**UCHC. Crosslands, Bernardsville, NJ.** Leader: Bob Stanton, 908-647-3559. Meet: 10 am; call for directions. Moderate hike for everyone; carriage roads and trails on this beautiful old estate; visit to Audubon Center, lunch along the Passaic River.

**Thursday, August 31**

**UCHC. Elk Pen, Arden, Harriman State Park, NY.** Leader: Mike Handelsman, 718-633-6129. Meet: 10 am at Elk Pen parking lot off Rt. 17; call for directions. Moderately strenuous, hilly, 8-9 mile hike, enjoying the ups and downs of the Appalachian Trail, and others. For experienced hikers only.

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