



TRAILWALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE...MAINTAINING OVER 1500 MILES OF FOOT TRAILS

SEPTEMBER/OCTOBER 2001

Black Rock Forest to Welcome TC Annual Meeting Oct. 13

Come with your family and friends to Black Rock Forest in New York's western Hudson Highlands for a memorable day of guided and unguided hiking, biking the woods roads, and viewing the beautiful colors at the peak of the leaf season. Black Rock scientists will lead interpretive hikes of the fascinating ecological research on the reserve. All of this and more will be available at the NY-NJTC Annual Meeting at Black Rock Forest, Cornwall, NY, on October 13.

The meeting is open to all Trail Conference members, club delegates, their immediate families, and invited guests.

The day will begin with light refreshments and coffee at 9 am. The business/annual meeting, including awards ceremony, will begin at 10 am (see separate story for slate of candidates for the board). From 11:30 am to 4 pm there will be hiking, biking, science tours, and other recreational activities. The day's events will conclude with a refreshment reception from 4 to 5:30 pm. You may want to bring a hiker's lunch. Parking is limited, so please arrange to carpool if possible.

The Black Rock Forest is a 3,785-acre natural area in the Hudson Highlands. It features a diversity of habitats, ranging

from young to mature forests, both deciduous and evergreen, and includes numerous streams, ponds, and natural wetlands. It was originally established as a facility for forest management research in 1928. The forest is administered and used as a field station by the Black Rock Forest Consortium, which comprises private and public educational and research institutions, including the Trail Conference. The consortium's mission is to promote scientific research and excellence in education, while carefully managing the ecosystem of the Black Rock Forest.

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ONE OF THE CREW: JANE GEISLER



25 Years on the AT and Still Maintaining

by Georgette Weir

The grass was as high as a thru-hiker's eye, and there in the thick of it was Jane Geisler, 78, wielding a weed whip. Around her a crew of teenagers from a nearby summer camp either watched Geisler instruct them in the proper use of the tool or rested in shade on what may have been the day of highest temperature, humidity, and ozone readings of the summer. Their project: a short relocation of the Appalachian Trail through a meadow on the stretch in Dutchess County just before the trail enters Connecticut.

Geisler has been an AT supervisor for 25 years, a term of service honored in July with a Silver Service Award at the biennial weeklong meeting of the Appalachian Trail Conference, this year in Shippensburg, Pennsylvania. (Geisler comes to the job as AT chair for the Mid-Hudson Chapter of the Adirondack Mountain Club, the maintaining club.) She was in Shippensburg to accept the award and do a little hiking, but mostly to attend workshops on trail liability issues, maintaining in open areas, and sidehilling.

As one of four maintenance supervisors along the AT's course through Dutchess and Putnam Counties on the east side of the Hudson, Geisler is responsible for about 12 miles of footpath from the Connecticut border to Westover Road in Pawling. She blazes, she cuts, she recruits maintainers, attends meetings, summarizes condition reports, orders lumber, or

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New Map Sets, Guide Books Available This Fall

Revised editions of the Conference's Catskill Trails and Bear Mountain/Harriman State Park map sets are now available. Ordering information is available in Hiker's Marketplace on page 8. The Conference will also publish three guidebooks this fall, two revisions of earlier books, one brand new. Watch the Conference Web site (www.nynjtc.org) for announcements of availability.

Day Walker

This second edition of the *Day Walker* is a collection of 32 walks in the New York metropolitan area for new and experienced hikers. The *Day Walker* presents a sample of walks within 60 miles of the George Washington Bridge, of varying levels of difficulty and most accessible by pub-



A photo of Popolopen Gorge from the revised edition of the *Day Walker*.


lic transport. The walks feature nature in all of its varieties, museums, and historic sites, and man-made attractions such as canals and city streets. Edited by Joyce Barrett of Chatham, NJ.

Hiking on Long Island

This first edition describes trails, nature hikes, and walking opportunities in public parks and preserves from the Nassau-Suffolk Greenbelt to the eastern tips of Long Island. This comprehensive collection contains information useful to beginning hikers, families, and experienced trekkers looking for a challenge. It

includes sections on hiking gear, safety tips, and essays on Long Island geology, animals, plants, and environmental history by noted author and outdoorsman Lee McAllister, a Long Island resident with years of hiking experience.

Circuit Hikes in Northern New Jersey

This complete guide has been fully revised and expanded by Bruce Scofield. It includes 25 hikes in the New Jersey Highlands that can be walked without the need for a car shuttle or retracing of steps. Available in November. 

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TRAIL WALKER

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NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

The New York-New Jersey Trail Conference, founded in 1920, is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

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

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 88 hiking and outdoor groups, and 10,000 individuals.

from the president's notepad...

All Trails Lead to Well-Being

It would be a statement of the obvious, at least to members of the hiking community, to say that there are untold benefits to pursuing our chosen form of recreation. Where we go, whom we go with, what we see and do, all add up to grand and memorable experiences. But the New York-New Jersey Trail Conference is primarily a trail building and maintaining organization, and we work hard at it. Other than seeing to it that our 1500 miles of trails are in good condition, could there be other benefits to all our volunteer efforts?

The answer, I am happy to report, is an emphatic YES.

The June 2001 issue of the *Journal of Health and Social Behavior* has an article entitled: "Volunteer Work and Well-Being." This title was music to my ears. I am a sociologist by profession (which is why I would get a journal with this kind of name in the first place), and I look for research that demonstrates what I know intuitively through my involvement with the Trail Conference—that our volunteers are extra-ordinary people. At the risk of taking a simple quote out of its complex

context, this is the conclusion the authors reached: "In short, both voluntary group participation and volunteer work significantly enhance multiple aspects of personal well-being."

The benefits of doing volunteer work are in addition to other known benefits related to being on trails. One is the physical activity and another is the spiritual experience.

The values of hiking and walking for physical activity, aerobic exercise, and stress management are well researched and have been documented in the medical literature for years. An article in the April 2001 *American Journal of Public Health*, for instance, identified the relationship between reduced mortality risk and moderate recreational activity—primarily walking—for middle-aged and older women. While we know that hiking can be a pretty strenuous activity—especially with some hike leaders I have encountered!—in moderation it is highly beneficial for most people.

There is another aspect of our activity that falls outside the realm of scientific study. The spiritual qualities of being in

places of great natural beauty and far removed from everyday stressors have been reiterated by many individuals throughout history. I believe it is this aspect of the trail experience that attracts us and keeps us involved. Interestingly, the spiritual was frequently mentioned in a draft master plan I was reading recently for the Sam's Point Dwarf Pine Ridge Preserve. Those who have visited this preserve in the Gunks know exactly what is meant, even if mere words cannot adequately convey it. It is why we helped fight for its protection over these many years.

What do the studies on volunteering, the health benefits of walking, and the spiritual value of place mean for the Trail Conference? They suggest a motto for our volunteers: Give us a trail to work on, a friend to hike with, a cause to fight for, and we will ALL be better for it!

Farewell as President

Of course, our volunteer work passes through cycles. In my own case, the demands of my "day job" require that I pass the baton of the Trail Conference president to a new volunteer, to be elected in October. This will be my last "President's Notepad" column. It is not, however, the end of my volunteer work with the Conference. I will continue to hike, continue to fight for the preservation of open space, and continue to build and maintain trails. I have no intention of compromising my well-being in any way.

—Gary Haugland

ADVOCACY & CONSERVATION

Court Supports Environmentalists on Sparta Tower Proposal

Last year the Trail Conference board voted to donate \$1,000 to the Friends of Sparta Mountain to defray the costs of their intervention in Mountain Broadcasting's lawsuit against Sparta Township in New Jersey, where the zoning board had denied a variance to build a 695-foot tower on top of the ridge in the Weldon Brook Wildlife Management Area.

On June 18 the court ruled against Mountain Broadcasting. Member Bob Moss reports: The judge "ruled that it was reasonable for the zoning board to conclude that the benefits of the tower for Sparta and northwest New Jersey were minimal and were outweighed by the harmful visual effects." Mountain Broadcasting has said it will appeal.

Moss concludes that the Trail Conference's support of the lawsuit "helped prevent a significant degradation of the hiking experience throughout northern New Jersey and nearby New York."

ATVs and New York's Forest Preserve: A Status Report

Cooperative work between hikers and the New York legislature this year resulted

in major changes to legislation that would use a portion of ATV (all terrain vehicle) registration fees to fund the construction and maintenance of ATV trails (Assembly bill 8781/Senate bill 4922).

Drafted by the ATV and motorcycle industry and similar to ATV bills of the past, this year's draft ATV bill started out with no protections or planning for parks and public lands and provided little money for enforcement. The Trail Conference and ADK proposed numerous changes to the draft and were successful in persuading both the Senate and Assembly to exclude all public lands from ATV trail construction funding. Under the provisions, no ATV trail fund money would be able to be used for trails in the Forest Preserve, state parks, state forests, or wildlife management areas. The bill would also allow the Commissioner of Parks to deny applications for funding at his or her discretion for various reasons, including if a project is slated near state land, or next to a private or public preserve or nature area.

Late in the session, the bill was amended by the Assembly to prohibit outright the designation or development of ATV trails in the Forest Preserve. The Senate objected to the amendment and the bill

did not proceed to the floor for a vote before the session's end in June. (See separate story about settlement of an ADA ATV suit.)

Advocacy Resource: Keep up with the status of A.8781/S.4922, by following the links from <http://unix2.nysed.gov/ils/legislative/legis.html>

—Meg Everett and Neil Woodworth

'Forever Wild' Protected in ADA ATV Settlement

A lawsuit that aimed to open areas of the Adirondack and Catskill Forest Preserve to ATV use under the terms of the Americans with Disabilities Act (ADA) was settled in July to the satisfaction of all involved. The suit, *Galusha v. the New York State Department of Environmental Conservation et al*, was filed in 1998.

Under the terms of the settlement, persons with disabilities with proper permits will be able to access certain roads in the Adirondacks and one road in the western Catskills. ATVs will not be permitted in wilderness areas or on any type of hiking, horse, or snowmobile trail in the Adirondack or Catskill Forest Preserve.

The agreement promises generous

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Ed Goodell with volunteer Dora Rosenbach.

from the Executive Director

No Better Time to Be a Trails Volunteer

You might remember completing a member survey form that was published in this newsletter exactly one year ago. I'm happy to say that, as of late July, our highly efficient volunteers Rita Heckler and Dora Rosenbach have entered all 256 surveys (over 43,000 data points). I expect to report an analysis of the results in the next issue of this newsletter. In the meantime, I'm always happy to hear directly from individual members about how to improve the organization and this newsletter in particular.

October 13: A Great Day at Black Rock

Probably the best way for me to hear from our members and partners is in person. So I'd like to invite all readers to come to our Annual Meeting on October 13, where I'll have a chance to talk with you, hear your ideas, and brainstorm about how we can make a difference together.

The only problem with that plan is

that we have so many fun events scheduled for the day that it will be hard to keep your attention long enough for a conversation. The meeting this year is at Black Rock Forest, in New York's western Hudson Highlands. Plan to join us and sign up soon. (See article on page 1 and registration form below.)

A Booming Market for Trails Volunteers

Walt Daniels reports (see Tech column, page 8) that the number of miles of hiking trails maintained by the Trail Conference has grown to over 1,500 (co-aligned trails counted only once.) Walt has some more analysis to do, but it appears that many of these gains over our previously reported figure of 1,300 miles of trails have come with the addition of the Highlands Trail, Jockey Hollow trails, and more accurate measurement of existing trails.

The basic message I take away from

this is that the opportunities for maintaining trails (a great excuse to get outdoors while contributing a public service) have never been greater for hikers in the New York-New Jersey region. And those opportunities will likely continue to grow. The Conference is pressing hard to have our trail census keep up with our region's population census, and we are in conversations with a number of land owner/managers about building and maintaining trails on new lands in the near future.

All of this is why our volunteers' work—providing environmentally sustainable access to nature—is so important. If you ever thought you might want to maintain a trail or carry the administrative load of a trail supervisor or trail chair, there is no better time than now to volunteer. It's easy: just call (201-512-9348) or e-mail (info@nynjtc.org) our office for details.

Trail-blazing, building, and maintaining are the heart and soul of the Trail Conference—the very core around which it was built. The love of hiking and access to the outdoors motivates our volunteers and draws them together to work on a common and greater goal. This desire to enable others to experience what we've experienced compels us to build trails, publish authoritative maps and books, and protect trail lands. As executive director, I know that no matter what I might do to enhance our organization's effectiveness, our fundamental strength will always be derived from this motivation.

It is a very comforting feeling. And it is a very strong foundation on which to build new programs. In future editions of this column I hope to talk more about what programs you would support. Even better, I hope to see you at the Annual Meeting on October 13, where we can talk in person.

—Edward Goodell

Torrey Memorial Hike Sunday October 28



The 64th annual Torrey Memorial Hike to the top of Long Mountain in northern Harriman-Bear Mountain State Park will take place on Sunday morning, October 28. This event honors the Trail Conference's first president and co-founder, Raymond H. Torrey.

Meet at the Torrey Memorial/Long Mountain parking lot off Route 6 in Harriman Park at 11 am. We will soon depart to arrive at the memorial plaque on top of Long Mountain for a brief 12:15 ceremony. Longtime Torrey Memorial Hike organizer, Meyer Kukle, will be there to share his recollections of earlier events.

For a longer more strenuous hike, Naomi and David Sutter have volunteered to lead a hike starting at 10 am from Silvermine parking area. Silvermine is on Seven Lakes Drive about 1.5 miles south of the Long Mountain circle. (The circle is the intersection of Route 6, Palisades Interstate Parkway and Seven Lakes Drive.) The Sutters promise an interesting hike along obscure trails. They plan to join us around 12:15 at the summit.

This is a beautiful time of year; the view from Long Mountain is captivating. Remember: daylight savings time ends early on the 28th—clocks go back one hour!

Hudson River Valley Ramble Will Celebrate Trails with 70 Walks

SEPTEMBER 22-23

The 2001 Hudson River Valley Ramble trails festival on September 22-23 will expand this year to include guided paddle and biking events in addition to nearly 70 walks and hikes. Sponsored by the Hudson River Valley National Heritage Area, the festival weekend takes place throughout the 10 counties that encompass the National Heritage Area from just north of New York City to the state capital region on both sides of the Hudson River.

The NY-NJ Trail Conference will join with nearly all major environmental, trail, recreational and historic preservation organizations, land conservancies, and historic sites in the region in sponsoring events. Most events are free.

Walks and hikes will be offered on every ability level on terrain ranging from paved rail trails, city sidewalks, carriage roads and nature paths in state parks and preserves to rugged hikes on the heights of the Palisades, Hudson Highlands, Shawangunks, and Catskill Forest Preserve. Many of the walks are well-suited for families and provide a good introduction to hiking. Paddles are planned at several points along the Hudson River and on the Wallkill River.

The Trail Conference is co-sponsor-

ing three hikes: Jane and Walt Daniels will lead a hike on the Camp Smith Trail in the eastern Hudson Highlands on Sunday, September 23 at 9:30 am; Jane Geisler heads an outing along the Appalachian Trail at Nuclear Lake, also on Sunday at 9:30; and Jakob Franke will escort a group along the Long Path on the Palisades. See Hikers' Almanac for details.

A free brochure with a complete listing of events is available by calling 800-453-6665.

Board Candidates Announced

The Nominating Committee is pleased to present the following slate of candidates for the Board of Directors. Nominated for three-year terms ending in 2004 are: Mary Smart and Art Lebofsky. Standing for re-election to new terms are: Daniel Chazin, Gary Haugland, and Peter Heckler.

The following are candidates for Delegates-at-large: Hal Kaplan, Dennis Halliwell, Russell Cannizzaro, Jane Levenson, Eric Calder, Bernard Baron, Naomi Sutter, Carl Spreen, John Jurasek, and Jill Hamell.

TC Annual Meeting

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Please complete the reservation form below and return it to the TC by September 30. Driving and parking directions will

be sent to registrants and also posted on the TC web site. Early registration is appreciated. 🍂

REGISTRATION FORM

ANNUAL MEETING SATURDAY, OCTOBER 13

PLEASE PRINT.
 Name(s): _____
 Address: _____
 City, State, Zip: _____
 Daytime telephone: (____) _____
 Evening telephone: (____) _____
 _____ adults @ \$7 each

Please enclose payment and make checks payable to the NY-NJ Trail Conference. Please return the registration form by September 30 to:
 NY-NJ Trail Conference
 156 Ramapo Valley Road
 Mahwah, NJ 07430

You can pay via credit card by registering online at www.nynjtc.org or by phone, 201-512-9348.



TRAIL NEWS

Caution

A rash of auto break-ins have been reported in parking areas in Harriman State Park, Jenny Lane in Minnewaska, the Delaware Water Gap, and Ringwood State Park. Don't keep valuables in parked cars, and make interior spaces as visible as possible.

Storm King Closed for Rest of Year

Crews searching for unexploded ordnance on Storm King Mountain in July found what they have been looking for. A live 75-millimeter shell was discovered on the mountain. While hikers have been eagerly awaiting the reopening of trails on Storm King, the discovery assures that there will be no hiking permitted at least until early 2002. A preliminary report on the safety of the park is scheduled to be submitted in December/January. A decision about opening trails will be made by the Palisades Interstate Park Commission after that. Storm King Mountain has been closed since forest fires in 1999 revealed the presence of unexploded ordnance, the remains of years of artillery practice at the U.S. Military Reservation at West Point.



Popolopen Gorge Bridge

Hikers hoping to cross the Popolopen Gorge heading from the Popolopen Torne Trail and the northern stretch of the Popolopen Gorge/Timp Torne/1777 West/1779 Trails have found themselves with no choice but to backtrack to their starting point. The bridge, destroyed in 1999 by Hurricane Floyd, has not yet been restored. Make a note on your trail map or, better yet, get the 2001 edition map set of Harriman-Bear Mountain Trails. "Bridge Out" is indicated on the new map (map #4, section E2).

Tremper Mountain Fire Tower Restored and Is Now Open

The fire tower atop Tremper Mountain, elevation 2,740 feet, in the Catskills, one of just five remaining steel towers that were built between 1917 and 1927, reopened to the public in June. The moder-

ately strenuous, red-blazed Phoenicia Trail leads three miles to the tower from a trailhead on County Route 40 (off of Route 28 east of Phoenicia). The Tremper Mountain tower



was the last of the five to be restored in a cooperative effort by citizen volunteers, the Catskill Center, and the Department of Environmental Conservation. The other towers are on Balsam Lake, Hunter, Overlook Mountains, and Red Hill.

New Loop Opens at Nuclear Lake

The 1.1 mile, yellow-blazed Nuclear Lake Loop Trail opened on July 21. When combined with an 0.8-mile stretch of the AT, the new loop makes a 1.9 mile footpath around Nuclear Lake, in New York's Dutchess County. The southern terminus of the loop trail is 1.2 miles from Rt. 55 or 0.9 mile from the AT's southern junction with a blue-blazed side trail to the parking lot on Rt. 55. From the northern terminus of the Nuclear Lake Loop trail, it is 2.9 miles via the AT to County Rt. 20 (West Dover Road).

Trails Changes Approved

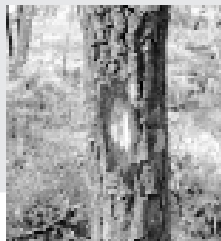
At its last meeting, the Trails Council of the NY-NJ Trail Conference approved:

- a short relocation of the Appalachian Trail on the Graymoor property in New York's Dutchess County;
- a name change for the Highlands Trail in the Hudson Highlands to the Lone Star Trail; this will avoid confusion with the Highlands Trail in New Jersey;
- the elimination of 0.3 mile of the Split Rock Trail in Hudson Highlands State Park;
- a new 2.6 mile trail called the Nelsonville trail in Hudson Highland State Park, blazed green.

The changes are effective immediately.

Boundary Blazes

If you hike the blue-blazed Millbrook Ridge Trail in the Mohonk Preserve, you will likely notice ax-made scars such as the one below on trees along the way. These are neither vandalism nor scientific research, but boundary blazes, according to a ranger on duty at the Trapps entry.



Advocacy & Conservation

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state funding for facility improvements to Adirondack and Catskill Forest Preserve campgrounds, boat and canoe launches, picnic areas, wheelchair accessible trails, horse trails, and fishing access sites to provide access and new recreational opportunities for persons with disabilities.

"There was a significant threat that the plaintiffs would use the Americans with Disabilities Act to overturn the state laws that keep ATVs off our trails and floatplanes off wilderness waters," TC/ADK Counsel Neil Woodworth noted. "The settlement maintains the primacy of the 'forever wild' clause of the state constitution and the State Land Master Plan."

TC & ADK Keep Up the Pressure for Clean Air Provisions

The Trail Conference and Adirondack Mountain Club continue to call on the Bush administration to stay the course on regulations to enforce the acid rain reduction provisions of the federal Clean Air Act. At stake is the future of a key provision, the New Source Review (NSR) rule, which requires power plants across the country to install the latest air pollution control technology when a plant undergoes significant renovation.

In July, representatives of Hikers for Clean Air, a coalition of clubs from Georgia to Maine, met with EPA staff about the current NSR program. They also spoke at public hearings scheduled by the EPA to solicit comment on the rule. Neil Woodworth (TC and ADK), Mary Margaret Sloan (American Hiking Society), Peg Brady (Appalachian Mountain Club), and Dave Startzell (Appalachian Trail Conference) represented HCA at the meeting with EPA and presented a collection of science- and health-based facts on forest soils, tree health, hiker health, smog, and lake and pond acidification to dem-

onstrate the need for NSR.

The EPA was scheduled to submit its report to the president in August.

—Meg Everett and Neil Woodworth

Advocacy Resources:

www.hikersforcleanair.org; www.epa.gov

Highlands Victory Protects NJ Conservation Easements

Conservation easements won important support in July when New Jersey Superior Court Judge Reginald T. Stanton ruled to enforce deed restrictions on top of Hamburg Mountain in Sussex County—at the heart of New Jersey's Highlands region.

Conservation easements, legal agreements that permanently restrict development, are an important tool in New Jersey's campaign to preserve one million acres of farmland and open space.

In the case of Hamburg Mountain, one of northern New Jersey's largest remaining unspoiled forests, a developer sought to build a 1,600-condominium "destination resort" development—complete with golf courses, restaurants, and retail shopping—on acreage that includes land protected by conservation easements. The protected land—1,240 mountaintop acres that are home to several endangered and near endangered species, including barred owls, wood turtles, and cerulean warblers—was once owned by the state, and was sold in 1986, but with conservation restrictions as part of the deed.

New Jersey Commits \$230 Million for Open Space Preservation

More than 58,000 acres of New Jersey open space are to be protected under a package of 13 separate legislative bills signed by Acting Governor Donald T. DiFrancesco July 26. The legislation commits more than \$230 million for open-space preservation; 32,000 acres will be protected under the Green Acres program and 26,000 acres for farmland.

HUNTING SEASONS

New York and New Jersey have announced their hunting schedules for large game and times when firearms are permitted. Hikers are strongly urged to wear safety orange clothing during these times. Dates listed are inclusive.

NEW YORK:
Southern Zone (including Catskills)
Deer Season
Archery: Oct. 15–Nov. 18; Dec. 12–16
Archery (Westchester Co. only): Nov. 1–Dec. 31
Firearms: Nov. 19–Dec. 11
Muzzleloader: Dec. 12–18

Hunting is not allowed in Bear Mountain-Harriman State Park. However, it is allowed in parts of Storm King, Minnewaska, and Sterling Forest State Parks. Call 845-786-2701 for more details about hunting in these parks.

Black Rock Forest closes to all hikers from Nov. 19 to Dec. 11, inclusive. For details, call 845-534-4517.

For more information about New York hunting schedules, call the Dept. of Environmental Conservation hunting, fishing, and game licensing/sales office, 518-457-3521.

NEW JERSEY
Deer Season
Archery: Sept. 29–Nov. 24
Firearms: Dec. 5–Jan. 31, 2002
Muzzleloader: Nov. 19–21; Dec. 3–Jan. 31, 2002
Special High Point State Park Muzzleloader Season: Nov. 5–9, 12–15

A bear hunting season will take place this year.

Most of Ramapo Mountain State Forest is closed to hunting. Hunting is not allowed on Sundays in New Jersey.

For more information about the New Jersey hunting schedules, call 908-735-7040 or 609-292-6685.

1920 • 81 Years of Volunteer Spirit • 2001

GET INVOLVED

Volunteers Sought



LARRY WHEELOCK

Benefits: Camaraderie and accomplishment

Work in the Great Outdoors

Trail maintainers are needed on the Appalachian Trail and a number of state parks throughout northern New Jersey. In New York help is needed in the Shawangunks and in Harriman and Taconic State Parks. If you are interested in volunteering in any of these areas or others not listed please contact the Conference office during weekdays or by mail or e-mail. Make your inquiries to the attention of Larry Wheelock. Contact information is on page 2.

Trail Lands Assistants

WANTED: Enthusiastic, energetic volunteers with lots of time, good human relations skills, and some real estate experience to assist NY-NJTC and the ATC Land Trust to research and develop land conservation opportunities in the vicinity of the AT in New York and New Jersey.

The New York and New Jersey Appalachian Trail Management Committees are looking for volunteers interested in helping with supplemental land protection for the Appalachian Trail corridor. The National Park Service has protected a trail corridor averaging 1,000 feet wide for the 160-plus miles of the trail in this area, but some areas would benefit strongly from additional protection, often in the form of scenic easements, land donations, and the like. We seek people interested in helping us make progress toward this supplemental protection. No previous experience is necessary, but an interest in land-related issues is helpful. We envision these volunteers helping in any or all of the following ways:

- determining current ownership of the major neighboring parcels and parcels in particularly sensitive areas;
- working with the NY-NJ Trail Conference Trail Lands Consultant to determine the status of contacts already underway;

- working with the Appalachian Trail Conference Land Trust Regional Coordinator to become familiar with the thrust of supplemental protection efforts along the trail;

- working with the AT management committees to determine the areas of highest need;

- working with other land preservation organizations in the region to identify resources that can help

our land protection program;

- making contacts with some of the neighboring landowners to determine willingness to participate in the protection program.

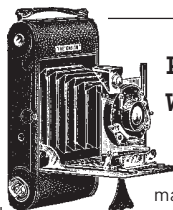
If you have questions or are interested, contact (in New York) Dutchess/Putnam Committee Chair Ron Rosen at 845-454-4936, e-mail RRosen@alum.mit.edu; (in New Jersey) New Jersey Committee Interim Chair Larry Wheelock at 201-512-9348, e-mail Wheelock@nynjtc.org.

GPS Data Collectors Wanted

Volunteers are needed to help acquire field data with the Trail Conference's recently acquired GPS units. These extremely light, easy-to-use units will be used to collect data to be placed on our map sets. Help the Trail Conference to update its maps while performing your favorite pastime—hiking. For more information contact John Jurasek, GPS Data Coordinator, 845-365-3618 or Jurasek@optonline.com.

Updates on the Web

Find out the latest outdoor volunteer opportunities by regularly checking the Trail Conference Web site: www.nynjtc.org/volunteers.



Photos Wanted

Of active hikers, beautiful vistas, hardworking maintainers: High-quality, imaginative photos of relevant subjects in our region are wanted for Trail Walker. Submit them digitally to geweir@att.net, or by mail to: Trail Walker, NY-NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430.

TRAIL CREW SCHEDULES



For the latest schedules, check <http://www.nynjtc.org/volunteers/trvopol.html#crew>

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.

□ EAST HUDSON CREW

Leaders:

Bernie Stringer: 914-528-5018
stringer@bestweb.net

Walt Daniels: 914-245-1250
wdaniels@bestweb.net

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

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

Hudson Highlands State Park

Sept. 29 (Stringer), Nelsonville Trail
Oct. 13 (Stringer), Brook Trail
Oct. 27 (Stringer), Undercliff Trail (Breakneck side)

NYS Military Reservation/Camp Smith

Nov. 10 (Stringer), Camp Smith Trail

□ WEST HUDSON CREW

Leaders:

Brian Buchbinder: 718-218-7563
brian@grandrenovation.com

Chris Ezzo: 516-431-1148
clganz@earthlink.net

R Robert Marshall: 914-737-4792
rmarshall@webtv.net

Monica Resor: 732-937-9098
adamant@trailstobuild.com

Harriman State Park

Sept. 15 & 16 (Marshall), 1777 Trail
Sept. 22 (Ezzo), Raccoon Brook Trail
Sept. 23 (Ganz), Raccoon Brook Trail
Sept. 27 (Marshall), 1777 Trail
Sept. 29 (Buchbinder), Popolopen Torne
Sept. 30 (Marshall), Popolopen Torne

Schunemunk Preserve

Oct. 6 & 7 (Marshall), Long Path

Sam's Point Preserve
Oct. 20 and 21 (Ezzo), Long Path

Harriman State Park

Oct. 25 (Marshall), Popolopen Gorge
Oct. 27 (Ganz), Popolopen Gorge
Oct. 28 (Ezzo), Popolopen Gorge
Nov. 3 & 4 (Resor), Popolopen Gorge
Nov. 8 (Marshall), Popolopen Gorge

Pochuck AT Project

Piers and boardwalk construction.

Contact: Larry Wheelock,
Wheelock@warwick.net or

973-823-9999

Sept. 6, 7, 8, 9, 10

The Appalachian Trail Conference Mid-Atlantic Crew arrives for the week to continue with the piers and boardwalk construction. *All volunteers are welcome.*

Sept. 13, 14, 15, 16, 17

Sept. 27, 28, 29, 30, and Oct. 1

Oct. 11, 12, 13, 14, 15

□ WEST JERSEY TRAIL CREW

Leaders:

David Day and Monica Resor, 732-937-9098

westjerseycrew@trailstobuild.com

Worthington State Forest

Sept. 8 & 22 Mt. Tammany Trail

AT Relocation (Pochuck) Project

Oct. 13

AT Relocation or the Mt. Tammany Trail

October 27 If we haven't finished the work on the Mt. Tammany access trail, we will return to Dunnfield Creek to finish it up. If the access trail is completed, we will be at Pochuck, helping to finish up this season's work.

AT Relocation (Pochuck) Project

November 10 & 11

□ NORTH JERSEY CREW

Leaders:

Sandy Parr: 732-460-5109

Dick Warner: 201-327-4945

Second Sunday of each month.

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

□ HIGHLANDS (NJ) CREW

Leader: Bob Moss, 973-743-5203

Call no earlier than one week before the scheduled date.

Trips (all on Sunday) will concentrate on the Lake Hopatcong area.

TBA = To Be Announced (call leader)

Sept. 9 & 23

Oct. 14 and 28

Nov. 11

Our Members

□ Catskills Map Atlas Now Online

The Catskill Center has created a series of Catskill region map images and geographic information for display on the Internet. The "Catskills GIS Atlas" uses geographic information systems (GIS) technology to create maps of topography, watershed and forest preserve information. The atlas can be accessed via www.catskillcenter.org.

□ 378th 111er

Congratulations to Conference Life Member Irene Logan, who has officially become member 378 of the 111er Club—individuals who have hiked the 111 New England mountains with elevations greater than 4,000 feet.

□ Sterling Forest Conservation Day

Plan to attend the 14th Annual Sterling Forest Conservation Day Saturday, September 22. This annual fundraising event to benefit the Sterling Forest Partnership will be held at the Sterling Forest State Park Information Center, 140 Old Forge Road, Tuxedo, NY (off Long Meadow Road) from 10 am to 5:30 pm. Registration for a variety of naturalist-led hikes will begin at 10 am. There is a \$10 registration fee; children 15 and under are free. All registered participants are eligible for exciting door prizes.

Hikes will focus on the flora and fauna of Sterling Forest. There will also be a variety of children's activities, including arts and crafts focusing on the natural world. From 2 to 5 pm there will be a BBQ dinner (\$10 additional fee) and a raptor program (free) presented by the Weiss Ecology Center.

Shortline Bus & Metro North Train passengers will be picked up at the Tuxedo Village bus stop (located across the street from the Tuxedo Train Station) at 10:15 am. Return transportation will be provided to the bus stop and train station at the end of the event. For more information contact Jeffrey Hunter at 845-258-4564 or Mary Yrizarry at 845-783-4302.

□ Thank-yous

The Trail Conference thanks Ed Walsh of West Haverstraw for donating four books and one video to the TC library. Thanks also go to Peter Senterman for his contribution of volunteer mileage equaling 2,500 miles.

□ Hawk Lessons

The Palisades Interstate Park Commission will offer a program called **Mad About Hawks** Saturday, October 6. Call 201-768-0379 to confirm date and for information. Meet: State Line Lookout, between northbound exits 3 & 4 of Palisades Parkway, NJ. Free nature program with live birds of prey, 11 am to 4 pm.

□ England Walk Trip Planned

Leisure walk averaging 12 miles per day in England along the North Downs Way and the Cotswold Way in June 2002. Enjoy the history and culture of southern England while carrying a daypack. This noncommercial trip sponsored by the Outdoor Club of South Jersey will be led by a Conference life member and UK walks leader since 1986. For details, send legal-size SASE to Richard Greve, 115 Dawn Drive, Mt. Holly, NJ 08060.

ATC Seeks Land Buyers

Are you in a position to become a Conservation Buyer through the Appalachian Trail Conference Land Trust? A program sponsored by the Appalachian Trail Conference matches conservation buyers with people who are selling land along the AT. Buyers are asked to locate their home out of sight of the trail and to donate a conservation easement on the rest of the property. A conservation easement prevents future development on the property. An easement is an irrevocable gift of a property right and thus entitles the giver to an income tax deduction equal to the value of the easement. For information, contact Bob Williams, Director of Land Trust Programs, at bwilliams@appalachiantrail.org, 304-535-6331, or write to P.O. Box 807, Harpers Ferry, WV 25425.

□ Help Build Trails on Bannerman Island

The Bannerman Castle Trust seeks volunteers to help establish trails on Bannerman Island in the Hudson River. For information, contact Jennifer Hall at midmarie33@aol.com; telephone 845-297-4805.

New Life Members

The Trail Conference welcomes the following new life members: **Michael J. Smith, Harry J. Speck, and Paul B. Taubman II.**

A Life Membership to the NY-NJ Trail Conference is just \$400 for an individual; \$600 for a joint membership (two adults at the same address). The next time you renew, consider becoming one of the Conference's more than 800 "lifers."

Poetry Corner

ICE CAVES MT.

by John Perlman

Bodies
steaming at the
mouths of fissures
flooded by blue ice
far into summer
thermals swept
across a hundred
hollows coolest
syrinx piping
peace to
silent
soaring
birds

WOLF DOG

By Matthew D. Garamone

I want to run with the wolf dog
You want to run with the wolves
And never once did I stop
Because the wolf dog was so shrewd

Feel the cold air sting your skin
As fur glistens upon your limbs
Blood flows thick through open wounds
Hear the wolf dog howl at the moon

Where did you come from?
Where shall you go?
Are you my wolf dog?
Are you the wolf within this home?

Submit poetry about walking, hiking, and the natural world to: tw@nynjtc.org or to Trail Walker Poetry, NYNJTC, 156 Ramapo Valley Road, Mahwah, NJ 07430. Poetry editor: John Perlman

25 Years on the Trail and Still Maintaining

continued from page 1

ganizes work projects, and arranges water tests for the wells on her trail section. Jane "is just great," says Dutchess-Putnam Management Committee Chair Ron Rosen. "When you call her up to ask her to do something, it just happens. It doesn't matter if she doesn't have experience with something. She jumps right in and figures out what is needed. She has a continuous can-do attitude."

Geisler also has an uncanny talent for inspiring collaboration and disarming opposition. A carpenter maintains the boardwalk through the Great Swamp in Pawling. An AT neighbor with a riding mower cuts the trail through a grassy meadow. Her success no doubt has something to do with her combination of fearlessness, steadiness of purpose, grandmotherliness, and twinkling blue eyes. An incident a few years ago made her famous in the trails community—the

day she stopped a bulldozer that was downing trees in the AT corridor near the Great Swamp. "A Connecticut volunteer who was walking Corbin Hill noticed some timber activity and called the Trail Conference office," recalls Ron Rosen. "They called me and I called Jane. She grabbed her segment map, drove right down to the site, waved the guy down, and got him to turn off his bulldozer. Then she met with the woman who was the logger. Jane was instrumental in getting the prosecution underway that led to a substantial settlement for remediation work."

When she recalls the encounter, Geisler smiles and reaches for one of her ten 4-x-6-inch notebooks in which she records all her AT activity. As she flips through the pages she remembers another incident, when she was "sentenced" to community service—supervisory duties over two young men who were found guilty



Geisler leads teens on AT work

of vandalism on the trail and ordered to perform 50 hours of trail work. In an article for the *Trail Walker*, Geisler warned others about the demands of supervising such service—time and patience are essential she said. But she also wrote of the accomplishments of this unusual crew: "We completed 17 log water bars, three rock water bars, installed eight posts and

numerous log and rock steps, and did a lot of weed whacking . . . Since I am a gray-haired grandmother, strong arms and young backs were a big help, though I did my share of digging and hauling, too." One of the two finished his term by becoming a maintainer for a year.

No wonder Ron Rosen says, "She just blows away all preconceived notions of what someone should be like. People just melt in front of her." 🍃

□ *Interested in getting involved with trail work, on the AT or elsewhere? Contact the Trail Conference office: info@nynjtc.org; 201-512-9348.*

ADVOCACY TIP

Contact information for your state and federal representatives is available via www.vote-smart.org. When sending an e-mail be sure to include your full name and address; this will increase the likelihood that your opinion will be counted and that you may get a reply.

HEALTH HINTS FOR HIKERS



By Albert P. Rosen, M.D.

Snake Bites

Editor's Note: In August, two copperhead bites were reported in the Mid-Hudson Valley at Mohonk and in a Dutchess County back yard.

Recently the Food and Drug Administration (FDA) approved a new vaccine for the treatment of poison snake bites; it replaces a vaccine made with horse serum. The problem with horse serum is the severe reactions in people who are allergic to it. On occasion, the reaction can be lethal.

The incidence of snake bites is extremely rare. In all my years as chair of the safety committee of the Appalachian Mountain Club, I have no record of a participant being bitten by a snake. (I have heard of three snake-bite cases, but the victims were handling the snakes.)

The two poisonous snakes encountered in our area are the rattlesnake and

the copperhead. Of the two, the bite of the rattlesnake is more serious. If you encounter a snake, just avoid it. It is as anxious to avoid you as you are to avoid it.

In case of a snake bite on an extremity, place a bandage above, over, and below the site. Make it tight enough to hinder the toxin from spreading but not so tight that it would cut off circulation completely. Get the patient to the nearest medical facility.

Snake venom is not cheap. The vaccine costs \$775 per vial and usually ten vials are required for treatment, plus the cost of the medical facility. At the present time, Jacobi Hospital in the Bronx has been caring for most of the bite cases in this area. The local hospitals are not enthused about keeping rarely used vaccines in stock.

Avoid snakes and save your money.

FALL WORKSHOPS

MAINTENANCE "101" Saturday, September 29

The Trail Conference will be offering another opportunity for training in basic techniques, maintenance standards, and the types of problems you may encounter on the trail and how to solve them. This is a one-day course with some classroom work and the majority of the day spent working in the field. If you are interested in becoming a maintainer or want to enhance an existing knowledge of the subject this workshop is for you. The day will be spent in the Newark Watershed Conservation and Development Corporation facilities and trails in Newfoundland, NJ.

CHAIN SAW CERTIFICATION Saturday & Sunday, Sept. 29 & 30

For those who want to bring their chainsaw skills up to par with the standards set for Appalachian Trail sawyers or who need to retain their certification

for sawing on the AT. In this intensive workshop you will cover safety issues, chainsaw function and maintenance, cause and prevention of kickback, proper use of equipment, and limbing and bucking techniques. The National Park Service and Appalachian Trail Conference will provide instructors. Both days of instruction will be held at Jockey Hollow in the Morristown National Historical Park, Morristown, NJ. There are a limited number of spaces available, so make your reservations as soon as possible. Current maintainers will be given priority.

Reservations are required for both of these courses. Reservation deadline is September 21, 2001.

Contact the New York-New Jersey Trail Conference office during weekdays at 201-512-9348 or send a post card with your name, address, phone number, email address (if you have one), and the course that you wish to take to: NY-NJ Trail Conference Courses, 156 Ramapo Valley Road, Mahwah, NJ 07430-1199

LOW-IMPACT TRAINING Saturday, September 29

How do hikers affect wild places, wildlife, and each other as outdoor recreationists, sometimes in unsuspected ways?

How can hikers reduce their negative impacts?

These are the questions to be addressed in this Leave No Trace, how-to course for hikers and backpackers on treading lightly on the land. This workshop is specially tailored for hikers and hike leaders in the southern New York and northern New Jersey area. The class will meet in Suffern, then go to a trail, most likely in Harriman S.P., for most of the training. If the weather is unfavorable, it may start indoors at the Conference office in Mahwah before moving into the woods. The course will be led by certified LNT instructors.

Registration fee \$15; \$10 will be returned at the workshop. Meet at Suffern, NY, bus station/commuter lot near junction of Rt. 59 and 202 at 9:05 am. (Public transportation out of Manhattan: Short Line Bus, leaving the NY Port Authority Bus Terminal (41st St. & 8th Ave.) at 8:15 am, arriving in Suffern at 9:05 am.) Registrar: Jill Hamell, 382 Parsippany Rd., #K2, Parsippany, NJ 07054 jmh@pobox.com. If mailing registration on Sept. 24 or later, call or e-mail to confirm.

Individuals interested in becoming trainers of this course are invited to get in touch. The workshop is jointly sponsored by the Trail Conference, the New York-New Jersey Chapter of the Appalachian Mountain Club (AMC), and by AMC.

Maintainer Service Awards

Congratulations and thanks go from the Trail Conference to the following maintainers for their dedicated service. Club trails chairpersons nominate maintainers who receive their trail assignment through their club; a Trail Conference supervisor or chairperson nominates individual trail caretakers. Awardees are listed under their club or Trail Conference committee affiliation. A maintainer patch is awarded for service of one to four years; a "rocker" patch marks five or more years of service.

Adirondack Mountain Club - Long Island Rocker: June Fait. Patch: Richard Furman, Sheila Lipshie, John Lynch, Arlene Scholer.

Adirondack Mountain Club - Mohican Rocker: Doris Bosworth, Ernest Laug, Kathy Laug. Patch: Faye Leffler, Larry Peternith, Noel Schulz.

Adventures For Women Rocker: Dolores Andrews. Patch: Jennifer Francisco, Danielle Green, Barbara Harris.

Appalachian Mt. Club Patch: Gordon Greacen.

German/American Hiking Club Rocker: Henry Loddigs. Patch: Manfred Janowski, Marianne Janowski, Helga Nagy, Elfrieda Woschitz.

Interstate Hiking Club Patch: Troy Williams.

L. I. Greenbelt Trail Conference Rocker: Eleanor Krebs, John Krebs, Joan Rague. Patch: Kathy Abdis, Harold Rabinowitz, Margaret Rendrich, Steve Sullivan.

Nassau Hiking Club Patch: Harriet Katz, Tom Kuntzmann.

TC Catskills Rocker: C. William Meyer Jr.; Patch: David Galvin, Amy Hillick, Jack Persely.

TC East Hudson Patch: Frank Keech.

TC Highlands Trail Rocker: Sean Mayer, Suzanne Mayer, Christo-

pher McIntosh, Timothy Warner. Patch: Janet Carter, Suzanne Mayer, Chris McIntosh, Russ Patera, Gareth Richardsen.

TC Long Path Rocker: George Cartamil, John Delesky, Lynne Delesky, Gely Franke, Jakob Franke, John Gebhards, Sam Gellens, Donald Hendrickson, Denise Hogg, Richard Hogg, Ruth Livant, Mike Selender.

TC North NJ Rocker: Linda Rienecker. Patch: Douglas Anderson, Susan Data-Samtak, Bruce Rivas Duthays, Roberta Duty, Ron Goldberger, Daniel Hoberman, Judith Honohan, Thomas Honohan, Jeff Jones John Merchak, John Padover, Cliff Paino, Sean Pidgeon, Alicia Rivas, Scott Shepherd, Bob Stanton, Lans Wagner, Skipp Wilson.

TC Shawangunks Rocker: Phillip Fimiani. Patch: Robert Sklar.

TC Sterling Forest Patch: Virginia Livsey.

TC West Hudson Rocker: Race Brant, David Day, Thomas Dunn, Beatrice Fuzia, Thomas Fuzia, Brett Hartle, Jay A. Riklin,



Minnewaska maintainer Dava Weinstein shows her paint-splattered fingers as passing hikers enjoy blueberries and the fruit of her labor.

Baird Voorhis. Patch: Bill Horowitz, Steven Mann, Trudy Pojman, Norm Reicher, Ron Snider, Denise Vitale, Stephen Zubarik.

TC West NJ Rocker: William Beardsley, Larry Tardif, Paul Tarlowe. Patch: Alan Abramowitz, Jack Baccaglini, Robert Boysen, Ellen Cronan, Donald Griffin, Richard Rosencrans, Ewa Salewska.

TC-ATC Dutchess/Putnam, NY Rocker: Raymond P. Byrnes, Ruth Rosenthal. Patch: Ellen Kelly.

TC-ATC NJ Rocker: Terese A. Cohen, Chris Mazza, Lisa Mazza, Mark M. Payne.

TC-ATC Orange/Rockland, NY Rocker: John Giuffrida, Jan Hesbon, Michael Needleman, Gail Neffinger, Michael Rea, George Sheedy. Patch: Donald Myers.

Thendara Mt. Club Rocker: Julie Hobart, Deborah Tangen. Patch: Patricia Epstein, Renee Levine, Joan McFarland.

University Outing Club Patch: Albert Gorlicki.



Hikers' Market Place

NY-NJ TC member? YES NO JOINING NOW

Please order by circling price

Official Conference Maps

	Retail	Member	P/H	Total
NEW! Harriman-Bear Mountain Trails (2001)	\$8.95	\$6.75	+.95	_____
Sterling Forest Trails (2000)	\$7.95	\$5.95	+.80	_____
East Hudson Trails (1997, rev. 2000)	\$8.95	\$6.75	+.95	_____
West Hudson Trails (2000)	\$7.95	\$5.95	+.95	_____
NEW! Catskill Trails (2001) & see combo	\$13.95	\$10.45	+\$1.10	_____
Kittatinny Trails (2000)	\$12.95	\$9.75	+\$1.10	_____
Shawangunk Trails (2000) & see combo	\$9.95	\$7.75	+.95	_____
South Taconic Trails (1988, rev. 1998)	\$4.95	\$3.75	+.65	_____
North Jersey Trails (1998)	\$7.95	\$5.95	+.95	_____
Hudson Palisades (1991)	\$5.95	\$4.75	+.80	_____

Books

Catskill Trails: A Ranger's Guide to the High Peaks				
Book One: The Northern Catskills (2000)	\$14.95	\$11.95	+\$1.75	_____
Book Two: The Central Catskills (2000)	\$14.95	\$11.95	+\$1.75	_____
Scenes & Walks in the Northern				
Shawangunks (1999) & see combo	\$10.95	\$8.75	+\$1.75	_____
Scenes & Walks in the				
Northern Shawangunks (1999) Hardcover	\$17.95	\$14.50	+\$3.00	_____
New York Walk Book (1998) & see combo	\$19.95	\$15.95	+\$3.00	_____
New Jersey Walk Book (1998) & see combo	\$15.95	\$12.75	+\$3.00	_____
Iron Mine Trails: NY-NJ Highlands (1996, rev. 1999)	\$8.95	\$7.15	+\$1.75	_____
Health Hints for Hikers (1994)	\$5.95	\$4.75	+\$1.75	_____
Doodletown-Hiking Through History in a				
Vanishing Hamlet on the Hudson (1996)	\$12.95	\$10.35	+\$2.50	_____
Harriman Trails Guide (1999) & see combo	\$16.95	\$13.55	+\$3.00	_____
Long Path Guide to NY/NJ (1996)	\$9.95	\$7.95	+\$1.75	_____
Nature Walks in New Jersey (1998)	\$12.95	\$10.35	+\$2.50	_____
50 Hikes in New Jersey (1997, rev. 1999)	\$14.95	\$11.95	+\$1.75	_____
Best Hikes w/ Children in the Catskills &				
Hudson River Valley (1992)	\$14.95	\$11.95	+\$1.75	_____
Best Hikes w/ Children - New Jersey (1992)				
A.T. Guide for NY & NJ (1998) w/ 6 maps	\$19.95	\$15.95	+\$2.50	_____
ATK Guide to Catskill Trails (1994, reprinted 1998)	\$16.95	\$13.55	+\$2.50	_____

Combo-Packs

Catskill (5 map set & book)	\$27.80	\$21.60	+\$2.50	_____
Harriman (2 map set & book)	\$22.40	\$17.55	+\$2.50	_____
NY & NJ Walk Books	\$32.35	\$25.85	+\$5.00	_____
Shawangunk Combo (4 map set & book)	\$17.90	\$13.95	+\$2.50	_____

The Personal Touch

Hiking Cap	\$12.90	\$10.50	+\$1.50	_____
Long-sleeve Denim Shirt Circle: S M L XL	\$29.90	\$23.90	+\$3.95	_____
Polo Shirt (Forest Green) Circle: S M L XL	\$19.90	\$15.50	+\$3.50	_____
NY-NJTC T-Shirt Circle: L XL	\$13.95	\$13.95	+\$2.50	_____
Harriman Map Bandanna	\$6.95	\$5.25	+\$1.25	_____
Conference Logo Patch	\$2.50	\$2.50	postpaid	_____
Long Path Logo Patch	\$2.75	\$2.75	postpaid	_____
Conference Logo Decal	\$.85	\$.85	postpaid	_____

Subtotal _____

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*Tax must be paid by NJ residents on books, maps, misc., but not on clothing. Thank you!

Tech News

Invisible Technology

By Walt Daniels

Invisible, behind-the-scenes technology has greatly impacted the way the Trail Conference tracks information, from financial matters to membership to trails.

Recently, I was asked just how many miles of trail the Conference now maintains. A few mouse clicks delivered an answer, but it was 1,500 miles, not the 1,300 claimed on our publications. For 15 years, a database kept track of all the trails that we maintain and who maintains each section. Unfortunately, in that old system, there was no easy way to keep a running total of miles maintained. But a year ago, we switched to a new database, and the more sophisticated program allows us to add up the trail miles.

Where did those extra 200 miles come from? We are not entirely sure. We don't know exactly which 1,300 miles were included the previous figure, nor when the totals changed. The Highlands Trail contributed significantly to the increase as did the 26 miles of trails in Jockey Hollow, which were not in the database at all. But those additions do not come close to 200 miles. The new database now has a field to record the date when a trail is added to the system, so in the future we will know when and where changes occurred.

The new database also tracks joint trails, so such mileages were counted just once in arriving at 1,500 miles, eliminating double counting as a possible source of error. Inclusion of trails coaligned with others—such as the Long Path in the Catskills, the Highlands Trail, and the AT in Harriman—would have increased the total by significantly more than 200.

A third possible source of error is in the way trails were measured. Purely anecdotal evidence suggests that trails almost always increase in length on remeasuring, sometimes by as much as 2.0 percent. When lots of trails are 2.0 miles long, one suspects they were measured by

someone guessing the length based on the time it took to walk the trail. The improvement on this method was measuring the length of the trail on the map. Unfortunately not only could the route on the map be somewhat inaccurate, but the ground has more twists and turns, which add to length. Prompted by the updating of the *Walk Books*, the Conference purchased more measuring wheels so that the books could give more accurate trail lengths. More recently, global positioning system (GPS) units have made possible another level of accuracy.

The Trail Conference is about to take the next step in managing its trail information. The use of a geographical information system (GIS) will, we hope, allow us to more efficiently track and plan for expanded and better protected trail systems. With digital tax map information now available from most towns, we will be able to see the property boundaries and ownership of potential trail or viewshed lands on computer monitors or printed on maps. This fall our pilot GIS project will be in our efforts to protect the Shawangunk Ridge Trail, which crosses holdings on private land and where views are threatened by development.

It is hoped that the results of our increasing but often invisible technological sophistication will be very visible to members in better trails, better publications, and more hiking opportunities.

Walt Daniels chairs the TC technology committee.

"Elegant, accurate, clear, concise..."
—Trailwalker

"Technically sound, easy reading, richly illustrated."
—Journal of Geoscience Education

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LANDFORMS IN THE MAKING
Jerome Wyckoff

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HIKERS' BOOKSHELF



Written in Stone
A Geological History of the Northeastern United States, 2nd Ed.
Chet Raymo and Maureen E. Raymo
Black Dome Press, 2001

Reviewed by Douglas F. McBride

I read this fascinating book recently on my annual trip to Acadia National Park. When I first started going to Acadia I bought *The Geology of Mount Desert Island, Maine*, by Carleton A. Chapman, published in 1962. More recently I acquired a 1988 publication, *The Geology of Mount Desert Island*, one of whose authors is also Carleton A. Chapman. What a difference a new theory makes! The rocks are the same, but how they got there has a whole new perspective. The theory of plate tectonics, ridiculed by my Cornell geology professor in the early fifties, now underlies all geologic explanations. This scientific revolution is described in the Raymos' book and is the basis for their description of how our region became what it is today.

The book gives an overall picture, rather than being a guide to particular localities. If you look in the index you will find references to Kittatinny Mountain, Bear Mountain, the Ramapos, and other regional hiking spots. But they are mentioned in the context of their geological formation rather than to point out what you should go to see. This is to be expected in a work that covers so much territory. The large-scale view augments rather than replaces local guide books, so pre-plate tectonic guides continue to be useful to hikers.

One caveat must be mentioned. I have always had a fascination for rocks and land forms, but I recognize that many people don't. Many times I have noticed a fellow hiker's eyes glaze over at the mention of such things as cirques and slickensides. If all rocks are the same to you, this book may not be your cup of tea.

The Raymos write with great clarity. Their organization and presentation of facts are concise and consistent. The maps, diagrams, and illustrations are well chosen to augment the text. The authors presuppose only a general education in the reader. But geological history is neither short nor simple, so some effort is necessary to appreciate this book. I found that effort well worth while.

Awakening to Nature
Renewing Your Life by Connecting with the Natural World
Charles Cook

Contemporary Books, 2001

Reviewed by Jim Gardineer

As many of us now realize, the technology that surrounds us and which was supposed to make life easier is actually lessening leisure time and creating increasingly hectic lifestyles. As we rush to complete as many tasks as we can before we burn out (or burn up), many of us wonder how we can simplify our lives and connect more with the natural world. Perhaps the recently published book *Awakening to Nature*, written by Trail Conference member Charles Cook, will provide readers with the motivation for doing just that.

Cook does not advocate throwing away our current lives, jobs, and belongings and fleeing to a cabin in the woods. Instead he suggests realistic ways for people to connect with nature. He discusses the benefits of such simple activities as sitting on a park bench and outlines more involved excursions such as taking a winter walk or a multiday hike. He writes of naturalizing one's indoor setting and points out the benefits of studying nature. He poses many questions that a journal-keeper might find inspirational.

On the down side, I did find *Awakening to Nature* to be somewhat tedious, often expounding the obvious. Although the intended audience may be citizens who have no idea of where to begin, it is overly simplistic for anyone with a reasonable amount of outdoor experience. There was also redundancy among chapters.

Awakening to Nature is a good starting point for people who have little or no experience in connecting with the natural world, but for avid hikers it may prove to be oversimplified.



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FAVORITE HIKES

Short and Steep with Grand Hudson Vistas



Destination:
Hudson Highlands State Park (NY)

Distance: 4 miles

Elevation gain: 1,140 feet

Difficulty: Strenuous

Special features: Scenic grandeur of the Hudson River's narrow, winding gorge through the Highlands; accessible via the Hudson Line of Metro-North Railroad.

Resources: Map #2 from the East Hudson Trails map set (NY-NJTC, Fifth edition © 1997; revised 2000); section 3-4/A-B. New York Walk Book (NY-NJTC, Sixth edition © 1998)

Breakneck Ridge Trail, which follows along the ridge and leads to the 1,140-foot summit, with a series of broad views over the Hudson River valley. After a steep descent, a junction is reached with the yellow-blazed Undercliff Trail. Turn left here and follow this trail, built by a volunteer trail crew of the Trail Conference. It descends on switchbacks, runs along a towering cliff, goes over some huge boulders, and reaches another viewpoint over the Hudson Valley. This trail section is only 0.75 mile long, but its special and unusual features will make it seem longer than that.

Breakneck Brook, reached just short of three miles into the hike, is a great place to stop and rest. A footbridge over the brook leads to a woods road, the route of the **Brook Trail**. Turn right and follow this red-blazed trail down the valley of the brook to NY 9D. To return to your car (or, for those arriving by train, the Breakneck Ridge station), turn right and proceed north on NY 9D approximately 0.75 mile, taking care to walk facing traffic while going through the tunnel.


Since there is limited train service from the Breakneck Ridge station, those who came by train might choose instead to return from the Cold Spring station, which offers more frequent service. To reach this station, take the blue-blazed **Cornish Trail**, which branches off from the Brook Trail a short distance south of its intersection with the Undercliff Trail. The Cornish Trail passes the ruins of the former Cornish estate and leads in 1.0 mile back to NY 9D. Hikers should continue south on NY 9D (less than an eighth of a mile), then bear right onto Fair Street, which leads 0.5 mile into the village of Cold Spring. A right on Main Street takes you to the Metro-North station, where hourly train service to Grand Central is available.


By Daniel Chazin

This four-mile loop in the Breakneck Ridge area of New York's East Hudson Highlands begins at the trailhead for the Wilkinson Memorial Trail, on NY 9D, about 2.4 miles north of the village of Cold Spring and 0.3 mile north of the Breakneck tunnel. A parking area is on the west side of the road, just south of the trailhead. Those arriving by train should get off at the Breakneck Ridge station, where several northbound trains stop on weekend mornings. (For more information on train service, call the Metro-North Railroad, 1-800-METRO-INFO.) The trailhead is a short distance south of the station.

The hike proceeds up the **Wilkinson Memorial Trail**, which follows a curving woods road. In 0.5 mile, hikers should turn right onto the red-on-white-blazed **Breakneck Bypass Trail**, which leads east to a junction with the white-blazed **Breakneck Ridge Trail**. Now turn right onto the

Share a favorite walk in the NY-NJ region with Conference members. For guidelines, write to: tu@nynjtc.org or call the Conference office at 201-512-9348

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HIKERS' ALMANAC

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

More than 80 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, send an SASE with your request to NY-NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430

Club Codes

- | | |
|---|--|
| ADK-H: Adirondack Mt. Club, Mid-Hudson Chapter | NYR: New York Ramblers |
| ADK-J: Adirondack Mountain Club, North Jersey Chapter | OUT: The Outdoors Club |
| ADK-R: Adirondack Mountain Club, Ramapo Chapter | PIPC: Palisades Interstate Park Commission |
| FVTW: Frost Valley Trailwalkers | POPOW: Protectors of Pine Oak Woods |
| GAH: German-American Hiking Club | RVW: Rip Van Winkle Hikers |
| IHC: Interstate Hiking Club | UHC: Union County Hiking Club |
| MSC: Miramar Ski Club | UTC: Urban Trail Club |
| MJO: Mosaic Jewish Outdoor Mt. Club | WEC: Weis Ecology Center |
| MP: Mohonk Preserve | WTW: Woodland Trail Walkers |
| NYHC: New York Hiking Club | 3500 CLUB: Catskill 3500 Club |

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

SEPTEMBER

SATURDAY, SEPT. 1

3500 CLUB. Halcott (3537) and NE Halcott. Leader: Larry Armstrong, 607-783-2730, 7-9 pm. Meet: Call leader to register Aug. 27-31. Moderately paced bushwhack of 6 miles with 2200 ascent. Heavy rain cancels.

WTW. Old Croton Aqueduct. Leader: George Thomas, 914-591-7102. Meet: Take 9:20 am Metro North train to Irvington. Drivers meet at Irvington RR station by 10 am (will return to cars on RR). 8 moderately paced miles: up one hill to the trail and a downhill road walk to end at Scarborough RR Station.

SUNDAY, SEPT. 2

IHC. Pyramid Mountain. Leader: Neil Weiss, 973-625-0078. Meet: 9:30 am at Pyramid Mt. Visitor Center, Rt. 511, Kinnelon, NJ. Moderate hike in morning to see glacial erratics; moderately strenuous hike in the afternoon (for those who wish to continue) to Turkey Mt., climbing the infamous 100 Steps trail.

UHC. Pyramid Mountain. Leader: Micky Segel, 201-797-7054. Meet: 10 am at Pyramid Mountain Visitor Center parking lot. Bring your lunch to eat at a rest stop at one of the world's wonders, Tripod Rock. This moderate hike is a very rewarding experience. Call leader if in doubt due to inclement weather.

NYHC. State Line to Nyack via Piedmont. Leader: George Glatz, 212-533-9457, call 7-8:30 am. Meet: 10:15 am at George Washington Bus Terminal, upper level info area. Will take 10:40 bus (\$10.05 round trip). 8 miles on the Long Path, with scenic views of the Hudson.

THURSDAY, SEPT. 6

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

FVTW. Anthony's Nose. Leaders: Charles & Anita Kientzler, 973-835-1060. Meet: 10 am at Bear Mtn. Inn. 7-10 miles on the Camp Smith trail. East side of the Hudson, with spectacular views of the Hudson Highlands, Bear Mtn. bridge, and Iona Island.

SATURDAY, SEPT. 8

MJO. Pelham Bay Park and City Island. Leaders: Nestor Danyluk, 718-364-6445 & Sheila Myers, 212-288-6707. Meet: Early am start @ 8th & Lexington Ave. 10-12 mile walk to City Island via Pelham Bay Park passing through forests and wetlands. Stop at the Bartow-Pell Mansion; enjoy New England-like rocky coastlines and Orchard Beach. After a possible beach stop, if there is interest we will head over to the nautical neighborhood of City Island. Bring a Metrocard, 2 liters of water, and lunch. Optional restaurant or picnic dinner to follow. Limited to 15 people. Non-member fee \$5 or free with Guest Card.

IHC. Sam's Point Preserve, Minnewaska. Leader: Ise Dunham, 973-838-8031. Meet: 8:30 am at municipal parking lot, Suffern, NY (Rt. 202 & 59). Don't miss out on spectacular Verkeerder Kill Falls, the Pine Plains, and a great view from High Point. Moderately strenuous; return via Lake Maratanza. Bring single dollars for ride share on car pool and parking fee. Rain cancels.

3500 CLUB. Plateau (3840') and Sugarloaf (3800'). Leader: John Nye, 845-278-2770. Meet: 8:30 am at Warms Restaurant in Tannersville. Moderately paced hike of 10 miles with 2600 ascent. Heavy rain cancels.

MP. Singles Hike to Millbrook Mtn. & Awosting Falls. Leader:

John Upton, 845-229-6217. For information or to make reservations call 845-255-0919 (fee for nonmembers). Strenuous, long hike of 8-9 miles.

SUNDAY, SEPT. 9

UHC. South Mountain Reservation. Leader: Dot Bereman, 908-464-9546. Meet: 10 am at Bramhall Terrace parking lot on Crest Drive. A moderate 4-mile ramble using unusual trails.

OUT. Udall's Cove Park Preserve. Leader: Al Flanzer, 516-829-6328. Meet: Take 9:19 am LIRR from Penn. Station to Little Neck, arriving at 9:50. Fare \$8.40, nonmember fee \$3. 8 easy miles through unusual nature preserve and beautiful residential area along Little Neck Bay to Salt Pond, with its magnificent wading birds.

WTW. Ringwood-Skylands Circular: Governor Mtn. Leader: Cliff Haney, 973-228-8647. Meet: Contact leader. 5 moderately paced easy miles with one hill to Governor Mtn. and a great view. Rain cancels.

NYHC. Staten Island Greenbelt. Leader: Bob Ward, 718-471-7036. Meet: Phone leader after 8 pm for meeting place and time. Easy 4-mile hike through one of the last unspoiled wooded areas in New York City. Go to highest point on the Atlantic Coast south of Maine (only 400 feet!).

MONDAY, SEPT. 10

RVW. Fahnestock State Park, Hubbard-Perkins. Leader: For more information call 845-246-8670. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 am. Moderate hike of 6.9 miles. Inclement weather date is following Monday.

TUESDAY, SEPT. 11

FVTW. Patriot's Path. Leader: Leon Wasserman, 973-887-8622. Meet: 9:30 am at Cooper Mill on Rt. 513, just west of Rt. 206 in Chester. Moderate hike of about 7 miles from Cooper Mill to Bamboo Brook Outdoor Education Center.

WEDNESDAY, SEPT. 12

OUT. Greystone-Irvington via Old Croton Aqueduct. Leader: Hal Kaplan, 914-376-3156. Meet: Take 11:20 train from Grand Central to Greystone, arriving 11:57; drivers park near Greystone RR station. 8 moderate miles along the Old Croton Aqueduct and several side trails in nearby parks. Hike briefly on the long-forgotten Algonquin trail and the new Rowleys Bridge trail. Lunch in Hastings Waterfront Park. Inclement weather cancels.

THURSDAY, SEPT. 13

UHC. Wyankie Circular. Leader: Mary Dell Morrison, 908-684-1173. Meet: 10 am at Weiss Ecology Center, Englewood, NJ. Moderately strenuous circular hike which may include Chickahokee Falls and Otter Hole. Steady rain cancels.

SATURDAY, SEPT. 15

MJO. Appalachian Trail Hike, NY. Leader: Herb Gecht, 718-743-5825, 7-9:45 pm on Mon. 9/10-Thurs. 9/13 only. Meet: Call leader; public transportation available. Moderate 8-mile hike to Wildcat Shelter and Fitzgerald Falls. Bring lunch and at least 2 liters of water. Rain cancels.

3500 CLUB. Kaaterskill High Peak (3655'). Leader: Margaret Freifeld, 914-666-0710, 8-10 pm. Meet: 9:30 am at Plattekill Rd. parking area. 8-mile moderate hike with short bushwhack, 1900 ascent. Heavy rain cancels.

OUT. South Mtn., Millburn, NJ. Leader: Judy Levine, 718-482-9659, evenings. Meet: 8:15 am at Penn Station, NJ train windows to take 8:42

train. Fare \$10 round trip, nonmember fee \$3. Hilly, sometimes rocky, 9 miles through forest with many small hills, some steeper. Must wear hiking boots. Rain cancels.

WTW. Highland Trail. Leader: Wanda Gilbert, 973-334-7585. Meet: 9:30 am at Newfoundland bus parking lot (8 am NJ Transit bus #194 from Port Authority to Newfoundland). Highland Trail up to Clinton Reservoir overlook; possibly take Yellow trail to Buckbear Pond.

MP. Singles Hike on High Peters Kill Trail. Leader: John Kenny, 845-436-6046. Meet: For information or to make reservations call 845-255-0919 (fee for nonmembers). Moderate 6-7 miles; dip your toes in the stream.

SUNDAY, SEPT. 16

UHC. South Mountain Reservation. Leader: Naomi Shapiro, 973-762-1832, call before 9 pm. Meet: 10 am in Looust Grove parking lot, across from Millburn RR station. A brisk 5-mile ramble with steep up at the beginning. Make sure to bring plenty of water, hiking boots, and a snack for energy. Steady rain cancels.

WEC. Sterling Forest AT Hike. Leader: To register and send payment, call 973-835-2160. Meet: 9 am, 8 very strenuous miles on the Indian Hill trail, one of the newest and most strikingly beautiful loop hikes. We'll tie this in with an equally spectacular section of the Appalachian Trail through dense, old growth forest and over some serious boulders. Cost \$4 members, \$5 non-members.

IHC. Long Path-Nyack Beach to Long Clove. Leader: Brian Mazur, 973-478-5285. Meet: 9 am at McDonald's, Rt. 59, Nyack, NY. Starting from the Hudson, we ascend Hook Mtn., whose summit affords splendid views of the Hudson. Views from along the ridge throughout the hike. 7.5 miles, moderately strenuous.

3500 CLUB. Fir (3620') and Big Indian (3700'). Leader: Stephen Fishman, 845-331-1206, Mon.-Thur. before 10 pm. Meet: Call leader to register Sept. 10-13. 10-mile moderately paced bushwhack, 2500' ascent. Rain cancels.

GAHC. Gateway National Park/Sandy Hook. Hike and swimming. Leaders: Henry and Gisela Loddigs, 718-899-1052. Meet: First parking lot on right side after toll station, 9:30. NJ Turnpike to Exit 11 connection to Garden State Parkway, to Exit 117 for Route 36 South. Continue to drawbridge, immediately at its end exit right, following signs to Sandy Hook Park.

MONDAY, SEPT. 17

RVW. Four Mt. Hike: Eagle, Haynes, Balsam & Belleayre. Leader: For more information call 845-246-7987. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 7 am. Strenuous hike of 9.7 miles, with one bail-out point. Inclement weather date is following Monday.

WEDNESDAY, SEPT. 19

OUT. Old Croton Aqueduct. Leader: Oliver Wayne, 201-840-4145. Meet: 9 am at Grand Central Station information booth. Nonmember fee \$3. 9 flat miles at moderate pace from Greystone, NY, to Irvington, NY. Possible dinner in Irvington.

THURSDAY, SEPT. 20

FVTW. Long Path-Lamont-Doherty to Nyack. Leaders: Carolyn

& Jim Canfield, 973-728-9774. Meet: 9:30 am at McDonald's on Rt. 59 (exit 11 from NYS Thruway). 10+ miles on the Long Path from 9W at Lamont-Doherty to Mountain View Ave., Nyack.

SATURDAY, SEPT. 22

RVW. Hudson Valley Ramble: North Lake to North Point. Leader: For more information call 845-246-4145. Meet: Sawyer Savings Bank parking lot, 87 Market St., Saugerties, 8 am. Moderate hike of 5 miles. Inclement weather date is following Saturday.

UHC. Tourne Park, Boonton. Leader: Susan Jacobs, 973-402-2555. Meet: 10 am at the second parking lot. This will be a moderate hike by a stream and lake and an old trolley line.

OUT. Chelsea to Chinatown. Leader: Helen Yee, 212-348-5344, before 10 pm. Meet: 10:30 am inside Jackson Square Park at 13 St. and 8th Avenue. 7 moderate miles at steady pace. After a tour of Chelsea including a visit to some art galleries, we'll walk along the Hudson to Tribeca on our way to Chinatown for an early dinner. Heavy rain cancels. Nonmember fee \$3.

NYHC. West Mtn. to Pawling on the AT. Leader: Mike Puder, 718-743-0920, call week of hike for recorded message giving meeting time. Meet: Grand Central Station to take train to Pawling. Very steep hills and mountainous terrain: 9 miles.

ADK-H. Shaupenaek Ridge in Esopus. Leader: Michele VanHoesen, 845-691-7442 (6:30-9:30 pm). Register by Sept. 19th. Meet at Park & Ride, Route 9W and Route 299, Highland. 6-7 miles, with views of the Hudson River. Rain cancels. Bring water and lunch.

UTC. AT, West Mountain to Pawling. Leader: Mike Puder, 718-743-0902. A very steep hill and mountainous terrain. Meet at Grand Central Terminal to take train to Pawling. Bring Lunch/Water. Please call leader week of hike for meeting time. Call any time for recorded message. Joint hike with other clubs.

SUNDAY, SEPT. 23

TC/ADK-HI Hudson Valley Ramble. Nuclear Lake. Leaders: Jane Geisler and Bill Beehler, 845-677-9909. Meet at unpaved parking area at intersection of Old Route 55, 292, and 55, 9 miles east of the Taconic State Parkway. Easy 3-4 miles on old road and wooded areas around the lake, including a short section of the AT. Bring snack.

TC/Hudson Valley Ramble. Camp Smith Trail, eastern Hudson Highlands. Leaders: Jane and Walt Daniels. Meet at 9:30 am on Rt. 9D just north of the Bear Mountain Bridge. Parking is on the riverside of the road. 4.3 mile hike parallels Hudson River and ascends Anthony's Nose.

TC/Hudson Valley Ramble. Long Path on the Palisades. Leader: Jakob Franke. 6-mile hike follows the crest of the Palisades and features a short bushwhack down to Skunk Hollow, a historic 19th-century black settlement, followed by a shore walk along the Hudson River to a waterfall and the remnants of Lawrence Gardens. Hikers should meet at 11 am at the entrance to the Lamont-Doherty Observation Center on Rt. 9W on the New York-New Jersey state line. Public transportation is available from the George Washington terminal in New York City via Red and Tan buses #9 and #9A.

IHC. Arden Circular. Leader: Roy Williams, 973-283-9756. Meet: 9 am at Elk Pen parking, Arden, NY. Moderately strenuous hike. Old Arden

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