



TRAIL WALKER

New York-New Jersey Trail Conference – Maintaining 1,716 Miles of Foot Trails

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Delaware River or Bust! The Highlands Trail Nears a Landmark

The push is on for the Highlands Trail in New Jersey. Volunteers led by Glenn Oleksak and Adam Rosenberg, co-supervisors of the trail, are on track this fall to develop one of the trail's final links through Hunterdon County in New Jersey to near the Delaware River. If all goes according to plan, HT Trail Committee Chair Gary Haugland says there will be a celebration event on the river bank this spring, in Riegelsville, PA, where the trail will cross and continue, developed by Appalachian Mountain Club, into the Pennsylvania Highlands.



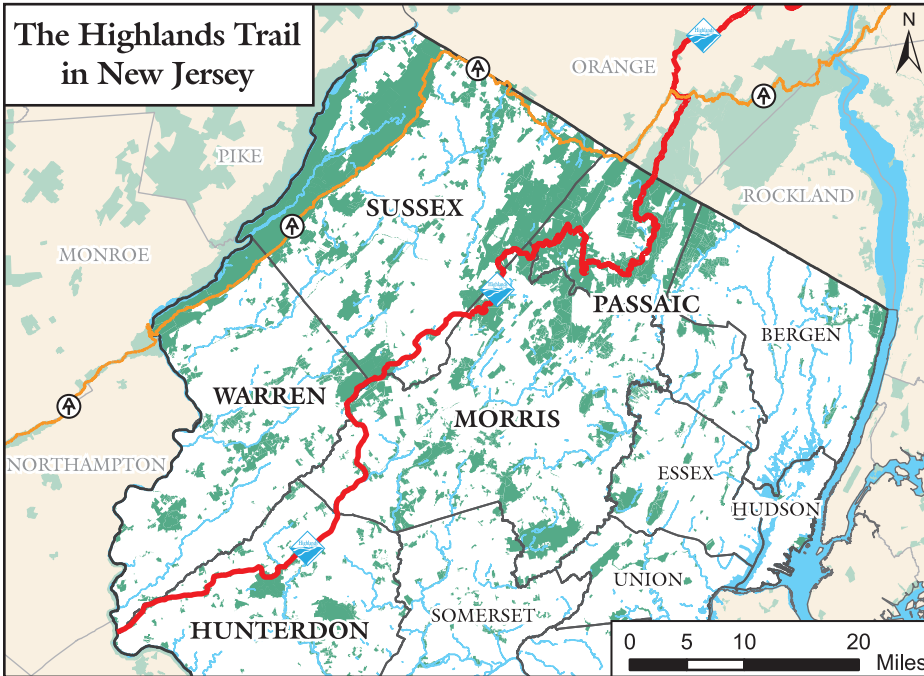
HT co-supervisors
Glenn Oleksak and Adam Rosenberg

A Trail with a Conservation Agenda
The Highlands Trail, a combination of co-alignment on established trails, new trails, and road walks, was born in the mid-1990s, envisioned as a bi-state trail running 150 miles from the Hudson River in New York to the Delaware River in New Jersey. The idea, says Gary Haugland, grew out of the burgeoning efforts to preserve open space in the Highlands of New York and New Jersey in order to protect water resources, wildlife habitat, and natural

recreation areas for residents. A long-distance trail through the region would help bring public attention to the existence and vulnerability of this extensive swath of green. Then TC Executive Director JoAnn Dolan was an early champion of the idea, and creating the trail became a Trail Conference project. Bob Moss became the trail committee's first volunteer.

"In 1994, I retired early and devoted many hours to the Sterling Forest preservation project," Bob Moss recalls. "This brought to JoAnn Dolan's attention that I had some time on my hands, and John Myers [former TC land acquisition consultant] asked me to start attending meetings of the ad hoc Highlands Trail Committee, consisting of representatives of all the outdoor groups that could be thought of (Sierra Club, AMC, etc.), New Jersey Conservation Foundation, the state, counties, and active individuals. Soon I was chair pro temp. Next John started sending me out to the field to look at properties and potential trail routes, getting information from tax maps (which were not available online quite yet), etc. In 1995, the Trails Council formally created the Highlands Trail Committee, and appointed me chair.

"I loved the concept of a long-distance trail through New Jersey. Equally enthralling was the chance to build hiking trails into new areas. Having lived here since 1947, and hiked here since 1950, I thought I knew the state, but there were so many beautiful places that I had no idea of. It also gave me an excuse to spend half my time in the woods."



"Up hill in both directions"

When Bob stepped back from his leadership role with the HT committee—he continues as a maintainer of a section in Hopatcong—Glenn Oleksak stepped forward to take his place as Trail Supervisor for New Jersey. He now shares the job of covering the HT from the Hudson to the Delaware with co-supervisor Adam Rosenberg. Glenn had joined Bob's work trips on the trail and says he "got bit by the HT bug."

"There's some mystique about it. A long-distance trail that is kind of obscure—not a major route like the AT. I liked that it wasn't always up on ridge tops—that it went along stuff like the Morris Canal and old railroad beds at times. That some sections are lightly built and almost seem sort of secretive." He patrols the full length of the trail at least once a year, "usually as a thru-hike."

"One of the biggest long-term challenges is making sure that the maintenance of the trail stays up to TC standards," Glenn says. "I have continually stated that I would not concentrate so much on building new trail that the old stuff grows in behind us. Thanks to Adam Rosenberg's help, we have given as much emphasis on maintenance as to building new trail."

Another challenge, especially this past year, has been working to get permanent easements for the trail on private property. "The general problem with long-distance trails is landowner agreements," notes Gary Haugland. "Many agreements have been tenuous in the past. As land changes hands, agreements may go by the board." That and other changed circumstances may result in discontinuities in a trail's

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Trails, New Volunteer Opportunities in the Future for Westchester's Angle Fly Preserve

The NY-NJ Trail Conference is excited to be working with Somers Land Trust, Westchester Land Trust, the Town of Somers, Teatown Lake Reservation, and other key supporters to design and construct a network of trails at Angle Fly Preserve. The preserve, named after the natural stream running through it, is the last natural brook-trout spawning stream in Westchester County. A mixture of wetland, stream, forest, and upland habitats encompass the 654-acre preserve.



Visitors explore a proposed trail route at Angle Fly Preserve.

Angle Fly Preserve was purchased in 2006 through the cooperation of Somers Land Trust, Westchester Land Trust, New York City Dept. of Environmental Protection, and New York State Dept. of Environmental Conservation. The recent Angle Fly Preserve Comprehensive Management Plan articulates the desire for a trail network that protects the existing important and sensitive habitats while opening up the preserve for educational and recreational uses. An archeological site survey and an environmental assessment have occurred and are important resources in the trail design and layout process.

On September 28, Somers Land Trust held its annual membership meeting at Angle Fly Preserve. Invasive plant samples (taken from Angle Fly Preserve) were showcased, along with information about the impacts of invasive plants on native habitats. Hikes, led by Rod Christie, executive director of Mianus River Gorge Preserve, took community members through sections of Angle Fly Preserve. This provided an opportunity to see some of the proposed trail routes and learn about plants, insects, amphibians, and birds along the way.

Somers Land Trust has created the Friends of Angle Fly group to promote the public enjoyment of these natural lands while protecting them.

If you are interested in being a part of activities at Angle Fly Preserve, contact Michael Barnhart, info@SomersLandTrust.org, or Christie Ferguson, East Hudson Regional Representative, ferguson@nynjtc.org, to learn about trail building and maintaining opportunities.



Hike-a-thon Raises \$15,000 for Trails

Forty-one hikers, both members and non-members of the Trail Conference, raised over \$15,000 in the first-ever Trail Conference Hike-a-thon on October 4 at Bear Mountain State Park. The event, co-sponsored by the Palisades Interstate Park Commission, aimed to raise funds for trail projects at the park, in particular, for the People for Trails interpretive exhibit that is a component of the Bear Mountain Trails Project. Special thanks go to Eric Fuches-Stengel, Robert Fuller, and the Begin family for leading the way with pledges and support totaling over \$5,500. Pictured are those who were on hand at the 8 am start of the event, which was marked by an environmental leadership award to the Trail Conference from the Global Sports Alliance (GSA). (Learn more about the award on page 2.) The Trail Conference plans on holding its second Hike-a-thon next year on October 3, 2009 to raise money for trail projects in public parks throughout our region. A big thank you also goes out to the NJ Search and Rescue and David Lankford and his US Army Cadets for patrolling the course.

TRAILWALKER

VOLUME XXXV, No. 6 NOVEMBER/DECEMBER 2008

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The TRAIL WALKER (USPS Permit #1239) (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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Mission Statement

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

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

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From the Board of Directors

By Malcolm Spector

If You Are Reading This:



Most Likely You Are a Member of the Trail Conference.

Perhaps you are one of over 1,000 trail maintainers, each watching over a section of trail, visiting it two or three times a year (or more) clipping back the blueberry, the pesky scrub oak, various weeds and vines and ferns that have no name, looking for drainage problems, blow-downs, carrying out trash. No doubt, while cutting back last year's growth, or repainting blazes or rebuilding cairns, you encountered hikers on "your" trail who thanked you for making it easier for them to follow a foot path through the wilderness. (You put in over 32,000 hours of volunteer time doing this last year.)

You may be a volunteer in the TC office in Mahwah. We are after all a small business and we need all the help we can get, fulfilling orders, preparing our packets of publications, sending out notices and newsletters. Perhaps you have helped the publications committee, GPSing trails or field checking maps and books. (You put in over 11,000 hours of volunteer time doing this last year.)

But Wait: You Might Be a Lapsed Member.

Yes, we continue to send the *Trail Walker*, for a time, to former members, hoping not to lose them. We wonder: Did we do something to alienate you? What happened? Did you move away or just overlook those renewal notices? Saying goodbye is so hard. Don't just go away. Talk to us. We are very proud of our new roles in acquiring and protecting land, advocating for trails friendly legislation in Trenton and Albany. What's not to like? But if you disagree, let us know. Give us feedback. Come back.

You Might Be Reading This Even If You Are Not a TC Member.

You belong to a hiking club, or you have hiking buddies, and after a hike, you are downing a brewski with those smelly feet up on the back porch, **reading your buddy's *Trail Walker***. Why he has not explained to you how important it is to support the Trail Conference is beyond me. Since 1920, the Trail Conference has been the umbrella organization that advocates for and protects the interests of hikers. We build and maintain the trails; we publish the maps and books, we train armies of volunteers in outdoor stewardship. We have over 9,300 members. We deserve your support. Your buddy should lean on you to join; then you can read your own *Trail Walker*.

Pssst...
the Trail Conference
enables hiking in
our region.
Spread the word.

The Real Nightmare

You are NOT reading the *Trail Walker* because, even though you are one of over 100,000 members of clubs affiliated with the Trail Conference, even though you hike on trails maintained by the Trail Conference, even though you use maps and books published by the Trail Conference, and even though you have probably walked right over volunteers maintaining the trails even as you walk on them, you have never made the connection between what you are doing and what the Trail Conference is doing. Please wake up. Connect the dots. What we do enables you to do what you do. Will someone at your hiking club please turn on the light? Get involved. Thank you.

Malcolm Spector is a life member of the Trail Conference. He maintains a section of the blue trail at Sam's Point and has just completed a nine-year stint on the TC Board of Directors.

TC People: 'Too Robust to be Disheartened'

On October 4th, the New York Team of the Global Sports Alliance kicked off the first annual Trail Conference Hike-a-thon by honoring the Trail Conference for its leadership in conservation, recreation, stewardship, and education. The award commemorated the 85th anniversary of the first completed section of the Appalachian Trail at Bear Mountain at an event that raised funds to support the trails project at Bear Mountain, which will relocate and restore a portion of the AT.



Global Sports Alliance honors the Trail Conference history of service.

The Global Sports Alliance (GSA) is an official partner of the United Nations Environment Program (UNEP). Its mission is to promote environmental awareness and action among sports and outdoor recreation enthusiasts around the world.

Kevin Trotta, New York team captain for GSA, presented the GSA Ecoflag to TC Executive Director Ed Goodell. "It is a great pleasure for me to be here today in the company of vibrant people, too engaged in living robust lives to be disheartened by the prevailing doom and gloom felt in some sectors," Trotta said at a brief ceremony. He described the Trail Conference as "an organization founded on the fundamental premise that if you really want something good to happen, you roll up your sleeves and work to make it happen... In light of the Trail Conference's extraordinary volunteer-powered public service and truly inspiring accomplishments in defense of recreation and the natural world, I present you with the Ecoflag as a token of our respect and gratitude."

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From the Executive Director

Sampling Progress at the Bear Mountain Trail Project with the Wednesday Hikers

By Edward Goodell



SUSAN STERNGOLD

After a lunch break on Bear Mountain summit, the group poses before pressing ahead.

Since the 1960s, a group known as the Wednesday Hikers has been meeting for weekly hikes in our area. Recently, I had the pleasure of leading 60 or so members of this congenial group on my first ever complete walk of the new but incomplete route of the Appalachian Trail over Bear Mountain. The hike was an opportunity for me to survey progress of this largest of Trail Conference projects and to show it off and explain it to a group that regularly enjoys trails but is not affiliated with the Trail Conference (though many individuals are TC members).

The entire project is scheduled to be finished in 2013, but significant and impressive portions of the trail, particularly on the steep and boulder-strewn east face of the mountain, are virtually complete, though are not yet officially open. Other parts are still under construction, and some parts are nothing more than a few ribbons of surveyor's tape tied to branches along the way.

All in all it was a delightful and interesting hike, and we came away with a better appreciation of the need for a project of this scope to cope with the extremely heavy visitation and resulting foot traffic at Bear Mountain.

Thanks, also, to Bob Maloney who provided the hike stats above, both Susan Sterngold and Peter Heckler for their photographs and, especially, Naomi and Dave Sutter for arranging the hike.



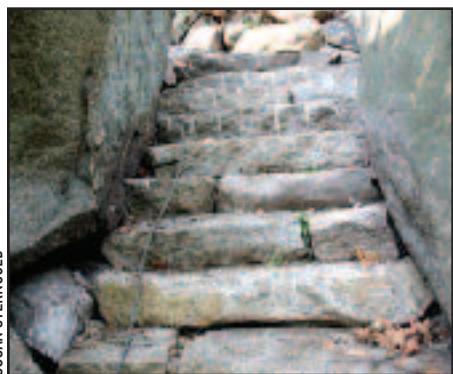
PETE HECKLER

We met and made many fine friends along the way including this praying mantis on the Bear Mountain summit.



SUSAN STERNGOLD

Wednesday regular and Trail Conference volunteer Richard Zinn prefers to lead.



SUSAN STERNGOLD

In this most heavily travelled section of the AT, massive stone steps are the best way to eliminate the trail erosion that plagues the existing trail.

Total Miles: 3.98 Miles
Elevation Gain: 1427 Feet
Loss: 1439 Feet
Avg. Uphill Grade: 16.7 Pct.
Avg. Downhill Grade: 14.5 Pct.
Maximum Height: 1289 Feet
Minimum Height: 163 Feet
Total Time: 4:28 Hours
Moving: 3:30 Hours
Stationary: 0:59 Hours
Average Speed: 1.14 Mph
Uphill: 0.88 Mph
Downhill: 1.36 Mph



SUSAN STERNGOLD

We met Bill Horowitz on the Major Welch Trail as he touched up his blazes in anticipation of turning over his maintainer duties to another volunteer at the end of the month.



PETE HECKLER

At one juncture near a road we set up a hiker's escalator to allow people to more easily negotiate this crib wall. Project plans call for stone steps to be built at this location.

DEC Finalizes Catskill Park State Land Master Plan: Wilderness Areas Expanded, Bike Routes Approved

The plan guiding the future management of the state's 292,000 acres in the Catskill Forest Preserve has been finalized, New York State Dept. of Environmental Conservation (DEC) Commissioner Pete Grannis announced in early September. The update to the Catskill Park State Land Master Plan has been the subject of extensive public comments and reviews. Among other changes, the plan expands Wilderness areas and adds a new "Primitive Bicycle Corridors" classification. It also includes invasive species management to address emerging threats to resources.

The Trail Conference participated in the master plan process and is generally pleased with the results. Several Wilderness areas have been expanded, strengthening protection of these crucial lands. Much of the Hunter Mountain area, including Southwest Hunter, formerly categorized as Wild Forest, is now included in the Hunter-West Kill Wilderness Area. The Windham-Blackhead Range area, previously Wild Forest, is also now designated as Wilderness. Together these two Wilderness areas include 11 peaks over 3500 feet: Balsam, Sherrill, North Dome, West Kill, Rusk, Hunter, and Southwest Hunter (Hunter-West Kill Wilderness) and Black Dome, Blackhead, Thomas Cole, and Windham High Peak (Windham-Blackhead Wilderness). The latter also includes Acra Point, Burnt Knob, and Stoppel Point, all popular hiking destinations along the Long Path.

Several Wilderness areas have been expanded, strengthening protection of these crucial lands.

While the Trail Conference did not object to creation of a new Primitive Bicycle Corridor classification, it did object to proposals to permit bicycles on the Overlook Turnpike route on Overlook Mountain and the Colgate Lake-Dutcher Notch Trail. Though these objections were not successful, the plan does call for prohibiting the use of bicycles and motorized vehicles in Wilderness areas.

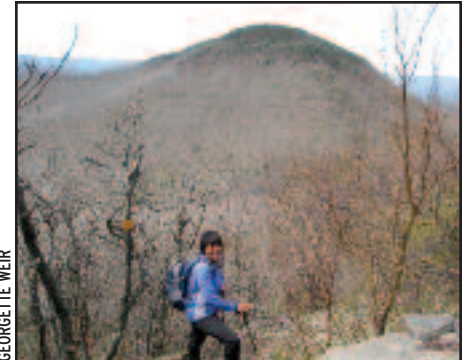
The question of permitting bicycle use on the Long Path/Escarpment Trail in the new Elm Ridge Wild Forest appears to be left open. The Trail Conference does not oppose new bike corridors in the Elm Ridge Wild Forest, but strongly objects to their use on the Long Path. The issue is expected to be addressed when a Unit Management Plan for the new area is developed.

Trail Conference Executive Director Ed Goodell comments, "By reallocating and strengthening the wilderness and wild forest areas within the Catskill Forest Preserve, this plan manages to simultaneously balance the needs of various users and remain true to the 'forever wild' designation in the state constitution."

The Catskill Forest Preserve is part of the Catskill Park, which consists of 705,500 acres of public and private lands. Since its creation in 1885, the Forest Preserve in the Catskills has grown from 34,000 acres to nearly 300,000 acres of public land within Delaware, Greene, Sullivan, and Ulster

counties. Forest Preserve lands are protected under Article 14 of the state constitution as "forever wild" and cannot be logged, leased or sold, and must be managed to protect wilderness values. The state pays property taxes on DEC land.

The original Catskill Park State Land Master Plan was developed in 1985 and classifies state forest preserve lands within the park based on their physical character and capacity to accommodate human use. This resulted in four land classifications: wilderness, wild forest, intensive use, and administrative. The plan also designates management units and directs DEC to develop individual unit management plans that guide management activities and public use of those units.



GEORGETTE WEIR

Looking back at Black Dome from Blackhead.

In 2003, a proposed draft revision of the Catskill Park State Land Master Plan (CPSLMP) was released for public review and comment. In response to the input received, DEC revised the draft and proposed a new version in April 2008 for additional public review and comment. This final plan reflects that input. Revisions recognize existing and future mountain biking opportunities on state lands in the Catskills and commit DEC to preserving bike trail corridors.

Specific changes from the original plan include the following:

- Create a new land classification - Primitive Bicycle Corridor - to encompass approximately 156 acres. The Master Plan reclassifies four trail corridors (100 feet wide) through existing or proposed new wilderness areas, mostly in Greene County, that will allow the public to use a bicycle but will otherwise be managed according to wilderness guidelines. These corridors are along old roads and have had historic bicycle use:

- Indian Head Wilderness: Mink Hollow Road - its entire length through the Indian Head Wilderness (3.2 miles)
- Indian Head Wilderness: Overlook Turnpike from the Overlook Mountain Wild Forest boundary to Platte Clove and Prediger Road (4.5 miles)
- Hunter-Westkill Wilderness: Diamond Notch Road - its entire length through the Hunter-Westkill Wilderness (3.2 miles)
- Blackhead Range Wilderness: Colgate Lake - Dutcher Notch Trail, an old road including Colgate Lake Wild Forest to Stork's Nest (2.4 miles)

- In Wild Forests, allow for bicycle use on roads open to the public, state truck trails, old wood roads, foot trails, snowmobile trails, and horse trails, unless such use is deemed unsuitable through the Unit Management Planning process.

- Increase the size of the Colgate Wild Forest from 600 acres to 1,495 acres, utilizing the 2,400-foot contour as the boundary. This will provide increased opportunities for recreation appropriate in Wild Forests, including bicycle use.

- Include invasive species management, as the original Master Plan did not contain any reference to this emerging threat. DEC and its new Office of Invasive Species will work with the Catskill Region Invasive Species Partnership to help identify and educate the public about invasive species. In addition, DEC may take necessary actions to control exotic invasive species where there is potential for significant degradation to the native ecosystem.

The complete plan and map is available online at www.dec.ny.gov/lands/43013.html



Conservation & Advocacy



From the
Conservation Director:
William P. O'Hearn

Let's Not Panic in the Face of the Economic Downturn

For those of us who are movie buffs, the latest economic crisis reminds us of the famous film *It's a Wonderful Life*, in which Jimmy Stewart plays George Bailey, whose family runs a little building and loan association in Bedford Falls, New York, that provides home loans for working poor in the area. In one memorable scene, there is a run on the local banks in town, perhaps part of the banking crisis of 1933, and Bailey uses his honeymoon money to pay off the withdrawals from the Bailey Building & Loan and stay in business—with two dollars left in the company's vault.

Like George Bailey, we are now facing an intense economic crisis that will have direct and negative effects on New York and New Jersey. And like him, we need to stay cool and get through the tough times

that are only just beginning, and that, as of this writing in September, may get considerably worse.

The good news for the Trail Conference is that our core business is supporting volunteer trail maintainers on about 1700 miles of trails in our two states, which is an extremely cost-effective, low-budget service, both for our state agency partners and for the public at large. As a dirt-cheap recreation alternative, free trails in no-charge state parks look pretty good this fall and winter.

Even here, though, the collapse of Wall Street and high fuel costs have had an impact. Many of our trail maintainers are retirees on fixed incomes who travel from urban areas to the backwoods to manage their trail segments, and they tell us that gas prices are causing them to look for mass transit alternatives and cut back on the numbers of trips they take.

On the conservation front, the frustration for us is that the economic crunch is making open space less costly and more available, as I mentioned in an earlier column, at the same time that it is hammering the resources available to take advantage of the opportunities—funds held by founda-

tions, non-profits, and individuals and the revenues coming into counties and municipalities. In other words, there is a ton of good land on the market, but precious little funding available to buy it.

But there is some funding out there, and like the two dollars left in the Bailey Building & Loan, with some careful management and creativity, we can stretch these dollars to stay in business. For example, the Trail Conference has been using our local contacts in the Southern Gunks to locate desirable properties near our long-distance trails, and then passing these projects on to bigger land trusts and state agencies and assisting them in closing these deals.

We are looking at a number of possible property donations, trail easements, rails-to-trails projects and other low-cost projects that advance the mission of the Trail Conference without incurring any new debt. So, while you may not see any front-page stories on major acquisitions for a while, rest assured that we are quietly continuing to protect and expand our trail network, one property and one trail segment at a time. I think George Bailey would be pleased.

Conservation & Advocacy News Notes

Make sure you get Action Alerts from the Trail Conference so that you can help support our region's trails, parks, and open spaces. Set your email program to accept mail from the New York-New Jersey Trail Conference!

NEW YORK

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Bluestone Mountain Gateway to Catskills

The Open Space Institute (OSI) and New York State Dept. of Environmental Conservation (DEC) announced the acquisition of nearly 20 acres of prime recreation land at the southeastern gateway to the 300,000-acre Catskill Forest Preserve. The 19.52-acre Frazer property will be conveyed to DEC and managed as part of the Catskill Forest Preserve. The parcel buffers the Bluestone Wild Forest, a section of the Catskills with terrain suited for more intensive recreation such as mountain biking, hunting and hiking. Its protection was strongly supported by local residents and recreation and advocacy groups. It will permanently protect a vital conduit—via the historic Wintergreen quarry road—between the Town of Kingston community center and the trail network of the Bluestone Wild Forest, preventing incompatible development at an important gateway to the Catskill Preserve.

Two Large Developments Planned On Shawangunk Ridge

A Draft Environmental Impact Statement (DEIS) for a proposal to build 354 single-family units, two retail developments, and recreational facilities on an undeveloped site of 636 acres adjacent to the Basha Kill Wildlife Management Area was the subject of public hearings in the Orange County Town of Deerpark in August and September. The development, known as the Basherkill Subdivision, is bounded by Route 211, Route 62 and Port Orange Road in the Town of Deerpark.

The Trail Conference provided comments during the scoping phase of the project when it was first proposed in 2005. As a member of the Shawangunk Ridge Coalition, the TC this time voted to commission an engineering review of the DEIS, which identified many deficiencies in the document. The DEIS is available at townofdeerpark.org, click on "Planning Board," then scroll down to "Basherkill Subdivision." The comment period remains open until October 31.

Another development, known as Seven Peaks on Mountain Road, in the Town of Mamakating was described to town planners in September, though no formal application for approval has yet been made. The proposal calls for 49 luxury houses on 5-6 acre lots; a 200 room hotel, a spa, conference center, and restaurants, all on 650 acres at the top of the ridge. The Trail Conference had identified the property as a priority target for protection.

NEW JERSEY

TC Contact:

NJ Regional Representative Brenda Holzinger,
holzinger@nynjtc.org or 973-303-3538

West Brook Mountain Preserved

In July, the New Jersey State Dept. of Environmental Protection (DEP), Passaic County, and the borough of Ringwood banded together to purchase West Brook Mountain as state Green Acres property for \$4 million. According to DEP spokesperson Karen Hershey, Passaic County Open Space and the borough each gave \$1 million to buy West Brook Mountain. The other \$2 million came from the state's acquisition fund.

Part of the Wyanokie Highlands Greenway, West Brook Mountain connects Norvin Green State Forest and Long Pond Ironworks State Park. Since the acquisition, the new Lake Sonoma and Overlook Rock trails have been built across the mountain (see page 12). The preservation project was spearheaded by the group Skylands Clean. TC Conservation Director Bill O'Hearn was a member of the Ringwood Borough Council and Open Space Committee and helped the deal come together.

NJ Highlands Regional Master Plan Becomes Law

Governor Corzine announced on September 5 that the Highlands Plan would go forward while signing an executive order to address some of the plan's flaws. Numerous environmental groups, including the NJ Highlands Coalition, had urged the governor to veto the plan in an effort to strengthen some provisions seen as insufficiently protective. Municipalities and counties in the Highlands Region must be in conformance with the new plan by December 15, 2009. They may apply for Initial Assessment grants up to \$15,000 to help them meet their conformance obligations. More information

is available: Highlands Council (highlands.state.nj.us); NJ Highlands Coalition (njhighlandscoalition.org); and the four-state Highlands Coalition (highlandscoalition.org).

Fight for ATV Legislation in NJ Continues

Early fall finds the Trail Conference and its partners continuing to push ATV legislation in New Jersey. Although expectations were that the ATV bills would be moving their way through the state Assembly and Senate by mid-September, the financial crisis diverted attention and slowed progress. The TC and its partners used this time to continue solidifying the legislation's base of support with elected leaders and other potential allies, and remain optimistic about legislative success.

The deadline for the 2008 ATV Damage Photo Contest has been extended until December 15, 2008, so keep those photos coming!

More information: Trail Conference (nynjtc.org/issues/NJATV.html).

Power Line Route Choice Faces Opposition

Numerous towns along the proposed Susquehanna-Roseland Route B 500,000-volt power line that will originate in Pennsylvania and stretch 40-50 miles from the Delaware River to Roseland, NJ, demanded additional information and opportunities for more detailed question sessions with PSE&G representatives and others involved in planning the project. A few local opposition groups have formed to fight the proposed power line placement for reasons that include health, safety, and alternative routes. PJM Interconnect's electrical transmission district, which includes residents in 15 states and the District of Columbia, has determined that a new transmission line linking Pennsylvania and New Jersey must be online by May 2012 to ensure reliable electric transmission throughout the region. PSE&G is responsible for putting this power line into place.

More information is available: PSE&G (pseg.com/companies/pseandg/powerline/overview.jsp) and Stop the Lines (stopthelines.com).

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Trail News

AT Relo in Pawling

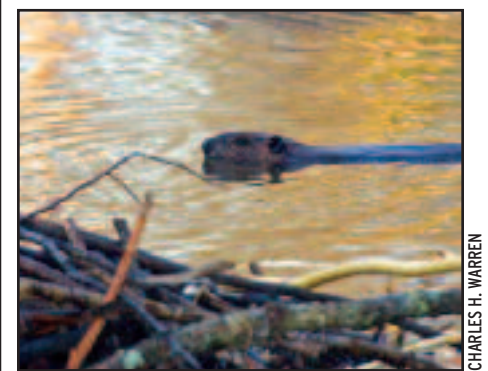
On August 18, work on a relocation of the Appalachian Trail in the Pawling area, between the Telephone Pioneers Shelter side trail and Cat Rocks, was completed and declared open to hikers—a great improvement over the steep incline and eroded trail. Many thanks go to the volunteers who helped on this project: AT section overseer Ollie Simpson, David Kinosky, Bob Sickley, Walt Daniels, Don Owen, Andrew Lee, Jim Haggett, women from Beacon Correctional Facility, five students from Roosevelt High School, Chris Everett, Al Verheggen, Georgette Weir.

Work Postponed in Popolopen Gorge; Trail to Stay Open This Season

Construction work on a new water line that would have closed trails in the Popolopen Gorge this fall and winter has been postponed, owing to budget cutbacks by New York State, state officials announced September 4. Affected trails include the Popolopen Gorge Trail and co-aligned Timp-Torne, 1777W & 1779 Trails on the south side of the Popolopen Brook and along both sides of Queensboro Creek. The work may be rescheduled next year.

Red Back Loop Revisited: Park Says 'Not Open Yet'

Sterling Forest State Park has advised us that contrary to notice in the previous *Trail Walker*, the Red Back Loop is not yet open. The trail as it stands is considered incomplete and inadequately marked at this time. Among the causes for its incompleteness are a fairly recent beaver-caused flooding at one location, where options for rerouting are both limited and extensive. Stay tuned.



CHARLES H. WARREN

Correction to SRT Route At Gobblers Knob

From SRT Supervisor Andy Garrison re the rebuilt trail section of the Shawangunk Ridge Trail over Gobblers Knob in Mount Hope (correction is underlined): Directions: Going north from Rt. 211 on Otisville Rd, turn right in about 0.3 mi, soon after passing over the railroad tunnel. The trail climbs fairly steep to a nice lookout point, and then turns south. The trail passes a low escarpment on the right, follows an old woods road for a while, and slowly descends through open woods back to Otisville Rd., about 0.1 mile before it reaches Indian Orchard Road. Be advised that Indian Orchard Road changes to South Road when you cross the Deerpark Orange County / Mamakating Sullivan County line.

Short, New Iron Mine Trail Opens in Sterling Forest

The Lakeville Ironworks Trail in Sterling Forest State Park opened to the public with a ceremony on September 10th. This gentle 0.65-mile-long trail, created by the Hudson Environmental Research Institute (HENRI) and park personnel, provides several interpretive signs along the way that include photos and history of the Sterling Forest Ironworks, active from the mid 1700s until 1921. The trail passes skeletons of concrete ore processing buildings, the flooded opening of the Lake Mine that

continued on page 5

TRAIL U

Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

November Workshops

To register for any of these classes, go to our website Trail University Registration page at: www.nynjtc.org/workshops/trailu/registration.html or phone the office at 201-512-9348, ext. 14.

Trail Construction & Restoration
Saturday, November 1
Location: Weis Ecology Center, North Jersey
Coordinator: Brenda Holzinger
Instructors: Monica Day and David Day

Trail Maintenance 101, NJ
Saturday, October 25
Location: Jenny Jump State Park
Coordinator: Brenda Holzinger
Instructors: Bob Jonas and Estelle Anderson

Learn On the Job With a Trail Crew
 Work trips suitable for beginners are planned in November.

All Trail Conference crews train on the job and welcome newcomers. Check the crew schedule this issue to find a project that is right for you.



TRAIL NEWS

continued from page 4

extended 2/3 of a mile under Sterling Lake, and the remains of a once stately stone cable-house. It continues along the hillside past other remnants of the ironworks, including a wooden house remaining from the mining era and the once rebuilt but now crumbling iron furnace, believed to have built in the late 1700s. The trail is reached from the park visitors center via the Sterling Lake Loop Trail.

New Overlook Rock Trail in Norvin Green Completed

Volunteers working with the North Jersey Weekday crew have completed a new trail, dubbed the Overlook Rock Trail, in Norvin Green State Forest. The trail has north and south terminal points on the Hewitt-Butler Trail and links to the new Lake Sonoma Trail (announced in the September/October *Trail Walker*). See the Featured Hike on page 12 for a hike that covers both of these two new trails and the list of volunteers who made them.

Trail Crew Schedules

November – December 2008

For the latest schedules and additional details, go to 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.

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, thornburyhall@verizon.net

This crew covers 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.

WEST JERSEY CREW

Leaders: Monica and David Day
Phone: 732-937-9098 Cell: 908-307-5049
Email: westjerseycrew@trailstobuild.com
Website: www.trailstobuild.com

Bring your lunch, plenty of water, gloves and sturdy work shoes, and be prepared to get dirty. All tools, materials and training will be provided. Beginners are welcomed on all work trips.

All events begin at 9:00am. Please phone or email the leaders for meeting location and driving directions. There is usually a walk to the work site, so please be there on time (call the leaders' cell phone if you are coming to an event and are running late). Rain cancels – if in doubt, call the leaders between 6:00 and 6:30 that morning.

Carpooling: If anyone is interested in carpooling (offering a ride or riding), please let the leaders know and we will try to arrange a shared ride. (Passengers please be prepared to contribute for gas.)

November 15 (Saturday) Douglas Trail, Worthington State Forest

We will continue our work installing water bars and check dams.

HIGHLANDS TRAIL CREW

Leader: Glenn Oleksak, glenno@nji.com

We meet on the first or second Sunday of each month, with additional trips sometimes scheduled. We tackle a variety of Highlands Trail projects from trail maintenance to trail building. For details on trips, go to www.nynjtc.org and click on "Trail crews/Work trips" at left. Please contact leader if you are coming on a trip so that you can be notified of cancellations.

METRO TRAILS CREW

Leaders: Joe Gindoff, 718-614-2209, joeghiker@nynjtc.org; Linda Sullivan 347-721-6123, marmilinda@yahoo.com

No experience is required. We provide the training, tools, gloves and the fun! Please bring a lunch and plenty of water. A day pack to carry your lunch and supplies is suggested. Sturdy work boots or other hiking footwear is mandatory. All participants must sign in to perform trail work. **RSVP is a must.**

November 16 (Sunday)

Alley Park, Queens

Trail Construction on the White Trail

Leader: Joe Gindoff

Meet 10am at Horace Harding South and 233rd St.

December 5th, 6th, 7th (Friday – Sunday)

Harriman State Park/Bear Mountain

Leader: Joe Gindoff

Camp out and trail maintenance

Meet at 2pm Ramapo Equestrian Rt 202

Carpool from Midtown at noon

EAST HUDSON CREW

Work dates to be announced on website and through email announcements. Contact the East Hudson Regional Representative if you would like to be put on the East Hudson Trail Crew email list: ferguson@nynjtc.org. Also see the Wonder Lake Trail Project for opportunities to build a new trail in eastern Putnam County.

WEST HUDSON SOUTH CREW

Leaders: Chris Ezzo (Crew Chief): 516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder: 718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-633-1324, clganz@earthlink.net
Bob Marshall: 914-737-4792, rmarshall@webtv.net
Monica Day: 732-937-9098, Cell: 908-307-5049, westjerseycrew@trailstobuild.com

November 6 (Thursday)

TBD

Leader: Bob Marshall

November 8 (Saturday)

TBD

Leader: Chris Ezzo

November 15 (Saturday)

TBD

Leader: Chris Ezzo

WEST HUDSON NORTH CREW

Leaders: Denise Vitale, 845-738-2126, WHNTrails@aol.com
Dave Webber, 845-452-7238, webberd1@yahoo.com

November 2 (Sunday)

Peters Kill Red Loop Trail, Minnewaska State Park Preserve

Leader: Denise Vitale

November 15 and 16 (Saturday and Sunday)

Peters Kill Red Loop Trail, Minnewaska State Park Preserve

Leader: Dave Webber

November 23 (Sunday)

Peters Kill Red Loop Trail, Minnewaska State Park Preserve

Leader: Denise Vitale

NEW JERSEY APPALACHIAN TRAIL FIELD CREW

Leader: Gene Giordano, trailwork@appalachiantrail-nj.org

Second Saturday of Each Month, April through November

Work begins at 9am and is finished before 4pm. Covers the entire NJ section of the AT, blue-blazed side trails, and shelters. Supplements work by our individual maintainers as requested and for special work projects. Workers bring gloves, lunch, and water; all tools, equipment and training provided. Email leader to be placed on email notification list.

BEAR MOUNTAIN TRAILS PROJECT

Project Manager: Matt Townsend, townsend@nynjtc.org or 201-512-9348

For info and to register: volunteers@nynjtc.org, or call 201-512-9348, ext. 14

Second Saturday of Each Month Beginner work trips.

Weekly Work Trips

Scheduled Thursday through Monday (including on weekends that have workshops)



Making a Nice Trail Even Better

The West of Hudson South trail crew spent two very hot days in June rerouting a section of the Sterling Lake Loop trail in Sterling Forest State Park. The original trail ran down a difficult, rocky slope that made passage a real scramble. It also turned into a strembed in wet weather, making passage even harder. The crew made a long switch-back around the area that included a very heavy duty staircase.

Those who came out to help, from left to right: Trudy Schneider, Bob Marshall, John Mack, Roland Breault, Richard Lynch, Lori Maynard, Chris Ezzo, and Kelly Dwyer. Not pictured: Brian Buchbinder, Claudia Ganz, Jim Brown, and Gail Brown.



Trail Conference members can take advantage of exclusive discounts and benefits with participating retailers and businesses!

You can recoup the cost of your membership in one visit!



NY-NJ Trail Conference BENEFITS

The Trail Conference is proud to offer a Membership Benefit Program, which was created to provide our members with money-saving discounts at area retailers and service providers – **benefits only available to Trail Conference members.**

As part of your Trail Conference membership, you are issued a card identifying you as a Trail Conference member, making you eligible for all program discounts. To receive your member discounts, you must present your valid membership card at the time of purchase. Some stores offer the discount only on select items, so be sure to ask.

We encourage our members to take advantage of this incredible opportunity that comes with a Trail Conference membership. New discounts and offers are continually being added so be sure to visit our website's membership benefits area at www.nynjtc.org/commerce/discount.html for current offers.

25% Discount on Trail Conference publications and clothing when purchased directly from the Trail Conference.

FREE Subscription to the *Trail Walker*, the Trail Conference's bi-monthly newsletter filled with timely articles and columns that will enhance your hiking experiences.

Money-Saving Discounts at participating retailers and businesses.

Workshops and Seminars on trail maintenance and construction, leadership training, wilderness first aid, chainsaw operation, environmental monitoring and GPS operation.

Volunteer Opportunities to "learn by doing" in areas as varied as trail maintenance, construction, publications, environmental monitoring, and cartography.

Access to the Hoeflerlin Library at the Trail Conference office that includes more than 1,000 books on hiking round the world, along with maps, guides and a historical archive.



Some of Our Discount Partners



VISIT WWW.NYNJTC.ORG/COMMERCE/DISCOUNT.HTML FOR COMPLETE LIST OF MONEY-SAVING DISCOUNTS!

Volunteer Classifieds: Get Involved!

Contact volunteers@nynjtc.org or 201-512-9348, ext. 14, to indicate your interest or get more information about these or other volunteer opportunities. Information is also available at www.nynjtc.org; click on Volunteer.

Videographer

An experienced video artist is needed to record the unique work being done by trail crews throughout the region. Once spring work begins in 2009, we would like to be able to get enough footage to the incredible work done by diverse groups of volunteers and professionals tackling these huge jobs.

Executive Assistant

Trail Conference Executive Director has his fingers in too many projects and needs someone to help manage it all. Main requirements are organizational and clerical skills, proficiency with Microsoft Office software, and the ability to come into the office on a regular basis 4-20 hours a week.

Trail Maintainers for Staten Island Trails

Maintainers are needed for sections of the Staten Island Greenbelt. Help maintain the trail, clean up litter, trim plant growth, clean out water bars, refresh blazes, and work with Trail Conference volunteers, Boy Scout groups, and park employees to repair these beautiful trails!

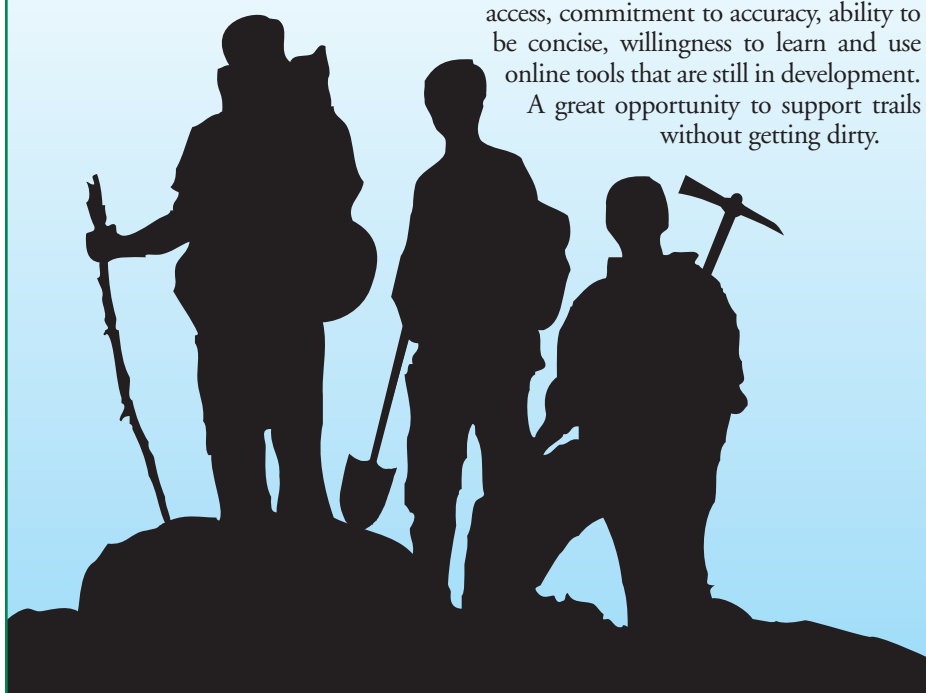
Data Entry and Clerical Support

Office help needed for the busy times at our office in Mahwah; 2 to 3 hours per day, 1 to 2 days a week. Duties include, but are not limited to, processing and shipping retail orders, helping with mailings.

Web Writers: Adopt a Trail Region

New Parks and Regions online database resources will complement and expand the Trail Conference's highly regarded Walk Books for New York and New Jersey. We've got New Jersey covered and need help with New York. Work from home or in the office. Adopt a region and write about it. Required: a computer, online access, commitment to accuracy, ability to be concise, willingness to learn and use online tools that are still in development.

A great opportunity to support trails without getting dirty.



Volunteer Profile Jay Hughes: New Volunteer

Jay Hughes of Monroe, CT, was searching for the missing half of a map when he was sent into the path of Ollie Simpson, an AT trail overseer in Dutchess County, NY, and adept volunteer recruiter.

Jay, who is section-hiking the AT, had in hand a map he had picked up at the AT train stop north of Pawling, NY. Photocopied from a portion of the out-of-print Dutchess/Putnam Appalachian Trail brochure, the map showed the AT's route from the Connecticut border to the Taconic Parkway. Jay wanted a map for the other half of the Dutchess/Putnam route and so called the Trail Conference to see how he could get it. The Trail Conference asked Ollie to help him out.

"I called Jay and provided immediate information on the phone, sent a follow up email, and later mailed additional information," Ollie says.

"Later, Jay said that he'd like to give back to the trail. I suggested corridor monitoring (walk the AT boundary looking for survey markers, condition of the boundary blazes, and encroachments). He agreed. Our day was hot and buggy; Jay wore shorts. His advice to corridor monitors is to wear long pants due to the bushwhacking involved."

But Jay decided that corridor monitoring was not for him. He asked Ollie if there were other possible projects, such as clipping. "I suggested the Beekman Uplands Loop, once the actual path of the AT and now a side trail. A reroute in 1998 brought the AT along the shore of Nuclear Lake. Since then, what is now called the Beekman Uplands Loop has been largely underused and neglected. It needed extensive clipping. This was something Jay could



do whenever he had available time. On his first day of clipping, he brought his daughter, Allison. Again it was hot and buggy. But Jay continued to come back until all the brush had been trimmed. Now he can walk the trail without clippers in hand."

Ollie, a certified chain saw operator, decided to tackle the many blow-downs across the trail herself, but she needed a "swamper," trail jargon for chain sawyer assistant. Jay agreed to give it a try. "We had an outstanding day clearing 1.7 miles of trail plus some prep work for National Trails Day," Ollie reports. "Being a swamper is now Jay's preferred trail work. And it all started with his need for half of a map!"



Science & Ecology

Sphagnum: The "Most Important Plant on Earth"

By Michael Alcamo

On your next hike through inconvenient, wet terrain, take a moment to consider the bog itself. Sphagnum—dense and endless mats of it—is quite beautiful and can teach us a lot about the changing natural world.

In fact, a New York botanist has called sphagnum “the most important plant on earth,” because of the huge effect this small plant has on its environment.

Sphagnum are members of a very large genus of moss (bryophytes) with unusual chemical characteristics. The group includes about 61 species in North America; about 46 of these call New York State home.



Sphagnum magellanicum

In physical appearance, the plant is delicate and beautiful. An individual plant has a main stem covered with stem leaves. At the top is the “capitulum,” comprising a compact cluster of tiny branches. Branching off are clusters of branches or “fascicles”—usually two or three spreading branches, and two to four hanging branches.

The leaves include two kinds of cells: *chlorophyllose*, or green, living cells, and hyaline, or large, clear, structural, dead cells. These latter cells give the plant its pale appearance when dry, and also endow it with a great water-absorbent ability. Some species can hold up to 25 times their dry weight in water.

Sphagnum reproduce by means of spores, and you can see the thin stalks, or sporophytes, which indicate the plant’s fertility. With a hand lens, you can see the unusual patterns of each spore capsule—patterns which can differentiate species.

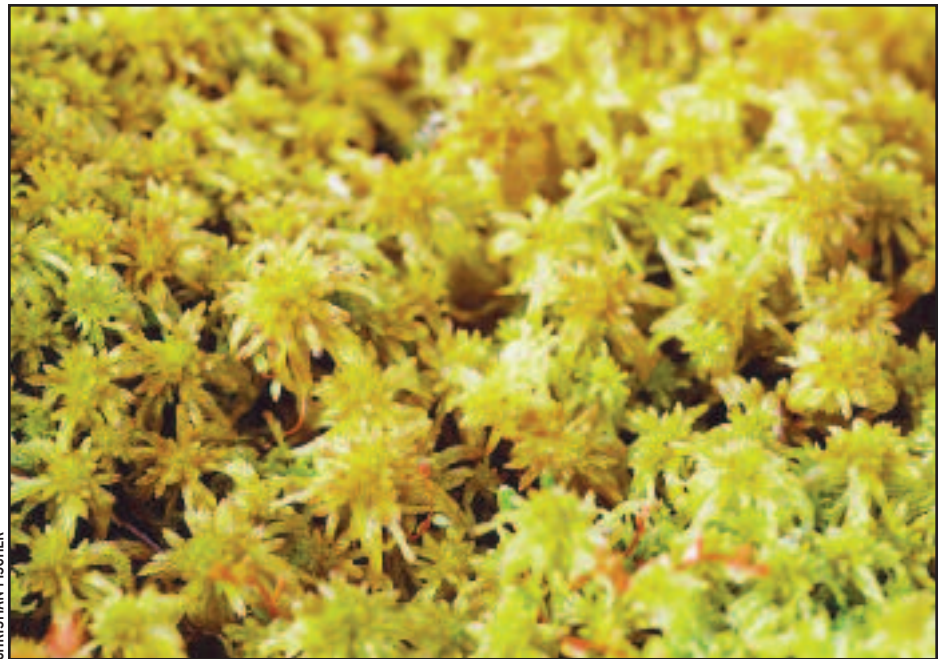
Different species prefer different moisture zones: SUNY Professor Richard Andrus explains that certain species prefer life at the waterline, like *Sphagnum macrophyllum*, or *S. cuspidatum*. Others, like *S. fallax* or *S. riparium*, form carpets slightly above the water table. *S. magellanicum*, a brilliant red plant, prefers direct sunlight and a drier site, often on the sides of hummocks. At the top of a hummock, perhaps 50 centimeters above the water line, you’re likely to find *Sphagnum fuscum* living happily.

The most interesting thing about the sphagnum is the way plants set about modifying their environment.

It was long recognized that *Sphagnum* bogs have a low (acidic) pH: usually 3.3 to 4.5. This had been thought to be due to acid rain, or to acid producing bacteria (the kind that release bad-smelling gas at low tide). But it turned out that it is the Sphagnum plant itself that lowers the bog’s pH. Within the plant’s cellulose cell walls are polyuronic acids that act as a chemical pump or “exchange matrix.” When water flows past the acid, hydrogen atoms on the acid group are exchanged into the water for cations, negatively charged, dissolved ions of calcium, magnesium, potassium or sodium.

Through this quiet, indefatigable chemical reaction, the small *Sphagnum* plant causes the waters to part, and the land to rise. Some of this land we know as Ireland, Scotland, and New Zealand. In the low-oxygen, acidic environment, decomposition slows and stops. Lawns and hummocks of peaty moss will form and broaden, then join together and form peaty moorlands. A prehistoric animal, or person, could fall into the bog and be preserved for centuries.

Some scientists estimate that Sphagnum occupies 1% of the earth’s surface. By creating these land masses, massive amounts of carbon were sequestered out of the atmosphere—an important precondition that permitted air-breathers, like ourselves, to thrive.



Sphagnum angustifolium

Sphagnum’s acidity discourages bacteria, and the plant is a great absorber of liquids. For these reasons, it was used as a sterile dressing for wounds through the Second World War. Cree Indians used red peat mosses in diapers, but only when it lost its red color because otherwise it irritated the skin. Native Americans in the Chipewyan tribe used *Sphagnum capillifolium* to scrub dishes and to insulate cabins.

A 2004 NASA study called sphagnum “one of nature’s greatest ion-exchangers” and proposed using it to purify wastewater on the International Space Station.

A 2004 NASA study called *sphagnum* “one of nature’s greatest ion-exchangers” and proposed using it to purify wastewater on the International Space Station.

Blocks of dried peat also provide a fuel source (after all, coal itself is just extremely old peat). Peat is mined for many uses, but the pace at which the ancient bogs are being dug up is staggering, and presents a real threat to this finite resource.

An excellent field guide is *Outstanding Mosses & Liverworts of Pennsylvania & Nearby States*, by Susan Munch. You can order the book from Susan directly at susanm@alb.edu. A comprehensive monograph is Prof. Richard E. Andrus’ 1980 work, *Sphagnaceae (Peat Moss Family) of New York State*, available on www.amazon.com.

And, a nice gift for your naturalist friends is a 10x hand lens available from northernwoodlands.org or compleatnaturalist.com.

Michael Alcamo is a naturalist and member of the Trail Conference and ADK’s Mid-Hudson Chapter.

Ticks: No One’s Hiking Friend

By Holly Vuong

While hiking through the forests at the Cary Institute of Ecosystem Studies in Millbrook, NY last June, I noticed a brown speck crawling on my pant leg. Upon closer inspection, I recognized it as a nymphal black-legged tick (*Ixodes scapularis*, formerly known as deer tick). Like all ticks, they feed by drinking blood of a mammal, bird, or reptile host. If I hadn’t flicked it off, the tick nymph on my pants would eventually have gotten onto my skin somewhere, embedded its mouth parts, and drunk my blood.

Black-legged ticks live for two years, in which they undergo four different life stages—egg, larva, nymph, and adult. Females lay approximately 3000 eggs per adult in the late winter/early spring. These eggs hatch in August and appear as six-legged larvae. These larvae, which are tiny and difficult to see, stay on the ground or climb onto low vegetation and latch onto passers-by, mostly small mammals, some birds, but also larger vertebrate hosts in the

forests, including hikers. High mortality occurs during this life stage as many ticks will not find a host to feed on. After feeding until they are full, larval ticks drop off onto the forest floor and stay in the leaf litter, where they molt to become an eight legged nymph.

These nymphal ticks, which are about 1 mm (1/16th inch) long, remain dormant for more than six months during the winter, and start to seek a host the following late spring or early summer. They feed on a similar suite of hosts, and when full, they again fall off into the leaf litter and molt into adult ticks. The adults, which can now be differentiated into male and female ticks and are an easier to see 3-4 mm (1/4th inch) long, climb up vegetation and search for their last blood meal host. They primarily feed on white-tailed deer, although these ticks are opportunistic and will feed on various medium sized mammals such as raccoons, opossums, and skunks. It is on the last host that mating occurs and the cycle begins anew.

Many people in the northeast are wary of these little critters. This is because *I. scapularis* is known to transmit *Borrelia burgdorferi*, the bacterium that causes Lyme disease in humans. Added to that, recent research has found that black-legged ticks also harbor emerging pathogens like *Anaplasma* sp, which causes a newly recognized disease called ‘anaplasmosis,’ and *Babesia* sp, which causes another serious disease called ‘babesiosis.’

In the case of all these tick-borne diseases, the nymphal ticks are the most dangerous stage because of their small size, high infectivity rates (~30% for Lyme dis-



enlarged to show detail

ease in many areas), and summer activity. Although adult ticks have greater infectivity rates, their larger size make them easily discernable on clothing and their peak activity of late October/early November coincides with reduced outdoor activity by people. Larval ticks are essentially free of the bacterium when they hatch from eggs. The bacterium is maintained in wildlife because infected nymphal ticks emerge and feed on hosts and transmit the bacterium to these hosts prior to the emergence and feeding of larval ticks. Transmission of *B. burgdorferi* requires at least 24 hours of feeding by the ticks.

Black-legged ticks can be a nuisance to people who enjoy the outdoors. However, the presence of these ticks should not restrict folks from their outdoor activities. People who are aware of tick natural history can be forewarned and should be able to take precautions. The most important are:

wear light-colored clothing to help see dark ticks, use repellents, check yourself for ticks after hiking, especially if you are bushwhacking through dense vegetation, and be aware of disease symptoms so you can seek quick medical attention if sick. So, bask in the sun and enjoy the forests! And remember, as Brad Paisley sings in his “Tick” song, he would “like to check you for ticks.” But, since he may not be around, do a thorough check of yourself at the end of a great hike!

Holly Vuong is a Ph. D. student in the Graduate Program in Ecology and Evolution at Rutgers University and Cary Institute of Ecosystem Studies.

Ticks can be hard to see

The dots above the text (below) represent the actual sizes of ticks in two of their different life stages.



nymphal tick size (1 mm)

adult tick size (3-4 mm)

deer tick



September

Saturday, November 1

UHC. Watchung Trail Maintenance, NJ. Leader: register by calling Trailside Nature Center at 908-789-3670. Meet: 9:30am; call for location. Work until noon. Have fun while giving back to the trails, and learn a new skill while working with others outdoors. No experience needed! Bring gloves, a bag for trash, and clipers/loppers if you have them. Only severe bad weather cancels.

UOC. Buck Garden and Natirar Park, Far Hills, NJ. Leader: Chris Meadows, 732-745-9074. Meet: call for time and location. Easy hike on woodland trails, lunch at café in Peapack, then walk at former private estate.

ADK-MH. Locust Grove Walk, NY. Leaders: Bill Beehler and Ellen Zelig, 845-473-5557. Meet: 10am at parking lot on Rt. 9 opposite Beechwood Dr., north of shopping centers in Poughkeepsie. Easy tour of Locust Grove grounds in autumn. Rain cancels.

ADK-MH. SW Hunter and Hunter Mountains, Catskills, NY. Leader: Cal Johnson, hikeski@hvc.crr.com or 845-246-2006; call before 10pm. Meet: 8am. Contact leader for location. Strenuous 9 miles, approximately 2,000' elevation up and down. Hike up Devil's Path to abandoned RR bed to SW Hunter, then back to Hunter Mtn. trail to the fire tower, with its fantastic views. Steady rain cancels.

TLR. The View from Teatown Hill, NY. Leader: must call Teatown Lake Reservation at 914-762-2912, ext. 110, to register. Meet: 8:30am in Ossining, NY. Moderate hike to Teatown Hill for a great view and migrating hawks too! All are welcome, free; pre-registration required.

DAYLIGHT SAVINGS TIME ENDS NOV. 2 - TURN BACK CLOCKS ONE HOUR

Sunday, November 2

IHC. Appalachian Trail - Delaware Water Gap - Mt. Minsi, PA. Leader: Suzan Gordon, 201-871-3531; no calls after Oct. 30. Meet: 9:30am at Lake Lenape lot. Moderately strenuous 7 miles. Hike up the AT on the Pennsylvania side of the Water Gap for stunning views, then toward Fox Gap; return on Carriage Road.

PMNHA. Butler Reservoir, NJ. Leader: for more information and meeting time, call 973-334-3130. Meet: Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Strenuous 12 miles around the reservoir. Ages 16+.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9pm. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 4 miles on some rocky trails. Steady rain cancels.

SW. Astoria, Queens, NY. Leader: Hanna Slome, 718-463-5729; call before 9pm. Meet: 10:30am at Ditmars Blvd., last stop on N or W subway; downstairs on street level. 4-5 miles, visiting Lawrence Cemetery, Lent Homestead, Steinway mansion, St. Irene's Greek Orthodox Church, with a late lunch at Greek Taverna (or bring your own to picnic in the park). Possible additional walk to Roosevelt Island to view city at sunset.

Monday, November 3

RVW. Catskill Scenic Trail, NY. Leader: for more information, call 518-895-8474. Meet: 8am; call for location. Moderate 6 miles; expected to last 4 hours. Inclement weather date is the following Monday.

UHC. Lewis Morris Park, Morristown, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am at Sunrise Lake, lower parking area. Easy 3 miles on meandering trails past Sunrise Lake.

Tuesday, November 4

AFW. Norvin Green, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Moderate hike; out by 2pm.

GS. Baby and Me Hike - Hedden Park, Dover, NJ. Leader: registration is required; please call 973-635-6629. Meet: 9:30am; call for location. Put your infant in a pack and join a naturalist out on Morris County area trails. Out by 11am. \$1 fee.

UHC. Wawayanda Mtn. and Pochuck Swamp Boardwalk, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 9:30am at Appalachian Trail crossing at Rt. 517. Moderate 7 miles, for experienced hikers.

Friday, November 7

RVW. Catskill Maintenance Hike, NY. Leader: for more information, call 607-363-7267. We'll work on the Thomas Cole section of trail.

Saturday, November 8

MNHP. Jockey Hollow Trail Work Day. Leader: for more information, call Ranger Christopher Sullivan, 908-766-6841. Meet: 9am at Jockey Hollow Visitor Center. Become one of the park's dedicated volunteers and help maintain its over 25 miles of hiking trails. Tools provided. Wear work clothes, including gloves and boots; bring water. We'll work until noon.

AFW. Norvin Green, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Moderately strenuous hike; out by 4pm.

UOC. Round Valley Recreation Area, Hunterdon Co., NJ. Leader: John Horvath, 732-873-2506. Meet: call for time and location. Easy hike along shore and hill trails along a lovely lake.

ADK-MH. Appalachian Trail - Rt. 22 to Cat Rocks, NY. Leader: Ollie Simpson, 845-298-8379 or olliesimpson2005@yahoo.com. Meet: 9am at AT trailhead on Rt. 22 (train stop), about 3 miles north of Pawling, NY; park at DOT lot just north of trailhead. Moderate 6.5 miles. Through woods to top of Corbin Hill, then open fields to the Dover Oak. Uphill to Cat Rocks on newly relocated trail, returning past the Telephone Pioneers shelter.

PMNHA. Family Autumn Hike, NY. Leader: for more information, call 973-334-3130. Meet: 1pm at Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Easy hike to enjoy the foliage and observe the forest as it prepares for winter. Ages 5+.

SW. Long Path, NY. Leader: Marvin Malater, 718-376-3608; call to confirm hike. Meet: 8am at white commuter statue at Port Authority Bus Terminal for 8:20 bus (RT) to Nyack (Depew Ave.). 12 mile hike. Squirrel Walker Ridge, with an ascent to Hook Mtn. with its Hudson River vistas; picturesque Shore Path return to Nyack.

Sunday, November 9

ADK-MH. Schunemunk Mountain, NY. Leaders: Jean-Claude Fouéré (jcfouere@optonline.net; 845-462-0142) and Georgette Weir. Meet: contact leaders for meeting place and time, and for carpool arrangements. Strenuous 7 miles. Sweet Clover Trail up to Long Path, along the Western Ridge Trail, and then back down Hollow Trail. Bag the highest point in Orange County on this difficult hike with superb views. Limited to 12 hikers.



Fire Tower Trail in Newark (Pequanock) Watershed, NJ

IHC. Highlands Trail, NJ. Leader: Steve Rikon, 973-962-4149. Meet: 9am at Stonetown Recreation lot, Mary Roth Dr. (off Stonetown Rd.), Ringwood, NJ. Strenuous hike on the rarely used Doty Rd. (Wanaque) Trail into Norvin Green State Forest, then on Highlands Trail to Stonetown Rd. Shuttle required.

SW. Riverside Park to Little Red Lighthouse, NYC. Leader: Dorothy Lourdou, 212-685-6443. Meet: 10am at 72nd St. and Riverside Dr. by Eleanor Roosevelt statue. Flat walk at a brisk pace along the Hudson River through Riverside Park. Steady rain/ice may cancel; call 7:30-8am morning of hike if in doubt.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Jenn Chen, 732-548-7230. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 4-5 miles with some rocky trails. Rain cancels.

Saturday, November 15

UOC. Plainsboro Preserve, NJ. Leader: Mimi Wolin, 732-249-9166. Meet: call for time and location. Easy morning hike sponsored by Plainsboro and NJ Audubon. One of the largest lakes in the area and great diversity of wildlife.

Tuesday, November 11

GS. Baby and Me Hike - Buttermilk Falls, NJ. Leader: registration is required; please call 973-635-6629. Meet: 9:30am; call for location. Put your infant in a pack and join a naturalist out on Morris County area trails. Out by 11am. \$1 fee.

Wednesday, November 12

RVW. Ferncliff Forest and Fire Tower, NY. Leader: for more information, call 845-246-4590. Meet: 9am; call for location. Easy 4 miles, in about 4 hours.

UHC. Cheesequake Park, Matawan, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at first parking lot on left, past visitor center. Easy to moderate hike with some hills and some wet areas; about 5 miles. Mixed terrain of pine barrens, freshwater swamp, and sandy soils. May see many species of birds, deer, and red fox.

Thursday, November 13

PMNHA. Full Moon Hike, NJ. Leader: must register at 973-334-3130. Meet: 4:30pm; call for location. We'll begin this moderate hike as the sun sets, and watch the full moon rise through the trees. Out by 7pm. Ages 7+. \$3 fee.

UHC. Johnstown Circular, Harriman State Park, NY. Leader: Ellie King, 908-233-8411. Meet: 10am at Johnstown Rd. parking; call for directions and to register. Moderate 6 miles.

Saturday, November 15

SW. Hudson River Saunter, NY-NJ. Leader: Matthew Brozyna, 917-912-9533. Meet: 9:15am at information booth in George Washington Bridge bus terminal (178th St./Broadway). We'll walk across the bridge then spiral south along The Palisades, The Cliffs, and the shores of New Jersey, through Hoboken and ending at newly rebuilt pier near tip of Jersey City, NJ. Visually stunning 7+ hour saunter. Return to Manhattan via PATH train.

UHC. Farney Highlands, Rockaway Township, NJ. Leader: Al Verdi, 973-263-8569. Meet: 10am at Fisherman's parking on Split Rock Rd.; call for directions. Moderately brisk 4 miles. About 3 hours with no lunch stop, but rests along the way. Rocky terrain and hills, difficult stream crossing over Beaver Brook.

Sunday, November 16

NYR. Fire Tower Trails, Hewitt, NJ. Leader: Virginia Wolff, 212-807-0587. Meet: 7:30am at Port Authority Bus Station for 7:45 bus to Hewitt (#197 NJ Transit RT). We'll use the Sterling Ridge Trail, Jennings Hollow, Lake to Lake Trail, and others to reach the Fire Tower, then return to Hewitt on Sterling Ridge Trail.

IHC. New Appalachian Trail Route Up Bear Mtn., NY. Leader: Dave Sutter, dsutr@aol.com. Meet: 9:30am at Bear Mtn. Inn, Rt. 9W, Bear Mountain, NY. Moderately strenuous 7 miles on the much heralded new relocation of the AT on Bear Mtn.

PMNHA. Singles Hike, NJ. Leader: for more information call 973-334-3130. Meet: 1pm at Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike for ages 18+. Looking for someone to hike with? Our singles hike may be the answer. All adults are welcome.

TLR. Navigation with Map and Compass, NY. Leader: call Teatown Lake Reservation at 914-762-2912, ext. 110, to register; pre-registration required, \$5 fee. Meet: 1pm in Ossining, NY. This 1.5 hour program combines basic compass and map reading skills to help you better navigate in the woods; indoor and outdoor activities, for adults only.

UHC. Pyramid Mtn., Montville, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Pyramid Mtn. parking. 4.5 miles at moderate pace, with some steep sections. See Bear and Tripod Rocks plus some pretty views. Out by about 12:30pm; rain cancels.

Monday, November 17

RVW. Trapps Trail to Millbrook Mtn., Minnewaska State Park Preserve, NY. Leader: call 845-246-4590. Meet: 8:30am; call for location. Moderate 5 miles, in about 4 hours. Inclement weather date is following Monday.

Tuesday, November 18

GS. Baby and Me Hike - Schiff Natural Lands Trust, NJ. Leader: registration is required; please call 973-635-6629. Meet: 9:30am; call for location. Put your infant in a pack and join a naturalist out on Morris County area trails. Out by 11am. \$1 fee.

Thursday, November 20

AFW. Blauvelt Mtn., NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Moderate hike; out by 2pm.

UHC. Bearfort Mtn. and Surprise Lake, NJ. Leaders: Carolyn and Jim Canfield, 973-728-9774. Meet: 10am at A&P parking in Hewitt, NJ. Moderately strenuous 7 miles. Steeply ascend to Bearfort Ridge, circle West Pond, then to lookout over Greenwood Lake for lunch. Return via Surprise Lake.

Saturday, November 22

AFW. Buckabear Mtn., NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 9am; call for location. Moderate hike; out by 3pm.

ADK-MH. Black Rock Forest, NY. Leader: John Kolp, 845-496-1731. Meet: 9:45am at Black Rock Fish & Game Club lot on Rt. 32 (junction of Angola Rd./Pleasant Hill Rd., Orange County, NY). Moderate 10 miles. Mineral Springs Falls, past Jupiter's Boulder, then views from Eagle Cliff and Spy Rock before returning on the Stillman and Scenic Trails. Rain may cancel.

PMNHA. Dog Gone Hike, NJ. Leader: for more information call 973-334-3130. Meet: 1pm at Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike for ages 7+. Join other dog owners on this pet-friendly outing; for well-behaved, leashed dogs only.

RVW. Olana, NY. Leader: for information, call 845-246-4590. Meet: 9am. Easy 4 miles, in about 4 hours.

UHC. DeKorte Park, Meadowlands, Lyndhurst, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10am at visitor center parking near security gate. This environmental center has nearly 4 miles of salt marsh and upland trails, with lots of birds and wild views, much different than our usual hilly woods. Some floating boardwalk; heavy rain cancels.

Sunday, November 23

UOC. Pine Meadow Lake, Harriman State Park, NY. Leader: Coralyn Gorlicki, 732-548-2315. Meet: call for time and location. Moderate 5 miles. Uphill along Stony Brook to the lake.

IHC. Car Pond Mountain, Harriman State Park, NY. Leaders: Pete Tilgner and Suzan Gordon, 201-871-3531. Meet: 9am at Southfields, NY, commuter lot at intersection of Rt. 17 and Rt. 17A. Moderately strenuous hike on five trails to climb and descend four mountains. Short shuttle required.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: Dave Bennett, 973-701-0248. Meet: 10am at visitor center parking. Enjoy a scenic 4-5 miles at a moderate pace in this historic park. Steady rain cancels.

Monday, November 24

RVW. Kaaterskill High Peak (3655'), NY. Leader: for more information, call 845-246-8616. Meet: 8am. Moderately strenuous 9 miles plus bushwhack, in about 6.5 hours. Inclement weather date is following Monday.

UHC. Old Short Hills Park, Millburn, NJ. Leader: Cherryll Short, 973-299-0212. Meet: 10am; call for directions. Easy 3 miles on a potpourri of trails, some hilly.

Tuesday, November 25

GS. Baby and Me Hike - Dismal Harmony, NJ. Leader: registration is required; please call 973-635-6629. Meet: 9:30am; call for location. Put your infant in a pack and join a naturalist out on Morris County area trails. Out by 11am. \$1 fee.

UHC. Anthony Wayne, Harriman State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10am; call for directions. Moderate 7 miles; for experienced hikers.

Saturday, November 29

SW. Smithtown, Long Island, NY. Leader: Quyen Pham, 631-234-5486; call 8-10pm and morning of hike. Two options: 6 or 10 miles; both moderate and flat. Meet: 10:48am at Smithtown train station. Hike around beautiful Stump Pond, then on to explore Caleb Smith State Park. Rain/snow/ice cancels.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: Betty Mills, 973-538-4922; no calls after 8:30pm. Meet: 10am at visitor center parking; call for directions. 4-5 miles at moderate pace; out by about noon. Steady rain/snow/ice cancels.

Sunday, November 30

ADK-MH. Red, White and Blue Loop, Harriman State Park, NY. Leader: Russ Faller, 845-297-5126; call before 9:30pm. Meet: contact leader. Difficult 10 miles in a less frequented area of the park. Viewpoints overlook Owl Swamp, Silvermine Lake, and the Hudson River.

IHC. Storm King Mountain, NY. Leader: Chris Davis, 609-924-2563. Meet: 9am at Anthony Wayne parking area (north), Harriman State Park. Strenuous hike using new trails from Rt. 218, just 200' above the river. Best views west of the Hudson! Shuttle required.

PMNHA. Turkey Mountain, NJ. Leader: for more information call 973-334-3130. Meet: 1pm at Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike for ages 7+. Burn off some extra calories before the holiday season.

December

Saturday, December 6

UHC. Watchung Trail Maintenance, NJ. Leader: register by calling Trailside Nature Center at 908-789-3670. Meet: 9:30am; call for location. Work until noon. Have fun while giving back to the trails, and learn a new skill while working with others outdoors. No experience needed! Bring gloves, a bag for trash, and clipers/loppers if you have them. Only severe bad weather cancels.

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

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

Club Codes

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

ADK-MH	ADK Mid-Hudson Chapter	PMNHA	Pyramid Mountain Natural Historic Area
AFW	Adventures for Women	RVW	Rip Van Winkle Hiking Club
GS	Great Swamp Outdoor Education Center	SW	Shorewalkers
IHC	Interstate Hiking Club	TLR	Teatown Lake Reservation
MNHP	Morristown National Historical Park	UHC	Union County Hiking Club
NYR	New York Ramblers	UOC	University Outing 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 January/February 2009 issue is November 15, 2008.

SW. Piermont to Upper Nyack, NY. Leader: Marvin Malater, 718-376-3608. Meet: 8am at white commuter statue at Port Authority Bus Terminal for 8:22 bus (OW) to Piermont, NY. Moderately brisk-paced 9 miles. We'll hike the Old Erie RR bed, Long Path, Upper Nyack Trail, and Hudson River Shore Path on this portion of the Batt-to-Bear Trail.

UHC. Pyramid Mtn., Montville, NJ. Leader: Angela Coblé, 908-686-5958. Meet: 10am at Pyramid Mtn. parking lot. Brisk hike of 4-5 miles; some rocky trails and steep hills. Hiking boots required. Rain cancels.

UOC-Barnegat Lighthouse, NJ Shore. Leader: George Pitcher, 732-828-1890. A winter birding trip, walking on sand and jetty. We have seen Long-tailed and Harlequin ducks, Scoters, Mergansers, Eiders, Horned Larks, and Red-throated Loons on this annual favorite trip. Call for time and place of meeting/carpooling.

Sunday, December 7

AFW. Merrill Creek, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Moderate hike; out by 2pm.

IHC. Sterling Forest, Hewitt, NJ. Leader: Jim McKay, 973-538-0756. Meet: 9:30am at Sterling Ridge Trail (south end), Rt. 511 in Hewitt. Moderate 6-8 miles on Hasenclever Iron Trail and woods roads to Sterling Ridge Trail.

PMNHA. Whale Head Rock, NJ. Leader: for more information call 973-334-3130. Meet: 1pm at Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Strenuous hike for ages 16+. Join this hike to one of our lesser known "rock stars."

SW. To Hoboken and Beyond, NJ. Leader: Edward Leibowitz, 201-332-1709. Meet: 10:45am at Exchange Place PATH station, top of escalator. Easy 5 miles (4-5 hours) along the Hudson River from Exchange Place to Stevens Institute of Technology. Rain/snow cancels.

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

Wednesday, December 10

AFW. The Palisades. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Easy hike at moderate pace; out by 2pm.

Thursday, December 11

UHC. Elk Pen (Arden), Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at parking off Arden Valley Rd., about 2 miles north of Red Apple Restaurant in Southfields. Moderately strenuous 8 miles. Up the AT, across rock ledges of Lichen Trail with its view over Island Pond; return on Nurian Trail past Green Pond.

Saturday, December 13

AFW. Black Mtn., Harriman State Park, NY. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Moderately strenuous hike; out by 2pm.

PMNHA. Holiday Hike, NJ. Leader: for more information call 973-334-3130. Meet: 1pm at Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike for ages 7+. Take a break from the season's hustle and bustle and enjoy a quiet hike.

Sunday, December 14

AFW. Kay Environmental Center, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Easy hike; out by 2pm.

ADK-MH. Fishkill and Scofield Ridges, East Hudson Highlands, NY. Leaders: Russ Faller, 845-297-5126 (call before 9:30pm) and Jean-Claude Fouéré and Georgette Weir, 845-462-0142. Meet: contact leaders for meeting place and time. Strenuous, but moderately paced, 9 (+/-) miles. We'll visit South Beacon Mtn. and Bald Hill. Snowshoes/crampons may be required; limited to 12.

GS. Great Swamp Stress Relief Hike, NJ. Leader: registration is required for this free event; please call 973-635-6629. Meet: 1pm; call for location. Take a break from holiday shopping and relax while walking the trails of the Great Swamp in Chatham, NJ. Appropriate for ages 10+.

TLR. Popolopen Torne, Harriman State Park, NY. Leader: call Teatown Lake Reservation at 914-762-2912, ext. 110, to register; preregistration required, \$5 fee. Meet: 10am in Ossining, NY. Moderately strenuous, 4-hour hike up this very noticeable feature of the Hudson Highlands. From the craggy summit enjoy panoramic view of Hudson River, Bear Mtn. and surrounding hills. Adults only.



Dover Stone Church in New York's Dutchess County. Learn more at townofdover.us/Stone_Church.cfm

UHC. Lewis Morris Park, Morristown, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10am at Sugarloaf area parking; call for directions. Moderate 5 miles with several good climbs; for experienced hikers.

Tuesday, December 16

AFW. Turkey Mtn., NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Moderate hike; out by 2pm.

UHC. Sterling Forest, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10am at Sterling Forest visitor center. Moderate 5-6 miles; for experienced hikers.

Saturday, December 20

AFW. Ramapo Valley Reservation, NJ. Leader: call 973-644-3592 or visit www.adventuresforwomen.org for details and to register. Meet: 10am; call for location. Moderate hike; out by 2pm.

ADK-MH. Vassar Campus Walk, NY. Leader: Sue Mackson, 845-471-9892. Meet: 1:30pm at Collegeview entrance. Tour this landmark in Poughkeepsie's Arlington section. No more than two hours.

GS. Family Holiday Nature Hike, NJ. Leader: registration is required for this free event; please call 973-635-6629. Meet: 1pm; call for location. Lose some of the holiday stress with a quiet walk in the woods of the Great Swamp in Chatham, NJ. Learn about winter wildlife; great for all ages.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside Nature Center on Coles Ave. at New Providence Rd. Moderate 4-5 miles; mixture of level, easy walking and some hills on rough terrain. Steady rain/ice cancels, but if deep, good snow, we'll cross-country ski.

Sunday, December 21

IHC. Ramapo Mtn. State Forest, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 9am at Ramapo Mtn. State Forest upper lot, Skyline Dr., Oakland, NJ. Moderate 7 miles on this shortest day of the year. Some climbs to nice views and a visit to the Castle. Steady rain, snow, or ice cancels.

PMNHA. Winter Solstice Hike, NJ. Leader: must register at 973-334-3130. Meet: 3pm; call for location. Moderate hike. Join us and watch the sun set on this shortest day of the year. Ages 7+. \$3 fee.

SW. Bridges of Brooklyn, NY. Leader: Cy Adler. Meet: 10:30am at Municipal Building Plaza, Chambers St., across from City Hall, Manhattan. 6 miles. We'll walk over the Brooklyn Bridge, then under Brooklyn and Manhattan Bridges through DUMBO, Vinegar Hill, Brooklyn Navy Yard area, and Ft. Greene Park. End with walk under and then over Williamsburg Bridge.

UHC. South Mtn. Reservation, Millburn, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Locust Grove parking, corner Glen Ave. and Lackawanna Pl., across from RR station. Fairly brisk 5 miles with some rocky trails. Rain or falling snow/ice cancels.

Thursday, December 25

IHC. Holidays in the Woods, NY. Leader: Larry Spinner, 845-356-5219. Meet: 10:00am at commuter lot in Sloatsburg, NY, off Rt. 17. Join us as we celebrate Chanukah and Christmas in the woods. All levels, including beginners, welcome on this moderate outing. Leader brings cookies and hopes others will bring treats to share. Snowshoes/crampons may be needed. Inclement weather may cancel; call after 7am if in doubt.

Friday, December 26

SW. Along the Raritan Canal, NJ. Leader: Oliver Wayne, 917-415-2167; call to confirm hike. Meet: 8am at white commuter statue at Port Authority Bus Terminal. 16 flat miles from Boundbrook to Kingston.

Saturday, December 27

PMNHA. End of Year Hike, NJ. Leader: for more information call 973-334-3130. Meet: 1pm at Pyramid Mtn. visitor center, 472A Boonton Ave., Montville Township, NJ. Moderate hike for ages 7+. Join us for the last scheduled hike of 2008.

SW. Great South Bay and Bayard Arboretum, Long Island. Leader: Quyen Pham, 631-234-5486; call 8-10pm or morning of hike. Meet: take 9:14am LIRR train (RT) to Great River; meet at Great River RR station at 10:37am. Moderately brisk, flat, option of 6 or 11 miles. Fantastic views of Great South Bay from Heckscher State Park; end the day exploring the beautiful arboretum. Rain/snow/ice cancels.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: Betty Mills, 973-538-4922; call before 8:30pm. Meet: 10am at visitor center parking. Moderate 4-5 miles; out by noon. Steady rain/snow/ice cancels.

Sunday, December 28

IHC. Bill Myles Memorial Trail, Dunderberg Mtn., Harriman State Park. Leader: Dave Sutter, dsuttr@aol.com; check with leader before hike, as parking lot may not be plowed or may be under construction. Meet: 9:30am at Jones Point lot, Rt. 9W, just south of Bear Mtn. Bridge. Moderately strenuous 7 miles with hills; not recommended for beginners. A leader's favorite with surprises at every turn.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center on Coles Ave. at New Providence Rd. Fairly brisk 4-5 miles with some rocky trails. Rain/snow/ice cancels.

Monday, December 29

GS. Eagle Watching, NY & PA. Leader: registration is required; please call 973-635-6629. Meet: 9am; call for location. Join our van trip up the Delaware River into NY and PA to view wintering Bald Eagles. Bring bag lunch, warm clothing, and binoculars. All-day event, transportation included; \$20 fee. Ages 18+.

UHC. Deer Paddock, South Mtn., NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10am; call for directions. Fairly level 3 miles to Washington Rock. Rain/snow/ice cancels.

Tuesday, December 30

UHC. South Mtn. Reservation, Millburn, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am; call for directions. Moderately paced 6-7 miles. Frozen waterfalls and great lookouts on both western and eastern ridges. Snow on ground will shorten the hike.

Thursday, January 1

SW. New Year's Day Hike in Manhattan, NY. Leader: Cy Adler. Meet: Noon at George Washington Bus Terminal information booth, at 178th St. and Broadway. Explore the Harlem River and woody north end of Manhattan, including Inwood Hill and High-bridge Parks. Hills, woods, historic sites, and shoreline.

Member Club Profile

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. 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.



Volunteer practice their rescue skills in local parks

New Jersey Search and Rescue

If, in the wilds of New Jersey, New York (including the Adirondacks), or Pennsylvania, you get so lost that a ranger can't find you or have a medical or rescue emergency, chances are that trained volunteers from New Jersey Search and Rescue (NJSAR) will come to your aid.

NJSAR is an all-volunteer emergency response group—members usually number between 60-70—that responds to calls in the wilderness. It is a full member of the Mountain Rescue Association (MRA), the national accrediting body for search and rescue teams across America, one of just four accredited groups east of Colorado. (There are 76 such teams in and west of Colorado.)

Bryan Enberg is a captain with the Mahwah-based group and one of the leaders of its Mountain Rescue unit. He notes that "90 percent of searches are settled by one ranger on a phone with someone who is late for dinner." But when "late for dinner" extends into a possible crisis situation, "that's when they call us."

NJSAR specifically trains to be able to rescue the high-end hikers in our area, the people who hike the 3500-foot Catskills, the peak baggers. "Who would come find you if you have a problem in those areas?" Bryan asks. "DEC rangers, certainly. But the goal of our highest end response is to be able to climb a Catskill or Adirondack high peak in winter, search, rescue, camp overnight, and continue the rescue the next day. We want to be able to spend 48 hours living out of a backpack in those kind of conditions. That's what we train to do."

Training occurs at monthly meetings (first Wednesday of each month), and there is a full team drill each month as well. Special teams, such as the canine unit, technical rock rescue, or snow/avalanche rescue, may train more often. Volunteers come from all walks of life and are not all technical climbers or even hikers. "To many it's a family affair," says Bryan. "There are spouses, a father and son. "My girlfriend became a lieutenant on the incident management team. Now we're married and our 2 1/2-year-old son comes with us."

In addition to their regular jobs, the volunteers log hours training in the classroom and field, bivouacking in all types of terrain and weather, including three winter days in the Adirondack Region. High-Line rescue drills are practiced in most New Jersey-area parks, making the NJSAR orange and black uniform familiar to many of our local hikers.

Formerly part of the NJ Forest Service, and incorporated on its own in 1987, NJSAR works extensively with state, county and local police agencies, responding round-the-clock to lost person/rescue requests dozens of times each year, at no cost to the taxpayer. In addition to being the first high performance mountain rescue team of its type in New Jersey, NJSAR provides expert command personnel; highly-trained extraction and medical teams; expert K9 teams trained in critical search specialties; and experienced ground search and tracking personnel.

The rescue squad gets no funding from government or park agencies; "it all comes out of our own pockets," says Bryan. New members are welcome.

Find more information at NJSAR.org.

* TRAIL REFLECTIONS *

Attention All Trail Stewards: Maintainers, Crew Members, Monitors, etc: Have you enjoyed a good day on the trail while volunteering? Share your experience with words or a photo. Send your contributions to *Trail Walker* editor Georgette Weir at tw@nynjtc.org.

Metro Trails Co-Chair Liz Gonzalez writes about a project in Pelham Bay Park in New York City:

"Look at what we accomplished on September 13th! Thanks to John Grayley, our natural area manager, for his guidance. This new six-section footbridge allows safer travel in wet weather. Our youth maintainers worked hard! Erin was impressive handling the drill and Marc showed his skill in aligning and hammering planks. Several joggers and hikers thanked us and provided feedback while we worked."

The volunteers have been building footbridges in wet areas on the trails in Pelham Bay Park this fall. The footbridges, built in sections, not only provide a safer traveling surface for hikers, but also protect the surrounding environment.



Metro Trails Co-Chair Liz Gonzalez keeps a smile on her face as she hammers away.

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

New Edition of Aqueduct Trail Map Available

The Friends of the Old Croton Aqueduct announce publication of the second edition of their map and guide of Old Croton Aqueduct State Historic Park, the 26.2-mile part of the aqueduct in Westchester County.

The Old Croton Aqueduct is the brick tunnel that brought New York City its first supply of pure, plentiful water, beginning in 1842. Today it is a National Historic Landmark, and the footpath atop it is a treasured recreational trail through the river towns of Westchester and New York City parkland.

The new edition adds routes and features to the original full-color map, published 10 years ago, while maintaining its clarity and user-friendliness. As before, on one side is a detailed map of the trail. On the reverse side is a narrative about the aqueduct and brief descriptions of 55 sites of interest along the way.

The new edition also has improved inset maps—enlargements that help guide walkers through the more obscure parts of the trail—as well as narratives about newly featured sites of interest along the trail.

Non members may order maps for \$5.75 (\$5.00 for map plus \$.75 postage).

Send check payable to Friends of the Old Croton Aqueduct to: FOCA, 15 Walnut Street, Dobbs Ferry, NY 10522

An order form can be printed from the Friends' website, www.aqueduct.org.



CONSERVATION & ADVOCACY *continued from page 4*

Keep It Green Campaign

Just in as this issue goes to press: **Parks funding is under attack again!** The NJDEP is asking counties to take over maintenance and operations in some parks and forests across the state. At the same time, the department has also asked state park offices to close two days a week during the winter months and recommends those days be Saturday and Sunday. Finally, it looks like the \$9 million that was promised for parks and forests fiscal year 2009 during the summer budget negotiations may now be split to cover multiple years. Stay tuned!

The Keep it Green Coalition kicked off its fall Garden State Preservation Trust campaign just as news about the looming financial crisis broke. Acknowledging the deepening fiscal challenge, the KIG Coalition launched a statewide education campaign to support its efforts and help convince state legislators and the governor that keeping the GSPT fully funded is not only a public priority, but a necessity for every citizen of New Jersey. In particular, the coalition favors a water user fee because this funding mechanism has been identified as most strongly supported by the public in a poll conducted last summer.

More information: Keep It Green Campaign (njkeepitgreen.org).

Hunting Seasons 2008

NEW YORK

Deer Seasons: Regular and Archery Southern Zone (includes Hudson Valley and Catskills)

Regular: Nov. 15 – Dec. 7
Bow: Oct. 18 – Nov. 14, Dec. 10 – Dec. 18

Westchester County

Bow only: Oct. 18 – Dec. 31

Suffolk County

Bow only: Oct. 1 – Dec. 31

Hunting is not allowed in Bear Mountain-Harriman State Parks. However it is allowed in parts or all of other state parks. Call parks for details.

Black Rock Forest (845-534-4517) closes to all hikers from Nov. 15 through Dec. 7.

For more info about deer season in New York State, go to www.dec.ny.gov/outdoor/28605.html. For info about all big game hunting seasons and regulations in New York, visit www.dec.ny.gov/outdoor/10003.html.

NEW JERSEY

In New Jersey, the safest course in the fall is to hike only on Sundays, when hunting is prohibited throughout the state. Otherwise, hunting seasons vary by weapon and geography.

For the complete set of deer season regulations, go to www.state.nj.us/dep/fgw, then click on Hunting, then Deer. Go to the same site for other hunting seasons and information.

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DELAWARE RIVER OR BUST!

continued from page 1

route, which generally results in a road walk to connect the dots. A large development in Chester, NY, for example, has closed a section of the HT that previously linked to the Appalachian Trail on Bellvale Mountain. Pending a new woods route, a road walk now links the pre-existing trail segments. In Byram, a section of trail was lost around Lake Lackawanna. Expansion of hunting activity at privately owned Hudson Farms, also in Byram, will require a reroute of the trail there. "At one point this year," says Glenn, "I got so discouraged that I said 'every time we add a mile at the south end, we lose a mile in the middle.'"

"Up hill in both directions," has been proposed as an HT slogan. Perhaps the proposer was thinking of the planning process rather than the trail itself.

Planning to Hike the HT?

The blaze of the Highlands Trail is a teal colored diamond. There is no discrete map of the HT, which for much of its length is co-aligned with other trails. The trail is indicated on relevant Trail Conference maps (North Jersey, Sterling Forest, West Hudson). Maps and updates about HT segments are available online at www.highlands-trail.org.

The co-aligned sections bear blazes of both trails, except for the Appalachian and Allis Trails, which have plastic Highlands Trail logos only at critical points. Hikers must pay attention at intersections as the Highlands Trail often leaves one trail to join another.

Camping is not permitted along the Highlands Trail. Thru-hikers must stay at bed-and-breakfast facilities along the route, or at established state park camp grounds. For more information, call the Trail Conference office. No fires, horses, bikes, or motorized vehicles are permitted on the Highlands Trail unless specifically allowed by local regulations.

Fortunately, Glenn replaced his discouragement with an agenda. "We have been working on a very ambitious goal of filling gaps in the trail and extending the HT in Hunterdon County from the current end-of-trail at Black Brook, where it has been stalled for years, to the far side of Musconetcong Gorge Preserve. This will get the trail to about five miles from the Delaware River." Those last five miles, he says, will be mostly road walk.

Glenn gives a lot of credit for recent progress to Suzanne Wilder, president of the Musconetcong Mountain Conservancy, who he says has done most of the planning of the HT's route through Hunterdon County. "I couldn't even begin to guess where we would be without all of her local Hunterdon County knowledge and plan-

ning and all of her meetings with town, state and county officials. She has done site walks on land where we got permission to build trail, (many where she alone got the permission) and brought her crew on HT work trips. She has spent many hours out with her crew building and maintaining the HT in Hunterdon County."

The HT's route, Glenn notes, has been fluid. "The route we settled on differs quite a bit from the original planned route. Having said that, the new trail has been largely completed in Clinton Wildlife Management Area, built and currently being blazed between Tower Hill Reserve and Jugtown Mountain Preserve, blazed through NJAS Deerpath Sanctuary, site walk done in September in Sweet Hollow Preserve, and the very long-awaited extension of the HT to the east end of Musconetcong Gorge Preserve has been completed. This connection is crucial to the route.

"In Morris County, we have been working on filling in the gap between the HT in Mahlon Dickerson Reservation in Jefferson and the HT in Sparta. This route is half built – the rest has been stalled waiting for permission from Jefferson Township. I have also done site walks on the continuously growing Patriot's Path between Schooley's Mountain Preserve and Stephens State Park. We have permission to co-align with this largely completed route."

Recently, Glenn welcomed Adam Rosenberg as co-supervisor on the HT. Adam files GPS reports on the trail, keeps up the website (highlands-trail.org), and helps to run crew work. Says Adam: "I ran into Glenn at a charity hike on the HT at Hudson Farms where we both led a hike together. After complaining about the blazing in the recently lost Lake Lackawanna section, I was recruited as a maintainer. After a couple of years of work doing this, picking up a second section, and numerous work crews, we discussed the co-supervisory slot."

"It is so inspiring to work with TC volunteers like Glenn and Adam—but it is also a challenge," says Brenda Holzinger, New Jersey Regional Representative, who works closely with the HT co-supervisors to create a permanent, protected route for the trail. "I find myself putting in more and more hours just trying to keep up with them!"

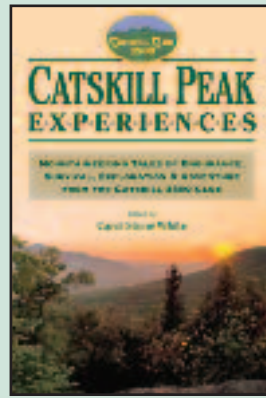
"In addition to their work, family, and other volunteer commitments," she continues, "these guys dedicate enormous amounts of time to the HT effort. Recently, Glenn even took some vacation time so he could concentrate on trail building in Hunterdon County before the weather deteriorates." Holzinger concludes, "The HT is my highest priority for NJ during the next fiscal year, and I am really excited about finalizing the route, reaching out for new members and volunteers to help us maintain the trail, producing a new HT brochure and statewide map, and celebrating its official opening."

The HT bug, it seems, is catching.

Book Review

Catskill Peak Experiences Mountaineering Tales of Endurance, Survival, Exploration & Adventure from the Catskills 3500 Club

Edited by Carol Stone White



Black Dome Press, 2008

Reviewed by Salley Decker

When I met Carol Stone White and her husband, David, at a Ramble outing in September 2007, Carol asked me for suggestions for stories that could be used in what became *Catskill Peak Experiences*. By the end of the outing, I was able to provide a couple of sources for such stories.

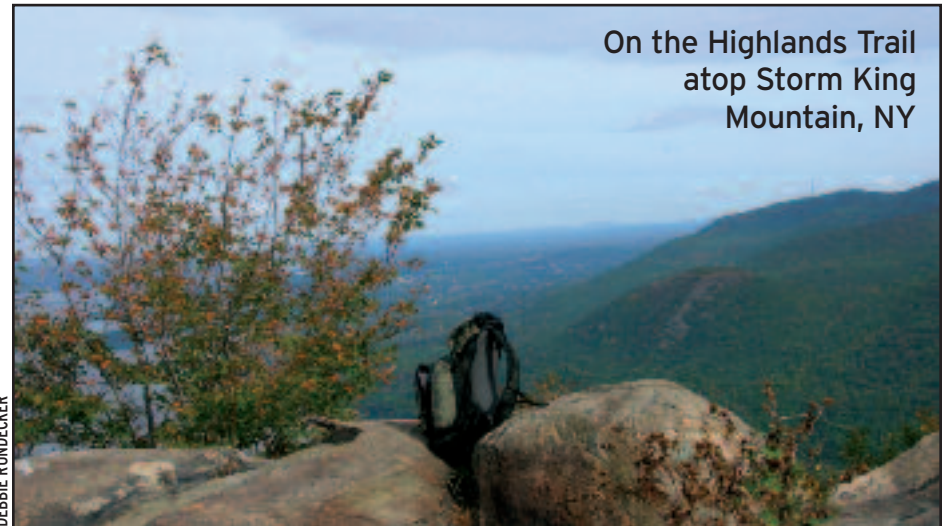
As the title suggests, *Catskill Peak Experiences* is a collection of stories by hikers. There are more than 100 true stories by members of the Catskill 3500 Club. Anyone who has hiked in the Catskill Mountains can relate to the adventures chronicled in the book. Perhaps you may recognize a name of one or more of the contributors, and, like me, you may even know some people personally. (To my surprise, I found my own name included in one account.) Some of the stories may bring back memories of your own experiences while hiking.

The book is divided into 10 sections: Marathon Hikes, Misadventures (including "The Hike from Hell"), Wildlife Encounters, Wild Weather, Winter Adventuring, Lost in the Wilderness, Navigating in the Wilderness, Reminiscences, Catskill Mountain Highs, and Catskill Mysteries.

The author sets the stage in a brief introduction that covers the beginning of the Catskill Forest Preserve and the birth of the Catskill 3500 Club, and then turns the pages over to the personal voices of hikers.

Besides being entertaining, this book is a good resource for hikers who would like to learn more about the Catskills. Even non-hikers will enjoy the tales of wilderness adventure in our "local" mountains.

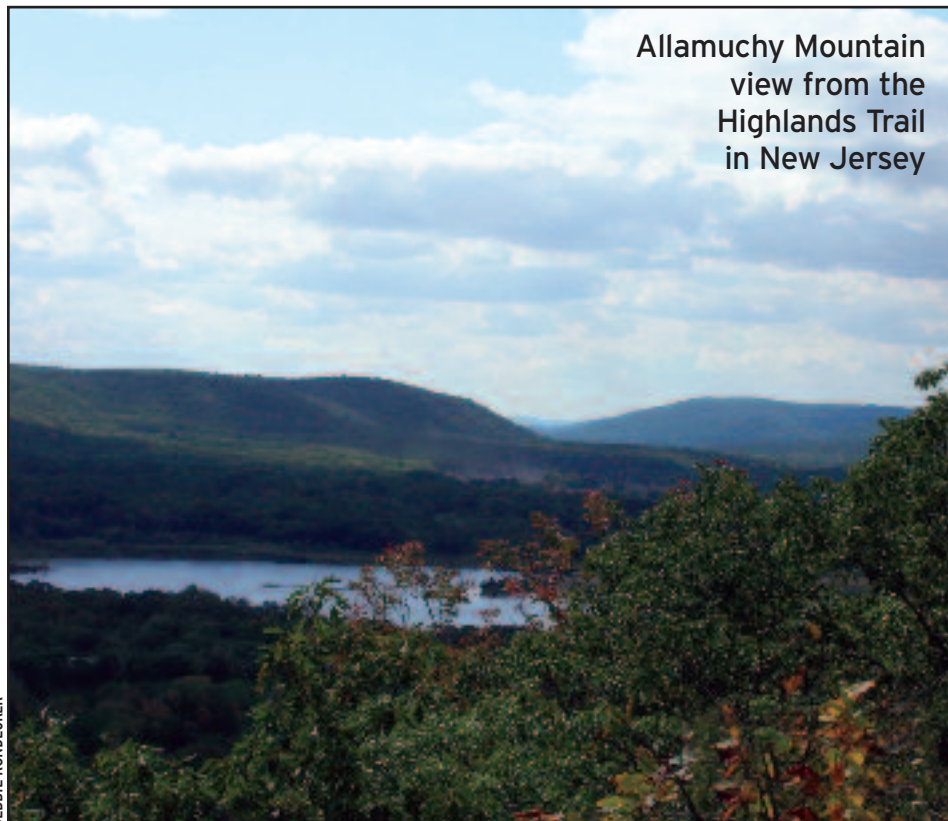
Keep It Going: The HT East of the Hudson



On the Highlands Trail
atop Storm King
Mountain, NY

Plans are afoot to extend the Highlands Trail across the Hudson River from its current end point in Cornwall at the base of Storm King Mountain, through Putnam County and into the Highlands of Connecticut. Gary Haugland is spearheading this effort, scouting possible trail routes and negotiating with land owners and managers in Putnam. For hikers who do not carry a kayak on their back in which to paddle across the river, Gary says a road walk will lead from Cornwall, north to and across the Newburgh-Beacon bridge, then south toward Cold Spring. In due time, this will be the subject of a future story.

Allamuchy Mountain view from the Highlands Trail in New Jersey



HT Acknowledgements

New Jersey DEP, and the Passaic, Morris, and Hunterdon County Park Departments were critical in permitting the HT to cross their jurisdictions and in giving general support. Al Kent of the Morris County Parks in particular was helpful and submitted the application, in competition with his own pet project, the Liberty-Water Gap Trail, that got the HT designated as New Jersey's Millennium Trail.

The Newark Watershed Conservation and Development Corporation: Jon Rosenberg, who at the time was the property manager, not only ensured access in the watershed, but also helped gain access to private properties such as one owned by Lakeland Bank (now Green Acres property), and the Missionary Society of St. Paul the Apostle, which still hosts about two critical miles (meaning no viable alternative) of the trail.

Byram Township, especially Margaret McGarrity, currently employed by the township, has been as supportive and helpful as the counties and state.

Suzanne Wilder, president, and the Musconetcong Mountain Conservancy, for taking a lead role in Bethlehem Township, Hunterdon County.

Estelle Anderson and Bob Jonas, for planning and building a substantial section of HT between Norvin Green State Forest and Windbeam Mountain.

John Moran for re-routing and improving miles of the HT/ Stone Town Circular off of the road in Ringwood and into the woods. He never fails to consider the HT in his planning.

Dozens of volunteers who have worked thousands of hours on the trail since its inception.

Featured Hike

By Brian Sniatkowski

A New Circuit Hike in Passaic County



Enjoying the view from Overlook Rock Trail.

The new Overlook Rock (1.5 miles) and Lake Sonoma Trails (2 miles) in Norvin Green State Forest were completed on September 1 (see Trail News, page 4) and provide hikers with several options for loop hikes using all, or parts of the new trails, a recently relocated section of the Hewitt-Butler Trail, and other nearby trails.

This 7.25-mile hike starts at Burnt Meadow Road on the new, orange-blazed Lake Sonoma Trail. From the trailhead it heads westward following a ridge line, then crosses a second ridge with a decent westerly view. It then descends through an area with fascinating rock formations, eventually reaching scenic Lake Sonoma, where it skirts the shore offering nice views of the lake through the trees.

The trail then climbs West Brook Mountain, joining the white-blazed Overlook Rock Trail just before the trail ends at Overlook Rock. Here you will find one of the finest views in the region and a great place to stop for lunch. After enjoying the view, turn south on the Overlook Rock Trail and continue to where it meets the blue-blazed Hewitt-Butler Trail. There is another nice view here if you walk out onto the rocks just west of the junction.

Turn right on the Hewitt-Butler (it is 1.75 miles to the northern endpoint of the Overlook Rock Trail), following the trail as it negotiates a rocky area and a woods road, then crosses under the power lines and back into the woods. You are now heading north on a recently relocated section of the Hewitt-Butler, running parallel to, but just out of sight of the power lines it once followed. The trail soon crosses a rock outcrop with an outstanding westerly view.

Shortly after passing a segment of private property, the trail joins up with an old woods road. Look for the white-blazed northern junction of the Overlook Rock Trail, which comes in from the right. Turn right (east) onto the Overlook Rock Trail, cross under the power lines again, and follow the woods road downhill until it turns right off the road. It soon reaches a rocky outcrop with a gorgeous easterly view.

The trail then descends from the outcrop and heads downhill, where it meets up with another pleasant woods road and follows it until the road disappears. It then crosses a seasonal stream and makes a short climb to where it meets a heavily eroded woods road. Continue following the white blazes uphill; the trail soon rejoins the Lake Sonoma Trail about 150 feet north of Overlook Rock. Turn left here on the Lake Sonoma Trail and retrace your steps back to your car.



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THANK YOU:

Danielle Bouchard, Chris Connolly, Vin Dryer, Jakob Franke, Cliff Konnerth, Andrew Konnerth, Larry May, John Moran, Natalie Nass, Craig Nunn, Mark Nordyke, Terri Russeau, Karen Schoof, Frank Schoof, Bob Simpson, Brian Sniatkowski, Michael Williams, and Hank Zulauf. In addition, the nearby Shiloh Bible Camp in Hewitt volunteered 15 members of its Force for Good, who contributed more than 80 hours of trail work on National Trails Day. Thanks to all!

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