



90 Years of Trail Magic

What we've accomplished:
a timeline in pictures.

SEE PAGES 6 & 7 ▶



More Trail Magic Ahead

Our trails, volunteers, partners,
and trail users will all be more
numerous and more diverse.

READ MORE ON PAGE 3 ▶



TRAIL WALKER

November/December 2010 New York-New Jersey Trail Conference – Connecting People with Nature since 1920

www.nynjtc.org

Trail Conference Aids Efforts to Revitalize Lenape Trail and Liberty Water Gap Trail in NJ

By Steve Marano

The 34-mile Lenape Trail in Essex County, NJ, is enjoying a burst of volunteer energy and support from the Trail Conference, which is providing expertise in trail work and volunteer training and support to area residents who seek to revitalize the trail.

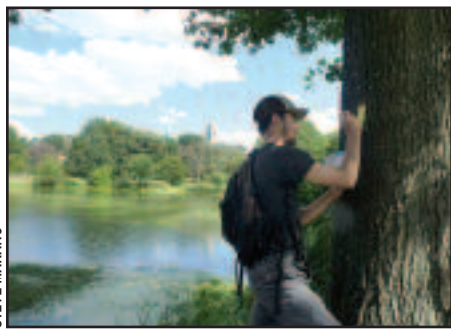
The Lenape Trail connects 19 parks in Essex County and is arguably one of the oldest and most unique urban greenways in the Northeast. Seventy percent of the trail passes through parkland or other natural areas; the rest is on-street. This 30-year-old trail, first blazed in 1979, has been created and maintained nearly single-handedly by Al Kent (pictured below), a Trail Conference member and retired employee of the Morris County Parks Department.

Al is a truly remarkable individual who at the age of 84 still performs maintenance nearly every day throughout the year on both the Lenape Trail and Patriots' Path in Morris County. While Al has reblazed the trail where needed over the years, it is extremely difficult for any one individual, let alone one in his mid-80s, to maintain more than 30 miles of blazes. Many of the trail's blazes have faded and some have disappeared entirely, making it hard to follow.

Of more significance, the public is virtually unaware of the existence of this unique resource. The trail is marked entirely with yellow blazes, which, while acceptable in traditional forested areas, are almost unno-



Al Kent, who 30 years ago first imagined a long-distance trail across New Jersey, continues to maintain the Lenape Trail.



Volunteer Peter Avarar paints a blaze along the Lenape Trail in Essex County, NJ.

ticeable in urban settings. In fact, an informal survey that I completed this summer revealed that at best only one in 20 residents is even aware of the trail running through their neighborhood.

The revitalization project that kicked off this past summer is a multi-phased effort intended to address this issue head on. Not only will the entire 30+ miles of trail be reblazed, but it will be marked in strategic, high-traffic locations with professionally printed metal medallions large enough to advertise the trail's existence. The medallions will display the trail name in bold letters along with a distinctive arrowhead logo, and include a website URL where those interested can obtain maps and information.

The project began in early summer when a Montclair High School 2010 graduate named Ian Vanderklein, working under Trail Conference supervision, used a GPS to document all existing blaze locations and identify problem areas in both directions. Lenape Trail volunteers are using this data extensively to help direct their reblazing efforts, which are now underway.

On August 21, experienced Trail Conference volunteer Robert Jonas supported our efforts by giving a workshop in trail blazing to a group of nine individuals interested in helping with the reblazing project. In the space of just four weeks, this group accomplished the amazing job of reblazing the entire main east-to-west trail from Roseland to Newark, over 30 miles. This included major reroutings along much of the eastern third of the trail, encompassing nearly all of Branch Brook Park, much of Belleville Park, the additions of Booth and Yantecaw Parks in Nutley, and a significant rerouting in Upper Montclair to provide access to the Alonzo Bonsal Wildlife Preserve.

Public recognition of the trail is already picking up. The mayor and commissioners of Nutley are thrilled with the decision to reroute it through the Nutley park system,

continued on page 11

New Teatown-Kitchawan Trail Links Multiple Parks and Trails in Westchester

On October 6, Westchester County's trails got a big boost in connectivity with the opening of the Teatown-Kitchawan Trail (TKT). The new east-west trail links the north-south running North County, Briarcliff-Peekskill, and Old Croton Aqueduct trailways; Teatown Lake Reservation's network of more than 15 miles of trails; and three county parks in the towns of Yorktown and Cortlandt—Kitchawan Preserve, John Hand/Bald Mountain, and Croton Gorge. Eventually, the Hudson River Trail at Croton will also be linked to the trail network.

The new 6.5-mile TKT is the culmination of a 13-year effort by Teatown to tie together the three major north-south trailways and for the first time to provide hikers access to Kitchawan's rugged, wilderness area. The project was spearheaded by Teatown volunteer Geoffrey Thompson and involved the collaboration of the Trail Conference, the New York City Department of Environmental Protection (DEP), and county and local governments.

DEP provided a 25-foot-wide hiking trail easement across its lands on Stayback Hill and Bald Mountain. This corridor is to be maintained and managed by Teatown.

Since March of this year, staff and volunteers of Teatown and the Trail Conference constructed the new trail. Improvements were also made to existing trails in the county's Kitchawan and John Hand parks. The result is the new TKT east-west trail.

Information kiosks with a map of the trail route are being installed at the primary access points to the new trail. A map of the trail (below) has been developed by the Trail Conference and can be downloaded from our website (www.nynjtc.org/map/teatownkitchawan-trail-map).

The Trail Route

TKT, which is blazed in distinctive purple, begins at the North County Trailway near Route 134, and makes its way west across the Kitchawan Reserve near Route 134 in the southeast corner of Yorktown. When it reaches Arcady Road, it crosses onto DEP land and continues through the woods and meadows of Stayback Hill.

The trail then follows Croton Lake Road, a lightly traveled and largely dirt-surface road, in order to pass under the north and south lanes of the Taconic State Parkway. Once under the parkway, the trail returns to DEP lands and climbs Bald Mountain, passing through beautiful forest and isolated old meadows that afford stunning views of the Croton Reservoir, northern Westchester, and the distant Hudson Highlands.

On the southwest side of the county's John Hand/Bald Mountain Park, the TKT intersects with the Briarcliff-Peekskill Trailway. This can be followed south to Teatown or west to Croton Gorge Park and the New York State-owned Old Croton Aqueduct Trailway.



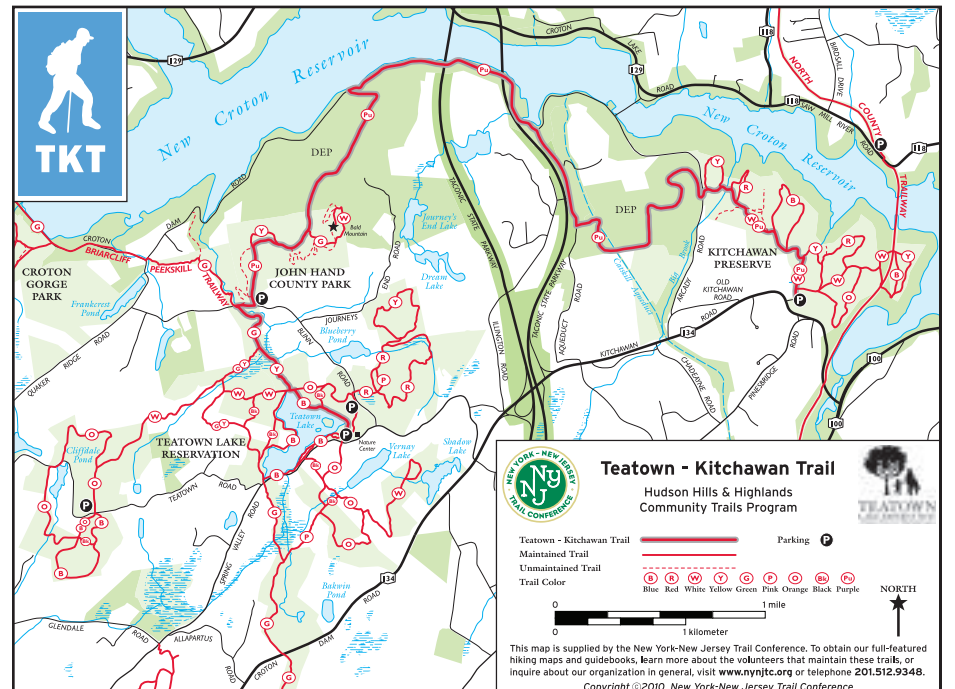
Opening ceremony for the Teatown-Kitchawan Trail.

Collaborating for Community Trails

"The completion of this trail represents the realization of a long-held dream," commented Fred Koontz, Teatown's executive director. "It will now be possible to hike all the way from Yonkers to Yorktown on the North County Trailway, cross the TKT and take the Old Croton Aqueduct Trailway all the way back down-county, although you'd likely be pretty tired and sore the next morning! But what is great about it is that it can be hiked in a variety of much shorter increments, so it really offers hiking opportunities for just about anyone."

Ed Goodell, Trail Conference executive director, noted that building trail connec-

continued on page 11



TRAIL WALKER

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GEORGETTE WEIR EDITOR
LOUIS LEONARDIS GRAPHIC DESIGNER

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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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Letters to the Editor

Correction

... and apologies to Eric Fuchs-Stengel. His name was spelled incorrectly on page 3 in the September/October issue.

Thanks from Minnewaska Park Manager

I wanted to drop a note to all of you who assisted with replacing the bridge [on the Red Trail over the Peters Kill]. Thank you for all of your efforts. The bridge looks great. We are so fortunate to have volunteers such as yourselves. I look forward to working with the Trail Conference on other projects at Minnewaska.

— Eric Humphrey
Park Manager

Minnewaska State Park Preserve

West Hudson Regional Representative Larry Wheelock thanks volunteers, Jim Gebhard, Dave Webber, Jules Papp, Dave Margulis, Les Jesberger, Joe Sahl, and Mike Garrison for

helping rebuild the deck and railing on the Peters Kill Bridge. The work was done during the last weekend of August. It was the finishing job on recent trail work in the area of the Peters Kill parking area at Minnewaska State Park Preserve that included relocating a section of the Red Loop Trail.

Watery Grave: Another Chapter

In the September/October issue of Trail Walker, Susan Sterngold wrote of the emergence of a gravestone in the middle of Pine Meadow Lake this past summer during a time of low water (page 9). She updates the story:

"We were hiking around the lake near Conklin's Crossing on September 20, and I wanted to show the group the gravesite. To our dismay, the grave had disappeared. Apparently, sometime between July and September, this grave broke and fell backward into the rocks. It seems to be wedged tightly in there, but now it is impossible to see. Another Harriman mystery..."

Re New Section off the Bare Rock Trail

Thank you for the front page in the September/October issue of the Trail Walker.

The article states that "At 2:20pm on Friday, June 23, Peter Tilgner and Suzan Gordon (Sterling Forest Trail Supervisors) painted the last blaze..." The truth is Peter, Suzan, and the southern section's maintainer, Chuck Holmes, nailed up the last blazes. With the exception of the Wildcat Mountain Trail, all blazes on Sterling Forest trails are metal tags covered with reflective tape corresponding to the color of the blaze.

Also, on the back page of that same issue, a hike to and from Bare Rock is described. The spur to the Bare Rock itself is now signed "Bare Rock Vista" and blazed with black binoculars on an orange blaze.

— Peter Tilgner

Send Us a Letter

Email it to tw@nynjtc.org; in the subject line, put "letter to TW editor"; or send it to Trail Walker Letters, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Conservation & Advocacy

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

America's Great Outdoors Initiative

Trail Conference representatives attended an August "listening session" in Poughkeepsie on the outdoors, sponsored by the White House. Secretary of Agriculture Tom Vilsak presided. Among the points advanced by the Trail Conference were recommendations for standardizing administration of federal grants by states, loosening requirements that tie grants for non-motorized trail projects to grants for motorized trail projects, and recognizing trails for the health benefits they foster. The Trail Conference encouraged the federal government to support collaborative public-private trail projects, such as that modeled by the Appalachian Trail; that the Land & Water Conservation Fund, USDA's Forest Legacy Program, and the Highlands Conservation Act all be fully funded; that illegal ATV use on public lands be regulated and restricted; and that there be improved access (i.e., via public transportation) to trails and the outdoors for urban dwellers.

Draft Master Plan for Fahnestock, Hudson Highlands State Parks

On September 28, New York State Parks released a Draft Master Plan and Draft Environmental Impact Statement (DEIS) for Clarence Fahnestock Memorial and Hudson Highlands State Parks. Written comments on the draft plan will be accepted until November 5, 2010. Find additional info and links to the plan on our website. Search www.nynjtc.org/news/news-items

Draft New York Statewide Trails Plan

A draft plan and environmental impact statement for trails on park land administered by the New York State Parks Office (not DEC) was released September 29. Hearings were scheduled for October, and comments were due by November 1. Find additional info and links to the plan on our website. Search www.nynjtc.org/news/news-items

Draft Strategic Plan for New York State Forests

Hearings on a Draft Strategic Plan for New York State Forests, administered by the Dept. of Environmental Conservation, were held across the state in September. Among the most controversial elements of the plan are proposals to make ATV use of state forests less restrictive and to open up some state forest land for gas drilling. Find additional info and links to the plan on our website. Search www.nynjtc.org/news/news-items

Creating a Vision for Ramapo Mountains in Bergen County, NJ

The Trail Conference is participating in a "visioning" process that will be followed by development of a management plan for Bergen County-owned open space in the Ramapo Mountains. Bergen County began acquiring forested land in the Ramapo Mountains in the late 1980s and acquired one of the last large tracts of land in 2005. Now that most of the acquisition is completed, the county is now focusing on helping ensure that the park's scenic, natural, cultural and recreational qualities are protected and preserved. Find additional info and links to the plan on our website. Search www.nynjtc.org/news/news-items

PSEG's Proposed Susquehanna-Roseland Electric Line

The Trail Conference submitted comments opposing this power line plan because of the devastating impact it would have on trails, open space, and views across New Jersey. The transmission route is planned to pass through the Highlands Region as well as the Delaware Water Gap National Recreation Area and the Appalachian Trail. Find more details on our website: www.nynjtc.org/issue/pseg-powerline-proposal.



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From the Executive Director



On Our Way to 100

Memory Lane is not the name of any trail maintained by a Trail Conference volunteer. The occasion of our 90th anniversary nevertheless prompted me to take a look down that path as we culled our archives for highlights and photos of our first 90 years (see timeline on pages 6 and 7).



Two things struck me forcefully: our original mission and means of accomplishing it are exactly the same —volunteers working with park managers to create and manage trails for the public to explore. In 1920 as now, there were relatively vast amounts of new public land (good) and far too few park resources (bad) to develop and maintain trail systems for the public to enjoy. In fact, the latter half of this equation has been more the rule than the exception for the past decade and this trend

More Trails: The Trail Conference will continue to build and adopt new trails, easily topping 2,000 total miles, and possibly reaching 2,200. Most of these trails will be on newly acquired public lands, often they will be trails linking a complex mosaic of public lands sprinkled across the larger landscape. Many of these new trails will be close to where people live, accessible for daily walks and hikes without need for a long drive. (See our two cover stories this issue for examples of this new trend.) Trails and the ability to access open space will enjoy broad support among community decision-makers as quality of life and economic enhancers. (Our cover stories point to this trend as well.)

More Volunteers: Trail conditions will improve because we will have more volunteers, and they will be better trained and supported. We will be recruiting more volunteers and supporters from the growing and diversifying ranks of trail users. We will be doing a better job of recognizing volunteers for their contributions and achievements and as a result we will deploy and retain many more informed, capable, and enthusiastic volunteers.

More Trail Information: Trails will be better known and easier to find. Trail routes will be cataloged online, mapped, rated, and commented upon. Our current online hike collection will be expanded and enhanced and prospective hikers will be able to search and select hiking routes to their heart's content before they step out the door. But venturing out will not mean being unconnected. Handheld Internet connected GPS/communication tools will be as ubiquitous as cell phones today. These devices will navigate users to the trail head,



More Trail Partners: At our founding, we had one partner: the Palisades Interstate Park. Today, we work with 120 public entities including federal, state, and local park agencies, private land trusts, and more than 100 individual landowners. As we continue to adopt more trails, we simultaneously enter into more partnerships and will be challenged to improve communications both with our partners and volunteers and between them.

More Need for Trail Advocacy: We will need to be continuously vigilant to protect natural areas from encroachment by development and motorized vehicles. Open space funds and park budgets will need to be actively promoted annually at all levels of government.

More Ecological Engagement: Requests from public agencies for our assistance with environmental stewardship will increase. This will include monitoring and posting park boundaries, control of exotic plants and protection of endangered species, advocacy for better deer management policies, and surveillance for emerging problems like emerald ash borer or longhorn beetles. A whole new contingent of Trail Conference volunteers will step forward as stewards of the land as well as the trails.



More Presence: We'll be planning our 100th anniversary from the historic, energy efficient, and very visible Trail Conference headquarters, also known as the Darlington Schoolhouse.

More Great People: Our ranks, and our photo archives, will swell with the faces of yet another generation of dedicated trail lovers, trail builders, trail maintainers, and trail protectors.

Thank you, all, for your support and contributions to trails during our first 90 years. Here's looking to our 100th!

Happy trails!

— Edward Goodell
Executive Director
goodell@nynjtc.org



is not likely to change soon. It is not a scenario that the Trail Conference would wish for, quite the opposite, but it is one we were built for and one we can mitigate, if not solve. Our mission is as least as relevant today as it was 90 years ago.

Much else has changed, of course, and will continue to change. So what lies ahead? What will the Trail Conference be in 2020, when we celebrate our centennial?

describe various hiking routes, track hikes online in real time and communicate with others along the way. All Trail Conference maps and books will be available electronically. But in an age where information is more common than dirt, there will be a resurgence of "low-info" hikers who prefer to engage with their surroundings more than their devices.

Our indestructible Tyvek maps will still be a popular "must have" for hikers.



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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/content/retail-partners 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 worldwide, along with maps, guides and a historical archive.



Some of Our Discount Partners



VISIT WWW.NYNJTC.ORG/CONTENT/RETAIL-PARTNERS FOR COMPLETE LIST OF MONEY-SAVING DISCOUNTS!



Trail Changes at Bear Mountain Summit

The western end of the Major Welch Trail—from the Perkins Memorial Tower on the summit of Bear Mountain to its former terminus on Perkins Drive—is permanently closed. The Major Welch Trail now terminates at the Perkins Memorial Tower. The trail remains open from its trailhead at Hessian Lake to the summit of Bear Mountain.

In late summer and fall, trail crews worked to open a new stretch of the Appalachian Trail on the south side of the mountain, which incorporates the views on the closed section of the Major Welch Trail. This section opened in September. The aim was to relocate the Appalachian Trail off of Perkins Memorial Drive and into the woods, providing a more "backcountry style" of trail.

The relocation begins a short distance from the summit, at "The Moonscape" view where the old Major Welch Trail formerly passed. From this viewpoint, the AT now travels down to the old scenic road; once on the scenic road, it continues on the road (no longer in use by car traffic) until it crosses Perkins Memorial Drive and links up with the established AT footpath.

In September, the crews turned to building a new Summit Loop Trail, which they hope to open to the public at the end of December. This one-mile loop circles the summit of Bear Mountain and provides an easy novice hiking experience. The eastern half of this trail will be ADA-compliant, thus, it will also be a significant handicap accessible trail. The western half of the trail will be a more primitive, backcountry-style trail. A small portion of the Major Welch Trail, which traverses the summit to the tower, will be rerouted and co-aligned with this trail section. So, both the MW and the AT will be co-aligned along the handicap accessible portion of the trail to the tower.

Take Guided Hike of New Highlands Trail Section in Wonder Lake

Join trail builders on Sunday, November 14 at 10am for a hike along the length of a new segment of the Highlands Trail (HT) at Wonder Lake State Park.

The 3.7-mile HT section forms the spine of a trail network that Trail Conference volunteers have been working on since 2008. In addition to new hiking and connector

trails, the network includes several miles of woods roads suitable for equestrian users. The fall date ensures some fine views of the surrounding Highlands and the park's beautiful centerpiece, Wonder Lake.

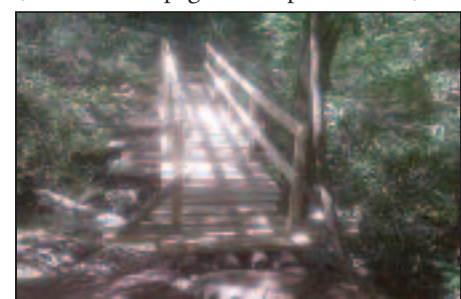
We will meet at the parking lot on Ludingtonville Road (accessible from exits 17 and 18 on I-84). Those who have helped build the trails in the park are especially welcome to see the results of their good work.

—Gary Haugland

Chair, Highlands Trail East of Hudson

Red Loop Trail at Minnewaska State Park

In late summer, the Trail Conference West Hudson North crew completed a relocation of a portion of the Red Loop Trail near the Peters Kill parking area at Minnewaska State Park Preserve. The relocation moves the trail off of slick rock, which proved treacherous footing when wet or icy, and into the woods, where it makes its scenic way down to the Peters Kill. The Red Loop Trail connects with the Bull Wheel Trail and Yellow Trail and provides the option of another loop hike incorporating a segment of the High Peters Kill Trail. A related improvement was the rebuilding of the bridge over the Peters Kill (see letters, on page 2, and photo below).



The new Trail-Conference volunteer-built bridge over the Peters Kill at Minnewaska State Park.

New Link for Highlands Trail in Hunterdon County

In August, Trail Conference volunteers working on the Highlands Trail in Hunterdon County, NJ, celebrated the protection of 40 acres of forest and wetlands that have been preserved by the Hunterdon Land Trust, the New Jersey Audubon Society, Bethlehem Township, and the New Jersey Water Supply Authority. The parcel, on the south side of Mine Road near Mountain View Road, is surrounded on three sides by protected land, including the Tower Hill and Jugtown Reserves. Trail Conference volunteers worked with the Land Trust to relocate a section of the Highlands Trail away from a utility corridor and across the newly preserved land. "A nice improvement," in the words of HT Committee co-chair Brenda Holzinger.

Find Trail News on our website at www.nynjtc.org/news/trail-news.

Fire Controlled on Windbeam Mountain

By James Lisa and John Moran

At 2:30 PM on Friday, August 20, 2010, a fire was reported near the summit of 1,040-foot Windbeam Mountain in Ringwood, near the site of a fire in April 2009. Erskine Lakes, Skyline Lake and Ringwood Volunteer Fire Company responded to the scene and were later joined and relieved by the New Jersey Forest Fire Service. Friday and Saturday were spent containing the blaze with helicopter bucket drops and digging fire lines in the steep and rocky terrain. Mother Nature completed the job with three days of rain starting Sunday. Three firefighters were injured in the approximately seven-acre incident.

North Jersey Trails Chair John Moran subsequently inspected the site with volunteers Karen and Frank Schoof:

"Three of us went by on August 31 and the fire mainly seems to have burned numerous cedar trees on the west-facing slope. Grass is already resprouting. A prickly pear cactus seems virtually undamaged even though surrounded by scorched earth—maybe due to its water content."

"The trail itself is not in bad shape, still easily followed; perhaps it acted as a fire

break. I'm sure things could have been a lot worse without the fire responders. There are still tape barriers across the STC/ HT trails at Windbeam Lane and at the Highlands Trail entry on Stonetown Road, along with various flagged spots in the fire area. We left all in place in case somebody wants them there for inspection purposes."

Thanks to all the responders who did so much to quickly contain the blaze.



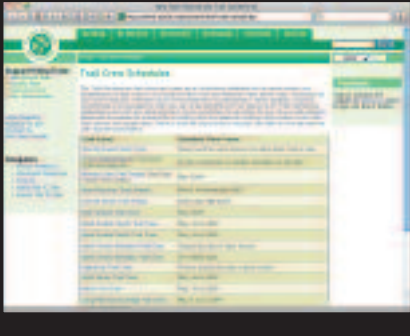
JAMES LISA

Fireman John Livesey on Windbeam Mountain, with the Wanaque Reservoir in view.

Trail Crew Schedules

November – December 2010

Check our website for possible additions or changes to schedules. Go to www.nynjtc.org and click on Trail Crews in the Get Involved tab.



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.

CENTRAL JERSEY CREW

Leaders: Bob Jonas & Estelle Anderson
Phone: 973-697-5326 **Cell:** 908-803-3883
Email: CNJTrails@optonline.net

Please check the Trail Crew Schedules on www.nynjtc.org/content/trail-crew-schedules for work trips, or feel free to call us for more information.

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 NATURAL DESIGN CREW

Leader: Frank Schoof, trails.schoof@gmail.com

This is a NEW crew dedicated to "Natural Design" techniques based upon the approach by Troy Scott Parker learned in a Trail Conference workshop this past spring. The crew work will concentrate mainly on the design and build of new trails and redesign of existing trails for a more natural, sustainable and enjoyable hiker experience. Open to ALL Trail Conference members.

Saturday, November 13

Location TBD

WEST JERSEY CREW

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

Saturday, November 6

Red Dot Trail, Worthington State Forest

Continue reconstruction work on a trail retaining wall

HIGHLANDS TRAIL CREW

Leader: Adam Rosenberg, HT Co-Supervisor:
dobsonian@verizon.net or 973-570-0853

We generally get together the first Sunday of every month to tackle various jobs building new sections or reworking existing sections of the Highlands Trail throughout New Jersey as well as in New York west of the Hudson River. We also schedule other work dates. All are welcome, experience is not necessary. Contact leader for details of the current trip and what tools to bring.

METRO TRAIL CREW

Leaders: Joe Gindoff, 718-614-2219, joeghiker@nynjtc.org;
Linda Sullivan, crew chief, 347-721-6123, marmilinda@yahoo.com;
Liz Gonzalez, lz.gonzalez@verizon.net

We work in various parks throughout New York City, generally the third Saturday of each month, May through October, with additional work dates as needed. No experience necessary. We provide gloves, tools, training.

Please contact Linda Sullivan, in order to receive email notices of work outings, or check the Metro Trail Crew page at www.nynjtc.org/content/trail-crew-schedules.

Sunday, November 21

Location: Forest Park, Queens

Contact: Linda Sullivan

Meet: 9am at the Bandshell parking lot

Project: clearing/cleaning trails

EAST HUDSON CREWS

Dutchess-Putnam Appalachian Trail Most Saturdays

Contact: Tim Messerich, bascomgrillmaster@yahoo.com or 845-297-9573
Join RPH Volunteers (TC member club) on AT maintenance outings.

Ward Pound Ridge Reservation

Weekly Trail Maintenance Trips

Contact: wprtrailmaintainer@gmail.com
Contact WPRR at the email address above or view the East Hudson Trail Crew webpage at www.nynjtc.org/content/trail-crew-schedules for more information and the schedule.

EAST HUDSON COMMUNITY TRAILS PROJECTS

Contact: Leigh Draper, at draper@nynjtc.org for more information or check the East Hudson Trail Crews page at www.nynjtc.org.

Wonder Lake State Park Trail Project

With Fahnestock State Park

In Putnam County

Sunday, November 14

Guided hike on new trail. Find details on page 4.

Teatown to Kitchawan Trail Project

With Teatown Lake Reservation

Westchester County

Trail now open. See page 1 story.

Angle Fly Preserve Trail Project

With Somers Land Trust

Westchester County

Contact: volunteer@somerslandtrust.org

WEST HUDSON SOUTH

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

Thursday, November 4

TBD

Leader: Bob Marshall

Saturday, November 13

TBD

Leader: TBD

WEST HUDSON NORTH CREW

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

Look for trail work schedule at www.nynjtc.org/content/trail-crew-schedules.

LONG PATH/SHAWANGUNK RIDGE TRAIL CREW

Leaders: Andy Garrison, srtmaintainer@gmail.com or 845-888-0602
Jakob Franke, jf31@columbia.edu or 201-768-3612

Occasional work trips are planned. Contact a leader for details or check www.nynjtc.org/content/trail-crew-schedules.

BEAR MOUNTAIN TRAILS PROJECT

Through November 28

Thursday-Monday

8:30am-4:30pm

Work trips involve a variety of tasks, such as: corridor clearing, prepping work sites, restoration, quarrying stone, using an overhead highline to transport stone, creating crushed stone (with mash and sledge hammers), building crib walls, setting rock steps, and splitting stone.

While training is provided every day, individuals who have no trail building experience are REQUIRED to attend one Trail U course on Bear Mountain or a Trail Building 101 course at another location. If you cannot meet these requirements but still wish to volunteer, please contact the Volunteer Coordinator at bearmountaintrails@gmail.com.



Appalachian Trail Committees Receive LL Bean Grant for Neighbor Relations Project

Earlier this year the combined Appalachian Trail Management Committees of the Trail Conference (representing Dutchess/Putnam Counties in NY, Orange/Rockland Counties in NY, and New Jersey) applied for an Appalachian Trail Conservancy (ATC) Grant through the ATC's LL Bean-sponsored Grant Program. We have received notice from ATC that this grant has been awarded and funded, and Ron Rosen, chair of the AT Coordinating Committee for the three AT Management Committees, will be spearheading the implementation of the grant.

The grant project involves three major steps:

1. *Developing a brochure informing landowners adjacent to the Appalachian Trail corridor, and residents of subdivisions near the AT corridor, about their proximity to the Trail, and the opportunities it brings to these neighbors for foot-based recreation.* The brochure also describes the development of the corridor lands as a National Park; it explains the public-private partnership between the National Park Service and volunteers for the purpose of managing and protecting the Trail and its corridor. Finally, it suggests these neighbors might wish to join the Trail Conference and the ATC in protecting the Trail and its corridor.

2. *Disseminating this brochure to the trail neighbors.* In some cases, this involves sending the brochure and an accompanying letter to the neighbors; in other cases, the brochure and letter will be distributed by volunteers door-to-door. The letter invites these neighbors to attend a public meeting in their vicinity if they wish to learn more about the AT.

3. *Holding public meetings for those neighbors who want to learn more.* As of press time, one of these meetings has been scheduled to be held at the Beekman Town Hall, in Dutchess County, NY, for the evening of Monday, November 15th (time TBA). We plan to schedule a meeting in Putnam County, NY, on or near Tuesday, November 30th. We plan to schedule similar meetings west of the Hudson River as well. The meetings will feature a slide show on the AT and its corridor, an explanation of the cooperative management system (NPS, ATC, Trail Conference, Trail maintaining clubs, and individual volunteers), and light refreshments.

If any *Trail Walker* reader is interested in assisting with publicizing or staging these meetings, or just attending one of the meetings, please contact Leigh Draper, Trail Conference East Hudson Regional Representative, at draper@nynjtc.org or 201-739-4434 for further information.

Volunteers Ready Neversink Trails for Adoption



Above: Volunteers take a break from trail clearing in late August to enjoy the view in the Neversink River Unique Area in New York's Sullivan County. A dozen volunteers joined trip leader Andy Garrison on a special work trip to clip brush and restore blazes along four miles of trails in this region of the southern Catskills. The Trail Conference expects to officially adopt 11 miles of trails in the Neversink Gorge upon approval by the state Dept. of Environmental Conservation.

The Neversink River Unique Area, at 6,574 acres, and the adjacent Wolf Brook Multiple Use Area at 585 acres, add up to more than 7,100 acres with a river, streams, waterfalls, mountains and more. Trail maps are posted on kiosks at three trailhead parking areas accessible by regular cars: Wolf Lake Road and Katrina Falls Road in the Wolf Brook Multiple Use Area, and at Cold Spring Road on the western side of the river. The area is popular with hunters, and hikers are urged to avoid it during hunting season.



A trail map will be published on our website when trail work is completed.

Mullet Falls, destination of a side trail in the gorge

90 YEARS OF

1960
Robert Jessen revitalizes interest in the Long Path



1952
Wawayanda shelter completed



1940
Joseph Bartha named first Trails Chair; serves until 1955



1962
Con Edison announces plans for hydroelectric plant on Storm King Mountain



1950
NY-NJ trail network achieves 422 miles

1941
World War II brings drastic decrease in trail activities and closing of A.T. at Bear Mountain Bridge

1939
Bill Hoeflerin (above) begins newsletter, *Walking News*
Trail Conference contributes to purchase of land north of Anthony's Nose to protect it from quarrying
Trail Conference has 25 member clubs

1958
Incorporation of Trail Conference
Leo Rothschild, conservation chair, recommends saving Sterling Forest

1963
NY-NJ Trail Conference and the Nature Conservancy cofound the Scenic Hudson Preservation Conference



1975
First full-time executive director hired
700 miles of trails maintained

1978
Congress authorizes National Park Service to purchase A.T. corridor

1979
Marriott Corp. proposes big development at Lake Minnewaska

1969
39 member clubs, 600 miles of trails maintained
Membership opened to individuals



1964
Long Path reaches 130 miles from George Washington Bridge to Catskills
Rosa Gottfried becomes first editor of the new *Trail Walker*

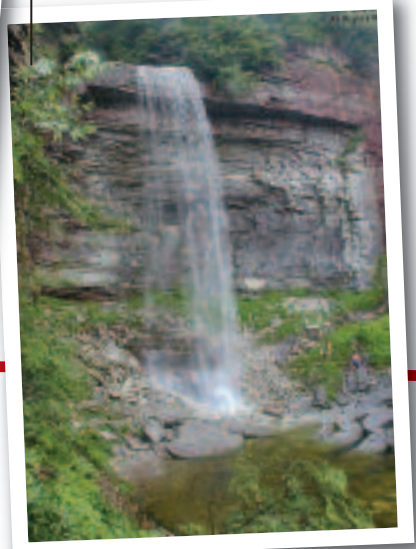
1965
Elizabeth Levers initiates first Litter Day in Harriman Park
US Circuit Court of Appeals blocks Con Edison's Storm King plans

1968
U.S. Congress passes National Trails System Act, proposing the protection of entire Appalachian Trail

1970
First woman president, Elizabeth Levers, takes office
Map committee formed
First permanent office opened in NYC

2001
Stonetown Circular, Stony Kills Falls, Ginseng Ridge, trail lands protected
Offices relocate to Mahwah, NJ
Hiking Long Island published

2004
Popolopen Bridge replaced at Bear Mountain State Park
New York City trails adopted in Alley Pond Park and Forest Park, both in Queens
Kittatinny Trails guidebook published
1,227 volunteers contributed more than 38,000 hours
1,600 miles of trails maintained



2003
More than 1,100 volunteers donate over 37,000 hours

2002
Pochuck bridge and 1+ mile boardwalk on the AT dedicated
Trail Conference joins efforts to stop development of Awosting Reserve



2005
Work begins on reconstruction of the A.T. on Bear Mountain
Trail University inaugurated



2006
First 'mouldering privy' built at A.T. Morgan Shelter
Awosting Reserve protected and 2,500 acres added to Minnewaska State Park Preserve
Invasive plant tracking project begins with Rutgers U.
Long Path reaches 75th year and 347 miles

2007
Darlington Schoolhouse purchased to become new Trail Conference HQ
Hiking the Jersey Highlands published

TRAIL MAGIC

1930

NY-NJ Trail Conference's section of A.T. (160 miles) complete and in use
Vincent Schaefer proposes Long Path

1924

First portion of A.T., 20 miles through Bear Mountain/Harriman State Parks, opens

1923

First edition of the *New York Walk Book* published

1922

Palisades Interstate Park Trail Conference is reorganized as the New York-New Jersey Trail Conference

1920

Major William Welch, William Bell, Raymond Torrey and J. Ashton Allis meet informally to plan system of trails in Harriman Park
Palisades Interstate Park Trail Conference organized

1934

Bill Hoferlin starts "Hikers Region Maps" series

1925

Appalachian Trail Conference formed, Welch appointed first chair



1921

Benton Mac Kaye (above) proposes Appalachian Trail
First trail, 24 mile-long Ramapo-Dunderberg completed



1985

Marriott Corp. gives up plans for Minnewaska development
Trail Conference begins fight to save Sterling Forest

1980

Con Edison loses battle for Storm King



1990

Trail Conference begins adopting trails and shelters in the Catskills

1991

1,000 miles of trails maintained



1982

New Jersey is first state to purchase its A.T. corridor

1986

Dutchess County, NY, A.T. relocated

1987

Trail Lands Committee created to promote land preservation
800 miles of trail maintained

1988

Trail Conference and Appalachian Mountain Club co-found Sterling Forest Coalition

1992

Trail Conference establishes Sterling Forest Defense Fund
1,200 miles of trails maintained



1995

First piece of Highlands Trail dedicated
Trail Conference comprises 85 clubs and 9,500 individual members
GPS technology used to produce Harriman map set

1996

First Trail Conference website goes live
Fanny Highlands trail network begun



2000

Highlands Trail celebrated as New Jersey's Millennium Legacy Trail
First Sterling Forest Map published

1998

ATV abuse on the A.T. in Vernon Township, NJ, is curtailed
First *New Jersey Walk Book* and sixth edition of the *New York Walk Book* published

1993

36-mile Shawangunk Ridge Trail dedicated

1994
Long Path stretches 300 miles

Adopt-a-Lean-to program developed in Catskills
150-mile Hudson-to-Delaware River Highlands Trail launched

1997

Sterling Forest State Park becomes a reality

2008

NYS DEC honors Trail Conference for its land protection work and cleanup



2010

Opening of 700+ rock steps on relocated section of the A.T. celebrated at Bear Mountain
1776 miles of trails maintained
Membership includes 100 clubs and 9,784 individuals
Publications include 10 regional map sets and 7 books
90th year celebrated October 16 with annual pancake breakfast



2009

Highlands Trail in NJ extended to PA
New, interactive website launched
Walkable Westchester published
Off-road vehicle legislation enacted in NJ

Acknowledgements
Vistas and Vision by Glenn Scherer, 1995 (Trail Conference 75th-year history)
Ken Malkin for research on 1995-2010

HIKERS' ALMANAC

A Sampling of Upcoming Hikes
Sponsored by Member Clubs

Find more hikes at www.nynjtc.org. Click on Scheduled Hikes under Go Hiking!

November

Saturday, November 6

WTA. Manitou Nature Preserve, Garrison, NY. Leader: Ellie Carren; for more information contact Eileen West at eileenw1000@yahoo.com. Meet: 10am at North White Plains RR station (\$5 carpool contribution). Easy 4-5 miles. Beautiful views of Hudson River near Garrison, NY, starting at Rt. 9D. Out by 3pm.

SW. Lake Skenonto, Harriman State Park, NY. Leader: Marvin Malater, 718-376-3608. Meet: At Penn Station NJ Transit ticket booths to take 9:14am train to Tuxedo, NY (RT), arriving in Tuxedo at 10:17am. Moderate 7.5 miles. Forested trails, climbs and some rock scrambles will lead us to lunch on the banks of gem-like Lake Skenonto. Out on Triangle and TMI Trails, past Claudius Smith's Den.

UHC. Lewis Morris Park, Morristown, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10am at last parking lot, Sugarloaf (B) on left. Brisk pace with some nice climbs. Inclement weather cancels.

Sunday, November 7

Daylight Savings Time Ends; Turn Clocks Back

WTA. Third Reservoir and Breakneck Pond, Harriman State Park, NY. Leader: Carol Ann Benton, aquarius2950@hotmail.com. Meet: 9:45am at Sebago boat launch, Harriman State Park. 7 moderate miles. Enjoy the tranquility of these less-visited destinations. Inclement weather cancels. Transportation contribution \$6.

WEC/WWW. The Quiet Side of Schunemunk State Park, NY. Leader: Don Weise, donweise@hotmail.com or 973-835-2160. Meet: 9:30am; call for details. Moderately strenuous, fast paced 9-10 miles; out by 2:30pm. Approach from less traveled back side of the ridge. Huge rock formations, spectacular views of Hudson River, the Gunks, and Catskill high peaks. \$8 cost.

IHC. Reeves Meadow, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207, royhiker1@aol.com. Meet: 9am at Reeves Meadow Visitor Center, Seven Lakes Dr., just north of Sloatsburg, NY. Moderately strenuous. South on Reeves Brook Trail with some spectacular scenery, then Seven Hills and HTS Trails with some great views. Cascade of Slid will end this beautiful hike. Bad weather cancels.

NYHC. Fort Tryon and Inwood Hill Parks, NYC. Leader: Bob Ward, 718-471-7036; call after 8pm. Meet: 11am at street level at 190th St. stop on A train (Overlook Terrace). Moderate 3 miles. See glorious fall colors and the largest Ginkgo tree in NYS in these northern Manhattan parks.

ADK-MH. Franny Reese State Park, Walkway Over the Hudson, and Beyond, Highland, NY. Leader: Carol Gray: outdoorcarol@verizon.net, 845-471-1168. Mark the end of Daylight Savings Time with an exploration of Franny Reese Park at the western end of the Mid-Hudson Bridge—views of the river should improve with many leaves off. We'll also cross from Highland to Poughkeepsie on the Walkway with option to do a full circular on Mid-Hudson or return via the Walkway. Meet 11am. Possible carpool from east of the Hudson. Call leader to let her know you'll be coming.

Saturday, November 13

AMC-NYNJ. Pine Meadow Lake, Harriman State Park, NY. Leader: Christine Benton, bentonhiker@yahoo.com, 718-768-7937; call before 9pm. Meet: contact leader for meeting time and location. Moderately paced 8-mile hike with good climbs; 1,800 feet elevation gain. Scenic hike on Reeves Brook Trail, Racoon Brook Hill, then Pine Meadow Lake. Continue up Diamond Mtn. then down to Cascade of Slid and Stony Brook Trail (option for easier out). Stops to admire the scenery; expect hike to end after 4pm. If wintry conditions, must have traction aids. Only really terrible weather cancels.

WTA. Appalachian Trail, Fahnestock State Park, NY. Leader: Carol Harting, 845-669-6731. Meet: contact leader for meeting time and location. 7-8 moderate miles; shuttle required. Hike the AT between Rt. 301 and Canopus Hill Rd. At the northern end, the trail follows a narrow gauge railroad bed. The RR was used to carry ore to Dennytown Rd. and Rt. 301, where horse-drawn wagons carried it to the foundry in Cold Spring. Transportation contribution \$6.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Ellen Jeydel, 908-868-7510. Meet: 10am at Trailside Nature Center, Coles Ave. and New Providence Rd. Moderate 5-6 miles on a variety of scenic trails. Rain cancels.

ADK-MH. Carriage Roads at Minnewaska State Park Preserve, NY. Leader: Lalita Malik, LalitaMalik@aol.com, 845-592-0204(H), 845-724-5786 (C). Meet 9am at New Paltz Diner (Stop and Shop Plaza) in New Paltz. Enjoy great views with minimal effort. Leisurely 5-mile hike will explore the carriage ways and trails closest to Lake Minnewaska, circling the mountain around it. Beginning at the lower Awosting parking lot, hike to Awosting Falls, along the Sunset and Beacon Hill Carriage Roads, and Beacon Hill Trail to a viewpoint over Lake Minnewaska. For further information and to carpool from east of the Hudson contact the leader. Please confirm participation. Please include phone number for contact in case of inclement weather.

Sunday, November 14

NYR. Black Rock, Harriman State Park, NY. Leader: Shizuko Okumura, 718-997-6186. Meet: 8:15am at Port Authority bus terminal for 8:30 Short Line bus to Southfields (one-way). Moderately strenuous hike on the Nurian, Dunning, Blue Disc, TMI and RD Trails; we'll pass Bald Rocks, Black Rock, Tom Jones and Parker Cabin Mtn. End in Tuxedo.

AFW. Sunfish Pond, Delaware Water Gap, NJ. Leader: call 973-644-3592 for information and to register or visit www.adventuresforwomen.org. Meet: 10am; call for location. Moderately strenuous hike at a moderately fast pace, out by 4pm.



Hikers on former Popolopen Bridge, circa 1930

WTA. Late Start Garrison Hike, Hudson Highlands State Park, NY. Leader: Hal Kaplan, 914-376-3156. Meet: 11:10am at Garrison, NY, RR station. 7 moderate miles. From Garrison RR station, we'll hike up Sugarloaf South (short lunch to enjoy the view), then back to Arden Point with its Hudson River views for more lunch. Possible quick tour of Garrison Landing afterward. Inclement weather cancels. Transportation contribution \$5.

IHC. Boonton/Mtn. Lakes/Townsend Historical Walk, NJ. Leader: Al MacLennan, 551-206-6823; tour with Craig Nunn. Meet: 9am at Grace Lord Park, 235 Morris Ave., Boonton, NJ. We'll walk 10-12 miles while learning about Grace Lord and Tourne County parks. Some town walking and perhaps some sections of the Morris Canal.

TNC. Family Nature Walk, Tenfly, NJ. Leader: Environmental Educator; go to www.tenflynaturecenter.org or call 201-568-6093 to register. Meet: 3:30pm at Tenfly Nature Center. Enjoy the season and different sensory experiences in the forest with an hour-long guided walk for adults and children of all ages. Bad weather cancels. \$5 per person/children under age 2 free (no strollers, please).

NYHC. Staten Island Greenbelt Trail, NY. Leader: Bettye Soffer, 718-720-1593; call to register between 7-9pm on day before hike. Meet: Take 10:30am ferry from Manhattan to Staten Island, then take S74 bus (Ramp B) to Richmond Rd. and Spring St., where you will meet the leader. Drivers call for directions. Moderate 4 miles. Walk the yellow trail; if strength and weather permit, we'll go to High Rock.

SW. Riverside Park to Little Red Lighthouse, Manhattan, NY. Leader: Dorothy Lourdou, 212-685-6443. Meet: 10am at Eleanor Roosevelt statue, 72nd St. and Riverside Dr. 5-6 level miles at a brisk pace. Walk along Hudson River, lunch at Riverbank State Park. Steady rain may cancel; call 7:30-8am morning of hike if in doubt.

ADK-MH. Huckleberry Point, Catskill Mtns., NY. Leader: Sue Mackson, susiem6@juno.com, 845-471-9892. Meet at the Park & Ride on Rts. 299 and 9W in Highland at 8:30am. Moderate hike with 1,100 feet total ascent. Wooded path to one of the most scenic vistas in the Catskills—the lookout above Plattekill Clove. Very leisurely pace should make this out and back hike accessible for those who shy away from mountains. Wear sturdy boots, be prepared for uneven footing and some fording of streams. Bring water, lunch, and enthusiasm. Contact leader to join and for further information. Steady rain cancels.

Saturday, November 20

WEC. Weis Women's Hike, NJ. Leader: Weis naturalists. To register (required), call 973-835-2160. Meet: 8am; details sent upon registration. Moderately strenuous 2-3 mile hike (2 hours). Great way to get outdoors, get some exercise while socializing, and get home early. Possible carpool to trailhead. \$5 cost.

AFW. Wawayanda State Park, NJ. Leader: call 973-644-3592 for information and to register or visit www.adventuresforwomen.org. Meet: 10am; call for location. Moderately strenuous hike at a moderate pace, out by 4pm.

WTA. Crow's Nest, Storm King State Park, NY. Leader: Minu Chaudhuri, 914-941-6408. Meet: 9:30am at Fort Montgomery parking off Rt. 9W; shuttle required. 4 strenuous miles. Starting at Howell Trail, we'll climb steeply to North Point for spectacular views of the Hudson River. Transportation contribution \$8.

Saturday, November 27

AMC-NYNJ. Skannatati Skedaddle, Harriman State Park, NY. Leader: Art Almeida, arta@croton10520.com, 914-271-8659. Meet: contact leader for meeting time and location. Moderately paced 9-mile hike with lots of hills, including steep initial climb. We'll wander around as many interesting trails as we can find. Call morning of hike if weather is doubtful.

WTA. Turkey and Pyramid Mountains, NJ. Leader: Eileen West, eileenw1000@yahoo.com. Meet: North White Plains RR station; contact leader for meeting time (\$7 carpool contribution). 7 moderate miles. Hike in New Jersey's Pyramid Mtn. Natural Historic Area, including several views as well as Tripod Rock.

PM. Family Turkey Trot, Pyramid Mtn., NJ. Leader: for more information and to register (required), call 973-334-3130 or visit www.morrisparks.net. Meet: 1pm at Pyramid Mtn. Natural Historic Area, 472A Boonton Ave., Boonton, NJ. Moderate hike, great for ages 7 and up. Hike on Turkey Mountain and burn off the mountain of turkey consumed over the holidays.

SW. Walk Off the Turkey, NYC. Leader: Cy Adler and friends; for info call hotline at 212-330-7686. Meet: 10am at Staten Island Ferry Terminal (Manhattan). 12 miles and 5 hours later, we'll end at George Washington Bridge (numerous early outs). Bring your friends and relatives and join the Shorewalkers for our annual post-thanksgiving walk from Battery to the Little Red Lighthouse along the Hudson River.

ADK-MH. Overlook Mtn., Woodstock, NY. Leader: Brenda Harding, oreomort@aol.com, 845-565-8566. Moderate 5-mile hike with 1,400' elevation gain. The trail is steep but an easy carriage/jeep road. There is a fire tower with great views of the Hudson River Valley. Along the way we'll see the ruins of the Overlook Mountain House. There is also another viewpoint just beyond the cabin with a great view of the Ashokan Reservoir. Bring a light lunch or snack to eat at the top (there are picnic tables). Plan on 3 to 4 hours. Rain or snow cancels. Contact leader (email preferred) for meeting time/place and directions if needed.

Sunday, November 28

NYR. Roosevelt Island, NYC. Leader: Anna Marynowska, 718-384-2908. Meet: 9:45am at Manhattan side of Roosevelt Island Tram (currently closed) at 59th St. and 2nd Avenue. We'll walk over the Queensboro Bridge to Long Island City and use local streets and bridge to Roosevelt Island, where we'll explore the perimeter of the island. Then recross bridge and take Pulaski Bridge to Brooklyn, where we'll explore Greenpoint/Williamsburg waterfront parks. Return to Manhattan via Williamsburg Bridge.

IHC. Catfish Pond to Sunfish Pond, Delaware Water Gap, NJ. Leader: Al MacLennan, 973-451-1435. Meet: 9am at Kittatinny Visitor Center, I-80, Columbia, NJ. Strenuous 11-mile hike on Appalachian Trail to Sunfish Pond then down Dunfield Creek Trail. Shuttle required. Steady rain cancels.

WTA. Cranberry Lake Preserve, Westchester County, NY. Leader: Carolyn Hoffman, 914-948-0608. Meet: 9:30am at North White Plains RR station for shuttle. Easy 3 miles (option for longer hike). Walk the History Trail through woods around the lake. Out by 1pm. Transportation contribution \$1.

SW. Lower Manhattan Walk, NYC. Leader: Oliver Wayne, 917-415-2567. Meet: 1pm at steps of Trinity Church, Broadway at Wall St. 5-6 level miles at relaxed pace. We'll learn about the Fort, Bowling Green Park, Great George St., the Flea market, the English Church, Staple St.; no lunch stop. All weather walk.

UHC. Palisades Interstate Park, Alpine, NY/NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Stateline Lookout parking off Palisades Parkway, just south of exit 3.6 miles, mostly flat with one 400-foot climb at moderate pace. Out by 2pm. Beautiful views of the Hudson River from shore and cliff top.

ADK-MH. Thanksgiving Turkey Hike, Harriman State Park, NY. Leader: Russ Faller 845-297-5126 (before 9:30pm) or russoutdoors@yahoo.com. Hike to none other than Turkey Hill Lake, in Harriman State Park. Total of a little over 8 miles. Car shuttle required. Joint with AMC-NY/NJ. Limited to 10. Rain cancels. Contact leader for meeting place and time.

Tuesday, November 30

RVW. Lone and Rocky (3721/3508'), Catskill Mtns., NY. For more information call: 845-616-6178. Strenuous bushwhack: 10 miles, 8 hours. Meet: 7am. Inclement weather date, following Monday.

December

Friday, December 3

GS. Winter's Night Hike at Great Swamp, NJ. Leader: Great Swamp naturalist; for more information and to register call 973-635-6629 or visit www.morrisparks.net. Meet: 5pm; location upon registration (required). Hit the trails just as it gets dark to discover the nocturnal side of the winter forest. Dress warmly and bring a flashlight. Great for ages 7 and up. Out by 6:30pm. \$5 fee.

Saturday, December 4

AMC-NYNJ. Ladentown Adventure, Harriman State Park, NY. Leader: Dean Gletsos, 845-354-0738. Meet: contact leader for meeting time and location. Moderately paced 7-mile hike with some hills. Visit two lakes, three mountains, Eagle Rock, and more. Lunch at picnic tables by a lake. If questions, call until 9am on morning of hike.

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	Adirondack Mtn. Club-Mid Hudson	PM	Pyramid Mountain
AFW	Adventures for Women		Natural Historic Area
AMC-NYNJ	Appalachian Mtn. Club, New York-North Jersey Chapter	RVW	Rip Van Winkle Hikers
GS	Great Swamp Outdoor Education Center	SW	Shorewalkers
IHC	Interstate Hiking Club	TNC	Tenfly Nature Center
NYHC	New York Hiking Club	UHC	Union County Hiking Club
NYR	New York Ramblers	WEC	Weis Ecology Center
		WTA	Westchester Trails Association

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 issue is November 15.

WEC/WWW. Hike Home for the Holidays, Norvin Green State Forest, NJ. Leader: Don Weise, donweise@hotmail.com or 973-835-2160. Meet: 9:30am; call for details. Challenging, fast paced 9 miles; out by 2pm. Hike through the deepest Norvin Green Forest, with abundant climbs and views. End at Weis Ecology Center in time for the Holiday Nature Festival and tree sale. \$8 cost.

AFW. Garret Mountain, Paterson, NJ. Leader: call 973-644-3592 for information and to register or visit www.adventuresforwomen.org. Meet: 10am; call for location. Easy hike at a leisurely pace, out by 1:30pm.

PM. Reservoir Ramble, Morris County, NJ. Leader: for more information and to register (required), call 973-334-3130 or visit www.morrisparks.net. Meet: 1pm at Pyramid Mtn. Natural Historic Area, 472A Boonton Ave., Boonton, NJ. Easy hike, great for ages 5 and up. Hike along Taylortown Reservoir on this family-friendly trek.

SW. Piermont to Upper Nyack, NY. Leader: Marvin Malater, 718-376-3608. Meet: 7:50am at Port Authority Bus Terminal (white commuter statues in south wing) for 8:22 bus to Piermont, NY (one-way). 9 miles at moderately brisk pace, hills and level shore walk. Hike a portion of the Batt-to-Bear Trail, including old Erie RR bed, Long Path, Upper Nyack; return to Nyack along the Hudson River Shore Path.

Sunday, December 5

AFW. West Mountain, Bear Mtn. State Park, NY. Leader: call 973-644-3592 for information and to register or visit www.adventuresforwomen.org. Meet: 9:30am; call for location. Moderately strenuous hike at a moderate pace, out by 2:30pm.

UCHC. Farny Highlands, Rockaway, NJ. Leader: Jean Fletcher, 973-285-5263; call leader to register. Meet: 9am at Split Rock Reservoir boat launch; shuttle required. About 6 miles, mostly flat but with several short steep hills. 4 Birds Trail to Jacob's Rd. Walk along reservoir and then to Timberbrook Pond. Almost all weather hike.

ADK-MH. Sterling Forest State Park, NY. Leader: Barry Skura, 914-779-0936, Bskura@optonline.net. Difficult 9-mile hike along entire Sterling Ridge Trail from Route 511 to 17A at fast pace. Visit fire tower, with great panoramic views.

Saturday, December 11

AFW. Norvin Green State Forest, NJ. Leader: call 973-644-3592 for information and to register or visit www.adventuresforwomen.org. Meet: 10am; call for location. Moderately strenuous hike at a moderate pace, out by 3pm.

PM. Tyke Hike, Pyramid Mtn. Natural Historic Area, NJ. Leader: for more information and to register (required), call 973-334-3130 or visit www.morrisparks.net. Meet: 10am at Pyramid Mtn. Natural Historic Area, 472A Boonton Ave., Boonton, NJ. Easy guided walk, appropriate for ages 4 and 5 with an adult. Learn some amazing new facts about the animals and plants found here. \$5 fee.

SW. Bridges and Waterways of Central Park, NYC. Leader: Matthew Brozyna, 917-912-9533. Meet: 9am at Atrium entrance to Time Warner complex, 59th St. at Columbus Circle. Moderately paced 8-mile, 5-hour adventure. We'll hike under, over, around and through many of the amazing architectural wonders of the park. We'll zigzag our way up to the Harlem Meer, and finish back at Columbus Circle.

Sunday, December 12

AMC-NYNJ. Stony Kill Farm, NY. Leader: Nancy Hull, nihclo@yahoo.com, 845-831-3856. Meet: contact leader for meeting time and location. Moderately paced 7-mile hike with some hills. Explore the trails of this lovely nature preserve, one of the nicest spots in the area. Possible trip to town for refreshments afterward. Inclement weather may cancel; contact leader to be sure hike is on.

IHC. Chatham to Morristown, NJ. Leaders: Guy and Jen Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Morristown High School parking, 50 Early St., Morristown, NJ. We'll take the train to Chatham (\$2.75) then walk back on streets and through local parks, exploring Chatham, Madison the Rose City, College of St. Elizabeth, Fairleigh Dickinson and Loantaka Park. 8 level miles; wear sneakers.

AFW. Deer Park, Allamuchy State Park, NJ. Leader: call 973-644-3592 for information and to register or visit www.adventuresforwomen.org. Meet: 10am; call for location. Moderate hike at a moderately fast pace, out by 2pm.

UCHC. Jockey Hollow National Park, Morristown, NJ. Leader: Pat Curley, 908-868-7510. Meet: 10am at visitor center parking. Moderate 4-5 miles. Bad weather cancels.

ADK-MH. Shaupeneak Ridge or Black Creek Preserve, NY. Leader: Mary Trish Cina, Trishmary37@aol.com or 845-339-7170 for meeting time and place. Moderate hike. Hike or snowshoe, depending on weather conditions. Specific length of hike and location will vary according to group preference and weather conditions but will range between 2 and 4 miles. Please e-mail leader.

Tuesday, December 14

AFW. Rockhouse Mtn., Harriman State Park, NY. Leader: call 973-644-3592 for information and to register or visit www.adventuresforwomen.org. Meet: 10am; call for location. Moderate hike at a moderate pace, out by 2pm.

UCHC. Ramapo State Forest, Oakland, NJ. Leader: Carol O'Keefe, 973-328-7599. Meet: 10am at upper parking lot. Moderately paced 7 miles on both sides of Skyline Dr. A couple of moderately strenuous climbs affording nice views and possible stop at the castle. Steady rain cancels.

Saturday, December 18

PM. Holiday Hike, Pyramid Mtn. Natural Historic Area, NJ. Leader: for more information and to register (required), call 973-334-3130 or visit www.morrisparks.net. Meet: 1pm at Pyramid Mtn. Natural Historic Area, 472A Boonton Ave., Boonton, NJ. Moderate hike, great for ages 7 and up. Make sure to take time out during this busy holiday season.

SW. Brooklyn Hike, NYC. Leader: Ellen, 212-861-4267; call to confirm. Meet: 11am at Brooklyn Bridge Station of #4/5/6 train, 1 Centre St. We'll walk through Brooklyn Heights and along the Brooklyn Bridge Promenade.

UCHC. Pyramid Mountain, Montville, NJ. Leader: Angela Coble, 908-420-7915. Meet: 10am at Pyramid Mtn. Moderate 4-5 miles. Rain cancels.

ADK-MH. Breakneck Ridge, Hudson Highlands State Park, NY. Leader: Skip Doyle, info@EsopusPreservation.org for details. Difficult hike up the most rigorous rocky routes up Breakneck Ridge.

Sunday, December 19

GS. Holiday Stress Relief Hike at Great Swamp, NJ. Leader: Great Swamp naturalist; for more information and to register call 973-635-6629 or visit www.morrisparks.net. Meet: 1pm; location upon registration (required). Take a break from holiday shopping and relax on our trails. Great for all ages. No fee.

SW. Harlem River Valley Recreation Area, NYC. Leader: Cy Adler, 212-663-2167. Meet: 11am at 207th St. in Manhattan, under #1 train El (NE corner). We'll walk over the 207th St. Bridge to Cedar Ave. and then south to Roberto Clemente Park. Walk under three historic arched bridges, including High Bridge, the oldest bridge in NYC.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside Nature Center, Coles Ave. at New Providence Rd. Moderate 5-6 miles. Rain cancels.

Tuesday, December 21

UCHC. Schunemunk Mountain State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Hil-Mar Resort parking on Clove Rd.; call for directions. Moderately paced 6-7 miles with some steep hills, but much gradual ridge walking and spectacular views.

TNC. Full Moon Silent Hike, Tenafly, NJ. Leader: environmental educator; go to www.tenaflynaturecenter.org or call 201-568-6093 to register. Meet: 7pm at Tenafly Nature Center. By the light of the full moon, TNC educators will guide a silent, two-hour walk to Haring's Rock. This tranquil, meditative hike encourages reflection and connecting with nature in a new way. Program is for adults ages 18 and over; will be rescheduled in case of inclement weather. Cost \$10.

PM. Full Moon Winter Solstice Hike, Pyramid Mtn. Natural Historic Area, NJ. Leader: for more information and to register (required), call 973-334-3130 or visit www.morrisparks.net. Meet: 4pm at Pyramid Mtn. Natural Historic Area, 472A Boonton Ave., Boonton, NJ. Moderate hike, great for ages 7 and up. This year the full moon coincides with the Winter Solstice. Enjoy both events and learn facts and folklore surrounding this magical time of year. Out by 6:30pm. \$5 fee.

Saturday, December 25

IHC. Ho Ho Ho Happy Holidays in the Woods, Harriman State Park, NY. Leader: Larry Spinner, 845-548-3194, lspinner@optonline.net; call 7-9pm only. Meet: 10am behind Town Hall/Firehouse on Rt. 17 in Sloatsburg, NY. Join us in our 10th year of celebrating Christmas in the woods. All levels welcome for this moderately strenuous hike at a holiday-enjoyment pace. Leader will bring cookies to share, and hopes others will as well. Snowshoes or traction devices may be needed; leader will turn away those without appropriate gear for the conditions. Bad weather may cancel; call 7-9pm if in doubt.

Sunday, December 26

SW. Batt-to-Bear Trail, Stateline to Nyack, NY. Leader: Cy Adler, 212-663-2167. Meet: 10am at Port Authority bus terminal (white commuter statues in south wing). Relatively flat 6-7 miles along the Hudson River and down the cliff of the Palisades (approx. 300 feet).

Saturday, January 1

SW. Inwood Hill and Highbridge Parks, NYC. Leader: Cy Adler, 212-663-2167. Meet: 12 noon at Port Authority bus terminal (white commuter statues in south wing). Welcome the new year by exploring the north end of Manhattan. We'll walk along the Hudson and Harlem Rivers, seeing hills, great wild parks, and historic sites.

Get Your New Edition of Harriman Trails Guide Book



The Trail Conference is pleased to announce the publication of a new, revised edition of Bill Myles' classic guidebook *Harriman Trails: A Guide and History*. This comprehensive guide to the hundreds of miles of trails in Harriman and Bear Mountain State Parks was first published in 1992 and has been a favorite of hikers in Harriman ever since. Trail descriptions are complemented with historical information on the trails and the former residents of the area – the product of many years of research by Bill Myles.

The new edition was prepared by Daniel Chazin, who edited the first edition of the book and has hiked nearly all of the trails in Harriman. Trail descriptions have been updated, and the section on Unmarked Trails has been totally reorganized. The book has been completely redesigned by Nora Porter, and the cover features a color photo by noted photographer Nick Zungoli. It is anticipated that the book will be available in late November.

At a price of \$19.95 (\$14.96 for members), this guidebook is a must-have for outdoor enthusiasts interested in exploring the rich network of trails in Harriman and Bear Mountain State Parks. Visit our *Harriman Trails* website (<http://harriman.nynjtc.org>) for more information about the book and to find out when it is available for purchase (you can also enter your email address to receive a notification email when the book is available).

Science & Ecology

Chickadees: Tiny, Cute, and Adapted for the Northeastern Winters

By Amy Manning and Brian Clough

One of the most familiar and delightful backyard birds in the northeastern United States is the chickadee. If you have a bird feeder in your backyard, chances are you are familiar with these gregarious, curious little birds. Although the United States is home to several species of chickadee, the most common one in our area is the Black-capped Chickadee (*Poecile atricapilla*). This small member of the family Paridae is best recognized by the black "bow-tie" pattern over the head and the scratchy-voiced "chick-a-dee-dee-dee" calls from which they get their name.

Despite weighing only a few grams, chickadees are hearty birds that are able to overwinter throughout the northeastern United States and southeastern Canada. Like other resident species, these birds possess unique adaptations to life in the cold.

Many wintering birds in the northeast subsist primarily on seeds and berries, but Black-capped Chickadees rely on insect eggs, larvae, and spiders for about half of their winter diet. In winter, finding prey can be especially difficult, but chickadees are adept foragers during all seasons. They spend much of their time clinging to tree trunks or hanging upside-down from branches, gleaning insect eggs and larvae from crevices in the bark.

Chickadees also use their strong, stout beaks to open galls to get at the insect eggs hidden inside. You may find goldenrod stem galls that have been pecked open by chickadees, or cocoons with holes torn in



BY CHRIS (CC-BY-2.0), FROM WIKIMEDIA COMMONS

Chickadees put themselves into a state of regulated hypothermia to get through cold winter nights.

them and the pupating insect removed. Like many other birds, chickadees will make caches, storing seeds in bark crevices for later consumption. Other foods that chickadees may eat include acorns, berries, and tree buds.

During the winter, locating food is a cooperative activity. Chickadees will form feeding flocks, typically consisting of a dominant breeding pair and several juvenile birds. Some of these juveniles may be the offspring of the dominant pair, but others will be unrelated birds in search of a mate for the upcoming spring.

Each chickadee flock has a home territory, made up of several feeding sites. These feeding sites are the ones the flock will visit the most often and will defend against intruders. Other species such as titmice, woodpeckers, and nuthatches will loosely associate with chickadee flocks, forming larger mixed feeding flocks. Chickadees frequently vocalize, helping to direct the movement of such flocks as they scour woodlands for food. This flocking behavior also helps protect individuals from predation; many pairs of eyes are better than one!

If a predator such as a saw-whet owl is encountered, the members of the flock will work together to repel it.

Shortened winter days mean less time for birds to search for food, and birds must use the energy they gain during the day very conservatively to keep from freezing during long, cold nights. This problem is especially difficult for chickadees, as their insect-based diet provides fewer calories than that of birds who feed mainly on seeds.

To deal with this, Black-capped Chickadees can put themselves into a state of regulated hypothermia. On cold nights, the body temperature of a chickadee may drop by as much as 10 to 20° F, which greatly reduces the amount of energy lost as radiated body heat. Despite this incredible adaptation, every winter night is a risk for a chickadee. If a bird is frightened from its roost, the energy it expends in flight will leave it unable to survive the night. To keep warm and guard against the threat of nocturnal predators, chickadees will often roost in evergreen trees or in small tree cavities.

When food is particularly scarce, Black-capped Chickadees will migrate far south

of their typical winter range. This strategy is referred to as irruptive migration, and is shared with other seed eating species of northern woods. During years when preferred winter foods, such as spruce cones, are scarce, large numbers of chickadees will move out of New England and southern Canada and into the Mid-Atlantic states. Birders closely monitor these "invasions," as rare northern species such as the Boreal Chickadee may migrate along with the more common Black-capped Chickadees.

Chickadees are a particularly easy bird to observe, as they are curious and not generally timid when people are around. These entertaining little birds offer a great opportunity to learn about bird behavior and winter survival strategies. If you spend enough time watching chickadees as they forage alongside other wintering birds, you may even learn to recognize the interspecies communication cues that birds use to warn of dangers such as approaching hawks.

The best way to attract chickadees to your yard is to fill a feeder with black-oil sunflower seeds, though they will also be attracted if you hang up a suet block. Watching chickadees at the feeder as you eat your breakfast in the morning is a great way to start the day!

Amy Manning and Brian Clough are graduate students in the Department of Ecology, Evolution, and Natural Resources at Rutgers University.



New Bridge in Ramapo Valley Park Is Latest Eagle Scout Trail Project

The Ramapo Valley County Reservation in Mahwah, NJ, is a favorite destination for hikers, offering scenic views and multiple trails. And now there's a new beautiful and solidly constructed footbridge on the Halifax Trail at Scarlet Oak Pond. This bridge renovation project was a Boy Scout Eagle project led by Eagle Scout Alex Ciocci and fellow Scouts and parents from Mahwah Boy Scout Troop 258.

The former footbridge was in poor condition with several planks that were rotten and split. The new wooden footbridge is built upon natural stone with a stone step, and features handrails to provide safety. The original support beams were reused and repositioned to frame out the trail area, and that area was filled with stone dust.



Eagle Scout Alex Ciocci (in black t-shirt) and fellow scouts

In addition, the surrounding area by the footbridge was enhanced to improve drainage and prevent erosion. Several rocks and stones were lined around the base of the trees. Fallen trees were cut and repositioned to act as deterrents to rain water during heavy rains.

The project would not have been possible without generous donations from the Mahwah Elks Club #1931, Dykes Lumber in Tallman, Home Depot in Mahwah, Wilkes Deli in Mahwah, Bergen County Department of Parks, and the efforts of many Scouts and parents.

"The Ramapo Valley Reservation offers a fantastic place to hike and fish, and I'm glad I was able to help enhance the Halifax Trail," stated Alex Ciocci.



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Weekend Snowshoe Workshops in the Catskills
Fri - Mon, Jan. 14 - 17 Martin Luther King weekend
Fri - Mon, Feb. 18 - 21 Presidents' Weekend
These workshops are intended for moderate to strong hikers with limited winter experience. Instruction and guidance on winter skills focusing on food, clothing, snowshoes, and crampons. Expect a moderately strenuous hike each day. Accommodations in Tannersville, NY, near numerous hiking trails. Group size is limited. Please register early. Contact leader for additional detailed information. \$175 ppdo (tax incl.) includes 3 nights lodging, 3 breakfasts, 2 dinners, and loaner snowshoes. Leader: Bob Fuller, H: 732-952-2162; W: 732-420-2484, refuller99@hotmail.com.

Hunting Seasons 2010

NEW YORK
Regular and Archery Southern Zone
(includes Catskills, Shawangunks, and most of Hudson Valley) - Deer
Bow: Oct. 16 - Nov. 19, Dec. 13 - Dec. 21
Regular: Nov. 20 - Dec. 12
Muzzleloading: Dec. 13 - Dec. 21
Westchester County - Deer
Regular (bowhunting only): Oct. 16 - Dec. 31
Suffolk County - Deer
Regular (bowhunting only): Oct. 1 - Dec. 31
Special Firearms Season** (special permit, weekdays): Jan. 3 - Jan. 31, 2011
West of Hudson River, including Catskills and Shawangunk Ridge - Bear
Bow: Oct. 16 - Nov. 19, Dec. 13 - Dec. 19
Regular: Nov. 20 - Dec. 12
Muzzleloading: Dec. 13 - Dec. 21

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. 20 through Dec. 12.

For more info about deer and bear hunting seasons in New York, go to www.dec.ny.gov/outdoor/28605.html.

NEW JERSEY
In New Jersey the safest course in the fall/winter is to hike only on Sundays when hunting with firearms is prohibited (except on private preserves). Otherwise, hunting seasons vary by weapon and geography. Hunting season information is found in the NJ Hunting Digest, available at license agents and at www.njfishandwildlife.com/dighnt.htm

Summaries of deer and other hunting seasons can be found at www.njfishandwildlife.com/njregs.htm#hunting

Volunteer Classifieds: Get Involved!

To apply or for more information about these or other volunteer opportunities, go to our Volunteer Web Page at: www.nynjtc.org/volunteer or contact us at volunteers@nynjtc.org

OFF-TRAIL OPPORTUNITIES

Come in from the cold! The Trail Conference has volunteer positions in its Mahwah office or working from home...

Communications/Editorial Assistant

Work from home and help our Communications Manager keep up with and get out all the news that's fit to print, email, or put on our website! Jobs are various.

Communications/Marketing Ad Hoc Adviser

Put your communications/marketing experience to work for trails! We need your advice on what opportunities the Trail Conference is missing in promoting our maps, books, and volunteer contributions; and what resources we need to take advantage of these opportunities. Help us figure it out by giving us just a few hours of your time in meetings in Mahwah or by phone.

Hike Writers

Hike Writers wanted for Long Island, NJ Pinelands, and Jersey Shore. We want to add hikes from these regions to our website and need contributors who enjoy hiking, are willing to carefully document routes, and take photos.

Member Relations Volunteers

Help sustain the vitality of one of the metropolitan area's largest membership and volunteer outdoor organizations! We need volunteers to help us engage with our membership in our mission of providing access to open space in our region. We will match your skills, qualifications, and interests to the projects on hand.

Order Processing Assistant

Trail Conference customers are familiar with our outstanding trail maps. Do you want to be a part of the team that sells them? We have an opening for a volunteer to assist our Fulfillment Coordinator with printing and entering orders from our web store and shipping them out. This opportunity can teach you not only about sales, but also about what is on our maps and how the back office operates—a vital part of our organization. Enthusiastic volunteers can progress to taking and processing wholesale orders and possibly to our marketing endeavors. Come join us in our interesting and educational office environment—the Trail Conference needs you!

Trailworker Editor

Have you ever wanted to be an editor? Here is your chance! The Trail Conference needs a trail maintainer-savvy volunteer to edit a semiannual electronic newsletter for trail maintainers and managers. Supply copy and ferret out other writers to produce articles about trail maintenance, tools, interesting projects, and problems solved. Work from home and then find an excuse to visit completed trail projects. Must be computer savvy and willing to learn some layout and design. A great opportunity to provide information to other trail workers.

Conservation Coordinator

As a Conservation Coordinator, you can help the Trail Conference's Conservation and Advocacy Committee to safeguard access to trails that cross privately owned land. You must be comfortable interacting with a diverse group of private landowners and public officials, and able to do computer-based research and data entry.

OUTDOOR OPPORTUNITIES

Find more by clicking the link "On-trail vacancy" on the Volunteer Web Page

Become a Trail Maintainer!

Adopt a section of a trail to keep clear and adequately blazed two or more times a year, and help to keep our region's footpaths accessible, pristine and protected. We have vacancies on trail sections in almost all regions our trail network covers. Check them out on our website at www.nynjtc.org/vol-trail-vacancies


AT Corridor Monitors

Are you looking to hike off trail in sometimes rugged conditions? Then you may have found your volunteer calling. As a Corridor Monitor, you would monitor, maintain and report on the boundaries of a section of the NPS Appalachian National Scenic Trail corridor. We need four monitors in Orange County, NY and five in Sussex County, NJ. More details about these vacancies can be found on our website: www.nynjtc.org/vol-trail-vacancies

Hike Field-checkers

For a planned Trail Conference Hike of the Week book by author, writer and Trail Conference volunteer Daniel Chazin. You will be sent a hike write-up and asked to follow its directions and note any needed updates or corrections. To indicate your interest, go to our Volunteer Web Page and click "Sign-up for Field-checking."

These are just some of the great volunteer opportunities the Trail Conference has to offer. To apply, or for more details about these and other volunteer opportunities, go to the Volunteer Web Page on our website at: www.nynjtc.org/volunteer or contact us at: volunteers@nynjtc.org



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LENAPE TRAIL

continued from page 1

and plan to honor it with a new township resolution. The mayor incorporated walks of the trail into Nutley Family Day festivities the last weekend in September, and the commissioner of public works has proposed to work with us to create a Nutley extension to the Lenape Trail, taking in the entire Nutley linear park system.

Additionally, on October 1, Essex County Chief Executive Joe DiVincenzo held a special press conference in Yanticaw Park to commemorate the trail and to honor the revitalization effort. Press coverage included a story in the state's leading newspaper, the *Star-Ledger*.

The completion of the reblazing effort is only the first phase of the revitalization.

The next phase is to have our volunteers working with the county parks department and various park conservancies to install printed Lenape Trail medallions, special signposts, and maps of the trail in kiosks throughout the park system. I expect that this effort will extend well into next summer.

Liberty Water Gap Trail: A Statewide Project

Revitalization of the Lenape Trail is an important end in itself. But it marks a key milestone in an even greater endeavor: completion of the Liberty Water Gap Trail (LWGT). The LWGT, when finished, will extend 130 miles across the entire state of New Jersey from the Hudson to the Delaware River. It is the only trail in America that can boast of connecting together three national landmarks: the Statue of Liberty in the east, the Delaware Water Gap in the west, and Washington's Headquarters at Jockey Hollow at the midpoint.

The LWGT was envisioned in 1999 by the same Al Kent, who initiated a statewide effort among various state and county organizations to tie together half a dozen trails to form a continuous trail across New Jersey. The Lenape Trail represents the Essex County component of the LWGT.

Al's noble effort has languished in recent years due to the difficulties of coordinating

actions of so many groups along its length. It is my intention to use the Lenape Trail Revitalization Project to jumpstart completion of Al's vision. The effort will include installation of LWGT signs along the Lenape Trail's length, thus raising public awareness of the statewide trail.

The 34-mile Lenape Trail is one part of a planned 130-mile trail across NJ.

This will complement several other critical milestones that we were able to achieve over the past year, including authorization by Jersey City, Newark, and Liberty State Park to establish trail signs for the LWGT along its easternmost 15 miles to the Hudson River and the foot of the Statue of Liberty. I'm happy to report that through an alliance with the East Coast Greenway (the 3,000-mile-long multi-use trail running from Key West to northern Maine), we were able to install combined LWGT/ECG signs along the entire stretch between downtown Newark and the Hudson River. This was completed during the last week of September.

With all the great support we've been receiving from our alliance partners and Trail Conference volunteers, I am confident that Al's dream of completing the Liberty Water Gap Trail, arguably the most unique trail in America, will be realized.

Steve Marano is leading the Lenape Trail and Liberty Water Gap Trail revitalization efforts.

For more information about both the Lenape Trail and Liberty Water Gap Trail please visit www.libertywatergap.org.

If you would like to volunteer on the Lenape Trail, complete the Volunteer Interest Form at www.nynjtc.org/volunteer.



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High-Performance Socks: A Hiker's Guide

By Howard E. Friedman, DPM

Barefoot running and even barefoot hiking have been in the news recently, purported to simulate a more natural method of ambulation. Athletes and podiatrists are debating the merits of barefoot running. But, two things are clear. Ancient men and women wore shoes, or, at least sandals. And, people have even been wearing socks for almost as long! In fact, a sock from around the 12th century is on display at the Textile Museum, located in Washington, D.C.

The reasons for wearing shoes are obvious: they protect the foot and can help provide stability. The usefulness of socks is less obvious, but no less important. The primary role of socks is to help absorb and dissipate perspiration of the feet and provide a "second skin" for the feet that can be changed and modified as conditions warrant. Although barefoot running or hiking may appeal to some, wearing shoes and socks is very beneficial.

What the Research Shows

Research into sock material has been conducted by the military in an effort to help reduce foot blister formation in army recruits; other research has been performed by podiatrists as well as the textile industry. Compared to cotton, many high-performance synthetic materials are more effective in reducing the incidence of blister formation and are also effective in helping control odors.

Much of the sock textile research has focused on wool, a protein produced by sheep skin cells. Research has verified that wool, even when wet, can still insulate and maintain warmth. Wool can absorb more moisture than cotton. Moreover, wool was shown, in one study, to retain fewer fungal elements than either cotton or nylon stockings.

Moisture Management

"The main battle is moisture management," explains Paul Willerton, vice-president for marketing of DeFeet International, a manufacturer of high-performance socks. In a telephone interview, Mr. Willerton explained that the prudent use of wool as well as synthetic materials is important in creating a sock that is both durable and effective at helping to maintain dry feet. Military recruits, hikers, and backpackers all cover many miles in a single day, weighted down with the contents of their backpack plus food and water. Keeping their feet dry is critical to avoiding common foot problems such as blistering and chronic skin fungal infections.

Companies such as DeFeet blend various amounts of wool and synthetic material, using proprietary designs and computerized sophisticated weaving equipment to produce socks tailored for specific activities. So, according to Mr. Willerton, DeFeet-sponsored ultra-long distance hiker and backpacker Andrew Skurka prefers a thin sock with a high wool content, designed with a breathable mesh panel over the top of the foot. This same design, however, is also used by DeFeet to manufacture a synthetic sock made primarily of nylon.

What to Wear?

Shopping for high performance socks in an outfitter shop or on-line can be overwhelming. First, expect to pay ten dollars or more per pair of socks. Consider the weight of the



sock. Finding the right sock for you, your shoe or boot type, and your level of activity may require some trial and error.

A thin sock will be more appropriate for warmer weather and a thick sock would be a good choice for winter hiking. A mid-weight sock may be adapted for year-round use. High-performance socks are generally marketed as either lightweight, midweight, or heavyweight thickness. Some socks will have extra padding in the heel or forefoot, or, may have mesh paneling in the top portion of the sock, for extra ventilation.

Check the sock "ingredients." If you want the benefits of wool, look for socks with at least 30% wool content. Some wool socks can have as much as 70% or more wool content.

Synthetic materials can also be useful. Many of them are quite durable and may extend the life of your expensive socks. Common synthetic materials include nylon, polypropylene, and Coolmax, a patented fiber. Blends of fabrics are common. Blending helps to maximize the benefits of each fabric: the moisture wicking and temperature preserving benefits of wool, for example, with the durability of nylon.

Take into account the type of shoe or boot you will be wearing. If the hiking shoe fits close to the foot, a thin or lightweight sock will be preferable. A heavyweight sock will likely be too snug. A good fit is important to avoid bunching of the sock material, which can lead to skin irritation. High-performance socks generally are made without prominent seams, making them more comfortable to wear and further reducing the chance of skin irritation.

Even a high-performance sock, however, needs time to air out and dry. Therefore, at rest stops along your hike, remove your shoes, and, if time allows, even your socks, if you begin to feel that they are becoming damp. On backpacking trips, change socks daily, giving the just-worn pair adequate time to completely dry.

Be partial to purchasing high-performance socks from a company dedicated to your activity. The design of the sock as well as the integrity and quality in the manufacturing process will impact the final product. Moreover, the high-performance companies determine what materials and designs work best together in part by testing their products on professional athletes, including sponsored hikers and backpackers, who report how the products hold up on the trail. This enables the manufacturer to create a product that will help you maximize your hiking miles in comfort and with dry, blister-free feet.

Howard Friedman is a board certified podiatrist and frequent contributor to Trail Walker.

NEW TEATOWN-KITCHAWAN

continued from page 1

tivity and increasing trail access for people close to their homes is a top goal of the Community Trails collaboration between Teatown and the Trail Conference. "Teatown showed great vision and, ultimately, persistence in developing this trail," Goodell commented. "It offers people a new resource for enjoying and exploring the natural world in their back yard. We are very pleased to have had this opportunity

to put our expertise in designing, building, and maintaining trails, training trail volunteers, and developing good and accurate trail maps, to work for the benefit of the people in Westchester."

The trail can be accessed from multiple points, including parking areas at Kitchawan, John Hand, Teatown, and Croton Gorge. The trail is open from dawn to dusk. Parking after dark is prohibited at all locations.



Featured Hike



By Geof Connor

Ward Pound Ridge Reservation The Rocks Trail

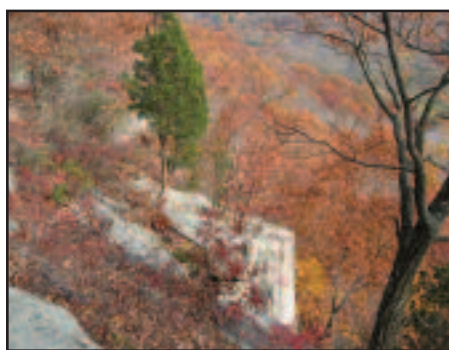


FRED STERN

Trail Conference volunteers at Ward Pound Ridge Reservation (WPRR) in Westchester County in July celebrated the opening of a new 4.8-mile trail—the Rocks Trail—that links six scenic and historic points on a route that incorporates existing and new paths in the park. The Rocks Trail is blazed with RT in black on a white background on standard park metal blazes (4" on old trails, 3" on new sections). The trail is accessed via other trails.

A moderately strenuous, 7-mile hike that incorporates the RT begins at the parking area at Michigan Road. Take the yellow trail from the kiosk, through junctions 70, 24, 23 to junction 22. (The park's many trail intersections are marked by numbered signs posted on trees and on the park's map. The RT is shown on the latest map, and hikers are advised to obtain a free copy of it before beginning the hike.) The black-on-white RT begins at junction 22; the yellow trail continues left.

As you follow the RT through the southern area of the park, you will note that sections of it are co-aligned with trails, woods roads, and equestrian paths blazed



JANE AND WALT DANIELS

Raven Rock at Ward Pound Ridge

in other colors. Just keep your eyes looking for the RT blazes to keep to the trail along these and through all of the junctions.

The Rocks Trails is a pretty woods hike. It will take you across several streams, up and down small hills and pretty gullies, across bare rock, and to scenic viewpoints, some with a hint of history. In order: At **Dancing Rock** (on a short white-blazed loop trail from the RT), farmers once danced during harvest season to keep warm in the evenings. **Bear Rock Petroglyph** features etchings reputedly done by Native Americans, perhaps 200 years ago. At **Spy**

Rock, members of Colonel Sheldon's Light Dragoons observed the movements of British troops coming from New Haven to New York during the Revolution.

Towering **Castle Rock** impresses by its size (it is seen best in fall/winter). **Raven Rock** is named for the birds that once nested below. All you are likely to see now are turkey buzzards. There are good views to the southeast. **Indian Rock Shelter (Cave)** is self-explanatory.

From the latter, continue to follow the RT to junction 19, where it meets the red/yellow trail. This is the other endpoint of the RT. Turn right on the red/yellow trail and follow it back to the Michigan Road parking area.

How to Get There:

From Interstate Route 684 take Exit 6 (Cross River), and turn east on Route 35 toward Cross River. Follow Route 35 for 3.7 miles to N.Y. Route 121. Turn right onto Route 121, cross a bridge over the Cross River, then immediately turn left and enter Ward Pound Ridge Reservation. Continue for 0.7 mile to the tollbooth (a parking fee is charged on weekends, daily in the summer). Make the first right beyond the tollbooth onto Michigan Road, and continue for 0.7 mile to a parking area just before a turnaround circle at the end of the road. If this parking area is full, additional parking is available uphill to the left.

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Maps (TC published except where noted. Discounted shipping available for orders of 8 or more.)

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NY & NJ Walk Books	\$38.60	\$28.95	+\$4.75	_____
Shawangunk (3-map set & Scenes & Walks book)	\$21.65	\$16.24	+\$3.25	_____
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