



TRAIL WALKER

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

SEPTEMBER/OCTOBER 2006

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Trail Conference Protects Two New Parcels on the Shawangunk Ridge

The Trail Conference, in partnership with Open Space Institute (OSI), has completed two more successful acquisitions to further protect and buffer the Shawangunk Ridge Trail, one of our premier long-distance hiking trails.

This past January the TC exercised its option to buy 86 acres on the west side of the Shawangunk Ridge in the Town of Mamakating from Paul Patterson, and in

March, we exercised a second option for another 90 acres from the Koledi/Falzone family. Both of these parcels are beautiful mountain lands with small pristine streams. They form part of the forested viewshed for travelers through the Route 209 valley above Summitville and Wurtsboro.

In May, we assigned both of these properties to OSI, which agreed to purchase and hold them for eventual transfer to the New York Dept. of Environmental Conservation (DEC). OSI anticipates finalizing their closing on these two parcels later this summer.

These parcels will be further additions to the Shawangunk Ridge State Forest. In 2004, the Trail Conference and its partners, OSI and the Trust for Public Land,

assisted NY DEC in acquiring nearly 670 acres on top of this same section of ridge. Since then, OSI and the Trail Conference have worked together to protect another 240 acres. Over the past six years, through the combined efforts of these organizations and DEC, these protected lands and the Shawangunk Ridge State Forest have increased from fewer than 200 acres to more than 2,600 acres.

Once again, the Trail Conference thanks all those members and contributors who have given to the Land Acquisition and Stewardship Fund (LASF) and helped make this and other land protection purchases by the Trail Conference possible.



Water tumbles down a Shawangunk parcel newly protected by the Trail Conference and the Open Space Institute.

Get Dirty, Be Happy, With a Trail Crew



Fall is hiking and trail work season. Join one of the eight Trail Conference crews heading into the field in the weeks ahead. For schedules, turn to page 4. Pictured above is a work group fielded this summer by the Metro Crew in Pelham Bay Park.

Stone-Sage Women

By Carol Petricevic

I'm new here—new to the Trail Conference, new to the New York-New Jersey area, new to trail building, new to writing articles. I've been a classroom teacher in Cleveland and Chicago for the past four years, and I just started a Student Conservation Association internship at the Trail Conference. I'm itching to get outside and get dirty. I'm also itching from the no-see-ums encountered on my first assignment—participating in the Women's Weekend July 21 to 23 at the Bear Mountain project.

Friday We started with a small group: Heidi Adami, TC volunteer coordinator;

Sarah Heidenriech, the instructor; Christine King, Rockland County AmeriCorps; our photographer, Lois Gesner; and me. We learned the proper way to quarry rocks. There is a hillside near the work site that has a large collection of rocks, and we searched for the right-shaped rocks. Then came the fun part; getting said rocks down the hill to the area where we needed them. This activity is certainly the sweatiest of the trail-building process, and it also requires careful communication. We dove right into the hard stuff by picking one of the larger, heavier, good-shaped rocks up there. Lois started taking pictures, but by the afternoon she was drawn into the rock-moving, first by giving us pointers, then by becoming my partner moving rocks. Near the end

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Reeve Foundation Supports Accessible Trail at Bear Mountain

The Trail Conference has been awarded a grant of \$5,000 from the Christopher Reeve Foundation to support development of the accessible trail segment planned for the summit of Bear Mountain. The award was made by the foundation's Quality of Life program, which seeks to improve the lives of those living with paralysis.

The accessible trail at Bear Mountain is a component of the Bear Mountain Trails Restoration Project being managed and staffed by Trail Conference volunteers and staff in partnership with the National Park Service, the Appalachian Trail Conservancy, the Palisades Interstate Park Commission, and the New York State Dept. of Parks, Recreation, and Historic Preservation. "Christopher and Dana were strong believers in maintaining normal family activities," said Joseph Canose, vice president, Quality of Life, of the Reeve Foundation. "I'm sure they would have been delighted in helping

continued on page 4



The AT restoration project at Bear Mountain, scene of the above rock moving activity, will include building an ADA-compliant path at the summit.

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NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

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

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

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 100 hiking and outdoor groups, and 10,000 individuals.

FROM THE CHAIR

Volunteers Show Big Spirit on Two Big Jobs

The quality and enthusiasm of the volunteers that the Trail Conference attracts never ceases to amaze me. During one week in July, I saw two projects that verified my observations once again.

On a sweltering hot Saturday, I took part in an orientation to the Trail Conference project at Bear Mountain and hiked with other TC members up to the work site. In spite of the heat, which was only slightly relieved by a gentle breeze, the volunteers, who that day were taking classes in stone cutting and retaining wall building, worked from 9 until 4. They are building a trail that will last and, with gentle steps and a grade of less than 10 percent, one that will welcome people not used to hiking. I was impressed with what has been done, as were the others in our group. I had a chance to talk with some people who were seeing for the first time a trail being constructed. While realizing that this type of construction was not done for every trail, they also acknowledged that they had a new appreci-

ation for the work that goes into them.

The volunteers told us what was going on and were understatedly but unmistakably proud in what they have accomplished and in what they have learned. Rightfully so. The volunteers working on the project are becoming highly skilled, whether in building a retaining wall, splitting stones, or building steps. There are still opportunities for you to get involved, learn new skills, and meet other folk who are getting dirty. See pages 3, 4, and 9 for the list of scheduled workshops and trips this fall.

Earlier that same summer week, I met with the steering committee of Ramapo 2007, the Appalachian Trail Conservancy's biennial meeting, which the Trail Conference is hosting in July 2007. I soon recognized that the volunteers, after several meetings, have cohered into an enthusiastic, synergistic group. Their anticipation for the conference was building and could be felt. Several told me that they see the conference as a great event and that it is fun

to be part of making it happen.

Consider joining the fun and community. Ramapo 2007 requires completion of many tasks, with a range of time and talent. There is an obvious need for hike and excursion leaders. Consider helping to "shop" for the silent auction, make signs, organize evening entertainment, publicize the event, or plan activities for our next generation of hikers. For those with limited time, it is all-hands-on-deck at the registration table for a couple of hours the first two days. For those who are willing to make a slightly larger time commitment, there are still places to help on the committees. See www.Ramapo2007.org and page 7 for a list of all opportunities.

To the volunteers on these two projects and all the others, thank you for helping. You do make a difference.

—Jane Daniels, Chair, Board of Directors



Letters

ATVs and NJ Don't Mix

It is time to strengthen laws governing ATVs and to vigorously enforce ATV laws that are already on the books. ATVs are advertised in New Jersey for ages 6+. In my town, the ambulance-rescue squad has already responded to at least one ATV accident that injured a child.

The Centers for Disease Control and Prevention (CDC) stated that a lack of physical activity may result in reversing the health gains of recent years. ATVs replace healthy exercise with motorized recreation that is not healthy to the user, while discouraging hikers from using our public lands.

Typical ATVs discharge unburned hydrocarbons. They produce high noise levels and abominable pollution levels. ATVs are destructive of trails and make our open space areas unsafe for hikers, nature lovers, and other legitimate users.

ATVs, which have grown in popularity over the past decade, wreak environmental havoc. ATV owners have asked the state to give them access to parks and other public land. Bills to allow ATVs on public land have been introduced by legislators, including one bill sponsored by a (then) senator whose sons own a Harley-Davidson dealership. Providing sites for legal ATV riding is certain to increase sales. Experience indicates that there will be spillover to private property and to our precious parks. Years

ago, the Sterling Forest Corporation allowed ATVs on designated off-road-trails within the forest. The experiment failed. As the numbers of off-roaders increased, ATVs overran the watershed including the hiking trails, bridle paths, colonial roads, and utility right-of-ways throughout the forest, and then the use spread to nearby private lands and parklands. In New Jersey, ATVs just don't fit in.

—Charles E. Wilson
 Cedar Grove, NJ

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

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

2006 Annual Meeting – Saturday October 21, 2006 Teller's Point Lodge, Croton Point Park, Westchester County

- 9:00 Pancake breakfast
- 10:00 Annual meeting including election of board members and delegates-at-large, awards, thank-you to the trail volunteers
- 11:30 Hikes
- 3:00 Refreshments and social time

Please RSVP online at www.nynjtc.org or by calling 201-512-9348 so we know how many pancakes to make.

Our pancake breakfast with 100% maple syrup is becoming a tradition of the Trail Conference's annual meetings. Come join us as we say thank-you to our trail volunteers—maintainers, supervisors, trails chairs, crew members, crew leaders, and crew chiefs. They are the folks who take care of the trails so we can hike. Join us and meet other people who share your interest in trails and hiking. Hikes in the area are scheduled for after the meeting.



Public transportation is available to Croton-Harmon Station. Arrangements can be made to be picked up there as it is about a 2.4-mile walk to the lodge. Make it a weekend getaway! Tent and RV camping and cabins are available at Croton Point Park; phone 914-862-5290 to make reservations.

Directions to Croton Point Park are available at our website or by calling the office.

Candidates for TC Board Announced

Nominees for the Trail Conference Board of Directors are: Henry C. Atterbury, Christopher Connolly, Jane Daniels, John J. Moran, and Anne Todd Osborn.

Nominees for Delegates-at-Large are: Bob Berlin, David Bertollo, Carolyn Canfield, Harvey Fishman, Joe Gindoff, Cliff Gerenz, Suzan Gordon, Jill Hamell, John Jurasek, Hal Kaplan, Phyliss Key, Pete Kohlberger, Jane Levenson, Mark Liss, Paul Makus, Bob Marshall, Margo Moss, Anna Parker, George Petty, Karen Rose, Trudy Schneider, Naomi Sutter, Pete Tilgner, Richard Zinn, Hank Zulauf.

The election will take place at the Trail Conference Annual Meeting October 21 at Croton Point. For meeting details, please turn to page 3.

—Chris Connelly
 Chair, Nominating Committee

From the Executive Director

What I Did on My Summer Vacation

As we enter what many consider the ideal season for hiking in this region, I thought you might be interested in hearing about a different sort of hiking that my family enjoyed during the summer. We spent almost three weeks in two southern African countries—Zambia and Zimbabwe—on walking safaris.



Safari is a Swahili word that means “long journey” that was originally popularized as a term for overland hunting parties and is used nowadays to describe tours through African national parks and private preserves to watch wildlife. The term walking safari loosely describes the act of observing wildlife by foot on everything from a cross-country wilderness expedition to day hikes and nature walks based from a seasonal bush camp.

The latter was the type my family enjoyed, including using vehicles and canoes to first get into areas where the

wildlife was concentrated, and it was hiking like I have never done before. I came away awed at the beauty and diversity of fully intact ecosystems and the simple and unsentimental logic of natural selection on full display.

Key to our safety, enjoyment, and understanding of what we saw were our walking safari guides. The guides are licensed and highly trained to understand and interpret the signs and actions of wildlife. The dry winter climate concentrates the wildlife into the river corridors where the guides could use the tracks and dung to help us understand the animal movements and behaviors. From these movements, the guides could develop complex storylines about animal movements and interactions and predict where they would likely be moving next.

Because natural predators and prey were present and observable in such abundance, and because the guides were willing to answer and discuss all questions at length, I was able to clearly observe ecological princi-

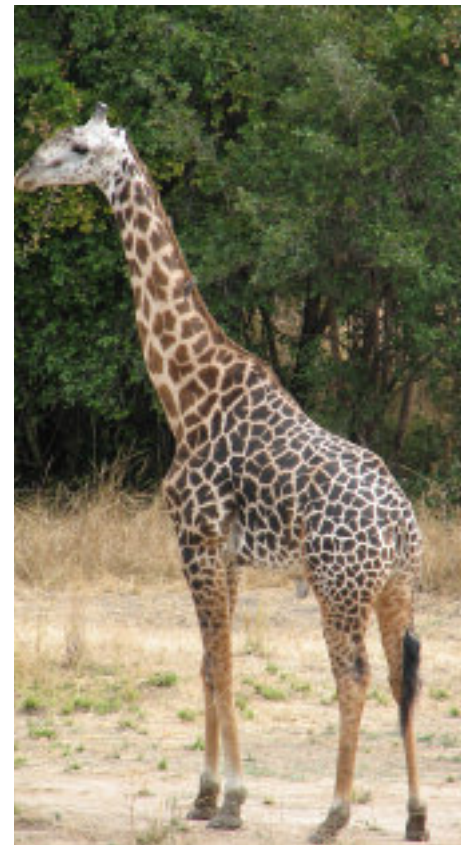


ples that I have intellectually understood for decades, such as stability through diversity, population dynamics, ecological niches, and symbiosis.

And in transit between bush camps, we got to visit typical African villages, urban areas, and people. Among the lucky few who can find regular work, one dollar is an average day's wage. Nevertheless, though 80-90 percent of the people live in poverty, I witnessed is no poverty of spirit. These were some of the most happy and optimistic people that I've met, and my life is much richer as a result. (A collection of captioned photographs of our trip can be viewed at www.goodell.nynjtc.org/safari.)

If you like to hike, if there is a naturalist or anthropologist within you, then you would love walking safaris. And, while safaris are about observing animals in nature, it is people who plan and arrange a memorable trip. So with the thought that some Trail Conference members might enjoy African walking safaris, I asked the best outfits we traveled with to offer Trail Conference members a 10 percent discount off the quoted price. Several of them agreed. Contact me if you want to take advantage of this offer.

— Ed Goodell, goodell@nynjtc.org



Selected outfitters will offer a Trail Conference discount to members planning a trip to Africa.

See slide show on web at www.goodell.nynjtc.org/safari

WOMENS WEEKEND

continued from page 1

of the day, we started clearing out the bed for placing the base rocks into the wall; we learned that the back of the wall bed had to be very deep, so that the rocks will slant into the mountain.

Saturday Our group was larger this morning. New today was Anne Baumann, Vicky Guarnieri, Sona Mason, and Christine's mother, Marjorie King. It was a little warmer I think, and way more humid, with rain off and on. The hillside, covered in



Sona Mason and Sarah Heidenrieck split a rock.

mist, looked really pretty, but that just meant our sweat wouldn't evaporate. Some of the new people learned how to properly move the rocks down the hill without injury. Ann and I learned how to set a base stone. It takes a lot of patience to find the perfect fit for the rock. You can't allow any

wiggle, because that wiggle might mean the wall won't hold up in the long run. In the afternoon, we got the stone-cutting tools out, something I was looking forward to. Sona had taken a stone-cutting class, so she led us on the rock drilling and shaping. It's good to use hand tools and all, but there is definitely something satisfying about using power tools. The day's rain meant that we all left very muddy! Well, at least we can feel good about the fact that people will pay good money to get caked in mud at spas, and ours was free. We didn't know if our photographer was going to be coming, but suddenly, there was Lois, poking her head and the camera over the hill in full rain gear.

Sunday We were back to a smaller group, despite perfect working weather: cool, breezy, and not nearly as humid. The smaller group meant we could all work together on the same task. We were doing more delicate rock shaping. Vicky really enjoyed the hand-shaping tools and would volunteer to do any of the shaping needed. We dubbed one of the tools “the bomb,” and that was her favorite tool. “The bomb” is the rock shaper that has a flat back, to be hit by another hammer; it comes to a cone-shaped point. It is good for taking off little chips here and there. Vicky has now decided she must go out and purchase her own rock-shaping tools. The shaping was necessary to get the proper shaped rocks for the upper levels of the wall; sometimes there

would be a point and the rock wouldn't sit in the right place. The more delicate work meant there wasn't nearly as much sweating, as we were primarily putting in place the rocks we had already moved down the mountain.

It was a good weekend to get acclimated to the work I will be very familiar with at

Sign Up Soon for Fall Workshops

The NY-NJ Trail Conference's annual fall workshop series is set.

Conference club and individual members, as well as non-members, who are interested in acquiring or upgrading a working knowledge of basic trail maintenance or other advanced skills are welcome. There will be lectures indoors and field work on hiking trails in the vicinity. Advance registration is required and class size is limited. Members of the Trail Conference must include a \$5 per person registration fee. Non-members must include an \$8 per person registration fee, which will be credited toward first year membership dues if you join the Conference at the workshop. Take-home materials and a participant certificate will be provided. Participants may register for any of the courses. Only one fee payment per person is required to apply for any of the courses. An information packet will be sent to all registrants shortly before the workshop dates. Unless otherwise noted, the workshops will be held rain or shine.

TRAIL MAINTENANCE 101 Two dates, three locations!

October 14 (Saturday)
Port Jervis Library
Instructor: Jakob Franke

Ward Pound Ridge Reservation (Westchester Co.)

Instructor: John Magerlein

October 21 (Saturday)
Alley Pond Park, Queens
Instructor: Joe Gindoff

TRAIL LAYOUT AND DESIGN

November 11 & 12 (Saturday & Sunday)
Bear Mountain (2-day course)
Instructors: Larry Wheelock
and Eddie Walsh

TRAIL REPAIR & CONSTRUCTION

October 29 (Sunday)
Alley Pond Park, Queens
Instructors: Joe Gindoff

To register for any of these workshops, call the Trail Conference office, 201-512-9348, or visit www.nynjtc.org/workshops/maintainers/f2006.html. Sign-up is on a first come, first served basis; past workshops have been over-subscribed, so be sure to register early.

Registration is not complete until the fee is paid. Mail checks, made out to NY-NJ Trail Conference, to: Fall Workshop, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.



**Guys & Girls Invited
to Hike 'n' Serve Open House
Sunday, September 24, 2006
Camp Glen Gray,
Mahwah, NJ 4 pm**

Young adults aged 14-20 are having a blast in the outdoors and learning to build and maintain trails at the same time through the regional Hike 'n' Serve Venture Crew

#100, a unit of the Boy Scouts of America.

Monthly meetings are the first Friday of the month at the NY-NJ Trail Conference office, 7:30 pm. Exciting hiking/camping/water trips, trail service events and youth leader training make up the activity calendar. For more information, come to the open house, visit www.glengray.org, or contact Maureen Edelson at 973-632-4895, dyna_mo13@hotmail.com. Interested new adult leaders are welcome, too.

Trail Crew Schedules

July, August, and early September, 2006

For the latest schedules and additional details, go to nynjtc.org and click on "Trail crews/Work trips."

TBD = To Be Determined

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

METRO CREW

Leaders:

Joe Gindoff, 914-760-3568, joeghiker@aol.com
Lizbeth Gonzalez, 646-319-5159

Tools and gloves will be furnished, feel free to bring your own. Mass transit and carpooling are possible. Check website for possible additional dates.

Sept. 9 (Saturday)

Alley Pond Park, Queens

Leader: Joe Gindoff
Installation of erosion control devices
Meet: 9 am upper parking lot.

Sept. 10 (Sunday)

Pelham Bay Park

Leader: Joe Gindoff
General assistance
Meet: 9 am at northeast corner of the Orchard Beach parking lot

Sept. 11 (Monday)

Alley Pond Park, Queens

Leader: Joe Gindoff
Weekday catch-up trip
Meet: 9 am at the upper parking lot

Sept. 16 (Sunday)

TBD

Leader: Joe Gindoff

Sept. 19 (Tuesday)

Staten Island Greenbelt

Leader: Linda Sullivan
Meet: 9 am, location TBD

NJ HIGHLANDS CREW

Leader: Glenn Oleksak
973-283-0306, glenno@nji.com

First Sunday of each month

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

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, johnmoran@earthlink.net

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

WEST JERSEY TRAIL CREW

Leaders: Monica and David Day
732-937-9098 cell: 908-307-5049
westjerseycrew@trailstobuild.com

Sept. 9 (Saturday)

Warren Trail, Jenny Jump State Park
Continue work on the new Warren Trail.

Sept. 17 (Sunday)

Warren Trail, Jenny Jump State Park
Continue work on the new Warren Trail.

Sept. 23 (Saturday)

Willow Crest Trail, Swartzwood State Park
Begin work on the new Willow Crest Trail.

Oct. 7 (Saturday)

Willow Crest Trail, Swartzwood State Park
Continue work on the new Willow Crest Trail.

Oct. 15 (Sunday)

TBD

Oct. 21 (Saturday)

Warren Trail, Jenny Jump State Park
Continue work on the new Warren Trail.

Nov. 4 (Saturday)

Dunnfield Creek Trail, Worthington State Forest.
Final touches on the rock steps of the relocation.

Nov. 18 (Saturday)

Appalachian Trail, Worthington State Forest.
Install additional drainage and erosion controls.

EAST HUDSON CREW

Leaders:

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

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

Weekdays

Leader: Walt Daniels
Meet: 9 am, TBD
Work varies

Sept. 9 (Saturday)

Appalachian Trail, Harlem Valley

Leader: Walt Daniels
Meet: 9 am, Rt. 22 AT crossing, east side parking area
Trail relocation

Oct. 28 (Saturday)

Fahnestock State Park

Leader: Walt Daniels
Meet: 9 am, Cold Spring Train Station
School Mountain Road bridges

WEST HUDSON NORTH CREW

Leaders:

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

Sept. 9 (Saturday)

Compartment Trail, Black Rock Forest

Leader: Denise Vitale
Meet: 9 am; place TBD

Sept. 24 (Sunday)

Storm King State Park

Leader: Denise Vitale
TBD. Meet: 9:30 am; place TBD

Oct. 15 (Sunday)

Minnewaska State Park

Leader: Dave Webber
TBD. Meet: 9 am; place TBD

Oct. 21 (Saturday)

Minnewaska State Park

Leader: Dave Webber
TBD. Meet: 9 am; place TBD

Nov. 4 (Saturday)

Storm King State Park

Leader: Denise Vitale
TBD. Meet: 9:30 am; place TBD

Dec. 2, Dec. 3 (Saturday, Sunday)

Trailhead Jessup/Highlands/Sweet Clover Trails,

Schunemunk State Park

Leader: Denise Vitale
Build rock steps and crib wall in slope above the seasonal drainage. Meet: 9:30 am; place TBD

WEST HUDSON SOUTH CREW

Leaders:

Chris Ezzo, Crew Chief:
516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder:
718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-633-1324, ciganz@earthlink.net
Robert Marshall: 914-737-4792, rmarshall@webtv.net
Monica Day: 732-937-9098

Sept. 14 (Thursday)

Cornell Mine Trail, Bear Mountain-Harriman S.P.

Leader: Bob Marshall

Sept. 16 (Saturday)

AT, Bear Mountain-Harriman S.P.

Leader: Claudia Ganz

Sept. 21 (Thursday)

Fawn Trail, Bear Mountain-Harriman S.P.

Leader: Bob Marshall

Sept. 23 (Saturday)

AT, Bear Mountain-Harriman S.P.

Leader: Brian Buchbinder

Sept. 30 (Saturday)

AT, Bear Mountain-Harriman S.P.

Leader: Chris Ezzo

Oct. 7 (Saturday)

TBD

Leader: Brian Buchbinder

Oct. 12 (Thursday)

Dunning Trail, Bear Mountain-Harriman S.P.

Leader: Bob Marshall

Oct. 14 (Saturday)

TBD

Leader: Chris Ezzo

Oct. 21 (Saturday)

TBD

Leader: Claudia Ganz

Oct. 26 (Thursday)

Popolopen Gorge, Bear Mountain-Harriman S.P.

Leader: Bob Marshall

Oct. 28 (Saturday)

TBD

Leader: Monica Day

Nov. 4 (Saturday)

TBD

Leader: Chris Ezzo

Nov. 9 (Thursday)

TBD

Leader: Bob Marshall

Nov. 11 (Saturday)

TBD

Leader: Monica Day

BEAR MOUNTAIN PROJECT

Leader: Eddie Walsh

Registration required; contact adami@nynjtc.org or 201-512-9348

A variety of work for a variety of skill levels; the trips below are open to all. The BM project offers opportunities to learn skills that you can put to work with TC's established trail crews while building a new trail at the same time. **See full schedule of skill-building work trips on page 9 or go to the Trail Conference website at www.nynjtc.org/BearMountainTrails.**

Sept. 9 (Saturday)

Sept. 12 (Tuesday)

Sept. 29 – Oct. 3 (Friday-Tuesday)

Join NY-NJ TC instructors and the ATC Mid-Atlantic Crew any or all days.

Oct. 6 – Oct. 10 (Friday-Tuesday)

Join NY-NJ TC instructors and the ATC Mid-Atlantic Crew any or all days.

Oct. 20-Nov. 14

Work trips are scheduled five days each week, Fridays through Tuesdays, to coincide with the visit of six crew leaders from the Student Conservation Association Trail Skills Program. A great training opportunity for all!

LONG PATH/SHAWANGUNK RIDGE CREW

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

No work trips this fall.

Chain Sawyers Help Fahnestock

By Roger Coco

In April and May, volunteers from the Trail Conference assisted the staff of Fahnestock State Park in the removal of dangerous trees from the public campsite and picnic areas around Pelton Pond (just west of the TSP on Rt. 301). Certified chainsaw volunteers cut up and stacked existing downed trees and gave the area a general cleanup.

Special recognition and thanks go to Robert Lussier and his crew, from the Lussier Tree Service located in Putnam Valley NY. His cooperation and voluntary

services are greatly appreciated as is his expertise in the topping of tall dead and dangerous trees in and around the public campgrounds.

Trail Conference volunteers who donated their time and services for this project, were, from left to right, in photo: Jim Gardineer, Travis Hoh, Roger Coco, Ollie Simpson, Paul Martino, Peter Hoh, and Charles Witchard. Also contributing but not pictured was Peter Hoh.



CHRISTOPHER REEVE

continued from page 1

to make the outdoors accessible to families living with paralysis."

The summit of what is one of our region's most frequently hiked mountains offers stunning views of the Hudson River and Highlands. The accessible trail that is planned for the site will be a hard-packed natural surface that weaves for half a mile through oak woods, among glacially deposited boulders, and offering scenic viewpoints. Construction on the segment is scheduled to begin in 2007.

A Crew at Work *West Jersey Crew Lifts AT Out of Mud*

By Monica and David Day

The place: Appalachian Trail at Rt. 94, north of Vernon NY

The project: Replace 800 feet of boardwalk in three very wet fields

The materials: 16' long by 8" wide by 3" thick oak planks; 3' by 6" by 8" Polywood (synthetic wood, made from recycled tires) support pieces (sleepers); and 6-inch long lag bolts to fasten them together

The work: Accomplished over five weekend days in June by the West Jersey Crew, with invaluable logistics support from the New Jersey Dept. of Environmental Protection Division of Parks and Forestry, and the New Jersey Forest Fire Service, which air-lifted many supplies to the site via helicopter. Two earlier trips were spent precutting the sleepers and bundling the planks for delivery.

Monica & David Day co-lead the West Jersey Crew. Check their scheduled trips in the Trail Walker, the TC's website or their site: www.trailstobuild.com



TRAIL NEWS

Catskills: Rt. 23A Is Closed Until Further Notice

Heavy rains in June—including nine inches on June 25—weakened a retaining wall near the trailhead to Kaaterskill Falls on Rt. 23A, causing the wall to collapse and taking a section of the roadway with it. As a consequence, Route 23A between the hamlets of Haines Falls and Palenville is expected to remain closed well into the fall as repair work continues. In the meantime, use these detour directions:

- From the south: NYS Thruway Exit 19 (Kingston) to Rt 28 West to Rt 214 North to Hunter.
- From the north: NYS Thruway Exit 21 (Catskill) to Rt 23 West to Rt 296 to Hunter.

No Access to Kaaterskill Falls

Both accesses to Kaaterskill Falls, one from Rt. 23A (see above), and one via the end of Laural House Road, which provides access to the top of the falls, are closed. The trail has been washed out, and there is reported to be a danger of more slides within the gorge. These closings are until further notice.

Finding the New Trailhead For Pine Meadow Lake

Some hikers are experiencing difficulty locating the new trailhead for Pine Meadow Lake on the east side of Harriman State Park. The photo below should help clarify where to find it. The trailhead is at the Town of Ramapo Equestrian Center, Rt. 202, one mile south of Ladentown Rd. The extension of the Pine Meadow Trail east to this site, using a section of the Suffern-Bear Mountain Trail and existing woods roads, should relieve hiker and parking volumes at the Reeves Meadow Visitors Center on the west side of the park. Park where indicated. Dogs are prohibited.



LP Via Mud Pond: Is It Open? Not Officially

A section of the Long Path between Verkeerder Kill Falls and Mud Pond was closed by the private landowner on July 23, 1999. The recent state purchase of the Awosting Reserve has opened the preserve to the public, but the LP section between Verkeerder Kill Falls and Mud Pond has not been blazed and maintained, and we have not yet received permission from the state to officially open the trail. (It takes time to get the appropriate park permissions.)

Currently the only way around the closed section is to follow the High Point Trail (red blazes) north to High Point. At the site of the old fire tower, turn right onto the old blue trail. This trail has been refurbished and is blazed blue.

In about 2.5 miles turn right on Smiley Carriageway all the way to Stony Kill

continued on page 8



MONICA DAY

1

The decrepit boardwalk (puncheon) made for an unsafe crossing of a field where the mud could be as deep as a foot.



MONICA DAY

2

Bob Boyle and Gay Mayer take up the old boardwalk, with new materials at the ready. In many cases the old boards were so deteriorated that all that was left were the huge nails that originally held them together.



MONICA DAY

3

Logistics support: DEP personnel deliver the 16-foot planks to the site. They kept us in materials the first two days while we waited for the weather to permit an air-drop of the rest.

Danielle Longo (the new maintainer for this section) carries a new support piece (sleeper), while David Day and Roland Breault move a boardwalk plank over the stile at the end of the field. Pieces being moved between field #1 and field #2 had to be hoisted over two stiles and a railroad crossing.



BOB BOYLE

4



MONICA DAY

5

Bob Boyle, Roland Breault, Frank McNulty, and Brian Mulraney lug a 200-pound plank to where it's needed.



BOB BOYLE

6

Monica Day drills lead holes, while David Day and Steve Reiss screw the fastening bolts into place. The lag bolts required drilled lead and clearance holes, as well as a countersink to avoid the nut and washer from creating a tripping hazard.



MONICA DAY

7

The 'after' view: a newly safe and mud-free crossing. Come on out and join us on other projects!

Volunteer Classifieds: Get Involved!

Check out these opportunities to volunteer with the Trail Conference. If you are interested in these or other possible volunteer jobs, contact the person listed or Heidi K. Adami either by email, volunteers@nynjtc.org, or phone, 201-512-9348 ext. 26, and she will find a way to get you involved.

Trail Maintainers

We are looking for individuals, couples, and families who are willing to adopt a section of trail. Maintainers are expected to visit their assigned section a minimum of twice a year, keeping it passable (by cutting back brush), well marked, free of trash, and submitting bi-annual reports of their work. We have openings on several of our trail committees:

Catskills Forest Preserve

Metro Trails: Alley Pond and Staten Island

West Hudson North: Black Rock

Forest and Minnewaska State Park

Central Jersey: Pequannock Watershed,

Garrett/High Mountains, Pyramid

Mountain, and the Fanny Highlands.

Appalachian Trail Corridor Monitor

Looking to get off the beaten path? The Orange/Rockland AT Committee needs your help. Monitors are needed to patrol and watch the Appalachian Trail Corridor to protect

against misuse and illegal activities. Responsibilities include: walking the corridor boundaries two to four times per year, verifying boundary markers along the corridor boundary, reporting evidence of trespassing and misuse, such as dumping, logging, ATVs, etc., assist corridor manager in handling problems discovered, and meeting trail neighbors and easement holders annually. Space is limited, sign up now by contacting Josh at volunteers@nynjtc.org or 201-512-9348 ext. 13.

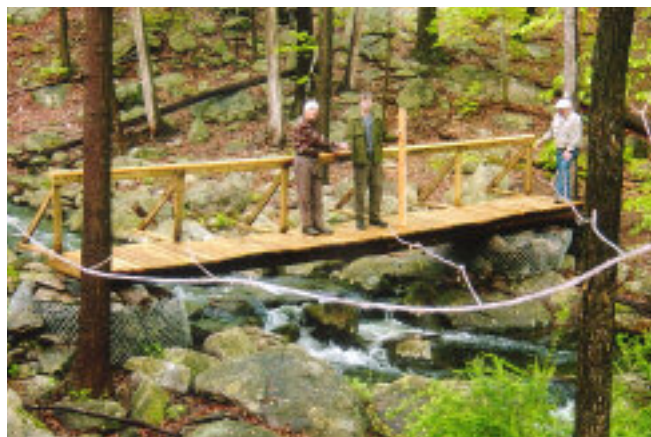
Publications Committee

Project Managers

It takes the time and talent of many volunteers to produce a Trail Conference book or map. We are looking for individuals to coordinate the efforts of our authors, cartographers, and designers to help us publish our award winning books and maps. We have several projects that are in immediate need of a Project Manager. If you work well with timelines, communicate clearly, and are willing to roll up your sleeves to get the job done, then contact Dan Chazin at dchazin@aol.com or call 201-512-9348 ext. 13.

Other Opportunities:

- Minute Takers
- Administrative Support



Eugene Zhuzhzhlov built this bridge as an Eagle Scout project in May. The bridge is over the 1779 Trail in Harriman State Park.

RAMAPO 2007: 8 DAYS OF FAMILY FUN

Save the Dates for Next Year's Vacation

July 13-20, 2007, NY-NJ Trail Conference will host the Appalachian Trail Conservancy's Biennial Conference. The event is designed to appeal to families and multi-generations, from grandparents to grandchildren. Because family members come in all ages, shapes, sizes and with a variety of interests, we are offering a full schedule of hikes, workshops, trail maintenance opportunities, and excursions. We want those who attend Ramapo 2007 to have a family vacation that they will remember for a lifetime!

Where can families stay?

Ramapo 2007 will be based at Ramapo College in Mahwah, NJ. It has new dormitories that offer suites with bedrooms, baths, and living areas providing comfort and privacy. The cafeteria offers a healthy menu and will eliminate the need to cook. This suburban college is located about one hour from NYC by car or public transportation; it's also minutes from excellent hiking. Compared to local hotels, it's very affordable. In addition to Ramapo College's facilities, there will be opportunities to camp in a nearby county park.

What can children do?

For elementary school-age children, the Trail Conference is partnering with the Weis Ecology Center to provide environmental programs for children. The nature programs will be available daily, enabling parents to participate in another event while the program is in session.

Bear Mountain/Harriman and Sterling Forest State Parks are just 20-30 minutes from the campus. In addition to hiking trails, Bear Mountain offers an old fashioned carousel and zoo. Sterling Forest State Park is noted for its butterflies and remnants of an old mill village. A hike to its fire tower rewards people with 360-degree views of the Ramapo and Hudson River Valleys.

Trail Conference sponsored workshops will include arts and crafts suitable for children.

For those energetic preteens and teens, our parks and trails offer opportunities for hiking, rock scrambling, and kayaking. Consider partnering with your teenager to help in a major trail work project on the AT over Bear Mountain. It is an opportunity to be involved with a reroute in the area of the original section of the AT.

What about family outings?

This is an ideal opportunity to take your family to visit the Statue of Liberty, Empire State Building, the U.S. Military Academy at West Point, or the Museum of Natural History. Attend a Broadway show, the ballet, a concert, or visit the taping of a television show. Join a walking tour of NYC and learn about its ethnic neighborhoods, architecture, and history. Sail on the *Clearwater*, a replica of sloops used on the Hudson River in the 18th and 19th centuries. Since 1969, *Clearwater's* crews have educated countless people about the importance of keeping the Hudson River clean. Some excursions will be guided and include transportation. Others will be self-guided, but we will still help you get there.

As you can see, there are countless opportunities for family fun at Ramapo 2007. Without a doubt, the NY-NJ Trail Conference is "Always a Step Ahead," especially with family activities. If you don't have a family to bring, consider making our next generation of hikers and custodians welcome. We hope to see you there! For more information, visit www.Ramapo2007.org.

Event Date:
July 13-20, 2007

Ramapo 2007 is sponsored by
the Appalachian Trail Conservancy
and the New York-New Jersey
Trail Conference

Tell Us: Who Has Made a Difference for Trails?

Each year, the TC board of directors selects individuals to honor for their contributions to the hiking community. Nominations are welcomed from the membership, and should include supporting background information. Send your nominations to Recognition Awards, in care of the NY-NJ Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430; telephone 201-512-9348; email info@nynjtc.org. **The deadline is September 22, 2006.**

Award Eligibility

- Any person or organization is eligible to be nominated for an award.
- All award nominations must be submitted in writing.
- New York-New Jersey Trail Conference Board of Director members who are currently serving cannot be nominated for an award.
- The TC Board of Directors votes to approve each nomination.

Raymond H. Torrey Award

The Conference's most prestigious award, given for significant and lasting contributions that protect our hiking trails and the land upon which they rest.

Major William A. Welch Trail Partner Award

Presented to those outside the Trail Conference—for example, state, federal or local agency partner officials—who have given long and/or significant assistance to the local hiking community.

Leo Rothschild Conservation Award

Presented to a person or organization that has made a significant contribution to the protection of our trails and/or the natural lands that surround them.

William Hoferlin Award

Recognizes Trail Conference volunteers who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection.

Next Generation Award

Given to those under age 18 who are making significant contributions of time and energy to trail building or protection.

Honorary Member

Conveys "Life Member" status and the right to vote at delegate's meetings. This honor is awarded after an individual has dedicated long years of service to the Conference.

Corporate Partner Award

Given to businesses or their employees for outstanding service to the hiking community.

Ken Lloyd Club Award

Honors an individual affiliated with a Trail Conference Member Club who has given exemplary service to his/her club.

Paul Leikin Extra Mile Award

Awarded to those volunteers who have demonstrated exceptional commitment to a 3-5 year project such as a book, map, or advocacy project.

ADK Winter Mountaineering School



Are you a three-season hiker who's tired of watching your gear gather dust for five months out of the year? The Winter Mountaineering School may be just what you're looking for. Our dedicated, all-volunteer group of instructors have been helping hikers enjoy the mountains in winter for over 50 snow and ice filled years. This year's program will be based out of the ADK Loj. Check out our website for program details, gear lists, photos, and more. Come join the fun!

Weekend Day Hikes: Jan. 5-8; \$295.00
Weekend Backpacking: Jan. 5-8; \$250.00
Combo Section (Day Hikes & 3-night Backpack): Jan. 5-11; \$350.00

www.winterschool.org

or call 518-523-3441



Help Us Get Ready to Welcome Lots of Company Next Year!

There are all sorts of jobs for people to help at Ramapo 2007, the biennial conference of the Appalachian Trail Conservancy to be hosted next year by NY-NJ Trail Conference. The jobs vary in time commitment as well as skill level. There is something for everyone. Contact info@ramapo2007.org to volunteer or for more information on any of the following opportunities.

Entertainment

Ever wanted to be behind the scenes with an entertainer? Sign up to assist chairman with phone calls to performers and volunteer presenters. At conference, assist performers, sell merchandise, help with set-ups and take-downs.

Excursions

Got a travel bug? How about showing off what our area offers both in New York City and in the metro region. The complete list of planned excursions is listed on the website www.ramapo2007.org. Contact excursions@ramapo2007.org.

Hospitality

Be part of a team that shows New York and New Jersey hikers know how to welcome our guests, and help at the hospitality table.

Logo Goods

Like to comparison shop? Then finding a vendor for T-shirts, patches, and possibly other items is the job for you. The job also entails ordering the goods based on presales and then running the booth at the conference. Volunteers are also needed to help with sales at the conference.

Signs

Like to tell people where to go? Tired of seeing small directional signs at conferences? Then help on the sign committee. Folks are needed to fabricate signs, install, relocate, and remove them. These fun but important jobs leave you plenty of time to enjoy the conference.

Silent Auction

Do you like to shop? Then the Silent Auction Committee wants you! We are looking for people to help solicit items for our silent auction from around the metro area. If you would like to help, please contact Barbara Kohlberger at 845-986-6976.

Youth Program

Interested in helping with our next generation of hikers? The Weis Ecology Center is partnering with us in offering a youth program for young conference attendees. Consider assisting in planning and implementing it.

Marketing

We are looking for people to help get the word out about the Ramapo 2007. Have you been to an ATC conference before? Do you have marketing experience? Join the marketing committee. You'll get an insider's view of what will be going on and will be finished your work when the conference begins, so you will be free to join in on the fun.

ADVOCACY & CONSERVATION

\$225 Million EPF Approved!

The Trail Conference and the Adirondack Mountain Club partnership is proud to report that the New York State governor and legislature approved a \$225 million Environmental Protection Fund (EPF) for 2006-2007. Last year's 2005-2006 EPF was funded at \$150 million. The 2006-2007 EPF was not included in the state budget passed by the Legislature in April, and its approval was a top priority.

The approved EPF dedicates: **\$50 million for land acquisition, \$15 million for state land stewardship, and \$23 million for farmland protection**

No New ATV Law in New York

The legislative session came to an end without any agreement on comprehensive all terrain vehicle (ATV) legislation. As a result, the ATV registration fee increase from \$10 to \$25 was repealed. The Trail Conference and ADK unequivocally stated that we would not support an ATV trail development and maintenance fund unless strict protections are put in place to protect public and private lands from ATV trespass. The Trail Conference and ADK will continue to be actively involved in future negotiations on a comprehensive ATV bill.

Vote in November to Fund NJ Parks and Natural Areas

By Joanna Wolaver

This November, New Jersey voters will determine the future of the state's parks and natural areas.

Despite their critical importance to New Jersey's economy, environment, public health, and quality of life, these areas have been underfunded for decades. This chronically inadequate funding has resulted in a steady decline in services and maintenance, including a \$250 million backlog in repairs, fewer conservation officers, closure of park facilities, and lost educational opportunities as well as the loss of the many benefits these areas provide our urban and rural citizens.

In July, the state legislature passed landmark resolutions that place a constitutional amendment on the November ballot to create an ongoing, stable source of funding for the improvement, construction, renovation, and repair of state and local parks and natural areas. The amendment would reallocate a surplus of existing environment-dedicated funds from Corporate Business Tax revenue, in the amount of \$15 million a year through 2015, and \$32 million a year thereafter, to improving urban and rural parks across the state. It would require no new taxes or any other revenue source to be raised or used.

In 1996, voters approved the dedication of 4 percent of the annual revenue from

the Corporate Business Tax to fund environmental purposes, such as air pollution control programs and water quality projects. The proposed amendment, which requires voter approval in November, simply reallocates some of those funds in order to address the significant need that exists to modernize our urban and rural parks and natural areas.

By voting yes for park funding in November, you will reverse the trend of neglect and underfunding and ensure high-quality, accessible neighborhood parks and wildlife areas in your neighborhood. In addition, by investing in these areas, we will enhance our state's \$3.9 billion fishing, hunting, and wildlife-watching industry, which creates more than 37,000 jobs and brings in nearly \$150 million in sales tax revenue to the state each year, ensure a high quality of life for our citizens.

For more information on the Outdoor Recreation Alliance (ORA) November ballot campaign, please visit www.outdoorrecreationalliance.org or contact Joanna Wolaver, NJ Audubon Society at joanna.wolaver@njudubon.org or 609-392-1181.

Guest columnist Joanna Wolaver is conservation project coordinator for New Jersey Audubon Society, a member of ORA.

New York Conservation Easement Tax Credit Approved by Legislature

The NYS legislature approved legislation that creates a state income tax credit for NYS landowners whose land is protected by a conservation easement. The annual tax credit is equal to 25 percent of the school, county, and town taxes paid on the land. The credit cannot exceed \$5,000 per year. All landowners with land protected by a conservation easement are eligible regardless of when the conservation easement was created. The conservation easement land must be at least partially or wholly donated to a land trust organization or a governmental entity. This legislation will go into effect in 2007.

NY-NJ Trail Conference has joined the Outdoor Recreation Alliance (ORA), which represents more than 35 environmental organizations, sportsmen's groups, affordable housing advocates, and environmental justice activists in New Jersey working to secure a long-term stable source of funding for capital projects and operation, maintenance, and stewardship of New Jersey's state and local parks and natural heritage conservation areas. ORA also supports the establishment of a dedicated funding source for land acquisition and increased appropriations in the state budget for the New Jersey Dept. of Environmental Protection. The ballot issue discussed here is a top priority for ORA and the Trail Conference.

Advocacy Group Reorganizes to Add Volunteer Involvement

The Trail Conference has made some changes in the conservation and advocacy functions to advance our acquisition and policy projects and increase the participation of volunteers into these two important operations of the organization.

These changes were prompted by the departure of advocacy director Dennis Schvejda, who was recruited back to the corporate world by his former company. Dennis has generously agreed to continue to assist us with action alerts and other electronic support tools, and he has also accepted the position of New Jersey chair of our new advocacy committee. Dennis did a great job of working with government officials in both states, and generating a great deal of positive publicity for the Trail Conference.

We are also pleased to announce that Neil Zimmerman, our former board

president, has agreed to serve as the New York chair of this committee, which gives us two extremely experienced and knowledgeable volunteer leaders to support our advocacy work. Seth McKee will remain as the committee liaison to the board.

On the staff side, Bill O'Hearn, who joined the Trail Conference recently as conservation director, will now expand his duties as conservation and advocacy director. The position of conservation associate, which will support Bill and the committee, is being created. These personnel moves will take advantage of the natural overlap between land acquisition and public policy work, and will allow the Trail Conference to continue to work on key issues like ATVs, the Community Preservation Act in New York, and the Highlands Regional Master Plan in New Jersey.

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IN MEMORIAM

Remembering the Man Who Did the Most to Protect the AT in New Jersey

By Anne Luktenhouse

John Garcia, a New Jersey State Park Service employee who was a key architect and supporter of the Appalachian Trail (AT) project in that state for more than 25 years, passed away in April 2005. News of his passing only came to light earlier this spring.



A direct and sometimes brutally honest man, John was full of energy, drive, and focus for that in which he believed. He was a powerful advocate for the AT in Trenton,

where the policy and management decisions were made. He recognized the importance of the AT as a recreational resource—not just for New Jersey, but on a national level.

A licensed landscape architect, who also held a degree in horticulture, John began his 35-year career with the NJ State Park Service, Division of Parks & Forestry, in 1967 as a junior draftsman; it was there he remained, eventually becoming chief of the planning and design division of the bureau of capital improvements.

In 1979, after Congress amended the National Trails System Act in 1978, New Jersey decided to acquire corridor lands for the AT's permanent protection where its route was outside of existing state parks and forests. John became project liaison, charged with making the land acquisitions happen. He personally conducted negotiations with each and every landowner along the intended route. Not all negotiations were friendly; there were times that a state police escort was required to assure his safety. In this role, John also came to know the AT landscapes—the farmland, the floodplains, the escarpments—intimately, having walked literally every acre of land in the 20 miles of corridor lands that New Jersey acquired.

At the 1985 Appalachian Trail Conference (now Conservancy) Biennial Conference, John, representing New Jersey,

accepted an award commending New Jersey as the first state to fully own the corridor of land upon which the AT was to permanently be sited.

He believed in and supported the public-private partnership that is the hallmark of the AT project. Once the footpath relocations began, John ensured funding from the service's capital improvements budget flowed to "the field," so the local park and forest managers could purchase lumber, hardware, and other materials for shelters, bridges, puncheons, boardwalk, or rent equipment for heavier trail improvements.

Projects the volunteers completed with his office's funding support included the Wawayanda and Pochuck Mountain shelters, Brinks shelter repairs, tent platforms in Worthington State Forest, the ascent of Wawayanda Mountain escarpment; the 110-foot Pochuck Bridge and its accompanying boardwalk in Vernon Township—a 10-year-long undertaking which was the last big project with which John was involved before he retired. He also served on the Trail Conference-led New Jersey Appalachian Trail Management Committee.

The AT was one of his two career highlights—the other being handicapped-accessibility in New Jersey parks and forests—on which he focused his "make-it-happen" attitude.

As someone who worked often with him, both in Trenton and out on the corridor lands, I can truly say John was the state government employee who did the most for NJ's protection of the Appalachian Trail.

He was very proud of his role in giving the NJ AT permanent protection and in helping to advance its recreational value. In fact, the Appalachian Trail Conference was one of his favorite organizations; in lieu of flowers, the Garcia family indicated donations could be made to the ATC.

Anne Luktenhouse served as projects director for the Trail Conference from 1986 to 2001.

DONORS TO THE ANNUAL FUND

May 25, 2006 to July 20, 2006

GIFTS

Arthur & Nancy S. Aery, Avon employees, Karen & K. Tucker Andersen*, Robert E. Angland, Anonymous, Catherine A. Bales, Geoffrey Barclay, Matt Bazar, Dr. George L. Becker Jr.*, Robert & Ruth Berlin, Mark Black, Robert Boysen*, Alice M. Broquist, Richard P. Buegler, Michael J. Burns, Lisa C. Caplan*, Vittorio Castelli, Charity Runners Inc.*, Robert J. Chervy, William Chiappane, John L. & Marion Clark, William C. Close, Neil & Katherine Cohen, Rosemary Coslit, Robert W. Cresko, Martina D'Alton & Michael Shroyer, Marilyn Day, Benjamin & Jeanne Dobrzynski, Alfred P. Drasheff, Tom & Dot Dwyer, Fred K. & Joan Ellis, Michael Engel, Leonard & Nancy Esposito, Sheila C. Ewall, Frances Lee Fanger, Robert Feder, Peter B. & Marjorie M. Fisher, Timothy Gallivan, Jane Geisler, Frances V. Gibbs, R. Dan & Ann Gladding, Dr. G. Nigel Godson, Mark Gonzales & Theresa Belletiere, Edward Goodell*, Carol W. Greene*, Kenneth A. Griffin*, Robert W. Grize, Sara & Dennis Gronim, Alan H. Gross & Lorraine Nardi, Beth S. Grossman, Marvin Grumet, John Haertlein, Dr. Thomas B. Hakes, Mary E. Hall, William A. & Joan T. Hand, Peter W. Hannan, Douglas Hardison, Mary & Patrick Harter, Nancy G. Hassanein, Yaromir P. Havlik, Edward Z. Hawkes, Joseph P. Henderson, Kathleen Herguth, Herbert L. Hochberg*, Jan A. Hopper, Gregory Joseph, Nitin Kapadia, Jason Karsen, John Kashwick, Lloyd Kass, Joel & Fredda Katcoff, Paul J. Kaufman, Lee Kellogg*, Peter Kennard*, James F. Kenny & Viola Ortiz, Matthew Kobel, Ted Koch, Laura Kokasko, Clifford F. & Jane B. Konitz, Hoagi Koster, Marilyn Kurland, John G. Larsen, Richard D. & Faith A. Larson, Colin A. Lauder, Caroline & Martin B. Lavanhar, Irene & Thomas P. Lee, Cathie A. Leo, Louis Leonardi, Julius & Hermine Levine, Rosanne Levitt, David & Debbie Livingstone, Helmuth H. Loddigs, Ann G. Loeb*, H. Max Lopp II, Michael B. Lyons, John & Karen Magerlein*, Robert F. Marshall, Kevin McAllister, Karin McCaffery, Michael S. McGraw, Richard S. Menkel, Julius & Muriel Merl, Michael & Suzanne Miller, Joseph D. & Aurelia Minuti, William P. Mitchell, Keith Mogerley*, Paul D. Monti & Nikki Sidhu, Lemuel Morrison & Helen Serebin, Martin J. Moskowitz, Wesley Nicoll, Elke Noll, Edward T. O'Connor, Bradford Olson, David O'Neill, Rafael Ortiz, Dean F. & Lorrie Paccioretti, Benu Gopal Pal, David P. Parker, Jannette Wing Pazer, William F. & Mary H. Penny, Dorothy Z. Peters, William & Kathleen Plachy, Tom & Carol Rakowski, Don R. Rieth, Dorothy W. & Peter M. Rinaldo, Ruth B. M. Robinson*, Laurance & Wendy Rockefeller*, Dwight J. Rosenstein, David & Judith B. Roth, Isaiah A. Rubin, Miklos P. Salgo*, Charles Scheidt, Herbert E. Schloss, Trudy Schneider, Stephen J. & Amy Shapiro, Deborah Shields & Robert Feldman, Richard Smith, Mike & Peggy Sormani*, David Stebbins, Seth Steiner, Robert Stillman, Bill Stoltzfus, Jr., Kristine Stortroen, Frank Stowell, Donald P. Strauss, Mark & Lynn Sullivan, Jan A. Summers, Sundance Outdoor Adventure Society, Nitin N. Trivedi, William E. Tucker, Patty Hauer Valente, Jan & Sandra van Heerden, Douglas Verge, Nicholas J. Viggiano, Douglas A. Villepique, Robert & Virginia Weismantel, David Whieldon, Daniel Wilson, Ann Yasuhara, Karen Zukowski

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Laurance & Wendy Rockefeller,
Robert Salerno

**Members of the Raymond H. Torrey Society*

Wanted: Ward Pound Ridge Trails Supervisor

Westchester County's largest park, 4,700-acre Ward Pound Ridge Reservation, has approached the Trail Conference about maintaining its 40 miles of trails. This initiative, should we accept it, would be the largest trail system adopted by the Trail Conference since we took on trail maintenance in the Catskills. Before proceeding, we seek to have in place a volunteer supervisor who will work directly with the park and supervise the maintainers. Maintainners are also sought. If you have any questions about what the jobs entail, contact Jane Daniels, East Hudson Trails Chair, at jdhiker@optonline.net



TRAIL NEWS

continued from page 5

Carriageway, and turn right towards Lake Awosting. Near Lake Awosting turn left on the black-blazed Peters Kill Carriageway, which crosses the Long Path. The entire detour is close to 10 miles and should not be attempted without a proper map (NYNJTC trail map 104; Shawangunk Trails-South).

New Bridge at Dunnfield Creek

A sturdy new bridge and paved path—both compliant with the Americans with Disabilities Act—now carry the AT across Dunnfield Creek. Thanks go to NJ Dept. of Transportation for completing this project, which is on their property. In charge for the DOT was Sheree Davis of the Bureau of Bicycle & Pedestrian Programs. Thanks also go to the National Park Service, Appalachian Trail Conservancy, and NJ AT committee chair Gene Giordano for their contributions to getting this job done.

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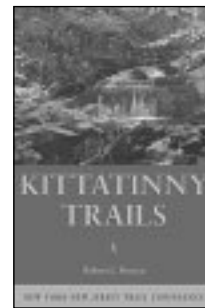
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TRAIL U at Bear Mountain Trail Skills Trainings

Workshops Fall 2006

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

Stone Cribbing Apprenticeship Sept. 9, 10 (Sat., Sun.)

Learn the basics of building dry stone retaining walls to support a tread way and retain a hillside. Topics: selecting, shaping, and fitting stone using hand tools and carbide shaping tools. Small class size.

Instructor: Joshua Ryan of Timber and Stone LLC

Registration deadline: September 6

Stone Cribbing Apprenticeship Sept. 15, 16, 17 (Fri., Sat., Sun.)

(see September 9 workshop)

Registration deadline: September 10

Project Overview and Orientation Oct. 13 (Fri.)

Walk the three miles of challenging new trail route with detailed explanations of the intended work and methods.

Leaders: Gail Neffinger, AT Orange and Rockland Committee Chair and Eddie Walsh, Project Manager

Registration deadline: October 9

Rigging for Trail Work* Oct. 14, 15 (Sat., Sun.)

Safety issues; equipment selection, care, and applications; calculating for safety and efficiency; mechanical advantage for pulling; and overhead zip and high-lines. Plenty of hands-on practice on Sunday; winch-cleaning clinic if time allows.

Instructor: Eddie Walsh

Registration deadline: October 8

Dry Stack Stone Crib Wall Apprenticeship* Oct. 21- 24 (Sat. – Tues.)

(For content, see course on Sept. 15, 16, 17.) Multiple courses. Beginners must attend both weekend dates. Veteran cribbers can attend only the weekday dates or all four days.

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

Registration deadline: October 13

Stone Splitting and Shaping Oct. 28, 29 (Sat., Sun.)

Proper use of tools to split and shape (dress) stone to desired dimensions (portable generator, electric hammer, drill, hand star drills, single jack hammer, top quality carbide hand chisels, stone hammers, hand points, tracers and rifting hammers). Participants are urged to attend both days.

Instructor: TBA

Registration deadline: October 18

Stone Pinning Workshop* Nov. 4 (Saturday)

Learn to build and anchor trails over exposed sloping bedrock surfaces using steel pins. Topics covered include: safety issues, use of mechanized and hand power rock drills, pin /steel selection, different methods of affixing and sealing pins into bedrock, and building off of the set pins.

Instructor: Eddie Walsh

Registration deadline: October 27

Stone Cribbing Apprenticeship Level II* Nov. 4, 5, 6 (Sat., Sun., Mon.)

Instructor: Eddie Walsh and SCA Crew Leaders

Registration deadline: October 27

Women's Weekend* Nov. 18, 19 (Sat., Sun.)

Topics covered include mechanical advantage, simple tools for moving large rocks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts. Construct stone steps and cribbing walls. Registration is limited to females; participants must attend both days or contact Heidi Adami to become an exception.

Instructor: SCA Crew Leaders

Registration deadline: November 11



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

SCIENCE

Peek a Peak of Pitch Pine

By Joan Ehrenfeld, PhD

The trail grew steep and steeper, and we scrambled over rocks and protruding roots, with a glimpse of the clear sky at the top motivating us up the hill. Emerging into the bright light and expansive rocks of the hilltop, we were met by a familiar site: a lone small, rather stunted pine tree growing out of a crevice in the rock. A few similar pines were growing nearby. A quick look confirmed that it was a pitch pine, *Pinus rigida*.

An old friend from the New Jersey Pinelands to the south, where it is the most abundant species of tree, pitch pine is also



JOAN EHRENFELD

A pitch pine on the Kittatinny ridge.

found in small patches on exposed ridges and hilltops throughout northern New Jersey and adjacent New York. It is a true survivor, its adaptations enabling it to live in places that few, if any, other trees can survive, such as the crevices of bedrock at the summits of ridges in our region.

Pitch pine is a widespread species, ranging north to scattered populations in southern Ontario and Quebec, through central Maine and along the spine of the Appalachian Mountains as far south as Georgia and as far west as western Kentucky. It typically occurs on sandy, dry, infertile or shallow soils, although it can also be found on wet sandy soils. Indeed, in the Pinelands it occupies large swaths of wetland.

It is a remarkably hardy species, tolerating difficult environmental conditions and frequent fires. Its most notable properties are the numerous morphological and physiological adaptations to surviving fire; even if the trunk and branches are completely charred in a wildfire, buried buds in the soil will sprout, restoring the individual.

A dwarf form, in which the trees are no more than two to three meters tall and grow in dense thickets, is found in scattered areas, including the NJ Pinelands, Sam's Point

Preserve in the Shawangunks, and eastern Long Island. However, it can grow to respectable size: the largest recorded individual, which grows in the Great Smoky Mountains, is 41 meters (135 feet) tall. On the hilltops in the Kittatinnyes and the Ramapo Mountains, pitch pine occurs only in the most inhospitable places; as soon as soils are deeper and conditions less stressful, it gives way to white pines, hemlocks, and a variety of hardwood trees (oaks, hickories, maples, etc.).

On the ridgetops, along with the pines one finds blueberries and huckleberries, and sometimes scrub oak, a group of species also typical of the Pinelands. Throughout its geographical range, though, pitch pine may be found with a very wide range of other species, as long as they also tolerate acidic, too-dry or too-wet, infertile conditions. Although the species is reported to live for more than 300 years, most trees are much younger, as they regenerate after fires and other disturbances. However, the stunted trees of the ridgetops are not well studied; they could be well over 100 years old.

In colonial times, pitch pine's moderately strong and resinous wood was valued in shipbuilding as a source of pitch and for its resistance to decay—it was used not only for ships, but also for mine props, fencing, and railroad ties. It is currently used for pulp and rough construction, and around the world is planted for reforestation of severely disturbed lands, because of its ability to tolerate drought and poor, acidic soils.

...the species is reported to live for more than 300 years...

The seeds of pitch pine are an important source of food for many birds and small mammals. In midwinter, squirrels, quail, pine warblers, and black-capped chickadees rely on its abundant seeds, and young shoots are browsed by deer and rabbits.

It is always satisfying to get to the top of the end of long climb, and not only take in the view, but meet this consummate survivor of harsh conditions.

Joan Ehrenfeld is a professor in the Dept. of Ecology, Evolution, and Natural Resources at Cook College, Rutgers University, and a member of the Trail Conference science advisory committee.

Member Club Profile

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

Teatown Lake Reservation

Volunteers at Teatown Lake Reservation in Westchester County, pictured at left, all give two thumbs-up after the organization's trail maintenance event on National Trails Day in June. "We had a great day, reports Beth Rhines, environmental educator at Teatown. "The rain held off and we managed to complete two waterbars and a stump sitting circle for camp, meas-

ured the length of a new trail, and pulled up a whole bunch of garlic mustard."

Teatown Lake Reservation, with 834 acres and 14 miles of trails, is the largest nonprofit nature preserve in Westchester and is a member organization of the NY-NJ Trail Conference. Teatown educators reach more than 10,000 children and adults each year. Education programs include preschool and after school pro-



grams; summer and mini-camps for children, ages 4-14; school classes for children in grades K-12; family weekend activities; and adult education classes. Teatown also takes an active role in state, county, and community efforts to protect open space and natural areas.

Annually, more than 300 adults and children volunteer at Teatown, serving in permanent, ongoing positions such as nature guides, and trail and land stewards, and for special project needs such as festival assistants. For information, visit www.teatown.org, email teatown@teatown.org or call 914-762-2912.

FAVORITE HIKE



By Georgette Weir

A Walk on the Mild Side



AL POELZL

Pastoral scenes are a feature of this loop hike in Fahnestock State Park.

This six-mile walk in Fahnestock State Park has become a favorite in large part owing to the variety of landscapes it traverses. The route includes moderate, wooded hills, a swath of working agricultural land, several ponds, and a beautiful stream. In my experience, it is a quieter though no less beautiful destination than those that are more dramatic, vertical, and top-of-the-world.

The loop begins on the red-blazed Charcoal Burners Trail at NY 301, heading north into open woods. Keep alert, for the turnoff to the left onto the yellow-blazed Perkins Trail comes just a few hundred feet from the road, shortly after crossing an intermittent stream.

For the first 0.3 miles, the Perkins Trail courses through pleasant woods before emerging into a grove of conifers (many of them downed) and a junction with the white-blazed Cabot Trail, coming in from the right. (You will revisit to this spot on your return if you choose to add the Cabot Trail to your hike.) Turn left to continue on Perkins. For much of the next mile or so, you will be walking a right of way through a working farm. Here you will enjoy maintained meadows and transitional zones, where shrubs and small trees are pioneering into once-cleared fields. There are nice views from the top of one open hill, including of Glynnwood Farm, as well as more intimate scenes of fields and woods. There are several gates along this stretch; please be sure to close them when you pass through.

The trail reenters woodland and begins a gradual descent to Clove Creek, which you reach at about 2.5 miles from the start of the hike. The path parallels the creek for a bit more than half a mile, then crosses it on a bridge, crosses a private road that leads to the farm, and heads uphill into the woods. You will soon emerge onto a rough woods road where you should turn right. In another half mile or so, there is a T-junction; turn left into the woods and look for the blue blazes of the Fahnestock Trail 100 feet from the T-junction. There is an immediate split in the trail, with blue and yellow heading north (left) and blue alone continuing east (right) on a woods road. Proceed on the right-hand leg.

You will follow the Fahnestock Trail for 1.7 miles, initially walking along a small

lake and through woods. At 0.2 mile after crossing the inlet to the lake, watch for the trail's turn to the right off the woods road. This is easy to miss, especially if you are gazing at your feet or chatting with your friends. After a bit less than half a mile, you will emerge onto another woods road. In another half mile, look for the red blaze of the Charcoal Burners Trail coming in from the left; follow the trail to the right, shortly arriving at Beaver Pond (unnamed on current maps).

You can continue on this trail one mile back to 301, or, to add another mile to your outing, turn right when you see the white blaze of the Cabot Trail. This will lead you to yet another small pond and eventually back to the earlier mentioned junction with the Perkins Trail. Turn left on Perkins to retrace your steps back to your start.

Length: Six miles + one mile extension

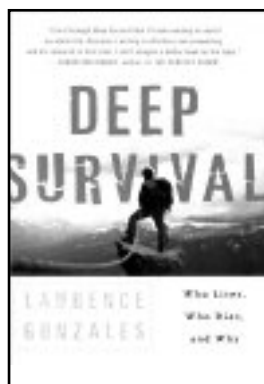
Rating: Moderate

Trails: Charcoal Burners Trail (red) to Perkins Trail (yellow) to Fahnestock Trail (blue) to Charcoal Burners (red). To add a third pond and extend the hike by an additional mile, also include the Cabot Trail (white) on the return stretch. Previously, some areas crossed by this hike were called the Hubbard-Perkins Conservation Area; now, the entire area is labeled Clarence Fahnestock Memorial State Park. Note: Look on the ends of blow-downs throughout this loop for the monogram signature of a busy maintainer: Al Poelzl.

How to Get There: From the Taconic State Parkway head west on NY 301. Continue 1.5 miles west of the AT crossing. From Route 9, head east on 301 and go about 3 miles. The trail, blazed red, crosses 301 and is not easy to spot from the road; look for the gravel signs indicating where cars habitually pull off to park, a small red-blazed signpost on the south side of the road, and/or a white cross painted on a rock outcrop on the north side.

Maps: East Hudson Trails map 103, NY-NJ Trail Conference

BOOKNOTES



Deep Survival: Who Lives, Who Dies, and Why

W.W. Norton & Co., 2004

By Laurence Gonzales

Reviewed by Lou Leonardis

When I began the book *Deep Survival* I found it difficult to follow. The author seemed to go off on many tangents, which made it hard to grasp exactly the points he was trying to make. As I continued reading, however, I became accustomed to his style of writing and he became more focused on specific accounts of survival stories and their connections to the neurological and psychological factors that humans display when in a survival situations.

Such situations, Gonzales points out, can take place anywhere and at any given time, and he relates tales from a number of different contexts, including hiking, mountain climbing, sailing, scuba diving, war, airplane crashes, and even the World

Trade Center disaster. In some of these stories, the most experienced and prepared person is not the one who survives; that feat might be achieved by a person with little experience. The author theorizes that there are scientific explanations as to who lives and who perishes when individuals are faced with tragedy and he explores why this might be so.

He finds many interesting common links in survivors. They usually are rule breakers not rule followers. They have something to live for, such as a spouse or a child waiting for them at home. They are open minded and can anticipate changes in their environment. They are hopeful and do not doubt that they will survive.

Overall *Deep Survival* is a good read. If you have ever heard of an incredible survival story and wondered, "How in the world did they survive?" this is a good book in which to find the answer. It also makes you think about what you would do in a survival situation. It gave me pause to realize that I would have made many of the same decisions made by people who did not survive their situations. You may be surprised to read how a slight change in your perception may be the difference between life and death.

Lou Leonardis is a graphic designer whose assignments include the Trail Walker. He is also a mountaineer who survived a close encounter with disaster during an expedition on Mount Rainier.

Hunting Seasons 2006-07 New York & New Jersey

NEW YORK: Regular and Archery

Southern Zone (includes Hudson Valley and Catskills)

Regular: Nov. 18 – Dec. 10

Archery: Oct. 14 – Nov. 17

Archery and muzzleloading:

Dec. 11 – Dec. 19

Westchester Co. (archery only)

Oct 14 – Dec. 31

Muzzleloading Dec. 11 – Dec. 19

Suffolk Co. (archery only)

Oct 1 – Dec. 31

For info about all hunting seasons and regulations in New York State, visit www.dec.state.ny.us/website/dfwml/wildlife/guide/huntseas.html

Hunting is not allowed in Bear Mountain-Harriman State Park.

However it is allowed in parts or all of other state parks. Call parks for details.

Black Rock Forest closes to all hikers from Nov. 18 to Dec. 12. For details, call 845-534-4517.

NEW JERSEY

In New Jersey, the safest course in the fall is to hike only on Sundays, when hunting is prohibited throughout the state. Otherwise, hunting seasons vary by weapon and geography. For the complete set of deer season regulations, go to http://www.state.nj.us/dep/fgw/pdf/2006/06-07deer_regs.pdf

For information about other hunting seasons in New Jersey (including bear), go to www.nj.gov/dep/fgw/

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HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs



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

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

Club Codes

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

ADK-R	ADK Ramapo Chapter	OSF	Outdoor Single Friends
AMC-NYNJ	Appalachian Mountain Club, NY-Noj Chapter	PMNHA	Pyramid Mountain Natural Historic Area
GAHC	German-American Hiking Club	RVW	Rip Van Winkle Hiking Club
GS	Great Swamp Outdoor Education Center	UCHC	Union County Hiking Club
IHC	Interstate Hiking Club	WEC	Weis Ecology Center, NJ Audubon
NYHC	New York Hiking Club		
NYR	New York Ramblers		

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the November/December 2006 issue is September 15, 2006.

September

Saturday, September 2

UCHC. Farney Highlands, Rockaway Twp., NJ. Leader: Al Verdi, 973-263-8569. Meet: 10 am at fisherman's parking on Split Rock Rd.; call for directions. Moderate to brisk 4 miles on rocky trails with hills; not for beginners. Views well worth the effort; expect hike to last about 3 hours.

Sunday, September 3

IHC. Jockey Hollow, Morristown, NJ. Leader: Anita & Charlie Kientzler, 973-835-1060. Meet: 9 am at Morristown National Park visitors center. Nice moderate loop including Cross Estate, NJ Brigade encampment, and NJ Audubon Sanctuary.

PMNHA. Pyramid Mtn., NJ. Leader: call Pyramid Mountain Natural Historic Area, 973-334-3130, for details and to register. Meet: 10 am at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderately strenuous hike.

NYHC. Old Croton Aqueduct, Hastings to Tarrytown, NY. Leader: George Glatz, 212-533-9457; call 7 am to 8 am only. Meet: 10 am at Grand Central Terminal information booth for 10:20 train. Easy 5 miles, all flat.

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Don Meserlian, 973-228-2258. Meet: 10 am at Tulip Springs parking, Brookside Ave., Millburn. Moderate hike to Hemlock Falls and beyond; lunch after hike in picnic area.

Friday, September 8

PMNHA. Pyramid Mtn., NJ. Leader: call Pyramid Mountain Natural Historic Area, 973-334-3130, for details and to register. Meet: 7 pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate 2-hour hike by moonlight. Cost: \$3.

Saturday, September 9

UCHC. Watchung Trail Maintenance, NJ. Leader: Call Trailside at 908-789-3670 to register. Meet: 9:30 am; call for directions. Meet new people, work outdoors, and give something back to the trails. No experience needed. Bring water, work gloves, trash bag, clippers if you have them. Finished by noon.

ADK-R. Hogencamp Mountain, NY. Leader: Call leader at 845-729-4046 for details.

WEC. Women's Hike, NJ. Leader: Sanctuary director, Karla Risdon. Meet: 8 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced 3 miles; out by 10 am. Join the group for an early morning hike to favorite scenic spots. Possible carpool to trailhead. Cost: \$5.

UCHC. Cooper Mill to Kay Environmental Center, Chester, NJ. Leader: John Gilris, 973-386-168. Meet: 10 am at Cooper Mill; call for directions. Moderate 4-6 miles, mostly flat, suitable for beginners. Rain cancels.

TNC. Weekend Wandering, Tenafly Nature Center, NJ. Leader: TNC environmental educator, 201-568-6093. Meet: 10 am at center. Pre-registration not required, but is requested. Adults and children in third grade and older, are invited to join a moderately-paced, 1-3 mile hike at TNC and the Lost Brook Preserve. Hikers will explore the 380 acres of TNC and the Lost Brook Preserve. Participants should dress for seasonal conditions and wear appropriate footwear. Inclement weather will cancel the program. Hikes are free to members; \$5 each for nonmembers.

Sunday, September 10

IHC. Breakneck Ridge & Mt. Taurus, NY. Leader: Roy Williams, 570-828-6207. Meet: 8:30 am at Anthony Wayne parking area, Harriman State Park. Strenuous hike. Climb two striking East Hudson peaks rising above the river; bring your camera for spectacular views. Rain cancels.

ADK-R. Cruising the Palisades. Leader: Call 845-634-7635 for details.

WEC. Young Adult Hike, NJ. Leader: Charlie Sontag; call 973-835-2160 for further information. Meet: 11 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ. Moderately paced; out by 4 pm. Social hike meant for adults ages 18-30. Possible carpool to trailhead. Cost: \$5.

NYHC. Fort Tryon and Van Cortlandt Parks, Manhattan. Leader: George Glatz, 212-533-9457; call 7 am to 8 am only. Meet: 8:45 am at LIRR ticket windows, Penn Station, NY. Meet: 1:30 pm at Fort Washington Ave., outside subway station (take A train to 190th St.). Easy 4 miles, with ups and downs. See the natural high point in Manhattan.

Wednesday, September 13

UCHC. Turkey Mtn., Montville, NJ. Leader: Joe McLaughlin, 973-263-2799. Meet: 10 am at Pyramid Mtn.; call for directions. Moderate hike including Lake Valhalla.

RVW. Greenway Heritage Trail, Barrytown, NY. Leader: call 845-758-6143 for more information. Meet: 8 am. Moderate 3-mile hike; approximately 4 hours.

PMNHA. Pyramid Mtn., NJ. Leader: call Pyramid Mountain Natural Historic Area, 973-334-3130, for details and to register. Meet: 7 pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate 2-hour stress relief hike. Cost: \$3.

GS. Mahlon Dickerson Park, Jefferson, NJ. Leader: call Great Swamp Outdoor Education Center, Chatham, NJ, for details and to register; 973-635-6629. Moderately strenuous hike for adults, 10 am-12 pm.

Saturday, September 16

AMC-NYNJ. South Mountain Reservation, NJ. Leader: Nancy & Art Tollefson, 212-727-8961, call before 9:30 pm. Meet: 8:50 am at Locust Grove parking, Glen Ave. at Lackawanna Pl., Millburn, NJ (across from RR station). Take 8:11 am NJ Transit train from NY Penn Sta. to Millburn, NJ (leaders take train). Moderate 6 miles. One somewhat steep hill, then easy terrain to Hemlock Falls; good beginner hike. Heavy rain cancels.

PMNHA. Pyramid Mtn., NJ. Leader: call Pyramid Mountain Natural Historic Area, 973-334-3130, for details and to register. Meet: 10 am at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate hike.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepseter, 908-273-4188. Meet: 10 am at Trailside Nature and Science Center; call for directions. 4-5 miles at a brisk pace. Steady rain cancels.

Sunday, September 17

IHC. Autumn at Terrace Pond, NJ. Leader: Jennifer & Guy Percival, 973-984-1005. Meet: 9 am at A&P/Hewitt Post Office shopping center, Warwick Turnpike, Hewitt, NJ. Moderately strenuous 8 miles. Wander along several trails as we make our way over and along Bearfoot Ridge.

ADK-R. Dunderberg Mountain, West Hudson Highlands, NY. Leader: Call leader at 201-816-9465 for details.

WEC. Weis Wyanokie Wanderers Mohonk Hike, NY. Leader: Don Weise. Meet: 8 am; call 973-835-2160 for meeting place and further information. Strenuous, fast-paced hike on steep terrain; not for beginners. Out by 3 pm. Take the rock crevice challenge: scramble and crawl through one of the Gunks' most interesting rock crevice routes. Cost: \$5 members, \$8 non-members.

NYR. Will Monroe Loop, NJ. Leader: Oliver Wayne, 201-840-4145. Meet: 8:05 am at Port Authority Bus Terminal for 8:20 #194 NJ Transit bus (one-way to Butler, NJ). From Butler, we'll go over Torne Mtn., take Otter Hole Trail to Wyanokie Crest, do the entire Loop, then over High Point and out to Haskell. Call leader for details on hike length and difficulty (strenuous hike).

OSF. Pyramid Mtn., Boonton, NJ. Leader: Lyne Ciccirelli, 862-268-0127; please call to register. Meet: 10 am at visitors center. Moderate hike.

RVW. "Eagles Keep" in Dibbles Quarry, Hudson Valley. Leader: call 845-246-8616 for more information. Meet: 1 pm. Family friendly, moderate 2-mile hike; approximately 3 hours.

Monday, September 18

RVW. Blackhead (3940'), Black Dome and Thomas Cole Mts., NY. Leader: call 845-338-8772 for more information. Meet: 8 am. Moderately strenuous 10-mile hike; approximately 6 hours. We'll do some trail maintenance on the way down from Thomas Cole. Inclement weather date is following Monday.

Wednesday, September 20

UCHC. Sandy Hook, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10 am at lot D, Spermaceti visitors center; call for directions. 6-mile hike up the beach at low tide and back along the bay.

GS. Pyramid Mtn., Montville, NJ. Leader: call Great Swamp Outdoor Education Center, Chatham, NJ, for details and to register; 973-635-6629. Moderately strenuous hike for adults, 10 am-12 pm. Cost: \$2.

Saturday, September 23

ADK-R. Osborn Loop, East Hudson Highlands, NY. Leader: call 201-871-3531 for details.

GAHC. New Jersey Shore. Leader: Jean Claude Matz, 732-836-9602; please call to register. Meet: 11 am in Pt. Pleasant, NJ; contact leader to coordinate travel by rail or car. Easy hike followed by visit to Octoberfest.

UCHC. South Mtn. Reservation, Millburn, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Tulip Springs parking; call for directions. Moderate 4-5 miles; we'll see if there's much water at Hemlock Falls.

TNC. Weekend Wandering, Tenafly Nature Center, NJ. Leader: TNC environmental educator, 201-568-6093. Meet: 10 am at center. Pre-registration not required, but is requested. Adults and children in third grade and older, are invited to join a moderately-paced, 1-3 mile hike at TNC and the Lost Brook Preserve. Inclement weather will cancel the program. Hikes are free to members; \$5 each for nonmembers.

Sunday, September 24

AMC-NYNJ. Kakiat Trail, Harriman State Park, NY. Leader: Nancy & Art Tollefson, 212-727-8961, call before 9:30 pm. Meet: 9:45 am at Kakiat County Park, Rt. 202, 3 miles E of Suffern, NY. (8:45 am Short Line bus from Port Authority to Viola School; leaders take bus.) Vigorous pace; 9 miles with hills. Explore the eastern edge of Harriman (and sleep in a little). Heavy rain cancels.

WEC. Highlands Hike. Leader: Charlie Toole. Meet: 9:30 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced; out by 2:30 pm. Explore some of the special places in the Highlands region. Possible carpool to trailhead. Cost: \$5 members, \$8 non-members.

ADK-R. Mica Mine. Leader: Call leader at 845-362-8470 for details.

IHC. Mahlon Dickerson Reservation, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 9 am at Mahlon Dickerson, Saffin Pond parking, Weldon Rd., Jefferson Twp., NJ. Moderate 6-7 miles on variety of trails and woods roads.

PMNHA. Pyramid Mtn. Autumnal Equinox Hike, NJ. Leader: call Pyramid Mountain Natural Historic Area, 973-334-3130, for details and to register. Meet: 5 pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate 2-hour hike to bid farewell to summer. Cost: \$3.

UCHC. Willowood/Bamboo Brook, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10 am at Willowood parking; call for directions. Easy 3-4 miles through two estates, and woods/fields in between. Steady rain cancels.

Monday, September 25

RVW. Huckleberry Loop. Leader: call 845-687-2236 for more information. Meet: 8 am. Moderate 6-10 mile hike; approximately 5-7 hours. Inclement weather date is following Monday.

Thursday, September 28

UCHC. Pochuck Swamp, AT, NJ. Leader: Carol O'Keefe, 973-328-7392. Meet: 9:30 am; call for meeting place and to register; shuttle required. Hike down Pochuck Mtn. and then on the AT, using boardwalks and suspension bridge built over Pochuck Swamp by volunteers. 6 moderate miles.

GS. Falling into Fall at the Great Swamp, NJ. Leader: call Great Swamp Outdoor Education Center, Chatham, NJ, for details and to register; 973-635-6629. Meet: 10 am. Easy stroll to enjoy the sights and sounds of autumn.

Saturday, September 30

RVW. Innisfree Garden, Millbrook, NY. Leader: call 845-247-0064 for more information. Meet: 8 am. Easy 4-mile hike; approximately 5 hours.

NYHC. Staten Island Monarch Butterflies, NY. Leader: Steve & Bettye Soffer, 718-720-1593; call 7 pm to 9 pm only. Meet: Take 10:30 am Staten Island Ferry from Manhattan; meet leaders promptly at SIRT train station in rear of ferry terminal on Staten Island. We will take S78 bus to Great Kills Park; bring MetroCard. Easy 5 miles, all flat, at this Gateway National Seashore area, with woods, beaches, marinas, and model airplanes overhead.

UCHC. Pine Meadow Lake, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Reeves Meadow visitors center. Moderately paced 7 miles; moderately steep trail up to the lake, hike around lake, return by about 2 pm.

October

Sunday, October 1

IHC. Stonetown, NJ. Leader: Susan Clark, 973-962-0926. Meet: 8:30 am at Monksville Dam, Stonetown Rd., Ringwood, NJ. Strenuous hike on Windbeam, Bear, and Board Mountains; best views and a surprise ending.

UCHC. The Palisades. Leader: Jay Dibble, 908-289-8813. Meet: 10 am at Stateline Lookout, just N of Exit 3 off Palisades Parkway. Moderate 6 miles, mostly flat with one steep 400 ft. climb. Out by 2 pm. Beautiful views of Hudson River from both shore and cliff top.

WEC. Young Adult Hike, NJ. Leader: Charlie Sontag. Meet: 11 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced; out by 4 pm. Social hike meant for adults ages 18-30. Possible carpool to trailhead. Cost: \$5.

GS. Black River Gorge Hike, NJ. Leader: call Great Swamp Outdoor Education Center, Chatham, NJ, for details and to register; 973-635-6629. Meet: 2 pm. Enjoy autumn colors on this hike down to the Black River; all ages welcome.

Wednesday, October 4

AMC-NYNJ. Tiorati Circular, Harriman State Park, NY. Leader: Mike Handelsman, 718-633-6129. Meet: please call for meeting place and time. Brisk, strenuous 9-mile hike on the AT, RD, and Long Path.

UCHC. Maple Falls, South Mtn. Reservation, NJ. Leader: Dave Hogenauer, 973-762-1475. Meet: 10 am at Locust Grove parking, across from Millburn RR station; call for directions. Moderate hike to this usually overlooked section of the park, return via Elmdale section.

Saturday, October 7

UCHC. Watchung Trail Maintenance, NJ. Leader: Call Trailside at 908-789-3670 to register. Meet: 9:30 am; call for directions. Meet new people, work outdoors, and give something back to the trails. No experience needed. Bring water, work gloves, trash bag, clippers if you have them. Finished by noon.

AMC-NYNJ. Tuxedo, Harriman State Park, NY. Leader: Nancy Tollefson, 212-727-8961, call before 9:30 pm. Meet: 8:52 am at E. Village Rd. parking in Tuxedo, NY (just north of RR station off Rt. 17). (7:50 am Short Line bus from Port Authority to Tuxedo; leader takes bus) Moderate pace, some hills, 5 miles. We'll take it easy and enjoy the early fall day; please call ahead if you are a beginner hiker. Heavy rain cancels.

GS. Full Moon Hike, NJ. Leader: call Great Swamp Outdoor Education Center, Chatham, NJ, for details and to register; 973-635-6629. Meet: 7 pm. Join a naturalist and walk the trails by moonlight.

UCHC. Garrett Mtn., Paterson, NJ. Leader: Walter Keonig, 973-684-5528. Meet: 10 am; call for directions. Moderate hike with splendid views of historic Paterson; optional lunch at Libby's Diner and visit to Paterson Falls after the hike.

Sunday, October 8

IHC. Wawayanda State Park, Vernon, NJ. Leader: Steve Rikon, 973-962-4149. Meet: 9 am at Wawayanda ranger station. Moderately strenuous hike up the escarpment to the view on the AT, and east to ranger station. Shuttle required.

WEC. Weis Wyanokie Wanderers Black Rock Forest, NY. Leader: Don Weise. Meet: 9:30 am; call 973-835-2160 for meeting place and further information. Strenuous, fast paced, 8-10 mile hike on steep terrain; not for beginners. Out by 2:30 pm. Explore early fall color on this 'rooftop' of the Hudson Highlands; waterfall, rock ledges, ponds, and abundant wildlife. Cost: \$5 members, \$8 non-members.

Continued on back

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GAHC. South Mountain Reservation, Millburn, NJ. Leader: Helga Nagy, 973-772-2119; please call to register. Meet: 10 am at Millburn RR station. Moderate and easy hikes.

UCHC. Lewis Morris Park, Morristown, NJ. Leader: Louise White, 973-746-4319; call 9 am to 9 pm. Meet: 10 am at Sunrise Lake, upper lot; call for directions. Moderate hike; some sections of trail are rough with ups and downs.

Tuesday, October 10

UCHC. Ramapo County Reservation, Darlington, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10 am at Ramapo Reservation, Rt. 202; call for directions. Moderate 6 miles up Ridge Trail to Bear Swamp Lake; back on Waterfall Trail. Heavy rain cancels.

Saturday, October 14

WEC. Women's Hike, NJ. Leader: Sanctuary director, Karla Risdon. Meet: 8 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced 3 miles; out by 10 am. Join the group for an early morning hike to favorite scenic spots. Possible carpool to trailhead. Cost: \$5.

GS. Autumn in the Swamp, NJ. Leader: call Great Swamp Outdoor Education Center, Chatham, NJ, for details and to register; 973-635-6629. Meet: 10 am. Easy hike along our trails to experience autumn's beautiful colors.

NYHC. South Mountain Reservation, Millburn, NJ. Leader: Judy Levine, 718-482-9659; call after 6 pm. Meet: Penn Station, NY, at NJ Transit ticket windows to take train to Millburn; call for time. Moderate 6-9 miles with ups and downs along forest trails.

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

Sunday, October 15

IHC. Famy Highlands, NJ. Leader: Pete Beck, 201-274-4471. Meet: 9:30 am at Split Rock Rd. fisherman's parking (east of the dam), Rockaway, NJ. Moderately strenuous 6 miles. Moderate ups and downs but with nice views of the reservoir.

UCHC. Pyramid Mtn., Montville, NJ. Leader: Don Meserian, 973-228-2258. Meet: 10 am at visitors center parking; call for directions. Moderate 5-mile hike along the reservoir and by a beaver dam, then up to Tripod Rock. Rain cancels.

OSF. Delaware Water Gap, NJ. Leader: Lyne Ciccarelli, 862-268-0127; please call to register. Meet: call leader. Moderate/strenuous hike.

Saturday, October 21

AMC-NYNJ. Take the A Train - Inwood Hill Park, Manhattan. Leader: Nancy & Art Tollefson, 212-727-8961, call before 9:30 pm. Meet: 10 am at park entrance, Seaman Ave. and Isham St. (take A train to last stop, 207 St., and walk 2 blocks W on Isham). Moderate 4 miles with some hills; beginners welcome. Explore the last natural forest in Manhattan; larger trees and more hills than you might expect. Rain cancels.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepseter, 908-273-4188. Meet: 10 am at Trailside Nature and Science Center; call for directions. 4-5 miles at brisk pace. Steady rain cancels.

GS. Multi-Sensory Hike, NJ. Leader: call Great Swamp Outdoor Education Center, Chatham, NJ, for details and to register; 973-635-6629. Meet: 1 pm. Easy hike along our trails. Touch, smell, and hear the natural world; suitable for the visually impaired.

Sunday, October 22

IHC. Trail Maintenance on Schunemunk Mountain, NY. Leader: Jim Canfield, 973-728-9774. Meet: 9 am at Taylor Rd. parking, Mountainville, NY. Moderately strenuous. Help the club maintain its section of the Long Path and lower Jessup Trail. Bring lunch, water, work gloves, and clippers (if you have them). No experience needed. Rain postpones to Saturday, October 28.

WEC. Highlands Fall Foliage Hike, NJ. Leader: Charlie Toole. Meet: 9:30 am at NJ Audubon's Weis Ecology Center, 150 Snake Den Rd., Ringwood, NJ; call 973-835-2160 for further information. Moderately paced; out by 2:30 pm. Explore some of the special places in the Highlands region. Possible carpool to trailhead. Cost: \$5 members, \$8 non-members.

PMNHA. Pyramid Mtn. Three Rock Hike, NJ. Leader: call Pyramid Mountain Natural Historic Area, 973-334-3130, for details and to register. Meet: 1 pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderately strenuous 5-mile hike past Pyramid Mtn.'s three largest glacial erratics.

NYHC. Nassau-Suffolk Trail, Long Island. Leader: Mayer Wiesen, 516-671-2095; call before 10:30 pm. Meet: call leader to confirm date. 9:45 am at LIRR information booth, Penn Sta., NY. Moderate 8 miles, generally flat. Variety of trails through woods and fields from Syosset to Bethpage. No smoking.

Saturday, October 28

UCHC. Jockey Hollow National Park, Morristown, NJ. Leader: Mary Doyle, 908-580-1778. Meet: 10 am at visitors center; call for directions. Moderate 4 miles via Mt. Kemble trail. Steady rain cancels.

Sunday, October 29

WEC. Weis Wyanokie Wanderers: Long Pond Ironworks to Sterling Lake, NJ. Leader: Don Weise. Meet: 9:30 am; call 973-835-2160 for meeting place and further information. Strenuous, fast-paced, 9-mile hike on steep terrain; not for beginners. Out by 2:30 pm. Brilliant fall color, restored ruins of ironworking village, fire tower, and tremendous views of Monkville Reservoir and Sterling Lake. Cost: \$5 members, \$8 non-members.

GAHC. Torrey Mountain, Harriman State Park, NY. Leader: Brian Kassenbrock, 718-748-0624; please call to register. Meet: 9:45 am at Anthony Wayne parking lot near end of Palisades Parkway. Moderate hike.

PMNHA. Turkey Mtn. Geology Hike, NJ. Leader: call Pyramid Mountain Natural Historic Area, 973-334-3130, for details and to register. Meet: 11 am at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate 3 1/2 hour hike to learn the history hidden in the rocks; led by NJ Geological Survey research scientist Richard Volkert. Cost: \$3.

NYHC. Lost Brook Preserve, NJ. Leader: George Glatz, 212-533-9457; call 7 am to 8 am only. Meet: 10:15 am at George Washington Bridge bus terminal, Manhattan, to take 10:40 bus (A train to 175th St.). Easy 6 miles, mostly flat, in this lovely nature preserve.

NYHC. Staten Island Greenbelt, NY. Leader: Steve & Bettye Soffer, 718-720-1593; call 7 pm to 9 pm. Meet: take 10:30 am Staten Island Ferry from Manhattan; meet leaders promptly at SIRT train station in rear of ferry terminal on Staten Island; bring MetroCard. Moderate 5-6 miles with some ups and downs to see the fall foliage. Heavy rain cancels.

UCHC. Jockey Hollow National Park, Morristown, NJ. Leader: MaryDell Morrison, 908-684-5175. Meet: 10 am at visitors center; call for directions. Moderate 4-5 miles in this historic park.

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